

Yisro 5781
February 5th, 2021

NAGEELA SHABBOS

Have-a

SEASON 5

EPISODE 16

a kid friendly publication of Nageela West Coast Joyfully Jewish Experiences



If You Give your Mom a Cookie

by Rabbi Dani Locker

When I was young, my parents taught me the ten commandments. They were:

1. I am G-d
2. Honor Your Parents
3. Honor Your Parents
4. Honor Your Parents
5. Honor Your Parents
6. Really, really Honor Your Parents
7. Honor Your Parents a whole lot
8. You'd better Honor Your Parents or else!
9. Don't kill anyone
10. Don't be jealous of other people's parents.

I've heard a couple of other versions of the ten commandments, but it was always a little surprising to me that honoring parents make it to the BIG 10! Of course, it's important to be respectful. It's also important to make sure your shoes are tied, and to shut off the tap while brushing, but those didn't make the list!

In all seriousness, just think about it. The Ten Commandments are the fundamental building blocks of society. No murder or theft, belief only in the One true God, honesty in court. If an honest, moral person has a lousy relationship with his parents - OK, it's not good - but



Henderson	4:53
Las Vegas	4:54
Reno/ Tahoe	5:06
San Diego	5:07
Los Angeles	5:09
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it's not the end of the World... is it?

[At this point, your parents have snatched this paper out of your grasp and tossed it unceremoniously in the trash. Assuming you manage to smuggle it back out, you can read the answer, and then try to explain to your parents that I'm on their side, being a parent myself.]

Clearly, honoring our parents is pretty huge. According to the great Rabbag (that's the name of a Rabbi, BTW), a failure to honor our parents can lead to absolute disaster! He claims that if people don't honor their parents, it can lead to war, and complete breakdown of society. How does that work?

It makes perfect sense to me! Have you ever been on a diet before? Cookies are usually not high up on the "great diet food" list. The truth is that eating a cookie (yes, I, too was shocked to find out that the word cookie can be written in the singular form) isn't terrible for your health, and won't make you gain 37 pounds (eating 37 pounds of cookies might, although all that chewing is bound to burn some calories). Yet, for someone on a diet, eating even one cookie, leads down a path of no discipline. A path of more cookies. A path that could easily lead to complete dietary disaster.

Of course, the actual act of disrespecting parents (while reprehensible) won't destroy the world. Yet exhibiting a lack of respect for authority figures,

and a lack of basic gratitude is a cookie that's headed toward disaster. It's like a car windshield. It's strong as long as there are no cracks. Once the smallest of pebbles cracks that windshield, the crack will grow and spread until eventually the glass shatters (which makes it hard to eat more cookies). I'm getting a few lessons from this. First of all, small things can result in big changes. Refusing to bring your mom a cup of water, or not making your bed when she asks may not seem like a lot, but if we ignore the small stuff, we will end up facing much greater challenges. Second of all, we see the importance of how we treat our parents. It's a not a small deal, it's a biiiiiiiiiiig deal! Can't I be a good person and have a lousy relationship with my parents? Maybe for a while. Eventually, though, it will catch up to you, and the extent to which you give your parents respect will carry over to many larger areas of life.

If you give a Mom a cookie, she's going to want a cappuccino...

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deep thoughts
HOW FAST IS THE SPEED OF DARK?



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PICKLE JEW S
GALACTICALLY SYNDICATED COMIC STRIP

Stump the Rabbi is a forum where kids can ask ANY Jewish question.

Have a question? Please send it in to stump@nageelawest.org

Questions here are real. Names and some wording have been changed.

Note: We call this 'Stump The Rabbi' for fun, but that's not really the point. The goal is to learn something important in an interesting way.



#158 ShabbArt

Note: For the past couple of weeks we've been discussing different ideas connected with Shabbat, our holy day of 'rest'. Today we will continue that theme.

Dear Rabbi,

Thank you for explaining some of the meaning behind celebrating Shabbat. Could you please give more information on how exactly to keep shabbat? I have this vague sense of not using electricity and eating gefilte fish. I would appreciate some more instruction.

Thanks,

Sean Evan Theo Day

Dear SEvanTh Day,

There's a bit of an art to doing Shabbat just right. I call it ShabbArt. The best way to really learn about how to keep Shabbat and get used to it is to actually spend Shabbat with a family who keeps it, or go to Shabbatons or a Shabbat observant summer camp. There's no written explanation that will help half as much as real experiences. That said, here's a small primer on what to expect from a Shabbat.

- **Prep-** Like any big game, Shabbat requires prep. Could you imagine playing in the superbowl without preparing? Some of the prep is simply whatcha gotta do to eat. Since (as we'll mention later) cooking is not a Shabbat activity, and eating is, therefore cooking and food preparation before Shabbat is going to take some time. We clean the house, make our beds and set the table before Shabbat, too. That's to give honor. We view Shabbat as a special guest, and of course if there's a guest coming, we must make sure that everything is neat and respectable. We also bathe on Fridays in honor of the

coming Shabbat.

- **Clothing-** Keeping with the theme of the special guest, we wear special clothing for Shabbat. There are no rules that say suit/ dress/ tuxedo/ gorilla outfit/ fedora hat/ wig/ Uggs. Your Shabbat wardrobe should be something you don't wear during the week, if possible, and should be clean and nice. I think I'm gonna start a style of wearing a white tux on Shabbat. Who's with me?
- **Candles-** Every home should have candles lit on Friday. The best time is about 18 minutes before sunset. "Hey, Siri. What time is sunset?" You can also look at the weekly Nageela Shabbos for candle lighting times in your area. This adds peace and light to the Shabbat home. Candles should NOT be lit after sunset. Traditionally, the candle lighting is done by the woman of the house, but if there are no women around, a man should light the candles.
- **Kiddush-** We bring Shabbat in with a kind of toast. I prefer dark toast with butter and just a pinch of salt. If you don't appreciate my crumbly joke (or my crumbly toast) you can lift a glass of wine (or grape juice) and make a 'toast' to Shabbat. Try to make sure the

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Stump the Rabbi

continued

grape juice doesn't spill on that white tux. There's a paragraph we read while holding that cup, explaining why we keep Shabbat; God stopping to create on the 7th day. Kiddush is said before the meal on Friday night and also before the meal on Saturday.

- **Oneg/ meal-** We are supposed to enjoy Shabbat. We eat special foods, we relax and do other enjoyable things. Our Shabbat meals (ideally there are 3 meals: Friday night, Shabbat lunch and the 'third meal' late on Saturday afternoon) should be what we enjoy. Traditionally fish, chicken, soup and wine (not for you, kid! Stick to Pepsi, or pickle juice) are included in the meal along with the special braided bread called challah. It's important to note that the type of foods eaten at the meal are not laws, they are simply customs. If you prefer a kale salad, falafel or hot dogs, that's fine, too. Of course we end our meal by thanking God for the yummy food. And thanking our Mom, too. If you're a kid, you should totally have some sugary sweets on Shabbat. Tell

your parents I said so. My kids enjoy sugar cereal on Shabbat morning- something they don't get the rest of the week. If you're an adult, treat yourself to something special, too. Home baked cake? Sushi? Pickles? It's up to you.

- **Prayers-** Yes, we pray every day. Yet Shabbat prayers are special. They are a bit longer than usual, and generally include more singing. On Shabbat morning, we read one or two sections (out of 54) from a Torah scroll, so that we finish the whole Torah each year. There's an additional prayer called Mussaf (most days have 3 prayer services, Shabbat has 4). Our prayers on Shabbat are also a little different. They're more cheerful, as we leave out most of the prayers that actually ask for help with specific problems.

- **Recharging-** If you haven't yet read the last 2 weeks' Stump the Rabbi, now would be a good time, because it'll help you understand how not doing certain creative work helps us recharge our spiritual batteries. Here are some details:

People who keep Shabbat traditionally do not write, light fires, cook food, make actual toast, drive, carry things outdoors (unless they live in a community with an eruv- we'll hit that topic a different week), turn lights or appliances on or off, use computers phones or electronics, detonate explosives, or ride

animals. That's a short list, and it's based on 39 creative activities that were used to build the temple.

- **Havdallah-** As Shabbat leaves, we say goodbye to our special guest with another toast (French?). Havdalah is a 4 blessing ceremony that involves more wine, a candle and spices. It's the formal separation of Shabbat from the week ahead. It should be done after dark on Saturday night, at least 42 minutes (hey, that's oddly specific) after sunset.
- **Personal Growth-** Shabbat is a day to connect with God, study Torah and spend time reflecting on the week that has passed, and preparing ourselves mentally for the week ahead.

Have a Nageela Shabbat,

the Rabbi



CAFE
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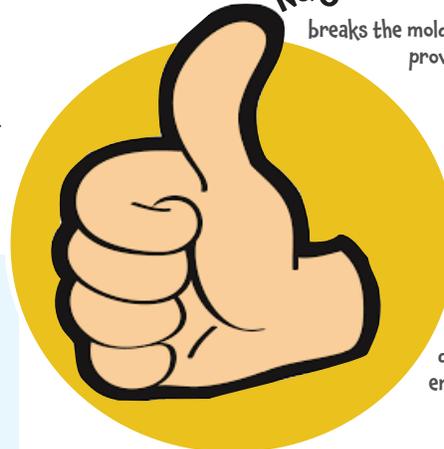
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Best wishes to our friends and family members celebrating this week...

The Jews at Sinai couldn't stop laughing, because all around the mountain was hill areas!



Nageela West Coast

breaks the mold of old school Jewish outreach by providing out-of-the-box social and educational programs for Jewish children across the West Coast. Through afterschool activities, weekend retreats and our signature summer camp, we engage elementary and middle school children in a fun and meaningful experience. Our "questions encouraged" mindset makes Nageela a comfortable learning and growing environment for Jewish children of all backgrounds.

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