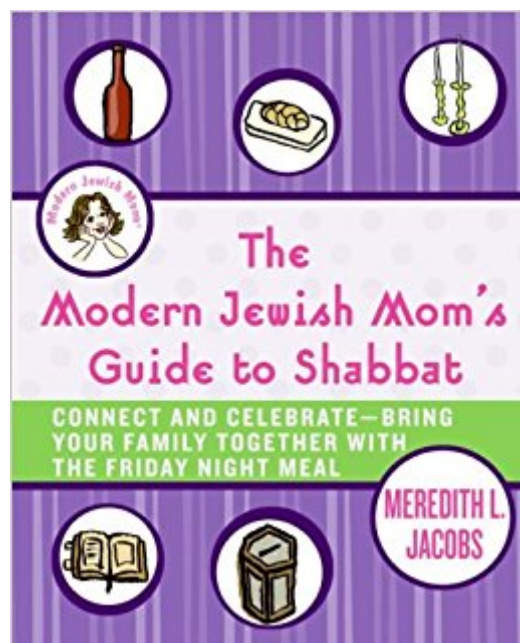




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# The Modern Jewish Mom's Guide To Shabbat: Connect And Celebrate--Bring Your Family Together With The Friday Night Meal



## Synopsis

Bringing the family together every Friday night for the Shabbat meal has helped many families connect with each other, even as children grow into their teens and beyond. Having experienced the joys of Shabbat and witnessed how it has brought her family together, Meredith L. Jacobs now brings us *THE MODERN MOM'S GUIDE TO SHABBAT*. Written in conversational style from one modern Jewish mom to another, *THE MJM'S GUIDE* will be funny and warm, brightly colored and easy to read, filled with delicious, easy recipes and family art projects, while also challenging readers with summaries of the weekly Torah portion and suggested family discussion topics, compelling readers to include discussion in their dinner as a vehicle for connecting with their children—both teaching and learning from them. It will be informative and accessible throughout. Shabbat is a wonderful way to ensure that in this day of ridiculous schedules and pressures, that we have at least one meal per week together as a family. Shabbat is the time we turn the outside world away and connect with each other. Unlike other holidays, Shabbat is not once a year, it's once a week, giving us fifty—two chances a year to connect with our children. Whether you are reform, conservative, or modern orthodox, newly converted or non—Jewish in an interfaith marriage, *THE MODERN JEWISH MOM'S GUIDE TO SHABBAT* will teach us about traditions, making new ones, and most importantly, how to connect with our children.

## Book Information

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## Customer Reviews

A former director of media relations, Meredith L. Jacobs has spent the last decade creating

programs and events for local charity groups, schools, and synagogues. In 2004, she developed a series of workshops about Shabbat for women's groups that inspired this book. Jacobs's monthly column on family and parenting appears in Jewish newspapers in Baltimore, Los Angeles, Cleveland, Phoenix, and Detroit. She lives with her husband and their two children in Rockville, Maryland.

The author is more traditional than I imagined, but offers many different levels of guidance. The book has a lot of helpful information from the parshas and how to involve kids to different crafts to try. It takes a very start slow and add one or two things at a time approach, that I really enjoy.

I find myself referring to this book often...even after reading it word for word! Highly recommend as a practical guide to Shabbat with the family!

As a non jew, wonderful material, to know more about that beautiful tradition. This book has been an inspiration to bring my family together.

Great book to start your journey as a Jewish mom. Love the way is written

This is a wonderful book for both those exploring Shabbat as a new experience or for those wanting to expand their practice. This is not the usual "How To" book. The author shares her practice, how her friends celebrate and other possibilities. There are no judgements. You will find the blessings, Torah portions along with questions for discussion as well as craft projects and recipes. Funny and thoughtful; both a good guide and a good read!

good

Easy read. Clear and concise. Great to share with family when explaining and teaching. I would have preferred better paper quality. But the content is great

easy to follow, good info, easy transaction

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