

Wine

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Source: Mix

It's been a crazy week. The world with all its worries and bothers is still clamoring for your attention. The first step is to forget all that. Leave it behind. Enter into a timeless space, where you, your great-grandparents and Moses all coincide.

The beginning of all journeys is separation. You've got to leave somewhere to go somewhere else. It is also the first step towards freedom: You ignore the voice of Pharaoh inside that mocks you, saying, "Who are you to begin such a journey?" You just get up and walk out.

This is the first meaning of the word, "Kadesh" – to *transcend* the mundane world. Then comes the second meaning: Once you've set yourself free from your material worries, you can return and *sanctify* them. That is when true spiritual freedom begins, when you introduce a higher purpose into all those things you do.

Kiddush (the blessing over wine) | *kadeish* | קִדּוּשׁ

All Jewish celebrations, from holidays to weddings, include wine as a symbol of our joy – not to mention a practical way to increase that joy. The seder starts with wine and then gives us three more opportunities to refill our cup and drink.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן

Baruch Atah Adonai, Eloheinu Melech ha-olam, borei p'ree hagafen.

We praise God, Ruler of Everything, who creates the fruit of the vine.

We praise God, Ruler of Everything, who chose us from all peoples and languages, and sanctified us with commandments, and lovingly gave to us special times for happiness, holidays and this time of celebrating the Holiday of Matzah, the time of liberation, reading our sacred stories, and remembering the Exodus from Egypt. For you chose us and sanctified us among all peoples. And you have given us joyful holidays. We praise God, who sanctifies the people of Israel and the holidays.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁהַחַיְנו וְקִיַּמְנוּ וְהִגִּיעַנוּ לְזִמְנֵי הַזֶּה

Baruch Atah Adonai, Eloheinu Melech ha-olam, she-hechyanu v'key'manu v'higiyanu lazman hazeh.

We praise God, Ruler of Everything, who has kept us alive, raised us up, and brought us to this happy moment.

Drink the first glass of wine!