

Mitzvah Minute

Birkat Hamazon

Source:

And you shall eat and be satisfied and bless HaShem your God. (Book of Devarim chapter 8, verse 10).

Details:

- This mitzvah is to thank God for the food we eat. It's specifically for the thanks we give after we've eaten, when we appreciate it more. We also thank God before we eat because it would be rude

to eat without at least a quick word of thanks.

- Birkat Hamazon (called 'bentching' in Yiddish) consists of 4 blessings.
- Although according to the Torah, you only need to 'bentch' if you're full, the Rabbis determined that if you've eaten an olive sized piece of bread (about half a slice) then you should bentch.

Lessons:

- We should never take anything without giving thanks.
- Everything we have comes from God.

SEASON 2
EPISODE 2
SEPT 9, 2017

Candle Lighting:

Phoenix 6:25
Las Vegas 6:40
San Diego 6:45
Los Angeles 6:51

have a Nageela Shabbos

Parshas
Ki Savo

5777

A Weekly Publication of Nageela West Coast Joyfully Jewish Experiences

Kintsugi

by Rabbi Dani Locker

Saying thanks is important. Wouldn't you agree? The Torah certainly does, which explains the mitzvah of Bikkurim- first fruit. When you own a tree and that tree gives the first fruits of the season, these fruits have a special significance. That's why these fruits are brought to Jerusalem as a special gift to the Kohen, in appreciation to God for giving this wonderful blessing.

As a part of the procedure, the bringer (that's the dude who's bringing the fruit) tells the story of the Jews in Egypt, including the really bad, ugly parts that we probably wanna forget. Now, this might seem a bit strange to you. Here this farmer is all excited. "Hooray, I got my fruits, I'm so happy!" And to cap off the

celebration he's retelling depressing parts of our history. Why?

Kintsugi.

Bless you.

No really, the answer is kintsugi.

Uh huh.

I'll explain.

Kintsugi might sound like raw fish served with rice. The truth is, kintsugi is a Japanese word, but it has nothing to do with chopsticks. It's an ancient artform, popular in Japan. Let's say you have a fancy bowl for your fruit loops, and it

smashes. Instead of throwing it away, melted gold is poured into the cracks so that once it's fixed, you can clearly see where it was broken, and the cracks make it even more beautiful.

When we thank God for the good stuff we have in life, we don't try to forget the difficulties we've had in the past. Quite the opposite. We recognize that everything that happens to us is part of a plan. It has helped shape us into the nation and into the individual people we are. So part of the "Thank You" to God for new fruits "Thank you for the tough parts of life. Thank you for the happy parts of life. Thank you for everything!"



Sponsorship

to sponsor an episode
of Nageela Shabbos,
please contact ygelb@
nageelawest.org



844-NAGEELA
www.nageelawest.org
info@nageelawest.org

Stump The Rabbi



Who do you work for?

Hey Rabbi,
Is it OK to do extra credit? I don't mean like doing an extra project in school. I mean, there are what, 600 commandments in the Torah? That's not so much for how to live life. Let's say I decide to follow an extra commandment. Say, to eat matzah every shabbat to remember Egypt. Or to not wear leather from non-kosher animals. Is that OK? It should be good, right?

Thanks,

Xavier T. Rap

Dear X.T. Ra.

that's a 'point' get it?

You know those people called superheroes?

(What do you mean they don't exist? I've seen them in the movies.) Richard wasn't a superhero, he was a superteacher! If it's not a thing, it should be. I don't mean that he taught well. He was one of those teachers who put in dozens of extra hours. He made his lessons into games, organized lots of field trips and treated his students like family. He knew about his students' lives, the names of their pets and about their families. The principal was less thrilled about Richard's teaching. The 6th grade students had scored well below average on their standardized tests, and Ms. Green was concerned. She

recommended to Richard that he cut out some of his extra activities, and focus more on the curriculum. Well, Richard didn't listen. He was sure he could teach the curriculum and also continue to be a superteacher. These meetings happened about once a month, with Ms. Green insisting that Richard drop some of his extra activities and Richard maintaining that he could do it all. "Remember who you are working for!" She kept reminding him. He didn't listen.

The school year ended and Richard's students were still way behind. They had not learned the curriculum, and would have trouble catching up in the 7th grade. Richard thought he was helping his students by being a superteacher. He may have helped them in some ways. But his job as a teacher was to make sure his students were familiar with the important skills they need to succeed next year. By following his own rules, even though they were positive and trying to help he ended up falling short of his responsibility.

God provided for us a really awesome system of living our life. By following the Torah responsibly, we raise ourselves to become truly noble and awesometastic (yes, I made up that word) human beings. You might think that creating more rules for yourselves is good... and in some ways it might

be. The question becomes, who are you working for? Is it God and his system, or is it your own system (which might happen to be similar to God's). If you follow your own system, even to do "extra credit" you might end up missing some of the important parts of God's system. The Torah has two things to say about this. One is not to subtract from God's mitzvot. The other is not to add. It's called "Bal Tosif." You might ask, "So why do the Rabbis seem to add more rules all the time?" or "Is it ever a good thing to do more than the strict letter of the law?" That, my friends, will have to wait for next week.

Have - a- Nageela Shabbat,

the Rabbi

Stump the Rabbi is a forum where kids can ask ANY Jewish question.

Have a question? Please send it in to stump@nageelawest.org

Questions here are real. Names and some wording have been changed

Participate in Stump The Rabbi live online! This Tuesday at 6:30pm. On Instagram @lockerroom and at tinyurl.com/selfjrtorah

**VERY
PUNNY**

**Why does a selfish
farmer always get
headaches?**

**He's always thinking
about "My grain!"**

(and he wants "far-more" of it)

Ouch. Have a better pun?

Send it in to dlocker@nageelawest.org

have a Nageela Shabbos

Nageela West breaks the mold of old school Jewish outreach by providing out-of-the-box social and educational programs for Jewish children across the west coast. Our "questions encouraged" mindset makes Nageela a comfortable learning and growing environment for Jewish children of all backgrounds.

 **Nageela**
west
JOYFULLY JEWISH EXPERIENCES