

SHOPPING LIST

It's time to make your Shabbat lists... think guest lists, shopping lists, menus and other to-do's you want to have planned for Shabbat. Decide which shul you'll be attending and map your walk. Get shopping if you're hosting a meal or two. Think of the guests you can invite. If you're more comfortable to order in rather than cook, this would be the time to place your Shabbat order!

- Candles for Friday night
- Havdallah* candle
- Matches
- Wine or grape juice for Kiddush and Havdallah
- Spices for Havdallah
- Ingredients for all your cooking
- Shabbat treats for the kids
- Salt (for dipping the challah)
- Tissues**
- Liquid soap**
- Mouthwash**
- Spray-on sunscreen** (if necessary)

ROMANCE OF SHABBAT

Senator Joe Lieberman

"Whether I'm in Stamford or Washington, I try to get home earlier on Friday than any other day of the week so I can participate in preparing for the Sabbath. In accordance with Jewish tradition, I always bring flowers home for Hadassah and our Shabbat table on Fridays. A Capitol Hills newspaper once surveyed members of the Congress, asking, among other things, "Do you ever buy your wife flowers?"

"Yes" I said

"How often?"

"Every week," I answered

"Oh my goodness," said the reporter, "you are so romantic!" The resulting article nominated me as one of the most romantic members of Congress."



* Havdallah is said at the close of Shabbat, to usher in the new week

** On Shabbat, we don't tear toilet paper, squeeze toothpaste or use thick substances that are smeared on.