

BET TORAH Share Shabbat

We invite you to be part of Bet Torah's "Share Shabbat" initiative. We are inviting each and every one of you to reach out to one or two (or even three) families or individuals who are part of the Bet Torah family, and to start a tradition of sharing Friday night dinners together. Why? To help to push the pause button in your crazy life and create some balance. To build in more time to connect with your family, and with other Bet Torah families.

We suggest you try to pick one Friday night a month to commit to...but start in a way that feels comfortable. The people you reach out to 'share' with can be people/families you know well, or people/families you have always wanted to find a way to get to know better. And if you need help finding another family or someone to Share Shabbat with, or if you want to offer your home to invite another family in, we are here to help.

Excuses for not celebrating Shabbat:

- It takes too much time
- The train gets in late
- I don't have time to cook
- We don't know the blessings
- The challah didn't rise
- My kids won't eat brisket
- The house isn't clean
- The dog ate the challah (it happens...and it's quite unsafe if not baked)

Why Share Shabbat:

- Press the pause button in your crazy life and create some balance
- Connect with your family
- Connect with other Bet Torah families
- Create a family ritual

Ways to Share Shabbat:

- Anytime Friday evening that works for you and your family
- Start with one blessing
- Blessing need not be in Hebrew
- Pizza Shabbat
- Sushi Shabbat
- Mac & Cheese Shabbat
- Brisket Shabbat (we had to add)
- Potluck Shabbat
- Dessert Shabbat
- Outdoor Shabbat
- Look out for the Share Shabbat Box to help you with celebrating Shabbat.

Will you Share Shabbat?

Every family participating in this new initiative will get a Share Shabbat Box to help you celebrate Shabbat. To pick up your Share Shabbat Box, please email lifelifelonglearning@bettorah.org