



נרות CANDLES

ENLIGHTENMENT

What is a specific topic or content area you really want to open yourself up to this week?



יין WINE

SWEETNESS

What is one thing you want to manifest this week that will help you leave saying the week was sweet?



חלה CHALLAH

PUT ASIDE

Challah is only truly challah if you separate out a piece and leave it aside from your loaf (Challah means “portion” and a portion traditionally was given to the priests). What is something that you are able to put aside this week to be fully present?

לְכֵה דוֹדִי לְקִרְאֵת כָּלָה. פְּנֵי שַׁבַּת נִקְבְּלָה:

*Lechah dodi, likrat kalah
penei shabat nekabelah*

Come out my Beloved, the Bride to meet;
The inner light of Shabbat, let us greet