

have a

Nageela Shabbos

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A weekly publication of **Nageela West** Joyfully Jewish Experiences

It Just Doesn't Stop

by Rabbi Dani Locker

We recently got a 'Thank You' card for a Bat Mitzvah gift we gave to one of my daughter's friends. My kids were so excited that they got this card, they naturally wanted to send a 'You're Welcome' card! They debated for a while, and decided that then there would have to be a "Thank you for saying you're welcome" card, and eventually there would be a "You're welcome for saying thank you for saying you're welcome for saying thank you for saying you're welcome" card. If this happened, eventually all stores would have no more room for food or toys because the Hallmark card section would be too big, and probably the world would end.

The truth is that it's not a crazy idea (well, OK, the explosion of greeting cards flooding the world is a bit of a crazy idea). When we

do something for someone else, it creates a feeling of hakarat hatov - appreciating the good that someone's done and helps them feel a little closer to us. When they say thank you (especially if they really mean it) it makes us feel a little closer to them. It's incredible, but one small act can eventually lead to mountains of good feelings.

Books on Jewish ethics have always taught that the best way to improve friendship is actually to give more to the other person. The wisest person ever, King Solomon, told us that people's hearts are like reflecting pools (or mirrors). What you see is what you get back. If you show a mirror happiness, joy and appreciation, that's exactly what you're gonna get back. So watch out Hallmark, we're about to embark on a journey of appreciation and gratitude. Even if we

DID JEW KNOW

The Torah has 248 positive mitzvot (Do this). Same number as organs in the human body. It also has 365 negative mitzvot (don't do this). That's the same as days in a solar year.

**HAVE A COOL JEWISH FACT? EMAIL IT TO
DLOCKER@NAGEELAWEST.ORG**

VERY PUNNY

**HOW DID ISHMAEL FEEL WHEN
HIS MOTHER SAVED HIM FROM
DYING?**

**HE WANTED TO HAGAR
HAVE REALLY CORNY PUN? EMAIL IT TO
DLOCKER@NAGEELAWEST.ORG**

don't use cards, let's be really open about how much we appreciate our friends, parents, coaches, teachers and Uber drivers (not necessarily in that order).

Thank you in advance for reading this. And if you said you're welcome... then thank you for that as well...

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STUMP THE RABBI



Yo Rabbi,

I'm trying to keep Shabbat the best I can, so I'm not going in a car or riding my bike. But is running OK? Somebody told me I shouldn't run on Shabbat, but I'm a kid and I enjoy running around! My friends and I have races, sometimes. What should I do?

Frank Lash

Dear F. Lash,

I think it's pretty cool that you're trying to be careful to keep Shabbat the right way. Sometimes it's hard at first, but you'll definitely gain in the long run (pun intended). It's true that running on Shabbat is a complicated issue, so I'll try to make it simple. Shabbat is different than the week. We dress differently, we eat waaaaaay differently, we pray differently and we also act in a way that's different than weekdays. Did you know that on Shabbat we're not supposed to do anything that makes us sad? Try telling that to your parents when they ask you to eat your vegetables. If you get upset when you lose a game, you should avoid playing that kind of game on Shabbat. Running (for adults, anyway)

is usually only done for one of two purposes. Either because you're in a rush or because you're trying to achieve a goal (like exercise or athletic training). Neither of those are really appropriate for Shabbat. If you're running is purely for fun, like having a race with friends, or playing tag, that's perfectly fine, especially for kids. Adults don't usually run for fun. You can also always run on Shabbat for a mitzvah, so if you're running to go pray, or help your mom set the table for the Shabbat meal, then (sorry for this) you won't run into any issues.

Have an awesometastic, peaceful and FUN Shabbat

The Rabbi

P.s. "Yo?" Really?

Think outside the bunk

**Registration is now open for
Camp Nageela West.
Find out more about the
coolest new Jewish camp
on the west coast at
www.nageelawest.org**

*Stump the Rabbi is a forum where kids
can ask ANY Jewish question.
Have a question? Please send it in to
stump@nageelawest.org*

nageela week snapshot

SUN	MON	WED	THU	FRI
NO HEBREW SCHOOL Las Vegas and Los Angeles	NageeLette Summerlin 6:45-7:45	Torah Buddies- Beverly Hills 4:30-6:30	NageeLette Henderson 5:30-6:30	Girls Bubble Shabbaton Las Vegas

Nageela West provides social and educational programs for Jewish children across the west coast.
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