



The liver is a reddish-brown triangle-shaped organ that weighs about three pounds. It is located in the upper right-hand portion of the abdomen. Ribbono Shel Olam gave a person the liver for many vital functions. One of the main functions of the liver is to filter all of the blood leaving the stomach and intestines - the liver processes this blood and breaks down, balances, and creates the nutrients.

But besides this, the liver has many other important functions. Here are just a few of them. It secretes bile into intestine that breaks down fats. It produces certain proteins for blood plasma. It produces cholesterol and special proteins to help carry fats through the body. It converts excess glucose into glycogen for storage. This glycogen can later be converted back to glucose for energy. (This comes in handy, by the way, when a person is exercising!)

The liver also regulates blood levels of amino acids, which form the building blocks of proteins. And it processes hemoglobin for distribution of its iron content. In fact, the liver actually serves as the body's storage facility for iron.

The liver converts poisonous ammonia to urea. It clears the blood of toxic substances. And it takes care of clearance of bilirubin.

In addition to all this, the liver is responsible for regulating blood clotting, resisting infections by producing immune factors and removing certain bacteria from the bloodstream. *Boruch asher yotzar adam bechochma!*

Hints & Answers* **SHMIRAS SHABBOS:** *Sefer Shemiras Shabbos Kehilchosa* (9:11) writes: "It is also permitted [on Shabbos] to separate two containers of *Leben* that are connected to each other, as long as one is careful not to tear letters or images." **RHYMES:** "touch". **RIDDLES:** 1. Love for Eretz Yisroel (Rashi, Bamidbar 21:1). The Torah is once again reminding us to have love for Eretz Yisroel 2. Ruth. Rashi to Bamidbar 25:18 comments that Hashem commanded to attack only Midian and not Moav, because Ruth was going to be born out of that nation.

*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, further study, and questions to a *posek*, etc.

Shmiras Shabbos Breaking Apart Two Yogurt



On Shabbos morning, Imma opened the fridge in trying to figure out what she could feed to her little kids for breakfast.

"Oh how about a yogurt?!" she said.

"Yeah!" cheered her 3-year-old son Chaim.

But her 4-year-old daughter Miriam showed a face of disapproval. "They are not sweet!" she complained.

"Don't worry. I'll mix in some chocolate chips inside," said Imma.

"Ok, I guess so," said Miriam.

So Imma took out two containers from the fridge, but they were attached to each other. When she was about to break them apart, she paused and started thinking if that's permitted to do now.

Question: Can Imma break apart the two yogurt containers from each other?

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DEDICATIONS

◆ For *refuah sheleima* to those who need it

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Parsha Pearls

In this week's parsha, the Torah says, **עַלֹּת שַׁבָּת בְּשַׁבְּתוֹ - The Olah of Shabbos on its Shabbos...** (Bamidbar 28:10). Rashi comments that the Torah is teaching us here that if the *korban* of Shabbos was not brought, it is not possible to make it up on any other Shabbos— עבר יומו בטל קרבנו.

Perhaps, through this passage the Torah is also teaching us an important lesson that we can apply to every Shabbos of our lives: Each Shabbos is its own unique opportunity of personal growth and helping others to learn and grow (Let's recall that a *korban* was a way to get closer to our Father in Shamayim). Once this Shabbos leaves, it and its unique opportunities will not come around again. Therefore, give your best to each Shabbos.



Ask Around Your Shabbos Table

In this week's parsha, Hashem chooses Yehoshua to be the next leader of Klal Yisroel. Our sages of blessed memory teach that Yehoshua was hesitant to take the position at first. And he accepted it only after Moshe Rabbeinu convinced him to do so.

Ask Around Your Table: What was Moshe Rabbeinu's persuasive point that convinced Yehoshua to take the role of a leader of Klal Yisroel?

Answer: Rashi tells us that Hashem told to Moshe Rabbeinu קח לך את - "Take....Yehoshua bin Nun..." [Bamidbar 27:18] Rashi comments that the word "take" in the verse means "convince" - i.e., convince Yehoshua that it's a special merit to be a leader of Klal Yisroel. What did Moshe say to make Yehoshua convinced about it? He said only thing: אשריך שזכית להנהיג בניו של מקום! "You are fortunate that you merited to lead the children of the Omnipresent!" (Rashi based on Midrash Sifri).

Parents and educators should remember these words of Moshe Rabbeinu and always feel the gratitude to the Ribbono Shel Olam for giving them the opportunity to be the caretakers and teachers of His children.



Rhymes for Kids



Oh, Eretz Yisroel - I love you so much,
With your special light, my heart you ____!

In this week's parsha, the verses say (Bamidbar 27: 12-13):

עֲלֵה אֶל הַר הָעֵבְרִים הַזֶּה וּרְאֵה אֶת הָאָרֶץ אֲשֶׁר נָתַתִּי לְבְנֵי יִשְׂרָאֵל... וּרְאִיתָהּ אִתָּה.....

...Go up to this mountain HaAvarim and look at the land that I have given to the children of Israel...and you should see it...

The obvious question is what is so special about just merely "seeing the land"?

In fact, Rashi in Devarim tells us that just merely "seeing the land" was Moshe's request (i.e., it was one of his requests). And Hashem did fulfill that request (see parsha V'Zos HaBeracha). Based on this question, HaRav Avigdor HaLevi Neventhal, *shlit"a* explains that the Torah is teaching us the following lesson: A person's soul is nourished with *kedusha*, by merely looking at Eretz Yisroel!



Parsha Trivia & Riddles



1. Yosef and the daughters of Tzelafchad had something in common that was praised by the Torah (through a hint.) What is it?
2. I saved the entire nation and I was not even born yet! How am I? (Hint: That nation did not deserve to be saved and if it wasn't for me, its destiny was going to be the same as of the other nation mentioned in the parsha.)