

# Shabbat

@ Ahavas Israel

## Volume 3

Kabbalat Shabbat

(Welcoming of Shabbat)

Ma'ariv - Shabbat evening service

Home Shabbat prayers

-Candle blessings

-Shalom Aleikhem

-Children's blessings

-Kiddush for Shabbat evening

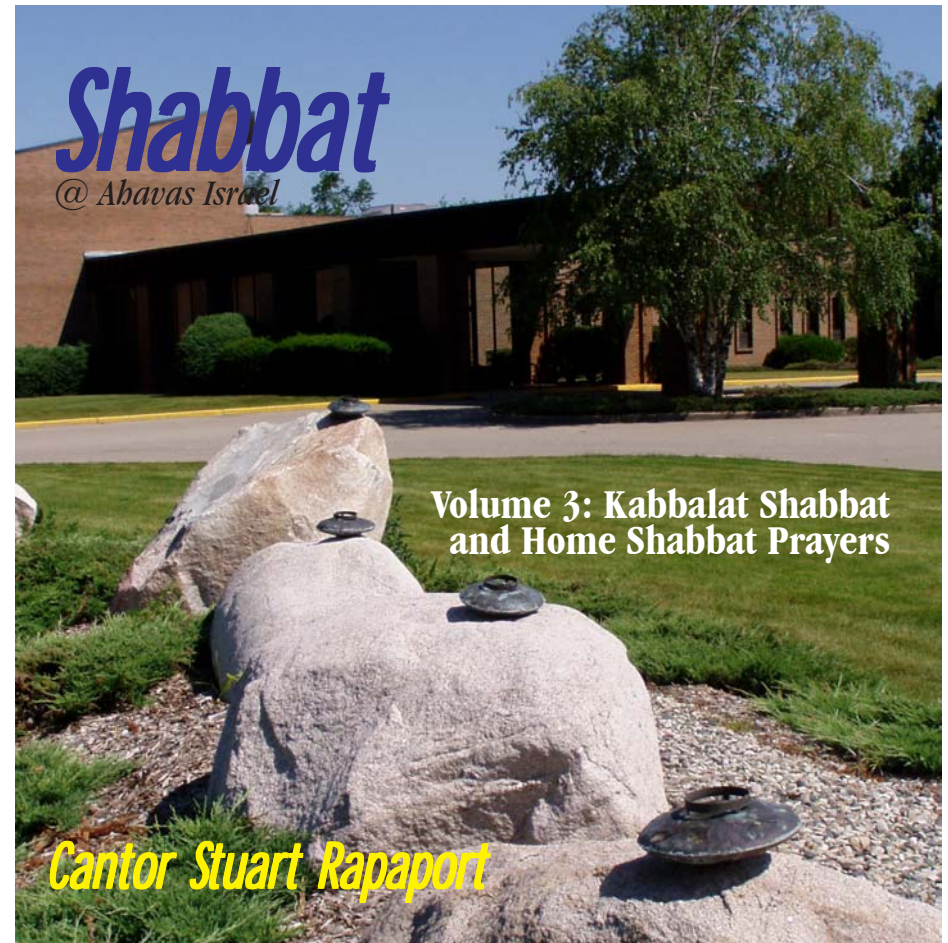
-Netilat Yadayim/Hamotzi

-Birkat Hamazon

(Grace after meals)

-Kiddush for Shabbat lunch

-Havdalah



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**Kabbalat Shabbat - The Welcoming of Shabbat:** All page numbers correspond to Siddur Sim Shalom.

On Friday nights, we make the transition from secular time to holy time. One moment it is Friday, when we concern ourselves with work, the next moment it is Shabbat, when we concern ourselves with rest- physical and spiritual. One of the functions of religious liturgy is to mark times of transition with some ritual. Our ritual is Kabbalat Shabbat; literally, welcoming Shabbat. In 16th century Safed, Rabbi Isaac Luria began the practice of welcoming the Sabbath bride with Psalms and poetry. Each Friday evening, before sunset, the Kabbalists used to go out into the fields to sing Psalms and recite poetry to welcome Shabbat into their lives once again. Each of the days of the week was represented by a Psalm. The recitation of each Psalm represents one step up the ladder of holiness, with the goal of reaching the ultimate holiness in time, the Sabbath. The current custom in many synagogues today is to recite six Psalms, 95-99 and 29, which brings us through the days of the week to Friday; and then welcome the seventh day of Shabbat with the song 'kha dodi, "come, my beloved." Following that, we officially usher in the Sabbath with the recitation of Psalm 92 for the Sabbath Day, marking the precise moment when the spirit of Shabbat descends upon us, followed by Psalm 93. After Kabbalat Shabbat, we continue with the Ma'ariv (evening) service for Shabbat.

Track	Page	Description	Length
1	252	Yedid Nefesh 3:22	
2	254-6	Psalms 95-96	2:40
3	256-8	Psalms 97-99	1:59
4	260	Psalm 29	2:25
5	262-4	L'kha Dodi 1	6:05
6	262-4	L'kha Dodi 2 (alternative version)	1:24
7	262-4	L'kha Dodi 3 (alternative version)	1:29
8	264-6	Psalms 92 and 93	1:23



**Ma'ariv - The evening service:**

9	279	Barkhu	0:28
10	280	Ma'ariv Aravim	0:26
11	282	Ahavat Olam	1:14
12	284-286	Shema, V'ahavta, conclusion	1:28
13	288-290	First Berakhah after Shema	1:16
14	292	Hashkiveinu	0:31
15	294	V'shamru	1:05
16	294	Hatzi Kaddish	1:48

17	314	Vayekhulu	0:58
18	314	Koneh shamayim va'aretz	0:44
19	314	Magen Avot	1:41
20	314	M'kadesh Hashabbat	1:00
21	316	Kaddish Shalem	1:55
22	318	Kiddush	1:43
23	320-2	Aleinu	2:43
24	326	Yigdal 1	2:44
25	326	Yigdal 2 (alternate version)	2:31

**The Home Shabbat prayers:**

Shabbat is meant to be enjoyed at home with friends and family. Please see the Ahavas Israel Guide to Shabbat Blessings for more information about the meaning and customs behind these prayers.

26	717	Candle blessings	0:46
27	723	Shalom Aleikhem	1:55
28	723	Children's blessings	0:57
29	726	Kiddush for Shabbat evening	2:51
30	726	Netilat Yadayim/Hamotzi	0:51

**Birkat Hamazon:**

31	754	Birkat Hamazon - Shir Hama'alot	1:24
32	754	Birkat Hamazon - Zimun	0:52
33	758	Birkat Hamazon - Hazan	1:07
34	758-60	Birkat Hamazon - Ha'aretz	1:37
35	762	Birkat Hamazon - Raḥem	1:31
36	762	Birkat Hamazon - R'tzei	0:52
37	764	Birkat Hamazon - Boneh	0:17
38	764	Birkat Hamazon - Tov	1:21
39	764-6	Birkat Hamazon - Haraḥaman	2:17
40	768	Birkat Hamazon - Conclusion	2:37

**Other Shabbat prayers:**

41	734	Kiddush for Shabbat lunch	1:49
42	700	Havdalah	2:40
<b>Total length</b>			<b>1:11:05</b>

