



# Shabbat and Tu b'Shvat

— כִּי הֵיכִי דִשְׁתַּלּוּ לִי אֲבֹתַי —  
שְׁתַּלִּי נָמִי לְבָרְאִי

“Just as my ancestors planted for me, I too am planting for the life that will come next.”

*Talmud Ta'anit 23a:15*

Shvat has arrived! This is the time when the very first hints of spring begin to emerge – from maple syrup flowing to birds returning – after all the rain and darkness of the winter months in the Northern hemisphere. OneTable and Dayenu: A Jewish Call to Climate Action have teamed up to offer you some Shvat inspiration for your Shabbat dinners in the month of February. The biggest theme of this month is certainly trees with the holiday of Tu b'Shvat, the new year for the trees, beginning at sunset on February 12. Trees are a very common theme in Jewish text and are often used as metaphors not just for people, “For a human is like a tree of the field” (Deuteronomy 20:19), but also for the Torah itself. This is a time to notice and cultivate the new growth that is budding personally as we head into spring that will flower later in the year.

## Light

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As we prepare to light candles and welcome in the glow of the world as it could be, take a quiet moment to pause and imagine a just, livable, thriving future. Consider and share aloud with your tablemates:

- What does that world feel/look/sound like?
- What are people doing right now to care for each other and for all life?

To address the climate crisis we must be able to imagine and tell the story of this future – so that we can work together to get there!

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוֵּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu b'mitzvotav vitzivanu l'hadlik ner shel Shabbat.*

**Blessed are You, Infinite One, who makes us holy through our actions and honors us with the light of Shabbat.**

## Wine

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As *Kiddush* helps us move from mundane to secular time, what is something in the world that is changing right now? What emotion(s) does that evoke for you?

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַנֶּפֶן.  
בְּרוּךְ אַתָּה יי מְקַדֵּשׁ הַשַּׁבָּת.

*Baruch Atah Adonai Eloheinu Melech ha'olam borei p'ri ha'gafen.  
Baruch Atah Adonai m'kadesh ha'Shabbat.*

**Blessed are You, Infinite One, creator of the fruit of the vine.  
Blessed are You, Infinite One, who sanctifies Shabbat.**





## Preparation

In Shvat, though the Northern Hemisphere is still cloaked in winter, the trees are already starting to wake up, drawing on water that will nourish a new season of growth. Life in a climate-changing world also means more extreme weather, where water can be both a force of destruction (droughts, flooding) and of good. We pray for a new season of *meyyim hayyim* (water of life), in its right time and amount.

As we prepare for this meal by washing our hands with water, share with someone near you a favorite body of water and why you love it.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

*Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu b'mitzvotav vitzivanu al netilat yadayim.*

**Blessed are You, Infinite One, who makes us holy through our actions and honors us as we raise up our hands.**

## Bread

Climate change affects all of us and raises big questions about our food systems, where and how we should live, and how we can best work together toward climate solutions.

Take a moment to tell the story of the people and elements that went into creating your meal, from the vegetables and their seeds to the gasoline in the trucks.

This Climate Shabbat, we dip our challah in maple syrup in celebration of the nourishment of trees and a more climate resilient world!

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

*Baruch Atah Adonai Eloheinu Melech ha'olam ha'motzi lechem min ha'aretz.*

**Blessed are You, Infinite One, who brings forth bread from the earth.**

## Gratitude

Share at your table:

What are three things you love about being alive on this earth?

בָּרִיךְ רַחֲמָנָא מַלְכָּא דְעָלְמָא מַרְיָה דְהַאי פִּיתָא.

*Brich rachamana malka d'alma marei d'hai pita.*

**We are blessed with compassion by You, Infinite One, who sustains us with bread.**



*Dayenu is a movement of American Jews confronting the climate crisis with spiritual audacity and bold political action. We care deeply about equity and justice in our world and about the future we create for generations to come. We believe that together, drawing from our Jewish tradition, experience, and faith, we have the power to create real and lasting change.*



*At OneTable, we believe in the power of gathering around a table with good food, good wine, and good conversation. Guided by our core values of Oneg (Joy), Hachnasat Orchim (Welcoming), and Kedushah (Elevation), we're here to help make ancient Jewish practices work for you today. Modern life runs us dry, but Shabbat with OneTable can refill your cup.*

