

# SHABBAT

**“Guard/keep the Sabbath to keep it holy” (Exodus 20:8)**  
**“Remember the Sabbath to keep it holy.” (Deuteronomy 5:12)**

שמור את יום השבת לקדשו ... זכור את יום השבת לקדשו



The *Torah* teaches that G-d created the world in six days and rested on the seventh. This day is called *Shabbat* (which means “rest”) and it is a day of rest.

*Shabbat* begins at sunset on Friday evening and ends at nightfall on Saturday night, when three stars can be seen in the sky.



*Shabbat* is welcomed by the lighting of two candles to symbolise the extra light and joy of the day. The two candles are also a reminder that *Shabbat* should be both ‘remembered’ and ‘kept’ as special.

The Friday evening meal starts with a blessing (*Kiddush*) over a glass of wine. This is followed by blessing two loaves of special bread called *challah* which are a symbol of the two portions of manna (special food that the Jewish people ate in the desert) that were collected on Fridays to last over *Shabbat* so that they wouldn’t have to work during *Shabbat*. The wine and *challot* (plural) are shared by everyone.



*Shabbat* is a special time for families and friends to spend together, in the home or at synagogue, not distracted by work and usual, busy weekday routines.

We say goodbye to *Shabbat* on Saturday night with a ceremony called *Havdalah*, meaning ‘separation’. Blessings are made over the light of a multi-wicked candle, a glass of wine and sweet spices. *Havdalah* separates the holy *Shabbat* from the rest of the week.



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