



Shai's Shabbat Walk

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Synopsis

Shai enjoys taking his Shabbat walk. Along the way, he sees people and animals doing the same things he enjoys on a peaceful Saturday afternoon. Shabbat, the Jewish Sabbath, marks the seventh day of creation, when God rested. Every week, from sundown on Friday to the moment when three stars appear in the Saturday night sky, Jews observe the Sabbath by putting aside weekday activities. Shabbat is a time to eat delicious meals, sing in synagogue, read, take a nap, and often – just like Shai! – go outdoors for a long walk. To learn more, visit pjlibrary.org/shai.

Jewish Concepts

Along with rituals such as lighting candles, saying blessings over wine or grape juice and bread, and taking a break from much of the work we do during the rest of the week, many families take the opportunity to visit friends and family on Shabbat, reconnecting with the people they love. Shabbat traditions may differ from family to family, but whatever customs your family takes on, Shabbat can be a day of restorative relaxation – and a welcome respite from the hustle and bustle of everyday life. *Shabbat shalom!*