



# SOS MOM SHABBAT

- Sarah: Meet the First Jewish Mom
- Matanot Ktanot - Learn the Song
- Bake a Sweet Shabbat Challah  
...and more!

Shabbat Shalom!  
photo credit: Gal Gadot on Facebook

# A Message From **SOS MOM**



## Announcing your first SOS MOM Shabbat Kit!

We are so excited for you to enjoy these special resources that will welcome your connection to Shabbat into your family life.

Our first kit is designed to help you create a special Friday night dinner. Whether you keep Shabbat or not, whether you have experienced Shabbat or it is new to you, there are always things we can do to enjoy family time and connect with our Jewish selves in a new and different way.

The first thing in this kit is a **brief explanation of Shabbat** and the basic *brachot* that are included in the Shabbat ceremony.

Next, there is a **Torah-based article** about Sarah Imenu, our mother, the first Jewish Mom. She, and many others throughout history, give us inspiration on what it means to be a Jewish mother. By looking to their example from so many generations ago, we can understand why Jewish women have continued their connection and celebration of Shabbat.

You will also find a **discussion sheet** about Sarah which you and your family can print and discuss over dinner. This is followed by a **challah recipe** inspired by Sarah and the traditions of Jewish motherhood, one that is quick, easy, and delicious!

For your enjoyment, we have also included a **popular Israeli song** for Friday afternoons. In addition, there is a **fun interactive game** to play after the meal. This game is great for kids of all ages!

**We hope you enjoy this SOS Kit, and feel free to let us know your family's reactions!**

*In the interest of encouraging engagement that keeps within the Shabbat tradition, we ask that you do not cook any of these recipes on the Sabbath itself, and that you print the pages before the Sabbath starts.*



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# WHAT IS SHABBAT?

Shabbat is what makes our nation unique. A celebration of the miracle of God's creation is transformed through this day of rest when we stop and recognize the beauty of the world, the gratitude we have for everything we have, and the peace that is possible in our lives and in our souls.

On this day we rest as a reminder of our connection and commitment to Hashem, and each week we are given a new opportunity to celebrate the holiness of this day in our own way.



## HERE ARE JUST A FEW WAYS YOU CAN CELEBRATE THE SHABBAT AND YOUR ISRAEL CONNECTION:

- **Prepare a Israel-inspired Shabbat meal.** All you need is good company and a few good recipes - try some of our delicious **Cooking Israel** selections.
- **Light Shabbat candles before sundown.**  
Check for Shabbat start times in your area on [chabad.org](http://chabad.org)
- **Recite the Kiddush.**  
Making a blessing over wine is a traditional way of indicating that the event, time, or meal, such as Shabbat, is sacred and holy. It is a nice way to connect a nice meal to your Jewish practice.
- **Disconnect in order to reconnect:** Power down your devices and enjoying a peaceful 25 hours free of the daily routines. If you aren't ready to shut down entirely, try it out for an hour each week and see how it feels.  
Make the most of this downtime by spending quality time with your kids or a good book. Explore our selection of choices in our **Reading Israel** virtual library, and use our discussion questions as food for thought on your day of peace and rest.
- **Attend Shabbat services on either Friday night or Shabbat morning.**  
Most congregations will allow anyone to walk in and take part in their Shabbat services.

# Shabbat Blessings ברכות לשבת

## Candle Lighting

Light the candles prior to reciting this blessing.

*Baruch ata Adonai eloheinu melech ha-olam  
asher kiddishanu b'mitzvotav v'tzivanu  
l'hadlik ner shel shabbat.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת

Blessed are You, Lord our God, Ruler of the Universe, Who has sanctified us with His commandments and commanded us to light the Shabbat candles.

## Blessing Children

It is traditional to place your hands on your child's head during the blessing.

### FOR SONS

*Yesimcha Elohim k'Ephraim v'chi-Menashe*

לְבָנִים  
יְשִׁימְךָ אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה

May G-d bless you to be like Ephraim and Menashe.

These brothers, two of the Tribes, are an example of living in peace without rivalry.

### FOR DAUGHTERS

*Yesimech Elohim k'Sarah Rivka Rachel v'Leah*

לְבָנוֹת  
יְשִׁימְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה

May G-d bless you to be like Sarah, Rebecca, Rachel, and Leah.

Our four Matriarchs are examples of the high quality of Jewish women.

### FOR ALL

*Yivarechecha Adonai v'yishmerecha*

לְכָל  
יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ

*Ya'er Adonai panav eilecha vichuneka*

יֵאָר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ

*Yisa Adonai panav eilecha v'yasem lecha  
shalom*

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׂם לְךָ שְׁלוֹם

May God bless you and protect you.

May God show you favor and be gracious to you.

May God show you kindness and grant you peace.

# Shalom Aleichem

# שלום עליכם

This song is traditionally sung just before the meal Friday night, to greet the angels that G-d has sent to bless our Shabbat table.

*Shalom aleichem mal'achei hashareit  
mal'achei elyon mimelech malchei  
ham'lachim, ha-kadosh baruch hu*

שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי  
מְמַלְךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

*Bo'achem l'shalom mal'achei hashalom  
mal'achei elyon mimelech malchei  
ham'lachim, ha-kadosh baruch hu*

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן  
מְמַלְךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

*Barechuni l'shalom mal'achei hashalom  
mal'achei elyon mimelech malchei  
ham'lachim, ha-kadosh baruch hu*

בְּרַכּוּנִי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן  
מְמַלְךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

*Tzeitchem l'shalom mal'achei hashalom  
mal'achei elyon mimelech malchei  
ham'lachim, ha-kadosh baruch hu*

צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן  
מְמַלְךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

Peace be with you, ministering angels, messengers of the Most High, messengers of the King of Kings, the Holy One, Blessed be He.

Come in peace, messengers of peace, messengers of the Most High, messengers of the King of Kings, the Holy One, Blessed be He.

Bless me with peace, messengers of peace, messengers of the Most High, messengers of the King of Kings, the Holy One, Blessed be He.

Go in peace, messengers of peace, messengers of the Most High, messengers of the King of Kings, the Holy One, Blessed be He.

## Shabbat Blessings ברכות לשבת

### Kiddush / Blessing the Wine

ON FRIDAY NIGHT

Vayichulu ha-shamayim v'ha-aretz v'chol tzeva'am

Vayichal elohim bayom ha-shvi'i melachto asher asah

Vayishbot ba-yom hashvi'i mikol melachto asher asah

Vayevarech elohim et yom ha-shvi'i vayekadesh oto

Ki vo shavat mikol melachto asher barah elohim la'asot

And the heaven and the earth were finished and everything within them.

And on the seventh day God had finished His work which He had made;  
and He rested on the seventh day from all His work which He had made.

And God blessed the seventh day, and He sanctified it; because He rested  
thereon from all His work which God had created and made.

בליל יום שישי

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם

וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה

וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה

וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשֵׁהוּ

כִּי בּוֹ שָׁבַת מִכָּל מְלַאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת

Baruch atah Adonai eloheinu melech ha-olam

borei p'ri hagafen

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

בוֹרֵא פְרֵי הַגָּפֶן

Blessed are You, Lord our God, Ruler of the Universe,  
Creator of the fruit of the vine.

### Washing Hands

Pour water over each hand from a cup.

Baruch atah Adonai eloheinu melech ha-olam asher  
kiddishanu b'mitzvotav v'tzivanu al netilat yadayim

בָּרוּךְ אַתָּה יי אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ

וְצִוָּנוּ עַל נְטִילַת יָדַיִם

Blessed are You, Lord our God, Ruler of the Universe, who has sanctified us  
with His commandments and commanded us about handwashing.

### HaMotzi / Blessing the Bread

Baruch atah Adonai eloheinu melech ha-olam

ha-motzi lechem min ha-aretz

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Blessed are You, Lord our God, Ruler of the Universe,  
Who brings forth bread from the earth.



# *Sarah: The First Jewish Mom*

The mothers in the Torah pave the way for Jewish mothers today, and the values Jewish mothers hold dear and relay to their children. One story that embodies what it means to be a woman is the story of Sarah learning she will become a mother.

In the story, Sarah's husband Abraham sees three strangers walking by his tent. He runs into the tent and tells her to quickly bake bread (Genesis:18:6) for these three men. Sarah prepares their food as Abraham invites them into their tent.

Abraham and Sarah valued welcoming guests and making them feel comfortable, so much that they wanted to whip up fresh food for the strangers to eat. Abraham and Sarah didn't invite these men to simply come and eat whatever food was lying around. Instead, they tried to make the guests feel as comfortable and honored as possible. They baked fresh bread as a gift for them to enjoy the spirit of Godliness that Abraham and Sarah represented.

**Although Sarah and Abraham didn't have children (yet), they wanted to spread Jewish values and the spirit of G-d with every person around them. They invited every person they saw into their tent. By showing these strangers hospitality and grace they were able to pass down Jewish values onto others, if not their own children then G-d's children.**

Later in the story, it is revealed that the three strangers are really angels sent by God to deliver prophecies. One angel is sent to tell Abraham that Sarah will have a child at the age of 90. When Sarah overhears this, she laughs about the situation but ultimately welcomes the baby as a blessing. Sarah not only hosts everyone and tries to inspire everyone she meets, but she also takes G-d's gifts and challenges





## *Sarah: The First Jewish Mom*

in stride. To have a baby at the age of 90 is outrageous in our modern mind. But instead of complaining that she would've wanted a baby earlier, Sarah takes the prophecy with excitement. Sarah laughs so hard that she decides to name her son Yitzchak (Isaac) from the root word *tzochek* - צוּחֵק, which means laughter, showing a bit of that Jewish humor we know and love.

Sarah's strength is inspiring. She lives her life bestowing Jewish values by serving everyone around her. Sarah then uses these acts of service to teach Jewish values, and then G-d makes her a mother. A mother of not only Yitzchak (Isaac) but of all the Jewish people.

We see from Sarah that the Torah wants moms to bring holiness into their families' lives in every possible way. We also know from Genesis 15:19-20, that even in the act of baking challah she found a way to demonstrate her faith. We see from Sarah that even in the smallest moments we can teach and inspire Godliness. By blessing this small piece of challah Sarah is able to bless and serve God while blessing and serving her family with sustenance. This practice of blessing a small piece of challah from your dough, and not eating it, is still done today known as *hafrashat challah*, הפרשת חלה.

Sarah fulfills her role as a wife and mother with a full heart. She is proud to provide sustenance for the souls and the stomachs of her beloved family, while teaching and exhibiting important values. We can all be a Sarah, and we can help other women to feel empowered in their Jewish motherhood.

*SOS MOM is here to help you be a mother like Sarah and give you the resources to bring Judaism into all aspects of motherhood. Give today to this meaningful effort.*



## *Sarah: The First Jewish Mom*

### **Food For Thought:**

- How would you react to Sarah's situation? Would you laugh too, or would you be scared, or excited?
- Do you think that inviting guests over is important? How does it add to our family life?
- How do you think we can make our guests as comfortable as possible?
- Have you ever had to do something at the last minute for guests? How did it make you feel? Were you able to turn the stressful situation into something positive?
- Are there any general activities that you feel have a religious or Jewish connection to them? How do you try to incorporate this into your home life? What's one thing your mom did/does that you feel brings a sense of spirituality to an otherwise mundane task?

**Open these discussions with your children,  
so that they learn these important values.**

**When it's not Shabbat, you can also have your  
children create a painting of their image of Sarah  
welcoming her guests or making challot.**

**And of course, get your hands into the dough  
and make some of our blessed bread together!**



# Cooking srael

## *Sweet Shabbat Challah*

### INGREDIENTS

- 1.5 tbsp dry instant yeast
- 2 tbsp sugar (to activate yeast)
- 2 cups warm water
- 4 cups all-purpose flour
- 1/4 cup brown sugar
- 2 tbsp honey
- 1/4 cup oil of choice
- 1 egg
- 2 tsp salt
- 1 egg (for egg wash)

### DIRECTIONS

1. Proof yeast by mixing with the 2 tbsp of sugar in large mixing bowl. Add water and stir once. Let sit for 10-15 minutes until bubbly and frothy.
2. Add 2 cups of flour so that yeast mixture is covered.
3. Add oil, salt, honey, brown sugar, and 1 egg. Using dough hook, begin mixing on low speed or mix by hand. The dough will be liquidy still but should be well incorporated.
4. Add final 2 cups of flour progressively (1/4 cup at a time) until the dough looks uniform and smooth. Continue to knead. If using stand mixer, mix for 7 minutes. By hand, knead for 15-18 minutes.
5. Shape into a soft rounded dome and drizzle a bit of oil around it. Place in an oiled bowl and cover with plastic wrap or a dry towel. Let rise in warm place for 1.5 hours, or overnight in fridge.
6. Carefully pour onto a lightly-floured countertop and cut into even sections for your preferred number of braiding strands. If you are making two loaves, divide into 6 for 3-strand braids, or 8 for 4-strand braids.
7. After braiding, transfer to a wide baking pan covered with a baking sheet. Let rise for 30 minutes.
8. Preheat oven to 200 C / 390 F.
9. Brush egg wash over top very gently. Can sprinkle with sesame seeds, leave plain, or add a drizzle of honey and sea salt for something incredible!
10. Bake for 20 minutes, then turn down to 160/325 for an additional 12-16 minutes on low rack.

**B'TEAVON AND ENJOY!!**

## MATANOT KTANOT (SMALL GIFTS)

*Zeh od yom shishi, noshem et ha-avir*  
It's another Friday, breathing the air  
*Ha-or v'ha-tzel mesachakim shuv tofeset*  
Light and shadow are playing "tag" again  
*Ha-shulchan aruch, tmunot yaldut al ha-kir*  
The table is set, childhood photos on the wall  
*Shayarot levanot chozrot mi-beit kneset*  
Processions in white are returning from synagogue

*V'ha-re'ach ha-zeh shesoret li et ha-lev*  
And that smell which scratches at my heart  
*Mitganev mitganev v'pote'ach dlatot*  
Stealthy, sneaking in and opening doors  
*El osher ktan, el oto shir yashan*  
To a small joy, to the same old song  
*She'over etzlenu b'meshech dorot*  
Which is passed along to us for generations

### Chorus

*Matanot ktanot*  
Small gifts  
*Mishehu shalach li matanot ktanot*  
Someone has sent me small gifts  
*Resisim shel kavana, igulim shel emuna*  
Shards of intention, rings of belief

*Matanot ktanot*  
Small gifts  
*Mishehu shalach li matanot ktanot*  
Someone has sent me small gifts  
*Kmo hako'ach l'kabel et ma she'ein, et ma she'yesh*  
Such as the strength to accept what there isn't, what there is  
*Ma od efshar kvar l'vakesh?*  
What more can one ask for?

## מתנות קטנות

זה עוד יום שישי נושם את האוויר  
האור והצל משחקים שוב תופסת  
השולחן ערוך תמונות ילדות על הקיר  
שיירות לבנות חוזרות מבית כנסת

והריח הזה ששורט לי את הלב  
מתגנב מתגנב ופותח דלתות  
אל אושר קטן אל אותו שיר ישן  
שעובר אצלנו במשך דורות

### פזמון

מתנות קטנות  
מישהו שלח לי מתנות קטנות  
רסיסים של כוונה עיגולים של אמונה  
מתנות קטנות  
מישהו שלח לי מתנות קטנות  
כמו הכוח לקבל את מה שאין את מה  
שיש  
מה עוד אפשר כבר לבקש

*Zeh od yom shishi, mirpeset v'iton*  
 It's another Friday, balcony and newspaper,  
*Ha-shemesh kmo ha-de'agot l'at nimcheket*  
 The sun, like worries, is slowly being erased,  
*Manginot pshutot zochalot me'ha-chalon*  
 Simple melodies creep through the window  
*V'shum se'ara kvar lo tastir po et ha-sheket*  
 And no storm is able anymore to hide the quiet here

זה עוד יום שישי מרפסת ועיתון  
 השמש כמו הדאגות לאט נמחקת  
 מנגינות פשוטות זוחלות מהחלון  
 ושום סערה כבר לא תסתיר פה את השקט

**Chorus**

*Ki banu bacharta, v'otanu kidashta*  
 For Thou hast chosen us and sanctified us  
*Baruch ata Hashem m'kadesh ha-shabbat*  
 Blessed art Thou, G-d, Sanctifier of the Sabbath.

**פזמון**

כי בנו בחרת ואותנו קידשת  
 ברוך אתה ה' מקדש השבת

*V'ha-re'ach ha-zeh shesoret li et ha-lev*  
 And that smell which scratches at my heart  
*Mitganev mitganev v'pote'ach dlatot*  
 Stealthy, sneaking in and opening doors  
*El osher ktan, el oto shir yashan*  
 To a small joy, to the same old song  
*She'over etzlenu b'meshech dorot*  
 Which is passed along to us for generations

והריח הזה ששורט לי את הלב  
 מתגנב מתגנב ופותח דלתות  
 אל אושר קטן אל אותו שיר ישן  
 שעובר אצלנו במשך דורות

**Chorus**

*Ma od efshar kvar l'vakesh?*  
 What more can one ask for?  
*Matanot ktanot*  
 Small gifts

**פזמון**

מה עוד אפשר כבר לבקש  
 מתנות קטנות

## 10 Hebrew Words to Know

gifts - *matanot* - מתנות  
 table - *shulchan* - שולחן  
 childhood - *yaldut* - ילדות  
 generations - *dorot* - דורות  
 heart - *lev* - לב

someone - *mishehu* - מישהו  
 fragments - *resisim* - רסיסים  
 newspaper - *iton* - עיתון  
 melodies - *manginot* - מנגינות  
 quiet - *sheket* - שקט



# ICE MELT

## *Chat Challenge*

This game can be silly, but it can also be fun.

Throughout the week, have everyone in the family (who can) write on a small slip of paper different topics that come up in their daily life, fold it, and put it in a box or bowl. Topics can include discussions that happened with friends or colleagues, something new you learned, something interesting you did, something you saw on the news, heard on the radio, read in a magazine or came across on a social feed.

On Shabbat, get a cup of ice cubes ready!

Have the first person choose a card and then they get an ice cube. Now they have to talk about the situation or topic written on the card until the ice cube melts. They can make it into a funny story, a song, a joke, anything that helps keep the family involved in the conversation together.

Then choose a second person to go, hand them an ice cube, and continue with the chat challenge until you've gone around the room/table and everyone has had at least one turn.

Of course, with fun like this, you can keep the game going as long as you'd like!

### **Sample Topics to Break the Ice:**

(feel free to use/write these for your first round of chats!)

- Saw someone giving another person flowers
- Heard a young boy tell his mommy he loves her
- Watched an older couple hold hands walking down the street
- Listened to a song that I finally understood the lyrics to
- Had a chance to help someone
- Learned 3 new Hebrew words
- Watched a video about something cool
- Read an interesting story about Jewish life in a different place
- Heard a new Israeli song