
Your Name

Date

My Personal ברית אדמה, Contract with the Earth.

**In order to help the Earth, and to remember and observe Shabbat,
I will:**

If you can't think of anything on your own you can choose one promise from below:

- ___ I will spend time in a park or natural setting each Shabbat
- ___ I will not shop on Shabbat
- ___ I will spend Friday night by candlelight
- ___ I will not use the television on Shabbat
- ___ I will not use the computer on Shabbat
- ___ I will not drive anywhere on Shabbat, only walk, bike or take transit.
- ___ I will treat Shabbat differently than the rest of the week

This I commit to in honor of Creation, freedom and protecting the Earth.

Your Signature

Date

Parent's Signature

Date

Your Name

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