



# THE TRIBE SCRIBE

TERUMAH: THOUGHT FOR FOOD!

THIS WEEK'S **PARASHA** DESCRIBES THE GLORIOUS VESSELS IN THE **MISHKAN** - THE TABERNACLE - AND HOW THEY WERE CONSTRUCTED. NOWADAYS, WE DON'T HAVE A **MISHKAN** OR TEMPLE AND WE DON'T BRING OFFERINGS, BUT WE STILL HAVE MANY WAYS OF COMING CLOSE TO GOD.



Our Rabbis teach us - **Shulchan Domeh laMizbeach** - the table is compared to an altar.

NOW THAT SEEMED PRETTY STRANGE TO ME, BUT WHEN I FOUND OUT MORE ABOUT IT, IT MADE A LOT OF SENSE.



THE **TORAH** GIVES US PLENTY OF **FOOD FOR THOUGHT** ABOUT THE IDEAL WAY TO ENJOY OUR FOOD. IT SHOWS US THAT THIS EVERYDAY ASPECT OF OUR LIVES CAN BE A WAY OF COMING CLOSER TO GOD. IF WE SEE OUR DINNER TABLE AS AN IMPORTANT PLACE, IT MAKES US THINK DIFFERENTLY ABOUT OUR MEALS.

HERE ARE SOME **TORAH** DINNER TIME RECOMMENDATIONS - TRY NOT TO MAKE A MEAL OUT OF IT...



**Respect your food!** Appreciate that you are lucky enough to have yummy food to eat. That someone took the time to prepare it for you. Let's leave the food fights, and chucking most of your plate in the bin.



**Be mindful!** Sit down and enjoy the food you have to eat! It's much more satisfying than eating on the run, being on your phone, or your Xbox.

**Bring on the Berachot!** Whenever we eat, we have the opportunity to make a **Beracha** - a blessing. Saying a **Beracha** is not only asking 'permission' from the Owner (that's God), but also taking the time to acknowledge and thank God for the journey of the food in front of us. How did this delicious bread get here? A farmer took the time to plough and sow his fields, God sent the rain, the crops grew and were harvested. Next someone ground the flour, drove it to the bakery and lots of hard work later, behold mouth-watering bread! What about the soup? The fruit? My bowl of cereal? Everything we eat has a story behind it. \*The Berachot for food can be found on Page 247 in Tribe Shereit Asher Siddur.



WOAH! I NEVER KNEW EATING COULD FILL MY BRAIN UP TOO! WHEN WE TREAT OUR TABLE AS A **MIZBEACH** (ALTAR) WE END UP WITH SO MUCH MORE THAN A SATISFIED TUMMY! NOW THAT SOUNDS APPETISING... **B'TAYAVON!**



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