

Hafrashat Challah

Halachot

Three Mitzvot are reserved for women: lighting Shabbat candles, the laws of family purity and separating a piece of dough when baking bread, known as Challah. The Sefer haChinuch explains: "By separating a piece of Challah, G-d lays down his blessing and secures a merit to our soul. The dough then becomes both a material and spiritual food."

The Torah-Box team offers you a practical sheet which allows both women and men to fulfill this beautiful Mitzvah properly.

A When Should One Separate the Dough?

The type of dough: separating Challah is only mandatory when the dough is made out of the 5 cereals (wheat, oats, barley, spelt and rye), which belongs to a Jew and which will be baked in an oven.

(in certain cases, it is mandatory to separate Challah when the dough is baked in a pan without oil, or with a very little amount of oil, and even when the dough is fried in oil. To make sure, please contact your own rabbinical authority.)

Quantity of flower:

Below 2,65 lbs	Between 2,65 and 3,44 lbs	As of 3,44 lbs
We do not separate Challah	We separate without blessing	We separate with a blessing

B After Separating the Dough:

After separating the dough, one will cover the piece of dough with two plastic bags that we will throw directly in the garbage.



If One Forgot to Take from the Dough

If the dough was kneaded outside of Israel:

1. One must take a piece of dough and say a blessing before eating it. (Baer Hetev, Yorei dea, chap. 457-4)
2. If one forgot to take a piece of dough before Shabbat comes in, it is forbidden to separate it on Shabbat, however it will be permissible to eat the bread only if one leaves part of it uneaten until the end of Shabbat, on which one will say a blessing beforehand.

If the dough was kneaded in Israel:

1. It is forbidden to eat the bread without taking a piece from it first.
 2. On Shabbat, it is forbidden to eat the bread.
- One can ask bread to one's neighbor.

If the city's Rabbi took a piece of Challa with having in mind all those who may have forgiven to take a piece themselves, one will be able to eat one's bread.



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Rituals



Before Hafrashat Challah, we have the habit to give money to Tzedakah.



After kneading a dough which contains more than 3,44 pounds of flower, one shall recite the following blessing:

*Baruch Atah Ado-nay,
Elo-heinu Melech Ha'Olam,
Asher Kidshanu B'mitzvosav,
V'tzivanu L'hafrish Challa*

**בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ
לְהַפְרִישׁ חֻלָּה.**

We then take a piece of dowa and we say: « *Arei zo Challah* »

הֲרִי זוֹ חֻלָּה

After kneading a dough which contains more than 3,44 pounds of flower, one shall recite the following blessing:

יְהִי רַצוֹן מִלְּפָנֶיךָ, יְהוָה אֱלֹהֵינוּ וְאֵלֵהֵי אֲבוֹתֵינוּ, שְׁמִצְוֹת הַפְּרִשַׁת חֻלָּה תַּחֲשֵׁב לִי כְּאִלוֹ קִיּוּמֵיךָ בְּכֹל פְּרֻטָּה וְדִקְדּוּקָה, וְתַחֲשֵׁב הֶרְמַת הַחֻלָּה שְׁאֵנִי מְרִימָה כְּמוֹ הַקְּרֹבָן שֶׁהִקְרַב עַל גְּבֵי הַמִּזְבֵּחַ וְתִתְקַבֵּל בְּרַצוֹן. וְכִמוֹ בְּזִמְנוֹ שְׂבִיבַת הַמִּקְדָּשׁ הָיָה קָיָם, הָיְתָה הַחֻלָּה נִתּוּנָה לְכֹהֵן וְהָיְתָה זֹאת לְכַפֵּרַת עֲוֹנוֹת, כִּי תִהְיֶה הַפְּרִשָּׁה זֹאת לְכַפֵּרַת עֲוֹנוֹתֵי, וְאֵין אֲהֵיָה כְּאִלוֹ נוֹלָדָתִי מִחֲדָשׁ נִקְיָה מִחַטָּא וְעוֹוֹן וְאוֹכַל לְמִיָּם מִצְוֹת שֶׁבַת קִדְּשׁ וְהִמָּיִם הַטּוֹבִים עִם בְּעָלִי (וְיִלְדִינוּ), לְהִיּוֹת נוֹזְנִים מִקְדָּשַׁת הַיָּמִים הָאֵלֶּה. וּבִנְכוּת מִצְוֹת חֻלָּה יִהְיוּ יְלָדֵינוּ נוֹזְנִים תָּמִיד מִדְּיוֹ שֶׁל הַקְּדוּשׁ בְּרוּךְ הוּא בָּרַב רַחֲמָיו וְחֶסְדָּיו וְגָרַב אֲהֵבָה. וְתִקַּבֵּל מִצְוֹת חֻלָּה כְּאִלוֹ נִתַּתִּי מַעֲשֶׂר. וְכִשֶּׁם שֶׁהִנֵּנִי מְקִימַת מִצְוֹת חֻלָּה בְּכֹל לְבִי, כִּי יִתְעוֹרְרוּ רַחֲמָיו שֶׁל הַקְּדוּשׁ בְּרוּךְ הוּא לְשִׁמְרָנִי מִצַּעַר וּמִמְכָּאוּבִים כֹּל הַיָּמִים. אָמֵן כֵּן יְהִי רַצוֹן.

May it be Your Will, Eternal, our G-d, that the commandment of separating Challah be considered as if I had performed it with all its details and ramifications. May my elevation of the Challah be comparable to the sacrifice that was offered on the altar, which was acceptable and pleasing. Just as giving the Challah to the Kohein in former times served to atone for sins, so may it atone for mine, and make me like a person reborn without sins. May it enable me to observe the holy Sabbath (or Festival of...) with my husband (and our children) and to become imbued with its holiness. May the spiritual influence of the mitzvah of Challah enable our children to be constantly sustained by the hands of the Holy One, blessed is He, with His abundant mercy, loving-kindness, and love. Consider the mitzvah of Challah as if I have given the tithe. And just as I am fulfilling this mitzvah with all my heart, so may Your compassion be aroused to keep me from sorrow and pain, always. Amen.

