

# Shabbat Spice

PARSHAT METZORA



## Pesach: Redeemed Twice

By Mrs. Diana רבקה Dilamani

Shabbat HaGadol is the Shabbat right before Pesach, the holiday celebrating our redemption from slavery in Egypt. There is a universally accepted opinion that just like we were redeemed once during this time period, we will Be'ezrat HaShem be redeemed once again from our current and last exile.

In every generation, there is a potential to be eternally redeemed, but it is up to us to facilitate that process, so that we can get to the finish line of Galut, or exile, quicker.

The most effective method to speed up the process of Geulah, or redemption, is through our Achdut, or unity. It brings HaShem the epitome of Nachat, or pleasure, when His children demonstrate Achdut by:

- Getting along with each other
- Accepting and respecting one another
- Doing acts of kindness for each other, offering favors, being charitable with one's time and/or money.
- Encouraging each other with positive compliments, words of acknowledgment, praise and gratitude
- Conducting business ethically by being moral and honest
- Avoiding listening to and speaking Lashon Hara or gossip and slander
- Financially supporting important Jewish institutions and organizations
- Improving our "Shalom Bayit," literally translated to peace/harmony in our homes.
- Increasing our "Ahavat Khinam," baseless/ infinite love for all.

Shalom Bayit is not limited to the relationships in one's home and family, but it includes respecting everyone!

We understand the concept of Ahavat Khinam better from the quote ואהבת לרעך כמוך (you shall love your fellow as yourself): Don't do anything to anyone or say anything about someone that you don't want them doing to you or saying about you. It includes not putting people down, not stealing. It includes judging favorably with rosy-colored glasses by giving people the benefit of doubt. Not holding grudges. Being forgiving and not vengeful. Being as happy for others as how you would be for yourself. Not being jealous. It also includes all the other things that were listed under the category of Achdut.

How can it be that we are commanded in the Asseret HaDibrot not to feel jealous? Isn't that beyond our control? The simple answer is that the more we work on our "Emunah muscle," the more it will become embedded in our nature to accept what we have as the exact "ingredients" that we need. We might be "allergic" to what others have that we don't. If we truly internalize this concept, then we won't want what others have but instead will be happy for them!

Manifesting the Geulah with Positive thoughts and words, praying convincingly with fervor and passion for it, dressing modestly, controlling our temper and being hospitable are all mitzvot that help draw us closer to our long-yearned Heaven on Earth.

May we witness the most incredible end to this chapter called Galut, recite the blessings on seeing Mashiach and party heavily at HaShem's glorious Palace soon! May the third and eternal Beit Hamikdash speedily be built with all of our innocent hostages freed, our soldiers reunited with their families, the injured and ill healed. May HaShem send strength and comfort to all who've lost loved ones until they're resurrected! BzH many Yeshuot for Am Yisrael!

CANDLE LIGHTING 7:21PM | SHABBAT ENDS 8:30PM

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SEPHARDIC BET HIDRASH

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## Bread of Emunah

By Chana Kashi

I once heard an interesting explanation from Rabbi Avraham Kohan, as to why Matzah is called "The Bread of Emunah (faith)."

Matzah is the main star of Pesach.

Why is Matza referred to as the bread of faith?

While traditional bread is made by mixing flour with water and allowing it to rest, Matzah stands apart. From the moment water touches the flour, it is diligently worked with, never left idle. Not one second is it left alone.

This constant attention parallels the relationship between the Jewish people and Hashem...

...Symbolizing Hashgacha Prati (Divine Providence). The Jewish people are never left alone. Hashem is constantly watching over us and involved in our day-to-day lives. Just as every aspect of Matzah making is meticulously overseen, so too is every facet of our lives is guided by Hashem's watchful care. In contrast, other nations are likened to chametz (bread), left unattended without Divine Providence.

That is why we eat Matzah on Pesach that symbolizes this idea. Try to look for the good in every situation and see the hand of G-d.

Chag Kasher V'sameach!

THANK YOU TO THE SHABBAT SPICE TEAM  
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NAMDAR, DANIELLA NAMDAR, & JUDY YADGAR