



THE TRIBE SCRIBE

BEREISHIT: DIGITAL DETOX!



YOU ARE ELIGIBLE FOR A DIGITAL DETOX! JOIN US AND TAKE TIME TO PAUSE, REFLECT AND RECONNECT WITH WHAT'S MOST IMPORTANT IN YOUR LIFE.

HEY DAN, CHECK THIS OUT! IT SAYS WE ARE ELIGIBLE FOR A DIGITAL DETOX. LISTEN TO THIS: **DO YOUR FINGERS AND SHOULDERS ACHE, WOULD YOU LIKE TO BE FREE OF INSTAGRAM, WHATSAPP, FACEBOOK AND TWITTER IF ONLY FOR A SHORT TIME?**



IT'S NOT JUST OUR BODIES THAT NEED A DETOX - OUR MINDS CAN BECOME OVERLOADED FROM OUR FRANTIC, STRESSED LIVES THAT NOW INVOLVE AN AWFUL LOT OF SCREEN TIME. WHAT TO DO? GIVE YOURSELF A DIGITAL DETOX BY HAVING SOME TIME AWAY FROM YOUR GADGETS. TAKE TIME TO PAUSE, REFLECT AND RECONNECT WITH WHAT'S MOST IMPORTANT TO YOU.

ERM DINA, ARE YOU MISSING SOMETHING? I MEAN YOU'RE ABSOLUTELY RIGHT AND I AGREE WITH EVERYTHING YOU JUST READ BUT WE ALREADY HAVE A DIGITAL DETOX!



YOU'VE JUST BEEN DESCRIBING **SHABBAT!** DUH! 25 HOURS OF DIGITAL DETOX. 25 HOURS AWAY FROM OUR PHONES, TABLETS, XBOX, TV AND THE REST. 25 HOURS TO HANG OUT WITH OUR FAMILY, AND YEP, LIKE YOU SAID, WE PAUSE, WE REFLECT, AND WE CAN THINK ABOUT WHAT'S IMPORTANT TO US.

HOW COOL IS THAT! BEFORE ALL THESE GADGETS CAME ALONG, THERE WAS ALWAYS THE DAY OF **SHABBAT** - A DAY TO PAUSE FROM THE CRAZINESS OF THE WEEK AND SWITCH OFF.



TWO CANDLES MARK THE BEGINNING OF **SHABBAT**. WE CAN THINK OF THEM AS THE SWITCH OFF AND SWITCH ON CANDLES. SWITCH OFF FROM THE WEEK, SWITCH ON TO **SHABBAT** MODE AND ENJOY YOUR PERSONAL DIGITAL DETOX!

YOU'RE RIGHT! IN **BEREISHIT** WE READ ABOUT THE **SIX DAYS OF CREATION**, BUT THE WORLD WASN'T COMPLETE UNTIL **DAY 7** WHEN GOD CREATED **SHABBAT** - THE DAY OF REST WHEN WE TAKE A BREAK FROM OUR WEEKDAY ROUTINE.



SHABBAT SHALOM!



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Tribe is the Young People's Department of the United Synagogue: Creating a future for our community through engaging, educating and inspiring the next generation.

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