

THE TRIBE WEEKLY

PARASHAT VAETCHANAN

16-17 AUGUST | 13 AV

Guard Your Soul



YY SPECTOR

Tribe Fieldworker

In this week's parasha, we are commanded to "guard our souls" (Devarim 4:9). This is the positive commandment to look after our bodies, our health and our general wellbeing. Of course we have to look after our souls, our spiritual lives, but our body houses our soul, so we have to look after our physical health as well. In fact, a healthy soul might even depend on a healthy body.

Right now, we are in the middle of school holidays and many people have been on summer camps. Whilst it's great to be on holiday and

it's so important to relax, it's also important to have some structure. If we are using our time entirely on fun without any purpose, we may lose the momentum we have built up over the year and it will be much more difficult to get back into things when the new school year starts.

For those fortunate enough to have been involved in them, Tribe summer camps are a very healthy way to have a break from school - a chance to bond with your friends, spend time outdoors, get out of your comfort zone and have new experiences.

Here are some of the things that can help you to keep a healthy body and healthy soul over the summer:

Body: We can sometimes let our healthy eating and exercise habits go when on holiday. Summer camp

means some time off the sofa, doing fun and energetic activities and balancing yummy snacks with nutritious meals. Make sure you're eating well and getting exercise whether you're at home or away!

Soul: There are many opportunities on camp to connect to your soul, whether that's through prayer, singing or learning something new. Having a healthy soul sets you up for success. I recommend writing a diary over the summer to record your amazing experiences and also to reflect on some goals for the year ahead.

I would like to end by saying that one of the most important ways to stay healthy in our bodies and souls is to get involved in acts of kindness. Let's take some time over the summer to build better relationships with our family, friends and the wider community around us. Have a great summer!

Parasha Mash Up!

Unscramble the letters to reveal some highlights of the parasha.

- 1 Moshe **SPRAY** to be allowed into **SERIAL**.
- 2 Moshe sets aside **ICIEST FO FREEUG**, where a person who **SKILL** accidentally can flee.
- 3 God gives the **NET MADMOMENTSNC**.
- 4 Prayer of **SHAME LISAREY**.
- 5 Mitzvot of **LIFTNEIL** and **HUMAZZE**.
- 6 Do what is **STUJ** and **DOGO** in the eyes of God.
- 7 Importance of teaching **JAMIDUS** to the next **ARGENTINEO**.

Answers: 1.prays, Israel 2.Cities of Refuge, kills 3.Ten Commandments 4.SHEMA Yisrael 5.Tefillin, Mezuza 6.just, good 7.judaism, generation