



Jewish Reconstructionist Federation

ONEG SHABBAT - DELIGHTING IN SHABBAT
A Lesson for Use with Siddur Kol Hano'ar
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This program works well with children or as a family education program.

Time: 1 hour

Goals:

1. To acquaint children with using a siddur and more particularly Siddur Kol Hano'ar.
2. To encourage children to think about Shabbat as a celebration and as a gift.
3. To help children think through how they might further incorporate Shabbat into their families' lives.

Materials:

1. Siddur Kol Hano'ar (one per child)
2. cardboard long rectangular necklace boxes (one per child)
3. candles (two per child)
4. ½'' copper pipe caps to use as candlesticks (two per child)
5. glue
6. small copy of Shabbat candle blessings (rolled and held with a rubber-band) and precut ribbon to tie around them
7. decorations including but not limited to tissue paper, stickers, sequins, glitter, decorative foam, scissors.
8. copies of optional text study handout if needed.

[Note: Often jewelry stores will donate the necklace boxes. Otherwise, a jewelry supply store sells these boxes in bulk. Different necklace boxes have different depths. Make sure to check that the pipe caps fit inside the necklace boxes allowing the tops to close.]

Discussion:

- What do we need to make Shabbat? Do we even need candles for it to be Shabbat?

Actually, there is nothing, not even candles, that can make Shabbat. Whether or not we celebrate, Shabbat comes each week on Friday evening and lasts until Saturday evening. It's like your birthday: if everyone forgets, and you don't get any presents and you don't have a party, and no one even wishes you a happy birthday, it is still your birthday. Of course, it doesn't feel as nice or as important as a birthday when everyone pays attention.

- If Shabbat comes and goes without our help, why do we light candles and bring in Shabbat with song and blessings and good food?

They are really for us – to remind us that it is Shabbat and to help us celebrate.

Text Study

In the picture on page 4 of *Siddur Kol Hano'ar*, how many things can you find in the picture that help to make the people's Shabbat joyful? – flowers, family and friends, food, song, music, angels, love, dancing, tzedakah box etc

How can we make our own Shabbat joyful? What is your most joyful Shabbat fantasy or real memory? (If you have time, you may want to have children draw their own fantasy pictures of Shabbat, like the one on page 4 of the Siddur.)

Craft

In order to enjoy Shabbat, we need to prepare. One rabbi in the Talmud started buying special foods for Shabbat on Sunday, and he collected tasty treats all week! Similarly, some people have a special shelf, where they store special foods that they have bought all week in anticipation of Shabbat.

We need to make extra preparations for Shabbat when we are away from home. We are going to make traveling Shabbat kits, so you can celebrate Shabbat wherever you are. Your family can celebrate Shabbat anywhere – at Disney World, on a safari in Africa, at a friend's house – but you might need to come prepared.

Each child decorates a necklace box as their traveling Shabbat kit.

They then place inside two candles, two candle holders, and a rolled up copy of the Shabbat table blessings, tied with a ribbon.

Encourage the children to add stickers or other memorabilia to their boxes from each place where they use them.

Additional Text Study for Older Children

If you hold back from trampling on Shabbat
From doing your regular work on my holy day
If you call Shabbat “a delight”
God's holy day “honored”

...

Then you will take delight in God

I will let you ride over the high [most holy] places of the earth

I will nourish you with the heritage of your parents Jacob, Rachel and Leah

(Isaiah 58:13-14)

אִם-תִּשָׁבַע מִשְׁבֹּת רַגְלֶךָ עֲשׂוֹת חֲפָצֶיךָ בַּיּוֹם
קֹדֶשׁ וְקָרְאתָ לְשַׁבָּת עֲנֵג לְקֹדֶשׁ יְהוָה מְכַבֵּד...
אֲזוּ תִתְעַנֵּג עַל-יְהוָה וְהִרְפַּבְתִּיךָ עַל-בְּמֹתַי
אֶרֶץ וְהֵאכְלֵתִיךָ נַחֲלַת יִצְחָק אָבִיךָ כִּי פִי
יְהוָה דִּבֶּר:

1. How does this text suggest we should think about (“call”) Shabbat?

2. What does the text say we should not do? How can you “trample” on Shabbat?

3. According to this text from the prophet Isaiah, what three things will happen if we follow these instructions? What do you think these things mean? There is no one right answer!
 - A.
 - B.
 - C.

4. Do you agree with this text? Is it true that if you celebrate and honor Shabbat that the things you listed in question three will happen?

5. The texts say that we should call Shabbat “a delight.” How do you make Shabbat delightful in your family? (If Shabbat is not delightful in your family, imagine how you could make it so.)

6. How are Shabbat and God connected in this text?

Hebrew Lesson

1. Spending time with our family, our friends and our communities adds to the joy of Shabbat. In Hebrew, when a word ends in נֵי “nu,” it refers to “us” or “we” or “our.” Teach the students the word אֲנֵינוּ, “we.” Ask them if they can think of other words that end in נֵי. They might know the prayer יְיָ יֵלֵנוּ (“it us up to us”).
2. Have students fill out the handout in *hevrutah* (study partner) pairs. Instruct them that after they write the words they should also read them aloud to each other.
3. Go over the handout as a class.

Have the students read the three words aloud.

Note: Careful Hebrew readers in your class may be confused by the dot in the second vav in the third word and want to read it as the vowel “ew.” The rule for a vav is that whenever there is a vowel underneath, the vav acts as a consonant, making the “v” sound.

The first word should be familiar to your students; it means “our God.” The second word, יְשַׁבְּחֵנוּ, means “makes us holy.” The third word, וְצִוָּנוּ, means “and commands us” or translated in our siddur as “and calls us.”

Hebrew Handout

Look at the first blessing on page 4, the blessing we say when lighting candles. How many words can you find that end in נֵי? Write them below:
