



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 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.

NCYI Department of Synagogue Services

Youth@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!	

VAEIRA REVIEW

Hashem told Moshe to tell Bnei Yisrael that He has heard their cries, and He will now take them out of Egypt and bring them to Israel. Hashem tells Moshe to go speak to Paroh, and Aharon will serve as his spokesperson since Moshe had a speech impediment. Hashem told Moshe that He will harden Paroh's heart and he will refuse to let Bnei Yisrael go. Moshe and Aharon came before Paroh. Aharon threw his staff on the ground, and it turned into a snake. When Paroh's magicians did the same with their staffs, Aharon's staff swallowed theirs. Paroh was still unimpressed—and that's when the plagues started. Plague One: Aharon hit the Nile with his staff and the river and all the waters in Egypt turned into blood, and all the fish perished. Plague Two: Aharon stretched his staff over the Nile and masses of frogs came out and filled the land. Plague Three: Aharon hit the sand with his staff, and swarms of lice attacked Egypt, covering man and animals. Even Paroh's magicians were amazed by this, and told Paroh that this is the "finger of G-d." Plague Four: wild beasts were sent throughout the land of Egypt except for Goshen where Bnei Yisrael lived. Plague Five: All the Egyptian's cattle died. Plague Six: infecting all of the Egyptians with painful boils. Plague Seven: fire blazing inside icy hail fell from the sky. Aside for damage to humans and animal, the hail destroyed all vegetation and trees.

LEADER TIP: What an exciting Parsha learning about the ever so popular Ten Plagues! Do different things throughout groups to teach the kids about them! Leap frog, Animal Crackers, Ice Pops are some examples of fun ways!

PARSHA QUESTIONS

Questions

1. In which country were the Jews enslaved?
2. What did Moshe want Pharaoh to do?
3. What reason did Moshe give to explain why he shouldn't go to Pharaoh?
4. What was Hashem's response?
5. How old were Aharon and Moshe when they went to Pharaoh?
6. What miracle did Aharon do in front of Pharaoh before the plagues started?
7. Why was Pharaoh not impressed?
8. What did the water turn into?
9. How were the Egyptians able to drink?
10. Who didn't suffer from the makkos (plagues)?

Answers

1. The Jews were enslaved in Egypt.
2. Moshe wanted Pharaoh to free the Bnei Yisrael (Jewish people).
3. Moshe said that he is aral sefasayim (unable to speak well).
4. Hashem sent Aharon along to be Moshe's spokesperson.
5. Aharon was 83. Moshe was 80.
6. Aharon's staff turned into a snake.
7. Pharaoh's magicians also turned their staffs into snakes.
8. The water turned into blood.
9. The Egyptians had to buy water from the Jews.
10. The Jews did not suffer from the makkos.

LEADER TIP: Give out cups of fruit punch pretending to be "Makat Dam"!

PARSHA ACTIVITY

GOAL: To teach the kids about being thankful and having *hakarathatov*.

ACTIVITY:

“Thank You Hashem, That Was AWESOME!”

Just a small cute way to get the kids thinking and excited about the things they have. Have everyone sit in one big circle. Pick a volunteer to start off by saying something “AWESOME!” that happened to them this week. It can be anything from getting a new bike to their birthday to eating a great candy to hanging with a friend. After they say their “AWESOME!” moment, everyone else responds together “Thank you Hashem, that was AWESOME!” Take turns going one by one giving everyone a chance to say something AWESOME that happened to them. Remember, the more you’re into it the more the kids will be! It’s a very simple activity but kids get really into it!

“Thankful Seat”

Keep everyone sitting in one big circle. Bring in one person into the middle and everyone must go around and say something awesome or something they are thankful for about the person in the middle. It could be that they’re good at basketball, help them with their homework, they’re very funny, etc.

DISCUSSION: In these games, we learn all about being thankful for things and appreciating what we have. In this week’s Parsha, Hashem told Moshe to tell Aharon to stretch out his staff over the waters of the Nile and all other sources of water and they will turn to blood. Rashi deals with the question of why Aharon brought this plague upon Egypt and not Moshe himself. Rashi says: LEFI SHEHEGIN HAYE’OR AL MOSHE, “because the river had protected Moshe when he was cast into it...”(Ex. 7,19) The same is true with the plague of frogs and of lice. The frogs came from the river and the lice from the dust that aided Moshe to hide the Egyptian when he smote him. This is an important principle in Judaism known as HAKARAT HATOV, appreciation for the good someone does for you. What is especially noteworthy here is that this principle applies not only to other humans but also to

inanimate objects. The water and the dust could not know the difference if Moshe or Aharon performed the action causing the plague. What is important is that Moshe and Aharon knew the difference. Everything is the creation of Hashem and we have to treat it as such with respect. We teach in our religion that we should have respect for Sefarim. There are laws as to which Sefarim may be placed on others depending on how important they are. We are taught not to leave Sefarim open when we are finished using them. We have myriads of laws on how to treat a Sefer Torah and a Synagogue, though they do not know the difference. Of course, this carries over to the great concept of protecting the environment. Everything is Hashem's creation and deserves our deep appreciation. It is essential to note, if we learn to treat inanimate objects with respect, we will get to certainly show greater respect to other people.

LEADER TIP: Saying thank you is such an important thing yet sometimes gets very overlooked. Make sure to thank the people around shul who do so much such as custodians, security guards, and even the Rabbi!

PARSHA STORY

Before you read: Stubbornly refusing to listen to or learn from others can cause a person a lot of unnecessary frustration and pain. In this week's Parsha Paroh acts stubbornly when he refuses to listen to Moshe's call to free the Jewish slaves. He pays a heavy price. Let's learn from this and not be stubborn.

WHAT GOES AROUND - COMES AROUND

"Mike, I think we've been around this block already. See, there's that same corner candy store we've already passed once."

Mike and Benji were trying to get to a playground in the next neighborhood. The guys were supposed to meet up with some friends for a pick-up touch football game, but they were having trouble finding their way.

"Yeah? Maybe, but I'm sure we'll find the park any minute now."

"*Any minute?* We've been walking so long, already. Hey, let's go into that store and ask directions - for sure the guy working there will know."

"Nah."

"Why not?"

"What do we need to ask anyone for? I've got my own directions right here," he tapped his forehead. "Let's just keep going and I'm sure we'll find the place."

Following Mike's 'directions' the boys walked on until they came to the very same corner a *third* time.

"This is crazy, man!" Benji exclaimed. "There's that same store *again!* We're going in circles! This time, I'm going in to get directions."

"Well, leave me out of it," Mike huffed, refusing to follow. Benji ran into the store and ran back out a minute later with a big smile on his face.

"Okay, I wrote it all down. We just have to go right, then..."

"Hey, I told you I'm not interested," Mike cut in, his arms crossed. "I know perfectly well how to go on my own."

"Come off it. Don't be stubborn. We're lost and you know it. Now we'll just follow the directions and we'll get right there. Let's go."

Mike shook his head, "You can, if you want, but I'm going to figure it out myself."

Benji shrugged, followed the directions and quickly got to the playground to join the game in progress. Every once in a while he'd look around to see if Mike was coming but he was nowhere in sight. About an hour and a half later, the game ended and the kids split up to go home.

"Great game guys! Next week - same time, same place."

Benji started walking home, scratching his head wondering whatever happened to his buddy. On his way back he passed the same corner candy store and stopped in to buy a snack for the road. He had just stepped back out of the store when he heard someone call out his name. "Benji!" The boy looked up and saw Mike walking slowly toward him. The kid looked dog-tired and one of his sleeves was torn.

"Mike! What happened? Why didn't you show up? Why are you still here?"

"Um, well, I'm not exactly *still* here. I've been, um, kinda wandering all over. I don't know ... I just kept getting more and more lost. I even tried to cut through the woods and got seriously stuck in some thorn bushes. Finally I saw this store I recognized from before and...", he threw up his hands, "I realized I'd been way too stubborn about the whole thing. I was about to go in and ask for directions to the park. But since I found you here that means the game is over - so maybe instead I'll ask *you* for directions ... how to get home."

Discussion Questions:

Q. How did Mike feel at first about asking for directions?

A. Even though he was lost he stubbornly refused to ask.

Q. How did he feel in the end?

A. He felt like it was okay to ask for help.

LEADER TIP: This week try to accept advice or criticism from someone even if you think they're wrong!

JEWISH LEADER OF THE WEEK

Shimon Peres

(August 2, 1923-2016)



Peres was born in Wieniawa, Poland and moved to Israel with his family at the age of eleven. He grew up in Tel Aviv and went to the farming high school. Peres spent several years in Kibbutz Geva and Kibbutz Alumot, of which he was one of the founders, and in 1943 was elected Secretary of the Labor-Zionist youth movement. In 1944, he returned to Kibbutz Alumot, where he worked as a farmer and shepherd. Peres served as Prime Minister twice, once from 1984-1986 and in 1995 after the assassination of Yitzchak Rabin. Peres won him the 1994 Nobel Peace Prize after the Treaty of Peace with Jordan was signed. Peres then worked to promote relations with other Arab countries in North Africa and the Persian Gulf. In 1996 Peres created The Peres Center for Peace, located in Yafo. It is a non-profit, non-governmental, and non-political organization that aims further Peres' vision of people in the Middle East working together to build peace through socio-economic cooperation and development and people-to-people interaction. On June 13, 2007, the Knesset elected Shimon Peres to serve as the Ninth President of Israel for a seven year term, marking the first time in the nation's history that a former Prime Minister was also elected as President. Exactly five years later, on June 13, 2012, US President Barack Obama awarded Peres with the "Presidential Medal of Freedom," the United States' highest civilian honor, for his "admirable contributions to world peace."

LEADER TIP: Shimon Peres has helped Israel in a ton of different ways. How do YOU help Israel?

TEFILLAH TREASURES

Shemoneh Esrei: Re'eh V'Anyeinu

The opening words, r'ei b'anyeinu (“behold our suffering” or “observe our affliction”) are a paraphrase of words used by David HaMelech. He first uses them in Tehillim 25: r'ei anyi v'amali, see my affliction and my work. David expresses this idea again in Tehillim 119: r'ei anyi ... u'g'aleini, see my affliction ... and redeem me. We ask Hashem to redeem us speedily not for us necessarily but for the sake of His Own Name so that we should be empowered and able to serve Him. Also, the Talmud in Sanhedrin says that when we are in pain, Hashem metaphorically “suffers” with us, like any parent hurts when their child is injured. Redeeming us from our troubles helps relieve Hashem Himself of this metaphorical “pain.” The bracha continues that Hashem is a “strong Redeemer.” That is to say that He has ultimate power to redeem, as we saw in Egypt, where He redeemed the Jews through miraculous signs and wonders. The bracha concludes “Go'el Yisrael,” that Hashem continuously redeems Israel. This is in differnt to the bracha of “Ga'al Yisrael” before Shemoneh Esrei. That bracha is in the past tense and refers to something that Hashem did. The bracha were talking about in Shemoneh Esrei refers to an ongoing process that Hashem does.

LEADER TIP: Sometimes things are really difficult and we struggle to stay positive. Try to focus on this bracha of asking Hashem to help take away the suffering no matter how big or small.

VAEIRA REVIEW

Hashem told Moshe to tell Bnei Yisrael that He has heard their cries, and He will now take them out of Egypt and bring them to Israel. Hashem tells Moshe to go speak to Paroh, and Aharon will serve as his spokesperson since Moshe had a speech impediment. Hashem told Moshe that He will harden Paroh's heart and he will refuse to let Bnei Yisrael go. Moshe and Aharon came before Paroh. Aharon threw his staff on the ground, and it turned into a snake. When Paroh's magicians did the same with their staffs, Aharon's staff swallowed theirs. Paroh was still unimpressed—and that's when the plagues started. Plague One: Aharon hit the Nile with his staff and the river and all the waters in Egypt turned into blood, and all the fish perished. Plague Two: Aharon stretched his staff over the Nile and masses of frogs came out and filled the land. Plague Three: Aharon hit the sand with his staff, and swarms of lice attacked Egypt, covering man and animals. Even Paroh's magicians were amazed by this, and told Paroh that this is the "finger of G-d." Plague Four: wild beasts were sent throughout the land of Egypt except for Goshen where Bnei Yisrael lived. Plague Five: All the Egyptian's cattle died. Plague Six: infecting all of the Egyptians with painful boils. Plague Seven: fire blazing inside icy hail fell from the sky. Aside for damage to humans and animal, the hail destroyed all vegetation and trees.

LEADER TIP: What an exciting Parsha learning about the ever so popular Ten Plagues! Do different things throughout groups to teach the kids about them! Leap frog, Animal Crackers, Ice Pops are some examples of fun ways!

PARSHA QUESTIONS

Questions

1. In which country were the Jews enslaved? 8
2. What did Moshe want Pharaoh to do?
3. What reason did Moshe give to explain why he shouldn't go to Pharaoh?
4. What was Hashem's response?
5. Who were Moshe's parents?
6. How old were Aharon and Moshe when they went to Pharaoh?
7. What miracle did Aharon do in front of Pharaoh before the plagues started?
8. Why was Pharaoh not impressed?
9. Why did Aharon, and not Moshe, take the staff to start the first three plagues?
10. What did the water turn into?
11. How were the Egyptians able to drink?
12. What happened by tzefardea (the plague of the frogs)?
13. Who didn't suffer from the makkos?
14. How long was Pharaoh warned before each makkah (plague) [except the last two].
15. How long did each makkah (plague) [except for the last two] last?

Answers

1. The Jews were enslaved in Egypt.
2. Moshe wanted Pharaoh to free the Bnei Yisrael (Jewish people).
3. Moshe said that he is aral sefasayim (unable to speak well).
4. Hashem sent Aharon along to be Moshe's spokesperson.
5. Amram and Yocheved.
6. Aharon was 83. Moshe was 80.
7. Aharon's staff turned into a snake.
8. Pharaoh's magicians also turned their staffs into snakes.
9. Moshe had hakaras hatov to the water and sand.
10. The water turned into blood.
11. The Egyptians had to buy water from the Jews.
12. Aharon hit the water and one big frog came out. When the Egyptians hit the frog, more frogs came.
13. The Jews did not suffer from the makkos.
14. 3 weeks.
15. 1 week.

LEADER TIP: Give out cups of fruit punch pretending to be "Makat Dam"!

PARSHA ACTIVITY

GOAL: To teach the kids about being thankful and having *hakarathatov*.

ACTIVITY:

“Thankful Seat”

Keep everyone sitting in one big circle. Bring in one person into the middle and everyone must go around and say something awesome or something they are thankful for about the person in the middle. It could be that they're good at basketball, help them with their homework, they're very funny, etc.

“Alphabet Thanks”

Depending on how many kids you have in your group you can either do this in smaller groups or everyone all together. Print/write out all the letters in the alphabet. Go letter by letter and as a group come up with different things that you're thankful for starting with each letter of the alphabet. Challenge the kids to remember all of them from A-Z!

DISCUSSION: In these games, we learn all about being thankful for things and appreciating what we have. In this week's Parsha, Hashem told Moshe to tell Aharon to stretch out his staff over the waters of the Nile and all other sources of water and they will turn to blood. Rashi deals with the question of why Aharon brought this plague upon Egypt and not Moshe himself. Rashi says: LEFI SHEHEGIN HAYE'OR AL MOSHE, “because the river had protected Moshe when he was cast into it...” (Ex. 7,19) The same is true with the plague of frogs and of lice. The frogs came from the river and the lice from the dust that aided Moshe to hide the Egyptian when he smote him. This is an important principle in Judaism known as HAKARAT HATOV, appreciation for the good someone does for you. What is especially noteworthy here is that this principle applies not only to other humans but also to inanimate objects. The water and the dust could not know the difference if Moshe or Aharon performed the action causing the plague. What is important is that Moshe and Aharon knew the difference. Everything is the creation of Hashem and we have to treat it as such with

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WHAT GOES AROUND - COMES AROUND

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"Yeah? Maybe, but I'm sure we'll find the park any minute now."

"*Any minute?* We've been walking so long, already. Hey, let's go into that store and ask directions - for sure the guy working there will know."

"Nah."

"Why not?"

"What do we need to ask anyone for? I've got my own directions right here," he tapped his forehead. "Let's just keep going and I'm sure we'll find the place."

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"This is crazy, man!" Benji exclaimed. "There's that same store *again!* We're going in circles! This time, I'm going in to get directions."

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"Mike! What happened? Why didn't you show up? Why are you still here?"

"Um, well, I'm not exactly *still* here. I've been, um, kinda wandering all over. I don't know ... I just kept getting more and more lost. I even tried to cut through the woods and got seriously stuck in some thorn bushes. Finally I saw this store I recognized from before and...", he threw up his hands, "I realized I'd been way too stubborn about the whole thing. I was about to go in and ask for directions to the park. But since I found you here that means the game is over - so maybe instead I'll ask *you* for directions ... how to get home."

Discussion Questions:

Q. What life-lesson do you think Mike discovered that day?

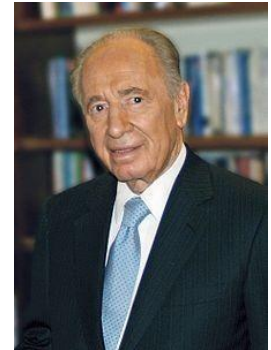
A. Up until then, he'd been acting stubbornly, insisting on doing everything himself, his own way. The experience of not only missing out on a fun day, but wandering around uncomfortably for hours, taught him that sometimes you just have to give in and listen to others.

Q. Is there ever a time that stubbornness is a positive thing?

A. When we tap into the trait of stubbornness and don't give up when we are trying to reach a worthwhile goal, it is very positive. Also, it's a positive thing to stubbornly refuse to do things that are unethical or harmful. But to stubbornly refuse to listen to advice or ask for help when needed is just plain - stubborn.

LEADER TIP: This week try to accept advice or criticism from someone even if you think they're wrong!

JEWISH LEADER OF THE WEEK



Shimon Peres

(August 2, 1923-2016)

Peres was born in Wieniawa, Poland and moved to Israel with his

family at the age of eleven. He grew up in Tel Aviv and went to the farming high school. Peres spent several years in Kibbutz Geva and Kibbutz Alumot, of which he was one of the founders, and in 1943 was elected Secretary of the Labor-Zionist youth movement. In 1944, he returned to Kibbutz Alumot, where he worked as a farmer and shepherd. Peres held many positions within the Israeli government and army and helped work towards peace with many different countries making a huge impact on Israel as a whole. In 1947, after having been recruited by David Ben-Gurion and Levi Eshkol to the Haganah Defense Forces, Shimon Peres was put in charge of manpower and weapons, a job which he continued during the early part of Israel's War of Independence. A year later, in 1948, Shimon Peres was appointed head of Israel's navy and at the end of the war he became the Director of the Defense Ministry's delegation in the United States. Peres served as Prime Minister twice, once from 1984-1986 and in 1995 after the assassination of Yitzchak Rabin. Peres won him the 1994 Nobel Peace Prize after the Treaty of Peace with Jordan was signed.

Peres then worked to promote relations with other Arab countries in North Africa and the Persian Gulf. In 1996 Peres created The Peres Center for Peace, located in Yafo. It is a non-profit, non-governmental, and non-political organization that aims further Peres' vision of people in the Middle East working together to build peace through socio-economic cooperation and development and people-to-people interaction. On June 13, 2007, the Knesset elected Shimon Peres to serve as the Ninth President of Israel for a seven year term, marking the first time in the nation's history that a former Prime Minister was also elected as President. Exactly five years later, on June 13, 2012, US President Barack Obama awarded Peres with the "Presidential Medal of Freedom," the United States' highest civilian honor, for his "admirable contributions to world peace."

LEADER TIP: Shimon Peres has helped Israel in a ton of different ways. How do YOU help Israel?

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TEFILLAH TREASURES

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The opening words, r'ei b'anyeinu (“behold our suffering” or “observe our affliction”) are a paraphrase of words used by David HaMelech. He first uses them in Tehillim 25: r'ei anyi v'amali, see my affliction and my work. David expresses this idea again in Tehillim 119: r'ei anyi ... u'g'aleini, see my affliction ... and redeem me.

Some people use the word “na” (please) in the middle of “r'ei b'anyeinu.” Some opinions think this version is inappropriate because David did not say it that way. Other opinions think that this is proper because Yaakov said “na” when asking Hashem to save him from his brother Esav.

We ask Hashem to redeem us speedily not for us necessarily but for the sake of His Own Name so that we should be empowered and able to serve Him. Also, the Talmud in Sanhedrin says that when

we are in pain, Hashem metaphorically “suffers” with us, like any parent hurts when their child is injured. Redeeming us from our troubles helps relieve Hashem Himself of this metaphorical “pain.”

The bracha continues that Hashem is a “strong Redeemer.” That is to say that He has ultimate power to redeem, as we saw in Egypt, where He redeemed the Jews through miraculous signs and wonders. The bracha concludes “Go’el Yisrael,” that Hashem continuously redeems Israel. This is in differnt to the bracha of “Ga’al Yisrael” before Shemoneh Esrei. That bracha is in the past tense and refers to something that Hashem did. The bracha were talking about in Shemoneh Esrei refers to an ongoing

LEADER TIP: Sometimes things are really difficult and we struggle to stay positive. Try to focus on this bracha of asking process that Hashem does.

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VAEIRA REVIEW

Hashem told Moshe to tell Bnei Yisrael that He has heard their cries, and He will now take them out of Egypt and bring them to Israel. Hashem tells Moshe to go speak to Paroh, and Aharon will serve as his spokesperson since Moshe had a speech impediment. Hashem told Moshe that He will harden Paroh's heart and he will refuse to let Bnei Yisrael go. Moshe and Aharon came before Paroh. Aharon threw his staff on the ground, and it turned into a snake. When Paroh's magicians did the same with their staffs, Aharon's staff swallowed theirs. Paroh was still unimpressed—and that's when the plagues started. Plague One: Aharon hit the Nile with his staff and the river and all the waters in Egypt turned into blood, and all the fish perished. Plague Two: Aharon stretched his

staff over the Nile and masses of frogs came out and filled the land. Plague Three: Aharon hit the sand with his staff, and swarms of lice attacked Egypt, covering man and animals. Even Paroh's magicians were amazed by this, and told Paroh that this is the "finger of G-d." Plague Four: wild beasts were sent throughout the land of Egypt except for Goshen where Bnei Yisrael lived. Plague Five: All the Egyptian's cattle died. Plague Six: infecting all of the Egyptians with painful boils. Plague Seven: fire blazing inside icy hail fell from the sky. Aside for damage to humans and animal, the hail destroyed all vegetation and trees.

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PARSHA QUESTIONS

Questions

1. In which country were the Jews enslaved?
2. What did Moshe want Pharaoh to do?
3. What are the four leshonos (expressions) of geulah (redemption) that Hashem used?
4. What do we do on the seder night to commemorate these words?
5. What reason did Moshe give to explain why he shouldn't go to Pharaoh? 9
6. What was Hashem's response?
7. Who were Moshe's parents?
8. How old were Aharon and Moshe when they went to Pharaoh?
9. What miracle did Aharon do in front of Pharaoh before the plagues started?
10. Why was Pharaoh not impressed?
11. Why did Aharon, and not Moshe, take the staff to start the first three plagues?
12. How many makkos (plagues) are in this week's parsha (Vaera)?
13. How many makkos (plagues) are in next week's parsha (Bo)?
14. What did the water turn into?
15. How were the Egyptians able to drink?
16. What happened by tzefardea (the plague of the frogs)?
17. Who didn't suffer from the makkos?
18. How long was Pharaoh warned before each makkah (plague) [except for the last two].
19. How long did each makkah [except for the last two] last?
20. List the ten makkos.

LEADER TIP: Give out cups of fruit punch pretending to be "Makat Dam"!

Answers

1. The Jews were enslaved in Egypt.
2. Moshe wanted Pharaoh to free the Bnei Yisrael (Jewish people).
3. V'Hotzeiti, Ve'Hetzalti, V'Gaalti, V'Lackachti.
4. We drink four cups of wine.
5. Moshe said that he is aral sefasayim (unable to speak well).
6. Hashem sent Aharon along to be Moshe's spokesperson.
7. Amram and Yocheved.
8. Aharon was 83. Moshe was 80.
9. Aharon's staff turned into a snake.
10. Pharaoh's magicians also turned their staffs into snakes.
11. Moshe had hakaras hatov to the water and sand.
12. seven.
13. three.
14. The water turned into blood.
15. The Egyptians had to buy water from the Jews.
16. Aharon hit the water and one big frog came out. When the Egyptians hit the frog, more frogs came.
17. The Jews did not suffer from the makkos.
18. 3 weeks.
19. 1 week.
- 20.

- a. Dam (blood)
- b. Tzefardea (frogs)
- c. Kinim (lice)
- d. Arov (wild animals)
- e. Dever (cattle disease)

- f. Shecheen (boils) 10
- g. Barad (hail)
- h. Arbeh (locusts)
- i. Choshech (darkness)
- j. Makas Bechoros (death of the first born)

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PARSHA ACTIVITY

GOAL: To teach the kids about being thankful and having *hakarot hatov*.

ACTIVITY:

“Alphabet Thanks”

Depending on how many kids you have in your group you can either do this in smaller groups or everyone all together. Print/write out all the letters in the alphabet. Go letter by letter and as a group come up with different things that you're thankful for starting with each letter of the alphabet. Challenge the kids to remember all of them from A-Z!

“The Thankful Beach Ball”

This activity will need to be prepared before Shabbat .You will need to blow up beach balls and write questions on them.

Split up the kids into groups of about 5-6. Each group will get a blown up beach ball with different questions written on them. What they must do is stand in a circle and throw the beach ball to someone. Wherever the right thumb of person who catches it lands, that's the question they will have to answer. If you want to spice things up, you can have the circle hit the beach ball in the air three times and once it is hit three times the next person must catch it and answer the question. Questions to write on the beach balls can include...

- Describe something lucky that happened to you last year and how your life improved.
- Describe a peak experience from the year, what made it special, and why you are grateful for it.

- Describe a special favor you received, how it helped you, and how it touched you.
- Describe a special gift or talent you have, how you use it, and why you are grateful for it.
- Name someone you know who makes your life better and why.
- Think of something you used today that other people make take for granted.
- What do you appreciate the most about the person sitting next to you?
- Describe something you are particularly grateful for in your life and why.
- Describe something that you do often that makes you happy and why.
- Describe something that happened this past week that you are grateful for and why.
- Describe something you have done that you are particularly proud of and why.

Feel free to add your own as well!

DISCUSSION: In these games, we learn all about being thankful for things and appreciating what we have. In this week's Parsha, Hashem told Moshe to tell Aharon to stretch out his staff over the waters of the Nile and all other sources of water and they will turn to blood. Rashi deals with the question of why Aharon brought this plague upon Egypt and not Moshe himself. Rashi says: LEFI SHEHEGIN HAYE'OR AL MOSHE, "because the river had protected Moshe when he was cast into it..." (Ex. 7,19) The same is true with the plague of frogs and of lice. The frogs came from the river and the lice from the dust that aided Moshe to hide the Egyptian when he smote him. This is an important principle in Judaism known as HAKARAT HATOV, appreciation for the good someone does for you. What is especially noteworthy here is that this principle applies not only to other humans but also to inanimate objects. The water and the dust could not know the difference if Moshe or Aharon performed the action causing the plague. What is important is that Moshe and Aharon knew the difference. Everything is the creation of Hashem and we have to treat it as such with respect. We teach in our religion that we should have respect for Sefarim. There are laws as to which Sefarim may be placed on others depending on how important they are. We are taught not to leave Sefarim open when we are finished using them. We have myriads of laws on how to treat a Sefer Torah and a Synagogue, though they do not know the difference. Of course, this carries over to the great concept of protecting the environment. Everything is Hashem's creation and deserves our deep appreciation. It is essential to note, if we learn to treat inanimate objects with respect, we will get to certainly show greater respect to other people.

LEADER TIP: Saying thank you is such an important thing yet sometimes gets very overlooked. Make sure to thank the people around shul who do so much such as custodians, security guards, and even the Rabbi!

PARSHA STORY

Before you

read:

Stubbornly refusing to listen to or learn from others can cause a person a lot of unnecessary frustration and pain. In this week's Parsha Paroh acts stubbornly when he refuses to listen to Moshe's call to free the Jewish slaves. He pays a heavy price. Let's learn from this and not be stubborn.

WHAT GOES AROUND - COMES AROUND

"Mike, I think we've been around this block already. See, there's that same corner candy store we've already passed once."

Mike and Benji were trying to get to a playground in the next neighborhood. The guys were supposed to meet up with some friends for a pick-up touch football game, but they were having trouble finding their way.

"Yeah? Maybe, but I'm sure we'll find the park any minute now."

"*Any minute?* We've been walking so long, already. Hey, let's go into that store and ask directions - for sure the guy working there will know."

"Nah."

"Why not?"

"What do we need to ask anyone for? I've got my own directions right here," he tapped his forehead. "Let's just keep going and I'm sure we'll find the place."

Following Mike's 'directions' the boys walked on until they came to the very same corner a *third* time.

"This is crazy, man!" Benji exclaimed. "There's that same store *again*! We're going in circles! This time, I'm going in to get directions."

"Well, leave me out of it," Mike huffed, refusing to follow. Benji ran into the store and ran back out a minute later with a big smile on his face.

"Okay, I wrote it all down. We just have to go right, then..."

"Hey, I told you I'm not interested," Mike cut in, his arms crossed. "I know perfectly well how to go on my own."

"Come off it. Don't be stubborn. We're lost and you know it. Now we'll just follow the directions and we'll get right there. Let's go."

Mike shook his head, "You can, if you want, but I'm going to figure it out myself."

Benji shrugged, followed the directions and quickly got to the playground to join the game in progress. Every once in a while he'd look around to see if Mike was coming but he was nowhere in sight. About an hour and a half later, the game ended and the kids split up to go home.

"Great game guys! Next week - same time, same place."

Benji started walking home, scratching his head wondering whatever happened to his buddy. On his way back he passed the same corner candy store and stopped in to buy a snack for the road. He had just stepped back out of the store when he heard someone call out his name. "Benji!" The boy looked up and saw Mike walking slowly toward him. The kid looked dog-tired and one of his sleeves was torn.

"Mike! What happened? Why didn't you show up? Why are you still here?"

"Um, well, I'm not exactly *still* here. I've been, um, kinda wandering all over. I don't know ... I just kept getting more and more lost. I even tried to cut through the woods and got seriously stuck in some thorn bushes. Finally I saw this store I recognized from before and...", he threw up his hands, "I realized I'd been way too stubborn about the whole thing. I was about to go in and ask for directions to the park. But since I found you here that means the game is over - so maybe instead I'll ask *you* for directions ... how to get home."

Discussion Questions:

Q. Our sages tell us that a wise person is one who learns from everyone. What do you think this means?

A. Wisdom doesn't mean 'knowing it all.' Wisdom means that a person values worthwhile knowledge so much that he's willing to do whatever's necessary to acquire more, and often that means being willing to ask and accept the advice of others.

Q. What do you think might be the relationship between stubbornness and humility?

A. Many times we act stubbornly simply because we feel too conceited to admit to others or to

ourselves, that we don't know something or have made a mistake. A truly humble person will easily admit these things and will not be stubborn over trivialities.

LEADER TIP: This week try to accept advice or criticism from someone even if you think they're wrong!

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JEWISH LEADER OF THE WEEK

Shimon Peres

(August 2, 1923-2016)



Peres was born in Wieniawa, Poland and moved to Israel with his family at the age of eleven. He grew up in Tel Aviv and went to the farming high school. Peres spent several years in Kibbutz Geva and Kibbutz Alumot, of which he was one of the founders, and in 1943 was elected Secretary of the Labor-Zionist youth movement. In 1944, he returned to Kibbutz Alumot, where he worked as a farmer and shepherd. Peres held many positions within the Israeli government and army and helped work towards peace with many different countries making a huge impact on Israel as a whole. In 1947, after having been recruited by David Ben-Gurion and Levi Eshkol to the Haganah Defense Forces, Shimon Peres was put in charge of manpower and weapons, a job which he continued during the early part of Israel's War of Independence. A year later, in 1948, Shimon Peres was appointed head of Israel's navy and at the end of the war he became the Director of the Defense Ministry's delegation in the United States. He was also a member of the Knesset, Minister of Immigrant Absorption, as well as taking on the responsibility for the development of the occupied territories. While he was Minister of Defense, he rejuvenated and strengthened the Israel Defense Forces, and participated in the negotiations of the second temporary agreement with Egypt. He was also behind the 1976 Entebbe rescue operation. Peres served as Prime Minister twice, once from 1984-1986 and in 1995 after the assassination of Yitzchak Rabin. Peres won him the 1994 Nobel Peace Prize after the Treaty of Peace with Jordan was signed. Peres then worked to promote relations with other Arab countries in North Africa and the Persian Gulf. In 1996 Peres created The Peres Center for Peace, located in Yafa. It is a non-profit, non-governmental, and non-political organization that aims further Peres' vision of people in the Middle East working together to build peace through socio-economic cooperation and development and people-to-people interaction. On June 13, 2007, the Knesset elected Shimon Peres to serve as the Ninth President of Israel for a seven year term, marking the first time in the nation's history that a former Prime Minister was also elected as President. Exactly five years later, on June 13, 2012, US President Barack Obama awarded Peres with the "Presidential Medal of Freedom," the United States' highest civilian honor, for his "admirable contributions to world peace." Shimon Peres has also authored ten books. Peres was married to Sonya, who passed away in 2011, and has a daughter (Zvia), two sons (Yonathan and Nehemia) and six grandchildren.

LEADER TIP: Shimon Peres has helped Israel in a ton of different ways. How do YOU help Israel?

TEFILLAH TREASURES

Shemoneh Esrei: Re'eh V'Anyeinu

In this bracha, we pray for redemption from everyday troubles and ask that Hashem relieve difficulties that come our way. Rashi says that the mention of “redemption” in this bracha does not refer to the ultimate Redemption. It is in the later blessings of Shemoneh Esrei that we ask Hashem to gather the exiles (bracha 10), rebuild Jerusalem (bracha 14), and bring Mashiach (bracha 15). In fact, the Bait Yosef writes that this bracha of redemption, refers to each and every difficult situation that we ask Hashem to save us. Rav Shimshon Rafael Hirsch explains that with the phrase “re’eh v’anyeinu”, “behold our affliction,” we ask Hashem to save us from hardships that are not caused by other human beings. In “v’rova riveinu”, “take away our grievance,” we ask Him to redeem us from the hardships caused by human beings. The bracha ends in the present tense—“go’el Yisrael”, Redeemer of Israel—because we truly experience some form of geulah every day.

On fast days, during chazarat hashatz the prayer “aneinu” (“answer us”) is inserted after this bracha. Not only is it related through the shared idea of getting rid of suffering, it also matches the concept of “s’michat g’eulah l’tefillah”, that we say the bracha of redemption before davening. Normally this simply means that the blessing “Ga’al Yisroel” immediately precedes Shemoneh Esrei. Here, however, the blessing “Go’el Yisrael” precedes the request that Hashem listens to our prayers of our fast day.

LEADER TIP: Sometimes things are really difficult and we struggle to stay positive. Try to focus on this bracha of asking Hashem to help take away the suffering no matter how big or small.



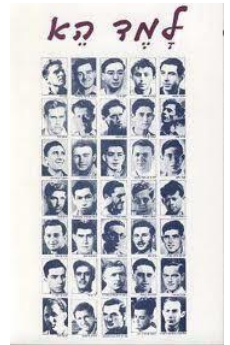
This Week in Jewish History

January 16, 1946

The Lamed Hey

On 16 January 1948, a group of 38 men was sent by the Haganah to deliver supplies to the four blockaded kibbutzim of Gush Etzion, south of Jerusalem, following an Arab attack on January 14. The unit, named "Machleket HaHar" (lit. Mountain Platoon), set out on foot from Hartuv at 11 p.m. on January 15, commanded by Dani Mass. They took a detour around a Palestine Police station to avoid being detected by the British. Three were sent back because one man sprained an ankle, and two accompanied him. The remaining 35 were killed by Arab villagers and militiamen between the villages of Jaba and Surif. About an hour before the convoy reached their destination, it became light and they were discovered by two Arab women who encountered two scouts of the group near Surif. A large number of armed villagers from Surif and other communities gathered to block the way. The battle was fought in two stages, four hours apart, with hundreds of Arabs from a nearby training base taking part. The Haganah

force battled until it ran out of ammunition. The last of the 35 was apparently killed at about 4:30 p.m. After the 1948 Arab-Israeli War, when the bodies of the 35 were returned to Israel, only 23 of the 35 bodies could be identified. To solve the problem, Rabbi Aryeh Levin performed the rare *goral ha-gra* (ha-gra = Vilna Gaon) ceremony, a process in which the reader of the Torah is led to certain verses which give hints as to the subjects in question. In August 1949, a group of former Palmach soldiers founded a kibbutz, Netiv HaLamed He near the convoy's route. They built a memorial commemorating the fallen Haganah soldiers there. Prior to the 1967 Six-Day War, it was assumed that the precise location of the final battle was on the Jordanian side of the armistice line. However, in 1967 the British police officer who had found the bodies in 1948 and Arab witnesses independently identified a hilltop on the Israeli side of the line.



TRIVIA QUESTION OF THE WEEK

WHAT TOWN WAS ESTABLISHED IN 1922 AND IS NAMED AFTER BARON ROTHSCHILD?

Email your answers to YOUTH@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!

- It is estimated that millions of trees are planted by forgetful squirrels.
- Winter lasts for 21 years on Uranus.
- A beaver's front teeth are always growing to counter wear from chewing bark and wood.
- A speck of blood contains about five million red blood cells.

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