



Talk Among YourselfS

Questions & Sources
to Get it Going:

- ? What is different about you this Shabbat from last?
- ? What is one of your favorite Shabbat memories?
- ? What are you grateful for on this Shabbat?
- ? How do you usually take time out on Shabbat? During the Weekend?
- ? 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'



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