

February: Remembering Shabbat

Remember the Sabbath day and keep it holy

...bringing Jewish life and learning to your door.

1. READ

Shabbat is the seventh day of the Jewish week and a day of rest in Judaism. Shabbat is considered a festive day, when we can take a break from the regular labors of everyday life, and can enjoy special family time.

2. ASK

What is one thing that made you happy this week?

What is something that you are thankful for this week?

How can you make Shabbat special this week?

3. DO

Circle the ways you would like to celebrate Shabbat this week



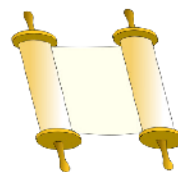
Eat a family dinner



Light the candles



Take a nature walk



Go to synagogue

Draw your own
(for example, organize family game night,
read a book together, visit friends/family,
invite guests over)

