

mizrachi minibytes

פרשת לך לך תשפ"א

Dear Readers,

This week we have added some of the first ברכה of עשרה, about the אבות, to our daily תפילה.

In לך לך, we learn about אברהם, the first of our אבות.

How many examples relating to water did you list in last weeks' Mindmap?

Here are a few responses:

Creation of water/sea

מבול

First Plague of water turning to blood

משה in the basket on the river

משה taking משה from the water

קריעת ים סוף - miracle

משה hitting the rock

יונה

באר מרים

fetching water for the camels

Nagel Vasser

נטילת ידים

מים אחרונים

וְיָרַחַץ - washing hands at the Seder

Toivelling dishes.

And, in this weeks' Parsha, הגר runs away and an angel finds her by a water fountain in the desert.

Pack your bags – you are going to Israel – what will you take?

Also, we have included a cookie recipe that relates to the Parsha – milchig or pareve.

Shabbat Shalom

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WHEN I GO TO ISRAEL I AM TAKING.....

Imagine you are Avram or Sarai and Hashem has told you to leave home. What would you put in your suitcase?

Play the game: When I go to Israel I am taking

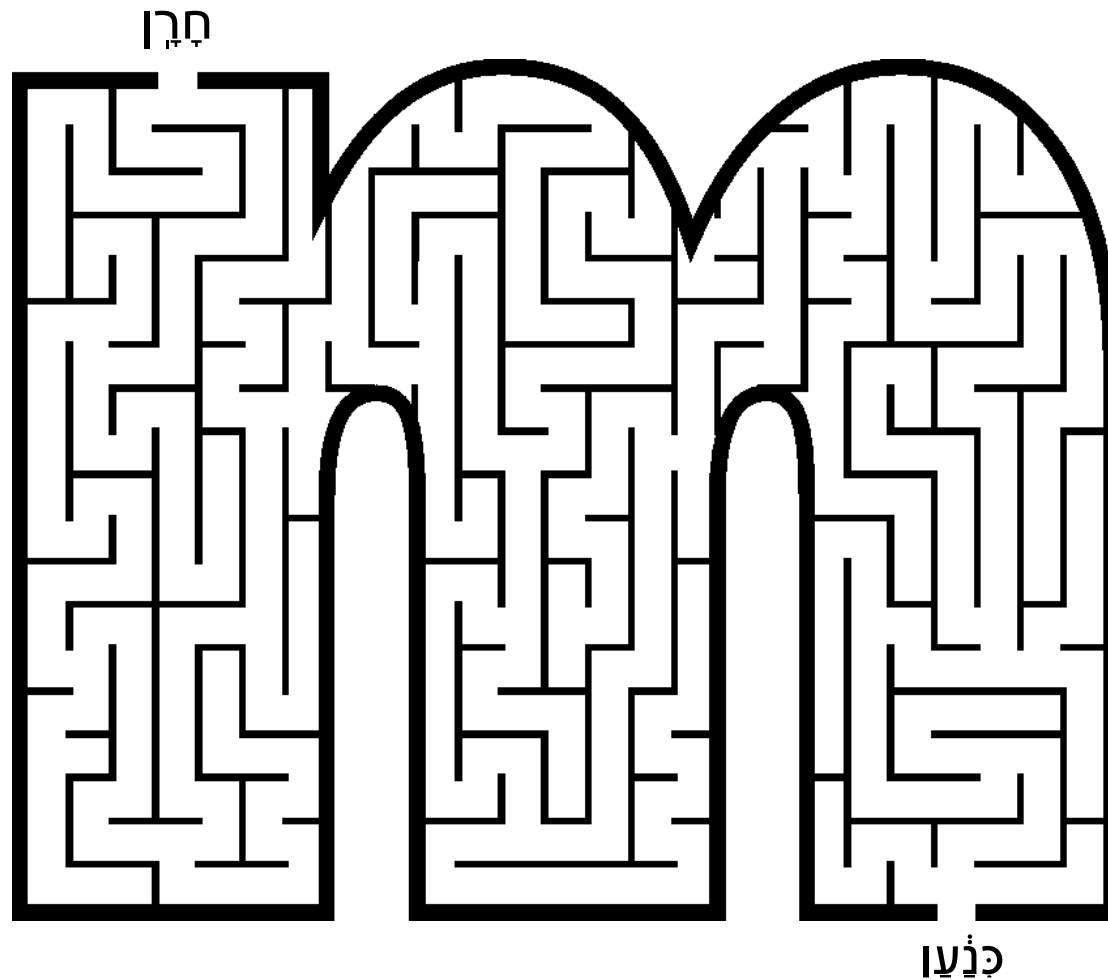
Write down all the things you are taking and colour them in on this suitcase. (before Shabbat)

מזוודה



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Migration Maze - Make your way from חָרָן to כְּנָעַן



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Parashat Lech Lecha

Hashem says to Avram, your children will be as many as the stars in the sky and the sand near the sea.



Cut out the star and put a photo of yourself in the centre.

MiniChef Idea

Bake these yummy biscuits shaped like a star (a Kochav)

RECIPE

2.75 Cups Plain Flour

1 tsp Baking Soda

½ tsp Baking Powder

1 cup softened Butter or margarine

1.5 cups sugar

1 egg

1 tsp Vanilla

Mix butter (or margarine) and sugar, beat in egg and vanilla add dry ingredients. Mix and lay out on baking paper and cut out shapes. Sprinkle sugar and cinnamon for sand. 10-12 min at 180 C



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"male Delivery" - Did you know?

Pidyon Haben or the redemption of the first born son is the ceremony where the father redeems his son by giving five silver coins to a Cohen thirty days after the baby's birth.

Five is the numerical value of the letter "ה" which was added to Avraham's name. We think of Avraham at the Pidyon Haben. In his merit, Hashem chose the Jewish People as His Nation.

Avraham was 99 years old and Ishmael was 13 years old when they had a ברית מילה.

At a Shalom Zachor, we traditionally serve Chickpeas. The Yiddish word for chickpeas is "arbis" which alludes to the promise ה' gave to Avraham: I shall multiply (harbeh arbeh) your seed like the stars of the heavens

יוסף, the first born son of רחל, was sold by his brothers for 20 silver pieces – the equivalent of 5 shekels. This set the standard "price" for a first born at 5 shekels/silver coins – which are given to a כהן, to redeem a child at a Pidyon Haben.

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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 וְאֵלֵינוּ אֲבוֹתֵינוּ.
 אֵלֵינוּ אֲבָרְכֶם. אֵלֵינוּ יִצְחָק.
 וְאֵלֵינוּ יַעֲקֹב. הַקֵּל הַגָּדוֹל הַגְּבוּר וְהַנוֹרָא
 קָל עֲלִיוֹן. גּוֹמֵל חַסְדִּים טוֹבִים
 וְקוֹנֵה הַכֹּל. וְזוֹכֵר חַסְדֵי אֲבוֹת. וּמְבִיא גּוֹאֵל
 לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:
 מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:
 בְּרוּךְ אַתָּה ה', מַגֵּן אֲבָרְכֶם