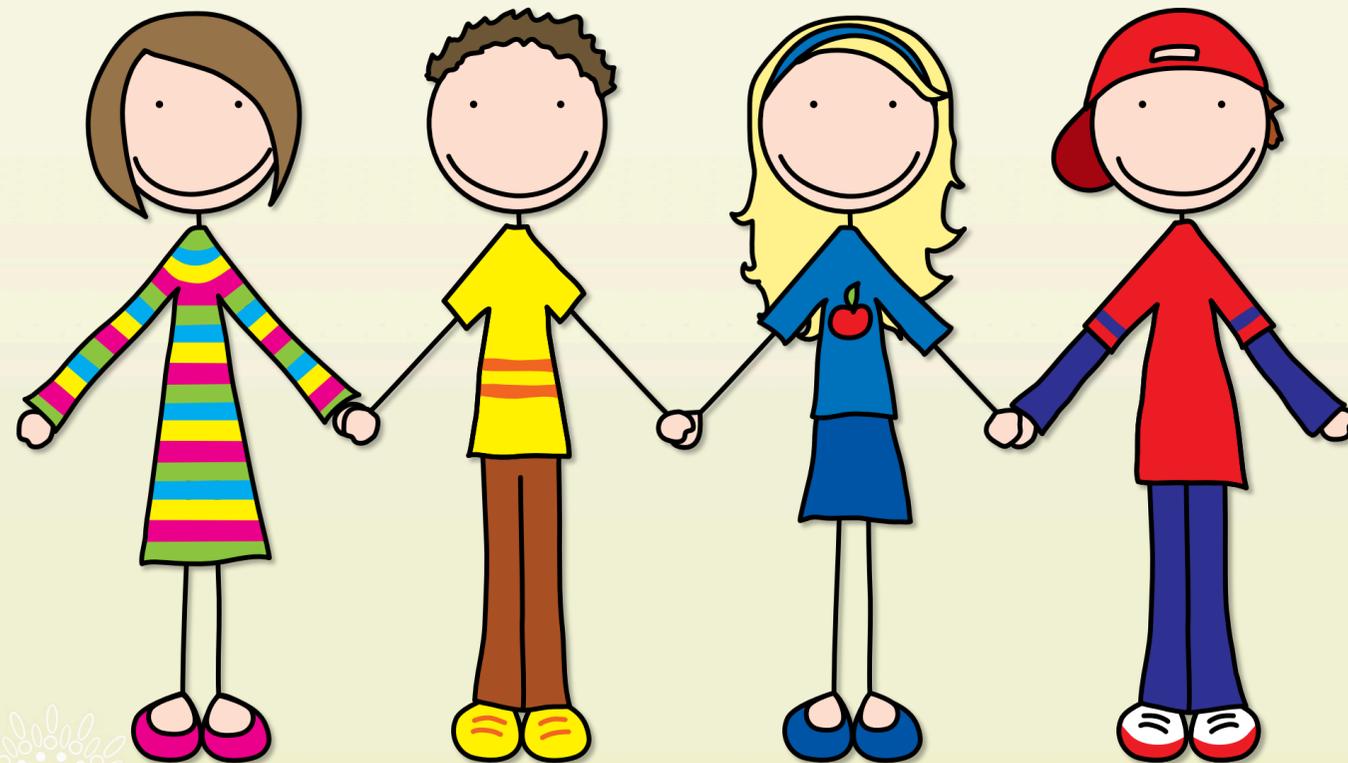


Belief In Our Community

Learning Objective:

To consider the ways in which belonging to a religious community can help people.





My name is Sarah. This is me on the day of my Bat Mitzvah. Jewish boys and girls have their Bar Mitzvah on their thirteenth** birthday. It's part of growing up in a Jewish family. When you have your Bar Mitzvah, it marks the start of becoming a woman (or man!)*

I had to go to a study group for weeks to get ready for my Bar Mitzvah! I had to read from the Torah, our holy book. It's written in Hebrew! I was very nervous when I stood up in front of my family at the synagogue to read the passage I had learned. I think I got it right!

* Boys have a **Bar Mitzvah**; girls have a **Bat Mitzvah**

**In some Jewish communities, girls have their Bat Mitzvah when they are twelve

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Most of the time, I do the same things as other children who are not Jewish. I go to school, play netball, go to the cinema...

*...but once a week, every week we do something special. My whole family come home on Friday evening for **Shabbat**, which lasts from sunset on Friday to sunset on Saturday. It's a time for family. We're not supposed to work, cook or even spend money during Shabbat.*

It's a rush to get everything ready, because we're not supposed to work once Shabbat has begun. We tidy and clean the house, and finish getting food ready. We usually get special bread called **challah** from a bakery, but sometimes my mum likes to make it. It's delicious!

When everything's ready, we light candles to mark the start of Shabbat. My mum covers her eyes and says a blessing over the candles in Hebrew.



After the candles are lit, we all sing a prayer called the **Kiddush** - it's a blessing for the wine my dad pours for everyone. My little brother doesn't like wine, so he has grape juice! After that, dad blesses me and my brothers. Then we eat!

We only eat food which is **Kosher**. Kosher means 'fit' or 'proper'. In other words, Kosher food is okay for Jews to eat!



Lots of food is Kosher, including fruit, vegetables, bread, pasta, chicken, beef, lamb, some types of fish, milk and some types of cheese. Can you find out about some foods which are **not** Kosher?

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On Saturday morning, we all go to synagogue. The Rabbi leads the prayers, and reads from the Torah. It's important for us to go to synagogue and spend time with other Jewish people.



I'm very proud to be part of a Jewish family. Life at home is very important for us, but going to synagogue to pray, meet other Jews and learn about Judaism is just as important.

Like other religions, we have festivals throughout the year, but Shabbat is special for us because it happens every week. We have to rest on that day, just like God rested when he had finished creating the world.

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How does being a part of a Jewish community affect Sarah's daily life?



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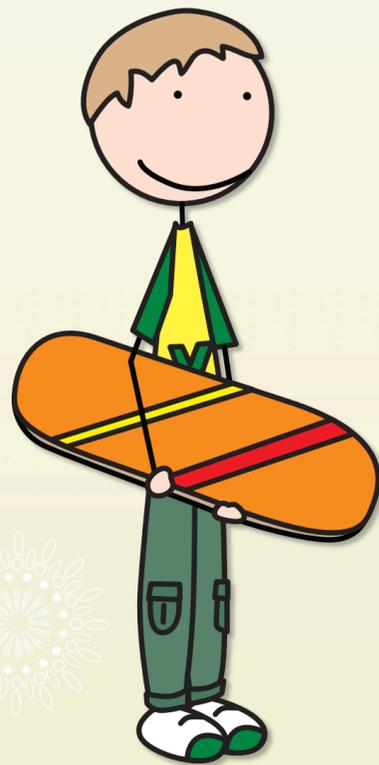
Sarah isn't just a member of a Jewish community...

...she's part of her neighbourhood and school communities, too.

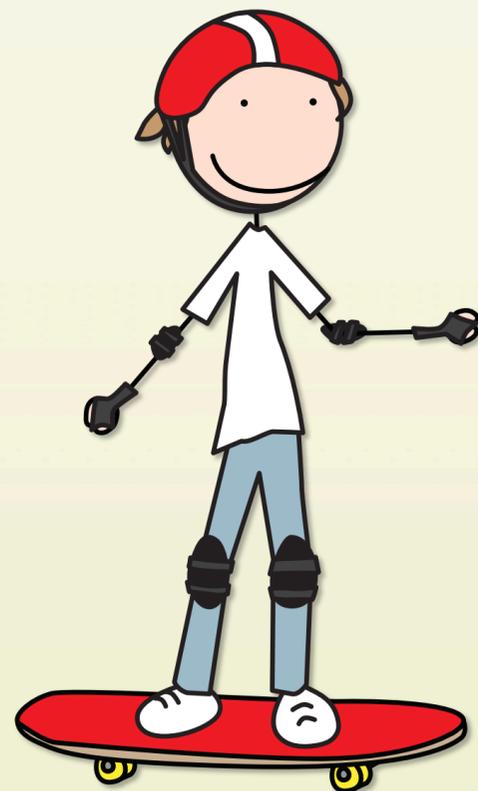
How might being Jewish be something Sarah finds helpful as a member of these other communities?



It must be great to be a part of a close community like Sarah's!



I bet there are times when it's difficult, too. I wonder what would happen if Sarah's netball team had a match on a Saturday?



Why might this be difficult for Sarah?
How might she feel about this situation?
What do you think about this?

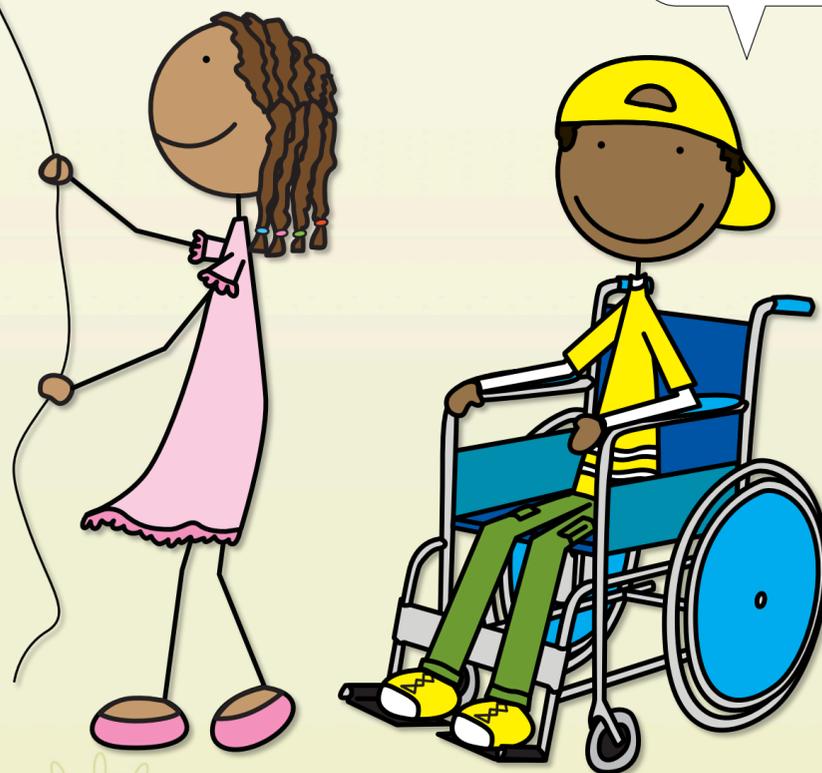
I bet there are lots of people who don't know much about Jewish beliefs.

I wonder what would happen if Sarah went to a friend's for dinner and they gave her non-Kosher food?

Why might this be difficult for Sarah?

How might she feel about this situation?

What do you think about this?



Today we will be considering some ways in which being a member of a religious or non-religious community can be helpful for ourselves and others in our wider, local community.

