בס"ד

Perth Hebrew CONGREGATION

EmPower Jewish Youth for Life

The Youth Weekly

EmPower Thru Torah

Parashat Lech-Lecha

parashah summary
Hashem tells Avram to leave his homeland and travel to Canaan, promising to make him into a great nation. Avram and Sarai face a famine and travel to Egypt before returning to Canaan. Avram separates peacefully from his nephew Lot, then rescues him when he is captured in a war. Hashem promises Avram descendants and makes a covenant with him. Hagar gives birth to Yishmael. Later, Hashem changes Avram's name to Avraham and commands him to perform brit milah.

Shabbat at PHC

Friday 23 October

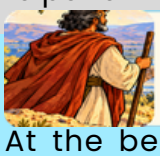
Candle lighting:	6.16pm
Mincha followed by Kabbalat Shabbat:	6.15pm

Shabbat 24 October

Rabbi's Shiur:	8.30am
Shacharit:	9.00am
Mincha:	6.15pm
Ma'ariv & Termination of Shabbat:	7.13pm

This Week's Pages

Parashah	ArtScroll 54 | Living Torah 52
Haftarah	ArtScroll 1133 | Living Torah 1059



The Other Side

A thought from Rabbi Jonathan Sacks

At the beginning of our parashah, Hashem tells Avram to leave his land, his birthplace and his father's house.

Why name all three?
Rabbi Jonathan Sacks explains that each shapes the way we think: the culture of our country, the expectations of friends and neighbours, and the values we learn at home. Avram would need the courage to question ideas that everyone around him took for granted.

Later, the Torah calls him Avram Ha-Ivri (Bereshit 14:13). Ever (עבר) means "the other side." Avram had come from across the river, but Rabbi Yehudah in the Midrash takes this further: **the entire world stood on one side, and Avram stood on the other. Why was he willing to stand apart?**

Avraham challenged a world that admired power. Hashem chose him to build a household that would practise "what is right and just" (Bereshit 18:19). His courage and faith in Hashem allowed him to follow a different standard.

Later in the parashah, Avram learns that his nephew Lot has been captured by the armies of four kings. Although they had separated after disagreements between their shepherds, Avram prepares to rescue him.

Bereshit Rabbah describes how frightening the decision was. According to Rabbi Yehudah, Avram's men turned pale:
five kings had already failed against these armies.
Rabbi Nechemiah says that Avram himself turned pale, wondering whether he might fall in battle "for the sanctification of Hashem's name."

His faith in Hashem gave him the courage to face that danger. Avram pursued the kings and brought Lot home.

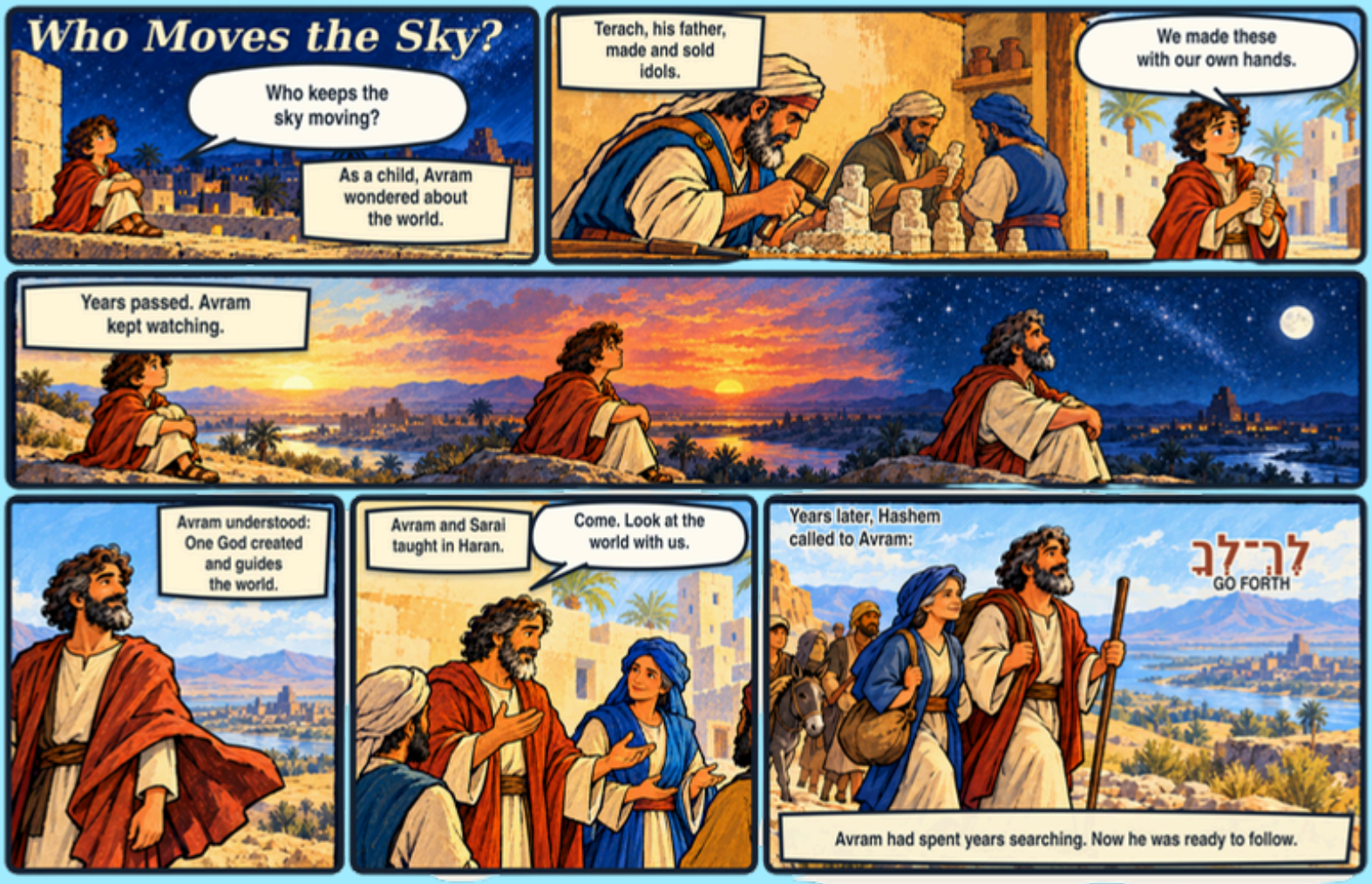
We face smaller choices. Perhaps everyone in a group agrees that the loudest person should decide, or that someone's opinion can be ignored. It takes effort to ask whose voice is missing and whether the decision is fair.

Sources: Bereshit 12:1, 13:7–11, 14:12–16, 18:19; Rashi on 14:13; Bereshit Rabbah 42:8, 43:2; Rabbi Jonathan Sacks, "The Courage Not to Conform."



AT YOUR SHABBAT TABLE

What helps someone find the courage to do what is right, even when they're afraid or everyone else disagrees?



THINK ABOUT IT What helps you keep searching when you do not understand something yet?

Adapted from Rambam, Hilchot Avodah Zarah 1:3; Bereishit Rabbah 38:13; Bereishit 11:31–12:5; Rashi on Bereishit 12:5.

Eli's HALL OF FAMERS

Deni Avdija



- **Country:** Israel
- **Sport:** Basketball
- **Height:** 6 ft 8 in
- **Position:** Small Forward (SF)
- **Clubs:** Maccabi Tel Aviv, Washington Wizards, Portland Trail Blazers
- **National team appearances:** 16
- **Awards:** 2026 NBA All-Star, 2020 Israeli Basketball Premier League MVP

Deni Avdija began his professional career with **Maccabi Tel Aviv** before being drafted **9th overall** by the **Washington Wizards** in 2020. Four years later, he was traded to the **Portland Trail Blazers**, where he became an **NBA All-Star in 2026.**

Fun fact: Deni is the only Israeli to be selected as an NBA All-Star, and the 4th Israeli to play in the league after Omri Casspi, Gal Mekel and T.J. Leaf!





At the beginning of the Amidah, we bow. The first berachah names:

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק וֵאלֹהֵי יַעֲקֹב

The God of Avraham, Yitzchak and Yaakov.

At the end of the same berachah, we bow again and conclude:

בָּרוּךְ אַתָּה ה׳, מָגֵן אַבְרָהָם

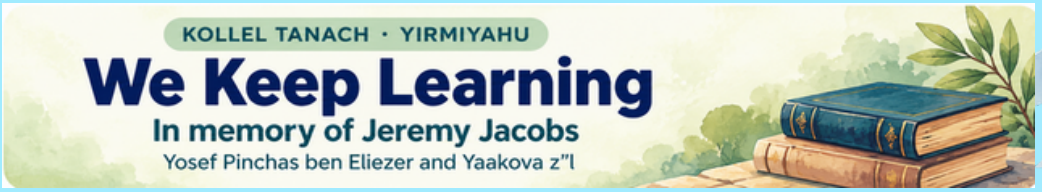
Blessed are You, Hashem, Shield of Avraham.

Why three names at the beginning, but just Avraham at the end?

The Gemara (Pesachim 117b) connects the first three promises in Bereshit 12:2 with our three Avot. The last promise, "And you shall be a blessing," teaches that the berachah concludes with Avraham alone.

Rabbi Shalom Rosner, following Rav Schwab, offers another thought about the two bows. The first reminds us of the faith passed down through generations. The second recalls Avraham, who searched for Hashem himself, and invites us to build our own relationship with Him.

Next time you daven: At the first bow, remember someone who taught you Torah or tefillah. At the second, think of one thing you want to say to Hashem to build that relationship.





At the beginning of this week's Kollel, Rabbi Dan and several participants had just returned from the shiva house of a friend who would have been at the shiur.

"We study Torah. That's what we do," Rabbi Dan said.

And so they opened the book of Yirmiyahu and continued learning.

Chapter 45 turns to Baruch ben Neriah, Yirmiyahu's devoted scribe.

Baruch was exhausted and distressed as the Land of Yehudah faced disaster.

Hashem told him that He was about to uproot what He had built. Then He asked: **"Do you expect great things for yourself?"**

What was Baruch hoping for?

Rashi explains that **Baruch hoped to become a prophet himself**, following his teacher Yirmiyahu. But this was a time of approaching destruction. Hashem told Baruch to set aside that hope and **promised to preserve his life wherever he went.**

Rabbi Dan reflected on **what success can mean at different moments in our lives.**

Sometimes it's hours of Torah learning. Sometimes it's managing to come to shul and put on tefillin. It could be holding back something hurtful we wanted to say.

And on a particularly difficult day, **simply showing up can be an achievement**.

For your Shabbat table: What small achievement are you proud of this week?

This week's learning covered Yirmiyahu chapters 42–48, including the flight to Egypt, Baruch's struggles and the prophecies concerning neighbouring nations

Gold and Bronze on the World Stage!



Mazal tov to our dear EmPower members **Amiel Safaniev, who won 1st place**, and **Elrad Safaniev, who won 3rd place,** in an **international youth wrestling competition** held in Moscow, Russia.

A wonderful achievement for both boys and a proud moment for their family and our PHC community!

WHAT'S NEXT AT PHC?

MONDAY & TUESDAY

EmPower Thru Learning

Kindy – High School

Monday
4:00 PM Kindy – Year 2
5:15 PM Year 3 – Year 4

Tuesday
4:00 PM Year 4 – Year 6
5:15 PM High School



WEDNESDAY

Tanach Shiur

with Rabbi Dan

Group Learning with Rav Aviel



THURSDAY

Pizza Parasha

High School
6:30 PM – 7:45 PM
Learning, food and great company.



SHABBAT MORNING

Children's Services

During Shacharit (Shabbat Morning)

A warm, engaging space for kids to connect with tefillah and friends.





Sign up to read on your Bar Mitzvah Parasha, or part of it! Search "leading shabbat tefillah phc" on Google

This week at RLH

In all four of our rooms, the children are enthusiastically exploring the theme of Mitzvot. Throughout the center, you can see the various creative ways our children are showcasing their mitzvah activities.



Visit our website to book a tour today!



Our Explorers and Adventurers are diving into stories and discussions about Mitzvot while in Kindy 3, they've crafted a special Mitzvah box and photo wall. In the Kindy 4 room, a beautiful Mitzvah tree has blossomed, where each child adds a new leaf whenever they share or witness a mitzvah.

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thephcyouth

Have an idea? *Share it with Rav Aviel*
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