



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

*Ruth Perelson*

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## **An Invitation to Shabbat: A Beginner's Guide to Weekly Celebration** Ruth Perelson

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.



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