

Schedule for Shabbaton
Friday, April 21st-Saturday, April 22

Friday, April 21:

6:15-6:45 Tot Shabbat

7:00 p.m. Shabbat evening service
Candle-lighting (actual time: 7:50 p.m.)
Dvar Torah: Shabbat: An Island in Time
Panel presentation:
followed by Potluck dinner, more conversation about Shabbat practice/Sacred Time, singing, Birkat HaMazon (blessing after the meal)

Please read in preparation:

- The Sabbath: A Guide to its Understanding and Observance, copied pages from pp. 77-91.
- Sabbath: Finding Rest, Renewal, and Delight in our Busy Lives, Wayne Muller, pages provided (1-8)
- 7th Heaven: Shabbat with Rebbe Nachman, pages provided
- Introduction, The Sabbath World, Judith Shulevitz

Saturday, April 22:

9:30 a.m. Torah Study (study of texts focused on Shabbat)

Please read in preparation:

- The Sabbath: A Guide . . pp. 25-59

10:45 a.m. Shabbat morning services

12:15 Kiddush Lunch (please bring food, if possible)

1:15-2:15 Study Session #1: Shabbat origins, changes, approaches

Please read in preparation:

- People of the Book in The Sabbath World, Judith Shulevitz

2:15-5:00 Break (time for nap, walk, schmoozing)

5:00-6:30 Study Session #2: The Value & Challenge of Unplugging

Please read in preparation:

- Remembering the Sabbath in The Sabbath World, Judith Shulevitz
- <http://www.sabbathmanifesto.org/unplug>

6:30-7:30 Seudah Shlishit (3rd Meal)

7:30-8:30 Sharing Personal Stories, hanging out

9:04 Havdalah

To be provided to participants:

The 39 prohibitions (work not done on Shabbat):

<http://www.myjewishlearning.com/article/shabbats-work-prohibition/>

The Sabbath: A Guide to its Understanding and Observance, copied pages from pp. 77-91.

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7th Heaven: Shabbat with Rebbe Nachman, pages provided

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Remembering the Sabbath in The Sabbath World, Judith Shulevitz

How to look up:

Candle-lighting time; havdalah:

<http://www.hebcal.com/shabbat/?geo=zip;zip=98115;m=54>

Hebrew Dates/Holidays/Torah portions (and more!): www.hebcal.com

Additional/Optional/Recommended Reading:

The Sabbath (Abraham Joshua Heschel)

The Sabbath Manifesto: <http://www.sabbathmanifesto.org>

The Sabbath World, Judith Shulevitz