

A Guide for *Shabbat*



An Experience by
32 Parallel





An Introduction to Shabbat

In Genesis 2:3 we are told that God rested (*shavat*) from His creative activity and set apart the seventh day as the memorial of the work of His hands. God called the seventh day “holy” (*kodesh*), which means set apart as sacred, exalted, and honored. The fourth of the ten commandments is, “Remember the Sabbath day, to keep it holy.” (Exodus 20:8). It is in that spirit that we gather for Shabbat.

Shabbat (the Hebrew word for Sabbath) is a weekly observance instituted by God to remember His goodness and to enter into rest. It is customarily celebrated beginning at sundown on Friday evening with a Shabbat dinner and ends on Saturday at sundown. However, Shabbat could be done at any time of the week you designate. There are three main rituals regarding Shabbat observance: the lighting of the Sabbath candles, saying the *Kiddush* (cleansing prayer) over the wine, and reciting the *HaMotzi* (blessing) over the bread. Following this, it is customary to celebrate rest with friends and family around the table where they share highlights from the week, sing songs, and the Father and Mother bless the children.

If this is your first Shabbat, this might sound like a lot of new all at once. Whether it's just you and your family or you're having a bunch of people over to your house for dinner and now you're supposed to stand up and like, bless things in a foreign language? We get it, it's a lot. So, where do you start when it comes to ritual?

Start with *you*.

Take the pressure off. Shabbat is supposed to help us enter into rest. Where are you at? If this is your first time hosting a Shabbat dinner, you don't need to do everything perfectly or feel like the rituals have to be done in a particular way. Start with one or two rituals, maybe wine and challah. Go from there.

Remember... Shabbat happens every week. There's lots of time to practice entering into rest.

*Shabbat Shalom,
from the team at Israeli Good Wine*

PREPARING FOR SHABBAT

Note: Gather the items below before the Shabbat dinner.

Prepare your table by placing the elements listed below on the table. Have wine glasses for the Kosher wine or grape juice and glasses for water (or you can have the group share from two glasses).

- Shabbat candles (at least two), but some prefer to have a candle for each person at the table.
- Wine or grape juice
- Bread (Challah is customary)
- Salt (to dip or sprinkle over the challah)





THE SHABBAT ORDER

1. LIGHT

Shabbat officially begins by the lighting of the candles. Lighting the candles is a part of every Jewish Holiday—including the weekly Shabbat. It signifies allowing the warmth and light of God into the home. Traditionally, the candles are lit by the woman of the house as she is the one who carries the warmth and light of God.

ACTION: At the beginning of Shabbat, candles are lit by the woman of the household (if there are no females over 12 years old present, a man may do this). They are lit before Shabbat begins, at least 18 minutes before sunset. After kindling the candles, she waives her hands over the flames three times (as if welcoming in the Sabbath), and covering her eyes with her hands (so as not to see the candles burning) and recites this blessing. After the blessing is complete, she uncovers her eyes and looks at the lit candles as if for the first time.

BLESSING: “Blessed are You, Lord our God, King of Universe who commands us and sanctifies us in lighting the Sabbath lights.”

Hebrew Transliteration: “Baruch atah Adonai Eloheinu Melech ha’oalm asher kidushanu b’mitzvotav vi’tzivanu lihadlik ner shel Shabbat.”

2. SANCTIFY

Kiddush means “sanctification” and is the blessing said over wine or grape juice on Shabbat or festivals. Normally Kiddush is recited while holding a cup of wine, usually by the Father of the household. You may decide to read Genesis 1:31-2:3 before blessing the wine and end the Kiddush with the prayer or you may simply bless the wine with the prayer and refrain from reading the scripture.

ACTION: The father of the household lifts the cup of wine and says the following before each person drinks from that glass (or their own).

BLESSING: “Blessed are You, Lord our God, King of Universe who brings forth the fruit of the vine.”

Hebrew Transliteration: “Baruch Atah Adonai Eloheinu Melech Ha’olam bo’rei piri hagafen.”

3. NOURISH

In ancient times in the middle east, a meal was not complete if it didn't contain bread on the table. Bread is symbolic of nourishment, both literally and spiritually and challah (the slightly sweet, ridiculously good braided bread many enjoy at modern Shabbat dinners), comes from a commandment in the Torah requiring the Israelites to set aside a portion of dough every week as an offering; that donation was called challah.

The practice of braiding the bread evolved over time, some with three strands, others six, each with their own referential symbolism to Temple times. On many Shabbat tables you'll find two loaves of challah rather than one—though any bread, in any quantity will do for the purposes of blessing and inviting the Sabbath. On Shabbat, we revel in possibility and abundance. We have a double portion of everything just as the Israelites received a double portion of manna on Shabbat during their forty years of wandering in the wilderness. (Hint: if you can't eat all of the challah in one sitting, French toast made from the leftover challah is the best!)

ACTION: The head of the household (usually the Father) lifts the two challah loaves (or whatever bread you choose) and says the blessing over bread. Before reciting the blessing, however, the head of the household lightly draws the knife across the challah making a slight indentation to indicate the place for cutting, and then raises the loaves to recite the blessing.

BLESSING: "Blessed are You, Lord our God, King of Universe who brings forth bread from the earth."

Hebrew Transliteration: "Baruch Atah Adonai Eloheinu Melech Ha'olam Hamotzi Lechem Min Haaretz."

ACTION: The head of the household then cuts or breaks a piece of challah for himself, and then either dips it in salt or sprinkles salt over the slice. He or she then cuts or breaks and distributes the rest of the challah to those around the table.

Each person dips their bread into salt before eating a piece of the bread. This is because salt was used as a part of the sacrifices in the Temple, which were always required to be offered with salt, and this reminds us of the sacrifices and to be salt in the earth.

4. BLESS

It is customary to bless your children (or the other guests) on Shabbat. The blessing prescribed by tradition invokes the names of Joseph's sons and the names of the matriarchs, and includes the "priestly blessing" of Aaron. Parents may use this intimate moment as a chance to add their own words of blessing and offer expressions of love and appreciation to their children. You may wish to bless all your children together or bless each child individually or privately.

ACTION: The Father and Mother (or hosts of the Shabbat) place your hands on the head of the child (or the guests) and recite the blessing.

BLESSING: "May God make you like Ephraim and Manasseh
May God make you like Sarah, Rebecca, Rachel, and Leah
May God bless you and keep you.
May God shine light on you and be gracious to you.
May God turn toward you and grant you peace."

Hebrew Transliteration: "Yesimcha Elohim ke'Ephraim v'che'Menashe
Yesimech Elohim ke'Sarah, Rivka, Rachel, ve'Leah
Yevarechecha Adonai veyishmerecha
Ya'er Adonai panav eilecha viyechuneka
Yisa Adonai panav eilecha veyasem lecha shalom."

5. SAVOR

Now it is time to partake in food and fellowship with one another and enjoy the rest and grace that God has provided.

Shabbat Shalom!

HONEY CHALLAH BREAD

INGREDIENTS

5 tsp. active dry yeast (or two packages)
1 cup warm water (105-115°F range)
¼ cup honey (1 Tbsp reserved for yeast)
¼ cup sugar
5 cups bread flour
2 tsp. salt
3 eggs slightly beaten, plus 1 egg reserved for glaze
8 Tbsp unsalted butter, at room temperature
Honey crystals, poppy or sesame seeds (optional)



METHOD
OVEN



COOK TIME
50 MINUTES



YIELD
2 LOAVES



DIFFICULTY
INTERMEDIATE

The term "challah" is applied widely to mean any bread used in Jewish rituals. Often, on the eve of Shabbat, two loaves are placed on the table to represent the double portion of manna fell from heaven on Friday to last through the Saturday Shabbat.



INSTRUCTIONS

Step 1: In warm water add the yeast and 1 Tbsp honey and stir together. Let stand until foamy (about 5 to 10 minutes). Tip: If no foam forms, start again; the yeast could be old or bad and your bread won't rise.

Step 2: Using a stand mixer with a dough hook on low speed, mix the 5 cups of flour, 2 tsp. salt and ¼ cup sugar. Set aside approx. 1½ cup of dry mixture. Add the wet ingredients (yeast, egg, butter and remaining honey) to the dry ingredients. Then, add the additional flour as needed until the dough separates from side of bowl and climbs the dough hook. Place the dough on a lightly floured surface. (Note: If you don't have a mixer you can add the dry and wet ingredients and then knead until the dough is silky smooth. It will take you longer, but it is very doable.)

Step 3: Knead the dough (approximately 100 times or 5-10 minutes) until it is no longer sticky, but rather forms a silky-like ball (add dusted flour as necessary). Form the dough into a ball and lightly gloss the dough with oil. Transfer it to a lightly oiled bowl to prevent the dough from sticking to the side of the bowl and not rising. Cover the bowl with a kitchen towel and let it rise in a warm area for about two hours.

Step 4: Punch down the dough (to remove air bubbles) and place on the counter. Use a dough cutter to divide the dough equally into six sections. (Note: You may find it easiest to use a scale to weigh the cords. This makes for a more uniform braid, but it is not essential.) Roll each section into a cord about 12-15 inches long. Divide the six cords into two groups. Braid the first set of 3-cord loaves as you would a hair braid. Repeat with the second set of 3-cord loaves. Place the loaves separately on an oiled baking sheet, and cover with a kitchen towel. Let the dough rise until the loaves double in size (about 60 minutes).

Step 5: Preheat oven to 350°F. Gently brush the bread with a beaten egg and sprinkle honey crystals, poppy seeds or sesame seeds (optional toppings). Place bread loaves on the lower third of the oven for 30 to 35 minutes. Internal temperature should be 200°F. Remove when they look golden brown and bounce back when lightly pressed and smells yummy! Tip: If the bread is browning too quickly tent with aluminum foil.

Step 6: Let them cool completely on a wire rack prior to serving.



SUGGESTED WINE PAIRING: Any Israeli wine will do! Pick your favorite for Shabbat & enjoy!





A Prayer for Feasting with Friends

In celebrating this feast
we declare that
evil and death,
suffering and loss,
sorrow and tears,
will not have the final word.

May this feast be an echo of that great
Supper of the Lamb,
a foreshadowing of the great celebration
that awaits the children of God.

Where two or more of us are gathered,
O Lord, there you have promised to be.
And here we are,
And so, here are You.
Take joy, O King, in this our feast.

-this abbreviated version is of a prayer by Douglas Kaine McKelvey
from his book "Every Moment Holy"





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