

What happens during Shabbat?

At around 3pm, the family starts preparing for Shabbat. Everyone will wash and dress in clean clothes. Since work is not allowed during Shabbat, everything that must be made ready is prepared in advance, such as cooking and cleaning.

18 minutes before sunset on Friday, two candles are lit. These candles symbolise remembrance and observance. Lighting the candles is usually the job of the mother of the family. As the candles are lit, a special blessing is said.



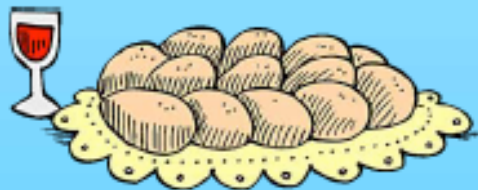
The family then share a meal together with wine and a sweet plaited bread called Challah. There are usually two loaves to symbolise the double portion of 'manah' that was given by God when the Jews were wandering the desert so that they wouldn't have to work on the Sabbath.

Blessings are said over the wine by the man of the house. This blessing is called Kiddush. When the meal is finished, another blessing is said.

Most families will then attend a short service at the synagogue where prayers and a section of the Torah are read or sung. When this is over, they return home to relax, play games together or study the Torah.

On Saturday morning, a longer service is held at the synagogue. After this, the family returns home for another meal together. In the afternoon, they might go for a walk, talk, play games or simply relax before a final Shabbat meal. This meal is usually a small, light meal.

Shabbat ends when three stars are visible in the night sky. This is usually around 40 minutes after sunset. A final blessing is said over candles and wine in a ceremony called Havdalah. Then, Shabbat is over for another week.



Now you have read the information above, have a go at answering the following questions. Remember to answer in full sentences.

When does Shabbat start and end?

What do the two Shabbat candles symbolise?

What is Challah?

Why are two loaves eaten?

What is Kiddush?

When do Jews attend the synagogue during Shabbat?

Name two typical activities a family might do together during Shabbat.