

Be-ha'alotekha
Lily Reisner

Shabbat Shalom! This week's parashah is *Be-ha'alotekha*. During my parashah, The Lord spoke to Moses saying: speak to Aaron. They were talking about the seven lamps which is a menorah. The menorah was made by Aaron. He mounted the lamps at the front of the lamp stand, as the Lord had commanded Moses. It was a hammered work of gold. There were two silver trumpets mentioned. They were to summon the camp to attention, such as, if there was going to be a battle or if the camp had to move. Much of the portion is devoted to the Exodus, also known as the walk through the desert away from Egypt. They did this to escape from Pharaoh and slavery. The journey lasted for 40 years.

For these people the Journey may never end from Crohn's and Colitis: They are; my Dad, Aunt, our friends Michael and Joel. They all suffer from Crohns disease. Crohns is an ongoing disorder that causes inflammation of the digestive tract. It mostly affects the small intestine, like *mitzrayim*, a narrow passage. This statement relates to my portion because these people are trying to escape from the slavery of this disease. My project that I chose is the "Take Steps Walk." This is a volunteering and fundraising event that also raises awareness for the Crohns and Colitis Foundation of America (the CCFA). The web site is www.cctakesteps.org/connecticut! I am trying to raise as much money as I can but, I am only one person and, all of you have a chance to try to find a cure for Crohns and Colitis. At the "Take Steps" walk, every participant is given a noise maker to "be heard". I have volunteered my time with the Crohns walk for three years and also volunteer at an annual golf tournament. Please help if you can by donating money or your time as a volunteer!

I would like to give thanks to Rabbi Small and Mrs. Fox for helping me with this d'var torah and encouraging me through this meaningful project. Thank you to my parents for putting up with me when I didn't practice my Hebrew. Aunt Heidi, thank you for helping me with the CCFA project. Jared, I know we fight a lot but, I hope you know I love you. Thanks for putting up with me. And a special thanks to Rahel for helping me with my blessings and Torah readings. She had quite the patience. Also to Cantor Cohn for helping me understand my Hebrew better.

Please turn to page 816 in the big red book.