

Minimalist Kadesh/Sacred-making

Contributed by [Jon Kessler](#)

Source:

I am God - and I will take you out from under the burdens...Exodus 6:6.

Prepare to drink the first 3.5 to 4.5 oz cup of sweet red wine (white only if you really have to).

While drinking or eating this evening, liberally leaning to the left is a reminder of royalty from ancient times.

בְּרוּכָה אַתָּה אֱלֹהֵינוּ רוֹם הָעוֹלָם בּוֹרְאֵת פְּרֵי הַגֶּפֶן

בְּרוּךְ אַתָּה אֱדוֹנֵי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּים וְקַיְמָנוּ וְהַגִּיעָנוּ לְזֶמֶן הַזֶּה

Blessed are you, God, ruler of the universe: who creates the fruit of the vine; who makes the festivals holy; and who gives to us life and sustenance and brings us to this time.