

Anshe Emet JBC Action Steps

MONTH	Shabbat/ Synagogue	Tefillah (Prayer)	Keeping Kosher <u>KOSHER Sanctifying the Ordinary</u> interactive CD	Other
MONTH 1	Begin to light Shabbat candles every week	<p style="text-align: center;">בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת</p> <p style="text-align: center;"><i>Baruch ata Adonai, Eloheinu melech ha-olam, asher kidshanu b'mitzvotav v'tzeevanu l'hadlik ner shel shabbat</i></p> <p>Blessed are You, Lord our God, King of the Universe, who sanctifies us with His commandments and commands us to kindle the flame of Shabbat.</p>	Begin to inspect product labels for non-kosher ingredients, like lard, beef tallow, or meat-based flavorings.	Acquire or set aside a pair of candlesticks to use every Shabbat (tea lights are fine).
MONTH 2	Enjoy a peaceful Shabbat dinner, beginning with kiddush, the blessing recited over wine.	<p style="text-align: center;">בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן</p> <p style="text-align: center;"><i>Baruch ata Adonai, Eloheinu melech ha-olam, boray p'ree hagafen.</i></p> <p>Blessed are You, Lord our God, King of the Universe, Creator of the fruit of the vine.</p>	Use kosher wine for kiddush	Buy a tzedakah box (or designate a "tzedakah vessel") and put your pocket change in it every week before lighting Shabbat candles.
MONTH 3	Attend Friday night services. Bring the peace of Shabbat dinner to the rest of your evening by turning off the phone, computer, and TV.	<p style="text-align: center;">שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד</p> <p style="text-align: center;"><i>Shema Yisrael Adonai Eloheinu Adonai echad</i></p> <p>Hear, Israel – Adonai is our God; Adonai is one.</p>	Stop eating shellfish at home (consult Kashrut CD)	Schedule a meeting with one of the rabbis at Anshe Emet

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MONTH 4	<p>Recite the blessing for bread over challah.</p>	<p style="text-align: center;">בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ</p> <p style="text-align: center;"><i>Baruch ata Adonai, Eloheinu melech ha-olam, ha-motzee lechem min ha-aretz</i></p> <p>Blessed are You, Lord our God, King of the Universe, Who brings forth bread from the earth.</p>	<p>Stop eating pork at home.</p> <p style="text-align: center;">(consult Kashrut CD)</p>	<p>Acquire a mezuzah & scroll. Hang on the upper right-hand side of the doorframe, with the top angled in toward the room.</p>
MONTH 5	<p>Share Shabbat dinner with friends, fellow JBC-participants, or your partner's family.</p> <p>Include ritual handwashing to your Shabbat repertoire.</p>	<p style="text-align: center;">בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם</p> <p style="text-align: center;"><i>Baruch ata Adonai, Eloheinu melech ha-olam, asher kidshanu b'mitzvotav v'tzeevanu al netilat yadayim</i></p> <p>Blessed are You, Lord our God, King of the Universe, who sanctifies us with His commandments and commands us to raise up our hands.</p> <p>* When we wash, we do not speak between the recitation of this bracha and eating challah after saying "hamotzee" *</p>	<p>Stop eating dairy & meat together at home.</p> <p style="text-align: center;">(consult Kashrut CD)</p>	<p>Schedule a meeting with one of the rabbis at Anshe Emet.</p>
MONTH 6	<p>On Shabbat afternoon, do a Shabbat-appropriate activity, like going for a walk, taking a nap, or reading a book.</p>	<p>Conclude your Shabbat dinner with the first paragraph of Birkat HaMazon, "Grace After Meals" (see siddur or bentscher).</p>	<p>Stop eating shellfish, pork, and mixtures of dairy and meat in restaurants</p> <p style="text-align: center;">(consult Kashrut CD)</p>	<p>Begin to think about selecting a meaningful Hebrew name.</p>

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MONTH 7	Dedicate 1/2 hour to weekly study on Shabbat - whether reviewing the week's parsha, reading something Jewish (for class or for fun), or practicing Hebrew.	Begin to practice the first couple of paragraphs of the Amidah (see siddur)	Begin to only bring certified kosher meats into your home. (consult Kashrut CD)	Schedule your final meeting with a rabbi at Anshe Emet (by this point, you should have met with all 3 rabbis).
MONTH 8	Extend the peace of Friday night to the rest of Shabbat by keeping phones, TVs, and computers off.	Recite Havdallah, the service which separates the end of Shabbat from the rest of the week (see siddur or bentscher).	Begin to undertake the process of koshering your home, starting with the immersion of metal objects into boiling water - but be careful! (consult Kashrut CD)	Acquire a special, multiple-wick havdallah candle
MONTH 9	Work on doing all of the prayers of Shabbat evening - from lighting candles and a full kiddush (see bentscher), to hand-washing, hamotzee, and bentsching after dinner	Practice reciting the first paragraph of the Shema, the "v'ahavta" (see siddur)	Kasher kitchen appliances, like microwaves and ovens. (consult Kashrut CD)	Write essays for the bet din, in anticipation of your conversion

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<p>MONTH 10</p>	<p>Invite friends and family (Jewish or not) to share the Shabbat experience with you</p>	<p>Mikvah Blessings:</p> <p>בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִיָּוָנוּ עַל הַטְּבִילָה</p> <p><i>Baruch ata Adonai, Eloheinu melech ha-olam, asher kidshanu b'mitzvotav v'tzeevanu al ha-t'vilah</i></p> <p>Blessed are You, Lord our God, King of the Universe, who sanctifies us with His commandments and commands us regarding immersion.</p> <p>בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֶחְיֵינוּ וְקִיָּמָנוּ וְהִגִּינוּ לְזִמַּן הַזֶּה</p> <p><i>Baruch ata Adonai, Eloheinu melech haolam, shehecheyanu v'keeyimanu v'heegeeyanu lazman hazeh</i></p> <p>Blessed are You, Lord our God, King of the Universe, who has granted us life, sustenance, and brought us to reach this season.</p>	<p>Begin to look for new ways to get involved with the Jewish community – through volunteering, learning, and participating in services.</p> <p>Don't forget to send your membership forms in to Anshe Emet!</p>
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