

### **Bringing a little Shabbat to your Friday nights**

-brought to you by your Machar community

There are 3 basic components of a Shabbat celebration at home. Candles, wine and challah are the standard table practices. If you'd like to make your Friday nights feel a little more like Shabbat, just have those three items at your meal and wish each other a Shabbat shalom.

Looking for a little more? Here are some Humanist readings you can use:

#### **Candles**

***Barukh ha-or ba-olam***

***Barukh ha-or ba-adam***

***Barukh ha-or ba-Shabbat***

**Blessed is the light of the world**

**Blessed is the light within each person**

**Blessed is the light of Shabbat**

#### **Wine**

In the warm glow of the candles' shine  
we lift the brimming cup of wine.

As Jews for centuries before,  
sharing Jewish life and lore.

In praise of harmony and rest  
ideals of justice, freedom's quest.

A world of brotherhood and peace,  
where poverty and hate will cease

At our Shabbes celebration,  
we renew our dedication.

To all that's Jewish/Yiddish

In this, our special *Kiddish*.

**Precious are those who bring forth the fruit of the vine.**

**L'chayim!**

#### **Challah**

As the fingers of the challah intertwine, so do we join in sharing the fruits of our labor. For it is through the work of our hands and the strength of the human spirit that our dreams are woven into the tapestry of time. We celebrate the accomplishments of yesteryears and of today. We anticipate the possibilities of tomorrow. Blessed be the bread of the earth.

***B'rukham adam b'avodat ha'adamah hamotzi lechem min ha'aretz***

**Blessed is the human being in the work that brings forth bread from the earth.**

(all readings are taken from the Machar shabbat book)

# Shabbat at Home

Machar



The Washington  
Congregation for Secular  
Humanistic Judaism

[www.machar.org](http://www.machar.org)

compiled by Rabbi Nehama Benmosche