What creates a community?

A Mitzvah a Day
Mr. Nudelman shovels…and shovels…and shovels for everyone in his community after a big snowstorm. And he does it with a smile! This kind of selflessness toward others is called gemilut chasadim in Hebrew, which means “the performance of loving-kindness.” These mitzvot (commandments or good deeds) are done without the expectation of anything in return. But there’s a famous Jewish saying: “Community is too heavy to carry alone” (Deuteronomy Rabba 1:10). Snow can be too heavy, too. When Monty’s back gives out, his community shows up for him in a big way. Kindness has a way of coming full circle. To learn more, visit pjlibrary.org/cholentbrigade.

Get Ready to Rest!
Friday is a very busy day for many Jewish families, even when there hasn’t been a snowstorm. Why? Shabbat, the Jewish Sabbath, begins Friday night at sundown and lasts until Saturday night. Shabbat is a day of rest, when normal weekday activities like cooking and cleaning are traditionally suspended. It’s also a great time to think about inviting someone for a meal or visiting someone who might be a little lonely. When we create a space without everyday concerns, it’s easier to devote time to family and friends. (And maybe squeeze in a nap!)

Feeding Body and Soul
Did we mention food? Jewish life is full of delicious dishes, especially on Shabbat. Lovingly prepared food can help make the soul feel even more at home on this holy day. There is rich wine or grape juice to say the kiddush blessing over, and warm fragrant challah, the braided bread traditionally eaten at each Shabbat meal. And then the courses begin! Cholent is a classic Shabbat food because it cooks slowly (the word comes from the French words chaud and lent, “hot” and “slow”). For families that refrain from cooking on Shabbat, a dish that cooks unattended, like cholent, is the perfect solution. In Sephardic (Middle Eastern and Spanish) communities, cholent is called hamin, or “hot dish.” Whatever you call it, the beauty is you prep it before Shabbat begins. On Shabbat, all you have to do is enjoy it!

Talk It Over with Your Kids
Has someone ever done something kind for you that you didn’t expect? How did it make you feel?

When you are sad or not feeling well, what helps cheer you up?

What can you do to make someone’s Shabbat special?

Hands On!
Make a Get-Well Card
Thanks to his community checking in on him while he’s sick, Monty Nudelman starts to feel better fast. Here’s an idea for a cute get-well card to help speed recovery for someone you know.

Supplies
Heavy card stock or construction paper
Self-adhesive bandages
Markers
Stickers/googly eyes

1. Fold the paper in half so it opens like a card.
2. Stick bandages onto the paper and decorate them like stick figures with the markers—you can make them look like anyone you like. Enhance your stick figure with googly eyes if you have them, and decorate the rest of the card with stickers.
3. Make sure to add your get-well wishes on the inside of the card.
4. Deliver to your sick friend—no cholent required!