

Elementary:

- 1) What is the special name of this Shabbat? Why is it called that?
- 2) Who showed courage and entered the Yam Suf even before it split?
- 3) What miracle happend at Marah giving the People water to drink?
- 4) What did Bnei Yisrael eat in the midbar? What were some of the rules about this type of food?
- 5) What action did Moshe do with his hands to help Bnei Yisrael in their battle against Amalek?

Middle/High School:

- 1) According to Rashi (13:18) what % of Bnei Yisrael left Mitzrayim?
- 2) According to Rashi (15:1) to what future time is the pasuk hinting when it uses the future tense of "אז ישיר משה"?
- 3) According to Rashi (15:20) why is Miriam referred to as "Aharon's sister" and not as "Moshe's sister"?
- 4) According to Rashi (15:20) how do we see that the Jewish women trusted that G-d would grant the Jewish People a miraculous victory over the Egyptians?
- 5) According to Rashi (15:25) why did Yirmiyahu show the Jewish People a jar of manna prepared in the time of Moshe?

What would you do?

Discussion starter for your Shabbat table..

If you could change one thing in your lifestyle to help the environment what would you do?

Did You Know?

This coming Monday is Tu B'Shvat. Tu B'Shvat appears in the Talmud (Rosh Hashanah 2a) as one of the four "new years" in the Jewish calendar: "Beit Hillel says that the 'new year for the trees' is the 15th of Shevat - Tu B'Shvat." Tu B'Shvat has great significance in the agricultural laws that are relevant in the Land of Israel. To clear up a common misconception, Tu B'Shvat is actually the new year for fruit rather than for trees. It is the new year for fruit in that fruit which began developing before Tu B'Shvat is counted as having grown in the previous agricultural year, while fruit which developed after belongs to the next year. Why is this significant? Because in the Land of Israel each year's crop must be tithed separately. In addition, different tithes are given on different years of the seven-year Shemitta cycle. In years 1, 2, 4 and 5, a second tithe called "Ma'aser Sheini" is separated. In Temple times it or its monetary equivalent would be consumed in Jerusalem, while today it is redeemed on a coin which is later destroyed. In years 3 and 6 the "poor man's tithe" ("Ma'aser Ani") is separated. And fruit which grow in the 7th year are sacred Shemitta fruit. The "new year for trees" is actually on a different date - Rosh Hashanah. During a tree's first three years - both in Israel and the Diaspora – its fruits are forbidden under the biblical injunction against eating Orlah (Leviticus 19:23). If a tree was planted sufficiently prior to Rosh Hashanah, it concludes its first year with Rosh Hashanah and then begins its second year of growth. (Aish.com)

10 Life Lessons from Trees - Adam Ross (Aish.com)

Jewish wisdom is full of insightful comparisons between the Jewish People and the trees and fruits of Israel, urging us to learn character perfection from our deep rooted forest friends. So now, with Tu B'Shvat, the New Year for Trees approaching, it's time to put the spring in your step, branch out and take a leaf out of nature's book with these ten green gems.

1. Be diligent, like an almond!

The almond tree is the symbol of Tu B'Shvat, the first tree to blossom - always right on time. Its essential quality is encapsulated in its Hebrew name, 'shaked', coming from the verb 'lishkod' meaning to be diligent. In Hebrew a 'shakdan' is someone who is always reliable, punctual and diligent.

2. Find the sweetness of life even in the bitter times

If you've ever visited Israel, you'll notice the date palms are one of the few trees that can flourish anywhere - even on the salty marsh land of the Dead Sea where nothing else grows. In fact Israel produces a third of its date harvest from the shores of the Dead

Sea. And what do these dates produce? Honey! The sweetest thing of all. King David took inspiration from these amazing trees, writing in Psalms, "A righteous man will flourish like a date palm." Even if you find yourself in the most bitter of places, stand tall, stick to your values and share some sweetness for others to enjoy!



Just like trees, we all go through our personal winter when productivity feels on the wane. How do we bring ourselves back to life? Trees may now look bare and dead, but don't be deceived; the sap is already rising in the tree trunks and first signs of life are about to appear. We may not see fruit yet, but the inspiration is there. As long as we stay connected, still thirsty for inspiration even through the winter, Tu B'Shvat teaches us that new hope and new life is never far away.

4. Challenging times bring out the best in us

When an olive is crushed, it produce oil which lights up the world, reminding us that although we would rather a smooth ride in life, the challenges of life can often bring out the best in us. The Zohar explains that Torah study is only really absorbed when one makes sacrifices to learn it. No one's looking for tough times, but when they come along, don't lose hope. We never know what light might emerge.

5. Joy through humility

Grapes produce wine which brings us happiness. The grape doesn't mind being trodden on, squeezed to a pulp, filtered, stored and left in a dark barrel to ferment for years. Does any other fruit suffer such treatment? The grape is the king of all fruit precisely for its quality of humility. One day it will turn into wine, soar in price and bring joy to the world. Our rabbis teach us we drink wine on so many occasions in Jewish life to instill this message of humility learned from the grape. When we are prepared to set our egos aside and start to see all of life as a gift, the blessing we have brings joy to our eyes.

6. Never stop searching for answers

The secret to knowledge is to never stop searching. The Talmud learns this from the fig tree which, unlike other fruit trees, ripens little by little over a period of time. The more you search, the more you will find. Torah is a tree of life; as long as we hold on to it and are willing to ask questions, it will always continue to provide us with answers.

7. Don't judge another Jew

We never really know another person fully inside and out, and often we can jump to conclusions. The pomegranate has hundreds of seeds, hidden away in secret chambers and is also likened to the Jewish People, as the Talmud teaches, "What a wonderful nation Israel! Even the most unlikely Jews keep many aspects of tradition, or engage in secret acts of kindness." These are the hidden pomegranate seeds that every Jew possesses.

8. Take a bite out of that opportunity

The apple tree teaches us to sense when a great opportunity is on the horizon and immediately seize it with both hands. King Solomon compared the Jewish People at the Giving of the Torah to an apple tree. "Like as an apple tree blossoms appear before it even produces leaves, so too the Jews at Mount Sinai declared 'We will do,' and then said 'We will understand." Opportunities always come with a risk, but sometimes we can spend so long assessing our options that the moment will pass us by.

9. True beauty is always found within

Appearances can often deceive. The Zohar praises the walnut as a fruit that keeps its secrets well hidden. A thick shell, seems at first inedible, however within it reveals a wonderful source of protein. The Talmud teaches, "That which is precious is always hidden away," hence the Torah not only has a cover, but is also hidden away in the Ark, which also has a cover. In relationships, first impressions can often lead us to the wrong conclusions. The walnut teaches us to protect that which is of most value and understand there is always more to people than meets the eye.

10. Everything has a purpose

Rabbi Abraham Yitzchak Kook, the first chief rabbi of Israel, was once walking in the fields when a student accompanying him plucked a leaf off a tree. Rav Kook was visibly shaken. Turning to his companion he said, "Believe me when I tell you I never simply pluck a leaf or a blade of grass or any living thing unless I have to." He explained further, "Every part of the vegetable world is singing a song and breathing forth a secret of the divine mystery of the Creation." For the first time the young student understood what it means to show compassion to all creatures. Everything serves a purpose, every tree, fruit and blade of grass are gifts to us to enhance our world. If we can master such sensitivity for the plant world, how much more so for the people around us.

