Judaism

Presented by Mark and Sue Michaels

Key theme: Key aspects of Judaism, including rules of food and what happens during Shabbat

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| Time reference | Summary / Key themes | Transcript |
| 00:00 | The Torah and its commandments | Hello, we’re Mark and Sue and we are Jewish and today we are going to talk about some aspects of Jewish practice in the home. Observant Jews take their rules for life from the Torah which is the same as the first five books of the Bible, Genesis through to Deuteronomy. The Torah also shows us that God is indivisible, begins the stories of the beginnings of Jews and all humankind. You will have heard of the Ten Commandments, but these are just the headliners of the most important ones. There are actually 613 commandments listed in the Torah and they cover every aspect of life; from birth, education, coming of age and marriage to death, including prayer, personal hygiene and food. |
|  | Rules of food | We are going to talk to you about the rules of the food and how it affects us; as well as our weekly festival Shabbat, the Sabbath festival. The word Shabbat is a Hebrew word which is the language we use and you will hear us saying some prayers in Hebrew which we will then translate for you and also some other Hebrew words which we will explain.  Kashrut: Kashrut is the name for the rules that ensure food is good to eat. Food must be correct, clean and proper. The word for this is Kosher. Fruit and veg is all fine but must be washed as we are not allowed to eat insects, so no bugs.  Animals: They must have a cloven hoof **and** chew the cud so we can eat cows, sheep, goats and deer but not pig and we cannot eat any products from the pig either, as they do not chew the cud, so no bacon or sausages either.  Birds: No scavengers or carnivores, so yes to chicken, duck and turkey, no to crows and vultures.  Fish: No scavengers, so yes to cod, plaice and herring, no to sword fish, shell- fish and lobster.  Dairy products: Dairy products may not be consumed either with, or for three hours after, a meat product. Milk is a life-giving substance which we give to new-born babies and animals. To eat meat, we must have killed. Should we have life and death together there is also a chance of the food curdling. |
|  | Shabbat | Shabbat: No work at all is allowed, this is like Sunday used to be in Britain but more so. Shabbat, like all days in the Jewish calendar starts at sunset and ends when there are three stars visible in the sky the following night: in the case of Shabbat, Friday evening to Saturday night. On Shabbat there is no carrying, no schoolwork, no cooking, no flame or spark, so no TV, computer or mobile. |
|  | Explanation of what happens for Shabbat   1. Challah | Plaiting Challah: Sue is plaiting a loaf from pre-prepared dough to make Challah, the traditional loaf that we use on Friday Night. Shabbat starts with a special family meal at sunset on Friday. The bread recipe is at the end of this video.  The table is set with a pair of candles, two plaited loaves of bread and wine. The candles mark the change from the working week to rest time. The wine represents happiness and celebration and the bread, for which we thank God, is for sustenance. Two loaves represent the double portion of manna sent to the Jews in the desert by God on a Friday, so they did not have to collect it on Shabbat. We sprinkle the bread with salt before using it, in part as salt in the climate where the tradition started, was essential for life, so a sign of hospitality and in part as the salt reminds us of tears, so when we celebrate Shabbat we remember those less fortunate than ourselves.  On Shabbat no work at all is allowed this is like Sunday used to be in Britain but more so. Shabbat, like all days in the Jewish calendar, starts at sunset and ends when there are three stars in the sky the following night. On Shabbat there is no carrying, no schoolwork, no cooking, no flame or spark, so no TV, computer or mobile. |
|  | Explanation of what happens for Shabbat   1. Shabbat Blessings | Shabbat Blessings: We light the candles for the blessing followed by the wine and the bread with blessings in Hebrew and in English. I wear a kippah head covering (when praying Jews cover their heads as a sign of respect to God) and say the blessings.  (Sue lights the candles and says a blessing in Hebrew, then translates the blessing into English). “We praise thee, Eternal God, Sovereign of the universe, who sanctified us by your commandment and commanded us to kindle the Shabbat lights”. Sue covers her eyes and then uncovers them so that the first thing she sees on Shabbat are the Shabbat candles. I then pour a little wine and say a blessing over wine.  (Mark says the blessing in Hebrew, then translates the blessing into English). “Blessed are thou Lord our God, Sovereign of the Universe, who creates the fruit of the vine”. I then take the Challah that Sue baked earlier. I cut into one with a knife, I start cutting using a tool before Shabbat and then symbolically tear it so that I am not using a tool for that. I then add the salt and say the blessing.  (Mark says the blessing in Hebrew, then translates the blessing into English). “Blessed are thou Lord our God, Sovereign of the Universe, who brings forth bread from the earth”. We each take a piece and after the blessings we greet each other with ‘Shabbat Shalom’ – ‘A peaceful Sabbath’.  (Mark and Sue greet each other with Shabbat Shalom). After the restful prayer time of Shabbat, we end it on Saturday evening when we see three stars in the sky with a special ceremony called Havdalah. |
|  | Explanation of what happens for Shabbat   1. Havdalah | Havdalah: We light a plaited candle as plaits, like everything else in life, is all intertwined together; whatever we do affects somebody else. We drink a little wine after saying a blessing and we smell sweet spices and say a blessing. Our sense of smell is the sense most evocative of memory and so the sweet smell of the spices reminds us of the sweetness of Shabbat carried through into the working week.  (Mark pours wine and says a Hebrew blessing passing the wine to Sue) “Blessed are thou, Lord God, Sovereign of the Universe, who creates the fruit of the vine”.  (Mark pours some wine into a saucer and lifts a spice container and says a blessing in Hebrew) “We praise you Eternal God, Sovereign of the Universe, creator of different kind of spices”.  (Mark passes the spice container to Sue to smell. Sue lights the plaited candle) We light the candle. (Mark says a blessing in Hebrew)  Traditionally a woman holds the candle at the height of her husband then extinguishes in the wine. Finally, we say the greeting for a good week. (Mark says the greeting to Sue in Hebrew, Sue returns the greeting in Hebrew) Have a good week. |

Challah Recipe

Ingredients  
Serves: 15

* 200ml (7 fl oz) water
* 1/2 tablespoon salt
* 4 tablespoons honey
* 2 eggs
* 50g (2 oz) butter, melted
* 500g (1¼ lb) plain flour
* 1 dessertspoon dried active baking yeast

## Method Prep: 10min › Cook:45 min › Ready: 55 min

1. Place water, salt, honey, eggs, melted butter, flour and yeast into the bread machine in order given by manufacturer. Set the machine to Dough cycle and start.
2. Remove dough from the machine after first rise. Divide dough into three or four equal pieces and roll out into snakes. Plait the snakes and tuck the ends under. Place on a greased baking tray. Allow to rise until doubled in size.
3. Bake at 180 C / Gas mark 4 for 35 to 45 minutes. Bread is done when the crust is golden brown.

#### Note:

This bread can also be made in a greased 23x12cm (9x5 in) loaf tin.

Judaism Glossary:

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| Jewish | Judaism is an ethnic religion comprising the collective religious, cultural and legal tradition and civilization of the Jewishpeople. |
| Torah | The five books of Moses. Genesis, Exodus, Leviticus, Numbers, Deuteronomy. |
| Bible | The Old Testament. The writings of the Jewish people. |
| Ten Commandments | The Ten Commandments were written by God upon two tablets of stone and then given to Moses on Mount Sinai. |
| Sabbath/Shabbat | A day of religious observance and abstinence from work, kept by Jews from Friday evening to Saturday evening. |
| Hebrew | Hebrew is used for prayer or study in Jewish communities around the world today. Modern Hebrew is the official language of the State of Israel. |
| Kashrut | Kashrut is a set of dietary laws dealing with the foods that Jews are permitted to eat and how those foods must be prepared according to Jewish law. |
| Kosher | Lawful or pure food that Jews are allowed to eat. |
| Challah | Egg-rich yeast-leavened bread that is usually braided or twisted before baking and is traditionally eaten by Jews on the Sabbath and holidays. |
| Manna | Manna according to the Bible, an edible substance which God provided for the Israelites during their travels. |
| Israelites | A member of the ancient Hebrew nation, |
| Shabbat | The weekly day of rest. Sunset on Friday to nightfall on Saturday. |
| Kippah | Is a small hat or head-covering. In traditional Jewish communities only the men wear kippot (the plural of kippah). |
| Shalom | Hebrew for peace or peaceful |
| Havdalah | Havdalah is a Jewish religious ceremony that marks the symbolic end of Shabbat and ushers in the new week. The ritual involves lighting a special Havdalah candle. |
| Shavua | Week |
| Tov | Good |