



PARSHA NATION



Published by the National Council of Young Israel

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.

National Council of Young Israel Department of Synagogue Services

Rabbis@youngisrael.org



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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.



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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!	



PARSHA NATION



GRADES K-2

TOLDOT REVIEW

Rivka gave birth to twin boys: a hairy, reddish boy named Esav, and a second son holding on to Esav's heel, named Yaakov. Esav became a hunter, while Yaakov was an honest man who spent time learning Torah. Yitzchak favored Esav, while Rivka preferred Yaakov. One day, Esav came home from the hunting and was really hungry. Yaakov was making soup and Esav begged him to give him some. Yaakov agreed to Esav's request just as long as he gave him his birthright as firstborn in exchange—and Esav agreed. Yitzchak settled among the Plishtim. When the Plishtim asked Yitzchak about Rivka, he told them that she was his sister, worried that otherwise they would kill him in order to take her. Eventually, Avimelech, king of the Plishtim, noticed that Rivka was Yitzchak's wife and even though he scolded Yitzchak, he issued a decree that no one touch them. Yitzchak became extremely wealthy. The Plishtim eventually became very jealous of his wealth, and asked him to leave. Hashem came to Yitzchak in a dream and blessed him and assured him that He would always be with him. Avimelech came to Yitzchak to make a peace treaty with him and Yitzchak agreed. At the age of forty, Esau married two wives. Being that they were both idol worshipers, Yitzchak and Rivka were not so happy.

Yitzchak was now getting old and became blind. He called over Esav and told him that he wanted to bless him, but first he should go to the field and hunt some food for him to eat. Rivka heard this conversation and told Yaakov to dress as Esav and trick Yitzchak into blessing him instead. Rivka prepared meat and gave it to Yaakov to bring to Yitzchak. She also took hairy goatskin and put it on Yaakov's smooth arms and neck. Yaakov came to Yitzchak and pretended to be Esav. Yitzchak blessed Yaakov with spiritual and material gain. Esav came back and realized what had happened. Esau was furious and Yitzchak comforted him with a minor blessing. Esav was determined to kill Yaakov, but Rivka, who heard about what he was going to do, asked Yitzchak to send Yaakov to Charan to find a wife. Yitzchak did so, and blessed Jacob again before he departed. Yitzchak sent Yaakov to his brother-in-law Lavan's home, to marry one of his daughters. Esav married again, this time to Machalat the daughter of Yishmael.

LEADER TIP: Have the kids pair up and find something similar and something different with their pairs.

PARSHA QUESTIONS

Questions

1. Who did Yitzchak marry?
2. Who were their two sons? Who was born first?
3. Were the two sons similar or different? What were they like?
4. Who was Yitzchak's favorite? Who was Rivka's favorite?
5. How did Yaakov trick Esav into selling him the "first born"?
6. How did Yaakov and Rivka trick Yitzchak into giving him the first blessing?
7. How did Yitzchak not know right away that it wasn't really Esav?
8. What did Yitzchak say when Yaakov snuck in to get the first bracha?
9. What was Esav's reaction when he found out what Yaakov did?
10. Where did Yaakov run to to escape Esav?

LEADER TIP: Make a special chulent (before Shabbat) for groups in honor of Yaakov's stew that he made for Esav!

Answers

1. Rivka
2. Esav and Yaakov were twins, Esav was born first with Yaakov holding on to his heel.
3. Very different. Esav was born hairy and red and was a hunter. Yaakov was a simple person who spent most of his time learning Torah.
4. Yitzchak loved Esav (he was very good at *kibud av v'em*) and Rivka loved Yaakov
5. Esav came back from hunting very tired and hungry. Yaakov was making soup and Esav wanted some. Yaakov told him he would give him soup just as long as Esav would sell him the birth right.
6. Yitzchak told Esav to go get him food from the field and come back to get his bracha. Rivka made Yitzchak food and dressed Yaakov up as Esav and Yaakov went to Yitzchak pretending to be Esav.
7. He was blind
8. "The voice is Yaakov's and the hands are like Esav's" 1
9. He was extremely upset and wanted to kill Yaakov when Yitzchak died
10. His uncle Lavan's house

PARSHA ACTIVITY

GOAL: To learn to appreciate our family even though we may be different or argue

ACTIVITY: “All You Can Grab Tissue Buffet”

Gather all the kids together and explain to them that there was a special person who donated a few boxes of beautiful, soft, luxurious tissues. They said that each person is allowed to take as many as they'd like but to be cautious because they may need to do something with them. No need to worry though, take as many as you'd like and then come back to the circle! Choose one or two kids at a time to exit the room. While they are outside, hide the tissue box with the rest of the group. Place the tissue boxes in a hidden place in the room (either in a closet or surrounded by chairs, somewhere where no one can really see it too well). Call the kids back into the room and have them search for the tissue boxes. Tell them they are “hot or cold” to help them find the boxes. Once they find it, tell them that they could take as many tissues as they'd like and then come back to the circle. Keep doing this until all of the kids have had a chance to look for the tissue boxes and have returned with tissues. Make sure to keep an eye on how many tissues each kid is taking in order to make sure that there is enough for everyone. Once everyone has tissues, gather everyone together sitting in one big circle.

Tell them to count their tissues and place them right in front of them, either on their lap or on the floor. Depending on how many tissues they have, that's how many nice things they need to say about their siblings (or if they're an only child then their family). For example, if someone has 3 tissues they must say 3 nice things about their siblings. Take turns going around the circle and giving everyone a chance to share things about their siblings. Make sure they say the names of their siblings as well as their ages if possible. This is why it's so important to make sure to have a group leader by the tissue boxes to make sure the kids don't take THAT many. Once everyone gets a chance to share nice things about their siblings, take a few minutes to ask them some questions. Do you ever fight with your siblings? Are you similar or different than your siblings? Try to give over the message that siblings are extremely important and that even though we may fight or be different, we must love our families because they look after us and we should look out for them too.

DISCUSSION: In this week's Parsha, Rivka gives birth to twins- Esav and Yaakov. Esav was born first and then Yaakov came out holding on to Esav's leg. Although they were brothers, they were very different. Esav was born very hairy and very red and was a tough guy and hunter. Yaakov on the other hand was a very simple quiet person who spent most of his time learning Torah. Yitzchak wanted to

give each of his sons a bracha. Yaakov knew that Esav was going to get the bracha of the first born so he wanted to make sure that he got it instead. He sold Esav a bowl of soup for the birthright and at the time Esav was ok with this. Later though, once Esav wasn't so hungry and exhausted from hunting anymore, he realized what Yaakov did and he became really angry at him and wanted to kill him! Yaakov and Esav were brother but did not get along very well. Even though they fought with each other, they were still family and family needs to stick together. Without family, we would never be able to become as great as we could be. It's always important to look out for our family because they make us who we are. Our family loves and we should love our family as well. Next time we may fight or argue with our family, try to remember WE'RE FAMILY!

LEADER TIP: Have the kids take their tissues home with them and give them to their siblings and families! Tell them that it represents all the good things they said about them!

PARSHA STORY

Before you read: Why are the people closest to us, our siblings, often the hardest to get along with? In this week's Torah portion we learn of the brothers, Jacob and Esau, both sons of Isaac. Esau was so angry and jealous of Jacob that he wanted to do him terrible harm. While quarrels between siblings may be natural, we can strive to be super-natural and do our best to appreciate each other and get along.

OH, BROTHER!

Jack carefully looked both ways before darting out of his room. All was clear. He tiptoed down the hall and lightly pranced down the carpeted steps. He looked at his watch. His 'Friends-to-the-End' club meeting was starting in just a couple minutes and as club founder and president he certainly didn't want to be late.

The boy grabbed his green windbreaker off the coat rack and was about to dash out the door, when just what he hoped wouldn't happen, happened...

"Whereya goin, Jack?" his younger brother, Barry, called out from the kitchen.

"Somewhere," Jack grunted.

"To your meeting, right?" Barry asked.

"Maybe," Jack said, snarling. Barry had been hounding him for weeks about the club and he had hoped that this time he'd be able to escape the house unnoticed.

"I'm coming with you, okay?" Barry said, getting up and walking over to him, "I wanna join the club, too."

Jack stepped back. "No way! Do you hear me? No way!" His face flushed with anger.

"Why not? Some kids my age are in your club, like Ed and Steve."

"Ed and Steve are my *friends*. It's a *friends* club and *you* are nothing but my pesky, bratty, yucky *brother*! Now just forget about it and get lost - you're makin' melate!"

"But why not, Jack?" Barry said with a hurt look on his face. "Why can't I also..."

FWWWWUUUDDDD! Before Barry finished his sentence, the door had slammed shut and his brother was long gone.

Sprinting to get to the meeting on time, Jack ducked into the old, empty wooden tool shed in the corner of his back yard that they used as a clubhouse, where the five other club members were already waiting.

"Okay," Jack huffed as he slid the lock closed, "first thing on today's agenda is to vote on what color to paint..."

"Hey, you forgot to read the official club creed to start the meeting," Mark, one of the club members, pointed out.

"Oh yeah, right," Jack said. "I just got a little distracted by ... never mind."

He pulled the wrinkled parchment-colored paper from its secret crack in the tool shed wall, cleared his throat and began to read:

"We the members, solemnly declare to stick together, thick and thin. All for one and one for all. To always remember and never forget we're ... we're ..." Jack hesitated.

"Hey, what's the matter?" Mark asked. "Something wrong with the paper?"

"Uh, no," Jack said, and read on. *"...never forget that we're not just friends - because friends can end - we're more than friends, we're **brothers!**"*

"Okay," Mark said, "now let's vote on that paint job."

"Um, just a minute, okay?" Jack said, slipping open the lock.

"Hey, where are you going?" Mark asked.

"Reading the creed helped me remembered something important I forgot back in the house," Jack said. "I'll be back in just a minute ... together with our newest member."

Discussion Questions:

Q. How did Jack feel about letting his brother join the club at first?

A. He felt that since he was 'only' his brother, he couldn't join.

Q. How did he feel in the end?

A. He realized that a brother is just as important as a friend is - and even more so.

LEADER TIP: Can you recall a time where you fought with your siblings? Why do we fight with the people were closest with? Have you ever apologized afterwards?

JEWISH LEADER OF THE WEEK

Michael Levin

(February 17, 1984- August 1, 2006)



Michael Levin made Aliyah from Philadelphia in 2002 and joined the Paratroopers in the IDF. In the summer of 2006, Michael was given time off to visit his family in the US. Two weeks into his trip, war broke out on Israel's northern border when Hezbollah ambushed an IDF patrol, killing five soldiers and kidnapping Ehud Goldwasser and Eldad Regev while wounded. When Israel crossed the border in an attempt to rescue them, Hezbollah began its assault on Israel, launching thousands of rockets at the communities of northern Israel. Michael immediately cut short his vacation and flew back to Israel to serve with his unit. He fought to receive permission to be sent to the north to rejoin his unit. When Michael arrived, his unit was sent to the Hezbollah village of Aita al-Shaab. On Tuesday, August 1, Michael's unit moved forward and began an intense fire-fight with Hezbollah forces inside the village of Aita al-Shaab. Michael Levin was 21 years old when he fell fighting for the country he loved. His memory and courage live on in the thousands of lone soldiers who continue down the path Michael set – to make Aliyah, to serve in the IDF, and to build a life in the land of Israel.

LEADER TIP: Have you ever thought about moving to Israel and joining the army? What other ways can you help Israel?

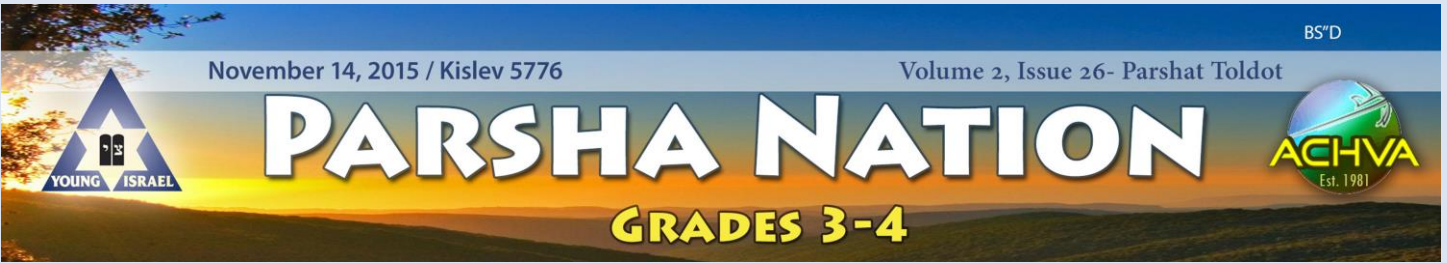
TEFILLAH TREASURES

Shema

The Hebrew word SHEMA means hear or listen. The Shema reminds us that there is only one God and that Hashem is good and loves us and that we should love Him.

The Kli Yakar gives us a great insight into the words Shema Yisrael Hashem Elokeinu Hashem Echad. The name Elokim represents judgement - when Hashem deals with us in a strict way. The name Hashem represents Hashem dealing with us with mercy. When everything is going well we can be quick to praise Hashem. But we do not realize that sometimes in life we feel we have been mistreated and bad things happen; that is also from Hashem. That is also planned out perfectly by Hashem for whatever reason. The attributes of mercy and judgement come from the same source. That is why the Gemara says that in Olam Haba we will make the same bracha on good news and bad news - because they will then realize that good and 'bad' came from the same Source; they are both planned for us by Hashem.

LEADER TIP: Sing the song Hashem is here
Hashem is there!



TOLDOT REVIEW

Rivka gave birth to twin boys: a hairy, reddish boy named Esav, and a second son holding on to Esav's heel, named Yaakov. Esav became a hunter, while Yaakov was an honest man who spent time learning Torah. Yitzchak favored Esav, while Rivka preferred Yaakov. One day, Esav came home from the hunting and was really hungry. Yaakov was making soup and Esav begged him to give him some.

Yaakov agreed to Esav's request just as long as he gave him his birthright as firstborn in exchange—and Esav agreed. Yitzchak settled among the Plishtim. When the Plishtim asked Yitzchak about Rivka, he told them that she was his sister, worried that otherwise they would kill him in order to take her. Eventually, Avimelech, king of the Plishtim, noticed that Rivka was Yitzchak's wife and even though he scolded Yitzchak, he issued a decree that no one touch them. Yitzchak became extremely wealthy. The Plishtim eventually became very jealous of his wealth, and asked him to leave. Hashem came to Yitzchak in a dream and blessed him and assured him that He would always be with him. Avimelech came to Yitzchak to make a peace treaty with him and Yitzchak agreed. At the age of forty, Esav married two wives. Being that they were both idol worshipers, Yitzchak and Rivka were not so happy.

Yitzchak was now getting old and became blind. He called over Esav and told him that he wanted to bless him, but first he should go to the field and hunt some food for him to eat. Rivka heard this conversation and told Yaakov to dress as Esav and trick Yitzchak into blessing him instead. Rivka prepared meat and gave it to Yaakov to bring to Yitzchak. She also took hairy goatskin and put it on Yaakov's smooth arms and neck. Yaakov came to Yitzchak and pretended to be Esav. Yitzchak blessed Yaakov with spiritual and material gain. Esav came back and realized what had happened. Esav was furious and Yitzchak comforted him with a minor blessing. Esav was determined to kill Yaakov, but Rivka, who heard about what he was going to do, asked Yitzchak to send Yaakov to Charan to find a wife. Yitzchak did so, and blessed Jacob again before he departed. Yitzchak sent Yaakov to his brother-in-law Lavan's home, to marry one of his daughters. Esav married again, this time to Machalat the daughter of Yishmael.

LEADER TIP: Have the kids pair up and find something similar and something different with their pairs.

PARSHA QUESTIONS

Questions

1. Who did Yitzchak marry? How old was he when he married her?
2. Who were their two sons? Who was born first?
3. Why were they called these names?
4. Were the two sons similar or different? What were they like?
5. Who was Yitzchak's favorite? Who was Rivka's favorite?
6. How did Yaakov trick Esav into selling him the "first born"?
7. How did Yaakov and Rivka trick Yitzchak into giving him the first blessing?
8. How did Yitzchak not know right away that it wasn't really Esav?
9. What did Yitzchak say when Yaakov snuck in to get the first bracha?
10. What was Esav's reaction when he found out what Yaakov did?
11. Where did Yaakov run to to escape Esav?
12. Where did Yitzchak and Rivka go because of the famine?
13. Why did Yitzchak tell everyone that Rivka was his sister?
14. . What did Avimelech tell the Plishtim when he realized that Rivka was Yitzchak's wife?
15. Why did Yitzchak leave Gyor?

LEADER TIP: Make a special chulent (before Shabbat) for groups in honor of Yaakov's stew that he made for Esav!

Answers

1. Rivka
2. Esav and Yaakov were twins, Esav was born first with Yaakov holding on to his heel.
3. Esav was born already "made", already covered with hair. Yaakov was born holding on to the "heel" of Esav.
4. Very different. Esav was born hairy and red and was a hunter. Yaakov was a simple person who spent most of his time learning Torah.
5. Yitzchak loved Esav (he was very good at *kibud av v'em*) and Rivka loved Yaakov
6. Esav came back from hunting very tired and hungry. Yaakov was making soup and Esav wanted some. Yaakov told him he would give him soup just as long as Esav would sell him the birth right.
7. Yitzchak told Esav to go get him food from the field and come back to get his bracha. Rivka made Yitzchak food and dressed Yaakov up as Esav and Yaakov went to Yitzchak pretending to be Esav.
8. He was blind
9. "The voice is Yaakov's and the hands are like Esav's"
10. He was extremely upset and wanted to kill Yaakov when Yitzchak died
11. His uncle Lavan's house
12. To Gyor in Plishtim. The King was Avimelech
13. He was scared that if they knew she was his wife they would kill him and take her
14. . Anyone who touches her will be killed
15. People were jealous of his success and Avimelech asked him to leave.

PARSHA ACTIVITY

GOAL: To learn about the “deal” that Yaakov and Esav made

ACTIVITY: “Let’s Make a Deal”

Set up the room like a stage with a table in front of the room. Place 3 boxes face down on the table. If you really want to get fancy, decorate the boxes different colors or designs and place a nice table cloth on the table. You’re going to need a lot of different prizes, both real (ex: toys and candy) as well as fake (ex: roll of toilet paper and plastic cups). Place different prizes under the boxes as well as have things in your pockets. You could also have pieces of paper with prizes written on them (ex: ice cream party for the whole group or Motzei Shabbat movie night). Call up a few volunteers to compete with each other to see who will be the contestant on the game show. Have them do a talent competition, do an impression of a group leader, burp competition, or any other crazy things you can think of! Only call up a few of them at a time in order to keep the game in control. Make sure to pick competitions that the rest of the group who is watching will enjoy. Once each of the kids do their part in the competition, take a vote from the kids in the crowd who the best one was and they will be the contestant in the game show. Everyone else should sit back down in the crowd. You can also have pair contestants to get more kids involved.

Start off the game by telling them to pick one box that they can have whatever is inside, but remind them not to touch anything until you say it’s ok. Once they pick their box, make them another offer to try and “buy” the box off of them. For example, they could have what’s in Box A or what’s in Box B and C. Or they could have what’s in Box A or what’s in your right pants pocket. Offer them a few different things a few different times. Once you see they are finally for sure set in their decision, they may look at their choice and walk away with their prize. Then clear out and restock the boxes and pockets and run another competition to figure out who will be the next contestant. The success of this game depends on how well the group leaders take charge and get into the game (not to mention the better the prizes, the more the kids will get into it).

DISCUSSION: In this game we negotiate deals between each other trying to get the best deal for everyone involved. In this week’s Parsha, Yaakov and Esav try doing the same thing. Esav came home from the field exhausted and noticed Yaakov cooking up a stew. "Pour some of that red stuff down my throat for I am starving", Esav exclaimed. Yaakov replied, "I'll sell it to you for the birthright." Esav

said, "Look I am going to die, so of what use to me is the birthright?" After he sold the birthright to Yaakov, the passuk tells us that Esav looked at the birthright with disregard.

Rashi explains that Esav feared the birthright since he knew that the birthright came with responsibilities such as performing the service in the Beit HaMikdash, and if there were any weaknesses in his performance he could be punished with death. If so, why was he considered to have treated the birthright with disrespect by selling it? On the contrary, he was showing the importance of the birthright and the dignity in which the service must be conducted!?

In the course of life, Hashem "throws" us many "deals" which can make us greater. He gives us an opening to start a great project or a position where we can influence and elevate others. The Torah is telling us not to let these "deals" or opportunities slip away. Don't say, "It's too hard for me," or "I'll do it tomorrow..." Esav had the opportunity to do the service of the birthright and gave it up. When an opportunity comes your way - grab it, and enjoy the ride to greatness!

LEADER TIP: Come in costumes in order to get the kids more excited! Also, feel free to throw out candy to the audience in the middle of things as well to keep them entertained.

PARSHA STORY

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"Reading the creed helped me remembered something important I forgot back in the house," Jack said. "I'll be back in just a minute ... together with our newest member."

Discussion Questions:

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

A. He'd put down and not valued his brother, feeling that his friends were much more important.

Then when he realized that he and his friends were striving to be as close as brothers, he felt his real brother to be much more valuable and worth getting along with.

Q. Who is closer to us, a friend or a sibling?

A. While both relationships are very valuable and important, there is a special 'blood' closeness that we have with our siblings, which even the closest friendships cannot match.

LEADER TIP: Can you recall a time where you fought with your siblings? Why do we fight with the people were closest with? Have you ever apologized afterwards?

JEWISH LEADER OF THE WEEK

Michael Levin

(February 17, 1984- August 1, 2006)



Michael Levin made Aliyah from Philadelphia in 2002 and joined the Paratroopers in the IDF. In the summer of 2006, Michael was given time off to visit his family in the US. Two weeks into his trip, war broke out on Israel's northern border when Hezbollah ambushed an IDF patrol, killing five soldiers and kidnapping Ehud Goldwasser and Eldad Regev while wounded. When Israel crossed the border in an attempt to rescue them, Hezbollah began its assault on Israel, launching thousands of rockets at the communities of northern Israel. Michael immediately cut short his vacation and flew back to Israel to serve with his unit. He fought to receive permission to be sent to the north to rejoin his unit. When Michael arrived, his unit was sent to the Hezbollah village of Aita al-Shaab. On Tuesday, August 1, Michael's unit moved forward and began an intense fire-fight with Hezbollah forces inside the village of Aita al-Shaab. Michael Levin was 21 years old when he fell fighting for the country he loved. His memory and courage live on in the thousands of lone soldiers who continue down the path Michael set – to make Aliyah, to serve in the IDF, and to build a life in the land of Israel.

On August 1, 2011, the 5th yartzheit of Michael's passing, a flag was flown over the US Capitol in Michael's memory at the request of a man from Michael's area named Johnson Reynolds to honor him as an Israeli and American hero. Upon receiving the flag from the architect of the Capitol, this man, at the invite of an IDF battalion commander, traveled with several friends to Israel and on September 21, 2011, accompanied by a member of the IDF, they flew that flag over Michael's resting place at Mt. Herzl and presented the flag with a custom made case on June 27, 2012 to his parents, Mark and Harriet Levin with the assistance of Consul General Daniel Kutner of the Israeli consulate of Philadelphia.

LEADER TIP: Have you ever thought about moving to Israel and joining the army? What other ways can you help Israel?

TEFILLAH TREASURES

Shema

In the Torah, the last letter of the first word of ו' - שמע', and the last letter of the last word ט' - אחד', are larger than the other Hebrew letters written. The significance is that these two letters together spell the word טע - witness. This alludes to the concept that we, the creators of monotheism (believing in one God), are the witnesses of the fact that there is a G-d in this world. Through our beliefs and the way that those beliefs are expressed in our lives, we serve as witnesses to Hashem's close involvement in this world. Abudraham teaches that the enlarged letters טע hint to the idea that by saying שמע, every Jew is a witness to Hashem's unity and declares it to the world. Our generation bears witness that Hashem Elokeinu Hashem Echad, as the knowledge of Hashem that was revealed at Har Sinai was transferred from generation to generation.

The Kli Yakar gives us another great insight into the words Shema Yisrael Hashem Elokeinu Hashem Echad. The name Elokim represents judgement - when Hashem deals with us in a strict way. The name Hashem represents Hashem dealing with us with mercy. When everything is going well we can be quick to praise Hashem. But we do not realize that sometimes in life we feel we have been mistreated and bad things happen; that is also from Hashem. That is also planned out perfectly by Hashem for whatever reason. The attributes of mercy and judgement come from the same source. That is why the Gemara says that in Olam Haba we will make the same bracha on good news and bad news - because they will then realize that good and 'bad' came from the same Source; they are both planned for us by Hashem.

LEADER TIP: Have everyone pretend to “swear in” as a witness to keep Hashem in our lives every day.

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PARSHA NATION



GRADES 5-6

TOLDOT REVIEW

Rivka gave birth to twin boys: a hairy, reddish boy named Esav, and a second son holding on to Esav's heel, named Yaakov. Esav became a hunter, while Yaakov was an honest man who spent time learning Torah. Yitzchak favored Esav, while Rivka preferred Yaakov. One day, Esav came home from the hunting and was really hungry. Yaakov was making soup and Esav begged him to give him some. Yaakov agreed to Esav's request just as long as he gave him his birthright as firstborn in exchange—and Esav agreed. Yitzchak settled among the Plishtim. When the Plishtim asked Yitzchak about Rivka, he told them that she was his sister, worried that otherwise they would kill him in order to take her. Eventually, Avimelech, king of the Plishtim, noticed that Rivka was Yitzchak's wife and even though he scolded Yitzchak, he issued a decree that no one touch them. Yitzchak became extremely wealthy. The Plishtim eventually became very jealous of his wealth, and asked him to leave. Hashem came to Yitzchak in a dream and blessed him and assured him that He would always be with him. Avimelech came to Yitzchak to make a peace treaty with him and Yitzchak agreed. At the age of forty, Esav married two wives. Being that they were both idol worshipers, Yitzchak and Rivka were not so happy.

Yitzchak was now getting old and became blind. He called over Esav and told him that he wanted to bless him, but first he should go to the field and hunt some food for him to eat. Rivka heard this conversation and told Yaakov to dress as Esav and trick Yitzchak into blessing him instead. Rivka prepared meat and gave it to Yaakov to bring to Yitzchak. She also took hairy goatskin and put it on Yaakov's smooth arms and neck. Yaakov came to Yitzchak and pretended to be Esav. Yitzchak blessed Yaakov with spiritual and material gain. Esav came back and realized what had happened. Esav was furious and Yitzchak comforted him with a minor blessing. Esav was determined to kill Yaakov, but Rivka, who heard about what he was going to do, asked Yitzchak to send Yaakov to Charan to find a wife. Yitzchak did so, and blessed Jacob again before he departed. Yitzchak sent Yaakov to his brother-in-law Lavan's home, to marry one of his daughters. Esav married again, this time to Machalat the daughter of Yishmael.

LEADER TIP: Have the kids pair up and find something similar and something different with their pairs.

PARSHA QUESTIONS

Taken from Ohr Somayach "ohr.edu"

1. Why was it important that Yitzchak look like Avraham?
25:19 - So everyone would agree that Avraham was indeed his father.
2. Why does the Torah stress that Rivka was Betuel's daughter and Lavan's sister?
25:20 - To praise her, that even though her family was evil she was righteous.
3. What are the two differences between Tamar's pregnancy and Rivka's pregnancy?
25:24 - Rivka gave birth at full term to two children, one righteous and one wicked. Tamar gave birth after seven months to two righteous children.
4. Why was Esav named Esav?
25:25 - He was born fully developed. The name Esav is based on the Hebrew word for "made".
5. Who gave Yaakov his name?
25:26 G-d.
6. How did Esav deceive his father?
25:27 - Esav deceived Yitzchak by asking questions that suggested that he was very strict in mitzvah observance.
7. Why was Esav faint when he returned from the field?
25:29 - From having murdered.
8. Why are lentils a food for mourners?
25:30 - They are round like a wheel and mourning is like a revolving wheel that eventually touches everyone.
9. What was the birthright that Yaakov bought from Esav?
25:31 - The right to bring sacrifices.
10. Why was Yitzchak not permitted to go to Egypt?
26:2 - Through the *akeida* he had attained the status of a *korban* and was forbidden to leave Eretz Canaan.
11. Why did the Philistines plug up the wells?
26:15 - They felt that either marauders would attack to capture the wells, or, if attacking for other reasons, they would use the wells as a water supply.
12. Why did Yitzchak lose his sight? (three reasons)
27:1 - a) From the smoke of the incense offered by Esav's wives to their idols; b) From the angels' tears which fell into Yitzchak's eyes at the time of the *akeida*; c) In order for Yaakov to receive the blessings.
13. At what age should one anticipate his own death?
27:2 - When he reaches five years from the age his parents were when they passed away, until five years after.
14. Why did Rivka ask Yaakov to bring *two* kid goats?
27:9 - One for Yitzchak and the other to offer as a *korban Pesach*.

15. Why did Esav leave his special garments with Rivka?
27:15 - He suspected that his wives might steal them.
16. What fragrance did Yitzchak detect on Yaakov's garments?
27:27 - The scent of *Gan Eden*.
17. What was the "fat of the land" promised to Esav?
27:36 - Italy.
18. When will Esav be freed from subjugation to Yaakov?
27:40 - When the Jewish People transgress the Torah.
19. What inspired Esav to marry the daughter of Yishmael?
28:7 - Seeing that his father despised his current wives, he resolved to take a wife from his father's family.
20. Knowing that Machalat was Yishmael's daughter, it's self-evident that she was the sister of Nevayot. Why, then, does the Torah state that Esav married "Yishmael's daughter, the sister of Nevayot?"
28:9 - To indicate that Yishmael died between her betrothal and her wedding, and that it was Nevayot who gave his sister in marriage to Esav. Knowing the date of Yishmael's death, we can determine the date of Esav's marriage and thus Yaakov's age, 63, at the time of his flight from Esav.

LEADER TIP: Make a special chulent (before Shabbat) for groups in honor of Yaakov's stew that he made for Esav!

PARSHA ACTIVITY

GOAL: To learn about the “deal” that Yaakov and Esav made

ACTIVITY: “Deal or No Deal”

Prepare 26 folders numbering 1-26 on each of them. Write out 26 pages with dollar amounts from \$.01 to \$1 million. If you'd like you can instead write out different prizes instead of money amounts (ex: a tissue, a high five, all the way to an ice cream party for the group or Motzei Shabbat movie night). Whatever “prizes” you decide to choose, write them all out on a big paper/poster so the kids know what they're playing for. Split up the group into two groups. Have one group be in charge of the folders and the other group be the contestants. The folder group should put the “prize papers” into the folders, one in each. Make sure not to put them in order but rather mix them up a little bit. Spread all the folders out onto the floor in order 1-26. If you have enough kids, they can even hold the folders instead of putting them on the floor. The contestant group will now choose 1 folder to be their folder. Then they will choose 6 folders to open one at a time in order to, by process of elimination, figure out what they have in their case. Once they choose 6 cases, the other team will make them an offer to try and buy their case off of them. They can either accept or reject the deal. If they accept the deal, they receive what the other team offered them and throw away whatever is in their case. If they reject the deal, they now choose 5 more folders to cross off the list in an attempt to figure out what's in their case. After choosing 5 more folders, the other team will make them another offer. The offers are meant to be a compromise since theoretically there could be \$.01 or \$1 million in the folder. For example, let's say there are four folders left, one being the groups folder and three being left on the “playing board”. The numbers left are \$.01, \$10, \$750 thousand, and \$1 million. The teams may want to make a deal for \$500 thousand just to be safe since they could have \$.01 in their folder. Keep picking cases, having the teams compromise an offer every few folders. Once one team either takes an offer or keeps picking until they figure out what's in their case, switch teams having the contestant team becoming the folder team and vice versa. Don't forget to come through with the prizes that the kids win!

DISCUSSION: In this game we negotiate deals between each other trying to get the best deal for everyone involved. In this week's Parsha, Yaakov and Esav try doing the same thing. Esav came home from the field exhausted and noticed Yaakov cooking up a stew. "Pour some of that red stuff down my throat for I am starving", Esav exclaimed. Yaakov replied, "I'll sell it to you for the birthright." Esav

said, "Look I am going to die, so of what use to me is the birthright?" After he sold the birthright to Yaakov, the passuk tells us that Esav looked at the birthright with disregard.

Rashi explains that Esav feared the birthright since he knew that the birthright came with responsibilities such as performing the service in the Beit HaMikdash, and if there were any weaknesses in his performance he could be punished with death. If so, why was he considered to have treated the birthright with disrespect by selling it? On the contrary, he was showing the importance of the birthright and the dignity in which the service must be conducted!?

In the course of life, Hashem "throws" us many "deals" which can make us greater. He gives us an opening to start a great project or a position where we can influence and elevate others. The Torah is telling us not to let these "deals" or opportunities slip away. Don't say, "It's too hard for me," or "I'll do it tomorrow..." Esav had the opportunity to do the service of the birthright and gave it up. When an opportunity comes your way - grab it, and enjoy the ride to greatness!

LEADER TIP: As the hosts of the show, have two group leaders dress up as Yaakov and Esav!

PARSHA STORY

Before you read: Why are the people closest to us, our siblings, often the hardest to get along with? In this week's Torah portion we learn of the brothers, Jacob and Esau, both sons of Isaac. Esau was so angry and jealous of Jacob that he wanted to do him terrible harm. While quarrels between siblings may be natural, we can strive to be super-natural and do our best to appreciate each other and get along.

OH, BROTHER!

Jack carefully looked both ways before darting out of his room. All was clear. He tiptoed down the hall and lightly pranced down the carpeted steps. He looked at his watch. His 'Friends-to-the-End' club meeting was starting in just a couple minutes and as club founder and president he certainly didn't want to be late.

The boy grabbed his green windbreaker off the coat rack and was about to dash out the door, when just what he hoped wouldn't happen, happened...

"Whereya goin, Jack?" his younger brother, Barry, called out from the kitchen.

"Somewhere," Jack grunted.

"To your meeting, right?" Barry asked.

"Maybe," Jack said, snarling. Barry had been hounding him for weeks about the club and he had hoped that this time he'd be able to escape the house unnoticed.

"I'm coming with you, okay?" Barry said, getting up and walking over to him, "I wanna join the club, too."

Jack stepped back. "No way! Do you hear me? No way!" His face flushed with anger.

"Why not? Some kids my age are in your club, like Ed and Steve."

"Ed and Steve are my *friends*. It's a *friends* club and *you* are nothing but my pesky, bratty, yucky *brother*! Now just forget about it and get lost - you're makin' me late!"

"But why not, Jack?" Barry said with a hurt look on his face. "Why can't I also..."

FWWWUUUUDDDD! Before Barry finished his sentence, the door had slammed shut and his brother was long gone.

Sprinting to get to the meeting on time, Jack ducked into the old, empty wooden tool shed in the corner of his back yard that they used as a clubhouse, where the five other club members were already waiting.

"Okay," Jack huffed as he slid the lock closed, "first thing on today's agenda is to vote on what color to paint..."

"Hey, you forgot to read the official club creed to start the meeting," Mark, one of the club members, pointed out.

"Oh yeah, right," Jack said. "I just got a little distracted by ... never mind."

He pulled the wrinkled parchment-colored paper from its secret crack in the tool shed wall, cleared his throat and began to read:

"We the members, solemnly declare to stick together, thick and thin. All for one and one for all. To always remember and never forget we're ... we're ..." Jack hesitated.

"Hey, what's the matter?" Mark asked. "Something wrong with the paper?"

"Uh, no," Jack said, and read on. *"...never forget that we're not just friends - because friends can end - we're more than friends, we're **brothers!**"*

"Okay," Mark said, "now let's vote on that paint job."

"Um, just a minute, okay?" Jack said, slipping open the lock.

"Hey, where are you going?" Mark asked.

"Reading the creed helped me remembered something important I forgot back in the house," Jack said. "I'll be back in just a minute ... together with our newest member."

Discussion Questions:

Q. If siblings are so close, why do they so often fight and not get along?

A. Part of it comes from the closeness itself. When people spend a lot of time together - and not only time they choose - it's very easy to get on each other's nerves. Also, due to the natural closeness of siblings and knowing that nothing can ever break the bond of being related, we can tend to take each other for granted and not treat each other as well as in less 'secure' relationships.

Q. What can we do to get along better with our siblings?

A. One big thing we can do is to simply take care to treat them with the same respect, courtesy and kindness as we would our friends or even a stranger.

LEADER TIP: Can you recall a time where you fought with your siblings? Why do we fight with the people were closest with? Have you ever apologized afterwards?

JEWISH LEADER OF THE WEEK

Michael Levin

(February 17, 1984- August 1, 2006)



Michael Levin was always smiling. "You never saw Michael without a smile," said Rachel Tova Rott, a member of Michael's circle of Jerusalem friends. "We were all so close. Most of us are here in Israel alone, we live in Nachloot, and we bonded, became family for each other. When this whole mess in Lebanon began, I worried about Michael because he was on active duty in the IDF. Then someone said he'd gone to visit his family in Pennsylvania, and I was so relieved -- at least I didn't have to worry about him. Next thing we knew, he'd cut his vacation short and rejoined his unit. It was something he had to do, he said. 'If I didn't come back to fight with my unit, I wouldn't have any life anyway.'" Michael Levin made Aliyah from Philadelphia in 2002 and joined the Paratroopers in the IDF. In the summer of 2006, Michael was given time off to visit his family in the US. Two weeks into his trip, war broke out on Israel's northern border when Hezbollah ambushed an IDF patrol, killing five soldiers and kidnapping Ehud Goldwasser and Eldad Regev while wounded. When Israel crossed the border in an attempt to rescue them, Hezbollah began its assault on Israel, launching thousands of rockets at the communities of northern Israel. Michael immediately cut short his vacation and flew back to Israel to serve with his unit. He fought to receive permission to be sent to the north to rejoin his unit. When Michael arrived, his unit was sent to the Hezbollah village of Aita al-Shaab. On Tuesday, August 1, Michael's unit moved forward and began an intense fire-fight with Hezbollah forces inside the village of Aita al-Shaab. Michael Levin was 21 years old when he fell fighting for the country he loved. His memory and courage live on in the thousands of lone soldiers who continue down the path Michael set – to make Aliyah, to serve in the IDF, and to build a life in the land of Israel. On August 1, 2011, the 5th yartzheit of Michael's passing, a flag was flown over the US Capitol in Michael's memory at the request of a man from Michael's area named Johnson Reynolds to honor him as an Israeli and American hero. Upon receiving the flag from the architect of the Capitol, this man, at the invite of an IDF battalion commander, traveled with several friends to Israel and on September 21, 2011, accompanied by a member of the IDF, they flew that flag over Michael's resting place at Mt. Herzl and presented the flag with a custom made case on June 27, 2012 to his parents, Mark and Harriet Levin with the assistance of Consul General Daniel Kutner of the Israeli consulate of Philadelphia.

LEADER TIP: Have you ever thought about moving to Israel and joining the army? What other ways can you help Israel?

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TEFILLAH TREASURES

Shema

Shema is the essential expression of a Jew's relationship with Hashem, the biggest part of emunah -- our belief Hashem is the only power that exists in the world, both in Heaven and on Earth. If that is so, why not use the Hebrew word ta'amin, you should believe? The truth is that what we know about Hashem was learned at Har Sinai by the actual physical experience of the whole Jewish nation. It was there that Hashem revealed Himself to His people. From then on, one generation shall tell the next about Hashem's revelation. One community shall confirm to another with certainty that Hashem exists. By holding on to this tradition, the revelation will remain the indisputable basis for all the thoughts and actions of every person of the Jewish faith for all eternity. Therefore, the verse says Shema Yisrael, Hear, O Israel, that Hashem Elokeinu Hashem Echad, Hashem is our G-d, the One and Only. Hashem revealed Himself to our fathers with a certainty that surpasses conclusions reached by theoretical suggestions and conclusions. All of them together became aware of Hashem by physical being there which eliminated any possible doubt. This awareness was granted to them so that they should pass it on to their children after them. Each generation is a vital link in the chain that carries to future generations the knowledge that "Hashem Elokeinu Hashem Echad"

The Kli Yakar gives us another great insight into the words Shema Yisrael Hashem Elokeinu Hashem Echad. The name Elokim represents judgement - when Hashem deals with us in a strict way. The name Hashem represents Hashem dealing with us with mercy. When everything is going well we can be quick to praise Hashem. But we do not realize that sometimes in life we feel we have been mistreated and bad things happen; that is also from Hashem. That is also planned out perfectly by Hashem for whatever reason. The attributes of mercy and judgement come from the same source. That is why the Gemara says that in Olam Haba we will make the same bracha on good news and bad news - because they will then realize that good and 'bad' came from the same Source; they are both planned for us by Hashem.

LEADER TIP: Next time you say Shema, trying to take an extra second and focus on looking at the bad differently



PARSHA NATION



Teen Minyan Kol Haniarim

This Week in Jewish History

November 21, 1984

Operation Moses

Operation Moses refers to the secret evacuation of Ethiopian Jews (known as the "Beta Israel" community or "Falashas") from Sudan during a famine in 1984. Originally called Gur Aryeh Yehuda, "Cub of the Lion of Judah" by Israelis, the United Jewish Appeal changed the name to "Operation Moses." The operation, named after Moshe Rabbeinu, was a cooperative effort between the Israel Defense Forces, the Central Intelligence Agency, the United States embassy in Khartoum, soldiers, and Sudanese state security forces. Years after the operation completed, it was revealed that Sudanese Muslims and secret police of Sudan also played a role in facilitating the mass migration of Ethiopian Jews out of Sudan. After a secret Israeli cabinet meeting in November of 1984, the decision was made to go forward with Operation Moses. Beginning November 21, 1984, it involved the air transport of some 8,000 Ethiopian Jews from Sudan via Brussels to Israel, ending January 5, 1985. Over those seven weeks, over 30 flights brought about 200 Ethiopian Jews at a time to Israel. Before this operation, there were approximately as few as 250 Ethiopian immigrants in Israel. Thousands of Beta Israel had fled Ethiopia on foot for refugee camps in Sudan, a journey which usually took anywhere from two weeks to a month. It is estimated as many as 4,000 died during the trek, due to violence and illness along the way.

Sudan secretly allowed Israel to evacuate the refugees. Two days after the airlifts began,



Jewish journalists wrote about "the mass rescue of thousands of Ethiopian Jews." Operation Moses ended on Friday, January 5, 1985 after the Israeli Prime Minister Shimon Peres held a press conference confirming the airlift while asking people not to talk about it. Sudan killed the airlift moments after Peres stopped speaking, ending it prematurely as the news began to reach their Arab allies. Once the story broke in the media, Arab countries pressured Sudan to stop the airlift. Although thousands made it successfully to Israel, many children died in the camps or during the flight to Israel, and it was reported that their parents brought their bodies down from the aircraft with them. Some 1,000 Ethiopian Jews were left behind, approximately 650 of whom were evacuated later in the U.S.-led Operation Joshua. More than 1,000 so-called "orphans of circumstance" existed in Israel, children separated from their families still in Africa, until five years later Operation Solomon took 14,000 more Jews to Israel in 1991. Operation Solomon in 1991 cost Israel \$26 million to pay off the dictator-led government, while Operation Moses had been the least expensive of all rescue operations undertaken by Israel to aid Jews in other countries.

FIND...

- Yaakov
- Esav
- Hunting
- Red Soup
- Birthright
- Plishtim
- Grar
- Avimelech

Stat Line of the Week- toldot

6th of the 54 sedras;

6th of 12 in Bereishit

Written on 172.7 lines in a Torah, ranks 36

4 Parshiyot; 2 open, 2 closed

106 pesukim, ranks 29th (9th in Bereishit)

**Tied with Vayigash and Bo; shorter than each in words
& letters and length**

1432 words, ranks 34th (10th in Bereishit)

5426 letters, ranks 33rd (10th in Bereishit)

Its pesukim are below average in length

MITZVOT

none of the 613 mitzvot are in Toldot

TRIVIA QUESTION OF THE WEEK

WHAT WAS ELIEZER BEN YEHUDA FAMOUS FOR?

Email your answers to RABBIS@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!

- **Donald Duck comics were banned from Finland because he doesn't wear trousers.**
- **Ketchup was sold in the 1830s as medicine**
- **You can tell from the statue of a mounted horseman how the rider died. If all four of the horse's feet are on the ground, he died of natural causes. One foot raised means he died from wounds suffered in battle. Two legs raised means he died in action.**

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

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

Parsha Points to Ponder...

Esav came home from the fields hungry and his brother Yaakov was preparing food. Esav asked for some food and Yaakov agreed on condition that he gives over his birthright to him. Esav readily agreed to this feeling that he did not need it. After eating, the Torah tells us that Esav "ate and drank, got up and left" and then it adds: VAYIVEZ ESAV ET HABECHORA, "and Esav despised the birthright".(Gen, 25,34) The Dubnow Maggid poses a question. Why do we believe that Esav despised the birthright? Maybe we can justify his selling the birthright. After all he came home starved and perhaps he felt that unless he ate something immediately he would starve to death. He was prepared to give away anything in exchange for food. To him it was a matter of PIKU'ACH NEFESH, of saving his life. To this the Dubnow Maggid answers, if this were really so, that he was so starved that he sold his birthright to save his life, then after he finished eating and felt better he should have said, what did I do. He should have protested. He should have argued with Yaakov that he only sold it to save himself but he wants it back. Since he did not protest but merely got up and left then he obviously did not value it. He did, indeed, despise the birthright. Many times we may do wrong things in the spur of the moment in desperation. However when we calm down we should rethink our actions and take steps to rectify our mistakes.

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