

TREASURE OF SHABBAT

AN ILLUMINATED GUIDE TO THE SHABBAT TABLE EXPERIENCE

With *Treasure of Shabbat*, one can:

Learn the *what, why, where, when, & how* of the ceremonies of Shabbat

Run a Shabbat table or follow along at someone else's table

Follow along with user-friendly, step-by-step directions

Get inspired with 200 color photographs & 75 heartening stories

Join along with songs and blessings in Hebrew, English, & transliteration

Learn in depth about fascinating concepts & the meaning of the ceremonies

Investigate further, using the 60-page index & 2,000 source notes

ISBN 978-0-9984927-1-1

casebound (hardcover)

480 pages

200 full color photographs

75 stories

13 songs

60-page index

2,000 source notes

full Hebrew text

full translation

full transliteration

pronunciation guide

glossary

sample Shabbat schedule

list of needed items

instruction & directions

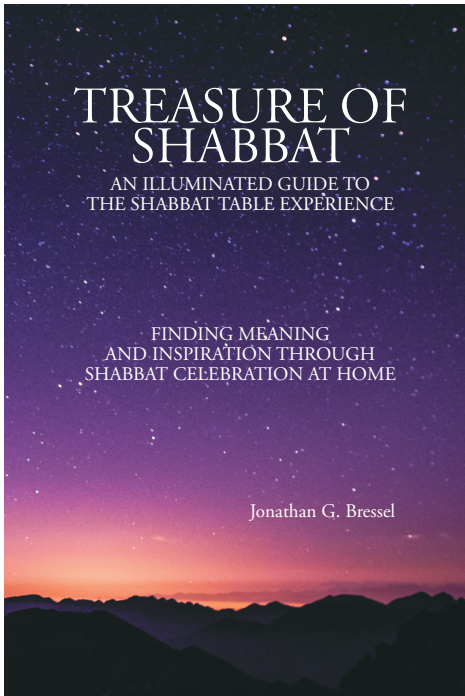
explanation & commentary

food blessings

blessing after the meal

weddings

circumcisions



Shabbat food blessings blessing after the meal instructions running ceremony header section tab

TABLE OF CONTENTS	
preface vi	
acknowledgments viii	
how to use this book x	
sample Shabbat schedule xiii	
list of needed items xv	
introduction xvi	
FRIDAY AFTERNOON 1	
candle lighting 3	
FRIDAY NIGHT 11	
Shabbat angels 13	
woman of valor 17	
blessing the children 25	
kiddush 29	
washing the hands 43	
blessing on bread 47	
the meal 55	
songs 61	
menucha vitimcha 63	
nu yachadu 69	
nu mahadu 77	
ya ribono 83	
yom se livinot 89	
blessing after the meal 95	
SATURDAY MORNING 97	
kiddush 99	
washing the hands & blessing on bread 111	
the meal 113	
songs 117	
harach al dapan 119	
yom se mechadad 127	
ki ehadna Shabbat 133	
yom shabbaton 139	
door yikra 145	
blessing after the meal 149	
SATURDAY AFTERNOON 151	
washing the hands & blessing on bread 153	
the meal 155	
songs 159	
shema shema 161	
miror kedosh 165	
yedid nefesh 167	
blessing after the meal 171	
SATURDAY NIGHT 173	
handhals 175	
BLESSING AFTER THE MEAL 189	
introduction 191	
a song of ascent 193	
washing the hands 197	
blessing after the meal 201	
addition for festivals 243	
addition for Chanukah 249	
addition for Purim 255	
invitation after a wedding meal 259	
seven blessings after a wedding meal 265	
song for a circumcision meal 277	
invitation after a circumcision meal 285	
addition for a circumcision meal 291	
FOOD BLESSINGS 301	
introduction 303	
blessings before food 305	
blessing on grain products 307	
blessing on grape wine or grape juice 309	
blessing on milk 311	
blessing on vegetables 313	
blessing on everything else 315	
blessing after food 317	
me'ei shalosh blessing 318	
bori nefeshu blessing 326	
pronunciation guide 329	
glossary 330	
photo credits 332	
colophon 337	
notes 338	
index 398	

numbered steps

weddings

circumcision

explanation & commentary on steps

TREASURE OF SHABBAT: AN ILLUMINATED GUIDE TO THE SHABBAT TABLE EXPERIENCE	
CANDLE LIGHTING	
Instructions for the female leader	
For a male, perform steps 4-6, in that order. For why, see commentary on step 3.	
Remaining members of the household need not be present during the lighting.	
1 Prepare candles for lighting.	
Typically, the husband sets up the candles for lighting, as his way of participating in the mitzvah.	
Some put coins in a charity box in the home before lighting.	
Customs of how many candles to light vary widely. The minimal requirement is one candle, as evidenced by the singular word "lamp" in the blessing. The prevailing custom is to light two candles, symbolizing "the Torah" calling Shabbat observance both "remembering/preserving" and "guarding/keeping." Two also symbolize man and woman. Some light the standard two candles plus one candle for each child of the family. This is based on the Talmudic saying that those who are careful with Shabbat candle lighting will have children who are Torah scholars who illuminate the world with their Torah study. Thus, a candle is added for each newborn so that in that merit the child will grow up to participate in Jewish study.	
Usually, the candles should be large enough to burn until the end of the meal, but it is sufficient if they burn through <i>kiddush</i> and for some part of the meal. Most light wax candles, but some consider olive oil more beautiful. If you do not have candles, you can turn on an electric bulb.	
Be careful when choosing the number of candles to light each week, because beautifying Shabbat using a particular number of candles even just once can be seen as a promise (with an implied obligation) to light at least that many in the future.	
2 Light the candles.	
While lighting each candle, make sure that at least half of the wick is burning before you move on to light the next candle. This is how the <i>menorah</i> was lit in the <i>Holy Temple</i> . Ensuring that the flame is fully flourishing before moving your hand away from the wick demonstrates your direct and active involvement in the flame's creation. Metaphorically, this teaches us that when passing the torch of Jewish education, we should not let go until the recipient is fully flourishing with the flame of Judaism.	
Shabbat radiates joy and pleasure. We facilitate this by preparing everything for Shabbat in advance. We clean our clothes and bodies, and cook delicious food. Yet, of all our preparations only lighting candles merits saying a blessing, because the candlelight gives a spiritual pleasure that is greater than the physical pleasures of Shabbat. Thus, candle lighting is the key to pleasure on Shabbat.	
4	
5	

inspiring stories ceremony header translation transliteration hebrew text

TREASURE OF SHABBAT: AN ILLUMINATED GUIDE TO THE SHABBAT TABLE EXPERIENCE	
KIDDUSH	
WE GAZE AT THE WINE. This liquid actually came down from the clouds, after it had been distilled by the sun's rays and had thus become perfectly purified. The vine had then sucked it up, gave it sugar and acids and coloring and fragrance, and had then yielded the juice of its fruit. The processes that are here involved are complicated beyond recounting, and we contemplate the purposeful wisdom of the Creator's beneficence as we recite the great declaration of the creation of the heavens and the earth which the Shabbos commemorates. Benevolent microorganisms have added alcohol to this beverage, and thus the physical exhilaration elevates the mind and the emotions, just as an aircraft needs high-octane fuel in order to gain momentum and altitude.	
—Avigdor Miller	
28	
29	

200 color photographs

commentary on text

TREASURE OF SHABBAT: AN ILLUMINATED GUIDE TO THE SHABBAT TABLE EXPERIENCE	
KIDDUSH	
6 Say the testimony below.	
With this paragraph from the Torah narrative of Genesis, we fulfill the fourth of the Ten Commandments—remembering/preclaiming the Shabbat. By publicizing that God created the world, we become partners with God in the act of creation, because without our testimony God's act of creation would remain a secret.	
The last step in completing a design is applying the artisan's signature. When God finished His creation, He stamped it with His seal in the form of Shabbat, which therefore testifies that God created the world.	
Say the introductory two-line stanza in an undertone. Pause slightly after the words "the sixth day."	
Before beginning, some glance momentarily at the Shabbat candles' as a mystical omen for healthy vision, as follows.	
According to the Talmud, "large strides taken hastily" reduce a person's power of vision and the cure is to <i>kiddush</i> on Friday night's "meat." All week, we are anxious, worried about everything. Emotions, fright, anxiety can affect the function of the eye nerves. Friday night, we are standing. Finally, we made it. We did not think we would make it. We are so tired and so worried and finally we made it. We are standing dressed in Shabbat clothing, with the wine in our hand, and it is all behind us. We are declaring it was all a waste of worries, a waste of anxiety.	
The heavens and the earth were completed. Everything was done by God until now and He is still in charge. He is conducting our affairs. Shabbat is a great consolation. As our nerves relax on Shabbat, under the balmy influence of the great principle, "My child," God says, "do not worry, I will take care of everything. You keep doing what you are supposed to do, but leave the worrying to me. I will worry for you." That is what Shabbat says. That is the way to restore eyesight when we lose sight of the great principles of truth.	
We lost our mental eyesight during the week. We became materialistic, we think that everything depends on our efforts to make a living. Not everything depends on that. We try, but God will give us success. If we think our efforts give us success, we might be disappointed. And so, eyesight is restored Friday night, in a spiritual sense as well. Shabbat is the idea that God is in loving care of us and this does away with all anxiety.	
Finished were the heavens and the earth. Translated here as "finished," the verb has many other meanings which result in a variety of possible translations, including: God desired the heavens and the earth; the heavens and the earth were fully formed as vessels; [ready for mankind's use in revealing God's presence in the world]; the heavens were adorned [with the sun, the moon, and the stars] and the earth was adorned [with trees, grass, and the Garden of Eden]; and all of their components. The heavens and the earth became "in full," meaning the entire ecosystem began operating harmoniously. "Nothing was left in an unfinished state; every object and every process were perfected in the very best possible manner. Man was at his primate stage of physical and mental power; the soil was rich with the very best supply of minerals and useful microorganisms, every animal was healthy and alert, and the interrelationship of plant and animal life (ecology) was at its best. The climate was universally optimum, and man's existence was rendered capable of maximum achievement."	
32	
33	

what, why, when, where, and with of each ceremony

TREASURE OF SHABBAT: AN ILLUMINATED GUIDE TO THE SHABBAT TABLE EXPERIENCE	
FRIDAY AFTERNOON	
CANDLE LIGHTING	
71 Boma 263:10	
72 Exodus 35:3	
73 Boma 265:5, Mishna	
Boma 265:7	
74 Shema Shabbat Kiddush	
43:50, Eruvin Hillel Shabbat	
1:10, Arach HaShabbat	
263:13, Chai Adon 5:11	
80 Shabbat 265:7, 77K	
75 Seder Shabbat HaChai	
note 76 Nafeg Ki Zom Hef	
Shabbat 11 (impudic)	
77 Mishna Yomai Tami 265:7	
80 Shabbat 265:14, 265:15	
78 Arach HaShabbat 263:14, 265:15	
81 Boma 265:14, 265:15	
79 Mishna Yomai Tami 265:7	
82 Shabbat 265:14, 265:15	
83 Boma 265:14, 265:15	
84 Shabbat 265:14, 265:15	
85 Boma 265:14, 265:15	
86 Shabbat 265:14, 265:15	
87 Boma 265:14, 265:15	
88 Shabbat 265:14, 265:15	
89 Boma 265:14, 265:15	
90 Shabbat 265:14, 265:15	
91 Boma 265:14, 265:15	
92 Shabbat 265:14, 265:15	
93 Boma 265:14, 265:15	
94 Shabbat 265:14, 265:15	
95 Boma 265:14, 265:15	
96 Shabbat 265:14, 265:15	
97 Boma 265:14, 265:15	
98 Shabbat 265:14, 265:15	
99 Boma 265:14, 265:15	
100 Shabbat 265:14, 265:15	
101 Boma 265:14, 265:15	
102 Shabbat 265:14, 265:15	
103 Boma 265:14, 265:15	
104 Shabbat 265:14, 265:15	
105 Boma 265:14, 265:15	
106 Shabbat 265:14, 265:15	
107 Boma 265:14, 265:15	
108 Shabbat 265:14, 265:15	
109 Boma 265:14, 265:15	
110 Shabbat 265:14, 265:15	
111 Boma 265:14, 265:15	
112 Shabbat 265:14, 265:15	
113 Boma 265:14, 265:15	
114 Shabbat 265:14, 265:15	
115 Boma 265:14, 265:15	
116 Shabbat 265:14, 265:15	
117 Boma 265:14, 265:15	
118 Shabbat 265:14, 265:15	
119 Boma 265:14, 265:15	
120 Shabbat 265:14, 265:15	
121 Boma 265:14, 265:15	
122 Shabbat 265:14, 265:15	
123 Boma 265:14, 265:15	
124 Shabbat 265:14, 265:15	
125 Boma 265:14, 265:15	
126 Shabbat 265:14, 265:15	
127 Boma 265:14, 265:15	
128 Shabbat 265:14, 265:15	
129 Boma 265:14, 265:15	
130 Shabbat 265:14, 265:15	
131 Boma 265:14, 265:15	
132 Shabbat 265:14, 265:15	
133 Boma 265:14, 265:15	
134 Shabbat 265:14, 265:15	
135 Boma 265:14, 265:15	
136 Shabbat 265:14, 265:15	
137 Boma 265:14, 265:15	
138 Shabbat 265:14, 265:15	
139 Boma 265:14, 265:15	
140 Shabbat 265:14, 265:15	
141 Boma 265:14, 265:15	
142 Shabbat 265:14, 265:15	
143 Boma 265:14, 265:15	
144 Shabbat 265:14, 265:15	
145 Boma 265:14, 265:15	
146 Shabbat 265:14, 265:15	
147 Boma 265:14, 265:15	
148 Shabbat 265:14, 265:15	
149 Boma 265:14, 265:15	
150 Shabbat 265:14, 265:15	
151 Boma 265:14, 265:15	
152 Shabbat 265:14, 265:15	
153 Boma 265:14, 265:15	
154 Shabbat 265:14, 265:15	
155 Boma 265:14, 265:15	
156 Shabbat 265:14, 265:15	
157 Boma 265:14, 265:15	
158 Shabbat 265:14, 265:15	
159 Boma 265:14, 265:15	
160 Shabbat 265:14, 265:15	
161 Boma 265:14, 265:15	
162 Shabbat 265:14, 265:15	
163 Boma 265:14, 265:15	
164 Shabbat 265:14, 265:15	
165 Boma 265:14, 265:15	
166 Shabbat 265:14, 265:15	
167 Boma 265:14, 265:15	
168 Shabbat 265:14, 265:15	
169 Boma 265:14, 265:15	
170 Shabbat 265:14, 265:15	
171 Boma 265:14, 265:15	
172 Shabbat 265:14, 265:15	
173 Boma 265:14, 265:15	
174 Shabbat 265:14, 265:15	
175 Boma 265:14, 265:15	
176 Shabbat 265:14, 265:15	
177 Boma 265:14, 265:15	
178 Shabbat 265:14, 265:15	
179 Boma 265:14, 265:15	
180 Shabbat 265:14, 265:15	
181 Boma 265:14, 265:15	
182 Shabbat 265:14, 265:15	
183 Boma 265:14, 265:15	
184 Shabbat 265:14, 265:15	
185 Boma 265:14, 265:15	
186 Shabbat 265:14, 265:15	
187 Boma 265:14, 265:15	
188 Shabbat 265:14, 265:15	
189 Boma 265:14, 265:15	
190 Shabbat 265:14, 265:15	
191 Boma 265:14, 265:15	
192 Shabbat 265:14, 265:15	
193 Boma 265:14, 265:15	
194 Shabbat 265:14, 265:15	
195 Boma 265:14, 265:15	
196 Shabbat 265:14, 265:15	
197 Boma 265:14, 265:15	
198 Shabbat 265:14, 265:15	
199 Boma 265:14, 265:15	
200 Shabbat 265:14, 265:15	

2,000 endnotes

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