

The Tribe Weekly Newsletter



This week's parashot are Tazria and Metzora

Shabbat Times in London

Shabbat begins: 7.58pm

Shabbat ends: 9.06pm

This week there are two Parashot (Weekly Torah Portions). They are Tazria and Metzora and they discuss the laws of spiritual purity and impurity.

The Parashot (Weekly Torah Portions) then remind us about the command for every Jewish baby boy to be circumcised on the eighth day after they are born.

The Parashot (Weekly Torah Portions) continue by telling us about Tzaraat (similar to leprosy), a spiritual ailment which appeared on a person's house, clothing or on themselves if they spoke Lashon Hara (Evil gossip). If different coloured patches appeared on a person's skin, s/he was sent outside the camp of Israel for seven days, after which a Cohen (Priest) would inspect it. (By being alone for a period of time, it would remind the person how wrong it is to gossip about others). Looking at the size of the affected area, the Cohen (Priest) would then be able to decide whether that person was now Tahor (Spiritually pure) or Tamei (Spiritually impure). If it was the latter, then the person had to stay outside the camp for a further seven days.

When the Metzora (the person with Tzaraat) was completely healed, s/he was purified by the Cohen (Priest) with a special ceremony involving two birds, water in an earthenware jug, a piece of cedar wood, a scarlet thread and hyssop.

This week, on Tuesday 28th April (4th Iyar) it is Yom Hazikaron which is the national remembrance day observed in Israel for all Israeli military personnel who lost their lives in the struggle that led to the establishment of Medinat

Yisrael (The State of Israel) and for those soldiers and civilians who have been killed subsequently.

On the following day, 29th April (5th Iyar) it is Yom Ha'atmaut, Israel's Independence Day, celebrating the Israeli Declaration of Independence in 1948. Both Yom Hazikaron and Yom Haatzmaut are commemorated and celebrated in Jewish communities across the world and of course, in Israel. This year, we are celebrating 72 years since the establishment of the modern State of Israel in 1948.

Song for Yom Ha'atzmaut

Here is a link to a song you can play on Yom Ha'atmaut, which you can sing and dance to as a whole household.


Chai - Ofra Haza Hologram and Sarit Hadad – Chai!

<https://www.youtube.com/watch?v=LyuiqDgWI1A&feature=youtu.be>



Story – The potion of life!

(Use the Pictures to help tell the Story) You can use the key at the bottom to help

Almost 2000 years ago, there lived a famous  called Yannai who was a good and righteous man.

One day  Yannai went to the  and while he was

buying things for himself and his family, he noticed a 

walking through the  chanting, 'who will buy the



of life.'



Yannai approached the



and asked him to reveal

his secret



for a long life. The



refused, but



Yannai persisted. Finally, the



responded, 'you

don't need any special potions. The



to a long and good life

is guarding your



from speaking bad...'

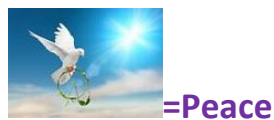
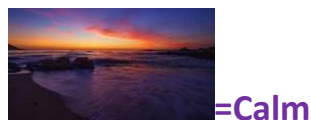
Now Rabbi Yannai truly understood what the  had been

saying. If we keep far away from  badly about someone
and if we keep away from arguments, then we have a better chance

of living a  er, more  ful and therefore much








 life. 'That indeed,' said  Yannai, 'is the 
of life.'

KEY



Test Your Knowledge About Israel! Join up the Famous Place Names to the Correct Picture.

(The answers are at the end of the newsletter)

1.		Tzefat
2.		Galilee
3.		The Kotel
4.		The Knesset
5.		Tel Aviv
6.		Masada
7.		The Dead Sea

Learn some Hebrew words

Dakah	Minute
La'asot	To do
Yachol	Can
Karov	Near
Rachok	Far
Same'ach	Happy



THE TRIBE SCRIBE

YOM HAZIKARON: TIME TO REMEMBER!



THIS WEEK IS **YOM HAZIKARON** - ISRAEL'S MEMORIAL DAY. **YOM HAZIKARON** IS A TIME TO REMEMBER BOTH THE SOLDIERS WHO HAVE GIVEN THEIR LIVES FOR ISRAEL AND THE VICTIMS OF TERROR.

NOVEMBER 2015 WAS A TRAGIC TIME FOR THE **LITMAN** FAMILY. **SARAH LITMAN** WAS ABOUT TO GET MARRIED AND HER FATHER, **RABBI YAAKOV**, AND BROTHER, **NETANEL**, WERE ON THEIR WAY TO CELEBRATE THE **AUFRUF** WITH HER **CHATAN ARON BIEGEL**. SADLY, THEY WERE ATTACKED BY TERRORISTS AND KILLED. MANY FAMILY MEMBERS WERE ALSO INJURED.



Instead of celebrating her wedding, **Sarah Litman**, the bride, and her family were in mourning - sitting **Shiva** for her father and brother.

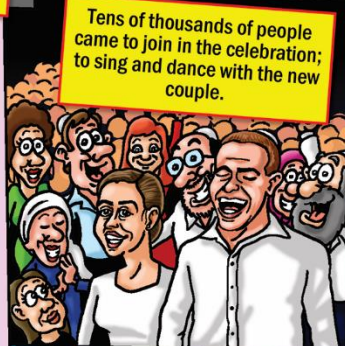
TONIGHT, INSTEAD OF WEARING MY WEDDING DRESS, I AM SITTING ON A LOW CHAIR WEARING TORN CLOTHES. BUT VERY SOON, WE WILL MARRY IN A LARGE AND HAPPY WEDDING. WE WILL GO ON TO BE HAPPY AS **ABBA** AND **NETANEL** ALWAYS WERE. WE WILL NOT BE CRUSHED.



And that's what happened! **Sarah** and **Aron** decided to invite the entire Jewish people to their wedding the following week - sending out an invitation to the public.

Don't make our enemies happy. We fell, but we got up.
With God's help, our wedding will take place next
Thursday, 26 November, 14 Kislev
at Binyanei Hauma in Jerusalem.
The Nation of Israel is invited to get up from the dust
and rejoice with us.

Sarah Techiya and Ariel



Tens of thousands of people came to join in the celebration; to sing and dance with the new couple.



SARAH AND **ARON** LED BY EXAMPLE, SHOWING HOW TIME AND AGAIN, THE JEWISH PEOPLE HAVE ALWAYS HAD THE COURAGE TO MOVE PAST CHALLENGES AND BECOME STRONGER TOGETHER.

AT THIS TIME OF **YOM HAZIKARON**, **SARAH** AND **ARON** REMIND US TO HONOUR THE MEMORY OF THOSE PEOPLE WHO ARE NO LONGER WITH US BY MAKING THEM PROUD AND MAKING THE WORLD A BETTER PLACE.



יהי זכרם ברוך

May their memories be a blessing.



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.

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Recipe of the week

Israeli Chocolate Cinnamon Rugelach Pastries

7 ounces	Butter
8 ounces	Cream Cheese
¼ cup	Sugar
1 teaspoon	Vanilla Extract
2 cups	All-Purpose Flour
1 tablespoon	Cocoa
1 tablespoon	Cinnamon
½ cup	Sugar
½ cup	Bitter-Sweet Chocolate (grated)
¼ cup	Butter (melted)
1	Egg
¼ cup	Sugar

Adult & Child: In a mixing bowl, cream the butter and cream cheese together. Add sugar and vanilla, and mix until smooth.

Adult & Child: Add flour and mix lightly.

Child: Place the dough in the fridge dough for just over an hour.

Adult: Preheat oven to 350 F.

Child: Divide the dough into four balls. On a floured surface, using a floured rolling pin, roll one ball out into a circle until about 1/8-inch thick.

Child: In a small bowl, mix together the cocoa, cinnamon, sugar, and grated chocolate.

Child: Spread some melted butter on the centre of the circle. Sprinkle the chocolate mixture on top.

Adult: Cut the pastry into pie-shaped wedges. For bite-size and nice looking rugelach, the thick end of the wedge should about an 1- to 1 1/2-inch wide.



Child & Adult: Start at the wide edge of the wedge and roll the dough up toward the point.



Child & Adult: Line a cookie sheet with parchment paper. Place each pastry, seam-side down, on the paper.



Child: Brush each pastry with the egg and sugar.

Adult: Bake for 20 to 25 minutes or until golden.



Answer Sheet

Join up the Famous Place Names to the Correct Picture.

1=The Kotel

2=Masada

3=The Dead Sea

4=Tel Aviv

5=Galilee

6=Tzefat

7=The Knesset

Shabbat Shalom! From everyone at Tribe