



SHARSHERET

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# Sharsheret Pink Shabbat<sup>sm</sup> Manual In Partnership With Heart to Heart

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# INTRODUCTION

Sharsheret, Hebrew for chain, supports young Jewish women and families facing breast cancer at every stage—before, during, and after diagnosis.

We help women and families connect to our community in the way that feels most comfortable, taking into consideration their stage of life, diagnosis, or treatment, as well as their connection to Judaism. We also provide educational resources, offer support to those at high risk of developing breast or ovarian cancer, and create programs for women and families to improve their quality of life.

Sharsheret's **Pink Shabbat** program was designed to educate young women and men about breast health, the risks of hereditary breast cancer, and the impact of breast cancer on the Jewish community. Through Sharsheret's **Pink Shabbat** you – our next generation of health care professionals, community leaders, caregivers, and parents - will be empowered to take action in the fight against breast cancer, share information, and support others. In the spirit of Tikkun Olam our efforts will enhance the quality of life of those facing breast cancer and undoubtedly save lives in the years ahead.

This guide provides step-by-step instructions on how to plan and host your successful Sharsheret **Pink Shabbat**. For more information about hosting a Sharsheret **Pink Shabbat** at your house contact Program Manager and College Liaison, Ellen Kleinhaus at [ekleinhaus@sharsheret.org](mailto:ekleinhaus@sharsheret.org) or at (866) 474-2774.

# 10 EASY STEPS: Planning your Sharsheret **Pink Shabbat**<sup>sm</sup>

- 1) **Choose the chair/s** and committee from your Heart to Heart leaders.
- 2) **Create an e-invite** or use Facebook for guests to RSVP.
- 3) **Complete attendee** registration form and forward or mail to Ellen Kleinhaus.
- 4) **Confirm the date** of the event.
- 5) **Book the kitchen** for time to bake Sharsheret's exclusive pink challah and cook for your Shabbat meals.
- 6) **Order complimentary breast cancer giveaways** and educational materials at least three weeks prior to the event by emailing Ellen Kleinhaus at [ekleinhaus@sharsheret.org](mailto:ekleinhaus@sharsheret.org).
- 7) **Promote your event** with captivating flyers, email reminders, postings on Facebook and Twitter, and set up a table in the house displaying Sharsheret materials and playing a Sharsheret DVD.
- 8) **Invite a breast cancer survivor** to share her story at a Shabbat meal. We may be able to help find you a local speaker.
- 9) **Decorate "in the pink"** with pink tablecloths, pink napkins, and ask guests to wear pink and **design your menu** to include pink challah, pink drinks, and pink desserts (e.g. pink cupcakes, pink jelly beans, watermelon).
- 10) **CALL/EMAIL US and we will help you every step of the way!!**

# Sharsheret Pink Shabbat<sup>sm</sup> Dinner Details

## **Prior To Dinner:**

Select an individual to read Psalm Chapter 121 with the following introduction:

“Each and every one of us knows someone affected by breast cancer. Let us now take a moment to recite a chapter of Psalms as we pray for a full and speedy recovery, for all the women of Sharsheret who are undergoing surgery and treatment and for friends and family members who are fighting other illnesses. Please rise and have these men and women in mind as we recite Psalms chapter 121.”

Psalm 121 - A Song of Ascents. I lift my eyes to the mountains - from where will my help come? My help will come from the Lord, Maker of heaven and earth. He will not let your foot falter; your guardian does not slumber. Indeed, the Guardian of Israel neither slumber nor sleeps. The Lord is your guardian; the Lord is your protective shade at your right hand. The sun will not harm you by day, nor the moon by night. The Lord will guard you from all evil; He will guard your soul. The Lord will guard your going and your coming from now for all time.

## **After The Main Course:**

Share information about Sharsheret. Introduce the guest speaker or designate committee members to read personal stories from Sharsheret's booklet, *Our Voices, Inspiring Words From The Women Of Sharsheret*.

Encourage guests to spread the word about breast cancer awareness and Sharsheret, through the “Tell Two Campaign” by telling two people about Sharsheret after they leave dinner.

Remind them to stay connected by joining Sharsheret as a cause on Facebook or Sharsheret's email list found on Sharsheret's website at [www.sharsheret.org](http://www.sharsheret.org).

# Sharsheret **Pink Challah** Recipe

## Ingredients:

### Step 1:

2 Cups Hot Water  
2 Cups Cold Water  
3 Packages Dry Yeast  
1/2 Cup Sugar

### Step 2:

5 Lbs. Bread Flour  
2 Cups Sugar  
1 Tbsp. Salt  
4 Eggs Beaten  
2 Cups Canola Oil  
1/2 Cup Honey

### Step 3 Topping:

Egg  
Pink Sugar  
Sprinkles

## Directions:

- 1) Mix the water, dry yeast and sugar all together. Put in the oven on 150° F, for 10 minutes until mixture bubbles.
- 2) Pour flour in a bowl, add sugar and salt, then stir.
- 3) Make a well in the flour, sugar and salt mixture. Pour the oil, honey, eggs and then the yeast mixture into the well.
- 4) Knead the dough and then cover with plastic wrap and a towel. Let dough rise for 3-4 hours.
- 5) Remove covers and punch down the dough.
- 6) Form loaves in ungreased disposable foil pans.
- 7) Let dough rise for 30 minutes.
- 8) Coat the loaves with egg and pink sugar and/or sprinkles.
- 9) Bake uncovered at 350° F for 40 minutes.



