

# An Invitation to Shabbat

by Rabbi Shefa Gold

לְכוּ נְרַנְנָה לַיהוָה

L'chu n'ra'n'na La'Adonai (Psalm 95:1)

Oh, go forth, let us express our joy!

These are the first words of the traditional Kabbalat Shabbat Service. They are meant to move us out of our complacency and awaken us to the miracle of Shabbat which is just happening. The word n'ra'n'na is related to ra'n'nim which are a certain kind of very expressive bird (mentioned in Job 39:13). Birds are so very unself-conscious in how they express their joy. They are our teachers of song. This is a practice of finding whatever joy might be locked up in your heart, and letting it out. In expressing our joy, we then can invite each other to step forth into the sacred realm of Shabbat.