



Table Talk



Birthdays



Dayna	Rosenthal
Arella	Grosberg
Alex	Parker
Ethan	Phillips
Tamara	Buck
Danielle	Coupland
Theo	Hamburger
Nadya	Landey
Molly	Wolfson
Dalya	Holder
Jamie	Laddin
Georgia	Duffy
Hayley	Ferster
Rafi	Newman
Tal	Sadeh
Frieda	Dytch
Lisa	Jacobs
Joshua	Kleiman
Sam	Levy
Benjamin	Marsh
Sophie	Mocton
Reece	Levy

A Bite of Inspiration

Ten Days of Repentance

"Run not too far, for you must return the same distance."

Every person will, at some point in his life, take an accounting. Even more than asking if he achieved his goals, he will ask himself if he achieved the right goals.

"Was it worth all that effort? Could I have achieved more? If only I had thought it through..."

The High Holidays trains to take the pain of "now," rather than the anguish of "then."

Pain is passing, but the results are permanent.

Rabbi Samson Raphael Hirsch (19th century Germany) helps us put life into perspective:

"And shall man ... be casual and inattentive and ignore the seriousness which attaches to his every step? Shall he scatter thoughts, feelings, enjoyments, words and

deeds with blind recklessness like seeds in the bosom of the future, completely forgetting that even the most idle thought does not pass through his breast without leaving some trace, some result? Shall he play with his years, months, days and hours without reflecting that eternity belongs to every moment? Shall he laugh at the claim which the universe possesses on every one of his steps? Shall he laugh at the future which he builds with every one of his movements?" Life without thought is action without meaningful consequence. Thought brings real decisions. It's the opportunity to decide where you want to go, rather than being led where the world wants you to go. Without thought, it's the roses that direct your path. Every fragrance, every distraction sets you toward another direction. You wind up leading life by your nose, not your mind. During this High Holiday season, take an honest moment and reflect back on the previous year. Did it give you what you wanted, or was it a year of aimless pursuits?

Moses lived a full life, 120 years to the day. He reached the pinnacle of his potential. His life, like this week's Parsha, was a beautiful song.



שבת שלום

Side Dish

Absorbing spirituality

"Listen, heavens, for I will speak . . . My teaching shall drop as the rain."

The Rabbi of Kotzk interpreted the Hebrew text as "listen to heavenliness". A person may train his ear to distinguish musical notes and

tones that the untrained ear cannot perceive. Similarly, says the Rabbi of Kotzk, our ears may be so accustomed to hearing only mundane matters that we are essentially deaf to spiritual matters.

We must train our ears to be receptors of spirituality.

Celebrating Success

Well done to Year 11 Netball team who won 11-3 against St Peters.

Congratulations to students who took part in the City wide finals in badminton.



מזל טוב



Table Talk



Student's Salad

Adam Lewis

Ilana Goldenfield

Hadassah Hodari

Georgina Jacobs

Hannah Rudolph

David Herman

Jonathan Jayson

Pearl Gordon

Daniel Herman

Marcus Shaffner

Jonathon Leader

Natalie Bernstein

Alex Charing

Samuel Golding

Winner of the Rosh Hashanah poetry competition

Rosie Ben-David Yavneh Girls year 11

The shofar blasts
The sound rips through the room
The sound rips through my heart
The shofar blasts
The court case has begun

The year is being decided
The loss, the gain
The happiness, the pain
What will this year bring?

The room, tense with fear
Last year passes before my eyes
The trails and tribulations

The good times, the smiles
Public pain, private pain

The year is being decided
The loss, the gain
The happiness, the pain
What will this year bring?

It's not in our hands
All we can do is pray
This year may bring devastation
Or unimaginable joy
Its not in our hands...

Or is it?
Is it the events that shape our year,
Or our reactions to them?

The year is being decided
The loss, the gain
The happiness, the pain
What will this year bring?...

A better me.

Side Dish

A story is told about a poor country woman who had no food to give to her many children. One day she found an egg and told her children that their worries were over. "I will take this egg and ask the neighbours if we can put it under their hen until a chick is hatched. We won't eat the chick, but we'll set her on other eggs until they hatch into chickens. They, in turn, will lay many more eggs, and we'll hatch them into chickens as well. Then we'll sell some of the chickens and

the eggs and buy a cow, and raise the cow until she bears calves. Then we'll sell some of the calves and buy a field. Then we'll have a field, and cows, and milk, and chickens, and eggs, and we won't need anything anymore."

As she was speaking and excitedly thinking of all the things she would be able to do because of this one egg, it fell out of her hands and broke, shattering all of her hopes for food and dreams of prosperity.

Rabbi Chaim Sanzer teaches that each of us resembles the woman in this story. When the days of repentance arrive, most of us resolve to do this and to do that; we make elaborate plans to rectify so many things that we know need to be changed in our lives. Yet the days slip out of our hands, the urgency to repent slips out of our hearts, and thought does not lead to action. We remain exactly as we were the year before.

