**BIG IDEAS FROM CLASS FIVE:**

**SHABBAT: PALACE IN TIME**

**Shabbat is one of the great religious institutions of the Jewish People, a day of reconnecting with the best of life and the best in ourselves, through ritualized separation from the distractions of the week and practices which emphasize community, spirituality, family, and gratitude.**

**SHABBAT** is commanded in both Exodus and Deuteronomy’s telling of the Ten Commandments. We are told that we must **SHAMOR (GUARD)** and **ZAKHOR (REMEMBER)** the Shabbat, in order to keep alive the **MEMORY OF CREATION** and the **MEMORY OF EXODUS**.

Q: How do we **SHAMOR (GUARD)** Shabbat?

A: We carve out Shabbat space for rest by refraining from our ordinary activities. We unplug from technology, avoid spending money, and generally cease from our constant work of changing the world—so that we can really appreciate all of the gifts that we have already received.

Q: How do we **ZAKHOR (REMEMBER)** Shabbat?

A: Rest doesn’t mean inactivity. On Shabbat we engage in activities that help us re-connect with each other and with ourselves. We eat good meals with wine, spend time with friends and family, take the opportunity for singing and for silence, engage in prayer and study, take a nap, read a book, go for a walk… and enjoy all the truly wonderful things in life.

**Shabbat BEGINS with CANDLIGHTING 18 minutes before sundown on Friday evening**

**Shabbat CONCLUDES with HAVDALAH one hour after sundown on Saturday night.**

*“Six days a week we wrestle with the world, wringing profit from the earth; on Shabbat we especially care for the seed of eternity planted in the soul.” – R’ Abraham Joshua Heschel “The Sabbath”*