

mizrachi minibytes

פרשת חיי שרה תשפ"א

Dear Readers,

In this week's Parsha we learn how important it is to honour our family members. Avraham showed Yitzchak how to honour Sarah Imeinu: The first Jewish father teaching the first Jewish son. We also meet another Imma - Rivkah. A few weeks ago, we looked at events in the Tanach that involved water. This week, we learn that Rivkah drew water for Eliezer (Avraham's servant) and for his 10 loaded camels. It was very hard work to lift the pails from the deep well. When Rivkah came to the well, a miracle happened, and the water came up to her! She just put down the pail and the water rushed in.

This week I would like to mention Rivkah, my mother, who always saw the good in every living creature and who was a modest and kind woman. It is said that when we are named, our name determines our Midot (virtues). Just like Rivkah Imeinu, my mother had the 3 special blessings in her home - looking after her family (challot), the importance she placed on her Shabbat and Yom Tov candles, and, the protection of Hashem over the home through her goodness and kindness.

One of the activities this week, is about the Chesed/Kindness we can do. We can show kindness to our family, friends, animals and even to strangers. It can be planned or even a random act of kindness.

Whether you are a maths wiz or not, work out the numbers in this week's Parsha, with the numbers 'match up' activity.

Remember to continue saying Tefillah every day.

If you would like to make an activity for minibytes, please be in touch!

Shabbat Shalom

Morah Anne

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See if you can make a list of acts of kindness

| | |
|----------|--|
| C | Compliment the next person you see |
| H | Hold the door open for someone |
| E | Encourage a friend to try something new |
| S | Set the table for Shabbat |
| S | Share a toy with a friend |
| E | Encourage someone to give Tzedaka |
| D | Donate toys or clothes to the needy |

Avraham and Sarah are known for their acts of kindness – chessed. Let's try to be like them.

One act of kindness that the Torah promotes is to always feed our animals before we eat.

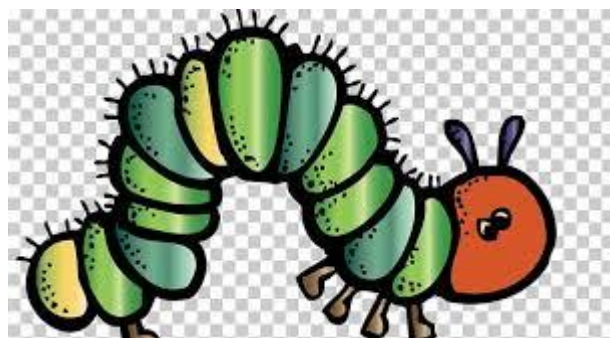
See if you can find a hungry animal to feed!



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MATCH UP

| | |
|---|-----|
| Chevron's other name is Kiryat | 400 |
| How many people are buried in Me'arat HaMachpela? | 10 |
| How many shekels did Avraham pay Efron? | 200 |
| Sarah passes away aged | 4 |
| How many camels did Eleazer take to meet Rivka? | 175 |
| How many litres can a camel drink in 3 minutes | 127 |
| Avraham passes away aged | 8 |
| Chayei Sara is the ____ th parsha in Berieshit | 5 |

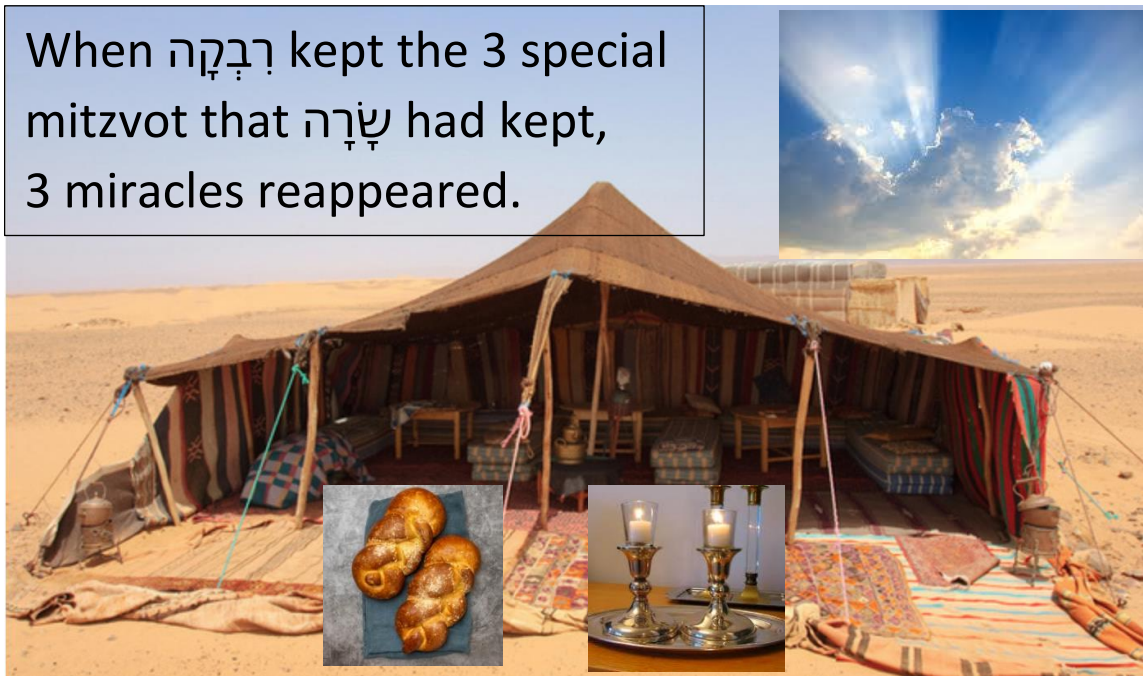
FABULOUS FACT

Sarah's Shabbat candles stayed alight from one week to the next.



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When רבקה kept the 3 special mitzvot that שרה had kept, 3 miracles reappeared.



When Yitzchak married Rivkah, he brought her into Sarah's tent.

Throughout Sarah's life, 3 special miracles took place.

When Rivkah came to live in Sarah's tent, these miracles happened again.

The cloud of glory over the tent returned.

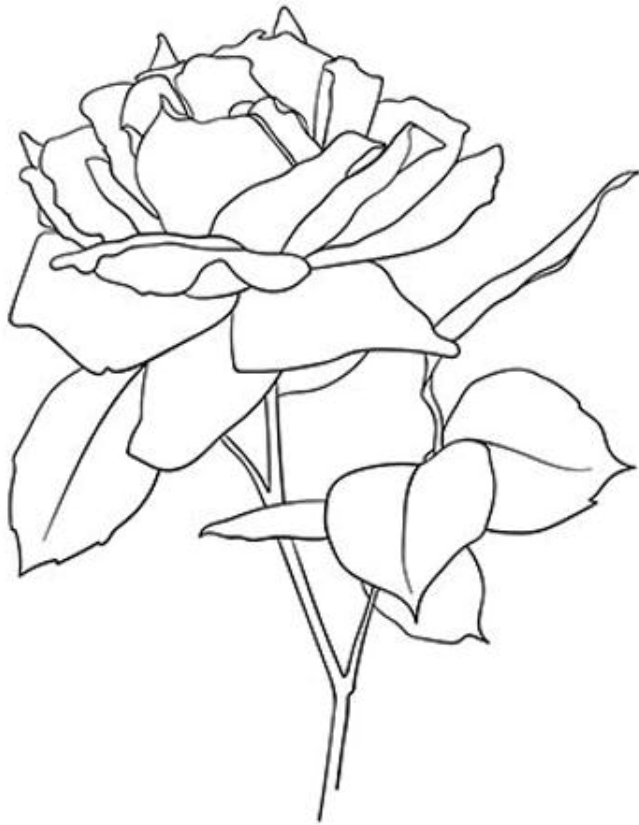
Rivkah's Shabbat candles also stayed alight from one Erev Shabbat to the next.

Rivkah's Challot also stayed fresh from one Shabbat to the next.

Peace, love and happiness filled the tent of Yitzchak and Rivkah.

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MINDFUL COLOURING



In Charan, where Rivkah lived, people prayed to idols. People were very mean and even her own family didn't behave with Chesed - kindness. Rivkah didn't do what the people around her were doing. She was kind and thoughtful. She behaved with goodness.

Sometimes we choose to do something that we know is not thoughtful just because everyone else is behaving that way. Just like Rivkah who was not influenced by all the terrible behaviour around her - we should choose Chesed.

Rivkah was known as **כְּשׁוֹשְׁנָה בֵּין הַחֹחִים** – a rose among the thorns. She shone like a beautiful rose.

Colour the rose and think of a time when you chose to do the right thing!

This week, before Shabbat, you can make paper roses for your Shabbat table to remind you of Rivkah and her kindness.

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Remember to say these daily



מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ,
 מִלְּךָ חַי וְקַיִם,
 שֶׁהַחַיּוֹת בִּי נִשְׁמָתִי בְּחַמְלָה
 רַבָּה אֲמוּנָתְךָ.

I thank You, living and eternal One, for
 Your kindness in restoring my soul.
 How great is your trust in us!



בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ וְאֵלֵךְ אָבוֹתֵינוּ.
 אֵלֵךְ אֲבָרְכֶם. אֵלֵךְ יִצְחָק.
 וְאֵלֵךְ יַעֲקֹב. הַקֵּל הַגָּדוֹל הַגְּבוּר וְהַנוֹרָא
 קָל עֲלִיוֹן. גּוֹמֵל חַסְדִּים טוֹבִים
 וְקוֹנֵה הַכֹּל. וְזוֹכֵר חַסְדֵי אָבוֹת. וּמְבִיא גּוֹאֵל
 לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:
 מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:
 בְּרוּךְ אַתָּה ה', מַגֵּן אֲבָרְכֶם