

Parsha Nation

A Weekly Publication of the National Council of Young Israel Achva Youth Department

PARSHAT BESHALACH

Program Guide Breakdown

Parsha Review - Each week group leaders will have the opportunity to roundup the Parsha in two or three paragraphs. By giving over the Parsha in a short and simple way, group participants will be able to grasp the Parsha as a whole and to get them to think globally and conceptually.

Parsha Questions - No Shabbat morning group is complete without a list of Parsha questions. These questions allow group participants the opportunity to win fun prizes while increasing their Torah knowledge. Questions vary from basic understanding of story line to challenging source-based material. The answers are provided as well.

Tefillah Treasure - Many youth directors have asked for help when it comes to teaching Tefillah to children. This is a problem that not only shuls are dealing with. Schools, camps, and youth organizations are having trouble developing creative ideas to help children understand Tefillah. Over the course of the year, this section will highlight one aspect of Davening by providing both the Hebrew and English text, and one explanatory idea. The older the age group, the more we delve into the idea. This section is designed to help group participants follow the flow of Tefillah while understanding what they are saying.

Group Activity - Now the fun begins! We start off with a GOAL. Each game has a purpose. The youth leaders should familiarize themselves with the goal before implementing the game.

Discussion Portion - After the game is over and the participants are settled down, the youth leaders should facilitate a discussion. The guidelines for this discussion are broken down into easy to use instructions. Youth leaders should review the discussion topics and goals before the start of morning groups.

Story - Each week we will include a story that addresses a modern day concern with lesson taken from that week's Parsha.

Jewish Leader of the Week - Every week a different Jewish Leader from modern Jewish history will be highlighted. This will allow group participants to expand their knowledge of history and to learn how they can be a Jewish leader in today's society.

Teen Minyan Packet - This packet is filled with stories, riddles, points to ponder, and more.

Leader Tips - Each section has some great tips for leaders and how they should conduct that section.

Faithful to the past. Inspiring the future.

Lesson Plan - Shabbat Morning Groups

Time Duration	Activity	Notes
5 min	Registration	Welcome parents and children in to the group room.
10-35 min	Davening	Depending on your group size and level.
5 min	Introduction to Yearly Theme (Manhigut)	Refer to Handout
5 min	Parsha Review	Prep participants for Parsha questions.
10 min	Parsha Questions	Prizes and awards should also be given out if participants answer correctly
2 min	Understanding the Goal	Leaders should start prepping for Shabbat activity
30 min	Activities	Your choice of two games to play
10 min	Follow Up Discussion	Refer to materials
10 min	Parsha Song	This is for younger groups only.
20 min	Free Game Play	Groups can break for free game play or continue their own programing.
5 min	Story	Assemble in a circle and have participants read sections of the story out loud.
5-10 min	Discussion	Refer to handout
4 min	Jewish Leader of the Week	Refer to handout
4 min	Tefillah Treasures	Refer to Handout
5 min	Parent Pick up/Dismissal	Parents pick up their children.
Total Time:		2 hours & 40 min of programing!

BESHALACH REVIEW

After Paroh sent Bnei Yisrael from Mitzrayim, Hashem didn't send them on the most direct route to Israel, fearing that any confrontation would scare them and make them go back to Mitzrayim. Hashem led them with the "Amud ha'Anan", a pillar of cloud, during daytime and the "Amud haEish", a pillar of fire, after dark. Bnei Yisrael found themselves encamped along the Yam Suf (Red Sea), and seeing the Mitzrim quickly approaching they began to panic. "Are there no graves in Egypt that you took us to die in the desert?" they screamed at Moshe. Hashem told Moshe to stretch out his staff over the sea and split it, and Bnei Yisrael would then proceed through the split sea. Moshe stretched out his staff and the sea divided, and Bnei Yisrael walked on dry land through the sea and the Mitzrim quickly ran after them into the sea. Moshe stretched his hand over the sea and the waters that had been standing like walls now fell upon the Mitzrim, drowning them all. Moshe then led Bnei Yisrael in song, praising Hashem for the incredible miracle that just happened. Miriam then led the women in song and dance, with musical instruments. Bnei Yisrael then traveled the desert, journeying three days without reaching water. They finally arrived in Marah, where there was bitter water and Moshe miraculously sweetened the water. While traveling in the desert, Hashem sent down bread from heaven in the mornings, and meat every night. The meat, in the form of quails, appeared in the evening and in the morning, bread – called *mann*– fell from heaven, wrapped between layers of morning dew. Moshe told Bnei Yisrael to gather one *omer* of *mann* per household member every day. Miraculously, no matter how much *mann* one picked, he arrived home with exactly one *omer* per person. Moshe also commanded Bnei Yisrael not to leave any *mann* over from one day to the next. Some people ignored this instruction, and the next morning found their *mann* worm-infested. On Friday everyone picked two *omers*. Moshe explained that the second portion was to be prepared and set aside for Shabbat—when no *mann* would fall. Bnei Yisrael travelled further and as they got to Refidim their drinking water ran out again. They complained, and Hashem told Moshe to hit a certain rock with his staff. Water came pouring out of the rock and the people drank. The Amalekim then came and attacked Bnei Yisrael. Moshe told his student Yehoshua to gather an army to fight Amalek. Yehoshua did so, and Bnei Yisrael were victorious—helped by Moshe's prayer atop a mountain.

LEADER TIP: It's Shabbat Shira! Feel free to sing as much as possible! Sing songs the kids know as well as teach them new songs!.

PARSHA QUESTIONS

Questions:

1. What did Pharaoh do as soon as the Bnei Yisrael left Egypt?
2. What two things protected the Bnei Yisrael while traveling in the midbar?
3. Where did the Egyptians catch up with the Bnei Yisrael?
4. What did Hashem tell Moshe to do?
5. What did Moshe and the Bnei Yisrael sing after they crossed the Yam Suf?
6. What did the Bnei Yisrael eat in the desert?
7. Did the manna fall on Shabbat? If no, then how did the Bnei Yisrael get food for Shabbat?
8. What did Moshe do to the rock to get water?
9. Who attacked the Bnei Yisrael in the desert?
10. What happened when Moshe lifted his hands and what happened when Moshe lowered his hands?

Answers:

1. Pharaoh changed his mind about letting the bnei Yisrael go and chased after them.
2. The Amud Anan (pillar of clouds) protected the Bnei Yisrael by day and the Amud Esh (pillar of fire) protected the Bnei Yisrael at night.
3. The Egyptians caught up with the Bnei Yisrael by the sea.
4. Hashem told Moshe to lift his staff and split the sea.
5. Az Yashir.
6. The manna.
7. The manna did not fall on Shabbat. A double portion was given on Friday.
8. Moshe hit the rock.
9. Amalak attacked the Bnei Yisrael in the desert.
10. When Moshe lifted his hands the Bnei Yisrael was stronger and when Moshe lowered his hands Amalek was stronger.
11. Lowered his hands Amalek was stronger.

LEADER TIP: Give out extra "Nachshon Points" to whoever is the first person to do certain things!

PARSHA ACTIVITY

GOAL: For the kids to learn about what it was like for Bnei Yisrael to travel through the desert and through the Yam Suf.

ACTIVITY:

“Anan and Aish Musical Chairs”

In this game, the kids will “travel through the desert” as Bnei Yisrael and when trouble comes along will use either the “Amud haAnan” (pillar of cloud) or “Amud haAish (pillar of fire) to protect themselves. Start off by talking to the kids about how when the Jewish people travelled through the desert, Hashem was with them protecting them every step of the way. He protected them with a pillar of cloud during the day and with a pillar of fire at night. At all times, either the cloud or fire was resting over Bnei Yisrael and watching over them throughout their journey through the desert.

Step up a bunch of chairs, like you would for Musical Chairs, in two rows facing each other back to back (like this $_ \wedge _$). If possible, decorate the chairs with different blue material and different ocean like things to make it look like the Yam Suf. Have one less chair than there are kids. If it’s easier, have the exact amount of chairs as there are kids, have all the kids sit down to make sure everyone has a seat, and then when you’re ready to play have all the kids stand up and take a chair away. Give each kid a “cloud” and a “fire”. These can either be a picture of them or you can be creative and use cotton balls for the clouds and red/orange tissue paper for fire. The kids must hold on to these the entire game, one in each hand.

One group leader should play “Moshe” and help lead the kids around the chairs. “Moshe” shouldn’t play but should help lead the kids around. “Moshe” should also announce to the kids whether they are travelling during the day or at night. When they travel during the day they should hold up the cloud, when they travel at night they should hold up the fire. Have other group leaders sing a song while the kids circle around the chairs. As soon as they stop singing, the kids must sit down as quickly as possible. Since there is one less chair than kids, each round someone will be out. Despite being out, they won’t be out of the game completely though, instead they will help “Moshe” lead the rest of the kids. Before you take out chairs, play a few rounds with the exact amount of chairs per kids so that the kids don’t get out right away.

After you play a few rounds, have everyone walk through the chairs set up facing each other with space in between the two rows like walking through the Yam Suf (like this $_ _ /$). This is where “Moshe” will really take the lead and get all the kids singing together and raising their clouds and fire into the air having a great time! You can even make a group leader Nachshon to walk into the “Sea” first. Enjoy! We’re finally free from the Mitzrim!

“Red Rover”

The game is played between two lines of players, usually around thirty feet apart. The game starts when the first team calls a player out, using a line like "Red rover, red rover, send [name of player on opposite team] right over".

The immediate goal for the person called is to run to the other line and break the other team's chain (formed by the linking of hands). If the person called fails to break the chain, this player joins that team. However, if the player successfully breaks the chain, this player may select either of the two "links" broken by the successful run, and take them to join their team. The next team then calls out "Red rover" for a player on the other team, and play continues.

When only one player is left on a team, they also must try and break through a link. If they do not succeed, the opposing team wins. Otherwise, they are able to get a player back for their team.

DISCUSSION: The lesson of these games is to help the kids feel like they travelled from Mitzrayim through the Yam Suf. Not only is it about us sticking together and travelling as one unit, Bnei Yisrael, but a group also sometimes needs a “Nachshon” to step up and be the first one to jump into the Yam Suf. We don’t need to be the first one to do everything, and we shouldn’t be the first one to do everything. We should give other people a chance to be first sometimes. It’s not about us doing everything, it’s about doing what will help the group the

most. Everyone has their own thing that they love to do and that they are good at. Nachshon had the strength to jump in when no one else did, and that was his thing. In the games we played, we needed to be quick to be the first to sit down. We didn't have time to think, we just had to trust our instincts and jump on in like Nachshon did! Sometimes the hands in Red Rover would split for us, but sometimes they didn't. But no matter what, we gave it our all and run in full speed ahead with strength and belief that we could do it. The most important thing we need to remember though is that whatever we accomplish we do with Hashem's help. We wouldn't be able to do anything without Him. We need to always try our hardest, but also remember that our success and accomplishments all come from Hashem. If we do our part, He will take care of the rest.

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LEADER TIP: Kriyat Yam Suf was one of the most incredible things to happen to the Jewish people ever. Feel free to reenact it in using skits, songs, snacks, and any other ways you can!

PARSHA STORY

Before you read: Everyone was really excited. Hashem had rescued the Jewish people from their slavery in Egypt, and they were finally free. But now that they had left Egypt they were wandering in the big empty desert. What were they going to eat? They went to sleep worried, but in the morning, when they woke up, they saw an amazing sight. The whole desert was covered with manna, a miraculous food from heaven. All they had to do was gather it up and it was delicious and ready to eat. Hashem told Moshe to tell everyone to take only enough that they would really need for that day, because tomorrow He would send more. Some people did as they were told, but others didn't listen and rushed to grab as much as they could. But when they got back to their tents, they found that they all had exactly the same amount! Just what they needed for that day. Hashem made a big miracle to teach people to trust Him and know that they don't have to grab to get what's coming to them.

"SOLD OUT"

Fried Bananas were coming to town!

With three songs in the top ten, *Bananas* were the hottest rock band in the country. And they were going to play a show in Ronnie's home town!

Everyone had rushed to buy tickets as soon as they went on sale, and people were pushing and shoving in line to try to get one before they sold out.

"I don't think it's right," Ronnie told his sister, Liz, as they stood in line. "Why should we push and shove like animals to get a ticket? Everyone's going to get what's coming to him in the end, anyway."

"But if we don't push we won't get anywhere!" answered Liz. "We can't just stand here and let everyone else get ahead of us. You can do what you want, but I want to see the show." And Liz started pushing to get ahead.

Ronnie stayed patiently in line.

Later that day, back at home Ronnie asked Liz, "How did you do?"

"No luck," said Liz. "By the time I pushed my way to the front they were sold out! I guess neither of us is going to see *Fried Bananas* this year," she sighed.

"What do you mean?" said Ronnie, as he held up a front row ticket.

"But ... what ... how ... did you do that?" stuttered Liz.

"Well," Ronnie said, "By the time I finally got to the front of the line, almost everyone had gone away empty-handed. But just as I got to the ticket window, they found a few tickets they forgot to sell. So like I said, in the end everyone gets what's coming to him."

Discussion Questions:

1. Q. Did Ronnie want to push to get ahead on line?
A. No, he didn't think it was right
2. Q. How did Ronnie feel when he got a ticket to the show even though he didn't push?
A. He felt good because he didn't have to act bad to get what he wanted.

LEADER TIP: What happens when you trust in Hashem but things don't go the way you'd like them to? How do you keep your faith and trust alive even in tough times?

JEWISH LEADER OF THE WEEK

Rabban Yochanan Ben Zakai

(30 B.C.E - 90 CE)

Rabban Yochanan ben Zakkai was the youngest and most distinguished student of Rabbi Hillel. He has been called the "father of wisdom and the father of generations (of scholars)" because he made sure that the study of Torah and vibrant Judaism lasted after Yerushalayim fell to Rome in 70 C.E.

When Yerushalayim was under siege by General Vespasian, people would rather give up their lives than surrender to Rome. Ben Zakkai faked his own death and had his students smuggle him out of Yerushalayim in a coffin. They carried the coffin to Vespasian's tent, where ben Zakkai came out of the coffin.

He told Vespasian that he had had a vision that Vespasian would soon be emperor, and he asked Vespasian to set aside a place in Yavneh (near modern Rehovot) where he could start a small school and study Torah in peace. Vespasian promised that if the prophecy came true, he would grant ben Zakkai's request. Vespasian became Emperor within a year, and kept his word, allowing the school to be established after the war was over. The school ben Zakkai established at Yavneh became the center of Jewish learning for centuries and replaced Yerushalayim as the seat of the Sanhedrin.



LEADER TIP: Rabban Yochanan realized things changed from the comfortable and successful and in tough times made a difference even when it was tough. Are you a leader only when things are good or also when times are rough?

TEFILLAH TREASURES

Shemonah Esrei: Barech Aleinu

In this bracha, we ask Hashem to bless us with everything we need to live a wonderful life. That includes food, livelihood, and overall satiation and happiness in our lives. Hashem decides how much we need to live great lives. We can be full after eating 15 slices of pizza or only after one, it is Hashem who decides what we need. Not only do we ask Hashem to supply us with what we need, we ask Him that he blesses us “for good”. Did you ever read a story about someone who got his wishes granted but they went not as they wished? Well, everything we can ask for can be for good or bad. Fire can warm us or burn us. Water can satisfy our thirst or drown us. Similarly, a successful year can sustain us and enable us to do Hashem’s will, or we can let it make us greedy and stingy. It’s not ok for us to make a comfortable living if we let it distance us from Hashem and His Torah. We therefore ask that we receive a livelihood specifically for our good. We ask that Hashem give us His blessing on the face of the Earth. In the winter months, we add extra words so that we ask Hashem to give us dew and rain for blessing on the land of the Earth. Precipitation in its different forms is very important for the harvest – but what’s a blessing in the winter could destroy the crops in the summer! That’s why we ask Hashem to please give us dew and rain at the appropriate times to help facilitate a healthy crop. We should always accept what Hashem gives us with a smile and know that everything He gives us is for our best.

LEADER TIP: Everything Hashem gives us is for the best. Look back at something awesome that happened at a time you thought wasn’t so good. Pretty cool how even though we thought things were bad they turned out good!

BESHALACH REVIEW

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LEADER TIP: It's Shabbat Shira! Feel free to sing as much as possible! Sing songs the kids know as well as teach them new songs!

PARSHA QUESTIONS

Questions:

1. What did Pharaoh do as soon as the Bnei Yisrael left Egypt?
2. What two things protected the Bnei Yisrael while traveling in the midbar?
3. Where did the Egyptians catch up with the Bnei Yisrael?
4. What did Hashem tell Moshe to do?
5. What did Moshe and the Bnei Yisrael sing after they crossed the Yam Suf?
6. Who led the ladies in shira?
7. What did Moshe take out with him? Why?
8. Describe the water in Marah?
9. Why was the place called Marah?
10. How did Moshe make the water sweet? 8
11. What did the Bnei Yisrael eat in the desert?
12. Did the manna fall on Shabbat? If no, then how did the Bnei Yisrael get food for Shabbat?
13. What did Moshe do to the rock to get water?
14. Who attacked the Bnei Yisrael in the desert?
15. What happened when Moshe lifted his hands and what happened when Moshe lowered his hands?

Answers:

1. Pharaoh changed his mind about letting the bnei Yisrael go and chased after them.
2. The Amud Anan (pillar of clouds) protected the Bnei Yisrael by day and the Amud Esh (pillar of fire) protected the Bnei Yisrael at night.
3. The Egyptians caught up with the Bnei Yisrael by the sea.
4. Hashem told Moshe to lift his staff and split the sea.
5. Az Yashir.
6. Miriam.
7. Moshe took with him the bones of Yosef since Yosef made the Bnei Yisrael swear that they would take the bones with them from Egypt.
8. The waters were very bitter.
9. The place was called Marah because the waters were very bitter (Marah means bitter).
10. Moshe through a tree into the water.
11. The manna.
12. The manna did not fall on Shabbat. A double portion was given on Friday.
13. Moshe hit the rock.
14. Amalak attacked the Bnei Yisrael in the desert.
15. When Moshe lifted his hands the Bnei Yisrael was stronger and when Moshe lowered his hands Amalek was stronger.

LEADER TIP Give out extra "Nachshon Points" to whoever is the first person to do certain things!

PARSHA ACTIVITY

GOAL: For the kids to learn about what it was like for Bnei Yisrael to travel through the desert and through the Yam Suf as well as to learn a song about the past few Parshiyot in honor of Shabbat Shira.

ACTIVITY:

“Anan and Aish Musical Chairs”

In this game, the kids will “travel through the desert” as Bnei Yisrael and when trouble comes along will use either the “Amud haAnan” (pillar of cloud) or “Amud haAish (pillar of fire) to protect themselves. Start off by talking to the kids about how when the Jewish people travelled through the desert, Hashem was with them protecting them every step of the way. He protected them with a pillar of cloud during the day and with a pillar of fire at night. At all times, either the cloud or fire was resting over Bnei Yisrael and watching over them throughout their journey through the desert.

Step up a bunch of chairs, like you would for Musical Chairs, in two rows facing each other back to back (like this ). If possible, decorate the chairs with different blue material and different ocean like things to make it look like the Yam Suf. Have one less chair than there are kids. If it's easier, have the exact amount of chairs as there are kids, have all the kids sit down to make sure everyone has a seat, and then when you're ready to play have all the kids stand up and take a chair away. Give each kid a “cloud” and a “fire”. These can either be a picture of them or you can be creative and use cotton balls for the clouds and red/orange tissue paper for fire. The kids must hold on to these the entire game, one in each hand.

One group leader should play “Moshe” and help lead the kids around the chairs. “Moshe” shouldn't play but should help lead the kids around. “Moshe” should also announce to the kids whether they are travelling during the day or at night. When they travel during the day they should hold up the cloud, when they travel at night they should hold up the fire. Have other group leaders sing a song while the kids circle around the chairs. As soon as they stop singing, the kids must sit down as quickly as possible. Since there is one less chair than kids, each round someone will be out. Despite being out, they won't be out of the game completely though, instead they will help “Moshe” lead the rest of the kids. Before you take out chairs, play a few rounds with the exact amount of chairs per kids so that the kids don't get out right away.

After you play a few rounds, have everyone walk through the chairs set up facing each other with space in between the two rows like walking through the Yam Suf (like this ). This is where “Moshe” will really take the lead and get all the kids singing together and raising their clouds and fire into the air having a great time! You can even make a group leader Nachshon to walk into the “Sea” first. Enjoy! We're finally free from the Mitzrim!

“Paroh”

(To the tune of “Trouble”)

Once upon time
Two thousand years ago
You flexed all your might
Sitting on your throne
Mitzrayim
Mitzrayim
Mitzrayim-im-im-im

I guess you didn't care
You treating them like that
The mitzrim o so tough
The Jews couldn't fight back
Just let them free, just let them free, just let them
free-ee-ee-ee

And your time is done
Because He is the One
And I realize Hashem has chose to me

Cause I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
You tried to bring us down oh
I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
But now your crying with a cold heart pound
Oh, oh, Paroh, Paroh, Paroh
Oh, oh, Paroh, Paroh, Paroh

No apologies
Don't even try to cry
The sea was split before
And thats the reason why
You're drowning, you're drowning, you're drowning-
ing-ing-ing

We started off with dam
Frogs and then kinim
Wild animals attack
Then dever and shichin
But still you don't see, still you don't see, still you
don't see-ee-ee-ee

Work is no fun
With this slavery
And you should realize Hashem can split the sea

Cause I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
You tried to bring us down oh
I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
But now your crying with a cold heart pound
Oh, oh, Paroh, Paroh, Paroh
Oh, oh, Paroh, Paroh, Paroh

Cause so many years, 210 its been
Asher hotzaiti, me eretz mitrayim, mi beit avadim
Yeah

Cause I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
You tried to bring us down oh
I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
But now your crying with a cold heart pound
Oh, oh, Paroh, Paroh, Paroh
Oh, oh, Paroh, Paroh, Paroh

DISCUSSION: The lesson of this game is to help the kids feel like they travelled from Mitzrayim through the Yam Suf. Not only is it about us sticking together and travelling as one unit, Bnei Yisrael, but a group also sometimes needs a “Nachshon” to step up and be the first one to jump into the Yam Suf. We don't need to be the first one to do everything, and we shouldn't be the first one to do everything. We should give other people a chance to be first sometimes. It's not about us doing everything, it's about doing what will help the group the most. Everyone has their own thing that they love to do and that they are good at. Nachshon had the strength to jump in when no one else did, and that was his thing. In this game we played, we needed to be quick to be the first to sit down. We didn't have time to think, we just had to trust our instincts and jump on in like Nachshon did! Sometimes we would get a seat, but sometimes we didn't. But no matter what, we gave it our all and run in

full speed ahead with strength and belief that we could do it. The most important thing we need to remember though is that whatever we accomplish we do with Hashem's help and protection. We wouldn't be able to do anything without Him. We need to always try our hardest, but also remember that our success and accomplishments all come from Hashem. If we do our part, He will take care of the rest.

LEADER TIP: Kriyat Yam Suf was one of the most incredible things to happen to the Jewish people ever. Feel free to reenact it in using skits, songs, snacks, and any other ways you can!

PARSHA STORY

Before you read: Everyone was really excited. Hashem had rescued the Jewish people from their slavery in Egypt, and they were finally free. But now that they had left Egypt they were wandering in the big empty desert. What were they going to eat? They went to sleep worried, but in the morning, when they woke up, they saw an amazing sight. The whole desert was covered with manna, a miraculous food from heaven. All they had to do was gather it up and it was delicious and ready to eat. Hashem told Moshe to tell everyone to take only enough that they would really need for that day, because tomorrow He would send more. Some people did as they were told, but others didn't listen and rushed to grab as much as they could. But when they got back to their tents, they found that they all had exactly the same amount! Just what they needed for that day. Hashem made a big miracle to teach people to trust Him and know that they don't have to grab to get what's coming to them.

"SOLD OUT"

Fried Bananas were coming to town!

With three songs in the top ten, Bananas were the hottest rock band in the country. And they were going to play a show in Ronnie's home town!

Everyone had rushed to buy tickets as soon as they went on sale, and people were pushing and shoving in line to try to get one before they sold out.

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Discussion Questions:

1. Q. Why did Liz think that if she didn't get a ticket, neither did Ronnie?
A. Because she pushed and he didn't. But in the end, Ronnie acted the right way and he got the ticket. Pushing doesn't always make you get ahead.
2. Q. What would you do if you got on a bus the same time as someone else, and there was only one seat left? Why?

LEADER TIP: What happens when you trust in Hashem but things don't go the way you'd like them to? How do you keep your faith and trust alive even in tough times?

JEWISH LEADER OF THE WEEK

Rabban Yochanan Ben Zakai

(30 B.C.E - 90 CE)

Rabban Yochanan ben Zakkai was the youngest and most distinguished student of Rabbi Hillel. He has been called the "father of wisdom and the father of generations (of scholars)" because he made sure that the study of Torah and vibrant Judaism lasted after Yerushalayim fell to Rome in 70 C.E.

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Shemonah Esrei: Barech Alenu

In the ninth bracha, we ask Hashem to bless the year “for us” with lots of produce. Why do we have to specify “for us?” Because it does “us” little good if the trees are full of fruit and the fields are full of grain but we are unable to afford it or the farmers keep it all. So we ask not only that the crops be plentiful but also that we be able to enjoy this abundance. In short, this is a prayer for parnasah, the ability to earn a livelihood. Not only do we request the ability to partake in a plentiful crop, we ask that it be “for good.” Did you ever read a story about someone who got his wishes granted but they went not as they wished? Well, everything we can ask for can be for good or bad. Fire can warm us or burn us. Water can satisfy our thirst or drown us. Similarly, a successful year can sustain us and enable us to do Hashem’s will, or we can let it make us greedy and stingy. It’s not ok for us to make a comfortable living if we let it distance us from Hashem and His Torah. We therefore ask that we receive a livelihood specifically for our good. We ask that Hashem give us His blessing on the face of the Earth. In the winter months, we add extra words so that we ask Hashem to give us dew and rain for blessing on the land of the Earth. Precipitation in its different forms is very important for the harvest – but what’s a blessing in the winter could destroy the crops in the summer! That’s why we ask Hashem to please give us dew and rain at the appropriate times to help facilitate a healthy crop. The bracha ends with a request that Hashem bless our current year like “the good years.” This could apply to past years of plenty, but it could also refer to years that have not yet come.

LEADER TIP: Everything Hashem gives us is for the best. Look back at something awesome that happened at a time you thought wasn’t so good. Pretty cool how even though we thought things were bad they turned out good!

BESHALACH REVIEW

After Paroh sent Bnei Yisrael from Mitzrayim, Hashem didn't send them on the most direct route to Israel, fearing that any confrontation would scare them and make them go back to Mitzrayim. Hashem led them with the "Amud ha'Anan", a pillar of cloud, during daytime and the "Amud haEish", a pillar of fire, after dark. Bnei Yisrael found themselves encamped along the Yam Suf (Red Sea), and seeing the Mitzrim quickly approaching they began to panic. "Are there no graves in Egypt that you took us to die in the desert?" they screamed at Moshe. Hashem told Moshe to stretch out his staff over the sea and split it, and Bnei Yisrael would then proceed through the split sea. Moshe stretched out his staff and the sea divided, and Bnei Yisrael walked on dry land through the sea and the Mitzrim quickly ran after them into the sea. Moshe stretched his hand over the sea and the waters that had been standing like walls now fell upon the Mitzrim, drowning them all. Moshe then led Bnei Yisrael in song, praising Hashem for the incredible miracle that just happened. Miriam then led the women in song and dance, with musical instruments. Bnei Yisrael then traveled the desert, journeying three days without reaching water. They finally arrived in Marah, where there was bitter water and Moshe miraculously sweetened the water. While traveling in the desert, Hashem sent down bread from heaven in the mornings, and meat every night. The meat, in the form of quails, appeared in the evening and in the morning, bread – called mann– fell from heaven, wrapped between layers of morning dew. Moshe told Bnei Yisrael to gather one omer of mann per household member every day. Miraculously, no matter how much mann one picked, he arrived home with exactly one omer per person. Moshe also commanded Bnei Yisrael not to leave any mann over from one day to the next. Some people ignored this instruction, and the next morning found their mann worm-infested. On Friday everyone picked two omers. Moshe explained that the second portion was to be prepared and set aside for Shabbat—when no mann would fall. Bnei Yisrael travelled further and as they got to Refidim their drinking water ran out again. They complained, and Hashem told Moshe to hit a certain rock with his staff. Water came pouring out of the rock and the people drank. The Amalekim then came and attacked Bnei Yisrael. Moshe told his student Yehoshua to gather an army to fight Amalek. Yehoshua did so, and Bnei Yisrael were victorious—helped by Moshe's prayer atop a mountain.

LEADER TIP: It's Shabbat Shira! Feel free to sing as much as possible! Sing songs the kids know as well as teach them new songs!

PARSHA QUESTIONS

Questions:

1. What did Pharaoh do as soon as the Bnei Yisrael left Egypt?
2. What two things protected the Bnei Yisrael while traveling in the midbar?
3. Where did the Egyptians catch up with the Bnei Yisrael?
4. What did Hashem tell Moshe to do?
5. Who was the first person to jump into the Yam Suf?
6. What did Moshe and the Bnei Yisrael sing after they crossed the Yam Suf?
7. What is the special name given to this week's parsha to commemorate this?
8. Who led the ladies in shira?
9. What did Moshe take out with him? Why?
10. Describe the water in Marah?
11. Why was the place called Marah?
12. How did Moshe make the water sweet?
13. What did the Bnei Yisrael eat in the desert?
14. What happened to the leftovers?
15. Did the manna fall on Shabbat? If no, then how did the Bnei Yisrael get food for Shabbat?
16. What do we do on Shabbat to commemorate that?
17. Why do we put out food for the birds on Shabbas Shira?
18. What did Moshe do to the rock to get water?
19. Who attacked the Bnei Yisrael in the desert?
20. What happened when Moshe lifted his hands and what happened when Moshe lowered his hands?

Answers:

1. Pharaoh changed his mind about letting the bnei Yisrael go and chased after them.
2. The Amud Anan (pillar of clouds) protected the Bnei Yisrael by day and the Amud Esh (pillar of fire) protected the Bnei Yisrael at night.
3. The Egyptians caught up with the Bnei Yisrael by the sea.
4. Hashem told Moshe to lift his staff and split the sea.
5. Nachshon Ben Aminadav from the tribe of Yehudah.
6. Az Yashir.
7. Shabbas Shira.
8. Miriam.
9. Moshe took with him the bones of Yosef since Yosef made the Bnei Yisrael swear that they would take the bones with them from Egypt.
10. The waters were very bitter.
11. The place was called Marah because the waters were very bitter (Marah means bitter).
12. Moshe through a tree into the water.
13. The manna.
14. The leftovers became infested with worms.
15. The manna did not fall on Shabbat. A double portion was given on Friday.
16. We eat lechem mishnah (two challah rolls).
17. Dasan and Aviram put out manna on Shabbat morning and the birds ate it.
18. Moshe hit the rock.
19. Amalak attacked the Bnei Yisrael in the desert.
20. When Moshe lifted his hands the Bnei Yisrael was stronger and when Moshe lowered his hands Amalek was stronger.

LEADER TIP Give out extra "Nachshon Points" to whoever is the first person to do certain things!

PARSHA ACTIVITY

GOAL: For the kids to learn about how to “be the change” like Nachshon as well as to learn a song about the past few Parshiyot in honor of Shabbat Shira.

ACTIVITY:

“Paroh”

(To the tune of “Trouble”)

Once upon time
Two thousand years ago
You flexed all your might
Sitting on your throne
Mitzrayim
Mitzrayim
Mitzrayim-im-im-im

I guess you didn't care
You treating them like that
The mitzrim o so tough
The Jews couldn't fight back
Just let them free, just let them free, just let them
free-ee-ee-ee

And your time is done
Because He is the One
And I realize Hashem has chose to me

Cause I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
You tried to bring us down oh
I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
But now your crying with a cold heart pound
Oh, oh, Paroh, Paroh, Paroh
Oh, oh, Paroh, Paroh, Paroh

No apologies
Don't even try to cry
The sea was split before
And thats the reason why
You're drowning, you're drowning, you're drowning-
ing-ing-ing

We started off with dam
Frogs and then kinim
Wild animals attack
Then dever and shichin
But still you don't see, still you don't see, still you
don't see-ee-ee-ee

Work is no fun
With this slavery
And you should realize Hashem can split the sea

Cause I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
You tried to bring us down oh
I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
But now your crying with a cold heart pound
Oh, oh, Paroh, Paroh, Paroh
Oh, oh, Paroh, Paroh, Paroh

Cause so many years, 210 its been
Asher hotzaiti, me erez mitrayim, mi beit avadim
Yeah

Cause I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
You tried to bring us down oh
I knew you were trouble when I walked in
So shame on you cause
You should know that the Jews would always win
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Oh, oh, Paroh, Paroh, Paroh
Oh, oh, Paroh, Paroh, Paroh

“Copy Cat Circle”

Have everyone stand in a circle. Tell everyone to look across the circle and make eye contact with somebody else, focus on them, and copy their actions. If they wave, you wave; if they smile, you smile; if they stand around looking uncomfortable, you stand around looking uncomfortable. It'll take a few minutes but eventually everyone will be doing the same thing and all following one another. The kids will stand still for a few seconds with no one doing anything at all. It will take a “Nachshon ben Aminadav” to be the first one to make the first move. Once everyone sees “Nachshon” make the first move, then everyone will start. Have a discussion afterwards about what it means to be a “Nachshon”. Do you always need to be first? Is it ever important to be last? Or be in the background helping out?

DISCUSSION: Nachshon was the first person to jump into the Yam Suf and is looked highly upon for his courageous act of trust and belief in Hashem. Nachshon, in part, was the one that helped make the sea split and get Bnei Yisrael across and finally free from the Mitzrim. How is this possible? How was Nachshon able to change life forever for the Jewish people? He's only one person! That is the exact answer, he is only one person and that's all he needed. Rabbi Israel Lipkin has a famous quote that says "I wanted to change the world, but I realized it was too large of a task for one person, so I tried to change my community. That was also too hard, so I tried to change my family. That was also too hard, so I decided to try and change myself. And though it was very hard, I finally changed myself. And once I changed myself, I discovered my family changed, the community changed, and the entire world changed." You might have a tough time changing the whole world, but if you just change yourself, all you need is one person to follow suit and eventually the whole world will be different.

LEADER TIP: Kriyat Yam Suf was one of the most incredible things to happen to the Jewish people ever. Feel free to reenact it in using skits, songs, snacks, and any other ways you can!

PARSHA STORY

Before you read: Everyone was really excited. Hashem had rescued the Jewish people from their slavery in Egypt, and they were finally free. But now that they had left Egypt they were wandering in the big empty desert. What were they going to eat? They went to sleep worried, but in the morning, when they woke up, they saw an amazing sight. The whole desert was covered with *mann*, a miraculous food from heaven. All they had to do was gather it up and it was delicious and ready to eat. Hashem told Moshe to tell everyone to take only enough that they would really need for that day, because tomorrow He would send more. Some people did as they were told, but others didn't listen and rushed to grab as much as they could. But when they got back to their tents, they found that they all had exactly the same amount! Just what they needed for that day. Hashem made a big miracle to teach people to trust Him and know that they don't have to grab to get what's coming to them.

"SOLD OUT"

Fried Bananas were coming to town!

With three songs in the top ten, Bananas were the hottest rock band in the country. And they were going to play a show in Ronnie's home town!

Everyone had rushed to buy tickets as soon as they went on sale, and people were pushing and shoving in line to try to get one before they sold out.

"I don't think it's right," Ronnie told his sister, Liz, as they stood in line. "Why should we push and shove like animals to get a ticket? Everyone's going to get what's coming to him in the end, anyway."

"But if we don't push we won't get anywhere!" answered Liz. "We can't just stand here and let everyone else get ahead of us. You can do what you want, but I want to see the show." And Liz started pushing to get ahead.

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"What do you mean?" said Ronnie, as he held up a front row ticket.

"But ... what ... how ... did you do that?" stuttered Liz.

"Well," Ronnie said, "By the time I finally got to the front of the line, almost everyone had gone away empty-handed. But just as I got to the ticket window, they found a few tickets they forgot to sell. So like I said, in the end everyone gets what's coming to him."

Discussion Questions:

1. Q. Sometimes we really push for something, and it just doesn't happen. Other times we get what we want almost without trying. Why do you think that is?
2. Q. Ronnie said, "In the end everyone gets what's coming to them." Do you agree? Why or why not?

LEADER TIP: What happens when you trust in Hashem but things don't go the way you'd like them to? How do you keep your faith and trust alive even in tough times?

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Upon the destruction of Yerushalayim, Yochanan made his school at Yavneh into the Jewish religious center, insisting that certain privileges, given by Jewish halachah uniquely to Yerushalayim, should be transferred to Yavneh. His school functioned as a re-establishment of the Sanhedrin, so that Judaism could decide how to deal with the loss of the mizbeach in the Beit HaMikdash, and other relevant questions. Referring to pesukim in Hoshea, "I desired mercy, and not sacrifice", he helped convince the council to replace korbanot with prayer, a practice that we still do in today.



LEADER TIP: Rabban Yochanan realized things changed from the comfortable and successful and in tough times made a difference even when it was tough. Are you a leader only when things are good or also when times are rough?

TEFILLAH TREASURES

Shemonah Esrei: Barech Alenu

In the ninth bracha, we ask Hashem to bless the year “for us” with lots of produce. Why do we have to specify “for us?” Because it does “us” little good if the trees are full of fruit and the fields are full of grain but we are unable to afford it or the farmers keep it all. So we ask not only that the crops be plentiful but also that we be able to enjoy this abundance. In short, this is a prayer for *parnasah*, the ability to earn a livelihood. Not only do we request the ability to partake in a plentiful crop, we ask that it be “for good.” Did you ever read a story about someone who got his wishes granted but they went not as they wished? Well, everything we can ask for can be for good or bad. Fire can warm us or burn us. Water can satisfy our thirst or drown us. Similarly, a successful year can sustain us and enable us to do Hashem’s will, or we can let it make us greedy and stingy. It’s not ok for us to make a comfortable living if we let it distance us from Hashem and His Torah. We therefore ask that we receive a livelihood specifically for our good. We ask that Hashem give us His blessing on the face of the Earth. In the winter months, we add extra words so that we ask Hashem to give us dew and rain for blessing on the land of the Earth. Precipitation in its different forms is very important for the harvest – but what’s a blessing in the winter could destroy the crops in the summer! That’s why we ask Hashem to please give us dew and rain at the appropriate times to help facilitate a healthy crop. The bracha ends with a request that Hashem bless our current year like “the good years.” This could apply to past years of plenty, but it could also refer to years that have not yet come. The Ashkenaz text is “v’sabeinu mituvecha”, “and satisfy us from Your bounty”. The Rosh writes that by saying “v’sabeinu mituvecha”, we are asking Hashem to satisfy us from His goodness. The Sefer Ya’aros Devash adds that “mituvecha” indicates that we want our sustenance to come from that which is good to Hashem—without even a small amount of stealing or obtaining funds inappropriately. Alternatively, “v’sabeinu mituvecha” means we are asking Hashem to help us with even a modest livelihood, as Rashi says in Vayikra that one can eat even a little and still feel satiated, it all depends on Hashem. The Sefard text is “vesabeinu mi’tuva”. This is not a request that Hashem satiate us from His goodness but rather, that Hashem satiate us from the good with which Eretz Yisrael was blessed—“Eretz zavat chalav u’devash,” a land flowing with milk and honey. As the words in this bracha of Shemoneh Esrei say, “v’sabeinu mi’tuva al pnei ha’adamah”, “on the face of the earth, we request that Hashem satisfy us from its bounty,” referring to Eretz Yisrael, which is the pnei ha’adamah.

LEADER TIP: Everything Hashem gives us is for the best. Look back at something awesome that happened at a time you thought wasn’t so good. Pretty cool how even though we thought things were bad they turned out good!

WORD FIND

- YAM SUF
- NACHSHON
- AMUD ANAN
- AMUD AISH
- AZ YASHIR
- SHABBAT SHIRA
- MARAH
- AMALEK

I P E S L P C Q E O W E
L T A Z Y A S H I R C Z
M W K L W O S P E M N V
A R I H S T A B B A H S
R A V W R Y A M S U F N
A M L X A M U D A I S H
H U B O T A U C F V Z G
C D Z Y N H N J M R U I
L A T F B U N H V V J U
T N A C H S H O N N O M
S A M A L E K N S F I M
G N R R H P H F I V Q B

Stat Line of the Week - Shemot

1. 16th of the 54 sedras; 4TH of 11 in Shemot
2. Written on 215.33 lines in a Torah, rank: 17
3. 14 parshiot; 9 open, 5 closed
4. 116 pesukim – ranks 223rd (6th in Shemot)
5. 1681 words – ranks 19th (4th in Shemot)
6. 6423 letters – ranks 18th (4th in Shemot)

Higher ranking for lines is definitely attributed to the format of the SHIRAT HAYAM column.

MITZVOT

BESHALACH has 1 mitzvah: the prohibition of leaving one's Shabbat boundary – T'chum Shabbat

THIS JUST IN!

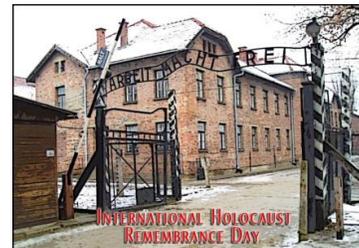
- Nutmeg is extremely poisonous if injected intravenously.
- More people speak English in China than the United States.
- Almost 6,000 people participated in the world's largest snowball fight.
- The only food that doesn't rot is honey

This Week in Jewish History

January 27, 1882

International Holocaust Remembrance Day

International Holocaust Remembrance Day is an international memorial day on January 27th commemorating the victims of the Holocaust. It was designated by the United Nations General Assembly resolution 60/7 on November 1st 2005 during the 42nd plenary session. The resolution came after a special session was held earlier that year on January 24th 2005 during which the United Nations General Assembly marked the 60th anniversary of the liberation of the Nazi concentration camps and the end of the Holocaust. On January 27th 1945, Auschwitz-Birkenau, the largest Nazi death camp, was liberated by Soviet troops. Prior to the 60/7 resolution, there had been national days of commemoration, such as Germany's Tag des Gedenkens an die Opfer des Nationalsozialismus (The Day of remembrance for the victims of National Socialism), established in a proclamation issued by Federal President Roman Herzog on January 3rd 1996; and the Holocaust memorial day observed every January 27th since 2001 in the UK. The Holocaust Remembrance Day is also a national event in the United Kingdom and in Italy.



Parsha Points to Ponder...

Bnei Israel have finally left Egypt and are on their way to the land promised to them by their forefathers. The journey should have taken eleven days as we learn in the opening verses of Deuteronomy. (Deut. 1,2) That was not to be. Instead we read in this week's Portion that Hashem led them on a long journey through the Wilderness. Why so? The Torah gives us the answer to this question. The opening verse in this Portion states that Hashem did not lead them through the short route: **הוא קרוב פי** , "...because it was near, for Hashem said, 'Perhaps the people will reconsider when they see a war, and they will return to Egypt'." (Ex. 13,17) The "Sefat Emet", written in the early 19th century, has a unique interpretation of this passage. The usual understanding of its meaning is that since it was near and if they would encounter a war they will want to return to Egypt. He explains that the fact that it is near is the reason Hashem did not want them to go in that direction. If they would have gone straight to the Promised Land they would not have been prepared to live there. Living in Israel is not easy. Chazal said: Eretz Israel is acquired through hardship. Anyone who has made Aliya knows that while it is great coming and living in Israel, one must be prepared to undergo numerous unpleasant experiences. While this is true for individuals it is also true for the nation as a whole. Since its founding Israel has had to contend with its neighbors and also now with the world at large. Hashem led the Jews through the Wilderness to prepare them for what was needed to obtain and to live in the Promised Land.



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online today!