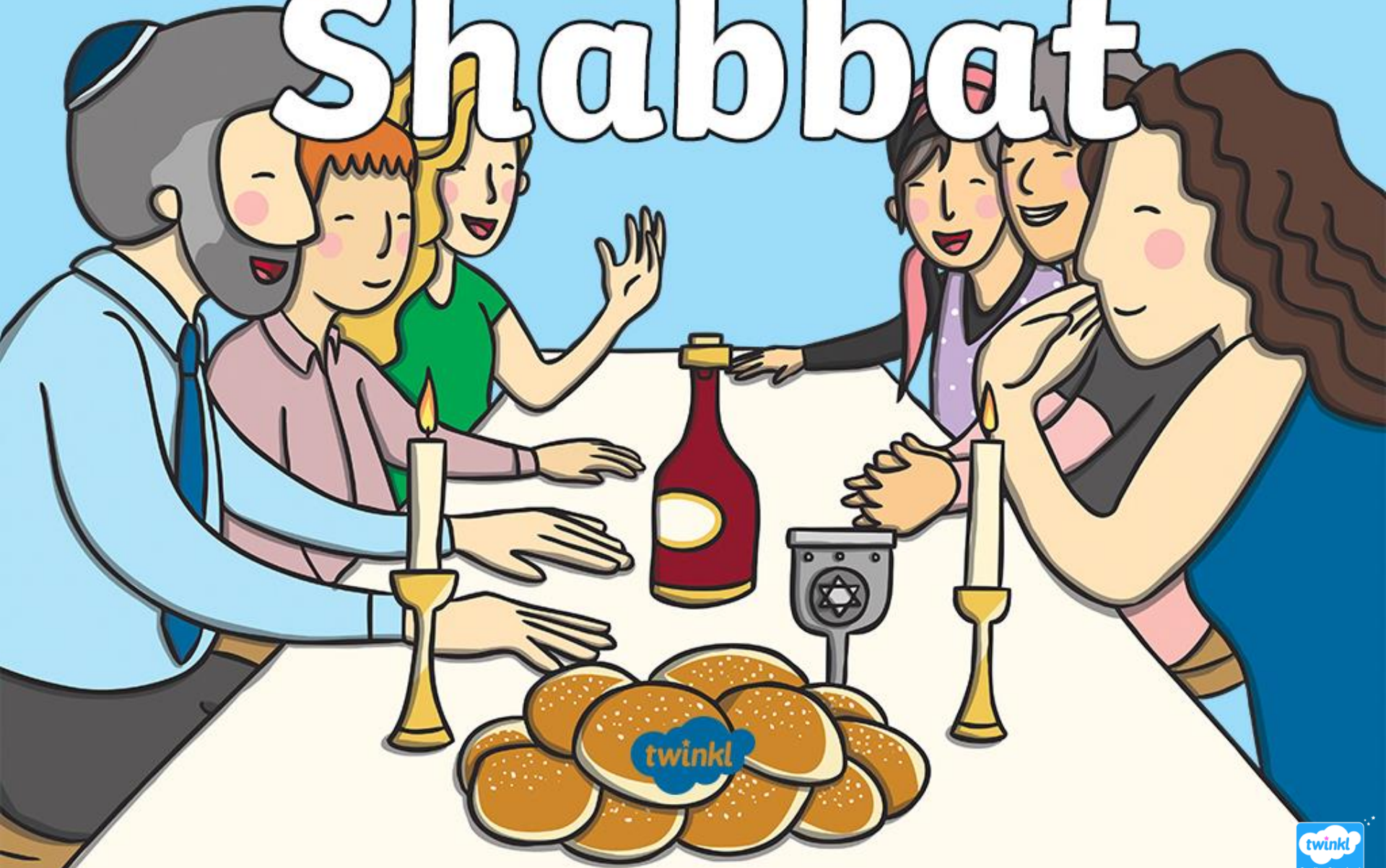


# Shabbat



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# What Is Shabbat?

Shabbat is an exciting and important day that Jewish people look forward to all week.

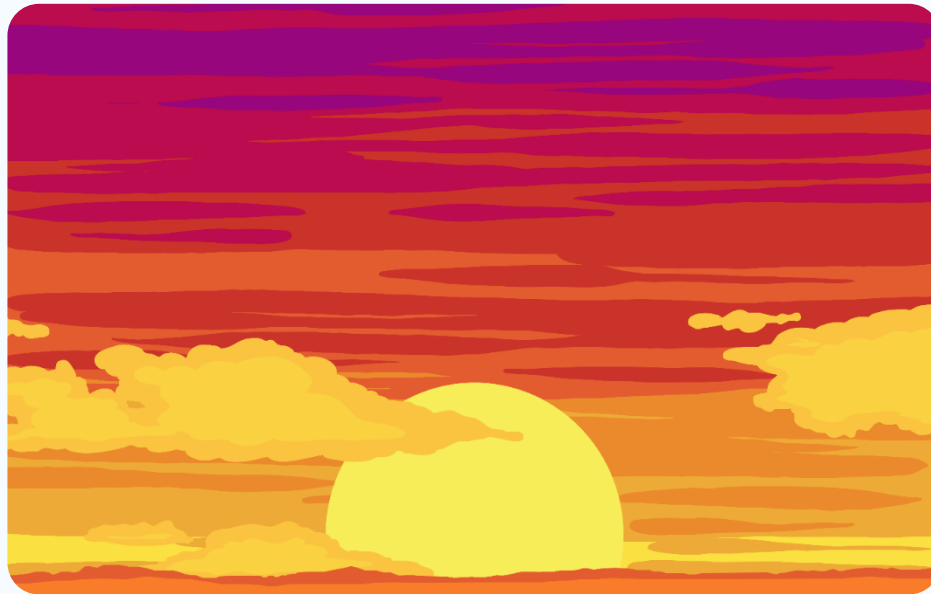
For Jewish people, Saturday is a special day, just like Sunday is special to Christians.



Shabbat is the **fourth commandment**: 'You shall remember to keep the Sabbath day Holy.' Saturday was the seventh day of the week and the day that God rested after creating the world. Ever since ancient times, Jewish people have kept the Sabbath day Holy by celebrating Shabbat.

# When Is Shabbat?

It happens every weekend, beginning on Friday evening, and ending Saturday evening.



On Friday, families work hard to prepare food, clean their houses and lay their dining tables ready for Shabbat.

# How Is Shabbat Celebrated?

When Shabbat begins on Friday evening, everyone puts on their best clothes and gather for a special meal. Other family members or friends may join the family for this special occasion.



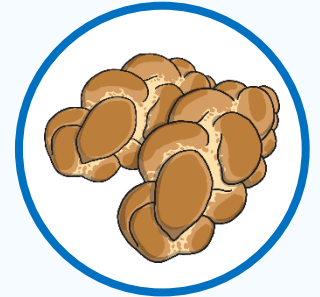
There are lots of traditions that take place at a Shabbat meal.

# Shabbat Traditions



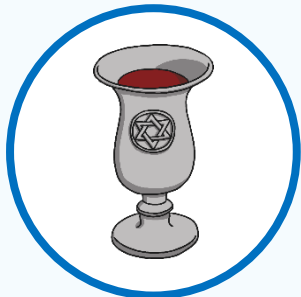
**Shabbat Candles**  
are lit on the  
dinner table.

**Challah bread**  
is eaten.



Wine (or grape  
juice) is shared in  
a **Kiddush cup**.

**Blessings**  
are recited.



# Challah Bread

Challah is a special plaited loaf that is bought fresh on Friday morning, ready for the Shabbat.

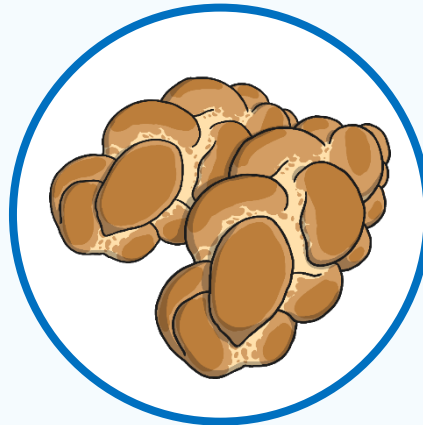


The loaves are covered with a special **Challah cover**, so they can't 'see' the wine when it is blessed.

**Two loaves** are always bought together.



Challah tastes much sweeter than normal bread. This helps remind people that **Shabbat is special**.



# Other Customs



**Families enjoy talking together.** Children can stay up late and tell and listen to stories. Songs are sung.



Families will visit a **Synagogue** during Shabbat.

**No work** can be done. Including homework!

**Havdalah** is the end of Shabbat. A special plaited candle is lit and prayers are read. **Special spices** are smelt and finally the candle is put out in the wine.

