

# PASSPORT

FOR SEED'S SHABBAT ISLAND



IN THIS PASSPORT THERE ARE CHALLENGES  
AND POINTS TO BE WON SO THAT YOU AND  
YOUR CLASS CAN **WIN PRIZES!**

# WELCOME TO SEED'S SHABBAT ISLAND



*Seed*  
Life tools for  
Jewish Families

  
THE MAURICE WOHL  
CHARITABLE FOUNDATION

# EARN POINTS FOR YOUR CLASS - AND WIN TAKEAWAY PIZZA FOR YOUR CLASS!

## HOW TO EARN POINTS?

Complete challenge 1 from any page in this booklet =  
**earn 2 points**

Complete challenge 2 from any page in the booklet =  
**earn 4 points**

Complete parent and child learning =  
**earn 5 points**

Complete the JI Game (<https://jitap.net/activities/gf7q/Seed-Shabbos-Game->) =  
**earn 5 points**



## HOW TO REGISTER POINTS?

Enter your points via this form  
(<https://bit.ly/shabbatislandpoints>) and make sure to  
choose your class!

# KIDDUSH

We make Kiddush over a cup of wine or grape juice on Friday night and on Shabbat morning. Kiddush is about declaring Shabbat different to all other days.

**Did you know:** If a person doesn't have wine/grape juice on Friday night, they make Kiddush over Challah!



## CHALLENGE 1

Listen to someone make Kiddush on Friday night and Shabbat day



## CHALLENGE 2

Read the Hebrew and English text of Kiddush on Friday night and Shabbat day

# CHALLAH

We put two challahs together and make the bracha of hamotzi on them

**Did you know:** The reason the bread is called 'challah' is a reminder - because a part of the loaf is separated as holy - that part is 'challah.' It's also a bigger mitzvah to bake your own challah than you buy from the shop!



## CHALLENGE 1

Put the challahs on the table for the meals and make sure you put a cover over them.



## CHALLENGE 2

Make your own challah at home!

# TEFILLAH

Shabbat has special prayers – we read from the Torah and add the Mussaf prayer, as well as a special Friday night Kabbalat Shabbat service

**Did you know:** In the 16<sup>th</sup> Century in Tzfat on Friday nights they used to go out into the fields to greet Shabbat – in this context Lecha Dodi was written



## CHALLENGE 1

Sing all of Lecha Dodi on Friday night



## CHALLENGE 2

Say some or all of the Shabbat Amidah standing prayer

# FAITH (EMUNAH)

Shabbat is all about faith – we stop our work to realise that Hashem created the world

**Did you know:** Shabbat is about Hashem creating the world and also that He took us out of Egypt – He set up the world and gave us a mission



## CHALLENGE 1

Discuss with your family about what belief in Hashem means to you



## CHALLENGE 2

Name three things you do because you believe in Hashem

# SHABBAT FOOD

On Shabbat we have extra nice food

**Did you know:** It is a mitzvah to enjoy the food on Shabbat. There's also a mitzvah to taste the food before Shabbat to make sure it's right – but don't fill yourself up before Shabbat!



## CHALLENGE 1

Discuss with your family: what is your favourite part of the Shabbat meal and why?



## CHALLENGE 2

Make the Shabbat meal all the more special by sharing some ideas about Shabbat



# PREPARATIONS FOR SHABBAT

We prepare for Shabbat by making the house clean, showering, wearing Shabbat clothes and setting the table for Shabbat

**Did you know:** There is a mitzvah to prepare for Shabbat – the more we do ourselves the better!



## CHALLENGE 1

Set the table for Shabbat



## CHALLENGE 2

Clean your room and the dining room before Shabbat

KIDDUSH

# SHABBAT CANDLES

Mummy lights two candles before Shabbat

**Did you know:** The two candles match the two parts of Shabbat – guarding the holiness of Shabbat by not working and remembering Shabbat by making Kiddush



## CHALLENGE 1

Watch mummy lighting the Shabbat candles



## CHALLENGE 2

Ask Mummy to bless you and pray for your success after lighting candles

# PARENT AND CHILD LEARNING

## How to do Shabbat on an Island?

Have you ever wondered if Shabbat is the first day of the week or the last day of the week? And whilst you are thinking...

What if you were actually stuck on a desert island and did not know when Shabbat was? Which day would you assign as Shabbat? The Gemara has exactly this case dilemma...

*If a person was travelling in the desert and lost track of time, such that they do not know when Shabbat is, what do they do? They count six days and observe the seventh. Chiya Bar Rav disagrees and says that he observes the first day and then counts six.*

**Why do you think one opinion said to start with six days and then count the seventh as Shabbat, whilst the other opinion said first keep Shabbat and then count six days?**

The Gemara continues...

*What is the basis of their argument? One says we follow the creation of the world, whilst one looks at it from Adam's perspective.*

Fascinating! The creation of the world saw six days of work and then a seventh day of Shabbat. But Adam was created on day six, so from his perspective he saw one day of Shabbat then and six days of work!

**What do these two views tell us about Shabbat?**

Rabbi Shmuel Bornsztain in 1925 writes as follows:

*Shabbat has two aspects. On the one hand it is the final day of the week – it completes and uplifts everything that came before it. But Shabbat also provides vitality and spiritual focus for the next week. Our two views in the Gemara were simply speaking about the two different parts of Shabbat.*

So is Shabbat the first day of the week or the last day of the week? It's both! We use Shabbat to look back at our week. But Shabbat also gives us a chance to focus on what matters to us most in life, to be with family, to build our Jewish identity and connect to Hashem – this gives us a new perspective entering next week.

**What can I do to upgrade my Shabbat?**



## CONTACT INFO

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