



The Youth Weekly

Bereshit

EmPower thru Torah

parashah summary

Hashem creates the world in 6 days and rests on the seventh. Adam and Chava live in Gan Eden, but after eating from the Tree of Knowledge they are sent out of the garden. Their sons, Kayin and Hevel, bring offerings to Hashem. Kayin becomes jealous of Hevel and kills him. The parashah continues with the first generations of humanity, ending as the world becomes increasingly violent and corrupt.



Where is your brother?

Kayin and Hevel are the first brothers in the Torah.

Hevel brings an offering to Hashem. Kayin brings one too. Hashem accepts Hevel's offering, and Kayin becomes angry.

Hashem warns Kayin about his anger. He still has a choice about what to do with it.

Then Kayin kills Hevel.

Afterwards, Hashem asks:

אֵיךְ הָבֵל אָחִיךָ?

"Where is your brother Abel?"

Hashem knows what happened.

The question makes Kayin face something he has forgotten.

Hevel is his brother.

Jealousy can change how we see someone. A person succeeds, gets praised, or has something we wanted, and **we begin to see them only as competition.**

Throughout the story, the Torah keeps calling Hevel "his brother."

Brother. Brother. Brother.

The Torah keeps reminding us of the relationship Kayin has forgotten.

Your classmate is still your classmate. Your sibling is still your sibling. **Your friend is still your friend, even when you are angry with them.**

Before we act in anger, we need to remember who is standing in front of us.



You've heard these words before

At the end of Creation, the Torah says:

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם

"The heavens and the earth, and everything in them, were completed."

These words from Parashat Bereshit are also said every Friday night as part of Kiddush.

The Torah then tells us that Hashem rested on the seventh day, blessed it and made it holy.

So when we say Vayechulu, we are repeating the Torah's own description of the first Shabbat.

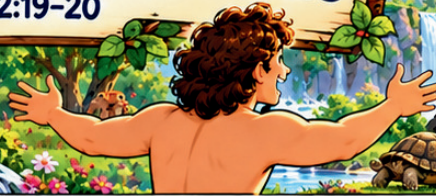
It is a small weekly reminder that **the world belongs to Hashem**, and that Shabbat has been part of the story from the very beginning.

This Friday night, Erev Shabbat: listen for the words וַיְכַלּוּ הַשָּׁמַיִם and see if you can recognise where this week's parashah appears at your Shabbat table.

Adam Names the Animals

Bereshit 2:19-20

Hashem brought the animals to Adam.



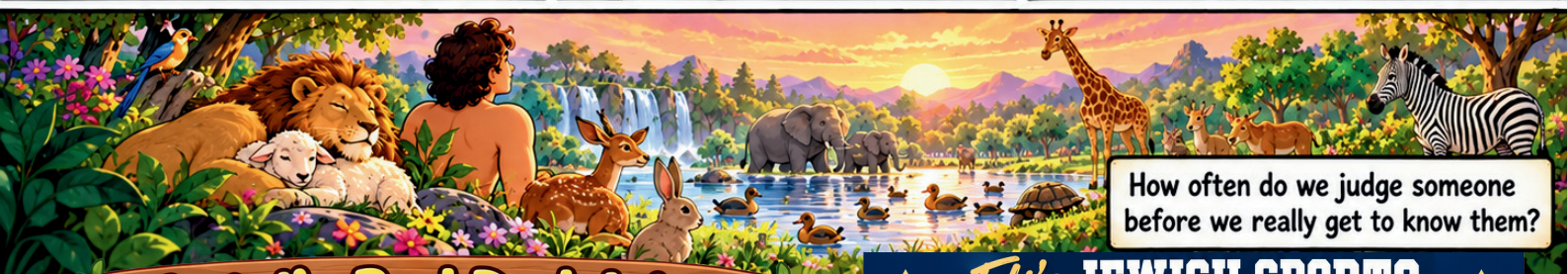
Adam looked carefully.



He noticed what each one was like.



Then Adam gave each one a fitting name.



How often do we judge someone before we really get to know them?

Aviel's Bad Dad Jokes

Can you crack the Bereshit pictures?

Each picture hides words from this week's parashah. Say what you see. English might help you hear the Hebrew.
Can you solve both before checking the answers?

Answers

1



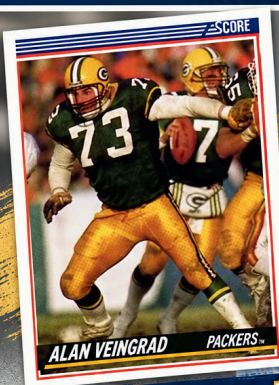
Hint: Say the object out loud.

2



Hint: Say the 3 main things you see.

Eli's JEWISH SPORTS HALL OF FAME



ALAN VEINGRAD

From the NFL to Jewish purpose

	Country: USA		NFL career: 1986–1992
	Sport: American Football		Games: 86
	Position: Offensive tackle		Honours: Super Bowl XXVII Champion; First-team Division II All-American
	Clubs: Green Bay Packers, Dallas Cowboys		

Alan Veingrad played 7 seasons in the NFL, first with the Green Bay Packers and later with the Dallas Cowboys. After retiring from football, he became a Ba'al Teshuva, growing deeply connected to Jewish life and later speaking publicly about Jewish identity.



While playing college football at East Texas State University, Alan Veingrad was the only Jewish student on campus. His teammates often came to him with questions about Judaism, and those conversations became part of his own journey toward becoming a Ba'al Teshuva.

"וַיְהִי אֵת" Bereshit 1:5

"וַיִּבְרָא אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ" Bereshit 1:6-8

October 7 In Their Memory

This week we remember the victims of the October 7 massacre, those taken hostage, the soldiers, their families and all those whose lives were changed that day.

Parashat Bereshit contains one of the Torah's hardest questions.

After Hevel is killed, Hashem asks Kayin:

אַיִה הֶבֶל אָחִיךָ?

"Where is your brother Abel?"

The question asks Kayin to face his responsibility for another person.

Our Sages later taught:

כָּל יִשְׂרָאֵל עֲרֵבִים זֶה בְּזֶה

"All of Israel are responsible for one another."

Since October 7, we have seen this in people opening their homes, cooking meals, visiting the wounded and bereaved, helping farmers, supporting soldiers and praying for people they had never met.

Rabbi Jonathan Sacks taught that achrayut, responsibility, is connected to acher, another person.

A Jewish family can stretch across countries and very different lives. **When someone in that family is hurting, we ask: Where is my brother? Where is my sister? What can I do for them?**

Kollel Tanach: Yirmiyahu 28-32

Every Wednesday
06:15 PM, join us!

This week's Kollel returned to Sefer Yirmiyahu with Rabbi Dan.

Yirmiyahu is living through the final years of the Kingdom of Yehudah. Some Jews have already been taken into exile, and **Yerushalayim is moving closer to siege and destruction.**

The shiur took place on October 7, 3 years after the attacks.

Rabbi Dan dedicated the learning in memory of those murdered and spoke about how close Yirmiyahu can feel on a day of grief, anger, anxiety, exhaustion and hope.

Yirmiyahu is speaking during catastrophe, while the future is still unclear.

In chapter 28, a false prophet promises that everything will soon be fine. Yirmiyahu would love that to be true. His response to him is:

"Amen. I hope you're right."

Rabbi Dan pointed out the difference between hope and wishful thinking. Yirmiyahu faces reality, even when it is painful.

Then we came to one of his most famous images:

רַחֵל מְבֹכָה עַל בְּנֶיהָ

"Rachel weeps for her children."

Rachel cries, and Hashem hears her cry.

Rabbi Dan stressed that there is no need to manufacture happiness or put a positive spin on tragedy.

Only then comes:

וַיֵּשׁ תִּקְוָה לְאַחֲרֵיתָךְ

"There is hope for your future."

Yirmiyahu faces the tragedy fully and still believes there is a future ahead.

Rabbi Dan ended with a difficult balance.

We know that Hashem loves us, stays with us, and that the Jewish story will continue.

But faith includes questions we may not be able to answer.

Even in our own days, we have already seen parts of those promises come true.

Yerushalayim is full of Jewish life, and around half of the world's Jews live in Israel.

And still, 3 times every day, we say:

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבָךְ לְצִיּוֹן בְּרַחֲמִים

"May our eyes see Your return to Zion with compassion."

We are grateful for what we have already seen, and we keep praying to see more.



This Week at RLH Early Learning

After the holidays, the children at RLH have been learning about mitzvot, the special things we do to bring goodness into everyday life.

They have been **exploring ideas such as honouring parents, sharing toys with others, and thinking about how our actions can show care and respect.**

Through play, stories and everyday moments in the room, the children have been practising these mitzvot together.

At RLH, Jewish learning becomes something children can understand by doing, sharing and experiencing it for themselves.

Looking for early learning for your child?

Jewish learning and excellent early education, together at RLH.

Come and see RLH for yourself.

Book a visit or get in touch:

28 Freedman Road, Menora

(08) 9271 4757

director@ruthlandauharp.com

ruthlandauharp.com



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WHAT'S NEXT AT PHC?

PERTH HEBREW CONGREGATION - לוח תפילה

פרשת בראשית

Parashat Bereshit

Saturday 10 October 2026

Date

Parashah

CANDLES 6:56pm

HAVDALAH 7:01pm



Sign up to read on your Bar
Mitzvha Parasha, or part of it!

PHC tefilah app

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



Term 4 registrations open
the phc.com.au

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.



Special Guest Week with Larry Bigio

Physicist and Gavriella's dad

Perth Hebrew
CONGREGATION

KOLLEL EVENING

Bereshit and the Big Bang

A Physicist's reading of the
Ramban regarding the first
Day of Creation

Wed, 14/10/26

After Tanach Shiur - 07:30 – 08:30 PM

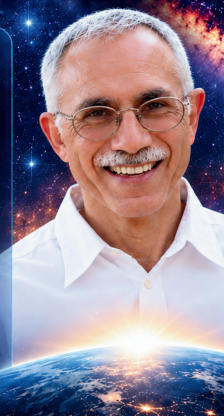
Location TBA

Light refreshments



RSVP REQUIRED

Scan the QR code
to RSVP



PIZZA PARASHA · HIGH SCHOOL

Does the Torah really reject the Big Bang Theory?

Thursday 15/10/26

06:30 – 07:30 PM

PHC High School

Pizza provided



thephcyouth

Have an idea? Share it with Rav Aviel

0480 440 883

empower@thephc.com.au