

# RISE TO THE OCCASION CHALLAH BAKE



“קומי אורי כי בא אורך וכבוד ה' עליך זרח”

*“Arise, shine; for the light is come and the glory of God  
(Hashem) is risen upon thee.” Isaiah 60:1*



Emunah walks the path of life side by side with the most vulnerable people in Israel. From birth through golden age, we use the power of Faith-Emunah and Jewish religious and social values to provide services that will guide, support, and empower children, women and families towards a better future.

## OUR IMPACT

**10,000**

**Children and families** are helped by Emunah, every day.

**300**

**Students** graduate from Emunah schools and children's homes every year.

**7 MILLION**

**Nutritious meals** are produced and served by Emunah every year.

**75**

**Cities and towns** in Israel have Emunah centers providing the local community with vital services.

**15,000**

**Hours of therapy** are given in our children's homes, schools, day care centers and counseling centers, every year.

**3,000**

Emunah provides livelihood to three thousand **Israeli families**.

# OUR WORK



## TURNING FAITH INTO ACTION



**125**

### **Emunah Day Care Centers**

provide early childhood education and care within a warm, Jewish environment.



**9**

### **Emunah Multipurpose Day Care Centers**

give intensive support to vulnerable, at-risk children from dysfunctional homes along with providing valuable support to their parents and families.



**5**

### **Emunah Children's Homes**

provide residential and afternoon care, giving a safe haven for hundreds of abused, traumatized and neglected children who have been removed from their families by child protection services and the family courts.



**4**

### **Emunah High Schools**

provide quality and diverse education, offering a variety of courses, which include art, drama, music, computer technology, biomedical engineering, and Torah studies.



**400**

### **Students The Emunah Appleman College of Arts & Technology**

offers unique learning opportunities for religious young women to earn a degree in the fields of fine arts, Graphic design, drama and Jewish studies.



**100**

### **Students Academic Preparatory Program (Mechina)**

provides new hope to students who were previously unable to matriculate from high school due to personal challenges, giving them the opportunity to continue to higher education.



**2**

### **Emunah Crisis Centers**

are on-call day and night to receive abandoned or neglected young babies, children and teenage girls, in need of immediate shelter.



**10**

### **Emunah Family Counseling and Trauma Centers**

offer the local communities a wide range of psychotherapy, therapeutic interventions and complementary treatments for individuals, couples and families.



**125**

### **Students Machon Be'er Emunah**

combines professional training with Jewish values. The center prepares educators to work in the fields of marriage counseling, parenting and gerontology.



### **Emunah Promotes Women's Status**

in the public arena and in the rabbinical court along with vigorously supporting legislation in the Knesset, advancing the rights of women and families in Israel.



### **Emunah Maayan Rivka Golden Age Restaurant**

provides nutritious meals and social engagement in a warm and welcoming atmosphere for Holocaust Survivors, widows and lonely seniors who are often isolated from family and community.



### **Additional Emunah Projects**

- Mechinat Lapidot
- Emunah
- Bat Ami National Service Midreshet Emunah Neve Michael
- Batei Midrash
- English speaking Chapter

# WHAT IS CHALLAH?

**CHAL-LAH** • Hebrew: חלה Halla

*Noun: the term Challah is applied to special bread used in Jewish rituals and on holidays*

**CHALLAH IS A SPECIAL BREAD** that is usually braided or round and is used on the Sabbath, Holidays and in religious ceremonies.

**THE COMMANDMENT OF "CHALLAH"** is from the Bible and dates back to the Holy Temple, when one was required to donate a portion of their dough (bread) to the Priests - Kohanim. (Numbers 15:19-20)

**THE COMMANDMENT IS FOUND** "He (God) humbled you and let you be hungry, then fed you the manna which you did not know, nor did your forefathers know, in order to make you know that not by bread alone does man live, but by everything that emanates from the mouth of God does man live." (Deuteronomy 8:3)

**ON THE EVE OF SABBATH** (Shabbat) two loaves are placed on the table as a reminder of the double portion of manna that fell from heaven on Friday, during the 40 years that the Israelites traveled in the desert. (Exodus 16:5)

**THIS COMMANDMENT IS KNOWN AS:** "Hafrashat Challah - Separation of Dough."

**LEARN** how the Sabbath table is transformed into an "ALTAR" before God (Hashem).

**LEARN** how Jewish Women through the millennium have used the ritual of Challah Baking for personal and familial healing, transformation and blessings.

**LEARN** the fascinating history and spiritual meaning behind Challah Baking.

**JEWISH TRADITION TEACHES US** that "In the merit of three things the world was created: In the Merit of Challah, tithes, and the offering of the giving of the first fruit in Temple times... (Talmud)

# THE INGREDIENTS

Each ingredient has tremendous spiritual significance. By understanding the significance, one can focus on the essence and blessing of each ingredient while adding it to the dough. In addition, as you pour each ingredient, have in mind that this is for the honor of Shabbat:

## THE BOWL REPRESENTS YOUR HOME

Each ingredient added to the bowl should bring its unique blessing.

## FLOUR REPRESENTS THE RAW MATERIALS FROM GOD (HASHEM)

Livelihood and sustenance. (sifting the good from the bad).

## SUGAR REPRESENTS SWEETNESS AND GOOD THINGS

Make sure to add a little extra of that! We also ask God (Hashem) for our lives to be "full of blessings".

## SALT REPRESENTS REBUKE

Hide the salt among the flour to remind ourselves not to be overly critical.

## YEAST SHOMRIM

The root is שמירה, Shmirah = protection. Pray that God (Hashem) should protect you and your family.

## WATER REPRESENTS TORAH (SCRIPTURE) AND LIFE

## OIL REPRESENTS ABUNDANCE AND BLESSING

Oil represents our essence. The more we are challenged, the more pure we become. Oil is used for the anointing of the Kings and the Priests. When pouring the oil, imagine anointing each member of your family and pray for them with their full names. Surprisingly, the family member to pray for first is YOU! You are the heart of the home.

## EGGS REPRESENT FERTILITY AND THE CYCLE OF LIFE





# TONIGHT'S SWEET CHALLAH:

1 LOAF

3 CUPS FLOUR

¼ CUP SUGAR PLUS 3 TBSP.

¾ TBSP. YEAST

½ TBSP. SALT

1 CUP WATER

¼ CUP OIL

1 EGG

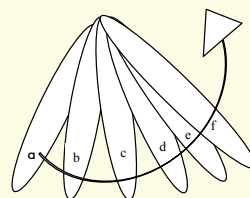
In a large bowl combine flour with yeast and salt. Add warm water, sugar, oil, eggs and make it into a soft dough. Knead for 10 minutes. Cover bowl. Let rise until double in size, about 45 minutes. Punch down and shape. Let rise another 45 minutes. Brush with egg and sprinkle with seeds (optional). Bake in preheated oven at 350° for 30-40 min.



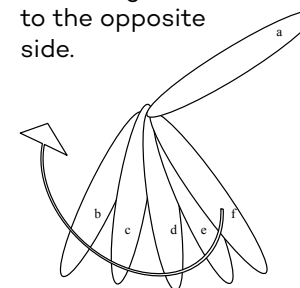
# HOW TO BRAID CHALLAH

Using approximately one pound of dough at a time, divide the dough into 6 balls. Roll out the balls to form strands that are slightly thicker in the center. Arrange them as shown below and pinch them together very firmly.

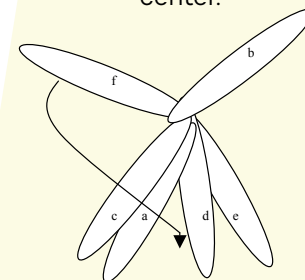
**1** Move **A** over all strands to the opposite side as shown.



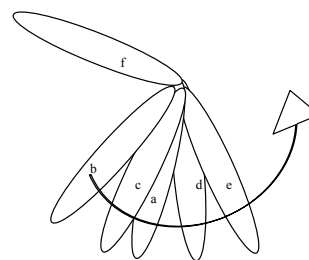
**2** Move **F** over remaining strands to the opposite side.



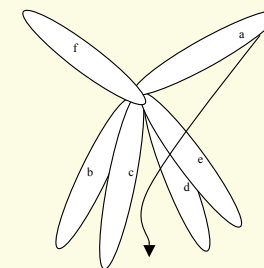
**3** Bring **A** down to the center.



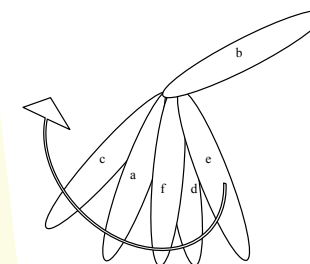
**4** Move **B** over to the opposite side.



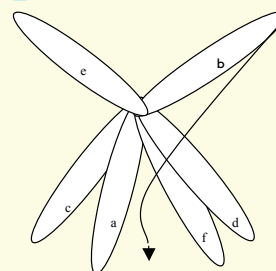
**5** Bring **F** down to the center.



**6** Bring **F** down to the center.

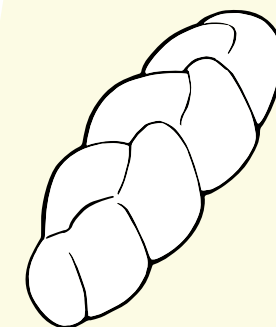


**7** Bring **B** down to the center.



**REPEAT STEPS #4-7 AS MANY TIMES AS NEEDED.**

**PINCH ENDS TOGETHER AND TUCK THEM UNDER.**



# BLESSINGS

The Baking of Challah is one of three special commandments (Mitzvot) given especially to Women and brings Divine Blessings and Protection into the Home.

## SOME SAY THE FOLLOWING PRAYER BEFORE THE MITZVAH OF SEPARATING CHALLAH

“May the grace of God (Hashem), our God (Hashem), be upon us; our handiwork, establish for us; our handiwork, establish it.” May it be Your Will that You bless our dough, just as You blessed the dough of the matriarchs, Sarah, Rivkah, Rachel and Leah. And may it be fulfilled that which is written, “The first of your kneading you shall give to the Kohen/Priest, to bring blessing into your home.”

וְיִהי נֶעֱמָה ה' אֱלֹקֵינוּ עֲלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כֹּוֹנֵנָה עֲלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כֹּוֹנֵנָה. יְהי רָצוֹן מִלְּפָנֶיךָ שֶׁתְּבָרֵךְ עֲסַתְנוּ כְּמוֹ שֶׁשְׁלַחְתָּ בְרָכָה בְּעִיסוֹת אֲמוֹתֵינוּ שָׂרָה רַבֵּקָה רָחֵל וְלֵאָה, וְיִקְיָם בְּנוֹ הַפְּסוּקָה “וְרֵאשִׁית עֲרֹסוֹתֶיכֶם תִּתֵּנוּ לַכֹּהֵן לְהַנִּיחַ בְּרָכָה אֶל בֵּיתְךָ.” אָמֵן כֵּן יִהי רָצוֹן

## ברכת המצוה / BLESSING

Blessed are You, Lord our God (Hashem), King of the Universe, who has sanctified us with His Commandments and commanded us to separate Challah from the dough.

בָּרוּךְ אַתָּה ה' אֱלֹקֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַפְרִישׁ חֶלֶה מִן הָעֶסָה

## PSALM 128

A song of ascents. Praiseworthy is everyone who fears God (Hashem), who walks in His ways. When you eat the labor of your hands, you are praiseworthy and all is well with you. Your wife shall be like a fruitful wine in the inner chambers of your home. Your children shall be like olive shoots around your table. Behold! Blessed is the man who fears God (Hashem). May God (Hashem) bless you from Zion and may you gaze upon the goodness of Jerusalem all the days of your life. And may you see children of your children and peace unto Israel.

## תהלים קכח

שִׁיר הַמַּעֲלוֹת אֲשֶׁר־י כָּל יְרָאֵה ה' הַהֲלֵךְ בְּדַרְכוֹ: יִגִּיעַ כַּפֶּיךָ כִּי תֹאכַל אֲשֶׁר־י וְטוֹב לָךְ: אֲשֶׁתְךָ כְּגִפְן פְּרִיָה בְּיִרְכָתֵי בֵיתְךָ בְּנֵיךָ כְּשִׁתְּלֵי זֵיתִים סָבִיב לְשִׁלְחָנְךָ: הִנֵּה כִּי כֵן יִבְרַךְ גְּבִיר יְרָאֵה ה': יִבְרַכְךָ ה' מִצִּיּוֹן וְרָאֵה בְּטוֹב יְרוּשָׁלַיִם כָּל יְמֵי חַיֶּיךָ: וְרָאֵה בָנִים לְבְנֵיךָ שְׁלוֹם עַל יִשְׂרָאֵל



# WHAT TO DO WITH YOUR CHALLAH DOUGH?



## 1 BAKE IT TONIGHT

(Remember your dough has been rising for quite a while.)

If your dough is not shaped and has risen in the bag, punch it down and place it in a bowl. Take the dough and begin to shape it. Put your shaped challah on a cookie sheet that has been greased or covered with parchment paper. Brush with egg and add seeds (optional). Let it rise another 20-30 minutes and bake at 350 degrees.

**Bake in preheated oven- 350 degrees for 30-40 minutes depending on the size of your Challah. Your Challah is ready when it is a nice brown color and/or you tap on the bottom of the Challah and hear a hollow sound.**

## 2 YOU CAN REFRIGERATE YOUR CHALLAH DOUGH AND BAKE IT THE NEXT DAY

Take your challah out of the bag, put it in a bowl and punch it down. Cover the bowl tightly with foil that has been greased and place it in the fridge. Next morning take your challah out of the fridge, punch it down and let it get to room temperature (approx. 2-3 hours). Once it has risen and come to room temperature punch it down and shape. Put your shaped challah on a cookie sheet that has been greased or covered with parchment paper. Brush with egg and add seeds (optional). Let it rise another 20-30 minutes and bake at 350 degrees.

## 3 YOU CAN FREEZE YOUR CHALLAH DOUGH FOR UP TO 3 MONTHS

When you get home punch your dough down and seal it in an air tight bag then freeze it.

When you want to use it break open the bag and place your dough in a bowl to thaw and come to room temperature. You can cover your bowl with a kitchen towel. This can take up to 4-5 hours. Once it has risen and come to room temperature punch it down and shape.

Put your shaped challah on a cookie sheet that has been greased or covered with parchment paper. Brush with egg and add seeds (optional). Let it rise another 20-30 minutes and bake at 350 degrees.



**THANK YOU FOR PARTICIPATING IN THE EMUNAH  
RISE TO THE OCCASION CHALLAH BAKE.  
YOUR FRIENDSHIP AND SUPPORT MEANS SO  
MUCH TO ALL OF US!**

If your CHURCH/MINISTRY is planning a trip to Israel,  
Emunah invites you to visit our homes and projects.  
For more information contact [info@emunahangels.org](mailto:info@emunahangels.org)  
or Ruth Guggenheim at [ruth@worldemunah.org](mailto:ruth@worldemunah.org)

If you enjoyed Rise to the Occasion and would like to  
learn more about Emunah and giving opportunities for  
the children and families at risk living in Israel **go to**  
**[www.emunahangels.org](http://www.emunahangels.org)**

***MAY GOD BLESS OUR EFFORTS AND HELP US MEET  
THE CHALLENGES WE ARE CONFRONTED WITH DAILY  
AND GIVE US THE SPIRITUAL CLARITY AND MORAL  
STRENGTH TO RISE TO THE OCCASION.***

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