



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 the 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 yatzar adam bechochma!*

Hints & Answers* **HALACHA CHALLENGE:** *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." **RHYME:** "clean". **PARSHA RIDDLE:** Moshe gave קירון עור פנים (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.



Shmiras Shabbos Breaking Apart Two Yogurt Containers



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 was permitted to do now.

Question: Can Imma separate the two yogurt containers?

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

◆ 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 Ha.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, *עלה 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! Start with this one.



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?