

## THE SHABBAT EVENING SERVICE: A GUIDE

**SHABBAT SHALOM:** This joyful *niggun* (a melody without words) brings the congregation to the place of worship, and creates a space for welcoming in the Sabbath.

**CANDLE BLESSING:** To mark the end of the work-week and the start of the day of rest, we light candles, imitating the first act of creation: that of light.

**L'CHAH DODI:** We beckon the spirit of Shabbat, also known as the Sabbath Bride, by singing a song of welcome.

**BAR'CHU:** The formal prayer service begins with a Call to Worship called "Bar'chu." The leader sings the first line, *Bar'chu et Adonai Ham'vorach* (Praised is Adonai our God) and the congregation responds with *Baruch Adonai Ham'vorach l'olam va-ed* (Praised be Adonai our God, now and always.)

**SH'MA:** The Sh'ma is also known to Jews the world over as "the Watchword of our Faith." *Sh'ma* is the means by which we proclaim our belief in the One and Only God.

**MI CHAMOCHAH:** Each Shabbat, we take this moment in the service to remember the miraculous escape from bondage our ancestors experienced as they fled from Egypt, led by Moses.

**HASHKIVEINU:** Each night, we ask God to watch over us as we sleep, to shelter us beneath wings of peace and protection, and to continue to protect us as we awaken in the morning.

**T'FILAH:** The central part of the prayer service is also known as the *Amidah*, from the Hebrew "to stand." We rise and recite prayers which recognize the generations of our ancestors, and the common thread that binds us all: Adonai.

**SHALOM RAV:** There are very few things we can ask God for during the Sabbath, and the most important one of those is peace. *Shalom Rav* is a petition for peace for ourselves and all the world.

**YIH'YU L'RATZON:** We conclude our *Amidah* by asking God to receive our prayers in the spirit in which they have been offered.

**FOR HEALING:** We take time during the Shabbat service to ask for special care for those who need healing.

**ALEINU:** The service concludes by praising Adonai, recognizing that Shabbat offers us a time for rest and rejuvenation, and thanking God for the Shabbat.

**MOURNER'S KADDISH:** It is a respectful tradition that Jews recall those who have passed on even as we enter into the time of Shabbat.

**OSEH SHALOM:** At the joyful conclusion of the Shabbat Evening Service, *Oseh Shalom* asks God to give peace to all of us, to every nation, to all creation.

**KIDDUSH:** This is a blessing over the "fruit of the vine," typically wine or grape juice.

**HAMOTZI:** This is a blessing over the "bread from the earth," a prayer said before eating.