



*Good Shabbos!*

# Shabbat

Jewish

[shuh-baat](#) 

Shabbat is the weekly day of rest in the Jewish calendar. It begins at sundown on Friday and lasts until three stars are seen in the sky on Saturday evening. During this holy day, practitioners appreciate God's creation and the Jewish People's exodus from slavery in ancient Egypt. Jews are commanded to rest on Shabbat because God rested after creating for six days. The Friday evening meal is a special time spent with family and friends.



This collection of information sheets on major holidays and cultural events is a joint partnership of the School of Information staff, the Office of Diversity, Equity, and Inclusion, and the Office of the Provost. Facts have been vetted by U-M's Association of Religious Counselors (ARC), and other campus groups. Public feedback is welcome; please email [DEIHolidayFacts@umich.edu](mailto:DEIHolidayFacts@umich.edu).

## Date

- Shabbat is celebrated weekly, beginning at sunset on Friday and ending at nightfall on Saturday.

## Greetings

None for non-Jewish people. Depending on tradition Jewish people might say "Shabbat Shalom" or "Good Shabbos" to each other.

## Common Practices and Celebrations

- Shabbat begins when a pair of candles are lit and a special prayer is said. Prayers are also said before eating Challah bread and drinking wine or grape juice.
- Some practitioners completely cease work and travel.

## Common Dietary Restrictions

- Some observers of Judaism follow kosher rules of eating.
- Meat and dairy are not eaten together.
- Pork and seafood are not eaten.

## Impact to U-M Community

- Expect that observers will not attend meetings or communicate during this time.
- Link to [U-M Guidance Regarding Conflicts](#).

## U-M Campus Resources

- [Maize Jewish Organizations](#), U-M
- [U-M Religious Groups Compiled by ARC](#), U-M

## Information Sources

- [Shabbat](#)
- [Kosher Eating](#)

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