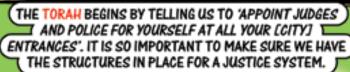
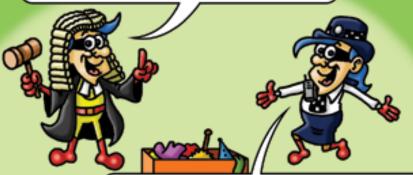


## THE TRIBE SCRIBE

SHOFETIM: BODY GUARDS!





AS WELL AS IT BEING VITAL TO MAKE SURE WE HAVE A JUST SOCIETY, OUR RABBIS EXPLAIN THAT THIS VERSE CAN ALSO BE UNDERSTOOD ON A PERSONAL LEVEL.



PERSONAL ENTRANCES". JUST LIKE WE NEED TO PROTECT THE SOCIETY THAT WE LIVE IN, WE ALSO NEED TO TAKE I RESPONSIBILITY FOR OURSELVES AND THE BODY WE LIVE IN. HERE'S HOW...

WHAT AM I PUTTING IN MY MOUTH? IS IT NOURISHING MY BODY AND MY SOUL? AM I CHOOSING FOOD THAT IS KOSHER AND THAT IS HEALTHY FOR ME?



WHAT IS COMING OUT OF MY MOUTH? ARE THEY KIND WORDS THAT WILL MAKE MY FRIEND'S DAY? AM I BEING CAREFUL NOT TO CRITICISE PEOPLE? AM I BEING CAREFUL NOT TO SPEAK LASHON HARA?

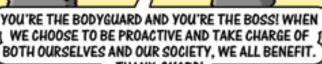




WHAT AM I LOOKING AT? AM I
WATCHING OR READING APPROPRIATE
CONTENT? AM I LOSING ENDLESS
HOURS JUST SCROLLING?

WHAT AM I LOOKING AT? AM I
BRING ON THE BODY
IN AND COMES OUT
OUR ENVIRONMENT I







**O** tribe

THANK GUARD!

Tribe is the Young People's Department of the United Synagogue: Creating a future

for our community through engaging, educating and inspiring the next generation.

BRING ON THE BODYGUARDS! BEING MINDFUL OF WHAT GOES IN AND COMES OUT OF OUR MOUTHS AND BEING AWARE OF OUR ENVIRONMENT HELPS US BOTH NOW AND IN THE FUTURE.