

# Shabbat — at — Beth Emet



The celebration of Shabbat is integral to the life of Beth Emet. Each week it offers us the opportunity to slow down, take a cleansing breath, and focus on our own rejuvenation. In that spirit, we have created a Shabbat calendar for the year that brings the rest, joy, and holiness of Shabbat more fully into our lives. Through worship, communal Shabbat meals, and study, we create the time and space that allow us to connect with ourselves, our heritage, and one another.

From the time the sun sets on Friday evening, to sunset on Saturday evening, here at Beth Emet we observe the many aspects of Shabbat. We are proud to offer a series of worship opportunities throughout the course of Shabbat that highlight different aspects of observance. Each of our worship services is designed to embrace a particular moment of Shabbat and to join in partnership with the other worship services to create a picture of what a full Shabbat can be. We encourage you to experience the flow of Shabbat through a full 25 hours — from joy to rest, to holiness, to joy, and back to rest.



# FRIDAY EVENING WORSHIP

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*First Friday of each month:*

*Services at 7:30 p.m. followed by an Oneg Shabbat of sweets and fruit*

*Subsequent Fridays:*

*Services at 6:30 p.m., preceded by a wine and cheese Oneg Shabbat at 5:45 p.m.*

We welcome Shabbat with *oneg* (joy). The liturgy of Kabbalat Shabbat is upbeat and features a collection of psalms and the liturgical poem *L'cha Dodi*, as compiled by the mystics of Sefad, which serve as the texts through which we express our happiness at the coming of Shabbat. We sing with energy and joy as we welcome the Shabbat bride with the sound of our voices.

As we transition to the evening service, the beginning of which is marked by a meditation, we acknowledge the holiness of Shabbat with Shabbat's anthem, *V'shamru*, and then provide time with the silent *Amidah* for personal prayer and the beginning of Shabbat rest.

Throughout the year we incorporate a few special services:

**Shabbat Shirah** - Several times each year, we offer an entirely musical Kabbalat Shabbat service. Melodies range from the simple and contemplative to the joyful and exuberant, allowing worshipers to sing along, even if a particular melody or piece of liturgy is not immediately familiar.

**Special Speakers** - Members of the congregation and the community are periodically asked to speak or to deliver the D'var Torah on a range of topics, including social justice, interfaith relations, spirituality, and more.

**Shabbat Dinners** - From time to time we gather for Shabbat dinners at which we nourish our bodies as well as our spirits as we share a meal together in community.



בית אמת

Beth Emet

THE FREE SYNAGOGUE

# SATURDAY MORNING WORSHIP

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On Shabbat morning, we enter the synagogue for the main worship experience of Shabbat, where we honor the *k'dushah* (holiness) of Shabbat through extended prayer, the reading of Torah, and the study of the week's Torah portion. Our worship prepares us for the enjoyment of an afternoon of *Shabbat m'nuchah* (Shabbat rest).

Beth Emet offers a variety of worship opportunities. We welcome you to experience all of them!

## **Kahal Service**

*Every Saturday, 9:30 a.m.*

The word *kahal* means community. Kahal is a spirited, friendly environment where everyone of any age is invited for highly participatory worship, singing, reflection and Torah study, and to be part of community in times of celebration or loss. Each week, the worship service includes a thought-provoking discussion of the weekly Torah portion led by a congregant, Rabbi London, Rabbi Memis-Foler or the Director of Lifelong Learning, Marci Dickman. Services are followed by a Kiddush and, once a month, by a vegetarian potluck lunch.

## **Kahal Program for Children**

Kahal services are always family-friendly, but once a month special family programming is offered for children ages 3 to 11. During the Torah service and D'var Torah, while adults are listening to the Torah reading and discussing the weekly Torah portion, children participate in games, activities, music, and crafts with one of our creative teachers.

## **Shabbat Morning Minyan**

*Every Saturday, 9:30 a.m.*

Led by Minyan members, this worship service mixes prayer, song and a lively discussion of the weekly Torah portion that focuses on fostering both historic and contemporary understanding. Founded in the 1960s by Beth Emet member Herbert Hubert z"l, the service blends spirituality, intellectuality, and camaraderie. Services are followed by a Kiddush each week.

## **Tot Shabbat**

*Third Saturday of each month, 9:00 a.m.*

This lively half-hour service is geared toward children under five years old and their parents, grandparents, or caregivers. We sing songs, recite the *Sh'ma*, march in a Torah parade and listen to a story from one of the rabbis. We pack a whole lot of joy and holiness into one half hour! Afterward, everyone gathers for a lox and bagel brunch so the children can play and the adults can schmooze.



# SATURDAY AFTERNOON

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Shabbat afternoon is an opportunity to spend time with loved ones, enjoy the outdoors, curl up with a good book, or take a much-deserved nap, all in the name of *m'nuchah* (rest). We encourage you to linger over a long Shabbat lunch and then enjoy the afternoon hours in whatever way makes you feel most refreshed. At sundown, say goodbye to Shabbat and 25 hours of holiness with *Havdalah*, a short ritual ceremony easily performed at home that marks the transition from *kidushah* (holiness) to *chol* (every day). For assistance in gathering the appropriate materials, singing or reciting the blessings and performing the ritual, contact the clergy office at 847-869-4230, ext. 306.

## Beyond Om: Spiritual Practice for the Jewish Soul

*Meets once a month, 3:30 p.m. – 5:30 p.m., at Rabbi London's home.*

*Please check the Adult Education Brochure or [bethemet.org](http://bethemet.org) for upcoming dates.*

Explore Jewish spiritual practices that combine prayer, meditation, study, and discussion, particularly emphasizing the teachings of early Hasidism and the practice of meditation. Everyone brings a vegetarian potluck item for *seudah shlishit* (the third meal of Shabbat), and we conclude our time together with *Havdalah*. New participants are always welcome. To register, email [school@bethemet.org](mailto:school@bethemet.org) or call 847-869-4230, ext. 308.

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Questions? Interested in learning more? Check EmetMail or [bethemet.org](http://bethemet.org), or call the clergy office at 847-869-4230, ext. 306.



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