

Experience THE DIVINITY

Shabbat is a day on which we relish our relationship with G-d. On this day, we spend as much time as possible feeding our soul, while we gather the spiritual strength to overcome the challenges of the week ahead. So stop by Chabad and spend some quality time with G-d.

On the day of Shabbat, we enjoy a second lavish meal.

We refrain from engaging in creative activities; those that add to or change the world we live in. Throughout the week, we are partners in G-d's task of creation. We help Him by doing our part in transforming the world into one of holiness.

But on Shabbat, G-d doesn't want us to create. He wants us to experience the holiness we have brought into the world. On Shabbat, the world is perfect, and it is our job to sit back and enjoy it.

Spend extra time relaxing with your family. Feel your soul gathering spiritual energy for the week ahead.



Experience THE PARTING

On Shabbat, we receive an extra soul, giving us a boost of life and love. When Shabbat leaves, so does our extra soul. So take in the aroma of a comforting spice, as we comfort ourselves with the knowledge that it will come again, next week.

EXPERIENCE IT:

Hold a full cup of wine while reciting the Havdalah:

Blessed are You, Lord, our G-d, King of the universe, who creates the fruits of the vine. Blessed are You, Lord, our G-d, King of the universe, who makes a distinction between sacred and profane, between light and darkness, between Israel and the nations, between the Seventh Day and the six work days. Blessed are You Lord, who makes a distinction between sacred and profane.

Drink the wine and allow the energy of Shabbat to rush through you for the last time, until next week.



Experience SHABBAT

Shabbat is an island of tranquility in the maelstrom of work and anxiety that characterizes our daily lives for the other six days of the week. For approximately 25 hours each week, the world literally comes to a halt: the business is closed, the car stays in the driveway, the phone stops ringing, the radio, TV and computer remain quiet, and the pressures of material life recede behind a curtain of purity. As we cease all creative involvement with the physical world, our focus turns inward – to family and friends, to our inner self, and to our soul. So join us as we enjoy the absolute tranquility of Shabbat.

Experience THE LIGHT

As the sun sets on the week, it is the woman who invites the light and warmth of Shabbat into her home. When she observes the powerful tradition of candle lighting, the woman floods her life, and the lives of those she loves, with the most sublime and spiritual light, inviting peace and tranquility to permeate her home for the entire week.



EXPERIENCE IT:

18 minutes before sunset, light one candle for every member of your family. (Girls over 3 are encouraged to light their own candle as well.) With your hands, motion the warmth of the flame towards your eyes three times, then cover your eyes while reciting:

Blessed are You, Lord, our G-d, King of the universe, who sanctifies us with His commandments, and enjoins us to light the candles of Shabbat.

For lighting times
in your area, visit
FridayLight.org.

Experience THE SANCTITY

On Friday night, we welcome the Shabbat Angels into our home, allowing them to participate in the sanctity of Shabbat with us. G-d declared the Shabbat holy, and we in turn sanctify it every week anew by reciting Kiddush.

EXPERIENCE IT:

Before beginning the meal, recite Kiddush over a full cup of wine:

Blessed are You, Lord, our G-d, King of the universe, who creates the fruits of the vine.

Blessed are You, Lord, our G-d, King of the universe, who has hallowed us with His commandments, has desired us, and has given us, in love and goodwill, His holy Shabbat as a heritage, in remembrance of the work of Creation; the first of the holy festivals, commemorating the Exodus from Egypt. For You have chosen us and sanctified us from among all the nations, and with love and goodwill given us Your holy Shabbat as a heritage. Blessed are You Lord, who hallows the Shabbat.



Experience THE PLEASURE

After Kiddush, we sit down to a lavish Shabbat meal consisting of two loaves of Challah (bread), fish, and meat. Don't forget the chicken soup! This is a meal of royalty, truly befitting for the Shabbat Queen.

EXPERIENCE IT:

After the meal, recite the Blessing After A Meal:

Blessed are You, Lord, our G-d, King of the universe, who, in His goodness, provides sustenance for the entire world with grace, with kindness and with mercy. He gives food to all flesh, for His kindness is everlasting. Through His great goodness to us continuously we do not lack [food], and may we never lack food, for the sake of His great Name. For He, benevolent G-d, provides nourishment and sustenance for all, does good to all, and prepares food for all His creatures whom He has created, as it is said: You open Your hand and satisfy the desire of every living thing. Blessed are You Lord, who provides food for all.

