



ONE FINE SHABBAT

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Seth and Sadie Fine look forward to Shabbat all week, when they spend quality time with their parents doing cozy, meaningful activities. It's a Fine day indeed!

JEWISH CONCEPTS

The Fine family looks forward to Shabbat, the Jewish Sabbath, all week long – and they are not alone.

Remembering the Sabbath day and keeping it holy is one of the Ten Commandments, and is a cornerstone of Jewish observance. Shabbat is among the most significant holidays in the Jewish calendar – and it returns every week, bringing peaceful respite with it. The essayist Ahad Ha'am said, "More than the Jews have kept Shabbat, Shabbat has kept the Jews." Weekly Shabbat observance has helped the Jewish people deepen a sense of identity and community throughout time and throughout the world.

From sundown every Friday until Saturday at nightfall, Shabbat is a time to take a break from the hustle and bustle of the week. On Friday evening, Jewish families light candles, sing blessings, drink wine and grape juice, eat *challah* (braided egg bread), and enjoy a special dinner. Many also go to synagogue to share the holiday with their community. It is traditional to abstain from work and commerce during Shabbat, and many families avoid screens and other technology as well, using the time to play, nap, stroll, sing, picnic, and enjoy special family time, just like the Fines. *Shabbat Shalom!*

