

Wonders of Creation

וַתִּקַּע כַּף-יָרֵךְ יַעֲקֹב בְּהֶאֱבָקוֹ עִמּוֹ... *and the socket of Yaakov's hip became dislocated as he wrestled with him.* [Bereishis 32:26] Yaakov Avinu suffered a bone injury in this week's parsha. Let's learn fascinating facts about our bones so that we can appreciate them.

- With how many bones did Hashem fashion us? An adult has 206 bones!
- Just in a foot alone there are 26 bones.
- And guess how many bones does a human hand have? 54 bones! This was designed by Hashem so that you can do complex movements with your hand such as writing and playing a musical instrument.
- To make you stand firm, even while holding something heavy, Hashem made your femur (thighbone) the longest and strongest one out of all of your bones.
- To process sound, the stapes bone takes care of that function in the middle ear. It actually is the smallest and lightest bone of the skeleton.
- To make the body function properly, Hashem made each bone connect to another bone. But there is an exception! The hyoid, a V-shaped bone located at the base of the tongue is a stand-alone bone. Can you come up with a theory why that is so?
- Since each bone is connected to another bone, does that mean that they rub against each other and deteriorate with time? Of course not. Hashem would not let that happen. A coating of a fibrous tissue called cartilage covers the bone surface and keeps the bones from rubbing directly against each other.

Hints & Answers* **SHMIRAS SHABBOS:** From the Shulchan Aruch [168:3] (in the laws pertaining to a meal), we learn that a roll of bread is still considered whole after it was separated from another roll that was attached to it. On that halacha of the Shulchan Aruch, the Rama adds the following: "And he should not cut [the first piece] from it (after saying Hamotzi) at the place where it was attached...rather he should cut [the first piece] from a place where it is whole." **RHYME:** "small" **RIDDLE:** On the verse which tells us that Yaakov became very afraid when he was informed that Eisav is coming towards him with 400 men, *Da'as Z'kenim* writes: "Yaakov was afraid that the merit of the mitzva of honoring parents will help Eisav. Yaakov did not honor his parents for the last twenty years (since he was in Lavan's house)." **TRIVIA:** קָטַנְתִּי מִפְּלֵי הַחֲסִדִּים וּמִכָּל הָאֲמִתּוֹת in the verse קָטַנְתִּי Rashi explains the word קָטַנְתִּי to mean that Yaakov told Hashem that he does not have enough merits to overcome Eisav. Nevertheless, Yaakov prayed to Hashem to save him. Thus, we see that tefilla works even without merits! **SHMITTA:** No. [source: "A Guide to the Halachos of Shmittah" by Rav A. Wiesenfeld] *Note: The answers are based only on the sources quoted and might not reflect opinions of other halachic authorities. As such, Menucha's answer are not to be taken as final decisions in halacha, but rather as a springboard for discussions, questions to a moreh hora'ah, and further study.

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Menucha

A Shabbos table companion
for the whole family

לע"נ ר' ברוך חיים בן שלמון ז"ל

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Shmiras Shabbos

Where to Cut the Challah



"Abba - why are the challahs stuck together?" asked Shmuli.

"Sometimes it happens..." Abba began to explain, "When challahs grow in the oven, an end of one challah gets attached to the end of another challah. But don't

worry, Shmuli, even after we separate them, each one will be considered *shalem* and we can use them for *Lechem Mishne*." And as soon as Abba finished saying it, he separated the challahs and put them under the challah cover.

After Kiddush and Netilas Yadayim, everyone waited patiently for Abba to say *Hamotzi* on the challahs. Abba removed the challah cover, lifted the challahs, and was about to say *Hamotzi* when everyone noticed that for some reason, Abba was not saying *Hamotzi* and it appeared that he was thinking about something. Indeed, Abba was thinking if it will matter from which side he will cut the first piece: from the side that used to be attached to another challah or from the other side.

Question: Does it matter from which side Abba cuts the Challah?

(The "Hints & Answers" section is on page 4)

DEDICATIONS

- ♦ for *refuah sheleima* to those who need it

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וַיָּבֹא יַעֲקֹב שְׁלֵמִים עִיר שְׁכֶם...]

And Yaakov came shalem to the city of Shechem...[Bereishis 33:18]

Q. Why is Yaakov Avinu described as "shalem" specifically in this part of the Torah?

A. There is a well-known verse in Mishlei:

כִּי שֹׁבֵעַ יִפּוֹל צַדִּיק וְקָם... [משלי כד:טז]

"A righteous one falls seven times, and [then] he rises..." (Mishlei 24:16)

On a simple level, in this verse, Shlomo HaMelech tells us about the unique quality of a *tzadik*: Though a *tzadik* may occasionally make a mistake and thus, 'fall' from his level of *ruchnius*, he always does *teshuva* and 'rises' back up.

But on a deeper level, the Sefas Emes [Sefas Emes on Torah, *Vayishlach*, 5633] explains that the seven 'fallings' is what actually brings a *tzadik* to the 'rising' - to the completely, new more perfected level. (Perhaps, that's why there are specifically 'seven' fallings. As we know, the number 'seven' in the Torah signifies a complete unit - e.g., seven days of a week, seven days of *tabara*, etc.). Hence, a *tzadik* needs a complete unit of seven fallings in order to achieve *shleimus*. Similarly, says the Sefas Emes, Yaakov Avinu was called "*shalem*" only after passing through the great challenges with Lavan and Eisav. In other words, it's the challenges that elevated him to a level of "*shalem*."

Through this profound message, the Torah is revealing to us that when we are faced with life's challenges, we should face them with an optimistic and positive attitude. It's these challenges that will make us rise to the levels that we would not be able attain without these challenges!



Rhymes for Kids



Yaakov Avinu taught a BIG secret to us all:
Notice Hashem's chessed, even when it looks _____

"קטנתי מפל הקסדים - I have become humbled from all the kindnesses...[that You, Hashem have bestowed upon me]" (parshas Vayishlach, Bereishis 32:11) By the fact that Yaakov Avinu said "I have become humbled from all the kindnesses" we see that his *midda* was to notice every kindness that he received from Hashem - no matter how BIG or SMALL it was. Let's learn from Yaakov Avinu to notice BIG and SMALL acts of kindness that Hashem does for us.



Parsha Riddle



Who is he that the merit of Kibud Av V'Em is what caused him to fear?
If you'll think deep about it, the answer will be clear!



Parsha Trivia



From one word in this week's parsha - that appears only once in the whole Torah - you learn that tefilla works even if a person does not have enough merits to help him. Which word is it?



Shmittah Shaila



In the same day, Mrs. Silver cooked a vegetable soup with *kedushas sheviis* vegetables, served the soup to her family, washed the pot and cooked non-*kedusha* potatoes in that pot.

Do these potatoes need to be treated now as if they are *kedushas sheviis* potatoes? YES / NO