

Shabbat

Shabbat, also known as the Sabbath, is a holy day celebrated every week, from Friday evening until Saturday night. Shabbat is the oldest Jewish celebration. This day reminds us of the Biblical story of the creation of the world, which describes how God made the heavens and the earth in six days. On the seventh day, God rested. Nowadays, that seventh day is a day of rest for Jews. The word Shabbat comes from the Hebrew *shavat*, which means 'to rest' and 'to breathe again'.

How is Shabbat celebrated?

Shabbat is celebrated both at home and in synagogue. Before the sun goes down on Friday evenings, two candles are lit at home. An elaborate dinner is then eaten and songs are sung at the table. There is a religious service in synagogue that evening too. On Saturday morning there is another service in the synagogue at which a portion of the Torah is read. Afterwards, a festive meal is eaten at home. Then you can enjoy the Shabbat rest together with family and friends. On Saturday evening, once three stars have appeared in the sky, you bid farewell to Shabbat. You do this by breathing in the sweet scent from a spice box. The spices inside smell as wonderful as Shabbat itself, because who doesn't love a fantastic day off!



My notes:

Tip from Max



Working on a school project about Shabbat? Show your class the film [Max Takes a Photo](#). When it's Shabbat at the Hollanders, you can also watch the films *Friday Night* and *SMS-Me!* (Find these in the Living Room).