

## **A Guide to Providing Oneg**

The essence of the oneg is the Kiddush (sanctification) which involves the blessings over the wine and challah. Kosher wine, grape or apple juice, and two challot are used. The two challot represent the double portion of mannah that fell in the desert on Fridays in honor of the Sabbath. Other foods that you want to serve at the morning oneg Shabbat reception are greatly appreciated. Plan for about 15 – 25 adults, and 6 to 8 children at the oneg Shabbat reception. In keeping with Beth Am observance, please bring only pareve and dairy items. Following is a guide:

### Essential Items

Wine (kosher) – 1 small bottle  
Grape or Apple juice  
Challot – 2

### Recommended Items

Vegetable/fruit platter/fruit salad  
Cookies, cake or pastries

### Suggested Items

Salads or dips  
Pasta  
Bagels  
Cheese and crackers

A Kiddush cup, a challah cover, tray and cutting knife are stored in the Beth Am cabinets, and are available for your use. Beth Am also keeps in stock paper goods, plastic utensils, trays, bowls, serving spoons, etc. Please do not hesitate to ask the Gabbai for guidance in setting up for the reception.

Please come early so the set up does not disrupt the Service.