

Shabbat Moment

A scarf trailing
 over the lilac sunset,
 fair weather clouds,
 silk chiffon.
 Twilight softens the air,
 whispering, come,
 lie down with me.
 Untie the knots of the will.
 Loosen
 your clenched grip
 barren hills of bone.
 Here, no edges to hone,
 only the palm fallen
 open as a rose about
 to toss its petals.
 What you have made,
 what you have spoiled
 let go.
 Let twilight empty
 the crowded rooms
 quiet the jostling colors
 to hues of swirling water
 pearls of fog.
 This is the time
 for letting time go
 like a released balloon
 dwindling.
 Tilt your neck and let
 your face open to the sky
 like a pond catching light
 drinking the darkness.¹

¹ Marge Piercy from *The Art of Blessing the Day* (adapted)

Kavvanah (Insight) for Candle Lighting

Why do we circle our hands three times when we light the Shabbat candles?

Our mystical tradition teaches that every human soul has three elements:

Nefesh - body, the breath of life that animates our being;

Ruach - mind, our consciousness;

Neshamah - spirit, our connection to the infinite.

Entering Shabbat with our entire self--body, mind, spirit / nefesh, ruach, neshamah--

we circle our hands three times

and with each circle, draw in another part of our being.

As we draw in the light, take a moment to silently invite family and friends to join us in spirit as we enter the sacred circle of Shabbat.

BLESSINGS FOR SHABBAT

The candles are lit before the blessing is recited.

BARUCH atah, Adonai
Eloheinu, Melech haolam,
asher kid'shanu b'mitzvotav,
v'tzivanu l'hadlik
ner shel Shabbat.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק
נֵר שֶׁל שַׁבָּת.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,
who hallows us with mitzvot,
commanding us to kindle the light of Shabbat.

Y'varech'cha Adonai v'yishm'recha.

Ya-eir Adonai panav cilecha vichuneka.

Yisa Adonai panav cilecha

v'yascim l'cha shalom.

יְבָרֶכְךָ יי וְיִשְׁמְרֶךָ.
יָאֵר יי פָּנָיו אֵלֶיךָ וִיחַנֶּנְךָ.
יִשָּׂא יי פָּנָיו אֵלֶיךָ
וְיַשְׁכֵּם לְךָ שָׁלוֹם.

May God bless you and keep you.

May God's light shine upon you, and may God be gracious to you.

May you feel God's Presence within you always, and may you find peace.

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² Image: Jeannette Kuvin Oren, "Priestly Blessing," <https://www.kuvinoren.com/product-page/priestly-blessing-hebrew>

BARUCH atah, Adonai

Eloheinu, Melech haolam,

borei p'ri hagafen.

Baruch atah, Adonai

Eloheinu, Melech haolam,

asher kid'shanu b'mitzvotav v'ratzah vanu,

v'Shabbat kodsho

b'ahavah uv'ratzon hinchilanu,

zikaron l'maaseih v'reishit.

Ki hu yom t'chilah l'mikra-ei kodesh,

zecher litziat Mitzrayim.

Ki vanu vacharta, v'otanu kidashta,

mikol haamim.

V'Shabbat kodsh'cha

b'ahavah uv'ratzon hinchaltanu.

Baruch atah, Adonai, m'kadeish HaShabbat.

בָּרוּךְ אַתָּה, יי

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

בּוֹרֵא פְּרִי הַגָּפֶן.

בָּרוּךְ אַתָּה, יי

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,

וְשַׁבָּת קֹדֶשׁ

בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,

זִכְרוֹן לַמַּעֲשֵׂה בְּרֵאשִׁית.

כִּי הוּא יוֹם תְּחִלָּה לַמִּקְרָאִי קֹדֶשׁ,

זִכָּר לִיְצִיאַת מִצְרָיִם.

כִּי בָנוּ בְּחֵרָתְךָ, וְאוֹתָנוּ קִדְּשָׁתְךָ

מִכָּל הָעַמִּים.

וְשַׁבָּת קֹדֶשְׁךָ

בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.

בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe
who finding favor with us, sanctified us with mitzvot.

In love and favor, You made the holy Shabbat our heritage
as a reminder of the work of Creation.

As first among our sacred days, it recalls the Exodus from Egypt.

You chose us and set us apart from the peoples.

In love and favor You have given us Your holy Shabbat as an inheritance.

Praise to You, Adonai, who sanctifies Shabbat.

בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.

Baruch atah, Adonai, m'kadeish HaShabbat.

FOR FOOD

Baruch atah, Adonai Eloheinu,
 Melech haolam,
 hamotzi lechem min haaretz.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,
 מֶלֶךְ הָעוֹלָם,
 הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Our praise to You, Adonai our God, Sovereign of the universe,
 who brings forth bread from the earth.

