

See how each one of the braided pieces of challah is a different size, shape? Coming together, it creates ONE - just like us sitting here today in this Lab/Shul community. How can expand this model out further and create more one-ness in the world? Consider dedicating this moment of plenty to more connection and responsibility - and less hunger in the world."

Naomi Less



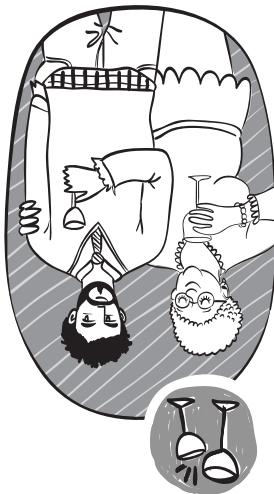
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Amichai Lau-Lavie

open the Kiddush prayer"
pretty good" - the words that
around and said, "that was
recreation: When God looked
re-creating the very first
from this past week. We're
people to share one highlight
cups, we go around and ask
Before we fill the Kiddush
At my shabbat table, just

"



Challah is the braided bread of community:
upgrade this meal into a feast!
Breaking bread together is a holy human act.

לְאַתָּה יְמִינְךָ אֶתְיַעַן דְּבָרֶיךָ נְתָנוּ לְזַבְדָךָ וְנַתְנֵא לְלִזְבָּחָה

for bringing forth bread from the earth.
A blessing: We celebrate the Source of all life,

.....

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Challah is the braided bread of community:
upgrade this meal into a feast!
Breaking bread together is a holy human act.



Raise a glass of wine
or your variety of choice to
take a sip of Sabbath.

.....

Kiddush for Friday Night:

short version

ברוך אתה ה' אלוהינו רוח ה' העולם
בורא פרי הגפן

Baruch atah Adonai Eloheinu ruach
ha'olam boreh pri hagafen

A blessing: We celebrate the Source of
all life, creating the wine from the vine.



Kiddush for Friday Night:

Full version (ashkenaz)

וַיְהִי עֹרֶב וַיְהִי בָּקָר יוֹם הַשְׁבָתִי // וַיְכֹל הַשָּׂמִים וְהָאָרֶץ
וְכָל אֲבָاطָם // וַיְכֹל אֱלֹהִים בַּיּוֹם הַשְׁבָעִי מִלְאָכְתוֹ
אֲשֶׁר עָשָׂה: // וַיְשַׁבְּת בַּיּוֹם הַשְׁבָעִי מִכֶּל מִלְאָכְתוֹ
אֲשֶׁר עָשָׂה: // וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְׁבָעִי וַיְקַדֵּשָׁ
אוֹתוֹ כִּי בַּיּוֹם שְׁבָתִי מִכֶּל מִלְאָכְתוֹ אֲשֶׁר בָּרָא אֱלֹהִים
לְעַשּׂוֹת: // סְבִּרְיָה מִרְנָן וְרַבְנָן וְרַבּוֹתָן: // בָּרוּךְ אַתָּה ה'
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בָּרָא פָּרִי הַגָּפָן: // בָּרוּךְ אַתָּה ה'
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְשָׁנוּ בְּמִצְתֵּינוּ וְצַדְקָה בְּנֵינוּ
וַשְׁבָת קִדְשָׁו בְּאַחֲרָה וְבְרַצְון הַחִילָנוּ. זְכֻרוּ לְמַעַשָּׂה
בְּרִאשָׁית. כִּי הַוָּיָם תְּחִלָּה לְמִקְרָא קִדְשָׁת עַמּוּד
לִיאָתָת מִצְרָים. כִּי בָנָו בְּחִרְתָּה וְאַוְתָנָן קִדְשָׁת עַמּוּד
הַעֲמִים וְשַׁבְתָּה קִדְשָׁךְ בְּאַחֲרָה וְבְרַצְון הַנְּתַחֲנוּ: // בָּרוּךְ
אַתָּה ה': מִקְדָּשׁ הַשְׁבָתִי:

Yom Ha-shi-shi. // Va'y'chu-lu Ha-sha-ma-yim v'ha-a-retz, v'chol
ts'va-am. // va-y'chal e-lo-him ba-yom ha-sh'i-i, m'lach-to a-sher a-sa
// va-yish-bot ba-yom ha-sh'i-i, mi-kol m'lach-to a-sher a-sa. //
va-y'a-rech e-lo-him et yom ha-sh'i-i, va-y'ka-deish o-to // ki vo
sha-vat mi-kol m'lach-to a-sher ba-ra e-lo-him la-a-sot. // Sav-rei
ma-ra-nan! // Ba-ruch a-tah, A-do-nai, E-lo-hei-nu ruach ha-o-lam,
bo-rei p'ri ha-ga-fen. (Amen) // Ba-ruch a-tah, A-do-nai, E-lo-hei-nu,
ruach ha-o-lam, a-sher ki-d'sha-nu b'mits-vo-tav v'ra-tsa va-nu,
v'sha-bat kod'sho b'a-ha-va uv'ra-tson hin-chi-la-nu, zi-ka-ron
l'ma-a-sei v'rei-sheet. // Ki Hu Yom t'chi-la l'mik-ra-ei ko-desh, ze-cher
li-ts'i-at Mits-ra-yim. Ki va-nu ya-char-ta v'o-ta-nu ki-dash-ta im-kol
ha-amim, v'Sha-bat kod-sh'cha b'a-ha-va u-v'ra-tson hin-chal-ta-nu. //
Ba-ruch a-tah A-do-nai, m'ka-deish ha-Sha-bat. (Amen)



DIY KIT

Evening became morning: The sixth day. And the heavens and the earth and all that filled them were complete. And on the seventh day the Creator completed all the labor, and refrained on the seventh day from all the labor which had performed. And the Creator blessed the seventh day and sanctified it, for all the labor had been completed.

With your permission, honored guests:

We Bless You, God, Source of All Life, Creator of the fruit of the vine. (Amen)

We bless You, God, Source of All Life, for making our lives holier with these commandments, giving us the legacy of the sacred sabbath, with love and goodwill, as a memorial to the act of creation. It is primary among our holy days, commemorating our exodus from Egypt. For You chose us, and sanctified us, along with all other nations, and with love and goodwill gave us the legacy of Your Holy Sabbath.

We bless You who Makes the Sabbath Sacred. (Amen)

Come in, with Peace, Angels of Peace: messengers from high above...
 Bless us with Peace, Angels of Peace: messengers from high above...
 Depart, in Peace, Angels of Peace: messengers from high above...
 Welcome, in Peace, Angels of Peace: messengers from the Source of Sources,

Tseit-cheem l'sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon...
 Bar-chu ni l'sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon...
 Bo-a-cheem l'sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon...
 mi-me-lech ma-l'chei ha-m'lachim, ha-ka-dosh ba-ruch hu.
 Sha-lom-a-lei-cheem, mal-a-chei ha-sha-reit, mal-a-chei el-yon,



TRY TECH FREE SABBATH!



How about turning off all or some digital devices for as long or little as Shabbat dinner?
 works for you - but at least during Shabbat dinner?



Shabbat begins with candlelight. Light two or more. In some traditions each dinner guest lights a candle as all gather around the table. Hand gestures may apply.

Lights, Action, Sabbath.



gather around the table.
 Dim the lights.

ברוך אתה ה' אלֹהֵינוּ רוח הָעוֹלָם,
 אשר קדשנו במצוותיו וצனו להדליק
 נר של שבת

Baruch Atah Adonai Eloheinu
 Ruach Ha-Olam asher kideshanu
 b'mitzvotav v'tzeevanu l'hadlik ner
 shel Shabbat.

A Blessing: We pause to celebrate the Source of All Life, grateful that our lives become more meaningful with each sacred deed as we light these candles of Shabbat.



My favorite moment of the candle lighting is the pause after the blessing is said, when the eyes are still covered, just before the candle lights are revealed. It's the perfect moment for a quickie personal prayer."

Shira Kline