

Shabbat – in – a – DIGITAL – Box

A Guide for Celebrating &
Creating a Meaningful
Shabbat

JHUB

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Shabbat Shalom!

We are excited to offer these resources to help you celebrate Shabbat! We hope this will help add to a meaningful Shabbat experience.

Shabbat always comes right on time! After a busy week, it is wonderful to have a day for reflection and rest to help re-energize us for the week ahead. The practice of Shabbat can help us prioritize what is meaningful. It can fill us with gratitude in acknowledgment of our life's blessings and replenish our souls. We invite you to adopt one new practice during this Shabbat. It could be lighting Shabbat candles for the first time, taking a meditative Shabbat walk, or even unplugging for 24 hours — anything you want to explore how Shabbat can become a “*sanctuary in time*,” a way to make time sacred, as Rabbi Abraham Joshua Heschel said.



Please share your Shabbat celebration with us by posting pictures with #jHUBCle so we can see how you are celebrating this day!

Wishing you a *Shabbat Shalom* — a Sabbath of meaning, good health and peace!



WHAT IS **SHABBAT?**

Shabbat is Hebrew for Sabbath, the Jewish holy day that begins at sundown on Friday and ends at nightfall on Saturday. Shabbat is a weekly opportunity to step away from our daily routines and reflect on our lives, reconnect with loved ones and feel gratitude for our blessings. Judaism describes Shabbat as a taste of the “World to Come” when all people will live together in peace and harmony.

Shabbat, traditionally, is also a time to thank God for liberating us from slavery in Egypt and a reminder of the story in Genesis that says God created the world in six days and rested on the seventh. **It’s the most important ritual observance in Judaism and can be celebrated in a variety of ways.**

How Do I Celebrate Shabbat?

Before the Friday night meal, blessings are said over candles, loved ones, wine and challah (a special, braided egg bread).

Candle Lighting

Typically, two candles are lit on Shabbat, though some families add an additional candle for each child in the home. These candles remind us of the two times the commandment to celebrate Shabbat is mentioned in the Torah (5 Books of Moses). In Exodus, it tells us to remember the Sabbath day and keep it holy. In Deuteronomy, it tells us to observe the Sabbath day and keep it holy. We light two candles to symbolize that we both remember and observe the Sabbath. While Shabbat candles can be bought in grocery stores with kosher sections, tea lights, other long-burning candles and even electric bulbs can be used.

Shabbat Blessings

It's customary after lighting the candles to say a blessing over our loved ones. Partners may wish to express words of gratitude to each other and blessings over children are also said. The priestly blessing from the Torah is traditionally said over the children, as well.

Wine

Wine symbolizes the joy of Shabbat. Any wine or grape juice can be used for the blessing. If there is no wine or juice, the blessing can be performed over the challah. Some people have special cups called Kiddush cups that are used specifically for Shabbat and other holiday observances. These cups add to the beauty of the day, but are not required.

Challah

The blessing over the challah is the final one said before enjoying the meal. The challah is reminiscent of the manna provided to sustain the Israelites wandering in the desert on their way to the Land of Israel after escaping slavery in Egypt. Grocery stores such as Trader Joe's, Heinen's, Giant Eagle and Miles Farmers Market sell fresh challah, as do some bakeries, such as Blackbird Baking Co., Panera and the Bagel Shoppe. However, if you don't have challah, any type of bread can be used as a substitute.

Shabbat Blessings

Blessing Over the Candles

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Barukh atah Adonai, Eloheinu Melekh ha'olam, asher kid'shanu
b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat.*

Blessed are You Adonai our God, Ruler of the universe, who has made us holy through God's commandments, and commands us to light the Sabbath candles.



Blessing Over Children

יְבָרְכֶךָ יי וְיִשְׁמְרֶךָ.
יְאֵר יי פְּנֵינוּ אֵלֶיךָ וְיַחַדְךָ
יִשָּׂא יי פְּנֵינוּ אֵלֶיךָ וְיִשֵּׂם לְךָ שְׁלוֹם.

Y'varekh'kha Adonai v'yish'm'rekha.

Ya'eir Adonai panav eilekha viy'khuneka.

Yisa Adonai panav eilekha, v'yaseim l'kha shalom.

May God bless you and protect you. May God shine upon you and be gracious to you. May God always be with you and grant you peace.



Kiddush – Blessing Over the Wine

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Barukh atah Adonai, Eloheinu Melekh ha'olam, borei p'ree hagafen.

Blessed are You Adonai our God, Ruler of the universe who creates the fruit of the vine.



Blessing Over the Challah

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Barukh atah Adonai, Eloheinu Melekh ha'olam, hamotzi lekhem min ha'aretz.

Blessed are You Adonai our God, Ruler of the universe, who causes bread to come forth from the earth.



A woman with long dark hair, wearing a light-colored long-sleeved shirt, is leaning over a kitchen counter. She is looking down at a laptop computer that is open in front of her. The background shows a kitchen with a sink, a window with blinds, and some kitchen items on the counter. The entire image is overlaid with a semi-transparent blue filter.

SHABBAT-THEMED
**RECIPES &
ACTIVITIES**



Challah Dough

Ingredients

1/4 Cup Oil	1 Package Yeast	5 Cups Flour (Minimum)
1/4 Cup Hot Water	1 Tsp. Sugar	6 Tbsp. Sugar
3/4 Cup Water	3 Eggs	Egg Yolks & Water

- 1 In a small bowl, dissolve yeast in hot water from the tap. Add 1 tsp. sugar. Let it rise 10 minutes.
- 2 Beat eggs with sugar. Add oil, water and salt. Finally, mix yeast into egg mixture.
- 3 Add about 1 cup of flour at a time. If it gets too hard to mix, use your hands and knead the rest of the flour into the dough.
- 4 Remove the dough from the bowl and knead until smooth. If the dough gets sticky, add flour.
- 5 **Option A** – Shape the dough (braid, twist, etc.) then place on parchment paper on baking tray. Cover with loose towel and let rise about 1.5 hours.
- 6 **Option B** – Place in large bowl. Spread a little bit of oil on dough so it does not dry out. Cover with loose towel and let rise about an hour. Shape the dough (braid, twist, etc.) then place on parchment paper on baking tray. Cover with loose towel and let rise about 1.5 hours.
- 7 Combine egg yolk and water. Brush on dough, if desired sprinkle with your choice of topping (e.g. seeds, sprinkles).
- 8 Preheat oven to 225. Place challah in oven; turn up heat to 350. Bake large breads 30 to 35 minutes, smaller ones 20 to 25 minutes.
- 9 Your challah dough has been successfully baked!

Challah Braiding

1



2



3



4



5



6



7



8



9



10



Apple Spice Challah

Ingredients

1 Challah Dough (per Challah)

1/4 Tsp. Clove, Nutmeg or Any
Other Spice

1/2 Tsp. Cinnamon

1/4 Cup Sugar

3 Medium-Sized Apples

-
- 1 Peel and dice the apples into small pieces.
 - 2 In a bowl mix the apple, sugar and spices.
 - 3 Divide the challah into three sections. Roll each section into a long rectangle.
 - 4 Fill each section with the apple mixture. Try to leave any extra juice out of the challah.
 - 5 Pinch each of the sections together so the apples can not be seen.
 - 6 Braid the challah.
 - 7 Cover with a towel and let rise for a half hour second rise.
 - 8 When it is done egg wash, optional sprinkle with sugar.
 - 9 Enjoy a very delicious challah.



Spinach Ricotta Challah

Ingredients

1 Challah Dough (per Challah)

1 Cup Ricotta Cheese

1 Cup Drained, Packed Spinach

2 Cloves Garlic

1/8 Cup Flour

1/4 Cup Chopped, Fresh Basil
Leaves

1/4 Tsp. Thyme

1/2 Tsp. Salt

3/4 Tsp. Oregano

10 Oz. Frozen Chopped or Leaf
Spinach

Salt & Pepper



STEP 1

Drain the spinach to rid it of any excess water. Afterwards, combine all the ingredients in a bowl and set aside.



STEP 2

Using a rolling pin, roll the challah dough into a rectangle. To make things easier later, roll the dough out on parchment paper or a silicone baking sheet.



STEP 3

Use a knife or pizza cutter to cut 1–1.5" wide strips along the sides making sure to leave approximately 2.5" in the middle.



STEP 4

Place the spinach mixture in the center of the cut challah.



STEP 5

Place the top flap over the spinach mixture.



STEP 6

Alternate from each side crossing the strips to look like the challah is being braided.



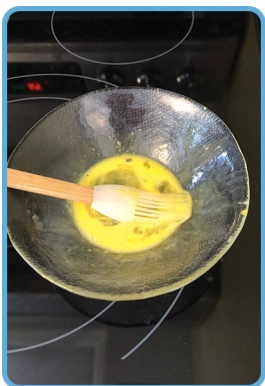
STEP 7

Keep alternating the strips until you get to the last two. Place the bottom flap up and cover with the last two strips continuing to alternate.



STEP 8 – OPTION A

Egg wash and bake immediately following challah dough baking instructions.



STEP 8 – OPTION B

Cover with a towel for another half hour and, once risen, egg wash and bake following challah dough instructions.



STEP 9

Enjoy your challah!

Note — This version of braiding is great for any type of stuffed challah featuring a savory or sweet filling.

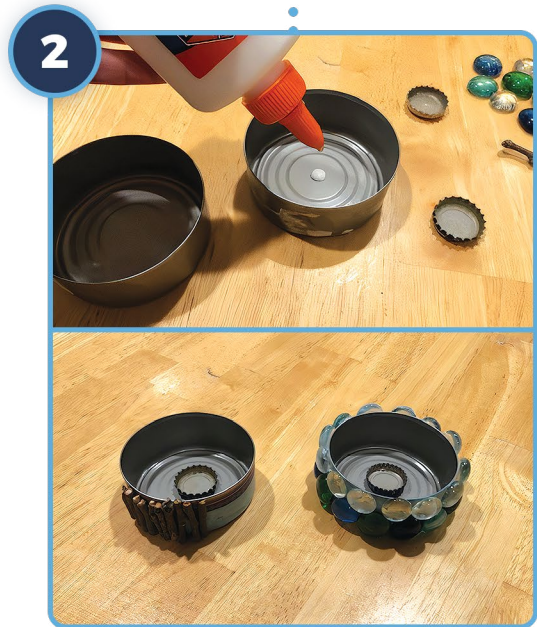
Shabbat Crafts

Shabbat Candle Holders

Traditionally, we light two candles on Shabbat. One candle is to mark the biblical verse commanding us to “remember” Shabbat. The second candle is for the biblical verse commanding us to “observe” Shabbat. Some families add additional candles for each family member. After lighting the candles, there is a custom to cover your eyes while reciting the blessing. When the blessing is finished and you open your eyes, it is as if you see the world anew as Shabbat begins.

Creating Your Candle Holder

- 1** 2 empty tuna fish tins or other small tins, 2 bottle caps, all purpose glue, decoration materials — sticks, multi-purpose acrylic paint, washi tape, gems, wire, etc.
- 2** Glue the bottle caps into the center of the tins to hold the candles.
- 3** Decorate the tins with whatever interesting supplies you have gathered. Once dry place candles in bottle caps and use for your next Shabbat.

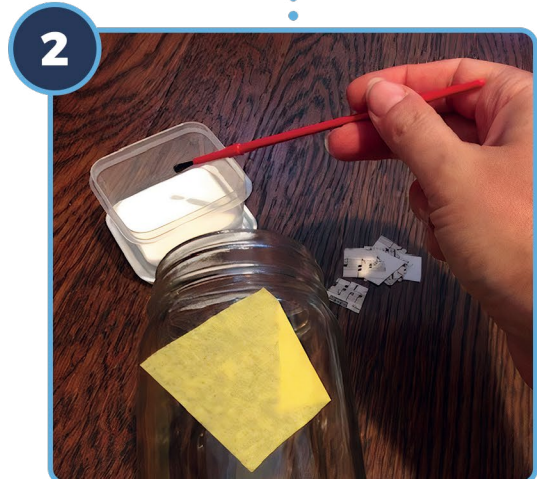


Kiddush Cups

Kiddush is a prayer recited before drinking wine to celebrate or mark certain occasions including Shabbat. Judaism uses wine or grape juice to sanctify time, in Hebrew, kiddush literally means “sanctification.”

Creating Your Kiddush Cup

- 1 Small glass jar, dishwasher safe mod podge, decoration supplies — multi-purpose acrylic paint, tissue paper, old stamps, scrap paper, etc.
- 2 Use the dishwasher safe mod podge to glue things on and cover the different decorations with the mod podge to help protect it. You can also use the paint to decorate.
- 3 Enjoy your new Kiddush cup! The cup is top-rack, dishwasher-safe after 21 days, but hand washing will keep your cup in better shape.



Shabbat Crafts

Challah Cover

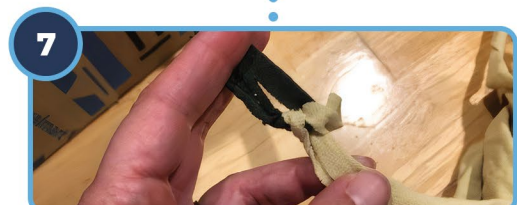
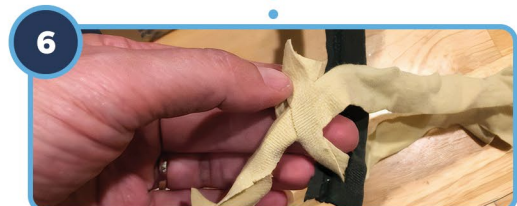
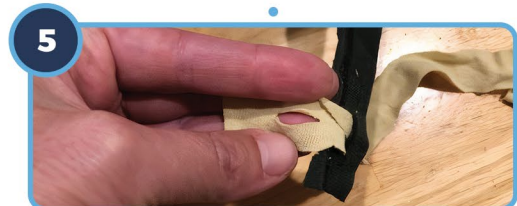
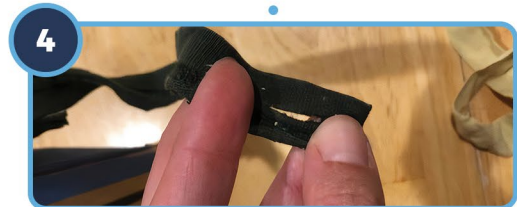
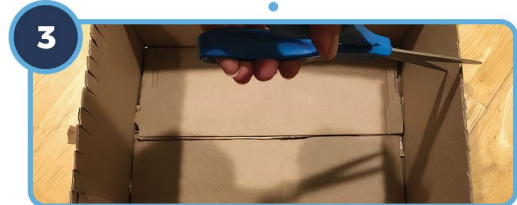
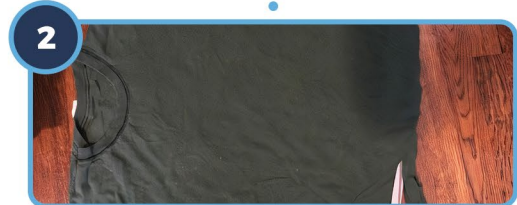
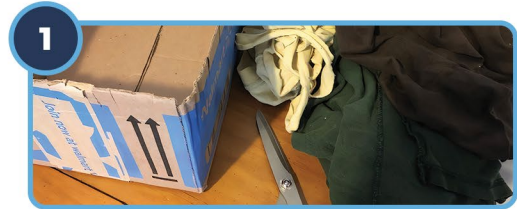
Challah is a special braided egg bread that is eaten on many Jewish holidays, including Shabbat. It can be made in many shapes, sizes and flavors. One of the blessings we say on Friday night is over challah. The blessing expresses our gratitude for the food we eat and helps us be mindful of the specialness of the day.

Setting Up the Cover

- 1 Supplies Needed:** Challah-sized cardboard box, old t-shirts and scissors.
- Lay the old t-shirt down and cut 1/2" to 1" strips.
- Cut the box's flaps off, then make approximately 1" cuts down and 1/2" spaced apart along two parallel sides.

Attaching the T-Shirt Strips Together

- On the two ends you want to attach, cut a small, button-like hole.
- Place the new strip you are trying to add through the hole.
- Take the end of the new strip that does not have the hole and put it through the hole of that strip.
- Pull all the way through and the two strips will now be connected.



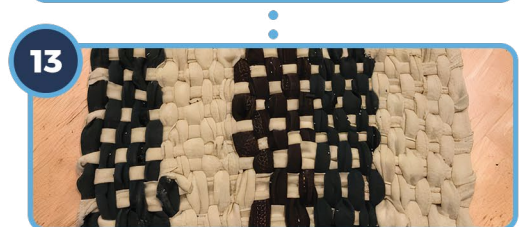
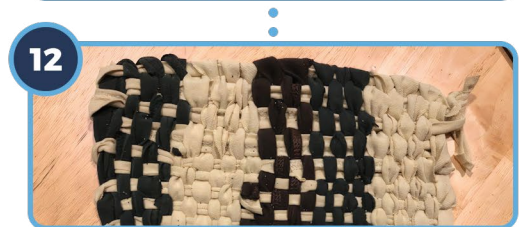
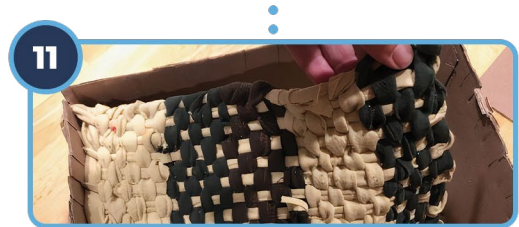
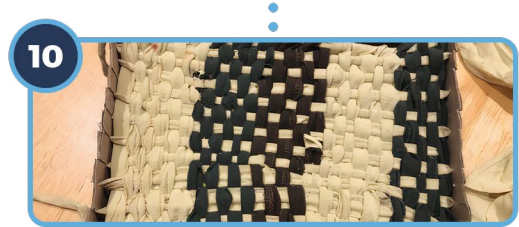
Creating the Warp

- 8 Take your first strip and hook it through the cardboard (leaving about 3" to tie a knot) slots back and forth creating a warp (the base for weaving).
- 9 Take a new strip and tie it to one corner of the warp, then weave the strip over and under until you get the end.

Note: When you are getting to the ends on each side and are going to change directions keep it loose to help keep an even shape.

Putting Everything Together

- 10 When you are all done weaving, tie a knot at the end. Make sure you have also tied a knot with both ends of the warp.
- 11 Pull the warp up off the cardboard.
- 12 Use your hands to stretch out the challah cover to even it out.
- 13 Cut the extra ends off from the knots and use your new challah cover next Shabbat.



Shabbat Activities

jHUB Nature Walk

Based on **Babylonion Talmud Shabbat 113**

Judaism, its rituals and its holy days are deeply connected to nature. Shabbat is a perfect opportunity to marvel at God’s creation, as God did on the 7th day of creation. When God took in all that had happened in the first six days, God declared it “*tov m’od* – very good.” So too do we take the opportunity to see the beauties of nature and explore the world around us, changing the lens through which we view the world.

As a way to guide ourselves through the process of seeing nature in new ways, we give you the following text from The Babylonian Talmud, Judaism’s legal compendium written 1500 years ago. This page of Talmud takes up the core idea as to how one honors Shabbat “by not going your own way.” The example the Rabbis focus on is how one is to walk on Shabbat. Luckily for us, their thoughts have been saved for millennia for us to continue pondering today.

It is our hope that you will learn about their takes on this oddly specific question, and we hope that you can use their four methods to try new ways of exploring nature, whether in your backyard or one of the many beautiful parks all over Greater Cleveland. Seriously! Stand up. Try them on.

As You Read Through Each Text, Ask Yourself:

How do the Rabbis think I should act while taking a walk on Shabbat?

As You Explore Each of the Four Methods While Traveling in Creation, Notice How You Feel. Ask Yourself:

1. What do I notice about my ability to experience Creation during each method?
2. In what ways am I able to celebrate my body’s functions in each method?
3. Which method allows me to feel closest to nature? Why?
4. Which method, do I believe, best honors Shabbat? Why?

Core Text:

... *and you honor [Shabbat] by not going your own way* ... — Isaiah 58:13

In the following passages from the Talmud, the rabbis explore these words from Isaiah. They ask what “**going your own way**” means. Their response is **that your walking on Shabbat should not be like your walking during the week**. However, what is the meaning of this phrase? (The words in bold are the direct translation of the original text. The additional words you see are part of the translation that has been added to help us better understand the original text.)

Idea #1: The Roundabout Method

If one were walking on Shabbat and came upon a stream of water and had to cross it, if the stream is narrow and **one could place his first foot** down on the other side **before raising** the **second one, it is permitted** to cross it; **and if** it is **not** possible and one must jump to cross it, **it is prohibited**.

Questions:

1. This rabbi’s opinion references that jumping is not a type of walking permitted on Shabbat. What is the value in taking the long route on Shabbat?
2. How does being mindful of how you are walking add to the experience of the walk?

Shabbat Activities

Idea #2: Take a Shortcut

Rava [another rabbi] **strongly objects to this**: Since we have said that one's walking on Shabbat should not be like his walking during the week, and jumping constitutes prohibited walking, if one encounters a stream on Shabbat, **what should he do** to cross to the other side? If **he goes around** the stream, **he is increasing** the distance that he is **walking** and working harder on Shabbat. If **he walks through** the water, **sometimes his clothes will absorb water and he will come to wring them out**, which is hard work too. What then should he do? **Rather, in this case, since it is not possible** to cross any other way, he may **well** cross it.

Questions:

1. **Jump away, says this rabbi. This rabbi is concerned that an extra long walk, suggested in idea #1, also constitutes work that is prohibited on Shabbat. How does taking a shortcut affect your experience on the walk?**
2. **Is there value gained in taking a shortcut?**

Idea #3: Tortoise or Hare?

Another question: **What is the ruling with regard to taking large steps on Shabbat?** That is what the text meant when it used the phrase: You're walking during the week. Rabbi Yishmael **said to him: And during the week are large steps permitted?** As I say: **A large step takes away one five-hundredth of a person's eyesight.**

Questions:

1. **This rabbi states that taking large steps actually diminishes a person's eyesight. It is possible the rabbis literally believed this. It is also possible they meant it figuratively. Does taking large steps change the way in which you see the world around you?**
2. **How can taking large steps change your perspective?**

Idea #4: **You'll Never Walk Alone**

“And she went, and she came, and she collected in the field” (Ruth 2:3). Rabbi Elazar said: This verse teaches that she went and came, went and came, until she found suitable people with whom to walk.

Questions:

1. **This opinion encourages us to share our walk with family and friends. How does having company affect your experience?**
2. **What is the benefit of sharing your Shabbat with loved ones?**
3. **How do we decide when to spend time alone and when to spend time with loved ones? What are the benefits of each experience?**

We hope you enjoy your Shabbat walk!

It is customary to study Torah on Shabbat. We invite you to read the following texts for your own contemplation or to discuss with others.

Text Study 1

The following two texts from the Torah are commandments to celebrate Shabbat as part of the 10 Commandments. Read both excerpts and then compare and contrast the two.

Remember the Sabbath day and keep it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath of the Eternal God: you shall not do any work — you, your son or daughter, your male or female slave, or your cattle, or the stranger who is within your settlements. For in six days God made heaven and earth and sea, and all that is in them, and rested on the seventh day; therefore God blessed the Sabbath day and hallowed it.

Exodus 20:8-11

Observe the Sabbath day and keep it holy, as the Eternal God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath of the Eternal God; you shall not do any work—you, your son or your daughter, your male or female slave, your ox or your ass, or any of your cattle, or the stranger in your settlements, so that your male and female slave may rest as you do. Remember that you were a slave in the land of Egypt and the Eternal God freed you from there with a mighty hand and an outstretched arm; therefore the Eternal God has commanded you to observe the Sabbath day.

Deuteronomy 5:12-15

Questions for Discussion:

- 1. What is the difference between remembering the Sabbath day and observing the Sabbath day? What are examples of each?**
- 2. Exodus and Deuteronomy give us two different reasons for why we celebrate Shabbat. What is the significance of each reason and why are they tied to Shabbat?**
- 3. How might these texts inform your personal celebration of this day?**

Shabbat Texts for Discussion

Text Study 2

The following verses from Genesis describe how God set the example for celebrating Shabbat. Read the text and discuss the questions.

And God saw all the creation and found it very good. And there was evening and there was morning, the sixth day. The heaven and the earth were finished, and all their array. On the seventh day God finished the work that had been done and ceased on the seventh day from all the work. And God blessed the seventh day and declared it holy, because on it God ceased from all the work of creation.

Genesis 1:31-2:3

Questions for Discussion:

1. Does God need to rest? Why does God take a break on the seventh day?
2. Why should we follow God's example and rest on Shabbat? What does taking this break allow us to do physically, mentally, emotionally and spiritually?
3. What are ways that we can enjoy Creation on Shabbat?

Text Study 3

The following is an oft-quoted text from a famous rabbi. Read the text and discuss the questions.

The meaning of the Sabbath is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on the Sabbath we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation, from the world of creation to the creation of the world.

Abraham Joshua Heschel, *The Sabbath*

Questions for Discussion:

1. What does it mean for time to be holy?
2. What in your life would you describe as the “*tyranny of things in space?*” What obstacles do you experience to creating holy time?
3. Why does Heschel encourage us to ponder the mystery of creation? How might this connect us to what is eternal in time?

Shabbat Texts for Discussion

Text Study 4

The following is a quote from an article that appeared in *Vogue* extolling the virtues of celebrating Shabbat. Read the text and discuss the questions.

It doesn't matter if you're Jewish, Hindu, Muslim, Buddhist, Catholic, Christian, agnostic, atheist. Shabbat — the concept of spending quality time with friends and family while taking a break from scrolling on Instagram — is for everyone. It is an ancient antidote to our modern ailments.

Ariel Okin, *Vogue*

Questions for Discussion:

1. Is Shabbat a Jewish practice or a practice for all people? Can it be both?
 2. How might taking a break from social media help us experience a more meaningful, restful Shabbat?
-

Additional Suggestion:

Shabbat is an excellent time to practice the Jewish value of hospitality. Inviting guests to share the Friday night meal with you is one opportunity to do this. One way to add an inclusive custom to your Friday night meal is to go around the table and invite everyone to share a highlight from the past week or something they are looking forward to in the week ahead.

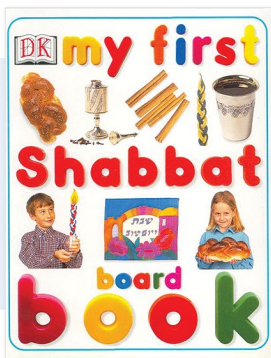
You may also wish to explore these questions, “*What does it mean to be holy? Why is Shabbat holy? How do I create space to get the rest I need and reflect on my life’s goals? What do I want to achieve in the week, month, or year ahead?*”

A photograph of a woman and two children reading a book together under a tent. The woman is in the center, smiling, looking down at the book. A young child is on the left, also looking at the book. A girl is on the right, pointing at the book. The scene is set under a tent with fabric visible in the background. The entire image is overlaid with a semi-transparent blue filter.

SHABBAT
**CHILDREN'S
BOOKS**

Shabbat Children's Books

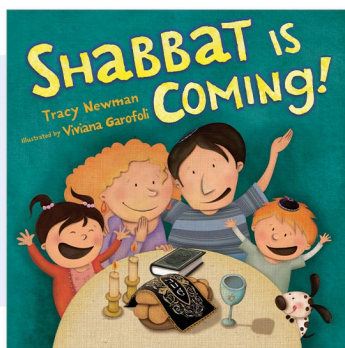
Age Group: **6 Months – 2 Years**



My First Shabbat Board Book

By DK

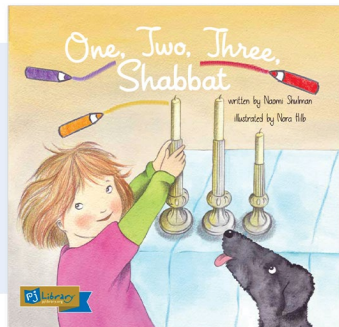
A unique, bright, and engaging addition to the My First series shows preschoolers the meaning behind the Jewish Sabbath and the ways it is celebrated.



Shabbat Is Coming!

By Tracey Newman

It's Friday! You know what that means, don't you? Jump and cheer as this family — including the puppy! — get ready for Shabbat.



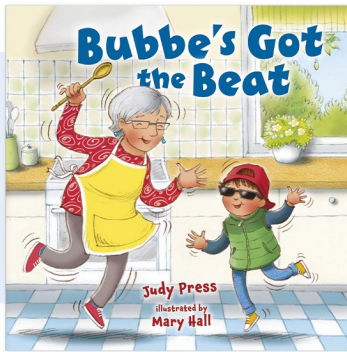
One, Two, Three Shabbat

By Naomi Shulman

Shabbat rituals are filled with rich sensory experiences. When babies and toddlers take part, it's as easy and fun as 1, 2, 3!

Shabbat Children's Books

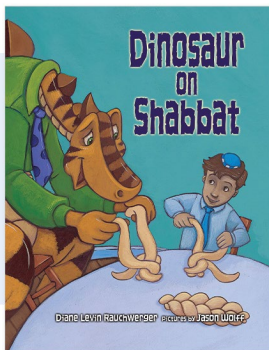
Age Group: **2 – 3 Years**



Bubbe's Got the Beat

By Judy Press

A loving rhyming adventure features Bubbe and her grandson. Using a rap-type rhythm and rhyme, it shows the love between a grandparent and grandchild as they work together to prepare for the family Shabbat.



Dinosaur on Shabbat

By Diane Levin Rauchwerger

A friendly, oversized dinosaur, in fun rhyming text, causes chaos when he arrives to help a boy and his family celebrate Shabbat.



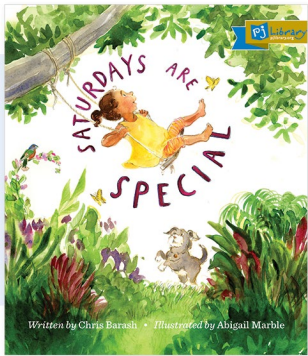
Sign Language Shabbat

By Alisa Greenbacher & Jennifer Rosner

The children in this book sign words for things people do on Shabbat, such as eat challah, drink wine or grape juice, sing Shabbat songs, and (of course!) read books. Shabbat Shalom!

Shabbat Children's Books

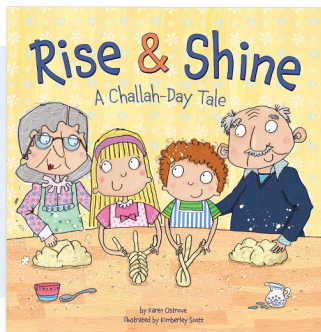
Age Group: **3 – 4 Years**



Saturdays Are Special

By Chris Barash

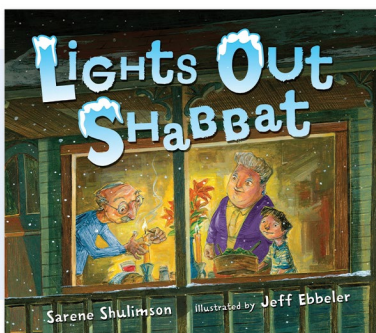
In this child's household, Shabbat is different from the rest of the week — slower, quieter, more peaceful. Most of all, everyone has more time to spend with one another. That's what makes Saturdays so special.



Rise & Shine: A Challah Day Tale

By Karen Ostrove

When Sammy and Sophie find a crumpled piece of paper in the attic, it leads them on a delicious adventure with Grandma Gert at her retirement center.



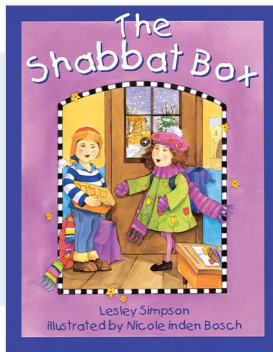
Lights Out Shabbat

By Sarene Shulimson

A young boy visiting his grandparents for Shabbat has a wonderful time despite (or maybe, in part, because of) a rare Georgia snowstorm that causes the power to go out.

Shabbat Children's Books

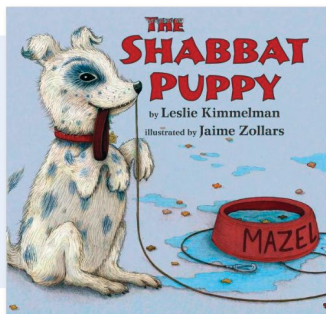
Age Group: **4 – 5 Years**



The Shabbat Box

By Lesley Simpson

When Ira loses his class's precious Shabbat Box in a snowstorm, he learns valuable lessons about honesty, trust, and eventual good outcomes.

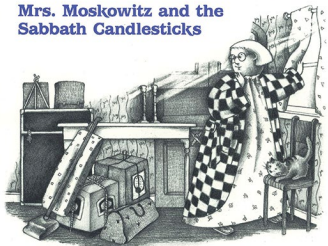


The Shabbat Puppy

By Leslie Kimmelman

Every Saturday Noah and his grandfather go for a walk together, looking for “Shabbat Shalom” – Sabbath Peace. For what seems like the longest time to the little boy, Grandpa won't allow Mazel, Noah's puppy, to join them. Eventually, though, the dog is permitted to join in, with sweet results.

Mrs. Moskowitz and the
Sabbath Candlesticks



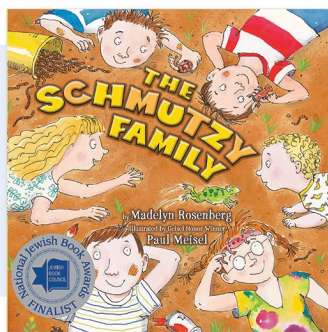
Mrs. Moskowitz and the Sabbath Candlesticks

By Amy Schwartz

An elderly woman is unable to enjoy her new residence until her rediscovery of a pair of memory-filled Sabbath candlesticks turns an apartment into a home.

Shabbat Children's Books

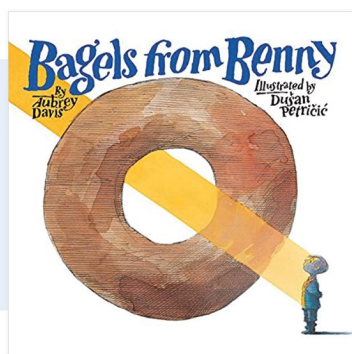
Age Group: **5 – 6 Years**



The Schmutzy Family

By Madelyn Rosenberg

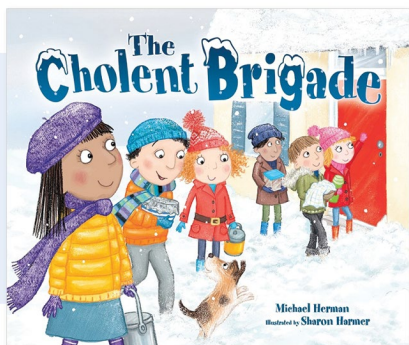
The Schmutzys are messy all week long, and no one -- not even Mom! -- seems to care a bit. When Friday rolls around, everyone helps clean up as the family prepares for Shabbat.



Bagels from Benny

By Aubrey Davis

While working in his grandfather's bakery, Benny learns the joys of giving and receiving, caring and gratitude.



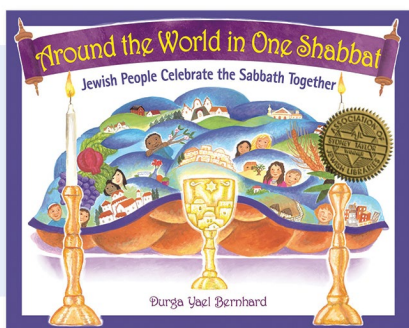
The Cholent Brigade

By Michael Herman

Monty Nudelman is a neighborhood *mensch* (a good person) -- every time it snows, he's out there shoveling the walks for all his neighbors. But one day, his back gives out! What do you think his neighbors do?

Shabbat Children's Books

Age Group: **5 – 6 Years**

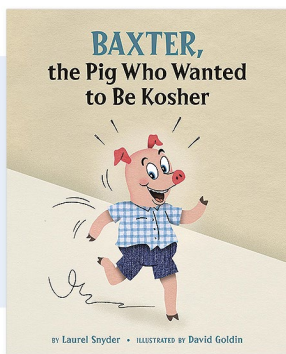


Around the World in One Shabbat: Jewish People Celebrate the Sabbath Together

By Durga Yael Berghard

From Israel to Thailand, from Ethiopia to Argentina, you and your children are invited to share the diverse Sabbath traditions that come alive in Jewish homes and synagogues around the world each week — and to celebrate life with Jewish people everywhere.

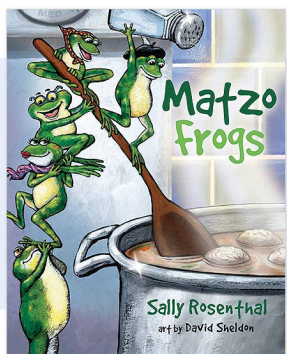
Age Group: **6 – 7 Years**



Baxter, The Pig Who Wanted to Be Kosher

By Laurel Snyder

Upon hearing of the joys and sweetness of Shabbat and, especially, of Shabbat dinner, Baxter the Pig sets out to understand what it means to be kosher.



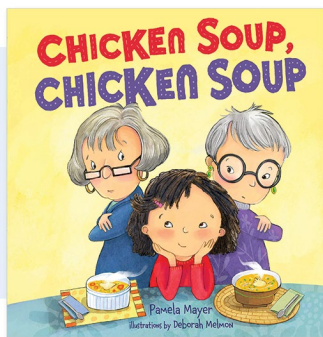
Matzo Frogs

By Sally Rosenthal

Minnie's making matzo-ball soup for Shabbat dinner — but when it spills, some nearby frogs jump into action. Can this group of amphibians perform a *mitzvah* (a good deed) and save Minnie's Shabbat dinner?

Shabbat Children's Books

Age Group: 6 – 7 Years

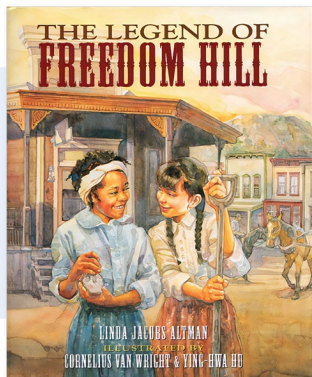


Chicken Soup, Chicken Soup

By Pamela Mayer

Sophie has two Grandmas from two different cultures, and they each make their own kind of chicken soup — and each soup is delicious! The more Sophie learns about those soups, the more she realizes how similar they actually are on many levels!

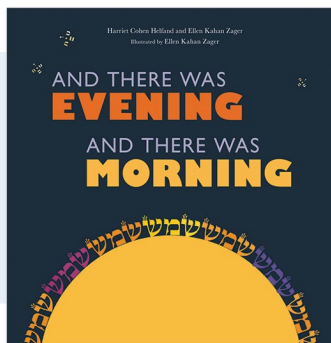
Age Group: 7 – 8 Years



The Legend of Freedom Hill

By Linda Jacobs Altman

In Gold Rush times two friends, one African American, the other Jewish, work together to earn the money to free the mother of one of the girls from a slave trader.



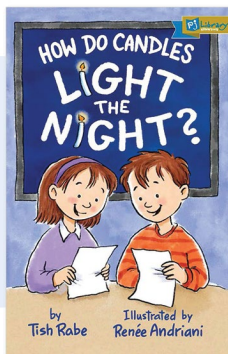
And There Was Evening

By Harriet Cohen Helfand & Ellen Kahan Zager

When God created the world, each day began in the evening — just as days in the Jewish calendar still do today. This book's beautiful, high-concept design gives new life to the words of an ancient story.

Shabbat Children's Books

Age Group: 7 – 8 Years

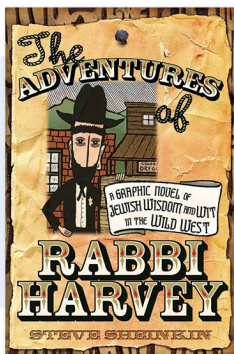


How Do Candles Light the Night?

By Tish Rabe

Simmy and Sammy like to get to the bottom of things — scientifically. So when it's time to light candles to usher in Shabbat, they don't just want to know why... they want to know how!

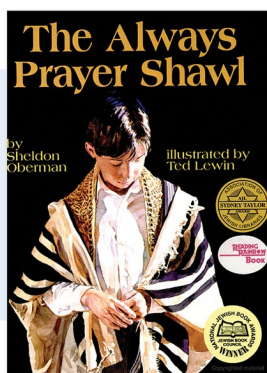
Age Group: 8+ Years



The Adventures of Rabbi Harvey

By Steve Sheinkin

In the fictitious town of Elk Spring, Colorado, circa 1870, Rabbi Harvey shares Talmudic wisdom, Jewish folktales (and a lot more!) through a number of short, humorous adventures.



The Always Prayer Shawl

By Sheldon Oberman

When Adam's family leaves Russia for America, Grandfather gives him an ancient prayer shawl that has been passed down from generation to generation, and in time, an older Adam passes the prayer shawl down to his own grandson.

Extra Shabbat Goodies!

Shabbat Playlist

This playlist is for all of our amazing jHUB friends to enjoy Shabbat! Feel free to listen on shuffle and let yourself be surprised by some of the best Jewish artists out there. **Click below to listen!**

[Spotify Playlist](#)

Video Resources

Click below to access some helpful Shabbat themed videos.

[Stories & Yoga With jHUB](#)

[Shabbat Movement for Adults](#)

[Challah Making With the jHUB Staff](#)

Join Our jHUB Community!

We would love to see how you incorporated some of these resources into your Shabbat celebrations!

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Looking for More Resources & Information on Upcoming jHUB Events?

Head to our website at jHUBCLE.org and join our email list.

Wishing you a meaningful and delicious Shabbat! We look forward to connecting with you.



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