



# אור בישראל

A LIGHT FROM WITHIN ISRAEL

פרשת ויצא

7.12.24 ו' כסלו תשפ"ה

עם סיוון רהם-נאיר

**1** Parshat Vayetze is the seventh parsha in the Book of Genesis. Every week we continue to learn from the patriarchs and matriarchs of our nation. This time: The parsha begins with Jacob, our forefather, leaving the land of Israel, alone and fearful of the future, and it ends with him returning to the land of Israel with a large family, great wealth, and a promising future ahead of him.

One of the famous moments in the parsha is Jacob's dream of a ladder, which starts on the ground of the Land of Israel and reaches high up to the heavens. This dream symbolizes the Jewish people's attempt, for thousands of years, to connect heaven and earth, to live a life of holiness in this world.

**3** This week too, the Torah describes many challenges, struggles, and problems that Jacob faces at home, within his family, and in life, in order to teach us how to cope with them and even grow from them.

Leah, our matriarch, is the first in the Torah to say "thank you": When her son Judah is born, she calls him by the name of the gratitude she feels: "This time I will thank God." In essence, we are all called Jews today after Judah, after this gratitude.



## A STORY FOR SHABBAT

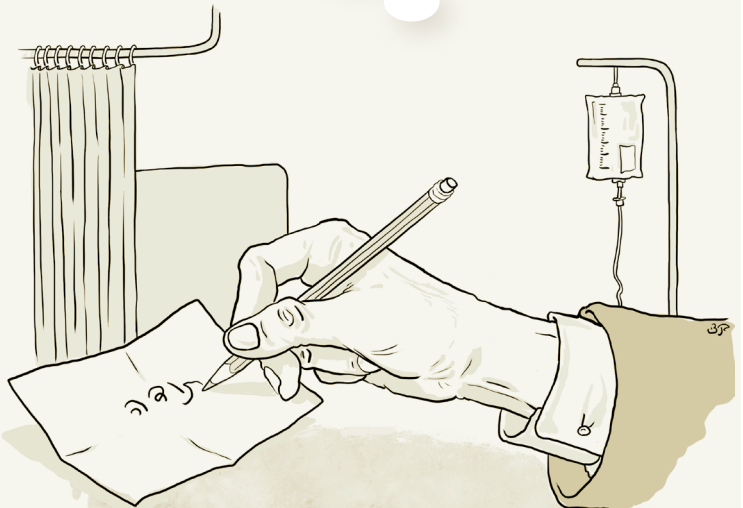
### WHICH WORDS ARE THE MOST IMPORTANT?

How many words do we say on a typical day? Various studies have investigated this question. By attaching recording devices to people, researchers discovered that we say, on average, roughly 10,000 words a day. We usually don't count our words or pay attention to how many words we say, but what happens if someone, God forbid, loses the ability to speak? Rabbi Yaakov Edelstein served as chief rabbi of Ramat HaSharon for almost 60 years. At age 92, he underwent complex throat surgery and, as a result, he had great difficulty speaking. He started writing notes to his family, students, and to the medical staff in order to communicate with them. Several days after the surgery, when the Rabbi was feeling stronger, his doctors suggested that he start rehabilitation and try to get his speech back to what it was before. This would be a lengthy and exhausting process that would require a lot of practice and hard work. The speech therapist entered his room at Sheba Medical Center-Tel Hashomer and asked the rabbi: "Which words would you like to start with?" meaning, out of all the millions of words that exist in the world, which two words do you consider to be so important that you would be willing to practice saying them again and again? Rabbi Edelstein thought for a moment, and then he wrote down two words on a piece of paper: "Todah" (thank you) and "Amen." Now if you think about it, there are actually many more words included in these two words. Thank you-to the medical team that was taking care of him, to his relatives, both near and far, and also to his students. Amen- to God. While the rabbi could not make blessings and pray as he usually did, others could do so in his presence. He could listen, focus on every word being said, and then respond with one word, "Amen," and in this way would still be participating in the mitzvah.

(From the "Ligdol" book series)

### Food for Thought

Rabbi Edelstein chose to start his therapy with the two words: "Thank you," and "Amen." Think about how you would have answered the therapist's question. Of all the words that you can possibly say in English, which two words are the most important to you?





## FROM THE DIARY OF A CHEMED STUDENT

### POV: A Bnei Akiva Counselor Nehoray B Sha'aria Branch, Petah Tikva

Hi! My name is Nehoray, I'm a student at Yeshivat Amit Eliraz, and I volunteer in a youth movement. I am a counselor at a branch of Bnei Akiva. As I see it, my role is to help my students become more educated for life in general. I teach them many things, such as deepening their belief in G-d and understanding the importance of prayer.

In my opinion, the most important value I can pass on to the next generation is showing respect for others, whether it's their parents, their teachers or even their friends. I believe that respect is important because it guides people along the right path. Additionally, I teach my students the value of prayer and about the celebration of Jewish holidays. However, I prefer to focus on another aspect of the Torah- the educational side, which I feel they have to learn and it is Derech Eretz.

## WHEN A WEDDING BECOMES A BRIDGE BETWEEN GENERATIONS

It's a lovely custom to distribute a meaningful memento to wedding guests. Such a memento was shared at the wedding of Menachem Mendel Leider and Ester Peles (see image). A wonderful booklet about the bride's dear grandfather, Rabbi Tuvia Peles z"l, whom I was fortunate to know. A fascinating collection of stories about his incredible life. Here is one story: "Tuvia was the accountant for the United Kibbutz Movement. But more than he loved dealing with invoices, he loved working with souls. Tuvia loved touring kibbutzim. Once, he arrived for a work meeting with a kibbutz secretary. A group of kindergarten children saw him on the kibbutz paths, and two five-year-old children whispered: 'Who is he?' one asked, pointing at the Hasidic Tuvia. The second child answered: 'He's an Arab'. Tuvia heard them. He returned



to the office and said: 'These children have never seen a chassid. I'm not here to ask for charity, I'm here to help them, to work with the kibbutz members, to be together. So part of my mission is simply to walk these kibbutz paths as a chassid.'" He said and did. He was in close contact with dozens of kibbutzim. Years later, he also initiated the publication of the weekly

study booklet "Dvar Malchut". Congratulations to the young couple. You have great foundations for building your new home. foundations for building your new home.

## Around the Shabbat Table

- The story of Rabbi Tuvia Peles z"l is a story about a person who chose to do a simple thing (walking in a Kibbutz) but with deep intention. How do you think simple things can become meaningful?
- "I'm not here to ask for charity, I'm here to help," said Rabbi Tuvia. Think about something you're good at - how can you use your talent to help others?



דף הפרשה מוקדש לעילוי  
נשמת החיילים הקדושים  
מיכאל בן חמו ואייל טויטו הי"ד



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