

NOW CHARGING



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TO REGHARGE

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The Learning of this packet should be a merit for Miriam Nechama bas HaRav Benzion Chaim Shloime Meshulam Zusha Ztz"l.

May her memory be for a blessing.

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Camp Sports Learning Group (LG) Competition

Throughout this unit, there will be "Challenges" for which your learning group can earn points in the LG Competition. Look for the "Challenge" Icon (see legend to the right) for opportunities to earn points for your learning group. The learning directors will keep track of how many points your learning group has. In this unit, your group must qualify to compete in a major competition.

The team with the most points will win a prize to be announced in camp.



Reading

Part I: Understanding Shabbos

What is Shabbos?

Shabbos as a day of rest (מנוחה)

Shemos 20:11

For in six days Hashem made the heavens and the earth, the sea and all that is in them, and He rested on the seventh day.

שמות בייא

כִּי שֵׁשֶׁת־יָמִים עָשֶׂה יְקוֶק אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ אֶת־הַיָּם וְאֶת־כָּל־אָשֶׁר־בָּם <u>וֹיָרַ</u>ת*ְּ*בַּיּוֹם הַשְּבִיעִי



Hottest Tech trend at hotels is getting rid of it (ABC News)

The latest tech trend in the hotel industry is taking tech away, or at least giving guests a place to take a break from their gadgets. Last month Marriott and Renaissance began testing "Braincation Zones" at eight hotels across the Caribbean and Mexico, providing guests with designated tech-free areas. The Braincation Zones are located in quiet areas with beverages, technology-free games and stress-free tips for guests to take home with them. The zones, the hotel says, were created in response to a

survey of over 1,000 people, half of whom said staying connected to work added to their stress while vacationing. Fifty percent also said they checked their emails and voicemails several times per day while on vacation. "We saw people on the beach with their laptops," said Michelle Bozoki, director of marketing and e-commerce for Marriott Resorts in the Caribbean and Latin America. "We encourage guests to sit in the areas, play games, read. It's great to see kids with their parents and no one is attached to their phone." The program has been a success so far, said Bozoki, and may become a permanent fixture. "We think this is less about a trend and more about a real need for people to unwind," she said. Some hotels take tech-free one step further, actually taking away guests' gadgets -- with their permission, of course. At the Four Seasons Costa Rica, the "Disconnect to Reconnect" program takes away guests' iPhones for a minimum of 24 hours and keeps them in a safe deposit box. When the phone is returned, it comes with a new case from the iPhone case company Uncommon. When the phone is checked, guests receive a guide, listing things they can do without technology -- like stand-up paddle boarding, spa treatments and more.

At Tech-free Camps, people pay hundreds to unplug (NPR News)

The overwhelming and endless stream of electronic alerts and messages on our computers, phones and tablets is driving demand for a new kind of summer camp for adults. "Technology-free" camps that force their campers to surrender their gadgets, wallets and that nagging "fear of missing out" — FOMO — are booking up fast. In June, [one organization] held a three-day break from electronic devices in the



Redwoods of Northern California. At a price tag of \$350, the event sold out. "You read articles about being present and being in the moment, and you kind of nod your head and you agree. But I don't think you know what that means until you put everything away and you're OK with where you are," says Anastasia Savvina, who attended the June camp. Tech-free getaway options like this are growing. Hotels are offering digital detox or "black-out" services. The package at the Lake Placid Lodge invites guests to leave their electronic devices at the front desk and to immerse themselves in "the serenity of the Adirondacks."



Discussion

- Why is it that an entire industry is being formed in which people are paying to disconnect from technology for a day or more?
- ❖ As Jews, we don't have to pay to experience a time when we get to rest: we have Shabbos. What does it mean when we say that Shabbos is a "day of rest"?

What does the word "וינה" really mean anyway?

Baal HaTurim Shemos 10:14

בעל הטורים, שמות י:יד

וינח ביום [פעמים]"וינח בכל גבול מצרים!"וינח ביום ביירניים" (לבלי ב ניג)

השביעי". (להלן כ יא).

"וינח" appears two times: "וינח" [the plague of locusts] throughout the entire borders of Egypt" and the verse [in the עשרת Hashem on the seventh day" (Shemos 20:11).



Discussion

The word "ו" was purposefully not translated in the verse above. The Baal HaTurim, in his typical style, points out that there is a connection between the two times the word is used. When referring to Shabbos, we normally translate the word as "rested;"however, this clearly does not make sense in the context of the plague of locusts?!?

- ❖ Why does the translation "rested" not make sense in the context of locusts?
- ❖ What do you think is a reasonable way to translate the word "וינח" in the context of the locusts?
- ♦ How is Hashem's "action of ינינה" when it comes to Shabbos similar to what happened with the plague of locusts? (i.e. How can "ינינה" for Shabbos be the same as for the locusts?)
- What is the Baal HaTurim telling us about Shabbos as a "day of rest"?

What does it mean to say G-d "rested"?

Rabbi Aryeh Kaplan, Sabbath: Day of Eternity, p. 120-122

If we think of Shabbos as a "day of rest" from a hard week's work, then [the laws of Shabbos] do not make any sense at all...What does the Torah mean when it says that G-d rested? Was he tired? Had He worked too hard? Was creation an exhausting task? Is the Torah so naïve to assume that G-d needed a rest after six days of hard work? Of course not! The Bible (Isaiah 40:28) says, "Do you not know? Have you not heard? The L-rd, the everlasting G-d, Creator of the wide world, grows neither weary nor faint."



G-d did not rest because He was tired. He rested in another sense. He rested when He stopped creating – when He [stepped back and took pleasure in what He had already created]. This gives us an insight into the Torah's definition of Shabbos rest. We rest in a Shabbos sense when we no longer interfere with the world [by trying to act as creator over matter]. In this way, we imitate G-d's rest on Shabbos.



Further Reading

Rabbi Kaplan explained G-d's "rest" as stepping back from creating and not demonstrating His mastery of all of creation by further molding it into new things. This concept can be seen later in the packet (page 7). It is further developed in the writings of Rabbi Samson Raphael Hirsch. See Horeb pp.62-105.

Bereishis 2:2

On the seventh day, Hashem completed His work which He had done, and He abstained on the seventh day from all his work which He had done.

וְיָכַל אֱלקִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבִּת בַּיּוֹם הַשְּׁבִיעִי מָבָּל־מְלַאכְתּוֹ אֲשֶׁר עָשָׂה

Rashi, Bereishis 2:2

[Another interpretation of the difficulty in saying that He completed the work on the seventh day yet He rested says,] what was the world lacking? Menucha (rest): Shabbos came and along with it came Menucha, thus all the work was then finished.



שי בראשית ב:ב

דבר אחר מה היה העולם חסר , מנוחה ,באת שבת באת מנוחה , כלתה ונגמרה המלאכה

Sifsei Chaim, Moadim Vol. 3, p.400

The addition to creation on Shabbos was the idea of Shabbos rest...But we need to understand, what "creating" must be done for resting: is G-d's doing nothing an act of creation?!? In the 10 Commandments, the mitzvah of Shabbos says, "Six days shall you work and you'll complete all your work and on the seventh day it is a Shabbos for Hashem." But what does working for six days have to do with keeping Shabbos: does one have to work six days in order to rest on Shabbos? It seems from this verse that working [during the week] is part of the Shabbos rest!

Additionally, the phrase, "And you'll complete all your work" needs explanation: is it really possible to do all your work in six days?!? Rashi helps to explain what is meant by the verse by quoting a Midrash which says, "When Shabbos comes, you should view it as though all your work is done and you won't think about it." On Shabbos we are expected to not even think about our work. How is it possible to achieve this? Chazal are giving us a great piece of advice: "You should view it as though all your work is done" – imagine that you have completed all the tasks.



We must examine this advice further to see what gems lie within it to help us understand what Shabbos "rest" truly is. The verse (Shemos 20:11) says, "And He rested on the seventh day." The Sforno explains, "For on that day everything needed to fulfill the purpose of creation had been completed, and through completion comes "Menucha" (tranquility). We can see that a man who stops working but whose mind is still consumed thinking about all the things he must do is not truly resting. Menucha on the outside is not enough; rather, there must be inner tranquility which comes from a sense of completion. Shabbos is the first and best example of this sense of completion, for it was on this day that G-d finished creating a world.

Thus the "creation" of Shabbos rest is the satisfaction and tranquility that come from a feeling of completion.



Further Reading

See the entire essay in Sifsei Chaim (pp. 399-406) to understand how he finishes his explanation of the advice Chazal give us to view our work as complete. In particular, he comments on the connection between Shabbos and the Manna which fell for the Jewish people in the desert.



Challenge

YOU HAVE NOW SEEN THREE DIFFERENT INTERPRETATIONS OF WHAT IS MEANT BY CALLING SHABBOS A "DAY OF REST." SUMMARIZE EACH OF THE APPROACHES BY ANSWERING THE FOLLOWING QUESTIONS. WRITE YOUR RESPONSES ON A NOTE CARD. YOUR ADVISER WILL TURN IN THE CARD FOR A CHANCE TO WIN POINTS.

- ❖ How does each interpret the meaning of "Menucha"?
- * How does each address the common misconception that rest on Shabbos means doing anything relaxing?

Shabbos and Creation (וכר למעשה בראשית) and the Exodus from Egypt (וכר ליציאת מצרים)



Discussion

What is the connection between Shabbos as creation of the world and the Exodus from Egypt? After reading the sources below, discuss again to see if you can more clearly express the connection.

Time to recharge.



Rabbi Aryeh Kaplan, Sabbath: Day of Eternity, p. 116-118 Observing Shabbos is the confirmation of our belief in G-d as the Creator of all things...Once a week, the Jew spends a day reinforcing his belief in G-d.





Sefer HaChinuch #32

The root of the mitzvah [to not do מלאכה on

Shabbos] is that we should be free from our regular business in honor of the day to focus on and internalize our belief in G-d's creating the world, which is the pillar on which our religion stands. We take one day every week to remember that the world was created in six days. By observing

this day together, we will strengthen our belief.

ספר החינוך, מצוה לב

משרשי מצוה זו .שנהיה פנויים מעסקינו לכבוד היום ,לקבוע

בנפשותינו אמונת חדוש העולם שהיא חבל המושכת כל יסודי הדת. ונזכור ביום אחד בכל שבוע ושבוע שהעולם נברא בששה ימים חלוקים ובשביעי לא נברא דבר, ובכל יום ויום נבראו ענינים חלוקים להורות על הרצון הפשוט, שלא כדעת המתפלספים הנמאסים לנו בדעתם זה שחושבין לאמר שעם היותו ברוך הוא היה הכל. ובמנוחתינו בשביעי זכר לנו בחדושו של עולם, כי כשישבתו בני אדם כולם ביום אחד בשבוע וישאל כל שואל מה עילת זאת המנוחה, ויהיה המענה כי ששת ימים עשה ה 'וגו כל אחד יתחזק מתוך כך באמונה האמיתית.

Tur, Orach Chaim 271:10-11

In Kiddush Friday night we recite "ז. זכר ליציאת מצרים."

The Ramban says Shabbos is a commemoration of the Exodus from Egypt since the Exodus demonstrates that there is an Original Creator.

This is why in the second time the אינים בעשרת הדברות sappear in the Torah (Devarim 5:15) the Torah writes, "[Keep the Sabbath holy] ... and you will remember that you were a slave in Egypt and Hashem took you out with a strong hand and an outstretched arm; therefore, Hashem commands that you make the Sabbath." For if any doubt rises in your mind [about Shabbos demonstrating G-d's ability to create the world],

The Back Pew - Jeff LARSON when you left Egypt which serves as proof to remember [G-d's role as creator]. Thus

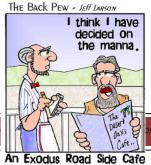


Shabbos and the Exodus are reminders for each other because both testify to the fact that Hashem runs the world as He pleases.

טור אוח סימן רעא:י יא

זכר ליציאת מצרים אפשר לומר שהשבת תחלה למקראי קדש שהם זכר ליציאת מצרים והרמבן כתב שהשבת עצמו זכר ליציאת מצרים כי בעבור היות יציאת מצרים מורה על אלוה קדמון מחדש חפץ ויכול על כן כתוב בדברות שניות וזכרת כי עבד היית בארץ מצרים וגו 'עכ צוך ה' אלהיך לעשות וגו 'שאם יעלה על לבבך ספק על השבת

שמורה על החדוש ועל החפץ ועל היכולת תזכור מה ראו
עיניך ביציאת מצרים שהוא לך לראיה ולזכור והנה השבת
זכר ליציאת מצרים ויציאת מצרים זכר לשבת כי יזכרנו בו
ויאמרו כי השם מחדש בכל זמן אותות ומופתים ועושה הכל
ברצונו כי הוא אשר ברא את הכל במעשה בראשית.



Rabbi Aryeh Kaplan, Sabbath: Day of Eternity, p. 116-118

We usually associate the Exodus with Passover, but it is just as intimately connected with Shabbos. One of the important miracles of the Exodus was that of the Manna. For 40 years some three million people were literally fed by a miracle. This miracle dramatically demonstrates G-d's involvement in the day-to-day life of each one of us.

Shabbos and Melacha

Ain't gonna work on Saturday: What is Melacha and where does it come from?

Shemos 35:1-5

Moshe gathered the entire assembly of the Children of Israel and said to them: "These are the things that Hashem commanded to do them: On six days work may be done, but the seventh day shall be holy for you, a day of complete rest for Hashem... Take for yourselves a portion for Hashem [for donations to the Mishkan (Tabernacle)]..."

שמות לה:א ה

וַיַּקָהֵל משֶׁה אֶת־כָּל־עֲדַת בְּנֵי יִשְׂרָאֵל וַיאמֶר אֲלֵהֶם אֵלֶּה הַדְּבָרִים אֲשֶׁר־צִּנָּה יְקֹנְק לַעֲשֹׁת אתָם: שֵׁשֶׁת יָמִים תַּעָשֶׂה מְלָאכָה וּבִּיוֹם הַשְּׁבִיעִי יִהְיָה לָכֶם קְדָשׁ שַׁבַּת שַׁבָּתוֹן לַיקנְק כָּל־הָעשֶׁה בּוֹ מְלָאכָה יוּמֶת: לא־תָבַעֲרוּ אֵשׁ בְּכל משְׁבתִיכֶם בְּיוֹם הַשַּׁבָּת: וַיֹּאמֶר משֶׁה אֶל־כָּל־עֲדַת בְּנֵי־יִשְׂרָאֵל לֵאמר זֶה הַדְּבָר אֲשֶׁר־צִּוָּה יְקוָק לֵאמר: קְחוּ מֵאִהְּכֶם תְּרוּמָה לַיקוָק כּּל נְדִיב לְבּוֹ יְבִיאֶהָ אֵת הְּרוּמַת יְקוָק.

Shabbos 97b

[The verse Shemos 35:1] "These are the things you should command the people to do...refers to the 39 melachos which were told to Moshe at Mt. Sinai.

שבת צו:

דברים הדברים אלה הדברים אלו לט מלאכות שנאמרו למשה בסיני.

Rabbi Dovid Ribiat, The 39 Melachos, p. 9-12

Melacha is properly defined as "Any one of the 39 categories of primary labors in the building or functioning of the Mishkan (Tabernacle) from which all prohibited activities of Shabbos are derived."

Sifsei Chaim, Moadim Vol. 3, p.412

We don't learn the 39 categories of prohibited activity on Shabbos from the story of creation [despite the fact that our refraining from doing melacha is to recall G-d's completion of creation]; rather, we learn the

categories from the work on the Mishkan (Tabernacle). What is the connection between creation and the construction of the Mishkan? It is as if the construction of the Mishkan is like creating the world on a small scale. In fact, Chazal say that constructing the Mishkan is like creating the world: they are equal in their essence and their goal – to bring G-d's presence and Honor into this world.



Why can't we do Melacha on Shabbos?

Rabbi Samson Raphael Hirsch, Horeb p. 62-63



All creation was entrusted to mankind. The earth and the host of its beings were surrendered to this free government of man. What was there to safeguard the whole world against man? What safeguard that man in his position of honor would not forget G-d – that he would not look upon the world, which had been entrusted to him to govern according to G-d's will, as his own property? What means was there of continually reminding him of his duty to be G-d's servant?...The Sabbath, the first day on which G-d withdrew from active creation to invisible guidance of the universe and on which the earth was laid open for man's government, thus became the symbol of man's appointment by G-d-a symbol of G-d's rule and man's destiny.

But how can the Sabbath become such a symbol and task? How above all does man show his domination over he can fashion all things in his environment to his own seventh day, however, he is forbidden by Divine decree to for his own purpose. In this way he acknowledges that he ownership or authority over the world...Each Sabbath



education for this the earth? In that purpose...On the fashion anything has no rights of day the world, so to

speak, is restored to G-d and thus man proclaims both to himself and to his surroundings that he enjoys only a borrowed authority.

Rabbi Boruch Leff, Shabbos in My Soul, p. 56-58

Sometimes we may look at Shabbos as a day of lots of "don'ts." There are indeed many things that we are not allowed to do on Shabbos. But we must understand that all of the Torah's prohibitions exist in order to facilitate an atmosphere and environment that allows for spiritual



growth. The focus of the Torah is not what one cannot do; rather, the prohibitions create a structure and framework within which our spiritual development can be advanced...The power of Kiddush, lechem mishneh (2 loaves of bread), oneg Shabbos foods, zemiros (singing), inspiring divrei Torah, family bonding time, heightened

concentration during davening, learning sedarim (times), and shiurum (Torah classes), and all of the many aspects of the sanctity of Shabbos can only take place within the serene and tranquil atmosphere that comes as a result of not violating the melachos of Shabbos.



Challenge

YOUR GROUP HAS BEEN HIRED BY AN AD AGENCY TO CREATE AN ADVERTISING CAMPAIGN TO INCREASE PEOPLE'S SHABBOS OBSERVANCE. EACH GROUP MUST DEVELOP A SLOGAN/CATCH PHRASE, AS WELL AS A JINGLE (SONG) PROMOTING YOUR PRODUCT: SHABBOS. THE AD CAMPAIGN MUST TEACH THE AUDIENCE THE FOLLOWING:

- 1. WHAT IS MELACHA?
- 2. WHY DON'T WE DO MELACHOS ON SHABBOS? (OTHER REASONS BESIDES THOSE LISTED IN THIS PACKET CAN BE USED IF SOURCE MATERIAL IS FOUND AND APPROVED BY THE LEARNING DIRECTORS)

Shabbos and the Jewish People









A gift and a sign

Shemos 31:16-17

The Children of Israel should guard the Shabbos, to make Shabbos an eternal covenant for their generations. Between Me and the Children of Israel it is a sign forever that in six days Hashem made heaven and earth and on the seventh day He rested and was refreshed.

שמות לא:טז יז

ְוְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת לַעֲשׁוֹת אֶת־הַשַּׁבָּת לְדרתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִוּא לְעלָם כִּי־שֵׁשֶׁת יָמִים עֲשָׂה יְקוָק אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפַשׁ.

Beitzah 16a

Hashem said to Moshe: "I have a wonderful gift in my treasure house, and Shabbos is its name. I want to give it to the Jewish people. Go tell them."



ביצה טז.

אמר לו הקדוש ברוך הוא למשה :משה, מתנה טובה יש לי בבית גנזי ושבת שמה, ואני מבקש ליתנה לישראל, לך והודיע אותם.



Discussion

- What do the signs on the front of a store tell you about the store? If Shabbos is a sign for the Jewish people, what does it tell you about us?
- What is shown about G-d's relationship with the Jewish people when He wants to give us such a precious gift like Shabbos?

Shabbos keeps the Jews: A marriage relationship

Bereishis Rabbah 11:8

Rabbi Shimon bar Yochai taught: Shabbos came before Hashem and said, "Master of the universe, all the other days of the week have a partner but I don't have a partner." Hashem responded, "The Jewish people will be your partner."



בראשית רבה יא:ח

תני ו"ש בן יוחאי אמרה שבת לפני הקובה רבשע לכולן יש בן זוג ,ולי אין בן זוג ,אל הקבה הקבה הכנסת ישראל היא בן זוגך, וכיון שעמדו ישראל לפני הר סיני אמר להם הקבה זכרו הדבר שאמרתי לשבת כנסת ישראל היא בן זוגך היינו דבור"זכור את יום השבת לקדשו".

A Chilling And Awe-Inspiring Malaysia Air Flight 370 Story

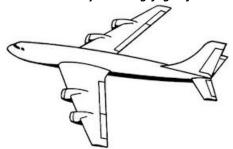
www.dansdeals.com/archives/41764



The whole world's eyes are on the Far East, wondering how a Boeing 777 can just disappear without a trace. Malaysia Air Flight 370 took off from Kuala Lumpur at 12:43am this past Saturday morning and has yet to be located. Flying is the safest mode of transportation that exists today, so the disappearance of an airplane like this is really sobering. The saying goes, "More than the Jews have kept the Shabbos, the Shabbos has kept the Jews." When I think of that saying, I picture my life as if I were constantly wired 7 days a week. As it is, I feel like a slave to my digital devices, but the knowledge that Shabbos is right around the corner keeps me going. But the saying goes much deeper than that in this story:

On 01/13/14 Andy emailed his travel agent his desired itinerary for a business trip throughout the Far East. The travel agent, an Orthodox Jew, proposed a business class itinerary, slightly altering a Kuala Lumpur-Beijing flight from Saturday to Friday. Andy loved the price, but again requested the Saturday morning flight from Kuala

Lumpur to Beijing. The travel agent responded that he would not be able to book travel for him over the Sabbath, but that he was free to book that flight by himself. Andy agreed with that and planned to book the flight by himself. The travel agent noted that if Andy changed his mind to just let him know. Shortly afterward Andy did [change his mind]. The travel agent recommended a place to get a nice kosher meal and booked him on the originally proposed itinerary, flying from Kuala Lumpur to Beijing on Friday early morning instead of Saturday. Fast forward to 2 days ago



(03/10/14): The travel agent is in Israel and reads an email once Shabbos is over: "Holy G-d, You sure heard what happened to MH370. I can't stop thinking about this. This is a true miracle for the books. You are a true life saver..." The travel agent wrote back, equally in shock at the realization of Shabbos saving his client's life: "I am so happy for you! Not I am the life saver. G-d and Shabbos were your life savers. You owe them something."

Indeed, due to the travel agent worrying about the religious observance of a fellow Jew, Andy was persuaded into flying on Malaysia Air 370 exactly one day prior to the ill-fated flight he wanted to take. It's not often we hear a story like this. It's been 103 years since Rose was saved from the devastation of the Triangle Shirtwaist Factory fire thanks to observing Shabbos. Now it was Andy's turn.



Further Reading

To learn more about the story of Rose and the Triangle Shirtwaist Factory fire, scan this code and read the story.





Discussion

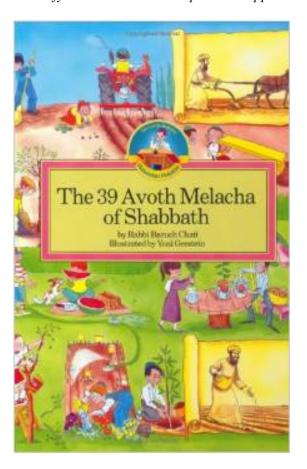
- ❖ What do you think was originally meant by the saying, "More than the Jews keep the Shabbos, the Shabbos keeps the Jews"?
- ❖ What are some of the ways in which Shabbos keeps the Jews?

Part II: Keep (שמור) Shabbos

What are the 39 Melachos and Practical Examples

Instructions

Each group has received a copy of this popular illustrated Shabbos book. Don't be fooled by the cartoon illustrations; this book is a source of study for scholars, as well as beginners. Firstly, take a look at the book's legend explaining the various symbols designating actions as being acceptable or violations of Shabbos. Then use the book to identify all 39 melachos and practical applications of each.





Challenge

EACH GROUP WILL RECEIVE A PIECE OF POSTER BOARD. YOU MUST CHOOSE ONE MELACHA TO ILLUSTRATE. YOU MAY USE MARKERS, CRAYONS, PENS, PENCILS OR CUT OUT IMAGES FROM OTHER SOURCES. YOUR POSTER BOARD MUST DEMONSTRATE THE FOLLOWING:

- 1. What are the 39 melachos?
- 2. What is the melacha you have chosen to highlight (both the name and the action)?
- 3. WHAT WAS ITS ROLE IN THE MISHKAN?
- 4. What are common applications of the melacha today? (You must include 3 applications and only 1 may be found in the rabbi baruch chait book)