

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.