

Tot Shabbat To Go



To view the pre-recorded content from Rabbi Hersh and the TE team, scan the QR code on the left or visit testl.org/tot-shabbat-to-go

Dear Families,

Welcome to Tot Shabbat To Go! While we are sad we can't be together in person at Temple Emanuel for Tot Shabbat this fall, we are still here to help you share the joy of Shabbat with your family at home. Whether this is your first time celebrating Shabbat at home or you feel like an old pro, we hope the Tot Shabbat To Go resources, videos, and music help you create your own family traditions.

We've created videos and a Spotify playlist to re-create a typical Tot Shabbat service. You can view this content whenever you'd like. If your kids stay engaged and you can get through all of it in one sitting, great. If you get a bit in here and a bit in there and a bit in the car on the way to school next week, that's great too. Everything will stay posted indefinitely, so feel free to bookmark the page and use it other weeks as well. Our goal is not only to give you a nice Shabbat experience this week, but also to empower you to celebrate Shabbat at other times in a way that fits for your family.

Remember, there is no one-size-fits-all way to celebrate Shabbat, especially with young children! We are here to help you find something that works for your family. Sure, you can go all out with an elaborate dinner, homemade challah, and an Instagram-worthy table setting. But some of the best Shabbat memories can also be made over pizza delivery on paper plates. Any quality time with your time with your family will make Shabbat special. Feel free to email me if you'd like more ideas or resources.

Thank you for being part of the TE family. Shabbat Shalom!

Emily Cohen
Director of Education & Community Engagement
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Resources

Whether you are new to this Shabbat thing or you're a regular looking for new ideas, check out these resources to help you learn more:

PJ Library

<https://pjlibrary.org/shabbat>

PJ Library's flagship program is mailing Jewish books to families each month. They have also compiled great activities, recipes, articles, and more you can use to "do Jewish" with your children. They also have a live streaming radio station, PJ Library radio, with Jewish kids music. During the pandemic, they have also started live virtual programming for families. Click around their website to find all these treasures and more!

Reform Judaism

<https://reformjudaism.org>

The Union for Reform Judaism has tons of resources for parents wanting to learn more about Shabbat and any other Jewish topic. They have also created RJ on the Go, a platform for live events your children can enjoy during the pandemic. The highlight for young children is their weekly virtual Tot Shabbat. Musician Shir La La leads families in songs, stories, and silliness every Saturday morning!

18 Doors (formerly Interfaith Family)

<https://18doors.org/interactive-shabbat-blessings-for-families/>

18 Doors has quality resources for families as they make decisions about their religious life. They were originally designed for families where one parent is not Jewish (or was not raised Jewish but might be now), but they are valuable materials for any family!

One Table

<https://onetable.org/guides/>

OneTable offers "how to" guides for Shabbat dinners designed for young adults. They even have guides for special themes like Pride Shabbat, mindfulness, and more.

Know before you Google:

Not all Jewish resources are created equal. Different organizations take different approaches to Shabbat observance, the role of women, the way we talk about God, interfaith marriage, etc. Not all the pages you find on Google share the beliefs that Temple Emanuel does in these areas. This is why we felt it so important to provide a curated list of resources that are Reform-friendly and welcoming to all kinds of families. We encourage you to do your own searching and see what works for your family, of course keeping in mind the source of anything you find. If you would like other ideas or have questions about something you find, feel free to reach out to Emily, emily@testl.org.



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Blessing for Lighting Shabbat Candles

*Baruch atah, Adonai
Eloheinu, Melech haolam,
asher kidshanu b'mitzvotav,
v'tzivanu l'hadlik
ner shel Shabbat.*

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק
נֵר שֶׁל שַׁבָּת.

Blessed are you, Adonai our God, Sovereign of all, who hallows us with mitzvot, commanding us to kindle the light of Shabbat.

Kiddush-Blessing over Wine or Grape Juice

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

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
בוֹרֵא פְּרֵי הַגָּפֶן.

Blessed are You, Adonai our God, Sovereign of all, Creator of the fruit of the vine.

HaMotzi-Blessing over Challah

*Baruch atah, Adonai
Eloheinu, Melech HaOlam,
hamotzi lechem min haaretz.*

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Blessed are You, Adonai our God, Sovereign of all, who brings forth bread from the earth



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Blessing of the Children

The first line is different for girls and boys.

For girls:

יְשִׁמַּח אֱלֹהִים כְּשָׂרָה, כְּרִבְקָה, כְּרַחֵל, וְכִלְאָה.

Y'simeich Elohim k'Sarah, k'Rivkah, k'Rachel, ooch'Leah.

May God make you like Sarah, Rebecca, Rachel and Leah.

For boys:

יְשִׁמַּח אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה.

Y'simcha Elohim k'Efrayim v'chi-Menasheh.

May God make you like Ephraim and Menasheh.

The second part is the same for everyone:

Y'varechecha Adonai v'yish'm'recha.

Ya-er Adonai panav eilecha vichuneka.

Yisa Adonai panav eilecha

v'yaseim l'cha shalom.

יְבָרְכֶךָ יי וַיְשַׁמְרֶךָ.
יָאֵר יי פָּנָיו אֵלֶיךָ וַיְחַנֶּנֶךָ.
יִשָּׂא יי פָּנָיו אֵלֶיךָ,
וַיַּשֵּׂם לְךָ שְׁלוֹם.

May God Bless you and keep you.

May God's light shine upon you, and may God be gracious to you.

May you feel God's Presence within you always,

and may you find peace.

