

Posture Makes Perfect
Parashat Vayera
Rabbi Carl M. Perkins
Temple Aliyah, Needham, MA
October 23, 2021

Genesis 18: 1-8 (translation by Everett Fox):

(1) Now God was seen by him by the oaks of Mamre
as he was sitting at the entrance to his tent at the heat of the
day. (2) He lifted up his eyes and saw:

Here, three men standing over against him.

When he saw them, he **ran** to meet them from the entrance to his tent and
bowed to the earth

(3) and

said:

My

lords,

Pray if I have found favor in your
eyes, **Pray** do not **pass** by your
servant!

(4) **Pray** let a little water be **fetch**ed, then wash your feet and recline under
the tree;

(5) let me **fetch** (you) a bit of bread, that you may refresh your
hearts, Then afterward you may **pass** on--

For you have, after all, **passed** your servant's
way! They said: Do thus, as you have spoken.

(6) Avraham **hastened** into his tent to Sara and said:

Make **haste**! Three measures of choice flour! Knead it, make bread-
cakes! (7) Avraham **ran** to the oxen,

he **fetch**ed a young ox, tender and fine, and gave it to a serving-lad, that
he might **hasten** to make it ready;



(8) then he **fetch**ed cream and milk and the young ox that he had made ready, and placed it before them.

Now he stood over against them under the tree while they ate.



James Tissot, "Abraham and the Three Angels" c.1900, gouache on board, 7 3/4 x 11 5/16, Jewish Museum