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# Sabbath Manifesto



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1. **Avoid Technology** – collect cell phones, blackberries, i-phones at the beginning of the event.
2. **Connect With Loved Ones** – go old school with stamped postcards so participants can write to their friends and family or buy stationery for letter writing.
3. **Nurture Your Health** – buy locally grown food from a farmers market for the event.
4. **Get Outside** – incorporate outdoor activities into the event or have the whole event outside (Spring/Summer months).
5. **Avoid Commerce** – ask participants to avoid speaking about work during the event. Instead of work, you can create discussion topics to inform the conversation. Eg. Focus on the environment, Social Justice, local and global issues.
6. **Light Candles** – have individual candles for each participant and ask them to share one thought/feeling/wish for the coming week.
7. **Drink Wine** (21 and over) – create an alternative ritual by grouping participants together in small circles to discuss one issue/topic/theme before they say a blessing (traditional or their own new version) over the wine.
8. **Eat Bread** – incorporate bread baking session into the program or serve bread pudding! Source local ingredients like flour and yeast.
9. **Find Silence** – have a moment of silence during the program where participants quietly reflect on a particular issue/topic/theme.
10. **Give Back** – research and choose a worthy cause and ask participants to bring donations eg. cans of food for a food bank, clothes for communities in need.