

Nageela

Shabbos

SEASON 7, EPISODE 24

Registration is open for Camp Nageela West 2023
nageelawest.org/summer

A Kid Friendly Torah Magazine by Nageela West Coast

HAVE A

DVAR TORAH

I have an amazing weight-loss idea. I'm positive it will work... Pretty sure it will work... Almost kind of possibly think it might work... why don't I tell it to you and you'll judge?

We all know that certain foods are high in calories. There are many, but let's go with chocolate frappuccino, or a hot dog, both around 500 calories. Or a Krispy Kreme donut, which oddly is listed as 190 calories, but everyone knows they are eaten in dozens, not as individual donuts (who do they think they're kidding) so that's about 2,500 calories. If I eat these foods often, I will have a good chance of replacing the Goodyear blimp. If I avoid them, that's great! So here's my weight-loss plan. You ready?

Every time I eat something unhealthy, I'll keep a box of Krispy Kreme nearby, and NOT eat them! That means that when I have my meal of 3 hot dogs and a frappuccino, but don't eat the donuts, I'll actually be **LOSING** weight! I can't believe I'm

going to utter these



Counting Calories

by Rabbi Dani Locker

words, but math is awesome! By simply avoiding unhealthy foods, I'm making myself measurably more healthy. However, I have to be careful not to avoid two dozen Krispy Kreme in one day, because then I'd just melt away to nothing. I've got to get my calories somewhere. Mmm, these fries are good.

[If you're reading this and nodding to yourself, I should probably place this disclaimer: Nageela Shabbos is not responsible for negative medical results that are brought about by reading anything in this publication. The opinions expressed herein do not necessarily reflect the views and opinions of Camp Nageela West, NCSY, Vlasic pickles or any marginally sane person. In other words, don't believe anything I say- I sure don't!] So obviously, our bodies don't work this way. Wouldn't it be cool if they did? A guy can dream, can't he? Yet our SOULS do work this way! In His incredible awesometastickness and kindcaringness, God gives us actual benefit and credit, not simply for doing good things, but even for avoiding mistakes. Not just a little benefit, but huge payouts. Let me show you.

Rashi (who was a great Rabbi who lived in France like 1000 years ago) takes a look at the very first people. Adam and Eve made

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QUESTION OF THE WEEK

IT IS WELL KNOWN THAT GOD'S NAME DOES NOT APPEAR IN THE BOOK OF ESTHER. WHICH OTHER BIBLICAL BOOK DOES NOT CONTAIN GOD'S NAME?

NO CHEATING
ANSWER ON PAGE 4

one simple mistake (OK, it was a big one, but it was still just one) and the world changed in a negative way forever. Yet, we know that God ALWAYS give more power to the positive than to the negative. So if one mistake caused such long lasting and serious devastation, then if a person holds himself back from one mistake, there should be an even greater, long lasting reward. Even something as simple as not eating on Yom Kippur or refusing to eat an inappropriate food (I assume these commandments were chosen because Adam and Eve's mistake was about eating something they shouldn't have) will carry reward and benefits for generations to come until the end of time. Wow!

CONTINUED FROM PAGE 1

UP N COMING!

MONDAY, LAS VEGAS JR NCSY @ BRUSTERS
THURSDAY, ARIZONA JR NCSY @ BOWLERO
SUNDAY APRIL 2, PARK CITY, MAIN STREET SCAVENGER HUNT!

Jew Junior NCSY
BRUSTERS
Every Monday Night
2862 S Durango Dr

March 20
March 27
April 3
5:45-6:45pm

There's a lot to unpack here, but I'll just mention two small points. First, as we discussed above, the fact that we get benefit just from NOT doing something bad is an incredible kindness from God. Thinking about that might help us gain the willpower needed to succeed. Secondly, people tend to get excited about BIG things (I've finished the entire Talmud; I gave a 10 million dollar donation) and don't always value smaller, simpler mitzvos. What is the value of a single mitzvah? Too big to measure. Like my waist size after I implement my weight-loss plan...

PICKLE JEWS

GALACTICALLY SYNDICATED COMIC STRIP

by Dani Locker, 2022



STUMP 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

(Most) questions here are real. Names and some wording have been changed.

Note & Disclaimer: 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. The answers here should not be taken as halachic decisions. You should always ask a competent Rabbi personally.

#234

Sensory Issues

**Hi Rabbi,
I understand that I'm not supposed to flip light switches on Shabbat. But what about motion sensors? I'm not actually doing anything... I'm just walking into the room and the light turns on by itself! And what about using Alexa? I'm not even touching anything!**

Thanks
George Ramma

Dear G Ramma,

Why don't we turn lights on or off on Shabbos? Don't say it's to save energy because it certainly doesn't accomplish that. You might answer that it's because God said so. That's truly the best answer, but humor me and try to think of the reason.

Correct! Because we're trying to be like God. How did you figure that out? The Torah tells us that just as God created for six days and stopped on the seventh, we do the same thing. So now let me ask you this:

Do you eat soup with your right hand or your left hand?

That's a weird answer. I would have expected you to eat soup with a spoon.

Now, which hand did God use to create the universe?

Neither. He used a spoon! Actually, what tool did God use for creation? His words! So whether you're using your hands or not makes no difference. If your actions are creating light and heat, completing a circuit, or whichever act of creation we're discussing, it is you doing the act of creating, even if you don't use your hands. This is true whether it's a motion sensor, voice activation, face

ID, biometric retinal scanner or magical portal.

Let's look a few years down the road. Imagine if you use Alexa to turn lights on and off, unlock doors, play music, start your self-driving car, command Chat GPT to do your job and your schoolwork for you, Facetime your friends... you could theoretically lose Shabbat completely, without lifting a finger! So no, it's not about hands, it's about both our actions and our intentions.

Now that we've established this idea, it's important to know its limitations. Although the main factor is whether you're doing the action, there IS a difference between doing it directly (like hitting a switch, or using a voice command) and indirectly (like walking past a motion sensor to turn a light on).

That is called 'gramma' (indirect cause). I'm not going to give you a halachic ruling regarding which situations it applies, but there are scenarios in which it may be OK to utilize an indirect action that will result in creation. Here are a couple of



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DAYS UNTIL
CNW GIRLS
2023

114

DAYS UNTIL
CNW BOYS
2023

DEEP THOUGHTS

IF YOU PUT A HOT DOG IN THE FRIDGE, DOES IT BECOME A CHILI DOG?

examples that might be included- but as always, you should ask your Rabbi about your unique case. Passing by a home with an automatic outdoor light may be permitted, particularly if there isn't another way to go. A number of years ago I met a Rabbi who had been severely crippled by illness and could not walk. He had something called a Shabbos scooter. It worked on the principle of gramma that I mentioned above, and because

of his unique situation, it was a permitted method of travel even though it used electricity.

The next question is, what if you ask Alexa while using incorrect language? Is bad gramma still a gramma?

Have a Nageela Shabbos,

The Rabbi

THIS WEEK IN PHOENIX!
Contact us to get Jewish FUNdamentals in YOUR school!



DID JEW KNOW?
VAYIKRA IS THE THIRD OF THE 5 TORAH BOOKS. IT'S ALSO CALLED TORAS KOHANIM BECAUSE IT GIVES SO MUCH INFO ABOUT THE TEMPLE SERVICE.

ANSWER OF THE WEEK

QUESTION ON PAGE 2
HEY! STOP! THINK FIRST. NO PEEKING!

THAT WOULD BE SHIR HASHIRIM- SONG OF SONGS

ADVENTUREDOME SHABBATON

IT'S BEEN MIDDLE SCHOOL SHABBATONS ALL DAY! 3 WEEKS IN A ROW! BOYS SHABBATON IN LA, JR REGIONAL IN SAN FRANCISCO, AND LAST WEEK, OUR GIRLS ADVENTUREDOME SHABBATON IN LAS VEGAS!



HBD

We'd like to wish a happy birthday to:

- CHANEL AZOUZ
- JACOB HAYES
- ELAD COHEN
- AARON KLEIMAN
- LIA BITTON
- ESTHER NACHMANI
- MATTHEW WERBLUD
- MORDY FOXBRUNER

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LOLZ

YOU SHOULD ALWAYS WEAR GLASSES WHILE DOING MATH. IT IMPROVES DIVISION.

THINK YOU CAN DO BETTER? YOU'RE PROBABLY RIGHT. SEND YOUR JOKES IN TO [DLOCKER@NAGEELAWEST.ORG](mailto:dlocker@nageelawest.org)



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