

A PRACTICAL GUIDE

YOUR FIRST SHABBAT

ONE DAY. START TO FINISH.

The how-to companion to *Shabbat For All Nations*, the free book by Jeremy Gimpel • The Land of Israel Network

Shabbat begins Friday at sunset and ends Saturday after dark: about twenty-five hours. You do not need Hebrew, a synagogue, a rabbi, or anything you can't buy at an ordinary supermarket. This booklet is everything you actually do: what to buy, what to cook, what to say at the table, what to do with the day, and how to close it.

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BEFORE ANYTHING ELSE

Shabbat is not a day off. A day off is what you take when you are tired, so that you can go back to work. Shabbat comes whether you earned it or not, and it is not preparation for anything. Nothing on it is useful.

That is the whole difficulty, and the whole gift. For twenty-five hours you are not in charge of the world, and the world carries on without you. The first hours are often restless, and then something lets go.

You are not being asked to be good at this. You are being asked to stop once, on purpose, and see what is there.

FRI • AFTERNOON	FRI • BEFORE SUNSET	FRI • EVENING	SATURDAY	SAT • AFTER DARK
Warm the food, set the table, phone away	Light the candles. Shabbat has begun	Cup, bread, a long meal	Rest, read, eat, walk, nap, visit	Havdalah. The week resumes

TWO TIMES TO FIND BEFORE FRIDAY

CANDLE LIGHTING

Eighteen minutes before sunset on Friday, where you live. This is the one time in the booklet that matters; everything else is counted backwards from it.

Search your city plus "candle lighting time" to find both. Write them on the fridge.

HAVDALAH

Saturday night, when three stars are out: roughly 40 to 72 minutes after sunset, depending on custom. Use the time your calendar gives.

IF YOU DO NOTHING ELSE

Light two candles, eat dinner with people you love, and leave your phone in another room until Saturday night. That is a kept Shabbat. Everything in the seven pages that follow is depth, not admission.

GETTING READY

Almost every first Shabbat that goes badly goes badly for one reason: the cooking was still happening at sunset. Shabbat is won on Thursday. Work backwards from your candle-lighting time and nothing else has to go right.

THE WEEK BEFORE

SUNDAY OR MONDAY

Look up this Friday's candle-lighting time (page one). Everything in this booklet hangs off it.

TUESDAY

Decide who is coming. Two people is a table; six is a party. Tell guests when it starts and that it ends whenever they want it to.

WEDNESDAY

Shop (page three has the list). Make the apple cake; it keeps well for three days.

THURSDAY

The real cooking day. Soup, matzo ball mix, cholent prepped in its pot. Bake the challah tonight or first thing Friday.

THE ONE MISTAKE

Do not plan to cook on Friday afternoon, not even "just the chicken." The hours before sunset are for warming, setting the table and changing your clothes. Add basting to that and you arrive at your own Shabbat exhausted and slightly angry, which is the opposite of the point.

THE FRIDAY COUNTDOWN

MORNING

Answer the messages you don't want hanging over you. Fill the car, pay the bill. Finish any cooking now.

THREE HOURS BEFORE SUNSET

Tidy the main room. Not deep cleaning, just the visible surfaces. A calm room does a surprising amount of the work.

TWO HOURS BEFORE

Cholent on low. Start warming. Set the table properly: cloth, candles, the cup, two covered loaves and a dish of salt, a place for everyone and one more.

ONE HOUR BEFORE

Shower and change into something better than what you wore all day. This is not ceremony; it is how a body learns that the day has changed.

THIRTY MINUTES BEFORE

Phones into a drawer in a room you have no reason to enter. Laptops shut. Turn on the lights you'll want tonight and leave them on.

EIGHTEEN MINUTES BEFORE SUNSET

Light the candles. From this moment you are not managing anything. The candles are lit before sunset, never after.

THREE THINGS WORTH DOING ON FRIDAY, IF YOU HAVE THE HOUR

WRITE THE WEEK DOWN

Two minutes, on paper: what's unfinished, what's worrying you. It goes in the drawer with the phone, and it will still be there on Saturday night.

CALL THE PERSON YOU MEANT TO CALL

Before the phone goes away. It is the loose thread most likely to pull at you at ten o'clock at night.

PUT OUT SOMETHING FOR THE MORNING

Coffee, a kettle, bread, fruit on the counter. Saturday should not begin with a search.

IF YOU WORK UNTIL SIX ON FRIDAY

Not a reason to postpone. Someone else at home can light the candles at the right time and you begin the meal when you walk in. Or keep Saturday only for the first few weeks and add Friday night once the cooking rhythm is yours.

In autumn and winter this is most people's real obstacle. Work around it; don't quietly fail at the ideal version.

WHAT TO TELL YOUR GUESTS

Send this on Wednesday: "Come at [twenty minutes before candle lighting]. We light candles at [time] and it's nicer if you're here for it. Dinner runs long; leave whenever you like. Bring nothing, or bring a dessert. No dress code, and nothing you need to know in advance."

Guests arrive worried they'll do something wrong. That message is the cure.

THREE MEALS, ONE SHOP

Shabbat has three meals: Friday dinner, a long Saturday lunch, and something small at the end of the afternoon. All of it is cooked before sunset on Friday. Everything below serves six, and every recipe is on pages four and five.

THE MENU

FRIDAY NIGHT

Challah · chicken soup with matzo balls · one-pan roast chicken and potatoes · potato kugel · Israeli salad · apple cake

SATURDAY LUNCH

Challah · cholent, the overnight stew that cooks itself while you rest · leftover kugel · salad · cake

LATE SATURDAY AFTERNOON

Bread, hummus, tuna, olives, fruit, tea. Deliberately small. Nothing that needs cooking.

COOKING FOR THE FIRST TIME?

Cut it in half without guilt. Buy the challah from a bakery, buy the cake, skip the kugel. Make the soup and the chicken and put a slow cooker on for Saturday. Nobody at your table will know the difference, and you will be a much better host.

THE MAKE-AHEAD ORDER

Wednesday: apple cake.

Thursday: chicken soup, matzo ball mixture, cholent ingredients prepped in the pot and refrigerated.

Thursday night or Friday morning: challah, potato kugel, roast chicken, matzo balls.

Friday, two hours before sunset: cholent into the slow cooker on low. Salad chopped, dressing separate.

NOT COOKING AT ALL THIS WEEK?

A perfectly good first Shabbat comes out of a supermarket. Buy: two loaves of braided bread from the bakery counter; a rotisserie chicken; a bag of salad and a lemon; potato salad or coleslaw; a cake; grape juice; candles. Warm the chicken before sunset, put everything on real plates, and light the candles on time.

The table is the point. The cooking is only the most enjoyable way to get there.

THE SHOPPING LIST

MEAT & EGGS

- ☐ 1 whole chicken for soup, plus 8 pieces or thighs for roasting
- ☐ 1½ lb / 700 g beef chuck for cholent · 2 dozen eggs

PRODUCE

- ☐ 10 large potatoes, plus 1½ lb / 700 g small potatoes
- ☐ 7 onions · 1 red onion · 1 head garlic · 4 carrots
- ☐ 3 celery stalks · 1 parsnip · 2 lemons · fresh thyme
- ☐ 1 bunch dill · 2 bunches parsley · fruit
- ☐ 5 baking apples · 4 tomatoes · 3 cucumbers

PANTRY & BAKING

- ☐ Flour (5 lb / 2 kg) · sugar · honey · instant yeast
- ☐ Baking powder · vanilla · cinnamon · orange juice
- ☐ Neutral oil · olive oil · hummus · tuna · olives · tea
- ☐ Matzo meal · pearl barley · 1 cup dried beans · paprika · bay leaves
- ☐ Coarse salt · peppercorns · sesame or poppy seeds

NOT FOOD

- ☐ Two candles, holders, matches · a tablecloth
- ☐ Wine or grape juice, and one good cup
- ☐ A cloth or clean napkin to cover the bread
- ☐ Havdalah: a braided candle (or two plain), cloves

GETTING FOOD HOT ON SATURDAY

Food cooked before Shabbat may stay hot through it. What is set aside is the cooking, not the eating.

Slow cooker. On before sunset, left until lunch. This is why cholent exists.

Warming tray. A flat electric tray, switched on before sunset. Dishes set on it stay hot overnight.

Or cold. Roast chicken, kugel and cake are all good at room temperature.

BREAD AND SOUP

The recipes that carry the whole evening. The bread and the soup can both be made a day ahead, and both are forgiving.

MAKES TWO LOAVES • ABOUT 3 HOURS, MOSTLY WAITING CHALLAH

4½ cups (560 g) bread or all-purpose flour • 2 tsp instant yeast • ½ cup honey (or ½ cup sugar) • 2 tsp salt • 2 eggs, plus 1 for glazing • ½ cup (80 ml) neutral oil • 1¼ cups (300 ml) warm water, about 110°F / 43°C • sesame or poppy seeds

1. Stir the yeast and honey into the warm water. Leave 5 to 10 minutes, until it foams. If it doesn't foam, the yeast is dead: start again.
2. Add the oil, two eggs and salt, then the flour a cup at a time. Knead 8 to 10 minutes by hand, or 6 in a mixer, until smooth and slightly tacky. Too sticky? Add flour by the spoonful.
3. Oil the bowl, turn the dough, cover, and leave somewhere warm 1½ to 2 hours, until doubled.
4. Punch down. Divide in two, then each half into three. Roll six ropes about 12 in / 30 cm long and braid two loaves. Pinch the ends under.
5. Cover and leave 45 minutes on the baking tray. Heat the oven to 350°F / 180°C.
6. Beat the last egg and brush the loaves generously. Scatter seeds. Bake 25 to 30 minutes, until deep gold and hollow-sounding underneath.

Braiding badly is a rite of passage. A lumpy loaf tastes identical. If you are short of time, buy the challah and make everything else; you need two loaves on the table, not two perfect ones.

SERVES 6 • TEN MINUTES • MAKE IT FRIDAY ISRAELI SALAD

4 firm tomatoes • 3 cucumbers • ½ red onion • a handful of parsley • juice of 1 lemon • 3 tbsp olive oil • salt • pepper

1. Cut everything into small dice. The smaller and more even the dice, the better it tastes. This is the entire technique.
2. Dress with the lemon, oil, salt and pepper no more than an hour before serving, or it goes watery.

On the table at every meal of the weekend, including breakfast. It is the one fresh thing on a menu of slow-cooked food.

SERVES 6 TO 8 • BEST MADE THURSDAY CHICKEN SOUP

1 whole chicken (or 2 lb / 1 kg wings and thighs) • 4 carrots • 3 celery stalks • 2 onions, halved • 1 parsnip • a bunch each of dill and parsley • about 12 cups (3 liters) cold water • 1 tbsp salt • 10 peppercorns • 2 bay leaves

1. Put the chicken in a large pot with cold water to cover by two inches. Bring slowly to a simmer and skim the grey foam off the top for the first ten minutes. This is the whole secret of a clear soup.
2. Add everything else. Simmer, barely bubbling, uncovered, 2½ to 3 hours.
3. Strain. Keep the carrots and any chicken worth keeping; discard the rest. Salt until it tastes like something rather than like water.
4. Cool, then refrigerate overnight. Lift the set fat off the top before reheating.

It genuinely improves overnight. Make it Thursday and Friday gets easier.

MAKES ABOUT 16 • CHILL BEFORE ROLLING MATZO BALLS

4 eggs • ¼ cup (60 ml) oil • 1 cup (140 g) matzo meal • ¼ cup soup or water • 1 tsp salt • pepper

1. Beat the eggs with the oil, then stir in the matzo meal, liquid, salt and pepper. It will be loose.
2. Refrigerate at least 30 minutes. It firms up and becomes rollable.
3. With wet hands, roll walnut-sized balls. Drop into a wide pot of salted, gently boiling water.
4. Cover and simmer 30 to 40 minutes without lifting the lid. Store them in a little soup in the fridge, and warm them in the soup to serve.

Light or dense is a matter of family loyalty, not technique. More liquid and a gentler hand makes them lighter.

DINNER, LUNCH, AND CAKE

One pan for Friday night, one pot that cooks through the night for Saturday lunch, and a cake that keeps for days.

SERVES 6 • ONE PAN • ABOUT 1 HOUR

ROAST CHICKEN & POTATOES

1 chicken cut into 8 (or 8 thighs) · 1½ lb / 700 g small potatoes, halved · 2 onions in wedges · 1 head garlic, cloves peeled · 1 lemon · 3 tbsp olive oil · 2 tsp paprika · salt, pepper, a few sprigs of thyme

1. Heat the oven to 425°F / 220°C.
2. Toss the potatoes, onions and garlic with half the oil and plenty of salt in a large roasting pan. Spread them out.
3. Rub the chicken with the rest of the oil, the paprika, salt, pepper and thyme. Lay it skin up on top of the vegetables and squeeze the lemon over.
4. Roast 45 to 55 minutes, until the skin is dark and the thickest piece reads 165°F / 74°C (juices run clear). Don't turn anything.

Make it Friday morning, cover with foil, and rewarm at 300°F / 150°C for about 25 minutes before sunset. Arguably better the second time.

SERVES 8 • ABOUT 1½ HOURS

POTATO KUGEL

6 large potatoes · 1 large onion · 4 eggs · ½ cup (80 ml) oil, plus more for the pan · 2 tsp salt · plenty of pepper

1. Heat the oven to 375°F / 190°C. Pour a film of oil into a 9×13 in dish and put it in the oven to get hot.
2. Grate the potatoes and onion (a food processor is fine). Squeeze out as much liquid as you can: this is what makes it crisp rather than wet.
3. Mix with the eggs, oil, salt and pepper. Pour into the hot pan; it should hiss.
4. Bake 60 to 75 minutes, until the top is deep brown and crisp.

Vegetarian at the table? The kugel, salad, challah and cake are already meat-free. Make the soup with vegetables only, and the cholent with extra beans and no beef.

SERVES 6 • STARTS FRIDAY, EATEN SATURDAY

CHOLENT

1½ lb / 700 g beef chuck in large cubes · 1 cup dried beans (navy, pinto or a cholent mix), soaked overnight · ½ cup pearl barley · 4 potatoes in chunks · 2 onions · 2 tbsp paprika · 1 tbsp salt · pepper · 2 bay leaves · 6 eggs in their shells (optional)

1. Brown the onions and then the meat in the bottom of a slow cooker insert or heavy pot, if you have ten minutes. If you don't, skip it.
2. Layer in the drained beans, barley, potatoes and seasoning. Nestle the washed whole eggs in, if using. Add water to cover everything by two inches.
3. Set the slow cooker to low about two hours before sunset on Friday. Leave it until lunch on Saturday, around 20 hours. It is made for the long cook.
4. Don't stir it, don't lift the lid. Serve it straight from the pot.

The dish that makes the point of the day better than any explanation: lunch cooks itself while you do nothing. The eggs come out brown and creamy. If you use red kidney beans, boil them hard for 10 minutes before they go in.

ONE 10-IN TUBE PAN • KEEPS 3 DAYS

APPLE CAKE

3 cups (375 g) flour · 2 cups (400 g) sugar · 1 cup (240 ml) oil · 4 eggs · ¼ cup orange juice · 1 tbsp vanilla · 3 tsp baking powder · 1 tsp salt
Apples: 5 tart baking apples, peeled and sliced · 3 tbsp sugar · 2 tsp cinnamon

1. Heat the oven to 350°F / 180°C. Toss the apples with the cinnamon and sugar.
2. Beat everything else together into a thick batter.
3. In a well-greased tube pan, layer a third of the batter, half the apples, a third of the batter, the rest of the apples, then the last of the batter.
4. Bake 1¼ to 1½ hours, until a skewer comes out clean. Cool completely before turning out.

THE TABLE, STEP BY STEP

1 EIGHTEEN MINUTES BEFORE SUNSET LIGHT THE CANDLES

Traditionally the woman of the home lights. First, a quiet minute: name what you are setting down, who gets your attention tonight, and one gift of this week. Then light two candles, draw your hands toward your face three times, cover your eyes, and say the blessing.

ברוך אתה יהוה אלהינו מלך העולם, אשר קדשנו במצותיו
וצונו להדליק נר של שבת

*Baruch Atah Adonai, Eloheinu Melech ha-olam, asher
kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel
Shabbat.*

Blessed are you Hashem our God, King of the universe,
who has sanctified us with His mitzvot and commanded
us to light the candles of the Sabbath.

2 BLESS THE PEOPLE AT THE TABLE

A hand on each child's head, on your spouse's shoulder,
or simply spoken over the room.

בָּרַכְתָּהּ ה' וְיִשְׁמְרֶהָ. יָאֵר ה' פָּנָיו אֵלֶיהָ וְיַחְנֶנָּה. יֵשָׂא ה' פָּנָיו
אֵלֶיהָ וְיִשֶּׂם לָהּ שְׁלוֹם.

*Yevarechecha Adonai v'yishmerecha. Ya'er Adonai panav
eilecha vichuneka. Yisa Adonai panav eilecha v'yasem
lecha shalom.*

May the LORD bless you and guard you. May the LORD
shine His face upon you and be gracious to you. May the
LORD lift up His face toward you and grant you peace.
(Numbers 6:24-26)

3 RAISE THE CUP: KIDDUSH

Fill the cup with wine or grape juice. Everyone stands.
The leader raises the cup, says the three parts opposite,
drinks, and passes it round.

4 WASH YOUR HANDS

Optional. Pour water from a cup over each hand twice,
dry them, and stay quiet until the bread is blessed.

5 UNCOVER THE BREAD: HAMOTZI

Lift the two loaves and say the blessing. Tear the bread,
add a pinch of salt, and hand a piece to each person
yourself.

ברוך אתה ה', אלהינו מלך העולם, המוציא לחם מן הארץ.

*Baruch atah Adonai, Eloheinu Melech ha'olam, hamotzi
lechem min ha'aretz.*

Blessed are You, Hashem our God, King of the universe,
who brings forth bread from the earth.

6 AND NOW THE LONG PART EAT, AND STAY

Serve in courses so nobody leaves early. Sing if anyone
can. Ask what everyone is grateful for this week.

THE FRIDAY NIGHT KIDDUSH

As printed in *Shabbat For All Nations*, chapter 11.4. Every blessing
in this guide follows the book.

VAYECHULU • GENESIS 2:1-3

יום הששי. ויכלו השמים והארץ וכל צבאם. ויכל אלהים ביום
השביעי מלאכתו אשר עשה, וישבת ביום השביעי מכל מלאכתו
אשר עשה. ויברך אלהים את יום השביעי ויקדש אתו, כי בו
שבת מכל מלאכתו אשר ברא אלהים לעשות.

*Yom hashishi. Vayechulu hashamayim v'ha'aretz v'chol
tz'va'am. Vayechal Elohim bayom hashvi'i m'lachto asher
asah, vayishbot bayom hashvi'i mikol m'lachto asher asah.
Vay'varech Elohim et yom hashvi'i vay'kadesh oto, ki vo
shavat mikol m'lachto asher bara Elohim la'asot.*

The sixth day. And the heavens and the earth were
completed, and all their host. And on the seventh day God
finished the work that He had made, and He rested on the
seventh day from all the work that He had made. And God
blessed the seventh day and sanctified it, for on it He
rested from all His work which God created to do.

THE BLESSING OVER THE WINE

ברוך אתה ה' אלהינו מלך העולם, בורא פרי הגפן.

*Baruch atah Adonai, Eloheinu Melech ha'olam, borei p'ri
hagafen.*

Blessed are You, Lord our God, King of the universe, Who
creates the fruit of the vine.

THE SANCTIFICATION OF THE DAY

ברוך אתה ה' אלהינו מלך העולם, אשר קדשנו במצותיו ורצה
בנו, ושבת קדשו באהבה וברצון הנחילנו, וזכרון למעשה
בראשית. כי הוא יום תחלה למקראי קדש, וזכר ליציאת מצרים.
כי בנו בחרת ואותנו קדשת מכל העמים, ושבת קדשך באהבה
וברצון הנחלתנו. ברוך אתה ה' מקדש השבת.

*Baruch atah Adonai, Eloheinu Melech ha'olam, asher
kid'shanu b'mitzvotav v'ratzah vanu, v'Shabbat kodsho
b'ahavah uv'ratzon hinchilanu, zikaron l'ma'aseh v'reishit.
Ki hu yom t'chilah l'mikra'ei kodesh, zecher litziat
Mitzrayim. Ki vanu vacharta v'otanu kidashta mikol
ha'amim, v'Shabbat kodsh'cha b'ahavah uv'ratzon
hinchaltanu. Baruch atah Adonai, m'kadesh haShabbat.*

Blessed are You, Lord our God, King of the universe, Who
sanctified us with His commandments and favored us, and
in love and favor gave us His holy Shabbat as an
inheritance, a remembrance of the work of creation. For it
is the first among the holy convocations, a remembrance
of the Exodus from Egypt. For You chose us and sanctified
us from among all the nations, and in love and favor gave
us Your holy Shabbat as an inheritance. Blessed are You,
Lord, Who sanctifies the Shabbat.

A note from the book: under current Jewish law there is some question
about whether it is appropriate for a non-Jew to recite this last blessing,
because it describes the covenantal relationship that Israel has with the
Shabbat. If you are not Jewish, prayerfully consider whether you should
modify it.

TWENTY-FIVE HOURS

Friday night is the easy part; there is a script. Saturday has no script, and that is exactly the gift people find hardest to accept. Here is what the day tends to look like, and how to fit it to your household.

THE SHAPE OF THE DAY

MORNING

Wake without an alarm. Breakfast that takes an hour. If there's a congregation or a study group near you, this is when people gather. If not, read the week's Torah portion, the passage read in synagogues worldwide that day.

MIDDAY

Lunch, longer than you would ever normally sit. The cholent comes out of the pot. Then the surprise of many a first Shabbat: a long, unapologetic nap.

AFTERNOON

Walk. Visit, or be visited. Read something printed. This is the stretch that feels longest on week one, and it gets shorter every week.

LATE AFTERNOON

Something small to eat, and the quietest hour of the week.

AFTER DARK

Havdalah: five minutes, and the week begins again.

WHAT "REST" MEANS IN PRACTICE

For twenty-five hours, most people set down four things: **work** of every kind, including the email you'd only read; **commerce**, meaning no buying, selling, or planning what to buy; **screens**; and **errands**, the small useful tasks that quietly consume a day off.

The list reads as restriction until you've done it once. Then it reads as the fence around the only day of the week that nothing is permitted to interrupt.

Two Hebrew words name what is inside the fence.

Menuchah is rest, but not the rest of exhaustion: rest as being complete, with nothing outstanding. **Oneg** is delight; Isaiah calls the Sabbath "a delight." Good food, sleep, company and pleasure are not indulgences bolted onto Shabbat. They are how it is kept.

YOUR HOUSEHOLD

ON YOUR OWN

Light the candles and say every word; a table for one is still a table. Set it properly anyway. Invite one person for Saturday lunch. Read an entire book, write a real letter, sleep in the afternoon without an alarm.

AS A COUPLE

Share the leading: one lights, one says Kiddush. Save Saturday afternoon for a long walk and the conversation you never get to have midweek.

WITH CHILDREN

Small children: a walk with a destination (a bridge, a duck pond), board games, reading aloud past the usual number of chapters. Teenagers: let them invite friends to lunch. The no-phone rule has to visibly apply to you first. Early boredom is withdrawal, not failure.

A MIXED HOUSEHOLD, OR A SPOUSE NOT ON BOARD

Make it an invitation, not a new rule for everyone. Light your candles, cook the dinner you'd cook anyway, and let them join as much or as little as they like. Put your own phone away rather than policing theirs. Don't announce a new theology at the table; a peaceful evening says more than an explanation.

HOSTING GUESTS

Send the note on page two. Print page six so everyone can read along. Before the meal, go round the table with one easy question, such as what made you smile this week. As the book puts it, no one should feel like a stranger at your table.

WHAT TO READ ALOUD AFTER LUNCH

GENESIS 1:1 TO 2:3

The first Shabbat, and the reason for this one. About ten minutes aloud, and it lands differently when you are actually resting while you read it.

EXODUS 20:1-17 • DEUT. 5:12-15

The fourth commandment, given twice and reasoned differently each time: once from creation, once from slavery. Read both and ask the table which one they feel.

ISAIAH 58:13-14 • PSALM 92

Isaiah on calling the Sabbath a delight, and the psalm headed "a song for the Sabbath day." Short, and the best last reading of the afternoon.

HOW IT ENDS, AND WHAT NEXT

CLOSING THE DAY: HAVDALAH

When three stars are out (use the Havdalah time on your calendar), gather for five minutes. Fill the cup until it overflows. Light a braided candle, or hold two ordinary candles together so the flames join. Have something fragrant ready: cloves, cinnamon, a sprig of rosemary. Then say the four blessings.

1 • OVER THE WINE

ברוך אתה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן

Baruch atah Adonai, Eloheinu Melech ha'olam, borei p'ri hagafen.

Blessed are You, Lord our God, King of the universe, Who creates the fruit of the vine.

2 • OVER THE SPICES (SMELL THEM)

ברוך אתה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי בְשָׁמִים

Baruch atah Adonai, Eloheinu Melech ha'olam, borei minei v'samim.

Blessed are You, Lord our God, King of the universe, Who creates varieties of spices.

3 • OVER THE FIRE (HOLD YOUR HANDS TO THE LIGHT)

ברוך אתה ה', אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ

Baruch atah Adonai, Eloheinu Melech ha'olam, borei m'orei ha'esh.

Blessed are You, Lord our God, King of the universe, Who creates the lights of the fire.

4 • OF SEPARATION

ברוך אתה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשַּׁבָּת לְשֵׁשֶׁת יְמֵי הַמַּעֲשֶׂה.
ברוך אתה ה', הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל

Baruch atah Adonai, Eloheinu Melech ha'olam, hamavdil bein kodesh l'chol, bein or l'choshech, bein Yisrael la'amim, bein yom hashvi'i l'sheset y'mei hama'aseh. Baruch atah Adonai, hamavdil bein kodesh l'chol.

Blessed are You, Lord our God, King of the universe, Who distinguishes between the sacred and the secular, between light and dark, between Israel and the nations, between the seventh day and the six days of labor. Blessed are You, Lord, Who distinguishes between the sacred and the secular.

Sip the wine, put out the flame in what is left, turn the lights back on, and wish each other *Shavua tov*: a good week.

YOUR QUESTIONS

"I'm not Jewish. Is this allowed? Is it appropriate?"

Yes, and you are welcome. God blessed the seventh day at creation, before there was an Israelite in the world (Genesis 2:3), and Isaiah speaks of the foreigner who holds fast to the Sabbath (Isaiah 56:6-7). Nothing here asks you to change who you are. You don't have to leave your community. The one point the book asks non-Jews to weigh prayerfully is the last Kiddush blessing (page six).

"I'll get it wrong."

You will light candles, bless bread, and stop. Jeremy calls these practices a menu, not a to-do list: you don't order everything at once. A first Shabbat kept imperfectly is worth more than a perfect one postponed until you feel ready. You will not feel ready.

"My family won't join."

Light your own candles anyway, and set a place for anyone who changes their mind. Invite; don't insist. (See page seven.)

"I can't do all twenty-five hours."

Keep the hours you can, and don't apologize for the rest. **Friday night only:** sunset to bedtime holds most of the meaning. **Half of Saturday:** protect it like an appointment you can't move. **The phone rule, if nothing else:** Jeremy calls unplugging perhaps the most transformative practice in the book.

THE NEXT THREE WEEKS

WEEK TWO

Same menu. Do not improve anything. Repetition is what turns an event into a day you have.

WEEK THREE

Invite one household you don't know well. A table with a guest at it is a different room.

WEEK FOUR

Add one thing of your own: a song, a reading, a walk that becomes the walk. That is what makes it yours.

Want the why? Where the day comes from, why it was commanded, and what it has always meant for the nations are in *Shabbat For All Nations*, the free book by Jeremy Gimpel. It is already in your inbox.

KEEP YOUR FIRST ONE WITH US: FRIDAY, OCTOBER 30

On Friday, October 30, 2026, families around the world are lighting candles on the same evening. Put your name down on our page and we'll send you a short reminder the day before, then check in afterwards to hear how it went.

thelandofisrael.com/shabbat-for-all-nations

SAVE MY FRIDAY