



Table Talk



Volume 1 Issue 2

Newsletter Date:
23rd January 2009

Birthdays



- Ayala Fulda
- Joel Fulda
- Leonie Glass
- Benjamin Hayton
- Esther Radnor
- Sam Modlin
- Marc Zimmel
- Avi Chinn
- Hadasah Marks
- Sophie Holder
- Rachelle Sayers
- Gideon Kershner
- Rachel Tunick

A Bite of Inspiration

Parashat Va'eira

"And Moshe spoke so to the Children of Israel, and they did not listen to Moshe for anguish of spirit and hard work."

The Jewish people were not able to listen to Moshe because of the hard work that the Egyptians imposed on them. Indeed, this was the ultimate goal of Pharaoh that the Jews not listen to any words of hope, by demanding of them a staggering workload and by making their lives unmanageable. We can often get very busy with life's many responsibilities so that we get distracted from our true life goals. If we would spend a little time in contemplating our actions and reflecting we would find a way to better ourselves. Set aside some time to reflect and contemplate. While in the car or

going to work, turn off the radio and music for a few minutes each day and think about priorities and values.

Additionally when someone is suffering all they want to hear is that their suffering will stop. They may not be ready to hear that they will have good times ahead. If a picture is painted which is beyond their present ability to relate to, it will not be comforting even with the best of intentions. Instead, show them that you understand and empathize with their present pain and suffering, and help provide them with advice and encouragement to get out of their present situation.

After Dinner Joke

A man goes to a doctor with a carrot in his left ear, a cucumber in his right ear and a banana in his nose. "What's wrong?" he asks. "It's obvious" says the doctor, "you're not eating properly."



שבת
שלום

Side Dish

Modern Hebrew

After the enthusiastic response last year, the current year nine pupils will once again be adopting a unit of IDF soldiers. Letters have been written in Hebrew and food packages (Mishloach Manot) will be sent for Purim. The cost of materials and the food, was raised by the pupils themselves. During the Year nine trip to Israel later this year, a meeting will be arranged for the pupils and

soldiers to meet face to face and get to know each other better. This project has given them a sense of personal connection to young people in Israel and encouraged them to communicate their support to Israel and its IDF in Hebrew.

כל הכבוד!

To improve your Hebrew try out:

<http://www.jr.co.il/hotsites/j-hebrew.htm>

Celebrating Success

The finals of the Northern Jewish Musician of the Year took place at the Royal Northern College of Music on January 18th.

The Five KD finalists were:

1. Daniel de Wijze {Double Bass}
2. Ari Levy {Violin}
3. Yoni Levy {Violin}
4. Lauren Ruebens {Keyboard}
5. Eli Assayag {Piano}

Daniel de Wijze was announced as the winner. Whilst Eli Assayag was announced as the best pianist.

