

The Tribe Weekly Newsletter



This Week's Parasha is Eikev

Shabbat Times in London

Shabbat begins: 8.24pm

Shabbat ends: 9.31pm

In this week's Parasha (Weekly Torah portion), Eikev, Moshe (Moses) continued to address the Children of Israel, assuring them that if they follow the Mitzvot (Commandments) of the Torah, they would have no need to fear the Canaanites and they would conquer and settle in the Land, with God as their protector.

Moshe (Moses) described the richness of the Land of Israel, including the seven varieties of fruit/grain (Shivat Haminim); wheat, barley, grapes, figs, pomegranates, olives and dates).

Moshe (Moses) then reminded the people of their acts of rebellion during their forty years in the Wilderness. He reminded them how they had worshipped the Golden Calf when they thought Moshe (Moses) would not return from the top of the mountain. Moshe (Moses) also reminded them of the rebellion of Korach, the sin of the spies and when they made God angry at different places, namely; Taveirah, Massah, Kivrot Hataavah and Kadesh Barneah.

But Moshe (Moses) also reminded the Children of Israel that God forgave them and gave them another chance with the second set of Luchot (Tablets of stone).

Moshe (Moses) told the Children of Israel that all the great events they had witnessed during their forty years in the Wilderness (the deliverance from Egypt, the splitting of the Red Sea, the miraculous punishment given to Korach and his rebellion, the Manna and the miraculous source of water), would ensure their observance of and commitment to all of God's laws.

Towards the end of the Parasha (Weekly Torah portion), Moshe (Moses) described the land of Israel as 'a land flowing with milk and honey'.

After this description of the Land of Israel, an important and familiar passage is written; the second paragraph of the Shema, which is said twice a day. The second paragraph of the Shema repeats the important Mitzvot (Commandments) set out in the first paragraph (see the Parasha of Vaetchanan) and explains the rewards for observing God's commandments and the effects of neglecting them.

Song - by Ahavat Yisrael boy's choir

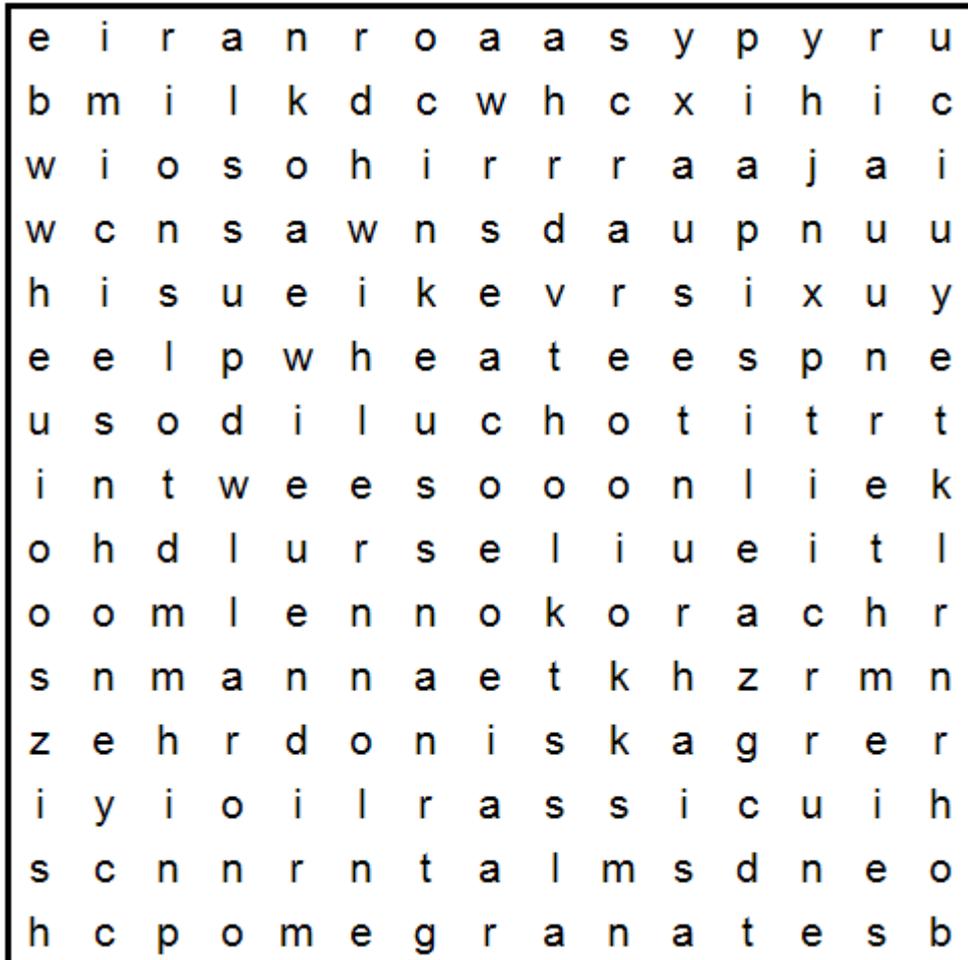
https://www.youtube.com/watch?v=GwLiUm9_Nv8

Here is a link to a song which the whole family can enjoy before Shabbat. It is about the Shivat Haminim (7 Species) and the Land of Israel.



Parasha Wordsearch Challenge

All the words have been taken from the Parasha overview above



Eikev, Honey, Korach, Luchot, Manna, Milk, Pomegranates, Spies, Wheat, Wilderness

Unscramble These Words From The Parasha

use the clues to help you

1. AACNATSEIS



2. YBELAR



3. EGRSPA



4. KMLI AND NHEYO



5. MAHES



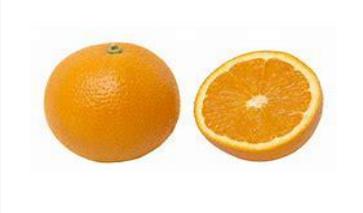
6. YOFTR AYESR



The Shivat Haminim

The Seven Species of Israel

See if you can spot the fruit which are NOT one of the 7 Species of Israel. (You can use the Parasha overview to help)

 <p>1.</p>	 <p>2.</p>	 <p>3.</p>
 <p>4.</p>	 <p>5.</p>	 <p>6.</p>
 <p>7.</p>	 <p>8.</p>	 <p>9.</p>
 <p>10.</p>	 <p>11.</p>	 <p>12.</p>

Recipe of the Week

EASY HEALTHY CHOCOLATE CHIP BANANA OAT MUFFINS

Ingredients

- 3 cups rolled oats
- 3 eggs
- 3 large bananas
- 2 tsp baking powder
- pinch of salt
- 1 tbsp sweetener of your choice
- ½ tsp cinnamon
- ¾ cup milk almond/coconut milk can be substituted
- 2 tbsp oil canola/vegetable/coconut
- 1 cup chocolate chips



Instructions

- **Adult** - Pre-heat the oven to 180°C/350°F
- **Adult and Child** - Line a muffin pan with muffin cases.
- **Adult and Child** - Combine all the ingredients (except for the chocolate chips) in the jug of a powerful blender, starting with the liquids to ensure easier blending.
- **Adult and Child** - Blend until smooth. For a smoother result, first blend/process the oats to a flour before blending with the remaining ingredients.
- **Adult and Child** - Stir the chocolate chips into the batter then transfer to muffin cases.
- **Adult** - Place the muffin trays into the oven and bake for 15-20 minutes or until a skewer inserted comes out clean.
- **Adult** - Remove the muffins from the oven and allow to cool completely before serving.
- **Please note** - These muffins will last for 3-5 days if kept in an airtight container at room temperature.

Story

Fingers and thumbs should ALWAYS work together

This week's Parasha (Weekly Torah portion) tells us that Moshe (Moses) reminded the Children of Israel that God forgave them and gave them another chance with the second set of Luchot (Tablets of stone). Here's a story about the importance of forgiveness – use the pictures to help tell the story!

There was once a  whose  were great friends. The  and  got along really well! One day, the owner of this  started a new job as a , which involved him hammering and sawing and cutting. Now the owner of this  tried to be extremely careful when he used his tools, but despite the care he gave the , the  always came off worse, with lots of cuts and bruises.

At first, the  asked the  's forgiveness for their clumsiness, and the  did indeed forgive them. However, this happened so many times that, one day, the  decided that he wasn't going to forgive the  any more. He stretched himself away from the  and wanted nothing to do with them.

At first, the  looked dignified, straight and tall. However, that kind of

position made the  look ridiculous. The owner of the  had to even

keep it in his , where the fingers sat in darkness, not able to see anything!

Finally, the  understood that it had all been his fault and he asked the

 ' forgiveness, afraid that that they wouldn't like him anymore.

To the  's joy, the  easily forgave him, because they - better than anyone - knew that we all make mistakes. Friends once again, all five of them

worked together to prove to the  that they were perfectly well again.

Before long, they returned to the light again, this time well aware that they should always forgive each other and avoid ending up inside a gloomy and dark



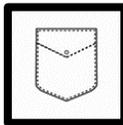
Fingers



Carpenter



Thumb



Pocket



Hand



THE TRIBE SCRIBE

EIKEY: EATING, DRINKING AND THANKING!

IN THIS WEEK'S PARASHA WE FIND THE FAMOUS VERSE: **V'ACHALTA, V'SAVATA UVEIRACHTA** - YOU SHOULD EAT, BE SATISFIED AND BLESS GOD.

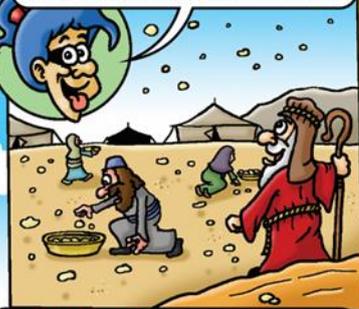


THIS IS THE MITZVAH OF BIRKAT HAMAZON AKA BENSCHING AKA GRACE AFTER MEALS.

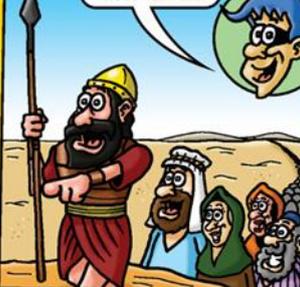
DID YOU KNOW THAT THERE ARE **FOUR** MAIN BRACHOT OF BENSCHING.



THE **FIRST BRACHA** THANKS GOD FOR THE YUMMY FOOD THAT WE HAVE JUST EATEN. IT WAS AUTHORED BY **MOSHE** WHEN THE **MANNA** FELL IN THE DESERT.



THE **SECOND BRACHA** THANKS GOD FOR GIVING US THE **LAND OF ISRAEL**. IT WAS FORMULATED BY **JOSHUA** WHEN HE LED THE JEWISH PEOPLE INTO ISRAEL.



THE **THIRD BRACHA** EXPRESSES OUR DESIRE TO REBUILD **JERUSALEM**. IT WAS COMPOSED BY **KINGS DAVID** AND **SOLOMON** AT VARIOUS STAGES OF BUILDING **JERUSALEM**.

THE **FOURTH BRACHA** THANKS GOD FOR HIS GOODNESS TO ALL CREATURES. IT WAS WRITTEN AFTER THE JEWS WHO HAD BEEN KILLED IN THE ROMAN BATTLE AT **BEITAR** WERE FINALLY ALLOWED TO BE BURIED AFTER MANY YEARS. THIS BROUGHT CLOSURE TO THEIR FAMILIES. THE RABBIS UNDERSTOOD THAT EMOTIONAL HEALING IS AS IMPORTANT AS FOOD AND DRINK AND INCLUDED THIS **BRACHA** AS PART OF **BIRKAT HAMAZON**.



DID YOU KNOW? BENSCHING CAN BE FOUND ON **PAGE 237** OF THE **TRIBE SHEVET ASHER SIDDUR** AND ALSO IN **BENSCH AND SING**.



WHAT BLESSING DO YOU SAY WHEN SHOPPING ONLINE?



TRIBE COMEDY CLUB



BIRKAT 'AMAZON!

Page Editor: Rabbi Nicky Goldmeier Writer: Shira Chalk Cartoonist: Paul Solomons

©Tribe 2020. All Rights Reserved.



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.

