

April 5, 2025
Anxiety – Spiritual Khamets
1 קחמ קורנתים 5.8



5 ants rented an apartment with another 5 ants. Now they're tenants. ok bye.

Witty Women Quotes
Arelan Mirza

[from Scott Hahn]

West Wing Children's Dept remodeling



Our appreciation to Angela Stobbe!
We have been receiving money for Children's Ed West Wing upgrade. Above are some of the results.



Anxiety: Spiritual Khametz חמץ

1. What is Khametz חמץ [leavened]
2. Epidemic of anxiety
3. Yeshua's resolution of anxiety
4. Our calling: Working to bring Jewish people, and those grafted in, to their covenantal identity in Messiah.

Anxiety: Spiritual Khametz חמץ

1. What is Khametz חמץ [leavened]
2. Epidemic of anxiety
3. Yeshua's resolution of anxiety
4. Our calling: Working to bring Jewish people, and those grafted in, to their covenantal identity in Messiah.

Shmot Ex 12. 18-20 **During the first month in the evening of the fourteenth day of the month, you are to eat matzot, [April 12, 2025] until the evening of the twenty-first day of the month [April 19, 2025]. For seven days no hametz is to be found in your houses, for whoever eats hametz, that soul will be cut off from the congregation of Israel, whether he is an outsider or one who is born in the land. You are to eat no hametz; in all your houses you are to eat matzot."**
[Serious consequence.
Land-based commandment. However, Jews everywhere practice it, from Brooklyn to Bangladesh. Non-Jews as well.]

Shmot Ex 12.15 **For seven days you are to eat matzot, but on the first day you must remove hametz from your houses, for whoever eats hametz from the first day until the seventh day, that soul will be cut off from Israel.**
[Serious consequences. Various interpretations.]

What is all this, in plain English?

The five grains of biblical Israel		
wheat	<i>Ḥittah</i>	חֻטָּה
spelt	<i>Kusmin</i>	כֶּסְמִין
barley	<i>Se'orah</i>	שְׁעוּרָה
oats	<i>Shibbolet shual</i>	שִׁבְלֵת שׁוּעַל
rye	<i>Sheefon</i>	שִׁיבּוֹן

fox = שׁוּעַל
ear (of corn),
stalk (of grain) = שִׁבְלֵת
<https://en.wikipedia.org/wiki/Chametz>

leavening agents *s'or* שְׂאֹר
leavened food *khametz* חֻמֵץ

Khametz is a product that is both made from one of five types of grain and has been combined with water and left to stand raw for longer than eighteen minutes and **becomes leavened**.

[https://en.wikipedia.org/wiki/Chametz]

*Two qualifications of the banned food for the week.
Definitions of Hebrew a bit fluid.]*

Note: Hebrew is subject to various schemes of transliteration

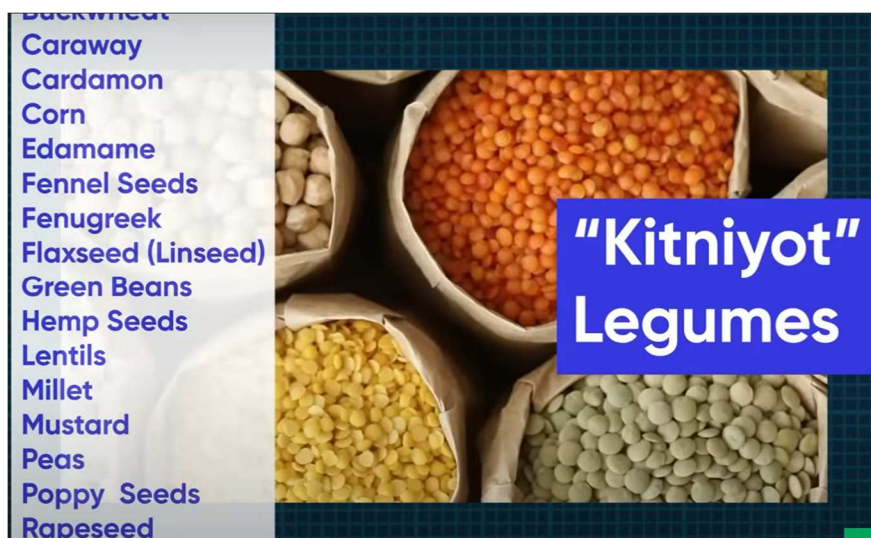
חֻמֵץ leavened food *khametz*

Could be hametz, chametz, hamets, chamets, *Ḥametz*, etc.

- Leavening agents, such as yeast or baking soda, are not themselves *khametz*.
- Dry wheat grains are not *khametz*

Rather, it is these five grains when fermented. Thus yeast may be used in making wine and kefir.

[https://en.wikipedia.org/wiki/Chametz]



Jews from Europe, Ashkenazi Jews, have an additional restriction to the biblical prohibitions of not eating anything that looks leavened, even if it doesn't rise. Kitniyot ...

*[https://youtu.be/M-TjGJ9bgKQ
Rice is a key one. It looks fermented, but just water.]*

Or HaOlam follows the biblical and Sephardic interpretation. Rice is OK. Horchata is OK.

Jews from Europe, Ashkenazi Jews, have an additional day of unleavened bread ... 8 days. Sephardic Jews, from Spain, *Portugal, North Africa*, have 7 days unleavened, then a bread fest on the eve of the 8th day.

[<https://www.myjewishlearning.com/article/maimouna-a-post-passover-celebration/>]

I wondered about Memunah: Sephardic Jews have bread fest on the night of the 7th day. Ashkenaz still on matzah. How do they get the yeast so quickly?

A: they always had it.

Speaker of the Knesset MK Amir Ohana invites the public to a festive Mimouna event at the Knesset on Wednesday night, April 12, 2023, after the Passover holiday ends, to celebrate the Mimouna here for the first time.

[<https://main.knesset.gov.il/EN/About/Pages/Mimouna5783.aspx>

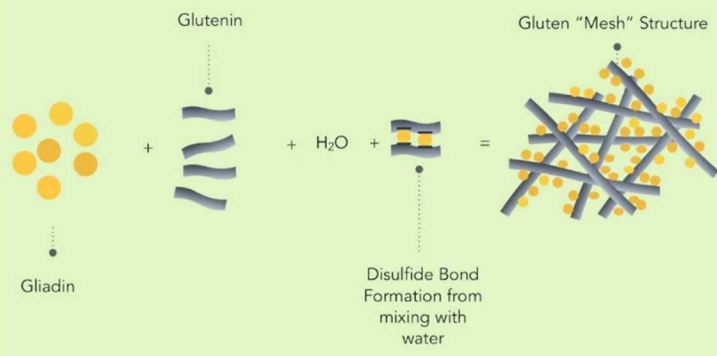
European, Ashkenaz Jews have extra day and extra food prohibitions.]

What about gluten?

Q Is Gluten Free OK For Passover?



What is Gluten?



Gluten is a structural protein naturally found in certain cereal grains, and usually refers to the elastic network of a wheat grain's proteins, gliadin and glutenin primarily, that forms readily with the addition of water and often kneading in the case of bread dough. The types of grains that contain gluten include all species of wheat, spelt, and barley, rye, and some varieties of oat.

[<https://en.wikipedia.org/wiki/Gluten>]

- Traditional matzah, an unleavened bread, is made from wheat and is not gluten-free.

- Gluten-free matzah is available but cannot be used for the Seder dinner.

[https://video.search.yahoo.com/yhs/search;_ylt=Awr99r7qYfBn1hUpzTc2nllQ?p=is+gluten+free+food+kosher+for+passover&hsimp=yhs-90&hspart=fc&type=fc_AC22890F0FA_s69_g_e_d_n1_c999¶m1=7¶m2=eJwjtstqwzAURH9FywQk5eptRys3TT6gdNWLf06jOsJP%2FMCIX19cwmyG4QycOj3Qh493AWCUUkhDjz4lpGHfkYYKfcjzHGll%2FrgNM%2BAi0zyzCANdRzQh3VGGtYSfeiG39S25clwllct9Y9hm0m%2FEAEcPNISb7UnP1YfSTmObdzivUnLySjHISWH5r10LSVtaiKpY9UMR1I9p6GLJ6EMhz1kLr%2FLKb0uu9WcXqbrHKf%2Fbu1NWJ0B8vVMSFuwlPcOqbEtSiyN5u7i975aocl]

Can gluten-free products contain hametz?

No, gluten-free products should not contain hametz. However, sometimes manufacturers may use ingredients derived from hametz in gluten-free items, rendering them unsuitable for Passover.

[<https://www.chefsresource.com/faq/are-gluten-free-foods-kosher-for-passover/>]

Conclusion if you are gluten intolerant: avoid the five grains, or look for “Kosher for Passover AND “Gluten free.” Conclusion otherwise:

- eat khamets before Friday noon
- bring the remaining for a bonfire

So it’s a practice in observant Jewish homes to do a THOROUGH spring cleaning!

Get ALL the khametz out of every corner.

Burn the crumbs ... bonfire.

And then a prayer of covering.

[Of course, the best is to eat it all before Passover!]



12 pm Friday, April 11, 2025

Evening photos

ANXIETY:
Spiritual Khmets

1 Corinthians 5:8
Rabbi Shmuel Wolkenfeld

April 05, 2025 | 7th of Iyyar, 5785
ז' באייר תשפ"ה

OR HAOLAM
MESSIANIC SYNAGOGUE

Anxiety: Spiritual Khametz חמץ

1. What is Khametz חמץ [leavened]
2. Epidemic of anxiety
3. Yeshua’s resolution of anxiety
4. Our calling: Working to bring Jewish people, and those grafted in, to their covenantal identity in Messiah.

1 Cor 5:6-8 Your boasting is not good. Don’t you know the saying, “It takes only a little *hametz* to leaven a whole batch of dough?” Get rid of the old *hametz*, so that you can be a new batch of dough, because in reality you are unleavened. For our *Pesakh* lamb, the Messiah, has been sacrificed. So let us celebrate the *Seder* not with leftover *hametz*, the *hametz* of wickedness and evil, but with the *matzah* of purity and truth.

[Anxiety is the spiritual khamets I think we should address.]

The Bible app YouVersion has revealed its most popular verse of the year for 2024: **“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God”** (Phil. 4:6 NIV).

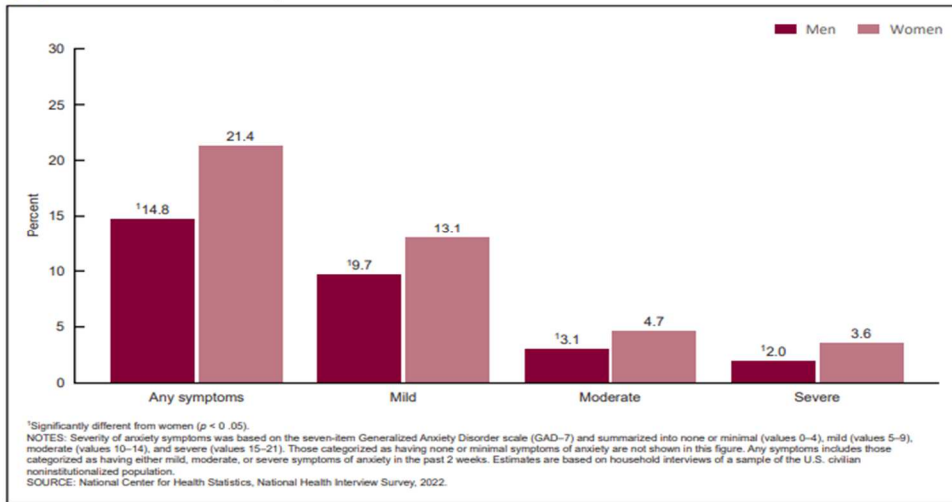
According to YouVersion, that verse had “higher engagement than any other verse this year.” Isaiah 41:10 was the most engaged verse on the app for 2023, 2022, 2020, and 2018. That verse reads, **“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”** (NIV)

[\[https://www.gbs.edu/wp-content/uploads/2025/02/Gods-Revivalist-2025-MARCH-web.pdf\]](https://www.gbs.edu/wp-content/uploads/2025/02/Gods-Revivalist-2025-MARCH-web.pdf)

Most considered issues:

- Anxiety in 2024
- Fear in 2023, 2022, 2020, 2018

Figure 3. Percentage of adults age 18 and older with symptoms of anxiety in the past 2 weeks, by level of severity of symptoms and sex: United States, 2022

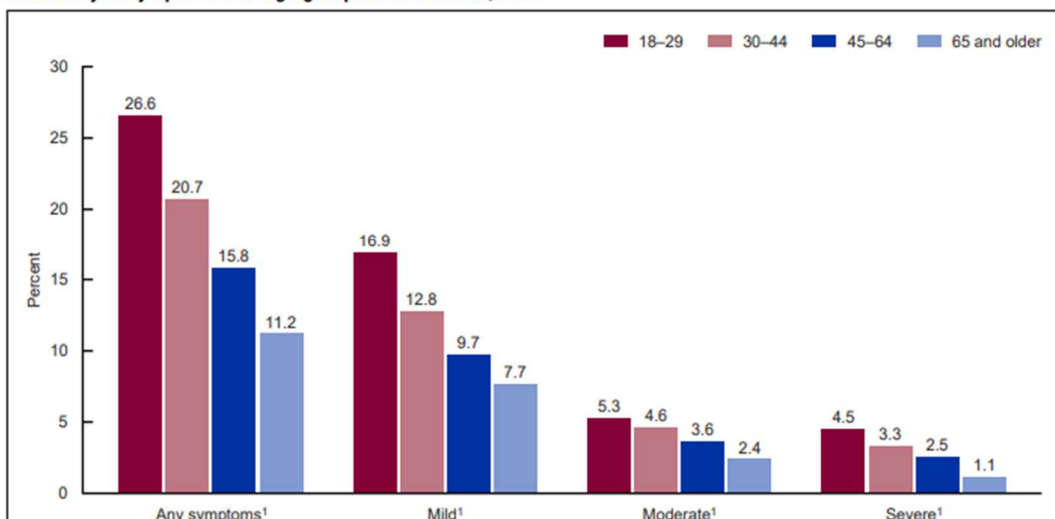


Anxiety and depression are two of the most common mental health conditions experienced by adults in the United States. In 2019, about 6% of adults had experienced moderate or severe symptoms of anxiety in the past 2 weeks, and 7% had experienced moderate or severe symptoms of depression in the past 2 weeks.

[\[https://www.cdc.gov/nchs/data/nhsr/nhsr213.pdf\]](https://www.cdc.gov/nchs/data/nhsr/nhsr213.pdf)

Overview of the population 2022. ~18% US population had anxiety over the two weeks studied. More women than men.]

Figure 2. Percentage of adults age 18 and older who experienced symptoms of anxiety in the past 2 weeks, by level of severity of symptoms and age group: United States, 2022



[\[https://www.cdc.gov/nchs/data/nhsr/nhsr213.pdf\]](https://www.cdc.gov/nchs/data/nhsr/nhsr213.pdf)

Decreased with age group.]

Issues that trigger anxiety

Anxiety from Israel War Issues

Most of us have our hearts and maybe relatives at risk in Israel.

Israel cannot continue this war indefinitely – even if there are endless excuses for it. 41 percent of reservists have been dismissed or had to give up their jobs.

[\[https://www.israeltoday.co.il/read/tachles-with-aviel-israels-reservists-are-losing-the-motivation-to-fight/#google_vignette\]](https://www.israeltoday.co.il/read/tachles-with-aviel-israels-reservists-are-losing-the-motivation-to-fight/#google_vignette)



Israel's reservists are losing the motivation to fight. The willingness to fight is waning – I hear this more and more often in my circles and in the media.

By Aviel Schneider | Mar 30, 2025 at 12:00 pm

[Photo: Ayal Margolin/Flash90]

[https://www.israeltoday.co.il/read/tachles-with-aviel-israels-reservists-are-losing-the-motivation-to-fight/#google_vignette\]](https://www.israeltoday.co.il/read/tachles-with-aviel-israels-reservists-are-losing-the-motivation-to-fight/#google_vignette)

A survey by Kantar Insights and Kan reveals that nearly a quarter of Israelis have contemplated leaving the country over the past year due to the ongoing multifront war.

[\[https://www.theyeshivaworld.com/news/israel-news/2321511/war-weary-1-in-4-israelis-considered-leaving-over-past-year-survey-reveals.html\]](https://www.theyeshivaworld.com/news/israel-news/2321511/war-weary-1-in-4-israelis-considered-leaving-over-past-year-survey-reveals.html)

A day after Hamas attacked Israel and sparked war on Oct. 7, Adi Hazan drove to a rally point in southern Israel and began what he thought would be one or two months of emergency military-reserve service.

Nearly 10 months later, the machine-gunner is still deployed—and the rest of his life is in shambles. His construction business is failing, he is sinking into debt, and his family relies on handouts from friends and charities. And he doesn't see an end in sight.

[\[https://www.msn.com/en-us/news/world/everything-is-collapsing-israeli-reservists-confront-toll-of-protracted-war/ar-AA1ocwr1\]](https://www.msn.com/en-us/news/world/everything-is-collapsing-israeli-reservists-confront-toll-of-protracted-war/ar-AA1ocwr1)

Other wars: Ukraine, Taiwan threat]

Anxiety from family issues



Barry & Cynthia Morehead: Barry attends, from St. Joseph, from time to time, since about 2010. Came with me on the Israel trip when my son Ben was on. He and Cynthia have brought their children up in home school or Christian school. Best nurture in the L-rd they could. We've had lunch together from time to time. I eat lunch for a living.

Many of you heard Barry and Cynthia make their presentation about a year ago.

In 2012 we lost our oldest son to estrangement. He married a woman who by the looks of things seemed to be a good match. A believer well educated, attractive, athletic, from a solid family. All things true of him as well. They had much in common. However, she wanted him to herself and wanted nothing to do with our family.

The first thing she did after they returned from their honeymoon was to cut off all communication between him and the entire extended family and then begin the process of turning him against us. Six years later our son's high school and college friends began contacting us.

Apparently, she had not only cut off our family but also anyone who knew him prior to her entering his life. My grief was great those first three years. A sister in Messiah recommended a book to aid in my healing.

We had moved our youngest son to Columbia during the pandemic that he may begin his pursuit of his doctorate MU. He was single, lived alone, because of the pandemic he worked remotely and all his classes were being taught online. He would call us five times a week, sometimes alternating, calling his dad one day and me the next.

We were always in touch ... until he went camping **one time with his sister and her husband. Ever since then he has cut us out of his life as well. He communicated that officially in January of 2022. No explanation other than he is too busy right now to entertain phone calls, texts, or visits from us. That was the last time we heard from him.**

Anxiety

- **Over life failure in general**
- **Over deadly wars**
- **Over estranged children and other painful family problems**

ANXIETY:
Spiritual Khmets
 1 Corinthians 5:8
 Rabbi Shmuel Wolkenfeld

April 05, 2025 | 7th of Iyyar, 5785
 ז' באייר תשפ"ה

OR HAOLAM
 MESSIANIC SYNAGOGUE

Anxiety: Spiritual Khametz חמץ

1. What is Khametz חמץ [leavened]
2. Epidemic of anxiety
3. **Yeshua's resolution of anxiety**
4. Our calling: Working to bring Jewish people, and those grafted in, to their covenantal identity in Messiah.

Phil 4.4-9 **Rejoice in union with the Lord always! I will say it again: rejoice! Let everyone see how reasonable and gentle you are. The Lord is near! 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. In conclusion, brothers, focus your thoughts on what is true, noble, righteous, pure, lovable or admirable, on some virtue or on something praiseworthy. Keep doing what you have learned and received from me, what you have heard and seen me doing; then the God who gives *shalom* will be with you.**

1. Choose to Praise G-d
[G-d could turn my kids around. But if it brings more glory for him for me to walk joyfully in Him without their hearts yet turned, than for Him to turn them now, I will accept.
Yeshayahu Is 60.4 Lift up your eyes and look all around:
they all gather—they come to you—
your sons will come from far away,
your daughters carried on the hip.
Yeshayahu Is 60.26 I, Adoni, will hasten it in its time.
1. Choose to Praise G-d
2. G-d is near!
[Valley of the shadow of death ... You are with me. Third person in the opening.]

T'hillim / Ps 18.29 **“For you, Adoni, light my lamp; Adoni, my God, lights up my darkness. *[He comes in the darkness!]***

2 Cor 12.9 **He told me, “My grace is enough for you, for my power is brought to perfection in weakness.” Therefore, I am very happy to boast about my weaknesses, in order that the Messiah's power will rest upon me.**

1. Choose to Praise G-d
2. G-d is near!
3. Pray with thanksgiving!
4. Think about praiseworthy things!



Barry & Cynthia Morehead and son Alex
 Thank you for continuing to pray for restoration in our relationship with our children. This is my son Alex who recently reached out to us and said he wanted to connect. We just spent 2 1/2 hours catching up at lunch and going for a walk.

His sister had an influence on him. **He has matured so much and has developed his own core values.** We shared very deeply yesterday and I apologized for some mistakes I made in not giving him the space that Abba has given me in my faith development. He was very appreciative of my recognition of that.

Alex also shared how much he was THANKFUL for a couple of our core values we raised our kids with:

One being our **strong example of community** through family and friends and congregation. Second core value was the cultivation of learning and imagination. Cynthia instilled a love of learning and reading to all of our children.

[Yeshua Youth, Lo Kashish, Men's Meeting, Ladies Havurah, contemplating others.]

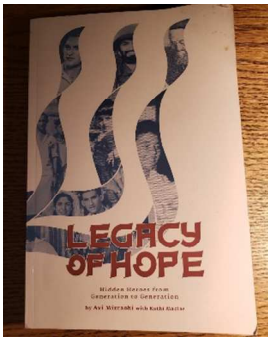


On a sidenote Alex should be graduating with his PhD in AI - machine learning from MU in the next couple of months. I'm still walking around a little in shock for such a positive outcome yesterday!

All Praise goes to Abba through Yeshua our messiah.

Shalom to you and Dawn 🙏❤️

Amazing story of Rabbi Daniel Zion of Bulgaria



I am poor and feeble, persecuted and vulnerable, Yeshua conquered me, and with the New Man he honored me, He delivered me from the poverty-stricken self with his great love, he cherishes me.

Daniel Zion (1883 – 1979)

Chief Rabbi of Bulgarian Jews during WW2

askdibrown.org

[\[https://youtu.be/lx0w61nRfxo\]](https://youtu.be/lx0w61nRfxo)



Metropolitan Stefan, head of the Bulgarian church, said he would lay on the tracks to stop deportation of Jews.

[p 49 salvation

P 96 Letter to Tsar

145-6 Camp 48,000 Bulgarian Jews never deported to Poland

Tsar met with Hitler, and said "No" to deporting the Jews. Trains sent to Bulgaria!

Nissim partisan

1948 Aliyah R Zion

Mom depressed → R. Zion gave her Mes Scrip. She and sister faith

232-234 קול ישראל broadcast

Avi in US came to faith]

ANXIETY: Spiritual Khmets

1 Corinthians 5:8
Rabbi Shmuel Wolkenfeld

April 05, 2025 | 7th of Iyyar, 5785
ד' באייר תשפ"ה



OR HAOLAM
MESSIANIC SYNAGOGUE

Anxiety: Spiritual Khametz חמץ

1. What is Khametz חמץ [leavened]
2. Epidemic of anxiety
3. Yeshua's resolution of anxiety
4. Our calling: Working to bring Jewish people, and those grafted in, to their covenantal identity in Messiah.



[<https://youtu.be/VKGm2jWl1m4>]



'Syndrome K' was a fake disease made up by Italian doctors to save Jews who had fled to their hospital seeking protection from the Nazis. They were quarantined, and the Nazis believed it was a deadly, disfiguring, and highly contagious illness.

weird-facts.org @factsweird

[Sent by Ted Alongi]



Anti-Hamas protestors marching among the ruins that Hamas brought upon them.

[<https://www.danielpipes.org/22546/gazans-the-bravest-people-on-earth-confront-hamas>]

Starting on March 25, crowds of overwhelmingly young male Gazans have marched by the thousands through streets flanked by destroyed buildings, bellowing out slogans and carrying signs.

- "Down with Hamas."
- "Hamas does not represent us."
- "Hamas get out."
- "Hamas is terrorism."
- "Hamas is terrorist"
- "Hamas rule has destroyed us."
- "Let Hamas go to hell."
- "Out, out, out, Hamas get out."

ANXIETY: Spiritual Khmets

1 Corinthians 5:8
Rabbi Shmuel Wolkenfeld

April 05, 2025 | 7th of Iyyar, 5785
ד' באייר תשפ"ה



OR HAOLAM
MESSIANIC SYNAGOGUE

Anxiety: Spiritual Khametz חמץ

1. What is Khametz חמץ [leavened]
2. Epidemic of anxiety
3. Yeshua's resolution of anxiety
4. Our calling: Working to bring Jewish people, and those grafted in, to their covenantal identity in Messiah.

1 Cor 5.6-8 For our *Pesakh* lamb, the Messiah, has been sacrificed. So let us celebrate the *Seder* not with leftover *hametz*, the *hametz* of wickedness and evil, but with the *matzah* of purity and truth.

Phil 4.4-9 **Rejoice in union with the Lord always! I will say it again: rejoice! Let everyone see how reasonable and gentle you are. The Lord is near! 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. In conclusion, brothers, focus your thoughts on what is true, noble, righteous, pure, lovable or admirable, on some virtue or on something praiseworthy. Keep doing what you have learned and received from me, what you have heard and seen me doing; then the God who gives *shalom* will be with you.**