

A Shabbat Meditation

Dear God, help us on this Shabbat to still the sound of our own striving,
so we can hear more clearly the music of Your presence.

Teach us that this divine moment of tranquility can bring us harmony,
and a melody to uplift our soul and renew our spirit.

Bless our Shabbat rest, so that by seeking and serving You,
by immersing ourselves in the timeless rhythm of Your holy day,
we can better fulfill in the coming week the purpose for which You gave us life. Amen.

הדלקת נרות Candle Lighting

*Two candles are kindled before sundown and then the b'rakhah is recited.
It is customary to cover one's eyes when reciting the b'rakhah.*

בָּרוּךְ אַתָּה יי אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, Barukh atah adonai eloheinu melekh ha-olam,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ asher kid'shanu b'mitzvotav v'tzivanu
לְהַדְלִיק נֵיר שֶׁל שַׁבָּת. l'hadlik neir shel shabbat.

Praised are You Lord Our God, King of the Universe, Who has sanctified us with God's
commandments and commanded us to light the Shabbat candles.