



ENHANCING SHABBAT at HOME – OKC Resource Guide

Ideally, *Shabbat* is a day of delights that fills our homes with light and warmth and opportunities for rest, contemplation and Jewish study. Our pace slows, and we can rejoice in the closeness of our families, and the embrace of our friends whom we welcome to our homes.

The COVID-19 pandemic has restricted all of us in significant ways. We offer you the attached resources in the hope that they will enrich your home celebration of *Shabbat*. They are culled from some of the best current materials available for adding joy to *Shabbat*. Use these materials within your families during the pandemic, and afterwards. Please share your reactions to them with us.

May you celebrate each Shabbat with joyous hearts.

The Members of the OKC Religious Activities Committee & Subcommittee on Facilitating Home Observance

General References and Guides for *Shabbat* at Home

Liturgy

- [Rabbinical Assembly form for weekly siddur and chumash downloads](#). Download *Shabbat* service from either *Lev Shalem* or *Sim Shalom* as well as text of the weekly parasha.
- Complete PDF of [Siddur Lev Shalem for Shabbat and Festivals](#). You may also borrow or order a copy from Ohr Kodesh.
- [B'kol-Echad-In-One-Voice](#) Edited by Cantor Jeffrey Shiovitz and Amy Dorsch, common *bencher* used at OKC and homes throughout the world. Includes *Shabbat* and Holiday blessings, *Z'mirot* (Hebrew songs), Grace after Meals, Songs of Israel, Wedding Blessings.

Guides to Shabbat Observance

- Ron Wolfson, [The Family Guide to Preparing for and Welcoming the Sabbath](#). A step-by-step guide to Friday night home *Shabbat* observance, by a leading Conservative Jewish educator, with perspectives of people in different family situations.
- Rabbi Lawrence A. Hoffman [My People's Prayer Book, vol. 7, Shabbat at Home](#). The texts of the *Shabbat* home observances, with accessible pluralist commentaries from a variety of perspectives (biblical, Talmudic, feminist, etc.). There are several volumes in this series, volumes 8-10 also cover *Shabbat*.

- Noam Sachs Zion & Shawn Fields-Meyer [*A Day Apart: Shabbat At Home*](#) (Shalom Hartman Institute). Wonderfully illustrated book offers families art, music, customs, blessings, stories, reflections, and topics of conversation that will enhance *Shabbat* observance.

Books about *Shabbat*

- Abraham Joshua Heschel, [*The Sabbath*](#). The classic spiritual view of *Shabbat* by a preeminent theologian of the Conservative Movement.
- Abraham E. Milgram. [*Sabbath: The Day of Delight*](#).
- Eitan Fishbane [*The Sabbath Soul: Mystical Reflections on the Transformative Power of Holy Time*](#). This book can help enrich the spiritual experience of *Shabbat* by offering an accessible *Shabbat* observance guide that draws directly on teachings and writings of Hasidic masters from Ba'al Shem Tov to Sefat Emet as well as personal prayers from the Breslov Hasidic tradition.
- Amy Hest (author) and Claire A. Nivola (illustrator): [*The Friday Nights of Nana*](#) Full of gorgeous colors and absorbing detail, this story portrays the rich pattern of love and tradition woven into the special relationship between a child and a grandparent.

My Jewish Learning:

- <https://www.myjewishlearning.com/> Nice overview of *Shabbat* rituals including texts in Hebrew/transliterated and translated
- <https://www.myjewishlearning.com/article/shabbat-blessings/> Article on easy steps to making *Shabbat* accessible for families: <https://www.myjewishlearning.com/article/shabbat-for-families/>

Activities, Song and Cuisine

- Durga Yael Berghard (Author): [*Around the World in One Shabbat: Jewish People Celebrate the Sabbath Together*](#) From Israel to Thailand, from Ethiopia to Argentina, you and your children are invited to share the diverse *Sabbath* traditions that come alive in Jewish homes and synagogues around the world each week—and to celebrate life with Jewish people everywhere.
- Susan R. Friedland (Author): [*Shabbat Shalom: Recipes and Menus for the Sabbath*](#) The author of *The Passover Table* introduces a delicious assortment of more than 175 recipes and menus for the *Sabbath*, in a collection that spans the entire diaspora of Jewish food and includes dishes suitable for every season of the year.
- Pasternak, Velvel [*Z'mirot Anthology*](#) (Tara Publications) Definitive collection of *Z'mirot* for the entire *Sabbath* celebration. More than 150 selections with melody line, chords, texts, transliterations, translations, historical background and footnotes.

- Zemirotdatabase.org - this is an eclectic collection (almost like a “wikipedia”) for *zemirot*. Not limited to *Shabbat* but a decent selection of *Shabbat* and *Havdalah* *zemirot*. Also, anyone who has a new one that isn’t already included can easily add their own rendition so it is a mechanism to keep rare melodies alive and invite others to learn them.
- <https://www.myjewishlearning.com/article/zemirot/> - Nice summary of *zemirot* from myjewishlearning with some highlights of popular songs.
- Bim Bam/Short Jewish teaching videos with whole section on *Shabbat*:
<https://www.bimbam.com/judaism-101/shabbat/>

Resources for the Weekly Torah Portion

- www.sefaria.org - *Sefaria* is a comprehensive, on-line library of fundamental and classic Jewish texts, including all of TaNaKh, the Babylonian Talmud, most classic liturgical texts and a wide variety of commentary from throughout Jewish history. TaNaKh, Talmud and most liturgy have excellent, modern English translations. This site is fairly easy to navigate, a model of modern interactive design.
- Shefa Gold, [*Torah Journeys*](#). This is a good way to get a brief overview of the portion with a novel perspective.
- Shai Held, [*The Heart of Torah: Essays on the Weekly Torah Portion*](#). Wonderful, intellectually challenging, pieces on each portion, drawing from Christian as well as Jewish commentaries and theological works.
- Nechama Leibovitz, [*New Studies in the Weekly Parasha*](#). Widely respected modern classic brings fresh insight into the Torah from her years of lectures in Israel.
- Rabbi Harvey J. Fields [*Torah Commentary for Our Times*](#): Torah commentary from ancient, medieval and modern commentators organized by weekly portion.
BimBam Dvar Torah short videos:
Genesis: <https://youtube.com/playlist?list=PLT3E92DW2HbgGF6LTJcDziDBJ1mfDgag>
Exodus: <https://youtube.com/playlist?list=PLT3E92DW2HbgEld2kjKShTilnPKElrv2R>
Leviticus: <https://youtube.com/playlist?list=PLT3E92DW2HbhNCBe5d6hyXhPH7xnvPnmo>
Numbers: <https://youtube.com/playlist?list=PLT3E92DW2HbgOv8ekxD1hlFq3mRBoZb0J>
Deuteronomy: https://youtube.com/playlist?list=PLT3E92DW2HbgWnTKVY_NucM-mgZs60YpG

Additional General Guides to Jewish Observance

- Martin Cohen and Michael Katz, ed. [*The Observant Life: The Wisdom of Conservative Judaism for Contemporary Jews*](#)
- Isaac Klein, [*A Guide to Jewish Religious Practice*](#)
- Hayim Donin, [*To Be a Jew: A Guide to Jewish Observance in Contemporary Life*](#)
- Blu Greenberg, [*How to Run a Traditional Jewish Household*](#)
- Richard Siegel, Michael Strassfeld, Sharon Strassfeld [*The First Jewish Catalog*](#)