

## The Tribe Weekly Newsletter



### **This week's Parasha is Vaetchanan**

**Shabbat Times in London**

**Shabbat begins: 8.47pm**

**Shabbat ends: 9.58pm**

**This week's Parasha (Weekly Torah portion) is Vaetchanan and at the beginning of the Parasha (Weekly Torah portion) Moshe (Moses) told the Children of Israel how he had begged God to allow him to go into the Land of Israel. However, God did not go back on his decree and told Moshe (Moses) to go to the top of Mount Pisgah, where he could view the Promised Land. Yehoshua (Joshua) would assume the role of leader in the Land of Israel.**

**Moshe (Moses) described the Giving of the Torah with the people standing at the foot of Mount Horeb (Sinai), where they had heard the voice of God proclaim the Ten Commandments. God had not appeared in any shape or form and this would remind the Children of Israel that they must never have any graven images of any kind.**

**Moshe (Moses) then designated three cities to the east of the Jordan River as cities of refuge, for whoever killed someone accidentally.**

Moshe (Moses) repeated the Ten Commandments and reminded the people how they had been afraid of the wonders they had witnessed at Mount Sinai and how they had pleaded with Moshe (Moses) to speak to them in place of God. Moshe (Moses) then explained the verses of the first paragraph of the Shema, which declares the Oneness of God, to love God, to study and teach His Torah, to place Tefillin on our arms and heads, and write words of Torah on to Mezuzot (Doorposts) which should be put on the doors and gates of our homes.

Moshe (Moses) cautioned the people not to forget God even after they had settled in the Promised Land. He warned them to avoid all idol worship and future generations should be trained in God's commandments. God showed Israel His love by redeeming them from Egypt and it is their duty to reciprocate by observing God's commandments.

This Shabbat is called 'Shabbat Nachamu' ('Shabbat of comfort') and a special Haftara is read. This Haftara is the first of seven which offer the Jewish people comfort and hope following the three sad weeks, during which we remember the destruction of the Temples.

## Song to inspire!



*Here is a link to a song about lighting up the world together, which you can listen to before Shabbat and which the whole family can enjoy.*

Sarit Hadad – ‘Light a Candle’



<https://www.youtube.com/watch?v=7pZ6Z9Wm1Ac>



## Upside-Down Family Quiz! -

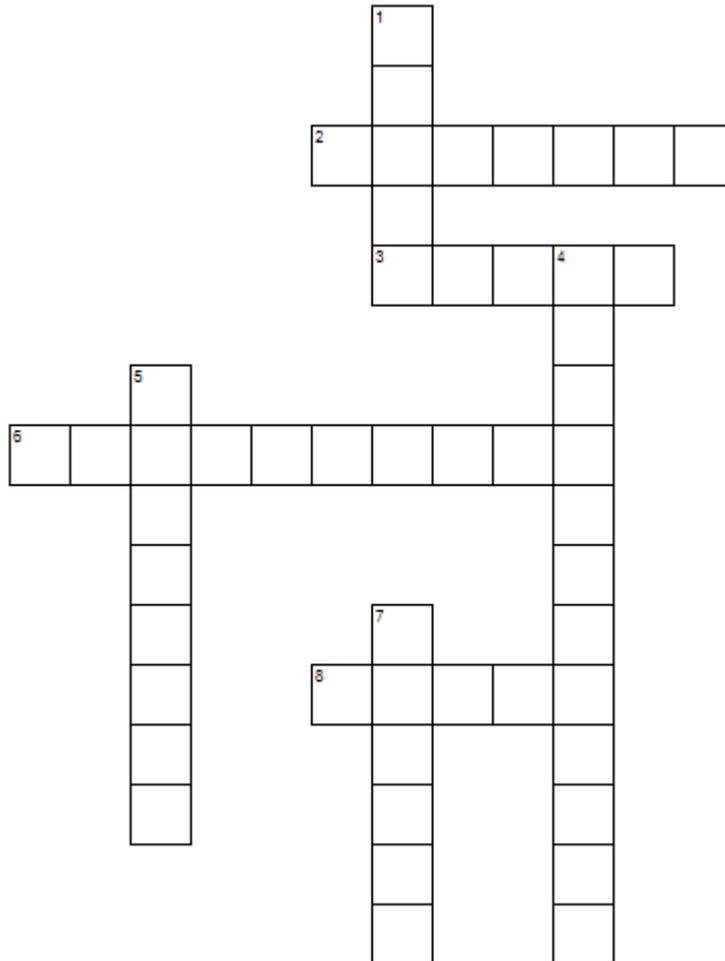
Based on the Parasha (Weekly Torah Portion)

This quiz is unusual because it gives you the answers and you have to work out the question! (Don't forget, there could be a number of possible questions for these answers)

1. Joshua
2. At the foot of Mount Horeb (Sinai)
3. 3 cities
4. The Children of Israel pleaded with Moshe (Moses) to speak to them in place of God.
5. The first paragraph of the Shema
6. On their arms and heads
7. On the door and gate posts of our homes
8. Not to forget God even after they had settled in the Land of Israel
9. Shabbat Nachamu
10. Comfort



## Parasha Crossword Challenge



### Across

- 2. meaning of Nachamu
- 3. prayer said twice a day
- 6. name of this week's Parasha
- 8. The people gathered at the bottom of...

### Down

- 1. warned not to serve them
- 4. Moses viewed the Land from there
- 5. worn on head and arm
- 7. there were three to the east

# A story about the Mezuzah



## **Onkeles and the Mezuzah**

*Onkeles the son of Kalonymos was a Roman who became Jewish during the Tannaic period, between the years 35 – 120 CE. He is the author of the famous Targum Onkeles, the Aramaic translation of the Torah which can be found in almost every Chumash.*

Onkeles was a close relative of the Roman Emperor and was not Jewish. He was attracted to the beautiful laws and customs of Judaism and decided that he would like to live his life as a Jew.

The Roman Emperor did not like his relatives' new found religion as it contradicted his own 'religion'. So, the Roman Emperor sent several groups of soldiers to Onkeles, demanding his return to Rome.

One group of soldiers were particularly determined to carry out the Emperor's wishes and when they arrived at Onkeles' house, they demanded that he accompany them to Rome.

As they were almost dragging him out of his house, Onkeles insisted that they stop. He went over to the doorpost of his house, raised his hand and placed it on a small box attached there. He then removed his hand and kissed it.

The soldiers looked at Onkeles in astonishment. Onkeles smiled. 'Do you see the difference between your human ruler, the Emperor and my God? A human emperor stays inside his house and guards stand outside to watch over him. But my God stays at the door of the house and guards all the people inside, protecting those who live inside the house.'

The soldiers heard Onkeles' dramatic words and according to the Talmud, they too saw the beauty of Judaism.

# The First Paragraph of the Shema

Match the correct words to the correct picture!

The first paragraph of the Shema appears in this week's Parasha (Weekly Torah portion) and includes 7 Mitzvot. Here is a list of those Mitzvot and see if you can match the correct picture to the correct Mitzvah.

<p>1. To Know that God is One</p>	<p>a. </p>
<p>2. To Love God</p>	<p>b. </p>
<p>3. To Teach and Learn the Torah</p>	<p>c. </p>
<p>4. To Recite the Shema twice each day</p>	<p>d. </p>
<p>5. To place Tefillin on your Arm</p>	<p>e. </p>
<p>6. To Place Tefillin on your Head</p>	<p>f. </p>
<p>7. To Place a Mezuzah on your Door and Gateposts</p>	<p>g. </p>

# Recipe of the week

## Easy Iced Buns



### Ingredients

- 500g white bread mix
- 100g cater sugar
- 1 egg
- 350g icing sugar
- Sprinkles

### Method

1. **Child and Adult** - Pulse together the bread mix and sugar in a food processor or table-top mixer. While the motor is running, add the egg and about 250-300ml lukewarm water, until a soft dough is formed.
2. **Child and Adult** - Knead on a lightly floured surface until smooth, about 5-10 mins. Leave in an oiled bowl, covered with oiled cling film, in a warm place until doubled in size – about 1 hour.
3. **Child and Adult** - Knock back dough by squashing with your fist and divide into 20 even-sized pieces – keep covered with a clean tea towel so they don't dry out. Shape each into a sausage and place on an oiled baking tray. Cover with oiled cling film and rise until doubled in size again.
4. **Adult** - Heat oven to 200C/180C fan/gas 6.
5. **Adult** - Remove film and cook buns on top shelf for 8-10 mins, until golden. Cool on a wire rack.
6. **Child and Adult** - To decorate, mix icing sugar with a little water until stiff but spreadable – add food colouring, if you like. Dip in the top of each bun and scatter with sprinkles.

# THE TRIBE SCRIBE

VAETCHANAN: SHEMA YISRAEL - HIDDEN MESSAGES!

THIS WEEK'S PARASHA CONTAINS THE FIRST PARAGRAPH OF THE SHEMA. WE ALL KNOW THAT THE SHEMA IS ONE OF THE CENTRAL PRAYERS.

IN FACT, IT IS OFTEN THE FIRST PRAYER WE TEACH TO CHILDREN. JEWISH PARENTS HAVE BEEN PUTTING THEIR LITTLE ONES TO SLEEP TO THE SOUND OF BEDTIME SHEMA FOR GENERATIONS. LET'S CHECK IT OUT...

HEY, THERE'S A MISTAKE IN MY SIDDUR! THE **ו** IN THE WORD **שְׁמַע** HAS COME OUT EXTRA BIG!

OH NO! MY SIDDUR HAS IT TOO! AND LOOK, THERE'S A LARGE **ת** AT THE END OF THE LINE!

DAN, DO YOU THINK THOSE BIG LETTERS MIGHT BE THERE ON PURPOSE?

YES, MAYBE IT'S A CLUE! PUT THE **ו** AND THE **ת** TOGETHER. WE GET **טו** - THE HEBREW WORD FOR WITNESS.

Rabbi Samson Raphael Hirsch explained that the two large letters of Shema form the word **טו** meaning witness.

\*Rabbi Hirsch, 1808-1888, lived in Germany and was the father of modern orthodoxy and Jewish Day Schools.

RABBI HIRSCH TAUGHT THAT WHEN WE SAY THE SHEMA, WE ARE LIVING PROOF OR WITNESS TO GOD'S PRESENCE AND KINGSHIP IN THE UNIVERSE. NOT ONLY FOR OURSELVES BUT FOR THE ENTIRE WORLD TOO.

\*The Shema can be found on page 21 in the Tribe Shevet Asher siddur.

SAYING THE SHEMA CAN GIVE US A HINT OF OUR TASK AS JEWS. EVERY DAY WHEN WE SAY THESE WORDS, WE REMIND OURSELVES ABOUT GOD AND OUR RELATIONSHIP WITH HIM AND BY THE WAY WE LEAD OUR LIVES WE CAN INSPIRE THE REST OF THE WORLD TO APPRECIATE THIS AS WELL.

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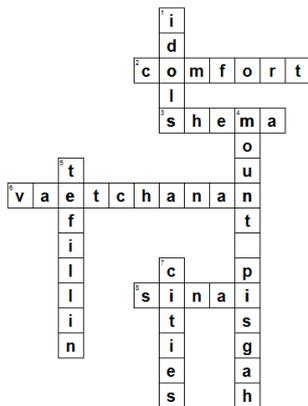
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# Answer Sheet

## Upside-down Quiz

1. Who would take over as the leader after Moshe (Moses) in the Land of Israel?
2. Where did the Children of Israel hear God proclaim the 10 Commandments?
3. How many cities did Moshe (Moses) designate to the east of the River Jordan?
4. What did the Children of Israel do when they became afraid of God's voice speaking to them?
5. Which paragraph of the Shema is written in this week's Parasha (Weekly Torah portion)?
6. Where do men and boys place their Tefillin?
7. Where are Mezuzot put?
8. What caution did Moshe (Moses) give to the Children of Israel?
9. What is the name of this week's special Shabbat?
10. What does the name of this week's special Shabbat mean?

## Parasha Crossword Challenge



The First Paragraph of the Shema – Match the correct words to the correct picture!

1d, 2e, 3a, 4c, 5g, 6b, 7f

Shabbat Shalom! From everyone at Tribe

