Shabbat is more than a day for resting. It’s also a day to enjoy the delights of the world. By lighting candles, drinking wine and sharing meals, we can connect with others and create more joy in our lives.

CONNECT TO YOURSELF AND OTHERS

What is different about you this week from last?
What are you grateful for this week?
In what ways would you like to make more time for yourself and others this week?

TO GET YOU STARTED:

1. Light candles.
2. Drink wine and eat challah or bread of choice.
3. Say blessings (on back) or words of your own.
4. Connect to yourself and others through a meaningful check-in.
5. Shabbat shalom!
BLESSING FOR THE CANDLES

Baruch atah Adonai Eloheinu, melech ha-olam, asher kidshanu b’mitz’votav v’tzivanu l’hadlik neir shel Shabbat.

We pause to celebrate the Source of All Life, for making our lives holier by instructing us to light the candles of Shabbat.

BLESSING FOR THE WINE

Baruch atah Adonai Eloheinu, melech ha-olam, borei p’riy ha-gafen.

We celebrate the Source of All Life, creating the wine from the vine.

BLESSING FOR THE CHALLAH

Baruch atah Adonai Eloheinu, melech ha-olam, ha-motzi lechem min ha-aretz.

We celebrate the Source of All Life, for bringing forth bread from the earth.