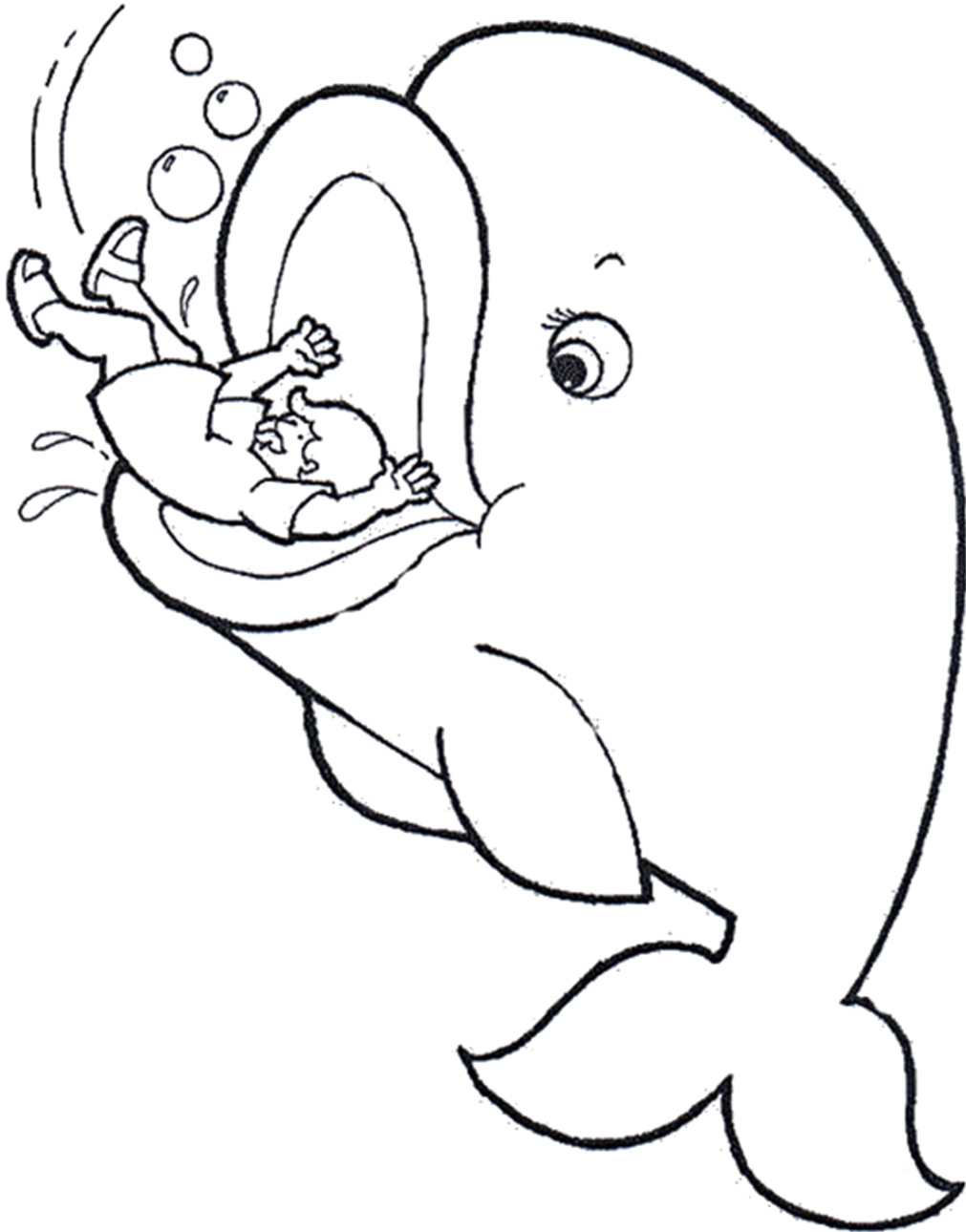


Alyth

#StaySafeWithAlyth

A Jonah Experience



Colour me in!

Once upon a time, many, many, years ago God came to Jonah, son of Amittai, saying: "Go to Nineveh and tell the people there to stop being bad." The people of Nineveh had been misbehaving, they were not doing any mitzvot and had not been carrying out any good deeds.

Mitzvah Goreret Mitzvah

Words: Pirke Avot 4:2

מִצְוָה גּוֹרֶרֶת מִצְוָה,
עֲבֵרָה גּוֹרֶרֶת עֲבֵרָה.
לְהִיּוֹת צַדִּיק זֶה טוֹב,
לְהִיּוֹת צַדִּיק זֶה טוֹב מְאֹד

Mitzvah goreret mitzvah,
aveirah goreret averah.
L'hiyot tzadik zeh tov.
L'hiyot tzadik zeh tov me'od



*One mitzvah leads to another mitzvah. One sin leads to another sin.
To be righteous is very good.*

Jonah did not do as God had asked and instead ran away to Tarshish. He travelled far and eventually reached a bridge leading him to Jaffa where he could board a ship to take him far away.

Gesher tsar m'od

Words: Nachman of Bratslav, Likutei Moharan Part 2, 48:2

Music: Baruch Chait



כָּל הָעוֹלָם כְּלוֹ גֶשֶׁר צָר מְאֹד וְהַעִיקָר לֹא לִפְחֹד כָּלֵל

Kol ha-olam kullo gesher tsar m'od, v'ha-ikkar lo l'facheid k'lal.

*All the world is a very narrow bridge; but the main thing to recall is to
have no fear at all.*

He paid for his ticket and boarded the ship, sailing away from the task God had given him. Then God cast a great wind upon the sea, and there was a great storm which caused the ship to break apart.



****Go and get a tin can and a pencil to make the sounds of the storm!****

The sailors were afraid and called out, each one to their own God; they threw all their belongings from the ship into the sea to try and make it lighter. Meanwhile, Jonah was down on the lower deck of the ship where he had lain down and fallen into a deep sleep.

The captain soon went to find Jonah who was still sound asleep in the boat. He said to Jonah, "*How can you sleep? Get up and pray to your god, maybe he can help us!*"



Meanwhile, the other sailors decided that the storm was Jonah's fault. He must have done something wrong to make his God so angry. So, they asked Jonah, "*What have you done? What God do you believe in? What can we do to make this storm stop?*"



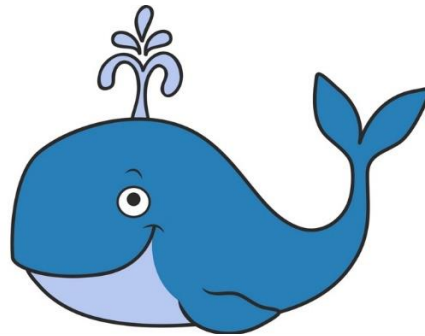
****Go and fill up an empty bottle halfway with water to make the sound of the sea. ****

Jonah told them, *"I believe in the Eternal, the God of heaven, who made the sea and the land, and I am running away from something God asked me to do. It is my fault this is happening. If you throw me into the sea the storm will stop."*

The men didn't want to hurt Jonah by throwing him off the boat so they tried to row the best they could, but the storm just got worse. So, they picked up Jonah and threw him into the sea. The storm immediately calmed, and the sea became still.



The captain and the crew looked out to sea as a huge whale came and swallowed up Jonah. God had sent the whale to swallow Jonah and keep him from drowning.



****Go and get a glass of water and a straw to make the sounds of the belly of the whale.****

Just think for a second what it would be like to be inside a fish. There are no windows, and lots of strange things floating around that you can't see because it is so dark.

While Jonah was trapped inside the whale, he did a lot of praying to God. He asked God to forgive him for running away. He also thanked God for not allowing him to drown. Jonah was in the belly of the whale for 3 days and nights!

After the third day God told the whale to spit Jonah out onto dry land. And the whale did just that. Jonah was happy to be out of the dark belly of the fish, but oh, did he need a shower. He was slimy and smelly.

The word of God came to Jonah a second time saying:



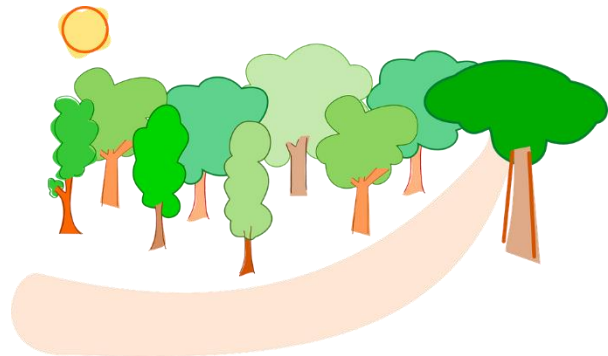
“Go to Nineveh and give the people there this message.” This time Jonah obeyed God and left for Nineveh right away.

Go and get a pair of shoes to be Jonah walking to Nineveh.

We Return /Hashiveinu

Music by: Elana Arian and Noah Aronson

We return
We return
We return, return again
We return
We return
We return, return
Again and again
To love (truth) (You)
We return again to love (truth) (You)



הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה
חֲדָשׁ יָמֵינוּ כְּקֶדֶם

*Hashiveinu Adonai Eilecha v'nashuva
Chadesh yameinu K'kedem*

When Jonah got there, he told the people what had happened to him. He warned them that God said that they should stop doing bad things or in forty days the city and everything in it would be destroyed. To Jonah's surprise the people listened to him and they prayed to God and they said sorry for all the bad things they had done.



Avinu Malkeinu

אָבִינוּ מַלְכֵנוּ. חֲנֵנוּ וְעֲנֵנוּ כִּי אֵין בָּנוּ מַעֲשִׂים עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד
וְהוֹשִׁיעֵנוּ

Avinu Malkeinu, choneinu v'aneinu, ki ein banu ma'asim.
Aseh imanu tzedakah v'chesed v'hoshieinu.



*Our Parent, our Ruler, answer us with Your grace, for we lack good
deeds; deal with us in charity and love, and save us.*

The people of Nineveh decided to fast and dressed themselves in plain clothes and sheets. Even the king of Nineveh rose from his throne, removed his robe, and wore a sheet. The King declared throughout Nineveh:

“By order of the king and his nobles! Let neither person nor beast – herd nor flock taste anything. Let them not feed nor drink water. And let them cover themselves in sheets, person, and beast alike, and cry out to the Eternal. May every person change their bad ways.”

***Go and get a sheet or a scarf to dress yourself like the people of
Nineveh***

And God saw their actions, how they had stopped being bad, and God did not destroy the city. Finally, the city were united, brothers and sisters together, ready to be good people.

Hinei Mah Tov

Words: Psalm 133, Music: Elana Arian



הִנֵּה מַה-טוֹב וּמַה-נְּעִים שֶׁבֶת אַחִים גַּם-יַחַד

- A) Hineh ma tov uma na'im shevet achim gam yachad
- B) How good it is (How good it is);
How sweet it is (How sweet it is);
To be together on this day
- C) Shalom aleichem, salaam aleikum

That could be the end of the story except Jonah left the city very angry. He was mad that God didn't punish the people. He knew that God was a loving God and didn't want to destroy anything, that is why he had run away to Tarshish and not bothered to pass on the message of God in the first place.

Jonah left Nineveh and sat to the east of the city to watch what would happen. God produced a plant that grew and provided Jonah with shade. Jonah was so pleased that he was shaded by the plant!

****Go and find a plant or piece of fruit.****

Ya'aloz Sadai

Words: Psalm 96:12, Music: Yoel Sykes and Navot ben Barak



יַעֲלֹז שָׂדֵי וְכָל־אֲשֶׁר־בּוֹ
אֲז יִרְנְנוּ כָּל־עֵצֵי־יַעַר :

Ya'aloz sadai v'chol asher bo, az y'rann'nu kol atsei ya'ar.

Let the field be glad and all within it, let all trees of the forest sing out.

The following day, God produced a worm that nibbled at the plant and caused it to wither and die. When the sun came up, God made sure that it shone brightly and made it an especially hot day.

Then God said to Jonah, “Are you right to be angry about the plant withering?” And Jonah answered: “Of course I am right to be angry!”

God said: “*You feel pity for the plant though you didn’t do any work to make it grow. It was here for only a day. Should I not feel pity for Nineveh, that great city, in which there are more than a hundred and twenty thousand people?*”

God taught Jonah a lesson, we have to forgive people who we care about and give them the opportunity to be better. If we look after each other, and treat everybody with love, then we can make the world a better place.

Olam chesed yibaneh

Music: Menachem Creditor



עוֹלָם חֶסֶד יִבְנֶה

Olam chesed yibaneh, yai dai dai

*I will build this world from love... yai dai dai
And you must build this world from love... yai dai dai
And if we build this world from love... yai dai dai
Then God will build this world from love... yai dai dai*