

Before any of the three meals of Shabbat we say

אתְּקִינוּ סְעוּדַתָּא דְּמִהֵימְנוּתָא שְׁלֵמָתָא, וְזוּדוּתָא דְּמַלְכָּא קַדִּישָׁא.

אתְּקִינוּ סְעוּדַתָּא דְּמַלְכָּא.

atkinu se'udata dimheimnuta shelemata, chedveta demalka kadisha.

atkinu se'udata demalka.

Translation: *Prepare the meal of complete faith, the joy of the Holy King, prepare the feast for the King*

Before the **first meal**, Friday night, we add the declaration that connects us to the spiritual level of that time

דָּא הִיא סְעוּדַתָּא דְּזוּקְלָא תַפּוּזִין קַדִּישִׁין, וְזַעִיר אַנְפִּין וְעַתִּיקָא קַדִּישָׁא אַתְּנִן לְסַעְדָּא בְּהַדְרִיה

da hi se'udata dachakal tapuchin kadishin, uze'eir anpin ve'attika kadisha, atyan lesa'ada bahadeh

Translation: *This is the meal of the field of Holy Apples (Malchut), and Zeir Anpin and the Holy Atik (Keter) come to dine with her.*

Before the **second meal**, Saturday morning, we add

דָּא הִיא סְעוּדַתָּא דְּעַתִּיקָא קַדִּישָׁא, וְזַעִיר אַנְפִּין וְזוּקְלָא תַפּוּזִין קַדִּישִׁין אַתְּנִן לְסַעְדָּא בְּהַדְרִיה

da hi se'udata de'attika kadisha, uze'eir anpin vachakal tapuchin kadishin atyan lesa'ada bahadeih

Translation: *This is the meal of the Holy Atik, and Zeir Anpin and the field of Holy Apples come to eat with him.*

Before the **third meal**, Saturday afternoon, we add

דָּא הִיא סְעוּדַתָּא דְּזַעִיר אַנְפִּין, וְעַתִּיקָא קַדִּישָׁא וְזוּקְלָא תַפּוּזִין קַדִּישִׁין אַתְּנִן לְסַעְדָּא בְּהַדְרִיה

da hi se'udata diz'eir anpin, ve'attika kadisha vachakal tapuchin kadishin atyan lesa'ada bahadeih

Translation: *This is the meal of Zeir Anpin, and the Holy Atik and the field of Holy Apples come to eat with him.*