

## FEBRUARY 8TH 2019 / 3RD ADAR I 5779

Dear KHN community,

Shabbat is different from the other days. The melodies we sing on Shabbat are different from weekday melodies. We light Shabbat candles. We gather with family, with community. We learn that we are gifted with an extra, enhanced soul during Shabbat. When possible, we try to refrain from work or from things which we do habitually. We exhale.

Rabbi Diane Elliot calls Shabbat the “pause that refreshes.” She writes,

*How amazing isn't it, how prescient, that the great prophets, sages and mythmakers of our tradition channeled the image of the very Source-of-It-All building a break, a musical rest into the seven-beat measure of the Ultimate Jazz Riff of Creation. Try it with me: 1-2-3-4-5-6-rest/1-2-3-4-5-6-rest/...*

<http://www.whollypresent.org/blog-the-embodied-soul/shabbat-the-pause-th...>

What happens when we pause, when we stop? The poet Mark Perlberg writes, “Leave a space for the unexpected.” Shabbat is an opportunity to encounter the unexpected, the unprecedented. Of course, every moment is. But we are told to *shamor v'zachor*, guard and remember the Sabbath day, and keep it holy.

I wish you all a Gut Shabbes, and a day in which at least a few moments are set aside for pausing, making time sacred, and being refreshed.

Shabbat shalom,

Rabbi Diana