

Do I know what happens during the Shabbat meal?



What Is Shabbat?

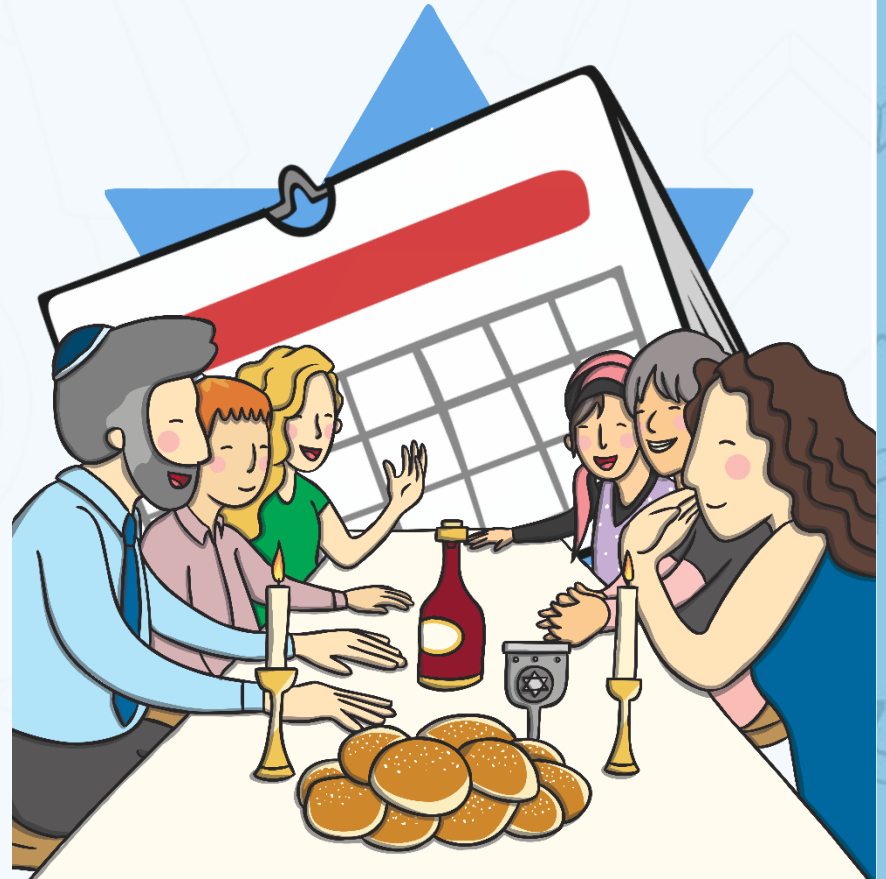


The Sabbath or Shabbat (the Hebrew word for 'Sabbath') is the seventh day of the week.

Jews celebrate the Sabbath every week.

The Sabbath begins at sunset on Friday and lasts until nightfall on Saturday.

Jews look forward to Shabbat as it is a time for resting. Time is spent eating and relaxing with family and friends.

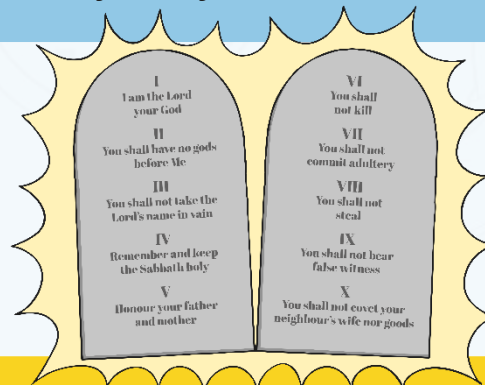


Why Is Shabbat Important to Jews?

During Shabbat, Jews remember how God created the world in six days and rested on the seventh day.

It is a gift – a day to forget weekly worries/chores and relax. Time spent with family and God (in prayer) is helped by removing weekly worries.

Keeping the seventh day holy is one of the Ten Commandments:



'Remember the Sabbath day, to keep it holy.'



The Shabbat Meal

Just before sunset, two candles are lit by the woman of the house.

The father or grandfather of the house blesses the children.

The father of the house pours wine (or grape juice) into a special cup, says a blessing and passes the wine around.

Challah bread is uncovered, cut and sprinkled with salt.

Everyone sits down and eats the Shabbat meal.

Families talk about the week, tell stories and sing songs.



Do I know what happens during the Shabbat meal?

1. Write a sentence to go with each picture.

2. Draw pictures to match the sentences that have already been written.



The woman _____



The father reads _____



All the family _____



The special bread is called _____

Family and friends share news, tell stories and sing songs.