1 Sunday is the holy day and rest day of Christians. Friday is the day for Moslems. Saturday is the holy day and rest day for Jews. The Jewish Sabbath (the word means 'rest') starts the evening before, because days are counted from sunset to sunset.

2 Each Friday evening, then, there is a prayer service in the synagogue, the Jewish place of worship. Afterwards members of the family gather together at home. It is always the mother who starts the sabbath prayers by saying a blessing over the two candles that are used. Her husband and children gather round her and she prays:

> *"Blessed are you, Lord our God,*
> *King of the Universe.*
> *You have made us holy*
> *by your commandments,*
> *and you have instructed us*
> *to kindle the Sabbath light."*

3 A passage is read from the Scriptures. Then the family sit down for their Sabbath meal. The father recites a blessing (called the 'Kiddush'), and he blesses a cup of wine:

> *"Blessed are you, Lord our God.*
> *You create the fruit of the vine."*

He blesses the bread:

> *"Blessed are you, Lord our God.*
> *You bring forth bread from the earth."*

4 As we are about to use the same words of blessing that Jewish families use every Friday evening, let us pray for a blessing on all whom we love and care for:

5 *Let us pray:*

May the Lord bless you and keep you.
May the Lord shine his face upon you.
May he show you his loving kindness
and bring you peace. Amen.

(Numbers 6²⁴)

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✍ *These "Blessed-are-you" prayers are the basis for the Offertory prayers in the Roman Catholic Mass.*

✍ *As the Jewish sabbath starts the evening before, so the Roman Catholic Church celebrates Sunday Mass on Saturday evenings as well as on the Sunday itself.*

🎼 Father, I place; May the blessing of God

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:
http://www.matthew-james.co.uk/

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:
www.prayingeachday.org