

Ten Suggestions for Enjoying Shabbat

by Rabbi Van Lanckton

Adapted from These Are The Words by Rabbi Arthur Green

Five To Do

- ONE: Do stay at home. Spend quality time with family and real friends.
- TWO: Do celebrate with others: at the table, in the synagogue, or with anyone close to you who can best share with you in appreciating God's world.
- THREE: Do study or read something that will edify, challenge, or make you grow.
- FOUR: Do be alone. Take some time for yourself. Check in with yourself. Review your week. Ask yourself where you are in life.
- FIVE: Do mark the beginning and end of this sacred time. Light candles and recite Kiddush on Friday night. Light a candle again and recite Havdalah on Saturday night.

Five Not To Do

- SIX: Don't do anything you have to do for your work life. This includes obligatory reading, or homework for kids (even without any writing), or preparing to go back to the workplace.
- SEVEN: Don't spend money. Separate completely from the commercial culture around us.
- EIGHT: Don't do business. No calls to the broker, no following up on ads, no paying bills. It can all wait.
- NINE: Don't travel. Avoid particularly commercial places like airports, hotel check-ins, and similar depersonalizing commercial encounters.
- TEN: Don't use commercial or canned video entertainment, including TV and computer and smartphone apps. Stay instead in situations where you can remain face-to-face with those around you, rather than facing the all-powerful screen.