

## Session 15

You've Unpacked Shabbat!

# SHABBAT UNPACKED

## BURST OF INSPIRATION

**From “All for the Boss” –**

**The Story of R’ Yaakov Yosef Herman zt”l by Ruchoma Shain**

On August 16, 1939 Father and Mother set out on their journey to the Land of Israel. Their ship was scheduled to dock in Haifa on Wednesday, August 30. Arrangements had been made for them to stay with Rabbi Alpha and his wife in Haifa, where their son Avrumi lived.

But in the middle of the sea, the captain received urgent orders to divert the ship’s route—mines were being laid in the Mediterranean. War was imminent.

Instead of arriving on Wednesday, the ship docked in Haifa on Friday, September 1, just one hour before sunset. Just hours earlier, World War II had officially broken out, with Germany’s invasion of Poland.

Loudspeakers ordered all passengers to immediately disembark. The port was in chaos. Cargo would be dumped on the dock, and passengers were responsible for retrieving it as fast as possible.

Father and Mother stood there, distressed and confused.

How could they handle all their luggage and still leave the port in time to reach Rabbi Alpha’s home before Shabbat? Father grabbed the suitcase containing his personal Torah scroll, tallit, and tefillin. Mother took only her handbag. They pushed through the crowd and asked to speak with the officer in charge.

## BURST OF INSPIRATION

A tall British officer listened to Father's quiet, heartfelt plea:

"I have never violated Shabbat. To arrive in Eretz Yisrael and desecrate Shabbat here—that is unthinkable."

Tears streamed down Father's face.

The officer responded sharply:

"Rabbi, war has begun! You must be realistic."

Still, Father begged:

"Please just stamp our passports. We'll collect our belongings after Shabbat."

"Impossible," said the officer. "The ship must be cleared, and the dock too. No baggage can remain behind."

"I don't care about our possessions. Just please stamp the passports. Let us leave."

The officer looked at Father strangely.

"How much luggage do you have?"

"Sixteen crates in the hold and nine suitcases in the cabin."

## BURST OF INSPIRATION

“Do you understand that once you leave, your things will be left here, unattended? By tomorrow night, nothing will be left. The Arabs will loot everything.”

“I have no choice,” Father said. “Shabbat is almost here. Please, just let us go.”

The officer stared for a moment, then called over another British officer.

“Stamp their passports. Let them go. This rabbi is prepared to lose everything—just so he can keep his Sabbath.”

The second officer was stunned, but he did as asked.

And so, Father holding his sacred Torah and Mother holding her purse, they hailed a cab and arrived at the Alpha home just in time to light Shabbat candles.

Throughout Shabbat, Father was uplifted with joy.

Again and again, he said to Mother, “The Boss (The Almighty) does everything for me. What can I ever do in return? Finally, I had the merit to fulfill ‘בְּכָל מְאֹדֶךָ’—to give everything for His name.”

Mother, though supportive, found it harder to feel his elation. She was physically exhausted, emotionally drained, longing for her children, and mourning the loss of everything they owned. But she did not complain.

## BURST OF INSPIRATION

Then, on Saturday night, after Havdalah, Rabbi Alpha said:

“Let’s go down to the port. Perhaps some of your crates are still there.”

Father and Mother were not hopeful, but they followed him.

As they neared the floodlit port area, a voice called out in a thick British accent:

“Who goes there?”

“I’m a passenger from the ship that docked yesterday afternoon,” Father replied.

“What’s your name?” asked the soldier.

“Yaakov Y. Herman.”

The guard’s face lit up.

“Ah! It’s about time you showed up. I was told you’d come the moment Shabbat ended—otherwise I’d have waited for hours more. I’ve personally guarded your cargo for over 24 hours. My commanding officer threatened to have my head if so much as one item went missing. Please check that everything’s in order and sign here. And take it all as fast as possible—I’m completely exhausted.”

***Sometimes, keeping Shabbat means more than just rest. Sometimes it’s a choice that costs everything—and returns even more. In a world spiraling into war and chaos, one Jewish man had arrived in the Holy Land and presented The Creator the greatest welcome gift: his possessions, his trust, and his unwavering commitment to Shabbat.***

## DEAR SHABBAT UNPACKED PARTICIPANTS

We hope that the last 14 sessions have helped you unpack the spirit and scope of Shabbat.

Each day in our morning prayers we request “Almighty, enlighten our eyes with Your Torah, and let our hearts cling to Your mitzvot...” The full experience and impact of a Torah way of life encompasses learning Torah and performing mitzvot.

Yet we don't suffice ourselves with merely the intellectual pursuit of Torah study and the practical performance of mitzvot.

We ask for something much loftier!

We ask that Torah study enlighten our eyes and open us up to seeing a depth and beauty in the world that we were unable to previously see. We also ask the Almighty to enable us to experience a personal and emotional connection to mitzvah performance.

Perhaps nowhere in Jewish life is this request more meaningful than in respect to Shabbat observance.

Learning about the themes and practicalities of Shabbat and then trying to make them part of our life is in itself a lofty pursuit, but attempting to open our eyes and hearts to understanding the depth and beauty of Shabbat and subsequently being spiritually elevated in the process is priceless!

## THE GIFT OF SHABBAT

As with anything good and real in life, it takes real effort to fully reap the results of making Shabbat part of our lives, but the results enhance every component of our lives: Our emotional well-being, our relationship with our spouse, our friends, and certainly with the Almighty are all deeply affected by Shabbat.

Try it, embrace it, and you will be forever changed by the gift of Shabbat.

Speaking about gifts, at Olami Mentorship, we are so impressed by your commitment to this program that we are honored to gift you a unique “Shabbat Pack” as a keepsake for being part of “Shabbat Unpacked”. The Shabbat Pack gives you the tools to plug into both the practicalities and the spirit of Shabbat.

Here is what you can expect to find in your Shabbat pack:

**1. Crock Pot:**

This crock pot will ensure that you have piping hot food for Shabbat day. While many people use this to make cholent for Shabbat lunch, feel free to experiment with soups, stews, pulled meats, roasts.... Even hot desserts like apple crisp... yum!

# CROCKPOT APPLE CRISP FOR SHABBAT

HERE IS A DELICIOUS CROCKPOT RECIPE TO ENHANCE YOUR SHABBAT:

## CROCKPOT APPLE CRISP FOR SHABBAT

Serves: 6–8

Prep Time: 15 minutes

Cook Time: 3 hours on HIGH or 6 hours on LOW

Appliance: Standard 5–6 quart slow cooker

### APPLE FILLING:

- 6 large apples (like Granny Smith, Fuji, or Honeycrisp), peeled and sliced
- 1 Tbsp lemon juice
- 2 tsp cinnamon
- ¼ tsp nutmeg (optional)
- ¼ cup honey or white sugar
- 1 Tbsp potato starch or cornstarch (to thicken)

### CRISP TOPPING:

- ¾ cup rolled oats
- ½ cup flour (can use oat or almond flour for gluten-free)
- ½ cup brown sugar
- ½ tsp cinnamon
- Pinch of salt
- ½ cup margarine or coconut oil, cold and cubed

### INSTRUCTIONS:

1. Grease the inside of your crockpot with a bit of oil or cooking spray.
2. In a large bowl, toss apple slices with lemon juice, cinnamon, nutmeg, honey/sugar, and starch. Pour into the crockpot.
3. In another bowl, combine the topping ingredients: oats, flour, brown sugar, cinnamon, and salt. Cut in the margarine/oil until the mixture is crumbly.
4. Sprinkle the topping evenly over the apples (don't mix it in).
5. Cover and cook:  
On LOW for 6 hours, or On HIGH for 3 hours, until the apples are soft and the topping is set.
6. For extra crispness, uncover the slow cooker for the last 30–45 minutes to let steam escape.

### SHABBAT TIPS:

Cook Friday morning on LOW, then turn off before Shabbat and leave on the counter for Friday night dessert.

Alternatively, cook on LOW from immediately before Shabbat starts and serve warm for Shabbat lunch.



# SHABBAT PACK LIST

## 2. **Shabbat Urn:**

Fill this urn before Shabbat and you will have piping hot water available all through Shabbat. (See Session 6 about the Shabbat appropriate method of making hot beverages.)

## 3. **Shabbat Cell Phone Sleeping Bag:**

Put your phone to sleep for 25 hours as you awaken your inner Shabbat soul!

## 4. **Kosher Lamp:**

By turning the top of this unique Shabbat friendly lamp, you can dim or darken the lamp. This is a huge innovation for your bedroom convenience.

## 5. **Bencher:**

This is a user-friendly booklet that contains the many different things that we say and sing throughout Shabbat (also available as an app but not for Shabbat use at <https://ncsy.org/ncsy-bencher-app/>):

Quick reference:

- a. Candle Lighting page 1
- b. Shalom Aleichem page 4
- c. Eishet Chayil page 9
- d. Shabbat evening kiddush page 12
- e. Birkat hamazon (blessing for after the meal) page 61
- f. Shabbat day kiddush page 24
- g. Havdalah page 53

## SHABBAT PACK LIST

**6. Nerot Shabbat:**

Fill your home with the light and radiance of Shabbat by lighting Shabbat candles and relishing the peace and blessing that they bring to your home.

Use this link to find out the appropriate time to light Shabbat candles: <https://aish.com/shabbat-candlelighting-times/>. You can also ask google, “What time is candle lighting?”

**7. Kiddush Cup** (also called a “kos” in Hebrew or “becher” in Yiddish):

Use this cup to usher in the Shabbat on Friday evening, sanctify the day with kiddush on Shabbat day, and then escort it out at havdalah.

P.S. While it is always best to use a kiddush cup, in the event that you don't have your kiddush cup handy, any glass or mug works just fine.

**8. Challah Cover:**

Place this cover over your two challahs before making kiddush.

P.S. In the event that you don't have your challah cover handy, any napkin or cloth cover can work.

We hope the Shabbat Pack will give you the tools to make Shabbat your own and bring the lessons of the day of rest into your life in whatever way you can!

Now that you have learned all about the beauty and laws of Shabbat, we hope you will join your Olami family to experience Shabbat together.

Experience Shabbat in a variety of ways:

- At your mentor's home!
- At your Rabbi's home!
- Email [mentorship@olami.org](mailto:mentorship@olami.org) and we can place you in your local community for Shabbat – any week you want!
- At the upcoming Shabbat Unpacked Shabbaton! Enroll [here](#)!

We're also inviting you to continue delving into the beauty and meaning of Jewish practice with our new session series:

# PRAYER UNPACKED

Prayer Unpacked is part of the Unpacked series, where we unpack various foundational topics in Judaism. Prayer Unpacked begins with the very first prayer and highlights the meaning and practicalities of prayer.

**Together, you will explore:**

- Prayer as a journey of self-discovery
- The strength and beauty of prayer
- Key definitions and concepts
- The purpose and meaning behind prayer
- The traditions and structure of prayer
- An introduction to synagogue prayer services
- ...and more!



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