



SHABBAT

Also known as Shabbos or Sabbath

STARTS

SUNDOWN
EVERY
FRIDAY

ENDS

SUNDOWN
EVERY
SATURDAY

What it IS...

Shabbat is a weekly holy time for us to rest and stop working.

What to SAY...

Shabbat Shalom

(Hebrew for Sabbath peace)

GUT SHABBOS (Yiddish for Good Sabbath)

What to EAT...



Challah

Sweet, braided bread traditionally eaten on Shabbat

What to DRINK...



Wine
or
Grape Juice



How to END SHABBAT...



Havdallah

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

What to DO...

Light Shabbat candles

and recite the following blessing:

*Baruch atah Adonai, Eloheinu Melech ha'olam
asher kid'shanu b'mitzvotav v'tzivanu l'hadlik
ner shel Shabbat.*

Bless wine (called Kiddish)

Recite the following blessing before drinking:

*Baruch ata Adonai, Eloheinu Melech ha-olam,
borei p'ri hagafen.*

Bless challah (called Ha-Motzi)

Recite the following blessing before eating:

*Baruch ata Adonai, Eloheinu Melech ha-olam,
hamotzi lechem min ha'aretz.*

Bless your children

Give a charitable donation (tzedakah)

Study Torah



Sabbath Manifesto

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

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