



Shabbat (Sabbath)

A PALACE IN TIME*

**Abraham Joshua Heschel, The Sabbath*

BEGINS

**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.

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

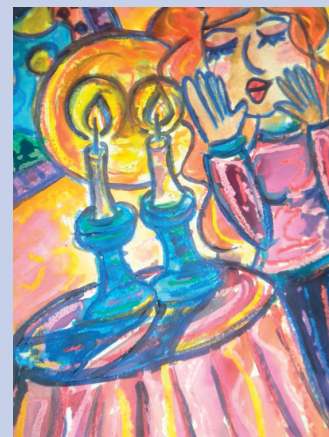
bless wine to
sanctify Shabbat

Make Ha-motzi

make a blessing &
eat challah

Bless
your children

Study
Torah



Sabbath Manifesto

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

Avoid technology

Give back

Nurture your health

Get outside

Avoid commerce

Light candles

Drink wine

Eat bread

Find silence

Connect with loved ones



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.