

Sha-Birthday Sheet!

*The day on which you were born,
that is the day on which God declared
that the world could not be preserved without you.*

– REB NACHMAN OF BRATSLAV

The Shehecheyanu prayer is said when experiencing something entirely new or for the first time that year. Since birthdays come around just once a year, the Shehecheyanu is the perfect prayer to stop and give thanks for the moment, to meditate on the age that you've reached as well as to reflect on the year that has passed and the year to come.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שְׁהַחֵינּוּ וְקִיַּמְנוּ וְהַגִּיעֵנוּ לְזֶמֶן הַזֶּה.

*Barukh ata Adonai, Eloheinu Melekh ha-olam, shehecheyanu,
v'kiymanu, v'higiyanu lazman hazeh.*

Blessed is the Oneness which has given us life, sustained us, and enabled us to arrive at this moment.

Shabbat is the perfect way to celebrate the joy of your birthday or any other occasion! Shabbat is the joyful day of the week which begets joy and causes more joy to come to the world, which is why here at OneTable oneg or joy is one of our core values.

Isaiah 58:13

If you refuse to step on Shabbat, from delighting in your doings on my holy day, and you will call Shabbat joy, the sacredness of the oneness honored...

Shabbat 118a:8

Rabbi Yohanan said in the name of Rabbi Yosei: With regard to anyone who delights in the Shabbat, God gives him a boundless portion [...] to ride on the heights of the world, and to feast
