

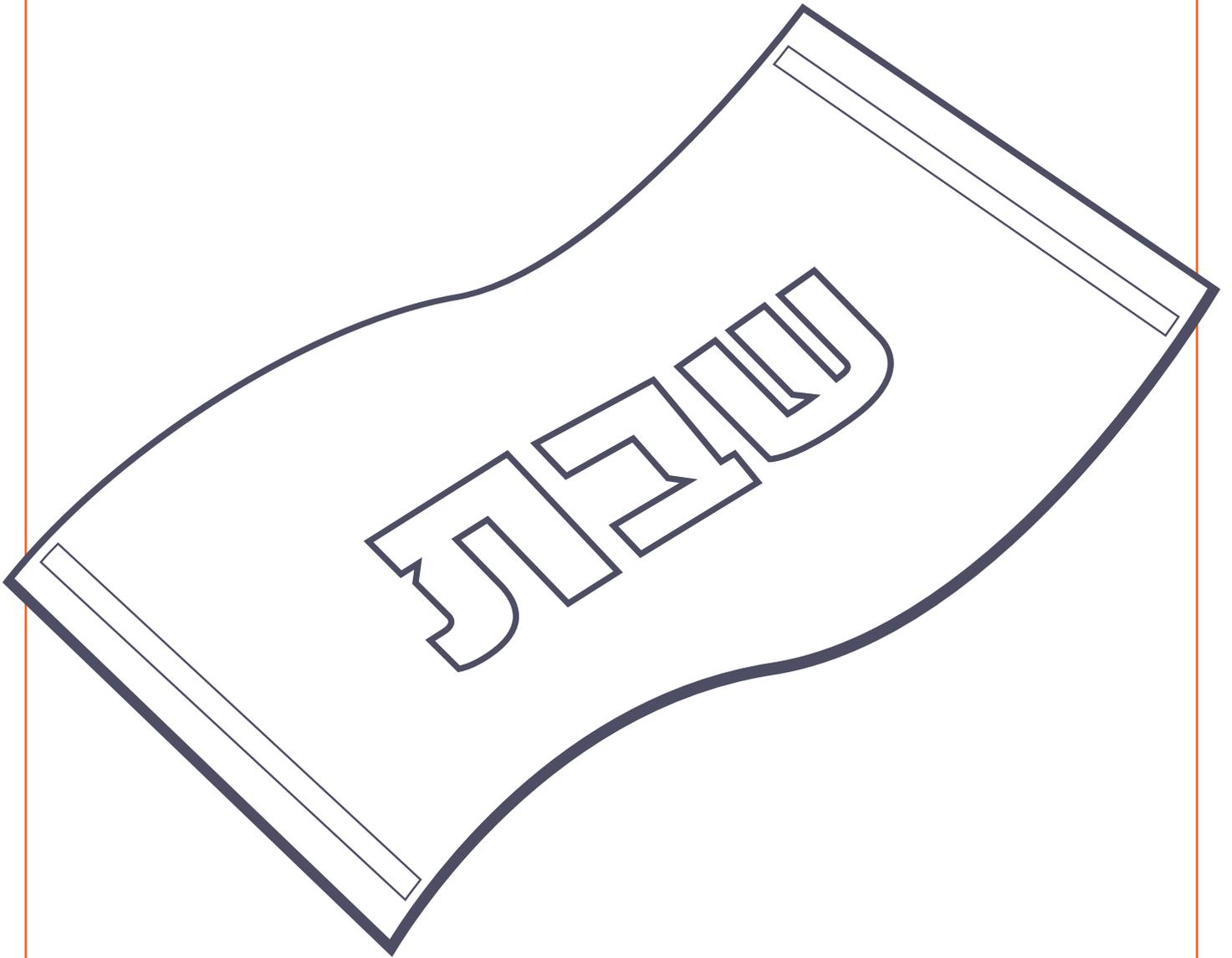
CHALLAH | JALÁ | STRITZEL

On Shabbat we eat a special type of bread that we don't eat at any other time of the week. We put two loaves together to remind us of the double portion of manna we got before Shabbat when we wandered in the desert.



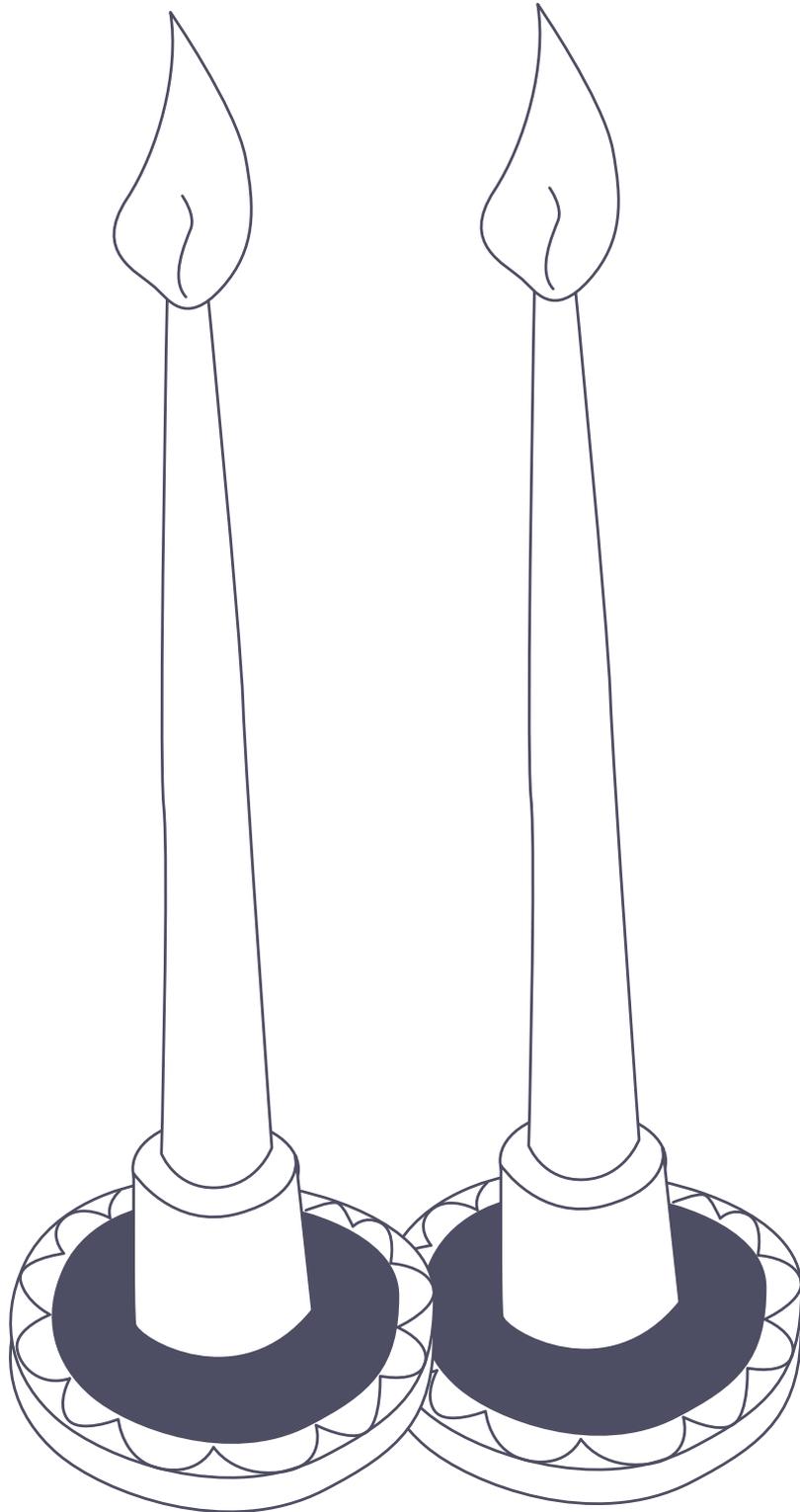
CHALLAH COVER

We place a special cover over our Challot (more than one Challah) while we say Kiddush, just like the dew covered and protected the manna in the desert.



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.



KIDDUSH

Before we eat our first two meals on Shabbat, we say a prayer called Kiddush and drink a cup of wine or grape juice. This reminds us that the meal we are about to eat isn't just another regular meal, but a special, joyous and festive one.



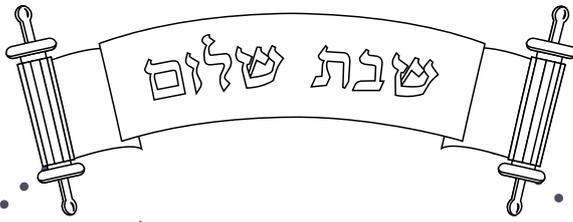
HAND WASHING

We wash our hands before we eat the meal on Shabbat, not only to physically clean them but to symbolically prepare them for the meal.

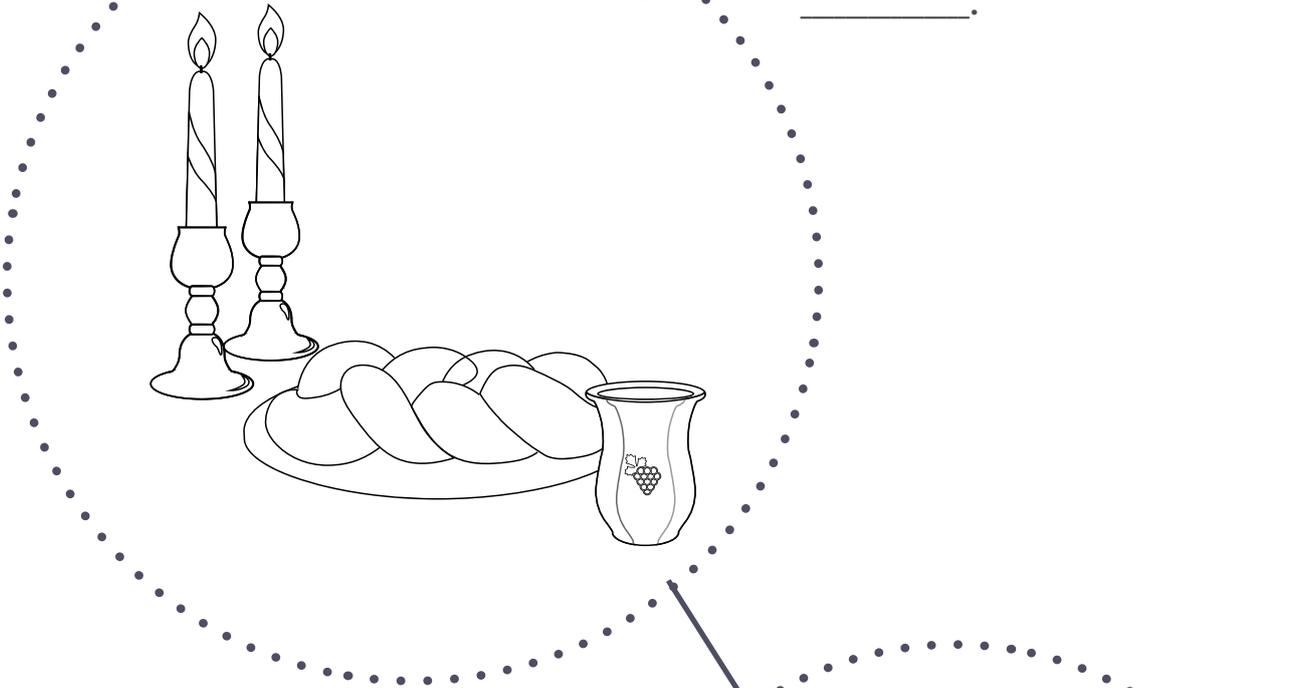


We wish each other 'Shabbat Shalom' as a special greeting on Shabbat. Anywhere you go in the world, these two words will be understood between Jews, no matter what language they speak.

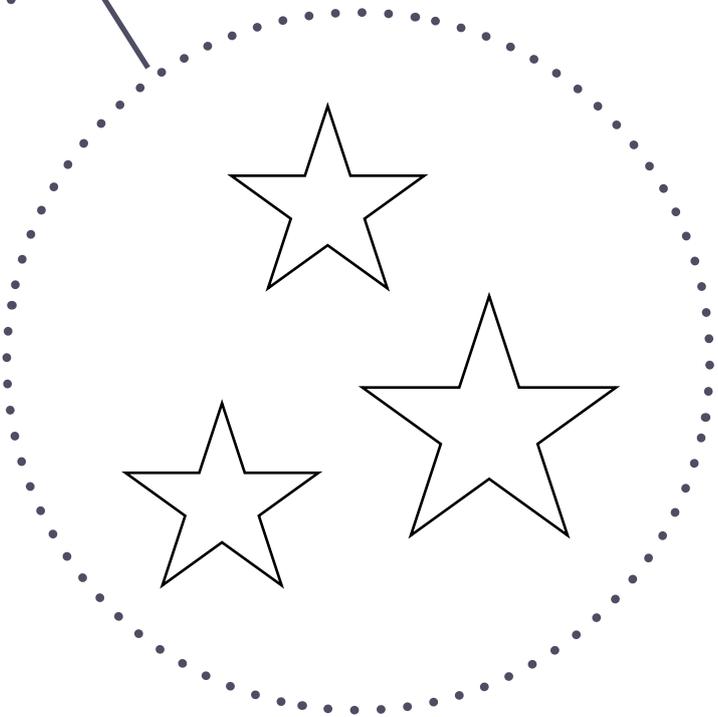




We light candles 18 minutes before sunset to welcome Shabbat into our homes. Shabbat comes in at _____.

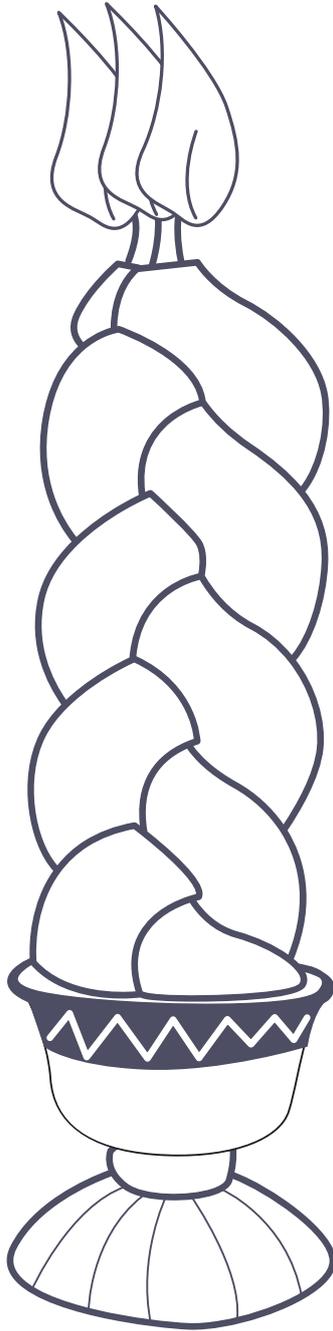


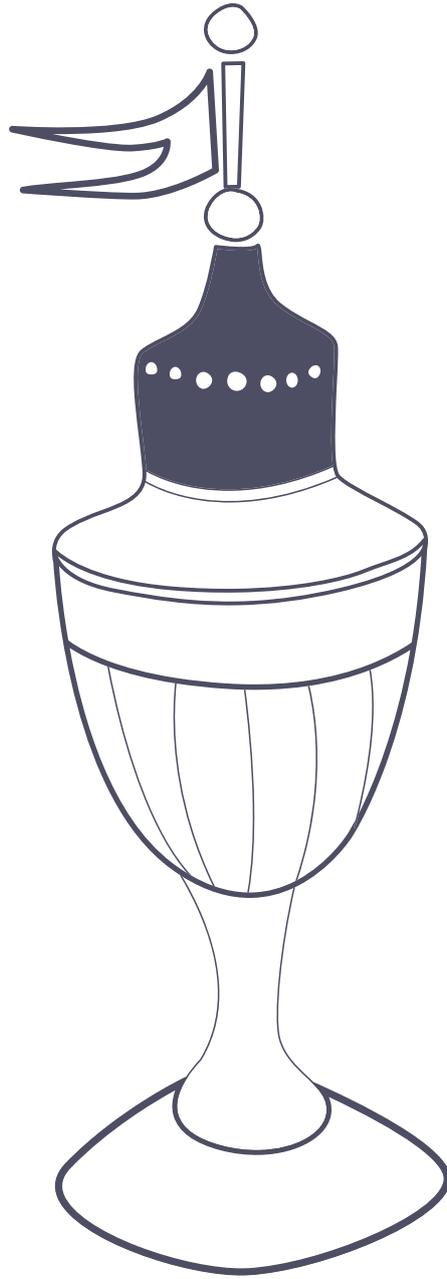
Shabbat ends when the stars come out on Saturday night. Shabbat ends at _____.



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.





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.

