

Question of the Week

Because of the way time zones work, Israel is generally 10 hours ahead of United States Pacific time. This causes Shabbat and all holidays to begin EARLIER in Israel than, say, in LA.

What is the one holiday that starts in Los Angeles BEFORE it starts in Jerusalem?

ANSWER ON PAGE 4

WOW!

↓ THAT'S SO SOON! ↓

Now is a great time to contact us & find out more info about our incredible Grand Tour featuring Mount Rushmore!

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DAYS TO CAMP
NAGEELA WEST GIRLS
SESSION

DAYS TO CAMP
NAGEELA WEST BOYS
SESSION

Find out about our Grand Tour 2020 and see photos from GT2019 at nageelawest.org

HAPPY BIRTHDAY!

Happy Birthday to family members celebrating this week!

Elad Cohen
Aaron Kleiman
Lia Bitton
Matthew Werblud

Liam Hershko
Oreya Gazala

JEWNIOR SPRING REGIONAL

MEMORIAL DAY WEEKEND
MAY 22-25

6th-8th graders
Mesquite, NV

Registration is on hold. We are hoping to hold the Shabbaton as planned, and will update you as we know more.



My son ate a whole bunch of toy horses and had to go to the hospital.

His condition is stable.

OUCH! GROAN!

got a better joke? Email it to dlocker@nageelawest.org

How to turn Friday night into Shabbat



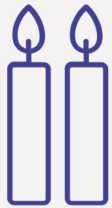
Clean Your Room!
Make sure your house looks awesome for Shabbat!



Take a shower.
Brush your hair.



Dress extra special!
Wear your nicest clothes, even though you're not going out!



Light Candles!
Make sure you do it before sunset.



Hold a cup of grape juice and make the blessings of Kiddush



Have a meal with your whole family! Try to get everyone involved.



Stay tech free!
Keep phones off and in a different room.



HOW TO TURN FRIDAY NIGHT INTO SHABBAT



A STEP BY STEP GUIDE

If there is a woman in the house, she should light the candles. If there is not, then the candles may be lit by a man.

1. Light the Candles first
2. Draw your hands toward your face
3. Say the blessing:

Barukh atah Adonai Eloheinu melekh ha'olam asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel shabbat.

Blessed are You, Lord our God, Ruler of the Universe, who has sanctified us with commandments, and commanded us to light Shabbat candles.



It is a beautiful custom for parents to bless their children during Shabbat dinner, placing their right hand on the child's head and saying:

May G-d make you like
(for boys) Efraim and Menashe
(for girls) Sara, Rebecca, Rachel and Leah
May G-d bless you and watch over you.
May G-d shine his light upon you and favor you.
May G-d turn His face toward you and grant you peace.

**יְשִׁימָךְ אֱלֹהִים כְּאֶפְרַיִם וְכַמְנַשֶּׁה.
יְשִׁימָךְ אֱלֹהִים כְּרִבְקָה, רָחֵל וְלֵאָה.
יְבָרְכֶךָ אֲדֹנָי וְיִשְׁמְרֶכָּךְ. יְאֵר אֲדֹנָי פְּנֵי אֱלֹהֵי וְיַחַדְנָךְ.
יֵשָׂא אֲדֹנָי פְּנֵי אֱלֹהֵי וְיִשֵּׁם לְךָ שְׁלוֹם.**



Kiddush is said while holding a cup of grape juice, and is a reminder of why we are keeping Shabbat; G-d created the universe in 6 days and stopped on the 7th.

Va-ye-hee erev, va-ye-hee voker. Yom Ha-shishi. Va-ye-chulu hasha-mayim vi-ha-aretz vi-kole tzi-va-am. Va-yichal Elohim ba-yom hashe-vi'i milach-ta asher asa. Va-yish-bose ba-yome hashe-vi'i mi-kole milach-to asher asa. Va-ye-varech Elohim es yom hashe-vi'i va-yi-kadesh oso. Kee voe shavas mi-kole milach-toe asher bara Elohim la-a-sose.

Savri maranan ve-rabanan ve-rabosai: Baruch ata Adonoy, Eloheinu melech ha-olam, borei peri ha-gafen. (Others respond: "Amen")

Baruch ata Adonoy, Elo-heinu melech ha-Olam, asher kidish-anu bi-mitz-vosav vi-ratza vanu, vi-Shabbos kod-sho bi-ahava uv-ratzon hin-chi-lanu, zikaron lima-aseh vi-raishis. Ki hu yom ti-chila li-mikra-ay kodesh, zay-cher li-tzi-as mitz-rayim. Ki vanu vachar-ta vi-osanu kidash-ta mikol ha-amim. Vi-shabbos kod-shicha bi-ahava uv-ratzon hinchal-tanu. Baruch ata Adonoy, mi-kadesh ha-shabbos. ("Amen")

וַיְהִי עֶרֶב וַיְהִי בֹקֶר:
יוֹם הַשִּׁשִּׁי. וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל אֲבָאִם:
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי
מְכַל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה:
וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ. כִּי בּוֹ שָׁבַת מְכַל מְלַאכְתּוֹ
אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת:
סָבְרִי מְרַגְּנֵנוּ וְרַבּוֹתֵי:
בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְרֵי הַתְּבִיאָה:
בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְנִצְּחָה בְּנוֹ.
שָׁבַת קִדְּשׁוּ בְּאַהֲבָה וּבְרַצוֹן הַנְּחִילֵנוּ. זָכְרוּ לַמַּעֲשֵׂה בְרַאשִׁית. כִּי הוּא
יוֹם תְּחִלָּה לְמַקְרָאֵי קִדְּשׁ זָכַר לַיְצִיאַת מִצְרָיִם. כִּי בְּנוֹ בְּחֵרַת וְאוֹתֵנוּ
קִדְּשֵׁת מְכַל הָעַמִּים וְשָׁבַת קִדְּשָׁה בְּאַהֲבָה וּבְרַצוֹן הַנְּחַלְתָּנוּ:
בְּרוּךְ אַתָּה ה' מְקַדְּשׁ הַשָּׁבֹת:



Hold up two whole loaves or bread rolls and say:
Baruch Atah Adonai Eloheinu Melech haolam, hamotzee lechem min ha'aretz

ברוך אתה ה' אלוהינו מלך העולם המוציא לחם מן הארץ



CORONA
Kahoot!
CHALLENGE

pay close attention to our online and social media pltfoms this week for info on both of these fun virtual programs

Ncsp+

GAMES + FREESTYLE RAPPING + AWFULLY AWESOME PUNS + NAIMAN + LOCKER+

life is different than it was a week ago. Many people are out of school and out of work. Many more have school and work, but it's shifted to online working from home, leaving people with much more time. People who live in LA or NY and aren't driving to work, have saved about 7 hours a day. Even those who are working full time, have had their routines drastically changed. Hours are different. Work demands are different. Everything is different. I'm not going to talk about the health risks or how to deal with them. I'll leave that to the professionals. I'm talking about the growth opportunities here! I think people have a chance now to step back and look at their lives. To think about how we are living, and why we make the choices we do.

When you finish reading this, please don't do anything for a while. Stop and think. Think about what things are important in your life and how much time you spend on them. How important is God in your life? How much time do you spend with Him? How important is your family? How important is self-care; taking some time off from the constant buzz and business so your brain can rest? These next few weeks we have a chance that we (hopefully) will never have again. If you power down your phone before Shabbat, and spend the day quietly- and I don't mean low volume, you can go ahead and shout if it makes you happy- with your family. Can you imagine NO distractions at all? Not a single car trip, shopping cart, basketball game, radio show, text message, snap, Tik-Tok or homework assignment. Does it sound scary to you? **TRY IT!** You might like green eggs and ham. Don't try green eggs and ham. But take the day. Take Shabbat and make it **YOURS**. If you aren't used to keeping Shabbat, try to follow the instructional infographic and make tonight about you and your thoughts. If you normally do shabbat, great! Now is the chance to **UPGRADE** your Shabbat. Study some Torah, sing some songs, **THINK**. Enjoy every minute of it.

QUICK FIX

For most Jews, the synagogue or their schools are the main place for their 'Jewish life.' This week, everyone lost these places. Now, more than ever, our homes are the center of our Jewish life. Yet, I think it's not even just the home that is the center, it's your heart and your mind. That's where Judaism happens. Having a mezuzah on your door and Jewish books in your house is beautiful. Having Torah inside your head, and having a mezuzah inside your heart, that's special.

This week's Torah portions remind us to 'take God with us wherever we go' by giving instructions for the building of the portable mi shkan.

Let's remember to take God with us in our homes, our hearts and our everythings.

WEST COAST
NCJW
JUNIOR
Inspiring the Jewish Future

Virtual Havdallah

With Rabbi Locker

Start your week right

A STORY SOME SONGS CONNECTION

Saturday Night at 8:30pm

ZOOM video conference <https://zoom.us/j/3174277225>

Nageela West
JOYFULLY JEWISH EXPERIENCES

Nageela West breaks the mold of old school Jewish outreach by providing out-of-the-box social and educational programs for Jewish children across the west coast. Through afterschool activities, weekend retreats and our signature summer camp, we engage elementary and middle school children in a fun and meaningful experience.

Our "questions encouraged" mindset makes Nageela a comfortable learning and growing environment for Jewish children of all backgrounds.

**HEY, DON'T PEEK!
THINK FIRST!**

QUESTION ON PAGE 2

Purim! Although ALL holidays start earlier in Israel than in the US, Purim is celebrated an entire day later in Jerusalem.

Answer of the Week