

THE TRIBE WEEKLY

PARASHAT VAYERA

30-31 OCTOBER | 20 CHESHVAN

"POOR ME..." OR "WHO NEEDS ME?"



BY: **SHIFRA CHESLER**

Community Liaison
Manager, Tribe

Imagine you aren't feeling well one day. You're in pain, you have no energy, and even getting off the couch feels like too much effort. We might think: "Poor me. I'm just going to curl up on the couch and go to sleep!" That's a natural reaction. The last thing on our mind would be, "How can I help someone else?"

But in this week's *parasha*, Avraham teaches us something incredible. Avraham had just performed the mitzvah of *Brit Milah*

on himself, at the age of 99. He was recovering and in pain. Yet instead of focusing on himself, he was looking out for someone he could help.

The *Midrash* tells us that God made the day especially hot because He knew that if Avraham saw travellers, he would want to invite them into his home; He wanted him to rest. But Avraham sat at the entrance of his tent, looking out for guests. Even when he had every reason to think about himself, he was thinking about others. And, when he finally saw three travellers approaching, the Torah tells us that he ran towards them.

It's easy to be kind when life is going well. Real kindness is looking

beyond ourselves even when we're tired, busy, upset or struggling. We can still notice someone sitting alone, help a sibling, or check in on a friend.

What's amazing is that, when we help others, we often start to feel better ourselves. By focusing on someone else's needs, we stop thinking only about our own difficulties and start to feel better. That's not why we do *chesed*, kindness, but it's a wonderful side benefit. Sometimes the best way to lift ourselves up when we're having a difficult day is to reach out and help someone else¹.

This week, let's follow Avraham's example and ask ourselves: "Who can I help?"

¹ If you are struggling with anything more serious, please speak to someone you trust and seek the support you need.

Vayera Alphabet Soup

Unscramble the letters to form words found within this week's *parasha*:

