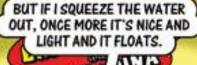
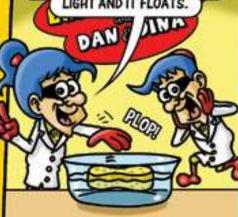


## THE TRIBE SCRIBE

ACHAREI MOT - KEDOSHIM: SCIENCE FACTI







ONE OF THE MITZVOT IN THE SECOND OF THIS WEEK'S PARASHIVOT, KEDOSHIM, IS NOT HOLDING A GRUDGE. BEARING A GRUDGE IS LIKE CARRYING A HEAVY LOAD ALONG. WHEN WE RESENT SOMEONE, IT MAKES US FEEL BURDENED AND LOW. LIKE THE HEAVY SPONGE FULL OF WATER...



...JUST LIKE WITH THE SPONGE, SQUEEZE OUT THE WATER AND THE HEAVINESS IS GONE. GET RID OF A GRUDGE AND YOU SQUEEZE OUT THE BURDEN, LEAVING YOU ABLE TO FLOAT THROUGH LIFE MORE POSITIVELY.



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.