



Congregation B'nai Israel
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Shabbat At Home

During select Shabbatot during the year, especially those that fall during common vacation times, we don't hold Saturday morning services at the Temple and instead encourage members to celebrate Shabbat wherever they are – at home, or on a trip – with family and friends.

Some suggested activities you can do during the daytime on Shabbat:

- Read a Jewish short story aloud. Some excellent collections include Rabbi Ed Feinstein, *Capturing the Moon*; Howard Schwartz, *Gabriel's Palace: Jewish Mystical Tales*; Sydelle Pearl, *Elijah's Tears: Stories for the Jewish Holiday*; Grace Ragues Maisel and Samantha Shubert, *A Year of Jewish Stories: 52 Tales for Children and Their Families*. All of these are excellent to read and discuss among both adults and children.
- Read aloud from *The Sabbath* by Rabbi Abraham Joshua Heschel. The language is beautiful and dense. It reads like poetry. There is a lot to discuss and to meditate on in every paragraph. Not recommended for children, as the language and concepts may be too sophisticated.
- Sleep in or nap. Sleep in *and* nap.
- Discuss the week's Torah portion using any accessible "discussion starter." These might include the Parasha column in the *Jewish Standard*, or online Torah columns and videos of Rabbi Jonathan Sacks (RabbiSacks.org). A great one-page summary of each Torah portion, with thoughtful discussion questions for families or other groups can be found at tiptoethroughthetorah.com.

- Purchase “A Shabbat Box of Questions” and dip into the box for stimulating conversation starters. Or make up your own questions and share around the table.
- Take a Shabbat walk and enjoy the natural beauty in your neighborhood.
- Sing Shabbat Songs (Z’meerot). There are countless online resources, and you can also use the Sim Shalom Siddur, pages 316-329, or any Grace After Meals “bentscher.”
- Reserve some special books or games for Shabbat. Enjoy!
- Recite the blessings over wine and bread before lunch. The daytime Kiddush (Veshamru & Borei Pri Hagafen) is found on page 315 of the Sim Shalom Siddur, owned by all our Hebrew School families. It is available in any Shabbat prayerbook or Grace After Meals “bentscher.”
- Use a Shabbat box—two ways:
 - Create a box in which to store things that you will avoid using on Shabbat, to give yourself true rest. You might store a cell phone, keys to your office, your wallet, your bills, or anything else that would interfere with the Spirit of Shabbat and the rest you need.
 - Create a box of things to use on Shabbat. This can include any items listed above, such as Shabbat books or games. You can also sneak in some special foods that you buy at the grocery to enjoy on Shabbat. Luscious persimmon? Rugelach?