

The Tribe Weekly Newsletter



This week's parasha is Beha'alotecha

Shabbat Times in London

Shabbat begins: 9.04pm

Shabbat ends: 10.24pm

This week's Parasha (Weekly Torah portion) is Beha'alotecha and Aharon (Aaron) was entrusted with the task of arranging the lamps of the Menorah in the Mishkan (Tabernacle). The Levi'im (Levites) were prepared for their service in the Mishkan (Tabernacle), through washing themselves and bringing various offerings.

The first Pesach (Passover) after the Exodus from Egypt was observed on the 14th day of Nissan. However, those people who were spiritually impure on that date, were given permission to partake of the Pesach (Passover) offering a month later, on 14th Iyar.

God instructed Moshe (Moses) that when the Cloud of Glory started to move, that was the sign for the Children of Israel to move on with their journey. Moshe (Moses) was also told to make 2 silver trumpets. These were to be used to announce the commencement of the march forward, to summon the people to the Mishkan (Tabernacle), to sound an alarm before a battle and to announce festivals, including Rosh Chodesh (The New month).

Moshe (Moses) appointed 70 elders who would assist him in leading the people. The elders were gathered and they were each given the spirit of prophecy.

Although the Children of Israel had the Manna to eat every day, they were not satisfied with this and found it boring. So, they demanded that Moshe (Moses) supply them with meat.

In response to their complaints, God caused the wind to blow and an abundance of quails came from across the sea. The people gathered the quails greedily, but when they began to eat them, many people died.

Miriam, Moshe's (Moses') sister, was punished with Tzaraat (a type of skin disease), because she spoke badly about Moshe (Moses). The Children of Israel waited 7 days until she had fully recovered, before continuing on their journey.

Towards the end of this week's Parasha (Torah Portion), we are told that Moshe (Moses) was exceedingly humble.



Song for Shabbat

Here is a link to a song about Shabbat, which you can listen to before Shabbat and which the whole family can enjoy.

613 – 'Good Shabbos'

<https://www.youtube.com/watch?v=K7maoNGTL2w>



Upside-Down Family Quiz!

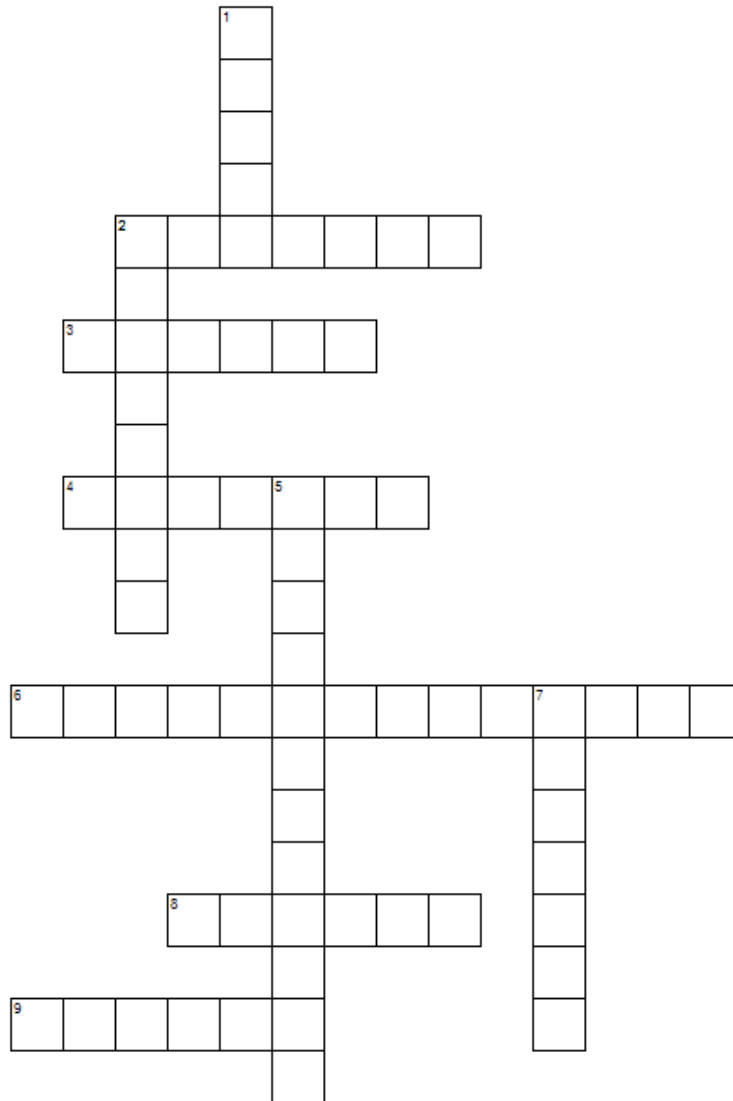
Based on the Parasha (Weekly Torah Portion)



This quiz is unusual because it gives you the answers and you have to work out the question!

1. He arranged the lamps of the Menorah
2. The Levites
3. 14th Nissan
4. When the Cloud of Glory started to move
5. To sound an alarm before a battle
6. These men assisted him in leading the people
7. God sent quails
8. Punished with Tzaraat
9. They waited 7 days
10. Moshe (Moses)

Parasha Crossword Challenge



Across

- 2. Miriam's consequence
- 3. Moshe was the most...
- 4. Aharon commanded to light
- 6. People moved, when it moved
- 8. to assist Moshe
- 9. As a result of the people's demands

Down

- 1. Bread from heaven
- 2. there were two
- 5. Trumpets blown
- 7. Did service in Mishkan

A Lesson about Humility and being Humble!



Humility and Grapes

In Hebrew, the word for grape is 'Anav' and the word for a humble person is also 'Anav'. There is indeed a slight difference in the spelling, but as we are going to see, there is a relationship between grapes and being humble!

A grape which is all by itself, has no particular importance. Have you ever seen someone buying only 1 grape?! Of course, no one ever goes to the supermarket or to the greengrocer to buy just 1 grape all by itself! Grapes are, of course, bought in bunches.

Similarly, a person who is humble knows that they can achieve so much more when they share and work together with a 'bunch' of other people in society. They know that they cannot achieve nearly as much all by themselves.

A grape is also something that improves when it is squeezed to make wine and wine is much more valuable than grapes. When we squash grapes to make wine, we taste the grapes' true excellence. The same is true of a humble person. When a person is put under pressure, like Moshe (Moses) often was by the Children of Israel, we see the true worth of a person. A truly humble person is able to overcome these pressures.

A story to explain:

There were several people sitting together and they were discussing their different friendships. The first one said, 'My friends and I get on very well. We argue on average, about once a month.'

A second person said, 'That's not so good. My friends and I only argue once every two or three months.'

Then a third person said, "My friends and I rarely argue. We manage to work out our differences in a calm and meaningful way.'

Finally, a fourth person said, 'My friends and I never argue. No one ever raises their voice and there is never any tension between us.

"Wow!!!" the men and women sitting together were truly amazed at this man's ability to never argue with his friends. They turned to him and asked, 'Tell us your secret; how is it possible that you never argue with your friends?'

The man smiled and said, 'It's really rather simple. I have no friends, so I can't argue with them!'

If we didn't have any friends and we lived all alone like the last man in the story, we would never really get cross or angry with anyone. Yes, it's no great feat to live a nice life when nothing goes against you. But when we live with other people and we have friends, then there will often be people who disagree with you and who don't want to do things your way. It is then that a person can show how humble they really are. Will they argue and get angry or will they be humble and realise that not everything can go their way and by working together, a compromise can often be found.

By ourselves, we are a single grape, but together we can be as important as the best wine that grapes can make TOGETHER.



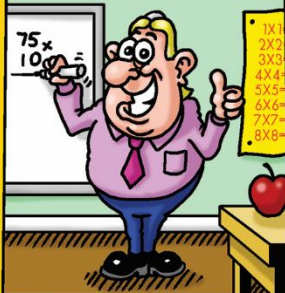
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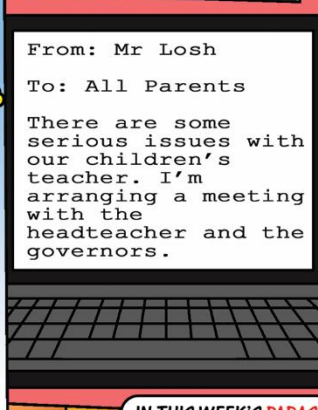
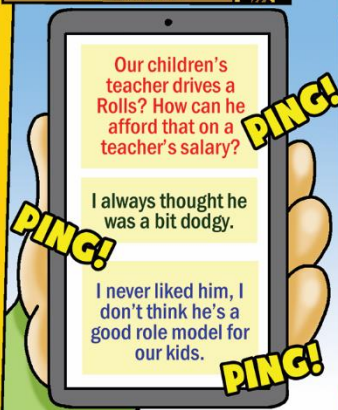
THE TRIBE SCRIBE

BEHA'ALOTECHA: THINK BEFORE YOU CLICK!

Mr Brains was a well respected teacher at the local Jewish school, popular with students, parents and colleagues.



One day...



HERE YOU GO JOSH, I PICKED UP THE WEDDING CAR FOR YOU. MAZAL TOV FOR YOUR TALIA'S WEDDING.



Mr Brains left home to do a favour with a fantastic reputation. By the time he came to the wedding that afternoon, people were giving him funny looks and keeping their distance.

IN THIS WEEK'S PARASHA WE HAVE AN INCIDENT WITH LASHON HARA (NEGATIVE SPEECH) WHEN MIRIAM SPOKE LASHON HARA ABOUT HER BROTHER MOSHE. THIS REMINDS US OF THE IMPORTANCE OF POSITIVE SPEECH AND COMMUNICATION. WITHIN MINUTES, PEOPLE HAD CHANGED THEIR VIEW OF MR BRAINS - ALL FROM HEARING LASHON HARA.



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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.



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Recipe of the week

Vegan Mocha Brownie Cake



INGREDIENTS

| | |
|------------|--|
| 1 cup | All-Purpose Flour |
| ¾ cup | Sugar |
| ½ cup | Cocoa Powder |
| 1 teaspoon | Baking Powder |
| ¼ teaspoon | Salt |
| ½ cup | Applesauce (unsweetened) |
| ¼ cup | Coffee Syrup (can substitute maple syrup) |
| ¼ cup | Almond Milk (or rice) |
| ¼ cup | Vegetable Oil |
| 1 teaspoon | Vanilla |
| 1 ½ cups | Vegan Chocolate Chips |

INSTRUCTIONS

ADULT - Preheat oven to 350 degrees.

ADULT & CHILD - Combine all dry ingredients in a small mixing bowl

ADULT & CHILD - Combine all wet ingredients in a large mixing bowl.

ADULT & CHILD - Add dry ingredients to wet ingredients.

ADULT & CHILD - Mix well with a wooden spoon.

ADULT & CHILD - Spread batter into an 8 x 8 pan coated with cooking spray or lined with parchment paper.

ADULT - Bake for 35 minutes or until a toothpick inserted comes out clean.

ADULT - Remove from oven and cool in a pan for 30 minutes

Answer Sheet

Upside-down Quiz

1. With which task was Aharon (Aaron) entrusted?
2. Who was prepared for their service in the Mishkan (Tabernacle)?
3. On which Jewish date was the very first Pesach (Passover) observed?
4. When did the Children of Israel know that it was time to journey onwards?
5. What was one of the 3 things for which the 2 silver trumpets were sounded?
6. How did the Elders help Moshe (Moses) ?
7. What did God send when the people complained about the lack of meat?
8. What was Miriam's consequence for speaking badly about Moshe (Moses)?
9. How long did the Children of Israel wait for Miriam, Before continuing on their journey?
10. Which personality in the Torah was exceedingly (very) humble?

Parasha Crossword Challenge

Across

- 2. Tzaraat
- 3. Humble
- 4. Menorah
- 6. Cloud of Glory
- 8. Elders
- 9. Quails

Down

- 1. Manna
- 2. Trumpets
- 5. Rosh Chodesh (New Month)
- 7. Levites

Shabbat Shalom! From everyone at Tribe