



אור בישראל

A LIGHT FROM WITHIN ISRAEL

פרשת נח

ח' מרחשוון תשפ"ה 1.11.24

עם סיון רהם-נאיר

1

This week's parsha is parshat Noach. This is the second parsha in the Torah, after Parshat Bereishit.

2

Parshat Noach is always read at the beginning of the month of Cheshvan. This year - Rosh Chodesh Cheshvan is on Friday and Shabbat.

3

This is one of the most famous parshot in the world - God brought on a flood, and only Noach and his family and the animals that entered the ark - survived and restarted the world. When they came out of the ark they saw a rainbow, and received a promise that there would be no more flood. From now on - it is our responsibility to repair and sanctify the world.

After God created the world, human beings chose to do evil instead of good: "Now the earth became corrupt before God, and the earth was filled with lawlessness." Our sages explain that society at that time was characterized by robbery and a lack of restraint. People did not keep the laws and were unable to control their impulses. Therefore, God sent the flood—a society without rules or limits cannot survive. God instructed Noah to build an ark to save himself and his family, so that humanity could begin again.

Do you want to learn more about having boundaries these days, too? Read the story below:

A STORY FOR SHABBAT

The Marshmallow Test

Walter Mischel was born in Europe to Jewish parents. He and his family escaped from the Nazis and settled in the United States. As a psychologist, he is famous for developing an experiment that has come to be known as the "Marshmallow Test." For this experiment, Mischel selected a group of four- to five-year-old children, put them in a room which he called "the Room of Surprises," and placed a marshmallow on a table. He asked the children to make a choice: they could either eat the marshmallow right away, or, if they were able to wait for fifteen minutes, they could have two marshmallows. Mischel confirmed that the children understood the rules, and the experiment began. Most of the children could not restrain themselves—they grabbed the marshmallow and ate it right away. Only one third of the children managed to wait for the required time and were then rewarded with two marshmallows.

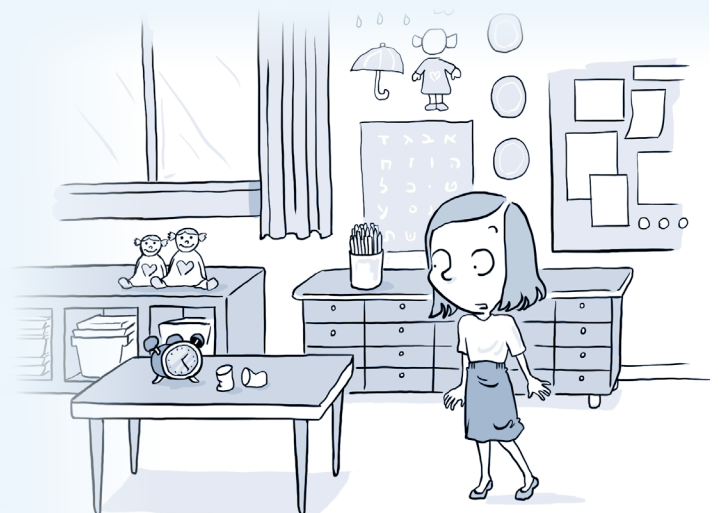
Mischel observed that those children who managed to control themselves did so by using various techniques—they covered their eyes with their hands, turned their heads away from the treat, talked to themselves, sang, or even tried to fall asleep. In other words, they invented all sorts of "tricks" in order to pass the test. Mischel continued to follow the same children over the course of their lives. He discovered that those children who were able to demonstrate self-control in kindergarten grew up to be more successful adults. They were better students, volunteered in their communities, were healthier (because they were able to resist unhealthy temptations), and were better partners and parents. Mischel conducted further experiments and shared his important conclusion with the world: Self-control is one of the most critical skills that we can develop. For both children and adults, it is important to learn to exercise the "muscle" called restraint.

Food for Thought

At any moment during our lives, we can give ourselves the "marshmallow test," and check if we are able to exercise self-control and set limits for ourselves. Just like the kindergarteners in Mischel's study, it is worthwhile to develop techniques that will help us restrain ourselves.

Our sages already stated long ago:

"Who is strong? He who conquers his evil inclination." Good luck in passing your own "marshmallow tests"!





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ה"ד מיכאל בן חמו ומיאל טוויטו (בצד שמאל)

DEAR CHEMED STUDENTS,

This week we mark the new month of Cheshvan, a month with no holidays. The skies darken, and the rains begin. Rabbi Avraham Yitzchak HaKohen Kook (1865-1935) wrote: **"When the soul is aglow, even gloomy skies shine with a pleasant light."** When our soul shines, external darkness fades. Since last year, we have witnessed sorrow and evil. Rabbi Kook teaches us that to dispel darkness, we must add light.

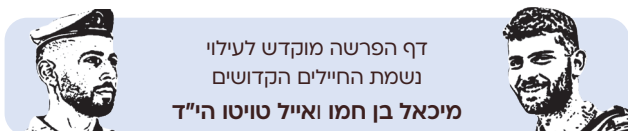
We are launching a new Daf Parasha for the Chemed schools called **"A LIGHT FROM WITHIN ISRAEL,"** aiming to spread more light. This initiative is dedicated to the memory of two soldiers who brought much light into the world:

Staff Sgt. **Michael Ben Hamo**, 21, a Golani commander, was killed on October 7 while defending Kibbutz Kissufim. Michael had a radiant smile, a deep love for Israel, and a desire to do good. After his death, his family discovered a diary where he wrote: **"My forefathers dreamed of the moment they would protect the State of Israel, and I am about to have that privilege. I hope that the day will come and I will prove that I would do everything for this country, above and beyond giving everything and risking it all for my comrades."**

Capt. **Eyal Mevorach Twito**, 22, was killed in Gaza on January 22. Eyal was dedicated to volunteering and once spent a year in Baltimore, sharing the light of Torah with Jews in the Diaspora. Eyal used to say: **"We should not take things we have here for granted"**

These two young men, my former students at Yeshivat Amit Amichai Rehovot, exemplified kindness, giving, and gratitude. Their legacy continues through this project, supported by their closest friends, as we spread light within Israel in their memory.

Shifra Maazari, National Chemed English Counselor



דף הפרשה מוקדש לעילוי
נשמת החיילים הקדושים
מיכאל בן חמו ואייל טוויטו ה"ד

FROM THE DIARY OF A SHALIACH

"Sometimes we hear about places that are like home for everyone, and "La Casa" is exactly that kind of place" writes Yedidia Said, an educational shaliach in Argentina.

Imagine a huge synagogue that holds more than a thousand people, where everyone - no matter where they came from or how much they know about Judaism - feels at home. What is the most special thing there? The prayer! One that mixes all the traditions together - like a delicious soup that has a bit of everything good in it: one part is in the Hasidic style, followed by a Sephardic Yerushalmi melody, then an Ashkenazi melody. Everything mixes together for a one-of-a-kind creation.



Every person who walks in is greeted within two seconds with a hug and a warm welcome. Every few minutes they stop and explain the prayer, so that everyone understands and feels part of it. On holidays, when you go up to the Torah - everyone goes up together! Thirty, forty, fifty people at once, and everyone receives a personal blessing. No one has to pay to go up to the Torah - just come and join. One of the most important words I learned there is to pray for others. Because when you pray for someone else, you become their partner. This is how you build a real community. Next time you pray, remember! We are all one big family, and when we open our hearts to everyone - wonderful things are created.



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