



# Humanistic Blessings for Shabbat at Home

## "Hinne<sup>h</sup>, Mah Tov" - "Behold, How Good"

"הִנֵּה, מַה־טוֹב"

(Adaptation\* of T'hillah / Psalm 133.1)

*All sing together:*

**Hinne<sup>h</sup>, mah tov u-mah naim**  
**shevet ammim\* gam yahad!**

הִנֵּה, מַה־טוֹב וּמַה־נָּעִים  
שֶׁבֶת עַמִּים גַּם יַחַד!

\*Originally "brothers," *`ahim* / אָחִים.

*All read translation together:*

**Behold, how good and how pleasant it is**  
**when peoples\* dwell together in unity!**

## Lighting Sabbath (& Festival) Candles

### Hadlaqat Nerot Shel Shabbat (v'-Yom Tov) - (וְיוֹם טוֹב) שֶׁל שַׁבָּת

*Leader & all who wish to join in singing the new Humanistic Hebrew words to the traditional melody:*

**N'-varekh `et ha-`or**  
**k'-`ot la-tov she-ba-olam.**  
**Naqdish `et atsme-nu l'-hasadim**  
**u-v'-tsavta` nadliq nerot**  
**shel Shabbat (v'-shel yom tov).**

נִבְרַךְ אֶת הָאוֹר  
כָּאוֹת לטוֹב שֶׁבְּעוֹלָם.  
נִקְדִּישׁ אֶת עַצְמוֹנוֹ לְחֻסְדִּים  
וּבְצִוְתָא נִדְלִיק נֵרוֹת  
שֶׁל שַׁבָּת (וְשֶׁל יוֹם טוֹב).

*All:*

**Let us bless the light as a symbol of the good in the world.**  
**Let us dedicate ourselves to deeds of compassion**  
**and together light the candles of Shabbat (and the festival of \_\_\_\_\_).**

## Qiddush - "Dedication" to Being an Open & Caring Community - קִידּוּשׁ

*Leader:*

Wine: symbol of pleasure and sorrow,  
symbol of passion and the blood of life, symbol of plenty and of excess.

*All:*

**Let us bless our lives by fostering community**  
**by sharing our joy, our spirit, and our bounty, by inviting visitors to join us,**  
**by welcoming the stranger, by caring for those in need.**

**Let us bless the wine as a symbol of the good in the world.**  
**Let us drink a toast with the fruit of the vine: "To Life!"**

*Leader & all who wish to join in singing the new Humanistic Hebrew words to the traditional melody:*

**N'-varekh `et ha-yayin**  
**k'-`ot la-tov she-ba-olam.**  
**Nishteh `et p'ri ha-gap<sup>h</sup>en:**  
**L'-haiyim!**

נִבְרַךְ אֶת הַיַּיִן  
כָּאוֹת לטוֹב שֶׁבְּעוֹלָם.  
נִשְׁתֶּה אֶת פְּרֵי הַגָּפֶן:  
לְחַיִּים!

## **Blessing for Children** (Inspired by the Hebrew Bible, Numbers 6.24-26)

*(If children are present, parents & others may offer them this blessing.*

*Parents traditionally place their hands on their children's heads.)*

I/we bless you & watch over you with my/our love,  
and I/we hope that your learning & good deeds bring you joy & long life.  
May you help others and be an example to all,  
just as others help you & show you the paths of goodness.  
May the best within you shine forth with compassion,  
and may you always lift up your face to meet others in peace.

## **Breaking Bread & Making Peace: A Covenant for a Better World**

Breaking bread together, *b'rit lehem*,  
was an ancient Jewish custom for making a covenant of peace, *b'rit shalom*.  
Today, we break bread with all kinds of people to transform this world  
by fostering understanding, peace, and justice.

## **A Blessing for Breaking Bread**

### **Let Us Bring Forth Food - Notsi` Lehem - נוציא לחם - Lehem**

*(inspired by "Ha-Motsi", meaning "the one who brings forth")*

*All:*

**Each time we break bread,  
let us commit ourselves to a covenant for a better world.**

*Leader & all who wish to join in singing the new Humanistic Hebrew words to the traditional melody:*

**N'-varekh `et ha-hallah**

**k'-ot la-tov she-ba-olam.**

**Notsi` lehem min ha-arets**

**she-kulam yo`khl.**

נִבְרַךְ אֶת הַחֲלָה  
כְּאוֹת לְטוֹב שֶׁבְּעוֹלָם.  
נוֹצִיא לֶחֶם מִן הָאָרֶץ  
שֶׁכֻּלָּם יֹאכְלוּ.

*All:*

**Let us bless the hallah  
as a symbol of the good in the world.  
Let us bring forth food from the earth  
so that all may eat.**

*(All share some hallah, or a symbolic pinch of it is eaten by someone & everyone else eats some after the service.)*

## **Shabbat Shalom - A Sabbath of Peace**

שַׁבָּת שְׁלוֹם

May the warm glow of the Sabbath candles light up our lives and our world.  
May the good spirit we share and the bread we break together,  
remind us that we are connected to each other here in this community,  
and that we are connected to all the people in the world.  
Let us turn to one another & wish each other a "Sabbath of Peace," "*Shabbat Shalom*."

**Shabbat Shalom!**

שַׁבָּת שְׁלוֹם!

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