

CLASS FIVE: SHABBAT



Only one ritual is included in
the Ten Commandments:

Shabbat

But, in two distinct versions:



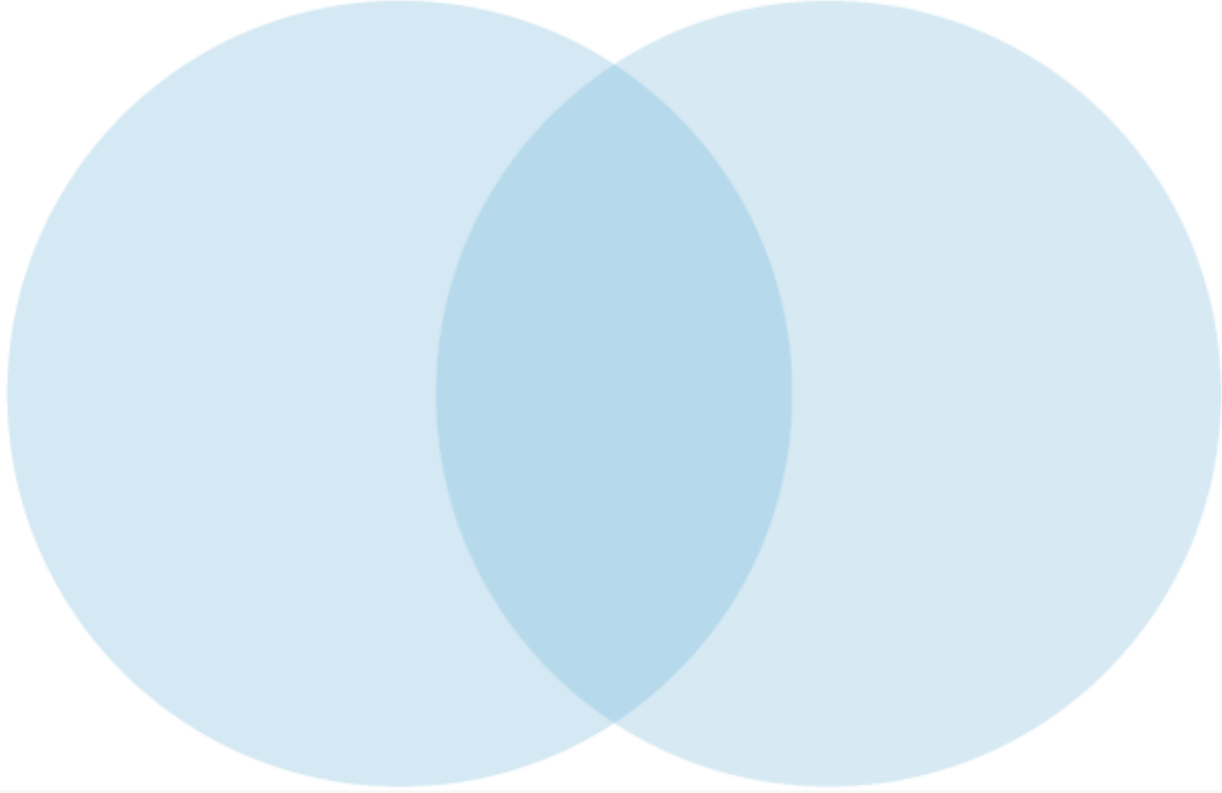
Exodus 20:8-11

Remember the Shabbat day, to sanctify it. Six days you will work and do all of your labor. The seventh day is a Sabbath for Adonai your God. Don't do any labor on it, neither you nor your sons or daughters, your servants, your animals, or the strangers who reside within your gates. In six days God made Heaven and Earth, the Sea and all that dwell in it, and God rested on the seventh day. On account of that, God blessed the Shabbat day and set it apart.

Deuteronomy 5:11-14

Guard the Shabbat day, to sanctify it, as Adonai your God has commanded. Six days you will work and do all your labor. The seventh day is a Sabbath for Adonai your God. Don't do any labor on it, neither you nor your sons or daughters, your servants, your bulls or donkeys or any of your animals, nor the strangers who reside within your gates, in order that your servants shall rest as you do. Remember that you were a slave in the Land of Egypt, and that Adonai your God took you out of there with a strong hand and outstretched arm, that is why Adonai your God has commanded you to make Shabbat.

Exodus
(REMEMBER/DO)



Deuteronomy
(GUARD/DON'T DO)

shamor

(Verb, Hebrew)

1. Guard
2. The "don'ts" of Shabbat

zakhor

(Verb, Hebrew)

1. Remember
2. The "do's" of Shabbat

What do we mean by **Shomer Shabbat**?

Walter Sobchak: I told those f***s down at the league office a thousand times that I don't roll on Shabbos!

Donny: What's Shabbos?

Walter Sobchak: Saturday, Donny, is Shabbos, the Jewish day of rest. That means that I don't work, I don't get in a car, I don't ride in a car, I don't pick up the phone, I don't turn on the oven, and I sure as sh*t DONT F***ING ROLL! SHOMER SHABBOS!



What do we mean by **Shomer Shabbat?
from a slightly more authoritative source**



melacha

(Noun, Hebrew)

1. "Creative labor" which is forbidden on Shabbat.
2. An action that creates, destroys, or permanently changes.

The 39 Forbidden Melachot of Shabbat

Mishnah, Shabbat 7:2

sowing	plowing	reaping	gathering	threshing
winnowing	selecting	grinding	sifting	kneading
baking	shearing	bleaching	combing	dyeing
spinning	setting up a loom	preparing to weave	weaving	unweaving
tying a knot	untying a knot	sewing	tearing	trapping
killing	skinning	tanning	tracing	scraping
cutting	writing	erasing	building	demolishing
kindling a fire	extinguishing a fire	finishing	carrying	

Other Terms to Know

Sh'vut

An activity that, while possibly permitted by the letter of the law, is not in keeping with the "spirit of Shabbat."

Muqtze

An item that has no permitted Shabbat purpose, and so should be put aside for the duration of Shabbat.

Eruv

A boundary erected around a Jewish neighborhood that enables one to carry items on Shabbat.

Pikuach Nefesh

The absolute requirement that concern for life and health supersedes ritual laws, including those of Shabbat.

Remembering Shabbat

Shabbat starts 18 minutes before sunset on Friday



Shabbat ends about one hour after sunset on Saturday, or when 3 stars are visible in the sky.

Lighting Shabbat Candles



RITUALS OF FRIDAY NIGHT

- Kabbalat Shabbat
- The Sacred Shabbat Table
(Kiddush & Motzi)
- *Re'im Ahuvim*



RITUALS OF SHABBAT DAY

- Shabbat Service
- Lunch & Low-Key
- Seudat Shlishit



Havdalah: "Separation"

- Wine
- Spices
- Flame (multi-wick candle)
- *Hamavdil bein kodesh l'chol*
- Eliyahu Ha-Navi



This "Sabbath Manifesto" was developed by a group of Jewish cultural creatives called Reboot.

What would be on your Sabbath Manifesto?

Sabbath Manifesto

sabbathmanifesto.org

01. AVOID TECHNOLOGY.
02. CONNECT WITH LOVED ONES.
03. NURTURE YOUR HEALTH.
04. GET OUTSIDE.
05. AVOID COMMERCE.
06. LIGHT CANDLES.
07. DRINK WINE.
08. EAT BREAD.
09. FIND SILENCE.
10. GIVE BACK.



Miller Intro to
Judaism Program

OF AMERICAN JEWISH UNIVERSITY
