



# SEASON 2 EPISODE 28

April 14th, 2018

Candle Lighting:

Phoenix 6:39

Las Vegas 6:55

San Diego 6:59

Los Angeles 7:05

Lake Tahoe 7:17

# have a

# Nageela Shabbos

## Parshas Shemini

# 5778

*A Kid Friendly Weekly Publication of Nageela West Coast Joyfully Jewish Experiences*

## You Are What You Eat

by Rabbi Dani Locker

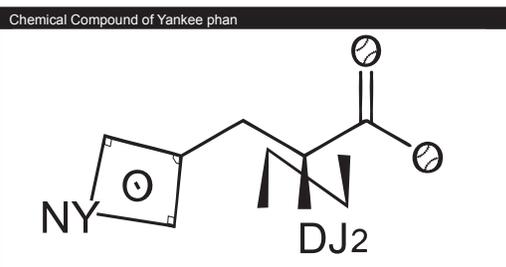
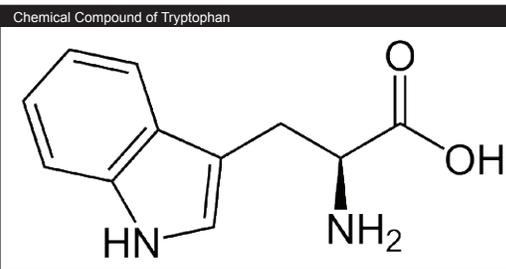
# Eat Emojis. Be Happy.

I kind of like that slogan, don't you? People say, "You are what you eat," so I think it makes perfect sense that eating emojis should make you happy. As long as you make sure you only eat the happy emojis. I'd had to see what would happen if you'd eat a monkey emoji, or a unicorn.

OK. That was a little out there. Scientifically speaking, eating emojis probably only cause stomach aches. Yet

science has shown over the years that the foods we eat can have a great effect upon our emotions. I'm not talking about serious medicine, or even things like coffee, which clearly have an immediate effect on moods. Even common foods containing tryptophan (like eggs, soybeans and some cheeses and meats) have been found over long periods of time to improve moods and - get this- reduce the chances of cannibalism. Phew. I won't bore you with all the scientific details, but, yes, what we eat does affect us.

Well guess what? The foods we eat also have an effect on who we are spiritually. The Torah gives us guidelines on what types of foods we should or should not eat, and although Kosher food isn't necessarily any healthier for your body (anyone who claims it is, never met schmaltz) **continued on back**



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# Stump The Rabbi

## Furry Faces

Hi Rabbi,

What's with Jews and beards? Is there a rule that Rabbis have to have beards? I see some with these monster beards that look scary. Also the long side thingies. I think they're curly. Why is that a thing?

Thanks.

Harry Phace

Hi Harry,

Yeah! What is with the beards? I'm scratching my chin as I contemplate this...OK. I'm scratching my beard. After all I am a Rabbi. There's actually no rule that says Jewish men need to have beards, or even that Rabbis should have facial hair. Many Rabbis are clean shaven, and the length of a beard does not determine how smart, learned or good a Rabbi is.

Here's what the Torah does say: "You shall not destroy the corners of your beard. This unusual commandment is a rule against completely destroying the beard roots, by shaving with a razor blade. A number of reasons are given for this, including the idea that priests for pagan idol worship would shave their faces clean, and the Torah wants us to disassociate with people like that.

It's totally fine to shave with scissors, or, according to most



Rabbis, with electric shavers. It's only razor blades which give a deep cut and destroy the root. So what's with beards? For some it's just practical. Before electric shavers were invented, shaving without a razor was hard! You had to use scissors or let a goat chew your hair off your face (ughh- no, I'm joking about the goat part. It's gonna give me nightmares). It didn't work very well or last very long, so lots of Jews just chose to grow their beards.

For some people, having a beard is more meaningful than that. When your parents or a teacher make a rule, you can follow it grudgingly, barely sticking to the rules, or you can be really into it and show the rule is important to you. Here's an example. You're trying to make the track team, and the coach says that in order to be on the team you need to run 3 miles a day. If you really, really, really want to show the coach you're serious, you'll run 5 miles a day instead. Am I making sense? I hope so. My fingers ache from all this typing. Maybe I'll try voice typing.

Hey Siri, answer the question for me, I'm taking a nap...

Hello?

Oh well, I think Siri is taking my nap for me. Very helpful.

The Torah tells us, as I mentioned, not to completely destroy the beard's roots. One way to follow that rule is by making sure not to use a razor on your face (by the

way, there's no problem using a razor in other places, so a barber can shave the back of your neck with a razor). Another approach is to show God that you really, really, really are serious about your relationship with Him, and instead of simply not destroying the root, letting it grow longer.

The same thing applies to sideburns. The Torah forbids men to completely cut off their sideburns. It's fine to get a normal haircut though. Some people want to show God how careful and serious they are, so they grow those sideburns extra long. They're called 'peyos'

and sometimes they get curly, but that's not part of the mitzvah (I think Elvis was trying to grow peyos. maybe).

In 2018 beards are kind of in style, so go for it, if you want, or get yourself a Norelco. Or a goat.

Have - a- Nageela Shabbat,

*the Rabbi*

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

*Have a question? Please send it in to [stump@nageelawest.org](mailto:stump@nageelawest.org)*

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



## The Farmer in the Dill

Coming  
up in



16th- Summerlin NaGleeda

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22nd- Celebrate Israel Festival

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# #NAGEELAWALK

## 50 MILES IN 50 DAYS



# Did Jew Know <

This week Jews in Israel and the rest of the world read different Torah portions!

Why? Last Shabbat was an ordinary Shabbat in Israel (where Passover takes 7 days). They read Shemini, and this week they're up to the next one (actually the next two-it's a double). In all other countries, Passover is 8 days long, so last Shabbat had no weekly parsha reading, only the final Passover reading!

We'll catch up on May 12th with a double reading while Israel will do a single on that Shabbat.



continued from front

it can help or hurt our growth as human beings, our kindness and our connection to God.

The Midrash (Tanchuma, Vayera) tells a really cool story. When our ancestor Yitzchak (Isaac) was born, his mother Sara nursed a bunch of babies. What happened to these babies? All of them eventually grew up and converted to Judaism! In fact, the Midrash continues, many people who converted to Judaism in later generations are descended from these people. I don't know exactly what was so special about Sara's milk, but the fact that it came from one of the greatest humans ever to live, had a huge impact on these children.

There are many beautiful reasons for the Torah's instructions about Kosher food. Some of them we can understand,

and some are beyond our puny brains. The reason we keep the instructions of the Torah is not because we think it'll help us, or because scientists tell us it's good for us, or more delicious (kosher dill pickles, anyone?). It's simply because our always-loving, all-knowing Father gave us instructions. That should be enough. However, if you're ever tempted by that food item that just might not be on the "approved list", take a moment to think about how awesome it would be to eat more of the foods that connected us to God and fewer of the things that block the connection.

By the way, really, don't eat Bemojis. Especially not the emoji pillows. They taste like shoes.

Also, the next time your Asiblings try to eat you, they probably need more tryptophan.

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# Happy Birthday!

to Nageela family members celebrating their birthdays this week!

Aaron Goldklang  
Sara Sfadia  
Ezra Arovas  
Anne Musser

Nageela West 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. Our "questions encouraged" mindset makes Nageela a comfortable learning and growing environment for Jewish children of all backgrounds.

