



# B'NAI DAVID-JUDEA

## *Shabbat Shorts*

In the middle of the halachot about davening and eating, the Shulchan Aruch reminds us of an essential part of Oneg Shabbat: learning Torah. אחר סעודת שחרית קובעים מדרש לקרות בנביאים ולדרוש בדברי יעקב, "After the morning meal, we establish learning to read the Prophets and to expound on words of Aggada. And it is prohibited to set a meal at that hour" (Orach Chayim 290:2).

The Rama adds here: ופועלים ובעלי בתים שאינן עוסקים בתורה כל ימי שבוע יעסקו יותר בתורה בשבת מתלמידי חכמים העוסקים בתורה כל ימי השבוע ותלמידי חכמים ימשיכו יותר בעונג אכילה ושתייה קצת שהרי מתענגים בלמודם כל ימי השבוע, "Workers and people who do not dwell in Torah during all the days of the week, should dwell more in Torah on Shabbat than Torah scholars who dwell in Torah all days of the week. And Torah scholars should engross more in the enjoyment of eating and drinking, a bit, because they pleasure in their studies all days of the week".

We know that learning Torah is a profound privilege and pleasure. But here we see that specifically on Shabbat, we should not only increase our learning-- we should specifically focus on the type of learning that we don't get to enjoy the rest of the week. For a lawyer or business person, this could mean learning Midrash or Chasidic stories on Shabbat. While for a rabbi or Jewish day school teacher, it could mean taking the time to enjoy God's gifts of food and drink-- looking for the 'Torah' in the experience of God's physical world (קצת -- within healthy boundaries of course).

This halacha reveals a new insight about how we experience Shabbat. Enjoying Shabbat means learning new things-- using the parts of ourselves that lay dormant all week. How we increase our Shabbat learning will vary by person in response to how we spend the other six days of the week.

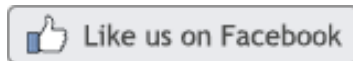
Take a moment to think about how you can integrate learning-- whether Torah text learning or the 'eating and drinking' life enjoyment that the Rama mentions-- into your Shabbat. There are so many different paths to learning God's Torah in our lives. How can your Shabbat not just be different from the rest of the week in terms of technology use and cooking-- but in the life of your mind and your sense of wellness and fulfillment?

Join us next time on Shabbat Shorts!

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