



**Challah: The Mitzvah of Hafrashat
Challah and Lechem Mishnah**

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a service of the



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Dor L'Dor is sponsored in loving memory of
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יוסף אברהם ועטיע

who dedicated their lives to Jewish
education by their loving family

User Guide:

This packet is geared towards children from the ages of four until 6th grade to learn with their parents or other family member. On each page, there will be a source for all to learn and questions to discuss. Not all activities on each page are geared towards every age group so feel free to skip around.

In this packet, we will explore the deeper meaning behind challah. What is the mitzvah of hafrashat challah, removing a piece of dough? When do we perform this mitzvah and why do we do it? We will also delve into the reason behind why we have two loaves of Challah at each meal on Shabbat. These two aspects of Challah emerge from a broader theme relating to Shabbat and recognizing the hand of God in our lives.

Enjoy the learning and feel free to contact me with any feedback or questions.

WEST HARTFORD YI **YOUNG ISRAEL WEST HARTFORD** **THE WEISEL DOR L'DOR FAMILY LEARNING PROGRAM**

Challah Bake

- *Learn about the Mitzvah of Challah
- *Braid dough together with us
- *Take home to bake
- *Coffee will be served for parents

Friday, December 31, 2021
10 am-11 am
@ Young Israel
Shine only

INGREDIENTS

What is Challah?



When you make challah, what do you think of? Probably delicious bread, sometimes braided, that you eat on Shabbat. Yet, what is the true meaning of the word Challah? Where does it come from and what “ingredients” make it up?



Learn the sources below to determine the true meaning of challah. Is it different than what you expected?

FROM THE TORAH

English Units	Hebrew Units
Numbers 15:17-21 The LORD spoke to Moses, saying: Speak to the Israelite people and say to them: When you enter the land to which I am taking you and you eat of the bread of the land, you shall set some aside as a gift to the LORD : as the first yield of your baking you shall set aside a loaf as a gift; you shall set it aside as a gift like the gift from the threshing floor. You shall make a gift to the LORD from the first yield of your baking, throughout the ages.	Bamidbar 15:17-21 וַיְדַבֵּר ה' אֶל־מֹשֶׁה לֵאמֹר: דִּבֶּר־אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם בְּבֹאֲכֶם אֶל־הָאָרֶץ אֲשֶׁר אֲנִי מְבִיא אֹתְכֶם שָׁמָּה: וְהָיָה בְּאֹכְלֶכֶם מִלֶּחֶם הָאָרֶץ תְּרִימוּ תְרוּמָה לַה': רִאשִׁית עֲרֹסְתֵיכֶם חִלָּה תְרִימוּ תְרוּמָה כְּתִרומַת גֶּרֶן כֵּן תְּרִימוּ אֹתָהּ: מִרִאשִׁית עֲרֹסְתֵיכֶם תִּתְּנוּ לַה' תְרוּמָה לְדֹרֹתֵיכֶם:

THE NAME ITSELF

English Units	Hebrew Units
Why does Challah come from the Hebrew word “mundane” or “ordinary”? Eating is something everyone does. When we do it in the way God commanded, and take a piece of the dough off for the Kohein, we are elevating something ordinary and giving it meaning.	חול comes from the Hebrew word חוּל, which means ordinary or mundane





KNEADING

What Do You "Knead" To Separate Challah?



#1. When do we need to separate Challah?

#2. How do we separate Challah?

HAFRASHAT CHALLAH CHECKLIST:



The dough was made from one of the **five grains**:
Wheat, spelt, barley, rye or oats



You used at least **5 lbs** of flour (or 4 according to Sefardim)



Hold a **handful of the dough** in your right hand (without detaching it yet) and **recite the bracha** (can be found on the next page). Then **pull off the handful** of dough and **declare** “**this is challah**– הָרִי זוֹ חָלָה.” It is a spiritual moment and can be used to **pray** for anything on your mind. Nowadays, without the Beit HaMikdash, the Holy Temple, we do not give the dough to the kohein, but instead **burn** it. This can be done by wrapping it in foil and putting it in the oven or toaster oven (while nothing else is cooking). Once it is completely charred, it can be thrown away.



If you used between 2 lbs and 5 lbs of flour, many separate the dough without a bracha. Less than that does not require any separation.

RISING

Elevating the Dough with a Bracha

The Bracha on Hafrashat Challah, Separating the Dogh:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַפְרִישׁ חֻלָּה מִיַּד הָעֶסֶה

“Boruch Atoh Ado-nay Elo-heinu Melech
Ha’Olam Asher Kidshanu B’mitzvosav
V’tzivanu L’hafrish Challah min ha’isa

“Blessed are You, Lord, our G-d, King of
the Universe, Who has sanctified us with
his Commandments and commanded us
to separate challah from the dough.”



Special prayer, yehi ratzon, some say after separating challah:

“May it be Your Will, Eternal, our G-d, that the commandment of separating challah be considered as if I had performed it with all its details and ramifications. May my elevation of the challah be comparable to the sacrifice that was offered on the altar, which was acceptable and pleasing. Just as giving the challah to the Kohein in former times served to atone for sins, so may it atone for mine, and make me like a person reborn without sins. May it enabled me to observe the holy Sabbath (or Festival of...) with my husband (and our children) and to become imbued with its holiness. May the spiritual influence of the mitzvah of challah enable our children to be constantly sustained by the hands of the Holy One, blessed is He, with His abundant mercy, loving-kindness, and love. Consider the mitzvah of challah as if I have given the tithe. And just as I am fulfilling this mitzvah with all my heart, so may Your compassion be aroused to keep me from sorrow and pain, always. Amen.”

יְהִי רָצוֹן מִלְפָּנֶיךָ ה' אֱלֹהֵינוּ וְאֵלֵינוּ שֶׁהַמִּצְוָה שֶׁל
הַפְרָשַׁת חֻלָּה תִּחְשַׁב כְּאִלוּ קִיּוּמָתִיָּה בְּכָל פְּרָטִיָּה
וְדִקְדּוּקָיָה, וְתִחְשַׁב הִרְמַת הַחֻלָּה שְׁאֵנִי מְרִימָה, כְּמוֹ
הַקֹּרֶבֶן שֶׁהִקְרִיב עַל הַמִּזְבֵּחַ, שֶׁנִּתְקַבַּל בְּרָצוֹן. וְכֵן שֶׁלִּפְנֵי
הַיָּתֵה הַחֻלָּה נִתְּנָה לַכֹּהֵן וְהַיָּתֵה זֶה לְכַפֵּרֶת עֲוֹנוֹת, כִּי
תִּהְיֶה לְכַפֵּרָה לְעֹנֹוֹתַי, וְאֵז אֶהְיֶה כְּאִלוּ נֹולָדְתִּי מִחֻדָּשׁ,
נִקְיָה מִחַטָּא וְעוֹן. וְאוֹכַל לֶקְיָם מִצֹּט שֶׁבֶת קֹדֶשׁ וְהַיָּמִים
הַטּוֹבִים עִם בְּעָלִי (וְיֻלְדִּינוּ), לִהְיוֹת נְזֻנִים מִקִּדְשַׁת הַיָּמִים
הָאֵלֶּה. וְהַשְׁפָּעָתָה שֶׁל מִצְוַת חֻלָּה, יְהִי וְלִדְנוּ נְזֻנִים
תָּמִיד מִיָּדֶיךָ שֶׁל הַקֹּדֶשׁ בְּרוּךְ הוּא, בְּרַב רַחֲמֵיךָ וְחֶסֶדְךָ,
וּבְרַב אֱהָבָה, וְשֶׁתִּתְקַבַּל מִצְוַת חֻלָּה כְּאִלוּ נִתְּנִי מַעֲשֶׂר.
וְכֵשֶׁם שֶׁהִגֵּנִי מִקִּיּוּמָתִי מִצְוַת חֻלָּה בְּכָל לֵב, כִּי יִתְעוֹרְרוּ
רַחֲמֵיךָ שֶׁל הַקֹּדֶשׁ בְּרוּךְ הוּא לְשִׁמְרָתִי מִצַּעַר וּמִמַּכְאוּבִּים
כָּל הַיָּמִים, אָמֵן




We can talk to God about anything; pray for
anything. What is something you want to pray
for?

BAKING

Putting the Pieces Together: Why We Separate Challah

CHOOSE YOUR OWN ADVENTURE!

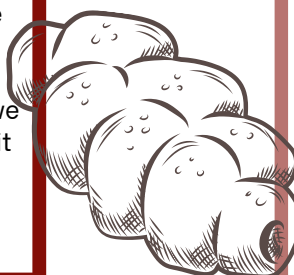
Learn one of the reasons below about why we separate challah and share it with someone else. Which answer speaks to you the most and why?



“Bread-making is a completely man-activated process. It would seem that if all conditions are favorable: the recipe, the oven, the dough – the result should be perfect (barring unexpected events). That is why it is so important to emphasize here, in particular, that everything we have is from Hashem, even when it seems that it is solely a result of our actions!”

~Rav Yosef Tzvi Rimon

(<https://www.yeshiva.co/midrash/38506>)



“At the root of the precept lies the reason that man’s sustenance is from food and most of the world lives on bread . . . G-d wished to make us meritorious by a constant mitzvah with our bread, so that blessing will dwell on it through the mitzvah and we shall earn merit for ourselves. As a result, the dough provides food for the body and food for the spirit.”

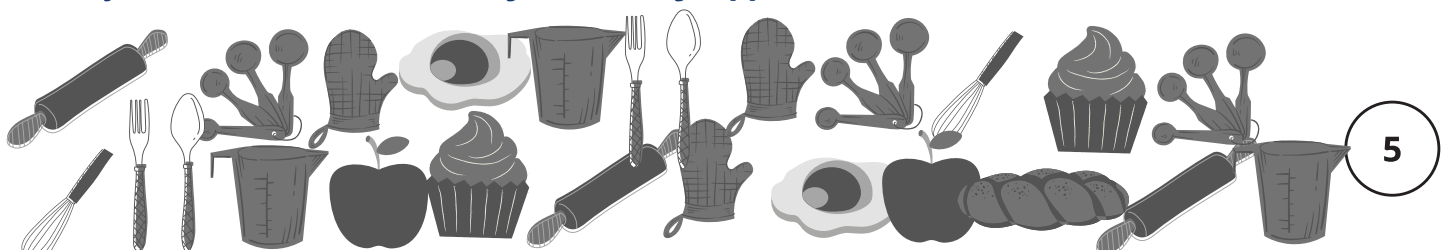
~Sefer HaChinuch

“The Torah refers to challah as the reishit – the first and the best – of the kneading bowl. So, too, our spiritual pursuits may occupy only a small portion, quantity-wise, of our lives, but they are “the first and the best” in us, to which we devote the first moments of our day, the freshest of our energies, the keenest of our talents.”

~Chabad.org (https://www.chabad.org/theJewishWoman/article_cdo/aid/363327/jewish/2-Why-Challah.htm)

I-SPY CHALLAH VERSION

Can you find the Challah among the baking supplies and food?



Why Do We Need Two Challot?

There is a mitzvah on Shabbat to have two challot at each meal. We call this “lechem mishnah” which literally means, “double bread.” Why is it necessary to have two challot at each meal on Shabbat?

TORAH SOURCE- MAN

Shemot 16:4-5, 29-31

And the LORD said to Moses, “I will rain down bread for you from the sky, and the people shall go out and gather each day that day’s portion—that I may thus test them, to see whether they will follow My instructions or not. But on the sixth day, when they apportion what they have brought in, it shall prove to be double the amount they gather each day.”

Mark that the LORD has given you the sabbath; therefore He gives you two days’ food on the sixth day. Let everyone remain where he is: let no one leave his place on the seventh day.” So the people remained inactive on the seventh day. The house of Israel named it manna. it was like coriander seed, white, and it tasted like wafers in honey.

שמות טז:ד-ה, כט-לא

וַיֹּאמֶר ה' אֶל־מֹשֶׁה הִנֵּה
מִמָּטִיר לָכֶם לֶחֶם מִן־הַשָּׁמַיִם
וַיֵּצֵא הָעָם וּלְקָטוּ דְּבַר־יוֹם
בְּיוֹמוֹ לְמַעַן אֲנֹסְנוּ הַיּוֹלֵךְ
בְּתוֹרַתִי אִם־לֹא: וְהָיָה בַּיּוֹם
הַשְּׁשִׁי וְהָכִינוּ אֶת־אֲשֶׁר־יְבִיאֻ
וְהָיָה מִשְׁנֵהוּ עַל־אֲשֶׁר־יִלְקָטוּ
יוֹם | יוֹם:

רְאוּ כִּי־הָיָה נָתַן לָכֶם הַשַּׁבָּת
עַל־כֵּן הָיָה נָתַן לָכֶם בַּיּוֹם
הַשְּׁשִׁי לֶחֶם יוֹמִים שֶׁבֶן | אִישׁ
תַּחְתָּיו אֶל־יֵצֵא אִישׁ מִמִּקְוָמוֹ
בַּיּוֹם הַשְּׁבִיעִי: וַיִּשְׁבְּתוּ הָעָם
בַּיּוֹם הַשְּׁבִיעִי: וַיִּקְרָא
בֵּית־יִשְׂרָאֵל אֶת־שְׁמוֹ מָן וְהָיָה
כַּזֶּרַע גֹּדֶלֶבָן וְטַעְמוֹ כַּצִּפְחִית
בִּדְבַשׁ:

Background:

After the Jewish People received the Torah at Har Sinai, they started on their way to the Land of Israel. Because of the sin of the 10 spies, the Jewish People had to wander the desert for 38 more years (40 total). While they were in the desert, they received their food in the form of Man-Hashem sent down Man from the heavens for the people to gather every day. The midrash states that the man tasted like anything a person wished. Each day, every family could only collect what they needed for that day. On Friday, however, they collected a double portion as God did not send down the Man on Shabbat. It is in commemoration of the double portion of Man that we have a double portion of Challah at our meals on Shabbat.



Why is it important that we remember the manna on Shabbat? What do you think is the message behind the manna?

TODAYS WEATHER REPORT:



Cloudy with a chance of Manna



Leaven from Heaven

How the Manna Connects to Shabat



What does the Manna represent? How does the way we gathered it relate to its purpose?

CHALLENGE:

Below are two pictures that demonstrate the Jewish People collecting the Manna. Circle the picture that shows how they picked the Manna on Friday:



DELVING DEEPER

- 1 God sending us Manna from heaven was a clear indication of His Divine Providence- He sustains us and provides us with our needs.
- 2 We were only allowed to gather enough Manna for that day. This showed our faith in God that He would continually provide for us.
- 3 On Shabbat, we take a step back and remember that just as God provided for us in the desert, so too He also provides for us now.
- 4 On Shabbat, we strengthen our faith in God and reflect on everything God gives us. Though it may seem like we are in charge, God is behind everything and is sending us "man from Heaven."



Finder's Keepers

How We Can Find Hashem in Our Daily Lives

CHALLENGE:

Think of one thing you do in your day that is hard- maybe it's taking a test or a basketball game. Before you do the action, talk to God and ask Him to help you do it well. Think about everything God helps you with- that you can move your hands, speak, write, etc. Take a moment to thank Him and ask Him for His continued help.

STORIES:

John was stranded on a deserted island. Although he was by himself, he kept telling himself that God will save him. Soon after he said this, a boat passed by. The sailor called out to him- hey, do you need help? I can take you out of here! The man refused, saying- my help will come from God. Later, a plane flew by. The pilot yelled down- hey, do you need help? I can take you out of here! The man again refused, saying- my help will come from God. Finally, a helicopter came by and the pilot offered to help him. Again the man said no. A few days later, the man passed away. When in heaven, he asked God- God, I trusted in You! Why didn't you help me? God answered- Who do you think sent the boat, the plane, and the helicopter!?

THOUGHT QUESTIONS:

1. How did you see Hashem in your life this week?
2. What can you do on Shabbat to remind you of all that God does for us?

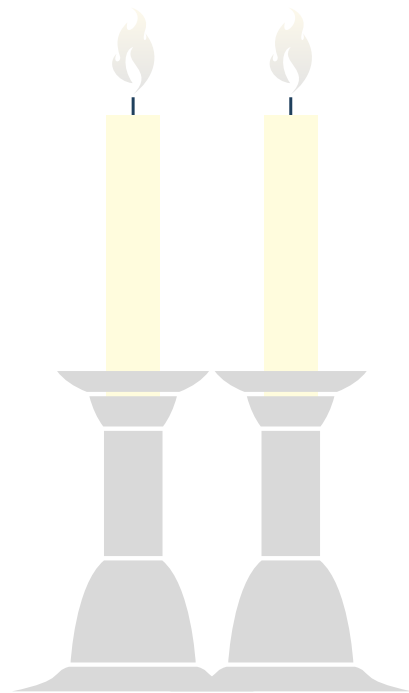
Tip: Some families, on Shabbat, go around the table and everyone shares a story from their week where they sensed God was helping them, where they recognized God's hand in their life.

Abby was on her way to the store and was in a bit of a rush. She was started to get frustrated as she couldn't find a parking lot. In the car, she told God- God, please help me find a parking spot. Right then, a car left the spot right in front of her. "Oh, nevermind God, I found one."

The Bigger Picture

Coloring Page and Riddles

Can you color in the following pictures? What does your favorite Challah look like? Would it have any toppings?



CHALLAH QUESTIONS AND RIDDLES:

- 1 Does Challah need to be braided? What may be the significance behind why Challah is often braided?
- 2 Who is the Challah's favorite football player?

1. Challah does not have to be braided. There are many reasons given as to why the custom arose that is often braided. One idea is that the braiding represents unity and how we tie different ideas together. Shabbat is a day of peace and unity, when we focus on coming together and when we remember how God is involved in our lives and we are all made in His image.

2. Tom "Braid"y