

The Cholent Brigade

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{ 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 Rabbah 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

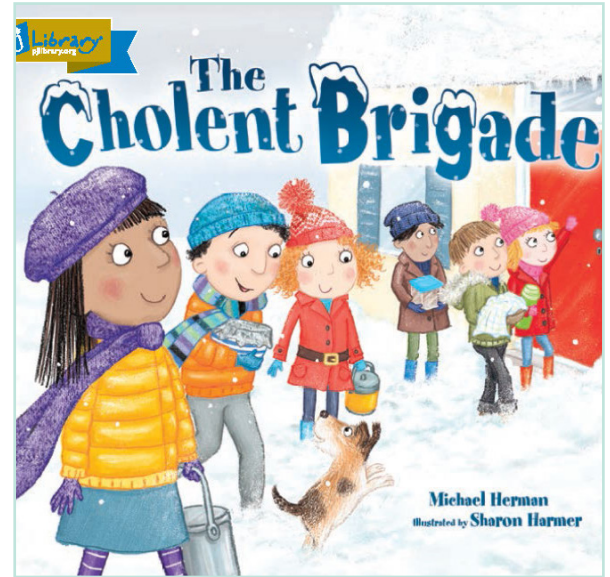
Did we mention food? Jewish life is full of delicious dishes, especially on Shabbat. Lovingly prepared food can help make the soul feel even more at home on this holy day. There is rich wine or grape juice to say the *kiddush* blessing over, and warm fragrant challah, the braided bread traditionally 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.

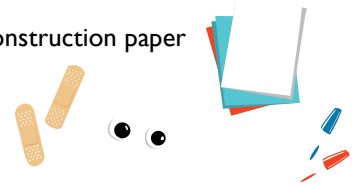
Supplies

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!