

Shabbat Stories

Shabbat - a time apart

Evan Rumack

Have you ever had an experience that leaves you in awe? Perhaps the birth of your child has made you stop and think of the miracle of a new life. Shabbat is supposed to be a day of rest, a day separate from everyday experiences. But are you really receptive to Shabbat?

While attending an FJMC Convention in Florida, I had an experience that I can't explain. My wife, Merle, and I were sitting in Friday night services when I turned to her and said, "I just felt the week leave and Shabbat come in." So why was I able to sense this change? True, I had finished my last session as a presenter/facilitator. And while I don't particularly like public speaking, I had enjoyed those break-out sessions. True, being in the presence of 350-400 fellow Jews excited about Shabbat was infectious. But I had been at a lot of conventions and had always enjoyed the Shabbat experience. Why was this time different?

I have stopped trying to answer these questions. Rather, I have accepted the fact that this happened and hope it will happen again. To that end, I have made it a priority to make Shabbat different.

- Put away the cell phone and the computer;
- Read the week's *parasha* before Shabbat morning;
- Light the candles and recite *kiddush*;
- Take the time to be with your loved ones.

Who knows, one day you, too, may share my experience.