



## LIGHTS OUT SHABBAT

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*A young boy visiting his grandparents for Shabbat has a wonderful time despite (or maybe, in part, because of) a rare Georgia snow-storm that causes the power to go out.*

Each Friday evening, families around the world begin the celebration of *Shabbat*. For many, the evening includes favorite foods, company for dinner, special songs, and blessings. An *Erev Shabbat* (Friday evening) ritual that is both simple and beautiful is to light candles to “usher in” the Sabbath and set it apart from the weekday world. Immediately after lighting candles, the following *bracha* (Hebrew for blessing) is said:

*Baruch Atah Adonai, Eloheinu Melech HaOlam  
asher kid'shanu b'mitzvotav v'tzivanu lehadlik ner shel Shabbat*

Blessed are You, our God, King of the Universe,  
Who commanded us to kindle the light of *Shabbat*.

### THE HAVDALAH CEREMONY

On the cover of *Lights Out Shabbat* are a candlestick, a cup, and a spice box. These three items are used in a short ceremony called *Havdalah* (Hebrew for “separation”). This ritual marks the end of *Shabbat* and separates it from the week to come. A special braided candle is lighted during the ceremony and the blessing for wine is said. A box of spices is passed around for all to breathe in the fragrance, a reminder of the sweetness of *Shabbat*—until the next Friday.

### USING THIS BOOK AT HOME

For many people, preparing for *Shabbat* is a family affair! Each family celebrates *Shabbat* in its own distinctive ways: the cherry snow cones enjoyed by the family in this book may be unusual *Shabbat* fare, but why not? Even young children can help make Friday evening a family time they'll anticipate and enjoy.

- Ask for a child-friendly recipe from grandparents or neighbors—and invite them to join you for dinner on Friday when you and your children try it out
- Designate Friday as *challah*-baking day
- Give each person at the dinner table a chance to share something good that happened during the week. For the very young, parents can mention a memorable accomplishment
- Enjoy a sing-along as everyone snuggles on the couch
- Choose a PJ Library book or photograph album to enjoy before bedtime each Friday—and hope the lights don't go out! Pj

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