

THE SHABBAT MAP

The logo consists of a white circle containing the text "The Shabbat Project" in a white, sans-serif font.

The
Shabbat
Project



It all started in South Africa in October 2013 when Chief Rabbi Dr Warren Goldstein challenged his community to keep it together.

Flash forward – 1152 cities around the world have since joined in, uniting over one million Jews.

2017 is set to be even bigger, with more cities across the globe, from Honolulu to Herzlia, LA to Sydney, Cape Town to New Orleans, Rio to Abuja, and everywhere in between gearing up for The Shabbat Project this October.

Join in.

Let's move the world together.



theshabbosproject.org





You are at the gateway to an unforgettable adventure. Here's a map that will guide you through your Shabbat experience.

THE WEEK BEFORE 5

THE DAY BEFORE 7

SHABBAT 11

THE WEEK BEFORE LISTS, LISTS, LISTS

It's time to make your Shabbat lists... think guest lists, shopping lists, menus and other to-do's you want to have planned for Shabbat. Decide which shul you'll be attending and map your walk. Or if you're keeping it at home, think of the guests you can invite.

Get shopping if you're hosting a meal or two. If you're more comfortable to order in rather than cook, this would be the time to place your Shabbat order!



1. GET YOUR FRIENDS AND FAMILY ON BOARD

Shabbat is best shared! Talk about it with family and friends. What are your expectations? No phones, Facebook, iPads or Xboxes. How are you going to keep busy? How can you make this new experience fun, exciting and an opportunity to grow and connect with Jews all over the world?



2. MAP YOUR WALK

Shabbat means trading in four wheels for two shoes. Plan your walking routes to friends, shul and parks. You'll probably see your neighbourhood like never before.

3. CARDIO WORKOUT

We don't use elevators on Shabbat, so if you live in an apartment block, make friends with the stairwell!

4. GET SHOPPING



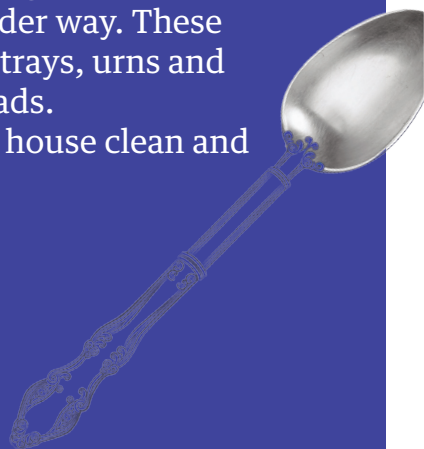
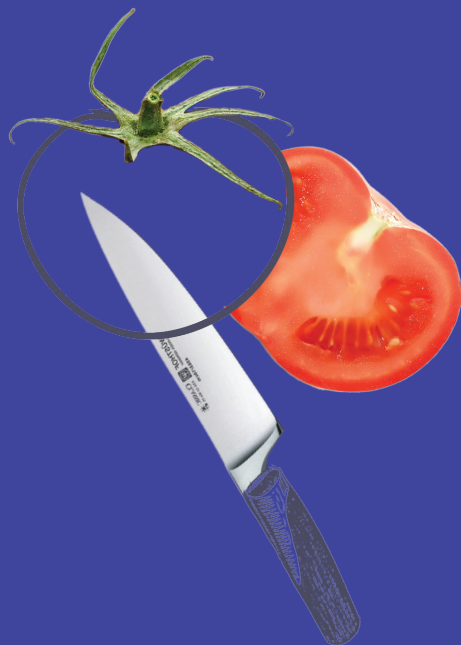
Here is a handy Shabbat Shopping List to get you started on some extras you might need for Shabbat.

- ☐ Candles
- ☐ Matches
- ☐ Wine or grape juice for Kiddush and Havdallah
- ☐ Ingredients for all your cooking
- ☐ Shabbat treats for the kids
- ☐ Salt
- ☐ Spices for Havdallah
- ☐ Tissues
- ☐ Liquid soap
- ☐ Mouthwash
- ☐ Liquid sunscreen* (if necessary)
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

* On Shabbat, we don't use thick substances that are smeared on.

THE DAY BEFORE CHECK IT OFF

Make sure you've checked off everything on your list, so you can get your day-before prep under way. These include things like switching on hot trays, urns and lights, and switching off phones, TVs and iPads. Get your food fully cooked (delivered), your house clean and ready, and yourselves bathed/showered and fresh for Shabbat.



5. GET COOKING (OR ORDERING)

Remember all food must be cooked before Shabbat comes in – just think, you'll feast like royalty on Shabbat, and you won't have to cook for 25 hours!



6. CHALLAH

Looking to buy fresh challah on the Friday morning before Shabbat? Just follow your nose (and the trail of other Jews) to your local kosher bakery. You'll need two whole challahs for each of the three Shabbat meals. You could use challah rolls, pita or matzah instead of big loaves.

7. GET YOUR HOUSE IN ORDER



Here's a helpful pre-Shabbat checklist.

8. LIGHTS ARE ON AND EVERYONE'S HOME

Remember to put lights on where you need them (bathrooms, living rooms, dining rooms and kitchen) and off where you don't (bedrooms), because you can't put lights on and off during Shabbat.

- ☐ Food cooked
- ☐ Foil or food-wrap sheets pre-torn* so that you can wrap leftovers after meals
- ☐ Clothes clean and ready
- ☐ House clean and ready
- ☐ Electronics packed away
- ☐ Tissues in bathrooms*
- ☐ Time-switches set
- ☐ Electronic remotes removed from the keys you will be using over Shabbat
- ☐ If you are staying in a hotel with electronic keys, ask for a manual key for Shabbat
- ☐ Disable automatic doors, lights or sensors, or remember to avoid intentionally setting them off.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

* On Shabbat we don't tear foil, food-wrap or toilet paper.



9. GET RED-CARPET READY

Bath, shower, do hair and makeup all before Shabbat starts.

10. LAST-MINUTE RUSH



We know it's hectic, but you're not alone! The chaos only intensifies the tranquillity that descends when Shabbat comes in. Check out our last-minute checklist for peace of mind.

- ☐ Everyone bathed and showered
- ☐ Lights on
- ☐ Urn filled and on
- ☐ Warmer/hot tray loaded with food and switched on
- ☐ Alarm clocks and reminders off
- ☐ Time-switches activated

GET YOUR HOUSE IN ORDER

What to wear?

Wash and iron before Shabbat comes in.

A switch a time

Time-switches are the way to go on Shabbat, to ensure hot trays, lamps, heaters and other plug-in appliances go on and off when you want them to.

Lights on

If you have a time-switch on your DB board, set it on Friday afternoon to turn the lights on and off at suitable times. If not, leave the lights on where you need them (communal rooms and bathrooms) and off where you don't (bedrooms).

Lights out

Tape down the switch for the light in the fridge with a piece of tape, so it remains off over Shabbat, even when the fridge is opened.

FOOD PREP 101

Cooking and Baking

If you aren't going to be cooking for Shabbat, join a communal meal or pre-order your meals. If you want to do it yourself remember that all cooking and baking must be done before Shabbat, so prep is essential.

Plan a menu and get started early in the week, to avoid pre-Shabbat panic. You'll feast like royalty – and you won't have to cook for 25 hours!

Warmers

Any food or soup can be put on the warming plates or hot trays before Shabbat comes in, to keep warm for a delicious Friday night dinner.

Tip: If you want a piping hot meal when you sit down to eat, heat the food before you put it on the hot tray.

If you want some hot food on Shabbat day, you can set your time-switch to turn back on on Saturday. The food must be there before the hot tray turns on and remove any liquid (gravy/dressing). If it's more up your alley, a fresh, cold chicken or meat salad can be a great alternative.



Slow Cookers

The scent of Shabbat lingers through the night, and we wake up to the aroma of cholent, stews or soups that have been simmering in the slow-cooker from Friday afternoon, to be kept warm for any meal on Shabbat.

Ovens and Stoves

Ready-cooked food can be placed in the oven or on a stove before Shabbat to be kept warm for dinner. Time-switches can be used to turn these devices on and off.

Urn

Need your coffee fix in the morning? Then an urn is essential! Fill and boil it before Shabbat. Once Shabbat is in, you can't adjust the settings or add more water.

Coffee and Tea

Hot water can cause cooking - so when we use an urn to make tea or coffee on Shabbat, we take certain steps to cool the water slightly before making our cuppa.

When it comes to coffee, pour the hot water in the mug first to give it a chance to cool down slightly, and then add coffee granules (sorry, no filter coffee or Nespresso machines!)

Tea is more complicated because the leaves inside the bags cook in very hot water.

To make sure you can enjoy a cuppa on Shabbat, either use tea granules, prepare tea essence (concentrated tea) before Shabbat, or pour the water from the urn into one cup, then into another one to cool it down, and then add a teabag.



11. SHUTDOWN

The moment we have been waiting for... enjoy turning off your mobile and the knowledge of the freedom it brings. Remember to disable any daily reminders and alarms.

12. LIGHT UP

Light candles at sunset, before Shabbat begins. Go to theshabbosproject.org/ times to find candle lighting times in your city.



SHABBAT

JUST BE

It's time to switch off and switch on... to light candles, breathe, pray and welcome in the holiness of the Shabbat. This is the chilled part of the map - this is where all the magic happens when we keep it together. Shabbat Shalom.



13. BREATHE

It's Shabbat! What's done is done. All that's left now is to enjoy the incredible energy of the day.



14. CARRY ON

On Shabbat, we don't carry or transport items outside of our houses, shuls or other 'private' domains, unless we are within an *eruv*. This can be complicated when it comes to house keys, babies, prams or tissues. Fortunately, the *eruv* makes it easier to get out over Shabbat. Technically, an *eruv* turns a neighbourhood, suburb or city into a 'single enclosed area'.

Before Shabbat, find out if you live within an *eruv*.

If you don't, you will have to think about house key hiding places and nearby Shabbat outings for kids.

15. WET, WET, WET

We don't use umbrellas on Shabbat. If it looks like rain, get out your raincoats (a plastic throw-away poncho will also do the trick).

AN ABSOLUTE LIFE-SAVER

Pikuach Nefesh

The Torah regards saving a life as one of the highest values of all.

The laws of Shabbat are completely suspended to save someone whose life is in danger.

It is a mitzvah not to hesitate, even if you are not 100% sure whether someone's life is actually in danger or not; you must take whatever action is necessary to save them.



16. KNOCK KNOCK

If you're going to shul or out for dinner, enjoy the walk! Resist the urge to ring the bell. Join the global chorus of Jews shouting "Shabbat Shalom". Use your outside voice!



17. EAT

After singing the traditional Shabbat songs – *Shalom Aleichem* and *Eishet Chayil* – make Kiddush, Hamotzi and let the feast begin... no explanation necessary! Remember to take the food off the hot tray before you serve it.

18. SHLOFF GEZUNT

With no WhatsApp to check, emails to answer to or series to catch up on, let a well-deserved Shabbat sleep take over.

CAN'T TOUCH THIS

Muktzeh

Muktzeh, meaning "separated", refers to items that we don't move during Shabbat.

Things are *muktzeh* if they have no possible use during Shabbat, or if handling them may cause you to break Shabbat.

Here are some *muktzeh* items:

- Electronic toys
- Musical instruments
- Money
- Twigs
- Matches
- Pens
- Tools
- Makeup
- Rocks
- Phones
- Computers
- Bars of soap
- Batteries
- Cameras
- Detergents
- Dirt
- Flour
- Glue
- Light bulbs
- Shofar
- Rolls of silver foil
- Toilet paper
- Sand
- Spray paint



CARRY ON

Eruv

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19. WAKING UP

There are few things better than waking up on Shabbat morning. No need to rush. Nowhere to go. You are where you need to be. Spend precious quality time with your family before heading out to shul or preparing for lunch.



20. KIDDUSH

Attend a shul Kiddush, or make your own. Have a glass of vino or grape juice on hand.

21. LUNCH

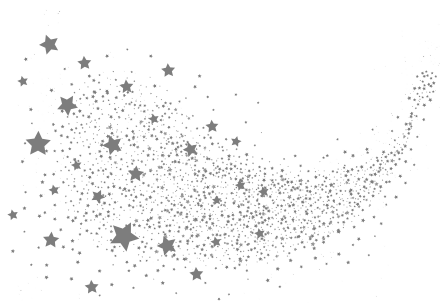
Sitting around the Shabbat table with family and friends for the second time in 25 hours – nothing better! Say Hamotzi over two challahs, or challah rolls, chat about what keeping Shabbat feels like, and let the energy of the day seep in.

22. AFTERNOON

Be warned! All this relaxing and time out might make you drowsy. A Shabbat afternoon nap is not mandatory, but recommended. Catch up on reading, play a game, take a walk in the park or take some time to learn a bit of Torah.

23. THE THIRD MEAL

Time to eat, sing and be together again. Just like a good friend, Shabbat gives us one more opportunity before saying goodbye.



24. HAVDALLAH

This marks the end of Shabbat, when we separate this holy day from the rest of the week. Make your way to your local Shabbat Project Havdallah Concert and celebrate having kept it together all over the world!

REST ASSURED

Melachah

In the Torah, Hashem asks us “to remember and safeguard the Shabbat”, “to keep it holy”, and “to rest and to refrain from all work (on the seventh day)”.

What constitutes ‘resting’ and ‘refraining from work’? The Oral Torah, given by G-d at Sinai, passed down through every generation, explains that this “work” – *melachah* in Hebrew – comprises the 39 creative actions dedicated to the building of the Mishkan, the Sanctuary which accompanied the Jewish people while travelling in the desert from Egypt to Israel. In general, these 39 activities are all physically creative and constructive, and exercise control over our environment. In every generation, these 39 eternal principles are applied to the particular local conditions, circumstances and technology of the time.

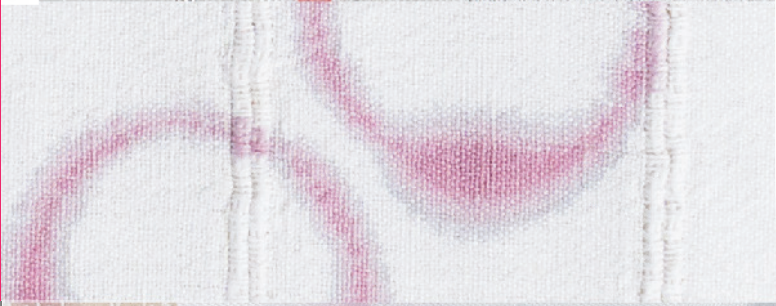
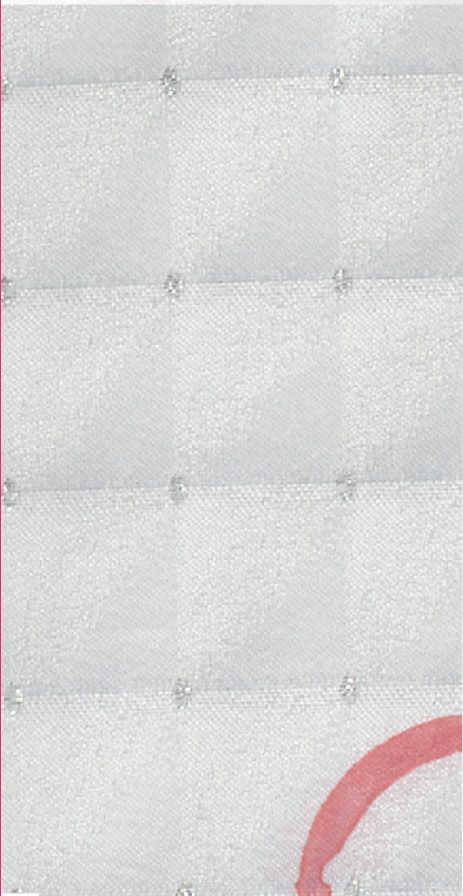
Today, on a practical level, we don’t use computers, phones, Kindles, iPads, TVs, and social media. We don’t send emails or check Facebook. We don’t cook, drive, use hot water from a geyser, or do laundry (yay!), partake in business, go shopping, handle money, or do any gardening. And we don’t apply makeup or thick creams.

It’s a distraction-free day. It’s a holiday from our demanding world. It’s about accepting that we cannot do it all, have it all or be it all.

Here are some examples:

- Driving
- Cooking and baking
- Phoning
- Laundry
- Gardening
- Shopping
- Writing
- Working
- Knitting and sewing
- Smoking
- Switching lights on or off
- Vacuuming





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