



MENTAL HEALTH SHABBAT

Quieting the Silence on Mental Health
Renie's Mitzvah Project 2022



MENTAL HEALTH SHABBAT RITUAL

Light

ברוך אתה אדני-י אלהינו מלך העולם אשר קדשנו במצותיו וצונו להדליק נר של שבת קדש

Blessed are You, Lord our God, Ruler of the universe,
Who commands us to kindle the light of Shabbat.

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

Mental Health Activity

Use candle lighting to welcome shabbat into your mind. What do you want to welcome into your life over the week to come? What do you want to work on? Use the light of the candles to illuminate your goals.



Sanctify

ברוך אתה יי אלהינו מלך העולם בורא פרי הגפן

Blessed are You, Lord our God, Ruler of the universe,
Creator of the fruit of the vine.

Baruch Atah Adonai Eloheinu Melech
ha'olam borei p'ri ha'gafen.

Mental Health Activity

When thinking about mental health, take time to sanctify Shabbat by leaving behind the past week. As you pick up your glass, imagine what you are putting down in order to welcome the weekend.



Cleanse

ברוך אתה יהוה אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו על נטילת ידים

Blessed are You, Lord our God, Ruler of the universe,
Who sanctifies us with commandments and
commands us to raise up our hands.

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

Mental Health Activity

Take time to cleanse your mind, your spirit, your soul. Friday night is a clean slate.



Nourish

ברוך אתה יהוה אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו על נטילת ידים

Blessed are You, Lord our God, Ruler of the universe,
Who brings forth bread from the earth.

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

Mental Health Activity

When thinking about mental health, nourishing your mind, body and soul is key. Take time to nourish you. Without self-care, you won't be at your best to help others.



JEWISH INTERPRETATIONS OF MENTAL HEALTH

A COMPLETE HEALING

The *Mi Sheberach*, the Jewish prayer for healing contains these words: “Godsend to them complete healing — healing of the soul and healing of the body.” Healing of the soul is a direct reference to mental health; it is our responsibility to work in partnership with the Divine to support individuals and families facing mental health challenges with warmth, care, openness, and humanity.

“Judaism has always understood that physical and mental illness are equally deserving of healing, and we are all a key to that healing. We need to make it safer for more people to come out from behind the shadows and find the support and care they need to continue to go on with their lives, both those living with mental illness and their family and friends who care for them.” — Rabbi Stacy Friedman, Temple Rodef Shalom, San Rafael, CA

**If I am not for myself, who will be for me?
And when I am for myself alone, what am I?
And if not now, then when? — (Pirkei Avot 1:14)**

This famous quote from Rabbi Hillel in Pirkei Avot (part of the collection of writings known as the Mishna) has implications for those experiencing mental health issues, and for those who support them.



Look at each of the three parts of this saying and think about how each relates to both the individual facing mental illness and the person positioned to be helpful and supportive.

SOURCES: THE BLUE DOVE FOUNDATION'S JEWISH MENTAL WELLBEING TOOLKIT AND MI SHEBERACH SHABBAT GUIDE CREATED IN PARTNERSHIP WITH ONETABLE

SHABBAT DINNER QUESTIONS CUBE

We live in a busy world where we constantly balance our busy schedules, moving from one activity to another. At the end of the week, it can feel overwhelming to be social and connect with those around us. But connecting to others is so important for our mental and physical well-being. When we take time to connect, it helps to regular our emotions, improves our self-esteem, lowers anxiety and depression, and strengthens our immune systems.



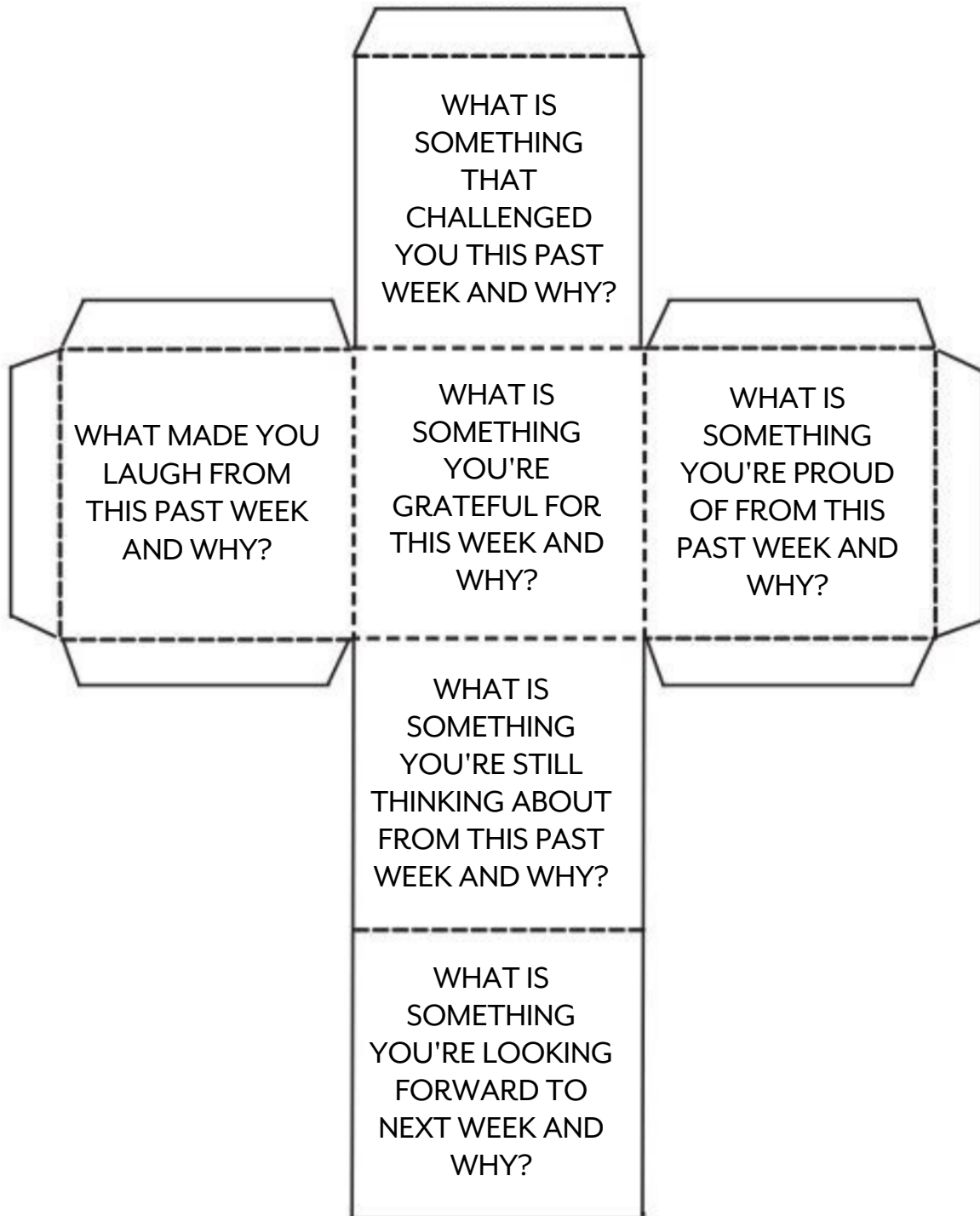
Two are better off than one, in that they have greater benefit from their earnings. For should they fall, one can raise the other; but woe betide him who is alone and falls with no companion to raise him! (Kohelet 4:9-10)

Something fun you can do during Shabbat dinner is to have out these Cheshbon HaNefesh Cubes! A Cheshbon HaNefesh is an "accounting of the soul" and is an internal check-in to help you better understand yourself and what you need. To use the boxes, simply cut on the solid lines, fold on the dotted lines, and tape cube together.

Neither the individual nor the state is where we discover who we are and why... Beyond the most basic rules necessary for the maintenance of the most rudimentary social order, morality lives in communities and the traditions which sustain them. — Rabbi Jonathan Sacks

CHESHBON HANEFESH CUBE

To use the boxes, simply cut on the solid lines, fold on the dotted lines, and tape cube together.



SUPPORT RENIE'S MITZVAH PROJECT FOR BLUE DOVE

This December, I will become a Bat Mitzvah. A key part of becoming a Bat Mitzvah is creating a Mitzvah Project. My Mitzvah Project is quieting the silence around mental health. I am doing this by creating dove bracelets that I have handmade to raise money for the Blue Dove Foundation. The Blue Dove Foundations' mission is to educate, equip, and ignite our Jewish community with tools to understand, support, and overcome the challenges presented by mental illness and substance abuse. As a community with a focus on Tikkun Olam, they work to eradicate the shame and stigma surrounding these issues.



The three components of my project are making dove bracelets, encouraging people to host mental health Shabbats, and sponsoring a workshop with the San Diego Jewish Federation's "Jewish Teens Thrive" initiative for community partners about working with kids who struggle with anxiety. My goal is to raise 1,800 dollars through the sales of my bracelets or general donations for the Blue Dove Foundation and have 180 people participate in mental health Shabbats.

With Gratitude, Renie

Purchase a Custom Bracelet



reniesmitzvahproject.com

Make a Donation



reniesmitzvahproject.com

ABOUT THE BLUE DOVE FOUNDATION

The Blue Dove Foundation works to address the issues of mental illness and addiction in the Jewish community and beyond. Based in Atlanta, we work with people and organizations across the United States and around the world.

Our Mission is to educate, equip, and ignite our Jewish community with tools to understand and overcome the challenges presented by mental illness and substance abuse.

Our Work

- 1 Educate the community about mental health through a Jewish lens.
- 2 Produce powerful and engaging educational resources about the connections between mental wellness and Judaism.
- 3 Spearhead and design programs that can be replicated easily in communities across the country: mental health Shabbat dinners, various training programs, interactive events with speakers, and more.



Why the Dove

The dove represents peace of the deepest kind. It soothes and quiets our worried or troubled thoughts, enabling us to find renewal in the silence of the mind. Its role as a spiritual messenger imparts an inner peace that helps us go about our lives calmly and with purpose. Some believe the dove also represents hope, while others believe it denotes freedom.

Bringing peace, life, hope, and freedom to those experiencing addiction or other mental health challenges is the goal of the Blue Dove Foundation.

Contact Information

info@thebluedovefoundation.org | (404) 490-2391



— “

The Gemara explains a verse in Proverbs: “If there is anxiety in a man’s heart, let him quash it.” (Proverbs 12:25) Meaning, he should share his concerns with others, thereby lowering his anxiety.
-Yoma 75a:2

” —

CONNECT WITH US ONLINE



thebluedovefoundation.org



[@thebluedovefoundation](https://www.facebook.com/thebluedovefoundation)



[@bluedovefoundation](https://www.instagram.com/bluedovefoundation)



[@thebluedovefoundation](https://www.youtube.com/thebluedovefoundation)



info@thebluedovefoundation.org