## PARASHAT BEHAR PARASHAT BEHAR 24-25 MAY L 17 IYAR

## Shemittah: Leaving the field to become a community



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Parashat Behar explains the commandment of Shemittah, the obligation for farmers in Israel to not work their fields for one year, every seven years. During this vear, farmers become completely reliant on God to provide a living and food for their families. Many farmers will take this year as an opportunity to study Torah full time, which they otherwise would not be able to do. This can be a hard and stressful time for farmers, but there are many videos of farmers in Israel singing happily as they leave their fields before the new year, knowing they will not return for another year, as they are able to recognise the value in this commandment.

Shemittah is a commandment for the Jewish people as a whole, rather than for each individual. It also does not distinguish between farmers who are wealthy and farmers who are poor: every farmer must leave their fields for a year. Perhaps this commandment encompasses more than simply a reminder of God being in control. The fact that Shemittah treats all farmers equally within the same commandment reminds us that all of us are part of the same community, part of one people, all trying to serve God the best way we can.

Over the past months, we have all heard of, and maybe even know, people who risk their lives every day to defend the lives of the Jewish people. There are countless stories of soldiers who have taken the biggest risks, many times costing them their own lives, because they protected the lives of their friends and families as if they were defending their own lives.

These are inspiring stories of bravery, prime examples of living and dying as one people, a people who love each other as much as they love themselves. Most of us will not need to go to the extent of physically giving up our lives to love someone else as ourselves. Thank God our daily lives are blessed with opportunities to give to others in big and small ways, reminding us that we are all one people, supporting each other, no matter our individual circumstances. The commandment of Shemittah can reinforce this idea for each of us, and, please God, bring us all closer to each other as one united community.

## Parasha Puzzle

Unscramble the anagrams to find words related to the parasha. Then use the letters in the numbered boxes to find the hidden words below.

