

Welcoming the Sabbath

*Words in italics are guidance, words in **bold** we say together.*

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Blessed is the Holy One, our God,
Who kindles light in the darkness,
And who sanctifies the Sabbath.

Sit quietly. Breathe deeply. Consider the week that has gone. And turn to God.

In the light of your holy Sabbath
each day is holy:
in the overflowing of Sabbath joy,
each moment is sacred.

One person lights two candles and says:
Let Thy face, O Lord, shine forth upon us,
And be merciful unto us.

**Blessed be God
Who gives us the Sabbath
and leads us to the waters of stillness.**

The day is not a day but an attitude, a disposition,
a rest in the human heart.
So carry no burdens on this Sabbath day,
Rather, when God rests in you,
so you also rest in Him.
And when God does His work in you,
so you also do your work in Him.

**Welcome the day,
Receive the gift.
Remember the Sabbath and keep it.
It is made for you:
Your freedom,
Your joy,
Your healing.**

**Blessed be God,
Father, Son and Holy Spirit,**

Who restores our soul
and commands us to rest.

One person simply reads a brief passage from Jesus' life and teaching in the gospels.

Time of silence.

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We sit at one table but leave one seat free.

This is to welcome the Christ who comes in the guise of the stranger.

Prayer before eating:

**Bless, O Lord,
This food we are about to eat,
May be good for our body and soul.**

**Remind us to seek out those who are hungry or thirsty.
May God send them to us
so that we may share food with them
just as Christ shares His gifts with all of us.
Amen.**

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A blessing before leaving at the close of the evening:

**May the peace of the Lord Christ go with you,
wherever He may send you.
May he guide you through the wilderness,
Protect you through the storm.
May He bring you home rejoicing
At the wonders He has shown you.
May He bring you home rejoicing
Once again into our doors.
Amen.**