

# Shabbat Spice

PARSHAT KI TEITZEI



## The Motger Bird By Kayla Ebrani

One of the MANY laws in this week's parasha talks about sending away a mother bird before taking her eggs/babies. I don't know about you, but I don't come across a mother bird sitting by her nest everyday, so how do we relate to this? We are told that if we do this mitzvah, the reward is long life, and there is only one other mitzvah that has the same reward: Kibbud Av Va'Em (honoring your parents). So there has to be some sort of connection between the two, do you know what it is?

Let me ask you a question first, how easy is it to capture an adult bird with your bare hands? What if I told you to get up right now and take a few minutes to catch a bird? Would you be successful? NO! It would be very difficult to catch a bird that can fly up, up, and away so easily.

There is only one time when the mother bird is vulnerable enough for you to be able to catch her; that's when she is with her young. Right there is the one chance you have to take a mother bird with your bare hands. You know why?

Because that mother bird will do ANYTHING to protect her babies. She will sacrifice herself, if it comes down to it, in a desperate effort to fend you off.

She'll flutter her wings and hover over her nest. She won't fly away, so a person could use her motherly instincts against her as a trap to capture her in addition to the eggs, so the Torah says to send her away first.

Now, going back to my original question, the answer is the honoring of motherhood. A mother will do anything for her young, even sacrifice herself, and we are commanded to respect that, not to turn a mothers own instinct against her.

This is also true for your own mother. Sure she will have expectations and hopes for you, but at the end of the day, she will always love you and be there for you when you need her. Don't use that parental love and give nothing in return, because it is intended to help you grow.

Take a few minutes to think about the things your parents have said/done in the past that might have bothered you at the moment, but were actually good for you in the long run. Take a few minutes to think back to a time when you could really count on your parents. Take a few minutes to say a sincere "thank you" and give them a hug. Your parents just want to protect you, just like a mother bird with her babies.

This idea came from an AlephBeta video by Rabbi David Fohrman, but I'm shortening it so if you're interested in hearing more you should watch the whole video: [youtube.com/watch?v=jz1li324jFQ](https://youtube.com/watch?v=jz1li324jFQ)

CANDLE LIGHTING 6:48PM | SHABBAT ENDS 7:55PM

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Be the Change

By *Lauren Livi*

In this week's Parasha, Parashat Ki Tetzeh, we are presented with seventy-four of the Torah's 613 commandments. There are so many topics to discuss, with so many mitzvot, but one mitzvah really spoke to me. The mitzvah of not looking away when you see a fellow Jew's donkey struggling under a heavy load. Sounds random right?

*"You shall not see the donkey of your brother or his ox falling on the road and hide yourself from them; you shall surely raise [it] with him."* (Devarim 22:4)

It's easy to skim by this line, as one tiny detail in a parasha full of commandments. But this mitzvah is about so much more than donkeys carrying heavy weight. It's telling us what our society should look like; a place where people go to help even complete strangers in distress.

There are many times in life when we see someone struggling and the easy, or even natural thing to do is to pretend like we don't see. From seemingly small things, like seeing someone lost and running away before they ask us for help.

Or seeing a friend with a long face and pretending you didn't see it because we don't want to take the time to hear about their problems.

I think we've all been in a situation where we know someone that isn't a part of our friend "circle," but we see them around enough (whether it be at work, school, kanissa) to know that they don't have as many close friends to sit with, go out with, or even to talk to. And it's so easy and tempting to pretend like we don't see. And even if we do see, then to make excuses that they're really fine, they must have other friends etc.

But HaShem is asking us to act against our nature. HaShem sees us in every situation we're put in and sees when we have an opportunity that we don't take. He's asking us to go out of our way, when it's so tempting to look away and pretend we don't see, and be the person to offer help.

I hope we will all BZH always have the strength and the courage to be the type of person that doesn't hide or pretend, but to be the first to act when the action is needed.

THANK YOU TO THE SHABBAT SPICE TEAM  
RACHIE DILAMANI, VERONICA KORDMANY, ASHLEY  
NAMDAR, DANIELLA NAMDAR, & JUDY YADGAR