

18 Ways to Make Shabbat Happen

- * **Havurah potluck**- can you do that once a month? Add this to your regular monthly activity.
- * **Jews on your block** – potluck at a house or a progressive Shabbat experience: bless the candles at one house, with appetizers; Kiddush at second house, refreshments; challah/motzi and dinner at a third house.
- * **Picnic Shabbat dinner**- at your favorite park or beach. Bring tea candles. Decorate plastic kiddish cups to use that night. Pick up a challah at Danny's Deli, TJs, Ralphs or Vons, Albertsons.
- * **Multigenerational Shabbat**- create a Shabbat dinner that is intentionally multi-generational; get to know each other by telling about Shabbat growing up.
- * **Start a Shabbat dinner havurah**- agree to meet once a month; take turns hosting, rotate who brings wine and challah and dessert.
- * **Shabbat is coming!** Put out your candles, Kiddush cup on Thursday...so you are starting to think about Shabbat. Can you set your dining room table then, giving you something to look forward to?
- * **Open yourself to prayer.** Don't analyze, don't intellectualize; just come participate, looking to enjoy the experience.
- * **Make a Shabbat date** with friends to come to services- Friday or Saturday.
- * **Bake for TBT's oneg**- gets you planning for and preparing for Shabbat during the week. Have a friend over and bake together, or with your kids- of any age!
- * **Sponsor an oneg** for a special occasion, or no occasion- invite your friends to come. Email Annette Halpern to arrange.
- * **FF-TBT Shabbat dinner**- invite friends to fill your First Friday at TBT table- bring a bottle of nice Israeli wine; it will even taste Jewish!
- * **Share Shabbat!** Post your Shabbat photos at Temple Beth Torah's Facebook page!
- * **Own those blessings!** cantormichaelsmusic.com website has the Shabbat wine, challah and candle blessings, read and sung in Hebrew! Sing along with Cantor! You can download the prayers in English, Hebrew and transliteration.

- * **The house is alive, with the sound of music-** We're putting together a CD of some great Shabbat songs, to put you and keep you in the mood.
- * **Hands-On-** we'll help you get comfortable with Shabbat blessings, and everything you want for your erev Shabbat-at-home experience. Rabbi Lisa, Rabbi Jordana and Cantor are all hosting a teach-in November. Watch the Shofar for dates and times.
- * **Wake up to Shabbat-** extend that Shabbat feeling. Morning services feel very different, as we read and translate Torah. And Torah study over kiddush is a great way to let Torah talk to you.
- * **Read about Shabbat.** Deepen your sense of Shabbat by reading: try Abraham Joshua Heschel's small beautiful philosophy: *The Sabbath*; Judith Shulevitz's personal and academic: *The Sabbath World*, or traditions, how-to's and artwork in *A Day Apart* by Noam Zion and Shawn Fields-Meyer.
- * **Be part of the National Day of Unplugging 2015-** Friday night, March 6-sundown, March 7. We will celebrate at FF-TBT, with Shabbat dinner, and our special Purim celebration that night! Sign up on our "Take the Pledge" Wall next February, and get your own "I Unplug" sign. Take a photo, and send to NationalDayofUnplugging.com!

I UNPLUG
TO _____ ■

REBOOT 

nationaldayofunplugging.org

