

Bereishit - New Beginnings



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Bereishit is all about 'firsts'; it's obviously the first of the five books of the Torah but also the very first word written in the Torah. Bereishit translates to "in the beginning," which sets the stage for a powerful message about new beginnings.

The phrase "it was good" is repeated multiple times and I was always taught that if there is repetition in the Torah it's not because of a lack of vocabulary; it's intentional – an invitation for us to analyse and reveal a deeper meaning.

So, what can we derive from this? The story of creation teaches us to embrace new opportunities. A chance to create something intentionally and with potential. So, looking again at

the phrase "it was good" - how do we create good things in our lives?

As the academic school year begins and we have a chance to explore new hobbies and interests, Bereishit reminds us that, right now, we have the chance to wipe the slate clean and start again. It's an invitation to try something new, whether it's choosing a new sport to play, trying out a new youth group, or simply by just being kinder to one another, to show *chesed*. Just like the world was created with purpose and potential, so too can we create new experiences and opportunities in our own lives.

Bereishit highlights the importance of rest and self-care. Even God, after creating the whole world in six days, rested on Shabbat. Amid the daily bustle we should work hard but also remember the importance of being kind to ourselves by taking breaks and resting.

For us in the Chesed department, this is also a time for new beginnings. We have just opened our brand new Chesed Hub which is home to our food bank and many more of our projects aimed at helping our community, the wider world and the environment we live in. Volunteering with Chesed projects is a wonderful way to embody the real spirit of Bereishit. So why don't you make this a new beginning and come and volunteer? We have one-off projects, like wrapping toys for underprivileged children, and regular projects, such as packing food for families in need. Volunteering offers opportunities to make a positive impact, connect with others, and start a new chapter of giving back to your community.

To quote Anne Frank: "How wonderful it is that nobody need wait a single moment before starting to improve the world." So, get in touch with us! chesed@theus.org.uk.

Bereishit maze

Help Hannah get her food delivery to the US Chesed hub to be packed and distributed to those in need...

