



Let the Sabbath be a time for believing in
What could be
And seeing with new eyes

In this serious world
Let us take ourselves less seriously

In these harsh times
Let us listen for a soothing word

While the world around us unfolds in an instant

Let us judge each other a little more slowly.

Let the Sabbath shine a light into a corner
Of ourselves where hope is renewed.
Let us remember a reason to be joyful, a way
To be gentle.

Let the Sabbath be a time for opening up.
Let us find strength in our dreams
And trust in our strength.