

# Saturdays Are Special

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## How do we rest?

### And Now For Something Completely Different

Shabbat, the Jewish Sabbath, is a day of rest, but “rest” doesn’t mean doing nothing — people do many purposeful things on Shabbat. They’re just *different* from the things that fill the rest of the week. The child in this story shows us many ways in which Saturdays are special and different in her family, and all of them are about connection, inspiration, and rejuvenation. Rabbi Abraham Joshua Heschel, a twentieth-century rabbi and social justice activist, called Shabbat “a palace in time.” By treating this day differently, we create a holy block of time in the midst of our fast-paced, often hectic lives. How special is that?

### Don’t Mind If I Do!

So, what is the Shabbat difference? Well, there are some do’s and don’ts that go into the making of this unique day, and the child in this story shows us both. She and her mom don’t hoe or weed in their garden; instead, they simply spend time together enjoying the beauty of the outdoors. Her dad doesn’t mow the lawn or trim the tree; instead, he shares playtime with his child. Putting aside the to-do list opens up opportunities for other special things: going to synagogue, enjoying an afternoon nap, reading, taking a stroll. Shabbat offers time and space to remember the most important things in life, things that are sometimes all too easily passed by when it’s business as usual. To learn more, visit [pjlibrary.org/saturdaysarespecial](http://pjlibrary.org/saturdaysarespecial).

### Until Next Time...

All good things must come to an end, and Shabbat is no exception. But don’t worry — it’ll be back next week. The end of this special day is marked by a simple Saturday-night ceremony called *havdalah* (“separation” in Hebrew). Three elements make this ceremony a beautiful experience for the senses. A cup of wine or grape juice is filled to the brim, slightly overflowing to represent the abundance of blessings we hope for in the coming week. Sweet-smelling spices help to chase away feelings of sadness over the departure of Shabbat. A braided multi-wick candle is another cheerful sight; we thank God for the gift of fire on this first night of the new week. *Shavua tov* — have a good week!

## TALK IT OVER WITH YOUR KIDS

**H**ow would you feel if you had to work every day, without ever having a break?

**W**hat kinds of things can your family do to make Shabbat different from the rest of the week?

**W**hat do you like to do when you are resting?



## HANDS ON!



## Make Your Own Havdalah Spice Box

### Supplies

Empty mint tin  
Stickers

Sweet-smelling spices, such as  
cinnamon sticks or whole cloves



- 1 Use stickers to decorate the outside of your tin any way you like.
- 2 Fill the tin with the spices you’ve chosen. If desired, you can poke holes in the lid of the tin to let the sweet smells waft out, but opening the lid works just fine, too.
- 3 Enjoy the beautiful aroma of the moment, and look forward to next Shabbat!