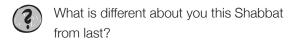
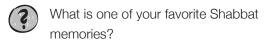




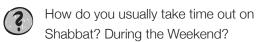
Talk Among Yourselves =

Questions & Sources to Get it Going:









What would your ideal Shabbat look like?

Three generations back
my family had only
to light a candle
and the world parted.
Today, Friday afternoon,
I disconnect clocks and phones.
When night fills my house
with passages,
I begin saving
my life.

Marcia Falk



We declare a Sabbath, a space of quiet: for simple being and letting be; for recovering the great, forgotten truths; for learning how to live again.

We want to rest. We need to rest and allow the earth to rest. We need to reflect and to rediscover the mystery that lives in us, that is the ground of every unique expression of life, the source of the fascination that calls all things to communion.

"Earth Prayers" a collection of poems and prayers honoring the earth.





The old, wise Sabbath says: Stop now. As the sun touches the horizon, take the hand off the plow, put down the phone, let the pen rest on the paper, turn off the computer, leave the mop in the bucket and the car in the drive. There is no room for negotiation, no time to be seduced by the urgency of our responsibilities. We stop because there are forces larger than we that take care of the universe, and while our efforts are important, necessary, and useful, they are not (nor are we) indispensable. The galaxy will somehow manage without us for this hour, this day, and so we are invited -nay, commanded -to relax, and enjoy our relative unimportance, our humble place at the table in a very large world. The deep wisdom embedded in creation will take care of things for a while.

Wayne Muller, 'Sabbath – Restoring the Sacred Rhythm of Rest'



created by Amichai Lau-Lavie, Naomi Less, Shira Kline.

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