

# How to 'Take' Challah

*"At the first of your kneading you shall set aside a loaf (challah) as a gift"*

(Bamidbar 15:20)

## When to 'take' challah:

If the dough contains **2lbs 10oz (1.2kg)** or more of flour from one of the five grains: **wheat, barley, oats, spelt and rye.**

## When to say the blessing:

If more than **4lbs 5oz (2.25kg)** of flour is used to make the dough, then a bracha (on next page) must be made before separating the challah and disposing of this bit of dough.

## The Mitzvah

In Temple times, the challah was given to the Kohanim. Although we can no longer do this today, it is still a mitzvah to separate a small quantity of dough. By doing this we elevate the bread spiritually, thereby nourishing our souls and bodies when we eat it. (Sefer Hachinuch)

## The Separation

Take off a piece of dough roughly the size of a golf ball. Burn or wrap up this dough, before disposing of it.



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בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוֵּנוּ  
לְהַפְרִישׁ חֻלָּה מִן הָעִיסָה.

Baruch Atah Adonai, Elohaynu Melech Ha'olam, Asher Kidishanu  
B'Mitzvotav, Vetzivanu Lehafrish Challah Min Ha'isa.

Blessed are you, Hashem, our God, King of the universe, Who has sanctified us with His commandments, and has commanded us to separate Challah from the dough.

## Then some add:

יְהִי רְצוֹן מִלְּפָנֶיךָ ה' אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
שֶׁהַמִּצְוָה שֶׁל הַפְּרִשַׁת חֻלָּה תִּחְשַׁב כְּאִלוּ קִיַּמְתִּיהָ  
בְּכָל פְּרִטְיָהּ וְדִקְדוּקֶיהָ, וְתִחְשַׁב הֶרְמַת הַחֻלָּה  
שְׂאֵנִי מְרִימָה, כְּמוֹ הַקָּרְבָן שֶׁהִקְרַב עַל הַמִּזְבֵּחַ,  
שֶׁנִּתְקַבַּל בְּרְצוֹן. וְכִמוֹ שֶׁלְּפָנִים הִיָּתָה הַחֻלָּה  
נְתוּנָה לְכַהֵן וְהִיָּתָה זֹו לְכַפֶּרֶת עֲוֹנוֹת, כִּי תִהְיֶה  
לְכַפֶּרָה לְעֹנוֹתַי, וְאֲזִי אֶהְיֶה כְּאִלוּ נוֹלַדְתִּי מִחֻדָּשׁ,  
נִקְיָה מִחַטָּא וְעוֹן. וְאוֹכֵל לֶקְיָם מִצֹּת שֶׁבַת קִדְּשׁ  
וְהַיָּמִים הַטּוֹבִים עִם בְּעָלִי (וְיִלְדֵינוּ), לְהִיּוֹת נְזוּנִים  
מִקְדֻשַׁת הַיָּמִים הָאֵלֶּה. וּמֵהַשְּׁפָעֶתָה שֶׁל מִצְוַת  
חֻלָּה, יִהְיוּ יְלָדֵינוּ נְזוּנִים תָּמִיד מִיָּדָיו שֶׁל הַקְּדוֹשׁ  
בְּרוּךְ הוּא, בְּרַב רַחֲמָיו וְחַסְדָּיו, וּבְרַב אֲהָבָה,  
וְשֶׁתִּתְקַבַּל מִצְוַת חֻלָּה כְּאִלוּ נָתַתִּי מַעֲשֵׂה. וְכִשֶּׁם  
שֶׁהִנְנִי מְקִיַּמַת מִצְוַת חֻלָּה בְּכָל לֵב, כִּי יִתְעוֹרְרוּ  
רַחֲמָיו שֶׁל הַקְּדוֹשׁ בְּרוּךְ הוּא לְשִׁמְרָנִי מִצַּעַר  
וּמִמְכָּאוּבִים כָּל הַיָּמִים, אָמֵן

"May it be your Will, our God, the God of our fathers, that the mitzvah of separating Challah be considered as if I had performed it with all its details and intricacies. May my elevation of the Challah be considered as the sacrifice that was offered on the altar, which was willingly accepted. Just as giving the Challah to the Kohen in the past served to atone for sins, so may it atone for my sins, and I shall be like a person reborn, clear of sins. May it enable me to observe the Holy Shabbat (or Festival of...) (with my husband) (and our children) and be nourished from the holiness of these days. (May the spiritual influence of the mitzvah of Challah enable our children to be constantly sustained by the hands of the Holy One, blessed be He, with His abundant mercy, loving kindness and great love). Consider the mitzvah of Challah as if I have given my share. And now, as I am fulfilling the mitzvah of Challah with all my heart, so may the compassion of the Holy One, Blessed be He, be aroused to keep me from sorrow and pain always, Amen."