

# THE DAY BEFORE CHECK LIST

Make sure you've checked off everything on your list, so you can get your day-before prep under way. These include things like switching on hot trays, urns and lights, and switching off phones, TVs and iPads. Get your food fully cooked (or delivered), your house clean and ready, and yourselves bathed/showered and fresh before Shabbat comes in.

- Food cooked
- Foil or food-wrap sheets pre-torn\* so that you can wrap leftovers after meals
- Clothes clean and ready
- House clean and ready
- Electronics packed away
- Tissues in bathrooms\*
- Time-switches set
- Electronic remotes removed from the keys you will be using over Shabbat
- If you are staying in a hotel with electronic keys, ask for a manual key before Shabbat (to use on Shabbat). If there isn't one available, you may arrange with the hotel to open your room for you
- Disable automatic doors, lights or sensors, or remember to avoid setting them off

## TAKING THE PLUNGE

*Rabbi Dr. Sam Lebens*

"In a sense, Shabbat symbolises the leap of faith that God took in creating a world. Think of all the possible worlds that he could have created. And yet He created ours – and left the rest as formless possibilities held in suspended animation. Think of all the possible people He could have created in your place. But God took the plunge on you. For God to sanctify the Shabbat was to pronounce the world, in some sense or other, Complete; to choose it over all of the possible other worlds that He could have created. When we bring in Shabbat, and put the rest of our lives on hold despite feeling under Prepared, we're taking a similar leap of faith. It's true that I could have sent one more email before turning off the computer. It's true that I could have swept one more floor, or cooked just one more dish for dinner. I could have remembered to iron my shirt! But I cross over into Shabbat, putting creation on hold, going in with what I've got, in the faith that the ideas and laws of Shabbat are worth taking the plunge on. We see that Shabbat is both an expression of our faith in God, and of God's faith in us."



\* On Shabbat we don't tear foil, food-wrap or toilet paper.

# LAST MINUTE CHECK LIST

## GET YOUR HOUSE IN ORDER

### WHAT TO WEAR?

Wash and iron before Shabbat comes in.

### A SWITCH IN TIME

Time-switches are the way to go on Shabbat, to ensure hot trays, lamps, heaters, go on and off when you want them to.

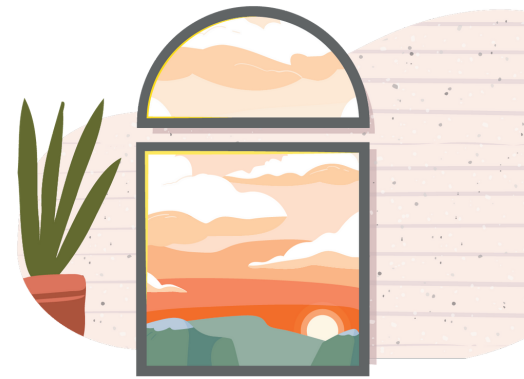
### LIGHTS ON

If you have a time-switch on your DB board, set it on Friday afternoon to turn the lights on and off at suitable times. If not,

leave the lights on where you need them (communal rooms and bathrooms) and off where you don't (bedrooms).

### LIGHTS OUT

Deactivate the light in your fridge by taping down the switch or removing the light bulb, so that it remains off over Shabbat, even when the fridge is opened.



- Everyone bathed and showered
- Lights on and/or off as required
- You can fill up an urn before Shabbat, or if you're really brave, go coffee/tea free
- Heat up all your food for Friday night before Shabbat starts, then turn off your oven so the food will stay warm until dinner time, or place it on a hot tray. If you want hot food on Shabbat day you can warm it up on a hot tray; make sure that the food is fully cooked with no liquids.
- The hot tray should be turned on before Shabbat or set to turn on by a time-switch which was set before Shabbat.
- Turn off alarm clocks and reminders that will not be needed on Shabbat (because you can't turn them off on Shabbat)
- Time-switches activated if you have them on your lights, stove, heaters or fans

## SHABBAT PREP AND THE SAGES OF THE TALMUD

*Talmud Shabbos, 119a*

R' Abahu would sit on a stool of ivory and fan the fire (used to cook for the Sabbath).

Rav Anan would put on a black smock (on Fridays to demonstrate that this was not a day for keeping clean and neat but rather for cooking food for the Sabbath).

Rav Safra would sing the head (of the animal being prepared for the Sabbath meal).

Rava would salt the shibbuta (fish for the Sabbath meal).

Rav Huna would light lamps (for the Sabbath).

Rav Pappa would twine the wicks (for the lamps).

Rav Chisda would mince the beets.

Rabbah and Rav Yosef would split wood. R' Zeira would kindle (the fire).

**The  
Shabbat  
Project**

KEEPING IT TOGETHER