



SISTERHOOD

Beth Emeth Congregation

Beth Emeth Sisterhood kicked off the High Holiday preparations with a Challah Bake on Sunday September 11th. The program was well attended. We began with a moment of silence recalling all those that lost their life on this date.

While the traditional braiding was practiced, 6 different ways to shape a round Challah was demonstrated. Round Challot symbolize the cycle of life, and that our calendar year has come full circle as we begin the New Year.

While waiting for yeast to proof we practiced mindfulness and learned how intention brings enriched meaning into our ritual and lives. While waiting for our dough to rise we enjoyed sampling many kinds of dips with sliced challah, had a raffle, and read about the Mitzvah of L'Hafrish Challah, separating challah.

Everyone took home a Challah to freeze...many never made it to the freezers...Yum....It was a fun filled day working together!

3 Generations of Bakers



The set up crew



Making the dough for the shaping demo





Waiting to start



Proofing the yeast in the blue cups



Measuring the flour and mixing the dough





Enjoying the snacks
While the dough rises



Raffel
Winner!



A honey
jar



Shaping the Challot





It was a fun afternoon! Now we are all ready for the New year..... L'Shanah Tovah !

