Peulat Shabbat, Week #5

A Discussion about Shabbat

Part I:

1. Quotes about Shabbat are placed in the middle of the group. Each person should pick up one quote and read it. With the person sitting next to them (chevruta), discuss both partners’ quote.

® What is the quote saying?

® How is this quote connected to Shabbat?

® Do you agree/disagree with it? Why?

2. Share as a whole group

Part II:

3. Each person receives slips of paper with different words relating to Shabbat at camp. Individually, they will separate the papers into two piles: concepts I want to bring home with me vs. concepts I want to practice only at camp.

4. In partners, discuss how you each separated the pieces of paper.

® What were your similarities/differences?

® Why did you place each paper in a certain paper?

5. Share as a group.

® What did you discuss with your partner?

® On which points did you agree/disagree?

® Did talking with a partner influence you to change your mind?

® Why is Shabbat important at camp? How would camp look without Shabbat?

® Is Shabbat important outside of camp? Why/not? How would your life be affected by changing your Shabbat traditions?

Quotes:

וְי֙וֹם֙ הַשְּׁבִיעִ֔֜י שַׁבָּ֖֣ת ׀ לַיהוָ֣ה אֱלֹהֶ֑֗יךָ לֹֽ֣א־תַעֲשֶׂ֣֨ה כָל־מְלָאכָ֡֜ה אַתָּ֣ה ׀ וּבִנְךָֽ֣־וּ֠בִתֶּ֗ךָ עַבְדְּךָ֤֨ וַאֲמָֽתְךָ֜֙ וּבְהֶמְתֶּ֔֗ךָ וְגֵרְךָ֖֙ אֲשֶׁ֥֣ר בִּשְׁעָרֶֽ֔יךָ

Six days you shall labor and do all your work, but the seventh day is a sabbath of the LORD your God: you shall not do any work—you, your son or daughter, your male or female slave, or your cattle, or the stranger who is within your settlements.

אַשְׁרֵ֤י אֱנוֹשׁ֙ יַעֲשֶׂה־זֹּ֔את וּבֶן־אָדָ֖ם יַחֲזִ֣יק בָּ֑הּ שֹׁמֵ֤ר שַׁבָּת֙ מֵֽחַלְּל֔וֹ וְשֹׁמֵ֥ר יָד֖וֹ מֵעֲשׂ֥וֹת כָּל־רָֽע׃

Happy is the man who does this, The man who holds fast to it: Who keeps the sabbath and does not profane it, And stays his hand from doing any evil.

“And the Children of Israel shall observe the Shabbat, establishing the Shabbat throughout their generations as an everlasting covenant. It is a sign between Me and the children of Israel for all time, for in six days the Lord made the heavens and the earth, and on the seventh day He ceased from work and rested.” –V’shamru

“But regardless of one’s religion, or frankly whether one considers oneself religious, there’s a powerful message and purpose to the Sabbath. The gift of rest is desperately needed in our world today, where people work so hard almost every day, and yearn for meaning and find it hard to locate in our popular culture.” - Joe Lieberman

“The Sabbath is the most precious present mankind has received from the treasure house of God. All week we think: The spirit is too far away, and we succumb to spiritual absenteeism, or at best we pray: Send us a little of Thy spirit. On the Sabbath the spirit stands and pleads: Accept all excellence from me …” - Abraham Joshua Heschel, *The Sabbath*

“The Sabbath is a weekly reminder of the integrity of nature and the boundaries of human striving.” -*The Dignity of Difference*

“The Sabbath is the presence of God in the world, open to the soul of man.” God is not in things of space, but in moments of time.” -Abraham Joshua Heschel, *The Sabbath*

“The Sabbath sustains every one of Judaism's great institution. In the synagogue we re-engage with the community, praying their prayers, celebrating their joys, defining ourselves as part of the ‘We’ rather than the ‘I’.” -*Radical Then, Radical Now*

“As we keep or break the Sabbath day, we nobly save or meanly lose the last best hope by which man rises.” -Abraham Lincoln

“The spiritual rest, which God particularly intends in this Commandment, is this: that we not only cease from our labor and trade, but much more, that we let God alone work in us and that we do nothing of our own with all our powers.” -Martin Luther

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| Kabalat Shabbat  | Free time  | Havdallah  |
| Birkat Hamazon  | Irregular day  | Seudat Shlishit songs  |
| Shabbat songs  | Time with family | Torah  |
| Oh My Lord  | Time with friends  | Shabbat dinner  |
| Shabbat *shacharit*  | Shabbat *mincha*  | Shabbat *mariv*  |
| Shabbat brownies  | Shabbat candles  | No electricity  |
| Eishet Chayil | Challah | Kiddush |

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