

teaching of kindness is on her tongue. She watches the conduct of her household, and does not eat the bread of idleness. Her children rise and acclaim her, her husband—and he praises her: Many daughters have done worthily, but you surpass them all. Charm is deceptive and beauty is naught; a God-fearing woman is the one to be praised. Give her praise for her accomplishments, and let her deeds laud her at the gates.<sup>1</sup>



### KIDDUSH FOR FRIDAY EVENING

**מזמור** A Psalm by David. The Lord is my shepherd, I shall lack nothing. He makes me lie down in green pastures; He leads me beside still waters. He revives my soul; He directs me in paths of righteousness for the sake of His Name. Even if I will walk in the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff—they will comfort me. You will prepare a table for me before my enemies; You have anointed my head with oil; my cup is full. Only goodness and kindness shall follow me all the days of my life, and I shall dwell in the House of the Lord for many long years.<sup>2</sup>

**דא** This is the meal of the holy *Chakal Tapuchin*.<sup>3</sup>

**אתקינו** Prepare the meal of perfect faith, which is the delight of the holy King; prepare the meal of the King. This is the meal of the holy *Chakal Tapuchin*,<sup>3</sup> and *Z'eir Anpin*<sup>3</sup> and the holy Ancient One<sup>3</sup> come to join her in the meal.<sup>4</sup>

When a festival occurs on Shabbat, the festival Kiddush is recited (page 330).

לְשׁוֹנָהּ: צוֹפֶיֶה הַלִּיכוֹת בֵּיתָהּ, וְלָחֶם עֵצְלוֹת לֹא תֹאכַל: קָמוּ בָנֶיהָ וַיֵּאֱשְׁרוּהָ, בַּעֲלָהּ וַיְהַלְלָהּ: רַבּוֹת בְּנוֹת עָשׂוּ חֵיל, וְאַתְּ עָלִית עַל כָּלֵנָהּ: שֶׁקֶר הַחֹן וְהַבֵּל הַיָּפִי, אִשָּׁה יִרְאֵת ייִ הִיא תִתְהַלֵּל: תִּגְדֹּל לָהּ מִכָּפְרֵי יִדְיָהּ, וַיְהַלְלוּהָ בְּשֵׁעָרִים מֵעַשְׂיָהּ:<sup>1</sup>



### KIDDUSH FOR FRIDAY EVENING

**מזמור** לְדָוִד, ייִ רַעִי לֹא אֶחְסֵר: בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי, עַל מֵי מְנוּחֹת יִנְהַלֵּנִי: נַפְשִׁי יִשׁוּבָב, יִנְחֲנֵנִי בְּמַעְגְלֵי צֶדֶק לְמַעַן שְׂמוֹ: גַּם כִּי אֵלֶךְ בְּגֵיא צַלְמוֹת לֹא אִירָא רָע, כִּי אַתָּה עִמָּדִי, שְׁבִטָךְ וּמִשְׁעֲנֵתְךָ הַכֹּמֶה יִנְחֲמֵנִי: תַּעֲרֹךְ לִפְנֵי שַׁלְחֹן נֶגֶד צַרְרֵי, דִּשְׁנֵת בְּשֶׁמֶן רֹאשִׁי, בּוֹסֵי רוּיָהּ: אֵךְ טוֹב וַחֲסֵד יִרְדְּפוּנִי כָּל יְמֵי חַיֵּי, וְשִׁבְתִּי בְּבֵית ייִ לְאַרְךָ יָמִים:<sup>2</sup>

**דא** הִיא סְעוּדָתָא דְחַקְל תְּפוּחִין קַדִּישִׁין:<sup>3</sup>

**אתקינו** סְעוּדָתָא דְמַהִימְנוּתָא שְׁלַמְתָּא חֲדוּתָא דְמַלְכָּא קַדִּישָׁא: אֲתַקִּינוּ סְעוּדָתָא דְמַלְכָּא, **דא** הִיא סְעוּדָתָא דְחַקְל תְּפוּחִין קַדִּישִׁין,<sup>3</sup> וְזַעִיר אֲנַפְיִן<sup>3</sup> וְעֵתִיקָא קַדִּישָׁא<sup>3</sup> אֲתִינן לְסַעֲדָא בְּהַדְרָה:<sup>4</sup>

When a festival occurs on Shabbat, the festival Kiddush is recited (page 329).

1. Proverbs 31:10-31. 2. Psalm 23. 3. Kabbalistic terms for various manifestations of the Shechinah. 4. V. Zohar II, 88a-b.

Stand while reciting the Kiddush.

Take the cup of wine in the right hand, pass it to the left hand, and lower it onto the palm of the right hand. (See illustration, page 641.) The cup should be held three *tefachim* (approximately 9 in.) above the table throughout the Kiddush.

Those listening to the Kiddush should respond Amen as indicated.<sup>1</sup>

Glance at the Shabbat candles, then say:

**יום** The sixth day. And the heavens and the earth and all their hosts were completed. And God finished by the Seventh Day His work which He had done, and He rested on the Seventh Day from all His work which He had done. And God blessed the Seventh Day and made it holy, for on it He rested from all His work which God created to function.<sup>2</sup>

When making Kiddush over wine,  
glance at the wine and say:

**סברי** Attention, Gentlemen!

**ברוך** Blessed are You, Lord our God, King of the universe, who creates the fruit of the vine. (Amen)

When making Kiddush over bread, say:

**סברי** Attention, Gentlemen!

**ברוך** Blessed are You, Lord our God, King of the universe, who brings forth bread from the earth. (Amen)

**ברוך** Blessed are You, Lord our God, King of the universe, who has hallowed us with His commandments, has desired us, and has given us, in love and goodwill, His holy Shabbat as a heritage, in remembrance of the work of Creation; the first of the holy festivals, commemorating the Exodus from Egypt. For You have chosen us and sanctified us from among all the nations, and with love and goodwill given us Your holy Shabbat as a heritage. Blessed are You Lord, who hallows the Shabbat. (Amen)

On Chol Hamoed Sukkot, in the *sukkah*, add (when saying the words to dwell in the *sukkah*, glance at the *sukkah* covering):

**ברוך** Blessed are You, Lord our God, King of the universe, who has sanctified us with His commandments, and commanded us to dwell in the *sukkah*. (Amen)

Pour some wine from the cup to be distributed to those listening, and drink at least 2 ounces of the remaining wine while seated.

All present wash their hands for the meal (see Laws on page 603), reciting the appropriate blessing, being careful not to speak until after eating of the *challah*. The head of the household recites the blessing for bread while holding both loaves, and distributes a piece to each person, who in turn recites the blessing over the bread.

Stand while reciting the Kiddush.

Take the cup of wine in the right hand, pass it to the left hand, and lower it onto the palm of the right hand. (See illustration, page 641.) The cup should be held three *tefachim* (approximately 9 in.) above the table throughout the Kiddush.

Those listening to the Kiddush should respond Amen as indicated.<sup>1</sup>

Glance at the Shabbat candles, then say:

**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:**<sup>2</sup>

When making Kiddush over bread, say:

**סברי מרגן:  
ברוך אתה יי, אלהינו מלך  
העולם, בורא פרי הגפן:  
הארץ: (אמן)**

When making Kiddush over wine,  
glance at the wine and say:

**סברי מרגן:  
ברוך אתה יי, אלהינו מלך  
העולם, בורא פרי הגפן:  
(אמן)**

**ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו  
במצותיו ורצה בנו, וישבת קדשו באהבה וברצון  
הנחילנו, ופרון למעשה בראשית, תחלה למקראי קדש,  
זכר ליציאת מצרים. כי בנו בחרת ואותנו קדשת מכל  
העמים, וישבת קדשך באהבה וברצון הנחלתנו. ברוך  
אתה יי מקדש השבת: (אמן)**

On Chol Hamoed Sukkot, in the *sukkah*, add (when saying the words בסקה, glance at the *sukkah* covering):

**ברוך אתה יי, אלהינו מלך העולם, אשר קדשנו במצותיו  
ויצונו לישב בסקה: (אמן)**

Pour some wine from the cup to be distributed to those listening, and drink at least 2 ounces of the remaining wine while seated.

All present wash their hands for the meal (see Laws on page 603), reciting the appropriate blessing, being careful not to speak until after eating of the *challah*. The head of the household recites the blessing for bread while holding both loaves, and distributes a piece to each person, who in turn recites the blessing over the bread.

1. See additional laws on pages 603-604. 2. Genesis 2:1-3.