



PARSHA NATION



Published by the National Council of Young Israel

Dear Youth Directors, Youth chairs, and Youth Leaders,

NCYI is excited to continue our very successful Parsha Nation Guides. I hope you're enjoying and learning from Parsha Nation as much as we are. Putting together Parsha Nation every week is indeed no easy task. It takes a lot of time and effort to ensure that each section, as well as each age group, receives the attention and dedication it deserves.

We inspire and mold future leaders. The youth leaders of Young Israel have the distinct honor and privilege to teach and develop the youth of Young Israel. Children today are constantly looking for role models and inspirations to latch on to and learn from. Whether it is actual sit down learning sessions, exciting Parsha trivia games, or even just walking down the hall to the Kiddush room, our youth look to us and watch our every move.

It's not always about the things we say, it's about the things we do. Our children hear and see everything we do whether we realize it or not. This year we are taking our Youth Services to new heights as we introduce our Leadership Training Shabbaton. This engaging, interactive shabbaton led by our Youth Services Coordinator, Sammy, will give youth leader's hands on experience and practical solutions to effectively guide your youth department.

Informal education is key. What the summer shows us as educators is that informal education can deliver better results and help increase our youth's connection to Hashem. More and more shuls are revamping their youth program to give their children a better connection to shul and to Hashem. The NCYI is here to help you reconnect with your youth departments and bring more participation.

Thank you for being a light to future generations. You are doing incredible work that should not be taken lightly. You should be proud to call yourself a Young Israel Youth Leader as you have the unique opportunity to make a real difference in so many young people's lives. Keep up the amazing work.

We are looking forward to hearing great things from everyone.

Our doors are always open.

National Council of Young Israel Department of Synagogue Services

Youth@youngisrael.org



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Program Guide Breakdown

Theme- Each year our curriculum will focus on a theme. By centering the entire year around one overarching theme, our youth group participants will understand different characteristics and concepts that will help them achieve this lofty goal. This year's theme is Manhigut (leadership). Our goal is for our children to view themselves as leaders and to inspire them to play a leadership role every day.

Parsha Review- Each week group leaders will have the opportunity to roundup the parsha in two or three paragraphs. By giving over the parsha in a short and simple way, group participants will be able to grasp the parsha as a whole and to get them to think globally and conceptually.

Parsha Questions- No Shabbat morning group is complete without a list of parsha questions. These questions allow group participants the opportunity to win fun prizes while increasing their Torah knowledge. Questions vary from basic understanding of story line to challenging source-based material. The answers are provided as well.

Tefillah Treasure- Many youth directors have asked for help when it comes to teaching tefillah to children. This is a problem that not only shuls are dealing with. Schools, camps, and youth organizations are having trouble developing creative ideas to help children understand tefillah. Over the course of the year, this section will highlight one aspect of davening by providing both the Hebrew and English text, and one explanatory idea. The older the age group, the more we delve into the idea. This section is designed to help group participants follow the flow of tefillah while understanding what they are saying.

Group Activity- Now the fun begins! We start off with a GOAL. Each game has a purpose. The youth leaders should familiarize themselves with the goal before implementing the game.

Discussion Portion- After the game is over and the participants are settled down, the youth leaders should facilitate a discussion. The guidelines for this discussion are broken down into easy to use instructions. Youth leaders should review the discussion topics and goals before the start of morning groups.

Story- Each week we will include a story that addresses a modern day concern with lesson taken from that week's parsha.

Jewish Leader of the Week- In keeping with our theme of Manhigut, every week a different Jewish Leader from modern Jewish history will be highlighted. This will allow group participants to expand their knowledge of history and to learn how they can be a Jewish leader in today's society.

Teen Minyan Packet- This packet is filled with stories, riddles, points to ponder, and more.

Leader Tip- Each section has some great tips for leaders and how they should conduct that section.



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Shabbat Morning Groups Lesson Plan

Time Duration	Activity	Notes
5 min	Registration	Welcome parents and children in to the group room.
10-35 min	Davening	Depending on your group size and level.
5 min	Introduction to Yearly Theme (Manhigut)	Refer to Handout
5 min	Parsha Review	Prep participants for parsha questions.
10 min	Parsha Questions	Prizes and awards should also be given out if participants answer correctly
2 min	Understanding the Goal	Leaders should start prepping for Shabbat activity
30 min	Activities	Your choice of two games to play
10 min	Follow Up Discussion	Refer to materials
10 min	Parsha Song	This is for younger groups only.
20 min	Free Game Play	Groups can break for free game play or continue their own programing.
5 min	Story	Assemble in a circle and have participants read sections of the story out loud.
5-10 min	Discussion	Refer to handout
4 min	Jewish Leader of the Week	Refer to handout
4 min	Tefillah Treasures	Refer to Handout
5 min	Parent Pick up/Dismissal	Parents pick up their children.
Total Time:	2 hours & 40 min of programing!	



PARSHA NATION

GRADES K-2



VAYEITZEI REVIEW

Yaakov left Be'er Sheva and went to Charan, to his uncle Lavan's home. While on his way, Yaakov lied down to go to sleep. In a dream he saw a ladder going up to heaven with angels going up and down its steps. Hashem came to him and told him that He would give the land to his descendants, and that He would guard him until he returned to Canaan. Yaakov woke up, realized the holiness of the place he was at and he made a monument to Hashem, named the place *Beit El* and promised to give a portion of all his belongings when Hashem's promise of a safe return would be fulfilled. Yaakov continued on his way, and arrived at a well on the outskirts of Charan. Upon seeing Rachel, Lavan's younger daughter, arriving with her father's sheep, Yaakov single-handedly rolled off the heavy rock that was on top of the well, and gave water to the flock. Rachel told her father about Yaakov, and Lavan rushed out to greet him. Yaakov went to Lavan's home, and after spending a month there, Lavan offered him the job of tending to his herds. Lavan had two daughters, Rachel, and her older sister Leah. Yaakov loved Rachel and offered to work for Lavan for seven years in order to marry her. After the seven years of working passed, Lavan arranged a wedding feast, but switched daughters, giving Leah instead of Rachel. When Yaakov complained, Lavan offered to give Rachel too—in exchange for another seven years of work. One week later Yaakov married Rachel, and began working for an additional seven years. Leah gave birth to six children – Reuven, Shimon, Levi, Yehudah, Yissachar, Zevulun, and one girl Dinah – but Rachel remained barren. Rachel and Leah both gave their maids, Bilhah and Zilpah, to Yaakov as wives. Bilhah, had two children – Dan and Naftali – and Zilpah also bore two children—Gad and Asher. Leah gave birth to another two sons – Issachar and Zebulun – and one daughter—Dinah. Eventually, Rachel, too, gave birth to a son, Yosef. At that point, Yaakov asked Lavan for permission to take his wives and children and return to Canaan. "Specify your wages," Lavan told Yaakov. "And I will give it!" Yaakov proposed that all the streaked and spotted sheep that would be born to Lavan's sheep would be his payment. In return, Yaakov would continue caring for Lavan's animals. Lavan immediately removed all the spotted and streaked sheep from the herd and put them under his sons' charge—thus differentiating between the current ones, which belonged to Lavan, and the to-be-born ones, that would belong to Yaakov. Yaakov became very wealthy—despite Lavan's deceptive plan. After another six years of work, Hashem-d commanded Yaakov to go back to Canaan. Before they left, Rachel stole one of Lavan's idols and Lavan ran after them. On the night before he got to them, Hashem warned him in a dream not to harm Yaakov or his family. Lavan reached them and complained that he didn't get to say bye, and protested the theft of his idols. Lavan and Jacob made a peace treaty and made a monument to seal the pact.

LEADER TIP: Have a quick weight lifting competition to resemble Yaakov lifting the rock off the well!

PARSHA QUESTIONS

Questions

1. Where did Yaakov stop to rest?
2. What was Yaakov's dream?
3. What did Hashem say to Yaakov in the dream?
4. Where did Yaakov stop as he got close to Charan? What did he do when he saw Rachel?
5. Why did Lavan run to greet Yaakov?
6. What were Lavan's daughter's names? Who was older?
7. How long did Yaakov work for Lavan in order to marry Rachel?
8. What were the names of Yaakov's four wives?
9. What were the names of Yaakov's children?
10. What did Rachel take before she left her father's house?

Answers

1. Luz/ Har HaMoriah
2. A ladder was going up to the heavens with angels going up and down
3. His children would be countless like the sand and would spread and Hashem would always protect Yaakov and his descendants
4. A well with a big rock covering it. Pushed the rock off the well by himself
5. Lavan thought Yaakov had lots of money
6. Rachel and Leah, Leah was older
7. 14 years
8. Rachel, Leah, Bilhah, and Zilpah
9. Leah- Reuven, Shimon, Levi, Yehudah, Yissachar, Zevulun, and Dinah. Bilhah- Dan and Naftali, Zilpah- Gad and Asher, Rachel- Yosef and Binyamin
10. Lavan's idols

LEADER TIP: Just like Yaakov worked 7 years at a time, have the kids do 7 pushups or jumping jacks before you give them prizes

PARSHA ACTIVITY

GOAL: To teach the kids about Parshat Vayeitzei and Yaakov's dream and also about the land of Israel through an interactive quiz.

ACTIVITY: “Ladders and Ladders”

Make sure to prepare a board before Shabbat. Make a giant board with 100 squares numbered 1-100 with random ladders scattered throughout the board going from one square to another. Square #100 (the highest one) should be decorated and even named as Israel.

Shortly talk about Yaakov's sleep and dream. Discuss things like the angels from Israel changing with those from out of Israel, speak about how all the land of Israel gathers up under Yaakov, and how he is promised the land of Israel forever. Then get to the game with questions about Israel that is so spoken in this Parsha. First team to square 100 (Israel) wins!!

We're playing chutes and ladders!!!! But only with ladders!

Remember that the Parsha begins with Yaakov's Ladder.

Split them up into a few teams, and create playing pieces before Shabbat as well for each. When a team arrives at the top/bottom of a ladder, they answer a question. If they get it right, they either go up the ladder, or stay at the top (depending on where they are), and if they get it wrong they either stay where they are, or go down (once again, depending on where they are).

Here are some optional questions, they are at different levels so choose according to the group or make up more of your own. You can use the Parsha Questions from the packet as well as Israel trivia questions found on www.jewish-trivia.com

What is this week's parsha? (Vayeitzei)

Where did Yaakov leave from? (Beer Sheva)

Where did Yaakov sleep? (Beit El)

How many rocks did Yaakov surround himself with? (12)

How many stones did Yaakov have under his head in the morning? (1)

What did Yaakov dream about? (a ladder going up to the heavens with angels going up and down)

Why did Yaakov work for Lavan? (in order to be able to marry his daughters)

What is the land of milk and honey? (Israel)

What is the capital of Israel? (Jerusalem)

What does the Israeli flag look like? (2 stripes and Magen David)

Name as many cities in Israel as you can

What are examples of some Israeli foods?

What is the “famous wall” in Israel called? (kotel)

What is moving to Israel is called? (Aliya)

Who is the Prime Minister of Israel? (Bibi Netanyahu)

What colors are the Israeli flag? (Blue and white)

DISCUSSION: Yaakov wakes up from his dream in which he saw the ladder reaching up to heaven. His reaction was “surely the Almighty is in this place and I did not know” (Gen. 28:16). We say every day in our prayers, “MELO CHOL HA’ARETZ KEVODO”, the entire universe is filled with His Glory. Hashem is everywhere. Why was Yaakov surprised when he realized that Hashem was in that spot? When Yaakov went to sleep in that place he realized how desolate the area was. He had to find stones to rest his head. There were no conveniences there. He was fleeing from his brother and was all alone. He had nothing to his name. He felt sure that in a place like this Hashem would not stay and that He had abandoned him. He saw, however, through means of the dream that Hashem could be even in this desolate spot and under these miserable conditions.. We find ourselves in many situations where we feel that Hashem is not around. If He had been there, things would not happen as they do. This is true in personal times of tragedy and in national periods of danger. Our belief teaches us that no matter what is happening, Hashem is there. We may not understand why certain things happen. That is because our vision is limited. We should have faith that this is the will of Hashem. Hashem is everywhere.

LEADER TIP: Have the group run up and down the stairs to get energized just like the angels did in Yaakov’s dream!

PARSHA STORY

Before you read: Friends are great, but we should always remember that family is one of the most important parts of our lives. Our family is part of who we are. This week's Torah portion is all about family and family events - weddings, siblings, the births of the heads of almost all of the twelve tribes, etc. Making the effort to be close with our families - even if it's difficult - is well worth it.

FAMILY OUTING

Kate felt both excited and relieved as she watched the blue family RV pull out of the driveway. She was excited because she'd finally made afternoon plans with Lori and Fran, two of the most popular girls in her class. She was relieved because she knew her family would be gone for the whole afternoon. She liked her family well enough - most of the time - but there was just no way she'd ever invite friends to her house when Jay-Jay was home; especially cool kids like Lori and Fran, whose circle she was really trying to get into.

Jay-Jay, her younger brother, was simply too different. Kate's parents had explained to her that he had Down Syndrome, which made him look and act very different from other kids his age. They said he was a special soul, and she had to admit she loved his big smile and the way he loved her to hug him. But she didn't love the way her social life had gone down the tubes ever since Jay-Jay had come into her home and her life!

But today her whole family, including Jay-Jay, had gone away on a full-day apple picking trip. Her parents had wanted her to come too, but she'd said no. She felt embarrassed to go out with Jay-Jay, and by not going she'd finally have a chance to have friends come by.

The doorbell rang. Kate double-checked her outfit, smoothed her hair, took a deep breath and opened the door with a smile.

"Hi, guys. Great you could make it! Come on in." She led the kids upstairs into the playroom, where she put on some good tunes and broke out her most special sticker-albums for them to look at and trade.

Things were going fine, with Kate stepping out from time to time to bring up treats from the kitchen. After about a half an hour Kate heard strange sounds coming from the living room. It wasn't burglars; it was something worse! It was the voices of her family - her mom, her dad, her sister and ... Jay-Jay! Kate tried to think fast. Maybe she could turn the music louder so her friends wouldn't hear them ... maybe she could lock the playroom door ... maybe she could ... But before she could do anything, the door burst open and Jay-Jay came bounding in and right into her lap! Disaster! She could see the stunned looks on Fran's and Lori's faces.

"Traffic jam - come home!" Jay-Jay said, laughing and holding out his arms the way he did when he wanted her to hug him.

Kate didn't know what to do. She was embarrassed enough as it was, but she also knew that if she didn't hug him, he'd feel really hurt. Unlike her friends, who would surely dump her now, Jay-Jay always liked her.

Oh, well, these friends are down the drain anyway, she thought to herself, and gave her brother a big hug. The boy hugged her back, climbed off her lap bounded back downstairs. Kate saw from the corners of her eyes, the two girls whispering to each other and nodding their heads.

"Um, Kate, I have to call my mom." Lori said, pulling her cell phone out of her bag.

"To come pick you up, right? It's okay, I figured you'd want to go home now," Kate sighed. But she was surprised when her friends looked at her confused and started shaking their heads.

"Actually," Lori stammered, "I want to call my mom and ask her not to come get us now." Kate didn't understand.

"Yeah," Fran explained. "I guess we were sort of getting a little, you know, bored. So, um, while you had stepped out to the kitchen, Lori had called up her mom to come pick us up. But your little brother is so cute! Just like my cousin with Down Syndrome. And it was so sweet the way you just hugged him like that. It made us feel, you know, happy to be here - and around you. So we want to stay."

Kate was blown away. Jay-Jay hadn't been holding back her social life - she'd been doing it to herself! Boy, did she ever owe that little kid another hug, and another chance, to be a bigger part of her life.

Discussion Questions:

Q. How did Kate feel about her little brother at first?

A. She felt embarrassed because he was different and felt like it was keeping her from having friends.

Q. How did she feel in the end?

A. She felt like she didn't have to be embarrassed.

LEADER TIP: Do you ever fight with your family? If you can remember a time where you fought with them, go and apologize for it!

JEWISH LEADER OF THE WEEK

Judy Feld Carr

(1938-)



Judith Feld Carr is a Jewish Canadian musician and humanitarian, who lives in Toronto. Judy was born in Montreal, but spent much of her childhood in Sudbury, Ontario. She is best known for sneaking thousands of Jews out of Syria. She did this in over 25 years in a secret operation. She used money privately donated money, to negotiate the release of Syrian Jews from the Syrian government. The funds were used to literally buy Syrian Jews passage out of the country. The process took over 25 years to complete. The project was performed in complete secrecy to protect the lives of the Syrian immigrants as well as the leaders of the project. The Jews that were escorted out of Syria migrated to Israel and the United States. It is estimated that, in all, Judy Feld Carr facilitated the escape of 3,228 Jews. Judith Feld Carr has received a lot of awards for her amazing work saving thousands of Jews.

LEADER TIP: How much money are you willing to spend in order to help save someone?

TEFILLAH TREASURES

Shema: Part 2

The first paragraph of Shema is found in perek Vav, of Devarim (pessukim 4-9). In passuk 7 we read: "And you shall teach them to your sons and speak of them—when you sit in your house, and when you walk on the way, and when you lie down and when you rise up." Our Rabbis explain that the words "when you lie down and when you rise up" means we should say Shema every morning and evening. Shema includes three paragraphs. The theme of the first paragraph is loving Hashem, learning Torah, and passing on the Jewish tradition to our children. The second paragraph (Devarim 11:13-21) talks about the rewards of following the Torah and keeping the mitzvot as well as the punishments if you don't. The third paragraph (Bamidbar 15:37-41) talks about the mitzvah of wearing tzitzit as well as remembering Yitziyat Mitzrayim. The reward for saying Shema at the right time is greater than the reward for studying Torah during the rest of the day, and Torah study is considered greater than all the other mitzvot.

LEADER TIP: Do you say Shema three times a day—morning, evening, and before you go to sleep? If you don't, start trying to!



PARSHA NATION

GRADES 3-4



VAYEITZEI REVIEW

Yaakov left Be'er Sheva and went to Charan, to his uncle Lavan's home. While on his way, Yaakov lied down to go to sleep. In a dream he saw a ladder going up to heaven with angels going up and down its steps. Hashem came to him and told him that He would give the land to his descendants, and that He would guard him until he returned to Canaan. Yaakov woke up, realized the holiness of the place he was at and he made a monument to Hashem, named the place *Beit El* and promised to give a portion of all his belongings when Hashem's promise of a safe return would be fulfilled. Yaakov continued on his way, and arrived at a well on the outskirts of Charan. Upon seeing Rachel, Lavan's younger daughter, arriving with her father's sheep, Yaakov single-handedly rolled off the heavy rock that was on top of the well, and gave water to the flock. Rachel told her father about Yaakov, and Lavan rushed out to greet him. Yaakov went to Lavan's home, and after spending a month there, Lavan offered him the job of tending to his herds. Lavan had two daughters, Rachel, and her older sister Leah. Yaakov loved Rachel and offered to work for Lavan for seven years in order to marry her. After the seven years of working passed, Lavan arranged a wedding feast, but switched daughters, giving Leah instead of Rachel. When Yaakov complained, Lavan offered to give Rachel too—in exchange for another seven years of work. One week later Yaakov married Rachel, and began working for an additional seven years. Leah gave birth to six children – Reuven, Shimon, Levi, Yehudah, Yissachar, Zevulun, and one girl Dinah – but Rachel remained barren. Rachel and Leah both gave their maids, Bilhah and Zilpah, to Yaakov as wives. Bilhah, had two children – Dan and Naftali – and Zilpah also bore two children—Gad and Asher. Leah gave birth to another two sons – Issachar and Zebulun – and one daughter—Dinah. Eventually, Rachel, too, gave birth to a son, Yosef. At that point, Yaakov asked Lavan for permission to take his wives and children and return to Canaan. "Specify your wages," Lavan told Yaakov. "And I will give it!" Yaakov proposed that all the streaked and spotted sheep that would be born to Lavan's sheep would be his payment. In return, Yaakov would continue caring for Lavan's animals. Lavan immediately removed all the spotted and streaked sheep from the herd and put them under his sons' charge—thus differentiating between the current ones, which belonged to Lavan, and the to-be-born ones, that would belong to Yaakov. Yaakov became very wealthy—despite Lavan's deceptive plan. After another six years of work, Hashem-d commanded Yaakov to go back to Canaan. Before they left, Rachel stole one of Lavan's idols and Lavan ran after them. On the night before he got to them, Hashem warned him in a dream not to harm Yaakov or his family. Lavan reached them and complained that he didn't get to say bye, and protested the theft of his idols. Lavan and Jacob made a peace treaty and made a monument to seal the pact.

LEADER TIP: Have a quick weight lifting competition to resemble Yaakov lifting the rock off the well!

PARSHA QUESTIONS

Questions

11. Why did Yaakov leave home?
12. Where and to whom was Yaakov going?
13. Where did Yaakov stop to rest?
14. What was Yaakov's dream?
15. What did Hashem say to Yaakov in the dream?
16. What did Yaakov do to prepare himself before seeing Lavan?
17. Where did Yaakov stop as he got close to Charan?
18. What did Yaakov do when he saw Rachel?
19. Why did he cry when he saw her?
20. Why did Lavan run to greet Yaakov?
21. What were Lavan's daughter's names? Who was older?
22. How long did Yaakov work for Lavan in order to marry Rachel?
23. What were the names of Yaakov's four wives?
24. What were the names of Yaakov's children?
25. What did Rachel take before she left her father's house?

Answers

11. Esav promised he would kill him
12. Charan to his Uncle Lavan's house
13. Luz/ Har HaMoriah
14. A ladder was going up to the heavens with angels going up and down
15. His children would be countless like the sand and would spread and Hashem would always protect Yaakov and his descendants
16. Learned Torah in the Yeshiva of Shemv'Ever
17. A well with a big rock covering it
18. Pushed the rock off the well by himself
19. He saw that he wouldn't be buried with Rachel
20. Lavan thought Yaakov had lots of money
21. Rachel and Leah, Leah was older
22. 14 years
23. Rachel, Leah, Bilhah, and Zilpah
24. Leah- Reuven, Shimon, Levi, Yehudah, Yissachar, Zevulun, and Dinah. Bilhah- Dan and Naftali, Zilpah- Gad and Asher, Rachel- Yosef and Binyamin
25. Lavan's idols

LEADER TIP: Just like Yaakov worked 7 years at a time, have the kids do 7 pushups or jumping jacks before you give them prizes

PARSHA ACTIVITY

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ACTIVITY: “Ladders and Ladders”

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We're playing chutes and ladders!!!! But only with ladders!

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Where did Yaakov leave from? (Beer Sheva)

Where did Yaakov sleep? (Beit El)

What direction did he walk in? (from south to north east)

How many stones did Yaakov have under his head in the morning? (1)

How many flocks of sheep were waiting by the well when Yaakov arrived? (3)

How long did Yaakov work for Lavan for free? (1 month)

How many steps did the ladder have? (no answer just see what they say)

Where did Yaakov go after he left Lavan? (Machanyim)

Where is Machanayim? (between the Galil and the Golan)

Which is further north - Haifa or Yerushalayim? (Haifa)

Order these from north to south: Negev, Shomron, Galil, Golan

What is the southernmost city in Israel? (Eilat)

In what year did Israel gain its independence? (1948)

In what war did we recapture Yerushalayim? (6 Day War, 1967)

What is the capital of Israel? (Jerusalem)

What do the two lines on the Israeli flag symbolize? (Talit)

Name 2 Israeli Prime Ministers

Name 1 woman prime minister in Israel (Golda Meir)

Name 5 Israeli cities

Who is the biggest airport in Israel named after? (Ben-Gurion)

What is moving to Israel called? (Aliya)

What is the southern desert in Israel called? (Negev)

What is the lowest spot in the earth? (The Dead Sea)

DISCUSSION: Yaakov wakes up from his dream in which he saw the ladder reaching up to heaven. His reaction was “surely the Almighty is in this place and I did not know” (Gen. 28:16). We say every day in our prayers, “MELO CHOL HA’ARETZ KEVODO”, the entire universe is filled with His Glory. Hashem is everywhere. Why was Yaakov surprised when he realized that Hashem was in that spot? When Yaakov went to sleep in that place he realized how desolate the area was. He had to find stones to rest his head. There were no conveniences there. He was fleeing from his brother and was all alone. He had nothing to his name. He felt sure that in a place like this Hashem would not stay and that He had abandoned him. He saw, however, through means of the dream that Hashem could be even in this desolate spot and under these miserable conditions.. We find ourselves in many situations where we feel that Hashem is not around. If He had been there, things would not happen as they do. This is true in personal times of tragedy and in national periods of danger. Our belief teaches us that no matter what is happening, Hashem is there. We may not understand why certain things happen. That is because our vision is limited. We should have faith that this is the will of Hashem. Hashem is everywhere.

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"Traffic jam - come home!" Jay-Jay said, laughing and holding out his arms the way he did when he wanted her to hug him.

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"Actually," Lori stammered, "I want to call my mom and ask her not to come get us now." Kate didn't understand.

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Kate was blown away. Jay-Jay hadn't been holding back her social life - she'd been doing it to herself! Boy, did she ever owe that little kid another hug, and another chance, to be a bigger part of her life.

Discussion Questions:

Q. What life-lesson do you think Kate learned that day?

A. She had been uptight about her brother and blaming him for her lack of friends, but she saw that it was just her imagination. When she accepted him and her family for who they were, people respected her and liked her more.

Q. What do you think is the difference between our connection to our family and our connection to our friends?

A. While friendships are valuable and can be a lot of fun, they can never replace our family. A family tie is something very deep and while friendships come and go, our family is a part of us for life.

LEADER TIP: Do you ever fight with your family? If you can remember a time where you fought with them, go and apologize for it!

JEWISH LEADER OF THE WEEK

Judy Feld Carr

(1938-)



Judith Feld Carr is a Jewish Canadian musician and humanitarian, who lives in Toronto. Judy was born in Montreal, but spent much of her childhood in Sudbury, Ontario. She is best known for smuggling thousands of Jews out of Syria. She did this in over 25 years in a secret operation. She used money privately donated money, to negotiate the release of Syrian Jews from the Syrian government. The funds were used to literally buy Syrian Jews passage out of the country. The process took over 25 years to complete. The project was performed in complete secrecy to protect the lives of the Syrian immigrants as well as the leaders of the project. The Jews that were escorted out of Syria migrated to Israel and the United States. It is estimated that, in all, Judy Feld Carr facilitated the escape of 3,228 Jews. Judith Feld Carr has received numerous awards including the Order of Canada, the Simon Wiesenthal Award for Tolerance, Justice and Human Rights and the Haifa University Merit Award. Feld Carr also received an honorary degree from Laurentian University.

LEADER TIP: How much money are you willing to spend in order to help save someone?

TEFILLAH TREASURES

Shema: Part 2

The first paragraph of Shema is found in perek Vav of Devarim (pessukim 4-9). In passuk 7 we read: "And you shall teach them to your sons and speak of them—when you sit in your house, and when you walk on the way, and when you lie down and when you rise up." Our Rabbis explain that the words "when you lie down and when you rise up" means we should say Shema every morning and evening. Shema includes three paragraphs. The theme of the first paragraph is loving Hashem, learning Torah, and passing on the Jewish tradition to our children. The second paragraph (Devarim 11:13-21) talks about the rewards of following the Torah and keeping the mitzvot as well as the punishments if you don't. The third paragraph (Bamidbar 15:37-41) talks about the mitzvah of wearing tzitzit as well as remembering Yitziyat Mitzrayim. The reward for saying Shema at the right time is greater than the reward for studying Torah during the rest of the day, and Torah study is considered greater than all the other mitzvot. Our Rabbis tell us that the creation of the entire world is considered worthwhile just for the sake of accepting the Torah and mitzvot of Hashem that we do three times a day when we say Shema. It is said that whoever prepares himself for davening in the right way, puts on tefillin, says Shema, and then davens, has fully accepted the commandments of Hashem.

LEADER TIP: Do you say Shema three times a day—morning, evening, and before you go to sleep? If you don't, start trying to!



VAYEITZEI REVIEW

Yaakov left Be'er Sheva and went to Charan, to his uncle Lavan's home. While on his way, Yaakov lied down to go to sleep. In a dream he saw a ladder going up to heaven with angels going up and down its steps. Hashem came to him and told him that He would give the land to his descendants, and that He would guard him until he returned to Canaan. Yaakov woke up, realized the holiness of the place he was at and he made a monument to Hashem, named the place *Beit El* and promised to give a portion of all his belongings when Hashem's promise of a safe return would be fulfilled. Yaakov continued on his way, and arrived at a well on the outskirts of Charan. Upon seeing Rachel, Lavan's younger daughter, arriving with her father's sheep, Yaakov single-handedly rolled off the heavy rock that was on top of the well, and gave water to the flock. Rachel told her father about Yaakov, and Lavan rushed out to greet him. Yaakov went to Lavan's home, and after spending a month there, Lavan offered him the job of tending to his herds. Lavan had two daughters, Rachel, and her older sister Leah. Yaakov loved Rachel and offered to work for Lavan for seven years in order to marry her. After the seven years of working passed, Lavan arranged a wedding feast, but switched daughters, giving Leah instead of Rachel. When Yaakov complained, Lavan offered to give Rachel too—in exchange for another seven years of work. One week later Yaakov married Rachel, and began working for an additional seven years. Leah gave birth to six children – Reuven, Shimon, Levi, Yehudah, Yissachar, Zevulun, and one girl Dinah – but Rachel remained barren. Rachel and Leah both gave their maids, Bilhah and Zilpah, to Yaakov as wives. Bilhah, had two children – Dan and Naftali – and Zilpah also bore two children—Gad and Asher. Leah gave birth to another two sons – Issachar and Zebulun – and one daughter—Dinah. Eventually, Rachel, too, gave birth to a son, Yosef. At that point, Yaakov asked Lavan for permission to take his wives and children and return to Canaan. "Specify your wages," Lavan told Yaakov. "And I will give it!" Yaakov proposed that all the streaked and spotted sheep that would be born to Lavan's sheep would be his payment. In return, Yaakov would continue caring for Lavan's animals. Lavan immediately removed all the spotted and streaked sheep from the herd and put them under his sons' charge—thus differentiating between the current ones, which belonged to Lavan, and the to-be-born ones, that would belong to Yaakov. Yaakov became very wealthy—despite Lavan's deceptive plan. After another six years of work, Hashem-d commanded Yaakov to go back to Canaan. Before they left, Rachel stole one of Lavan's idols and Lavan ran after them. On the night before he got to them, Hashem warned him in a dream not to harm Yaakov or his family. Lavan reached them and complained that he didn't get to say bye, and protested the theft of his idols. Lavan and Jacob made a peace treaty and made a monument to seal the pact.

LEADER TIP: Have a quick weight lifting competition to resemble Yaakov lifting the rock off the well!

PARSHA QUESTIONS

Taken from Ohr Somayach "ohr.edu"

1. When Yaakov traveled to Charan, the Torah stresses that he departed from Beer Sheva. Why?
28:10 - The departure of a righteous person leaves a noticeable void in that place.
2. On the night of his dream, Yaakov did something he hadn't done in 14 years. What?
28:11 - Sleep at night lying down.
3. G-d compressed the entire Land of Israel underneath the sleeping Yaakov. What did this symbolize?
28:13 - That the Land would be easy for his descendants to conquer.
4. Yaakov said "I will return with *shalom*." What did he mean by "*shalom*"?
28:21 - Completely without sin.
5. Why did Yaakov rebuke the shepherds?
29:7 - He thought they were loafing, stopping work early in the day.
6. Why did Rachel, and not her brothers, tend her father's sheep?
30:27 - Her brothers weren't born yet.
7. Why did Yaakov cry when he met Rachel?
29:11 - He saw prophetically that they would not be buried together; or because he was penniless.
8. Why did Lavan run to greet Yaakov?
29:13 - He thought Yaakov was carrying money.
9. Why were Leah's eyes tender?
29:17 - She cried continually because she thought she was destined to marry Esav.
10. How old was Yaakov when he married?
29:21 - Eighty-four.
11. What did Rachel find enviable about Leah?
30:1 - Her good deeds, thinking they were the reason Leah merited children.
12. Who was Yaakov's fifth son?
30:5 - Dan.
13. Who was Leah's handmaiden? Was she older or younger than Rachel's handmaiden?
30:10 - Zilpah. She was younger.
14. How do you say *dudaim* in Arabic?
30:14 - Jasmine (*Yasmin*).
15. "G-d remembered Rachel" (30:22). What did He remember?
30:22 - That Rachel gave Leah the "signs of recognition" that Yaakov had taught her, so that Leah wouldn't be embarrassed.

16. What does "Yosef" mean? Why was he named that?

30:24 "Yosef" means "He will add." Rachel asked G-d for another son in addition to Yosef.

17. G-d forbade Lavan to speak to Yaakov "either of good or of bad." Why didn't G-d want Lavan to speak of good?

31:24 - Because the "good" that comes from wicked people is bad for the righteous.

18. Where are there two Aramaic words in this week's Parsha?

31:41 - *Yagar Sahaduta*, meaning "wall of testimony."

19. Who was Bilhah's father? Who was Zilpah's father?

31:50 - Lavan.

20. Who escorted Yaakov into *Eretz Yisrael*?

32:1 - The angels of *Eretz Yisrael*.

LEADER TIP: Just like Yaakov worked 7 years at a time, have the kids do 7 pushups or jumping jacks before you give them prizes

PARSHA ACTIVITY

GOAL: To learn about Yaakov's dream and journey to Eretz Yisrael

ACTIVITY:

“Always in a Rectangle”

All players are blindfolded. All hold a rope and must try to make a rectangle. Then they can make a circle. Which team can make the best rectangle or circle? The rectangle or circle can be drawn on the ground and a corner/starting point/endpoint can be shown.

“Tightly Tied”

A rope is tightly wound around the players in the group. The group must stay together and walk through different “trails” and free themselves from the rope. You can prepare a big rope before Shabbat or use a jump rope or Chinese jump rope.

DISCUSSION: Tell them they need to stay to work together just like the rocks under Yaakov's head, and even though they represented individual tribes they still had to work together to accomplish their goals.

Yaakov left Be'er-Sheva from Esav and went towards Charan, he went to sleep on the way because the sun was coming down. He took some rocks and put them under his head and he went to sleep there. Then he had a dream that there was a ladder that started in the ground and its head reached the heavens and there were angels going up and down, at the end of the vision in the dream Hashem promised him that “the whole land you are lying on will be given to your children forever. When he woke up he realized this dream was a message from Hashem and the place he was lying on was a special piece of land, so he took the stone he lay his head on and made it into a Matzeva.

Midrashically, sages render that he took several stones. The stones began quarreling each one saying upon me shall this righteous man rest his head, there upon god combined the 12 stones into one. This represents the 12 tribes of the nation of Israel each one is an individual on a separate mission but all of us unite into a single nation. The rock that was combined to make this message is the rock underneath the Kodesh Ha'Kodashim to symbolize that the Shechinah comes to the place where the whole nation of Israel unite. Now we know that the place Yaakov decided to sleep in was Yerushalayim and the Midrash says that the whole land of Israel was included in those rocks while he was promised that the whole land he is sleeping on would be given to his nation.

His dream is explained in the Midrash as follows: Yaakov was shown the angels of the four kingdoms that would ascend to dominate Israel and the world. Yaakov saw each angel climbing the ladder, while each rang symbolized a year that the angels nation would lead its say to the world, and then its descending as its reign ended. Bavel's angel climbed 70 ranges and then it went down, Madai's angels went 52, and Yavan went 180. Edom kept climbing symbolizing the current Galut which seems to be endless. Yaakov was afraid to climb as he feared that if he would climb he might end up descending like did the other nations, so Hashem assured that even if he won't get up and lead the world before this dream comes true, at the end of the dream Hashem will make sure Am Yisrael takes its leadership role, and as long as Am Yisrael remembers that and plans to lead the world back to believing in Hashem, he will protect them and bring them to Eretz Yisrael.

These days Yaakov's difficult dream is finally coming to an end, and we are the lucky generation to receive Hashem's promise that we will be brought to Israel. All we have to do is climb the ladder and lead the whole world to be a better place to live in.

LEADER TIP: Have the group run up and down the stairs to get energized just like the angels did in Yaakov's dream!

PARSHA STORY

Before you read: Friends are great, but we should always remember that family is one of the most important parts of our lives. Our family is part of who we are. This week's Torah portion is all about family and family events - weddings, siblings, the births of the heads of almost all of the twelve tribes, etc. Making the effort to be close with our families - even if it's difficult - is well worth it.

FAMILY OUTING

Kate felt both excited and relieved as she watched the blue family RV pull out of the driveway. She was excited because she'd finally made afternoon plans with Lori and Fran, two of the most popular girls in her class. She was relieved because she knew her family would be gone for the whole afternoon. She liked her family well enough - most of the time - but there was just no way she'd ever invite friends to her house when Jay-Jay was home; especially cool kids like Lori and Fran, whose circle she was really trying to get into.

Jay-Jay, her younger brother, was simply too different. Kate's parents had explained to her that he had Down Syndrome, which made him look and act very different from other kids his age. They said he was a special soul, and she had to admit she loved his big smile and the way he loved her to hug him. But she didn't love the way her social life had gone down the tubes ever since Jay-Jay had come into her home and her life!

But today her whole family, including Jay-Jay, had gone away on a full-day apple picking trip. Her parents had wanted her to come too, but she'd said no. She felt embarrassed to go out with Jay-Jay, and by not going she'd finally have a chance to have friends come by.

The doorbell rang. Kate double-checked her outfit, smoothed her hair, took a deep breath and opened the door with a smile.

"Hi, guys. Great you could make it! Come on in." She led the kids upstairs into the playroom, where she put on some good tunes and broke out her most special sticker-albums for them to look at and trade.

Things were going fine, with Kate stepping out from time to time to bring up treats from the kitchen. After about a half an hour Kate heard strange sounds coming from the living room. It wasn't burglars; it was something worse! It was the voices of her family - her mom, her dad, her sister and ... Jay-Jay! Kate tried to think fast. Maybe she could turn the music louder so her friends wouldn't hear them ... maybe she could lock the playroom door ... maybe she could ... But before she could do anything, the door burst open and Jay-Jay came bounding in and right into her lap! Disaster! She could see the stunned looks on Fran's and Lori's faces.

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Discussion Questions:

Q. What, if anything, do you think a person could gain by making efforts to stay close and connected with his family?

A. A family is a support system. Even if we don't always get along, being connected to people who share our genes, physical and spiritual, can be a great source of strength.

Q. What do you think a person who feels embarrassed or uncomfortable about her family could tell herself to handle it better?

A. She should remember that her family is not just some random group of people she ended up with, but they are the people that God has especially chosen for her to be close with in her life. They are a big part of her identity and the more she accepts them for who they are the more she will be accepting herself.

LEADER TIP: Do you ever fight with your family? If you can remember a time where you fought with them, go and apologize for it!

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(1938-)



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LEADER TIP: How much money are you willing to spend in order to help save someone?

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The first paragraph of Shema is found in perek Vav of Devarim (pessukim 4-9). In passuk 7 we read: "And you shall teach them to your sons and speak of them—when you sit in your house, and when you walk on the way, and when you lie down and when you rise up." Our Rabbis explain that the words "when you lie down and when you rise up" means we should say Shema every morning and evening. Shema includes three paragraphs. The theme of the first paragraph is loving Hashem, learning Torah, and passing on the Jewish tradition to our children. The second paragraph (Devarim 11:13-21) talks about the rewards of following the Torah and keeping the mitzvot as well as the punishments if you don't. The third paragraph (Bamidbar 15:37-41) talks about the mitzvah of wearing tzitzit as well as remembering Yitziyat Mitzrayim. The reward for saying Shema at the right time is greater than the reward for studying Torah during the rest of the day, and Torah study is considered greater than all the other mitzvot. Our Rabbis tell us that the creation of the entire world is considered worthwhile just for the sake of accepting the Torah and mitzvot of Hashem that we do three times a day when we say Shema. It is said that whoever prepares himself for davening in the right way, puts on tefillin, says Shema, and then davens, has fully accepted the commandments of Hashem. The Sefer HaChinuch says that when a person says Shema they remember the unity and kingship of Hashem, who looks over everything, he will take to heart that Hashem's eyes watch everything a person does. He will appreciate that Hashem counts our steps and that none of our thoughts are hidden from Him. Thinking this and saying this will guard a person throughout the day. Repeating it at night will guard him at night as well.

LEADER TIP: Do you say Shema three times a day—morning, evening, and before you go to sleep? If you don't, start trying to!



PARSHA NATION



Teen Minyan Kol Haniarim

This Week in Jewish History

November 29, 1947

The Establishment of the State of Israel

On November 29, 1947, the UN General Assembly voted in favor of a resolution, which adopted the plan for the partition of Palestine, recommended by the majority of the UN Special Committee on Palestine (UNSCOP). 33 states voted in favor of the resolution and 13 against. 10 states abstained. UNSCOP was appointed seven months earlier, after Great Britain, which ruled the country on the basis of a League of Nations Mandate, decided that in light of the growing Jewish resistance and violent opposition to its rule, it was unwilling to continue on the existing basis, and handed the whole issue over to the UN. The UN Committee reached the conclusion that the Mandate for Palestine should be terminated, and most of its members recommended the establishment in the territory of Mandatory Palestine of an Arab state and a Jewish state, while internationalizing Jerusalem.



The partition map proposed by UNSCOP allotted

the Jewish state only a small part of Western Palestine. Despite this fact, the Zionist Organization and the institutions of the Jewish community in Eretz Yisrael agreed to accept the plan, since it recognized the right of the Jewish people to a state and not only a "national home" as stated in the 1917 Balfour Declaration and the 1922 Mandate for Palestine.

The adoption of the partition resolution by the General Assembly was received by the Jewish community with great joy and thousands went out to the streets to celebrate, even though it was clear that the Arab states and the Palestinian Arabs would embark on a relentless war against the realization of the plan to establish a Jewish state.

FIND...

- Har HaMoriah
- Ladder
- Angels
- Bet El
- Yaakov
- Lavan
- Rachel
- Leah

STAT LINE OF THE WEEK- VAYEITZEI

7th of 54 sedras; 7th of 12 in Bereishit

Written on 235.3 lines in a Sefer Torah, ranks 12

Vayeitzei is one single long (closed) Parsha, which fits with the fact that it is a continuation of the Toldot story. It is the Torah's longest closed parsha, and second only to the open parsha that is all of Mikeitz (254.6 lines)

148 p'sukim – rank: 6th (3rd in Bereishit)

2021 words – ranks 4th (3rd in Bereishit)

7512 letters – ranks 5th (3rd in Bereishit)

MITZVOT

none of the 613 mitzvot are in Vayeitzei

TRIVIA QUESTION OF THE WEEK

WHERE IS THE ONLY GOLF COURSE IN ISRAEL?

Email your answers to Youth@YOUNGISRAEL.ORG along with your **NAME** and **AGE** for a chance to win **AWESOME PRIZES!** Each correct answer will enter your name into a raffle that will happen once a month. Behatzlacha!

THIS JUST IN!

- **Woodpecker scalps, porpoise teeth, and giraffe tails have all been used as money.**
- **Shakespeare invented the words “assassination” and “bump.”**
- **There is no solid proof of who built the Taj Mahal.**
- **Australian Rules football was originally designed to give cricketers something to play during the off season.**

For more info please feel free to contact us at Youth@youngisrael.org

H O Q Q U A X O V B J
A J O L E T E B Q N H
I R J K A L A V A N K
R W A H X D I U Q C B
O O C C G R D Z D D Y
M K Y X H M Z E D W S
A L A B K E N O R Z L
H E A J O C L X G D E
R A K G V H Y K Z U G
A H O T R V I W U J N
H Z V K H Y P Q O C A

Parsha Points to Ponder...

The Torah tells that when Yaakov was ready to lie down to sleep, VAYIKACH ME'AVNE HAMAKOM, "... he took from the stones of the place which he arranged around his head...". (Ber. 28,11) When he arose the Torah says, VAYIKACH ET HA'EVEN, "...and took the stone that he placed around his head...". (28,18) Obviously there is a distinct change in the facts surrounding the "stones". When he went to sleep there were many and when he arose there was only one. Rashi brings us the explanation that the Midrash offers. He says, the stones began quarreling with one another. One said, "Upon me let this righteous man rest his head", and another said, "Upon me let him rest his head". Immediately Hashem made them into one stone. This sounds like a fanciful story bordering on a fairy tale. The truth, however, is that the Midrash is endeavoring to teach us a significant message that we should be aware of constantly. The Jewish people have all kinds of individuals. Many have varying opinions of what Judaism stands for. These opinions may differ widely and some may stray far afield. Some may hold theories that are so distant from what Judaism really is. When it comes, however, to the survival of the Jewish people we should all be united. We may be different in our thinking like the many stones that Yaakov gathered, but when it comes to our continued existence we should all be united and stick together. We are all responsible for each other and must be like the one stone that Yaakov took when he arose from his dream.

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