



Shabbat (Sabbath)

**A PALACE
IN TIME***

**Abraham Joshua Heschel, The Sabbath*

STARTS

**SUNDOWN
EVERY
FRIDAY**

ENDS

**SUNDOWN
EVERY
SATURDAY**

What it IS...

Shabbat is holiness in time, transcending space. It's *a day to rest* and not to work.

The Sabbath Manifesto

A creative project powered by **REBOOT**** to slow down lives in an increasingly hectic world.

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|----------------------------|--------------------------------|
| <i>Avoid technology</i> | <i>Light candles</i> |
| <i>Give back</i> | <i>Drink wine</i> |
| <i>Nurture your health</i> | <i>Eat bread</i> |
| <i>Get outside</i> | <i>Find silence</i> |
| <i>Avoid commerce</i> | <i>Connect with loved ones</i> |

What to SAY...

Shabbat Shalom (Hebrew for Sabbath Peace)
or *Gut Shabbos* (Yiddish for Good Sabbath)

What to EAT...



Challah – sweet, braided bread traditionally eaten *on Shabbat*.

Recite the following blessing before eating...
Baruch atah Adonai eloheinu melech haolam hamotzi lechem min ha-aretz.

What to DO...

Give a charitable donation (tzedakah — righting justice)

Light Shabbat candles

and recite the following blessing...
Barukh atah Adonai, eloheinu melekh ha'olam asher kidishanu b'mitz'votav v'tzivanu l'had'lik neir shel Shabbat.

Make Kiddush

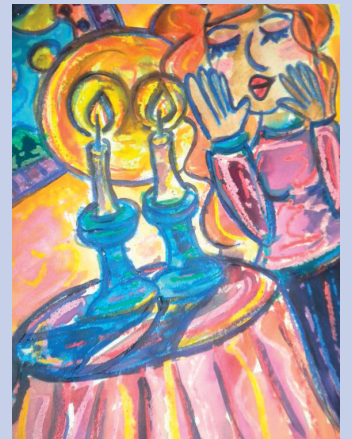
(bless wine to sanctify Shabbat)

Make Ha-motzi

make a blessing & eat challah

Bless your children

Study Torah



Havdallah (separation)

A brief ceremony to mark the end of Shabbat and transition from holy to secular time. Havdallah involves singing, a double-wicked candle, wine (or grape juice) and sweet smelling spices.