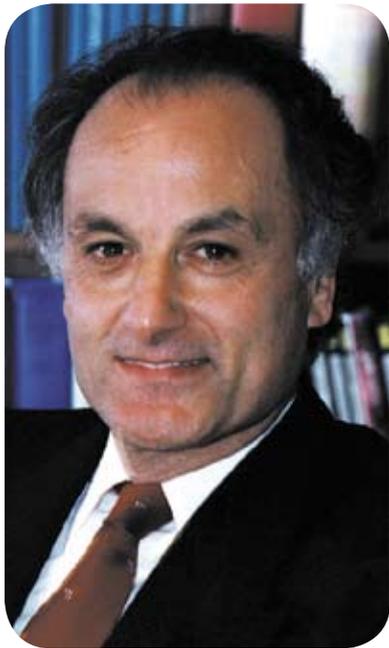




The Little Flame of Shabbat

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To have a new issue on the Sabbath is not a redundancy, for the topic of the Sabbath should be repeated often to help and support the memory. It is significant that the fourth commandment is the only one to be introduced with the word “remember.” Therefore, we should not forget it. It is a day that reminds us of the oldest event in history—the Creation. In the midst of our noisy and stressful lives, we need to remember the Sabbath—to

remember that life is more than work, more than achievement and success. Life is more than what I am doing. It is, essentially, a gift from the Creator. A grace to enjoy.

It is an interesting paradox that the Sabbath was given at the end of the Creation week as a day for humankind. Yet, humans did not do anything in the work of creation. They were absent. Humanity thus received this day of rest when, in fact, they did not need or deserve to rest. The Sabbath is, therefore, more than the legalistic duty to do; it is the affirmation of the non-doing and the call to receive.

Enjoy, then, these articles and this renewed reflection with two thought-provoking interviews with Jewish Talmudic scholar Mordechai Arad and Christian theologian Fritz Guy. John Baldwin reflects with us about the Sabbath and Creation, and Abigail Hadas takes us into the

dance of life. Sprinkled throughout the pages, gems of thought and profound insights from various sources, sacred and human, will visit your soul and refresh it and give you this “surplus of soul” (*neshama yetera*) that is promised with the Shabbat. Also enjoy the recipes. Taste them. And for a moment, as you think and meditate, sing and dance, eat and drink, remember that first Garden and feed your nostalgia, for the Sabbath is also a foretaste of the kingdom of God. This meaning of the Sabbath is illuminated through the Jewish custom of the woman of the house who lights the candles to mark the beginning of Sabbath. As the ancient midrash comments: “The honor of the Sabbath rests in her candles. If you kindle the candles of the Sabbath, I [God] will show you the candles of the kingdom of God” (*Yalkut Shimeoni Behallotekha*).