



This Day (Kedushat HaYom)

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The fourth blessing in the Shabbat Amidah speaks about the “holiness of this day.” Is Shabbat’s holiness unique, is it innate, what role do we play in it, how does it change us? How do we understand the day: as a “sign,” as emptiness and fullness, as an invitation into God’s own pleasure? This collaborative offering of liturgy, poetry, and art explores some of what this blessing means to us. We hope it will open up these words of prayer in new ways also for you.

Kedushat HaYom / The Holiness Of This Day

Yismah Moshe b'matnat helko, ki eved ne'eman karata lo. K'lil tiferet b'rosho natata b'amdo l'fanekha al har Sinai. Ushnei luhot avanim horid b'yado, v'khatuv baheim shmirat Shabbat. V'khen katuv b'toratekha:

ישמח משה במתנת חלקו, כי עבד נאמן קראת לו. כליל תפארת בראשו נתת (לו) בעמדו לפניך על הר סיני. ושני לוחות אבנים הוריד בידו, וכתוב בהם שמירת שבת. וכן כתוב בתורתך:

Moshe rejoiced in the gift of his portion, for You called him a faithful servant. You placed a crown of glory on his head when he stood before You on Mount Sinai. You gave the two tablets into his hands, and wrote on them the mitzvah of keeping Shabbat, and so it's written in Your Torah:

V'shamru b'nei Yisrael et ha-Shabbat, la'asot et ha-Shabbat l'dorotam b'rit olam. Beini uvein b'nei Yisrael ot hi l'olam, ki sheshet yamim asah YHVH et hashamayim v'et ha-arets, uvayom ha-shvi'i shavat vayinafash.

ושמרו בני ישראל את השבת, לעשות את השבת לדורתם ברית עולם. ביני ובין בני ישראל אות היא לעולם, כי ששת ימים עשה יהו'ה את השמים ואת הארץ, וביום השביעי שבת וינפש.

The children of Israel shall keep Shabbat and shall make Shabbat in all their generations: it is a covenant for all time. "Between Me and the children of Israel it is a sign forever!" For in six days יהו' made the heavens and the earth, and on the seventh day, God rested and was ensouled.

Am m'kad'shei shvi'i, kulam yisb'u v'yitangu mituvekha, uvashvi'i ratzita bo v'kidashto, hemdat yamim oto karata, zekher l'ma'aseh b'reishit.

עם מקדשי שביעי, כלם ישבעו ויתענגו מטובך, ובשביעי רצית בו וקדשתו, חמדת ימים אותך קראת, זכר למעשה בראשית.

The people who sanctify the seventh day will be satisfied and delighted from Your goodness. In the seventh day You took pleasure and made it holy. "Most desirable of days," You called it, in commemoration of the work of creating the world.

Eloheinu v'elohei avoteinu, r'tzeh bimnuhateinu. Kodsheinu b'mitzvotekha v'tein helkeinu b'toratekha, sabeinu mituvekha v'simheinu b'yshuatekha, v'taher libeinu l'avdekha b'emet, v'hanhileinu YHVH eloheinu b'ahavah uv'ratzon shabbat kodshekha, v'yanuhu vo kol Yisrael m'kadshei shmeikha. Barukh atah YHVH m'kadesh haShabbat.

אלהינו ואלהי אבותינו, רצה במנוחתנו, קדשנו במצותיך ותן חלקנו בתורתך, שבענו מטובך ושמחנו בישועתך, וטהר לבנו לעבדך באמת, והנחילנו יהו'ה אלהינו באהבה וברצון שבת קדשך, ונחו בו כל ישראל מקדשי שמך. ברוך אתה יהו'ה, מקדש השבת:

God and God of our generations, take pleasure in our rest. Sanctify us with Your mitzvot and give us our share in Your Torah. Satisfy us with Your goodness and gladden us with Your deliverance, and purify our hearts to serve You in truth. Give us our inheritance, our God, in love and in pleasure: Your holy Shabbat! And may we rest thereon, the sanctifiers of Your name. Blessed are You, יהו'ה, Who sanctifies Shabbat.



Freedom

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.” —Viktor Frankl

In this holy space that is Shabbat day
We can pause our pain
And look for compassion
And then for truth
Before we decide upon
Our response.

In this holy space that is Shabbat day
We can pray to observe others' anger
With tenderness
And understanding
Before we choose
Our reaction.

In this holy space that is Shabbat day
We can stop and note
With honest respect
All ambient sounds and feelings
And then select freedom
And hope.

Amen

Trisha Arlin



Innate Holiness

There's an innate holiness in Shabbos.
It's not something we make holy
by setting it apart. It's already holy,
and we simply notice its holiness, its *kedushah*,
when we set it apart from the other days.

In quantum Torah maybe every seventh of anything is Shabbos.
Maybe every seventh hour is Shabbos.
Maybe every seventh minute of every hour is Shabbos.
Maybe every seventh second of every minute of every hour is Shabbos.
Maybe Shabbos is a fractal,
both micro and macro, ever revealing itself
every seventh year in *Shmita*,
and in the seven sevens we count
toward the forty-nine years
that take us to the *Yovel*,
our Jubilee every fiftieth year.

But for those of us satisfied to live in the Torah of duality,
it's enough just to set every seventh day apart
in order to notice its holiness
and to say the blessing:

בְּרוּךְ אַתָּה יְהוָה, מְקַדֵּשׁ הַשַּׁבָּת

So thank you G'd for Shabbos.

Thank you for commanding me to set this day apart
so that I won't take any day for granted
in the week to come
as if every day was Shabbos.

Rabbi David Zaslow

Pleasure

"In the seventh day You took pleasure" / ובשביעי רצית בו וקדשתו

You
take pleasure
in this day

You
make it holy
(the pleasure and the day)

when I slow
to savor
a strawberry

big and sweet
and fresh
from the field

when I touch
soft mint and
sunlit rosemary

and bring
my fingers
to my face

when voices meet
and the chord
resolves,

sending
a shower of sparks
up my spine

that's You
taking delight
through me

R. Rachel Barenblat



Voice And Picture Muted

Those of us who are old, sick, lazy or far away,
My people,
Still do Shabbat on Zoom,
Some are on screen with their tallitot but
I'm in my bed, voice and picture muted.

The story of the service demands company,
Does it work if I'm alone?
Does the standing prayer count
If I'm under an electric blanket?
Sometimes I doze off during the drash.

The camera pans around the sanctuary
When they take out the Torah and
Parade around the room.
We can see our friends
But do they see us?

While the Torah is out we absorb its mojo
And listen to a blessing for healing.
I type the names of my sick friends
(And myself)
Into the chat.

Then Aleinu,
It is upon us to change the world!
But today there's nothing upon me
But a need for
Coffee and a morning pee.

They get to the Mourners Kaddish,
One mustn't grieve alone.
(Maybe I'll go in person next week for Daddy?)
The service ends with Adon Olam.
Feh, that tune is so annoying.

Then, at last, we unmute
And for a moment
The old and sick and lazy and the far away,
My people,
Make noise in the room with each other.

We wave and call out,
"Shabbat Shalom!!"
Blessed One-ness,
We give thanks for this holy day
Of connection.

Amen.

Trisha Arlin

Shabbat



Joanne Fink



A Nice Shabbat Nap

A weekday nap is time stolen
From schedules and chores.
Okay
But a temporary fix.

A Shabbat nap, however, is a choice
To fulfill an obligation to the
Holy
In the mitzvah of deep rest.

You must set the alarm for the weekday nap
Nod off for a second then
Wake!
The day must continue.

But the Shabbat nap has no end
You may sleep until you're done.
Enjoy
Your sweet and holy vacation.

Blessed Mystery,

There are no worries for tomorrow
There are no regrets from last week
Only
This nice Shabbat nap.

Amen

Trisha Arlin

A Nice Shabbat Nap



Steve Silbert



Shabbat

Here it is.
It is yours.
Take it,
Or leave it.
It is absolutely empty.
Fill it as you wish.
It can contain pain and laughter,
Sweat and tears,
Giggles and snuggles,
Screams,
Food and rest.
You bring your own and self
And this is what there is.

Now,
Here it is.
Take it.
You cannot break it.
Yes, you could leave it right here
If you don't want it.
But if you take it,
Take it home.
Place it in the center of your house
This is where it belongs.
Sit down next to it.
Do not move too much
Watch the light dance around it.

See it fill up to the brim.
This is what you bring to it.
This is who you are.
Do not change it.
It is good the way it is.
Eventually, night falls.
You can get up.
And you can leave
To gather and hunt.

Once the week is over,
Maybe you'll return,
To its emptiness.
It'll return to you, too.

Baruch atah Adonai, hamemaleh et hakelim.
Blessed are you, Adonai, who fills all vessels.

Rabbi Sonja K. Pilz, PhD

You Cannot Break It



Steve Silbert



Shabbat Sojourn

May this Shabbat
bring a stillness
deep enough to hear
the echo of
your soul's song
and a spaciousness
open enough
for your heart
to find where it belongs.

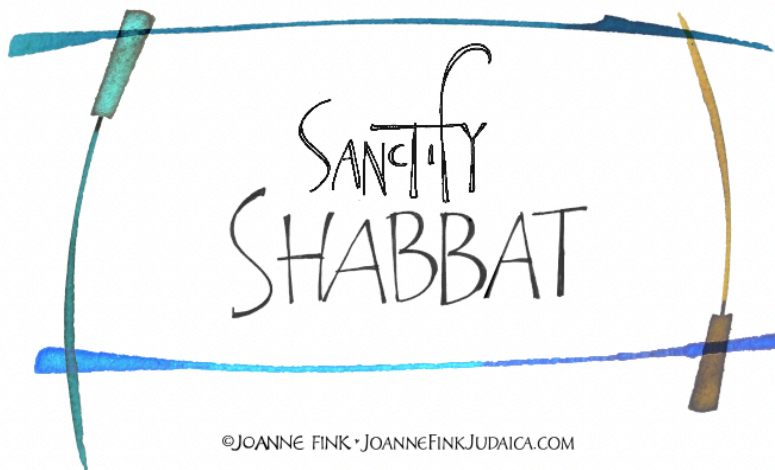
Shift into silence.
Settle into stillness.
Sojourn into s p a c i o u s n e s s .
Sanctify Shabbat.

Joanne Fink

Sojourn



SOJOURN
INTO
S P A C I O U S N E S S



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Joanne Fink



Rest in the soul / שְׁבִיט וַיִּנְפֹּשׁ

Rest in my soul
is when I can lay down
my wearied worry
about the people I love.

I rest my layers of thought
Next to your layers of thought
And in between assertions
We pray.

Souls filled up to the brim.
This is what we bring to it.
This is who we are.
It is good the way it is.

Even Shabbos
needs Shabbos
So I try to let the day rest
Even from itself.

Ensemble

Previous Offerings In This Series

- [Open / Adonai S'fatai](#)
- [Ancestors / Avot v'Imahot](#)
- [All This Power / Gevurot](#)
- [Holy / Kedusha](#)

About Us



Co-created by members of Bayit's Liturgical Arts Working Group, 2024.

At Bayit, we empower Jewish community by developing innovative tools and resources that foster spiritual connection, education, and growth. Together our visionary teams of clergy, liturgists, artists, game designers, and educators create, test, refine, and share tools for a Jewish future always under construction.

Find our collaborations here: [Liturgical Arts Working Group](#)

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