

Zena & Pauline Gatov Gallery

Through July 29, 2016

Photographic Society of Orange County

PJ Library at the Pool

Thursday, July 14, 6pm

Storytime with

Jewish Educator Shlomit Jackson

Purchase a pizza dinner for \$5

Intergenerational Shabbat at the Pool

Friday, July 22, 5:30pm

Vegetarian Dinner

\$25 family; \$8 individuals

Senior Shabbat Lunch

Friday, July 29, 12 noon

Led by Kelley Cooper Perler

\$5

The Ethical Life:

Jewish Values in Age of Choice

August 2, 9, 15, 23

September 6, 13

Led by Rabbi David Cantor

\$18 for six classes and materials

Happiness and Humor Group with

Dr. Susan Mathieu

Friday, August 5, 11:30am

Free

Havdallah at the Pool

Saturday, August 6, 6-8pm

Free

Alpert Jewish Community Center

3801 East Willow Street, Long Beach, CA 90815

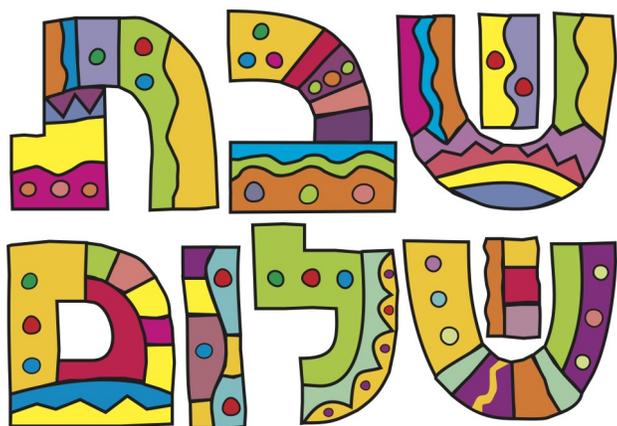
www.alpertjcc.org



Shabbat Pocket Guide



**Alpert Jewish
Community Center**
Long Beach *Your Center For Life*



Shabbat

What is it?

Shabbat is the seventh day of the week and it is the day of rest.

Why do we celebrate it?

The reason we celebrate Shabbat: "The heaven and the earth were finished, and all their array. And on the seventh day God finished the work that had been done, and ceased on the seventh day from all work that had been done. God blessed the seventh day and declared it holy, because on it God ceased from all work of creation that had been done." Genesis 2:1-3

When is it?

Shabbat begins at sundown on Friday and ends at sundown on Saturday.

How do I say it?

Shă-băt

How is it celebrated?

*We light two white Shabbat candles, and we cover our eyes when we say the blessing. Lighting the candles is symbolic of hope and reenacting God's first creation—light: "Let there be light."

*We say a blessing for children.

*We say a blessing over the wine, called *Kiddush* which is sanctifying this holy day.

*We say a *Ha'motzi* blessing over the challah, a specially braided bread we eat on Shabbat.

Challah is a symbol of peace.

*We eat a festive Shabbat meal.

*We wish others *Shabbat Shalom*, which means "Peaceful Shabbat."



Challah Recipe

INGREDIENTS:

- 2 1/2 cups warm water
- 1 T active dry yeast
- 1/2 cup honey
- 4 T vegetable oil
- 3 eggs
- 1 T salt
- 8 cups unbleached flour
- 1 tablespoon poppy seeds (optional)

DIRECTIONS:

1. In a large bowl, sprinkle yeast over warm water. Beat in honey, oil, two eggs, and salt. Add the flour, one cup at a time, beating after each addition, kneading with hands as dough thickens. Knead until smooth and elastic and no longer sticky, adding flour as needed. Cover with a damp clean cloth and let rise for 1 1/2 hours or until dough has doubled in bulk.
2. Punch down the risen dough and put onto floured board. Divide in half and knead each half for five minutes or so, adding flour as needed to keep from getting sticky. Divide each half into thirds and roll into a long snake about 1 1/2 inches in diameter. Pinch the ends of the three snakes together firmly and braid from the middle. Either leave as a braid or form into a round braided loaf by bringing ends together, curving the braid into a circle, and pinching the ends together. Grease two baking trays and place finished braid or round on each. Cover with a towel and let them rise about one hour.
3. Preheat oven to 375 degrees F (190 degrees C).
4. Beat the remaining egg and brush a generous amount over each braid. Sprinkle with poppy seeds if desired.
5. Bake at 375 degrees F (190 degrees C) for about 40 minutes. The challah should have a nice hollow sound when thumped on the bottom. Cool on a rack for at least one hour before slicing.