



KAYLA AND KUGEL

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Kugel the dog loves Shabbat, and loves helping his human, Kayla, get the house ready! At least, he thinks he's helping...Kayla might say otherwise! In the end, everyone learns the importance of shalom bayit – peace in the home.

JEWISH CONCEPTS

The Jewish Sabbath, Shabbat in Hebrew, is among the most important holidays of the Jewish calendar—and it recurs each week! From sundown Friday evening to Saturday night, Jews around the world gather to light candles, sip grape juice and wine, share challah (braided egg bread), and enjoy a welcome respite from the bustle of everyday life.

While there are many meaningful Jewish holidays, each with its own rich traditions and customs, only Shabbat is mentioned in the Ten Commandments: “Remember the Sabbath Day and keep it holy” [Exodus 20:8]. According to the Torah (the first five books of the Bible), God labored for six days to create the world and rested on the seventh, so we humans also rest every seventh day. According to halacha (Jewish law), on Shabbat Jews are to refrain from any kind of work or commerce. Practices differ, but the basic Friday night rituals—candle lighting, blessing the wine and blessing the bread—are a near constant across the Jewish world.

Shabbat comes to a close when three stars are visible in the Saturday evening sky. Many families mark the end of Shabbat with a short havdalah ceremony, reciting a blessing and using wine to extinguish the light of a braided candle. “Shavua tov,” family members say to one another as Shabbat ends.

USING THIS BOOK AT HOME

Children love getting ready for Shabbat. Preparing for the rituals of a special Friday night dinner builds excitement and anticipation. Getting dressed in nice clothes and setting the table to look pretty set a festive mood. Involve your child in Shabbat preparations. Small children can help fold napkins, for example; older children can help chop vegetables for a meal. Extended family and friends are often invited to Shabbat dinners; children can help make place cards to set at the table for each guest.

When Shabbat arrives, include your children in the blessings over the candles, wine and grape juice, and challah. Even if your child is too young to sing blessings, being near you as you light candles, having a sip of grape juice, and helping tear apart a piece of challah are sensory experiences of the holiday.

Shabbat is about more than eating, of course! Going to synagogue, walking around the neighborhood, having a picnic, reading (together or independently), and playing board games are all typical Shabbat activities that allow for extended, uninterrupted family time.

Shabbat Shalom!