

A GUIDE TO SHABBAT AFTER SUNDANCE

At **Shabbat Lounge**, we encourage our guests to *plug-into* the oasis of chill that is Shabbat. We spend quality time together and focus on where we are, and who we are with.

Shabbat happens every weekend and is a time to invest in relationships:

- Relationship with our loved ones, usually over a healthy and delicious dinner, with quality time, meals, walks, reading, synagogue.
- Relationship with the Infinite, connecting in prayer, meditation, and song.
- Relationship with ourselves, not trying to create, promote, build, edit, craft, but to accept where we are in the universe.

It has a transformative effect. We encourage you to try it!

As Rabbi Yonah explains, *"The most important elements of Shabbat are the guests, a beautiful table, and mindfulness that we are intentionally setting aside this time to welcome some rest and peace into our lives. We use candles to bring light and peace into our homes, wine to gladden our heart and sanctify time, and challah, a special bread to share and start our feast."*

For more about the spiritual side of Shabbat, please read Rabbi Yonah's [HuffPost article, Where God Is Depends on Us](#).

THE HOW-TO OF SHABBAT

When does Shabbat start?

Shabbat starts at sundown on Friday. To know what time Shabbat begins and ends in your city, check what time **Candle Lighting** is on this [website](#).

Resources:

- This year we hosted meditation. If you'd like to learn more, here's a link to a wonderful introduction to [Jewish meditation by Rabbi Aryeh Kaplan](#).
- Two short inspiring books about shabbat [here](#) and [here](#).
- **[Shabbat Across America \(March 3-4, 2023\)](#)**
- **[The Shabbos Project \(Nov. 10-11, 2023\)](#)**

SHABBAT SHALOM!

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