



## הַלְכָה of the Week

~ מוֹדָה אֲנִי ~

When we sleep we entrust 'ה' with our נְשָׁמָה, our soul.

Hashem, in His kindness, restores our נְשָׁמָה to us in the morning, leaving us feeling rested and refreshed.

Therefore, when we wake up in the morning we thank our Creator by reciting מוֹדָה אֲנִי.

## פְּרָקֵי אָבוֹת of the Week

פְּרָק א

א מוֹשֶׁה קִבֵּל תּוֹרָה מִסִּינַי, וּמִסְרָהּ לַיהוֹשֻׁעַ, וַיהוֹשֻׁעַ לְזִקְנִים, וְזִקְנִים לְנָבִיאִים, וְנָבִיאִים מִסְרוּהָ לְאַנְשֵׁי כְנֶסֶת הַגְּדוּלָּה. הֵם אָמְרוּ שְׁלֹשָׁה דְבָרִים, הָיוּ מְתוּנִים בַּדִּין, וְהִעֲמִידוּ תְלֻמִּידִים הַרְבֵּה, וַעֲשׂוּ סֵיג לַתּוֹרָה:

Moshe received the Torah from (Hashem at) Mount Sinai, then passed (taught) it to Yehoshua, Yehoshua passed it to the Elders, the Elders passed it to the Prophets and the Prophets taught it to the (great Rabbis called the) Men of the Great Assembly.

They (the Men of the Great Assembly) taught three important lessons:

- think very carefully before judging,
- teach as many students as possible,
- make a 'fence' to protect the Torah.