

WHAT IS SHABBAT?

Shabbat is what makes our nation unique. A celebration of the miracle of God's creation is transformed through this day of rest when we stop and recognize the beauty of the world, the gratitude we have for everything we have, and the peace that is possible in our lives and in our souls.

On this day we rest as a reminder of our connection and commitment to Hashem, and each week we are given a new opportunity to celebrate the holiness of this day in our own way.



HERE ARE JUST A FEW WAYS YOU CAN CELEBRATE THE SHABBAT AND YOUR ISRAEL CONNECTION:

- **Prepare a Israel-inspired Shabbat meal.** All you need is good company and a few good recipes - try some of our delicious **Cooking Israel** selections.
- **Light Shabbat candles before sundown.**
Check for Shabbat start times in your area on chabad.org
- **Recite the Kiddush.**
Making a blessing over wine is a traditional way of indicating that the event, time, or meal, such as Shabbat, is sacred and holy. It is a nice way to connect a nice meal to your Jewish practice.
- **Disconnect in order to reconnect:** Power down your devices and enjoying a peaceful 25 hours free of the daily routines. If you aren't ready to shut down entirely, try it out for an hour each week and see how it feels.
Make the most of this downtime by spending quality time with your kids or a good book. Explore our selection of choices in our **Reading Israel** virtual library, and use our discussion questions as food for thought on your day of peace and rest.
- **Attend Shabbat services on either Friday night or Shabbat morning.**
Most congregations will allow anyone to walk in and take part in their Shabbat services.