



Elementary:

1) What is the mitzvah of Bikurim? 2) On which 2 mountains did Bnei Yisrael stand when hearing the Brachot and Klalot? 3) How many times does the word "Amen" appear in the parasha? What is the only other parasha where that word appears? 4) Name the Shivat Haminim - 7 special fruits for the land of Israel used in the Bikurim.

Middle/High School:

1) Which 4 pesukim from the parasha are read at the Pesach Seder?

2) Which 3 of the 10 Makkot are mentioned in the Tochecha?

3) What was the purpose of the 12 giant stones with the Torah written on them? 4) Where in the parasha do we find the mitzvah to serve Hashem with Simcha?

What would you do?

Discussion starter for your Shabbat table..

If you could take back one mistake from this past year what would it be? Is there anything you can do now to make amends?

Did You Know?

While Sephardim begin reciting Selichot at the beginning of Elul, Ashkenazim begin the Sunday before Rosh Hashanah. If Rosh Hashanah occurs on Monday or Tuesday, we begin from the Sunday of the preceding week because there must be at least 4 days of Selichot prior to Rosh Hashanah. This is because

there is a custom to observe 10 days of fasting before Yom Kippur for the purpose of repentance. And since during the Aseret Yemei Teshuva there are 4 days on which it is impossible to fast (2 days of Rosh HaShanah, Shabbat Shuva, and Erev Yom Kippur) 4 days are set aside before Rosh HaShanah for fasting. Even though today most people do not actually fast on these 10

days, it nonetheless remains customary to get up early for Selichot for at least 10 days (4 days before Rosh HaShanah and 6 days during the Aseret Yemei Teshuva). An additional reason

for this practice is that on Rosh HaShanah a person must "sacrifice himself" before God, and since we find that sacrifices had to be prepared and checked for blemishes four days before being offered up, it was decided that Selichot be recited 4 days before Rosh HaShanah.



Michoel Gourarie - Chabad.org

In the land of Israel, during the Temple era, every farmer would take the first fruits to Jerusalem and give it to the kohen, standing next to the altar. This mitzvah, called Bikkurim, was an expression of gratitude to G-d for the abundant produce and the opportunity to live in the land of Israel. But, in addition to handing the fruit to the priest, the farmer was obligated to make a verbal declaration. This statement was a short summary of Jewish history from the times of Jacob until the conquest of the land of Israel. The declaration emphasizes G-d's kindness and the miracles that affected our destiny.

While it is true that actions speak louder than words, there is an element of appreciation that is expressed more by our words than our deeds. Actions express dedication and commitment, but cannot convey warmth and emotion. When you give a gift to a friend as thanks for a favor, a well-written card strengthens the connection and generates more closeness than the gift itself.

As parents, spouses or friends, it is not sufficient to just do things for another person. Our love and care must be articulated with warmth and affection. We cannot appreciate a kindness done to us in our hearts only; we must express it with words of acknowledgement and thanks. Strong communication fuels the relationship and keeps the spark alive. Tell those close to you how much you appreciate them every day. Set aside a few minutes to pray and thank G-d for all of His blessings.