



nageela

Shabbos

SEASON 7, EPISODE 18

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

HAVE A

A Kid Friendly Torah Magazine by Nageela West Coast

DVAR TORAH

On a scale from 1 to brutal, how harsh do you think the plagues were?

Most people think of

the 10 plagues God brought against the Egyptians as being epicly painful. OK. They were certainly rough, but if you think about it- really think about it, you'll see that God's gentleness and kindness to the Egyptians was remarkable, and it should have been way, way worse! Here are a few points to ponder.

The police arrive on the scene, and Bill, a strong and violent mobster, is beating Steven with a baseball bat.

The officer says, "Excuse me Bill. Would you mind taking a break for a few minutes? Then you can go right back to it."



That's basically what Moses did by asking for a short, three day vacation. Then the officer warns Bill. "In ten minutes, I'm going to approach, and I am going to hit you very

Level Ten

by Rabbi Dani Locker

hard." In the meanwhile, Bill hasn't let Steven go, and he's even started hitting him harder. "Nine minutes, Bill."

When the ten minutes are up, the officer steps in, but he doesn't free Steven. He smacks Bill really hard with his Billy club (which is probably how it got its name). Then he steps back!

"Bill, I'm going to leave now, so you can decide if you want to let Steven go or not, because you might be defiant if I stick around." The officer then hits up the Dunkin Donuts around the corner. When he comes back and sees Bill hasn't relented, he repeats the process of warning, giving time and then stepping away 9 more times! During one of the episodes, the officer warns Bill, "I'm going to hit you on the leg now, so you might want to position yourself in a way that won't be as painful." This does not sound right!

God gave Pharaoh a 3 week warning period before every plague. Then afterward, Moses always left, to give Pharaoh the dignity of making an 'unpressurized' decision (Ramban). During the plague of hail, Moses warned Pharaoh to have all the Egyptians bring their animals indoors so there would be less damage. The kindness and respect God showed to the

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violent aggressors here is remarkable! If you think about it, even the fact the Moses was sent to Pharaoh is way beyond what Pharaoh deserved. He was an abusive criminal. The king doesn't send his top ambassador to negotiate with a criminal when he could just launch a missile. God was perfectly capable of bringing all the plagues, with no honorific envoys and fewer warnings. But that's not how God operates. Torah shows us the way to live. If someone is hurting or abusing another, justice must be served. Yet in all possible ways, the respect and dignity of all people, even the bad ones, must be

The Torah shows us the most excellent way to live!

preserved. [Note: Though we learn the attitude from God, in my example of the police officer, that would not be the right way for a human to act. We don't know how dangerous the situation, and hesitation on the part of the officer could have resulted in Steven getting more injured or worse. We have to act based on the information we have.]

CONTINUED FROM PAGE 1

QUESTION OF THE WEEK

WHICH PERSON IN THE TORAH REFERRED TO HIS SON AS "HE IS MY FATHER?"

NO CHEATING
ANSWER ON PAGE 4

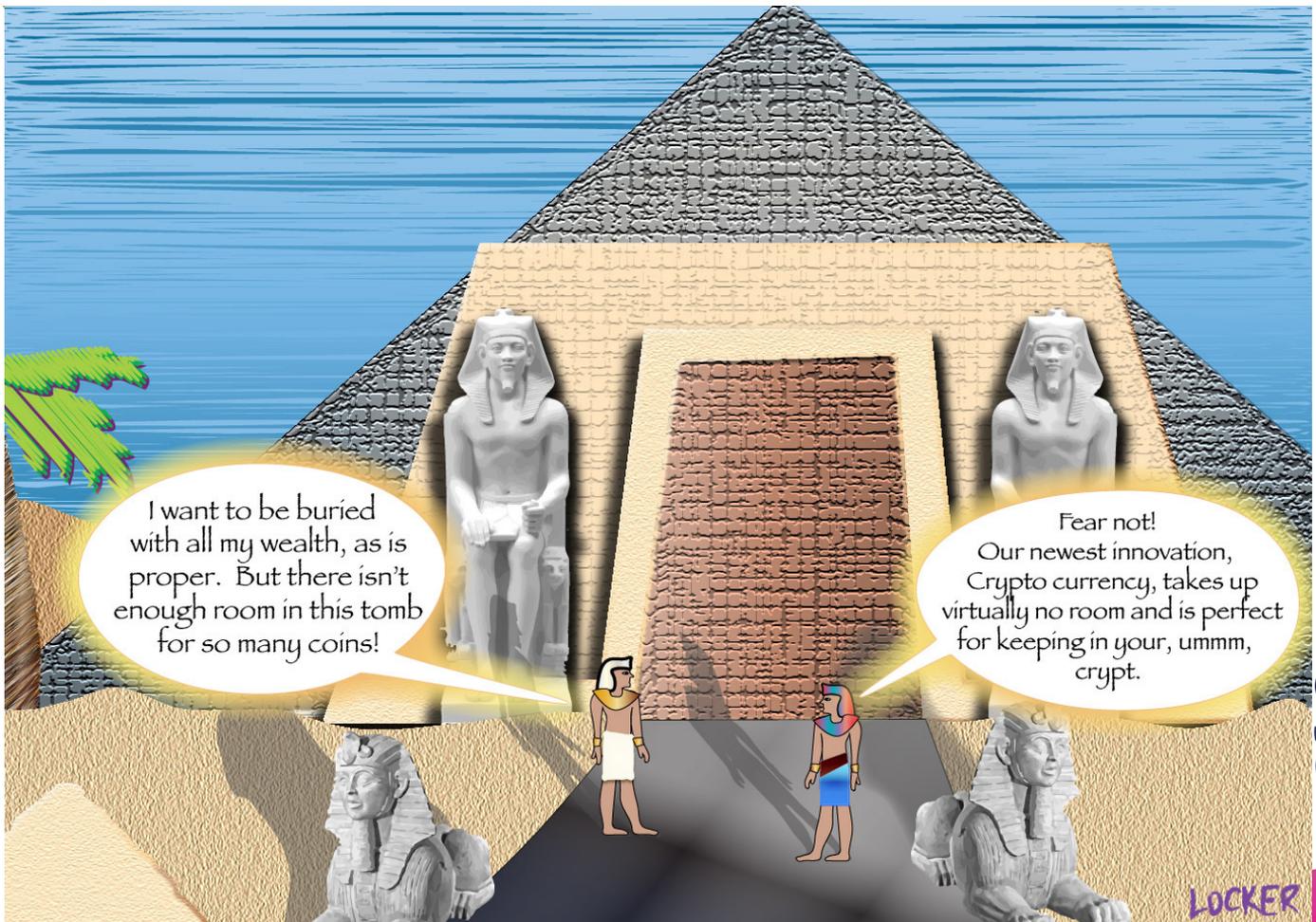
LOLZ

DID YOU KNOW THAT DAD JOKES AREN'T VERY POPULAR IN EGYPT?

THEY PREFER MUMMY JOKES!

THINK YOU CAN DO BETTER? YOU'RE PROBABLY RIGHT. SEND YOUR JOKES IN TO DLOCKER@NAGEELAMEST.ORG

LAST WEEK WE ASKED:
WHERE DID THE EGYPTIAN KIDS LIKE TO HANG OUT?
OUR ANSWER WAS: AT THE PLAGUE-GROUND
HERE ARE SOME OTHER ANSWERS THAT WERE SUBMITTED BY READERS:
PYRAMIDDLE SCHOOL
KING TUT-TUT MINI GOLF
DENIAL



GALACTICALLY SYNDICATED
COMIC STRIP
by Dan Lecker, 2021

PICKLE JEWS

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.

Hi Rabbi,

#229

Shape Up

I run every day. This week I'll be hitting 200 days in a row that I haven't missed. It occurred to me to ask if it's OK to do on Shabbat. Is exercising a problem? What about riding a bike? Skateboarding?

**Thanks
Imanuel S. Hape**

Dear Iman Shape

It's so cool that you're committed to keeping fit! It's a great habit, and the fact that you are consistent and don't miss a day is awesome! It's also so cool that you're committed to keeping Shabbat! It's a great habit, and being consistent and not missing a week is awesome! There are some things to consider regarding exercising on Shabbat.

The first question is your purpose. If your goal is just to get exercise or train for a competition, then it would be appropriate to find a non-Shabbat time to do your running (perhaps Saturday night). However, if you also have fun doing your exercise, then many authorities say that it's fine to do. If your only purpose is fun, then it's certainly OK. Even so, it's best to make it a lighter workout, and not an extremely intense and sweaty one.

A second thing to think about is your FitBit. If you use some sort of pedometer or smartwatch to measure your steps, distance, heart rate or pickle consumption, you should avoid using that on Shabbat. Most types of measuring should not be done on Shabbat (like using a scale), and certainly using electronic measurements would be a problem.

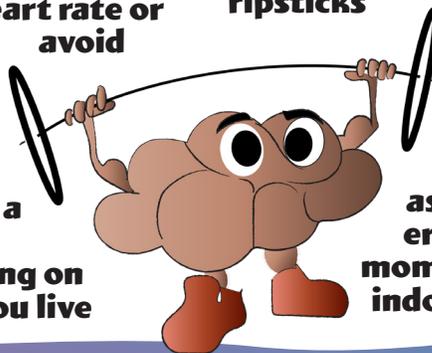
Number three is carrying. Depending on whether you have an eruv where you live

would determine if you can carry a water bottle or backpack.

Finally, if you usually shower after your run (for the sake of friends and family, I sure hope you do), that would be a challenge as well, for reasons that we may cover a different week. Let's just say that people who keep Shabbat don't shower on Shabbat.

Bicycles are not a Shabbat friendly item. There are a couple of reasons for this. Since bikes are made to travel long distances (which itself is not a Shabbat activity) that makes them muktzah, not to be used on Shabbat. Also, there's a concern that if the chain comes loose during a ride, you'd instinctively fix it. We don't fix things on Shabbat (with great apologies to Bob the Builder).

Most skateboards and scooters, ripsticks and rollerblades, as far as I can tell do not have adjustable parts and also are not really made for long distance travel. They should be OK to use, as long as you're inside an eruv or indoors (unless your mom doesn't let you ride them indoors- always listen to your



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**DAYS UNTIL
CNW GIRLS
2023**

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**DAYS UNTIL
CNW BOYS
2023**

THE MOST BLESSED PEOPLE ON EARTH ARE THE ONES WHO SNEEZE A LOT.

mom).

Here's one more point to consider. I can tell from your question that you appreciate Shabbat. The answers I've given you are the technical answers of whether it's OK to exercise on Shabbat or not. Yet Shabbat could be and should be a truly meaningful and transcendent experience. If you want to truly experience Shabbat the right way, consider making your day different. Eating different foods, dressing in special clothing, and engaging in different activities all contribute to creating an environment that removes us from our mundane, every-day life and builds a little bubble of Godliness and tranquility. Some people keep the technical rules of Shabbat but otherwise treat it mostly like a weekday. But we take out of Shabbat what we put into it. Make your Shabbat as unique and special as possible, and you'll gain much more and it will bless your whole week.

Have a Nageela Shabbos,

The Rabbi

HBD

We'd like to wish a happy birthday to:

- MYLAN GHENASSIA
- NOA AGATSTEIN
- SHOSHANA OSTROW
- NAVA FREEMAN
- KAYLA BAUMAN
- JET ZOHAR
- SKY ZOHAR
- AURELIA ZOHAR
- MAX ZOHAR
- MATTHEW HOLLANDER
- ARIEL WEXLER
- SHOSHANA WEXLER
- DEVON SINGER

FIND MORE INFO ON OUR YEAR-ROUND EVENTS BY SCANNING THE CODE BELOW



READ OVER 250 EPISODES IN OUR ARCHIVES BY SCANNING THE CODE BELOW



SAVE THE DATES!

- Feb 1st Paint Splatter Party
- Feb 17-18 Las Vegas Shabbaton
- Feb 22 Scottsdale Event TBA
- March 10-12 Jewnior Regional Shabbaton

ANSWER OF THE WEEK

QUESTION ON PAGE 2

„MEANS ‚HE IS MY FATHER.‘
AHARON HAD FOUR SONS. ONE OF THEM WAS AVIHU. LITERALLY THAT



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