

To Prepare

DAY 5

Shabbat lays waiting on the horizon
She waits for us, for the sun to set, for the blessing
To reveal her doorway through mundane into sacred



Convergence Photo: Farmer Ama Peyman

A balancing act to be ready, prepared
To gather, to bless, to pause, to rest, to see, to hear, to reflect, to give thanks, to wonder
To see, what on other days we do not see
To hear, what on other days we do not hear
To consider, what on other days escapes our notice
To slow down, to ground, to rest, to let the earth rest around us,
To look at life a different way, to unlock curiosity

We prepare: water all houseplants
Make sustenance available to birds – squirrels, moles too
Dispatch food scraps to a higher power
Survey stewardship, postage-stamp-sized orchard, tend it – release buried yew branches from
roof avalanche, sweep away snow, close the week with beloved Sue T
Put away distraction
Replace with Torah, Prayer book, binoculars, Sibley, in easy reach
Contemplate . . . the Source
Change sheets on the bed, finish laundry, bathe, make sustenance available to humans,
grandpuppy, set table, find lighter, place candles, gather precious pod . . .

Distractions spiral away to the horizon, sun's light fades.
We light candles, share miracles; blessings, from this week we leave behind.
Together, just before sun sets, just before dusk, before stars pop across the world
We close our eyes, we inhale deeply, let our breath go gently, prepared now to open wide,
The doorway to Shabbat with its key –
Of gratitude, of humility, of blessing the lit candles,
in recognition of whose earth we occupy,
Seeing with eyes closed, we make our ways through the portal,
Where ruach, wind, divine inspiration breathes into us, through us
A dazzling recognition of . . . our second soul
A second soul to sense, see, hear, smell, touch, reflect, know better
Your indescribable Creation . . . In all its awesome fullness
Your image lighting Shabbat . . . we, prepared, witness the sacred



Ice Candle Photo: Lynn Wild

Gut Shabbos Chaverim – Good Shabbos Friends – Shabbat Shalom