

SHABBAT B'YACHAD

A CBY Guide to creating and sharing Shabbat

*More than Jews have kept Shabbat,
Shabbat has kept the Jews.*



Welcome to Shabbat B'Yachad: A way to end the week with intention

In Jewish tradition, the world is created in an evolution of seven days: six days of work that culminate in the seventh day, Shabbat, a day of rest. Shabbat is not a postscript; it is as important a part of bringing the world into being as any of the days of active creation.

Shabbat b'Yachad is a special opportunity to create and share joy in community. Some people think they are in community, but they are only in proximity. True community requires commitment and openness. It's a willingness to extend yourself to encounter and know the other.

As we come together, we invite you to step into a deeper experience of Shabbat—one where we open our hearts to truly meet each other and build meaningful, lasting relationships across all ages.

Thank you for being part of this special journey toward an intergenerational community of warmth, trust, and shared stories.

Shabbat Shalom!

The CBY Board & Mitzvah Committee of 5785



BLESSINGS BEFORE THE MEAL

Blessing Over Candles

As daylight turns to dusk,
let us welcome Shabbat by lighting two candles and saying a blessing.
Let the warm light of the candles invite you to begin the joyous celebration of Shabbat!

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch atah, Adonai, Eloheinu, melech haolam, asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik ner shel Shabbat.*

*Let us bless the light as a symbol
of the good in the world.
Let us dedicate ourselves to deeds of compassion
and together light the candles of Shabbat.*



Blessing of the Gathered Group

We bless you and watch over you with our love.
May you help others and be an example to all,
just as others help you
and show you the paths of goodness.
May the best within you
shine forth with compassion,
and may you always lift up your face
to meet others in peace.

SHALOM ALEIKHEM

שָׁלוֹם עֲלֵיכֶם

שָׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיּוֹן
מִמְּלָךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא:

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמְּלָךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא:

בְּרַכּוֹנִי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמְּלָךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא:

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמְּלָךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא:

Shalom aleyhem malahey hasharet malahey elyon
mimeleh malhey hamalahim hakadosh baruh hu.

Bo'ahem leshalom malahey hashalom malahey elyon
mimeleh malhey hamalahim hakadosh baruh hu.

Barehuni leshalom malahey hashalom malahey elyon
mimeleh malhey hamalahim hakadosh baruh hu.

Tzethem leshalom malahey hashalom malahey elyon
mimeleh malhey hamalahim hakadosh baruh hu.



*Welcome among us, messengers of shalom,
angels of the Highest One,
from deep within us, Majesty of majesties,
the blessed Holy One.*

*Come, then, in shalom,
blessing us with shalom,
leaving us with holy shalom,
from deep within us, Majesty of majesties,
the blessed Holy one.*

Blessing of Wine / Kiddush

Let us mark the day of Shabbat
and make it holy by reciting Kiddush
over wine or grape juice
at the start of our meal.

Raise the cup of wine and
together let us
recite this blessing:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. בּוֹרֵא פְּרִי הַגֶּפֶן:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה
בָּנוּ וּשְׁפַת קֹדֶשׁ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ וְכָרוֹן לְמַעֲשֵׂה בְּרָאשִׁית:
כִּי הוּא יוֹם תְּחִילָה לְמִקְרָאֵי קֹדֶשׁ יִזְכֹּר לִיצִיאת מִצְרָיִם: כִּי אֱלֹהֵינוּ
קָרָאתָ וְאוֹתָנוּ קִדְּשָׁתָּ לְעִבּוּדְךָ וּשְׁפַת קֹדֶשׁ בְּאַהֲבָה וּבְרָצוֹן
הִנְחִילָתָנוּ: בָּרוּךְ אַתָּה יְיָ מְקַדֵּשׁ הַשַּׁבָּת:

Baruch atah adonay eloheynu meleh ha'olam borey peri hagafen.

Baruch atah adonay eloheynu meleh ha'olam
asher kideshanu bemitzvotav veratzah vanu
veshabbat kodsho be'ahavah uvratzon hinhilanu
zikaron lema'asey vereshit.
Ki hu yom tehilah lemikra'ey kodesh
zeher litzi'at mitzrayim.
Ki eleynu karata ve'otanu kidashta la'avodateha
veshabbat kodsheha be'ahavah uvratzon hinhaltanu.
Baruch atah adonay mekadesh hashabbat.

*Blessed is the Oneness that makes us holy.
Blessed is the Creator of the fruit of the vine.*

*Blessed are you, Source of Life,
who has gifted us with your mitzvot,
a path to holiness,
and with Shabbat
so that we may remember
the work of Creation.
Of all the holy days, Shabbat is first to
be proclaimed — a symbol of our Exodus
from Egypt. Lovingly and willingly,
you have given us Shabbat.
Blessed are you
who makes Shabbat holy.*





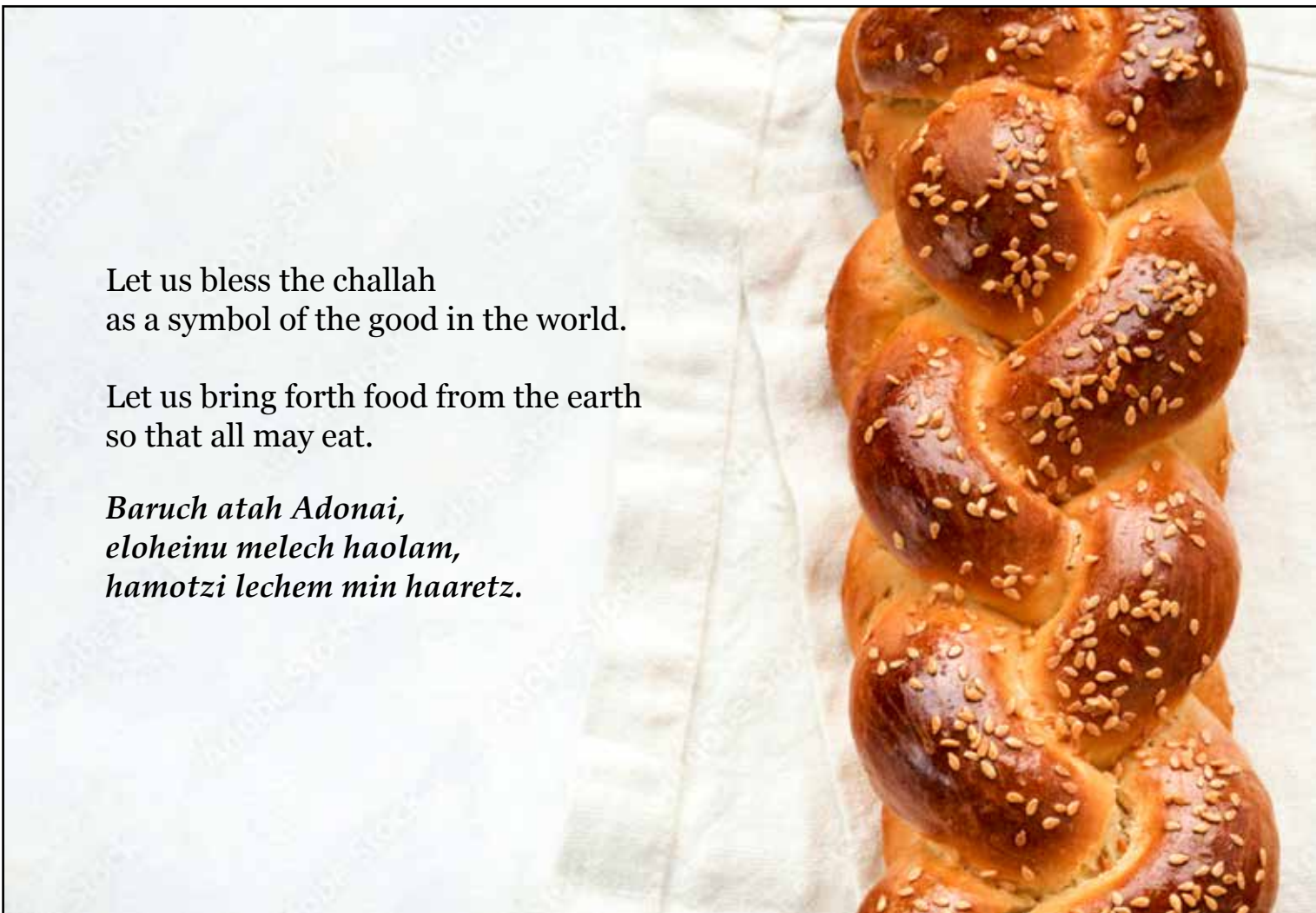
Blessing of Challah

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Let us bless the challah
as a symbol of the good in the world.

Let us bring forth food from the earth
so that all may eat.

*Baruch atah Adonai,
eloheinu melech haolam,
hamotzi lechem min haaretz.*



DURING THE MEAL

Tzedakah

As we gather around the Shabbat table, think about what Tzedakah means to you. Where might you meaningfully give tzedakah this week?

What's going on in your community? In the country? In the world?

Brainstorm where your contributions might make a difference right now.

Collect the contributions and donate them over the weekend.

The greatest level of tzedakah, higher than all the rest, is to fortify a person with a gift, a loan, a partnership, or work until they are strong enough so that they do not need to ask others for support.

-Rambam, Mishneh Torah, Tzedakah 10:17

Table Talk

When new groups of people come together, we never know quite what will happen. Sometimes conversation flows, getting deeper as the evening progresses. Other times, it stays on the surface, small talk that leaves us feeling less satisfied, wanting something more.

Here are a variety of conversation starters, some “deeper” than others. Pick and choose, and use as you see fit.

- *What's one highlight from the past week?*
- *Did you learn something this week?*
- *If you could invite anyone to Shabbat dinner, who would it be?*
- *What do you remember about Shabbat growing up?*
- *Do you have a favorite Shabbat tradition?*
- *If you came to Judaism as an adult, tell us about your journey.*
- *What or who has inspired or inspires you most Jewishly?*
- *Would you rather spend a week in the past or the future? Why?*
- *What happens after we die?*
- *What does Shabbat mean to you?*



BLESSING AFTER THE MEAL

*Let us acknowledge the source of life,
source of all nourishment.
May we protect the bountiful earth
that it may continue to sustain us,
and let us seek sustenance
for all who dwell in the world.*

Marcia Falk

וְיִדָּה לְעֵין הַחַיִּים
הַזֶּה אֶת הַכֹּל.

עַל הָאָרֶץ הַטּוֹבָה וְהָרַחֲבָה
נִשְׁמֵר נָא, וְהִיא תְּקַיֵּמנוּ,

וְנִבְקֹשׁ מִזֶּזֶן לְהַשְׁבִּיעַ בּוֹ
כָּל יוֹשְׁבֵי תֵבֶל.

And a few final words on this shared Shabbat:

***May the warm glow of the Sabbath candles
light up our lives and our world.
May the good spirit we share and the bread we break together,
remind us that we are connected to each other here in this community,
and that we are connected to all the people in the world.
Shabbat Shalom!***

Rabbi Binyamin Biber

