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Define Chazal

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Hachono

One is forbidden to make any extra effort or preparation on Shabbos or Yom Tov on behalf of a weekday, whether or not it includes a melacha activity.

Examples include:

1. Washing dishes which will not be needed on Shabbos or Yom Tov. (This does not include washing glasses which may be needed to serve drinks.)
2. Wiping a table down which will no longer be used.
3. Arranging dishes in a dishwasher
4. Making beds (unless one wants the room to be neat)
5. Setting up tables and chairs for a post-Shabbos need OR bringing in table and chairs from the sukkah for the last day of Yom Tov
6. Rolling the Sefer Torah to the next week's parsha
7. Changing shirts and other clothes for the Nine days
8. Putting away sefarim in a shul
9. Bringing wine for havdala
10. Clearing the table after Shalosh Seudos if the table and room are no longer needed
11. Removing food from the freezer to allow it to defrost (e.g. for the second day of Yom Tov)
BUT CAN THIS BE DONE EARLY IN THE DAY?

However, if it is an activity which is so routine that people engage in it without even consciously noting its post-Shabbos results, then it is permitted.

For example:

1. Putting food back in the refrigerator (even if it will not spoil)
2. Putting a book back on a shelf.
3. Also permitted is carrying a key or sweater in an area with an eruv, even though it will be used for a post-Shabbos need.

Also, one is permitted to do an act of preparation if it also for a Shabbos need. For example:

1. Clearing the table if the messy appearance of the room is genuinely disturbing
2. Making beds to give room a tidy appearance
3. Resting on Shabbos afternoon, even if this will also be beneficial for post-Shabbos needs
4. Studying for a Torah-related test.

HOWEVER, one may not state that "I am taking a nap to be rested for after Shabbos."