



THE FRIDAY NIGHTS OF NANA

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In this contemporary intergenerational tale, Jennie and her grandmother find happiness in their joint preparations for the Sabbath.

Shabbat, the Jewish day of rest, begins at sundown on Friday evening and ends on Saturday when three stars appear in the evening sky. While Jews observe the Sabbath in many ways, traditionally it is a day marked by a family dinner on Friday night, lunch on Saturday afternoon, and attending synagogue services. *Shabbat* is a time for being with family and friends, enjoying guests, and taking part in relaxing activities such as reading, walking, and perhaps a nap! The means and degree of *Shabbat* observance often alter and develop over time, just as people and families change and grow.

In many *Shabbat* tales, the stories' characters reserve their finest for the Sabbath: sometimes this means safeguarding the choicest foods, gathering a special bouquet of flowers, or simply setting aside the finest shirt one owns for that special day of the week. Explore with your children ways of making your *Shabbat* distinctive: encourage them to set the table, braid the *challah*, or help choose a new recipe. While the fork may find its way to the wrong side of the dinner plate, the positive feelings instilled in your children by their contributions will be well worth it.

L'DOR V'DOR

L'dor v'dor (literally, "from generation to generation") refers to the relationships that exist among the generations. While this phrase includes the responsibility of elders to educate youth in the ways of Judaism, it also implies the special loving bonds that exist between elders and the young. In *The Friday Nights of Nana*, Jennie and her grandmother are beautiful examples of this unique devotion.

If your family is fortunate enough to have grandparents or other treasured elders nearby, help your children see them as highly-honored guests—make it clear that they should be offered the most comfortable chair, the one remaining piece of cake, and the warmest hugs. Pj

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