

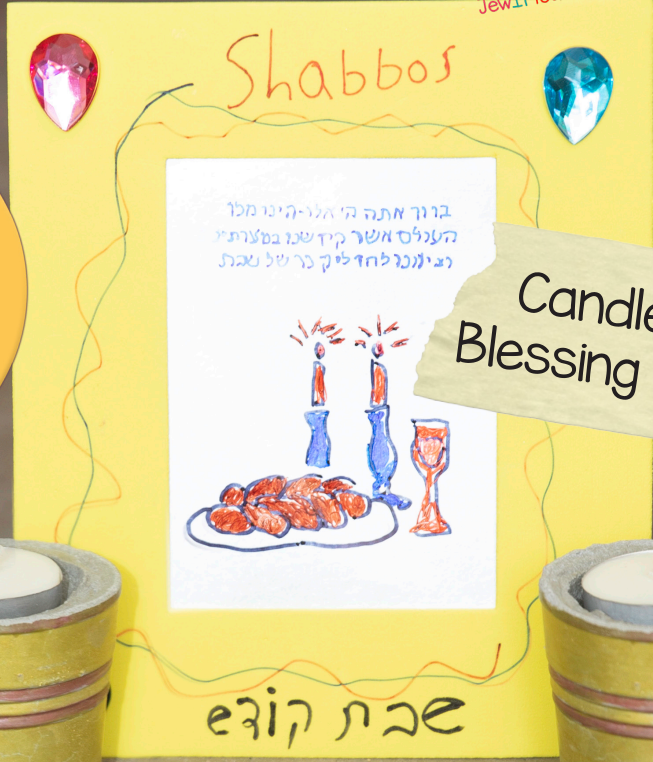
# the Shabbos



project of



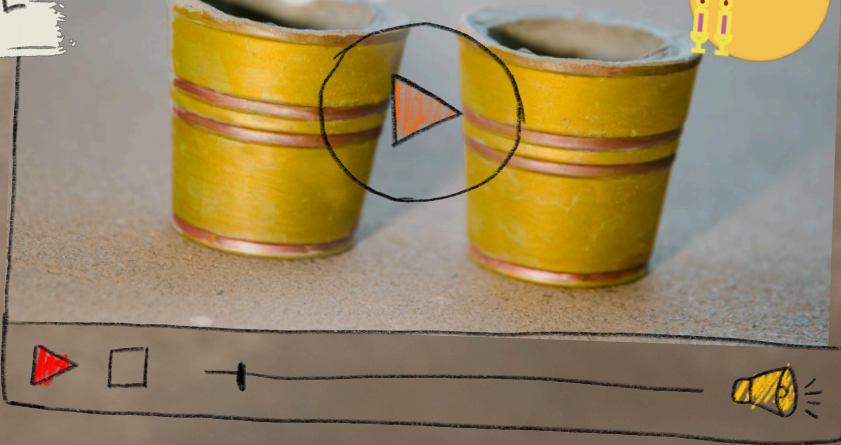
Candle  
Crate



Candle Holder &  
Blessing Card Making



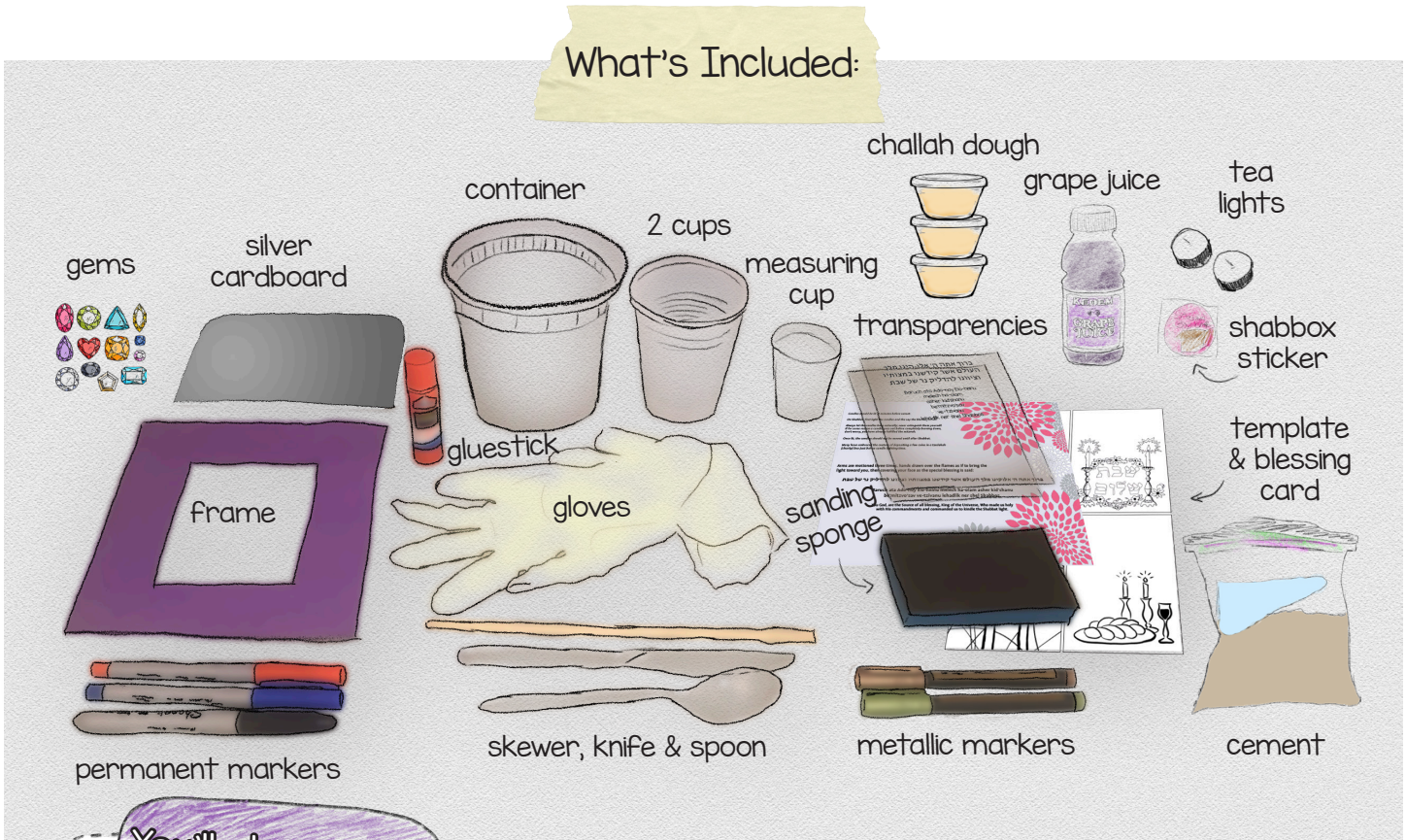
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## What's Included:



### You'll also need:

water

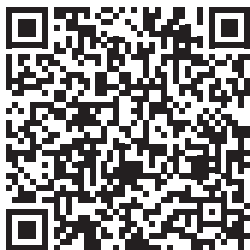


Optional:

cooking spray  
&  
tape

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# Braid Your Own Challah!

## STEP 1

Preheat oven to 350. Roll out each container of dough into ropes and pinch them together on top.



## STEP 2

Cross the left section over the middle section. The left section is now in the middle. What used to be the middle section is now on the left.



## STEP 3

Cross the right section over the new middle section. The right section is now the middle section. Continue alternating right and left sides.

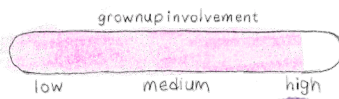


## STEP 4

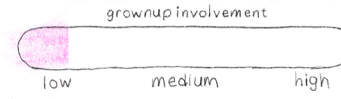
Place challah on greased pan. Cover and let rise for 1 to 2 hours. After it rises, bake at 350 for 15-20 minutes. If you'd like you can brush with an egg wash and top your challah with sprinkles or a crumb topping right before baking. See video for more details.

# In this crate...

Candle Holders



Blessing Card



## Light Up The World!

On Shabbos we are on a date with the Almighty. It is a time of great intimacy between us and our Creator and between us and our friends and family. We usher in the sanctity of Shabbos by lighting candles which sets the tone of intimacy.

A prime reason for the Shabbos lights is to increase the enjoyment of the day and avoid the tension that would occur if people were stumbling around in the dark.

Kindling the Shabbos lights has traditionally been the mitzvah of women, but if no woman is present, a man is obligated to kindle Shabbos lights.

Lighting candles is one of the most significant rituals that Jewish people have preserved throughout the centuries. The New York Times printed a special millennial edition on January 1, 2000 pretending that it

was the year 2100, imagining what stories would grace the front page in a hundred years from now. On the bottom of the page it listed candle lighting times for Jewish women to light candles. When the editor was asked why he included that, he replied "I don't know where we'll be in one hundred years, but I know that Jewish women will be lighting shabbat candles."

Candles are lit 18 minutes before sunset. Check [myzmanim.com](http://myzmanim.com) for local times.

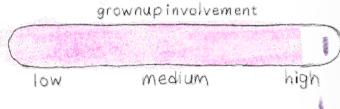
Traditionally, two candles are lit representing the two aspects of Shabbos - the positive things we do to make the day special and the things we refrain from doing. Some have the custom to light an additional candle for each child since each child brings light into our world.

This week we are going to make our own candle sticks with a beautiful blessing card so we know which bracha to make!



# Candle Holders

## You will need:



container

2 cups

measuring cup

metallic markers



tea lights

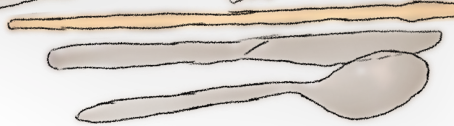


sanding sponge

cement

gloves

skewer, knife & spoon



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## STEP 1

Remove all items being especially careful with the bag of cement. Then fill the measuring cup with water.



## STEP 2

Pour the water into the bucket.



## STEP 3

Fill the measuring cup with water again but this time place it on the side.



From this point you will need to move quickly so before continuing make sure you are wearing gloves and have all the supplies you need such as your small cup of water, extra water and the skewer, knife and spoon

## STEP 4

Empty cement bag into container



## STEP 5

Begin mixing cement and water with either the knife or wooden skewer. While mixing add second cup of water.



## STEP 6

Once cement reaches a smooth consistency, evenly divide mixture into plastic cups. Add more water if necessary.



## STEP 7

Place tea lights in the center of each cup.\* You can remove the candles and just use the metal if it's easier to press. **Wait 5 minutes.**

\* You can spray the bottom of the candles with cooking spray to make step 7 easier



## STEP 8

After 5 minutes, carefully remove the tea lights from the cups. (Do not discard the candles.)



## STEP 9

Widen the imprint by moving your finger around the edges of the circle. **Then set aside overnight to dry.**



# Candle Holders

## STEP 10

Crack the top of the plastic cup and remove candle holder.



## STEP 11

Use the sanding block to smooth edges on top and bottom.

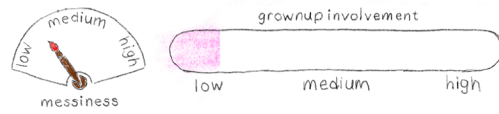


## STEP 12

Use the metallic markers to paint your candle holder. Once you are done, place your tea lights back in a light them before Shabbat!



# Blessing Card



## You will need:



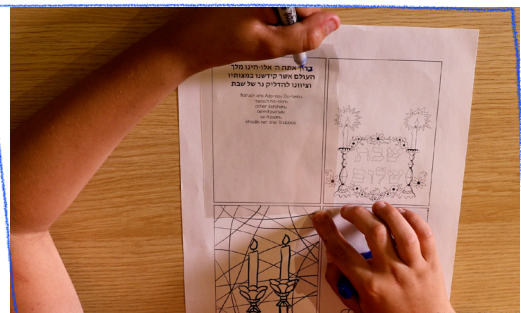
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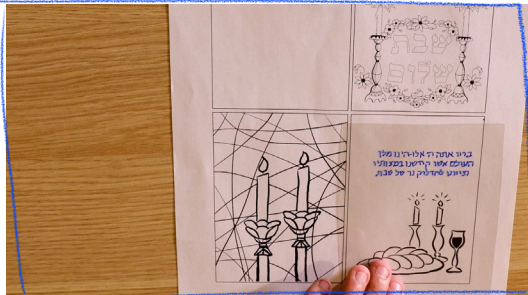
## STEP 1

Place blank transparency over the template you choose and trace with markers. Keep in mind, only the area in the black rectangle will show through the frame.



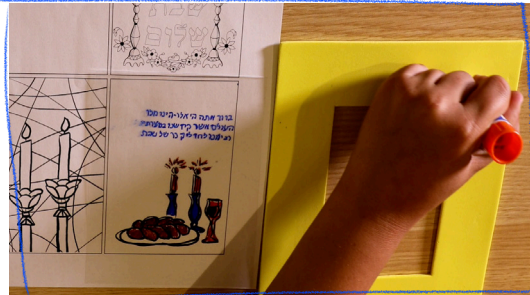
## STEP 2

Move transparency to another spot to add another design.



## STEP 3

Glue around the inner frame.



## STEP 4

Place finished transparency face down over the opening of the frame. Trim edges if they stick out.



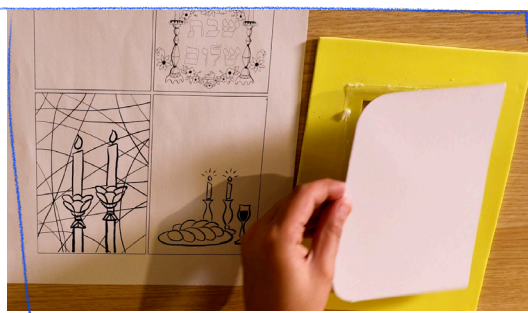
## STEP 5

Glue on top of the transparency and frame. If you are layering multiple sheets add the second one here and then glue again.



## STEP 6

Place silver cardboard shiny side down on top of transparencies over the opening of the frame.



## STEP 7

Flip over and press down. You can tape along the back to help hold everything together. You can also decorate the frame itself with markers and gems.



# How To Light Shabbat Candles

Candles should be lit 18 minutes before sunset. Check [myzmanim.com](http://myzmanim.com) for local times.

On Shabbat, first light the candles and then say the blessing below. On Jewish holidays you reverse the order.

Arms are motioned three times, hands drawn over the flames as if to bring the light toward you, then cover your face as the special blessing is said:

Baruch ata Ado-noy Elo-heinu melech ha-olam asher kid'shanu be'mitzvo'sav ve-tzivanu lehadlik ner shel Shabbos.

You God, are the Source of all blessing, King of the Universe, Who made us holy with His commandments and commanded us to kindle the Shabbat light.

Once lit, the candles should not be moved until after Shabbat. Always let the candles burn naturally; never extinguish them yourself. If for some reason a candle goes out before completely burning down, don't worry, you have already fulfilled the mitzvah.

Many have the custom to pray immediately after lighting candles. You can say a prayer in your own words and your own language if you'd like. This is a classic prayer that is said:

May it be Your will, Lord my God and God of my fathers, to be gracious to me (and to my spouse, children, parents) and to all my family; grant us and all Israel good and long life; remember us for good and blessing; consider us for salvation and compassion; bless us with great blessings; make our household complete, crowning our home with the feeling of Your Divine Presence dwelling among us.

Make me worthy to raise learned children and grandchildren, who are wise and understanding, who love and fear God, people of truth, holy and attached to God, who will dazzle the world with Torah and goodness and service of God. Please hear our prayers, in the merit of our matriarchs Sarah, Rebecca, Rachel and Leah, and ensure that the glow of our lives will never be dimmed. Show us the glow of Your face and we will be protected. Amen.





**ברוך אתה ה' אלו-הינו מלך  
העולם אשר קידשנו במצותיו  
וציוונו להדליק נר של שבת**

Baruch ata Ado-noy Elo-heinu  
melech ha-olam  
asher kid'shanu  
be'mitzvo'sav  
ve-tzivanu  
lehadlik ner shel Shabbos.

