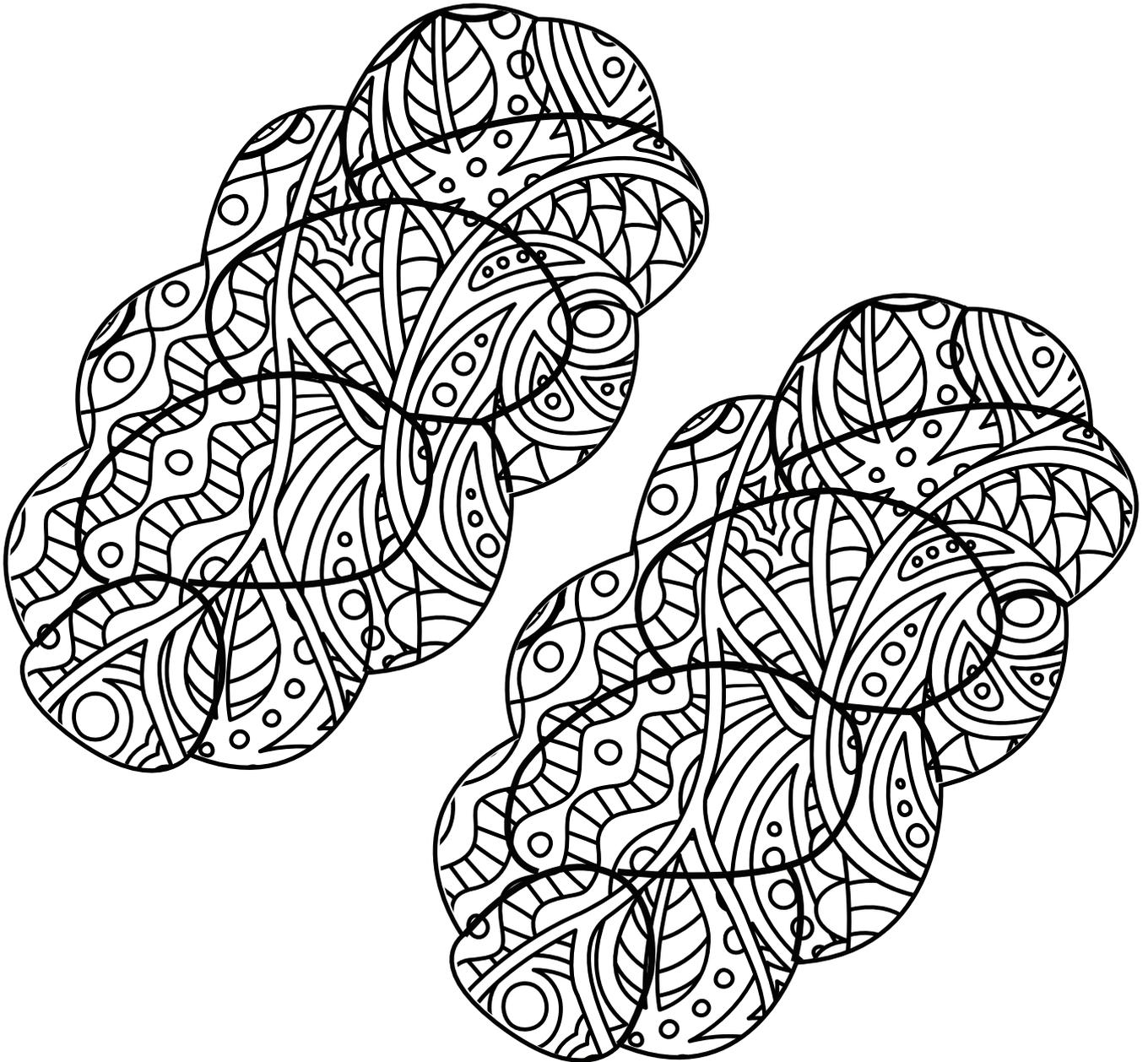


On Shabbat, we eat a special type of bread. It is called Challah. This is to remind us of the mitzvah to separate Challah - a small piece of dough - before we bake bread. We put two loaves together at each meal to remind us of the double portion of manna we got before Shabbat when we wandered in the desert.



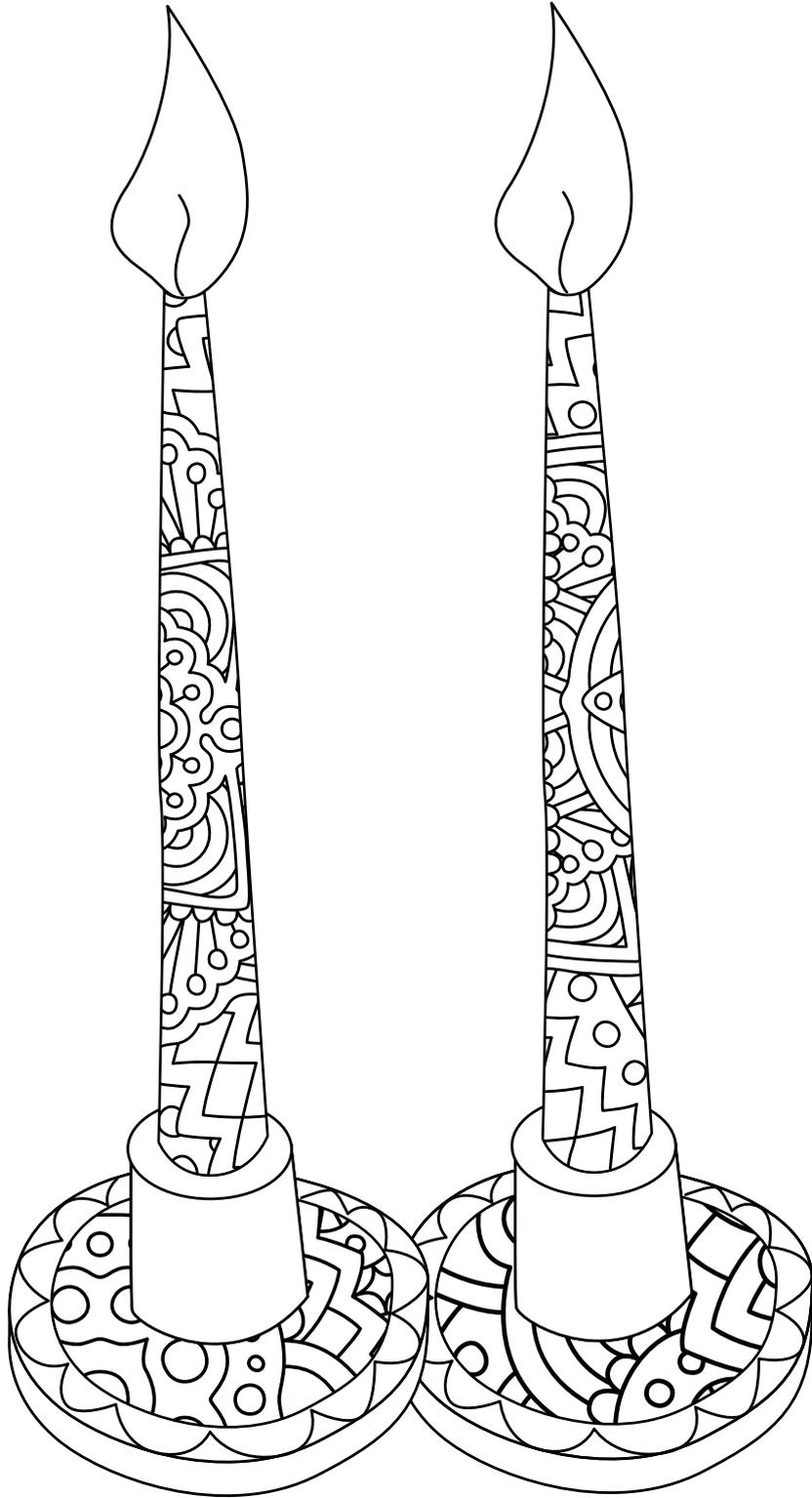
CHALLAH COVER

We place a special cover over the Challah while we say Kiddush, just as the dew covered and protected the manna in the desert. We also cover the Challot because usually, the blessing we say on bread should be said before the blessing we say on wine or grape juice. However, on Shabbat, because we make Kiddush before we eat, the order is switched. We teach ourselves to be sensitive to others by covering the Challot so that they should not be 'shamed' since we skipped over blessing them first.



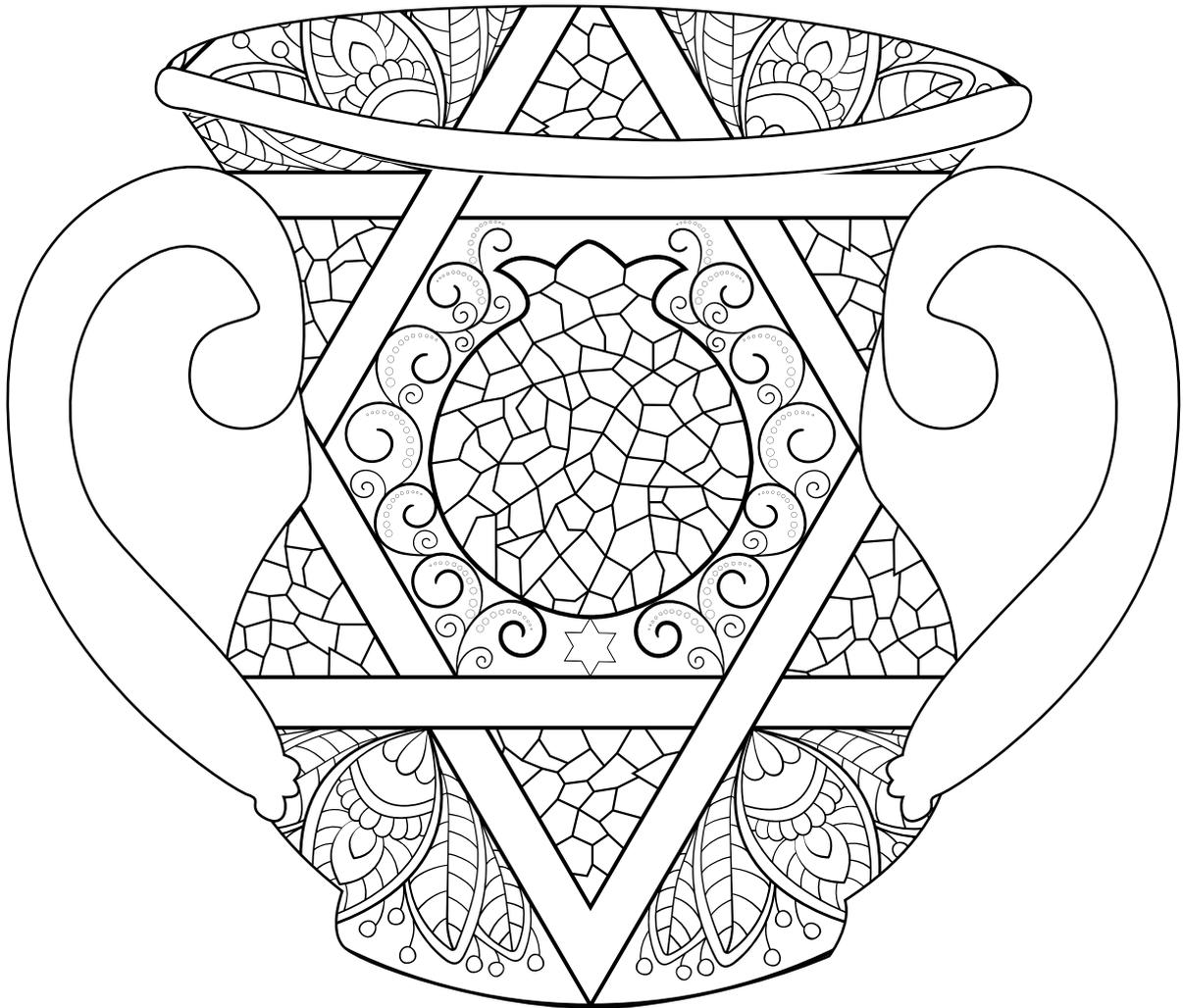
CANDLES

We light two candles just before Shabbat begins in order to bring light into our homes and remind us that we are supposed to both ‘remember’ and ‘keep’ Shabbat. Some families have the custom of adding a candle for each child in the family, symbolizing the light that each person brings into the world.



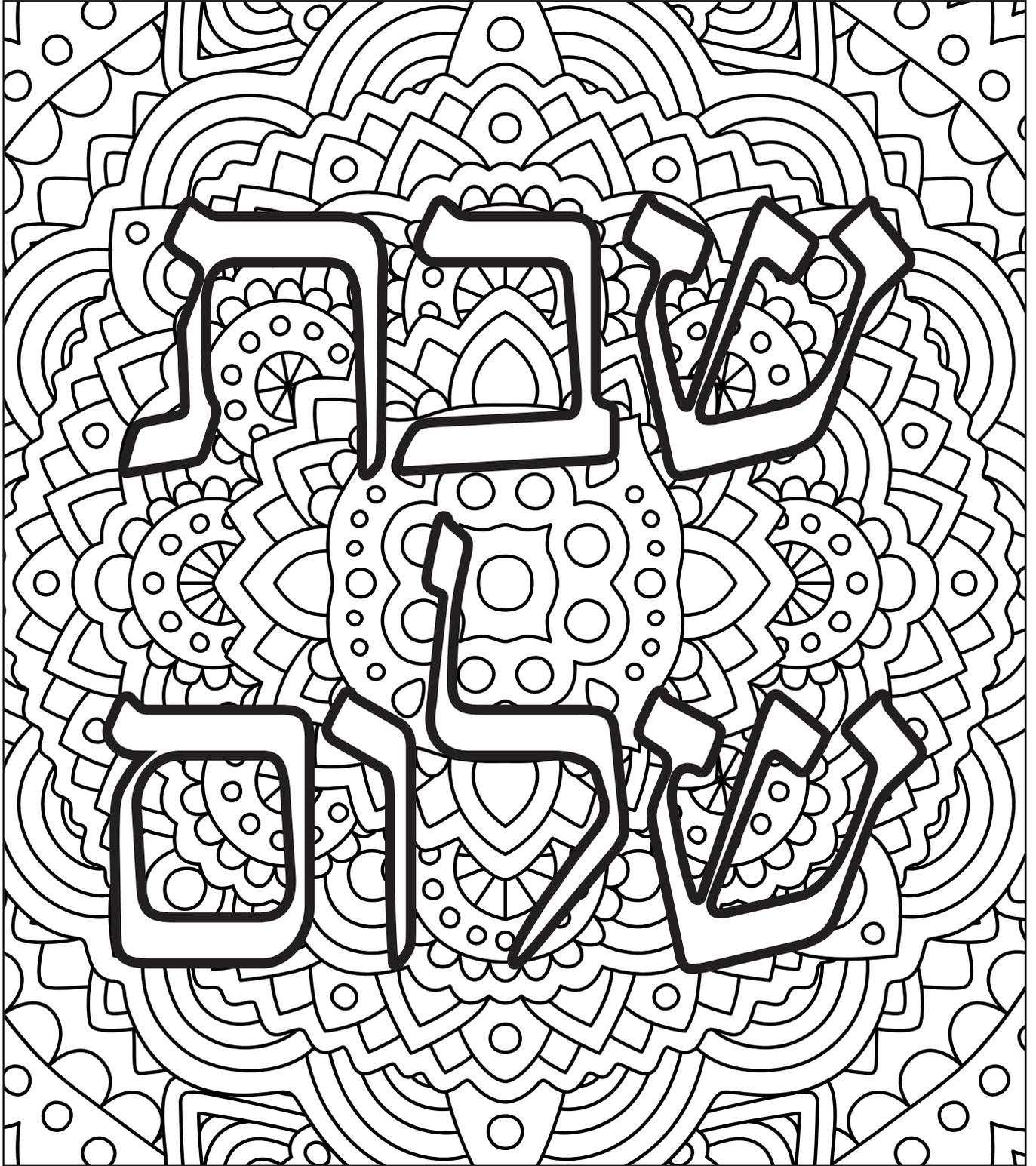
HAND WASHING

We wash our hands before we eat the meal on Shabbat, not only to prepare physically to be clean, but also to remind us how, in Temple times, the priests would wash their hands in the same way to prepare spiritually for their holy food called terumah.



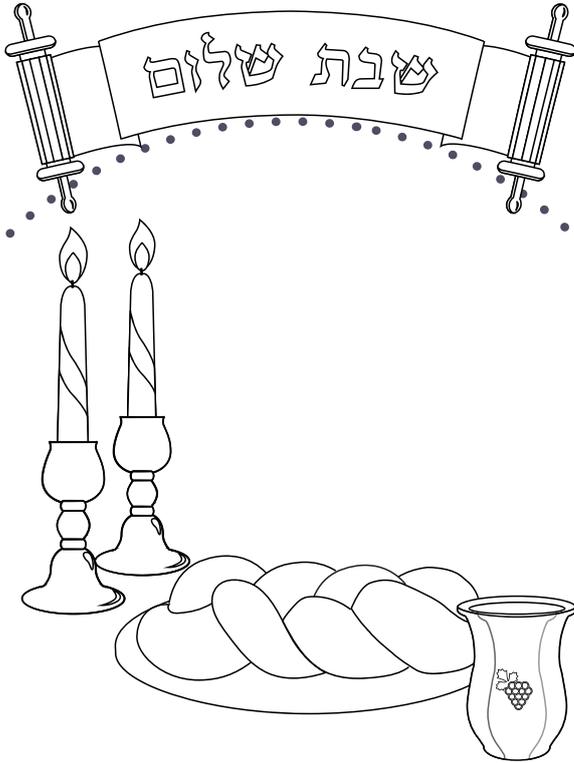
SHABBAT SHALOM

'Shabbat Shalom' is a special greeting we wish each other on Shabbat. It is understood universally between Jews, no matter what language they speak. 'Shalom' means peace. We wish each other to experience the peace that Shabbat brings with it.



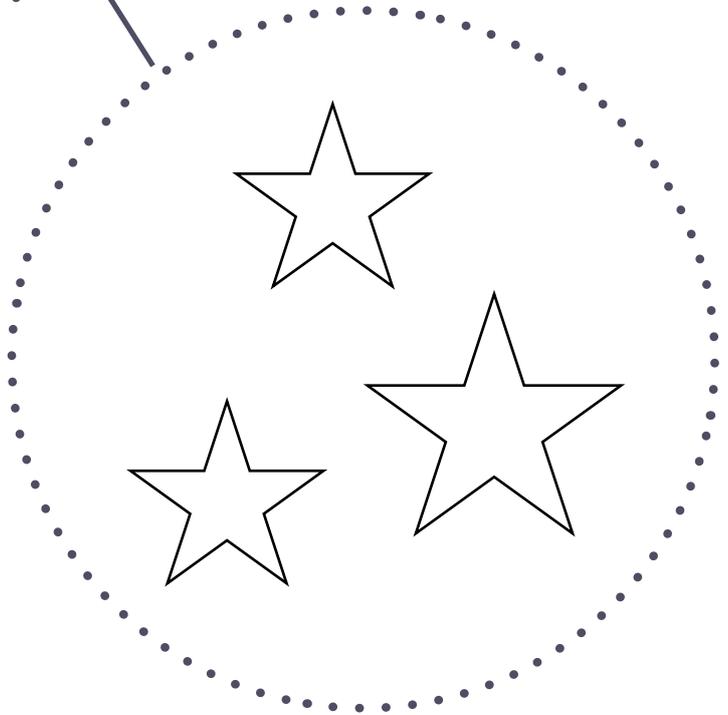
**The
Shabbat
Project**

KEEPING IT TOGETHER



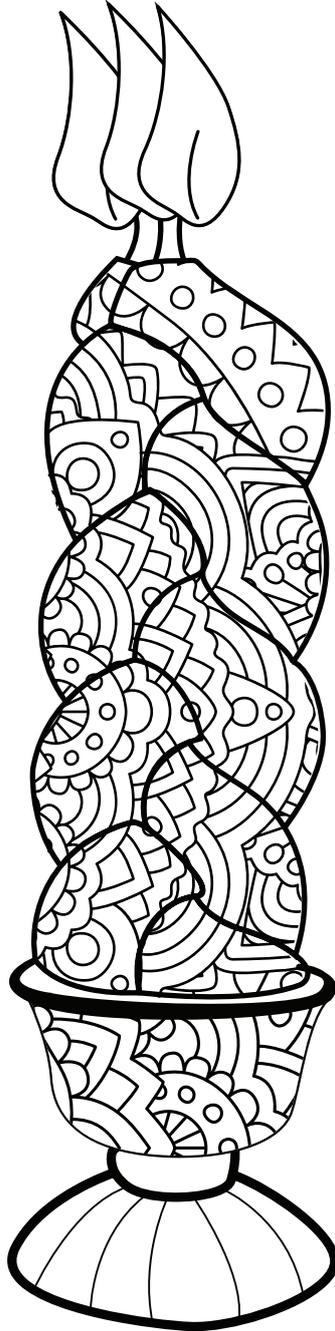
We light candles 18 minutes before sunset to welcome Shabbat into our homes. Shabbat comes in at _____.

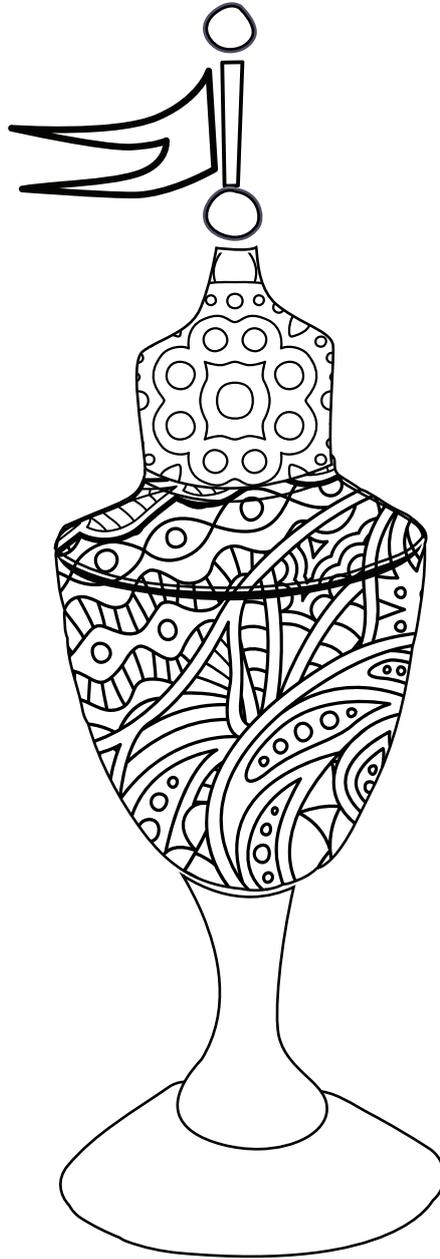
Shabbat ends when the stars come out on Saturday night. Shabbat ends at _____.



HAVDALLAH CANDLE

As we say goodbye to Shabbat, we light a candle created from many wicks to remind us that Adam and Eve were given the gift of light after the very first Shabbat. We start Shabbat with two candles apart and end it with the flames intertwined. We hope the experience of shabbat has brought us closer together just like the flame.





Once Shabbat is over, we smell good-smelling spices to give us a boost. After all, no one wants Shabbat to end!

HAVDALLAH

When Shabbat is over, we say a special prayer called Havdallah and drink a glass of wine or grape juice. This prayer helps us to separate the special time of Shabbat from the beginning of the new week. We need three things for Havdallah: wine or grape juice, spices, and our special braided candle.

