

# THE TRIBE WEEKLY

PARASHAT BEMIDBAR

19-20 MAY | 29 IYAR

## Attracting Kindness



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On the second night of Pesach, we begin counting the Omer for seven weeks, ending the day before we celebrate Shavuot.

This mitzvah is derived from the commandment to count 49 days from the day when an omer-measure of barley was offered in the Temple in Jerusalem, up until the day before an offering of wheat was brought in the Temple on Shavuot.

We count each day to represent the spiritual preparation for receiving the

Torah. The Torah does not allow us to become satisfied with our current level of spirituality, and the counting upwards further encourages us to set high goals for ourselves.

When we look at Judaism, we can see from its structure that we are a religion that focuses on giving and helping others. We celebrate Purim when we give *Mishloach Manot* (food gifts) to our friends and family. The burial and *shiva* process allows us to support and mourn with our friends and those in need at their most vulnerable moments. The mitzvah of *zedakah*, giving charity, shows us that Judaism always wants us to think of others and how we can help strengthen the community.

The period of the Omer is a time for self-growth. It is a time to reflect and see how we can improve ourselves spiritually and physically. We must take the time to appreciate what we may take for granted and must remember those who aren't as fortunate as us and help in whatever way we can. As the Torah says, "Love your neighbour as yourself" (Vayikra 19:18).

We can show kindness simply by smiling at someone in the street or telling a friend they look nice today. Let this be a reminder to spread positivity and kindness always, and watch it return back to you.

## Wordsearch

Find the words in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.



CELEBRATE GROWTH JUDAISM  
KINDNESS OMER PURIM TORAH

