



Shabbat



In the **Jewish** faith, **Shabbat** is the most important day of the week. It is time to stop work and relax as well as going to the synagogue to worship God.

The holy day of Shabbat begins on Friday night, when the sun goes down, and lasts until Saturday evening.

Certain rituals mark the beginning of Shabbat, such as the lighting of candles and the words 'Shabbat Shalom' which means 'hello and welcome to Shabbat'. Other rituals mark the end, such as the pouring of wine from a special cup to put out the candles.

Think about a weekly event that would be meaningful to you, and then answer the questions below.

Who would be involved? Would close friends or family be included? How many people would be there?

What special foods would you want? Would they be home-made or bought from a special place? Are there any foods which make you think of family and friends?

What special activities would take place during the event? What could everyone say or do to mark the start of the meal?

What would be the order of activities? Would it matter if there wasn't an order?

Design a sign for your event which reflects the things involved, or how it will make people feel.