

תשפ"ד · Bnos 5784

Parshas

Behaalosecha

אחינו כל בית ישראל הנתונים בצרה ובשביה העומדים בין בים ובין ביבשה המקום ירחם עליהם ויציאם מצרה לרוחה ומאפלה לאורה ומשעבוד לגאלה השתא בעגלא ובזמן קריב ונאמר אמן:



Story

HAPPY IS HEALTHY

There was once a student at the Aish HaTorah Yeshiva, who was so happy and so smiley that it was a pleasure to be around him. This young man, Daniel Hochberg, was always cheerful.

Happiness is probably the most contagious thing in the world. A good mood and joyful spirits catch on, and one happy, cheerful person can make many other people happy and cheerful. Daniel was definitely the king of happiness! Wherever he went he brought a good mood with him, and everyone loved to be around him.

Rabbi Noach Weinberg, the rosh yeshiva of Aish HaTorah, asked Daniel how he did it – how he always stayed happy.

At first Daniel just shrugged his shoulders. “Oh, it’s not so unusual to be happy,” he insisted.

But Rabbi Weinberg knew better. “C’mon, Daniel,” the rabbi urged, “why don’t you share with us the secret of your happiness?”

Daniel thought the matter over a little more. He was not used to being the center of attention, and by this time a small crowd of students had gathered. But Daniel was also not used to refusing his teachers, and he knew that Rabbi Weinberg’s questions were not out of curiosity, but for everybody’s good.

Finally Daniel agreed, and this is what he said: “I was nine years old, when I learned the ‘secret of happiness.’ Actually this secret has been around for generations, but it wasn’t until one spring morning – a morning that I shall never forget – that I learned the secret for myself.

“I was riding my bicycle down the street, which is nothing unusual in Holland, where I come from. There, everybody rides bicycles to school and to work – to almost anywhere you need to go. There are so many bicycles on the streets that there are even tiny, little traffic lights for bicycles.

‘Well, I was riding my bicycle along, when suddenly – out of nowhere – a truck came speeding down the road. I pedaled as fast as I could to get out of the way, but I wasn’t fast enough. The truck ran me over. My last memory before I passed out was being in an ambulance on the way to the hospital.

“I was taken straight to the operating room, where doctors tried for several hours to reattach my leg. They did not succeed, and my left leg was gone for good.

“When I woke up from the operation, I found that I was in the children’s ward of the hospital. All around me were many other children who were either very sick, or who had been in terrible accidents like I had. My bed was right next to the door, which meant that I always knew before anyone else when a new patient was going to be brought into our room. It also meant that I could overhear discussions in the hall that the other children couldn’t hear.

“That day – the very first day that I was there – I heard two doctors talking to each other in the hall. One doctor, who had just come on duty, asked the one who was about to go home, ‘Over there, in the corner, is that the boy who lost both of his legs in the train accident?’

“No, no, that boy has been moved to a different ward.’ “‘Where’s the teenager who was blinded this morning?’ “‘She’s still in surgery, but it’s hopeless.’

“‘And this one near the door – is that the boy who broke his spine and is completely paralyzed?’

“It took me a second to realize that he was talking about me,” Daniel said, pointing both thumbs at his chest. “But once I did, I called out, ‘No! I’ve only lost a leg, but otherwise I’m fine!’

“And then, as if a light had been turned on in a very dark room, I realized the truth of my words. True, it was awful that I had lost a leg, but the rest of me was perfectly fine. I had my arms, I could see, I had everything – except one leg – and I realized that I should be grateful and happy, not bitter and upset.

“So you see,” Daniel said, smiling that big smile which everyone loved, and which could melt the coldest heart, “that’s when I learned the secret of happiness.”

Parsha Quiz

**See how much
you know!**

1. Who kindled the Menorah in the Mishkan?
2. How many lights were there in the Menorah?
3. Of what material was the Menorah made?
4. Which country's first-borns were killed?
5. When does a Levi begin his training period for holy service?
6. How old must he be before he begins his service?
7. How old is he when he stops doing holy services?
8. In what Hebrew month do we celebrate Pesach?
9. On what day and Hebrew month do we bring the Pesach korbanos?
10. On what day does Pesach begin?
11. Translate "Pesach Sheni".
12. When is Pesach Sheni celebrated?
13. Who celebrated Pesach Sheni?
14. What do they eat on Pesach Sheni?
15. Until when can they eat the meat of the Korban?
16. What is the punishment for not observing Pesach Sheni?
17. What was around the Mishkan?
18. When did the Jews journey from one place to another?
19. What musical instruments were used to gather the Jews?
20. Where did the Jews gather when they heard the Chatzotzros?
21. How were the Nesiim gathered?
22. Who blew the Chatzotzros?
23. Whom did Moshe beg to go with the Jews?

Recipe

Cherry Ice Pops

Main ingredients:

16 ounces (450 grams) frozen cherries

1/2 cup sugar

1/2 cup pareve whipping cream

1/4 cup soy milk

1 tablespoon Gefen Instant Vanilla
Pudding

3.5 ounces (100 grams) white or dark
chocolate, for coating

Directions:

Prepare the Ice Pops:

1. Blend cherries, sugar, whipping cream, soy milk, and vanilla pudding mix in a food processor until smooth.
2. Place into ice pop containers and insert a stick in the center. Freeze for at least 4 hours.
3. Pop the ice pops out of the containers. If they aren't popping out, place the containers under warm running water.

Middah of the Week

Simcha

We want to hear from you!!

Questions, comments, or suggestions?
Email us at bnos@agudah.org.
