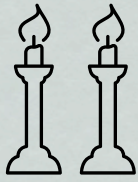


A MULTILINGUAL SHABBAT GUIDE



Greetings

There are dozens of different ways to greet someone on Shabbat. Here are a few!

Jewish Portuguese: Bom Sabā, **Haketia:** Buen Sabat Tenguas, **Jewish English:** Good Shabbos, **Jewish Amharic:** Melkam Senbet, **Yemenite Judeo-Arabic:** Šabbot Töv U-Mvörokh.

Shabbat Stew

There are dozens of terms for the Shabbat Stew cooked overnight. Shabbat 2:7 in the Mishnah is the basis for many of the names. **Ladino**, **Judeo-Italian**, and some varieties of **Judeo-Arabic** use the term “hammin” or “hamin” (hot). **Jewish English** uses the term “cholent”, descended from the **Yiddish** term “tsholent” which descends from the **Medieval Judeo-French** term “chalent” for “hot”. **Judeo-Arabic** also uses “s’khina”, “t’beet”, and “tefina” or “adafina”.

Post-Meal Blessings

Bénissons and Bendigamos are post-meal blessings sung in French and Sephardic Jewish communities. Verses from both are shown below.

Bénissons la Toute Puissance
Qui sur nos verse, chaque jour,
Les trésors de sa bienfaisance
Et les trésors de son amour!
Oubliant de notre âme impure
Les travers et l’iniquité,
Il ne punit sa créature
Qu’en l’accablant de sa bonté.

Bendigamos al Altísimo,
Al Señor que nos crió,
Démosle agradecimiento
Por los bienes que nos dió.
Alabado sea su Santo Nombre,
Porque siempre nos apiadó.
Load al Señor que es bueno,
Que para siempre su merced.

To learn more about how Shabbat is celebrated in different Jewish languages, check out jewishlanguages.org/shabbat, or head to the Jewish Language Project on YouTube, Instagram, or Facebook.