

ONETABLE



FRIDAY NIGHT RITUAL GUIDE

#HowlShabbat
DIY Ritual. DIY Joy.

There are many ways to enjoy Friday night dinners and Shabbat rituals. That's why we asked our OneTable hosts, from different backgrounds, to share their unique practices, challenges, and inspiration.

Here are some of the blessings that they use to make Shabbat welcoming and accessible for their guests.



CANDLE LIGHTING BLESSINGS

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TRADITIONAL

Baruch Atah Adonai Eloheinu Melech
ha'olam asher kidshanu b'mitzvotav
vitzivanu l'hadlik ner shel Shabbat.

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

Blessed are You, Infinite One, who
makes us holy through our actions and
honors us with the light of Shabbat.

HUMANIST + GENDER INCLUSIVE (ritualwell.org)

N'varekh et ha-or ka-asher nikavets
b'tzavta l'hadlik nerot shel Shabbat.
B'or nevarekh et ha'chayim.

נְבָרֵךְ אֶת הָאוֹר כַּאֲשֶׁר נִקְבְּץ בְּצוֹתָא לְהַדְלִיק
נְרוֹת שֶׁל שַׁבָּת. בְּאוֹר נְבָרֵךְ אֶת הַחַיִּים.

Let us bless the light as we gather
together to kindle Sabbath candles.
With light let us bless life.

GENDER INCLUSIVE

Bruche ateh (Adonai or Yah or HaShem
or other name for the Divine)
Elohimoteinu Malket ha'Olam asher
kidshenu b'mitzvotaihe, v'tzivenu
l'hadlik ner shel Shabbat.

בָּרוּךְ אַתָּה יי, אֱלֹהֵימוֹתֵינוּ מַלְכַת הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיהָ וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Blessed are you, God (or other name
for the Divine), our god, ruler of the
universe, who makes us holy with
their commandments and commands
us to kindle the light of Shabbat.



WINE BLESSINGS

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TRADITIONAL SHORT VERSION

Baruch Atah Adonai Eloheinu Melech
ha'olam borei p'ri ha'gafen.
Baruch Atah Adonai m'kadesh ha'Shabbat.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.
בוֹרֵא פְּרִי הַגֶּפֶן. בָּרוּךְ אַתָּה יי מְקַדֵּשׁ הַשַּׁבָּת.

Blessed are You, Infinite One, Creator of
the fruit of the vine.

Blessed are You, Infinite One, Who
sanctifies Shabbat.



WINE BLESSINGS

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TRADITIONAL LONG VERSION FOR FRIDAY NIGHT

Yom ha-shishi. Vay'chulu hashamayim
v'ha-aretz v'chol tz'va'am. Vay'chal
Elohim bayom hash'vi'i milachto asher
asa. Vayishbot bayom hash'vi'i mikol
milachto asher asa. Vay'varech Elohim
et yom hash'vi'i vay'kadesh oto. Kee vo
shabbat mi-kol m'lachto asher bara
Elohim la'asot.

Savri

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

Baruch ata Adonai, Eloheinu melech ha-
olam, asher kid'shanu b'mitzvotav v'ratza
vanu, v'shabbat kod'sho b'ahava
uv'ratzon hinchilanu, zikaron l'ma'aseh
b'reishit. Ki hu yom t'chila l'mikra-ay
kodesh, zaycher l'tziat mitzrayim. Ki vanu
vacharta v'otanu kidashta mikol
ha'amim. V'shabbat kod-shi-cha b'ahava
uv'ratzon hinchal tanu. Baruch ata
Adonai, mi'kadesh ha Shabbat.

L'Chaim!

יום הששי. ויכלו השמים והארץ וכל צבאם
ויכל אלהים ביום השביעי מלאכתו אשר עשה.
וישבת ביום השביעי מכל מלאכתו אשר עשה
ויברך אלהים את יום השביעי ויקדש אתו. כי בו
שבת מכל מלאכתו אשר ברא אלהים לעשות.

סברי

ברוך אתה יי אלהינו מלך העולם בורא פרי
הגפן.

ברוך אתה יי אלהינו מלך העולם אשר קדשנו
במצותיו ורצה בנו. ושבת קדשו באהבה וברצון
הנחילנו זכרון למעשה בראשית. כי הוא יום
תחלה למקראי קדש זכר ליציאת מצרים. כי
בנו בחרת ואותנו קדשת מכל העמים ושבת
קדשך באהבה וברצון הנחלתנו
ברוך אתה הי מקדש השבת.

לחיים!



WINE BLESSINGS

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The sixth day: And the Heavens and the Earth and all they contained were completed, and on the seventh day God desisted from all the work that he had done. And God rested on the seventh day from all the work that he had done. And God blessed the seventh day and sanctified it, for on that day he rested from all the work which he had done in creating the world.

By your leave!

Blessed are you, Lord our God, Ruler of the Universe, who creates the fruit of the vine.

Blessed are you, Lord our God, Ruler of the Universe, who has sanctified us with his commandments and favored us, and given us in love and favor his holy Shabbat as an inheritance, as a remembrance of the act of creation. For this day is the beginning of all holy days, a remembrance of the Exodus from Egypt. For you have chosen us and you have blessed us from among all the nations. And you have bequeathed us your holy Shabbat in love and favor. Blessed are you, Lord, who sanctifies Shabbat.

L'Chaim!



HANDWASHING BLESSINGS

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TRADITIONAL

Baruch Atah Adonai Eloheinu Melech
ha'olam asher kidshanu b'mitzvotav
vetzivanu al netilat yadayim.

ברוך אתה יי, אלהינו מלך העולם אשר
קדשנו במצותיו וצונו על נטילת ידים.

Blessed are You, Infinite One, who makes
us holy through our actions and honors us
as we wash our hands.

GENDER INCLUSIVE

Bruche ateh (Adonai or Yah or HaShem or
other name for the Divine) Elohimotein
Malket ha'Olam asher kidshenu.
b'mitzvotaihe v'tzivenu al netilat yadayim

ברוך אתה יי, אלהימותינו מלכת העולם,
אשר קדשנו במצותיה וצונו על נטילת ידים.

Blessed are you, God (or other name for the
Divine), our god, ruler of the universe, who
makes us holy with their commandments and
commands us to kindle the light of Shabbat.



BLESSINGS OVER BREAD

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TRADITIONAL

Baruch Atah Adonai Eloheinu Melech
ha'olam ha'motzi lechem min ha'aretz.

ברוך אתה יי, אלהינו מלך העולם
המוציא לחם מן הארץ.

Blessed are You, Infinite One, Who brings
forth bread from the earth.

GENDER INCLUSIVE

Baruche ateh Yah, Elohimoteinu Malket
ha'Olam, Hamotzi'e lechem minha'aretz.

ברוך אתה יי, אלהימותינו מלכת העולם, אֶשֶׁר
קִדְּשָׁנוּ בְּמִצּוֹתֶיהָ וְצִנּוּנוּ עַל נְטִילַת.

Blessed are you, God (or other name for
the Divine), our god, ruler of the universe,
who brings forth bread from the earth.



GRATITUDE AT THE END OF THE MEAL

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TRADITIONAL

Brich rachmana malka d'alma marie d'hai pita.

בְּרִיךְ רַחֲמָנָא מַלְכֵיהּ דְּהַאי פִּיטָא.

We are blessed with compassion by You,
Infinite One, who sustains us with bread.



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