BUBBE'S GOT THE BEAT

Written by Judy Press
Illustrated by Mary Hall

Shabbat is coming – and we know it’s going to be fun, because we’re celebrating at Bubbe’s house. From cooking chicken and baking challah to singing blessings and welcoming everyone at the table, Bubbe’s family is in the Shabbat groove.

JEWSH CONCEPTS

Bubbe’s got it going on! She’s got dinner on the stove, dishes on the table, and all the grandkids on their way for a big family meal. It may seem like a lot of work, but Shabbat – the Jewish sabbath – is really all about taking a break. In the very first story in the Torah (the first five books of the Bible), God created the world in six days, then rested on the seventh. That’s why, starting when the sun sets on Friday night, Jews the world over rest – and sing, eat, pray, nap, stroll, and gather together with the people they care about. It’s traditional to abstain from any work on Shabbat; many families, regardless of their observance level, take this opportunity to power down electronic devices and enjoy some old-fashioned face time with family and friends.

When three stars appear in the night sky on Saturday evening, Shabbat comes to a close. Life returns its normal hustle and bustle – but it all starts again the following Friday night, bringing a rhythm to Jewish life that helps elevate family time. Shabbat is a time to look forward to all week long once your family picks up that beat.