



## A SELECTION FROM THE SHABBAT SERVICE

### **On Shabbat**

On Shabbat we pause to reflect upon our yesterdays and tomorrows, to renew our ties with our families and friends, to restore our energies, to refresh our spirits.

*On Shabbat we create our own moment in time.*

On Shabbat we rejoice in the strength to win our daily bread, and in homes where we find refuge from the cold and the storm.

*On Shabbat we treasure the bountiful earth whose fruits nourish us and sustain us in life.*

On Shabbat we commemorate the first labor law ever written to guarantee workers, and even animals, a break from their toils.

*On Shabbat we recall the love of mothers and fathers who have nurtured our lives, with whose blessing we have gone forth to our own work in the world.*

On Shabbat we cherish the children who bless our homes, whose eager minds and hearts are the promise of tomorrow.

*On Shabbat we celebrate together the end of another week and the restorative power of leisure in the company of friends.*

On Shabbat we proclaim the day a delight, we rejoice in its rest, and we treasure its tranquility.