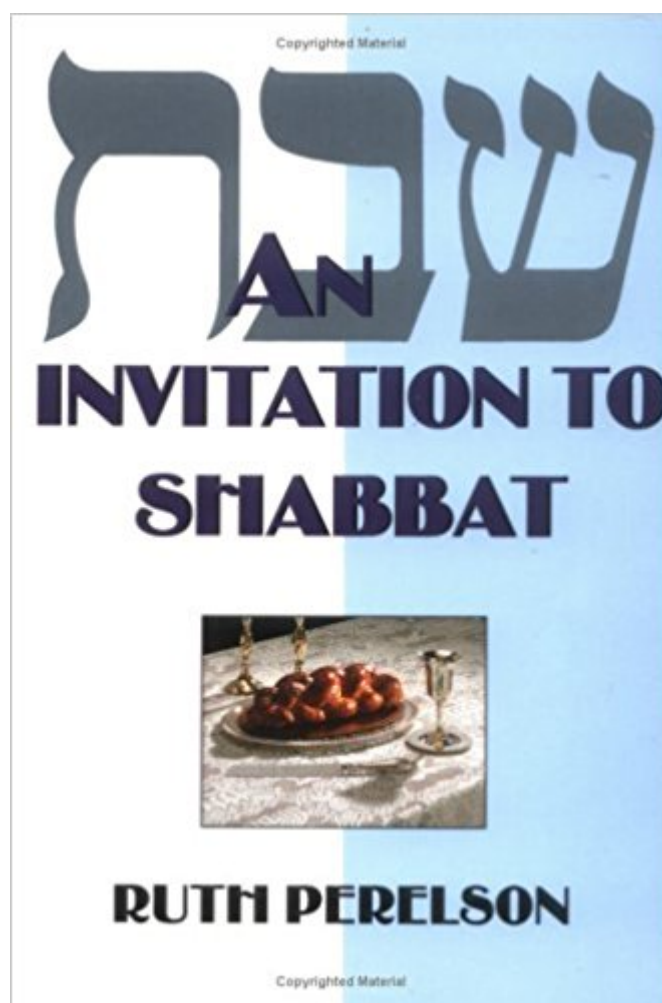


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# An Invitation To Shabbat: A Beginner's Guide To Weekly Celebration



## Synopsis

A Project of the Union of American Hebrew Congregations Department of Education Our invitation to you: Encounter books that will enrich the Shabbat experience for you and your entire family. Explore Shabbat step-by-step and blessing-by-blessing from candle lighting to Havdalah. Discover the essential elements of tradition along with modern options for enhancing spiritual awareness. Explore the many paths to a satisfying Shabbat celebration through the words of those who began to observe Shabbat as adults. Blessings in Hebrew, transliteration, and English are included, alongside descriptions of rituals, as well as their history and folklore. Rounding out this extraordinary guide are traditional recipes--Ashkenazic and Sephardic--a bibliography, and a CD recording for learning and pleasure that brings to life the music of Shabbat.

## Book Information

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## Customer Reviews

This is a great book for those newly beginning Shabbat observance, or for those returning to observance again after being away from it for a while. There are explanations for why we do what we do, what it means, the origins of the traditions, and even some recipes for the Sabbath dinner! It is a wonderful addition to your collection of Jewish books. The authors guide the reader through the Shabbat experience, including suggestions for family time, personal, time, etc. I especially love the CD that comes with this book. It has some of the most wonderful Shabbat prayer songs, and the words are in the book (Hebrew and transliteration), so you can learn the prayers yourself. The CD can prove to be a huge help to those new to Judaism because by learning the prayer songs, one may feel confident in that part of the worship service. I highly recommend this book and the included

CD!

This is a nice book. Not too deep but with different input from various authors on ways to Celebrate Shabbat for the beginner or for the person or Family who wants to come back to Celebrating Shabbat. I have many books covering the subject but this one gave me a different perspective and some creative ways of working Shabbat Celebration into our lives since we haven't celebrated it in the past. It is not a big book but I think that the information inside I have found make it a very valuable addition to my library and one I know I will pick up from time to time as a reminder and a reference.

Good guide to Shabbat for any "new Jews"... Definitely makes it accessible. Very Reform Jew oriented, so you would get a very different perspective on the details of celebrating Shabbat from someone more orthodox in their orientation. Helped our family start to celebrate Shabbat from scratch, and for that I am very grateful.

I've read a lot of Jewish spirituality and living in the last year and appreciate how the religious tradition brings God into every aspect of life. One of the most precious offerings of the Jewish faith is Shabbat. I'm not Jewish and am not likely to adopt Shabbat, but this book has informed and given a depth to my own spiritual/religious practices they didn't have before. And if you do want to learn how to keep Shabbat, you will learn it here.

This book is what I needed at this time. Thank you.

It's working perfectly for my special Shabbat Dinner!

Great book. Good read, even has its own soundtrack. Answered some of my questions and then some. Worth the cheap price.

great book...easy to understand....

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