

The Tribe Weekly Newsletter



This week's parasha is Nasso

Shabbat Times in London

Shabbat begins: 8.58pm

Shabbat ends: 10.18pm

In this week's Parasha (Weekly Torah portion) the headcount of the Children of Israel which had been taken in the Sinai Desert was completed.

A total of 8,580 men from the tribe of Levi, between the ages of 30 and 50 were counted. These people were the ones who carried the Mishkan (Tabernacle) while it was being transported from one place to another while the Children of Israel were in the wilderness.

God communicated various laws to Moshe (Moses), included in which was the law of the Nazir (Nazarite). The Nazir (Nazarite) was one who voluntarily took a vow to become completely consecrated to the service of God for a stipulated length of time. The Nazir (Nazarite) was obliged to abstain from wine and strong drink which comes from grapes. He also let his hair grow long and was to avoid coming in to contact with a dead body. When it was time for the Nazir (Nazarite) to return to normal life, he went to the Cohen (Priest), who performed various ceremonies.

Aharon (Aaron) and his descendants, the Cohanim (Priests), were directed to use a specific series of blessings for the Children of Israel. The words of these blessings are; 'May the Lord bless you and protect you. May the Lord make His face shine upon you and be gracious to you. May the Lord turn His face to you and give you peace.' This blessing is commonly used nowadays by Cohanim (Priests) to bless the people, parents on a Friday night to bless their children,

by a Rabbi to bless boys and girls at their bar or bat Mitzvah and it is also said every morning as part of our prayer service.

The Mishkan (Tabernacle) had been set up and dedicated on the first day of the month of Nissan in the second year after the exodus from Egypt. The leader of each of the twelve tribes jointly presented a gift of six wagons and twelve oxen for the transport of the Mishkan (Tabernacle) and its contents.

At the end of the Parasha (Weekly Torah portion) we are told that each leader brought identical gifts of gold and silver vessels, animals for offerings and meal offerings for twelve successive days.

Song for Friday evening

Here is a link to a song you can play on Friday evening before the commencement of Shabbat, which is a prayer parents often give to their children.

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

Sung by Uziah and Ohad



Story

Who is Truly Rich! – (Use the Pictures to help tell the Story) You can use the key at the bottom to help

In this week's Parasha (Torah portion) we are told that the blessings given to the Jewish people by the Cohanim (Priests) included blessings of wealth. Here is a story that teaches us the meaning of true wealth!

There was once a  named Eli. Eli was the most amazing  and would use his skills to create the most wonderful models which he cut out of the rocks at the foot of a mountain.

Eli was quite happy being a , until one day he noticed a very 

 passing him. The  wasn't alone; he had a whole procession of people with him. There were servants, horses and the most beautiful wagons you have ever seen in your life. But the thing that most caught Eli's eye was the splendid

 woollen cloak the  had draped over himself. Eli thought that the best thing

to be in the whole wide world was the . He didn't want to be the 

anymore, he wanted to be the . Little did Eli realise that this was his day of

grace, when anything he wished for would come true! So, Eli became the .



Eli loved being the  , wearing that thick woollen cloak. He loved people looking at him. It was all great, until one summers day Eli felt hot; very, very hot.



He wanted to take his cloak off, but he just couldn't. After all, he was the



and his cloak made him feel important. Eli looked up at the  beating



down on him and thought that if the  can make him feel this way then



the best thing to be in the whole wide world must be the  . So, Eli



became the  and he loved it.

He would shine strong and he would shine soft. He would rise every morning



and set every evening. Eli loved being the  .



But one day, a  stopped right in front of him and wouldn't let him



shine. Then another  and another, until he felt completely blocked



out. Eli thought, if the  can block the sun, then the  must



be the best thing to be in the whole wide world. So, Eli became a  and he loved it. He could rain on people who had forgotten their coats and he



could rain hard or rain lightly. It was great being a  .



Eli thought that being a  really must be the best thing to be, until one day whilst trying to rain on the land, he seemed to be shoved along and try

as he might, he was unable to rain. The  was pushing him here and there and he just couldn't stay still for a moment. So, Eli thought that the best

thing to be in the whole wide world must be the .

So, yes, you've guessed it, Eli became the  and he loved it. He could blow soft and he could blow hard. He would see someone wearing a hat and blow so hard that the hat would go flying off and the person would have to run after it!

Until one day, Eli (as the wind) felt like he had hit a brick wall. He went backwards to try again, but this thing in front of him was just too hard and too

tall to get through. Eli looked up and there was a tall . Eli thought, if I

can't get over this , then the mountain must be the best thing to be in

the whole world. So Eli became the .

Wow, he thought, this must really be the best thing to be in the whole wide world. He felt strong and he felt proud and he could see for miles and miles.

Until one day, he felt a pain in his side. It wasn't a bad pain but it was a constant ache. A bit like a tummy ache.

Eli looked down and saw a  with a hammer and a chisel, cutting away at him. Eli thought, if this person is making me so miserable with the constant

banging and hammering in my side, then the  must be the best thing to be in the whole wide world.

So Eli became the , just as he had started!!!! He had learned to always be happy with what you have and who you are. That is TRUE WEALTH!!

Key:

 The Stonecutter	 The Wealthy man	 The Sun
 The Cloud	 The Wind	 The Mountain

Unscramble These Words From The Parasha

(use the picture clues to help you)

ZIRNA



SGERPA



GSBSSLINES



XSI AGWNSO



EWVTEL EXNO



EDLRAE



LVISRE SVLSESE



LGDO LVEESSS



Recipe of the week

Milky Child-Friendly Pancakes



Ingredients

100 grams	Plain Flour
add pinch	Salt
1	Large Egg
300 ml	Semi-Skimmed Milk
2 tablespoons	Sunflower Oil

First decide on your filling – and prepare it.

- **CHILD: Orange – Drizzle** - a little freshly squeezed orange juice over the pancake and then sprinkle with some caster sugar.
- **ADULT: Chocolate sauce with banana** – Break 100g of Dark Chocolate into squares and put in a small pan with 75ml water and 1 tbsp golden syrup. Heat slowly, stirring often, until completely melted. Simmer for a few minutes. Slice 3 bananas and add to the chocolate mix and combine.
- **ADULT and CHILD: Banana and lemon** – Mix 250g of Greek Style Natural Yoghurt with 4 tbsp of Lemon/Lime Curd. Slice 3 bananas and add to the yoghurt mix and combine.

Now make the pancakes.

- **ADULT and CHILD:** Sift the flour into a large bowl with the salt. Make a hole in the centre and add the egg. Add a dash of milk and mix with a wire whisk to make a thick batter.
- **ADULT and CHILD:** Gradually whisk in the rest of the milk to make a thinner batter. Pour the batter through the sieve into a jug or bowl so that you get rid of any lumps of flour.
- **ADULT ONLY!** Pour enough oil into a small non-stick frying pan to just coat the base and heat until it is very hot. Pour the oil into a small bowl and keep so you can oil the pan again later.

- **ADULT ONLY!** Put the pan back over a medium heat and pour in just enough batter to thinly coat the base (either from a jug or with a ladle), tilting the pan to make sure the batter goes right to the edges. Cook for 1-2 minutes until the underside is coloured (lift the edge with a round-blade knife to see). Be careful not to touch the rim of the hot pan or the cooker.
- **ADULT ONLY!** Using a spatula, turn the pancake so that it is the other way up. Cook for another minute, then slide the pancake on to a plate.
- **ADULT ONLY!** Repeat with the rest of the batter to make 8 pancakes. If you have a new non-stick pan you may not need to grease it again, but if you do, rub the pan with some kitchen paper, dipped in some of the reserved oil.
- **CHILD:** When you have finished cooking your pancakes, put a little filling on each pancake and serve French crêpe style, folded up into quarters, or roll up to eat. Either way, they should taste simply delicious!

THE TRIBE SCRIBE

NASSO: A PIECE ON PEACE!

REMEMBER SUSIE AND JOE? SUSIE AND JOE HAD EVERYTHING MONEY COULD BUY, BUT THEY WEREN'T HAPPY. THEY WERE CONSTANTLY BICKERING...

SHE'S GOT MY DOLPHIN!

JOE'S RIDING MY PONY!

IT'S MINE!!!

THIS WEEK'S PARASHA FEATURES BIRKAT COHANIM - THE SPECIAL BLESSING THAT COHANIM GIVE TO THE JEWISH PEOPLE.

BIRKAT COHANIM DESCRIBES MANY WONDERFUL BLESSINGS THAT GOD WILL GIVE TO THE JEWISH PEOPLE INCLUDING THE ULTIMATE BRACHA, OF SHALOM - PEACE.

IF YOU HAVE PEACE, YOU HAVE IT ALL! WITHOUT SHALOM, YOU CANNOT ENJOY THE BLESSINGS THAT YOU HAVE. BUT WHEN PEACE IS IN THE PICTURE, EVERYTHING IS BETTER. WE USE THE WORD SHALOM AS BOTH A GREETING AND A BLESSING.

JUST ASK SUSIE AND JOE! WHEN THEY FINALLY LEARNED TO MAKE PEACE WITH EACH OTHER THEY DISCOVERED THAT NOT ONLY WERE THEY BLESSED WITH FANTASTIC STUFF, BUT THEY REALLY ENJOYED HANGING OUT WITH EACH OTHER TOO!

SHABBAT SHALOM!

tribe

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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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Answer Sheet

Unscramble Words Activity

Nazir,

Grapes

Blessings

Six Wagons

Twelve Oxen

Leader

Silver Vessels

Gold Vessels

Shabbat Shalom! From everyone at Tribe