

TBS Parsha Study Curriculum / PARSHAT VAYECHI – Shabbat Family Study

12/13/13

Theme: Shabbat

Gimmel (3rd Grade), Daled (4th Grade):

Hyam Blum, Norman Fried, Sharon Solomon

Hay (5th Grade):

Joe Soffer

Vav (6th Grade), Zayin (7th Grade):

Rabbi Schlosberg, Sandy Berger

Theme: Bringing Shabbat into your home
Shabbat Rituals and Traditions

Begin program with Shabbat Nigunim, songs and melodies (5:30 to 5:45)

Rotation amongst 4 stations of four groups A B C D – Visit each station for 7 minutes.

Station I **Rabbi Lucas or Rabbi Schlosberg** will lead a short Limud on the “**Shabbat Box**” concept to store store away workday tools and worries.

Station II **Nerot – Lighting the Shabbat Candles & It’s Meaning**

Shamor & Zachor - Observe and Remember

Making a personal prayer after lighting the candles

Teaching the history of candle lighting

What is the symbolism of candle lighting?

Making Shabbat a time of holiness

- Element of hope
- Gods coming out of creation
- Bring warmth – emotional and physical warmth into our home
- Setting the day apart (Michol Le’kodesh)
- Creating sanctity and bringing in the Shechina
- For women and daughters – reinforcing and crating a memory between mothers and daughters going back generations
- Many families light Shabbat Candles in their homes as a family and it becomes a household ceremony together
- Ceremonies during Candle-lighting: serving cake or a sweet treat to sweeten the Shabbat mood and atmosphere
- Creating our own unique ceremony and tradition

Station III **Birkat Banim: Blessing our children and one another**

- Understanding the traditional b’racha (blessing)
- Renewing connection
- Shalom Bayit, making peace at home
- Blessing one’s children was ordained in the Torah when Jacob gave two of his grandchildren and then twelve of his children a personalized blessing
- Creating your own personal family blessing (bracha)

Station IV

Kiddush – Sanctifying the day of Shabbat Over Wine

- The opening toast to dedicate the holy recalling both of Creation of the World and the Exodus from Egypt
- Celebrating Shabbat – it's creativity and freedom
- We are instructed to observe Shabbat in the Ten Commandments, which is stated in two separate places in the Torah. Each one uses a different explanation for why we observe Shabbat. Can you spot the difference?
- Why do you think we recall creation in the Kiddush for Shabbat? What is the connection between Shabbat and Creation?
- By sanctifying Shabbat as a reminder of the acts of Creation, we are committing ourselves to act as God's partner in the creation, and to renewing creation each day.
 - How do we act as God's partner in creation?
 - What are some ways you and your family and community can work together as God's partners in creation?
- Creating a Shabbat ritual around your Shabbat table
 - What did I do this week to be partners with God and take part in Tikun Olam, helping repair the world