

# All Things Shabbat



Jewish  
Federation  
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# *What is Shabbat?*

Each Friday evening, families around the world begin the celebration of Shabbat. For many, the evening includes favorite foods, company for dinner, special songs, and blessings. On Shabbat, families take a break and spend time together and with community. An erev Shabbat (Friday evening) ritual that is both simple and beautiful is to light candles to “usher in” the Sabbath and set it apart from the weekday world. Immediately after lighting candles, special blessings are said over the wine or grapejuice, the challah, and in many families, over the children as well.



# Shabbat Blessings

## 1. Lighting Shabbat Candles

First, light at least two candles and wave in the light three times to welcome Shabbat. Then cover your eyes and say:



Baruch ata Adonai,  
Eloheinu melech ha'olam,  
asher kideshanu bemitzvotav vetzivanu  
lehadlik ner shel Shabbat.



Dear God, Creator of our world, thank You for giving us rules that make our lives special and for teaching us to light these Shabbat candles.

ברוך אתה יי אלהינו מלך העולם אשר  
קדשנו במצותיו וצונו להדליק נר של שבת.

Amen

## 2. Blessing the Children

Parents and caregivers place their hands on a child's head and say:

Yevarechecha Adonai veyishmerecha.  
Ya'er Adonai panav eilecha viyechuneka.  
Yisa Adonai panav eilecha veyasem  
lecha shalom.

May God bless you and keep you safe.  
May God's light shine on you and grace  
your life.  
May God turn toward you and give you  
a world of peace.

יְבָרְכֶךָ יי וישמרך.  
יֵאֵר יי פְּנֵי אֱלֹהֶיךָ ויחַנֶּךָ.  
יֵשֵׂא יי פְּנֵי אֱלֹהֶיךָ וישֵׂם לְךָ שְׁלוֹם.

Amen

## 3. Blessing the Wine or Grape Juice (making Kiddush)



Raise a glass of wine or grape juice and say:

Baruch ata Adonai,  
Eloheinu melech ha'olam,  
borei p'ri hagafen.



Dear God, Creator of our world,  
thank You for the delicious fruit that  
grows on vines.



ברוך אתה יי אלהינו מלך  
העולם בורא פרי הגפן.

Amen

## 4. Ritual Handwashing

Pour water over each hand and then say:



Baruch ata Adonai, Eloheinu melech  
ha'olam, asher kideshanu bemitzvotav  
vetzivanu al netilat yadayim.

Dear God, Creator of our world, thank You  
for giving us rules that make our lives  
special and for teaching us to wash our  
hands before we eat.



ברוך אתה יי אלהינו מלך העולם אשר קדשנו  
במצותיו וצונו על נטילת ידים.

Amen

## 5. Blessing the Challah

Raise the challah and say:



Baruch ata Adonai, Eloheinu melech  
ha'olam, hamotzi lechem min ha'aretz.

Dear God, Creator of our world, thank You  
for bringing bread out of the earth.



ברוך אתה יי אלהינו מלך  
העולם המוציא לחם מן הארץ.

Amen

To learn more go to  
[pjlibrary.org/shabbat](http://pjlibrary.org/shabbat)

# Unplugged Activities for Quiet Weekends and Shabbat

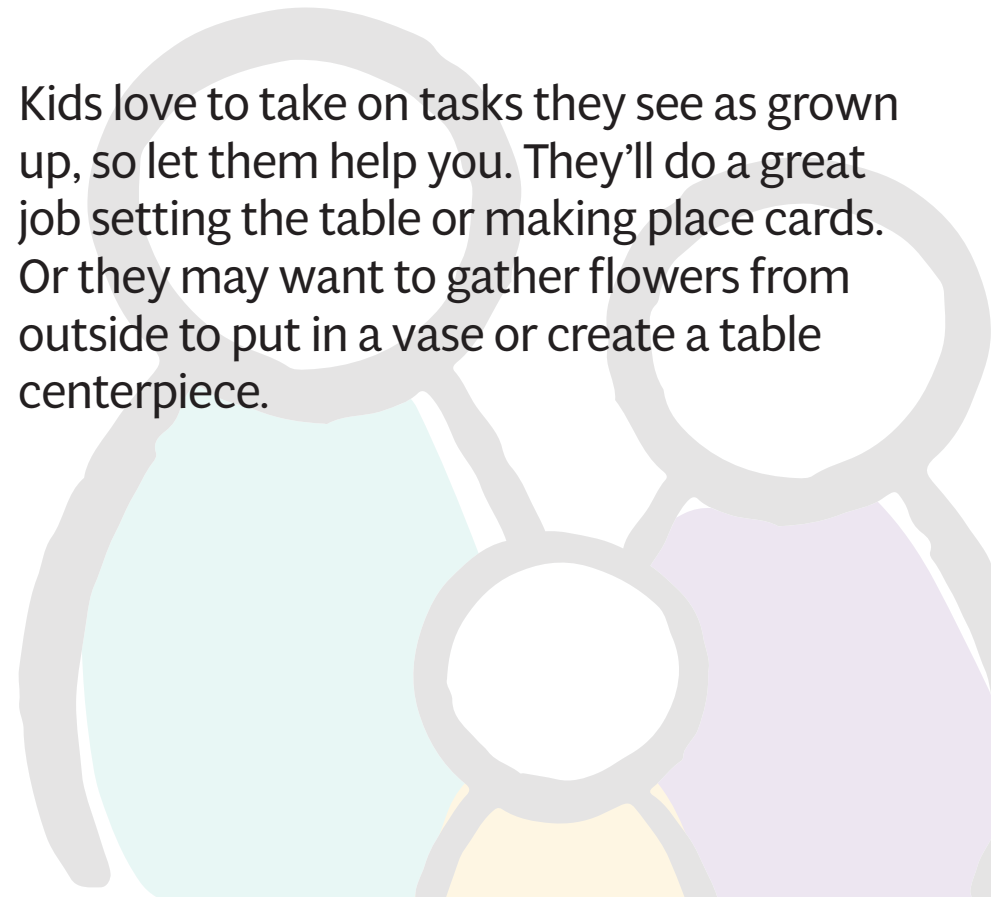
Shabbat is the perfect time to gather with loved ones. From Shabbat dinner on Friday night to Havdalah on Saturday night, there are plenty of opportunities to unplug and focus on family.

## Enjoy Your Meals Together

Having the time to eat in a leisurely way is a real treat. With no time limits you can take all the time you need to chat, catch up and share stories. When preparing meals in advance, try and choose ones that can be interactive so the kids can get fully involved (like vegetable sticks and dips, or wraps with various fillings). If it's a messy type of meal, try to stay relaxed about it so that everyone can really enjoy themselves.

## Allow the Children to Help

Kids love to take on tasks they see as grown up, so let them help you. They'll do a great job setting the table or making place cards. Or they may want to gather flowers from outside to put in a vase or create a table centerpiece.



# Unplugged Activities for Quiet Weekends and Shabbat

## Get out for a Relaxing Walk

Getting some fresh air is a lovely way to relax and children love to explore new places. It doesn't have to be anywhere elaborate – just somewhere local. They could gather sticks and leaves to make a collage with later.

## Share Stories

Take turns telling some stories you know, or reading some of your children's favorite books. You could act these out using toys or give each other different parts to play.

## Sing Together

Children love to sing and as adults, it's often something we tend to do less and less. Take turns picking songs you all know and spend some time singing together.

## Board Games

Take time to sit and play with your children over Shabbat, playing games they love, but that you might not have time for during the week. Let them take turns to choose each game. You could even keep certain games as a special treat, just for Shabbat.

# Unplugged Activities for Quiet Weekends and Shabbat

## Dressing Up

You could all choose special outfits that you only wear on Shabbat. This can be really exciting for children and another way that they'll see Shabbat as a real treat and something to look forward to all week.



## See Friends or Family

Shabbat is a great time to practice the Jewish value of hachnasat orchim (welcoming guests). Plan to have special friends or family over for a few hours, or head out to visit other people, especially if you know anyone who might feel lonely. Children love company and can help to bring joy to others who are on their own.

Making Shabbat a special time for you and your family is a rewarding end to the week, and planning ahead can ensure you'll all get the most out of it.

# Easy Challah Recipes to Make with Your Kids

Do you need to do your baking without eggs? Have a guest with dairy allergies? This original recipe from PJ Library Engagement Officer, Lori Stiefel, is a snap to prepare, approved by kids of all ages, and is a vegan, allergen-friendly alternative to a traditional challah recipe. Aquafaba, or the water that canned chickpeas are soaked in, is a nutrient-dense, easy way to replace eggs in almost any recipe. Check out the full recipe below:

## Ingredients

2 tablespoons instant yeast  
1½ cup warm water  
1 cup sugar  
¾ cup oil  
3 teaspoons salt  
4.5 liquid oz or 9 tbsp aquafaba  
9 cups bread flour  
Spray oil and toppings (sesame seeds, zaatar, kosher salt, whatever you'd like)

## Preparation

Preheat oven to 350 degrees.

In the mixing bowl of a stand mixer, add yeast, ½ cup warm water, sugar, oil, salt and aquafaba, and whisk for 1-2 minutes until lightly frothy.

Switch to the dough hook then slowly add in most of the flour, reserving ½ cup.

Slowly add in 1 cup warm water and the rest of the flour. Reserve ½ cup for later.

Knead dough for 4-5 minutes until it's not sticky.

Place the dough in a greased bowl and cover with a clean towel. Let it rise for 90 minutes in a warm place or until doubled.

Divide the dough into three parts. \*Tip: use a kitchen scale to make sure these are even. Each third will become a challah.

Divide your first dough section into three parts. Stretch and roll the dough into three long pieces.

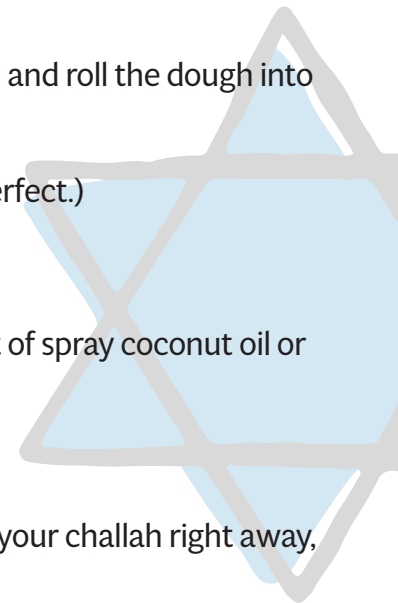
Braid your challah! (Remember, it doesn't have to be perfect.)

Repeat this step for your other two loaves.

Let the dough rise for 30 minutes, then brush with a bit of spray coconut oil or regular oil and sprinkle on your toppings.

Bake for 40 minutes.

Let your bread cool for 30 minutes. If you're not eating your challah right away, put it in an air-tight plastic bag or cover it with foil.



# Easy Challah Recipes to Make with Your Kids

## Ingredients

1 cup lukewarm water  
2 teaspoons active dry or instant yeast  
4 to 4 1/2 cups all-purpose flour  
1/4 cup granulated sugar  
2 teaspoons salt  
2 large eggs  
1 large egg yolk (reserve the white for the egg wash)  
1/4 cup neutral-flavored vegetable oil, such as canola

## Preparation

**Dissolve the yeast.** Place the water in a small bowl, sprinkle with the yeast and a healthy pinch of sugar, and stir to combine. Let stand until you see a thin frothy layer across the top, 5 to 10 minutes. This means that the yeast is active and ready to use. (If you do not see this or if your yeast won't dissolve, it has likely expired and you'll need to purchase new yeast.)

**Mix the dry ingredients.** Place 4 cups of the flour, sugar, and salt in the bowl of a stand mixer and whisk to combine. (Alternatively, use a large bowl and knead by hand.)

**Add the eggs, yolk, and oil.** Make a well in the center of the flour and add the eggs, egg yolk, and oil. Whisk to form a slurry, pulling in a little flour from the sides of the bowl.



**Mix to form a shaggy dough.** Pour the yeast mixture over the egg slurry. Mix the yeast, eggs, and flour with a wooden spoon or rubber spatula until a shaggy dough that is difficult to mix forms.

**Knead the dough for 6 to 8 minutes.** Fit the mixer with the hook attachment and knead on low speed for 6 to 8 minutes. (Alternatively, turn out the dough onto a floured work surface and knead by hand for about 10 minutes.) If the dough seems very sticky, add flour a teaspoon at a time until it feels tacky, but no longer like bubblegum. The dough has finished kneading when it is soft, smooth, and holds a ball-shape.

**Let the dough rise until doubled.** Place the dough in an oiled bowl, cover with plastic wrap, and place somewhere warm. Let the dough rise until doubled in bulk, 1 1/2 to 2 hours.

**Divide the dough and roll into ropes.** Divide the dough into 3 or 6 equal pieces, depending on the type of braid you'd like to do. Roll each piece of dough into a long rope about 16 inches long. If the ropes shrink as you try to roll them, let them rest for 5 minutes to relax the gluten and then try again.

**Braid the dough.** Gather the ropes and squeeze them together at the very top. If making a 3-stranded challah, braid the ropes together like braiding hair or yarn and squeeze the other ends together when complete. If making a 6-stranded challah, the directions are below.

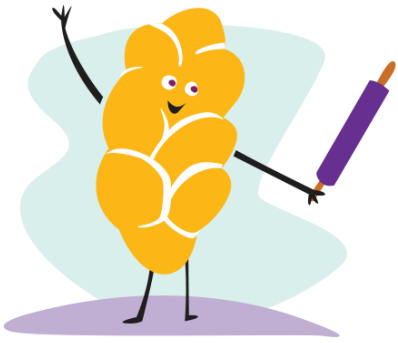
**Let the challah rise.** Line a baking sheet with parchment paper. Place the braided loaf on top and sprinkle with a little flour. Cover with a clean kitchen towel. Let rise in a warm place away from drafts until puffed and pillowy, about 1 hour.

**Brush the challah with egg white.** About 20 minutes before baking, arrange a rack in the middle of the oven and heat to 350°F. When ready to bake, whisk the reserved egg white with 1 tablespoon of water and brush it all over the challah. Be sure to get in the cracks and down the sides of the loaf.

**Bake the challah 30 to 35 minutes.** Bake, rotating the baking sheet halfway through, until the challah is deeply browned and registers 190°F in the very middle with an instant-read thermometer, 30 to 35 minutes total.

**Cool the challah.** Let the challah cool on a cooling rack until just barely warm. Slice and eat.





# Silly Challah Recipe

Get ready to make the most \_\_\_\_\_ challah ever! This special recipe is more than  
ADJECTIVE

\_\_\_\_\_ years old and was passed down from great \_\_\_\_\_,  
NUMBER AUNT/UNCLE NAME  
the greatest baker in all of \_\_\_\_\_.  
CITY

Before getting started, be sure to \_\_\_\_\_ your \_\_\_\_\_ first. Then preheat your  
VERB BODY PART  
oven to \_\_\_\_\_ degrees.  
NUMBER

## To make this recipe you'll need:

\_\_\_\_\_ teaspoons active dry yeast  
NUMBER

1  $\frac{3}{4}$  cup warm \_\_\_\_\_  
LIQUID

$\frac{2}{3}$  cup sugar  $\frac{1}{2}$  cup olive oil

\_\_\_\_\_ eggs  
NUMBER

2 tablespoons \_\_\_\_\_  
SEASONING

\_\_\_\_\_ cups flour  
NUMBER

## Preparation:

In a large bowl , dissolve the yeast in the warm \_\_\_\_\_ . Let sit for \_\_\_\_\_ minutes  
or until the yeast begins to \_\_\_\_\_ .  
SAME LIQUID FROM EARLIER NUMBER VERB

Mix oil, sugar, and \_\_\_\_\_ into yeast. Add eggs and flour. The dough should be slightly  
SEASONING

\_\_\_\_\_ . \_\_\_\_\_ a large \_\_\_\_\_ and place your dough inside.  
ADJECTIVE VERB TYPE OF CONTAINER

Cover with plastic wrap or a clean towel and let it rise in a warm place for \_\_\_\_\_ hours.  
NUMBER

When dough has doubled, \_\_\_\_\_ it down and turn it over in your bowl.  
VERB

Re-cover the dough and let it rise again for 45 minutes on the \_\_\_\_\_ .  
NOUN

Turn the dough out onto a floured surface, \_\_\_\_\_ it slightly, and cut it into 12 equal pieces.  
VERB

Roll each piece of dough out into a long \_\_\_\_\_ . \_\_\_\_\_ your dough into a challah loaf.  
NOUN VERB

Beat 1 egg with a little bit of \_\_\_\_\_ to make an egg wash. \_\_\_\_\_ it liberally on each loaf.  
LIQUID VERB

Place loaves into the oven and bake for \_\_\_\_\_ minutes.  
NOUN

Remove from the oven and let cool. \_\_\_\_\_ and enjoy with a nice pat of \_\_\_\_\_ .  
VERB CONDIMENT

# Challah Cover Crafts for Kids

Do your kids love to DIY? Do you just need an easy craft for a quiet, unplugged afternoon? Why not make a special challah cover to use on Shabbat? These three simple ideas are fun for kids of all ages and range in difficulty level from “five minutes of grown up time,” to “take a peek once in awhile,” to “kids can do it all by themselves.”

## Vegetable Printed Cover

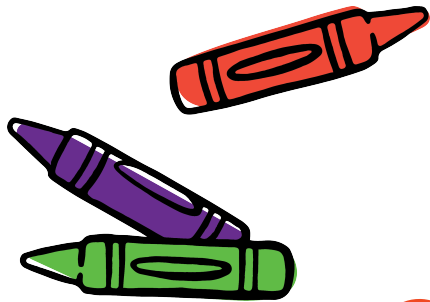
Do you have leftover fruits and veggies at home that are maybe too ripe to use? Turn them into printing instruments! Take a plain challah cover, add some fabric paint or vegetable based dye, and use apple halves, pomegranate pieces, even celery stalks and hearts, to create beautiful, organically inspired shapes.

## Color Your Own Challah Cover

Start with blank fabric or napkins. Give your kids fabric paint, markers, and let them run wild decorating their piece – just make sure you put some newspaper down under the fabric first.

## Tie Dye Cover

Bring the summer camp experience inside with this less messy take on tie dye. Tweens can likely do this almost entirely on their own while younger children, ages 5 and up, will need a grownups help for a step or two.



# Making Tzedakah a Shabbat Tradition

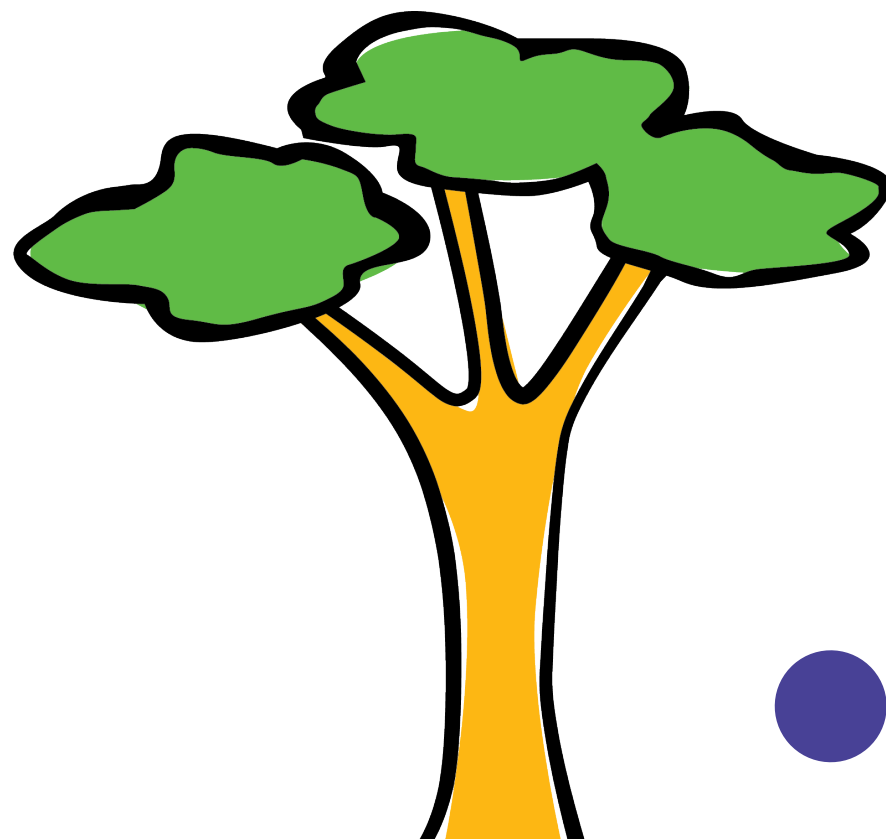
Even very small children can understand the ideas of sharing and giving to others. Kids understand that when they give presents to friends or family or share a favorite toy they make the people around them happy. As kids get older, and their sense of empathy develops, they also understand the concepts of fairness. Tzedakah is about making sure that all of the world's resources (food, water, clothing, education, shelter, etc.) are shared justly. Starting a weekly tzedakah practice as part of your Shabbat routine is a wonderful way for families to reinforce this very special Jewish value.

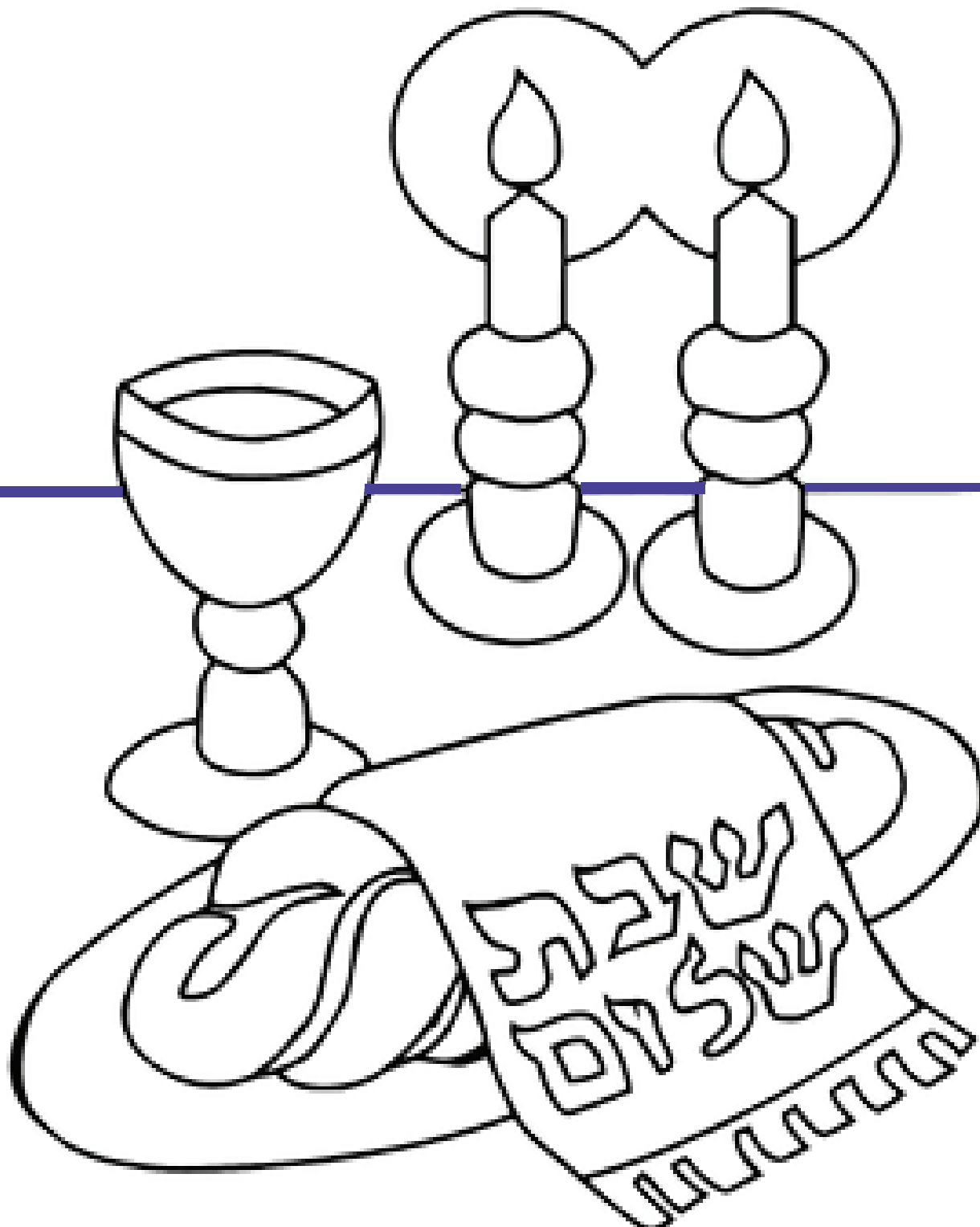
## TZEDAKAH & SHABBAT

Tzedakah is a Hebrew word that is usually translated as “charity” but it comes from a root word meaning “justice”. It is customary for many families to engage in an act of tzedakah as part of the Shabbat routine. There is no shortage of ways to incorporate tzedakah into the family’s routine. Here are a few ways to do just that:

- Decorate a Tzedakah box together
- Take turns selecting a charity to donate to each month
- Watch on YouTube the episode of Shaboom! together - it's all about tzedakah
- Read a story about tzedakah

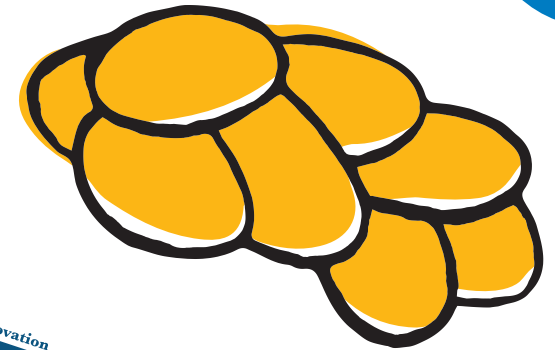
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