



CHOOSING JOY

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There is a particular moment that hangs suspended for me, between the striking of the match and the lighting of the Shabbat candles. In that moment I make a conscious choice. I choose to enter the sacred space of the Sabbath and not remain emotionally tethered to the work-a-day week. I recognise that if G-d wants me to be joyful on Shabbat then it must be within my power to choose joy. I have learned that I can be the master of my moods, based on how I frame my thoughts.

I have learned that we see the world not as it is, but as we are. And that subjective state of 'as we are' reflects how we choose to perceive how we end up 'feeling'. Every Friday night, I exercise my G-d-given ability to be joyous, no matter what has been going on around me! Lighting Shabbat candles is an empowering moment for me. It is the moment where I am the most fully human and proactive. And with that strength, I touch the flame to the wicks and joyously illuminate my family! Shabbat Shalom!

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