



IN YOUR HOME

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Shabbat •

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Shalom Parents,

Shabbat, the most important Jewish holiday of the year, is the only holiday commanded of us in the Ten Commandments ("Remember the Sabbath day, to keep it holy." Exodus 20, v.8).

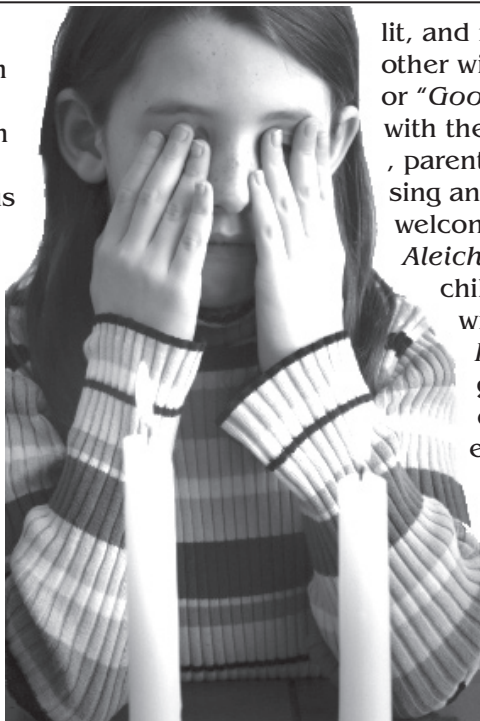
What's different about

Shabbat? It's the only day in seven when, on a regular basis, we rest physically, mentally and spiritually; from deadlines, schedules and commitments. It's a day of great joy, eagerly awaited throughout the week, when we can set aside all weekday concerns and devote ourselves to higher pursuits.

Shabbat is a home holiday. It starts with preparations during the preceding days; cleaning the house, preparing special foods, choosing special clothing to wear, and sometimes inviting special guests for dinner.

Tzedakah (charity) helps us share the joy of Shabbat with others. Prior to sundown, coins are dropped into a *tzedakah* box to help the needy, or to contribute to planting trees in Israel.

Shabbat begins as the sun descends, the candle lighting blessing is recited, candles are



lit, and family and friends greet each other with "*Shabbat Shalom*" (in Hebrew) or "*Good Shabbos*" (in Yiddish). Then, with the arrival of *Shabbat* peacefulness, parents, children and friends talk, play, sing and eat together. Many families welcome *Shabbat* by singing "*Shalom Aleichem*" and parents bless their children. The *Shabbat* table is set with the best tablecloth and dishes. *Kiddush* is recited over wine (or grape juice) and *HaMotzi* is said over *challah*. Together, the family enjoys a meal more elaborate and special and eaten more slowly than on all other days.

Spiritual renewal and communal connection

encourages family members to attend synagogue *Shabbat* services. Personal preference in religious observance determines whether Friday evening

and/or Saturday morning services are attended.

Shabbat ends with Havdalah. After 25 hours of rest and fun with family and friends, three stars appear in the sky, and a *Havdalah* service is conducted with wine, spices and a special braided candle. When the flame is extinguished, everyone wishes each other a good week ("*shavuah tov*" in Hebrew or "*gutta voch*" in Yiddish). They return to their ordinary weekday activities and wait for next week's *Shabbat* fun.

**WANT TO KNOW MORE ABOUT SHABBAT?
CHECK ON-LINE FOR INFORMATION AT
JEWFAQ.ORG/HOLIDAY1.HTM**

HAVING FUN AT HOME

Preparation for *Shabbat* adds to its fun. *Shabbat* has a distinct beginning and ending, and in between there is reading, thinking, discussing, playing, telling and celebrating.

PREPARING

Make A Tzedakah (charity) box as a way to help others. Just before *Shabbat* begins, many family members drop their loose change in the box. Then they light candles, starting *Shabbat*. When the box is full, the money is donated to a favorite charity.



With your child: Cover a salt box or coffee can with tempera paint (or wallpaper or wrapping paper or fabric). Use scissors and glue as needed. Let it dry. Cut a slit in the box lid that is big enough for a coin to easily slip through.

Make A Flower Arrangement to beautify your *Shabbat* table.

With your child: Use a tree or bush twig. Cut colored tissue paper into strips. Wrap the strips around the twig, securing them in place by twisting them tightly around the twig, and extending the ends of the strips, giving the impression of budding flowers. Place the flower in a vase on the *Shabbat* table.

VISITING

***Shabbat* is a perfect time to invite guests** or visit others.

With your child: Make up a guest list and ask for his help contacting family and friends.

FEELING SPECIAL

Children feel really special on Shabbat, as they wear special clothing, eat special food, do special things, spend time with special people. She loves to wear particular hair ribbons, barrettes and jewelry. He can wear a certain *kippah* (*yarmulka*), shirt and belt. Certain special books, games stories and toys can be reserved for use on this day. Bedtime can be a bit later and more leisurely.

With your child: Set up *Shabbat* lunch with a "salad bar". Everyone gets a bowl and the table is full of all sorts of choices, according to the tastes of each family member.



BLESSING THE CHILDREN

After placing money in the tzedakah box, followed by candle-lighting, many parents gather their children close, place their hands on the children's heads and bless them with these words:

*Y'varech'cha Adonai v'yishm'recha
Yaer Adonai panav elecha vikhuneka
Yisa Adonai panav elecha, v'yasem le'cha shalom.*

May God bless you and keep you.
May God's light shine on you and be gracious to you.
May God's face be lifted upon you and give you peace.

Some parents also include some personal words after saying the blessing.

PLAYING

After Kiddush (blessing over wine) and *Hamotzi* (blessing over *challah*) have been said, it is time to eat a leisurely, special meal while having fun.

Play guessing games (about *Shabbat*, a *Torah* story, or something else she's interested in).

TELLING

***Torah* stories** are traditionally read and discussed on *Shabbat*.

With your child: Read or tell stories presented in **Torah Talk** by Chubara, Feinberg & Rotenberg, Behrman House, 1989, or **The Shabbat Book: A Weekly Guide For The Whole Family** by J.Klein, Scopus, 1997.

Family stories can often be shared more leisurely on *Shabbat* than at other times.

With your child: During meals, while taking walks and relaxing together, share tales of relatives, your childhood, her babyhood. Spend time looking at photo albums together. It's fun now and later she will be grateful.

READING

Reading special books together helps create a lasting bond.

With your child: Choose a special book to read together only on *Shabbat*.

SAYING "GOODBYE" TO SHABBAT

Make a *Havdalah* spice bag (before *Shabbat* begins)

With your child: Smell a variety of spices (such as cinnamon, cloves, nutmeg, bay leaf, etc). Place preferred spices in a small mesh bag and close it on top with a rubber band. Use it for the *Havdalah* service after *Shabbat* ends.

THE BEST THING ABOUT SHABBAT

After 25 hours of fun and relaxation it's good to reflect on what made *Shabbat* special.

With your child: At the conclusion of *Shabbat*, talk about the best thing that happened that day.

SAYING "GOODBYE"

The *Havdalah* service, performed at nightfall on Saturday, marks the end of *Shabbat*.

With your child: Find three stars in the sky.

Three items required for *Havdalah* are: a cup of wine (or other liquid), fragrant spices, and a special *Havdalah* candle. Four blessings are made in the following order:

1. While holding the wine (or grape juice) cup:

Bah-rooch Ah-tah A-do-nai, El-lo-hay-nu Me-lech Ha-o-lam Bo-ray P'ree Ha-ga-fen

Blessed are you, Lord, our God, sovereign of the universe who creates the fruit of the vine.

2. While holding the fragrant spices (which represent a compensation for the departing special Sabbath spirit and perhaps are contained in the spice bag you created with your child)

With your child: Pass it around so everyone can smell it

Bah-rooch Ah-tah A-do-nai, El-lo-hay-nu Me-lech

Ha-o-lam Bo-ray Me-nay V'sa-meem

Blessed are you, Lord, our God, sovereign of the universe, who creates varieties of spices.

3. While holding the special, multi-wicked *Havdalah* candle (purchased from a Jewish gift store):
Bah-rooch Ah-tah A-do-nai, El-lo-hay-nu Me-lech Ha-o-lam Bo-ray M'o-ray Ha'aysh

Blessed are you, Lord, our God, sovereign of the universe who creates the light of the fire.

4. The final blessing is the *Havdalah* blessing itself, recited over the wine, expressing separation of holy from ordinary things. After completing the blessing, drink the wine, and extinguish the candle's flame from the candle in a few drops of wine.

Bah-rooch Ah-tah A-do-nai, El-lo-hay-nu Me-lech Ha-o-lam Ha-mav'dil Bayn Kodesh L'chol Bayn Or L'cho-shech Bayn Yis-ra-el La-ameem Bayn Yom Hash-vee-ee L'shay-shet Y'may Ha-ma-ah-seh Bah-rooch Ah-tah A-do-nai Ha-mav-dil Bayn Ko-desh L'chol

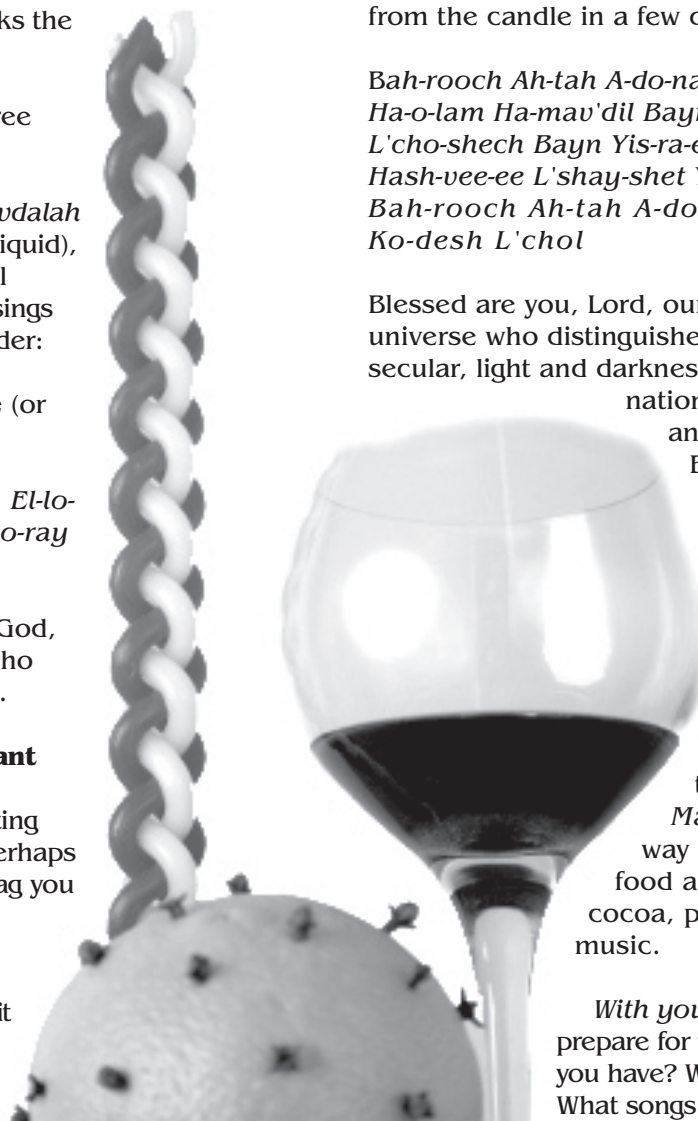
Blessed are you, Lord, our God, sovereign of the universe who distinguishes between sacred and secular, light and darkness, Israel and the other nations, and the seventh day

and the six days of work
Blessed are You, Lord, who separates between sacred and secular.

EXTENDING SHABBAT FUN

In addition, on Saturday night, after *Shabbat*, some people like to prolong family time by having a *Melaveh Malkah* party (a traditional way of extending the fun with food and music) -- with hot cocoa, popcorn, milk shakes and music.

With your child: Decide how to prepare for the party. What food should you have? What games should you play? What songs should you sing?



BOOKS AND MEDIA RECOMMENDATIONS

FOR CHILDREN

Once Upon A Shabbos, by J. Jules, Kar-Ben Publishing, Inc., 1998. This sweet and whimsical story of a lost bear who finds his way to the home of a grandmother in Brooklyn delights three to five year olds.

Too Much of A Good Thing

by M. Wasserman, Kar-Ben Publishing, 2004. After many mishaps, Antonius, a Roman king, learns from his friend, Rabbi Judah, about how to improve life through *Shabbat* and *Havdalah* observance. Four to seven year olds enjoy this delightfully illustrated book.

Where Shabbat Lives by J. Goldin Fabiyi, Kar-Ben Publishing, Inc. 2008. With charming language, and illustrations, this boardbook, appropriate for two and three year olds, explains all the places to find *Shabbat*.

Thank You, God! A Jewish Child's Book of Prayers by J. Groner & M. Wikler, Kar-Ben Publishing, Inc., 1993. Prayers in this book engagingly instill important values in three to six year olds.

Shalom Shabbat: A Book For Havdalah by S.R.Topek, Kar-Ben Copies, Inc., 1998. Two and three year olds love this beautifully illustrated book, as they use their five senses to enjoy *Havdalah*.

The Friday Nights of Nana by A. Hest, Candlewich Press, 2001. Jennie and her grandmother work hard together, having fun preparing for *Shabbat*. At last the house is filled with family members enjoying a wonderful *Shabbat* dinner. Three to seven year olds love the story and the beautiful illustrations.

Just Enough Room by M.P.Feinberg, United Synagogue of America, 1991. As Joseph and Leah welcome many guests to their *Shabbat* table, their tiny dark home changes into a bright, sparkly, memorable *Shabbat* experience. Three to six year olds love to wonder how this is possible.



The Shabbat Box by L. Simpson, Kar-Ben Publishing, Inc., 2001. Ira excitedly anticipates bringing his class *Shabbat* box home. After waiting a long time for his turn, he loses the box, but then finds a novel way to replace it. Four to seven year olds enjoy the book.

The Littlest Candlesticks by S. Rouss, Pitspopany, 2002. Little Abby greatly admires the *Shabbat* candlesticks lit by her mother and her sisters, so she makes her own candlesticks. Four to seven year olds love this book, and its lovely illustrations.

Shabbat Shalom! by M.S. Abraham, UAHC Press, 2003. Parents and children enjoy this book with its simple explanations of *Shabbat* rituals and blessings in Hebrew, English and transliteration.

FOR ADULTS

The Modern Jewish Mom's Guide To Shabbat, by M. Jacobs, Harper, 2007

A Day Apart: Shabbat At Home: A Step-by Step Guidebook With Blessings and Songs, Rituals and Reflections, by N.S. Zion & S. Fields-Mayer, Shalom Hartman Institute in Jerusalem, 2004

Shabbat: The Family Guide To Preparing For and Celebrating The Sabbath, 2nd Edition, by Dr. R. Wolfson, Jewish Lights Publishing, 2002

Every Person's Guide To Shabbat, by R.S. Isaacs, Jason Aronson, Inc., 1998

CDS:

The Z'mirot Sing-Along (collection of well-known *Shabbat* songs)

Celebrate Shabbat: Shabbat Songs To Treasure (by a variety of well-known Jewish artists)

ShirLaLa Shabbat! (Shira Kline)

I've Got That Shabbat Feeling (Sue Epstein)

Bring The Shabbat Home (Peter & Ellen Allard)

