The Shabbat Project
KEEPING IT TOGETHER

Keeping It Together
... Apart

"More than the Jews have kept Shabbat, Shabbat has kept the Jews."

– Achad Ha'am

Dear Friends,

For the first time in recent history, or maybe even for the first time in world history, we are all home... together. We have an unprecedented opportunity to bring the joy and happiness of Shabbat into our homes. We can disconnect from the fear and uncertainty of the world for 25 hours and take comfort in one another and our shared tradition. Join us in #KeepingItTogether this Shabbat, uniting our individual homes around the world in the warm embrace of Shabbat. Now, more than ever, we need Shabbat. (We've curated some of our best Shabbat resources to help you bring the light of Shabbat into your home.)

United together. Physically apart.
One nation. One heart.

May G-d bless our community and our world with healing and health.

Chief Rabbi Warren Goldstein and The Shabbat Project Team

A Shabbat Map

Our Shabbat Map will take you on a journey of how to prepare for and fully experience Shabbat at home in all its beauty.

***Please note:** *This Shabbat Map does not account for social distancing and other precautions necessary at this time. Please follow all of your local regulations and recommendations.*

DOWNLOAD HERE

The Shabbat Companion

There's nothing to fear when it comes to keeping Shabbat. With our Shabbat Companion, you will be guided through all the experiences, songs and blessings of the day.

DOWNLOAD HERE

Challah Bake

Have your very own exclusive family challah bake in the comfort and safety of your home! We have everything you need to create your challah bake – all you need to do is convince your family to join in, and then play, plug and knead with our Challah Bake Demo.

CHALLAH BAKE DEMO

A STEP-BY-STEP CHALLAH BAKING CARD

Articles

Gratitude and optimism are the keys to taking a difficult situation and turning it into a life-changing experience. For some magical stories to kick-start your inspiration, have a look at these. You can read them throughout the week or print them out to read on Shabbat.

Stealing a Day out of Life to Live

Founder of The Shabbat Project, Chief Rabbi Goldstein, explains how in a world of distraction and disconnection, Shabbat enters to offer us that chance to connect, to revisit, reinvigorate and reinvest in our most important relationships.

READ HERE

Do Nothing

On Shabbat, we come face to face with the world as it is and ourselves as we are, according to Rabbi Shais Taub. It's frightening. It's liberating. And it's deeply necessary.

READ HERE

A Shabbat State of Mind

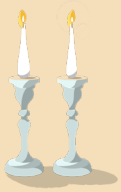
Rabbi Ari Shishler teaches us how to move Shabbat from your calendar into your consciousness. Shabbat is not a slice of time... it's a state of mind.

READ HERE

Digital Overload

Screen-time is consuming our every waking moment. Simon Apfel explains how Shabbat, the Jewish day of rest, offers us a 25-hour respite from our digital overload.

READ HERE



Youth Resources

Keep your kids busy and productive this week, with these fun Shabbat-inspired activities to print out at home in the week leading up to Shabbat

SHABBAT COLOURING BOOK

DIY SHABBAT SAND CANDLESTICKS

AN INTERACTIVE JOURNEY OF SHABBAT ACTIVITY

(nursery school)

AN INTERACTIVE JOURNEY OF SHABBAT ACTIVITY

(elementary school)

Videos

To get in the Shabbat mood - we partnered with

Tova Feldush - Listen to Tony award-winning actress explain why she has found Shabbat to be such a gift.

The Maccabeats - Harmonize with the Jewish household favourite a cappella group to the words of havdalah.