

# JEWISH OFF CAMPUS INITIATIVE

# SHABBAT GUIDE

JRP

## CANDLE LIGHTING

ברוך אתה אדני אלהינו מלך העולם אשר קדשנו במצותיו וצונו להדליק נר של שבת

Barukh ata Adonai, Eloheinu Melekh ha-olam,  
asher kidshanu bemitzvotav vitzivanu  
l'hadlik ner shel Shabbat.

Blessed are You, God, Ruler of the  
universe,  
who sanctified us with the  
commandment  
of lighting Shabbat candles.

## KIDDUSH: WINE BLESSING

ברוך אתה אדני אלהינו מלך העולם בורא פרי הגפן

Blessed are You, God, Ruler of the  
universe,  
Who creates the fruit of the vine.

Barukh ata Adonai, Eloheinu Melekh ha-olam,  
borei peri hagafen.

## MOTZEI: CHALLAH BLESSING

ברוך אתה אדני אלהינו מלך העולם המוציא לחם מן הארץ

Barukh ata Adonai, Eloheinu Melekh ha-olam,  
hamotzee lehem min ha'aretz.

Blessed are You, God, Ruler of the  
universe,  
Who creates bread from the earth.

Shabbat is a day of rest, which can be hard to fully focus on when you feel so swamped with commitments every day. But when you get down to it-- what, really, is standing in your way of taking a break from everything? What's standing in your way of unplugging from your phone and computer for a couple of hours, if only during Shabbat dinner? Why have we come to glorify "business"? Is that even a problem? What do you think?