

# SHABBAT GUIDE



BEYOND THE BUS PRESENTS:

## The Great Shabbat Challenge

*In the tempestuous ocean of time and toil there are **islands of stillness** where a person may enter a harbor and **reclaim his dignity**. The island is the seventh day, **the Sabbath**, a day of detachment from things, instruments and practical affairs as well as of **attachment to the spirit**.*

Abraham Joshua Heschel, *The Sabbath*

BLESSING OVER  
THE

CANDLES

ברוך אתה אֱדוֹנָי אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר  
שֶׁל שַׁבָּת

Baruch ata Adonai, Eloheinu  
melech ha'olam, asher kid  
shanu b'mitz'votav v'tzivanu  
l'hadlik ner shel Shabbat.

BLESSING OVER  
THE

WINE  
KIDDUSH

ברוך אתה אֱדוֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
בוֹרֵא פְּרֵי הַגֶּפֶן

Baruch ata Adonai, Eloheinu  
melech ha'olam, borei p'ri  
hagafen.

BLESSING OVER  
THE

CHALLAH  
HAMOTZI

ברוך אתה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch ata Adonai, Eloheinu  
melech ha'oalm, hamotzi  
lechem min ha'aretz.