

קַבְּלַת

שַׁבָּת

HUMANISTIC KABBALAT SHABBAT FOR THE HOME

וְנֹאֶהֱבֶה אֶת כָּל הָעוֹלָם

*“And we shall
love the whole
world”*

This is how it ends. The week is winding down. Tired limbs and minds wait for rest. What is done is done, for good or ill. What has gone has gone, though it lingers with us still. The achievements and disappointments of the week live on, but soon will fade from memory. New challenges, fears and hopes will take their place. But not just yet... We are at the threshold. It is time to recall – then let go of – what we have done and what we have failed to do, the gains and mistakes we've made, our satisfactions and discontents. We pause for a moment, to catch the last gasps and glimmers of the week that has passed... And now it is time. Time to enter into Shabbat. We let go of the week that has passed and make space, and time, for something new to enter in. This is how it ends. And this is how we begin again: let our lives be renewed at this sacred time, when the end and the beginning become one.

NIGGUN SHABBAT

*Ai ai ya yai yai yai yai yai
yai
ai yai yai yai yai yai
ai yai yai yai yai (x2)*

https://www.youtube.com/watch?v=4XCz_EO14qM

HINNEH MA TOV

הִנֵּה מַה טוֹב וּמַה נְּעִים
שֵׁבֶת עַמִּים גַּם יַחַד

Hinneh ma tov u-ma na'im
shevet amim gam yakhad!

Behold how good and how
pleasant it is, for people to
dwell together,
in harmony

NEROT SHABBAT

CANDLE BLESSING

בְּבָרַךְ אֶת הָאוֹר בְּחַיִּים אֲשֶׁר
מְחַדְשֵׁינוּ בְּמִסֹּרֵתֵינוּ בְּהַדְלָקַת נֵר
שֶׁל שַׁבָּת

Nevarekh et haor bahayim
asher mehadshenu b'masorteinu
b'hadlakat ner shel shabat

We bless the light of life that
renews us with our traditions as
we kindle the shabbat lights.

**SHALOM
ALEIKHEM**

Shalom aleikhem, ohavei ha-shalom
shomrei shalom. Shalom aleikhem,
rodfei hashalom, shalom aleikhem.
Bo'akhem leshalom, ohavei hashalom
tzeitkhem leshalom. Mi-yom zeh la-
yamim haba-im shalom aleikhem.

Shalom to you, lovers, guardians and
pursuers of peace. Come in peace, lovers
of peace, and go in peace from today till
all the days to come

שָׁלוֹם עֲלֵיכֶם, אוֹהְבֵי הַשָּׁלוֹם, שׁוֹמְרֵי שָׁלוֹם.
שָׁלוֹם עֲלֵיכֶם, רוֹדְפֵי הַשָּׁלוֹם, שָׁלוֹם עֲלֵיכֶם.

בּוֹאֲכֶם לְשָׁלוֹם, אוֹהְבֵי הַשָּׁלוֹם, צֹאֲתֶכֶם לְשָׁלוֹם.
מִיּוֹם זֶה לַיָּמִים הַבָּאִים שָׁלוֹם עֲלֵיכֶם.

OR ZARU'A LATZADIK

אֹר זָרַע לְצַדִּיק וְלִישְׁרֵי־לֵב שִׂמְחָה
Or zaru'a latzadik ul'yisherei lev simḥah

Light is sown for the just, and
gladness for the upright in heart

<https://www.youtube.com/watch?v=QdexZ8M2Ekw>

KIDDUSH

Raising the glass:

Wine symbolises the power of people to be joyful together. We find grapes in nature, and we grow them in vineyards and squeeze them into juice and ferment the juice into wine. We find ourselves in families, in communities, in friendships, in partnerships, and part of a community. It is our creativity and our efforts that make our lives that much sweeter.

Blessed is the light in the
world, that brings for
fruit from the vine.

בְּרוּךְ הָאוֹר בְּעוֹלָם

בוֹרֵא פְּרִי הַגָּפֶן

Barukh ha-or ba'olam,

borei peri hagafen

sip the wine

לְחַיִּים

Lehayyim!

To Life!

Raising the bread:

Food is a building block of life, and the seed of human connection. If we can eat and drink together, we can live and love together. The sharing of food is the beginning of generosity, and “breaking bread” is how we learn to care for each other. We learn this lesson every Shabbat by sharing food in the spirit of community, friendship, and family.

Blessed is the light in the
world and blessed the
light of humanity, that
brings forth bread from
the earth

בְּרוּךְ הָאוֹר בְּעוֹלָם

בְּרוּךְ הָאוֹר בְּאָדָם

הַמּוֹצִי לֶחֶם מִן הָאָרֶץ

Barukh ha-or ba'olam

Barukh ha-or ba-adam

Hamotzi lehem min ha-aretz

Share the bread

SHABBAT

SHALOM

*With thanks to the Society for
Humanistic Judaism
Rabbi Miriam Jeffries
William D. Thompson
Rabbi Sherwin Wine z”l*



Martin Hasan Di Maggio

2021

Contact

an203mh@gmail.com