

Pride

SHABBAT GUIDE

V'AHAVTA L'REACHA KAMOCHA
LOVE YOUR NEIGHBOR AS YOURSELF

We want to embrace radically welcoming ourselves and others to show up as authentic individuals for Pride Shabbat. We know that when people can gather from a place of authenticity, conversations and connections feel deeper and more real. And, that brings even more joy and elevation to our Friday nights!

OneTable and JQ International bring you this Pride Shabbat guide centered on the Jewish value of *V'ahavta L'reacha Kamocha*:
love your neighbor as yourself.

With the rise of anti-LGBTQ+ and anti-trans policies taking place in states across the United States and the horrific attacks on innocent BIPOC and Ukrainian lives, it is of urgent importance that we show love and support for our neighbors. LGBTQ+ Jews and allies in different states and countries are suffering, and our communities continue to face daily risks to physical safety and mental health.

These trying times weigh heavily on the minds and hearts of our community. We hope that you use this guide to welcome in Shabbat, be inspired, think of those who need your love and support the most, and help make a difference in this world.

For more inspiration and to host your own Pride Shabbat,
visit onetable.org/pride.

Then, share your reflections and photos with [@onetablesabbat](https://twitter.com/onetablesabbat).

OPENING REFLECTION

Shabbat dinner is a time for connections and unity. A Pride Shabbat, whether during Pride Month or throughout the year, is a time to recognize the impact that LGBTQ+ individuals have had on society. This Pride Shabbat, you may be connecting with friends, family, or in a completely new space meeting people for the first time.

We invite each guest to introduce themselves with their name, pronouns, and an answer to the following question.

WHAT DOES PRIDE SHABBAT MEAN TO YOU?



Scan the QR code to watch a video and hear what the JQ International community says.

To lean into our core value of radical hospitality, we've created a tool that you can use at your dinners to help make each guest and yourself feel a true sense of belonging.

In addition to providing name tags for each guest to fill out, we invite you to print and use our welcome sign as a way to greet guests when they walk in the door. This seemingly simple addition to entering a space can elevate the invitation for someone to share their full self.

Gender Outlaw: On Men, Women and the Rest of Us

Gender is not safe.

If I change my gender, I'm at risk of homicide, suicide or a life devoid of half my responsibilities.
If I'm born with a body that gives mixed gender signals, I'm at risk of being butchered – fixed, mutilated.

Gender is not safe.

And gender is not sane.

It's not sane to call a rainbow black and white.

It's not sane to demand we fit into one or the other only.

It's not sane that we classify people in order to oppress them as women or glorify them as men.

Gender is not sane.

And gender is not consensual.

We're born: a doctor assigns us a gender. It's documented by the state, enforced by the legal profession, sanctified by the church, and it's bought and sold in the media.

We have no say in our gender - we're not allowed to question it, play with it, work it out with our friends, lovers or family.

Gender is not consensual.

Safe gender is being who and what we want to be when we want to be that, with no threat of censure or violence.

Safe gender is going as far in any direction as we wish with no threats to our health, or to anyone else's.

Safe gender is not being pressured into passing, not having to lie, not having to hide.

Sane gender is asking questions about gender – talking to people who do gender and opening up about our gender histories and our gender desires.

Sane gender is probably very, very funny.

Consensual gender is respecting each other's definitions of gender, and respecting the intentions of others to be inclusive in their own time.

Consensual gender is non violent in that it doesn't force its way in on anyone.

Consensual gender opens its arms and welcomes all people as gender outcasts – whoever is willing to admit to it.

- KATE BORNSTEIN



Light

**STRIKE A MATCH, CREATE
LIGHT, TAKE A BREATH
AND ENJOY THE MOMENT.**

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת

*Baruch Atah Adonai Eloheinu Melech ha'olam
asher kidshanu b'mitzvotav vitzivanu l'hadlik ner shel Shabbat.*

Blessed is the Oneness that makes us holy through
commandments and commands us to kindle the light of Shabbat.



SO MUCH DEPENDS UPON US AND OUR INTENTION. RAISE YOUR GLASS AND SANCTIFY FRIDAY NIGHT WITH A BLESSING AND A TOAST. L'CHAIM!

Kiddush sanctifies time. In order to raise your glass to the weekend, you have to put down something from the week that was. What do you want to leave behind? What baggage do you want to check? Let it go, raise your glass, and bless:

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגֶּפֶן
בָּרוּךְ אַתָּה יי מְקַדֵּשׁ הַשַּׁבָּת

*Baruch Atah Adonai Eloheinu Melech ha'olam borei p'ri ha'gafen.
Baruch Atah Adonai m'kadesh ha'Shabbat.*

Blessed is the Oneness that creates the fruit of the vine.
Blessed is the Oneness that sanctifies Shabbat.



RITUAL HAND WASHING ISN'T FOR EVERYONE, AND YOU SHOULDN'T FEEL ANY PRESSURE TO TRY IT OUT UNTIL YOU'RE READY TO, UM, GET YOUR HANDS WET.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם

*Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu
b'mitzvotav, v'izivanu al netilat yadayim.*

Blessed is the Oneness which inspires the universe and makes us holy through our actions in lifting up our hands.



Nourish

**MORE THAN SATISFYING
HUNGER, CHALLAH
TRULY NOURISHES.
SLOW DOWN AND SAVOR.**

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

*Baruch Atah Adonai Eloheinu melech ha'olam ha'motzi
lechem min ha'aretz.*

Blessed is the Oneness that brings forth bread from
the earth.

Gratitude

AFTER THE MEAL

**YOU MADE IT THROUGH ANOTHER WEEK
– GIVE THANKS TO YOUR COMMUNITY,
YOUR FRIENDS, YOUR FAMILY, AND
YOUR CHOSEN FAMILY.**

וְאַכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ.

V'achalta v'savata u'varachta.

When you have eaten and are satisfied, bless.
– Deuteronomy 8:10

בְּרִיךְ רַחֲמָנָא מַלְכָּא דְעֵלְמָא מְרִיָּה דְהַאי פִּיתָא.

Brich rachamana malka d'alma marei d'hai pita.

We are blessed with compassion by the Oneness
that sustains us with bread.

LOVE WINS, A PRIDE PRAYER

**One day, the words 'coming out' will sound strange,
Oppression based on gender or orientation will be a memory,
History to honor and remember,
The pain of hiding, repressing, denying,
Honoring the triumphs of those who fought to be free,
Remembering the violence and vitriol that cost lives.
tween of this evening suspend our certainties,
soften our judgments, and widen our vision.**

When love wins,
When love wins at long last,
ואהבת לרעך כמוך,
V'Ahavta l'ray'acha camocha
'Love your neighbor as yourself'
Will be as natural as breathing.
ואהבת לרעך כמוך!
V'Ahavta l'ray'acha camocha!

One day, love will win every heart,
Love will win every soul,
Fear will vanish like smoke,
And tenderness for all will fill our hearts.
ואהבת לרעך כמוך!
V'Ahavta l'ray'acha camocha!

Love wins. In the end,
Love wins.
Man for man,
Woman for woman,
Woman for man,
Man for women,
All genders,
All orientations,
All true expressions of heart.
ואהבת לרעך כמוך!
V'Ahavta l'ray'acha camocha!

Let this come speedily,
In our day,
A tribute to the many
And the diverse
Gifts from heaven.
A tribute to love deep and true,
Each of us for one another.
ואהבת לרעך כמוך!
V'Ahavta l'ray'acha camocha!

ALDEN SOLOVY
LITURGIST, POET,
AND TEACHER

With the uprise of anti-transgender legislation across the United States, it's important to raise awareness and bring attention to the countless transgender and nonbinary lives lost each year due to hatred, violence, and suicide.

On Transgender Day of Remembrance, Eliana Rubin (she/they) performed a song that they had written, called Hold Tight. "Even though Trans Day of Remembrance and Trans Week of Visibility has passed, the work never stops for making the world safer and more equitable for trans folks," Eliana says.



HOLD TIGHT

by Eliana Rubin

Time

Waits for nobody

But I wish that time was more kind and stopped you from arriving too soon

My, Knuckles are bloody

As I keep fighting for what should've been 50 more years of you

This was not in anybody's plan

I won't try to understand

I'll just grieve, and believe you're okay

And I swear I'll fight for better days

You are not alone

I don't know where you are, but I promise I'm here

Memories live on

And they'll take you far, we're with you, I swear

They still feel your hand

As they hold you and kiss you goodnight

And even though you're gone

They still hold tight

She

Walks to the school yard

Whispers of "boy in a dress" as she clutches her necklace of beads

He, Is the new teacher

Sits down beside her, she looks up and finally sees

Someone who is like her

Not in her novels, but breathing the same air

As dreams are planted inside her

I hope she sees them grow fruitful forever

You are not alone
I don't know where you are, but I promise I'm here
Memories live on
And they'll take you far, we're with you, I swear
They still feel your hand
As they hold you and kiss you goodnight
And even though you're gone
They still hold tight

One day
We'll reach a world where it's okay
To show off your beautiful heartscape
And you'll be celebrated for what you think is hated
Trust me
I know it's not easy
But I swear we're holy
You deserve to be celebrated, every day cuz'

You are not alone
I don't know where you are, but I promise I'm here
Memories live on
And they'll take you far, we're with you, I swear
They still feel your hand
As they hold you and kiss you goodnight
And even though you're gone
They still hold tight



*Scan the QR code to hear the song
performed by Eliana Rubin.*

ONETABLE

OneTable is an online and in-person community, empowering folks in their 20s and 30s to find, enjoy, and share Shabbat dinners to make the most of their Friday night and enjoy the best of life together. OneTable makes it easy for hosts to welcome people to a Shabbat dinner at home, for guests to savor a Friday meal, and for all to experience unique events for Shabbat dinner out. There's nothing better than a great dinner with people you love. Join OneTable to slow down, get together, and share stories.

onetable.org | [@onetableshabbat](https://twitter.com/onetableshabbat)

JQ INTERNATIONAL

Established in 2004, JQ is the premiere LGBTQ+ Jewish organization in Los Angeles. JQ celebrates the lives of LGBTQ+ Jews and their allies by transforming Jewish communities and ensuring inclusion through community building, educational programs, and support and wellness services, promoting the healthy integration of LGBTQ+ and Jewish identities. JQ envisions a world where all LGBTQ+ Jews feel a strong sense of self, pride, and community - a place where LGBTQ+ Jews and their allies can grow together and ultimately connect, learn, and thrive.

JQ's work is made possible by its generous supporters. For more information and to support JQ International, visit jqinternational.org.

jqinternational.org | [@jqinternational](https://twitter.com/jqinternational)

