



פְּרַשְׁת לֶךְ לְךָ: הַתְּחִלּוֹת הַחֲדָשׁוֹת

LECH-LECHA: NEW BEGINNINGS

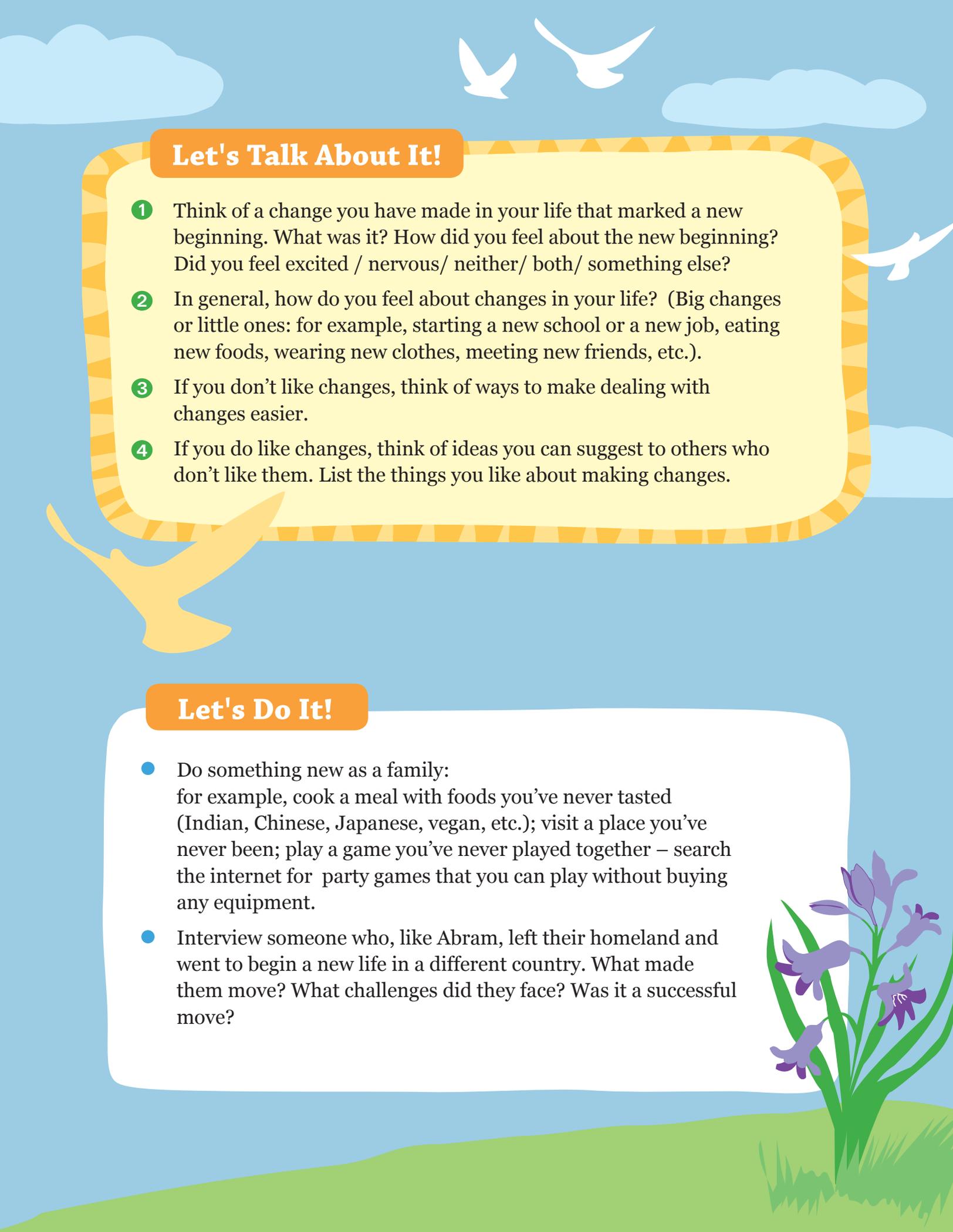
God commands Abram (whose name will soon be changed to Abraham) to leave his homeland and to go to the land that God will show him, which turns out to be Canaan.

Soon after arriving in Canaan, Abram and his family leave for Egypt to flee the famine. Abram's wife Sarai (whose name will soon be changed to Sarah) is taken by Pharaoh, but God inflicts Pharaoh with disease to make him release her. When they return to Canaan, Abram and his nephew Lot go their separate ways. God makes a covenant with Abram and promises him and his descendants the land of Canaan, which we know of today as the land of Israel. Abram's other wife, Hagar, gives birth to his first son, Ishmael. At the end of the parasha God changes Abram's name to Abraham and Sarai's name to Sarah. This week, inspired by Abraham's new path, we focus on new beginnings in particular and changes in general.



<p>מילון: אֲבְרָם – זה היה השם הראשון של אֲבְרָהָם. רק אחרי שהוא יצא לדרך, אלוהים הוסיף לשם שלו את האות ה': אֲבְרָהָם. מֵאֶרְצָךָ – from your country וּמִמּוֹלַדְתְּךָ – and your homeland I will show you – אֶרְאֶךָ</p>	<p>וַיֹּאמֶר ה' אֶל אֲבְרָם: לֶךְ לְךָ מֵאֶרְצְךָ, וּמִמּוֹלַדְתְּךָ, וּמִבֵּית אָבִיךָ, אֶל הָאָרֶץ אֲשֶׁר אֶרְאֶךָ. (בְּרֵאשִׁית, פָּרָק י"ב, פְּסוּק א')</p> <p>God said to Abram: Go from your country, and from your homeland, and from your father's house to the land that I will show you.</p> <p>Bereshit, 12:1</p>
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Let's Talk About It!

- 1 Think of a change you have made in your life that marked a new beginning. What was it? How did you feel about the new beginning? Did you feel excited / nervous/ neither/ both/ something else?
- 2 In general, how do you feel about changes in your life? (Big changes or little ones: for example, starting a new school or a new job, eating new foods, wearing new clothes, meeting new friends, etc.).
- 3 If you don't like changes, think of ways to make dealing with changes easier.
- 4 If you do like changes, think of ideas you can suggest to others who don't like them. List the things you like about making changes.

Let's Do It!

- Do something new as a family: for example, cook a meal with foods you've never tasted (Indian, Chinese, Japanese, vegan, etc.); visit a place you've never been; play a game you've never played together – search the internet for party games that you can play without buying any equipment.
 - Interview someone who, like Abram, left their homeland and went to begin a new life in a different country. What made them move? What challenges did they face? Was it a successful move?
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