

Rise & Shine: A Challah-Day Tale

written by
Karen Ostrove

illustrated by
Kimberley Scott

What hidden treasure does your family hold?

Not Just Our Daily Bread

Challah, the braided egg bread enjoyed on many Jewish holidays, is a deliciously symbolic treat. The braiding looks like interwoven arms, inviting love and peace into the home in a warm embrace. On Rosh Hashanah, the Jewish New Year, people often make a round challah to represent the cycle of life. And on Shabbat, the Jewish Sabbath, it's traditional to put two loaves on the table. This is a reference to the story of the Exodus in the Torah (the first five books of the Bible). When the Israelites trekked through the desert, delicious manna fell from heaven to feed them—and they would collect a double portion of manna on Fridays to prepare for Shabbat.

Secret Code?

The challah recipe was a mystery because it was written in Yiddish, a hybrid of Hebrew and German that was the primary language of Ashkenazi (Central and Eastern European) Jews for many centuries. Yiddish was once understood by about 11 million Jews, but nearly died out as a spoken language in the 20th century. Sophie and Sammy are lucky their Grandma Gert could read it! To learn more about Yiddish, visit pjlibrary.org/riseandshine.

Ask Grandma!

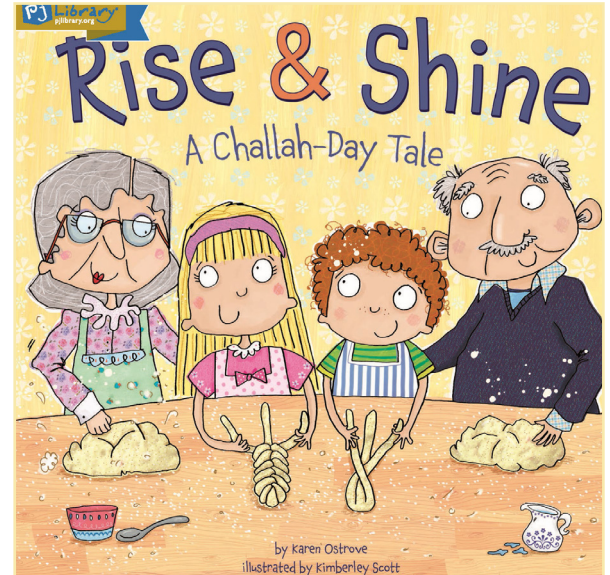
When Sophie and Sammy bring the mysterious recipe to Grandma, they are following the advice of fifth-century scholars who stated, "One who takes counsel with the old never falters" (*Exodus Rabbah*). Jewish culture places great value on respecting elders. The Torah teaches, "You shall rise in the presence of the aged, and show deference to the old" (Leviticus 19:32). Grandma is fulfilling an important Jewish value as well by sharing a tradition with her grandchildren. It's incumbent on parents and grandparents to pass on their knowledge. This is how Judaism is passed down *l'dor vador*, from generation to generation.

TALK IT OVER WITH YOUR KIDS

Why do you think Grumpy Old Ned is no longer grumpy at the end of the book?

How do you have fun with the senior citizens you know?

Have you heard any Yiddish words?



HANDS ON!

Make a Challah Cover

Making challah with your kids?

Don't stop there—make a cover for it, too! It's traditional to cover challah with a special cloth on the Shabbat table. Challah covers are often embroidered or silk-screened, but your kids can make beautiful versions with old cloth napkins and fabric markers.

Supplies

Newspaper

Tape

Large cloth napkin or cloth (preferably plain white or neutral)

Fabric markers

Tape newspaper on your table to protect the surface, then tape down corners of the napkin on top to help keep the fabric from shifting. Then let your kids go for it! They can draw pictures, write messages, or just go where their imagination takes them. (Just don't let them draw on themselves—fabric markers are not washable.) Shabbat Shalom!