

## How to Do a Traditional Shabbat Celebration

What you will need:

- Two candles
- A loaf of bread (traditionally a rich braided loaf called challah, which you can buy in many places or make from the recipe here on the website)
- A headcovering for the hostess to wear when she lights the candles
- A goblet for the juice or wine that is blessed by the host
- Printed copies of the Shabbat liturgy for each person are helpful for reading the prayers and following the order until it becomes routine

In a traditional Jewish home the ushering in of Sabbath is the high point of the week, and is prepared for with expectancy and festivity. It is meant to be joyful and a blessing, to the family and guests and to God.

1. **Mother or hostess lights the candles** - Some people shield their eyes with their hands as soon as they have lit the candles; some precede this with three circular hand motions over the candles, as though to draw the Sabbath into the home. The mother recites the opening blessing (in liturgy booklet).
2. **Family blessings** - One of the most beautiful parts of the liturgy is the blessing of one another. Through the touch of a parent's hand and the sound of their voice, children can feel the love their family has for them. They can witness their parents bless one another. The traditional blessings are in the liturgy booklet.
3. **Benediction over the wine** - Every Jewish festival begins with the *Kiddush*, a blessing over a cup of wine. Everyone can be given their own glass of wine which they raise, or they can pass the goblet the father has blessed.
4. **The blessing of the bread** - It is traditional to place two challah on the table to recall the double portion of manna God provided for the Israelites on the sixth day because no manna would fall on the Sabbath. An ornate cloth or napkin is spread over the challah to symbolize the dew that covered the manna. The covering is removed just before the recitation of the blessing. After the blessing, the loaf is shared among the assembled participants. In some homes, salt is sprinkled on the pieces of bread as a reminder of Temple times, when salt was used during the sacrificial rites.
5. **The Shabbat meal** - Enjoy one another. Ready your hearts to worship the next morning. Eat your favorite celebration foods.
6. **Grace after the meal** - The Bible says: "When you have eaten your fill, give thanks to the Lord your God for the good land that God has given you. Take care, lest you forget your God and fail to keep his commandments...when you have eaten your fill, beware lest your heart grow haughty and you forget your God." Deuteronomy 8:10-14. This Biblical passage provides the basis for the *Birkat Hamazon*, the blessing after the meal is concluded.