

## The Tribe Weekly Newsletter



### Chag Sameach

### Shavuot 2020-5780

Shavuot Times in London

1<sup>st</sup> day of Shavuot begins: 8.49pm on Thursday evening 28<sup>th</sup> May  
Shabbat and 2<sup>nd</sup> day of Shavuot ends: 10.09pm on Saturday evening 30<sup>th</sup> May

The holiday of Shavuot is the second of the three foot festivals of the year and is a two-day holiday outside the Land of Israel and lasts one day in Israel. It begins on the evening of 5<sup>th</sup> of the Hebrew month of Sivan and lasts until nightfall on the 7<sup>th</sup> of Sivan. In Israel, the festival ends at nightfall on the 6<sup>th</sup> of Sivan.

The word Shavuot means 'weeks', as we celebrate the completion of the seven-week Omer counting period between Pesach (Passover) and Shavuot.

Other names for the festival of Shavuot are Z'man Matan Torateinu (The time of the giving of our Torah), Chag Hakatzir (The Harvest Festival) and Chag HaBikkurim (The Festival of the First Fruits).

More than 3,300 years ago God gave the Torah to the Jewish people on Mount Sinai and every year on the festival of Shavuot we celebrate this momentous occasion and we renew our acceptance of this special gift. Shavuot also means 'oaths' as on this day God swore to the Jewish people that he would be devoted to them and in turn, the Jewish people promised to be loyal to God.

In the times of the Beit Mikdash (The Holy Temple), people would begin to bring their first and choicest fruits to Jerusalem, to show their gratitude to God for giving them their crop. These first fruit were called 'Bikkurim'.

There is a custom to stay up all night learning Torah on the first night of Shavuot and it is customary for men, women and children to hear the reading

of the Ten Commandments during the festival.

There is also a custom to eat dairy foods on Shavuot, such as cheese blintzes, quiches, cheese-cake etc. The Book of Ruth is read on Shavuot and many people have the custom to decorate their synagogues and homes with flowers and sweet-smelling plants because at the time of the giving of the Torah, flowers, plants and greenery appeared on Mount Sinai.

## Shavuot Medley

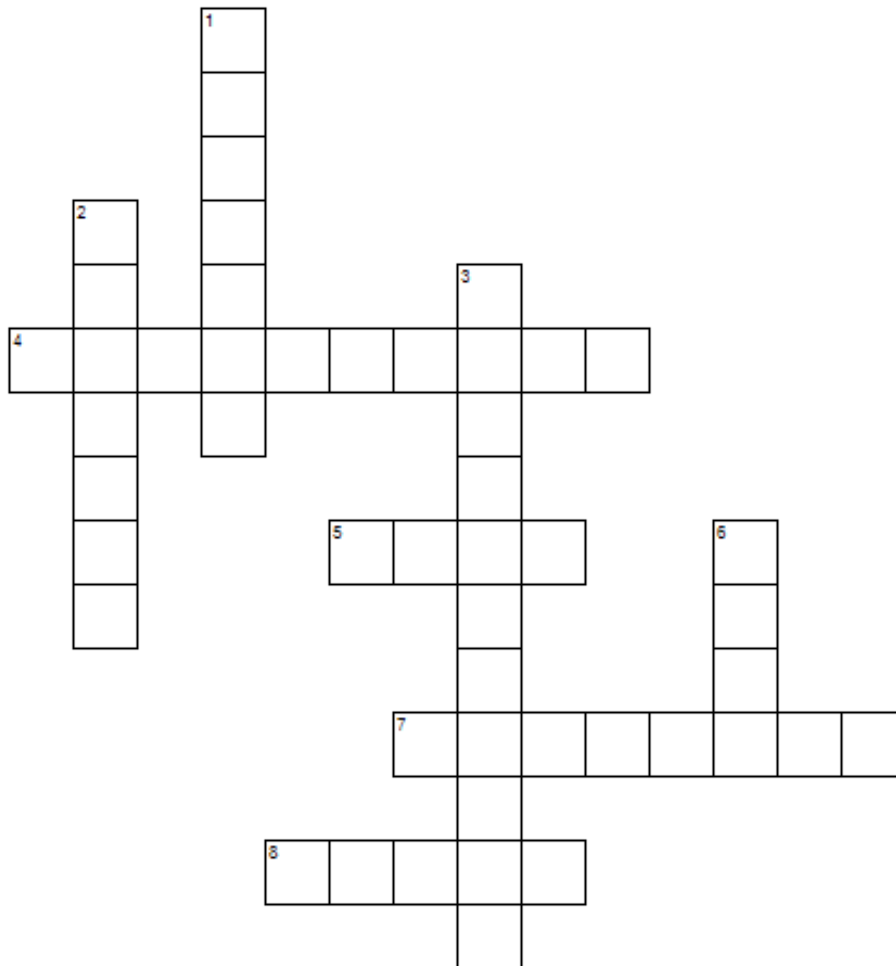
*Here is a link to a song and video for Shavuot which the whole family can enjoy before the festival begins.*

[https://www.youtube.com/watch?v=\\_2fuHZpLDfc](https://www.youtube.com/watch?v=_2fuHZpLDfc)



## Shavuot Crossword Challenge

(There will be a space on the crossword between any double-worded answer)



### Across

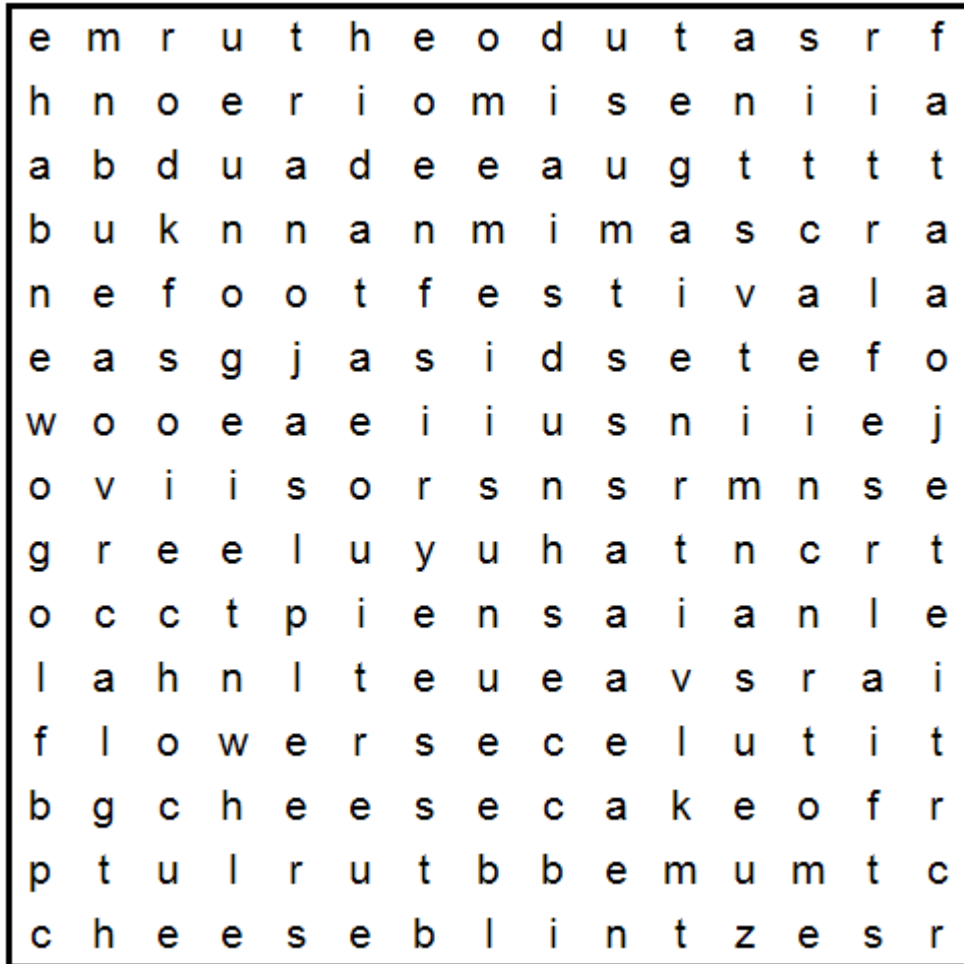
- 4. Category of food eaten on Shavuot
- 5. We read her book on Shavuot
- 7. Fruit brought to Jerusalem
- 8. Hebrew Month in which Shavuot falls

### Down

- 1. Were used to decorate Mount Sinai
- 2. Second of Three Foot Festivals
- 3. Jewish people stood around it to receive Torah
- 6. Count between Pesach and Shavuot

## Family Wordsearch Challenge!

You'll find all the words in the summary above



### Words to find

Ruth	Mountain	Foot festival	Cheesecake
Flowers	Cheese blintzes	Jerusalem	

## Recipe of the week

### Two-bite Chocolate and Cheesecake Cupcakes

#### Ingredients



#### For the Chocolate Cake Mixture:

- 1 1/2 cups sifted all-purpose flour
- 1 cup sugar
- 1/4 cup cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup water
- 1/3 cup oil, such as canola or grapeseed
- 1 tablespoon white vinegar

#### For the Vanilla Cheesecake Mixture:

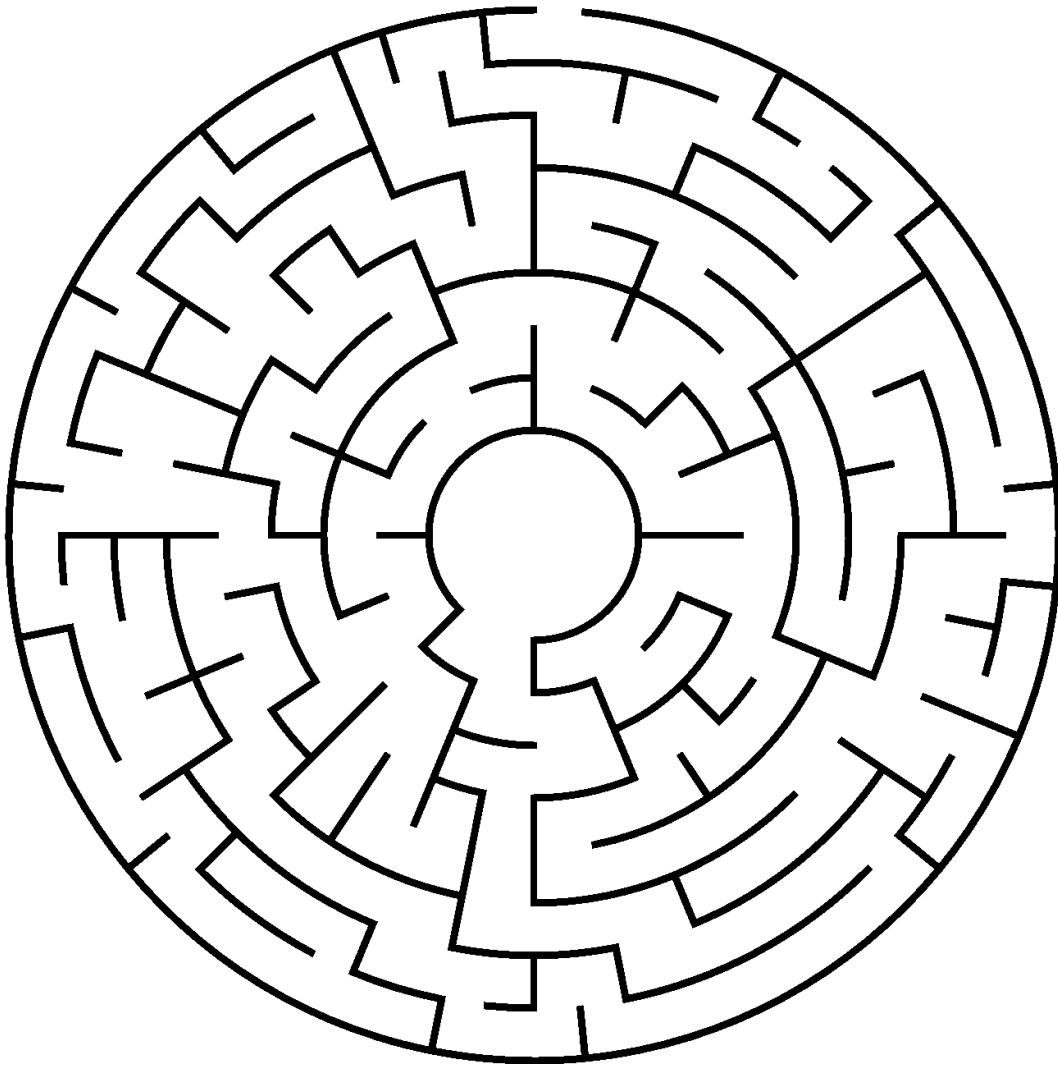
- 1 (8-ounce) package brick cream cheese, at room temperature
- 1 large egg
- 1/3 cup sugar
- 1 teaspoon vanilla
- 1 (12-ounce) bag mini chocolate chips

#### Steps to Make It

1. **Adult** - Preheat the oven to 350° F.
2. **Child** - Line two 24-cup mini muffin tins with paper liners.
3. **Adult and Child** - In a stand mixer or large bowl, whisk together the flour, sugar, cocoa, baking soda and salt. Add the water, oil, and vinegar, and mix just until smooth.
4. **Adult and Child** - In another large bowl, using clean beaters, beat together the cream cheese, egg, sugar, and vanilla until smooth. Fold in the mini chocolate chips.
5. **Adult and Child** - Fill the mini cupcake papers halfway with the chocolate mixture. Then spoon 1 teaspoon of the vanilla cheesecake mixture into the centre of each cup.
6. **Adult and Child** - Bake the Black Bottoms in the preheated oven for 20 minutes, or until the cakes are set and the cheesecake just begins to turn golden.
7. **Adult** - Cool in the pans on wire racks for 10 minutes, then remove from the pans and cool completely before storing in an airtight container. (Black Bottoms will keep for 2 days at room temperature. Well-wrapped, they also freeze beautifully for up to 3 months.)

## Shavuot Flower Maze

These flowers need to be planted in the centre of this Garden.  
Can you find your way through the maze to the middle?



## Story time for younger readers

We are told that Mount Sinai was chosen as the stage for the giving of the Torah, because it was most humble. When God asked the mountains in the region who wanted to have the Torah given on them, they all said, 'choose me, I'm the biggest and the best.' Except little Mount Sinai, who remained silent and humble and because of its humility, God chose Mount Sinai to be the stage of the giving of the Torah to the Jewish people.

### The Cloud who learned to be Humble

Once upon a time there lived a cloud who grew up over a very beautiful country. One day, she saw another much bigger cloud and she felt so jealous that the cloud decided she would get bigger and grow more. She had a plan; the rain water would never leave her and she would never start raining ever again.

Indeed, the cloud grew bigger, while her country was getting drier and drier. First, rivers dried up, then people, animals and plants were desperate for water and finally, the whole country became a desert. The cloud did not care much, but she also did not realize that by being over a desert there was no place where she could obtain new water to keep growing. So slowly, the cloud began to get smaller and smaller and was unable to do anything to stop it.

The cloud then realized her mistake and that her pride and selfishness were the cause of her vanishing. She realised that if she had been humble, these things would have never happened.

But just before evaporating completely, when she was just the size of a piece of cotton wool, the wind started blowing a gentle breeze. The cloud was so small and weighed so little that the wind took her far away, to a beautiful country, where once again she grew bigger and bigger and recovered her original size.

Having learned her lesson, the cloud remained humble and modest, but she became so generous when raining, that her new country became even greener and prettier. She was the happiest cloud in the world!

**THE TRIBE SCRIBE**

**SHAVUOT: SHABBAT POWER!**

TODAY IS **SHAVUOT**, WE CELEBRATE RECEIVING THE **TORAH AT MT. SINAI**. IN ONE OF THE MOST DRAMATIC EVENTS OF OUR HISTORY, GOD GAVE THE **TEN COMMANDMENTS** TO THE JEWISH PEOPLE.

ONE OF THOSE **COMMANDMENTS** IS TO KEEP **SHABBAT**. THIS YEAR **SHAVUOT** FALLS ON **SHABBAT** SO IT'S A **DOUBLE SHABBAT SHEBANG!** CHECK OUT THIS AWESOME TRUE STORY ABOUT KEEPING **SHABBAT**.

Ken worked for a leading international financial company and work was always busy. Today was no different.

He had recently committed to keeping **Shabbat** and he needed to get home **before sunset**. But the minutes were ticking away, and the meeting was dragging on.

It was Friday afternoon, getting close to **Shabbat**. His meeting with the head of the company was definitely meant to be a quick one. But it was taking longer than he'd expected and Ken didn't know what to do.

AGENDA  
1. ---  
2. ---  
3. ---  
4. ---  
5. ---  
6. ---  
7. ---

SORRY BOSS, I HAVE TO GO NOW. I AM A **SHABBAT OBSERVANT JEW** AND I NEED TO GET HOME **BEFORE SUNSET**.

What to do? To walk out in the middle of such an important meeting could cost him his job. But if he stayed, he wouldn't get home in time for **Shabbat**.

Ken's new commitment was too precious to give up. He was relieved to get home in time for **Shabbat** but was sad that his career in the company was over.

But on Monday...

GOOD ON YOU KEN! I'M IMPRESSED THAT YOU HAD THE COURAGE TO STAND UP FOR SOMETHING YOU BELIEVE IN. WE NEED MORE PEOPLE LIKE YOU IN OUR COMPANY.

KEN WON THE RESPECT OF HIS BOSS BUT THAT WASN'T THE ONLY THING HE WON. THAT DAY, HE REALISED HE HAD A MORE IMPORTANT 'BOSS' TO ANSWER TO, AND THAT GAVE HIM A NEW CONFIDENCE TO STAND UP TO ANYONE IN THE WORLD!

KEN WAS EMPOWERED BY THE **MITZVAH OF SHABBAT** AND INSTEAD OF LOSING, HE CAME OUT A **DOUBLE WINNER**.

**SHABBAT SHALOM & CHAG SAMEACH!**

**tribe**  
www.tribeuk.com

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.

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



# Chag Sameach! From everyone at Tribe

## Answers to word games

### Shavuot Crossword Challenge

#### Across

- 4. Dairy Food
- 5. Ruth
- 7. Bikkurim
- 8. Sivan

#### Down

- 1. Flowers
- 2. Shavuot
- 3. Mount Sinai
- 6. Omer

### Family Wordsearch Challenge

