

Shabbat: THE BIG IDEA



Shabbat is a weekly vacation. Moreover, Shabbat brings people together: family and friends around the table, community at the synagogue. Gathering together for a wonderful dinner makes Shabbat fun and creates family memories. But it's more than that. The rituals add holiness to the evening, connecting us to family across time and to Jews across space.

In the spirit of Rabbi Abraham Joshua Heschel, six days we focus on *doing* while the seventh is about *being*.



North Suburban Synagogue
Beth El
בית כנסת בית אל

שַׁבָּת



Rabbi Kurtz's Two Shekels on

SHABBAT

Ahad Ha'am informed us that "more than Israel has kept the Shabbat, the Shabbat has kept Israel." How true! It is our privilege to keep Shabbat as it enhances our days.

From the moment we light candles on Shabbat evening through Havdalah, we live in sanctified time. This is a time with family, with community, in the synagogue and in the home.

While some of the restrictions on Shabbat may seem somewhat difficult to adhere to, when we put them into the perspective of sanctified time, we learn to ennoble our lives and create a "tithe on time." This gives us, our community, and our G-d the special day on which we celebrate creation and liberation, as we hope for redemption.



TABLE
TALK

Food for Thought

DISCUSSION WITH CHILDREN

1. What do you like best about Shabbat?
2. When is it good to work? When is it good to rest?
3. In what ways does Shabbat bring people together?

DISCUSSION WITH ADULTS

1. For you and your family, how do you make Shabbat special?
2. How is Shabbat different from, say, a Sunday?
3. What do you personally need to do to recharge after a long week?



DIRECTIONS:

Stand your “Table Talk” up, and tape the open ends together to form a triangle. Put in the center of your dinner table to prompt a great discussion!

