



SOLIDARITY SHABBAT

שבת אחדות

Blue and White Challah Bake Guide

When preparing your dough from your favorite Challah recipe, set aside half your dough and the other half, with 2 drops of teal and 1 drop of blue (coloring gel) mix into a nice blue color. Using a four braid challah approach (see video) you can place a Blue and White Challah on your Shabbat Table.

It is traditional to recite prayers over our challah as we braid it, as this is considered a sacred moment of connection, nourishing our bodies, our souls and preparing for the coming of Shabbat. Here are offered new prayers for the “taking of challah” and prayers for redeeming the captives and healing the injured and ill to recite over your braiding.

To Take Challah – Hafrashat Challah

By RabbiLisaGelber

I wash my hands, readying me for freedom of action.

I turn my attention to the dough, a giant bath of potent nourishment of body and spirit.

It is in my hands to gather mixtures together.

It is on my heart to honor the work of others’ hands.

It is in my hands to take a piece of the whole.

It is on my heart to sanctify what adorns my table.

May this separation honor the memory of those taken senselessly from our earth.

May this separation bring blessing to those who remain in harm’s way.

May this separation stoke the fire of commitment to collective responsibility for Israel.

May this separation connect me to the resilience of my ancestors.

Let my hands and my heart bring strength, goodness and connection where it is needed most.

Barukh atah adonai eloheinu melekh haolam asher kidshanu bmitzvotav vtzivanu lhafrish challah.

Blessings to you, Holy One, who oversees the universe raising us up in sanctity and holding us responsible for separating challah.

Adapted Techina for the Release of Captives: Techina L'Pidyon Shevuyim

Adapted by Rabbi Nina Beth Cardin

May this be written down for a coming generation,
that people yet to be created may praise the LORD.

תִּכְתֹּב זֶאת לְדוֹר אַחֲרָיוֹן וְעַם נִבְרָא יְהַלְלֶנָּה:

For Adonai looks down from His holy height;
the LORD beholds the earth from heaven

כִּי־הִשְׁקִיף מִמְּרוֹם קִדְשׁוֹ יְהוָה מִשְׁמַיִם | אֶל־אֶרֶץ הַבְּיֹט:

**to hear the groans of the prisoner,
to release those at risk of death;**
(This is to be recited three times backwards and forward)

לְשִׁמְעַ אֲנָקַת אֶסִיר לְפִתּוֹם בְּגַי תְּמוֹתָהּ:

וְיִרְדּוּ כָל־עַבְדֶּיךָ אֱלֹהֵי אֵלֶי וְהִשְׁתַּחֲוִי־לִי לֵאמֹר צֵא אַתָּה וְכָל־הָעַם אֲשֶׁר־בְּרַגְלֶיךָ וְאַחֲרֵי־כֵן אֵצְא

**Then all these courtiers of yours shall come down to me and bow low to me, saying,
'Depart, you and all the people who follow you!' After that I will come out/be released.**
(This is to be recited three times backwards and forward)

Prayers for healing while braiding Challah

As you braid your Challah, lean into the dough, close your eyes, and pray for those who are ill.
Keep their Hebrew names in mind if you know them, hold them as you braid your hopes and
prayers for them into this holy bread.