

Shabbat

*The past, present and future are timelessly linked
in the spinning circle of life.*

Our past was the seed that became the present.

We can make it bloom in the future

if we nurture it with love, respect, and

understanding of the shared culture and heritage that we call life.

Steven S Gorban



Welcome

Song: **Bim Bam**

Bim bam bim bim bim bam

Bim bim bim bim bim bam

Shabbat Shalom

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Shabbat Shabbat Shabbat Shabbat Shalom.

Shabbat Shabbat Shabbat Shabbat Shalom.

(Sabbath greetings, Sabbath peace.)

(Reader) We gather, as Jews have always gathered, to create precious Sabbath moments. Let us take pause from our everyday lives to create a special time, a Sabbath time.

(All) Let us put aside the fear, anger, turmoil, trials, dissonance, demands, expectations and pace of our daily existence that we may create and celebrate the Sabbath.

Let the possibilities of this moment be not lost. Let every potential for wisdom, harmony and elation be realized.

Let the Sabbath be an expression of the best in us and all that we can share.

The Sabbath is a time for peace, for contemplation, for introspection, for understanding and for hope.

It is a time for love, laughter and joy to be shared by family and friends.

For giving and getting.

For sharing and caring.

For learning about the goodness of life, for reaffirming our faith and our beliefs.

For having the courage to express the best within us.

So let us grasp these Sabbath moments. Let us savor them. Let us cherish them.

Let passion for life be kindled within our souls as we light the Sabbath tapers.



(Reader) The Sabbath reminds us that even more important than the right to work is the right not to work.

The Sabbath reminds us that our bodies belong to us, not to our employers, and that physical, intellectual and emotional pleasures are to be enjoyed.

The Sabbath reminds us that we need roses as well as bread, that our families, friends and our life of the mind has a necessary place in our lives.

The Sabbath is more than a reminder that we are free, it is a reminder that we are human.

Lighting the Candles

(Reader) For thousands of years Jews have burned shabbos candles.

(All) The warm glow of the shabbos candles is a reflection of the light within us and of the love and friendship we have for each other.

Shabbos is a time of rest and renewal. We rest from the labors of the week — studying, working, and playing. Sometimes just getting through the day is a heavy chore.

We renew ourselves so that the next weeks may be better, so that we will have strength for ourselves, for our families, and for our own part of making the world a better place.

(Reader) On this day we would see the world in a new light. On this day we would add new spirit to our lives. On this day we would taste a new time of peace. We would rest from desire for gain, ambition for things. We would raise our eyes to look beyond time and space. May we come to see the world in a new light.

(Reader) We light these candles to celebrate our coming together.

They reflect the light in our lives and the warmth we find in our community.

They connect us to our many traditions and to all humanity.

(Light candles)

(All) May our time together bring us joy and a renewed sense of commitment to our friends and loved ones, and to all humanity.

Na'eh haor ba'olam

Na'eh haor b'adam

Na'eh haor ba'shalom,

Na'eh haorot b'shabbat

How wonderful is the light of the world.

How wonderful is the light within each person

How wonderful is the light of peace.

How wonderful are the lights of Shabbat



Song: **Ayfo Oree**

Where is my light? My light is in me.

Where is my hope? My hope is in me.

Where is my strength? My strength is in me - and in you.

Ayfo oree? Oree bee.

Ayfo tikvatee? Tikvatee bee.

Ayfo kokhee? Kokhee bee v'gam bakh.

(Reader) As these Shabbat candles give light to all who behold them, so may we, by our lives, give light to all who behold us. As their brightness reminds us of all that can be bright in our lives, so may we, by our actions, make the world a brighter and warmer place for all.



A Silent Meditation

Blessed the match that was burned

And ignited flames!

Blessed the flame that blazed up

In the secret places of the heart.

Blessed the heart that throbbed its last beat in honor

Blessed the match that was burned and ignited the flames.

Hanna Senesh

Song: Shalom Aleykhem

Hevenu shalom aleykhem

Hevenu shalom aleykhem

Hevenu shalom aleykhem

Hevenu shalom, shalom, shalom aleykhem. (repeat once)

(We bring peace to you)

Sharing the Challah

(Reader) In making bread we remember the hungry. May there be a day when no human being suffers the pain and desolation of hunger. May the bounty we enjoy help us to bring to fruition the vision of a *besere un a shenere velt*, a better more beautiful world.

(All) In breaking this bread together we express our appreciation of the earth, which provides for us and of all those who work respectfully with the products of the earth: the farmers who plant and grow the grain, the millers who grind it into flour and the bakers who turn the flour into bread.

As we share these loaves let us remember that we all eat of the same human experience, of hope and fear and need and, above all, of love for one another.

(Share the bread)



Song: Na - a - seh Shalom

Na-a-seh shalom be-o-lam.

Na-a-seh shalom aleynu

v'al kol ha-olam

V'eem-roo eem-roo shalom (repeat)

Na-a-seh shalom

Na-a-seh shalom

Shalom aleynu

v'al-kol ha-olam (Repeat)

(We'll make peace in the world.

We'll make peace for ourselves and for all people,

and we'll teach peace.)

Sharing Wine

(Reader) Wine is a symbol of joy. We raise our cups to toast one another.

(All) We raise our cups in appreciation of the world and its many gifts.

In the spirit of understanding, freedom, remembrance and fellowship, we share this wine.

In the spirit of connectedness, respect, compassion and love, we drink this wine.

Those who join us in this celebration of life honor us.

May the sweetness of this time always be with those who join to create the sweetness of the Sabbath.

(Pour and drink the wine)

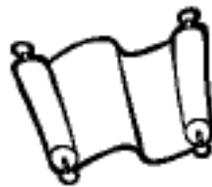
(All) L'shalom. To Peace.



Music



Presentation



Closing

(Reader) May you live to see your world fulfilled

May your destiny be for things still to come

And may you trust in generations past and those yet to be

(All) May your heart be filled with intuition and your words be filled with insight

May songs of peace ever be upon your tongue and your vision be on a straight path before you

May you live to see your world fulfilled

May your destiny be for things still to come

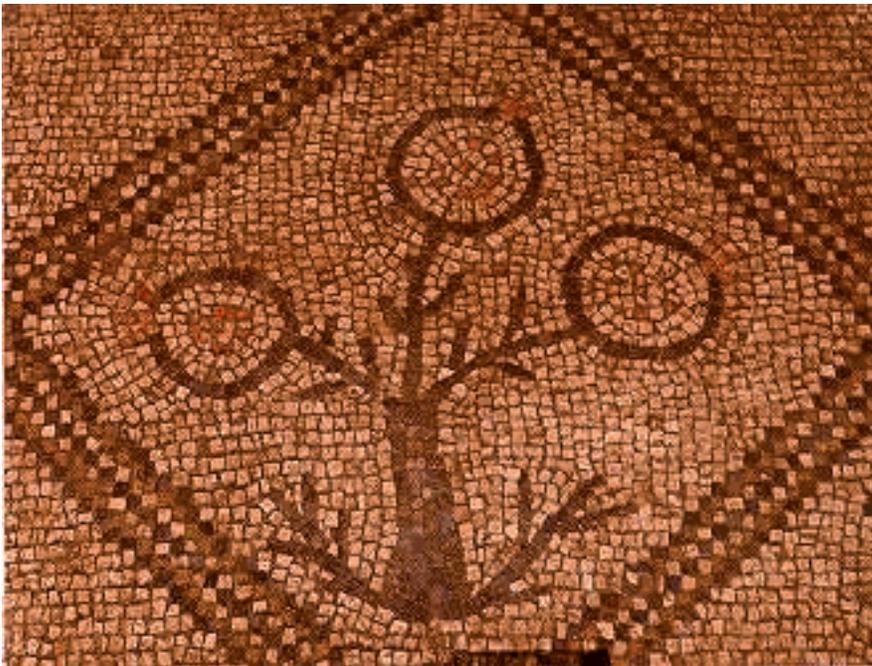
And may you trust in generations past and those yet to be.

Song: Hinay Ma Tov

(all join hands)

Hinay ma tov u'manayim

Shevet akh-im gam ya-khad



(How good it is to sit
together with companions.)

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The traditions of the Jewish people