

# Friday Night FOR DUMMIES

**SHALOM ALEICHEM.** Once gathered at the beautiful Shabbat table, we sing "Shalom Aleichem." As we return home from synagogue on Friday night, two angels escort us; it's kind of like having your very own entourage. This song greets the angels, as we seek their "blessing" for a good Shabbat.

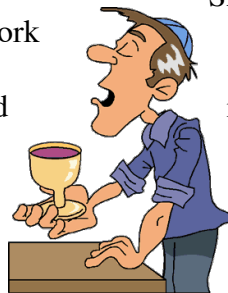


**EISHET CHAYIL.** There are many levels of meaning to this beautiful song that praises the Jewish woman who is accomplished and cares for her family, is kind to the poor and needy, and is God-fearing. This song is also a shout out to the Shabbat Queen.

**KIDDUSH.** Everyone stands as the leader cradles a full cup of wine or grape juice, to sanctify the Shabbat by remembering that "in six days, God created the heaven and the earth -- and on Shabbat He rested."

Our week is filled with work rest and reflection. "Kiddush" to elevate something physical and we elevate not only the cup of itself.

Kiddush teaches us the ones who bring the things into our hands so to sanctify the day. Without us humans making Kiddush, Shabbat doesn't really kick in.



and creation, but Shabbat is the day of literally means to make a distinction, make it spiritual. By reciting Kiddush wine, but the very day of Shabbat

something awesome - that we are holiness into the world. God puts speak, and leaves it up to us to

**HAND WASHING.** We wash our hands in order to purify ourselves before we break bread (which is just a weird way of saying eat bread). First remove all rings as the water must cover your hands completely, and then say the blessing. Do not drink the water. The people behind you will laugh at you.

After washing our hands we don't talk until we eat the bread, so as not to have an interruption between the blessing and eating the bread. You may notice certain people communicating through various grunts, hand waving, and other wild gestures, often interjected with the meaningless "Nu". Ignore them. They are not well.



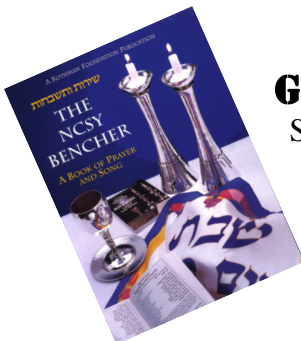
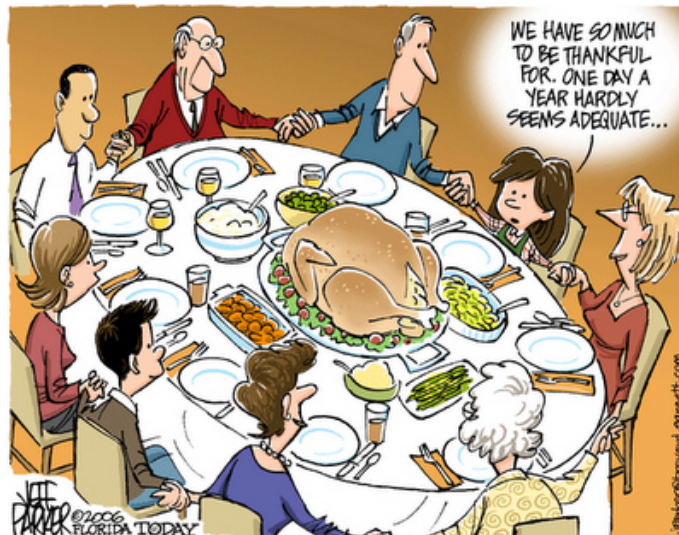


**HA-MOTZI.** Two challahs (that's Jewish for bread) are placed on plate or board, covered with a decorative cloth, and set on the table. The two loaves commemorate the double portion of *manna* which fell from the heavens each Friday while the Jews were in the desert. If you were really hungry and it started raining hot pizza you would also commemorate it. Wait. That's basically what happens in JSU club.

We place salt on the bread because salt is a preserver, symbolizing that this meal is no longer merely a transitory experience, but a moment that will last for eternity.

**FESTIVE MEAL.** A traditional Friday night dinner usually includes several courses: fish (no, gefilte is not a real fish), soup, entrée and dessert. This is a time to enjoy each other's company while partaking in the delicious Shabbat food.

One day a year is not enough. That's why we do this every week.



**GRACE AFTER MEALS.** After the scrumptious Sabbath meal, we thank God by reciting the Grace After Meals. We prepare for the blessing by rinsing our fingertips with water, called *Mayim Acharonim*, which is usually passed around the table.

*Shabbat*



*Shalom!*