

# Cereal of the Week Parsha Program

Rabbi Joel Yormark

**Grade Level:** Middle School

**Description:**

Clever puns found in the names of breakfast cereals are used to teach parshas hashavua. Ideas for bulletin boards, activities and games are also included.

This PDF file contains cereal ideas for every Parsha of the week and the Yamim Tovim!

**Goals / Objectives:**

Students will remember the d'var Torah through making the association with the cereal of the week.

**Instructions:**

1. Present the d'var Torah to the students, and explain the connection to the cereal of the week.
2. Encourage the students to tell over the d'var Torah at home, and have the parents sign (place for parents' signature not included).

**Variations:**

- Additionally, this creative idea could do well in a camp setting or as an Adar activity.

# ***CEREAL OF THE WEEK***

**"CEREAL OF THE WEEK"** PROGRAM FOR YOUR SCHOOL. YOU WILL SEE NEW EXCITEMENT AND ENTHUSIASM FROM YOUR STUDENTS IN STUDYING THE WEEKLY PARSHA.

I OFFER THE FOLLOWING SUGGESTIONS FOR USE WITH THIS MATERIAL: 1) THE SHEETS CAN BE GIVEN OUT TO STUDENTS, AS SHOWN IN THE EXAMPLES THAT YOU RECEIVED. BULLETIN BOARDS CAN BE CREATED BY CUTTING OUT THE CEREAL BOX FRONT, PUTTING THE SHEET NEXT TO IT, AND POSTING THEM OUTSIDE OR INSIDE THE CLASS FOR THE APPROPRIATE WEEK. 2) INVITE STUDENTS TO BRING YOU CEREAL BOX FRONTS WITH THEIR OWN IDEAS FOR WHICH PARSHA THEY MAY BE USED. PLEASE NOTE THAT SOME CEREALS MAY NOW BE OUT OF PRODUCTION, BUT YOU CAN TRY TO GET THE CLASS TO THINK OF A NEW ONE, IF YOU WANT. 3) PLAY CEREAL MEMORY GAMES, GIVING THE STUDENTS THE CEREAL TITLE AND HAVING THEM NAME THE APPROPRIATE PARSHA. 4) AT THE CONCLUSION OF A **פסוק** OF CHUMASH, TREAT YOUR CLASS TO BREAKFAST BY BRINGING SOME OF THE **"CEREALS OF THE WEEKS"** ALONG WITH MILK AND DOUGHNUTS!

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THANK YOU AGAIN AND ENJOY !!!

219-2553351 (SCHOOL)

SINCERELY,  
RABBI JOEL YORMARK

# **CEREAL OF THE WEEK**

**בְּרֵאשִׁית**

**POST**

**"ALPHA" "BITS"**

**יום הששי**

**HASHEM CREATED THE WORLD ONLY  
ON THE CONDITION THAT THE JEWISH  
PEOPLE WOULD ACCEPT THE TORAH,**

**WHICH WAS WRITTEN WITH THE**

**HEBREW "ALPHA" BET**

**CONSISTING OF 22 LETTERS.**

**HASHEM PUT אָדָם IN גֶּן עֵדֶן, AND TOLD  
HIM THAT HE COULD EAT FROM EVERY  
TREE OF THE GARDEN, EXCEPT FROM THE  
עֵץ הַדַּעַת. THE SNAKE THEN CAME AND  
CONVINCED תְּחֵה TO EAT THE FORBIDDEN  
FRUIT. SHE ATE THE FRUIT, AND ALSO**

**GAVE LITTLE "BITS" OF IT TO אָדָם.**

**"הוֹסִיף ה' זֶשֶׁי זגמר מעשה זראשית לומר  
שהחנה עמהם על מנת שיקבלו עליהם ישראל  
חמשה חומשי תורה." (רש"י)**

# CEREAL OF THE WEEK

נח

GENERAL MILLS

## "TOTAL"RAI-SIN"BRAN"

"וַאֲנִי הִנְנִי מֵבִיא אֶת הַמָּבּוּל מִיָּם עַל הָאָרֶץ לְשַׁחַת כָּל בָּשָׂר..."

HASHEM TOLD נח THAT A מַבּוּל (FLOOD) WAS SOON TO COME AND WOULD CAUSE

"TOTAL" DESTRUCTION.

"וַתִּמָּלֵא הָאָרֶץ חָמָס"

IT "RAI" NED FOR 40 DAYS AND 40 NIGHTS. THE REASON THAT HASHEM CAUSED THIS TO HAPPEN WAS BECAUSE EVERYONE WAS COMMITTING SO MUCH CRIME,

ESPECIALLY THE "SIN" OF ROBBERY.

AFTER THE WATERS COMPLETELY DRIED, נח LEFT THE תְּבֵהָ AND LOOKED AT THE

"BRAN" NEW WORLD.

## *Cereal of the Week*

לָךְ-לָךְ

“KASHI”

“GO” “LEAN” “CRUNCH”

“CEREAL”

הֵה tested אַבְרָהָם 10 times. Even though each test was hard to understand, אַבְרָהָם did not have any “KASHI”s (questions), because he knew everything הֵה does--is always for a good reason.

One of the difficult tests was--- הֵה told אַבְרָהָם to “GO” from your land, from your birthplace, and from your father’s house, to the land that I will show you.

Another test was--when אַבְרָהָם came to אֶרֶץ -- there was a famine, and the people were probably very thin and “LEAN”.

Another test was--when אַבְרָהָם’s nephew לוֹט was captured by the 4 kings, -- אַבְרָהָם had to go to war against the 4 kings, and he “CRUNCH”ed them and rescued לוֹט. The lesson we can learn from this is: We must always “CE”(see)--everything הֵה does-- is “REAL”ly always for a good reason-- and always say, "גַּם זֶה לְטוֹבָה".

## CEREAL OF THE WEEK

וִירָא

GENERAL MILLS

"NEW"--"REESE'S" "PEA"NUT"  
"BUTTER" "PUFFS"

THIS PARSHA IS ACTION-PACKED !!!

1) אֲבָרָהָם "REESE"EIVED (RECEIVED)

A GREAT REWARD FOR יִצְחָק.

2) THE FIRST מִלֶּאךָ ANNOUNCED THE  
GOOD "NEW"S THAT שָׂרָה WOULD  
HAVE A SON IN ONE YEAR.

3) THE SECOND מִלֶּאךָ CAME TO SMASH  
מֶדֶם INTO "PEA"CES.

4) THE THIRD מִלֶּאךָ CAME TO HEAL  
אֲבָרָהָם AND TO RESCUE לוֹט, WHO WAS A  
"NUT" FOR LIVING IN מֶדֶם

( CONTINUED NEXT PAGE )

5) אֶבְרָהָם SERVED "BUTTER" AND  
CREAM TO HIS GUESTS AS AN  
APPETIZER.

6) אֶבְרָהָם SAW "PUFFS" OF SMOKE  
COMING OUT OF מֶלֶךְ AFTER IT WAS  
DESTROYED.

ISN'T IT AMAZING WHAT ONE  
CEREAL CAN TEACH US !!!!



## *Cereal of the Week*

חַיֵּי שָׂרָה

**“LIFE”**

**“ORIGINAL”**

**“MULTI” “GRAIN” “CEREAL”**

The **“LIFE”** of שָׂרָה was 127 years; her whole life was equal in goodness (as רש"י tells us)-- "כלן שוין לטובה".

עפרון **“ORIGINAL”**ly told אברהם he could have the burial place for שָׂרָה for free, but he ended up charging him lots of money!

What lesson do we learn from this?

הקב"ה promised אברהם , he would be the father of a

**“MULTI”**tude of nations. ("אב הַמּוֹן גוֹיִם")

שָׂרָה's life was a life full of חֶסֶד;--There was not a

**“GRAIN”** of evil in her whole life!

The main reason אֱלִיעֶזֶר chose רבקה as a wife for יצחק was because she was, as רש"י says, גוֹמֶלֶת חֶסֶדִים.

We can now **“Ce”**(see) the **“REAL”** reason רבקה was chosen to be one of the 4 mothers of the Jewish people, and not because of other reasons---such as wealth, beauty, and intelligence.

What important lesson can we learn from this??

## Cereal of the Week

תולדות

### “KIX” “KID”- “TESTED” “MOTHER-APPROVED”

When רבקה was pregnant with יעקב and עשו, she was having a very difficult time. When she passed by a yeshivah, יעקב “KIX” to come out. When she passed by a place of עבודה זרה, עשו “KIX” to come out!

יעקב wore “KID”---goat skins so he would feel like עשו. When יצחק asked יעקב who he was, he “TESTED” יעקב to give him the right answer.

The reason יעקב did all of this to get the ברכה from his father was because:

his “MOTHER-APPROVED” it !!

If רבקה told יעקב to dress like עשו, why didn't רבקה also tell יעקב to speak like עשו also--(“יקם אבי”, instead of “קום נא”)--(see רש"י),-- so יצחק would not even think it might be יעקב??

What lesson does this teach us?

## Cereal of the Week

וַיֵּצֵא

### “TRIX” “ARE” “FOR” “KIDS”

”וְלָמָּה רָמִיתָנִי”

When יַעֲקֹב was at the house of לָבָן for twenty years,  
לָבָן played a lot of “TRIX” on יַעֲקֹב.

There “ARE” many tricks לָבָן did to יַעֲקֹב.  
The first trick was when he gave לֵאָה to יַעֲקֹב instead of  
רָחֵל. Do you know how and why it happened?

יַעֲקֹב had to work another 7 years “FOR” רָחֵל.

יַעֲקֹב had a total of 12 “KIDS”--the שְׂבָטִים,  
and also דִּינָה.

Do you know the other “TRIX” לָבָן did to יַעֲקֹב??  
What was the total amount of “TRIX” לָבָן did to  
יַעֲקֹב??

Do you know why it is wrong to do “TRIX”  
to your friends? What is this called?

## *Cereal of the Week*

וַיִּשְׁלַח

### “General” “Mills” “Cheerios”

עֲשׂוֹ--- the “General” of his “Mill”itary,--- was coming to fight יַעֲקֹב with 400 men. When יַעֲקֹב heard the terrible news, he did 3 things to prepare himself.  
"הַתְּקִין עֲשׂוֹ לְשֵׁשׁ דְּבָרִים לְדוֹרוֹן לְתַפְלָה וּלְמַלְחָמָה" (רש"י)

- 1) He prepared a present to give to עֲשׂוֹ.
- 2) He davened to save himself and his family.
- 3) He prepared for war, by dividing his family into 2 groups. If one group was attacked, the other group could escape and survive.

When יַעֲקֹב was trying to give the present to עֲשׂוֹ:

עֲשׂוֹ said--"יֵשׁ לִי רַב" - I have plenty--more than I need!

יַעֲקֹב said:--"יֵשׁ לִי כָל" -- I am happy and “Cheeri” (cheery) with what I have, I do not need anymore!

With the help of הַקֶּבֶה, יַעֲקֹב was successful, and he and his family were saved! Each one of them “OS” (owes) much thanks to הַקֶּבֶה !!!

What important lessons does this Parsha teach us?

## *Cereal of the Week*

וַיֵּשֶׁב

“Post”

“Co”Coa” “Pebbles”

יַעֲקֹב loved יוֹסֵף more than all of his sons, because he was the  
"בֶּן-זָקֵנִים" - רִשִׁי says this means: יוֹסֵף was born when יַעֲקֹב was  
old, יוֹסֵף looked like יַעֲקֹב, and יוֹסֵף was a smart son because יַעֲקֹב  
taught יוֹסֵף all the Torah he learned in the yeshiva of וְעֵבֶר.

יַעֲקֹב made for יוֹסֵף a כֶּתֶנֶת פִּסִּים - a fine woolen “Co” at (רִשִׁי),  
or a long colorful “Coa” (רד"ק).

When the אָחִים saw this, they began to hate him. יוֹסֵף told the  
אָחִים two dreams in which they would bow down to him.

The אָחִים decided that יוֹסֵף was a רוֹדֵף and wanted to harm them,  
so they threw him into a pit, and then they sold him.

They took his coat and dipped it into goats' blood to make it  
appear as if he was killed by a wild animal.

יוֹסֵף was eventually sold to פּוֹטִיפָר and was very מַצְלִיחַ --  
(successful) -- because, as רִשִׁי says -- "שָׁם שָׁמִים שְׁגוּר בְּפִיו".  
(הקב"ה always talked about יוֹסֵף)!

What very important lesson does this teach us?  
יוֹסֵף was later thrown in jail due to a false accusation.

In jail with יוֹסֵף were the הַמְשָׁקִים because a fly was  
found in פָּרְעָה's cup, and the הָאוֹפִים because a “Pebble”  
was found in פָּרְעָה's bread.

The שַׁר הָאוֹפִים was hung, but the שַׁר הַמְשָׁקִים was returned  
to his original “Post”. *Do you know why?*

## Cereal of the Week

מִקֵּץ

“General” “Mills”

“100%” “Whole” “Grain”

“Wheat” “Chex”

פֶּרְעָה appointed יוֹסֵף to be second in command of all the people in the land, and also to be the “General” of all the wheat “Mills” in מִצְרַיִם. He was in jail for many years, and all of a sudden, he was לְמַלְךָ!! This is an example of---

”יְשׁוּעַת הַשֵּׁם כְּהֶרֶף עֵינִן”. What lesson does this teach us?

יוֹסֵף listened to פֶּרְעָה’s dreams, and he was “100%” correct in his interpretations of the dreams.

יוֹסֵף ordered the “Whole” country of מִצְרַיִם to save some of the abundant “Grain” of the 7 years of plenty, for the upcoming 7 years of famine.

יוֹסֵף collected and stored the “Wheat” for the 7 years of famine. He did many “Chex” and inspections to make sure it was being stored properly.

יוֹסֵף accused his brothers of being spies, but they did not recognize him because יוֹסֵף now had a beard.

The אֲחֵים said that everything “WE EAT” (“WHEAT”) and do, he “Chex” on us!

## Cereal of the Week

וַיֵּץ

"Corn" "Chex"

"Cereal"

"Party" "Mix"

יוֹסֵף was a great צַדִּיק, and he is called-- יוֹסֵף הַצַּדִּיק. He was very sensitive to the feelings of the אֲחִים. He moved all the people of מִצְרַיִם from one city to another city in מִצְרַיִם.

רַשִׁי tells us the reason this massive move was done:

When the אֲחִים moved down to מִצְרַיִם----- יוֹסֵף was afraid the מִצְרַיִם would call the אֲחִים strangers and גּוֹלִים(exiles), and would insult them. Therefore, by moving all the people to different cities, they could not make fun and S"CORN" the אֲחִים by calling them גּוֹלִים(exiles), because the מִצְרַיִם were now also גּוֹלִים(exiles)! All this was done to make the אֲחִים comfortable and feel like the rest of the people! Can you imagine how hard this was for יוֹסֵף to do?

What important lesson does this teach us??

As the famine became more severe, the מִצְרַיִם spent all their money to buy food from יוֹסֵף. They could not even write any "Chex" (checks), because there was no money in the bank!!

When יוֹסֵף revealed his true identity to the אֲחִים, they could "Ce"(see) that he was "Real"ly יוֹסֵף.

They didn't have a "Party", because they had "Mix"ed feelings--they truly regretted what they had done to him.

וַיְחִי

*Cereal of the Week*  
“Post”  
“Grape” “Nuts”

אֵילָה runs quickly, so also the fruits in נִפְתָּלִי's land will ripen quickly; and also when יַעֲקֹב claimed עֶשָׂו could not be buried in the מִצְרַיִם, מְעֵרַת הַמִּכְפָּלָה ran quickly (like an אֵילָה) to get the document which proved יַעֲקֹב's family owned the מִצְרַת הַמִּכְפָּלָה.

This document was not mailed from the “Post” office !

שְׁבָטִים, בָּרָכָה to the יַעֲקֹב אָבִינוּ ---When אֶסְרִי לְגִפְנֵי עִירָה, he compared יְהוּדָה to the strength of a lion, and kings and מְשִׁיחַ would come from him, and much “Grape”s and wine will come from his land.

The first רִשׁוֹנִי in the Parsha asks---why is this Parsha סְתוּמָה? (*closed off*)--(only a blank space of one letter in a תּוֹרָה separates this parsha from the previous parsha). One of the answers יַעֲקֹב אָבִינוּ gives is--- יַעֲקֹב was about to reveal to his sons when מְשִׁיחַ would come, but *closed it off* from him and made him forget. Do you know why?

Did you ever forget what you were just about to say?  
Doesn't it drive you “NUTS”??



וַיְחִי

**Cereal (Candy) of the Week**  
**“Hersheys” “Kisses”**  
**“CHOCOLATE”**

יֵעֲקֹב told יוֹסֵף why he buried רָחֵל on the road at בֵּית לָחֶם.  
At a later time when בְּנֵי יִשְׂרָאֵל would be captives, they would pass  
by קֶבֶר רָחֵל , near **“Her”** grave, and רָחֵל would daven  
to הַקֶּבֶר to save them.

רָחֵל מְבַכָּה עַל-בָּנֶיהָ

**“Sheys”** (She’s) crying for her children.

וַיִּשָּׁק לָהֶם

וַיַּחֱבֹק לָהֶם

Before יֵעֲקֹב gave a בְּרָכָה to אֶפְרַיִם and מְנַשֶּׁה, he **“Kisses”**  
them and hugs them.

וַיִּדְגּוּ לָרֹב

יֵעֲקֹב gave a בְּרָכָה to אֶפְרַיִם and מְנַשֶּׁה that they should multiply  
a lot like fish, because just like fish have no עֵינִי הָרַע --because you can’t  
see them (in the water) , so also בְּנֵי יִשְׂרָאֵל should be protected from  
עֵינִי הָרַע.

We have now finished סֵפֶר בְּרָאשִׁית, and making a סִיּוּם,  
(including bringing all the cereals of the weeks of בְּרָאשִׁית);

-Write with **“CHOC”**(chalk) on the board:

!!סִיּוּם on our מַזָּל טוֹב

Come on time, please don’t be **“LATE”**!!

## *Cereal of the Week*

שָׁמוֹת

*“Post”*

*“Honey-Nut Shredded Wheat”*

The slavery of בְּנֵי יִשְׂרָאֵל in מִצְרַיִם began in the *“Post”*-era. פַּרְעֹה pretended as if he did not remember all that יוֹסֵף did for מִצְרַיִם, when he was second in command of all the people in the land.

מֹשֶׁה רָבִינוּ appeared to הקב"ה and told him to take בְּנֵי יִשְׂרָאֵל out of מִצְרַיִם, into a land flowing with milk and *“Honey.”*

We eat פֶּסַח on חֲרוּסֵת, which is a mixture of apples, wal“*Nut*”s, cinnamon, and wine--to remember the mortar and bricks we made in מִצְרַיִם.

The בְּנֵי יִשְׂרָאֵל made the bricks from“*Shredded*” straw and stubble that were found in the fields.

*“WE EAT”*(wheat) מָרֹר on פֶּסַח to remember the bitter life and hard work in מִצְרַיִם.

## *Cereal of the Week*

וְאֵרָא

### **“Honey Bunches Of Oats”**

There are **“Bunches”** of מַכּוֹת in this פְּרִשָּׁה,  
namely 7! They are:

דָּם צִפְרִידַע פְּנִים עָרֵב דְּבַר שְׁחִין בָּרָד

The 4 לְשׁוֹנוֹת **“OF”** גְּאוּלָּה are:  
וְהוֹצֵאתִי וְהִצַּלְתִּי וְגֵאֲלֵתִי וְלִקְחֹתִי

מֶטָה did not want to hit the river with his מֶטָה  
to turn it into blood, because when he was a baby, he  
FL**“OAT”**ED in a basket on the river, and since the  
river helped save his life, it would not be הַכֶּרֶת הַטּוֹב  
to do this to the river.

Do you know what lesson this teaches us?

When someone does you a favor,  
what are the 2 words we need to say with a smile?

*Cereal of the Week*  
וְאֵרָא  
“KASHI”  
“HEART TO HEART”  
“CEREAL”

הַקַּב"ה promised when בְּנֵי יִשְׂרָאֵל leave מִצְרַיִם, they would leave with great wealth--lots of “Kash” (Cash)! The מִצְרַיִם would “I”- “E”ven give them more silver and gold than they were asked for.

הַקַּב"ה hardened פָּרְעֹה's “HEART”, not letting בְּנֵי יִשְׂרָאֵל “TO” go free. The reason הַקַּב"ה hardened פָּרְעֹה's “HEART” was because פָּרְעֹה would not do a real תְּשׁוּבָה, and people might think פָּרְעֹה does תְּשׁוּבָה, and הַקַּב"ה is not being fair, and still punishes him. Therefore, הַקַּב"ה hardened his heart and brought punishments on פָּרְעֹה, so בְּנֵי יִשְׂרָאֵל would see the great power of הַקַּב"ה.

The reason הַקַּב"ה brings punishments on the nations of the world- (earthquakes, volcanos, tsunamis, floods, all types of destruction, etc.)- is so בְּנֵי יִשְׂרָאֵל would hear what happened, have יִרְאַת ה'ֵשׁ, and do תְּשׁוּבָה! (וְכֵן מִדְּתוֹ שֶׁל הַקַּב"ה מְבִיא פּוֹרְעָנוֹת עַל הָאֻמּוֹת כְּדֵי שְׁלִשְׁמֵעוּ יִשְׂרָאֵל וְיִירְאוּ") (רש"י-פרק ז--פסוק ג)

During the מַכָּה of חֹשֶׁךְ, the מִצְרַיִם could not “CE” (See) anything. (פִּרְשֵׁת בֹּא )

When מֹשֶׁה רַבֵּינוּ warned פָּרְעֹה about בְּכוֹרוֹת, the Egyptian first-borns begged פָּרְעֹה to let מֹשֶׁה רַבֵּינוּ go free, because they knew בְּנֵי יִשְׂרָאֵל was for “REAL.”

## Cereal of the Week

בֹּא

“Instant” “Cream” “of” “Wheat”

“10” “single” “serving” “packets”

“CEREAL”

All of the מַכּוֹת lasted for 7 days, except for מַכַּת בְּכוֹרוֹת.  
(The 7th day of חֹשֶׁךְ was at the סוּף).

מַכַּת בְּכוֹרוֹת happened at חֲצוֹת,--in an “Instant.”  
The אֲרֶבָה destroyed all of the crops that were leftover  
from the בָּרָד. The אֲרֶבָה completely ate and  
“Cream”ed all “of” the “Wheat.” !!

The reason we eat מִצָּה on פֶּסַח is because--immediately  
after the “10”th (tenth) מַכָּה,----- (מַכַּת בְּכוֹרוֹת),  
every “single” one of בְּנֵי יִשְׂרָאֵל went out of מִצְרַיִם in  
a very big hurry, and there was no time for the  
dough to rise to make bread. They were very  
happy not to be “serving” the מִצְרַיִם anymore.

The בְּנֵי יִשְׂרָאֵל took everything they had,  
and “pack”ed “et” (it) in a hurry!!

During חֹשֶׁךְ, the מִצְרַיִם could not “CE”(see) anything,  
because it was “REAL”ly very dark!

“Instant” “Cream” “of” “Wheat”

is a perfect hot breakfast cereal for this cold winter day!

בְּשִׁלַּח

## Cereal of the Week

### “KASHI” “CINNAMON” “HARVEST” “CEREAL”

When the מִצְרִים were drowning in the sea, the פֶּסוּק says-  
יֹאכְלֵמוּ כֶקֶשׁ. This means the מִצְרִים were thrown  
around in the sea like “KASH”-קֶשׁ-straw--to increase  
their suffering. The מִצְרִים were “i” easily convinced by  
פֶּרַעַה to chase after בְּנֵי יִשְׂרָאֵל, because פֶּרַעַה promised the  
מִצְרִים great wealth if they listened to him.

דָּתָן and אָבִירָם did a great “SIN” by leaving over “a”  
portion of the “MON” until the next morning.

When the מָן stopped on the 7th day of אֶדְר when  
מֹשֶׁה רַבֵּינוּ died, the בְּנֵי יִשְׂרָאֵל had enough מָן they  
gathered that day until they “HARVEST”ed the עֶמֶר  
on the 16th of נִסָּן.

When the “CE” (sea) split, it was “REAL”ly a  
special miracle, because not only did the יַם סוּף split,  
but all the waters in world also split!

## Cereal of the Week

בְּשֵׁלַח

“QUAKER”

“CINNAMON”

“OATMEAL” “SQUARES”

“CEREAL”

שָׁמְעוּ עַמִּים יִרְגָּזוּן

The nations trembled and “QUAKE”d ,  
because they were afraid of the great power of הַקֹּב"ה.

When the מִצְרַיִם chased בְּנֵי יִשְׂרָאֵל, and came clos “ER” (closer)  
to them, הַקֹּב"ה brought חֶשֶׁד on them.

וַיּוֹתְרוּ אֲנָשִׁים מִמֶּנּוּ עַד-בֹּקֶר וַיָּרֶם ה' וַיִּלְעָגוּ

מִן מֶלֶךְ מִשְׁחָה רַבִּינוּ told בְּנֵי יִשְׂרָאֵל not to leave over any מֶן for  
the next morning, but אֲבִירָם and דָּתָן did a “CINN”, because they left  
over “A” portion of “MON” the next morning.

וַיִּמְדּוּ בִלְעָמֶר וְלֹא הָעֵדִיף הַמִּרְבָּה וְהַמִּמְעִיט לֹא הִחֲסִיר

When בְּנֵי יִשְׂרָאֵל gathered the מֶן, even though some people  
collected a lot , and some people only collected a small amount;  
when they returned to their homes, they discovered every person only  
had the same amount of מֶן (one עוֹמֶר per person) as each other!  
A famous QU “OAT” (Quote) of רַש"י : !!! "...זָכוּ גַם גְּדוּלָּה..." !!! Can you  
figure out why this was a great miracle, and what lesson we can learn  
from this??

וַיְהִי בַיּוֹם הַשְּׁנִי לִקְטוֹ לֶחֶם מִשְׁנָה

On עֶרֶב שַׁבָּת , the מֶן that was gathered was called לֶחֶם מִשְׁנָה ,  
--because when בְּנֵי יִשְׂרָאֵל later measured the מֶן that they gathered on  
עֶרֶב שַׁבָּת, it turned out to be twice (מִשְׁנָה) the amount that they originally  
gathered!! This is why we also must have לֶחֶם מִשְׁנָה ----  
(2 whole rolls or challos) for all 3 שַׁבָּת “MEAL”s.

The מֶן was white and round, not “SQUARE”.

When the “CE” (sea) split, it was “REAL”ly a special miracle, because  
not only did the יַם סוּף split, but all the waters in the world also split!!

יתרו

## Cereal of the Week

### General Mills “COOKIE” “CRISP”

The fourth one of the עֲשֶׂרֶת הַדְּבָרוֹת is to remember שִׁבָּת and not to do מְלָאכָה. There are 39 מְלָאכּוֹת -- types of work that are forbidden to do on שִׁבָּת.

One of them is “COOK”ing or baking (בִּישׁוּל). You cannot cook, bake, or boil anything on שִׁבָּת and “IE”ven(even) if the food is completely cooked, you also cannot put it on the very hot part of the blech to warm it up, if the food or liquid could get very hot--if it would stay on that part of the blech for a long time.

Another one of the 39 מְלָאכּוֹת is cleaning or washing clothing (מְלִבֵּן). If a piece of “CRISP”y kugel or chulent fell on your suit or dress, you are not allowed to wipe off the stain on שִׁבָּת.

You are also not allowed to put any water on the stain, even if it is embarrassing to wear it like that.

**GOOD שִׁבָּת!**



## *Cereal of the Week*

מִשְׁפָּטִים

“POST”

“OREO”

“O’s”

If a man steals an ox “OR” a sheep, and then slaughters it, he has to pay the owner 5 times the value of the ox, or 4 times the value of the sheep. If you hurt someone, you may have to pay for נֹזֶק, צָעַר, רַפּוּי, שְׁבֵת, and בִּשְׁת.

( These are 5 types of payments for hurting someone).

You have to pay “E”ven if done by accident, except for בִּשְׁת, (embarrassment), which you only have to pay if you do it with intention.

If you “O”wn an animal, you must guard it to prevent it from damaging other property.

If someone “O’s” money, it is a מַצָּוָה to pay it back as soon as possible, and not to “POST”pone it!

Please note: in --פֶּרֶק כֹּד-פָּסוּק ז-- perek 24, posuk 7, --  
All בְּנֵי יִשְׂרָאֵל said-- נַעֲשֶׂה וְנִשְׁמָע -- we will do and listen--  
all the mitzvos! **DO IT 24/7 !!!**

## *Cereal of the Week*

תְּרוּמָה

### “GENERAL” “MILLS” “RAISIN” “NUT” “BRAN”

מִשָּׁה רַבִּינוֹ was the “GENERAL” and the one in charge to make sure the מִשְׁכָּן was built properly.

The לֶחֶם הַפָּנִים was made from flour ground in a “MILLS”stone.

The קִרְשִׁים were “RAIS”ed up “IN” the מִשְׁכָּן vertically to stand next to each other, not horizontally, one on top of each other.

The קִרְשִׁים boards were not connected to each other with “NUT”s and bolts.

The לֶחֶם הַפָּנִים was not made from “BRAN”d new wheat-(חֲדָשׁ), but from the old wheat-יָשָׁן.

## CEREAL OF THE WEEK

תְּצִיָּה

POST

### "FRUITY" PEBBLES"

THE כֹּהֲנִים WORE 8 SPECIAL GARMENTS WHILE DOING THE SERVICE IN THE מִשְׁכָּן. ONE OF THEM WAS THE חֹשֶׁן (THE BREASTPLATE). IT WAS VERY HOLY, BECAUSE INSIDE THE חֹשֶׁן- THERE WAS A PIECE OF PARCHMENT WITH HASHEM'S HOLY NAME WRITTEN ON IT. THERE WERE ALSO 12 PRECIOUS STONES THAT WERE PLACED IN GOLD SETTINGS. THESE STONES WERE OF MANY DIFFERENT COLORS--- BLUE, GREEN, RED,-- AMONG OTHERS. THESE STONES WERE "FRUITY" COLORED.

THE NAMES OF EACH ONE OF THE 12 TRIBES WERE ENGRAVED ON THE "PEBBLES"-- ONE NAME FOR EACH STONE. HASHEM WOULD SEE THIS, AND IN THEIR MERIT, SAVE THE JEWISH PEOPLE.

PLEASE NOTE: FRUITY PEBBLES ARE BLUE, GREEN, AND RED--AMONG OTHER COLORS !!!

## CEREAL OF THE WEEK

כִּי תֵשָׂא

POST

### "GOLDEN" "CRISP"

THE **בְּנֵי יִשְׂרָאֵל** THOUGHT THAT **מֹשֶׁה** WAS LATE IN COMING DOWN FROM THE MOUNTAIN WHERE HE WAS RECEIVING THE TORAH. THEY ASKED **אֱהֲרֹן** TO MAKE AN IDOL FOR THEM, BECAUSE THEY THOUGHT **מֹשֶׁה** WAS NOT COMING BACK. WHEN THE WOMEN HEARD THAT THE MEN WANTED TO TAKE THEIR

"GOLDEN" JEWELRY TO MAKE THE IDOL-- THEY REFUSED BECAUSE THEY HAD FAITH IN HASHEM. THE MEN THEN GAVE THEIR OWN "GOLDEN" JEWELRY.

**אֱהֲרֹן** TOOK ALL OF THE GOLD AND THREW IT INTO THE FIRE TO MELT IT. OUT OF THE FIRE CAME A "GOLDEN" CALF.

WHEN **מֹשֶׁה** SAW THIS, HE BROKE THE **עֲלֵה** (THE TABLETS). THEN HE TOOK THE **עֲלֵה** (CALF), AND BURNED IT TO A "CRISP."

## CEREAL OF THE WEEK

ויקהל

KELLOGG'S

### "FROOT" "LOOPS"

THE ROOF OF THE מִשְׁכָּן HAD 3 LAYERS OF MATERIAL THAT WERE PLACED ON TOP OF THE מִשְׁכָּן. THE BOTTOM LAYER WAS MADE OF 10 יְרִיעוֹת (CURTAINS) THAT COULD BE SEEN FROM THE INSIDE OF THE מִשְׁכָּן. THEY HAD FIGURES OF LIONS AND EAGLES SEWN ONTO THEM, AND WERE WOVEN WITH MANY DIFFERENT COLORS OF THREAD. THEY WERE "FROOT"Y COLORED.

THE 10 CURTAINS WERE SEWN TOGETHER INTO TWO GROUPS OF FIVE. THE TWO GROUPS WERE ATTACHED WITH GOLDEN HOOKS AND

לִלְאָת ----- "LOOPS."

## CEREAL OF THE WEEK

פְּקוּדֵי

GENERAL MILLS

"FIBER" "ONE"

THE CLOTHING OF THE כֹּהֵן גָּדוֹל WAS  
MADE OF DIFFERENT "FIBER"s.

FOR EXAMPLE, THE אֵפֹד WAS MADE OF A  
COMBINATION OF GOLD, WOOL, AND LINEN  
THREADS. WE ARE NOT ALLOWED TO WEAR  
A GARMENT THAT HAS A COMBINATION OF  
WOOL AND LINEN, BUT THE TORAH MADE AN  
EXCEPTION FOR THE כֹּהֵן גָּדוֹל.

THE כֹּהֵן גָּדוֹל WAS THE CHIEF כֹּהֵן IN THE  
בֵּית הַמִּקְדָּשׁ AND THE מִשְׁכָּן. THERE WERE MANY  
REGULAR כֹּהֲנִים, BUT THERE WAS ONLY

"ONE" כֹּהֵן גָּדוֹל .

## Cereal of the Week

וִיקָרָא

### “OATMEAL” “SQUARES”

The only animals that could be brought as קִרְבָּנוֹת were cows, sheep, or **G“OAT”S.**

If you read this פְּרָשָׁה (שְׁנִים מִקָּרָא), then הקב"ה counts it just like you actually brought קִרְבָּנוֹת today!!

If someone brings a קִרְבֶּן מִנְחָה, it must be from the best kind of wheat **“MEAL”** flour.

A poor person would usually bring this קִרְבֶּן. This teaches us--the most important thing to הקב"ה is not how *much* you do---but *how* you do it, and to have the proper פְּנִיָּה .

The מִזְבֵּחַ was 10 אַמּוֹת high, 5 אַמּוֹת long, and 5 אַמּוֹת wide. The מִזְבֵּחַ was not round, but רַבּוּעַ--- **“SQUARE.”**

# CEREAL OF THE WEEK

צו

POST

## "WAFFLE" "CRISP"

WHEN SOMEONE HAS SURVIVED A LIFE-THREATENING SITUATION, A תודה--A THANKSGIVING OFFERING-- IS BROUGHT TO SHOW GRATITUDE TO HASHEM FOR BEING SAVED.

SOME EXAMPLES OF A LIFE-THREATENING CRISIS ARE: RECOVERY FROM A SERIOUS ILLNESS, A TRIP ACROSS AN OCEAN OR DESERT, RELEASE FROM PRISON, OR ANY OTHER MIRACULOUS EVENT, SUCH AS SURVIVING A SERIOUS CAR CRASH.

THE תודה IS A FORM OF A שלמים, BUT WITH TWO MAJOR DIFFERENCES. THE תודה MUST BE EATEN IN ONE DAY AND NIGHT, WHILE A שלמים IS EATEN FOR TWO DAYS AND THE NIGHT BETWEEN; AND 40 LOAVES ARE

BROUGHT WITH THE תודה.

THE RABBIS TEACH US THE REASON IT IS LIMITED TO ONE DAY AND NIGHT: YOU WOULD BE FORCED TO INVITE A LOT OF PEOPLE TO HELP EAT ALL THE LOAVES IN THIS LIMITED TIME, THEREBY PUBLICIZING THE MIRACLE.

TEN OF THE LOAVES WERE ריקין,

"WAF"ERS--WHICH WERE LOW AND FLAT.

THE PERSON WHO BROUGHT THIS OFFERING WAS

"FLE"(FULL) OF THANKS TO HASHEM. THEY WERE

BAKED IN AN OVEN--FRESH AND "CRISP."

TODAY, DUE TO THE TEMPORARY ABSENCE OF THE

ברכת הגומל, WE ONLY SAY בית המקדש.



# CEREAL OF THE WEEK

שמיני

KELLOGG'S

"SPECIAL" "K"

"כל מפרסת פרסה... מעלת גרה בבהמה"

THE ONLY ANIMALS THAT WE ARE ALLOWED TO EAT ARE THOSE THAT HAVE COMPLETELY SPLIT HOOVES AND ALSO CHEW THEIR CUDS.

"כל אשר לו סנפיר וקשקשת במים"

THE ONLY FISH THAT ARE PERMITTED ARE THOSE THAT HAVE FINS AND SCALES.

THE TORAH DOES NOT TELL US THE KOSHER SIGNS FOR BIRDS, BUT THE RABBIS TEACH US THAT ANY BIRD THAT GRABS ITS FOOD WITH ITS CLAWS AND LIFTS IT OFF THE GROUND— IS NOT ALLOWED TO BE EATEN.

IT IS A VERY "SPECIAL"  
MITZVAH TO KEEP

"K"OSHER.

## Cereal of the Week

תִּזְרִיעַ

Kelloggs

### “SNAP”- “CRACKLE”- “POP” “RICE” “KRISPIES”

You must be very careful not to speak badly about anyone, because every word of לְשׁוֹן הָרַע is a separate עֲבִירָה. לְשׁוֹן הָרַע can be said in a “SNAP.”

The one who speaks לְשׁוֹן הָרַע will get “CRACKLE”d, and the one who listens to לְשׁוֹן הָרַע will be “POP”ped by הַקֶּבֶה.

The חֲפִיץ חַיִּים says--a person can speak about 150 words per minute, and every word of לְשׁוֹן הָרַע is, on average, 5 עֲבִירוֹת, more or less!! If someone speaks לְשׁוֹן הָרַע only 5 minutes a day, it adds up to around 5,000 עֲבִירוֹת per week!, and you will pay a heavy P“RICE” for saying לְשׁוֹן הָרַע.

This פְּרִשָּׁה teaches us-if someone is guilty of speaking לְשׁוֹן הָרַע, then spots on the skin would turn white as snow. Sometimes a scab would form that was very “KRISP.” All of this happened because you spoke לְשׁוֹן הָרַע with great “IES”(EASE).

-If you want to stop speaking לְשׁוֹן הָרַע-

-just say to yourself-

**SNAP-CRACKLE-POP RICE KRISPIES!!**

מִצְרֵעַ  
Cereal of the Week

“DOVE” “BAR”  
“ICE” “CREAM”!!

If someone got צָרַעַת for speaking לְשׁוֹן הָרַע, then different קֶרְבָּנוֹת were brought to become טָהוֹר. A poor person could bring בְּגִי יוֹנָה “DOVE”s for the קֶרְבָּן, one for a חֲטָאת, and one for an עוֹלָה.

Two birds were also brought for the מִצְרֵעַ to become טָהוֹר. לְשׁוֹן הָרַע says since צָרַעַת is a punishment for speaking לְשׁוֹן הָרַע, which happens when people talk too much and are not careful with what they say--therefore the תּוֹרָה requires birds to be brought, because they chirp and make lots of sounds also.

If someone got צָרַעַת, this person would have to go out of the 3 מַחֲנוֹת ---מַחֲנֵה שְׂכִינָה-מַחֲנֵה לִוְיָהּ-and מַחֲנֵה יִשְׂרָאֵל, and would be “BAR”RED (not allowed) to return until becoming טָהוֹר.

Since the speaker of לְשׁוֹן הָרַע caused people to be separated from each other, this person also must be alone and separated from everyone outside of the 3 מַחֲנוֹת.

--If someone tries to say לְשׁוֹן הָרַע to me--

--I put my hands on my head, and--

“ICE” “CREAM”!! ( I SCREAM ):

לְשׁוֹן הָרַע, go away!

*Don't come back another day!*

*Run very fast, don't delay!*

*Oy vei, Oy vei, Oy vei, Oy vei!!!*

## Cereal of the Week

אַחֲרֵי מוֹת

### “GENERAL MILLS” “WHEATIES” “BREAKFAST” “CEREAL”

This בִּכְהֵן גְּדוֹל discusses the job of the  
the “GENERAL” of all the בִּכְהָנִים, and what he  
did on יוֹם כְּפוּר. יוֹם כְּפוּר is a day when you must  
do תְּשׁוּבָה --be sorry for עֲבִירָה you did, admit you  
were wrong, and promise to try not do it again!

After doing תְּשׁוּבָה, we all feel like

“MILL”ionaire“s.”!!

It is a very big מְצוּה when “WHE”“EAT”(wheat)  
on עֶרֶב יוֹם כְּפוּר, because it is one of the 613 מְצוּת  
to eat on that day!

יוֹם כְּפוּר is not an “IES”y (Easy) fast.

You have to be very careful not to

“BREAK” your “FAST”.

You must be very “CER”ious (serious) on  
יוֹם כְּפוּר, because you will be S “EAL”ed for  
a good life if you daven with lots of כְּוִנָּה !

## *Cereal of the Week*

קדשים

*Kelloggs*

**“SMART” “START”**

This פִּרְשָׁה contains many מִצְוֹת, such as  
וְאָהַבְתָּ לְרֵעֲךָ כָּמוֹךָ. This means you must love  
your neighbor (everyone) like yourself.

זֶה כָּלֵל גָּדוֹל בַּתּוֹרָה -- רַבִּי עֲקִיבָא quotes רַשִׁי  
--this is a very important rule in the תּוֹרָה --

In the same way you like yourself--even though you  
know you are not perfect and have faults--so also  
you should be nice and like others- even though they  
also have faults and are not perfect! If you really do  
this מִצְוָה --you will easily avoid doing some terrible  
עֲבִירוֹת, such as לְשׁוֹן הָרָע, anger, jealousy, revenge,  
insulting others, and you (yes-you!) will even speak  
nicely to everyone at all times! Can you imagine  
that! How wonderful it would be!

So if you are **“SMART”**, and do this מִצְוָה, and want  
to easily avoid doing some terrible עֲבִירוֹת, you should  
**“START”** saying a lot--(or singing to yourself):

וְאָהַבְתָּ לְרֵעֲךָ כָּמוֹךָ  
זֶה כָּלֵל גָּדוֹל בַּתּוֹרָה

# CEREAL OF THE WEEK

אמר

GENERAL MILLS

"COCOA" "PUFFS"

THIS PARSHA BEGINS WITH THE LAWS REGARDING THE פְּהָגִים. THE END OF THE PARSHA TEACHES US THE LAWS OF THE SPECIAL HOLIDAYS AND THEIR קָרְבָּנוֹת (SACRIFICES).

THE TORAH SAYS THAT A "CO" HAIN MUST BE HOLY TO ALL OF US. FOR EXAMPLE, THIS MEANS THAT THE FIRST ONE TO DO נְטִילַת יָדִים (WASHING THE HANDS) OR TO BE CALLED UP TO THE TORAH TO GET AN עֲלִיָּה---MUST BE A "CO" HAIN.

ON PESACH, SHAVUOS, AND SUCCOS, EVERYONE BROUGHT THEIR KORBONOS, IT WAS AN UNBELIEVABLE SIGHT TO SEE, BECAUSE THE בֵּית הַמִּקְדָּשׁ WAS THE PLACE TO BE !!

SINCE THERE WERE MANY SACRIFICES THAT WERE BROUGHT ON THE SPECIAL HOLIDAYS, THERE WERE MANY "PUFFS" OF SMOKE THAT CAME FROM THE מִזְבֵּחַ.

# CEREAL OF THE WEEK

בִּהָר  
POST

## "GREAT" "GRAINS"

THE TORAH COMMANDS US THAT EVERY SEVENTH YEAR, THE LAND OF אֶרֶץ יִשְׂרָאֵל WILL HAVE A SHABBOS. IN THAT YEAR OF REST, WE CANNOT PLANT, HARVEST, OR DO ANY TYPE OF WORK TO THE GROUND. THIS IS VERY SIMILAR TO OUR SHABBOS, WHICH IS THE SEVENTH DAY OF THE WEEK.

THIS SEVENTH YEAR IS CALLED שְׁמִיטָה. THE מְצוּה OF שְׁמִיטָה IS A VERY "GREAT" AND SPECIAL MITZVA, BECAUSE IT SHOWS US THE "GREAT" POWER OF HASHEM. THE TORAH PROMISES THAT IF YOU KEEP THIS MITZVA-- THEN IN THE SIXTH YEAR YOUR LAND WILL GROW ENOUGH CROPS TO LAST FOR 3 YEARS-- THE SIXTH, SEVENTH, AND EIGHTH YEAR !!! ONLY HASHEM HIMSELF COULD MAKE SUCH A PROMISE.

THEREFORE, IF YOU WANT TO RECEIVE THIS GUARANTY, YOU SHOULD NOT PLANT OR HARVEST YOUR "GRAINS" IN THE SEVENTH YEAR.

## CEREAL OF THE WEEK

בַּחֲקֹתַי

GENERAL MILLS

"CINNAMON" "TOAST"

"CRUNCH"

THIS PARSHA TEACHES US THAT IF WE STUDY THE TORAH AND DO THE מִצְוֹת, HASHEM WILL BLESS US WITH GOOD HEALTH, WEALTH, PLENTY OF FOOD, AND PEACE.

HOWEVER, IF WE DO NOT STUDY THE TORAH AND DO THE מִצְוֹת, HASHEM WILL PUNISH US.

WHEN THE בְּנֵי יִשְׂרָאֵל "CINN", WE WILL BE EXILED "AMON" WITH THE OTHER NATIONS OF THE WORLD. IF WE DO תְּשׁוּבָה (REPENTANCE), THEN HASHEM WILL HELP US "TOAST" AND "CRUNCH" OUR ENEMIES.

THIS IS ONE OF THE TWO PLACES IN THE TORAH THAT HAS THE תּוֹכַחָה (REBUKE).



## CEREAL OF THE WEEK

בַּמִּדְבָּר

"POST"

"RAISIN" "BRAN"

WHEN THE בְּנֵי יִשְׂרָאֵל WERE TRAVELING THROUGH THE DESERT, THE שְׁבָטִים (TRIBES) WERE DIVIDED INTO FOUR GROUPS. EACH GROUP WAS ON A DIFFERENT SIDE OF THE מִשְׁכָּן, UNDER ITS OWN דָּגֶל (FLAG). EACH דָּגֶל HAD 3 COLORS FOR 3 TRIBES, AND THE NAME OF EACH שְׁבָט WAS ON ITS OWN SPECIAL COLOR.

EACH GROUP WOULD PUT ITS דָּגֶל ON A "POST". THEY WOULD "RAIS"E THEIR FLAG AND CARRY IT WITH THEM "IN" THE מִדְבָּר. THESE "BRAN" NEW FLAGS REPRESENTED ALL OF THE שְׁבָטִים. THIS SHOWED THAT HASHEM GAVE THE JEWISH PEOPLE SPECIAL PROTECTION.

# CEREAL OF THE WEEK

נְשֵׂא

KELLOGG'S

"ALL" "BRAN"

WHEN THE בְּנֵי יִשְׂרָאֵל WERE DONATING MATERIALS FOR THE BUILDING OF THE מִשְׁכָּן ,

"ALL" OF THE 12 נְשִׂאִים DECIDED TO WAIT UNTIL EVERYONE GAVE THEIR DONATIONS, AND THEN THEY WOULD GIVE ANYTHING THAT WAS STILL NEEDED. HOWEVER, THE בְּנֵי יִשְׂרָאֵל GAVE SO MUCH, THERE WAS NOTHING LEFT

FOR "ALL" OF THE נְשִׂאִים TO GIVE.

THEREFORE, AT THE DEDICATION OF THE מִשְׁכָּן, THEY "ALL" DECIDED TO BE THE FIRST TO GIVE THEIR DONATIONS.

"ALL" 12 DONATIONS, THE קֶרֶבֶנוֹת AND MATERIALS, WERE EXACTLY ALIKE IN NUMBER, WEIGHT, AND MEASUREMENTS.

THIS PARSHA IS THE BIGGEST ONE OF THE WHOLE CHUMASH----SETTING A "BRAN" NEW RECORD WITH 176 פְּסוּקִים !!!

## CEREAL OF THE WEEK

בְּהֶעֱלֵתָּךְ

QUAKER OAT

"CINNAMON" "LIFE"

"וְהָיָה כְּזֶרַע גֶּדֶה הוּא וְעֵינֵינוּ כְּעֵין הַבְּדֹלָח"

WHILE THE JEWISH PEOPLE WERE TRAVELING THROUGH THE DESERT, THEY ATE SPECIAL FOOD CALLED מָן. IT CAME DOWN EVERY DAY EXCEPT SHABBOS. IT TASTED LIKE ALMOST ANYTHING YOU WANTED. IT HAD A VERY SWEET TASTE.

HOWEVER, THE בְּנֵי יִשְׂרָאֵל WERE NOT SATISFIED. THEY GOT TIRED OF EATING THE מָן EVERY DAY, EVEN THOUGH THERE WAS PLENTY OF IT.

THE JEWISH PEOPLE COMMITTED A "CINN" BY COMPLAINING "A"BOUT THE "MON", WHICH GAVE THEM "LIFE" IN THE DESERT.

## CEREAL OF THE WEEK

שֶׁלַח

GENERAL MILLS

### "CLUSTERS"

THE JEWISH PEOPLE WANTED TO SEND SPIES TO EXPLORE אֶרֶץ יִשְׂרָאֵל. THEY WERE TOLD BY מֹשֶׁה TO SEE WHAT KIND OF LAND IT WAS, AND TO SEE IF THE PEOPLE WHO LIVE THERE WERE STRONG OR WEAK, AND FEW OR MANY. THEY WERE ALSO TOLD TO BRING BACK SOME FRUITS OF THE LAND.

THE SPIES CUT A BRANCH AND A "CLUSTER" OF GRAPES, THAT WAS CARRIED ON TWO POLES BY EIGHT MEN. ONE SPY ALSO CARRIED A FIG, AND ONE CARRIED A POMEGRANATE. THEY BROUGHT THESE FRUITS TO SHOW THAT JUST LIKE THESE FRUITS ARE EXTRAORDINARY IN SIZE, THE PEOPLE IN THE LAND ARE ALSO EXTRAORDINARY IN SIZE. THEY ALSO SAID THAT THE PEOPLE THAT WERE THERE WERE VERY STRONG, AND IT WOULD BE IMPOSSIBLE TO CONQUER THEM. THEY CONVINCED THE בְּנֵי יִשְׂרָאֵל THAT IT WAS NOT A GOOD LAND TO LIVE IN.

"CLUSTERS"----- TEACHES US THAT YOU HAVE TO LOOK FOR THE GOOD QUALITIES IN EVERYTHING--EVEN IN A PIECE OF LAND !!!

## CEREAL OF THE WEEK

קָרַח

"QUAKE"<sup>R</sup>

"CAP'N" "CRUNCH"

קָרַח BECAME JEALOUS OF HIS COUSIN---  
אֶלְיָצֶפֶן בֶּן עֲזִיָּאֵל, BECAUSE HE WAS CHOSEN, INSTEAD  
OF קָרַח, TO BE THE LEADER OF THE FAMILY OF קָהָת.  
HE ALSO DECIDED THAT IT WASN'T FAIR THAT מֹשֶׁה  
WAS THE LEADER OF THE JEWISH PEOPLE, AND THAT  
אֶהֱרֹן WAS THE גָּדוֹל. HE CONVINCED OTHERS TO  
FOLLOW HIM IN HIS REBELLION AGAINST מֹשֶׁה AND  
אֶהֱרֹן. EVEN THOUGH מֹשֶׁה ALWAYS DAVENED TO  
HASHEM TO FORGIVE THE JEWISH PEOPLE, HE  
PRAYED THAT קָרַח SHOULD DIE AN UNUSUAL DEATH--  
-BECAUSE קָרַח WAS SAYING THAT מֹשֶׁה DID NOT  
RECEIVE THE TORAH FROM HASHEM.

HASHEM PUNISHED קָרַח VERY SEVERELY. THE EARTH  
"QUAKE"<sup>D</sup> AND OPENED UP. IT SWALLOWED  
UP קָרַח, HIS FAMILY, AND ALL OF HIS POSSESSIONS. THIS  
HAPPENED BECAUSE HE WANTED TO BE "CAP'N"  
OF HIS FAMILY, BUT THE EARTH OPENED UP AND  
"CRUNCH"<sup>ED</sup> HIM !!!

# CEREAL OF THE WEEK

חִקָּת

POST

"TOASTIES"

"CORN" "FLAKE"S

SOME OF THE MITZVOS OF THE TORAH ARE CALLED חִקִּים—LAWS THAT HAVE NO LOGICAL REASON, BUT WE PERFORM THEM BECAUSE HASHEM SO COMMANDS US. SOME EXAMPLES OF THESE MITZVOS ARE—NOT WEARING ANY CLOTHING THAT IS שְׁעָמִינִי, THE LAWS OF KASHRUS, AND THE פָּרָה אֲדָמָה .

THIS PARSHA TEACHES US THE LAWS OF THE פָּרָה אֲדָמָה. IF A PERSON BECAME טָמֵא BY COMING IN CONTACT WITH A DEAD BODY; THEN THE ONLY WAY TO BECOME טָהוֹר WAS WITH THE פָּרָה אֲדָמָה . THIS IS A חֵק BECAUSE THE ONE WHO PREPARES THE פָּרָה BECOMES טָמֵא, WHILE THE PERSON WHO WAS טָמֵא BECOMES טָהוֹר !!

A COMPLETELY RED COW WAS SLAUGHTERED, AND THEN IT WAS "TOAST"ED AND BURNED. ON THE THIRD AND SEVENTH DAY, THE ASHES THAT ARE MIXED WITH THE עֵץ אֶזְרָא, וְאֵזְרָא, וְשֵׁנִי תוֹלַעַת —ARE SPRINKLED ON THE PERSON THAT WAS טָמֵא . A COMPLETELY RED COW WAS NOT "IES"Y (EASY) TO FIND, BECAUSE VERY FEW OF THEM EXISTED.

THE OTHER NATIONS OF THE WORLD TEASE AND S"CORN" ALL OF THE חִקִּים . HOWEVER, THESE MITZVOS ARE LAWS FROM HASHEM—WE HAVE NO RIGHT TO CRITICIZE THEM. WE MUST DO THEM AND NOT "FLAKE" OUT !!!

## CEREAL OF THE WEEK

בִּלְק

KELLOGG'S

"SMACKS"

בִּלְק, THE KING OF מוֹאָב, HATED THE JEWISH PEOPLE. WHEN HE DISCOVERED THAT THE SECRET OF THEIR MILITARY SUCCESS WAS BECAUSE OF HIS MOUTH (THE PROPHECY OF מֹשֶׁה), HE HIRED בִּלְעָם TO CURSE THE בְּנֵי יִשְׂרָאֵל .

בִּלְעָם, A NON-JEWISH PROPHET, HATED THE JEWISH PEOPLE ALSO. HE AGREED TO CURSE THEM. HE TRAVELED ON HIS DONKEY TO MEET WITH בִּלְק . HASHEM WAS ANGRY WITH בִּלְעָם BECAUSE HE WAS SO ANXIOUS TO CURSE THEM. THE DONKEY SAW A מַלְאָךְ (AN ANGEL) ON THE ROAD BLOCKING THE WAY. THE DONKEY THEN WENT OFF THE ROAD. בִּלְעָם THEN "SMACKS" , "SMACKS", AND "SMACKS" HIS DONKEY—3 DIFFERENT TIMES. THE DONKEY REALLY TALKS, AND ASKS בִּלְעָם WHY HE "SMACKS" HIM !!

בִּלְעָם IS FORCED BY HASHEM TO BLESS THE בְּנֵי יִשְׂרָאֵל . AMONG HIS בְּרָכוֹת ARE THE FAMOUS WORDS—

"מָה פָּבּוּ אֱלֹהֵיךָ יַעֲקֹב מִשְׁכַּנְתָּךְ יִשְׂרָאֵל"

WHICH HE SAID WHEN HE SAW THE PRIVACY OF THE JEWISH CAMPS .

## CEREAL OF THE WEEK

פִּינְחָם  
פִּינְחָם  
POST

### "100%" "BRAN"

פִּינְחָם KILLED זִמְרִי, WHO WAS A נָשִׂיא OF THE  
TRIBE OF שִׁמְעוֹן, BECAUSE HE WAS TRYING TO  
MARRY A בְּדִינִית (A NON-JEWISH WOMAN). THIS ACTION  
OF פִּינְחָם WAS "100%" לְשֵׁם שָׁמַיִם (FOR THE  
SAKE OF HEAVEN).

SINCE THIS WAS A VERY BRAVE ACT THAT  
HE DID, HASHEM REWARDED פִּינְחָם WITH A  
"בְּרִית כְּהֻנָּה עוֹלָם". THIS MEANS THAT HASHEM  
MADE פִּינְחָם INTO A "BRAN" NEW כְּהֵן.

"100%" "BRAN" TEACHES US THAT  
WE SHOULD NEVER BE AFRAID OR EMBARRASSED  
TO DO A MITZVAH!!!



## CEREAL OF THE WEEK

# מפוזת

"POST"

## "HONEY-COMB"

THE **בְּנֵי נָדָב** AND THE **בְּנֵי רְאוּבֵן** WANTED TO SETTLE ON THE OTHER SIDE OF THE **יַרְדֵּן** RIVER, AND NOT TO ENTER **אֶרֶץ יִשְׂרָאֵל**---THE LAND FLOWING WITH MILK AND "HONEY."

THE LAND ON THE EASTERN SIDE OF THE **יַרְדֵּן** WAS VERY FERTILE, AND THEY OWNED A LOT OF CATTLE THAT NEEDED TO GRAZE ON THAT LAND.

THEY EXPLORED AND "COMB"ED THE LAND ON THE **עֵבֶר הַיַּרְדֵּן**, AND DECIDED THAT IT WAS THE BEST PLACE FOR THEIR CATTLE.

**מֹשֶׁה רַבֵּינוּ** WOULD ONLY LET THEM SETTLE THERE ON CONDITION THAT THEY WOULD FIRST HELP THE **בְּנֵי יִשְׂרָאֵל** CONQUER **אֶרֶץ יִשְׂרָאֵל**. THEY TOLD **מֹשֶׁה** THAT THEY WOULD FIRST HELP CONQUER AND SETTLE THE **בְּנֵי יִשְׂרָאֵל**.

THE **בְּנֵי נָדָב** AND THE **בְּנֵי רְאוּבֵן** ACCEPTED THIS

## "POST"-SETTLEMENT AGREEMENT.

## CEREAL OF THE WEEK

מַסֵּעַ

KELLOGG'S

"VARIETY" "PAK"

THIS PARSHA BEGINS BY TEACHING US THAT WHILE THE **בְּנֵי יִשְׂרָאֵל** WERE WANDERING THROUGH THE DESERT FOR 40 YEARS, THEY STOPPED AND

RESTED IN A "VARIETY" OF PLACES.

THIS TEACHES US THE **חֲסִדֵי הַשֵּׁם** (HASHEM'S KINDNESS). EVEN THOUGH HASHEM DECREED THAT THEY SHOULD WANDER IN THE DESERT, THEY WERE NOT FORCED TO KEEP TRAVELING FROM PLACE TO PLACE WITHOUT ANY REST.

THIS PARSHA ALSO TEACHES US THAT IF A PERSON KILLED SOMEONE INTENTIONALLY, THEN HE WOULD BE PUT TO DEATH BY THE **בֵּית דִּין**. HOWEVER, IF IT HAPPENED ACCIDENTLY, THE **רֹצֵחַ** (THE KILLER)

WOULD HAVE TO "PAK" HIS BAGS AND GO TO THE **עִיר מִקְלָט**, AND STAY THERE UNTIL THE DEATH OF THE **כֹּהֵן גָּדוֹל**.

## CEREAL OF THE WEEK

# דברים

KELLOGG'S

## "CRISPIX"

"איכה אשא לבדי מרחכם ומשאכם וריבכם"

משה COMPLAINS TO HASHEM THAT IT IS VERY DIFFICULT TO BEAR THE BURDEN OF THE JEWISH PEOPLE BY HIMSELF. HASHEM ANSWERED משה BY APPOINTING OTHER LEADERS TO HELP HIM.

THE WORD "איכה" IS A HINT TO מגילת איכה, WHICH IS READ ON תשעה באב. ON THE 9th DAY OF AV, BOTH THE FIRST AND SECOND בית המקדש WERE BURNT DOWN TO A

"CRISP", BECAUSE OF OUR עבירות—NAMELY בית המקדש. FOR THE SECOND שנת חנם AND לשון הרע.

HASHEM HAD MERCY ON US BY VENTING HIS ANGER

"על עצים ואבנים"—ON ST"IX" AND STONES,  
(ON INANIMATE OBJECTS RATHER THAN ON PEOPLE)-----  
SO AS TO AVOID THE TOTAL DESTRUCTION OF THE JEWISH PEOPLE.

יהי רצון מלפניך שיבנה בית המקדש במהרה בימינו

## CEREAL OF THE WEEK

וְאַתְחִנֵּן

POST

"HONEY""BUNCHES"

"OF" "OATS"

SINCE מֹשֶׁה רָבֵינוּ DID NOT MAKE A קְדוּשַׁת הַשֵּׁם BY HITTING THE ROCK INSTEAD OF SPEAKING TO IT TO GET WATER, HASHEM VOWED THAT מֹשֶׁה WOULD NOT ENTER אֶרֶץ יִשְׂרָאֵל. מֹשֶׁה PLEADED WITH HASHEM TO CANCEL THE VOW, BUT HASHEM ONLY LET HIM LOOK AT THE LAND FLOWING WITH MILK AND "HONEY", BUT NOT TO ENTER IT.

THE "שְׁמַע יִשְׂרָאֵל", WHICH WE MUST SAY EVERY MORNING AND EVENING, CONTAINS "BUNCHES" "OF" MITZVOS. SOME OF THEM ARE: אֲהַבַת הַשֵּׁם, STUDYING TORAH, WEARING TEFILIN, AND PUTTING מַזּוֹת ON YOUR DOORPOSTS.

WE SHOULD ALSO TAKE N"OAT" (NOTE) OF THE FACT THAT THIS IS שְׁבֵת נְחִמּוֹ, AND THAT SCHOOL IS STARTING SOON — SO GET READY !!!

## CEREAL OF THE WEEK

עֵקֶב

GENERAL MILLS

"CRISPY" "WHEATS

"N" " "RAISINS"

"וְאָכַלְתָּ וְשָׂבַעְתָּ וּבֵרַכְתָּ..."

IF YOU EAT A BIG MEAL, INCLUDING SOME  
DELICIOUS "CRISPY" BREAD—THEN YOU MUST  
RECITE THE בְּרַכַּת הַמֶּזֶן .

BEFORE EATING OR TASTING ANYTHING, THE PROPER  
בְּרַכָּה MUST BE SAID. AFTER EATING ANY OTHER FOOD,  
EXCLUDING THE שְׂבַעַת הַמִּינִים , THE בְּרַכָּה אַחֲרוֹנָה OF  
בּוֹרָא נֶפְשׁוֹת IS SAID. WHEN "WE EAT" THE  
שְׂבַעַת הַמִּינִים , SUCH AS GRAPES "N" " "RAISINS",  
THE SPECIAL בְּרַכָּה אַחֲרוֹנָה OF "עַל הַפְּרוֹת" IS RECITED. IF WE  
EAT CAKE OR COOKIES, (MADE FROM WHEAT OR BARLEY),  
WE MUST SAY עַל הַמַּחֲיָה .

## CEREAL OF THE WEEK

ראה

GENERAL MILLS

"APPLE""CINNAMON"

"CHEERIOS"

THE GIVING OF צדקה IS A MITZVAH THAT MUST BE DONE IN A SN"AP", WITHOUT DELAY—BECAUSE THE POOR PERSON MAY NEED THE MONEY IMMEDIATELY TO BUY FOOD. YOU MUST "PLE"(PULL) YOUR WALLET OUT OF YOUR POCKET AND GIVE GENEROUSLY.

IT IS A "CINN" NOT TO GIVE "A" PORTION OF YOUR "MON"Y TO צדקה, BECAUSE HASHEM ONLY GIVES IT TO US ON CONDITION THAT WE SHARE IT WITH THOSE THAT NEED CHARITY.

WHEN YOU GIVE צדקה, YOU MUST GIVE IT WITH A "CHEERI" ATTITUDE. THIS SH"OS"(SHOWS) YOU REALIZE THAT EVERYTHING YOU HAVE IS REALLY A GIFT FROM HASHEM !!!

"פתח תפתח את ידך לאחיד לעניך ולאבינך בארץך"

# CEREAL OF THE WEEK

שֶׁפֶטִים

QUAKER

"OAT" "BRAN"

"CEREAL"

"על פי שני עדים...יקום דבר"

JUDGES WILL ACCEPT THE TESTIMONY OF TWO WITNESSES ONLY IF THEY ACTUALLY TOLD THE COURT WHAT HAPPENED. HOWEVER, IF THEY WR"OAT" (WROTE) THEIR TESTIMONY, IT WOULD NOT BE ACCEPTED.

"...וכתב לו את משנה התורה הזאת על יספר..."

IT IS A MITZVAH FOR A מִלֵּךְ TO WRITE FOR HIMSELF A "BRAN" NEW TORAH, TO TAKE IT WITH HIM WHEREVER HE MAY GO.

THE END OF THE PARSHA DISCUSSES THE CASE OF THE עַגְלָה עֲרוּפָה, AND THE UNKNOWN "SERIAL" KILLER.

# **CEREAL OF THE WEEK**

כִּי תֵצֵא

"GENERAL" "MILLS"

"NESTLE"

"NESQUIK"

"כִּי יִקְרָא קוֹן צְפוּר לְפָנֶיךָ"

IN "GENERAL"--- IF YOU ARE  
"MILL"ING AROUND, AND YOU HAPPEN TO  
COME ACROSS A "NEST" WITH A MOTHER  
BIRD AND ITS YOUNG BIRDS OR EGGS, YOU  
MUST "LE"AVE THE BABY BIRDS ALONE  
UNTIL YOU SEND AWAY THE MOTHER BIRD.

AFTER YOU SEND AWAY THE MOTHER  
BIRD FROM ITS "NES"T YOU MAY TAKE  
AWAY THE BABY BIRDS.

"וְהֵאָרְכָּתָּ יָמֶיךָ"

SINCE THIS MITZVAH IS ONE OF THE  
FEW MITZVOS THAT THE TORAH SAYS YOU  
RECEIVE LONG LIFE FOR DOING IT, YOU  
MUST DO IT VERY CAREFULLY AND

"QUIK"LY.



# CEREAL OF THE WEEK

כִּי תָבֹא

GENERAL MILLS

"MULTI" "GRAIN"

"CHEERIOS"

"וְלָקַחְתָּ מִרְאשֵׁית כָּל פְּרֵי הָאֲדָמָה"

THE MITZVAH OF פְּבוּרִים IS PERFORMED BY  
BRINGING ONE OF A "MULTI" TUDE  
OF FRUITS---(GRAPES, FIGS, POMEGRANATES,  
OLIVES, OR DATES) OR WHEAT OR BARLEY  
"GRAIN."

EVERYONE WAS VERY HAPPY AND  
"CHEERI" , BECAUSE EACH PERSON  
"OS" (OWES) THANKS TO HASHEM.

**CEREAL OF THE WEEK**

**נֶצֶבִים**

**(KELLOGG'S)**

**"HEALTHY" "CHOICE"**

**"וּבְחִירָת בְּחִיִּים"**

***EVERYONE HAS A "CHOICE"***

***TO DECIDE TO DO תְּשׁוּבָה OR***

***NOT; HOWEVER, THE***

**"HEALTHY" "CHOICE"**

***IS TO DECIDE TO RETURN TO***

***HASHEM AND DO A SINCERE***

**תְּשׁוּבָה !!!**

# CEREAL OF THE WEEK

וילך-----שבת שובה

KELLOGG'S

"COMMON SENSE" "OAT" "BRAN"

"שובה ישראל עד ד' אלקך פי בשלח בעונך"

IT IS "COMMON SENSE" TO

DO תשובה, BECAUSE IT CAN

MAKE US INTO A "BRAN" NEW

PERSON. ALL OF OUR עבירות (SINS)

WILL FL"OAT" DOWN THE

RIVER WHEN WE SAY תשליך.

## נצבים-וילך

### Cereal of the Week

#### General Mills "Double Chex"

This week is a **"DOUBLE"** parsha.  
We learn about the **תְּשׁוּבָה** of doing **מִצְוָה**,  
and the importance of learning Torah every day  
and every night.

If someone thinks there is no time to do learn  
Torah and do **מִצְוָה** every day and every night;  
if one carefully **"Double Chex"** their schedule,  
then time will be found to do what the Torah  
obligates us all **TO DO!**

1a) "וְיָשַׁבְתָּ עַד הַשָּׁם אֶלְקִיךָ" -- what is translation?

1b) What does this teach us? \_\_\_\_\_

2) What are the 3 steps to doing **תְּשׁוּבָה**?

- a) \_\_\_\_\_
- b) \_\_\_\_\_
- c) \_\_\_\_\_

3) Which **עֲבִירָה** did you do this year, and you will do **תְּשׁוּבָה** for that  
**עֲבִירָה** this coming year?? \_\_\_\_\_

(How about--not talking during **חֲזַרְתָּ הַשָּׁ"ץ**, and start doing  
**שְׁנִימִים מְקַרְא וְאַחַד תִּרְגֹּם** ?)

## CEREAL OF THE WEEK

הַאֲזִינוּ

### “Carnation” “Instant” “Breakfast” “Drink”

יִמְצְאוּהוּ בְּאֶרֶץ מִדְבָּר וּבְתֵּהוּ יֵלֵךְ יִשְׂרָאֵל

When בְּנֵי יִשְׂרָאֵל traveled through the מִדְבָּר, they walked---they did not go in air-conditioned **“CAR”s**. They did not ask הַקֵּב--how can we go through such a dangerous place, but בְּנֵי יִשְׂרָאֵל trusted in הַקֵּב for His guidance and protection.

כִּי תִלְקַח יְהוָה עִמּוֹ

בְּנֵי יִשְׂרָאֵל are the beloved chosen **“NATION”** of הַקֵּב.

כַּשֶּׁעִינִם עָלֵי-דָשָׁא

Just like the rains strengthen the plants and help them grow strong, also when you learn תּוֹרָה, it will **“INSTANT”ly** make you a greater person.

The שִׁירָה says if בְּנֵי יִשְׂרָאֵל **“BREAK”** the תּוֹרָה, the punishment will be **“FAST”** in coming.

בְּמִי-מְרִיבֵת קֹדֶשׁ

When בְּנֵי יִשְׂרָאֵל wanted to **“DRINK”** water because they were thirsty, הַקֵּב told מֹשֶׁה רַבֵּינוּ to speak to the rock to have water flow from it, but מֹשֶׁה רַבֵּינוּ hit the rock to get water. הַקֵּב told מֹשֶׁה רַבֵּינוּ-- because he did not make a קִידוּשׁ הַשֵּׁם because he hit the rock, instead of speaking to the rock, as הַקֵּב told him, he would not be allowed to enter אֶרֶץ יִשְׂרָאֵל.

# CEREAL OF THE WEEK

וזאת הפרכה

## "GENERAL" "MILL'S" "BERRY" "BERRY" "KIX"

"ולא קם נביא עוד בישראל כמשה"  
משה, THE GREATEST LEADER AND  
"GENERAL" THAT THE JEWISH PEOPLE EVER  
HAD, BLESSED THE בני ישראל BEFORE HIS DEATH.

"ידיו רב לו ועזר מצריו תהיה"  
THE TRIBE OF יהודה RECEIVED THE BLESSING OF  
"MILL"ITARY SUCCESS AGAINST THEIR ENEMIES.

"ולא ידע איש את קברתו עד היום הזה"  
משה DIED, AND HASHEM "BERRY"IED  
HIM; BUT WE DO NOT KNOW THE PLACE THAT HE  
WAS "BERRY"IED.

EVERYONE "KIX" AND DANCES ON  
שמחת תורה.



## CEREAL OF THE WEEK

ראש השנה -- יום הכפורים

Kellogg's

### "Complete Wheat Bran Flakes"

Before Rosh Hashana, everyone must be very careful to do a "COMPLETE" teshuva. We must be sorry for what we did wrong, admit we made a mistake, and really try hard not to do it again.

"WE EAT" special foods on Rosh Hashana, such as apples dipped in honey.

To do the mitzvah of teshuva, we should pick just one sin that we did last year, and try not to do it next year.

If we are successful, we will become a "BRAN" new person.

"כשגלג ילבינו"

The פסוק says that Hashem will make our sins white as snow "FLAKES". This means that Hashem will forgive us.

Isn't it amazing how a box of cereal can  
change our life!!

## Cereal of the Week

יום הכּפּוּרִים

### “Wheaties” “Breakfast Cereal”

“We Eat” (“Wheat”) and drink nothing on יום כּפּוּרִים.

It is not an “Ies” y (easy-iesy) fast.

We daven all day to Hashem to forgive us for our עֲבִירוֹת.

After you “Break” your “Fast”, the first thing you should do is to put a little סִכּוּךְ on your סוּפָה.

We must “Ce” (see) if you “Real”ly (really) did תְּשׁוּבָה

or not, especially saying בְּרָכוֹת out loud AND slowly;  
(including saying the שֵׁם correctly and slowly--the  
*daled with a CHOLEM---not a sheva!!!*),  
and also not talking at all during חֲזַרַת הַשֵּׁ"ץ  
(.שְׁמוֹנֶה עָשָׂר repetition of)



# Cereal of the Week

חג הסוכות

## “Cinnamon” “Oatmeal” “Squares”

It is a “Cinn” (sin) not to live in your סִכָּה.

The סִכָּה is your new home for סוכות.

It is a very big מִצְוָה to buy a beautiful לוּלָב and אֶתְרוֹג, even if it costs “A” lot of “Mon”ey (money).

If you have to wear your winter C“Oat” (coat) in the סִכָּה because it is so cold, then you do not have to eat or sleep in the סִכָּה. The reason is because since your סִכָּה is your home and you would also leave your house if it were too cold, so you also are allowed to leave your סִכָּה !

You must also eat all your “Meal”s in the סִכָּה, and try to sleep in it also.

A סִכָּה can be built in “Squares” with 4 walls, but a סִכָּה is good if it has at least 3 walls, more shade than sunlight (lots of סִכָּה), at least 10 טַפְחִים tall, and not higher than 20 אַמּוֹת.

## **Cereal of the Week**

**חנוכה**

### **“ARROW” “HEAD” “MILLS”** **“PUFFED” “RICE”**

The Greek soldiers shot **“ARROW”**s at the Jews who refused to give up their religion.

The **“HEAD”** of the Greek **“MILL”**itary was **“PUFFED”** up with pride because he was sure he would win. But with Hashem’s help, the Jews were able to **“RICE”** (rise) up and defeat the large and powerful Greek army.

## Cereal of the Week

חנוּפָּה

“Dannon”

“Lite and Fit”

“GREEK”

“Blueberry”

“Yogurt”



The Jewish people were in great “Dan”ger, because the יְנִימִים told them to be part of their culture and society, and do “non”e of the mitzvos.

We “Lite” the menorah for 8 days because of 2 miracles: There was only enough oil to burn for one day and it burned for 8 days; “and” also because we defeated the יְנִימִים. The most important reason for doing the מְצוּה is for פְּרִסְוּמֵי נִיסָא, as we try to light the menorah near a window, and not more than 20 אַמּוֹת above the ground.

Since the halacha is--הַדְּלָקָה עוֹשָׂה מְצוּה, the menorah must be “Fit” to be put in a proper place immediately when lighting it, such as on a table, away from a door, so a wind draft won't blow it out.

The יְנִימִים---the “GREEK”s especially tried to stop us from doing 3 specific mitzvos: שַׁבָּת, רֹאשׁ חֹדֶשׁ, בְּרִית מִיֵּלָה.

If the lights accidentally “Blue” out, you do not have to re-light them, because --- כְּבִתָּה אֵין זְקוּקָה לָהּ .

The leftover oil cannot be thrown away, but it can be used for another mitzvah, or it must be “berry”ied. Since the נִס also happened with יְהוּדִית, cutting off the head of the Greek general, by giving him cheese to put him to sleep; therefore the מְנִיָּה is to have dairy foods on חנוּפָּה, such as cheese and “Yogurt”.

**Please note:** Even though some greek yogurts are kosher-certified; Dannon Lite Greek yogurt cultures, and Greek society and cultures, are both not kosher certified, and not acceptable!!)

## Cereal of the Week

פּוֹרִים

“Kel” “loggs”

“SNAP”- “CRACKLE”- “POP”

“RICE” “KRISPIES”

(“Battle Creek, Michigan)

אַחַשְׁוֵרֹשׁ made a party for everyone, using the “Kel”im (כֵּלִים) of the בֵּית הַמִּקְדָּשׁ. Many Jewish people went to the party, even though מֶרְדֵּכַי told them not to go!

הֶמֶן wanted to cut down “loggs” from trees to make a pole and hang מֶרְדֵּכַי on them!

אַחַשְׁוֵרֹשׁ regretted his “SNAP” decision to kill יֵשׁוּעִי. The reason הֶמֶן wanted to “CRACKLE” מֶרְדֵּכַי was because מֶרְדֵּכַי would not bow down to him.

Then the terrible idea to kill all of the Jewish people “POP”ped into his head, חָוָה.

הֶמֶן convinced אַחַשְׁוֵרֹשׁ to let him do this plan by bribing him with a heavy P “RICE”, by promising אַחַשְׁוֵרֹשׁ lots of money!

The Jewish people ate delicious, “KRISPI” (crispy), food at the party of אַחַשְׁוֵרֹשׁ .

תז"ל tell us--the sin of the Jewish people was--they worshipped an idol was in the time of נְבוֹכַדְנֶצַּר, and they benefited from סְעוּדַת אֲחֵשְׁוֵרֶשׁ, and for not listening to גְּדוֹל הַדּוֹר, who was the מְרַדְּכִי. אֶסְתֵּר told all the Jewish people to fast, not eating or drinking for 3 days! This was not an **“IES”y** (easy) thing to do, but the Jewish people fasted and cried out to הַקַּב"ה, and did תְּשׁוּבָה.

יום כְּפוּרִים can also be translated as a Day like כְּפוּרִים, because for יום כְּפוּר --we eat, then we fast; but for כְּפוּרִים--it is just the opposite--we fast, then we eat! Another explanation is--- our תְּפִלוֹת are just as powerful on כְּפוּרִים as they are on יום כְּפוּר, so daven with lots of כְּנוּחַ on כְּפוּרִים!!

הָמָן got **“SNAPped”- “CRACKLEd”- “POPped!!”**, so to remind everyone about the נִס of Purim, we should dress up like **“SNAP”- “CRACKLE”- and “POP”!!**

Please note: Kelloggs is located in:

**(“Battle” “Creek”, “Michigan”)**

The Jewish people did **“Battle”** with their enemies! Even though כְּפוּרִים is like יום כְּפוּר, we do not do תְּשׁוּבָה by a **“Creek”** on כְּפוּרִים !

Isn't this all totally-- **“Michigan”a-(meshugana!)**

**Happy Purim!!!**

## *Cereal of the Week*

פסח

### “KASHI”

“The” “7” “Whole” “Grain” “Company”  
“Go” “Lean” “Crunch” “Cereal”

The מה נשתנה has four “KASHI”s-(questions).

“The” תורה says to eat מצה for “7” days, and also not to eat or own any חמץ on those 7 days.

We try to stay awake a “Whole” night discussing יציאת מצרים .

מצה can be made of one of five species of “GRAINS” – wheat, barley, spelt, rye, and oats.

We all try to have extra “Company” at the פסח Seder.

Every פסח, we must look at ourselves as if we “Go” out of מצרים .

One of the 4 questions is- why on this night do we “Lean” back and recline.

Another one of the 4 questions is why we only eat and “Crunch” on מצה.

After פסח is over, we must “Ce” (see) if we “Real”ly understand all the answers and lessons of the 4 questions of the מה נשתנה ,--especially doing מצות quickly, and without delay.

(Do you know why מצות and מצות are spelled with the same letters??)

## Cereal (Soda) of the Week

שִׁבְעוֹת

“Mountain” “Dew”

“Code” “Red”

וַיֵּלֶךְ מֹשֶׁה וַיַּעֲלֶה אֶל הַר סִינַי “Mountain” and  
when he came down and told בְּנֵי יִשְׂרָאֵל the תּוֹרָה, they all  
said: נַעֲשֶׂה וְנִשְׁמָע, we will “Dew”, and we will listen!  
(שְׁמוֹת-פָּרָק כֹּד--פָּסוּק ז) (Perek 24-posuk 7: **DO IT--24-7!!**)

וַיֹּאמֶר מֹשֶׁה אֶל ה' הַסֵּת לִי אֶת הַסֵּת הַסֵּת “Code” words--  
--יִפְקֹד פָּקֹד--that ה' would surely remember and  
take בְּנֵי יִשְׂרָאֵל out of מִצְרַיִם and give them the תּוֹרָה.

The עֲשֵׂת הַדְּבָרוֹת are “Red” on שִׁבְעוֹת.

If you want to be able to stay awake the whole night to  
learn תּוֹרָה, then you should drink the soda with the most  
caffeine:

“Mountain” “Dew”

“Code” “Red”