



Kiddush with grape juice instead of wine

There are a number of reasons why adults may choose grape juice over wine: 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). For prayer leaders, referencing “fruit of the vine” rather than “wine” is a verbal cue that making *kiddush* does not require the consumption of alcohol.

We suggest the exclusive use of grape juice and refraining from serving wine or other alcohol during Serenity Shabbat. Participating in Serenity Shabbat in this way sends an important message that your Shabbat gathering is an ally to Jewish individuals and families facing addiction or in recovery.

Tzedakah in honor of Serenity Shabbat

Giving Tzedakah just before or on Shabbat is a treasured tradition in Judaism. Serenity Shabbat presents an opportunity to raise awareness about addiction in the Jewish community by directing the tzedakah of the week of *Shabbat Naso* to support addiction 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.

<https://www.jcfs.org/our-services/jewish-community-programs/addiction-substanceabuse>

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.

<https://beittshuvah.org/>

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.

<https://jaanetwork.org/>

JCSRecovery and JACS: *JCSRecovery* (Jewish Community Services Recovery) is part of the Jewish Board of Family and Children Services in New York City. It is an expansion of the JACS program, which is now under the umbrella of these services. *JCSRecovery* is founded on the principles of the 12 Steps, Jewish Recovery, and social work practices (including harm reduction) with three sets of resources: Support Groups, Meetings, and Workshops.

<https://jewishboard.org/listing/jewish-alcoholics-chemically-dependent-persons-and-significant-others-jacs/>

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

www.ourjewishrecovery.com