

NEWSFLASH!

For the Queen's birthday this year she has requested to spend time with a 'common' family. Her advisers have gotten together and decided that in order to choose the family, they will open up a contest. They will invite all families to submit a 'dinner plan' of how

they would treat the Queen if she came to them for dinner. The advisers will then choose the best entry and the Queen will join that family for dinner! The plan can be written or drawn, but make sure to include as much detail as possible so that you can win!!



Draw or write your plan here: (or use a separate piece of paper)

Send your pictures to us by 5.30pm on Friday 22nd May 2020 to be entered into a raffle to win a £30 Amazon voucher! Upload to Facebook and tag Gila Ross OR upload to Instagram and tag @gilaross OR Whatsapp to 07791 231 999.

Each part of the Shabbat preparations and meal is like getting ready to welcome the Queen.

Imagine for a minute that the 'person' coming wasn't just the queen or a king, but someone who we love and who loves us! Hashem wants to spend time with us! He's like a parent who says 'I'm taking you out and making some special time just for us.'

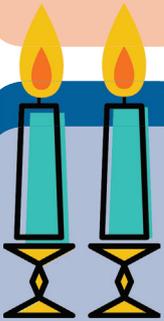
That is what Shabbat

actually is. Hashem loves us and cares about every single thing we do. We are His children. Shabbat is the special day when we spend time with Him and feel the connection that only this day can bring. Our Shabbat preparations show that we are so excited to spend time with Him! We switch off from the world - this is the time we are going to spend just with Hashem, together with our families. The more we put into making the day

special, through getting the house ready, putting on our best clothes, making delicious food, singing songs and words of Torah, the more we will experience the unique feeling that only Shabbat can give us.

Let's try to make this Shabbat even more memorable so we really feel our connection with Hashem!

Now let's learn about some of the mitzvot unique to Shabbat.



CANDLE LIGHTING

WHEN:

Candles should ideally be lit 15 minutes before sunset, but can be lit until sunset. After sunset Shabbat has begun so fires may not be lit.

WHO:

It is the custom for the woman of the house to light the Shabbat candles, but if no woman is present, the candles must be lit by a man.

HOW MANY:

We light two candles, representing the words Shamor and Zachor – the two words the Torah uses when teaching us about keeping Shabbat. Some people have the custom to add an extra candle for each child in the family.

HOW:

Light the candles.

Cover your eyes and recite the blessing - *Lehadlik ner shel Shabbat*.

Uncover your eyes and wish your family Shabbat Shalom – Shabbat has begun!

The time of candle-lighting is considered particularly auspicious for private prayer. Women have traditionally

prayed, as they stand with eyes closed, for their children to be healthy, happy and wise.

The candles may not be moved once they are lit.

Do not put the candles out – leave them to burn themselves out.

Some people have the custom to give money to charity before lighting the Shabbat candles.

WHY:

We light Shabbat candles in order to honour the Shabbat and to bring peace into the home.

Why do you think lighting candles brings peace to the home?

KIDDUSH

WHEN:

We start both main meals on Shabbat with Kiddush.

WHO:

Everyone is obligated to say Kiddush. However the prevalent custom is that one adult recites Kiddush for everyone.

HOW:

The table should be set with two challot which should be covered. Fill the Kiddush cup to the top. The cup should hold about 86 ml. Any kosher wine or grape juice may be used. Hebrew is the preferable language to recite Kiddush in, but English or any other language is also acceptable. Everyone round the table should refrain from talking during the

recitation of Kiddush, (until they have drunk some of the wine/ grape juice).

When finished reciting Kiddush, the one who led the blessings drinks the wine – about half the cup. Small portions of the remaining wine can be given out to those around the table.



WHY:

When we gather around the table as a family on Friday night to say Kiddush, we are doing so to fulfil a great mitzvah. This is based on the verse “Remember the day of Shabbat to make it holy”. The

Rambam (Maimonides) explains that this means calling the day of Shabbat special and different from the days of the week. We do this by reciting Kiddush on Friday night and Havdallah at the end of Shabbat, so these two prayers are actually two parts of one mitzvah.

By reciting the words of Kiddush, we are giving testimony to the foundational truths of the world - the fact that Hashem exists and that He created the universe. We also mention Hashem taking us out of Egypt, to testify that He cares about us and that He guides history.

The word “Kiddush” means holiness. It is interesting that we use wine, which seems very physical, for this purpose. Can you think of two other times when we use wine in a similar way?

What do you think this teaches us about the concept of holiness? _____

CHALLAH

WHEN:

Immediately after making Kiddush, everyone washes their hands then the *bracha* of Hamotzi is recited and the challah eaten.

HOW MANY:

We use two challot/loaves of bread at each meal on Shabbat, representing the two portions of manna that fell in the desert on Friday – one portion for Friday and one for Shabbat.

HOW:

The procedure for washing your hands is: pour the water from a cup twice on the right hand and twice on the left. Recite the *bracha* of *Al netillat yadayim*.

After washing your hands do not talk until you have eaten some bread.

The leader of the meal holds the two challot and recites the blessing of *Hamotzi lechem min HaAretz*.

To commemorate that the manna

that fell in the desert was covered in a layer of dew above and below to keep it fresh, we place the challot on a nice board or plate and cover it with a cloth.

Don't forget that after eating a meal with bread Birkat Hamazon is recited.



The purpose of the manna in the desert was to teach us about trust in Hashem. List three examples of when you can display trust in Hashem.

1. _____
2. _____
3. _____