



## Table Talk Parshat Emor

### ויקרא כ"ג:י

דַּבָּר אֶל-בָּנִי יִשְׂרָאֵל וְאָמַרְתָּ לֵאמֹר אֶל-תְּהִלֵּן כִּי-תְּבָא אֶל-הָאָרֶץ אֲשֶׁר אָנֹי נָתַן לְךָם וְקִצְרָתָם אֶת-קִצְרָתָה וְנִבְאָתָם אַתְּ עַמְּרָ רְאֵשִׁית קִצְרָתָם אֶל-הַכְּנָן:

### ספרונו על ויקרא כ"ג:י:א'

וְהַתְּחִיל דָּבָר תְּגַתְּשִׁיבּוּתָם מִן הַעֲמָר (פסוק י), כי מִאֵז מִתְחִיל קָצֵר בַּעֲמָר וּסְפִירָה קָשְׁבוּתָם מִעֲנָן הַסָּגָן נִקְרָא "חַג קִצְרָר" (שמות כג, טז) ו"חַג הַשְׁבּוּתָם" (שם לד, כד ודברים טז, י ו טז) שֶׁבַו נָמֵן הַוְקָאָה לְאַלְמָנָה עַל "שְׁבּוּתָם קָצֵר" שֶׁשְׁמָר לָנוּ. כי אָמֵן מִפְנִיתָה קָצֵלִים הַמִּתְפְּלָה וְהַוְקָאָה, כְּמוֹ "בְּמַעַד חֶשֶׁךְ הַאֲבִיב" הַקְּפָלָה לְאַל עַל הַאֲבִיב וְהַוְקָאָה עַל הַחֲרוֹתָה. וּבְהִוָּתָה כִּי אַלְמָתָה קָצֵר אֲבִיב תְּהִלָּה כְּפִי מִזְגָּה קָזְמָן מִתְחִילָת הַאֲבִיב עַד קִצְרָר, כְּאָמָרָו "שְׁבָעָתָם קָצֵר יִשְׁמַר לָנוּ" (ירמיה ה, כד)

### תהלים ק':א'-ה'

מִזְמֹר לְתֹזְבָּה הַרְיִיעוֹ לְה' כָּל-הָאָרֶץ: עֲבָדוּ אֶת-ה' בְּשִׂמְחָה בָּאָוֶל פְּנֵיו בְּרִגְנָה: דָעוּ כִּי-ה' הוּא אֱלֹקִים הוּא עַשְׂנוּ וְלֹא [לֹא] אָנַחֲנוּ עַמּוֹ וְאָנוּ מְרַעִיתָה: בָּאָוֶל שְׁעִירָה בְּתֹולָה קָצְרָתָיו בְּתֹהַלָּה הַזּוֹרֶלֶן בְּרַכְוּ שְׁמָנוֹ: כִּירְטֹב הַעֲלָמָם סָסָן וְעַד-דָּרְן תְּזַרְעָר אָמוֹנָתָה:

### Leviticus 23:10

Speak to the Israelite people and say to them: When you enter the land that I am giving to you and you reap its harvest, you shall bring the first sheaf of your harvest to the priest.

### Sforno on Leviticus 23:10:1

The Torah commences its reference to the festival of weeks by speaking of the Omer, and the counting of the seven weeks from Passover until that festival, seeing that the festival of weeks is also known as the harvest festival and we thank the Lord for the weeks appointed for harvest" (Jeremiah 5,24). The principal reason for the festivals is to afford us an opportunity to express our gratitude in prayer and in deed.

### Psalms 100:1-5

A psalm for praise.

Raise a shout for Hashem, all the earth; worship Hashem in gladness; come into His presence with shouts of joy. Acknowledge that Hashem is God; He made us and we are His, His people, the flock He tends. Enter His gates with praise, His courts with acclamation. Praise Him! Bless His name! For Hashem is good; His steadfast love is eternal; His faithfulness is for all generations.

"The Hebrew term for gratitude is *hakarat hatov* which means, literally, "recognizing the good." The good is already there. Practicing gratitude means being fully aware of the good that is already yours."

-Alan Morinis

### Let's Talk!

What good things in your life are you grateful for?

Why do you think people need reminders to be grateful?

How can you express the gratitude that you have for the people in your lives?

When during your day can you stop to reflect on the gifts in your life?



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