



# Buen Shabat, Shabbat Shalom

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## Synopsis

All over the world, families get ready for Shabbat. Join this South American family as they gather together to light candles, drink wine and grape juice, eat challah, and wish one another a *Buen Shabat!*

## Jewish Concepts

Shabbat, the Jewish Sabbath, begins every Friday at sunset and lasts through Saturday evening, when three stars appear in the night sky. Jews around the world take respite in this weekly opportunity for peaceful family togetherness. Shabbat is a day of rest, a time set apart from the everyday. It's traditional for families to light candles, drink wine and grape juice, share a meal with loved ones, pray and sing at synagogue, take leisurely walks, nap, and simply enjoy a break from chaos of the workweek. Rabbi Abraham Joshua Heschel referred to Shabbat as "a palace in time" – and what could be more precious in this modern world than time?

The Hebrew greeting for a good Shabbat is *Shabbat shalom*. In this story the family also wishes one another a *buen Shabat* in Ladino, the traditional language of Sephardic Jews whose ancestors hail from Spain, Portugal, and the Iberian Peninsula. Since the Jewish people have lived all over the globe, there are just about as many ways to wish one another a peaceful and good Shabbat as there are languages. Whether you do so in English, Hebrew, Ladino, Yiddish (the traditional language of Central and European Jews), or any other language, the sentiment is always the same: Enjoy this special break with your loved ones. What could possibly be sweeter or more important?