

## The Tribe Weekly Newsletter



### **This week's Parashot are Behar and Bechukotai**

Shabbat Times in London

Shabbat begins: 8.32pm

Shabbat ends: 9.46pm

This week there are two Parashot (Weekly Torah portions) and they are the last two Parashot (Weekly Torah portions) in the third book of the Torah, Vayikra (Leviticus).

Amongst all the laws given to Moshe (Moses) on Mount Sinai, one of the laws God taught Moshe (Moses) was that of the Shemitta year (The Sabbatical year for the Land of Israel). Every seventh year, the land was to lie fallow and all work on the land was to stop, with its produce to be taken freely by anyone.

Then, after seven cycles of Sabbatical years (the 50<sup>th</sup> year), a Yovel (Jubilee) year was to follow, during which the land could not be worked, servants were set free and all kinds of property belonging to a person's family in the Land of Israel that had been sold, went back to their original owners. The Parashot (Weekly Torah portions) continue with other laws about the sale of land, laws about not charging interest on loans and laws about how to treat servants before releasing them in the Yovel (Jubilee) year.

God promised the Children of Israel that if they observe His commandments, they will be prosperous and live securely in the Land of Israel. But God also warned the Children of Israel that they would not experience His blessings and goodness if they abandon Him. Nevertheless, God reassures them that He will

never abandon them, even when they are living in other lands. God says, 'Even when they are in the land of their enemies, I will not cast them away; nor will I ever hate them, to destroy them and to break My promise to them; for I am the Lord their God.'

Finally, the Children of Israel were taught the laws of how to calculate the values of different types of contributions made to the Mishkan (Tabernacle). The Parashot (Weekly Torah portions) conclude by emphasising that, 'these were the commandments given by God to Moshe (Moses) on Mount Sinai.'

## Song for Havdallah

*Here is a link to a soundtrack the whole household can join in with as you say Havdalah after Shabbat.*

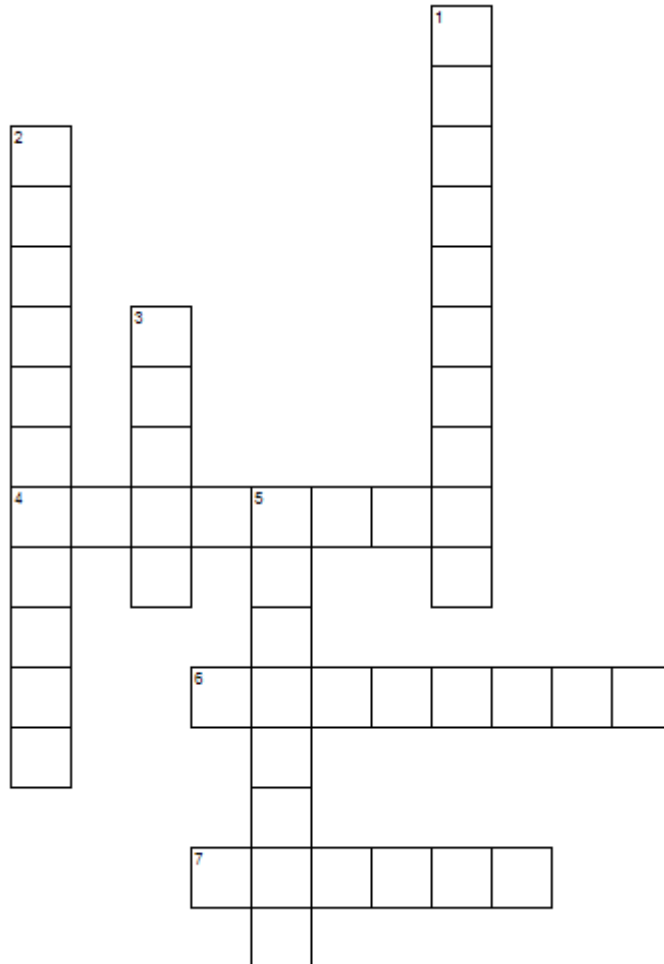
Havdallah by 'Kippa Live'

<https://www.bing.com/videos/search?q=kippa+live+shabbat+song&docid=607994092678352245&mid=FC905E4D09337CB8E871FC905E4D09337CB8E871&view=detail&FORM=VIRE>



# Parasha Crossword Challenge!

(Any double-worded answer will have a gap between the 2 words)



## Across

- 4. Shabbat for the land
- 6. should be free to go in Yovel year
- 7. laws of Shemitta apply only there

## Down

- 1. Last Parasha in third Book
- 2. Place commandments given
- 3. Year after 7x7
- 5. Shouldn't be added to a loan

## Numbers Quiz

All the answers in this short quiz are numbers. (The answers are on the last page)

1. How many Luchot (Tablets of stone) were the 10 Commandments written on?
2. How many Avot (Forefathers) were there?
3. How many Imahot (Foremothers) were there?
4. How many tribes of Israel are there?
5. How many cups of wine or grape juice are drunk at the Seder?
6. What is the age of a girl when she becomes Bat Mitzvah?
7. What is the age of a boy when he becomes Bar Mitzvah?
8. How many days old should a Jewish baby boy be when he has a Brit Milah?
9. The Land of Israel was left fallow every \_\_\_ years.
10. The Yovel (Jubilee) year was observed in the \_\_\_ year
11. How many days of the Omer do we count altogether?

## Stories of Gratitude

By the farmer in the Land of Israel, leaving their fields fallow during the Shemitta (Sabbatical) year, they were demonstrating their gratitude to God, for all the goodness and blessing He sends in making the crops in the fields and fruit in the orchards and vineyards grow.

**1)** This story is about a boy called Rafi who couldn't go outside to play because he was unwell. Besides feeling poorly, Rafi was very sad because he couldn't play outside with his friends.

One day, Rafi was looking out of his window and saw a penguin eating a sandwich! The penguin said "Hello" and left.

The next day, there was a monkey, wearing shorts and blowing up a balloon.

The day after that, there was a giraffe playing the tambourine. These crazy characters made the boy laugh during those bad days.

When Rafi was well enough to return to school, he told his best friend Danny about these crazy things he had seen that helped him feel better. Whilst talking to his friend, he noticed something strange coming out of Danny's bag. Danny showed him all the costumes he had used to cheer him up! Rafi was so grateful and he thanked Danny for being such a good friend!

**2)** This story is about a boy who had everything a boy could ever want, but he didn't know how to be happy. One day, he was sitting in his garden when a little girl came up to him, asking him to help her look for the 'Thankful Coat'. The boy was curious because he had never heard of such a thing, and he decided to help her.

Then, perched on a tree, the boy found the 'Thankful Coat'. It was the most beautiful coat he had ever seen. The little girl told him to put it on and when he did he felt happier than ever. He was very thankful to the girl and that made him feel even better. Then, the girl told him she had to go and take the coat with her. The boy was sad because he didn't want to feel unhappy again.

The girl told him that the secret to happiness is being thankful. That he could make his own imaginary 'Thankful Coat', think about all the things he was thankful for and that would make him feel happy.

# THE TRIBE SCRIBE

BEHAR - BECHUKOTAI: SPREADING LOVE!



WE ARE NOW IN THE PERIOD OF **SEFIRAT HAOMER** - THE 7-WEEK COUNT BETWEEN **PESACH** AND **SHAVUOT**. THE **OMER** IS A TIME TO FOCUS ON OUR BEHAVIOUR TOWARDS EACH OTHER.

THE OMER IS A TIME TO WORK OUT OUR **AHAVAT CHINAM** (SELFLESS LOVE) AND **CHESSED** (KINDNESS) MUSCLES.

UNLESS YOU'VE BEEN LIVING UNDER A ROCK, YOU'VE PROBABLY HEARD ABOUT THE **CORONAVIRUS** CRISIS THAT HAS BEEN CHANGING THE WORLD AND HOW WE INTERACT THIS YEAR. PEOPLE ARE OFF SCHOOL AND WORK AND THINGS ARE RATHER TOPSY TURVY.

ALTHOUGH WE DON'T KNOW HOW THINGS WILL BE FROM ONE DAY OR MONTH TO THE NEXT, WHAT WE DO KNOW IS THAT WE HAVE SEEN A FLOOD OF **CHESSED** AND **AHAVAT CHINAM** IN RESPONSE - WE ARE SURE THAT GOD IS VERY PROUD!



HERE ARE SOME OF OUR FAVOURITES...

NO, WE HAVEN'T MET, BUT I'M CALLING FROM YOUR LOCAL SHUL. I JUST WANTED TO CHECK IF YOU'RE OK AND IF I CAN GET ANY SHOPPING FOR YOU. DO YOU NEED HELP WITH ANYTHING?



Page Editor: Rabbi Nicky Goldmeier Writer: Shira Chalk Cartoonist: Paul Solomons © Tribe 2020. All Rights Reserved.



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.

# Recipe of the week

## Chocolate Krispie Cakes

Children should be supervised at all times whilst making this recipe



Preparation time 15 – 20 minutes

### What you'll need

- 60g/ 2oz unsalted butter
- 3 table spoons golden syrup
- 1 x 100g bar milk or dark chocolate
- 90g/ 3oz Rice Krispies

### How to make them

1. **Adult** - Melt the chocolate in small bursts in the microwave or over a bain marie (in a bowl over a saucepan of simmering water)
2. **Adult & Child** - Add the butter, cut into small pieces,
3. **Adult & Child** - stir in until melted
4. **Adult & Child** - Add the syrup, stir
5. **Adult & Child** - Add the Rice Krispies and stir into the chocolate mix, gently
6. **Adult & Child** - Spoon in to 12 cake cases
7. Leave to cool

# Answer sheet

## Crossword Answers

### Across

- 4. Shemitta
- 6. Servants
- 7. Israel

### Down

- 1. Bechukotai
- 2. Mount Sinai
- 3. Yovel
- 5. Interest

## Number Quiz Answers

- |       |        |
|-------|--------|
| 1. 2  | 6. 12  |
| 2. 3  | 7. 13  |
| 3. 4  | 8. 8   |
| 4. 12 | 9. 7   |
| 5. 4  | 10. 50 |
|       | 11. 49 |

**Shabbat Shalom! From everyone at Tribe**



## Coming up....



## Friday 15<sup>th</sup> May – Storytime with Rabbi Eli

On Facebook live

## Sunday 17<sup>th</sup> May – Sunday morning Tribe Time

Zoom Meeting ID 840 7084 7215 / PW: 833283

## Thursday 21<sup>st</sup> May – Tales and Trivia

Zoom Meeting ID - 885 9840 0779 / PW - 925675