

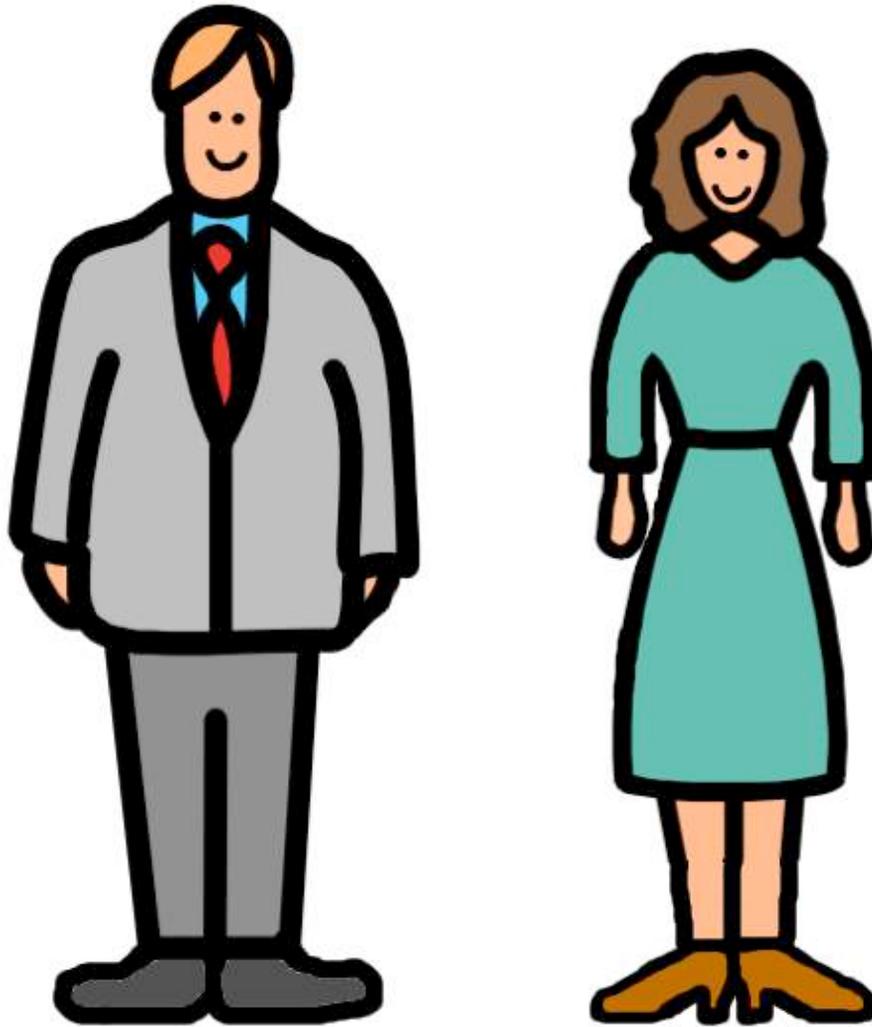
Going to Temple on Shabbat





Shabbat is a holiday that we celebrate every week. One special way people celebrate Shabbat is by going to temple. A temple is a place where Jewish people come to be together and pray on special days. A temple can also be called a synagogue or a shul.

I might go to temple with my family on Shabbat.



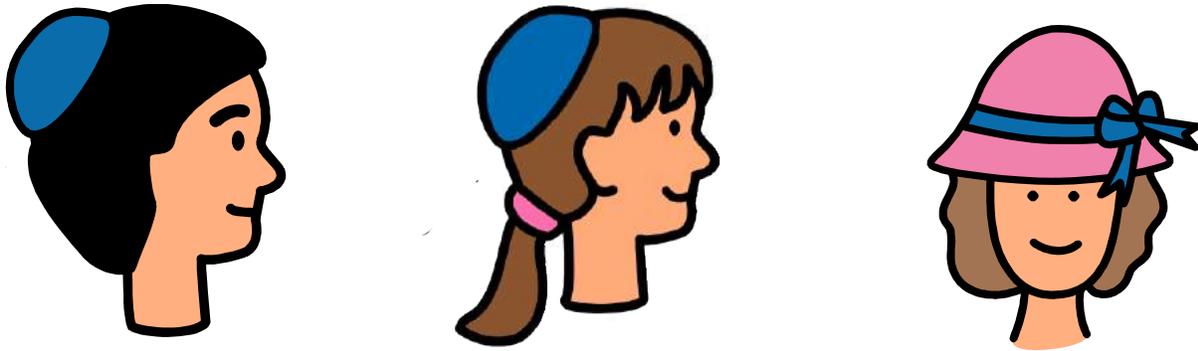
People wear dress clothes when they go to temple on Shabbat.

Dressing up is one way that people make a holiday special.



When people see each other on Shabbat, they often say “Shabbat Shalom” or “Good Shabbes” instead of hello. These are special ways of wishing someone a good day on Shabbat.

When I see people I know at temple, I might say “Shabbat Shalom” or “Good Shabbes” to them.



When people enter the temple most of the men will cover their heads with a kippah. Some women may cover their heads, too. Covering our heads helps us feel ready to pray, and reminds us that God is above us.



People who have become B'nei-Mitzvah may also put on a tallit when they enter the temple. Wearing a tallit helps us feel ready to pray, and reminds us to do the things that God tells us.



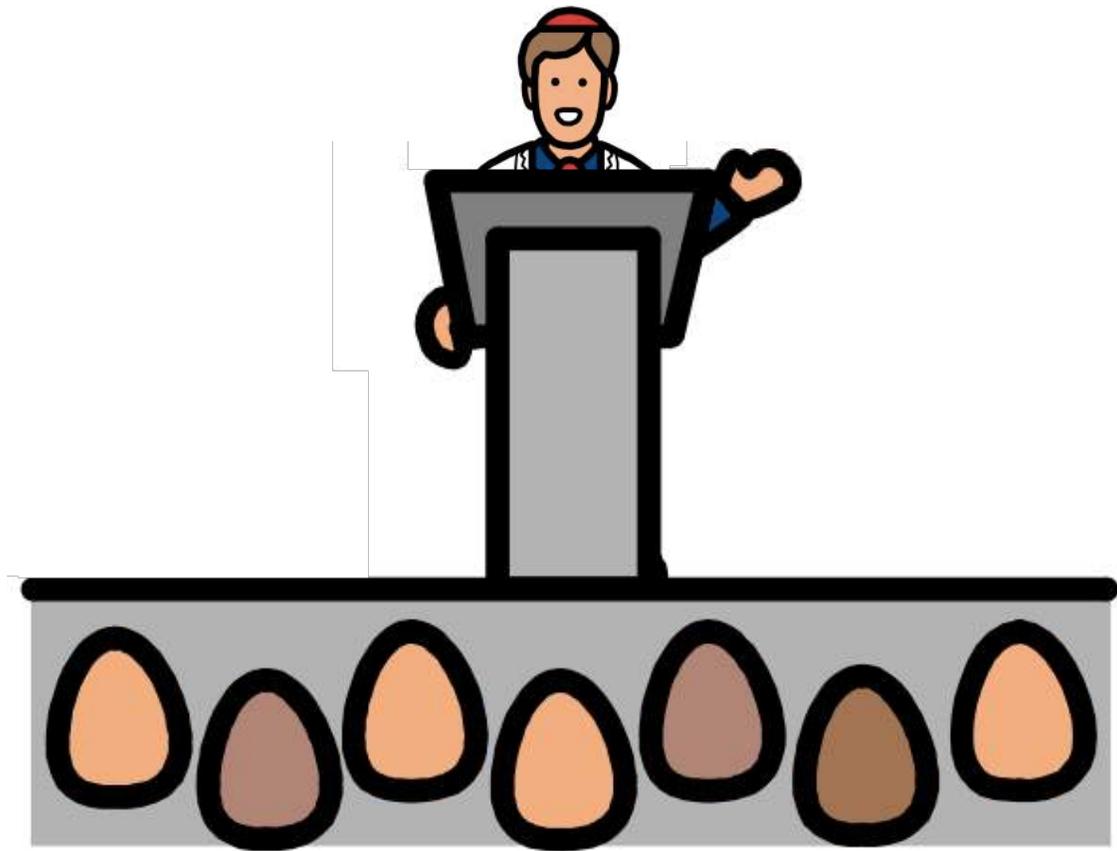
When I go into the temple I will find a place to sit with my family. People usually sit through most parts of the Shabbat service. But there are some prayers when people usually stand up. I can look at the people around me to figure out if it's time to sit or time to stand.

If it gets hard for me to sit, I can ask for a break. I might take a break outside of the sanctuary where it's okay to stand up and move around.



The people in temple read prayers from a book called a siddur. The prayers are usually written in both English and Hebrew in siddur.

It is important to treat a siddur with respect because God's name is written in it. Treating a siddur with respect means holding it carefully, turning the pages gently, and not dropping it on the floor.



Inside the temple there is a person who leads the prayers from the bimah, the stage at the front of the room. Usually the person leading the prayers is a rabbi or a cantor. Sometimes other people take turns leading prayers, too.

Sometimes people in temple say or sing the prayers with the leader. Other times they sit quietly and listen to what the leader is saying. I can look at the people around me to figure out if it's time to sit quietly or say the prayers out loud.



When the service is over, there might be a time for people to talk and have a snack or a small meal. This is called an oneg. My family might stay for the oneg, or we might leave right after the service.



Many people celebrate Shabbat by going to temple. This is one way people can make Shabbat a special day. I might celebrate Shabbat by going to temple with my family.