**Humanistic Blessings for Shabbat at Home**

"Hinneh, Mah Tov" - "Behold, How Good"

(Adaptation* of Th'hillah / Psalm 133.1)

_All sing together:_

Hinneh, mah tov u-mah naim
shevet ammim* gam yahad!

*Originally "brothers," 'ahim / אחים.

_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) -

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-glam.
Naqdish `et atsme-nu l'-hasadim
u-v'-tsavta` nadliq nerot
shel Shel Shabbat (v'-shel yom tov).

_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 - שִׁדַּדְשׁע**

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-glam.
Nishteh `et p'ri ha-gaphen:
L'-haiyim!
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 - נッツי לֶהֶם

(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`khlu.

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

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!

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