

זכור את יום השבת לקדשו.
ששת ימים תעבד ועשית כל-מלאכתך,
יום השביעי שבת לה'

SHABBAT LASHEM

THE VOICE OF BNEI AKIVA UK

PARASHAT METZORA

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בס"ד



THE POTENTIAL OF FREEDOM

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SHEVET DOROT

When I was nine, I was incredibly confused by the fact that just before Pesach we read a parasha in which the Jews are already far away from Mitzrayim. It puzzled me for days as the timeline simply didn't make sense. Why celebrate leaving Mitzrayim long after we have read the parasha about it? Of course, my kodesh teacher explained that the chronology of parashiot and the chagim do not align, so we read Shemot in advance of Pesach when we commemorate Yetziat Mitzrayim on the day it actually occurred. This explanation did satisfy my practical question, yet it left me wondering what message from Metzora we are supposed to carry forward into Pesach?

Metzora expands upon the laws of Tzara'at stating that on the seventh day after developing Tzara'at, rather than doing a lateral flow test, an individual should, "shave off all his hair: his head, and his beard, and his eyebrows." This very specific passuk and the detailed halacha outlined in the parasha, have seemingly no connection to the themes of Pesach. However, Rabbi Melonchitz in his commentary 'Kli Yakar' encourages us to analyse the details. He explains that each of the three types of hair mentioned in this passuk connect with one of the causes of Tzara'at. While the hair on one's head connects with the damaging mindset of arrogance, the proximity of one's beard to their mouth alludes to the role of lashon hara and poor usage of speech in causing Tzara'at. Finally, Rabbi Melonchitz interprets the reference to eyebrows to be a comment on the wilful ignorance of poverty and stinginess. Thus,

Metzora explains key lessons on how we should treat others.

Perhaps this is the connection between Metzora and Pesach: while we celebrate our freedom on Pesach, Metzora serves as a strong reminder of the need to use that freedom wisely. Certainly, using our freedom to negatively impact others through the aforementioned characteristics results in us losing this independence through Tzara'at which forced people to isolate themselves from the rest of Bnei Yisrael. Although we no longer have Tzara'at as a tangible reminder of the effects of our mistakes, the message remains that we must use our liberation sensibly, ensuring that we are careful and considerate of the impacts our behaviour can have.

The midrash illustrates this idea more specifically in regards to lashon hara, as it relates that Rabbi Shimon ben Gamliel sent his servant to the market and said, "bring me the most positive item you can see." The servant surprisingly returned with a tongue. Shortly after, Rabbi Shimon ben Gamliel asked the same servant to go to the market and bring back the most harmful object they could find. Once more, the servant returned with a tongue, shocking Rabbi Gamliel before the servant explained, "there is nothing better than a tongue that speaks good and nothing worse than a tongue that speaks evil." This illustrates the capacity our freedom provides for us to both have a positive impact on those around us, and the harmful consequences of the misuse of our autonomy. This Shabbat Hagadol may we all use our freedom wisely when preparing for Pesach!

NAOMI IS A SGANIT OF EDGWARE SVIVA

SHABBAT TIMES

London	In 19:30 Out 20:40	Oxford	In 19:32 Out 20:45	Leeds	In 19:36 Out 20:53
Manchester	In 19:41 Out 20:54	Bristol	In 19:37 Out 20:49	Liverpool	In 19:41 Out 20:57
Cambridge	In 19:27 Out 20:41	Birmingham	In 19:36 Out 20:50	Jerusalem	In 18:27 Out 19:41

PESACH POETRY!

From Slavery

By Shoshana Rothstein

Is it really here again, is it really that time of year
When the blossoms begin blooming and the weather starts to cheer,
When the sun stays out for longer and there's smiles all around,
When the whole community goes mad for almonds that are ground,
When eggs become commodities more precious than diamonds or gold,
When more potato flour than the rest of the year is sold,
When a shortage of potatoes constitutes a religious emergency,
When the amount of sunflower oil left in the shops is a question of true urgency,
When hands become sore and knuckles bleed as we scrub and clean,
When the whole house smells of bleach and the surfaces finally gleam,
When we go searching for every crumb in the most unlikely of places,
Wielding a hoover – and some more bleach - to obliterate all the traces,
When we spend hours in the kitchen cooking for just seven days,
And we make all food from scratch – even jam and mayonnaise.
When we're worried that breadcrumbs might infest every food we buy
When every speck of chametz is enough to make us cry.
When we prepare so thoroughly, for so many hours of the day
So that when we sit down at the seder, we can truly say:
I see myself in the story and I can say indeed
That when this chag came in, from slavery I was freed.

Is my Karpas really my kidney?

By Dania Mann-Wineberg

Is my Karpas really my kidney?
It's slightly hard to tell
It's full of potassium and water
And absorbs sodium chloride as well

But my ECG is normal
The T waves nice and small
I can't see any nephrons
It was a potato after all

Is my Karpas really my heart?
It's red and has some Chambers
It's deviated to the left axis
Which is bound to have some dangers

But the coronary vessels are absent
No contractions, I recall
Yet my troponin levels are normal
It was a red pepper after all

Is my Karpas really my brain?
plenty of white matter, has it
It also has a stem
And a rather inedible bit

But it's not inside a skull
Its cortex not cerebral
It has no arachnoid mater
It's a cauliflower after all

Is my Karpas really my neuron?
It looks dendritic at one end
It could be myelinated
An action potential ready to send

But where are the sodium channels?
It's missing many a vesicle
There's no glutamate or acetylcholine
It is parsley after all

Is my Karpas really my oesophagus?
It's quite tube-like and long
Its colour is quite questionable
Surely I can't be wrong?

But there is no peristalsis
And food through it can't fall
As it's not even slightly hollow
It's a carrot after all



SNAPSHOT FROM THE CHOVERET

The Choveret is the educational handbook that Bnei Akiva UK madrichim use to create their activities and discussions in Sviva each week. This week, it looks at the different categories of lashon hara.

The first category is rechilut. Rav Yosef Karo, author of the Shulchan Aruch explains:

“One who ‘peddles gossip,’ [rechilut, Vayikra 19:16] refers to a person who says, ‘So-and-so said such-and-such about you,’ or, ‘So-and-so did the following to you ...’ even though the information is not necessarily intrinsically negative!” (Kesef Mishneh, Hilchot De’ot 7:1)

Secondly, there is lashon hara as its literal definition: ‘bad speech.’ The Rambam writes that this refers to someone who speaks in a derogatory manner about someone else – even if what they say is true. Additionally, he explains the prohibition of harmful speech:

“Lashon hara also consists of information that, if publicised, could cause physical, financial or emotional harm (it also includes causing a person emotional pain or giving them a fright).”

The third category is motzei shem ra. This is, “someone who says derogatory or harmful information about someone that is untrue – they are called a slanderer (motzei shem ra).” (Mishneh Torah, Hilchot De’ot 7:2)

Fourth is ona’at devarim, which are words which cause pain. This is in stark contrast to the common saying that, “sticks and stones may break my bones, but words will never hurt me.” Rambam codifies this prohibition: “we are instructed not to cause emotional distress to each other with our words [ona’at devarim]. This includes statements that cause another person pain, anger, or embarrassment... This includes insulting comments, hurtful nicknames and comments reminding people of their past misdeeds or embarrassing actions.”

Discussion Point: What can we be doing within our Sviva and community to prevent ‘painful words’?

Finally, we have avak lashon hara – speech bordering on lashon hara. Some examples of avak lashon hara are: “who would have thought that so-and-so would turn out like he is today?” [Implying that in the past he had a negative reputation.] Or, “let’s not talk about her. I don’t want to say what happened with her.” Speaking positively of someone in the presence of their enemies, will surely cause them to start speaking negatively about the subject.

SHABBAT BOGRIM

Around 70 Chaverim travelled from around the country to spend Shabbat in Stevenage! The participants enjoyed a full Shabbat experience in the Holiday Inn (not to be confused with the Holiday Inn Express, Stevenage). Shabbat began with an amazing Kabbalat Shabbat, followed by a three course dinner with incredible ruach and an uplifting Dvar Torah from Max Kanter!

Rav Joel gave a thought-provoking derasha between Shacharit and Mussaf, after which there was a kiddush followed by a peula, ran by this year’s Nivcharim!

At lunch, Lucy Weiniger injected a serious dose of Torah into everyone’s minds when she made a Siyum on three Masechtot of Gemara!

Mincha was followed by a peula with the Chinuch Team and later in the afternoon, there was a choice of Chaburot, given over by the Shlichim.

Seuda Shlishit was enhanced by a Dvar Torah from Northern Shlichah, Lani Eshel. After Havdallah, everyone enjoyed a ‘Melave Malka Quiz,’ organised by next year’s Mazkirut, with some very creative questions!



WHAT'S GOING ON?

- **Lishmah** is now open to **all Bogrot and Sixth-Formers** and will be back after Pesach!

- Calling all male Bogrim! Join **Rav Joel** for a **Va'ad** on Tuesday evenings at 10:15!

- **London Student Bet Midrash** is taking place weekly on **Thursday evenings** for high school and university students. For more info about London or Birmingham SBM email chinuch@bauk.org

- **Tafkid applications** are now open for **Summer Machane!**
Junior Tafkidim: bauk.org/junior-tafkid
Senior Tafkidim: bauk.org/senior-tafkid

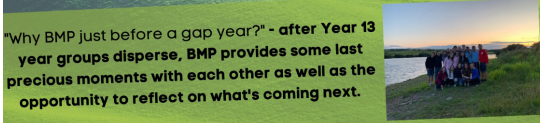
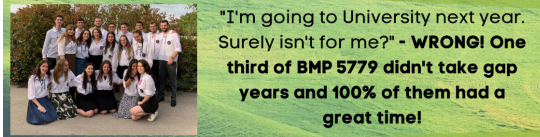
- Do you have questions about **Hilchot Pesach**? Join **Rav Joel** for a **Q&A** on Sunday @8:30pm in the **Bnei Akiva Zoom Room!**

- Keep an eye out for **exciting Bnei Akiva updates** for all ages!

- Be sure to like our **Facebook page (Bnei Akiva UK)** and follow our **Instagram (bneiaktivauk)** to get regular updates with what is going on in the Tnua.

- Visit **bauk.org/feedback** for contact details for all Mazkirut members and to leave any general feedback!

BMP Questions Answered (with photo evidence!)



BNEI AKIVA תנועת בני אכיבא

Q A

zoom

Prepare for Pesach!
Q&A with Rav Joel

Sunday 8:30pm in the Bnei Akiva zoom room!
Submit your questions to Rav Joel in advance or ask on the night!

ENGLISH



HEBREW

בס"ת

רוצה לשפר את העברית שלך?
מתכוונת לעלות לארץ ורוצה
להתחיל ללמוד עברית כבר עכשיו?



Didn't understand that?
Maybe you should join the Bnei Akiva **Upan!**



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