



**נועם שבת**  
**Noam Shabbos Project**  
 In memory of Naama Markovits A”H  
 לע”נ נעמה חנה ע”ה ב”ר יהודה איסר נ”י



**Sefer Shabbos Kodesh**  
 (ספר שבת קודש)

**Chapter 1: Welcoming Shabbos is Akin to Greeting the Shechinah**

(קבלת שבת - קבלת פני שכינה)

[Pages 7-12] [Hebrew version: Pages א'ו-א']

In this section Rav Pincus describes the difference between the Mitzvah of Shabbos and other Mitzvoths. Shabbos is about having a relationship with Hashem, by having a relationship with Shabbos.

**Hilchos Shabbos**  
 (הלכות שבת)

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**Lighting Candles Erev Shabbos – Women and Men**

There is a Mitzvah requirement (Mi' dirabonon) upon every household to light candles before Shabbos. However, special preference and responsibility for this mitzvah has been given to women for a number of reasons; a) women usually are the caretakers of the home, b) the candle lighting atones for the part played by Chavah in causing Adam to sin with the forbidden fruit of the Etz-Hada'as (Tree of Knowledge). Adam (and thereby, all mankind) was punished by losing his immortality, and Chavah is considered to have “extinguished the candle of the world”. Therefore it is the woman who rights Chavah’s sin by lighting candles for the household. The husband may take part in the mitzvah in several ways; a) by pre-lighting and quickly extinguishing the candles, thereby making them easier to light, b) the first Shabbos after his wife gives birth the husband should light the candles (and make the Beracha), and c) if additional candles will be lit in other rooms of the house, this may be done by the husband.

*Rambam Hilchos Shabbos 5:1,3, Mes. Shabbos 25b, SA 263:2,3 MB11,12, MB264:28, Tur OC 263, Midrash Tanchuma Metzora 9, Bi'ur Halacha 263:6*

**Shabbos Tefillos Insight**  
 (תפילות שבת)

The מנהג explains that the מנהג to say the תהלים of פרקים that we say for שבת is not a very old מנהג. There are actually different variations of the מנהג. The accepted practice is to say six פרקים of תהלים, corresponding to the six days of creation, the six days of the week that we are involved with mundane activities. These פרקים are full of praise and song to Hashem. The first five are consecutive, פרקים צ"ה-ה"ט, followed by פרק כ"ט, and the numerical value of the first letter of each together adds up to the numerical value of the word (430) נפש. They are (30) לכו, (300) שירו, (10) י' of the name of Hashem, (40) מזמור, (10) י', (40) מזמור. Saying them together rejuvenates the נפש. The last פרק, which we say standing, is used by חז"ל to teach many aspects of תפילה and it describes the greatness of Hashem.