



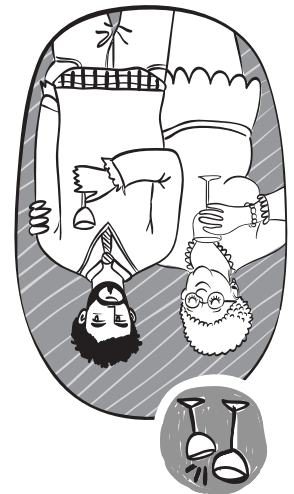
Naomi Less

See how each one of the braided pieces of chalah 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."



Amichai Lau-Lavie

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



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



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



DIY KIT

Kiddush for Friday Night:

Full version (ashkenaz)



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' אלהינו ה' בורא פרי העולם

Baruch atah Adonai Eloheinu ruach ha'olam boreh pri hagafen

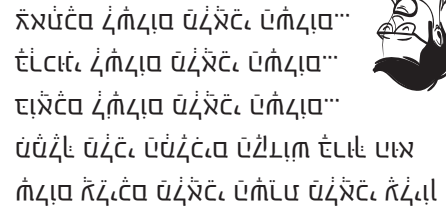
A blessing: We celebrate the Source of all life, creating the wine from the vine.

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'vi-i, m'lach-to a-she-r a-sa. // va-yish-bot ba-yom ha-sh'vi-i, mi-kol m'lach-to a-she-r a-sa. // va-y'va-rech e-lo-him et yom ha-sh'vi-i, va-y'ka-deish o-to // ki vo sha-vat mi-kol m'lach-to a-she-r ba-ra e-lo-him la-a-sot. // Sav-rei ma-ra-nan! // Ba-ru-ch a-tah, A-do-nai, E-lo-hei-nu ruach ha-o-lam, bo-rei p'ri ha-ga-fen. (Amen) // Ba-ru-ch a-tah, A-do-nai, E-lo-hei-nu, ruach ha-o-lam, a-she-r 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-tsi-at Mits-ra-yim. Ki va-nu va-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-ru-ch a-tah A-do-nai, m'ka-deish ha-Sha-bat. (Amen)



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)



Shalom a-lei-chem, mal-a-chei ha-sha-reit, mal-a-chei el-yon,
mi-me-lech ma-t'chei ha-m'la-chim, ha-ka-dosh ba-ruch hu.
Bo-a-chem i'sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon...
Bar-chu-ni i'sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon...
Tsel-t'chem i'sha-lom, mal-a-chei ha-sha-lom, mal-a-chei el-yon...

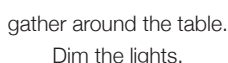
alters the mood and everybody loves angels.



Shabbat dinner?



Lights, Action, Sabbath.



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

”

Shira Kline