

# THE TRIBE WEEKLY

PARASHAT NOACH

20-21 OCTOBER | 6 CHESHVAN

## Time to rest



**YY SPECTOR**

Tribe  
Fieldworker

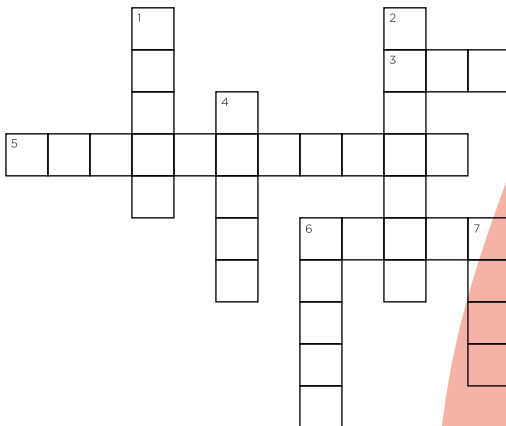
In this week's parasha, we read about the story of Noah's (Noah's) ark. Imagine you're just having a normal day and suddenly there's a massive flood and you have to quickly choose your favourite belongings and escape to a big boat that you will need to stay in for a very long time. At that point, you do not know for how long... It says in chapter 8, verse 4, *"And the ark came to rest in the seventh month, on the seventeenth day of the month, upon the mountains of Ararat."*

Seven is a significant number in Judaism. Maybe the fact that the ark came to rest in the seventh month is linked to us resting, stopping our work on the seventh day of the week - Shabbat. The name Noah actually means rest. Shabbat is an amazing gift given to us by God, an opportunity to stop, reflect and pause from our work, a time to connect with family, friends and ourselves.

One of the Shabbat *zemirot* (songs) we sing on Shabbat day has the chorus: *"Yona matza bo manoach, vesham yanuchu yegiyei koach"* – "On it the dove found rest, and there the exhausted shall rest." This alludes to the dove being sent out by Noah to see if the flood was over and peace was once again on the land.

God commanded Noah to leave the ark and promised that a flood would never again be sent to destroy the world. This promise is symbolised by the rainbow. In chapter 9, verse 13, God tells us, *"I have set my rainbow in the cloud and it shall be a sign of the covenant between Me and the earth."* Rabbi Samson Raphael Hirsch (1808-1888) says this is an eternal sign that, no matter how dark the future may seem, God will ultimately lead us to our goal. It is comforting to know this, but we too need to look after our world and seek out opportunities to help one another. Shabbat is a good time to stop and make sure we are on the right track and happy with where we are going in life.

## Parasha Crossword



### ACROSS

- 3. Floats on water
- 5. Grandparent to parent to child
- 6. You get VERY wet

### DOWN

- 1. H<sub>2</sub>O
- 2. Colourful
- 4. First bird sent out
- 6. Number of days and nights of rain
- 7. Bird of peace