

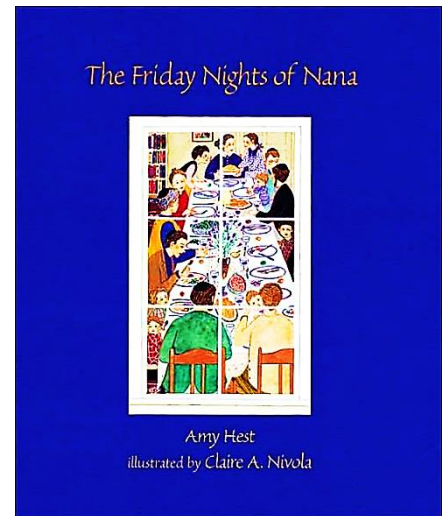
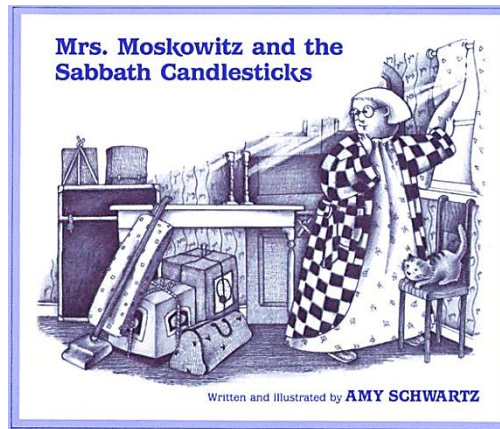
Mrs. Moskowitz and the Sabbath Candlesticks

By Amy Schwartz

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The Friday Nights of Nana

By Amy Hest



Program Focus

Age group: Ages 3-8
 Time frame: 60-90 minutes
 Central value: The joy of celebrating Shabbat (*Oneg Shabbat*),
 Relationships among generations (*L'dor v'dor*)

Synopsis

An elderly woman is unable to enjoy her new residence until she rediscovers a pair of memory-filled Sabbath candlesticks. By unpacking her belongings and remembering the joys of Shabbat, Mrs. Moskowitz is able to turn her new apartment into a home in *Mrs. Moskowitz and the Sabbath Candlesticks*. In this contemporary intergenerational tale, *The Friday Nights of Nana*, Jennie and her grandmother find happiness in their joint preparations for the Sabbath. They cook, clean, and get ready for a beautiful Shabbat filled with familial love.

Goals

- Encourage young families to begin to celebrate or enhance their observance of Shabbat
- Give families the tools to make their own Shabbat celebration at home
- Provide family activities that encourage inclusion of all generations in Shabbat celebrations

Submitted by

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Plan in advance

Shabbat Card Boxes

Materials

- Plain wooden, plastic, or cardboard card file boxes for each family (or any small box with a lid)
- Paint, markers
- Decorative materials (sequins, stick-on jewels, foam shapes, Shabbat stickers, etc.)
- Glue and scissors
- 52 small index cards for each family



Salt Candle Holders

Materials

- Two baby food jars (with lids)
- Small plastic baggies
- Salt
- Food coloring
- Newspaper
- Candles



Advanced Preparations

1. Divide the salt into as many plastic bags as you want colors.
2. Add several drops of food coloring to each bag. Close tightly and shake/knead the color into the salt.
3. Spread the salt on a sheet of newspaper to dry and then return to the plastic bags.

Challah Covers

Materials

- Handkerchief or napkin for each child
- Spray bottle with water in it
- Scraps of colored tissue paper

Kiddush Cups

Materials

- Plastic or glass wine glass
- Press-on Jewels



Table Decorations

Materials

- Construction paper
- Scissors
- Straws or sticks
- Craft dough
- Glue
- Pretty vase

Tzedakah Boxes

Materials

- A small box, coffee can with plastic lid, or margarine container
- Glitter, stick on jewels, stickers and other decorative materials
- Glue
- Foil
- Paint
- Scissors

Snack Activity

Materials

- Challah
- Cheese, butter, or jam
- Grape juice
- Paper plates and cups



Introduce with an activity

Make a Shabbat Card Box

Intro Words

Our story today is about a very special holiday that Jewish people celebrate. It is so special that we celebrate it every week. It is called Shabbat (the Jewish Sabbath). We can experience Shabbat in many different ways. Traditionally, it is a restful day beginning with a family dinner on Friday night. For many families it is an opportunity to spend time together and do things they do not do the rest of the week – setting the day apart from the other weekdays. Including older relatives and friends, especially parents and grandparents, can really enhance our Shabbat activities. In preparation for our story, each family is going to make a Shabbat Card Box/Case where we will put cards with ideas about ways to help celebrate your own family Shabbat. Even if you have never celebrated Shabbat, you have special things your family does together and special foods you like to eat. These things can be incorporated to make a new, meaningful celebration. Our grandparents can add to the ideas with special memories from the past. After our story, we will talk about some of these ideas and begin to write them on our cards. You can take the box home and fill it with more ideas as you think of them. Try to get 52 ideas – one for each week of the year. You can use one or more of the ideas each week to celebrate Shabbat.

Directions

1. Pass out empty file boxes and the cards.
2. Have families pick the decorations they want and begin to decorate their boxes.
3. After the story, they will write ideas that will make their own family Shabbat special -- things that will make Shabbat different from other days.



Read the story

Encourage Participation

Read the story you have picked. Both books have delightful pictures that would be great to share as you read. No other participation is necessary and may even detract from the story.

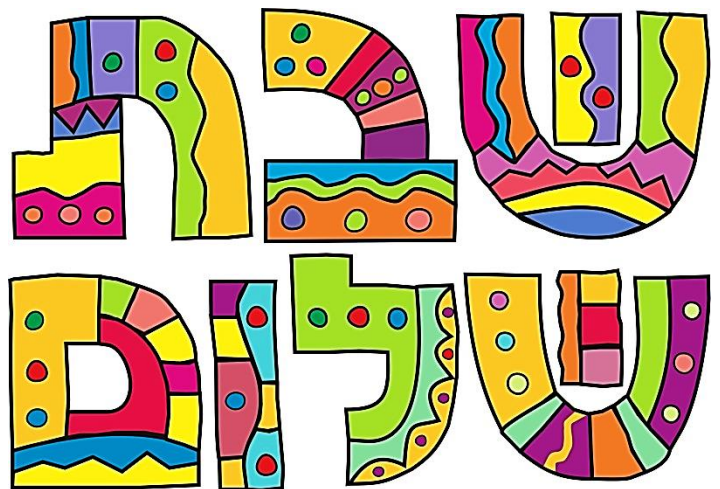
Shabbat Card Box

Intro Words

We just heard a story about how Mrs. Moskowitz (or Nana) prepared for and celebrated Shabbat. Let's talk about things we can do to make Shabbat special for us. Each family has the Shabbat Idea box that we made before the story. Now, it's time to make cards with our own ideas for special activities that we can set aside for our family to do together on Shabbat. We are so lucky to have older participants because they can help by recalling special family traditions-not just for Shabbat but for any celebration or gathering that can become a part of Shabbat. If grandparents are not present, consult older relatives at home for more celebration ideas. We can take our box of ideas home to use. Each week we can pick one or more of the ideas to celebrate Shabbat together. These should be activities set aside just for Shabbat to make it different from all other days of the week.

Directions

1. Pass out the attached list to each family and feel free to add new ideas!
2. Allow time for families to discuss and write some ideas on their cards.
3. Ask families to share some of the different activities that make their family special.



Follow Up activities and resources

Sing a Shabbat Song

“Getting ready for Shabbat” (To the tune of “London Bridges”)

Put a chicken in the pot
Stir it up
Nice and hot
Get it ready for Shabbat
For Shab-bat



Add other ingredients as children dictate (carrot, onion, salt, etc.). Use a stirring motion to “stir it up.”

Salt Candle Holders

Directions

1. Use a spoon to sprinkle the colored salt into the jars, layering one color at a time.
2. Carefully push one candle through the salt in each jar. The salt will keep the candle firmly upright.
3. Use the jar lids to keep the salt in the jars while storing them from week to week.



Challah Covers

Directions

1. Have children place colored tissue on the handkerchief or napkin.
2. Spray water on the handkerchief, causing the tissue to bleed onto the handkerchief. Let it dry.
3. You can then add the words “Shabbat Shalom,” “Challah,” or anything else that will be meaningful to your family, with permanent marker.

Kiddush Cups

Directions

1. Make sure the glass is clean and dry. Press the jewels on the glass bowl and base in any pattern.
2. You can write “Shabbat,” “Kiddush,” or any special family message on the glass with special pens from craft stores if you wish.



Shabbat Table Decorations

Directions

1. Have each family member trace his or her hand on colored construction paper.
2. Cut out hands and glue them to sticks or straws as stems.
3. Put a ball of craft dough in the bottom of the vase and stick the flower stems into the dough.



Tzedakah Boxes

Directions

1. Cover the can with foil or paint and make a slit in the top or lid. Decorate your box with the glitter, etc.
2. Drop a donation into the box every Friday to create Shabbat spirit. As a family, discuss where your money will go.



Have a Snack

Teach the prayers over bread and wine/grape juice. You can also listen to the blessings and get printable copies at <http://urj.org/holidays/shabbat/blessings/>

The Blessing for the Bread (Challah)

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.



Baruch Atah Adonai, Eloheinu Melech haolam, Hamotzi lechem min haaretz.

Our praise to You, Eternal our God, Sovereign of the universe, Who brings forth bread from the earth.

The Blessing for Wine/Grape Juice

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch Atah Adonai, Eloheinu Melech haolam, borei p'ri hagafen.

Our praise to You, Eternal our God, Sovereign of the universe, Who creates fruit of the vine.



Resources for parents, teachers, families

Nurturing the Family

Shabbat Recipes to Send Home

Easy Challah: Use Refrigerator or thawed frozen bread dough. Divide the dough into 3 equal pieces. Roll each piece into long fat snakelike ropes. Braid as you would hair. Brush with egg white and follow package directions for rising and baking.

Make Your Own Grape Juice: You can make your own grape juice for Shabbat in a juice extractor or food processor. Go to the store together and pick out your grapes. You can use both green and red grapes or mix them together. Taste each to compare flavors. Follow the directions on your juicer/processor for juice making and have your special creation ready for your Shabbat meal.

L'dor vador: Send this idea home with participants

- If your family is fortunate enough to have grandparents or other treasured elders nearby, be sure to include them as honored guests in all Shabbat activities. Make it clear that they should be offered the most comfortable chair, the one remaining piece of cake, and the warmest hugs.
- Be sure to ask grandparents and family elders about their family memories and suggestions for special foods and activities.
- If no family elders are available, perhaps your family would like to include an older neighbor or friend in Shabbat celebrations.

PJ Library Shabbat Resources

Shabbat Books and Activities

<http://www.pjlibrary.org/parents-and-families/reading-tips-and-resources/jewish-holidays/shabbat.aspx>

Beautiful Challah? We've Got you Covered – PJ Library blog post

<http://pjlibrary.org/pj-blog/index.php/archives/4852/beautiful-challah-we-got-you-covered/>

Ideas for making Shabbat Special at Home

1. Share “highlights of the week” at the Shabbat table.
2. Put time aside to play games, do puzzles, and watch special videos together.
3. Put aside special Shabbat clothes for the kids -- Shabbat shoes, Shabbat hair ribbons, etc.
4. Serve the kids special Shabbat-only treats (soda, ice cream, etc.).
5. Arrange to have your children’s friends come and enjoy a Shabbat activity with them.
6. Wake up Shabbat morning to a table full of special food. Even if you don't normally let the kids eat sugary cereals or junk food during the week, on Shabbat morning have it all on the table. (And, it's a good way of getting out of it during the week -- "Treats are for Shabbat!")
7. Keep a collection of toys and games that are exclusively for Shabbat.
8. Read Jewish books together.
9. Connect with relatives and friends. Invite them to a Shabbat meal or to do an activity with you.
10. Visit elderly or sick relatives and friends.
11. Plan to visit a retirement or nursing home weekly, if possible. Bring the residents cookies you have baked or cards you have made
12. Revisit Creation- take a walk outdoors and experience nature.
13. Use a Shabbat meal as a time to show off the projects the children have made that week in school.
14. Mealtime on Shabbat gives us the perfect opportunity to discuss the questions from *Got Shabbat*.
15. Tell stories about your family.
16. Make one special meal where you sit down together at the dining room table set with the “nice dishes,” a beautiful tablecloth, real napkins, and flowers on the table.
17. Make it a “green” Shabbat where you go for a walk and pick up trash along the way.
18. Listen to Jewish music and sing Jewish songs.

