

|                |                  |                                       |                  |                   |
|----------------|------------------|---------------------------------------|------------------|-------------------|
| <b>B</b>       | <b>I</b>         | <b>N</b>                              | <b>G</b>         | <b>O</b>          |
| Study<br>Torah | Blessings        | Guests                                | Shabbat<br>Queen | Rest              |
| Family<br>time | Spices           | Separate<br>from all<br>other<br>days | Candlelighting   | Shabbat<br>Angels |
| Sleep          | Synagogue        | <b>FREE</b>                           | Challah          | Peaceful          |
| Pray           | Singing<br>Songs | Read<br>Torah                         | Kiddush          | See<br>friends    |
| Havdallah      | Day of<br>Rest   | Serenity                              | Wine             | Grape<br>Juice    |

|            |                |               |             |                              |
|------------|----------------|---------------|-------------|------------------------------|
| <b>B</b>   | <b>I</b>       | <b>N</b>      | <b>G</b>    | <b>O</b>                     |
| Synagogue  | Candlelighting | Shabbat Queen | Family time | Separate from all other days |
| Guests     | Wine           | Rest          | Day of Rest | Shabbat Angels               |
| Pray       | Challah        | <b>FREE</b>   | Peaceful    | Blessings                    |
| Kiddush    | Serenity       | Study Torah   | Grape Juice | Singing Songs                |
| Read Torah | See friends    | Sleep         | Spices      | Havdallah                    |

|             |                |                              |               |           |
|-------------|----------------|------------------------------|---------------|-----------|
| <b>B</b>    | <b>I</b>       | <b>N</b>                     | <b>G</b>      | <b>O</b>  |
| Day of Rest | Serenity       | Candlelighting               | See friends   | Challah   |
| Study Torah | Pray           | Read Torah                   | Spices        | Rest      |
| Sleep       | Grape Juice    | <b>FREE</b>                  | Singing Songs | Kiddush   |
| Synagogue   | Shabbat Angels | Shabbat Queen                | Wine          | Guests    |
| Peaceful    | Blessings      | Separate from all other days | Family time   | Havdallah |