

**You are about to embark on a unique and exciting adventure of connecting to Hashem through prayer and preparation of bread. When you make Challah, you are partners with Hashem!!**

**T**he Sages tell us that observing the Mitzvah of separating Challah causes blessing to rest upon a woman's home. A woman - so influential in shaping the attitudes and values of her family members - brings blessing to her family through this Mitzvah, and instills faith within those around her. The Mitzvah of separating Challah is symbolic of the entire practice of Kashrut, with its emphasis on elevating the physical and mundane to the realm of holiness...

**The Secret Ingredients in Challah Baking:  
A Recipe of Prayer for the Jewish Woman**

- Get ready to transform your mundane kitchen tasks to a spiritual opportunity! Food is the source of energy for both body and soul. As you prepare for Shabbat, use the time to express gratitude to Hashem for the food and to beseech Him for all your heart desires.
- Relax, shut off the ringer from the phone, turn off the radio and tune into your thoughts....
- The Ben Ish Chai notes that when a woman performs any of her 3 special Mitzvot, it is customary to give Tzedaka before she begins, This moment, a fulfillment of your mission as a Jewish woman is an "Et Razon" - a time when Hashem is available and accepting of your Tefilot...
- Why is Challah so significant? The Midrash on Parashat Bereishit notes that Adam was created from dust that was gathered from the Earth. Formed of 4 elements, he was the "Challah separated from the dough", the Challah of the world. As Challah / HaMotzi is the most elevated food and bera-cha, man is the most spiritual and valuable creation of the world. When Chavah caused her husband to partake of the fruit of the Etz HaDa'at, she was now given the Mitzvah of Hafrashat Challah to rectify her sin.
- When dough is completed and baked, it is like the body has joined with the Neshamah and is complete.
- A woman's home is like a small Bet HaMikdash. She is like the Kohen Gadol, preparing food for her family. Her kitchen is a holy place: the table is like a Mizbayach, the food is like a korban to Hashem. Therefore, when she bakes, it is a great time to pray!
- In the times of the Bet HaMikdash, the Jew had a special Mitzvah to bring the pieces of Hafrashat Challah to the Kohen in the Bet HaMikdash as a Terumah. This was the Jew's way of thanking Hashem for the food he owned. Today, we have no Bet HaMikdash and the Kohanim are not permitted to eat Terumot. But a woman still continues to separate Challah as she always did. However, it is burned - no one may eat of the holy Challah.

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| <input type="checkbox"/> Pray as you add each ingredient                       | <input type="checkbox"/> Avoid all distractions: Turn off radios, phones, tapes etc.  |
| <input type="checkbox"/> Relax , breathe and concentrate                       | <input type="checkbox"/> Use this special time to connect to Hashem and to ask for blessings. Include Am Yisrael in all your prayers. |
| <input type="checkbox"/> Custom-tailor your prayer to fit your personal needs. |   |

<b>5 LBS. FLOUR</b>	Sift flour and <u>Pray</u> : "Just as I separate the good from the bad, ה' please help me discard the negative influences in my life and in the lives of my family. Remove the Yetzer Hara so that only good remains."
<b>2 TBSP. TABLE SALT OR 3 HEAPING TBSP. KOSHER SALT</b>	Salt has natural boundaries. The right amount of salt preserves and enhances; too much is unhealthy. <u>Pray</u> : "Let me live according to the boundaries of Halacha that You ה' have set up as guidelines for me... i.e.. in dress, speech and action. <u>Pray</u> : "Hashem, help me have patience and let me be satisfied with my lot."
<b>4 PACKETS OR 4 TBSP. DRY YEAST</b>	<u>Pray</u> : "Just as yeast rises, Hashem, help me be filled with happiness. Let me be excited to do my role in life.... Yeast in Hebrew: שמרים = protection. <u>Pray</u> : "Hashem, protect me and.... from all physical and spiritual harms..., Please Hashem bring a Refuah."
<b>3/4 -1 CUP SUGAR (ACCORDING TO TASTE)</b>	<u>Pray</u> : "Hashem, please sweeten my judgement with mercy. Help me to judge others favorably. Let me have an "ayin tov" - a good eye. Bless me with sweet life and enjoyment from relationships."
<b>5 CUPS OF LUKEWARM WATER</b>	<u>Pray</u> : "As water unifies and connects all the ingredients, Hashem, imbue me with unity among my family and throughout Klal Yisrael. Connect me to Your Torah..."
<b>3 EGGS</b>	*An egg is often eaten as a symbol of the cycle of life.... <u>Pray</u> : "Hashem, let me be Zocheh to only experience the "ups" in the cycle of life..."
<b>* Optional 1/3 - 1/2 CUP OIL</b>	"ברכת ה' היא תעשיר" The blessing of Hashem will make us rich". <u>Pray</u> for your livelihood/פרנסה. <u>Pray</u> : "Please ה' bless me with the oil of life = life's blessing such as health, success, and wisdom. Bless me that my time should be productive. Bless me to know that everything is from Your Hands, and that You, Hashem are the boss - not me!! May I merit the anointing of the Mashiach with oil very soon"

**Directions:**

Dissolve yeast in warm water. Add sugar, eggs, and oil. In a separate bowl, sift flour and add salt. Add wet mixture to flour and salt. Knead well. (Add extra water to mix flour if necessary, up to 1/2 cup.) Let dough rest 1 hour. Make the Beracha on the next page, separate Challah by pinching dough from all 4 corners (1 oz. total). This should serve as a tikun for the sin of Chavah, and pray the tefilla for separating dough, burn dough. Braid. Brush with egg. Sprinkle seeds, allow to rise 1 hour. Bake at 350° until very golden.

**WHILE DOUGH IS RISING:**

Give Tzedaka, pray Tefilat Chana and say Tehillim

**HAFRASHAT CHALLAH / SEPARATING THE DOUGH:** (1 oz piece of unbaked dough)

The moment a woman separates the Challah is a great Et Ratzon - a time when her prayers are especially heard in Heaven. This is because she is fulfilling one of her 3 Mitzvot as a Jewish woman. Pray for everything!

**WHEN PLACING BREAD IN OVEN:**

Say, "הברכה מאתך" "HA'BERACHA ME'ITCHA" -  
"All the blessings come from You, Hashem."

**THROUGHOUT THE CHALLAH MAKING PROCESS:**

Say, "יום טוב" / לכבוד שבת קודש / LICHVOD SHABBAT KODESH (YOM TOV)  
"May all who eat from the Challah be blessed with the Beracha it contains...  
May it nourish their bodies to be healthy to do Mitzvot..."

ברוך אתה ה' אלוֹקֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

Ashkenazim say:

לְהַפְרִישׁ חֻלָּה (מִן הָעֶסָה)

Sefaradim say:

לְהַפְרִישׁ חֻלָּה תְרוּמָה

Holding the dough say:

הָרִי זוֹ חֻלָּה

יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁהַמְצוּהָ שֶׁל הַפְּרִשַׁת חֻלָּה  
תִּתְחַשֵּׁב כְּאִלוֹ קִיּוּמָתִיהָ בְּכֹל פְּרִטָּיהָ וְדִקְדוּקֶיהָ, וְתִחַשֵּׁב הֲרַמַּת הַחֻלָּה שְׂאֵנִי  
מְרִימָה כְּמוֹ הַקְּרָפֶן שֶׁהִקְרַב עַל הַמִּזְבֵּחַ שֶׁנִּתְקַבֵּל בְּרְצוֹן. וְכִמוֹ שֶׁלְּפָנִים  
הֵיטָה הַחֻלָּה נְתוּנָה לְכַהֵן וְהֵיטָה זוֹ לְכַפֵּרֶת עֲוֹנוֹת כֶּךָ תִּהְיֶה לְכַפֵּרָה  
לְעֲוֹנוֹתֵי, וְאִז אֶהְיֶה כְּאִלוֹ נוֹלָדְתִּי מִחֲדָשׁ גְּתִי-ה מַחֲטָא וְעוֹן, וְאוֹכֵל לְקִיּוּם  
מִצְוֹת שֶׁבֶת קִדְּשׁ וְהַיָּמִים טוֹבִים עִם בְּעָלִי (וְיִלְדֵינוּ) לְהִיּוֹת גְּזוּנִים מִקְדוּשַׁת  
הַיָּמִים הָאֵלֶּוּ וּמִהַשְׁפָּעָתָה שֶׁל מִצְוֹת חֻלָּה יְהִיו יְלִדֵינוּ גְּזוּנִים תָּמִיד מִיָּדֵינוּ  
שֶׁל הַקְּדוּשׁ בְּרוּךְ הוּא בְּרוּב רַחֲמָיו וְחֶסְדָּיו, וּבְרוּב אֲהָבָה, וְשֶׁתִּתְקַבֵּל מִצְוֹת  
חֻלָּה כְּאִלוֹ נִתְּתִי מְעֻשָׁר, וּכְשֶׁם שֶׁהֲנִי מְקִימַת מִצְוֹת חֻלָּה בְּכֹל יָב, כֶּךָ  
יִתְעוֹדְרוּ רַחֲמָיו שֶׁל הַקְּדוּשׁ בְּרוּךְ הוּא לְשׁוֹמְרֵי מִצְוֹת וּמְמַבְּאוֹבִים כֹּל  
הַיָּמִים אָמֵן.

"Blessed are you, G-d, our Lord, King of the Universe, Who has sanctified us with His commandments, and has commanded us to separate Challah as Terumah" (Holding the dough, say "This is Challah.")

May it be the will before You Hashem our G-d, and the G-d of our forefathers, that this mitzvah of separating the Challah should be considered as if I fulfilled it completely with all of its conditions and nuances, and please consider the raising of the Challah that I raise, like a sacrifice that's offered on the altar that's accepted with Your approval. And just like in days past when the Challah was given to the Kohen (priest), it served as an atonement of sins, similarly may this atone for my sins. Thereby I will be considered as if was born anew, clean from all sins, and I will be able to fulfill the Mitzvah of Shabbat and holidays with my husband (and children) taking nourishment from the holiness of these days. Let it be that the Mitzvah of Challah should affect our children to forever be sustained from the hands of Hashem (the Holy One blessed be He) in His great mercy and kindness and abundance of love. It should be that this Mitzvah of Challah, should be accepted as if I had given the obligatory tithes, and just like I now fulfill the Mitzvah of Challah from the depths of my heart, may it awaken the mercy of Hashem (Blessed be He) to protect me from pain and suffering all of my days. Amen.

# Challah

## A fool proof recipe for prayer

By: Janet (Chana) Esses

So proud I am to be a woman  
So privileged I feel  
Hashem gives me many opportunities  
Through which His glory is revealed.

For a woman possesses special moments  
All of her very own  
Challah, Niddah, and Candle-lighting  
An integral part of a Jewish home.

With a prayer on my lips  
And a song in my heart  
The mitzvah of making Challah  
I am excited to start.

First - the yeast  
Into warm water it goes  
With a tablespoon of sugar  
'Til it bubbles just so.

Next I'll add some oil  
Maybe a few eggs  
A little bit of salt  
And allow the mixture to rest.

Meanwhile a bag of flour  
I'll begin to sift  
Removing "unwanted particles"  
To the surface they drift.

What am I searching for?  
What unwanted particles do I seek?  
It's none other than my Yetzer Ha'rah  
Into my life he tries to sneak.

My flour is pure white  
With no coarseness or stone  
A reflection of my Neshama  
Into which Hashem's light has shone.

After a while, I knead  
All the ingredients thoroughly  
Cover it with heavy towels  
Until the dough rises doubly.

Then I wait  
Approximately an hour  
I won't wait too long  
So the dough won't sour.

Meanwhile, with Tehillim in hand  
To Hashem my heart does pour  
As I stand "one on one"  
With my Creator.

No phones, no interruptions  
This hour I treasure  
Would I hang up on the King,  
To converse with my neighbor?

For Hashem is available to us  
Anytime that we please  
Only He begs us to call Him  
Often, with ease.

I place my humble heart upon  
The altar of Hashem  
Offering my Tefilot as sacrifices  
I beg Hashem to accept them.

For when our Bet-Hamikdash stood  
We would bring to the Kohanim  
An offering of bread as thanks  
To Hashem who has given

Today I cannot offer up  
My thanks with a gift of bread  
But I separate a piece of dough  
And burn it - instead.

My simple kitchen can be transformed  
A true Mikdash Me'at  
And I represent the Kohen Gadol  
How fortunate is my lot!

I shape my Challah  
Weave the dough into golden braids  
"Lichvod Shabbat Kodesh"  
I whisper, as they are being made

For it's not just bread  
As to some it would seem  
It's a "recipe full of prayer"  
While awaiting the Shabbat Queen

As the sun begins to set  
And the candlelights glow  
Our neshamot radiate sparks  
Infusing Kedusha as they grow.

So, let us pray together  
As we feast on our challot  
That they strengthen our bodies  
And enrich our neshamot.

May all our prayers  
Be answered L'Tova  
And may this year  
Usher in the final Geula! Amen!!!

*For questions or to book a Challah demonstration, please call:*

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