



June 10, 2023

BeHa'ilotcha

21 Sivan, 5783

### Movement

Did you ever do a double-take when you were in a store and you noticed a mannequin that looked alive? Or maybe you were in a wax museum and sat down next to a person only to find out that it was a wax figure.

In either case, what gives the mannequin or the wax figure away is the lack of even a small, slight, almost imperceptible movement. It could be the blink of an eye or the ever-so-faint rise and fall of the chest. Or maybe a nose twitch. But it is always some kind of movement all the same.

Movement is a dead giveaway for the existence of life. Which is one of the reasons why, according to Jewish teachings, people are called "movers" whereas angels are called "stationery."

A person moves, stretches, bends, reaches, climbs, falls.

A person moves both physically and hopefully - and more importantly - spiritually.

The noun "mover" when applied to people as compared to angels is specifically referring to spiritual matters. And it is in spiritual matters as well that a person stretches, bends, reaches, climbs and sometimes falls, but gets up again to climb once more.

Just as physical movement is a sure sign of life, spiritual movement is a true indication of the vitality of the soul.

How do you move your soul? Simply by making an even small, slight, almost imperceptible move.

By learning Torah concepts that stretch you. By reaching out to another person with love and compassion. By bending your will to G-d's will. By climbing, one step at a time, through the mitzvot (commandments). By falling once in a while, but then by getting up again.

Torah study (and Torah as used here is not confined to the Five Books of Moses but encompasses all areas of Jewish teachings) is limitless. It is full of joy and life and movement and excitement and mind-expanding concepts.

Mitzvot, as well, give us a chance to move. With mitzvot we cleave to G-d, we connect to another Jew, we help shoulder a friend's burden, we laugh and sing and dance.

A Midrash relates that when the dove was created she complained to G-d, "It is not fair. I am so small and I have no way of outrunning my many pursuers who would like to capture me."

So G-d added wings to the delicate body of the dove.

But once more the dove objected. "These wings are so heavy. Now I certainly have no way of escaping my predators." G-d taught the dove that the wings are not a burden but can be used to fly.

Torah and mitzvot are not lifeless weight that we have to shlepp along but rather are wings to help us access heights otherwise unattainable. They can help us reach higher and higher. They can help us grow. They help us move in the most graceful, exhilarating way possible.

(from <http://www.lchaimweekly.org/>)

### Bearing the Burden

"After my husband died, I appreciated that twenty people asked me if there was anything that they could do for me. However, I asked them all a certain favor, and you were the only one who did it."

"And G-d said to Moshe 'Gather seventy men of the elders of Israel, who you know to be elders and police...' (Bimidbar 11:16). Rashi says that these seventy were chosen as the "elders of Israel" because they were the Jewish police in Egypt who willingly bore the brunt of labor and lashes given by the Egyptians, instead of their fellow Jews!!

A vital Jewish trait is "bearing the burden with your friend". (Pirkei Avos 6:6)

*(by Rabbi Chaim Flom from Project Genesis at [www.torah.org](http://www.torah.org))*

## *Spicy Tuna Patties with Lemon-Garlic Sauce*

By Miriam Szokovski

### **Ingredients:**

- 18 oz. (500 grams) chunk light tuna in olive oil (3 cans)
- $\frac{1}{4}$  cup mayonnaise
- 1 tbsp. chili-garlic sauce (or pinch red pepper flakes)
- 1 tbsp. rice vinegar (or regular vinegar)
- Salt
- Black pepper
- 2 eggs
- $\frac{1}{2}$  cup breadcrumbs
- 3 scallions, finely sliced (or  $\frac{1}{4}$  cup minced onion)
- $\frac{1}{3}$  cup cornflake crumbs (or breadcrumbs or matzo meal)
- Oil for frying

### **For the Sauce:**

- $\frac{1}{2}$  cup mayonnaise
- 1 tsp garlic powder
- Juice of 1 lemon
- Salt
- Pepper

Mix all ingredients together. Serve alongside the patties.

### **Directions:**

- 1 Drain the tuna and mash with the mayonnaise. (I used tuna in olive oil; if you use the one that comes in water you may need an extra tablespoon of mayonnaise.) Mix in the chili-garlic sauce and the rice vinegar. Add salt and pepper. Taste and adjust seasoning as needed.
- 2 Add the eggs, breadcrumbs, and scallions. Mix well (put on a glove and mix by hand if it's easier).
- 3 To make uniform patties, use a large spoon or small measuring cup to scoop the tuna, then form each scoop into a patty with your hands. Press each patty into the cornflake crumbs so that they're coated on both sides.
- 4 Heat the oil in a large frying pan and fry the patties over medium-low heat for 4-5 minutes on the first side, then flip and fry for another couple of minutes.
- 5 If you prefer to bake these, use a real baking sheet (not disposable) and bake at 450F for 10 minutes, then flip and bake another 4-10 on the second side. Spray the pan and the tops of the patties with baking spray (or drizzle with a little oil).
- 6 Serve warm. Dip into lemon-garlic sauce (recipe below).

**Yields:** 8-10 patties

(from [www.chabad.org](http://www.chabad.org))

**Mr. Michael and Mrs. Terry Frank**  
 are sponsoring a Kiddush after davening this Shabbat  
 in honor of the **birthdays** of  
**Mrs. Sally Friedman**  
 and  
**Mr. Reuven Frank**



### **Yahrzeits This Week:**

Marsha Blumberg

24 Sivan - Monday night / Tuesday

for mother

Nechomo bas Elchonon

### **DAVENING AND SHIURIM SCHEDULE**

#### **Friday, 6/9 — 20 Sivan**

Shacharit — 7:00 a.m.  
 Minchah / Ma'ariv — 7:00 p.m.

#### **Shabbat, 6/10 — 21 Sivan**

Shacharit — 9:00 a.m.  
 Sof Z'man Kriat Shema — 9:20 a.m.  
 Minchah — 8:00 p.m.  
 Shiur — after Minchah  
 Ma'ariv — 9:20 p.m.

#### **Sunday, 6/11 — 22 Sivan**

Shacharit — 8:00 a.m.  
 Minchah / Ma'ariv — 8:20 p.m.

#### **Monday, 6/12 — 23 Sivan**

Shacharit — 6:50 a.m.  
 Minchah / Ma'ariv — 8:20 p.m.

#### **Tuesday, 6/13 — 24 Sivan**

Shacharit — 7:00 a.m.  
 Minchah / Ma'ariv — 8:20 p.m.

#### **Wednesday, 6/14 — 25 Sivan**

Shacharit — 7:00 a.m.  
 Minchah / Ma'ariv — 8:20 p.m.

#### **Thursday, 6/15 — 26 Sivan**

Shacharit — 6:50 a.m.  
 Minchah / Ma'ariv — 8:20 p.m.

#### **Friday, 6/16 — 27 Sivan**

Shacharit — 7:00 a.m.  
 Candles — 8:17 p.m.  
 Minchah / Ma'ariv — 7:00 p.m.