



Temple Beth Sholom Shabbat And All The Rest

CREATING שַׁבָּת SHABBAT AT HOME

Shabbat is an amazing gift—a time when we can pause as a family to gather after a hectic week. On Shabbat we can create special moments to enjoy and celebrate time together as families!

Shabbat starts at sundown on Friday and ends about an hour after sundown on Saturday night when three stars appear in the sky.

WAYS TO CREATE A SHABBAT PAUSE IN YOUR FAMILY:

- **SMALL STEPS**—Like most new activities, celebrating Shabbat in your home should be done gradually with steps that make sense for your family. Shabbat lasts a full day, but the individual experiences that you can create with your family will be what separates Shabbat from the rest of the week.
- **OUR CHILDREN THRIVE ON ROUTINE**—adding to this routine is exciting, but should be done with care and understanding. Avoid imposing new rules or rituals without having a discussion with your children.

SOME TIPS ON HOW TO PREPARE FOR SHABBAT

- **SHABBAT DOESN'T MEAN FANCY**—Shabbat is a time that is special and different. If eating pizza together as a family is a special moment then this is a way to create and build Shabbat in your home!
- **CREATE SPECIAL PLACES IN YOUR HOUSE FOR SHABBAT**—use a special dinner table with flowers, special dishes or table cloths to separate the experience from your family's regular routine.
- **GIVE TZEDAKAH**—Gather as a family and make a donation each week. Talk about where you will donate the money.
- **CREATE AND USE SPECIAL RITUAL OBJECTS**—Kiddush cup, challah cover, hand washing cup etc. Our students create these pieces in school—keep them in a special place and encourage your child to use them.
- **MAKE OR BUY CHALLAH**—Prepare special toppings (chocolate, honey, sprinkles, jelly, humus etc) to make the challah even more special.
- **SHABBAT IS A TIME FOR BLESSINGS**—As we pause as families to gather for a Shabbat meal or even a Shabbat moment, share blessings with your children. Tell your children you love them!
- **POWER DOWN**—Give your e-mail and cellphone a rest! Being dialed in 24/7 is tiring and this pause will give you a chance to focus on your family.

RITUALS OF SHABBAT THE SHABBAT DINNER TABLE

- **CANDLES**—Shabbat starts and ends with the creation of light. Before lighting the Shabbat candles, gather your family and reflect on the week. Share blessings or wishes for each other. The warmth of the Shabbat light creates a separate time in our week.
- **SHALOM ALEIKHEM**—Shalom Aleikhem is a 450 year old poem that welcomes Shabbat with the hope of peace. Shalom Aleikhem is also our reminder of the power of welcoming each other and guests into our home.
- **BIRKAT YELADIM-CHILDREN'S BLESSING**—As we pause in the week, we give our children blessings that are originally found in the Torah.
- **KIDDUSH**—We sanctify Shabbat with grape juice or wine. Manischewitz is fine, but there are good wines that can make kiddush an enjoyable and delicious part of Shabbat.
- **CHALLAH**—The braided challah is symbolic of our connection to each other as well as God's presence in our lives.