



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* **HALACHA CHALLENGE:** The Shulchan Aruch (O.C. 257:2) teaches the following *halacha*: אפילו תבשיל שנתבשל כ"צ, אסור להטמין בשבת אפילו בדבר - שאינו מוסיף הבל. *[and the insulation is prohibited] even with something that does not add heat, and even if the food in the pot is fully cooked.* **RHYME:** "clean". **PARSHA RIDDLE:** Moshe gave פנים עור קירון (the holy light of his face's skin) to Yehoshua (see Rashi's commentary to Bamidbar 27:20.) | *Menucha answers are not to be taken as final decisions in halacha.



Halacha Challenge



Insulating a Pot on Shabbos



Mrs. Gottstein woke up early on a Shabbos morning. When she entered the kitchen, she noticed that it was a bit dark in there.

"I wonder if the electricity went out in the middle of the night," she asked herself.

She touched the electric plata for a brief moment and discovered that the electricity did, in fact, go out, as the plata was no longer hot. She touched the pot with cholunt that was standing on the plata and was happy to find out that the pot was still hot. "The electricity must have went out not long ago," she thought to herself. Then, she looked at the pot and said, "I need a plan. By the time we sit down to eat the *seuda*, the cholunt will get cold."

Her daughter Miriam, who happened to also be up bright and early on that Shabbos morning, overheard Imma and proposed a plan, "Imma, what if we take the pot off the plata and wrap it in blankets so that the food inside the pot will stay warm? After all, the cholunt is completely cooked already and we would wrap the pot only with things that don't add heat."

Question: Did Miriam propose a good plan?

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Dedicated anonymously for yeshuos and refuos to all Klal Yisroel





Parsha Pearls

When Hashem instructed Moshe to transfer leadership to Yehoshua, He told him *קח לך את יהושע בן נון* - “Take for your benefit 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 one 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.



Ask Around Your Shabbos Table

עלה אל הר העברים הזה וראה את הארץ אשר נתתי לבני ישראל... וראיתה אתה.....

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

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).

Ask Around Your Table: What is so special about just merely “seeing the land”?

Answer: Based on this question, HaRav Avigdor HaLevi Neventhal, *sblit”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!



Rhymes for Kids



I always honor the Shabbos quetz,
By making my room nice and _____.

In this week’s parsha, the Torah says, *עלת שבת בשבתו* - **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, put your best into each Shabbos!



Parsha Riddle



In this week’s parsha, one person gave to another person something that no one else in the entire Torah gave to another. And it is something that is visible, but cannot be measured or weighed.

Who is the giver? What did he give? And who is the recipient?