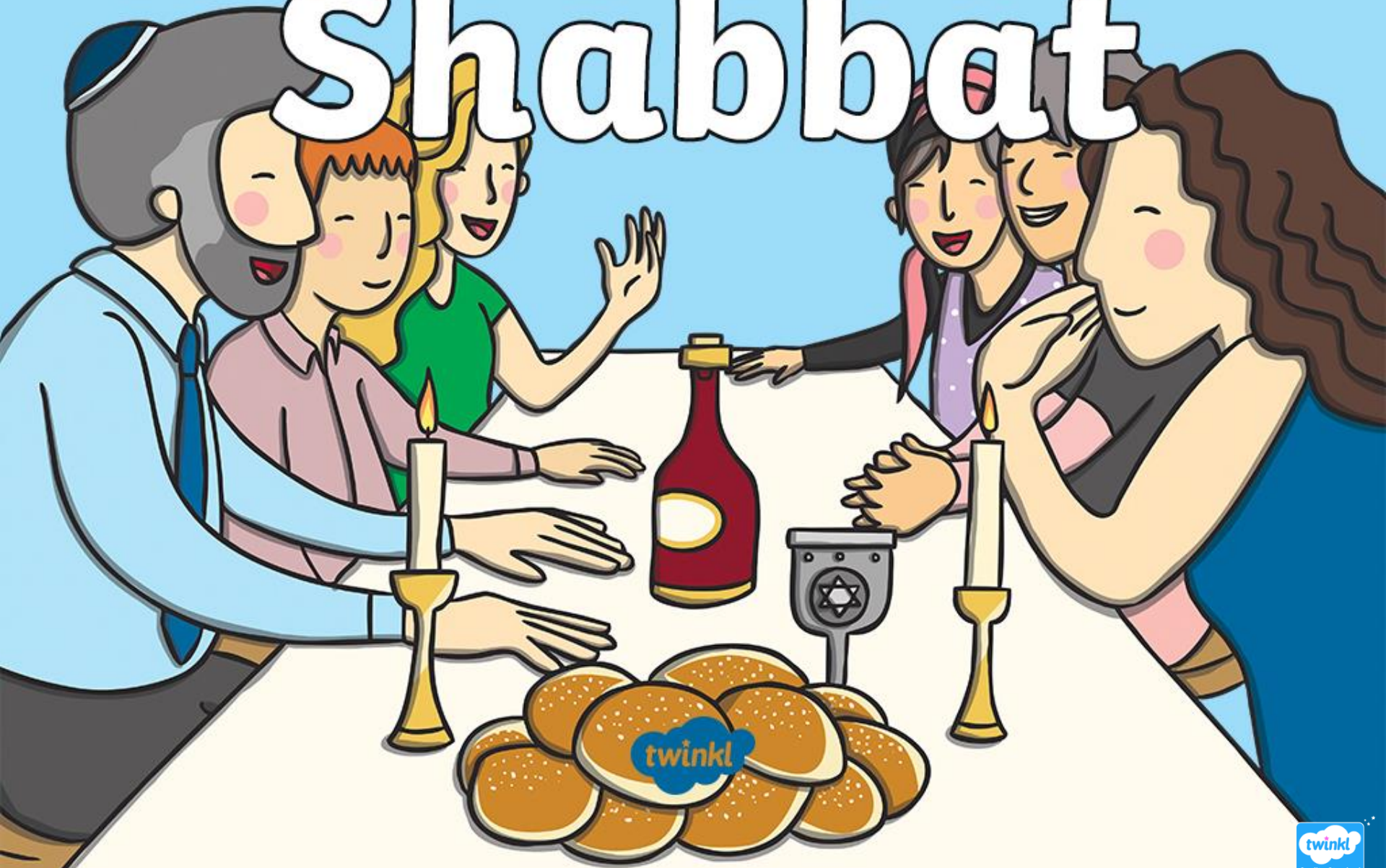


# Shabbat



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# 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.



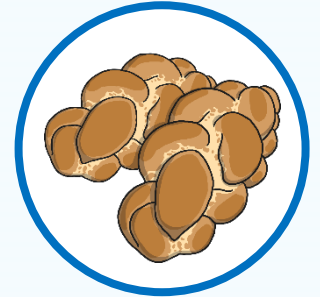
There are lots of traditions that take place at a Shabbat meal.

# Shabbat Traditions



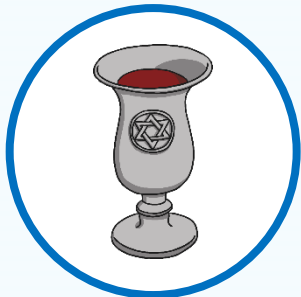
**Shabbat Candles**  
are lit on the  
dinner table.

**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.

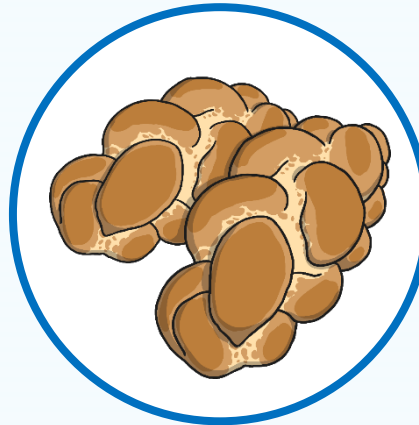


The loaves are covered with a special **Challah cover**, so they can't 'see' the wine when it is blessed.

**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.

