

Parashat

# Ve'ethkhanan

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## Le ilui Nishmat

אביאל בן אברהם ז"ל

Aviel Kipgen ben Avraham z"l

אליהו בן אביאל ז"ל

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# נִשְׁמָת מַנֶּשֶׁה NISHMAT MENASHE

A L O N



Yeshivat Hesder Ma'alot  
(Nishmat Menashe)

## Tefilah (Taona) Asher Kipgen

Tefilah(Taona) hin ichanna tha anei ham?  
Tuchung parasha achun Moshe Rabeinu  
chu Eretz Israel alut thei na ding in 515 vei  
ataove tin akisei e.Ahinlah doh ding khat  
chu Moshe rabeinu chun Ama thakhel  
dinga jong Yehosua bin Nun alhen doh  
jounung ahitan chuleh Reuven,Gad leh  
Menashe Kehkhat te jong agamho ahop peh  
jou nunga chu ipi ti danna Taopan ham?  
Adonbutna chu atam in hiche ho lah a chun  
khat sei u hite: Moshe Rabeinu in ahilnom  
chu "Mikhat chun alol (Neck) a chemjam  
hemjet kingam tahan lang thiding dinmun  
in um ta jeng jong leh Katao na hi imachan  
pang tapon te atilou ding Hashem anga aki  
hinso na dinga tao ding ahi".

Hitin akisei e "Hezekiah lengpa chu Hanat  
in anan athipai ding ahi tai, Hichun Isaiah  
themgao chu ache in hitin aga seipeh e.  
Nainsung mite kisem toh in ajeh chu  
nangma damdoh talouva athi den tei tei  
ding na hitai." (2 Kings:20).

Hichun Hezekia lengpa chun Isaiah  
themgao kom chun "Ipi ham ka chonsetna?  
Ipi bolkhel kanei khah ham? tin adong in  
ahi.Isaiah in hitin adonbut e  
"Ji naneilou jeh ahi" ati tan ahile hichun

Hezekiah in jong Gao a kamun Kei akon  
hungpot ding chapang jouse chu aphading  
aum pon,hijeh achi ji kaneilou leh pha jo  
ahi ati.

Hashem kinbolna dinga nang in ima thu  
neai poi tin Isaiah chun asei peh tan  
ahile hichun Hezekiah in jong chuti ahileh  
na chanu toh nei kitchen sah in chuti leh  
Nang leh Kei chonphat na jalla Chapang  
jong apha hung potthei na din tin asei tai.  
Hichun Isaiah in hitin adonbut e' Thu kitan  
sa chu kikel thei kit talou ding ahi' tia asei  
peh phat chun Hezekia lengpan jong 'Kapu  
kapa apat chondan kanei un" Koitabang khat  
chu Angong/alol in chemjam kingam jeng  
jong leh Hashem khoto na thum ding chu  
nahsah louva koilou ding athum ding ahi".  
(Talmud Brakhot:10a).

Hichun hezekia lengpa jong Lunggil tah in  
Hashem angah atao tan ahile, atao na jong  
Hashem in asan peh in ahi.Akisei bang  
in"Keiman nahinkho Kum som leh kum nga  
kajop be peh ding nahi"(2king 20:6).

Hiche ma banga chu Moshe Rabeinu a kon  
ijil doh u chu itabang phat hihen itabang  
dinmun in kiding jeng jongleh Hashem anga  
Taova akhotona thum jing ding chu ahi.  
Hiche Taona Poimo dan eihil nom jeh uva  
chu Moshe Rabeinu chu aphant lemchang  
hihih jong leh tao ahi.

## Parashat VE'ETHKHANAN

Efraim Singson

## Moshe Taona

Parashat Va'etkhanan ahin kihilna poimo tah tah Judaism ma dingin aum in ahi. Thupeh som (Ten Commandment) akivel sim in anivei chan nading in akihil (taught) kit in ahi. Chuleh P-then khatseh ahina phondohna (declaration) Shema jong aum in ahi.

Parasha kipatna achun Moshe in mipite kom ma P-then toh akihouna asei in ahi (*Devarim* 3:23-25). Moshe chun P-then in athulhuhna (decree) chu Alhap lhah'a chuleh mipi tetoh Jordan lui galkai khomding aphalpeh nading'a thumna anei ahi. Ahinlah P-then in aphalpeh pon ahi:

*"Hijongleh nangho jeh in P-kai kachungah alung hangin kataona eisanpeh tapoi, nang adingin aphaset tai, hiche chungchang ahin aban ema seibe tahih in eti."* (*Devarim* 3:25)

Moshe taona chu akisan peh tapon, chuleh atao jombe nalou dingin jong, akisei peh in ahi, ajehchu thulhuna kinamdet (sealed) ahitan ahi akiti. Hiche sangchun P-then in alhamon nadingin gal gamla akonna agam chu avetna amu dingin aphalpeh (offer) jon ahi. (*Ibid.* 27)

Moshe taona chu akisan peh tapon, mipite toh agam ma lutkhom louding ahitai. Khakhamim tehon hitin eihil uvin ahi, Moshe Rabbeinu chu khatvei nivei tao ahipon 515 vei tao ahi, hinla aboncha khatcha kisan pehlou ahi atiuvin ahi. Hoilai akon na Moshe chu 515 vei ataove ti ijildoh thei uham? Akisei ma bang in, "Hiche petchun

*P-kai hengah kataovin (Va'etkhanan)....."* (*ibid* 3:23) Hiche a kataovin/kathumin tina hi Va'etkhanan (pleaded) ahin hichu Hebrew jem ma ajat (*numbers*) esim leh 515 ahi.

Hitobang tah'a Moshe Rabbeinu taona kisan pehlou chu eiho ding'a gah het bailam ahipon ahi. Ipi tidan na Moshe, themgao holah'a apipu (father of all prophets) taona man kisanpeh louham? Chujong leh, Moshe Rabbeinu chubang'a loupina dinmun (level) sangtah phajou chun kisihna (repent) ahiding bangtah'a boldoh louva achungthu akilhaplhah louleh, ama dinmun (level) lhungjou louleh agel ajong gelpha lou hochu ipi tiding hitam? Hiche chungchang thuhi Talmud leh Midrash'a adonbutna tampi aum in ahi akiti, Gemara in Moshe taona chu asohdoh (effect) aum in ahi ti ahethem ma2 in ahi: Taona hi thilpha bol sangin alenjo in ahi, ajehchu Moshe ijilkungpu'u (our master) bang'a thilpha bol'a lenjo koima aumpon ahi. Hijengjong leh, Moshe chu ataona man jehin akidonbut in ahi, akiseima bangin, "Nang adingin aphaset tai, hiche chungchang ahin aban ema seibe tahih in," hiche jouchun molchung'a akal doh'a agam avetdingin akiseipeh pai in ahi. Gemara in kichen tahin Moshe taona chu asohdoh (effect) aum'e ti ahen ahi, hinlah Moshe in adeibang tah'a sohdoh lou ahi ati, Moshe chu ana taolou hileh molchung'a kal'a agamchu amulou ding ahi.

Hiche ahin ithudoh'u aum nalai in ahi: Moshe taona chu akisang nai, hinlah ama deidan bangtah in akisang poi. Chujongleh, iti dan na Moshe chu abolkhel (indiscretion) neokhat jeh achu ataona bulhing setna kisanpeh louham? Achom theilam in eboi nao taona chungthu hi hin seilham goleu



## Parasha banjom..



hen, mikhatchu achunghthu chunglang'a (Beith din sel maalah) tanlhahna/thulhuhna (decree) achaina chan aum masangin ataona manchun naa atongthei nalai in, hinlah hiche khel lamchu ahiteng leh taona in thulhuh nachu akhel (cancel) jou tapon ahi akiti. (Rosh Hashanah 18a). Hiche dungjui ahi Moshe Rabbeinu chu achunghthu tanlhahna um ahitan ahi. Khakhamim atamjo hon eihil nao achun Moshe chu achaina chan na achunghthu tanlhah'a aum phatna seibe ding aneilou ahitai atiuvin ahi.

Hiche hin kisihna (teshuva) bol la kon na asohdoh (effective) umlou dingtoh akilosah thim in ahi, hinlah Zohar bu in, "teshuva dihtah" chu aphatchom na aum tei in ahi ati. Ahimong achu Athengpa (Holy One) Hashem in michonse ho Ama ang'a kilekit hochu asang teijin ahi. Ana bohkhya jeng tajongleh emajouse athah semphat pehin chuleh achonset masang dinmun bang in akoiji in ahi. Mihem khatchu Athengpa Hashem in achunghthu khaotah'a tanlhahna ana neijeng tajongleh kisihna (*repentance*) dihtah aneileh, ngaidamna bulhingset in

angaidam ji in ahi. Hichu ahileh ipi ding'a P-then in Moshe kom ma taona naman angai tapoi ati ham? Rashi in hitin eiseipeh uvin ahi: P-then in nang'a dingin aphaset tai atichu loman tampi in nangah jing in ahi, "Ahunglhung ding leisetna thilpha tampi in nangah in ahi, hijeh chun nachanvou (share) ding'a natao khoh angaipoi atina ahi ati."

Mihem khatchu P-then toh akigam lhat'a adam moteng leh adam nading in P-then kom ma ataojin ahi, chuleh P-then toh akina'i'a akiguijop tengleh adamji tan ahi akiti. Moshe Rabbeinu chu midang toh abang pon, lhagao kisemtup nading in lhinel na imacha jong aneipon ahi, chuleh adam nading in emacha angai chapon ahi. Rashi seibang in Olam haba'a achanvou dingin jong ataokhoh angai pon ahi. Hiche akon ahin Seforno hilchetna veleuhen parasha hetgil na neokhat eneithei diu ahi. "*Nangho jeh in P-kai kachungah alunhang in*" - Ajehchu Israel gam'a aith'h'a ding'a thecheh'a (exile) naum nalou diuvin ka umpi nom uvin ahi. Hinlah P-then in namdang telah'a nathecheh soh nading uvin Akhut alhangtan ahi. (Seforno Devarim 3:23). Seforno dungjui ahin Moshe chu ama lhagao phathei nading'a tao ahipon, hinlah khonung'a mipite dingjoh'a tao ahi. Moshe chu amipite ding gelkhoh na'a dim ahi. Hiche ahin akhumkhana hoitah eipeuvin ahi. Moshe gampam ma aum denchu ama'a lhinelna emacha aumpon ahi. Hinlah amipite lhagao dinmun nemjeh ahi. Adang khatna emudoh thei kit uchu Moshe chu Israel gam analut leh Temple chu aith'h'a se talouding. Moshe chu Mashiakh hijeng ding ahi. Aboina (problem) bouchu mipite lomlou (unworthy) ahi akiti.

## Thusim

### Yair Guite

Ezra Ha Sofar sut Sefer-Torah thusim: Masanglai Rabbeinu Shrira Ga'on khanglai chun, mi housatah khat hi anaum in, athi teng anei agou jouse sana dangka acha teni chu pehson ding agon, chuleh hiche mihausapa chun Sefer Torah Ezra ha sofar in ana sut jong chu anei ahi.

Hiche achateni chun ani lhon in hiche sefer Torah chu adei cheh lhon in, Beith Dinte masang'a ahung lhon in, kinoptona anei un hiche kinopto na chu vangsan (Lottery) din aki nopto taovin ahi, langkhat'a chun apa nei leh gou jouse akoi uvin, langkhat'a Sefer Torah chu akoi uvin ahi, hiti chun Sefer Torah changpa chun kipah thanom pum in tumging leh jaila toh thon golvah loupitah in Torah lopna kin leh houinn na koilutna kin anei uvin ahi.

Hiche kin leh thil kibol jouse chu Torah tahsan louho khat hin amutan, hichepa chun miho lah'a khat chu adong in, khatpan jong Torah lopna leh hou inn a pohlutna kin kimang ahin, chuleh hiche Torah khu Ezra ha sofar in akhut tah'a ana jeh ahi tin, thil umdan jouse chu aseipeh tai, hiche Torah tahsanlou mipa chu mi kikah lah ho'a chun achen hou inn sunga aga kisel tai, Sefer Torah chu Parashat Mishpatim simna ding'a jieldohsa'a um ahi, hiche mipa chun Torah chu aphong tan ועֲבָדָתֶם אַתֶּה "אֱלֹקֵיכֶם וּכְ "

"Nanghon na P-kai na P-then'u kinho nabol tengu....."

Ti'a kisun chuphat in aman jong עֲבָדָתֶם thuchang'a עַ

chu anoimang in נָ joh in akhel tan, Sefer Torah chu athenglou asoh tai, hiche thilsoh chu koiman ahetlou ahi, Shabbath ahung lhung tan, Sefer Torah chu ahin phoh jou uva, hiche thilsoh chu ahin mudoh phat uvin, Sefer Torah neipan ahinmu chun ada lheh jing in, chuleh thohhah asa lheh jing in ahi, adaval jeh in amun achun atou lhan hitin asei e, Torah hi jih phatmo chuh ahipon, hijong leh thumal khat hijeng jong leh akijih phat'a ahileh Ezra sut Torah tia kikou talou ding ahi atin lungthim nomlou tah in aum tai.

Hiche Shabbath kichai jan chun, ajan mang in apa ahung kilah in, Torah tahsan loupan thilsoh jouse chu abol ahidan ho jouse aseipeh in, hiche mipa jong chuh gotna akipeh dan ho, chuleh hiche thilsoh chung chang ahin chung lang Beith Din ten achungthu atan dan ho ahin, "Mit khel a Mit" ti'a hiche Sefer Torah jong chuh khat in aga suhdih angai poi, ahinlah Ezra ama jana vetsah nan amasut ahijeh in aman thengthou tah leh ahiding bangtah'a aga jihphat ding ahi, ti'a thu chuh ahin tanlha dan ho'u jouse chuh amujou in, Torah neipa jong aimut na akon chun ahung khang in, hou inn lang jon in alhaipei in, Torah chuh ahon doh'a ahileh ajanmang'a apan aseipeh bang chun ahiding bang tah in Torah chuh ana hoisel tai, chuh in aman jong hiche thilsoh jouse chuh Rabbi teho kom in ahetsah in, H'thangvah na apeuvin, O ka P-kai nahin doudal te jouse mangthah uhen tin kipah tah in aum taovin ahi.



# Yeladim

*Parasha Masapa a kipa man kisan*  
**Itzkhak Touthang - Tzfat**

הזוכה בפרס הוא יצחק טאוטאנג - צפת



## הלכות ברכות

## שאלות לילדיים

מה מברכים על זה?



## פרשת ואתחנן

1. מה פירוש המילה "ואתחנן"?
2. מה אסור לשכוח? (פרק ד, פס' ט'-י')
3. בפרשת השבוע יש את 10 הדיברות, מהו הדבר ה5?
4. מרם הפסוקים הכתובים בפרשה שאנו אומרים אותן פעמיים כל יום?

\* *Minu mipa ten chate kithopi thei, hijongleh ama ho min a eiman bol louding*

 Adonbutna ahin thot lut masapen pen chu kipaman kipe ding ahi.  
 Yom sheni masang a hiche number a hi **SMS** a thot ding 0586278988

## Khinukh Yeladim

Rabanit Tali Kokh & Leah Hatlei



Tuchung Shabbat Parasha Va-ethkhanan a hin moshe in hitin asei e, Pathen in kajah ah aseiyin: Yehoshua chu lamkai ding'in lhengdoh inlang alung lhahdai lou nading in tilkhouvin ati. "Chule Yehoshua chu thupeh penlang, ahat jing'a chuleh ahangsan jing nadin.." (Devarim 3:28)

Yehoshua in mopohna lentah akisan'in, hiche chu Israel chate Israel gamtheng apuilut'a chule achung uva alamkai ding ahi.

Ilungsung uva ikoidiu poimo tah khat chu ahi leh Yehoshua lungha dai louva aum na ding'a tilkhouna thucheng hi tamtah vei akiphapoh in ahi.

Chapang khoukhahna (khinukh yeladim) toh kisamkai'a hiche a kon jildoh thei chu, akojouse in tilkhouna leh tosotna akigaicha cheh in ahi (Yehoshua jengbon Hashem a kon mopohna kisan a tilkhouna leh tosotna angaichat jing'a ahile eiho ipi itidiu hitam?)

Hiche jeh hin, ichateho'u chunga aphantan ho'u, achung uva kinepna leh

tahsan'na inei danho'u, thil ho abolthei danho'u hetpehna pehjing a tosot naleh tilkhouna vetsah na "khibuk" (angkoi bolding ahoi in chule apoimo lheh in ahi.

- Lungset/Ngailut vetsahna "nesikah" (kiss) ho bolto kop'a tilkhou na pehding.
- Achung uva aphantna ho'u leh ahoinalang ho'u jengbou vet ding chujou teng "nangpa/nangnu hi thepna jatchom beh nei nahi hila" tiho thucheng a tilkhouding ahi.

Hitobang a chapang ihin khoukhah a sinsah na ihin peh teng, amahon jong kanung a eitahsan, eingailu, ei tosot leh ei tilkhou aum jing'e ti amuji tengu leh alampi'u akalson naova amachal thei uvin chuleh lolhin na hinkho aneisah thei in ahi.

Hiche jeh chun "Hat unlang Hangsan un" !

## Shalom Baith

**Rakhel Lupheng**  
*Madrikhat kalot vezugiut*

### IPI JEH A JINEI POIMO HAM?

Bereshit 2:24

Hijeh a chu pasal in aNu aPa alhakang a ajinu atuh chah a hitia chu amani chu pumkhat/bulhing (shalem) hiding ahilhon e. Torah dung jui achu mihemkhat chu pumkhat/ shalem ahina dinga jinei ngai ahi.

Jinei nai lou Nungah Gollhang khat chu shalem kiti thei lou ahi , Ajeh chu ina seisa bang uva Neshama chu hiche leiset na ahung kumlhah masanga chu khat ahin hiche leisetna hi akeh khat

Numei akeh khat a, Pasal a hung peng a hichu ji anei tokah a hi ama chu akehkhat bou hinalai ahin shalem/bulhing hithei lou ahi .

SHALEM perfect hina hi Hashem tilou koiman anei poi. H' in ingaichat jouseu chimitih nei louvin eipe jing uvin hichu eiho chunga angailutna Ahava eivet sah nau ahi, Tuhin Numei le pasal chu ahung kichen Ihon'a kon chun Adam shalem/bulhing ahitai. Hiche a kon iseinom uchu Hashem hina shalem chu amani ajong um ahitan hichu iti muthei ding ham?

H-shem in achate ilhahsam nau ahen panpi ingai na chan uvin eipanpi jing uve, eihon Hashem ama a dinga ipi ipeh uham agelkhoh poi hibanga chu Nupa teni jong

*1.Iji lhahsam nalai<sup>2</sup> komu a sei<sup>2</sup> hilouva alhahsam nalai tah a kithopi ding*

*2.Alhinlel na kithopi ding*

*3.Anngaichat nah a panpi ding*

*4.Ipi bolpeh leng kaji hi kakipa sah thei dem*

Tia khat le khat kikhoh sah tona panpi nom na aum teng hiche akon achu Hashem shalem/bulhing ahina eiho a umchu muthei a hung umding ahitai

Hichu hilouva Kaji nu kajipan hitin eibol leh tia ape ding hilou akisan ding bouva iji akon bou muding iha gel lai chan uva Khat le khat kihet khielna umji a kipumkhat nachu gamlha ji a eiho akon Hashem Shalem ahina chu kimudoh jilou ahitai.

Chule Bereshit a pumkhat (khat) EKHAD hiding ahi kiti gah vekit leu hen

Hashem ama chu khat (הָאֶחָד) ahi

א-1 ח-8 ט-4 = אֶחָד = 1+8+4 = 13

א-1 ח-5 ב-2 ה-5 = אַהֲבָה = 1+5+2+5 = 13

(Ahava) = אַהֲבָה (ekhad)

Ajipan angailutna 13 (אהבה )

Ajinun angailutna 13 (אהבה )

13 + 13 Agom a 26

chuleh Shem Havaya יְהוָה = 26

=10, ח=5, ו=6 chuleh ח=5

(H min רַאֲרֵי hi shem Havaya kiti ahi)

Hitabang a chu ajipan jong ngailut na tah beh a angailut na chule ajinun jong ngailut na tahbeh a angailut teng H'skhina chu chang thei hon ding ahi tai

"Asuli mikdash ve'Shakhanti betokha"

Hashem in Chen nading mun eisem peh uvin asunga ka pansat ding ahi ati in

Tuni a Numei le Pasal khat ahung kichen hon a Kingailu tah, kihethem tah , kikhohsah to cheh a ahung um hon teng H" shalem ahi na le khat ahina chu eiho a umding, Hiche a kon na chu H" skhina chu ilah uva cheng ding H" skhina ilah uva aum teng ima jouse um ahitai

Hashem in asim jouse Ajitoh akah a kipumkhat na kihethem na aum thei nadin vang eiboh peh tauhen.

**Thudoh & Donbut**

HaRav Yehuda Kokh &amp; Shimshon Hangsing

Hashem in pha asah le hiche section a hi thudoh le donbut na ihinjom toupeh diu ahin, koi tabang halakha ahilou le Agadah hoa kon dohnom nanei ule, nahin dongjing thei uve tichu iki hetsah nao ahikit e.

**Q.** Tukum hi kum ת"שפ" (5784) ahi e, hiche thucheng kavana hohi koiten ana man jingu ham / epi ham?

**A.** 5784 (התקופה) hiche kum hi leiset hung kisem a pat Israel ten kum ahin sim patdan uchu ahi. Tun vechen leuhen

נ - 5000 ט - 400 ש - 300 ט - 80 ת - 4

Abon'a 5784 ahung hi e.

Hedinga poimo 2024 hi christainte kumsim dan ahibouve.

Numerical value dang khat kit chu

בראשית = 913 = תאריך

(Berishit = 913 chuleh Tarik = 913)

**Q.** Hoilai mun'a konna kipa khuh ding kimu ham?

**A.** Khakhamim tea kon kimu ahi, Ipi jeh in'nem itile pasal khat chun kachunga eisem pa aum me ti agel doh jing theina ding ahi. Kipa size jeng jong chu ijet ivei inung ima'a umhon amusoh thei diu size chu angai kit in ahi. Chule eiho khanga hin houbol le houbollou kihetkhen na in jong apangta.

**Q.** "Lekhem" neh nadinga khot anilang toa ijat vei kasil ngaiham?

**A.** Eihon ina hetpao chu khot anilang toa thum veicheh sop tei2 ngai'a inahet u ahin, hinla halakha in khatvei ahijong le apha jinge ati.

**Q.** Kichen ding tengle itobang khot jungbu choh a phaham?

**A.** khot jungbu chu apum'a round hiding, songmantam kibeh ho hilou ding. Ahinla sana/gold leh dangka/silver a kisem ho vang man thei ahi.

**Q.** Ahung Ihung ding Monday khu "tubi Av" ahin, hiche nikhoa dinga halakha achombeh umham?

**A.** Tubi'av nikho sunga Israel tea dinga thilpha anasoh in, hiche jeh a chu kipa na nikhon akimangin, kikhop khom phat le takhanun akiseipoi chule lhase tah in jong akium ngai pon ahi.

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Motzei shabbath nia kehila tea kon thudoh khat ana kimu e.

Chichu:

**Q.** Shabbath nikho'a dinga saa kihon chu kaneh val le , motzei shabbath le kaneh thei kit dingham?

**A.** Mi tampi in hitin agel uve, shabbath nia dinga saa kahon chu kaneh val le motzei shabbath jong le aneh thei e ajeh chu neh val tei2 dingin kavana neitah in kahon poi, tin asei jiuve. Hinlah halakha dungjui a nehphallou ahi.

## Shabbat

HaRav Yehuda Kokh & Yadiel Hatlei

Gemara mesechket shabath daf 23, na a hiti'n akisun e : Rav Huna in asei in; candle/thaomei vah jinga chun cha pasal Talmidei khakhamim aneiding ahi. Hiche hin eihilnom u chu, Shabbath thaomei vah nading'a kisah boina na nei'a, ahoithei nadinga kihambol khat chun cha pasal Talmidei Khakhamim aneiding ti ahi. Hiche jeh hin, innsung minu'in thaomei avah chai jouteng chahoi chapha Talmidei Khakhamim anei nading'a taona neiding chu ahoi in ahi.

Innsung minu'in Ivrit a kisun taona chu ahet them louva ahijong leh, eipao a kisunchu asim'a kavanah aneijoh ding chu ahoi e.



### INNSUNG MINU'IN THAOMEI AVAH CHAI JOUTENG HICHE TAONA HI SEIHEN

Kapu kapate'u Pathen, nangma lungdei lam hihen, Nami ngailutna kachung in (ka pasal, kachate ho, kanu kapa te) chuleh kaki naipi hocheng chung in hin

koi in. Hinkho pha leh hinkho sotna keiho chungleh Israel chate jouse hin pe tan. Thilpha jengbou leh vangbuohna ding jeng bouvin neihin geldoh jing uvilang nitin hinkho kakiman chah nahoh jouse chunga jong nahin venbit jing'a namilungset khotona jeh jal a na vangbuoh na loupitah chun neihin vangbuoh jing un. Ka innsung'u hinlodim inlang nami umpina( shekhinah) chu kakah uvil hin chensah tan. Cha leh tu chonchan pha talmidei khakhamim, kitahna nei, Hashem ngailu, Hashem ginna nei, thil het themna nei chuleh Hashem ding'a chipha chihoi kanei thei nading'in neihin vangbuoh in. Hashem toh kilhakang louva, Torah vah'a hiche leiset ahinsal vah jing uva, thilhoi thilpha jeng bou leh Hashem naa jengbou ahin toh thei nading uvil jong hin vangbuoh in.

Lungset tah in Hashem, tupet a katao'na hocheng neihin ngailhah peh'a kanu te'u Sarah, Rivkah, Rakhel leh Leah ho chonphatna jal'a neihin sanpeh teidin kahin thum e.

Kathaomei vah uhi mit louvin tonsot in vah jing taken!

Mitzvah Hadlakat neroth shabbath (Shabbath thaomei vahding mitzvah) hi koijouse chung'a lha/kikoi ahi. Hinlah hiche mitzvah bol ding hin Pasal ho sang'in numei ho akimasat sah jo in ahi. Ahinla Pasal khat chu innsung'a amabou cheng ham ahilouleh pasal sehbou chen naham/ ajinu inn'a umlou ham, ahileh Pasal in jong Brakhah pum'a shabbath thaomei chu avah ding ahi. Innsung mipa in ajinu shabbath thaomei vahding chu asemtup'a kithopina apeh ding chu ahoi in ahi.

Tzuva - Kisihna

Makhir Thangboi Vaiphei

Leng Shlomo khanglaiya pasal khat leng Shlomo koma ahung in lengpa nang in gancha ho pao jouse nahe in kei jong gancha ho pao nei hil in tin ahung tao in, Lengpan jong gancha ho pao nahil pou2 leng Tzuva/kisihna neiman lou a nathi khah ding ahin kahil ngampoi ana tipeh in ahi. Ahinla, hiche mipa chun lengpa koma avel vel a asei jeng phat in leng Shlomo in jong gancha ho pao chu ana hil tan ahi. Chu in hiche pa chun jaan khat a in sunga alup pet in Ahcha ho kihouna aja tan ahi. Ahcha ho chun tuni ipupao insunga a gucha ho hung lut ding thil jouse aguh dingu ahi atiu ajah phat in aman jong a in kot ho hoitah in asemphan akhah tup chet in gucha hon agu thei tapouvin ahi.

Chu in kipah val in gancha ho pao het chu aphachom tave atitan ahi. Ajing in ahcha te akihou lim kit un ipupao chapa hi ava doh na a akeng aki suh boh ding ahi atiu aja kit tan ahi. Chu in aman jong achapa avahdoh sah tapon ahileh achapa jong a keng abong tapoi. Chu in phachom asa val in akipah lheh tai. Ajing jaan in Ahcha ho akihou lim kit un, ipupao hi thina vantil in athadi ahi tai ahin ti phat un bol di leh seiding ahetapon kithing pum in leng Shlomo kom a ahung tao in ipi kati ding hitam? Nei huhdoh in tin ahung kap tan ahi. Chu in leng Shlomo in gancha ho pao het aphachom poi nahil leng nathi lo ding ahi kanati hilou ham?kathusei natahsan lou jeh in tun ima bol thei inei tapoi.

Gancha pao ana hetda lechun Hashem in mihem ho ama a kona agamlhat a ama asuh mil teng athil leh lo ho chunga vangsetna alhun sah ji in ahi. Ajeh chu HaShem koma kisihna nei pum a ahung kisemphat na dinga HaShem in ei kounao ogin ahi ji in ahi. Hiche a chu akisemphat lou tei2 a angai ngai a aum nahlai leh ainsung mi chunga dammona hahsatna kisuhkhah na ham khat alhun sah kit ji in,hiche HaShem kouna ogin chu akijah mo sah a akisem phat loichel louva ahung kinunghei loi lou leh thina in agot ji tai. Gancha ho pao chu ana helou hileh chun kisihna nanei man maithei ahi, na thina ding a nakihuh doh mai thei ahi ahi. Ahcha ho pao nahet jeh a kei leh kei kivengbit jou nange nati a HaShem kouna o nadon lou tah jeh in HaShem in natha got ahitan ima nabol thei tapuon nakisih na ding kot kikhah ahitai tin Shlomo in ana donbut tan ahi.

Hiche thusim a kona iki het dio leh ijil doh dio thupi pen tah chu ahileh.. HaShem in ama a kona igamlhat uva kisihna neilouva Torah leh Mitzva ho a kona igamlhat teng u leh ichunguva lung gimna leh hahsatna ho eipe ji un ichunguva gentheina leh lunggimna ahung lhun tengleh iki semphat loi loulehang asanga nasa jo dammona leh kisuhkhah na ho eipe kit ji un,hiche a jong chu kisihna nei lou lai a ibol ngai ngai ibol tei2 ji tengu leh Tahsa thina in



Tzuva/Kisihna banjom..



mihem chu agot  
ji tan ahi.

Tua jong Israel  
nam pumpi  
chunga HaShem  
alunghang in Gal  
leh Tuol in  
kichatna leh  
tijatnan i dim  
taovin,hiche pet  
tah a hin Tzuva/  
kisihna nasa tah a

inei uva Torah Mitzva chuleh Gemilut Khasidim/mihem kibahpi khotona leh ngailutna inei uva kisihna nei pum a athah beh a pan ilah pou2 uleh GOG U MAGOG gal hung lhung jeng jong leh thina leh hamsetna ito lou dio ahi. Phat tin a Hashem koma isuhkhel nao a kona kisihna nei jing ding phat chu ahitai.

“puldouna thah” ti'in akiminvo in ahi.

Shlomoh lengpa lekhajih Mishlei 31:6 na hiti'in akisun e, “ amangthah dingpa chu khamna thei donsah'in, Lung hesoh genthei behseh ho chu ju donsah tem in” ahilchet ve uhitiuve.

Ipi kiseina ham “amangthah dingpa” ti'a kisei hin? Khang masaho khanglai chun mikhat chung'a thina changei thutana aumteng “thinat” ahelou nading in ju ana donkham sah ji uvin ahi.

Ipi ham “Lung hesoh genthei”? Hiche lung hesoh genthei kisei hi koichung a kisei ham itileh ainnsungmi akinaipi mi sagi ho lah a khat puldou'na neikhat chung in akisei in ahi. Hiche chungthudol ahin Khakhamim hon, Lengpiju(yaiin) donsah uvin ajeh chu alung hesoh genthei ahaimil thei nading'in asei'uvin ahi. Hiche akon jildoh ding achu Khakhamim ho'in Yain (lengpiju/ju) don thei nading phatchu akinaipi innko sagi holah a khat in athisan a aponat val lebou ahi (Mitzvah ahipon dontei ding kisei ahipoi).

Hiche dinmun'a ding loukhat achu akipa jing angai in ahi. Iti Yehudi khat chu kipah jing thei ding ham itileh, yehudi kahijeh bou a kipaht hei ahi ajeh chu Leng (Hashem) chapa/chanu kahijeh a ahi. Hiche jeh hin lungsung hesoh genthei nading aumpon jule sa'a kibol nading thu aumpoi. Hashem lungdei ahi'a, Yehudi ihiu kithang'at na ineithei nadiu'a eihin kithopi uva chuleh Israel innsung pumpi ding'a hiche nikho hocheng hi hashem in kipah nikho in hin heidoh tahan! Amen.

## Addiction

HaRav Barukh Abukasis, Rabanut HaRashi - Giur & Yadiel Hatlei

Khazal ho'n itih phat tengleh Yain leh juho (alcohol beverages) donding phatsah na anei uvem?

17th Tammuz apat 9th Av kikah nikho sung hin Beith Hamikdash kisuhsset chung'a puldouna hinkho imang uvin ahi. Hiche puldouna hi puldou na “lui” ( kum sang ni masang akon hung kipuldou ahitah jeh a “Avelut yeshanah” puldouna lui kiti ahi). Ahinlah “puldouna thah” kiti jong aum in ahi. Hiche chu mikhat ding'a akinaipi innsungmi sagi hokhat athi a puldouna achung uva anei chu

Jingkah tengleh *Shema sei masangin brakha ni akisei jin chuleh Shema seijou teng brakha khat akiseiji in ahi chuleh chubangma chun nilhah teng Shema seimasang leh seijou a brakha ni ni akisei kit jin ahi.* *Brakha asaokhat leh achomkhat.* *Brakha asaoho akisuchom theipon chuleh achomho jong akisusao theipoi.* Akhumkha na brakha neihoh chu akhumna seilou chu ahoipon chuleh khumna brakha neilouho ho chu akhumkhana brakha seilou ding ahi (Barukh atta a kipan'a barukh atta a kichai/kikhumkha ho chu akhumkhana brakha kiti ahi).

## HALAKHA

**Peninei Halakha, Tefilat Nashim 16a:** Khakhamim hon hiti hin Shema seidingdan anaphutdoh uve: Shakharith tengle hin Shema toh brakha thum akisimkhom jin ahi. Ni chu Shema sei masang (La'el Barukh/Yotzer Hame'Orot chuleh Ahavat Olam/Ahava Raba) chuleh khat chu Shema akiseijouteng .Hiche chu Va'yomer H-shem el Moshe lemor daber el Bnei Yisrael veAmarta aleihem veAsu lahem tzitzit... akiseijouteng Veyatziv veNakhon brakha akiseiji'in ahi.

Chuleh nilhah a Shema akiseiteng brakha li toh akisimkhomtha jin ahi. Brakha ni Shema masang chuleh brakha ni Shema jouteng akiseiji'in ahi (Hamaariv Aravim, Ahavat Olam chuleh Ve'emuna, Hashkivenu). Hiche brakha sagi ho hin Shema a kisei thulhong toh kibang leh abelap'a pang ahi. H-shem komah athilsem ho jalleh athilsem ho chunga athuneina jalla kipathu seina leh

בשפר מברך שפדים  
לפניהם ואחת לאחריהם,  
ובערב שפדים לפניהם  
ושפדים לאחריהם. אחת  
ארפה ואחת בצרה.  
מקום שאמור להאריך,  
אין רשות לכאן. לעומת  
אין רשות להאריך.  
לחותם, אין רשות שלא  
לחותם. ושלא לחותם,  
אין רשות לחותם:

thangvahna ahi. Numei hon hiche brakha sagiho a kon'a hin akikhamgah pouvin ahi ajeh chu phattum nei, aseiphat anei chih cheh ahi. Jingkah'a Shema chu pungkal li amasapa sungsea bou seithei (Issue masa ho simngai ding ahi) chuleh Arvit jong chun phatbichin anei ahi.

**Tosefot Brakhot Alef/ Rashi:** Brakha achom kitih in ahophthaho chu: Theiga ho chung leh mitzvah kibolnaho chung. Brakha asaokitiho in ahophthaho chu: Anngolna brakhaho, Rosh Hashana/Yom Kippur brakha.

Berachot 12a achun hitin akisun'e: Temple umlai chun thempu Shema

## Halakha Based on Mishna

aseitengleu thupeh 10 hojong ana simtha jiuve akiti. Hinla hiche chondan hi anaboljom tapouve ajeh chu hiche khanglai Judah houbol anadoudal techun thupeh 10 tilouva Torahbu jouse chu P-then akon ahipoi anatiu ahi. Hijeh achu thupeh 10 hi nitin taona ajaosah leu Judah doute thusei chu atodop toh akilo jeh'a alahdoh u ahitai.

Khakhamin khenkhat seidan'in thupeh 10 jaosah kit teiding tin anagong uve akiti. Rabba bar bar Hana in Sura khopia pohlut teiding anagong'in ahileh Rav Khisda'in hitin aseipeh'e: Hiche chu asumang tauve ajeh chu Judahte suhgenthei'a anaum jeh'u ati. Judah houbol anadoudal techun thupeh 10 tilouva Torahbu jouse chu P-then akon ahipoi anatiu ahi.

Ameimar'in Neharde'a a pohlut teiding anagong'e. Rav Ashi, hiche khang dinga khakham lenpenpa chun hitin anaseipeh'e: Hiche chu asumang tauve ajeh chu Judahte suhgenthei'a anaum jeh'u ati.



## Shemirat Halsahon

Meron Kipgen

Lashon hara hi khat vei sejin mi thum in thina atoh in ahi.

1. *Aseipa - Hamesaper*

2. *Atahsanpa - Hamekabel*

3. *Akisei khumpa hicheng hi ahi.*

Lashon hara leh Avak Lashon hara isei chai taovin tun atahsanpa kiti chu koitobang ho hi ham veu hite.

Hamekabel: Atahsanpa kiti chu Ivrit paovin Hamekabel akitin ahi. Mekabel ti chu eipaova sei ding in lahlut/kilahlut tina ahin Ivrit thucheng chetna ledoh ding in akilahlutpa tina ahi.

### Koi tobang ho chu ham?

Koi hileh akom a Lashon hara kisei tahsan ahilou leh kilah lut taphot chu Hamekabel akitin ahi.

**Vetsahnan:** Reuven in Shimon kom in Levi chung chang Lason hara sei taleh Reuven chu Ivrit a Hamesaper tichu aseipa ahin chuleh Shimon chun Reuven thusei chu atahsan a ahileh Ama chu atahsanpa ahilou leh akilahlutpa hiche chu Ivrit in Hamekabel akitin ahin. Thina tohlah a anichan na a pangpa chu ahi. Hiti ahijeh chun kihaven angai in mikhat in ikoma Lashon hara aseija ahileh ngai jong ngaipeh lou ding ahi. Ajeh chu lhepna a ilhahlut lam akiheman pon lhepna hi kikou thu louding ahi, Adeh a tahsanna lentah inei ho chunga jong phatecha kiven angai jie ajeh chu itahsan jal chun Lashon hara seijong le ana kitahsan ding Hamekabel kiti atahsanpa chu ihetlou kah a kihi ding ahi.

## Eretz Israel - Agam Theng

### Yokhanan Phaltual

#### Israel leh Iran "axis of evil" gal (part 2)

Majdal Shams (Hermon gamkai a druze kho) a July 27 nikho thusoh jou a Israel PM Netanyahu in aseima bang'a lethuhna nasatah ahung umpai in ahi.

Nini sung'a melma ho lamkai luboh mi nin hinkho anachan tauve. Hezbollah deputy chief Fuad Shukr (Shukr hi Hezbollah lubohpen Hassan Nasrallah security chief ahi) chu July 30 nikho a Lebanon khopi Beirut munna Hezbollah te munpi Dahieh kitina mun a Israel Air Force hon anakap lhih uve.

Chuleh Iran khopi Tehran a President thah Masoud Pezeshkian kihahsial (oath taking ceremony) nikho a gajao Hamas te Political bureau chief Ismail Haniyeh chu ajing nikho July 31 nin melhetlou hon bomb in anakap lhih uvin, hiche chu Iran leh atohsot hojousen Israel te angoh uvin ahi. Lamkai len mini thina chunga Hezbollah toh Iran alung ahangval uvin adeh in abulpiu Iran te chu jachat leh kisonlel nan adim uvin, anasa theipan'a Israel chunga soisahna leh phulahna neiding'a Hezbollah luboh lenpen Hassan Nasrallah leh Iran Supreme leader Ayatollah Ali Khamenei in phondohna vannoi leiset hetding in aneilhon tauvin ahi.

Galpi sohdoh theiding dinmun ahitah jeh in US, UK, France leh Germany gam hon Iran in gal aumlou tei nadinga Israel chunga phulahna anei louting in diplomatic solution ahol uvin, hinlah tuni changei in Iran ten Ayatollah phulah ding asei chu molsoh akigoh jing uvin, tuhaptah Monday ni jong chun Iran President tha pa Pezeshkan in Iran in Israel lethuhna anei



kigot hi phulahna bou hilouva "Iran rights to defense" atinalaiyin ahi.

July 31 nikho jou apat tunichan Iran leh Hezbollah hon Israel adouding nikho thulamleng leh ginchat tamtah ana umtan, ahivang in ipijeh ah umnailou ham chuleh itibang'a hung umding ham tiki seitheilou jing ahi.

Galsat denga kiginna chom chom tamtah angaican ahi. Khonung khomah ding gel angai in ahi. Thilbai ahiloudan thil tamtah - national security kisuhtop, economy leh sanction, domestic political dinmun leh international pressure leh isolation, military dinmun-jousehgeltah angai in ahi.

**LEBANON DINMUN** - Political dinmun detlou ahi. Government hi power kihoptoh (power sharing) dungjuia kivaihopna aum in, achedan /angaina (hetthem) dan in Sunni Muslim Prime Minister, Shia Muslim Speaker chuleh Christian Muslim President hijing ahiuve. Christian 33%, Sunni Muslim 31.9%, Shia Muslim 31.2 (Hezbollah hohi Shia ahiuve), Druze 4.5% chuleh minority chom chom ho ahiuve.

October 2022 kum apat Lebanon hi President neilou ahiuve. Hezbollah leh akijoppi political party hon Parliament a seat 128 lah a 62 seat aneiuvin, simple majority ahivang uva absolute majority



ahipouvin hasahna tamtah  
anei uvin ahi.

Mipi leh government in gal adeipo uvin, Hezbollah leh akijoppi political party hobouvin gal umding leh boljing adei uve. Gal jeh a Lebanon gam nasatah a suhset hiding aheuvin ahi. Hezbollah political power jong kenem ahilouleh dingdoh joukit louthei ahi.

**IRAN DINMUN:** Islamic Republic of Iran a thuneipen leh luboh pen (head of state) chu Supreme leader Ayatollah Ali Khamenei ahi. President pa power ahileh neojep (limited) ahi. Final decision jouse Khamenei khut a kingam ahi.

Tuchung President tha pa Masoud Pezeshkian hi political party moderate (anemjep) ho akon ahi'n, galsat tahtah ding adeipon ahi. Ahivanga amin (symbolic) beh a Israel soisah ding chu adei in ahi.

Israel in tuchung Iran in ahin dou ngei ngei leh nasatah a alethuh ding a phongdoh uvin ahi. Iran in Israel military thahatdan dinmun ahe uvin, hijeh chun April 13 jaan khang a missile leh drone 300 val Israel akaptobang jouva Israel in security sangtah a Iran gam military base munkhat agasuhset tobang hung hitalou ding aheuvin ahi.

**US PAN LAHDAN:** Abul apat President Joe Biden in aseima bang'a Israel adinga kiveng bitna sangpen "thih a kitom/ironclad" chu America in achepih jing uvin ahi. Galvan manchah tamtah apeh ban'a UN leh gam chom chom akon Israel

doudalna leh mochan sahna ho akon adoudal/huidoh jing uvin ahi.

US in Middle East gamkai a military base 19 anei uh holeh Israel vengbit nading in US CENTCOM (Central Command) headquarters Qatar munna General Erik Kurrila komma military ngaichat jouse chu Secretary of Defense Lloyd Austin in anapepan tan ahi. Hiche dungui in US Sixth Fleet chu Mediterranean tuipi leh US Fifth Fleet chu Persian Gulf, Red Sea leh Arabian Sea munna akoi tauvin ahi. Fleet khan hin Aircraft carrier (fighter jet 100 lang pohei longlen), Destroyer long, submarine khat, amphibious long leh long (ship) chomchom 20 lang alhing in ahi.

Tuhin Mediterranean Sea a USS Dwight Eisenhower Aircraft carrier aum in chuleh Persian Gulf leh Red Sea munna USS Theodore Roosevelt Aircraft carrier aum in ahi. Chukitleh reinforcement ding in South China Sea akon US in USS Abraham Lincoln Aircraft carrier chu akoi kigoh uvin haptakit leh hung lhung ding ahi. Chukitleh nuclear power Submarine USS Georgia jong ahung lhung tan ahi. Hiche submarine leiset a kichat umpen khat missile Tomahawk cruise missile kiti 154 apoh in ahi. Missile chun ahung lendoh tengleh adei dan dan a target akiholthei ahi.

US fighter jet hoipen hoh F-22 raptors leh F-35 hojong ajao uvin chuleh Bomber B-1 leh B-2 Spirit hojong kigongsah um ahitauve. Chukitleh US Air defense system Patriots hojong missile kaplhah nadinga umjou ahi kit in, hiche jeh a Iran in Israel doujeng dingchu kiging leh kigeltoh angai in ahi.

Hiche kikah achun Iran in psychological warfare campaign aboljing uvin, Israel te douding aphat, ahun leh itih ahung doudiu ham chu kihetheilou ahi.

Barukh "H" Nishmat Menashe Alon Hi ache jing nalai in Koitobang akho a lhung lou ahilou le kihom lhing joulou aum le kihetsah thei jing nailai ahi.

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2. Nof HaGalil
3. Akko
4. Tzfat
5. Beith Shean
6. Tiveria
7. Migal HaEmek

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Koitobang ilui nishmat bolnom ho ading in mun a ong jinge. Hijat nabol ding ahi tina aum pon ama akiphalna jat jat chu kipahtah a kisan peh ding ahi.



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