



Dear Youth Directors, Youth chairs, and Youth Leaders,

NCYI is excited to continue our very successful Parsha Nation Guides. I hope you're enjoying and learning from Parsha Nation as much as we are. Putting together Parsha Nation every week is indeed no easy task. It takes a lot of time and effort to ensure that each section, as well as each age group, receives the attention and dedication it deserves.

We inspire and mold future leaders. The youth leaders of Young Israel have the distinct honor and privilege to teach and develop the youth of Young Israel. Children today are constantly looking for role models and inspirations to latch on to and learn from. Whether it is actual sit down learning sessions, exciting Parsha trivia games, or even just walking down the hall to the Kiddush room, our youth look to us and watch our every move.

It's not always about the things we say, it's about the things we do. Our children hear and see everything we do whether we realize it or not. This year we are taking our Youth Services to new heights as we introduce our Leadership Training Shabbaton. This engaging, interactive shabbaton led by our Youth Services Coordinator, Sammy, will give youth leader's hands on experience and practical solutions to effectively guide your youth department.

Informal education is key. What the summer shows us as educators is that informal education can deliver better results and help increase our youth's connection to Hashem. More and more shuls are revamping their youth program to give their children a better connection to shul and to Hashem. The NCYI is here to help you reconnect with your youth departments and bring more participation.

Thank you for being a light to future generations. You are doing incredible work that should not be taken lightly. You should be proud to call yourself a Young Israel Youth Leader as you have the unique opportunity to make a real difference in so many young people's lives. Keep up the amazing work.

We are looking forward to hearing great things from everyone.

Our doors are always open.

Shana Tova.

Ari Matityahu
Assistant Director

Sammy Schaechter
Youth Services Coordinator

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Program Guide Breakdown

Theme- Each year our curriculum will focus on a theme. By centering the entire year around one overarching theme, our youth group participants will understand different characteristics and concepts that will help them achieve this lofty goal. This year's theme is Manhigut (leadership). Our goal is for our children to view themselves as leaders and to inspire them to play a leadership role every day.

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- In keeping with our theme of Manhigut, 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 Tip- Each section has some great tips for leaders and how they should conduct that section.

Shabbat Morning Groups Lesson Plan

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!	



VAETCHANAN REVIEW

Moshe tells Bnei Yisrael how he begged Hashem to allow him to enter Israel, but Hashem refused, telling him instead to go up a mountain and see the Promised Land.

Continuing his “review of the Torah,” Moshe described Yitziat Mitzrayim and Matan Torah, calling them extraordinary events in human history. “Has there ever occurred this great thing, or has the likes of it ever been heard? Did ever a people hear the voice of G-d speaking out of the midst of the fire . . . and live? . . . You were shown, to know, that the L-rd is G-d . . . there is none else beside Him.”

Moshe predicts that in future generations the people will turn away from Hashem, worship idols, and be exiled from their land and scattered among the nations; but then they will look for Hashem, and return to his mitzvot.

Our Parsha also includes a repetition of the Aseret HaDibrot, and parts of Shema, which talk about faith and unity of Hashem, the mitzvot to love Hashem, to study His Torah, and to wrap “these words” as tefillin on our arms and heads, and inscribe them in the mezuzot on our the doorposts of our homes.

LEADER TIP: There are a lot of popular things in this week’s Parsha such as Aseret Hadibrot, Shema, Tefillin, and Mezuzah. Ask the kids to share what they know about all of those things.

PARSHA QUESTIONS

Questions

1. What did Moshe pray for at the beginning of the parsha?
2. The Torah clearly states what Bnei Yisrael have to follow in order to successfully remain in the land that HaShem gives them. What is it that Bnei Yisrael must follow?
3. What event in the desert must Bnei Yisrael remember and make known to future generations?
4. What will happen to Bnei Yisrael if they pursue Avodah Zarah?
5. What term pertaining to the mitzvah of Shabbat parallels the term Zachor (remember) which is used in Parshat Yitro?
6. How are we to observe the Shabbat?
7. What are two rewards for honoring one's parents?
8. What does Shema Yisrael HaShem Elokeinu HaShem Echad mean?
9. What are we told to do in the shema?
10. With whom were Bnei Yisrael warned not to make treaties and not to intermarry and what does the Torah warn would happen to Bnei Yisrael if they did?

Answers

1. To cross over the Yarden and enter Eretz Yisrael
2. The chukim and mishpatim (laws of the Torah)
3. Matan Torah at Har Sinai (also known as Har Chorev)
4. HaShem will remove them from Eretz Yisrael and disperse them among the nations
5. Shamor – observe
6. By refraining from all melacha that we do during the other six days of the week
7. a. Arichat Yamim – lengthening one's days
b. Living successfully in the land HaShem gives us
8. Listen Israel, HaShem is our G-d, HaShem is one (i.e., don't go looking for Avodah Zarah)
9. Love HaShem
10. a. With the seven nations that inhabited Eretz Yisrael at the time
b. They would be lead astray to worship other gods which would make HaShem angry and He would quickly destroy them

LEADER TIP: In honor of the Aseret HaDibrot, give prizes to whoever answers 10 questions first! Also, you can write out the answers on "luchot" and present it to the kids afterwards.

PARSHA ACTIVITY

GOAL: To teach the kids the importance of Israel and why Moshe wanted to enter so badly.

ACTIVITY: “Israel Trivia Kickball”

Set up four bases and split everyone up into two teams. The game is just like regular kickball, just with a little twist. Each team will, as usual, be trying to get to home base aka “back home”. But when they kick the ball, there will be challenges and things in their way to make it more and more difficult to get back home. When they get to each base, they must answer questions about Israel (attached). At each base the questions will get harder and harder. In between the bases, there will be chairs and other objects blocking their paths. Depending on the objects you put in their way, they will have to jump over, climb under, crawl, hop, skip, etc. in order to get from base to base. Make sure that it gets harder and harder as they go on (ex: from home to 1st is the easiest, 1st to 2nd gets harder, 2nd to 3rd is even harder, and 3rd to home is the hardest). Play however many innings as you’d like and declare a winner at the end just like regular kickball.

DISCUSSION: The Jewish people have been working so hard throughout Jewish history in order to return home. It’s been a very difficult journey but Baruch Hashem so many people have done it. If it’s so hard, why do people keep fighting for it? We work harder and harder and don’t let anything or anyone stop us from getting back home because we know how important our homeland is. It is the greatest gift we’ve ever received and it’s not just our homeland, but the homeland of the entire Jewish people! We work hard for something important to us, and nothing is more important than the land of Israel and the safety and happiness of the entire Jewish people.

LEADER TIP: Serve Israeli snacks as a special treat this week in honor of learning about the importance of Israel.

1. What is Israel's National Anthem?
2. What is the capital of Israel?
3. What does the IDF abbreviation mean?
4. On what day was the establishment of the State of Israel?
5. What does the 1950 Law of Return guarantee?
6. What is the type of government in Israel?
7. What is the official currency used in Israel called?
8. What are the official languages in Israel?
9. What colors make up the Israeli flag?
10. Who was the first woman Prime Minister of Israel?
11. What is Magen David Adom?
12. What is the national emblem of Israel?
13. What is the name of Israel's national airline?
14. What number would you dial on the phone to directly reach the police in Israel?
15. What is the name of Israel's shipping line?
16. What is the name of the government company that maintains the water pipes and water supply throughout Israel?
17. What type of Israeli companies are Osem, Eilat and Strauss?
18. What does the Israeli Egged company do?
19. "Pehsek Zeman" and "Egozi" are what type of Israeli foods?
20. Where is the Israeli Knesset (parliament house) located?
21. What was the 1917 British Balfour Declaration ?
22. What was the Haganah ?
23. The ship Exodus 1947 became a symbol of what ?
24. Who said: "If you but will it, it is no fairy tale. If you will it, it is not a dream."
25. Who was the first president of Israel ?
26. Who was the first prime minister of Israel ?
27. Which Israeli parliament member spent many years in a prison camp in Russia and finally made aliyah to Israel in 1986 ?
28. On what Jewish holiday did Egypt and Syria open a coordinated surprise attack against Israel on October 6, 1973 ?
29. Which Israeli general crossed the Suez Canal in the 1973 Yom Kippur war which led to the change of the war's direction ?
30. In what year did Egyptian president Anwar al-Sadat visit the Israeli Knesset ?

31. In what year did the "six day war" take place ?
32. What other country did Theodore Herzl suggest as a temporary substitute for a homeland of the Jewish People ?
33. Where did Theodor Herzl convene the First Zionist Congress?
34. What made Rina Mor famous in 1976 ?
35. How many European Champion Cups did the Maccabbi Tel-Aviv basketball team win since it started playing ?
36. What neighborhood in Jerusalem has a playground with a slide shaped as a monster ?
37. What is Arkia ?
38. Which general wore an eye patch ?
39. What was the name of the smallest unit of Israeli currency prior to 1960 ?
40. What is the official second language in Israel ?
41. What do Discount, Hapolaim, Leumi and Mizrachi have in common ?
42. What do Meuhedet, Macabbi and Klalit have in common ?
43. Which of the following is not a daily Israeli newspaper ?
44. Which organization plants trees all over Israel and has the initials JNF ?
45. What is Gale Zahal ?
46. Which is the most used rail line service in Israel ?
47. There is a fruit which is thorny on the outside with a thick peel that must be removed, to get to the sweet meaty inside. Many people have also described native Israel's by the name of this fruit. What fruit are they referring to ?
48. How many times a year does Israel sound memorial sirens all over the country ?
49. What is the most popular event on Israel Independence day ?
50. By law, on which day are people not allowed to drive their cars in Tel-Aviv ?
51. What is the legal voting age in Israel ?
52. Who was Yoni Netanyahu ?
53. What is the national dance of Israel ?
54. What is the source of the name "Israel" ?
55. What is the Mossad ?
56. What is the Israeli national food?

PARSHA STORY

Before you read: It's natural to feel jealous when we see that someone has something that we don't. But jealousy only makes us feel bad and can ruin relationships. One of the Ten Commandments listed in this week's Torah portion instructs us to do our best not to jealously long for what other people have and we don't.

GREENER GRASS

Jeremy was bored. Why was it that he waited all year for summer vacation, then once it came he almost couldn't wait for it to end?

His house was real quiet - *too* quiet. His mom was almost always at work or working in her office at home and, with no brothers or sisters to liven things up, he sometimes felt like he was living in a library instead of a home.

With nothing better to do, he walked across his yard to Kevin's house to see if he wanted to come over and play.

Jeremy rang the doorbell and waited but there was no answer. He knew people were home since he could hear the talking, laughing and yelping of Kevin's many siblings.

He rang again, this time longer, and sighed. *Kevin is sooo lucky, Jeremy thought. He always has people around. It's like he has a built-in party by just being home. Not like me, who never has anyone one around except ... myself.* Still no answer.

Jeremy rang again and then knocked, but all the loud fun Kevin and his family were having must have been drowning out the sound of the doorbell and his knocks.

Feeling frustrated, disappointed, and very jealous, Jeremy turned on his heels and started shuffling back across the lawn to his quiet, boring, lonely home.

"Hey, Jer!" he heard Kevin's voice call out from behind him. He turned around to see his friend jogging his way, with his two-year-old brother in tow. "Sorry it took me so long to answer the door! Mikey here," he pointed to the toddler at his feet, "decided to throw his pancakes on the floor and stick them all over him, just as my two older sisters had stepped out to ... anyway, what's up?"

"Um, I dunno," Jeremy mumbled, sure that his happily busy friend wouldn't want to come play in his boring, silent home, "I was just going to see if you wanted to come over, but..."

"Come over to your place?" Kevin said, his eyes lighting up. "Boy, would I ever *love* to. But," his face darkened, "I can't right now. I just have way too many chores to do this morning - you know taking care of the little kids and all. You're sooo lucky you have that nice, big house nearly all to yourself. Your games don't get goosed up by little hands, you can shower whenever you feel like it - no lines. You can actually hear yourself think. What I wouldn't give for some peace and quiet like you have. But, I guess it doesn't pay to be jealous, huh? C'mon Mikey," he said, pulling the pancake polka-dotted little kid back toward his house.

Doesn't pay to be jealous, Jeremy let his friend's words replay in his mind - and couldn't agree more.

Discussion Questions:

Q. How did Jeremy feel at first about his friend?

A. He was jealous of how his house was livelier.

Q. How did he feel in the end?

A. He saw how his friend was also jealous of him and realized how silly it was to be jealous.

LEADER TIP: Jealousy is one of the hardest things for all of us to control as well as conquer. Go around and have everyone say something that they do have and work to appreciate what we have as opposed to what we don't.

JEWISH LEADER OF THE WEEK

Sandy Koufax

(December 30, 1935-)



Sanford "Sandy" Koufax, one of the greatest pitchers in baseball, was referred to as the "man with the golden arm." He established one record after another as through his 11-year career with the Brooklyn Dodgers.

The first three years were hectic for Koufax, who had trouble controlling his fast ball. At times, he would walk two or three batters before getting the next man out. But he convinced his coaches to let him pitch more often and over time he learned to throw more curve balls and change-ups and started becoming one of the best pitchers in baseball.

When a 1965 World Series game fell on Yom Kippur, Koufax requested not to pitch. Despite a lot of people criticizing him, Koufax felt very strongly about his decision and put his religious beliefs before anything.

On September 25, 1966, Koufax and Ken Holtzman - the two greatest Jewish pitchers in history - pitched against each other for the one and only time in their careers. The game was the day after both of them observed Yom Kippur. Holtzman was finishing his first season in the major leagues and Koufax was in his last. The rookie Holtzman pitched a no-hitter for eight innings and beat the veteran Koufax 2-1. It was the last regular-season loss of Koufax's career. He retired at the end of the season, because of his arthritis in his pitching hand, but still won his third Cy Young Award for being baseball's best pitcher.

Koufax, won the Cy Young Award three times (1963, 1965, 1966) and was elected to the Baseball Hall of Fame in 1972. After retiring, he moved to the west coast and turned to broadcasting baseball games and to selling real estate. Koufax will always be famous for breaking records as a pitcher in baseball and not playing baseball on Yom Kippur and Rosh Hashanah.

LEADER TIP: Have you ever had to choose between religion and something else that you love?

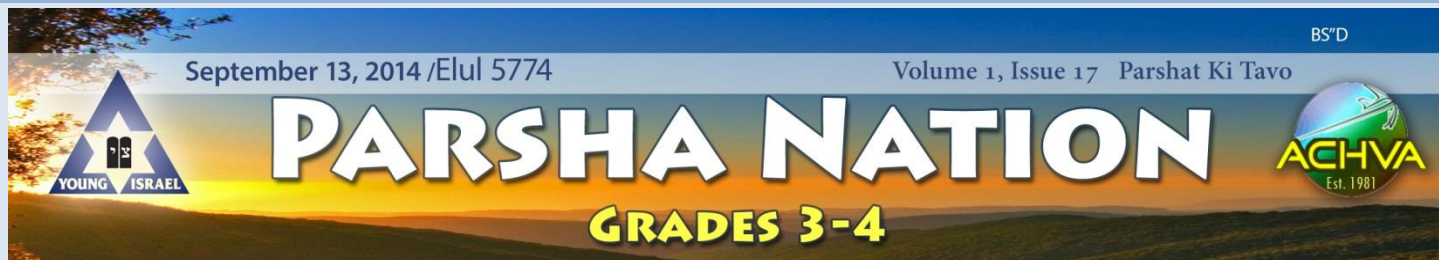
TEFILLAH TREASURES

Tachanun

What is the point of Tachanun where we beg Hashem for his compassion? The purpose of Tachanun, or *nefilat apa'im*, (which means falling on your face) is to ask Hashem for forgiveness. The Zohar teaches that the idea of *nefilat apa'im* is falling in front of Hashem to show that we acknowledge that He is the King. Tachanun also shows our humility and regret for going against Hashem's mitzvot, which is what Hashem needs to accept our tefilot. Tachanun is best said together with a minyan and has the most impact when we say it right after Shemoneh Esrei without any interruptions.

We start off Tachanun by leaning on our arms, then we sit up, and then we stand. The reason we do all of this is to show Hashem that we are sorry for everything we've done and little by little we are able to get up with confidence and ask him for forgiveness. We ask Hashem not to punish us while being upset and full of anger, but rather through love and compassion in order to help us fix our ways and not sin again.

LEADER TIP: Tachanun is a hard thing to explain, especially since most of the kids probably don't even say it. Try to relate it to them by talking about how embarrassing and nerve racking it is when we get in trouble and have to admit to what we did wrong.



VAETCHANAN REVIEW

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Our Parsha also includes a repetition of the Aseret HaDibrot, and parts of Shema, which talk about faith and unity of Hashem, the mitzvot to love Hashem, to study His Torah, and to wrap “these words” as tefillin on our arms and heads, and inscribe them in the mezuzot on our the doorposts of our homes.

LEADER TIP: There are a lot of popular things in this week’s Parsha such as Aseret Hadibrot, Shema, Tefillin, and Mezuzah. Ask the kids to share what they know about all of those things.

PARSHA QUESTIONS

Questions

1. What did Moshe pray for at the beginning of the parsha?
2. The Torah clearly states what Bnei Yisrael have to follow in order to successfully remain in the land that HaShem gives them. What is it that Bnei Yisrael must follow?
3. How will other nations view Bnei Yisrael if they safeguard and keep the laws of the Torah?
4. What event in the desert must Bnei Yisrael remember and make known to future generations?
5. Which sin would cause HaShem to become like a consuming flame?
6. What will happen to Bnei Yisrael if they pursue Avodah Zarah?
7. When do we say stanza 4:39? What does it mean?
8. What term pertaining to the mitzvah of Shabbat parallels the term Zachor (remember) which is used in Parshat Yitro?
9. How are we to observe the Shabbat?
10. What are two rewards for honoring one's parents?
11. If the reward is the same for listening to HaShem as it is for listening to our parents, then we can conclude that when we respect our parents we are ultimately respecting whom?
12. What does Shema Yisrael HaShem Elokeinu HaShem Echad mean?
13. We are told to love HaShem with all our heart, soul, and being. To whom must we transmit this message?
14. How does it state in the shema to do that?
15. With whom were Bnei Yisrael warned not to make treaties and not to intermarry and what does the Torah warn would happen to Bnei Yisrael if they did?

Answers

1. To cross over the Yarden and enter Eretz Yisrael
2. The chukim and mishpatim (laws of the Torah)
3. They will view Bnei Yisrael as a wise, understanding and great nation
4. Matan Torah at Har Sinai (also known as Har Chorev)
5. Avodah Zarah – worshipping anything other than HaShem Himself
6. HaShem will remove them from Eretz Yisrael and disperse them among the nations
7. a. In Aleinu before Al Kein b. Know in your hearts that HaShem is supreme over heaven and earth and there is no other who reigns supreme
8. Shamor – observe
9. By refraining from all melacha that we do during the other six days of the week
10. a. Arichat Yamim – lengthening one's days b. Living successfully in the land HaShem gives us
11. HaShem
12. Listen Israel, HaShem is our G-d, HaShem is one (i.e., don't go looking for Avodah Zarah)
13. To our children
14. By showing love for HaShem in and out of the home and creating an environment conducive to fulfilling HaShem's commandments
15. a. With the seven nations that inhabited Eretz Yisrael at the time b. They would be lead astray to worship other gods which would make HaShem angry and He would quickly destroy them.

LEADER TIP: In honor of the Aseret HaDibrot, give prizes to whoever answers 10 questions first! Also, you can write out the answers on "luchot" and present it to the kids afterwards.

PARSHA ACTIVITY

GOAL: To teach the kids the importance of Israel and why Moshe wanted to enter so badly.

ACTIVITY: “Military Training”

Game 1:

Play a series of games with the kids to simulate military training. Give a little background, explaining that you are Tzahal preparing to defend the Jewish people. Several possible games include:

a) Relay race(s). These could simply be races back and forth, or more creative (one pair might need to wheelbarrow, while another person hops, another has to carry someone on his/her back, etc.)
b) Pick two kids. Have them position themselves as if they are about to do pushups, heads about 6 inches apart facing each other. The goal is to slap the opponent's arms to make them fall. No grabbing is allowed.

c) Have two kids stand facing each other, separated by a foot, with feet shoulder length apart. They hold up their hands with their palms facing each other, but not touching. The two slap palms together to try and knock each other off balance. No grabbing is allowed. The first to move his/her foot loses.

Feel free to be creative here and come up with your own games/activities for this purpose.

Game 2: Choma U'Migdal

During the 30s, Israel was a very dangerous place to live. However, Jews wanted to build new settlements and “conquer” new areas. For this purpose, they came up with the idea of Choma U'Migdal, literally meaning Wall and Tower. The settlers knew that Arabs never attacked during the day. Therefore, a group of Jewish settlers would leave a settlement and go to a new, unsettled area. Upon reaching the new location, they would set to work quickly building a perimeter wall and watch tower. If they were able to complete this before dark, they would be safe from attackers, having outer defenses and a watch tower. 52 such settlements were built.

Divide the group into two or more groups, so that each group has about 4-6 people in it. Give each group a package of cups to use as building equipment. Each group must build a Choma U'Migdal settlement in as little time as possible (this can be a race.) Give them specific requirements, such as a tower 10 cups high and a two story wall with an area of 5x5 cups (for example).

Game 3: Obstacle Course/Bridge Bombing

After the end of World War II, the Hagana entered a new state of existence. As of 1946, instead of simply defending Jewish settlements, it was also concerned with battling the British, who were refusing to let Jewish refugees from Europe move to Israel. On June 17, 1946 the Palmach (the strike force of the Hagana) blew up ten bridges linking Israel with neighboring countries. The Allenby Bridge, which crossed the Jordan River, was one of these bridges. At this time the Hagana was working in conjunction with two other more radical armed Jewish forces, Etzel and Lechi.

Divide the kids into two groups. Have them design an obstacle course, involving chairs and themselves. For example, one obstacle could be walking across three chairs, then climbing under one, jumping over a person crouched on the ground, weaving between three people, under someone's legs, etc. (those on the obstacle must always have people on their team providing the obstacles.) The first

team sends its members through the course one at a time, stopping between people to note the time it took to go through. (All times for one team are added together to give the final score.) Meanwhile, the other group is stationed on the other side of the room. This second group is armed with a “foxtail.” To make a foxtail, take a large sock and put a nerf ball or small stuffed animal inside by the toe. The sock can now be swung around and thrown. This is their “explosive.” They stand on the opposite side of the room and, one at a time, try to hit one of the obstacles with the foxtail. After each shot, the next person on their team goes and retrieves it, and then gets to shoot. If anyone succeeds in hitting an obstacle, that obstacle is blown up. The person on the obstacle course must stop and replace that obstacle before continuing. If it is a chair, he must get another chair from the other side of the room and put it in place. If it is a person, another member of his team must take the place of the person hit. Whichever team finishes with the shorter total time wins.

DISCUSSION: Hashem gave us the land of Israel as a gift to the entire Jewish people. Our soldiers, both on the battle field as well as every person who works to keep Israel alive and thriving, work hard every day to keep Israel and the Jewish people safe. Why do they work so hard to do this? Israel is our homeland and the greatest gift in the world that we’ve ever received. If someone was trying to ruin your home, wouldn’t you do everything you can to protect it? And all the more so if it wasn’t just your home, but the home of your entire people! These games help teach us how hard the army works every single day in order to make our dream of living in Israel come true.

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"Hey, Jer!" he heard Kevin's voice call out from behind him. He turned around to see his friend jogging his way, with his two-year-old brother in tow. "Sorry it took me so long to answer the door! Mikey here," he pointed to the toddler at his feet, "decided to throw his pancakes on the floor and stick them all over him, just as my two older sisters had stepped out to ... anyway, what's up?"

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"Come over to your place?" Kevin said, his eyes lighting up. "Boy, would I ever *love* to. But," his face darkened, "I can't right now. I just have way too many chores to do this morning - you know

taking care of the little kids and all. You're sooo lucky you have that nice, big house nearly all to yourself. Your games don't get goosed up by little hands, you can shower whenever you feel like it - no lines. You can actually hear yourself think. What I wouldn't give for some peace and quiet like you have. But, I guess it doesn't pay to be jealous, huh? C'mon Mikey," he said, pulling the pancake polka-dotted little kid back toward his house.

Doesn't pay to be jealous, Jeremy let his friend's words replay in his mind - and couldn't agree more.

Discussion Questions:

Q. What life-lesson do you think Jeremy learned that day?

A. He'd been feeling jealous of his friend at the same time his friend had been feeling jealous of him! It's so much easier and smarter to try to accept and appreciate what we have and not long for what others do.

Q. Why do you think the two kids in the story were each jealous of the other?

A. Each of them was focusing on what was negative about their situations, instead of what was positive. When we look for the good things in our own situations, we won't feel jealous of others.

LEADER TIP: Jealousy is one of the hardest things for all of us to control as well as conquer. Go around and have everyone say something that they do have and work to appreciate what we have as opposed to what we don't.

JEWISH LEADER OF THE WEEK

Sandy Koufax

(December 30, 1935-)

LEADER TIP: Have you ever had to choose between religion and something else that you love?



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When a 1965 World Series game fell on Yom Kippur, Koufax requested not to pitch. Despite a lot of people criticizing him, Koufax felt very strongly about his decision and put his religious beliefs before anything.

On September 25, 1966, Koufax and Ken Holtzman - the two greatest Jewish pitchers in history - pitched against each other for the one and only time in their careers. The game was the day after both of them observed Yom Kippur. Holtzman was finishing his first season in the major leagues and Koufax was in his last. The rookie Holtzman pitched a no-hitter for eight innings and beat the veteran Koufax 2-1. It was the last regular-season loss of Koufax's career. He retired at the end of the season, because of his arthritis in his pitching hand, but still won his third Cy Young Award for being baseball's best pitcher.

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TEFILLAH TREASURES

Tachanun

What is the point of Tachanun where we beg Hashem for his compassion? The purpose of Tachanun, or *nefilat apa'im*, (which means falling on your face) is to ask Hashem for forgiveness. The Zohar teaches that the idea of *nefilat apa'im* is falling in front of Hashem to show that we acknowledge that He is the King. Tachanun also shows our humility and regret for going against Hashem's mitzvot, which is what Hashem needs to accept our tefilot. Tachanun is best said together with a minyan and has the most impact when we say it right after Shemoneh Esrei without any interruptions.

We start off Tachanun by leaning on our arms, then we sit up, and then we stand. The reason we do all of this is to show Hashem that we are sorry for everything we've done and little by little we are able to get up with confidence and ask him for forgiveness. We ask Hashem not to punish us while being upset and full of anger, but rather through love and compassion in order to help us fix our ways and not sin again.

Tachanun is a tefillah that summarizes some of the foundations of prayer. We stand before Hashem in tefillah, weigh our deeds, and resolve to submit ourselves to His Will. It is a humbling experience, standing before the Almighty Creator of the universe. We put our heads down and cover our faces to show our fear, humility, distress, and desire to do teshuva. This action arouses our feelings to come closer to our Father in Heaven. If we say tachanun with a renewed kavannah. It will humble ourselves before Hashem.

LEADER TIP: Tachanun is a hard thing to explain, especially since most of the kids probably don't even say it. Try to relate it to them by talking about how embarrassing and nerve racking it is when we get in trouble and have to admit to what we did wrong.



VAETCHANAN REVIEW

Moshe tells Bnei Yisrael how he begged Hashem to allow him to enter Israel, but Hashem refused, telling him instead to go up a mountain and see the Promised Land.

Continuing his “review of the Torah,” Moshe described Yitziat Mitzrayim and Matan Torah, calling them extraordinary events in human history. “Has there ever occurred this great thing, or has the likes of it ever been heard? Did ever a people hear the voice of G-d speaking out of the midst of the fire . . . and live? . . . You were shown, to know, that the L-rd is G-d . . . there is none else beside Him.”

Moshe predicts that in future generations the people will turn away from Hashem, worship idols, and be exiled from their land and scattered among the nations; but then they will look for Hashem, and return to his mitzvot.

Our Parsha also includes a repetition of the Aseret HaDibrot, and parts of Shema, which talk about faith and unity of Hashem, the mitzvot to love Hashem, to study His Torah, and to wrap “these words” as tefillin on our arms and heads, and inscribe them in the mezuzot on our the doorposts of our homes.

LEADER TIP: There are a lot of popular things in this week’s Parsha such as Aseret Hadibrot, Shema, Tefillin, and Mezuzah. Ask the kids to share what they know about all of those things.

PARSHA QUESTIONS

Questions

1. What did Moshe pray for at the beginning of the parsha?
2. The Torah clearly states what Bnei Yisrael have to follow in order to successfully remain in the land that HaShem gives them. What is it that Bnei Yisrael must follow?
3. How will other nations view Bnei Yisrael if they safeguard and keep the laws of the Torah?
4. What event in the desert must Bnei Yisrael remember and make known to future generations?
5. At Har Sinai, HaShem's voice came from a flame which symbolizes what HaShem will become if Bnei Yisrael commit a particular sin. Why did HaShem merely project His voice from fire to speak to Bnei Yisrael as oppose to appearing in the image of something that would speak to them?
6. Which sin would cause HaShem to become like a consuming flame?
7. What will happen to Bnei Yisrael if they pursue Avodah Zarah?
8. What did HaShem call as witness to this testimony?
9. When do we say stanza 4:39? What does it mean?
10. What mountain is the northernmost border of Eretz Yisrael?
11. What salty body of water is the southernmost border?
12. What term pertaining to the mitzvah of Shabbat parallels the term Zachor (remember) which is used in Parshat Yitro?
13. How are we to observe the Shabbat?
14. What are two rewards for honoring one's parents?
15. If the reward is the same for listening to HaShem as it is for listening to our parents, then we can conclude that when we respect our parents we are ultimately respecting whom?
16. Why is Bnei Yisrael commanded, here in this parsha, not to desire a neighbor's field (this was not specified in Yitro)?
17. What does Shema Yisrael HaShem Elokeinu HaShem Echad mean?
18. We are told to love HaShem with all our heart, soul, and being. To whom must we transmit this message?
19. How does it state in the shema to do that?
20. With whom were Bnei Yisrael warned not to make treaties and not to intermarry and what does the Torah warn would happen to Bnei Yisrael if they did?

Answers

1. To cross over the Yarden and enter Eretz Yisrael
2. The chukim and mishpatim (laws of the Torah)

3. They will view Bnei Yisrael as a wise, understanding and great nation
4. Matan Torah at Har Sinai (also known as Har Chorev)
5. So that Bnei Yisrael would not mistake it as being HaShem's image and therefore recreate it and worship it
6. Avodah Zarah – worshipping anything other than HaShem Himself
7. HaShem will remove them from Eretz Yisrael and disperse them among the nations
8. Heaven and earth
9. a. In Aleinu before Al Kein
- b. Know in your hearts that HaShem is supreme over heaven and earth and there is no other who reigns supreme
10. Har Chermon
11. Yam Hamelach
12. Shamor – observe
13. By refraining from all melacha that we do during the other six days of the week
14. a. Arichat Yamim – lengthening one's days
- b. Living successfully in the land HaShem gives us
15. HaShem
16. Because here is the first time that they are about to inherit land
17. Listen Israel, HaShem is our G-d, HaShem is one (i.e., don't go looking for Avodah Zarah)
18. To our children
19. By showing love for HaShem in and out of the home and creating an environment conducive to fulfilling HaShem's commandments
20. a. With the seven nations that inhabited Eretz Yisrael at the time
- b. They would be lead astray to worship other gods which would make HaShem angry and He would quickly destroy them

LEADER TIP: In honor of the Aseret HaDibrot, give prizes to whoever answers 10 questions first! Also, you can write out the answers on "luchot" and present it to the kids afterwards.

PARSHA ACTIVITY

GOAL: To teach the kids the importance of Israel and why Moshe wanted to enter so badly.

ACTIVITY: “Al HaMapah”

Print out all the pictures (attached) and spread them around the room. Have each kid pick one picture (either mentally picking one or actually picking them up, print more than one copy so that kids can pick the same one if they need) that speaks to them. Each picture has a picture of Israel in it. Depending on which picture connects to them best, each person will pick a picture and go around the circle having each person explain why they chose it and why they connect to it.

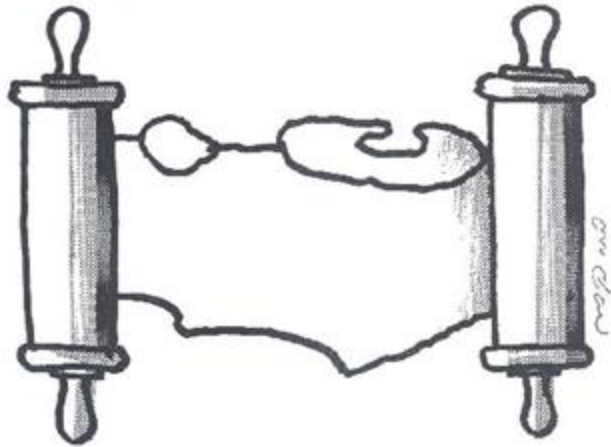
Go through all the pictures explaining each one, even if no one picked it.

DISCUSSION: Everyone connects to Israel differently. Some people through religion, some through food, some through history. Whatever the connection, there is no wrong answer. We know that Hashem gave us the land of Israel to be the Jewish homeland and a place where all Jews will one day live. When it comes to our “home”, we all feel comfortable and feel “at home”. Some people’s favorite room in the house is the kitchen, some is the living room, some is the porch or back yard. Each of us has a different way we connect to everything in our life. The idea is that no matter what, we see Israel, the importance of Israel, and the goal of making it our homeland an everyday part of our life.

LEADER TIP: Serve Israeli snacks as a special treat this week in honor of learning about the importance of Israel.

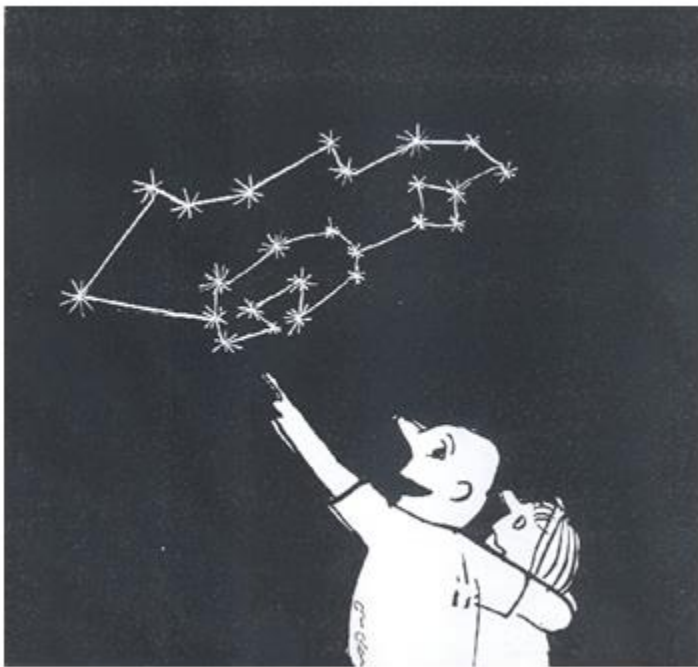
על המפה

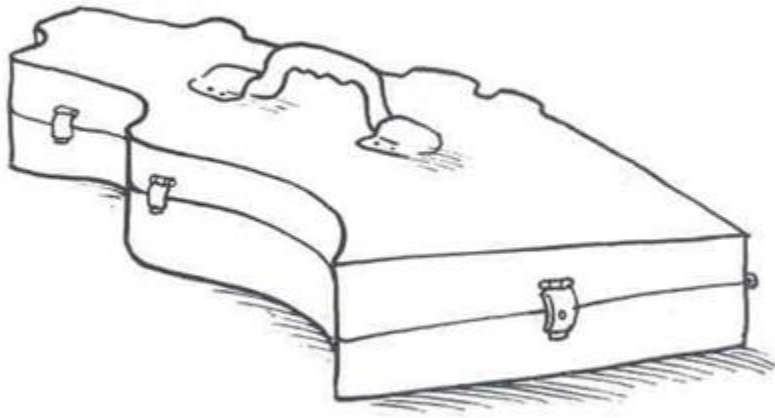
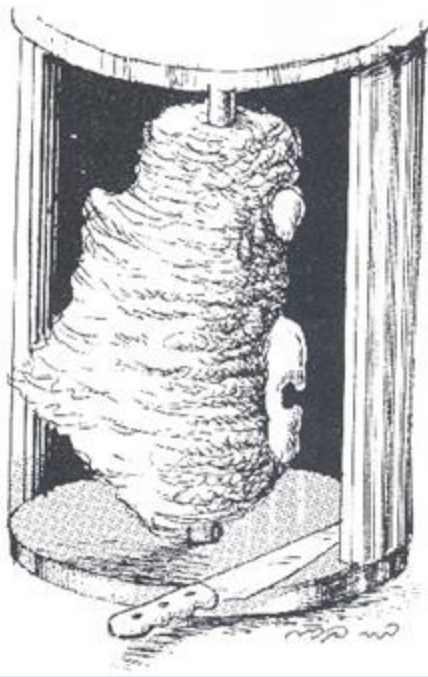
מחשבות על מפת ישראל מאת המאייר והסטיריקן דני קרמן

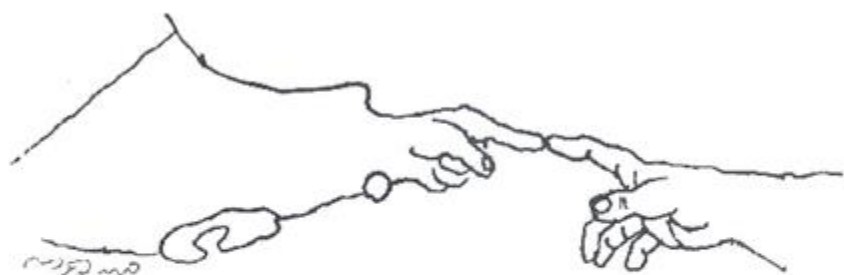


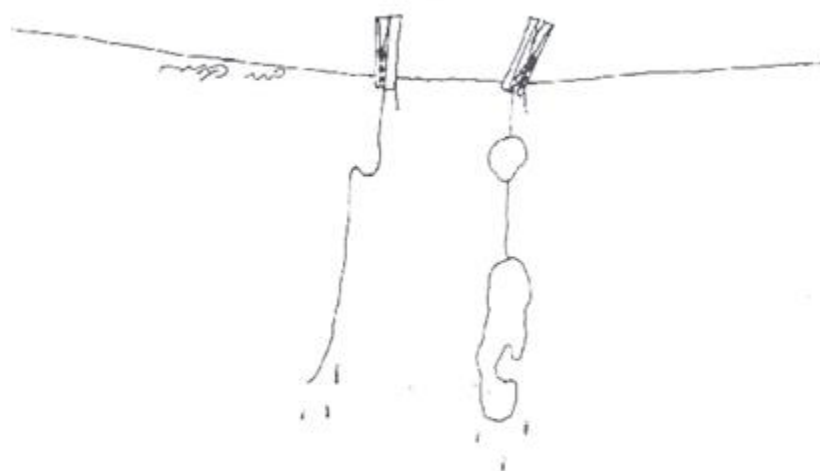
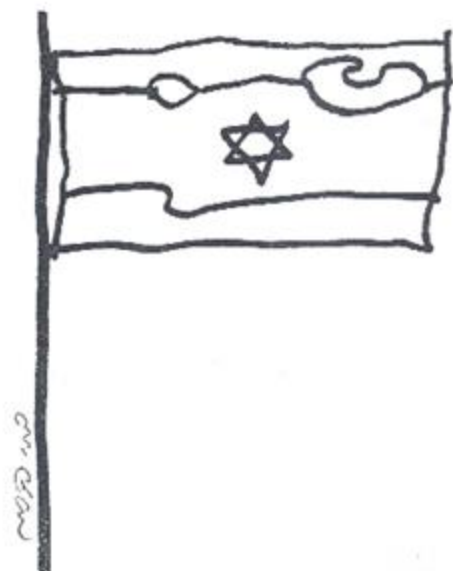
הסוכנות היהודית לארץ ישראל, המחלקה לחינוך יהודי-ציוני, חטיבת האופק, תחום ליווי שליחים

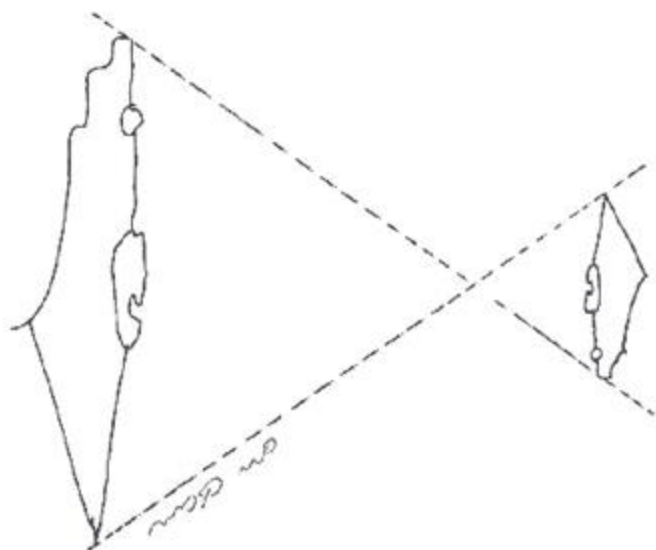




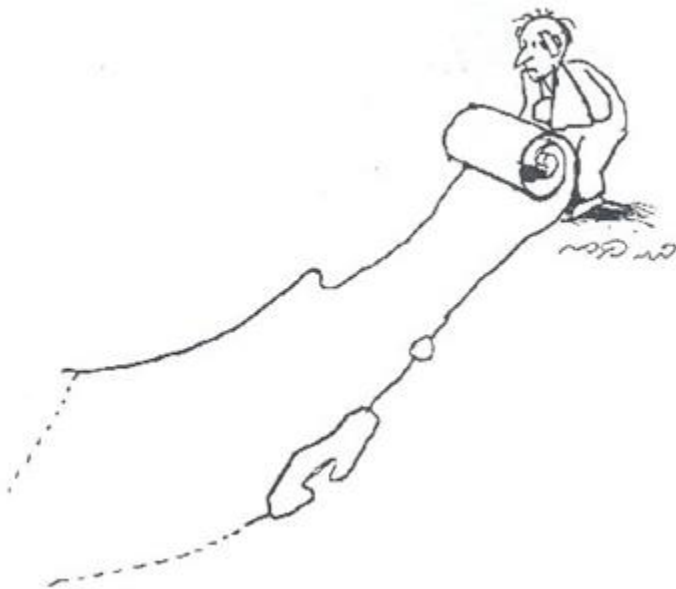
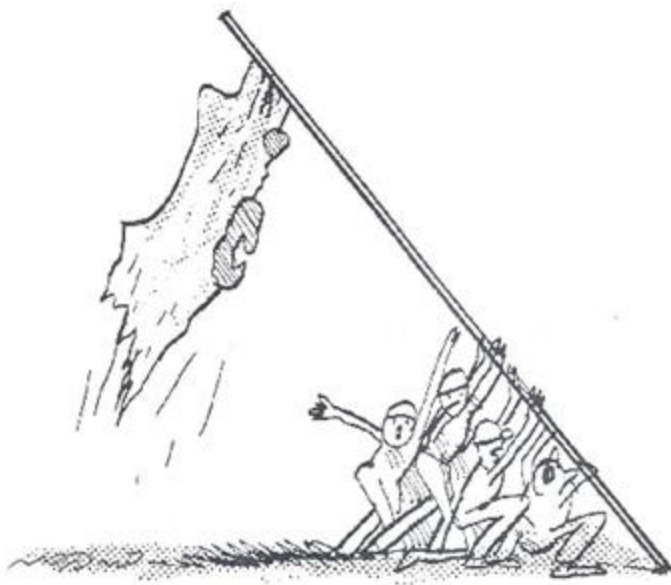


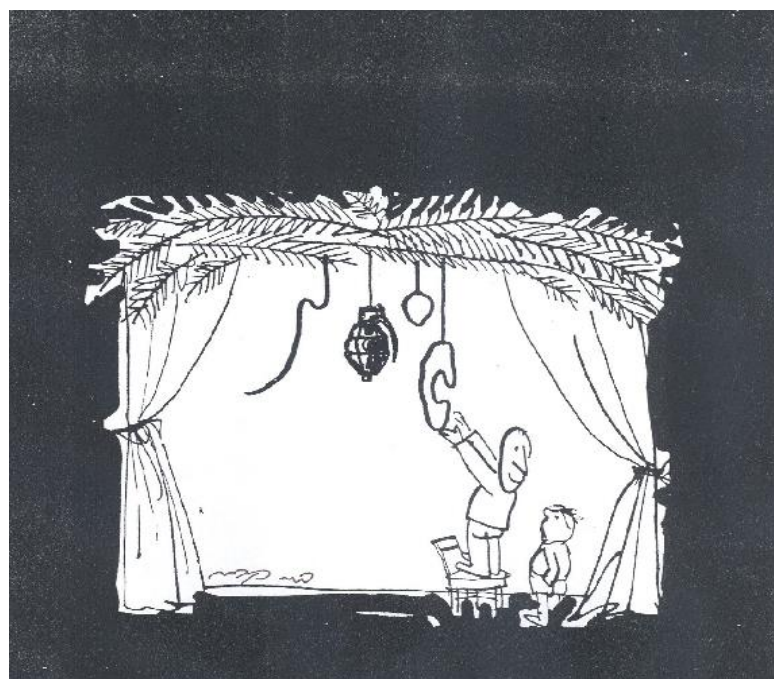
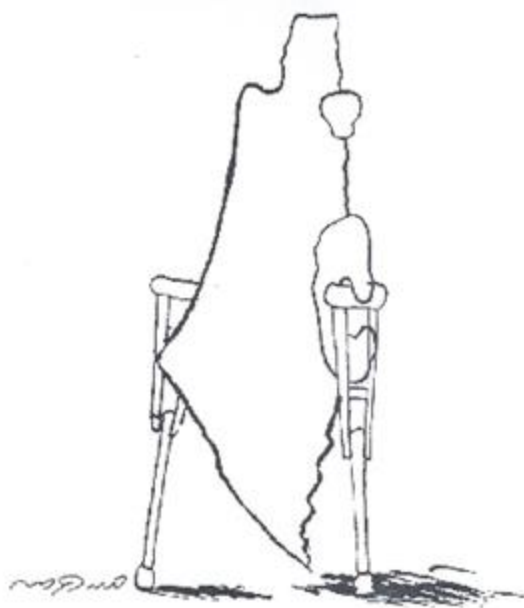














PARSHA STORY

Before you read: It's natural to feel jealous when we see that someone has something that we don't. But jealousy only makes us feel bad and can ruin relationships. One of the Ten Commandments listed in this week's Torah portion instructs us to do our best not to jealously long for what other people have and we don't.

GREENER GRASS

Jeremy was bored. Why was it that he waited all year for summer vacation, then once it came he almost couldn't wait for it to end?

His house was real quiet - *too* quiet. His mom was almost always at work or working in her office at home and, with no brothers or sisters to liven things up, he sometimes felt like he was living in a library instead of a home.

With nothing better to do, he walked across his yard to Kevin's house to see if he wanted to come over and play.

Jeremy rang the doorbell and waited but there was no answer. He knew people were home since he could hear the talking, laughing and yelping of Kevin's many siblings.

He rang again, this time longer, and sighed. *Kevin is sooo lucky, Jeremy thought. He always has people around. It's like he has a built-in party by just being home. Not like me, who never has anyone one around except ... myself.* Still no answer.

Jeremy rang again and then knocked, but all the loud fun Kevin and his family were having must have been drowning out the sound of the doorbell and his knocks.

Feeling frustrated, disappointed, and very jealous, Jeremy turned on his heels and started shuffling back across the lawn to his quiet, boring, lonely home.

"Hey, Jer!" he heard Kevin's voice call out from behind him. He turned around to see his friend jogging his way, with his two-year-old brother in tow. "Sorry it took me so long to answer the door! Mikey here," he pointed to the toddler at his feet, "decided to throw his pancakes on the floor and stick them all over him, just as my two older sisters had stepped out to ... anyway, what's up?"

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Doesn't pay to be jealous, Jeremy let his friend's words replay in his mind - and couldn't agree more.

Discussion Questions:

Q. Is it ever a good thing to feel jealous?

A. If we are jealous of another's good traits, and our jealousy spurs us on to improve ourselves, then it is positive.

Q. What do our feelings about God have to do with our jealousy or lack thereof?

A. If we believe, as the Torah guides us to do, that God is constantly and intimately involved with each of our lives and puts us each in the ideal situation for optimum spiritual growth and ultimate happiness, there is no reason ever to be jealous.

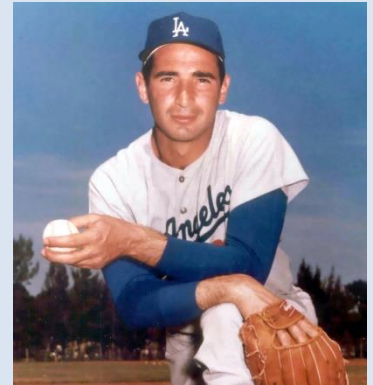
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Sandy Koufax

(December 30, 1935-)

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The first three years were hectic for Koufax, who had trouble controlling his fast ball. At times, he would walk two or three batters before getting the next man out. But he convinced his coaches to let him pitch more often and over time he learned to throw more curve balls and change-ups and started becoming one of the best pitchers in baseball.

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TEFILLAH TREASURES

Tachanun

What is the point of Tachanun where we beg Hashem for his compassion? The purpose of Tachanun, or *nefilat apa'im*, (which means falling on your face) is to ask Hashem for forgiveness. The Zohar teaches that the idea of *nefilat apa'im* is falling in front of Hashem to show that we acknowledge that He is the King. Tachanun also shows our humility and regret for going against Hashem's mitzvot, which is what Hashem needs to accept our tefilot. Tachanun is best said together with a minyan and has the most impact when we say it right after Shemoneh Esrei without any interruptions.

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Tachanun is a tefillah that summarizes some of the foundations of prayer. We stand before Hashem in tefillah, weigh our deeds, and resolve to submit ourselves to His Will. It is a humbling experience, standing before the Almighty Creator of the universe. We put our heads down and cover our faces to show our fear, humility, distress, and desire to do teshuva. This action arouses our feelings to come closer to our Father in Heaven. If we say tachanun with a renewed kavannah. It will humble ourselves before Hashem.

There are a few reasons why we put our heads down. Firstly in fear of the Shechina. We need to realize that when we are praying, we are standing in front of Hashem Himself. This is quite a humbling experience. Therefore we perform a very humbling action – we put our heads down and cover our faces. Secondly, this action helps us to do teshuva and correct our mistakes. Someone who feels distressed and low puts his head down. This is one of the key factors in doing teshuva – feeling distressed and low about your sins. Therefore, we perform an action which demonstrates our regret and desire to correct our ways. Thirdly, we show that our senses and feelings are powerless before Hashem. When we cover our faces, we seal our eyes and mouths. We demonstrate that we can only see what Hashem wants us to see. We can only go in the direction which Hashem allows us to go. We are powerless before the Will of Hashem.

We don't say Tachanun on days that are happy such as holidays and *smachot*.

LEADER TIP: Tachanun is a hard thing to explain, especially since most of the kids probably don't even say it. Try to relate it to them by talking about how embarrassing and nerve racking it is when we get in trouble and have to admit to what we did wrong.



PARSHA NATION



Published by the National Council of Young Israel

This Week in Jewish History

August 2, 1943

Treblinka Prisoner Uprising

In early 1943, an underground Jewish resistance organization was formed at Treblinka with the goal of gaining control of the camp and escaping to freedom. The planned revolt took a long time to prepare.

The original date of the revolt was set for June 15th 1943, but it had to be postponed. A fighter snuck in a grenade in one of the early May trains carrying captured rebels from the Warsaw Ghetto Uprising, which had begun on April 19th 1943. When he detonated it, the SS and guards were thrown into a panic. After the explosion, Treblinka received only about 7,000 Jews from the since they were scared the incident would happen again. The rest of the 42,000 Warsaw Jews were deported to Majdanek, instead.

The uprising started on August 2nd 1943 when a group of Germans and 40 Ukrainians drove off to the river to swim. The plotters silently unlocked the door to the arsenal near the train tracks, with a key that had been copied earlier. They had stolen 20–25 rifles, 20 hand grenades, and several pistols, and delivered them in a cart to the gravel work detail. At 3:45 p.m., 700 Jews launched a revolt that lasted for 30 minutes. They set buildings on fire, exploded a tank of petrol, and set fire to the surrounding structures. A group of armed Jews attacked the main gate, and others attempted to climb the fence. Machine-gun fire from about 25 Germans and 60 Ukrainians resulted in near-total slaughter. About 200 Jews escaped from the camp. Half of them were killed after a chase in cars and on horses. The Jews did not cut the phone wires, and the Nazis called in hundreds of German reinforcements, who arrived from four different towns and set up roadblocks along the way. Partisans of the Armia Krajowa (Polish: Home Army) transported some of the surviving escapees across the river and others ran 19 miles and were then helped and fed by Polish villagers. Of those who escaped, around 70 are known to have survived until the end of the war.

Among the Jewish prisoners who escaped after setting fire to the camp, there were two 19-year-olds, Samuel Willenberg and Kalman Taigman, who had both arrived in 1942 and had been forced to work there under pain of death. Taigman died in 2012 Willenberg in 2016. Taigman said of his experience, "It was hell, absolutely hell. A normal man cannot imagine how a living person could have lived through it – killers, natural-born killers, who without a trace of remorse just murdered every little thing." Willenberg and Taigman moved to Israel after the war and devoted their last years to retelling the story of Treblinka.



FIND...

- Eretz Yisrael
- Matan Torah
- Yetziat Mitzraim
- Aseret HaDibrot
- Shema
- Mitzvot
- Tefillin
- Mezuzah

STAT LINE OF THE WEEK- VAETCHANAN

45th of 54 sedras;

2nd of 11 in Devarim

Written on 249 lines in a Torah, rank: 7th

21 Parshiyot; 5 open, 16 closed, 7th (tied)

122 pesukim – ranks 17th (2nd in Devarim)

same as Vayakel & Ki Tavo – but larger

1878 words; ranks 10th (2nd in Devarim)

7343 letters; ranks 10th (2nd in Devarim)

Va'etchanan's pesukim are longer than average, hence the jump from 17th to 10th in rank.

MITZVOT

12 of 613 mitzvot: 8 positive, 4 prohibitions

TRIVIA QUESTION OF THE WEEK

WHAT CITY IS BEN GURION AIRPORT LOCATED IN?

Email your answers to SAMMYS@YOUNGISRAEL.ORG along with your **NAME** and **AGE** for a chance to win **AWESOME PRIZES!** Each correct answer will enter your name into a raffle that will happen once a month. Behatzlacha!

THIS JUST IN!

- Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.
- In every episode of Seinfeld there is a Superman somewhere.
- A duck's quack doesn't echo, and no one knows why.
- 23% of all photocopier faults worldwide are caused by people sitting on them.

For more info please feel free to contact us
at sammys@youngisrael.org

Parsha Points to Ponder...

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

One of the most common prayers Jews recite is found in this week's Sidra – the Shema. It is said morning and evening. It is on the lips of the dying. It is proclaimed by martyrs and soldiers who fall in battle. In it we read: **וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֶנִּי מְצַוְךָ הַיּוֹם עַל לְבָבְךָ**, “And these matters which I command you today shall be on your heart.” The next verse reads: **וְשִׁנְנָתָם לְבָנֶיךָ**, “You shall teach them thoroughly to your children.” (Deut. 6, 6-7) This implies education, to teach our children. Why mention education in this context and why the sequence?

Every parent wants their child to grow up knowledgeable and to do the right thing. Our literature tells us, **וְהָיוּ הַדְּבָרִים הָאֵלֶּה הַיּוֹצֵאִים מִן הַלֵּב וְנִכְנָסִים בְּלֵב הַתְּלִמִּידִים**, “that which comes out of the heart goes into the heart of the students.” If we want our children to follow in our footsteps, if we want them to accept our teachings, then what we want must be imbedded in our own hearts.

We cannot expect our children to act in a particular way when we ourselves act differently. Unfortunately, too often parents don't act ethically and they want their children to act differently. This does not happen. What we have imbedded in our hearts we can transmit to them. What we don't accept totally in our hearts we cannot expect our children to learn from us.

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