

## **Tu B'Av Shabbat**

(Reach out to [Jennazadaka@gmail.com](mailto:Jennazadaka@gmail.com) with any questions on this source-sheet!)

Source 1:Talmud

*"Anyone who blesses the moon in its proper time, it is as if she greets the Shekhina (Feminine Divine Presence)."*

Discussion Questions:

- How is greeting the new moon like greeting the Shechinah (divine presence)?
- What are some ways that you already honor the Moon? What are ways that you *would like* to incorporate Rosh Chodesh/ Moon rituals into your life?

Source 2: Ecclesiastes 3:1

*"For everything there is a season and there is a time for everything under the sky- a time to be born and a time to die, a time to plant and a time to reap that which is planted, a time to kill and a time to heal, a time to break down and a time to build up, a time to weep and a time to laugh, a time to mourn and a time to dance. A time for throwing stones and a time for gathering stones, A time for embracing and a time for shunning embraces;A time for seeking and a time for losing,A time for keeping and a time for discarding;A time for ripping and a time for sewing, A time for silence and a time for speaking;A time for loving and a time for hating;A time for war and a time for peace."*

Discussion Question:

- King Shlomo brought his wisdom of the rhythms of time, what would you add to this? What season of life are you currently in?

Source 3:Slonimer Rebbe in Sefer Netivot Shalom:

*"One could say that the idea of Israel counting [its months] according to the moon is that the moon has time when it is at the peak of its darkness and you don't even see a glimmer of light, but even at that peak of darkness you know that it will start to give light again and even return to its fullness. So, too, with the life of the Jewish people, which follows the example of the moon; the order of life for the Jewish people is that it has consecutive periods of darkness, and so many of its days are in exile where they suffer many evil challenges. However, Israel counts according to the moon so that even at the peak of their darkness, they know that they will return to give much light as they once did."*

Discussion Question:

- Can you recall a time that you experienced much “darkness”, yet returned to give light again?

Source 4: *Self-Love*, by Ester Perel

"Erotic self-care begins with diminishing our inner-critic and giving ourselves simply the permission to feel beautiful, to enjoy our own company, to be more compassionate and realistic with ourselves."

Discussion Questions:

- Share a time that you gave yourself the most compassionate embrace of self-love.
- What makes you feel the most beautiful?

Source 5: *I Kings 19:11–12: Still, Small Voice*

*"But the Divine was not in the wind.  
And after the wind, an earthquake; the Divine was not in the earthquake.  
And after the earthquake, fire; but the Divine was not in the fire.  
And after the fire, a still, small voice,"*

Reflection Questions:

- What is your relationship with silence?
- Can you recall a time when you heard a “still, small voice”?

Source 6: *The Light Between Us* by Maria Popova

*"The longer I live, the more deeply I learn that love — whether we call it friendship or family or romance — is the work of mirroring and magnifying each other's light. Gentle work. Steadfast work. Life-saving work in those moments when life and shame and sorrow occlude our own light from our view, but there is still a clear-eyed loving person to beam it back. In our best moments, we are that person for another."*

Reflection Questions:

- Can you recall a time that a loving person reminded you of your own light?
- When have you been that for another?

Source 7: *Song of Songs* (Shir Ha Shirim)

*"Come, Beloved, let us go out to the field; let us lodge in the villages. Let us arise early to go to the vineyard; let us see if the vine has blossomed, if the tender grapes have opened, if the pomegranates have sprouted. There I will give my love to you."*

### **Candle-Lighting:**

*Baruch ata Adonai,*

*Eloheinu melech ha'olam,*

*asher kideshanu bemitzvotav vetzivanu*

*lehadlik ner shel Shabbat.*

ברוך אתה ה' אלהינו מלך העולם אשר קדשנו במצותיו וצונו להדליק נר של שבת

### **Shalom Aleichem (Welcoming the Angels of Shabbat)**

שְׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָּׁרֵת מַלְאֲכֵי עֲלִיּוֹן מִמְּלָךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא  
בוֹאֲכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן מִמְּלָךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

צֵאתְכֶם לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן מִמְּלָךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

בְּרִכּוֹנֵי לְשָׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן מִמְּלָךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא

*Shalom aleichem mal'achei hashareit mal'achei elyon mimelech malchei ham'lachim,  
ha-kadosh baruch hu (Peace be with you)*

*Bo'achem l'shalom mal'achei hashalom mal'achei elyon mimelech malchei  
ham'lachim, ha-kadosh baruch hu (come in Peace)*

*Barechuni l'shalom mal'achei hashalom mal'achei elyon mimelech malchei  
ham'lachim, ha-kadosh baruch hu (Bless me with Peace)*

*Tzeitchem l'shalom mal'achei hashalom mal'achei elyon mimelech malchei  
ham'lachim, ha-kadosh baruch hu (Go in Peace)*

### **Kiddush:**

*Baruch atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen.*

ברוך אתה ה' אלהינו מלך העולם בורא פרי הגפן

**Handwashing Blessing:**

*Baruch ata Adonai, Eloheinu Melech ha-olam, asher kidshanu b'mitzvotav vitzivanu al  
n'tilat yadayim*

ברוך אתה ה' אלהינו מלך העולם אשר קדשנו במצותיו וצונו על נטילת ידים

**Blessing the Bread:**

*Baruch ata Adonai, Eloheinu Melech ha-olam, hamotzi lechem min ha'aretz.*

ברוך אתה ה' אלהינו מלך העולם המוציא לחם מן הארץ

## **Ahavah rabbah**

Ahavah Rabbah  
*An Abundant Love*

### **Wise in The Ways**

You're wise in the ways in the ways in the ways of a woman by far.

You're wise in the ways in the ways in the ways of a woman by far.

You're wise in her ways, that's what you are.

**Sing**, my sisters sing. Sing out loud for all you bring.

For how you sing is what you are.

And you're wise in the ways...

**Dream**, my sisters dream. Dream your own reality.

For how you dream is what you are.

And you're wise in the ways...

**Pray**, my sisters pray. Giving thanks for each new day.

For how you pray is what you are.

And you're wise in the ways...

**Love**, my sisters love. Letting go we rise above

For how you love is what you are

And you're wise in the ways...

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Willow Ceremony for Sukkot: October 12

Winter Solstice /Hanukkah Ceremony: Dec 21

New Moon Shvat Gather: Rising Sap : Jan 18

New Moon Adar Gather for Joy: Feb 15