

TEMPLE
JUDEA

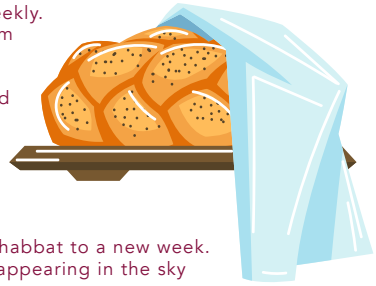
SHABBAT & HANUCCAH

A TEMPLE JUDEA FAMILY HOLIDAY GUIDE



SHABBAT & HAVDALAH

In Judaism, there's a special holiday that comes weekly. Considered the holiest day of the week, it lasts from sundown on Friday to an hour after sundown on Saturday night. The day is the sabbath or Shabbat. It's about 25 hours dedicated to rest, relaxation and reflection at the end of the week. In our busy lives, it's a reminder to live with intention: slow down, give thanks for what we have and give back to our world. It is connected to creation; God created the world in six days and rested on the seventh.



Havdalah is a ceremony that marks the shift from Shabbat to a new week. In Hebrew, havdalah means transition. Three stars appearing in the sky mark the end of the holiday.

CUSTOMS

There are a variety of rituals and traditions that accompany Shabbat. Many families give tzedakah, or charity, before they light the candles connecting giving to others directly to the holiday. That's why here at the Margaux School we collect tzedakah on Fridays.

Kabbalat Shabbat is the Friday service to welcome Shabbat. In Jewish tradition, you don't kindle fire on Shabbat, so to get around this, you light the two candles then cover your eyes. Some people wave their hands in a circle three or more times to welcome the warmth of Shabbat. After reciting the blessing, you uncover your eyes. The light has been transformed from the light of the week to the light of Shabbat.

You say prayers over the wine, to mark the holiness of the day, and sing HaMotzi over the challot, the plural for challah, the special bread typically enjoyed on Shabbat. Following the service, there are various practices you might include in your celebration, such as specific blessings for husbands, wives and children. A special meal, typically the largest and finest of the week, has been prepared. But no matter the contents of your dinner, at the heart of the holiday is spending time together to enjoy a meal.

On Havdalah, you bid Shabbat goodbye with another blessing over wine and lighting a candle. You bless and savor sweet spices or besameem to hang on to the sweetness of Shabbat. To welcome a new week, you say Shavua Tov.

SYMBOLS AND VOCABULARY

Shabbat candles the number two symbolizes the two mitzvot (commandments) of Shabbat, one to "remember" Shabbat and one to "guard" Shabbat. Some families light one set or in others there a sets for each person.

Kiddush cup the special cup, set aside just for Shabbat, used to hold the wine for the holy blessing. Kiddush means holy in Hebrew.

HaMotzi the special blessing over challah

Challah/challot the special bread eaten on Shabbat

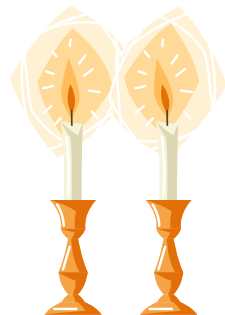
Challah cover Draped over the challah. The blessing over challah is last so it is said the challah is covered so it doesn't know and it is happy and sweet.

Brachah/brachot Hebrew word for blessing

Shabbat Shalom Greeting on Shabbat

Kippah what you wear in Shabbat services

Basameem: sweet spices



PRAYERS

Shabbat

Shabbat Candle blessing

Baruch Atah Adonai Eloheinu Melech ha'olam asher kidshanu b'mitzvotav vitzivanu l'hadlik ner shel Shabbat.

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

Translation

Blessed are You, Lord our God, Ruler of the universe, who commands us to kindle the light of Shabbat.

The Blessing over Wine or Grape Juice (Kiddush)

Baruch Atah Adonai Eloheinu Melech ha'olam borei p'ri ha'gafen.

ברוך אתה יי אלהינו מלך העולם בורא פרי הגפן

Translation

Blessed are You, Lord our God, Ruler of the universe, Creator of the fruit of the vine.

Challah blessing (HaMotzi)

Baruch atah Adonai, Eloheinu melech ha'olam, haMotzi lechem min haaretz.

ברוך אתה יי אלהינו מלך העולם, המוציא לחם
מן הארץ

Translation

Blessed are You, Lord our God, Ruler of the universe who brings forth bread from the earth.

Havdalah

The Blessing over Wine or Grape Juice (Kiddush)

Baruch atah, Adonai, Elohaynu melech ha'olam, boray pri hagafen.

ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן

Translation

Blessed are You, God, our Lord, King of the universe, Creator of the fruit of the vine.

The Blessing over Spices

Baruch atah, Adonai, Elohaynu melech ha'olam, boray minay vesamim.

ברוך אתה יי אלהינו מלך העולם, בורא מיני
בשמים

Translation

Blessed are You, God, our Lord, King of the universe, Creator of the different spices.

The Blessing over the Candle

Baruch atah, Adonai, Elohaynu melech ha'olam, boray me'oray ha'aysh.

ברוך אתה יי אלהינו מלך העולם, בורא מאורי
האש

Translation

Blessed are You, God, our Lord, King of the universe, Creator of the fire's lights

The Blessing over Havdalah

Baruch atah, Adonai, Elohaynu melech ha'olam, hamavdil bayn kodesh lechol bayn or lechoshch bayn Yisrael la'amim bayn yom hashevi'i leshayshet yemay hama'aseh. Baruch atah, Adonai, hamavdil bayn kodesh lechol.

ברוך אתה יי אלהינו מלך העולם, המבדיל בין
קדש לחול, בין אור לחושך, בין ישראל לעמים, בין
יום השביעי לששת ימי המעשה. ברוך אתה יי
המבדיל בין קדש לחול

Translation

Blessed are You, God, our Lord, King of the universe, who separates between the holy and the profane; between the light and dark; between Israel and the other nations; between the seventh day and the six days of the week. Blessed are You, God, who separates between the holy and the profane.

SONGS



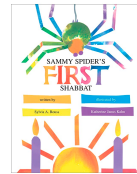
Bim Bam (Shabbat Shalom, Hey!)

Penny in the Pushka

Scan the QR code to enjoy these songs and more in Miss Jenny's Margaux School Holiday Songs playlist on Spotify.

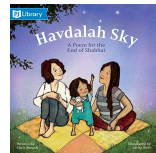
HOLIDAY READING

Sammy Spider's First Shabbat by Sylvia A. Rouss: Sammy Spider years to celebrate Shabbat. He watches Josh set the festive table, and is especially fascinated when Mrs. Shapiro braids the challah. As the family gathers to welcome Shabbat, Sammy discovers that something unexpected has happened.



Buen Shabbat, Shabbat Shalom by Sarah Aroeste: All over the world, families get ready for Shabbat. Join this Sephardic family as they gather together to light candles, drink wine and grape juice, eat challah, and wish one another a Buen Shabat!

Havdalah Sky by Chris Barash: Shabbat, the Jewish Sabbath, is a time for cozy family togetherness. But come Saturday evening, Shabbat is over. The family in the story, a young girl joined by her Mama, Ima, Savta, and Saba, gathers together to perform the rituals of Havdalah, marking the end of Shabbat and the return to the work week. Together they show just how cozy even the end of Shabbat can be.



You can find more Jewish books by holiday in the children's library.

SUGGESTED ACTIVITIES

Decorate a special placemat to create a unique place setting for your Shabbat festivities. Invest in a telescope to look for stars on Havdalah. Decorate a special placemat to create a unique place setting for your Shabbat festivities. Invest in a telescope to look for stars on Havdalah. Find a challah recipe online, you can make it sweet or salty. Your children are doing activities each week in the classroom to celebrate the holiday, these are just a few ways to bring the holiday into your home.



VALUES

Shabbat and Havdalah are times of appreciation and rest. It is in these times that we find the sanctity of rest and appreciate what we have and what we can do for others.

WHAT'S HAPPENING AT TEMPLE JUDEA

Save the date for our upcoming children's programs!

Tot Shabbat:

Saturday, January 28 at 10 AM
Saturday, February 25 at 10 AM
Saturday, May 20 at 10 AM

Purim Carnival:

Sunday, March 5

Family Friendly Friday:

Friday, April 14 at 6 PM