



The Modern Jewish Mom's Guide to Shabbat

Meredith L. Jacobs

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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 inter-faith 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.

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