Practice of Shabbat

Syllabus Outcome – Describe the importance of Shabbat

Shabbat Timeline

Preparation –

* Plan the meal
* Purchase supplies for the meal and the wine
* Tidy the house
* Have music ready

Friday evening –

* Ensure everyone is home by 6
* Set the table
* Shalom Aleichem calls the family to the table
* Light the candles
* Read family blessing
* Kiddush
* Bless the Wine
* Break the bread with Ha’Motzi
* Prayer for union of family
* Prayers of thanks

Saturday morning –

* Attend synagogue
* Rest and relax with family
* Havdalah, plan good for the week ahead

Saturday Afternoon –

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