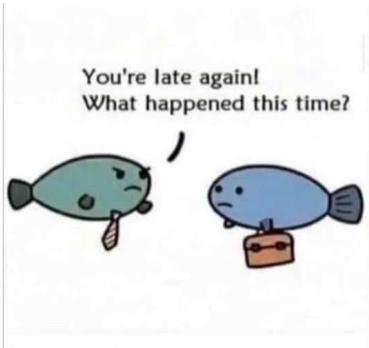
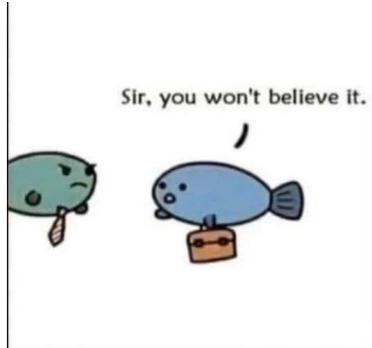


August 6, 2022
M'nukha – Deep Rest



[from Lori Wilson]



Late to school ... of fish.



[from Rukhel Wisoff-Fields]



Our campsite, Clear Lake, Iowa

No responsibilities.
Just rest and relaxation!



M'nukha מְנוּחָה

- rest, respite; quiet, calm, serenity, resting place, repose, peace, ease, tranquility
- 65x in Hebrew scriptures

[Topical message.]

What מְנוּחָה **M'nukha** is not:

- Everything pleasing: money, health, plans
- Everyone agreeing and blessing

Broadway song from *Oklahoma*

Oh, What a beautiful mornin', Oh, What a beautiful day.

I got a beautiful feelin' Ev'rything's goin' my way.

[Written by: Oscar Hammerstein, Richard Rodgers from the Broadway play *Oklahoma*

Lyrics © CONCORD MUSIC PUBLISHING LLC

Lyrics Licensed & Provided by [LyricFind](#)

<https://www.lyrics.com/lyric/348197/Rodgers+%26+Hammerstein/Oh%2C+What+a+Beautiful+Morning>]

Deeper than that!

Difference between most men and most women.
If a husband is expecting to be honored for his spiritual connection...



I thought I was the only one to deal with this!

[<https://www.instagram.com/reel/Cf4--13Jf3O/?igshid=MDJmNzVkMjY=>
<https://www.instagram.com/reel/Cf4--13Jf3O/?igshid=MDJmNzVkMjY%3D>]

What מְנוּחָה *M'nukha* is:

CONSOLATION OF ISRAEL

נְחֻמַּת
יִשְׂרָאֵל

Neh-khah-maht Yees-rah-el

Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was upon him.
Luke 2:25

Simeon recognized You, even as a little Baby, as the Consolation of Israel, Neh-khah-maht Yees-rah-el. You are our Helper, Guide, and Lover of our soul. You are everything, and You bring the most comfort in the midst of the storm.
How I love Your name.

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Consolation of Israel, Neh-khah-maht Yees-rah-el.
You are our Helper, Guide, and Lover of our soul.
You are everything,
and You bring the most comfort in the midst of the
storm.
How I love Your name.

Yeshua is the source and essence of מנוחה *M'nukha* – Deep Rest

Mtt. 11.28-30 Come to Me, all who are weary and burdened, and I will give you rest מנוחה *m'nukha*.

[In 1969, first verse I really GOT.]

*As we come to Him in repentance of our sins and faith in His atoning death and resurrection, we experience rest מנוחה *m'nukha*]*

Mtt. 11.28-30 Come to Me, all who are weary and burdened, and I will give you rest. **Take My yoke** upon you and learn from Me, for I am gentle and humble in heart, and 'you will find rest for your souls.' For My yoke is easy and My burden is light."

[Bait and switch??]

Deepest rest is serving in love.]

M'nukha מנוחה

- Sometimes thought synonymous with שבת *Shabbat*,
- But שבת = cease, to strike, to stop working

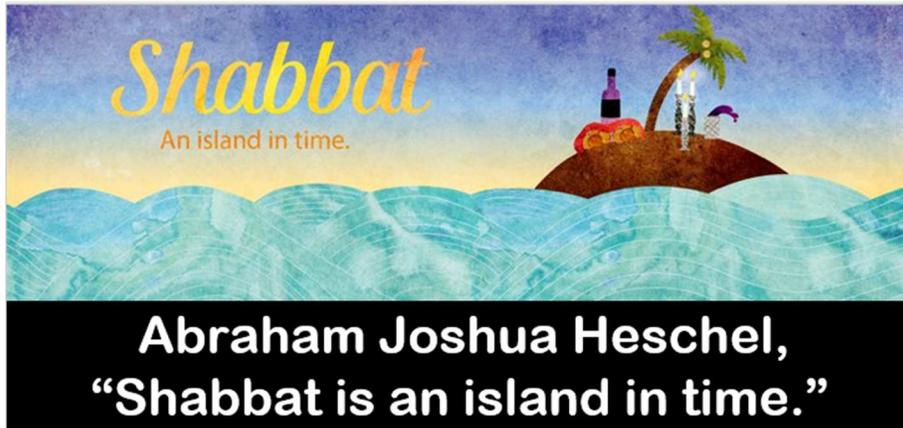
[Interesting connection in the two words.]

We read in the Book of Genesis that G-d created the world in six days and rested on the seventh. The sages say that on that day, G-d created *m'nukhah*, מנוחה rest, without which sustained creativity would be impossible.

[https://www.chabad.org/library/article_cdo/aid/633659/jewish/What-Is-Shabbat.htm]

Shmot/Ex 20.11 For in six days Adoni made heaven and earth, the sea, and all that is in them, and rested וינח on the seventh day. Thus Adoni blessed Yom Shabbat, and made it holy.

[Two different Hebrew words: rest, and cease.]



If we enter it in the right spirit Shabbat is a time of deep m'nukhah.

https://www.chabad.org/library/article_cdo/aid/253215/jewish/Shabbat.htm
https://rs.tiofnatick.org/2015/10/22/shabbat-is-an-island-in-time/]

According to the Talmud, Shabbat is equal to all the other commandments.



What I was taught as a kid in Hebrew school. It's the first listed in Vayikra/Lev. 23. Appreciated Brett's message on Shabbat, and NOT bashing Sunday Christians. However, one practical advantage of the Jewish interpretation is that Sunday Sabbath begins at midnight, ends at midnight. Hopefully you are sleeping!

Jewish Shabbat begins Friday sunset with a celebration of Kiddush, ends with celebration of Havdalah. Neither ceremony is commanded per se, but wonderful.]

[https://www.chabad.org/library/article_cdo/aid/633659/jewish/What-Is-Shabbat.htm]

Hebrew word structure:

noun *M'nukha* מְנוּחָה

adjective *noakh* נוּחַ

comfortable; easy; convenient; easy-going

to rest **verb** *nakh* נָח

מ and ה are weak letters. Structural filler. Key root letters נ and נ

Ber/Gen 6.8 But Noah **נוח** found favor in ADONI's eyes.

[The grace he found was not on account of his own merit, but on account of the mercy of God: and this shows that he was not without sin, or he would have stood in no need of the mercy and grace of God to save him. Relationship rest and grace. Noakh was a man of rest because of grace.]

כִּי כֹה-אָמַר אֲדֹנָי יְיָ קְדוֹשׁ יִשְׂרָאֵל, בְּשׁוּבָה
וְנַחַת תּוֹשָׁעוֹן-- בְּהַשְׁקֵט וּבְבִטְחָה, תִּהְיֶה
גְּבוּרַתְכֶם

Ber/Gen 8.4 The ark came to **וַתֵּנַח** rest in the seventh month, on the seventeenth day of the month, upon the mountains of Ararat.

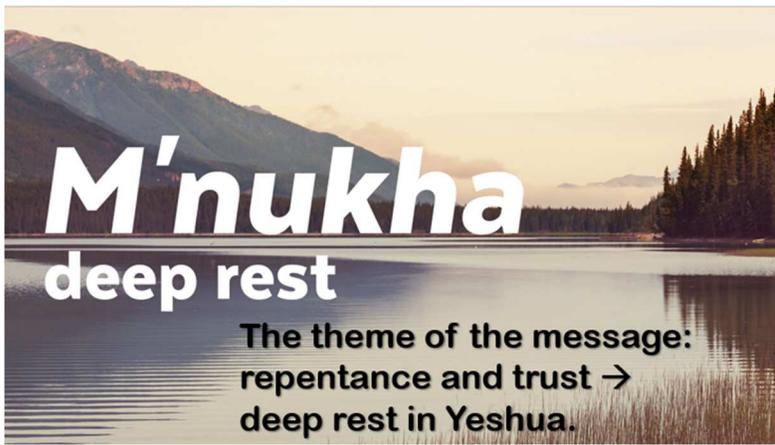
Isaiah 30:15 For thus says ADONI Elohim, the Holy One of Israel: "By repentance and rest **נַחַת** you are saved, in quietness and trust is your strength."

[A verse about Messiah, indeed!! Let's take a moment to do!!]

Psalms 116.7 My soul, return to your rest! **מְנוּחָיְכִי**

For ADONI has been generous toward you.

שׁוּבֵי נַפְשִׁי, לְמְנוּחָיְכִי: כִּי-יְיָ, גָּמַל עָלַיְכִי.



“the righteous shall live by *Emunah* אמונה Faith.”

צִדִּיק בְּאֵמוּנָתוֹ יִחְיֶה.
Tsadeek beh-emunato yikhyeh

“Seeing is never believing: we interpret what we see in the light of what we believe. Faith is confidence in God before you see God emerging, therefore the nature of faith is that it must be tried.”

– [Oswald Chambers](#)

Featured in: [Oswald Chambers Quotes](#)

Phil. 4.6-7 **Don’t worry about anything; on the contrary, make your requests known to God by prayer and petition, with thanksgiving. Then God’s shalom, passing all understanding, will keep your hearts and minds safe in union with the Messiah Yeshua.**

Jeremiah 6:16 **Here is what Adoni says: “Stand at the crossroads and look; ask about the ancient paths, ‘Which one is the good way?’ Take it, and you will find rest for your souls.**

כֹּה אָמַר יְיָ עֲמְדוּ עַל-דְּרָכִים וְרְאוּ וְשִׁאֲלוּ לְנִתְבוֹת עוֹלָם, אִי-זֶה דְרָךְ הַטּוֹב וּלְכוּ-בָהּ, וּמְצֹאוּ מִרְגּוּעַ לְנַפְשְׁכֶם

margoa מְרְגּוּעַ

rest, peace, relaxation, serenity

Proverbs 29:17 **Correct your son and he will give you rest. He will bring delight to your soul.**

יִסַּר בְּנֵךְ וַיִּנְחֶךָ; וַיִּתֵּן מַעֲדָנִים לְנַפְשְׁךָ.

The traditional wish that Jews offer fellow Jews is “May you have *nachas* from your children.” Nachas is understood to be pride and joy. And for most Jews, pride and joy from their children is the greatest blessing in life.



Dennis Prager

Think about it. It may sound great to have nachas from your child as your greatest wish. But it may not sound as great to your child. The purpose of one’s life has to be something beyond being a source of nachas to one’s parents.

[<https://jewishjournal.com/commentary/opinion/126273/>]

Intercession, spiritual warfare, is a form of rest:

1 Peter 5:7 Throw all your anxieties upon him, because he cares about you.



One of the great mistakes in my life was to not make Aliyah in my early 20s, when my folks sent me to Israel to revert me in 1971. I could have had some of my kids among these. So, I am adopting them!

[<https://www.youtube.com/watch?v=cHn1POJovZA>]



Tisha B'Av 5782
2022

YAD VASHEM & THE MACCABEATS

SHABBAT CHAZON

FRIDAY, AUGUST 5
Shabbat 3D Congregational Dinner following 7:00pm Evening Services
Guest Speaker: Lori Gerson
Yad Vashem International School for Holocaust Studies
"Connecting The Holocaust With The Next Generation"

SHABBAT, AUGUST 6
Shabbat Morning Services
Cantor Netanel Hersheik & The Hampton Synagogue Choir will chant Av Harachamim (Malavsky)
Enhanced Pre-fast meal
Seudah Shlishit with the Maccabeats following 7:00pm Mincha

TISHA B'AV EVE
SATURDAY NIGHT, AUGUST 6
Fast Begins - 8:00pm
Shabbat Concludes - 8:42pm
Eicha/Book of Lamentations - 9:15pm @ Rogers Beach
"Hopelessness & Hopefulness" Rabbi Marc Schneier
Kumzitz on the Beach with The Maccabeats
Bring Beach Chairs/Blankets Flashlights & Lanterns Provided
In case of inclement weather @ The Hampton Synagogue

TISHA B'AV
SUNDAY, AUGUST 7
Morning Services - 9:00am
Kinot/Elegies with Introductions & Explanations
FILM PROGRAM @ JACK'S HOUSE
"Three Minutes - A Lengthening" - 11:00am
Yad Vashem Award for Outstanding Holocaust-related Documentary
"Letters from Brno" - 12:15pm
Mincha - 1:30pm
"The High Holy Days Begin Now" - 8:00pm
Rabbi Avraham Bronstein followed by Ma'ariv & Break-fast sponsored by Susan & Lewis Ziegler
Fast Concludes - 8:33pm

TELEVISION & ONLINE
SATURDAY, AUGUST 6
10:00PM AND 1:00AM
SUNDAY, AUGUST 7
11:00AM AND 1:00PM
Nation-Wide JBS telecasts
Remarks by Rabbi Marc Schneier followed by Eicha/Book of Lamentations
Bonfire Kumzitz with The Maccabeats

NATIONWIDE - COMCAST XFINITY - CHANNEL 1484 • THE HAMPTONS & LONG ISLAND - CHANNEL 138 (OPTIMUM) NYC - CHANNEL 798 (FCC) & CHANNEL 219 (SPECTRUM) • NATIONWIDE - CHANNEL 388 DIRECTV. FIND YOUR LOCAL CHANNEL AT WWW.JBSTV.ORG/

Kumzits קומיץ is used to describe a musical gathering that Jews partake in. Everyone sits together, be it on the floor or on chairs, and sings spiritually moving songs. In order to establish a certain ambiance, the lighting is often low and candles are primarily used, or if taking place outdoors it is usually around a campfire.

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Intercession, spiritual warfare, is a form of rest:

^{1 Peter 5:7} **Throw all your anxieties upon him, because he cares about you.**



When Dawn and I came home from our camping trip, E on 95th St. ~ 10 pm the sign down ~12 a.m. I went W passed synagogue to return DVDs to the Oak Park library, sign up. ~12:15 a.m. returning E on 95th St. sign was down again. Stopped just strings or zip ties cut. Went home to get some.

12:30 putting sign up and car pulled up with headlights on me. Thought, here comes a fight. Then realized about 6 headlights. This a police car.



Sign back up. Lost election, nevertheless.



On Jaelene Daniels’s Twitter page, there’s a single pinned tweet. It says, “If you live for people’s acceptance, you’ll die from their rejection.” “Unashamed,” she added below.

The post is from 2016, a year before the soccer star made coast-to-coast headlines for refusing to wear an LGBT pride jersey.

It was a decision that cost Jaelene a spot on the U.S. Women’s National team — ending a longtime dream. “I just felt so convicted in my spirit that it wasn’t my job to wear this jersey,” she said. Five years later, that conviction hasn’t changed. [<https://washingtonstand.com/commentary/soccer-star-deserted-by-courage-but-still-standing-for-it>]

Intercession and warfare is a form of rest:

^{1 Peter 5:7} Throw all your anxieties upon him, because he cares about you.

[*Shalom Arush stories #14 p 57, #25 p 83 #39 p107*]

Many tragic events for the people of Israel occurred on the Ninth of Av.

- Both Holy Temples Were Destroyed
- The Battle at Betar Was Lost
- The Romans Plowed the second Temple
- The Jews Were Expelled from England
- The Jews Were Banished from Spain
- Both World Wars Began

Our sages tell us that to rectify the world that had formed after the period of baseless hatred:

- **שנאת חינם** *sin'at khinam*

We have to get to a level of baseless love:

- **אהבת חינם** *ahavat khinam*

The Baseless Love

[<https://www.ulpanor.com/category/blog/>]

