

Wherever You
Friday





About OneTable

Inspired by ancient Jewish wisdom, OneTable is a national non-profit that empowers folks (21-39ish) to find, share, and enjoy Shabbat dinners, making the most of their Friday nights.

Our social dining platform makes it easy for you to become the producer of your own experiences, and for Shabbat dinner to become a platform for community building.

We provide simple DIY tools so hosts can get right to welcoming people to a Shabbat dinner in their home, so guests can savor a Friday meal, and for all to experience unique events for Shabbat dinners right in their neighborhood. We do this because we believe good food and good conversation with great people is simply *good for you*.

Led by our core values of joy, welcoming, and elevation, we envision a whole generation of young people slowing down, getting together, unplugging from the week, creating intention in their lives, and building meaningful communities.

However
You
Shabbat



Create your own Shabbat experience!

1. Become a **host**
2. Post your dinner
3. Request up to **\$100 Nourishment**
4. Enjoy your dinner + **Shabbat Shalom!**



Light

Light is essential to *oneg* Shabbat, the joy of Shabbat, since it (literally) allows us to see each other.

Because lighting candles can be understood as the last act of work we do on Friday, a custom exists to light the candles and draw your hands toward yourself three times in a circular motion before covering your eyes and reciting the blessing. When you open your eyes, try to let go of the week that passed and let the candles be the spark to take you to the Shabbat ahead.

Sanctify

Kiddush, or the blessing for wine or grape juice, formally sanctifies time, using a sweet drink to distinguish between the mundanity of every day and the holiness of Shabbat. You can do Kiddush with any drink that's special to you, hopefully something you wouldn't normally have on a weekday. Then again, it's not about the drink itself, it's about what it has the power to do when we raise our glass and take a sip with intention. Cheers to that!



Listen to the blessings

Follow along with recordings of blessings in Hebrew and in English

Cleanse

Invite your guests to stand up from the table for a ceremonial hand washing. Fill a cup with fresh water from the tap, take the cup in your left hand and cleanse your right hand with a couple or few splashes. Then, repeat this in your right hand for your left. While you're at it, start a chain of hospitality and place the empty cup under the tap and refill it for the person behind you in line.

Nourish

Before we eat, we pause. We take a moment to recognize the miracle of nourishment and abundance in a world where so many people go hungry. Together, you could recite the *Hamotzi* blessing or ask everyone to discuss each ingredient and step in the process that made your challah, dabo, kubaneh, or another Shabbat bread possible.

Appreciate

To say thanks after the meal requires a sense of intention around the act of consumption, nourishment, and feeling good as a result. All you need is the mindset to end your Shabbat dinner with gratitude. You could say *Birkat ha'Mazon* or discuss with the people sitting next to you five little things you're grateful for from this week.

