

👉 *Feel free to open up the ring, pass these around, and enjoy!*

*A single night when
our entire community
shines as one!*



1,000 Shabbat CELEBRATIONS

Sue Meltzer and Laurel Warner
1,000 Shabbat Celebrations Co-Chairs

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Translations of many blessings adapted from *Renew Our Days: A Book of Jewish Prayer and Meditation* by Rabbi Ronald Aigen, reprinted with permission. *Abbreviated blessings. For additional content, or to download these materials, please visit JewishLA.org/MyShabbat

Hadlakat Neiroi Lighting the Candles

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

*Baruch atah Adonai,
Elo-heinu, Melech ha-olam
asher kid'shanu
b'mitz-votav v'tzivanu
l'hadlik neir shel Shabbat.*

Blessed are You, Adonai, our God,
Sovereign of the universe,
who brings holiness
to our lives with the mitzvah
to kindle the light of Shabbat.

Hadlakat Neirot Lighting the Candles

I have added another brief ritual to my candle lighting, a very private one ... I decided that at candle lighting each Friday night, I would let my thoughts dwell for a moment on each child, picture their faces and think about their lives. I once mentioned it to them, and now they all light candles on Friday night and think for a few moments about us.

— Blu Greenberg, *How to Run a Traditional Jewish Household*

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Shalom Aleichem
Welcoming the Shabbat Angels

שְׁלוֹם עֲלֵיכֶם מְלַאֲכֵי הַשָּׁרֵת
מְלַאֲכֵי עֵלְיוֹן
מִמְּלַךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא:

*Shalom Aleichem malachei
hasharet malachei elyon,
mimelech mal'chei hamlachim,
Hakadosh Baruch Hu.*

בּוֹאֲכֶם לְשָׁלוֹם מְלַאֲכֵי הַשָּׁלוֹם
מְלַאֲכֵי עֵלְיוֹן
מִמְּלַךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא:

*Bo'achem l'shalom malachei
hashalom, malachei elyon,
mimelech mal'chei hamlachim,
Hakadosh Baruch Hu.*

בְּרַכּוּנִי לְשָׁלוֹם מְלַאֲכֵי הַשָּׁלוֹם
מְלַאֲכֵי עֵלְיוֹן
מִמְּלַךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא:

*Bar'chuni l'shalom malachei
hashalom, malachei elyon,
mimelech mal'chei hamlachim,
Hakadosh Baruch Hu.*

יָצֵאתְכֶם לְשָׁלוֹם מְלַאֲכֵי הַשָּׁלוֹם
מְלַאֲכֵי עֵלְיוֹן
מִמְּלַךְ מַלְכֵי הַמַּלְאָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא:

*Tzeit'chem l'shalom malachei
hashalom, malachei elyon,
mimelech mal'chei hamlachim,
Hakadosh Baruch Hu.*




Greetings of peace, attending angels,
messengers of the Most High
Holy One of Blessing

Come in peace, attending angels,
messengers of the Most High
Holy One of Blessing

Bless us with peace, attending angels,
messengers of the Most High
Holy One of Blessing

Go in peace, attending angels,
messengers of the Most High
Holy One of Blessing

Shalom Aleichem
Welcoming the Shabbat Angels



I shall never forget Shabbat in my town. When I shall have forgotten everything else, my memory will still retain the atmosphere of holiday, of serenity pervading even the poorest houses; the white tablecloth, the candles, the meticulously combed little girls, the men on their way to the synagogue. When my town shall fade into the abyss of time, I will continue to remember the light and the warmth it radiated on Shabbat... As it enveloped the universe, the Shabbat conferred on it a dimension of peace, an aura of love.

– Elie Wiesel *"To Be a Jew," A Jew Today*

Eishet Chayil A Woman of Valor

אִשֶׁת־חַיִל מִי יִמְצָא
וְרַחֵק מִפְּנִינִים מִכָּרָה...
*Eishet Chayil mi yimtza,
v'rachok mi'pninim michrah...*

הִיְתָה כּוֹנֵנוֹת סוֹחֵר,
מִמֶּרְחָק תָּבִיא לַחֲמָה:
*Hay'tah ko-oniyot socher,
mimerchak tavi lachma.*

כִּפָּה פָּרְשָׁה לְעַנִּי
וַיָּדִיחַ שְׁלֹחָה לְאַבְיוֹן...
*Kapah par'sah le-ani,
v'yadehah shil'cha la-eyyon...*

עוֹז־וְהָדָר לְבוּשָׁה,
וַתִּשְׁחַק לְיוֹם אַחֲרוֹן;
פִּיהָ פֶּתַחַח בְּחֶכְמָה,
וַתּוֹרַת־חֶסֶד עַל־לְשׁוֹנָה:
*Oz v'hadar l'vushah,
vatischak l'yom acharon.
Piha pat'cha v'chochmah,
v'torat chesed al l'shonah.*

תְּנוּ־לָהּ מִפְּרֵי יָדֶיהָ
וַיִּהְיֶה לָּהּ בְּשִׁעָרִים
מַעֲשֵׂיהָ:
*T'nu lah mi-p'ri yadeha,
vihal'luha va-sh'arim
ma-aseha.*



Where can a noble woman be found?
Her worth surpasses material riches...
Like a merchant ship,
She brings her food from afar...
She gives generously to the poor
and extends a hand to the needy...
She is robed in strength and dignity
and cheerfully faces whatever may come.
She opens her mouth with wisdom;
her speech is full of kindness and love...
Place before her the fruit of her hands.
Wherever people gather,
her deeds speak her praise.

Selections from Psalm 31

Eishet Chayil
A Woman of Valor

*When a person keeps the Sabbath,
it is as though she had fulfilled
the entire Torah, all of it.*

– Pesikta



Ashrei Ish
Blessed Is the Man

הַלְלוּיָהּ.

אֲשֶׁר־יֵאֵשׁ יֵרָא אֶת־יְהוָה...

זָרַח בַּחֹשֶׁךְ אֹר לְיֹשְׁרִים

חַנּוּן וְרַחוּם וְצַדִּיק:

טוֹב־אִישׁ חוֹנֵן וּמְלֹךְ

יְכַלְכֵּל דְּבָרָיו בְּמִשְׁפָּט:

כִּי־לְעוֹלָם לֹא־יִמוּט

לְזָכַר עוֹלָם יְהִיָּה צַדִּיק...

Hal'le'lu Yah

Ashrei ish yare et-Adonai...

Zarach ba'cho'shech or lay'sharim

channun v'rachum v'tzaddik.

Tov ish chonen u'malveh

ye'chal'kel d'varav b'mishpat.

Ki'olam lo yimmot

I'zecher olam yih'yeh tzaddik...

Hallelujah.

Blessed is the man
who is in awe of the Mystery...

A light shines in the dark
for the righteous;
he is gracious,

compassionate, and just.

It is good for a man
to lend graciously,
and conduct his affairs justly.

He shall never be shaken;
the righteous are
remembered forever.

Selections from Psalm 112

*You cannot find peace
anywhere, save in yourself.*

– Rabbi Simcha Bunam



Blessing the Children

For Boys

יְשִׁמְחַ אֱלֹהִים Y'simcha Elohim
בְּאֶפְרַיִם וּבְמְנַשֶּׁה: k'Efrayim v'chiM'nasheh
May God make you like Ephraim and Menasseh

For Girls

יְשִׁמְעַ אֱלֹהִים Y'simech Elohim
בְּסָרַח רִבְקָה רָחֵל וְלֵאָה: k'Sarah Rivkah Rachel v'Leah
May God make you like Sarah, Rebecca, Rachel and Leah

For Both Boys and Girls

יְבָרְכֶךָ יְהוָה וַיְשִׁמְרֶךָ: Y'varech'cha Adonai v'yishm'recha. Ya-eir
יָאֵר יְהוָה פָּנָיו Adonai panav
אֵלֶיךָ וַיְחַנֶּכֶךָ: eilecha vichuneka.
יֵשֵׂא אֱדֹנָי פָּנָיו אֵלֶיךָ Yisa Adonai panav eilecha
וַיֵּשֶׂם לְךָ שְׁלוֹם: v'yaseim l'cha shalom.

May God bless you and keep you.

May God's light shine upon you and be gracious to you.

May God's face be lifted up to you and give you peace.

A Jew who feels a real connection with the life of his or her people throughout the generations will find it utterly impossible to think of the existence of the Jew without the Shabbat. One can say without exaggeration that more than the Jew has kept the Shabbat, the Shabbat has kept the Jew.

– Ahad Ha-Am



Kiddush
Blessing Shabbat Eve

וַיְהִי-עֶרֶב וַיְהִי-בֹקֶר יוֹם הַשְּׁשִׁי:	Vay'hi erev vay'hi voker yom hashishi.
וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-צָבָאָם:	Vay'chulu hashamayim veha-aretz v'chol tz'va-am.
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה	Vay'chal Elohim bayom hash'vi-i m'lachto asher asah.
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל-מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:	Vayishbot bayom hash'vi-i mikol m'lachto asher asah.
וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי	Vay'varech Elohim et yom hash'vi-i
וַיְקַדֵּשׁ אֹתוֹ כִּי בּו שָׁבַת מִכָּל-מְלַאכְתּוֹ	va-y'kadesh oto. Ki vo shavat mikol m'lachto
אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת:	asher barah Elohim la'asot.

בָּרוּךְ אַתָּה יי	Baruch atah Adonai,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם	Elo-heinu, Melech ha-olam
בוֹרֵא פְּרִי הַגָּפֶן.	borei p'ri hagafen.

It was evening and morning: the sixth day.
Now the heavens and the earth
were completed with all they contained.
On the seventh day God completed
all the divine labor of Creation,
and ceased on the seventh day
from all the divine labor which God made.
Then God blessed the seventh day
and sanctified it, for on that day
God ceased from all the work of Creation
which God had made.



Kiddush
Blessing Shabbat Eve

בְּרוּךְ אַתָּה יְהוָה	<i>Baruch atah Adonai,</i>
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם	<i>Elo-heinu, Melech ha-olam,</i>
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו	<i>asher kid'shanu b'mitz-votav</i>
וּרְצָה בָּנוּ	<i>v'ratzah vanu.</i>
וּשְׁבַת קִדְּשׁוֹ	<i>v'Shabbat kodsho</i>
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ	<i>b'ahavah uv'ratzon hinchilanu,</i>
זְכוֹרֵנוּ לְמַעֲשֵׂה בְּרֵאשִׁית.	<i>zikaron l'maaseih v'reishit.</i>
כִּי הוּא יוֹם תְּחִלָּה	<i>Ki hu yom t'chilah</i>
לְמִקְרָאֵי קִדְּשׁ	<i>l'mikraei kodesh,</i>
זֵכֶר לִיצִיַּאת מִצְרַיִם:	<i>zecher litziat Mitzrayim.</i>
כִּי בָנוּ בְּחָרְתָּ	<i>Ki vanu vacharta</i>
וְאוֹתָנוּ קִדְּשָׁתָּ	<i>v'otanu kidashta</i>
לְעַבְדֹתֶךָ וּשְׁבַת קִדְּשֶׁךָ	<i>la'avodatecha v'Shabbat kodsh'cha</i>
בְּאַהֲבָה וּבְרָצוֹן	<i>b'ahavah uv'ratzon</i>
הִנְחַלְתָּנוּ:	<i>hinchaltanu.</i>
בְּרוּךְ אַתָּה יְהוָה	<i>Baruch atah Adonai,</i>
מְקַדֵּשׁ הַשְּׁבַת:	<i>m'kadeish HaShabbat.</i>

You abound in blessings, Eternal One our God,

Sovereign of all time and space, who creates the fruit of the vine.

Boundless are you, Eternal One our God, Source of Creation whose mitzvot brings holiness to our lives and who delights in us, bestowing upon us with gracious love, your holy Shabbat, a memorial in the work of Creation.

It is the first among the sacred days, recalling the Exodus from Egypt. You have distinguished us and brought holiness to our lives in serving your holy purposes; with gracious love have you given us your holy Shabbat.

Praised are you, Eternal One, who sanctifies Shabbat.

The Sabbath is a world revolution

– Franz Rosenzweig, letter to E. Rosenstock, August 25, 1924

Netilat Yadaim Washing the Hands

בָּרוּךְ אַתָּה יְהוָה	<i>Baruch atah Adonai,</i>
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם	<i>Elo-heinu, Melech ha-olam</i>
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו	<i>asher kid'shanu b'mitz-votav</i>
וְצִוָּנוּ עַל נְטִילַת יָדַיִם:	<i>v'tzivanu al n'tilat yadayim.</i>

Praised are you, Eternal One
our God, Sovereign of all time and space,
who brings holiness to our lives
with the *mitzvah* of washing our hands.



*The most beautiful and deepest experiences one can have is the sense of the mysterious ... One who has never had this experience seems to me if not dead, then at least blind. To sense that behind anything that can be experienced there is a something that our mind cannot grasp and whose beauty and sublimity reaches us only indirectly and as a feeble reflection, this is religiousness. In **this** sense I am religious.*

– Albert Einstein

Birkat HaMotzi
Blessing Over Bread

בָּרוּךְ אַתָּה יי *Baruch atah Adonai,*
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם *Elo-heinu, Melech ha-olam*
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ *hamotzi lechem min ha'aretz.*

Praised are you, Eternal One
our God, Source of all Creation,
who brings forth bread from the earth.



Opening Song

שִׁיר הַמַּעֲלוֹת.	<i>Shir Hama'alot,</i>
בְּשׁוּב יְהוָה	<i>b'shuv Adonai</i>
אֶת־שִׁיבַת צִיּוֹן	<i>et shivat tziyon</i>
הָיִינוּ כְּחֹלְמִים:	<i>hayinu k'chol'mim.</i>
אֲזַ יִמְלֵא שְׁחוֹק פִּינוּ	<i>Az y'male s'chok pinu</i>
וּלְשׁוֹנֵנוּ רִנָּה	<i>ulshoneinu rina.</i>
אֲזַ יֵאמְרוּ בְּגוֹיִם	<i>Az yom'ru vagoyim</i>
הַגִּדִּיל יְהוָה לַעֲשׂוֹת עִם־אֱלֹהִים:	<i>higdil Adonai la'asot im eleh;</i>
הַגִּדִּיל יְהוָה לַעֲשׂוֹת עִמָּנוּ	<i>higdil Adonai la'asot imanu</i>
הָיִינוּ שְׂמֵחִים:	<i>hayinu s'meichim.</i>
שׁוּבָה יְהוָה אֶת־שְׁבִיתֵנוּ	<i>Shuva Adonai et sh'viteinu</i>
כְּאֶפְיָקִים בְּנֶגֶב:	<i>ka'afikim banegev.</i>
הַזֹּרְעִים בְּדַמְעָה בְּרִנָּה יִקְצְרוּ:	<i>Hazor'im b'dimah b'rinah yiktzoru.</i>
הַלֹּוֹךְ יֵלֵךְ וּבֹכֵה	<i>Haloch yelech uvacho,</i>
נִשָּׂא מְשֶׁחַ־הַזָּרַע	<i>nosei meshech hazara,</i>
בֹּא־יָבֵא בְּרִנָּה	<i>bo yavo v'rinah</i>
נִשָּׂא אֲלֻמֹּתָיו:	<i>nosei alumotav.</i>

A song of ascents.

When the Eternal One brought our exiles back to Zion, we were like dreamers.

Then our mouths were filled with laughter, our language was all song.

Then it was said among the nations:

“the Eternal has done great things for them.”

Great things indeed has God done for us; and so we rejoiced.

Bring us back, O Everpresent, as streams rush back to wadis in the Negev.

Those who sow in tears shall reap with joy.

The one who plants in sadness, bearing his few sacks of seeds,
will come back home in gladness, bearing ample sheaves of grain.

Birkat HaMazon: Grace After Meals

Opening Song

An artist cannot be continually wielding a brush. Artists must stop at times in their painting to freshen their vision of the object, the meaning of which they wish to express on canvas.

Living is also an art. We dare not become absorbed in its technical processes and lose our consciousness of its general plan...

The Shabbat represents those moments when we pause in our brushwork to renew our vision of the object.

Having done so we take ourselves to our painting with clarified vision and renewed energy. This applies to the individual and to the community alike.

– Rabbi Mordecai Kaplan

Birkat HaMazon: Grace After Meals
Blessing the Food

בְּרוּךְ אַתָּה יְהוָה	<i>Baruch atah Adonai,</i>
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,	<i>Elo-heinu melech ha-olam,</i>
הַזֵּן אֶת הָעוֹלָם כְּלוּ בְּטוּבוֹ	<i>hazan et haolam kulo betuvo,</i>
בְּחֵן וּבְחֶסֶד וּבְרַחֲמִים:	<i>bechen bechesed uverachamim.</i>
הוּא נוֹתֵן לָחֶם לְכֹל בָּשָׂר	<i>Hu noten lechem lechol basar,</i>
כִּי לְעוֹלָם חֶסֶדּוֹ.	<i>ki le-olam chasdo,</i>
וּבְטוּבוֹ הַגָּדוֹל	<i>uvetuvo hagadol</i>
תָּמִיד לֹא חָסַר לָנוּ	<i>tamid lo chasar lanu,</i>
וְאֵל יִחְסַר לָנוּ	<i>ve-al yechar lanu</i>
מִזֶּן לְעוֹלָם וָעֶד	<i>mazon le-olam vaed,</i>
בְּעִבּוּר שְׁמוֹ הַגָּדוֹל:	<i>baavur shemo hagadol,</i>
כִּי הוּא אֵל זֶן וּמַפְרִיֵּס לְכֹל	<i>ki hu El zan umefarnes lakol,</i>
וּמְטִיב לְכֹל	<i>umetiv lakol</i>
וּמְכִין מִזֶּן לְכֹל בְּרִיּוֹתָיו	<i>umechin mazon lechol briotav</i>
אֲשֶׁר בָּרָא:	<i>asher bara.</i>
בְּרוּךְ אַתָּה יְהוָה	<i>Baruch atah Adonai,</i>
הַזֵּן אֶת הַכֹּל:	<i>hazan et hakol.</i>

You abound in blessings, Eternal One our God,
Sovereign of all time and space,
who sustains the whole world with goodness,
grace, loving kindness, and compassion.

God provides food for every creature;
God's steadfast love is eternal.

God's great goodness has never failed us,
and we may never lack for sustenance,
for the sake of your Great Name.

You are a God who sustains and provides for us all,
who does good for all, and prepares sustenance
for all the creatures that you created.

Praised are you, Eternal One, who sustains all life.

Birkat HaMazon: Grace After Meals **Blessing the Food**



On every day of his life Shammai ate in honor of Shabbat. How? When he chanced upon a nice piece of meat [in the market, he would purchase it and] declare, "This is for Shabbat." If, on the following day, he found an even more desirable piece of meat, he would set the second piece aside [for Shabbat] and eat the first [during the week] ...

*From the first day of the week,
direct your efforts towards Shabbat.*

– Talmud Beitza 16a

Birkat HaMazon: Grace After Meals Blessing the Land

ועל הכל יהוה אלהינו
אנחנו מודים לך
ומברכים אותך.
יתברך שמך בכל חי
תמיד לעולם ועד בכתוב-
ואכלת ושבעת
וברכת את יהוה אלהיך
על-הארץ הטובה אשר נתן לך:
ברוך אתה יהוה
על הארץ ועל המזון:

*Ve-al hakol Adonai Elo-heinu
anachnu modim lach,
umevarechim otach,
yitbarach shimcha befi chol chai
tamid le-olam vaed. Kakatuv:
ve-achalta vesavata
uverachta et Adonai Elohecha
al ha'aretz hatova asher natan lach.
**Baruch atah Adonai,
al ha'aretz ve-al hamazon.***

For all this, Eternal One our God,
we are grateful and praise You;
may You be forever blessed
by all who live, as it is written:

“When you have eaten and are satisfied,
you shall praise the Eternal your God
for the good land which has been given to you.”

Deuteronomy 8

**Praised are you,
Eternal One,
For the land
and for the
sustenance.**



Birkat HaMazon: Grace After Meals Blessing of Shabbat

רְצֵה וְהַחֲלִיטֵנוּ יְהוָה אֱלֹהֵינוּ
בְּמִצְוֹתֶיךָ
וּבְמִצְוַת יוֹם הַשַּׁבָּת
הַשַּׁבָּת הַגָּדוֹל וְהַקְּדוֹשׁ הַזֶּה.

*Retzei vehachalitzeinu Adonai Elo-heinu
be-mitzvotecha
uvemitzvat yom hashevii
haShabbat hagadol vehaka-dosh ha-zeh*

May you strengthen us, Eternal our God,
With your commandments, including the commandment of the seventh day,
this great and holy Sabbath day.
For this day is great and sacred before You
that we might stop and rest on it with love, as a mitzvah that You cherish.

*O God, we come so often with needs to be satisfied.
We come to you now in gratitude for what we have and are.
Help us to make our home a sanctuary, warmed by reverence, adorned by tradition,
with family bonds that are strong and enduring, based on love, truth, trust, and affection.
Grant us gratitude enough to look backward and be thankful;
courage enough to look forward and be hopeful;
faith enough to look upward and be humble;
kindness enough to look outward and be helpful.
And in the week ahead, help us to live the words we pray,
so that all that we have done, be found good and worthy of your blessing.*

J. Harry Berger



Birkat HaMazon: Grace After Meals
Blessing Jerusalem

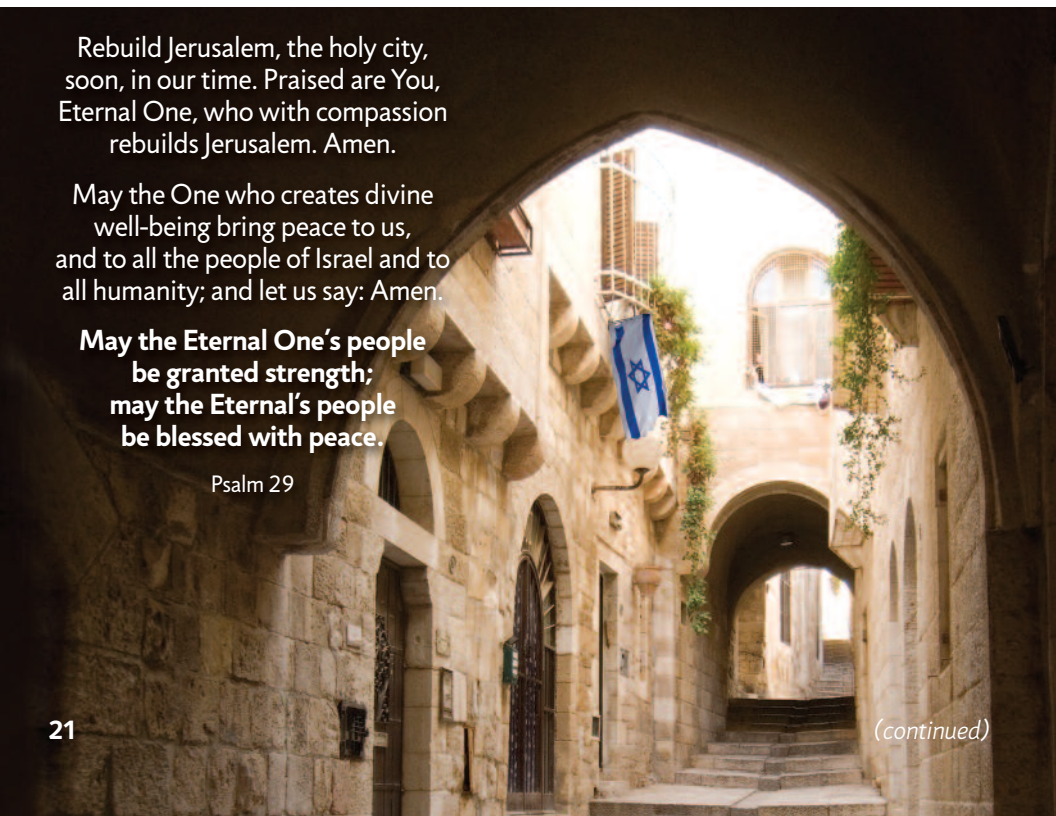
וּבְנֵה יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמַהֲרָה בְּיָמֵינוּ: בָּרוּךְ אַתָּה יְהוָה בוֹנֵה בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן:	<i>Uvnei Yerushalayim ir hakodesh bimheira veyameinu. Baruch atah Adonai, boneh verachamav Yerushalayim. Amen.</i>
עֲשֵׂה שָׁלוֹם בְּמִרְמֵי הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. אָמֵן:	<i>'Oseh shalom bimromav hu ya'aseh shalom 'aleinu ve-'al kol yisrael ve-'al kol yoshevei teiveil. Amen.</i>
יְהוָה עֹז לְעַמּוֹ יִתֵּן יְהוָה יְבָרֶךְ אֶת עַמּוֹ בְּשָׁלוֹם:	<i>Adonai 'oz le-'ammo yitten, adonai yivarekh et 'ammo va-shalom.</i>

Rebuild Jerusalem, the holy city,
soon, in our time. Praised are You,
Eternal One, who with compassion
rebuilds Jerusalem. Amen.

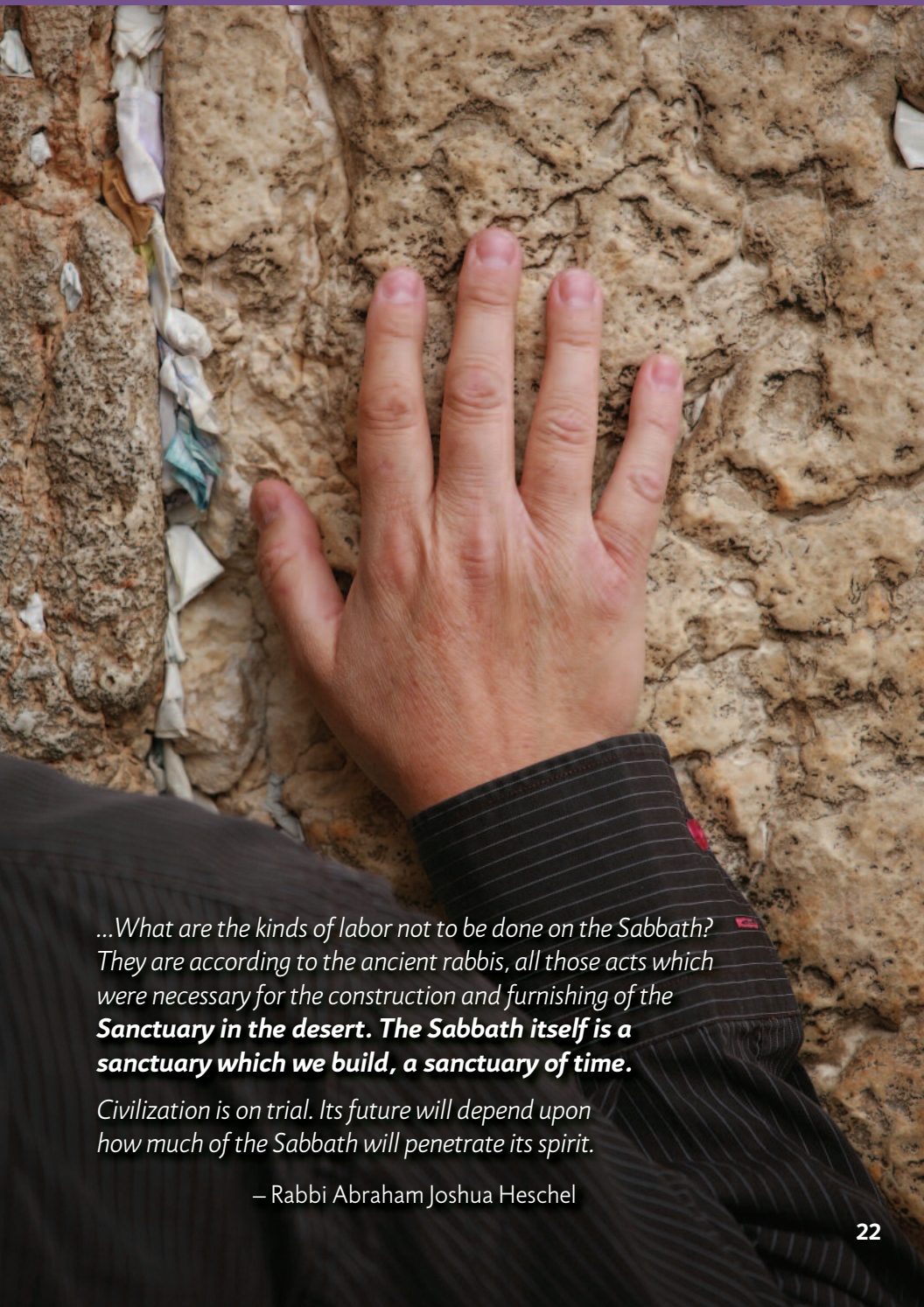
May the One who creates divine
well-being bring peace to us,
and to all the people of Israel and to
all humanity; and let us say: Amen.

**May the Eternal One's people
be granted strength;
may the Eternal's people
be blessed with peace.**

Psalm 29



Birkat HaMazon: Grace After Meals
Blessing Jerusalem



*...What are the kinds of labor not to be done on the Sabbath? They are according to the ancient rabbis, all those acts which were necessary for the construction and furnishing of the **Sanctuary in the desert. The Sabbath itself is a sanctuary which we build, a sanctuary of time.***

Civilization is on trial. Its future will depend upon how much of the Sabbath will penetrate its spirit.

– Rabbi Abraham Joshua Heschel



Challah

Ingredients

- ¾ cup vegetable oil
- ½ cup warm water
- ½ cup sugar
- 1 teaspoon salt
- 3 eggs
- 5-7 cups of flour

Yeast Mix Starter

- 1 teaspoon sugar
- ½ cup warm water
- 1 tablespoon (1 package) yeast

Glaze

- 1 egg yolk
- Poppy or sesame seeds

1. Dissolve 1 teaspoon sugar in ½ cup warm water in a large, warm mixing bowl and sprinkle yeast on top. Let stand about 10 minutes—until yeast starts to break down.
2. Into the above mixture, stir the oil, the second ½ cup of warm water, sugar, salt, and eggs. Then add as much of the flour as you can, one cup at a time. The mixture will be stiff and sticky.
3. Cover and let rest for about 10 minutes.
4. Turn dough out onto a floured surface and knead, adding in more flour as needed, keeping dough soft and tender.
5. Ball up dough in a greased bowl. Cover and let rise in a warm place, until doubled in bulk (about 1 ½ - 2 hours; if you use quick rising yeast, it may take less time.)
6. Punch down and let rise a second time until double (about 45 minutes - 1 hour).*
7. Divide dough to make two or four loaves.
8. Braid each loaf, dividing the dough into four equal parts and rolling into four ropes of same size and shape. Pinch together into an “X” shape and twist.
9. Cover and let rise about ½ hour. Preheat oven to 375°. Make glaze by beating 1 egg yolk with about 1 teaspoon of water and ½ teaspoon of sugar. Brush glaze over challah and sprinkle with seeds.
10. Bake for about 30 minutes until golden brown.
11. Enjoy!

*If it is your custom, recite the blessing over “taking challah.” Pinch off an olive-sized tithe of dough, declare it “challah” and burn this piece in foil in the oven.



Persian Eggplant and Mint Dip (*Kashk-e-Bademjan*)

by 30 YEARS AFTER

This easy dip offers an incredible flavor burst of fried onion, eggplant, and mint, and will fit beautifully alongside a tray of hummus dips and breads. The mint is an absolute must!

Ingredients

- ¼ cup + 3 tablespoons of olive oil
- 1 large eggplant, peeled and chopped into one-inch cubes
- 1 large onion, thinly sliced
- 2 garlic cloves, chopped
- ½ teaspoon turmeric
- ¼ cup chopped, fresh mint
- ¼ cup *Kashk* (liquid whey protein) or for Parve recipe, mayonnaise
- Salt

1. Heat the 3 tablespoons of oil in a large, heavy skillet over medium-high heat and add the onion. Stir frequently until deep golden-brown and watch carefully to prevent burning, about, 15-20 minutes. Transfer to paper towels to drain, then place in a medium bowl and season with salt. Reserve skillet with oil.
2. Reduce heat to medium and add the ¼ cup of oil. Add the garlic and turmeric and stir for 1 minute. Add the eggplant and ½ tsp salt and cook, stirring occasionally, until eggplant is very tender, 15 to 20 minutes. Stir in mint and remove from heat. Add the eggplant to the bowl of fried onions and mix well.
3. Transfer to a food processor or blender, add the *kashk* or mayonnaise, and puree until a smooth, dip-like consistency is reached. If too thick, add a tablespoon or so of water and blend again. Add salt if necessary.
4. Serve warm in a bowl and top with dried, store-bought fried onions and a few sprigs of fresh mint, and alongside pita or lavash bread, or crackers.



Daniel's Schmaltz Herring Salad in Sour Cream and Apples

Salad

- 4 cleaned fillets of "Schmaltz" herring, preserved in oil
- ¼ cup chopped red onion
- 1 teaspoon capers, chopped
- 2 Granny Smith apples, peeled, cored, and thinly sliced
- 2 tablespoons chopped fresh Italian parsley

Dressing

- 2-3 tablespoons freshly squeezed lemon juice
- 1 tablespoon mayonnaise
- Scant ½ cup dairy sour cream
- ¼ - ½ cup toasted walnuts or hazelnuts, chopped
- Salt
- Coarsely ground black pepper

1. Cut the herring into medium dice and set aside.
2. In a serving bowl, mix the onion, capers, apples, and parsley.
3. In a small bowl, whisk together the lemon juice, mayonnaise, and sour cream, and add to the onion mixture. Gently blend in the diced herring and toasted nuts, cover, and let stand 1 hour at room temperature. Season with salt and pepper to taste before serving. (Or prepare the day before, store in a closed container in the refrigerator, and bring to room temperature before serving.)

Phyllis Glazer and Miriyam Glazer
*The Essential Book of Jewish Festival Cooking:
200 Seasonal Holiday Recipes & Their Traditions*

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Spinach-Feta Quiche with Fresh Basil

Crust

- 1 ¼ cup whole-wheat flour
- 1 teaspoon salt
- ¾ cup (1 ½ sticks) cold butter or margarine
- 1 egg yolk
- ½ cup plain yogurt

Filling

- 1 package (10 oz.) frozen chopped spinach
- 6 small scallions, with 2-inch green tops included, chopped
- 4 oz. (1 cup) crumbled feta cheese
- ½ cup cottage cheese
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons chopped fresh basil
- 1 large garlic clove, minced or pressed
- ½ teaspoon freshly ground black pepper
- 4 eggs
- ½ cup milk

1. Preheat the oven to 400° F.
2. Prepare the crust. Put the flour and salt in the bowl of a food processor. Cut the butter into chunks and add to the flour. Process in on/off pulses until coarse crumbs are formed.
3. In a small bowl, beat together the egg yolk and yogurt and add to the flour mixture while the machine is running. Remove and shape into a neat ball. (The dough should not be sticky. If it is, knead it briefly on a floured surface.)
4. Flatten the ball and, using thumbs, press into a 10-inch pie plate, distributing the dough around equally, with no dough buildup around the inner edges. Flute the top. Alternately (but more work), dough may be wrapped in plastic wrap, chilled for 30 minutes, and rolled out.
5. Use a fork to pierce the bottom and sides of the dough, so it will not rise, or weigh the dough down with dry beans (they can be reused) placed on a circle of parchment paper for easy removal. Bake the crust for 10 minutes, or until just lightly browned.
6. Remove from the oven and let cool slightly. Remove the beans and the parchment paper, if using.
7. Prepare the filling: Thaw the spinach and put in a wire-mesh strainer to drain. Press and squeeze out any excess liquid.
8. In a food processor, chop the scallions and, except for the spinach, add the rest of the ingredients. Process for 30 seconds, or until blended. Add the spinach and process briefly in on/off pulses.
9. Pour the filling into the partially baked crust and bake for 10 minutes.
10. Lower the heat to 350° F. Bake an additional 10 to 15 minutes, or until the quiche is set and a toothpick inserted in the center comes out moist but not wet. Serve hot or at room temperature.



Middle Eastern Eggplant, Fennel and Sweet Peppers

Jay Sanderson

Ingredients

- ¾ teaspoon ground cumin
- ¾ teaspoon ground turmeric
- ½ teaspoon ground ginger
- ½ teaspoon sriracha sauce
- ¼ teaspoon cinnamon
- 5 tablespoons extra-virgin olive oil
- 1 medium fennel bulb, trimmed and cut into thin sticks
- 3 peppers (red, yellow or orange), cored, seeded, and cut into thin sticks
- 1 medium eggplant, trimmed and cut into ¾ inch sticks
- 2 minced garlic cloves
- ¼ cup vegetable stock or water
- 1 tablespoon honey
- Kosher salt and black pepper to taste

1. Mix the spices and sriracha in a small bowl and set aside.
2. Heat 2 tablespoons of the oil in a 12-inch skillet over medium high heat.
3. Add the fennel and peppers and cook until tender.
4. Stir in the garlic and as it softens, add the spice mixture.
5. Transfer to a large bowl.
6. Wipe out the skillet and add the remaining oil.
7. Add the eggplant and cook until slightly browned.
8. Add the stock and cook until most of the stock evaporates.
9. Stir in the vegetable from the large bowl.
10. Add the honey and salt and pepper.
11. Serve hot! Yield: 6 servings.



Yerushalmi Kugel

Ahuva Ron

Ingredients

12 oz. soup noodles
5 tablespoons sugar
¼ cup oil
2 eggs
Salt and pepper

Preheat oven to 380°

1. Cook the noodles according to package directions in salted boiling water. Drain the noodles and place them in a large mixing bowl. Season with salt, pepper, and 1 tbsp. sugar.
2. In a small pan, cook ¼ cup oil and 4 tablespoons sugar until sugar caramelizes, around 5 minutes, stirring constantly. When the sugar darkens, pour it into the bowl and noodles and stir quickly so that the caramelized sugar doesn't harden. Add two eggs to the mixture and mix well.
3. Pour the noodle into a 9x5-inch loaf pan and bake at 380° for 40-45 minutes.

Apricot Chicken

Lisa Blumstein

Sauce

8 oz. jar apricot jam
½ cup ketchup
½ cup mayonnaise
Diced dried apricots (optional)

Whole chicken or parts

(Tip: I usually double sauce because it is so good)

Preheat oven to 350°

1. Mix together ingredients in a bowl and pour sauce to completely cover chicken, cover with foil. You can use any parts of the chicken, I recommend chicken breasts.
2. Place in 9x13-inch greased casserole. Bake covered at 350° for approximately 45 minutes, then remove foil and bake uncovered until chicken is completely done.



Cholent

Ingredients

- 2 medium potatoes, peeled and cut into 1 ½ - inch chunks
- 1 medium onion, peeled and cut into 1 ½ - inch chunks
- ½ to 1 pound boneless beef short ribs, cut in 1 ½ - inch chunks
- Pepper, to taste
- ¾ cup pearl barley
- ½ cup dried kidney beans
- ½ cup dried navy beans
- ½ cup dried cranberry beans
- 2 tablespoons honey or molasses
- 2 tablespoons smoked paprika
- Salt to taste

1. Line the bottom of a slow cooker with the potatoes, the onion and then the short ribs, sprinkling the meat with pepper to taste.
2. Scatter the barley and the beans on top, then pour on the broth and the honey or molasses. Sprinkle with the paprika and salt to taste. Add enough water to cover all the ingredients. Cook on low for 12 to 15 hours, stirring occasionally, adding more water if necessary. The longer the cholent cooks, the better it will be.

Time: 12 to 15 hours • Yield: 6 to 8 servings.

Adapted from *Quick & Kosher:
Recipes From the Bride Who Knew Nothing*
by Jamie Geller (Feldheim, 2007)

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Greek-Style Rice Pudding

Ingredients

- 1 $\frac{2}{3}$ cup water
- 1 cup uncooked white rice
- 1 tablespoon butter (optional)
- $\frac{1}{4}$ teaspoon salt (rounded measure)
- 2 large eggs, beaten
- $\frac{1}{3}$ cup (packed) light brown sugar
- 1 teaspoon grated lemon zest
- 2 tablespoons fresh lemon juice
- $\frac{1}{2}$ teaspoon pure vanilla extract
- Cinnamon

1. Combine the water, rice, optional butter, and salt in a medium-sized saucepan. Bring to a boil, then lower the heat to the slowest possible simmer. Cover, and let it cook undisturbed for 20 minutes. At this time, test for tenderness, and cook a little longer (possibly with an additional splash of water) as necessary.
2. When the rice is tender, remove the pan from the stove, and use a fork to beat in the pre-beaten eggs. Continue beating for about a minute after the eggs are incorporated.
3. Stir in the sugar, lemon zest, lemon juice, and vanilla. Transfer to a bowl. Note: Juice the lemon before grating its zest. You might need 2 lemons to get enough zest, but you'll probably only need the juice from one of them.
4. Sprinkle the top generously with cinnamon, then cool to room temperature. Cover tightly and refrigerate until cold.

Preparation time: 30 minutes, plus time to cool and chill

Yield: 3 to 4 servings

Mollie Katzen, *Mollie Katzen's Desserts*

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Moosewood Fudge Brownies

Ingredients

- 5 oz. (5 squares) unsweetened chocolate
- ½ lb. (2 sticks) butter or margarine, softened
- 1 ¾ cups (packed) light brown sugar (white sugar also OK)
- 5 eggs
- 1 ½ teaspoons vanilla extract
- 1 cup flour (use ¾ cup for fudgier brownies)

Optional embellishments

- 1 cup chopped walnuts or pecans
- 1 teaspoon freshly grated orange zest
- ½ teaspoon cinnamon
- 1 small, ripe banana (mashed)
- 2-4 tablespoons strong black coffee grounds
- 1 cup semisweet chocolate chips
- (plus, anything else you might think of, or none of these, if you're a purist)

1. Grease a 9 x 13-inch baking pan. Preheat oven to 350° F.
2. Gently melt the chocolate. Let it cool for about 10 minutes.
3. Cream the butter and sugar in a medium-sized bowl until light and fluffy.
4. Add the eggs, one a time, beating well after each. Stir in the vanilla.
5. Stir constantly as you drizzle in the melted chocolate. After all the chocolate is in, beat well for a minute or two.
6. Stir in flour and possible embellishments. Mix just enough to combine thoroughly.
7. Spread the batter into the prepared pan. Bake 20 to 25 minutes, or until a knife inserted into the center comes out clean. Cut into squares while still hot, then allow to cool for at least 10 minutes, if you wait that long.

15 minutes prep-time • 15 minutes bake time
Yield: a 9x13-inch pan-full

Mollie Katzen, *Mollie Katzen's Desserts*
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"1,2,3,4,5,6, rest."

"1,2,3,4,5,6, rest."

Shabbat is the world's seventh beat—the *rest* in the dance of the creation.



My teacher, Rabbi Nehemia Polen, danced and sang the numbers above and then dramatically stopped. He explained, "We spend six days working: creating, weaving, carrying, tying and untying knots and then, on the seventh day, the rhythm pauses, the generative dance of creation seeks rest, seeks Shabbat."

Our challah cover this year is a visual illustration of the seventh beat. The rest beat. On it are the 39 acts of creative work, the *lamed tet melachot*. These 39 acts, and their manifestations, are traditionally prohibited on Shabbat. Described in *Mishna Shabbat 7:2*, the 39 *melachot* are a detailed list of major types of handiwork that were used to create the *mishkan*, our people's sacred tabernacle, a dwelling place for G-d.

On Shabbat we stop building. For us today, this list of tasks becomes an invitation. A check-list we can use to methodically set down weekly obligations, to look away from persistent screens and let go of never-ending creative drivers such as: do more, faster, higher and better. We put down the brush in order to step back and look at the canvas.

Tonight we are blessed to sit down with family and friends, at a table of abundance. Two loaves rest under a simple cloth. On the cloth is a list of the raw activities we hustle through six days a week—writing, salting, gathering and carrying. On Shabbat these never ending, universal tasks retreat into the background, they dim into the distance. Instead, what rises up, what remains, what lifts *us* up, back into the great dance of creation, is Shabbat, the seventh beat, inviting us to rest.

Rabbi Alyson Solomon

Based on Jewish values, The Jewish Federation of Greater Los Angeles convenes and leads the community and leverages its resources to assure the continuity of the Jewish people, support a secure State of Israel, care for Jews in need here and abroad, and mobilize on issues of concern to the local community, all with our local, national, and international partners.

