

# “I make known the end from the beginning”

Isaiah 46:10

“On the seventh day God finished his work.” (Genesis 2:2)

“After the six days of creation—what did the universe still lack? *Menuha* [rest].  
Came the Sabbath, came *menuha*, and the universe was complete.”

“What was created therein? Tranquility, serenity, peace and repose.” (*Bereshit Rabbah* 10:9)

“The Lord grant that you may find *menuha*” (Ruth 1:9)

“He leads me beside the waters of *menuha*.” (Psalm 23:2)

“The world to come will be a day that is all *Shabbat*” (*Rosh Hashanah* 31a)

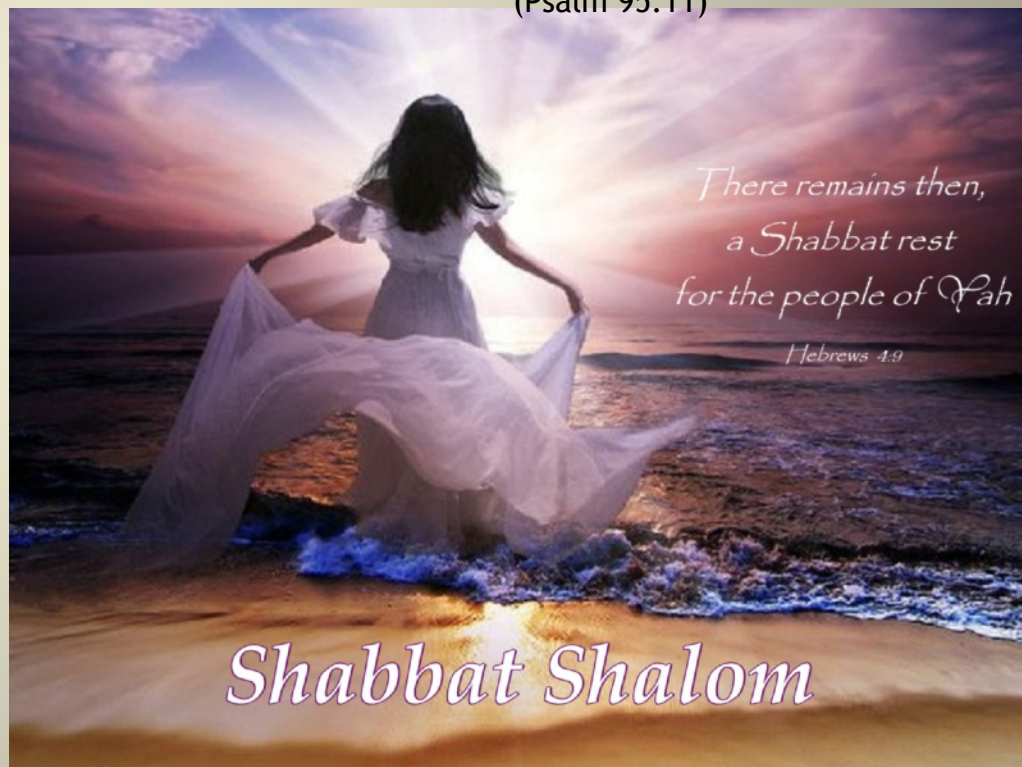
“The Sabbath is not simply a day of rest. It is an anticipation of ‘the end of history,’ the messianic age....We do not strive to do; we are content to be. We are not permitted to manipulate the world; instead, we celebrate it as God’s supreme work of art. We are not allowed to exercise power or dominance over other human beings, nor even domestic animals. Rich and poor inhabit the Sabbath alike....The Sabbath is a full dress rehearsal for an ideal society that has not yet come to pass.” (Rabbi Sacks)

## Hebrews 4: Midrash on Psalm 95

“In my anger I swore, ‘They shall not enter my rest [*menuha*].’”

“You have not yet come to the *menuha*, the inheritance that the Lord your God is giving you.” (Deut. 12:9)

(Psalm 95:11)



*There remains then,  
a Shabbat rest  
for the people of Yah*

*Hebrews 4:9*

*Shabbat Shalom*

# “Call the Sabbath a delight”

(Isaiah 58:13)



Ugandan Jewish community



“A day dedicated to the celebration of things that have value but no price”

Rabbi Sacks



*Havdalah: goodbye to shabbat*



# Holiness in Time



"Judaism teaches us to be attached to holiness in time, to be attached to sacred events, to learn how to consecrate sanctuaries that emerge from the magnificent stream of the year. The Sabbaths are our great cathedrals; and our Holy of Holies is a shrine that neither the Romans nor the Germans were able to burn: a shrine that even apostasy cannot easily obliterate: the Day of Atonement."

Rabbi Joshua Heschel

There is much that philosophy could learn from the Bible. To the philosopher the idea of the good is the most exalted idea. But to the Bible the idea of the good is penultimate; it cannot exist without the holy. The good is the base, the holy is the summit. Things created in six days He considered good, the seventh day He made holy.

—Abraham Joshua Heschel

The Sabbath is a weekly cathedral raised up in my dining room, in my family, in my heart.

Anita Diamant

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