



## **Kiddush and Oneg with grape juice instead of wine**

Adults may choose grape juice over wine for a number of reasons: designated drivers, those taking medications that interact negatively with alcohol, those with health concerns for which alcohol is ill advised, pregnant women, those with family histories of alcoholism, or simple personal preference. Alcohol consumption is dangerous for some, and this is particularly true for individuals in addiction recovery.

Grape juice should therefore always be offered at kiddush (or whenever wine is present). As a prayer leader, referencing “fruit of the vine” rather than “wine” is a verbal cue that making kiddush does not require the consumption of alcohol.

Synagogue and home observances can use grape juice to make kiddush and refrain from serving wine or other alcohol during *Shabbat Naso*. Participating in Serenity Shabbat in this way sends an important message that you and your community are allies to Jewish individuals and families facing addiction or in recovery. If your community has a Kiddush Club on Shabbat, we suggest that Serenity Shabbat is a time to pause the Kiddush Club in honor of those for whom alcohol is a danger, whether they are in recovery or not.

## **Tzedakah in honor of Addiction Recovery**

Giving Tzedakah just before or on Shabbat is a treasured tradition in Judaism. Serenity Shabbat presents an opportunity to raise awareness about addiction and recovery in the Jewish community by directing the tzedakah of the week of *Shabbat Naso* to support addiction and recovery related services. Below is a selection of Jewish addiction recovery organizations to consider as recipients of tzedakah on Serenity Shabbat. A larger listing of Jewish Recovery Websites can be found under the Resources link.

### **Jewish Addiction Recovery Organizations**

**JCFS Chicago addiction services:** JCFS Chicago addiction services supports individuals and families struggling with or in recovery from addiction and works with the Jewish community to create compassionate responses to addiction’s many challenges.

**Beit T’Shuvah:** Beit T’Shuvah is a residential addiction treatment center that saves lives through a comprehensive program of Jewish spirituality, psychotherapy, and the 12-Steps. Beit T’shuvah is known not only for their alcohol and other drug addiction treatment, but also for their nationally recognized Gambling Disorder treatment.



**Jewish Addiction Awareness Network**: Jewish Addiction Awareness Network's comprehensive resource website is a place for information and connection, featuring many voices sharing Jewish perspectives on addiction and recovery.

**Our Jewish Recovery**: *Our Jewish Recovery* exists to support Jews in recovery from all addictions and their loved ones, and to help us all find experience, strength, and hope.

**Selah** is a Brooklyn-based “participation-celebrated, perfection-averse, everyone-welcome community of people in recovery and recovery-curious, grounded in Jewish tradition. Selah has several online groups open to Jews in recovery from any location.”  
<https://www.selahbk.org/offerings>