



Sabbath Day Activities -

Enjoying the Gift of God's Rest

Shabbat day is marked by a special *shacharit* (morning) service that includes Keriat HaTorah (the reading of the Torah portion of the week), the reading from the Haftarah (prophets), and a Musaf (additional) portion read in commemoration of the Musaf sacrifices offered in the Temple.



After synagogue services, another (noon day) meal is served at home with friends and family. The Shabbat noon day meal begins with Kiddush. The daytime Kiddush (called Kiddush Rabbah) is of later origin (established by the Rabbis) and is of less prominence than the Kiddush of Friday night. It is also shorter with just one blessing recited.

The rest of the day is spent with family and friends, or perhaps by taking a nap and relaxing. Some families take walks on Shabbat day and visit other friends. Torah study is encouraged on Shabbat, especially for children.

שבת שלום

S h a b b a t S h a l o m !