

The FJMC mission is to involve Jewish Men in Jewish Life by building and strengthening Men's Clubs in the Conservative / Masorti Movement. We accomplish this mission by:



Shabbat Seder User's Guide

Leadership: mentoring leaders at the club, region and international level,

Innovation: developing programming that better connects people of all ages to the Jewish community,

Community: forming meaningful long-lasting relationships based on camaraderie, common interests and core values.

FJMC, a partnership of over 250 affiliated clubs with more than 20,000 members across North America and around the world, brings value and adds meaning to the lives of men and their families. Through our programming and the broad dissemination of the creative programming developed by our clubs, we touch hundreds of thousands of people each year.

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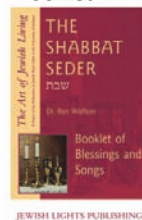
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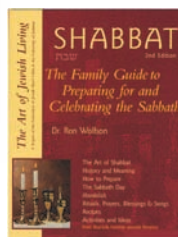
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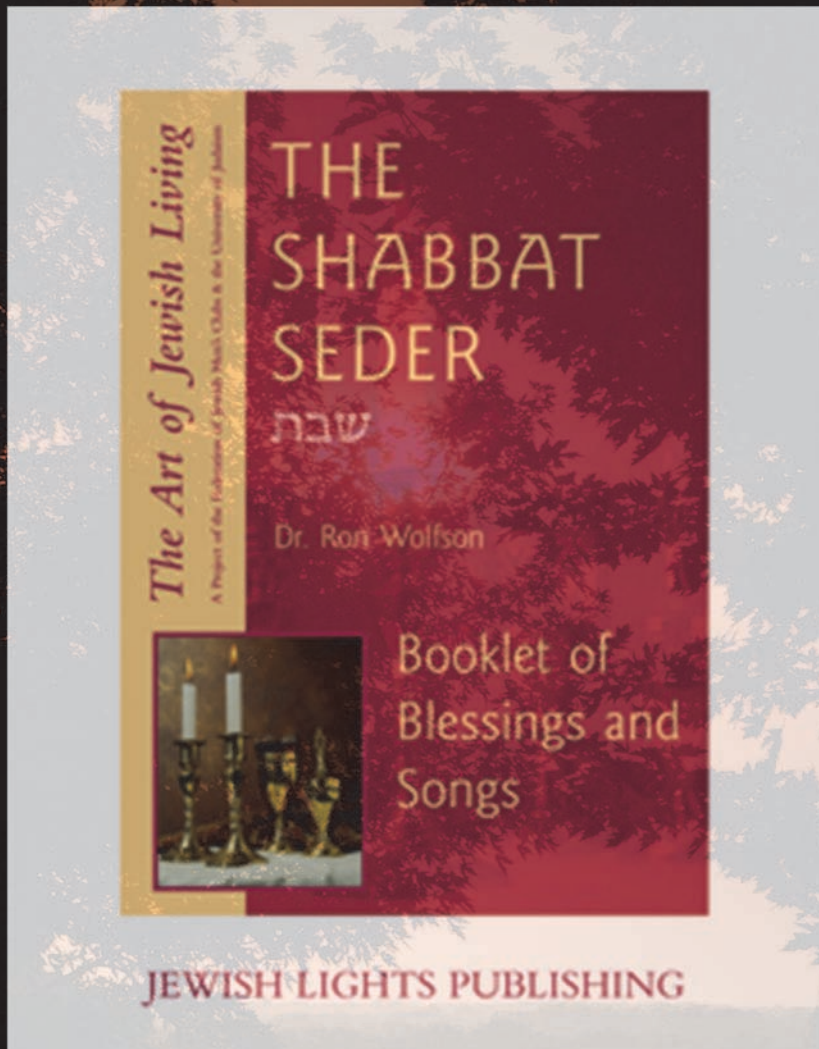
Booklet



Guide



To Be Used with:



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User's Guide

When you wish to add more to your Seder, we recommend adding the following content at the appropriate point in the Seder:

- ✧ Shalom Aleichem (page 3)
- ✧ Eishet Chayil/ Eish Chayil (page 6)
- ✧ Complete Kiddush (page 10-11)
- ✧ Netilat- washing the hands (page 12)
- ✧ A more complete Birkat (links from the FJMC Shabbat portal)
- ✧ Dinner discussions- your own topics or suggested topics on the FJMC Shabbat portal
- ✧ Additional songs- Zmirot where you find meaningful during the Seder (pages 15-19)
- ✧ Additional readings from your prayer book or from the FJMC Shabbat portal on-line.

Be flexible and make the Shabbat experience yours!

בְּתֵאבּוֹן — שֵׁבֶת שְׁלוֹם

Enjoy your meal — Shabbat Shalom

Page numbers refer to *The Shabbat Seder Booklet of Blessings and Songs*

User's Guide

We realize that all users are at a different "place" in their comfort level of Shabbat observance. To enhance your Shabbat experience, we offer the following suggestions for your use as you increase your involvement with Friday night ritual.

Remember, it is not required that you do everything immediately. This is not an all or nothing experience, so we encourage you to grow the Shabbat Seder as your comfort level increases. For those just starting to have a Shabbat dinner experience, we recommend the following abridged version considered "minimally complete." Please include:

- ✧ Candle lighting (page 2)
- ✧ Blessing the children (page 4)
- ✧ Kiddush- short blessing (page 10)
- ✧ Blessing the bread- Motzi (page 13)
- ✧ Birkat ha Mazon (blessing after the meal, page 21)

Shabbat Seder Setting

To honor Shabbat as a place in time separate from the every day, you will need to find a way to make it distinct. As a start, unplug! You and your family should turn off electronic devices – cell phone, tablet, etc.– so you will not be interrupted during your seder.

Additionally, there are a few items you will need to be prepared:

- ✧ Set a nice table. You may want to use a different set of dishes or a special table cloth. Make this day special.
- ✧ Candlesticks and candles for lighting. While two candles are customary, some light a candle for each family member, and some unmarried women light only one candle.
- ✧ Kiddush cup and kosher wine – red or white depending on your preference.
- ✧ Netilat set – for hand washing (if you include this ritual.)
- ✧ Challah
- ✧ Challah cover – it is customary to cover the challah until the blessing (Motzi) is said.

Shabbat Shalom!

The central importance of Shabbat in leading a meaningful Jewish life cannot be overemphasized. We honor Shabbat when we allow ourselves to separate our lives from the mundane, from work, and in so doing make time holy. We have the opportunity every week of every year to celebrate its meaningfulness, within ourselves, with our family, and with our friends and community. The intrinsic beauty of Shabbat lies in the fact that we sanctify time and not place. This allows us to celebrate Shabbat wherever we are.

Shabbat has sustained our people. It has prevailed over generations and generations. In our current times, when the concept and definition of family is undergoing rapid changes, and in a world where diversity is celebrated and where secularism is marketed, Shabbat offers a rational response. By embracing the many facets of Shabbat, by choosing to do, or not do, one thing, or many things during Shabbat, any week or every week, we allow ourselves the time to choose to acknowledge the wonder and purpose of our exceptional place in this world.

The Federation of Jewish Men's Clubs is aware of how powerful and rewarding the practice of Shabbat can be for Jewish men and their families. Over the years, we have taken on the task to prepare materials that explain the time honored Shabbat rituals which bind us together.

Shabbat Shalom!

With this booklet, it is our goal to help you provide a meaningful Friday night Shabbat dinner experience for you and your family using Ron Wolfson's *The Shabbat Seder Booklet of Blessings and Songs*. Supported by further development of our interactive FJMC website, we encourage you to join us in celebrating Shabbat and to share your own insights of the meaning and importance in understanding the vital space that Shabbat holds in our common heritage.

Shabbat is the day of rest for Jews and for the world. In the opening chapter of Genesis, G-d rested on the seventh day when done with the creation. As it is written in the Ten Commandments in Exodus and then later in Deuteronomy, we are to remember, observe and keep Shabbat holy. This is our shared history. It is a marvelous legacy. It is our hope that by embracing Shabbat we can help instill within all of us the confidence to understand the reasons behind that which we deem important as we choose to live meaningful Jewish lives. May this booklet inspire, move and guide you to enjoy and celebrate this holy day.