

Make your own Challah– The braided bread of Shabbat!

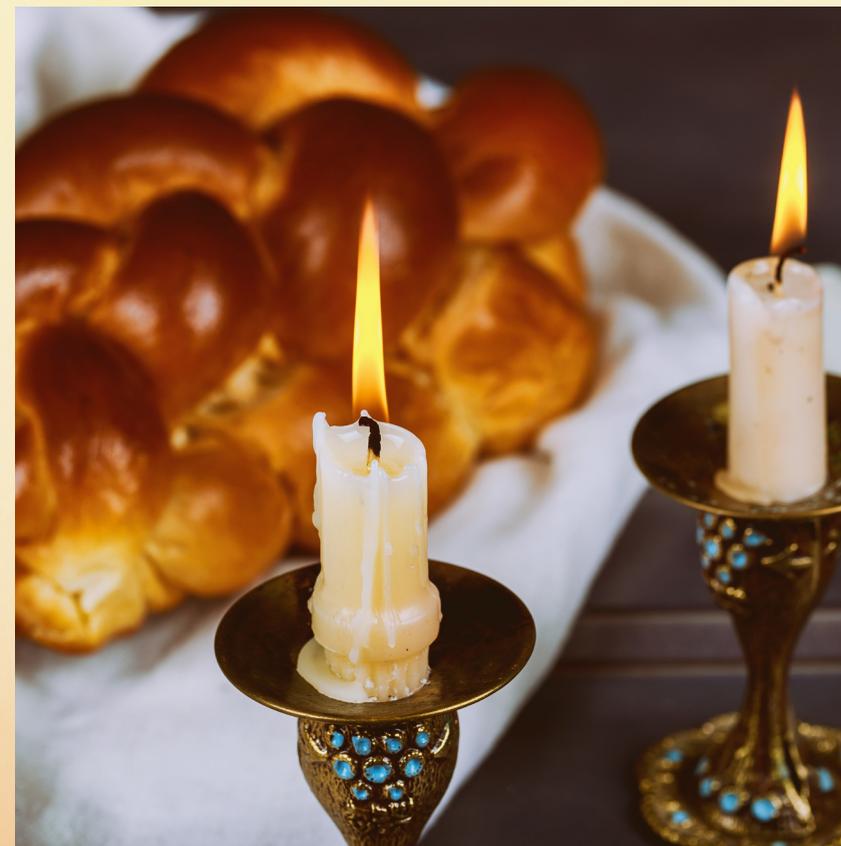
Ingredients

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water (100 degrees F/40 degrees C)
- 2 tablespoons honey
- 1 teaspoon salt
- 3 beaten eggs
- 3 ½ cups all-purpose flour, plus more for kneading
- 1 beaten egg yolk, or more if needed

Directions

1. In a large bowl, stir the yeast into the water, and let the mixture stand until a creamy layer forms on top, about 10 minutes. Stir in honey and salt until dissolved and add the beaten eggs. Mix in the flour, one cupful at a time, until the dough is sticky. Sprinkle the dough with flour, and knead until smooth and elastic, about 5 minutes.
2. Form the dough into a compact round shape and place it in an oiled bowl. Turn the dough over several times in the bowl to oil the surface of the dough, cover the bowl with a damp cloth, and let rise in a warm area until doubled in size, 45 minutes to 1 hour.
3. Punch down the dough and cut it into 3 equal-sized pieces. Working on a floured surface, roll the small dough pieces into ropes about the thickness of your thumb and about 12 inches long. Pinch 3 ropes together at the top and braid them together, right over left, then pinch the ends together when finished and fold them underneath for a neat look.
4. Place the braided loaf on a baking sheet lined with parchment paper and brush the top with beaten egg yolk.
5. Preheat oven to 350 degrees F (175 degrees C).
6. Bake the challah in the preheated oven until the top browns to a rich golden color, 30 to 35 minutes.

Peninsula Jewish Community Center



Shabbat שבת Day of Rest

Discover the Beauty of Shabbat

Shabbat, the Jewish Sabbath, is a cornerstone of Jewish tradition, celebrated weekly from Friday evening to Saturday evening. Its rhythms invite rest, reflection, and renewal—a gift for individuals and communities alike. Beyond its rituals, Shabbat offers a universal message of balance, purpose, and the sacredness of time, encouraging mindfulness and gratitude for life's blessings. Shabbat is the original counter-cultural call to step away from a work-obsessed mindset and embrace the power of rest, reflection, and reconnection.

The Torah's Approach to Shabbat

The origins of Shabbat in the Torah point to more than a day of rest; it is a weekly celebration of creation and freedom. In Jewish tradition, Shabbat commemorates God's pausing from the work of creating the world. Later in the Torah, after the Israelites were freed from hundreds of years of servitude in Egypt and journeyed through the wilderness towards the Promised Land, they were instructed not to leave their camp during Shabbat and to prepare their food and supplies ahead of time. This ensured that regardless of their role in the community, everyone could partake equally in the day's rest. Shabbat is the original "be here now" revolution, encouraging humanity to pause, reflect, and rejuvenate.

The Core Values of Shabbat

Rest and Renewal: Shabbat is a time to step back from the demands of daily life and focus on what truly matters. It's a reminder to care for ourselves and nurture our relationships.

Sacred Time: Shabbat transforms time into something holy. By setting aside one day a week for reflection and joy, we affirm the value of intentional living.

Gratitude and Reflection: The rituals of Shabbat, such as lighting candles and reciting blessings, invite us to pause and appreciate the beauty and abundance in our lives.

Education and Learning: Each week, Jewish communities worldwide read and discuss the same section (*parshah*) of the Torah, fostering a shared exploration of ideas and lessons. This global cycle creates a broader sense of community and continuity. The Torah reading calendar goes through the Five Books of Moses, broken into relatively even sections, restarting each fall after the Jewish High Holidays.

Community and Connection: Gathering with loved ones for festive meals, prayer, or special activities is central to Shabbat. It strengthens bonds, encourages joy, and fosters a sense of belonging.



Ways to Celebrate

Shabbat observance varies widely, reflecting the diversity of the Jewish community. Here are some ways individuals and families might connect with Shabbat:

Traditional Observance: Includes lighting candles, reciting blessings over wine and challah (braided bread), attending synagogue, hosting "dinner party" style Shabbat meals, and refraining from work, spending money, or engaging with technology.

Modern Interpretations: Families may create their own traditions, such as a digital detox, family game night, or nature walks.

Spiritual Practices: Some engage in meditation, journaling, prayer, or personal reflection to connect with Shabbat's spirit of renewal.

Social Action: Others dedicate time to volunteer work, embodying Shabbat's call to repair the world (*tikkun olam*).

Learning and Reading: Shabbat encourages thoughtful engagement with ideas, from studying sacred texts to discussing modern topics that enrich understanding and connection.



An Invitation for All Backgrounds

Shabbat's message resonates far beyond the Jewish community. Consider these simple ways to bring its spirit into your own life:

Unplug and Recharge: Set aside a few hours to disconnect from technology and be present with loved ones.

Celebrate Over a Meal: Share a meal with family or friends, expressing gratitude for each other and the food you enjoy.

Reflect on the Week: Take the time to journal or meditate – even a few minutes can give you a sense of calm and clarity.

Honor Rest: Give yourself permission to pause and embrace stillness, letting it restore your energy and focus.

Engage in Learning: Dedicate time to exploring meaningful texts or ideas and then bring your insights into conversation and discussion.

Explore More About Shabbat

Shabbat invites us all to consider how we use our time and connect with our values. For deeper insights and resources:

- myjewishlearning.com/shabbat
- exploringjudaism.org/shabbat
- chabad.org/shabbat
- pjlibrary.org/shabbat

Whether through lighting candles, gathering with others, or simply pausing to breathe, Shabbat offers a timeless reminder to find beauty and meaning in every moment.

Shabbat Shalom—wishing you peace and renewal!