Entering Shabbat

by Maia Conrad (*via ritualwell.org*)

As we enter this sacred time of Shabbat,
May G-d help us put aside
Our stresses of daily life
And absorb the calm of this holy moment.

As Shabbat begins,
May G-d revive our ability to feel
The infinite potential this ceasing affords us
To regather our scattered selves.

In the hallowed space Shabbat creates,
May G-d refresh our connections
To our loved ones and community
Expanding the threads which bind us together.