

# Shabbat (The Sabbath)

Shabbat is the most important ritual observance in Judaism. It is the only ritual observance instituted in the Ten Commandments. Shabbat is primarily a day of rest and spiritual enrichment. The word "Shabbat" comes from a Hebrew word meaning "to cease" or "to end" and Jews are commanded to OBSERVE (refrain from activity) and REMEMBER (with words, thoughts, and actions) the Shabbat. It is a day of family and of community; a day of spiritual and of physical well-being; a day of prayer and of study, of synagogue and home. Shabbat begins on Friday evening at sunset and the two actions of observing and remembering are symbolized by lighting candles Friday evening before sunset and reciting KIDDUSH or blessing over a cup of wine at the start of the Friday evening meal, emphasizing the holiness of the day.

Shabbat is a time when weekday concerns can be put aside and therefore certain activities are not permitted. These activities are usually those that refer to acts of creation including turning on lights, cooking, driving and shopping. Therefore many tasks must be completed before Friday



at sundown.

At Shalom Village the Friday evening meal is special. There are white tablecloths on the tables and traditional foods may be served at the evening meal. Candles are set up in the dining room and lit, with a special blessing, at the beginning of the meal. These candles should not be blown out and should be allowed to go out on

their own. Candle lighting will be followed by blessings over wine and bread. At Shalom Village, Saturday (Shabbat) is a quiet day. All cooking is completed before sundown on Friday and activities are not planned for Saturday until after sundown.

## **Blessing over the candles:**

Boruch ato Adonoy  
Elohaynu melach ho-olom,  
Asher kid'shonu b'mitzvosov  
V'tzivonu l'hadlik ner Shel Shabbat.

## **Blessing over the wine:**

Boruch ato Adonoy  
Elohaynu melach ho-olom,  
Boray p'ri hagofen.

## **Blessing over the bread:**

Boruch ato Adonoy  
Elohaynu melach ho-olom,  
Ha'motzi lechem min ha'aretz.