

If you're looking to engage your whole family with the High Holy Days this year, this is the perfect place to start!

Come together with us as we journey from Elul (the month before Rosh Hashanah) all the way through to Simchat Torah. Experience the key moments together, whilst finding an abundance of spiritual energy in a small collection of prayers, activities, puzzles and games.

Take a look inside...

Write your name...



And draw around your hand...



A Guide to Alyth High Holy Days OHome



A guide through the full HHD journey. Rather than seeing individual days in Jewish festivals, lets explore the idea of a powerful journey of discovery with key moments, challenges, ebs & flows.

Reception to Year 8, but really anyone can join in the fun!





To enable the whole family to stay involved, giving young people something to work through, whilst enabling adults to engage with prayer in parallel.



Most of this can take place at home, with the community just a screen away.

ROSH HASHANAH 19/20 SEPTEMBER HEAD OF THE YEAR

WHAT'S IN PERSON?

Tashlich Treasure Hunt! (RH1)Any time between 15:00-17:00

Follow the clues to find members of the Alyth team on the Heath Extension to collect the resources needed to run your own tashlich. The first clue will be on the Alyth website...

WHAT'S ONLINE?

RH1 Sensory Service (09:00-10:00) RH1 Big Bang Plus (10:30-12:15) RH2 Shacharit Adventure (11:00)

Both family services will include activity based breakout rooms for families to choose their own pathway through the service. Put A, B, C, D or E next to your Zoom name to indicate your preference: A) Arts N' Craft B) Body & Movement C) Challenges & Games D) Drama

ACTIVITY 1: FRUIT & VEG SHOFAR CRAFT

Using fruit, veg and tools that we can ask our parents **J** for from in the home, we can make our own shofars!



How To Make A Carrot Recorder

Start off by following the carrot recorder tutorial and then try it out on any other fruit n veg. Ask your parents for help wihen using the sharp tools.

E) Essential Torah

KEY WORDS

Akedah - "Binding" (e.g. of Isaac, Genesis 22)

Chag Samaech - "Happy Festival"

Rosh Hashanah - "Head of the Year"

Selichot - Prayers of Forgiveness

Tashlich - "Cast-off" our sins (into water)

Yom Tov - "Good Day"

QUESTIONS FOR HOME

Why are there two days of Rosh Hashanah?

Why do we ask for forgiveness each year?

Why do we blow the shofar (but not on Shabbat?)

Why do we read about Abraham & Isaac?

VideoTutorial: https://www.youtube.com/watch? v=Tn5O3_C1sqw

ACTIVITY 2: JARS OF JOY



Preparing for the year ahead is a key focus for us at Rosh Hashanah. These little jars of joy can be decorated and filled with loving messages and ideas of things to do for yourself and for others.

Take an empty jar and rinse out any food from it. Dry it off. Grab some paper and cut it up into lots of small pieces that you can decorate and write on. Write down as many lovely and kind ideas (up to 21 ideas) for yourself and those close to you. Each day from now till Simchat Torah, pick one out the jar and do your Gemilut Chasadim - act of loving kindness!



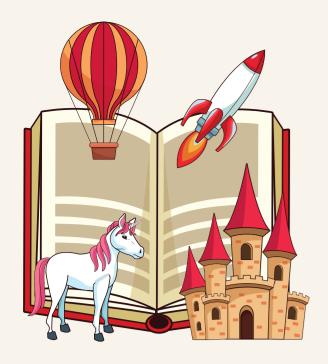
Can you find them all?

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> AKEDAH APPLE CHAG ELUL FESTIVAL HONEY NEWYEAR ROSH ROUND

SAMEACH SELICHOT SHANA SHOFAR SWEET TASHLICH TOV YOM



Story Time

The Fireman

By Nissan Mindel Published and copyrighted by Kehot Publication Society

Many, many years ago, before there were any fire engines or fire brigades, or electric fire alarms, and most houses were built of wood, a fire was a terrible thing. A whole town, or a good part of it, could go up in flames and smoke. And so, when fire broke out, everyone left his business or work, and rushed to help put out the fire. There used to be a watchtower that was taller than the other buildings, where a watchman kept a lookout all the time. As soon as he saw smoke or fire, he would sound the alarm. The townspeople would then form a human chain between the fire and the nearest well, and pass on to each other pails of water with which to put out the fire.

Once it happened that a lad from a small village came to town for the first time. He stopped at an inn, on the outskirts of the town. Suddenly he heard the sound of a bugle. He asked the innkeeper what it meant.

"Whenever we have a fire," the innkeeper explained to the lad, "we sound the bugle, and the fire is quickly put out."

"How wonderful!" thought the village lad. "What a surprise and sensation I will bring to my village!"

Thereupon, the village lad went and bought himself a bugle. When he returned to his village, he was full of excitement. He called all the villagers together. "Listen, good people," he exclaimed. "No need to be afraid of fire any more. Just watch me, and see how quickly I will put out a fire!"

Saying this, he ran to the nearest hut and set fire to its straw roof. The fire began to spread very quickly. "Don't be alarmed!" cried the lad. "Now watch me."

The lad began to blow the bugle with all his might, interrupting it only to catch his breath, and to say, "Wait, this will put out the fire in no time!" But the fire did not seem to care much for the music, and merely hopped from one roof to another, until the entire village was in flames.

The villagers now began to scold and curse the lad. "You fool," they cried. "Did you think that the mere blowing of the trumpet will put the fire out? It is only the call of an alarm, to wake up the people, if they are asleep, or to break them away from their business and work, and send them to the well to draw water and put out the fire!"

We are reminded of this story when we think of the shofar that is sounded many times on Rosh Hashanah. Some people think like that village lad, that the sound of the shofar itself will do everything for them. They think that they may continue to "sleep," or go about their business, there being no need to change their way of life and daily conduct; the shofar sounded in the synagogue will surely bring them a happy New Year.

But, like the bugle in the story, the shofar is but the sound of an "alarm." It has a message: "Wake up, you sleepers, think about your ways, return to God, put out the 'fire' that is threatening to destroy your Jewish homes. Go to the Well, the Well of Living Waters, the Torah and mitzvot. Hurry, before it is too late! That is why, immediately after the shofar is sounded, we proclaim: "Happy are the people who understand the meaning of the sound of the shofar; they walk in Your light, O' God."







10 Days to prepare for Yom Kippur

DAYS Sorr TESHUVAH 7 SEPTEMBER N N Α

WHAT'S IN PERSON?

See the Alyth website and weekly emails for details of our in-person services, study and mediation sessions between Rosh Hashanah and Yom Kippur, including Shabbat Shuvah services and Imrei Finu in the Sukkah.

ACTIVITY 1: MINDFULNESS MEDITATION

When you are really focusing in on the practice, it is an exciting way to feel the energy that makes up the entire natural world (including us!) right in our hands. This activity offers such a concrete way to know if your mind is wandering. As soon as you take your mind off of the meditation, you won't be able to feel the energy in your hands!

1. Sit on your mat, with your body tall and relaxed. Take a few full breaths to settle your body and your mind, and then close your eyes.

2. Bring your hands together and begin to rub your palms vigorously. Continue to rub faster and faster until your hands feel warm, then slowly stop rubbing and keep your palms together.

3. Imagine that between your hands is a very tiny but very bright and strong ball of light and energy. As you take a full breath in, very, very slowly separate your hands and imagine that ball of light growing and expanding, filling your hands with energy. (If you are modeling this for your child, let your hands come to about the width of your body.)

4. When you are ready to breathe out, gently and slowly push your hands back together, squeezing that ball of light until it gets very small.

5. Continue expanding your energy ball as you breathe in and squeezing it together as you breathe out, keeping the rest of your body as still as you can.

WHAT'S ONLINE?

10 Days Check In (22.09)

On the middle day of our thoughtful journey, join us on Zoom to share your experience so far with others in the community.

Madrichim Moments (22.09)

What do these HHDs look like for you? How have you managed to create your special moments at home? Join us on Zoom.

KEY WORDS

Teshuvah - "return" to holiness or "repent"

Chet - "To go astray" or to sin

Hodaah - "Confession"

Ani Mitnatzelet - "I am sorry"

QUESTIONS FOR HOME

Why/When should I say sorry?

How do I say sorry to people?

How do I say sorry to God?

What does it mean to be holy?

6. Try practicing Expanding- Energy Meditation for about two minutes the first time you try it, and then a little bit longer each time after that.

Follow- up: When you finish this meditation, ask your child what they felt. They may be surprised at how strongly they could feel the energy in their hands. Common responses are that the hands felt warm, that it felt like there were magnets pulling them together, that they felt tingly, and that the ball got heavier and heavier.

ACTIVITY 2: COMIC STRIP COLLECTION

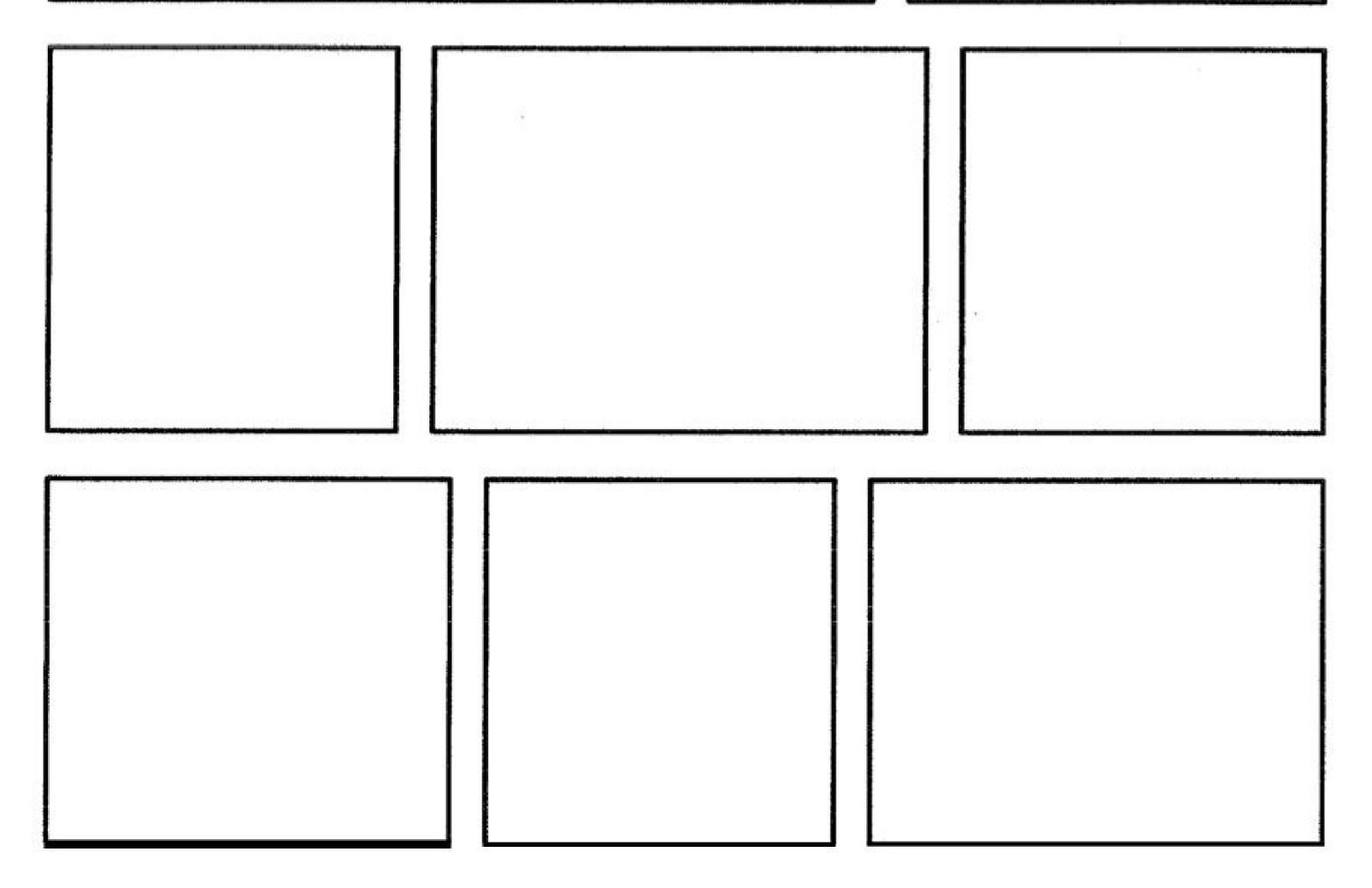


Using the "My 10 Days Comic" on the next page, fill in one block each day, with your best comic drawings and speech bubbles, exploring the themes and experiences of your 10 days between Rosh Hashanah and Yom Kippur.

My 10 Days Comic

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Our days begin in the night

KOLNIDRE 27 SEPTEMBER ALLTHE VOWS

WHAT'S ONLINE?

A Choice of Services:

For the Heart

For the Soul

For the Mind

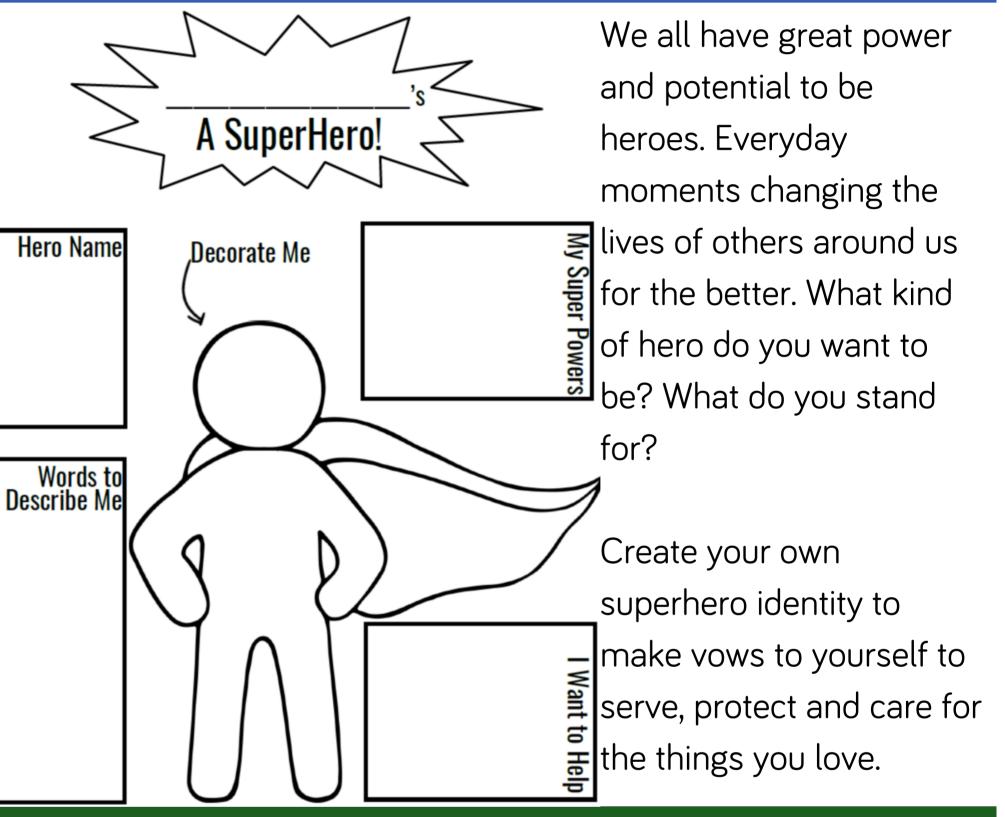
For the Body

Cello @ 18:50

ONLINE - TEENS

Teen Nidre (19:15) Providing a space for Yr 7-13 to share their experience together and make final preparations for Yom Kippur. How do we grapple with fasting at home? What temptations will we encounter this year? Where do I loiter with my friends?

ACTIVITY 1: IF I WERE A SUPERHERO



KEY WORDS

Kol Nidre - "All Vows"

Tallit - Prayer Shawl

Aveinu Malkeinu - "Our Father Our King"

Gmar Chatimah Tova - "Have a good sealing" (in the book of life)

QUESTIONS FOR HOME

Why is God often referred to as a Parent/King?

What kind of vows or promises should I make?

What is the book of life & why is it sealed?

Why do we wear a Tallit at night on Kol Nidre?

ACTIVITY 2: NEW YEAR RESOLUTIONS



At Rosh Hashanah we start to think about what the year ahead has in store for us, giving us time to process and reflect on last year. Tonight, we begin to make vows so we can map out that future for ourselves. What are your resolutions?

YOM KIPPUR MORNING 28 SEPTEMBER DAY OF ATONEMENT

FASTING ALTERNATIVES

While fasting from food and drink may be the most well-known of the Yom Kippur rituals, there are several other opportunities for individuals of all ages to "fast" on this day. It is appropriate for children who are not fasting to challenge themselves, avoiding bathing and using creams or lotions. Children can also participate in the custom to abstain from wearing leather shoes, and it can be particularly meaningful to them if you explain why. Rabbi Moses Isserles pointed out how this practice enforces compassion for all living creatures: "How can a person put on shoes, a piece of clothing for which it is necessary to kill a living thing, on Yom Kippur, which is a day of grace and compassion, when it is written 'The Eternals tender mercies are over all Gods works'?" (Psalms 145:9).

WHAT'S ONLINE?

YK Sensory Service (09:30-10:30) Family Atideinu Service (11:00-12:30)

Our service, for all ages, will include activity based breakout rooms for families to choose their own pathway through the Torah service. Put A, B, C, D or E next to your Zoom name to indicate your preference:

Jonah's tale shows us that maybe there is a plan for all of us but if we learn skills and work on our craft, perhaps we can make the very best of that plan...

Using recycled egg cartons, follow this tutorial to make your own set of smiling whales.

Patience and care are the neccesary tools to learn to take control of your life plan and create positivity around you :)

A) Arts N' Craft

B) Body & Movement

C) Challenges & Games

D) Drama

E) Essential Torah

KEY WORDS

Shacharit - Morning Prayers

Mincha - Afternoon Prayers

Maariv - Evening Prayers

Yizkor - "Remembrance"

Neilah - "locking" or final prayers

QUESTIONS FOR HOME

Why do we pray three times a day?

What is it that I should try to remember during Yizkor services?

How can I make Neilah meaningful?

Why say sorry every year?

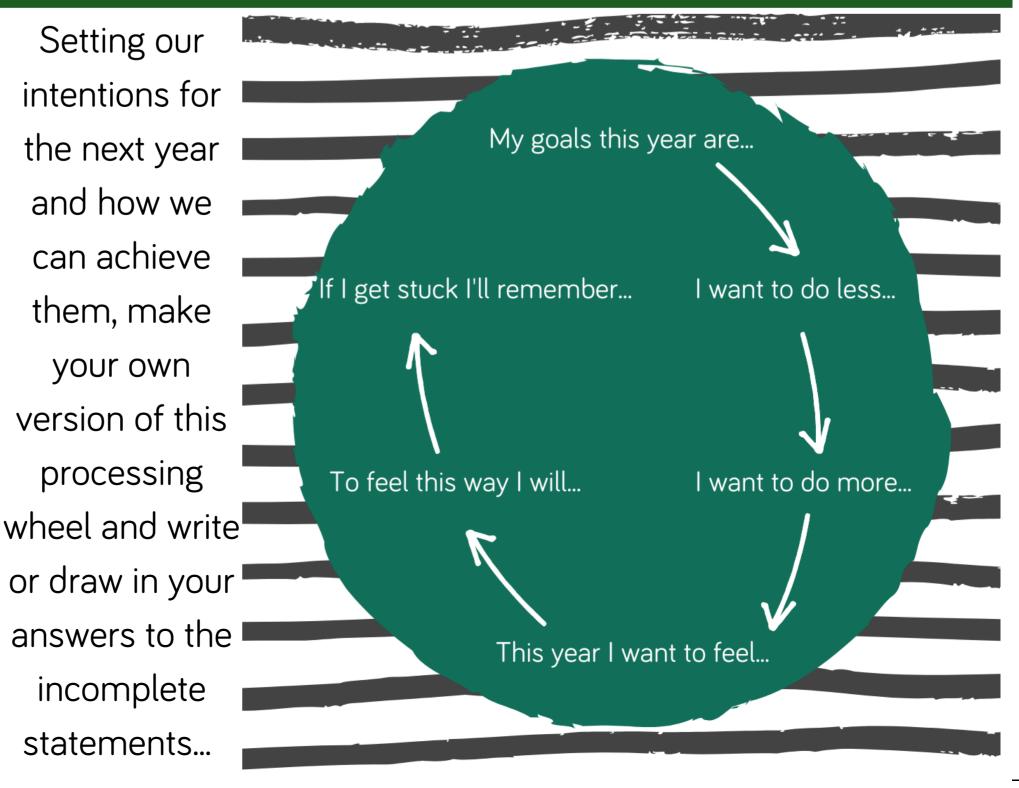


Video Tutorial:

ACTIVITY 1: MAKE AN EGG CARTON WHALE

https://www.youtube.com/watch?v=IYrbxsdsOKO

ACTIVITY: PROCESSING WHEELS



YOM KIPPUR AFTERNOON 28 SEPTEMBER DAY OF ATONEMENT

WHAT'S IN PERSON?

ACTIVITY 1: YOUTUBE VIDEOS

Nature Walk (15:15-16:15)

Our live services & sessions pause for an hour to allow us to step away from our screens for a walk or rest. We invite your to listen to our podcasts.

Treasure Hunt (15:15-16:15)

What can you discover out there? Photo or Video your walk as you find the gems of the world around you. Tag @Alythyouth on Instagram! Look to the Alyth YouTube for:

1) Singing with Cantor Tamara

Learn with Cantor Tamara a new song for Family Mincha.

2) Crafts with Sophie

Prepare for our reading of Jonah and the Whale in Family Mincha. Make your own puppets and create your own sound effects to accompany the story!

3) Story Time with Rabbi Elliott

Hear from Rabbi Elliott as he explores the concept of Teshuvah (repentance) and how it is different from from simply apologising. Find out how we can make positive and meaningful changes to our behaviour for the coming year.

WHAT'S ONLINE?

Family Minchah (16:15)

Join us in musical prayer and an Interactive Jonah experience this afternoon. Fun for all the family. Discover the story of Jonah & the Whale and all that we can learn this year...

Family Neilah (18:30)

A last opportunity for our young members to reflect, sing and discuss with the team.

HAVDALLAH ONLINE

Join us, back online, to close Yom Kippur with everyone together. We reignite our senses and return to the body with the lighting of candles and drinking of sweet wine. As we end the fast we also signal the journey toward Sukkot!



ACTIVITY 2: PLAYDOUGH MEMORY MOULDING



Pre-Yizkor:

Use this nifty recipe to make home-made playdough that can last up to 3 months!

https://www.iheartnaptime.net/play-dough-recipe/

During Yizkor:

While your parents pray, we can take a quiet moment to craft our own memorial service alongside them. Use your playdough you made earlier to build a collection of your strongest life memories.

Playdough ingredients:

2 cups all-purpose flour
3/4 cup salt
4 teaspoons cream of tartar
2 cups lukewarm water
2 Tablespoons of vegetable oil
(coconut oil works too)
Food colouring, optional

Dear...



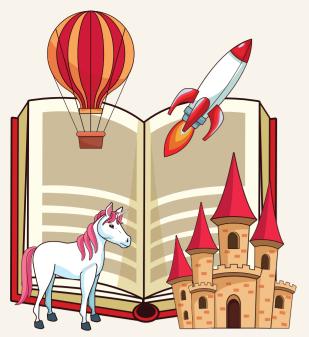
Can you find them all?

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> AVINU MALKEINU GMAR HATIMAH TOVAH KITTEL KOL NIDREI

TESHUVAH YIZKOR ATONE FORGIVE SORRY FAST NEILAH



Story Time A Blessing In Time

A father & mother loved to play with their children, two boys and and the youngest daughter, for they loved them dearly. Once they brought them a beautiful apple, but did not give it to them at once.

As the little ones stretched out their hand to snatch the apple, father drew it away quickly. The kids tried again, and again the apple was way above their head. This was repeated several times in a playful way, but the kids really wanted to have the apple, yet could not get it immediately.

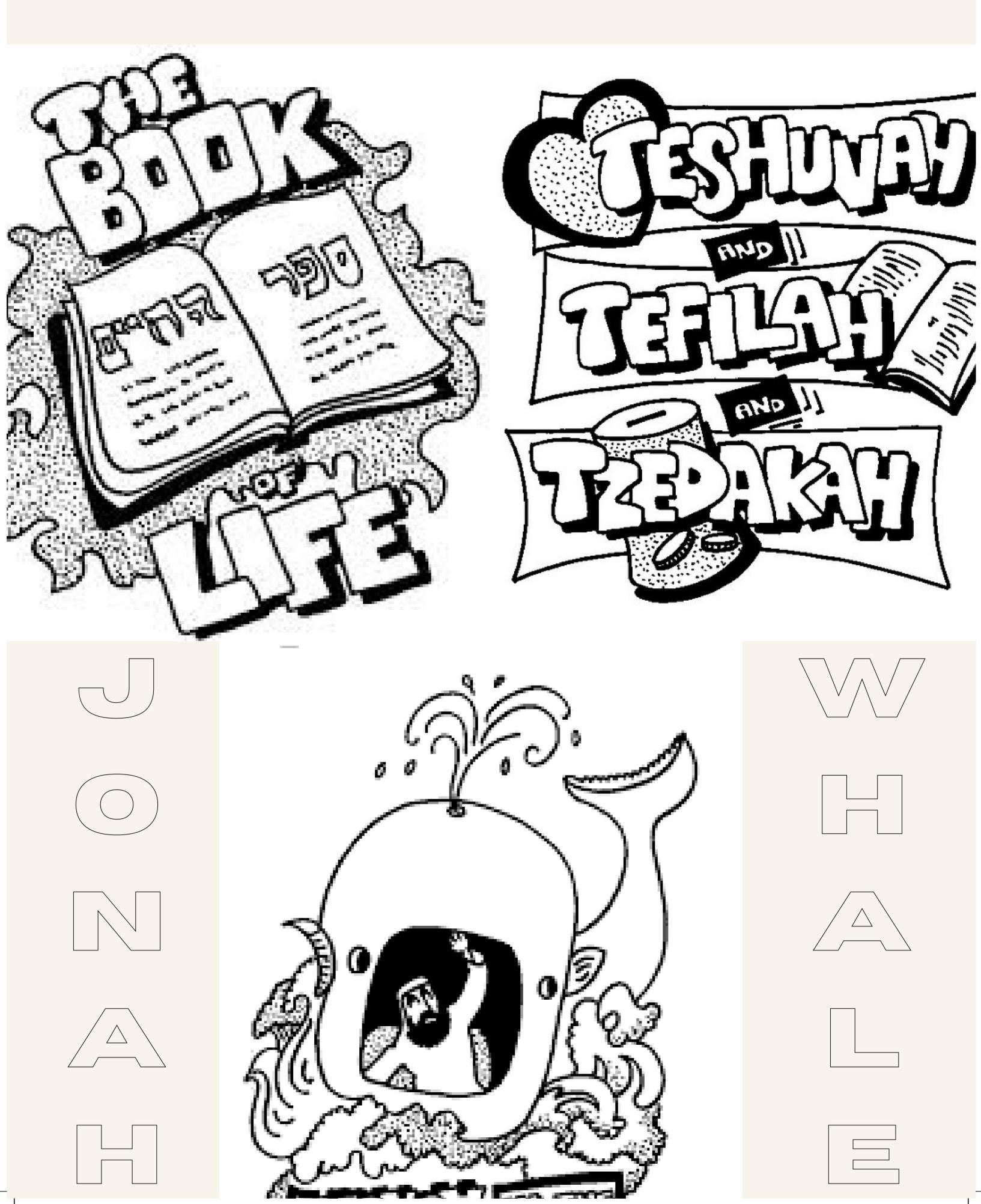
Now the daughter was a clever little one. She thought of a way to make her father give her the apple at once. Can you guess what she did?

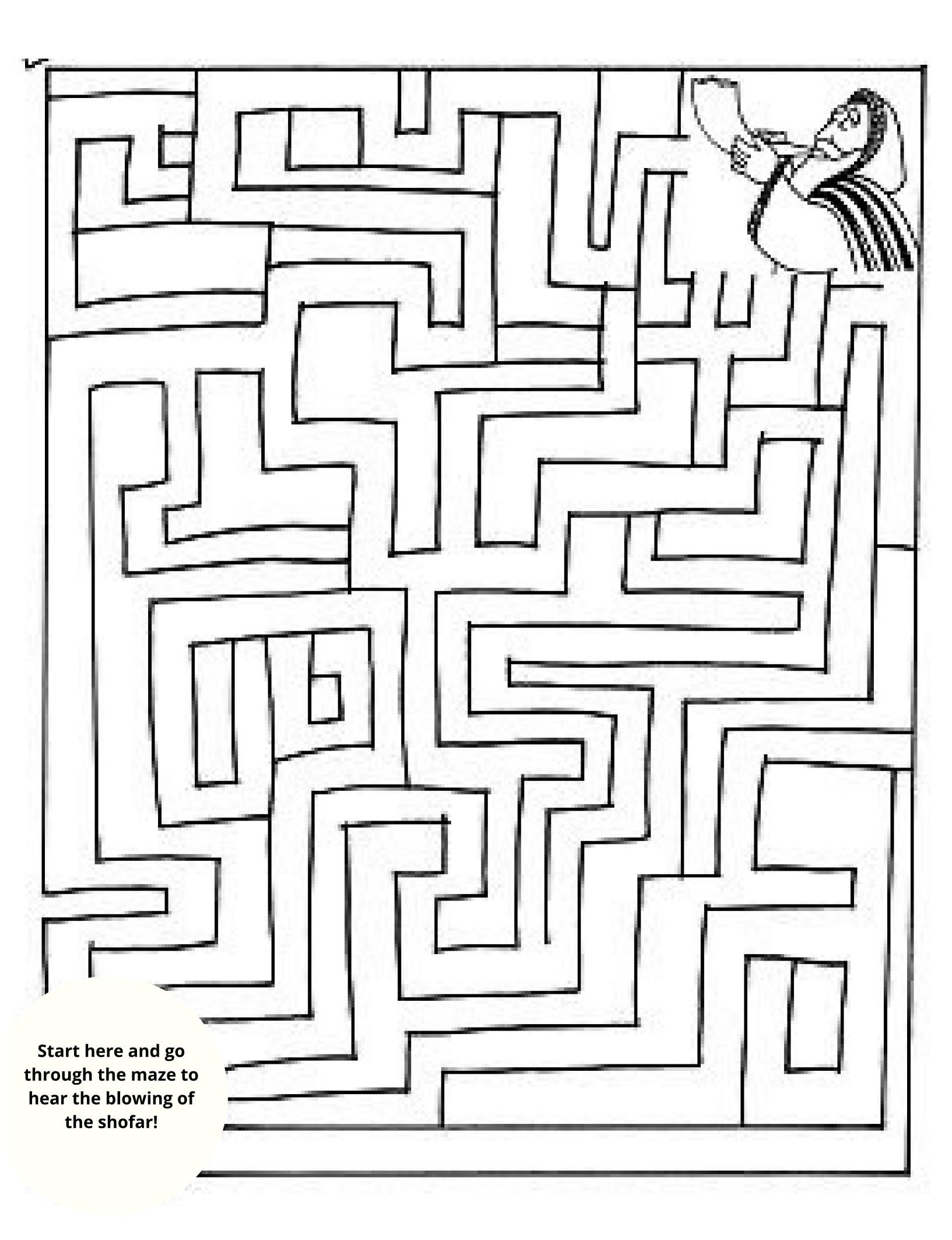
When father pulled the apple away from them again, she suddenly said the blessing over fruit, which she knew very well. The father had no choice but to give her the apple to eat immediately, otherwise the blessing would have been said in vain!

Something like this occurs on Yom Kippur, the Day of Atonement, when we fast and pray to God to forgive us our sins. In our prayers on that day we say a blessing, praising God as the "Eternal who pardons and forgives our sins."

Now God would not want us to say a false blessing. So God forgives us, if we really want forgiveness. But in order to receive God's pardon, we must feel sorry for anything wrong we may have done, and promise and try with all our hearts to never do anything wrong again.

Colouring Time







Pause here...

5 Days Travel to Sykkot!

SUKKOT 2-9 OCTOBER FEAST OF TABERNACLES

WHAT'S ON?

Please look at the Alyth website and community newsletter for how to get involved this Sukkot.



ACTIVITY 1: BUILD AN EDIBLE SUKKAH



Whether you have the space at home or not, everyone deseveres the chance to build their own Sukkah and connect with the journey of our people in the wilderness. Follow this tasty recipe to construct your own edible Sukkah!

https://toriavey.com/home-garden/family-fun-build-a-mini-sukkah-for-sukkot/

ACTIVITY 2: VEG PRINTING 4 USHPIZIN



Sukkot is one of the Shalosh Regalim or pilgrimage festivals but it is also a harvest festival. We hang fruit and vegetables from our Sukkah to celebrate all the joys the earth and God provide for us. It is also customary to invite guests to dwell in your Sukkah and enjoy its shade and beauty. Using any old fruit or veg you have at home and some paints, try your hand at this fun crafty printing activity to make a lovely sign for the Ushpizin (guests).

KEY WORDS

Arava - Willow Tree - leafy branch

Geshem - Rain

Hadas - Myrtle Tree

Chol HaMoed - "Weekdays of..."

Regolim - Pilgrimages

QUESTIONS FOR HOME

Why did the Israelites live in booths (Sukkahs)?

What are the other two Shalosh Regalim?

Why do we hang fruit and veg in our Sukkah?

Where were the Israelites travelling to/from?

Can you find them all?

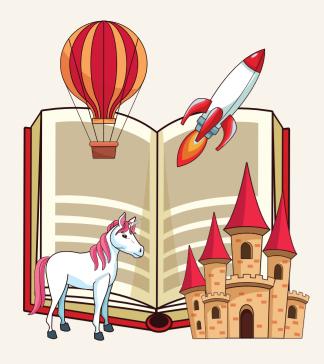


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> ARAVA ETROG FRUITS GESHEM HADAS HAKAFAH HALLEL HAMOED

LULAV NATURE PILGRIMAGE PITOM REGALIM SHALOSH SUKKAH





Story Time The Reward

Once upon a time there lived a very charitable man.

One day —it was Hoshana Rabbah— his wife gave him ten shekels and asked him to go and buy something for their children. At that moment a collection was being made in the market place for a poor orphaned girl who was about to be married.

When the collectors saw this charitable person they said, "Here comes a very charitable man." They addressed themselves to him saying, "Will you take a share in this worthy cause, for we want to buy a present for the poor bride?" The good man gave them all the ten Shekels he had.

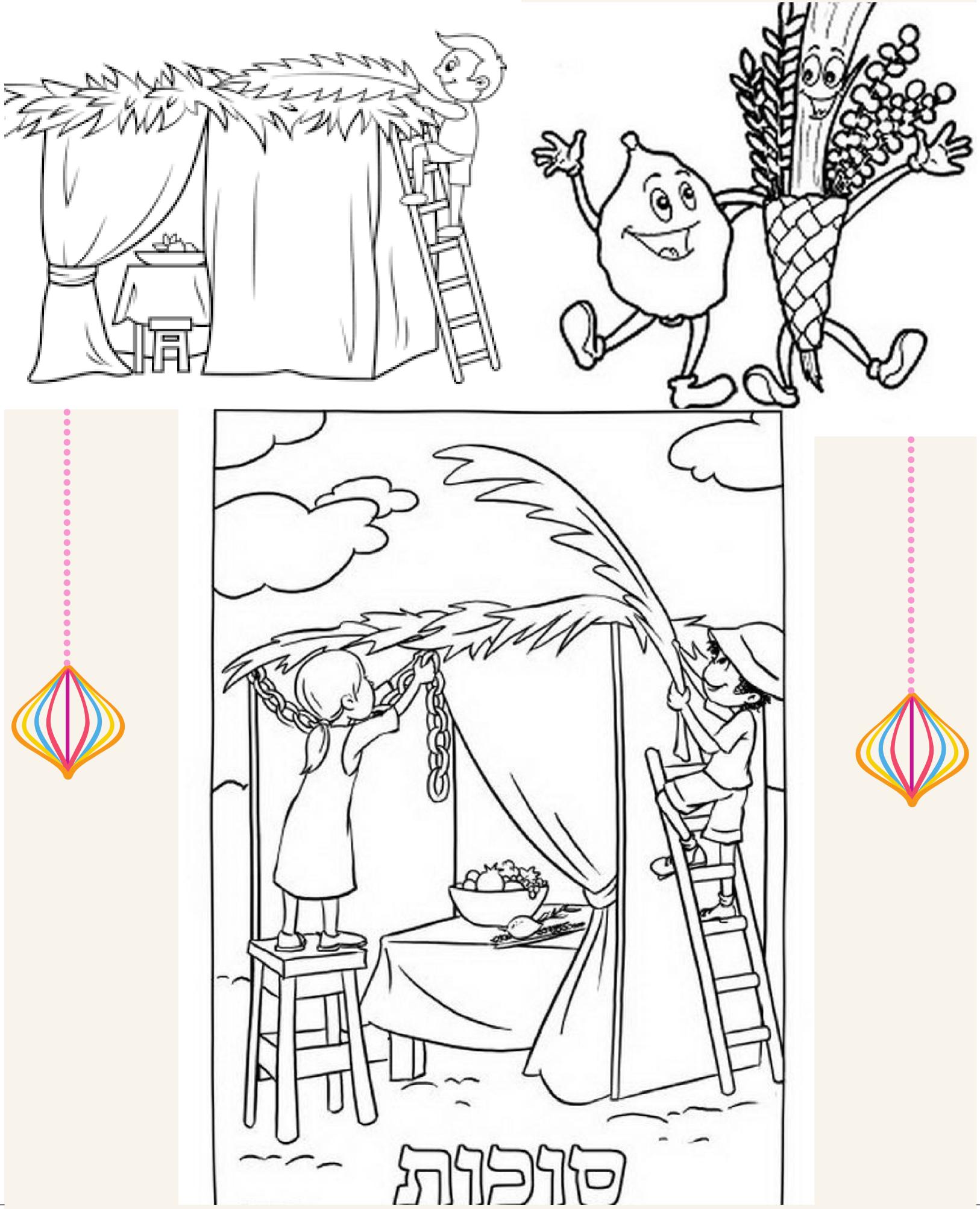
Now he was ashamed to return home empty handed, and so he went to the synagogue. There he found children playing with etrogim, for it was Hoshana Rabba (the seventh day of Sukkot) and there was no more need for the etrogim. The good man collected a sack full of etrogim and went out to seek his fortune. Arriving in a strange land he sat

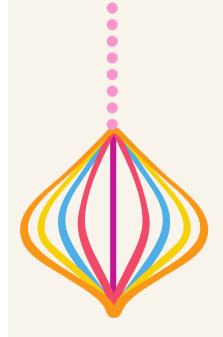
down on his sack of etrogim, wondering what he was going to do next.

Suddenly he was approached by the king's officers, who asked him what he had in that sack. "I am a poor man and have nothing to sell," he replied. They opened his sack and found it was full of etrogim. "What kind of fruit is this?" the officers asked. "These are etrogim, a special fruit used by Jews during their festival of Sukkot."When the officers heard that, they grabbed him and his sack and carried him all the way to the palace.

It was then that our good man learned what all the excitement was about: The king was very ill and he was told that only the fruit used by Jews during their festival of Sukkot could cure him. A very intensive search had yielded nothing, and just when all hope seemed to be gone, this good man arrived with a sack full of etrogim, and thus saved the king's life. The king recovered his health and ordered the sack emptied of the etrogim to be filled with golden dinars. Our good man now returned home richly rewarded for the charity he had been giving all his life.

Colouring Time









SIMCHAT TORAH 10-11 OCTOBER RECEIVING TORAH

WHAT'S ON?

Please look at the Alyth website and community newsletter for how to get involved this Simchat Torah.



ACTIVITY 1: SIMCHA CAKE RECIPE

On Simchat Torah, when the Torah is parading around we often throw sweets and the sweets pour out like sweetness pours from Torah. Simchat Torah is like the Torah's birthday, so try out this funky birthday cake recipe!

https://www.bbc.co.uk/food/recipes/perfect_pink_cake_80193



KEY WORDS

Aliyah - "Ascent" or "To go up"

Bereshit - "In the beginning" (Genesis)

Hakafot - "To circle" or "going around" (e.g. dance)

Simcha - "Joy" or "Celebration"

Ushpizin - "Visitors"

QUESTIONS FOR HOME

Why do we parade the Torah scrolls?

Why do we re-read Torah every year?

What's your favourite Torah story?

Why do we invite guests to our Sukkah?

ACTIVITY 2: KITCHEN ROLL TORAH



You may already have the perfect scroll in your homes...

Grab some paper kitchen roll and felt tips. You can draw, decorate and design your very own Torah scroll at home.

Each sheet of paper towel can represent your favourite Torah stories, characters and moments.

Don't tear the sheets off so you can roll it all back up when you're finished and boom - your very own Torah @ home.

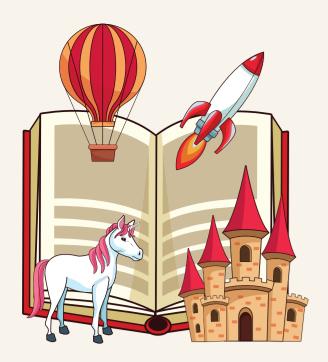
If you want, you can work on this through the year, following the Torah portion each week!

Can you find them all?

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ALIYAH BEGINNING BIRTHDAY CYCLE DANCING GENESIS HAKAFOT HATAN KALLAT NEW SIMCHA SINGING SINGING TALLIT TORAH USHPIZIN ZMAN





Story Time The Great Treasure

Once upon a time there lived a very poor man. All he had was an old mare, a little cart, and a spade. With these he would go out to the hills to dig up sand. He would fill a few sandbags and cart them back to town for sale. It was hard work digging sand and hauling it to town, and the income was small. But the poor man was always cheerful, as long as he could feed his hungry children and bring something for his wife, too.

One day, as the poor man was digging away, his spade struck something hard. "That's the end of the sand," the poor man said to himself, for he thought that he had reached hard rock. Imagine his surprise, when instead of a spadeful of stone he dug up a spadeful of gold nuggets! Clearing the sand away, there was before his eyes a veritable mountain of gold! The poor man could not believe his eyes. After recovering from his surprise, the poor man emptied his sandbags and filled them with gold, as much as he could carry, not forgetting his poor, underfed mare. "Now, my faithful mare," he said to the beast, "you will be able to retire. No more lugging heavy sandbags for you. You shall rest in comfort, and have all the oats you want. Do you know what oats are? Well, no more dry hay for you. You will be the happiest mare in the town."As he was saying this to his mare, the poor man thought of his family. Never will they be hungry again! The children will go to school, his wife will be busy taking care of the house, and he will sit and learn all day, and sing God's praises.

When he loaded the gold on his cart, be was afraid to move in broad daylight. People would see that he was not carrying sand; there might be some thieves and robbers. It was not safe to go now, he thought, deciding to wait till nightfall. In the meantime there was much sorrow in the poor man's home. His wife and children were waiting for him; they were hungry and worried, for the sun had set and he had not come home yet.

Now his wife was certain that something terrible had happened to him; perhaps be was buried under a heap of sand, Heaven forbid?It was growing dark. She lit a tiny lamp and continued to wait, praying to God that her husband be safe.just then she heard the creaking sound of her husband's cart. Presently, panting heavily, the husband staggered into the house with a bag on his shoulders. He threw the bag down, which, being worn and torn, burst wide open, and golden nuggets scattered all over the floor with a clang.

The wife opened her eyes wide, gasped, gave a sigh and a groan, then collapsed on the floor. The poor woman never awoke.

Later the man was asked, "Why is it that when you struck gold, and found so much of it, you did not collapse of the surprise and shock, while your wife did?"

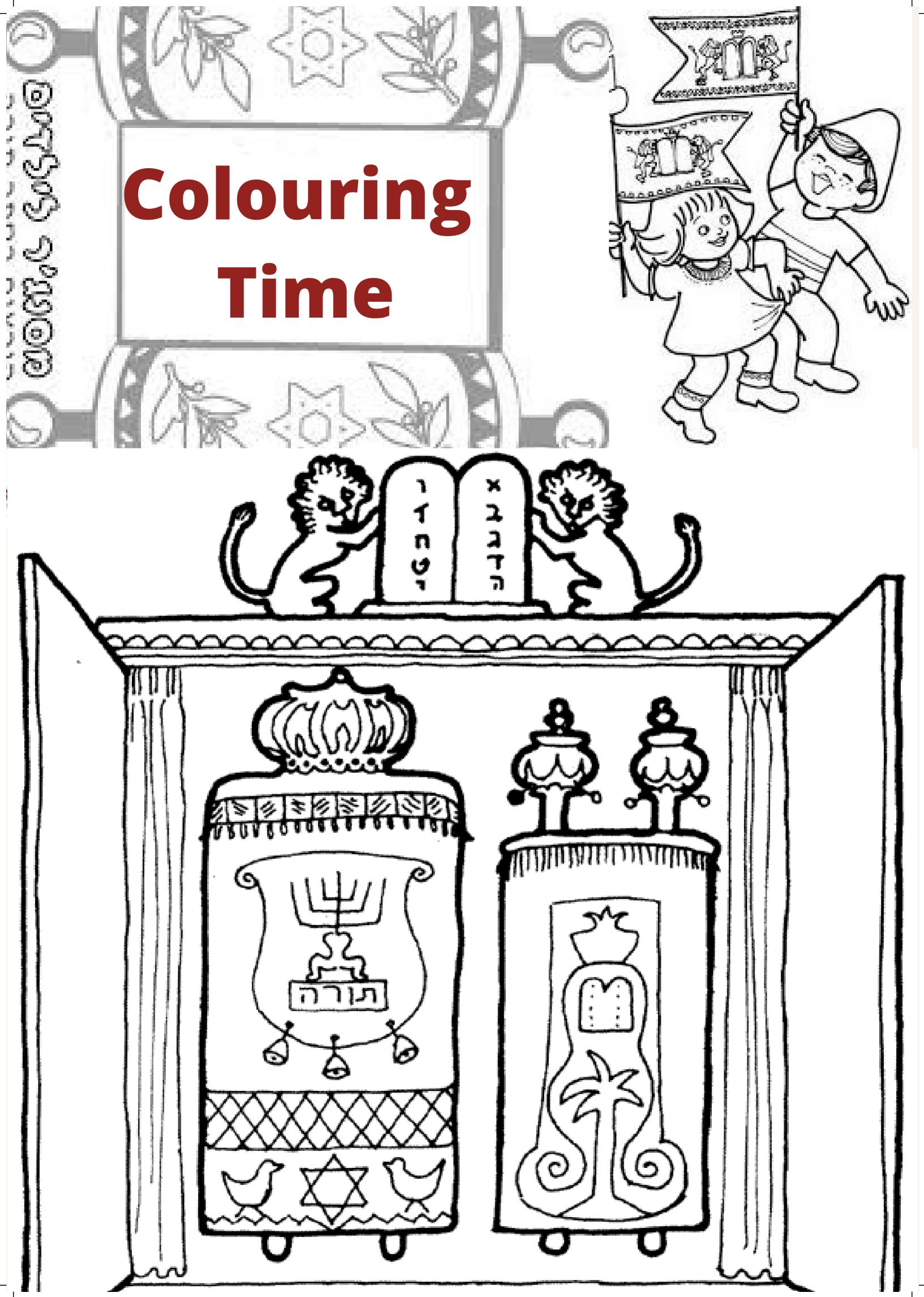
The man replied, "When I struck gold, I saw a mountain of it, I knew I could not take it all. This thought saddened me, for I could not take it all with me, except the little which my old mare and I could carry. My feelings were dampened and my excitement was mixed with sadness. But when I brought a bag-full of nuggets to the house, my wife did not know there was more where that came from, which would never be ours. She saw so much wealth as she bad never dreamed of. To her it seemed as if the gold of the whole world was hers. The excitement was too much for her, poor thing.

"When the teacher finished this story, he said, "Do you know, children, why I told you this story? I told it to you, so that you would better understand our great Master, Moses. Moses was the greatest prophet that ever lived, as the Torah states in its concluding verses. He was the man who came closest to God, and he was the wisest and most learned. Yet, the Torah tells us that he was the most humble man that ever lived! Do you know what this means?

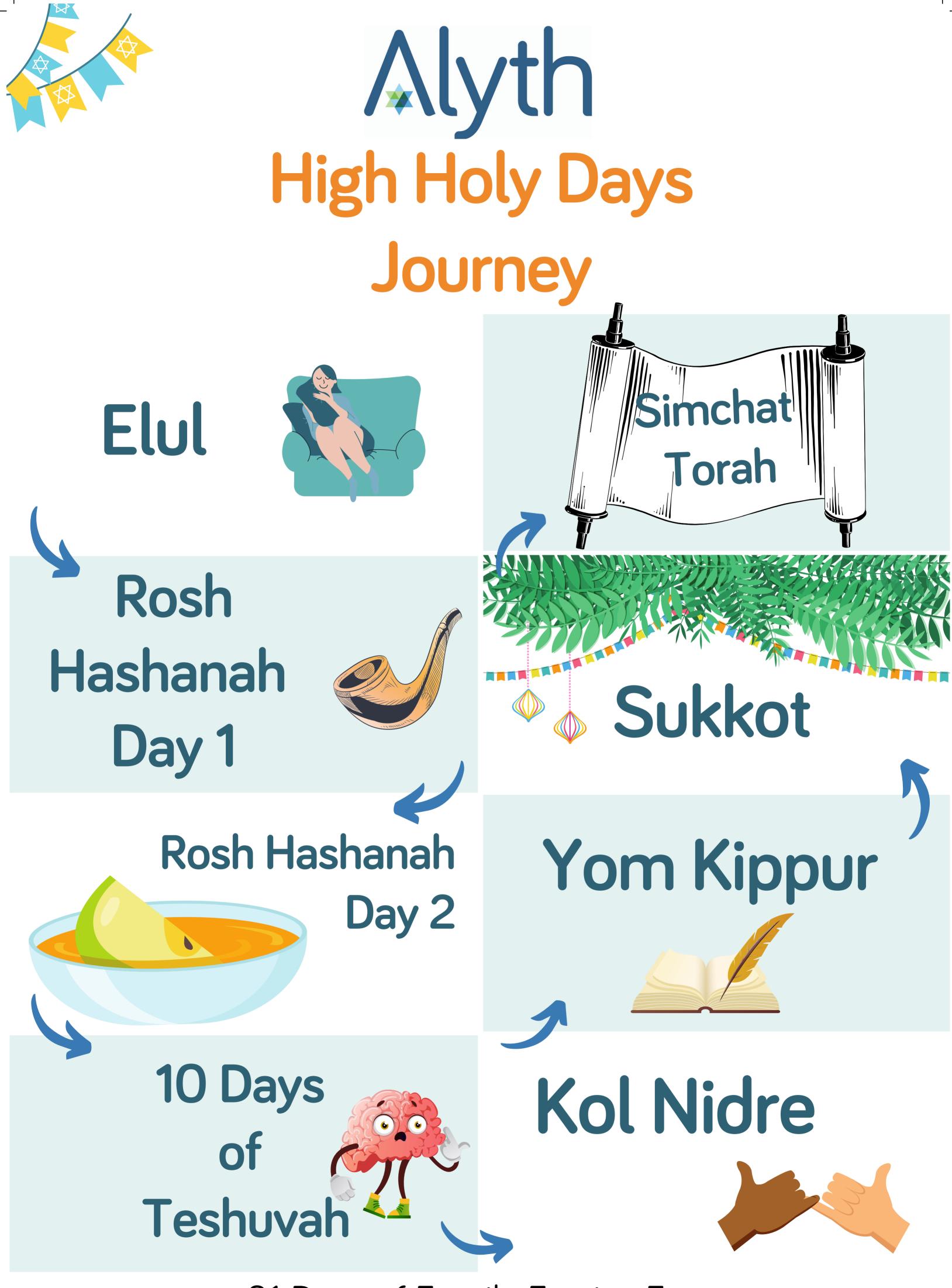
It means that Moses really believed that he was not wise enough, not G-d-fearing enough, not worthy enough. He really believed that any one of the six hundred thousand adult Jews, whose shepherd he was, was worthier than he."Now, how is it possible that the greatest and wisest of all should truly think he was not wise or worthy enough?

The answer is simple."You see, just because Moses came so close to God, he knew that whatever wisdom he had was so little, compared to the Source of Wisdom. Like that lucky sand-digger who discovered a mountain of gold, and could take away with him but a little... So too Moses saw the great treasures of wisdom that are with God, and knew that almost all of it was beyond his reach, except the little which he could learn, which was like a drop in the ocean."

And so it is, children, with all truly wise people. They know that whatever they have learned is but little, and that there is an endless treasure of wisdom, Divine wisdom, which is beyond their reach. Foolish are they who thinks they know everything, thinking that the little knowledge they have is all the knowledge in the world."







21 Days of Family Festive Fun