



## Table Talk Parshat Vayishlach

### בראשית ל"ב:ח'

Genesis 32:8

וַיִּירָא יַעֲקֹב מְאֹד וַיִּצָּר לוֹ וַיִּסֶּחַץ אֶת־הָעָם  
אֲשֶׁר־אִתּוֹ וְאֶת־הַצֹּאן וְאֶת־הַבָּקָר וְהַגְּמִלִּים  
לִשְׁנֵי מַחֲנֹת:

Jacob was greatly frightened; in his anxiety, he divided the people with him, and the flocks and herds and camels, into two camps.

"Only after overcoming his fears (of Esav) and faintheartedness does the real hero and believer in God emerge. For this reason, the Torah depicts Jacob in his hour of weakness, 'And Jacob was greatly afraid, and distressed'."

- Nechama Leibowitz

"When the grandmother of the wife of Mussar teacher Rabbi Meir Chodosh was emigrating from Poland to Israel in the early twentieth century, the Jewish Agency in Warsaw had her fill out a questionnaire. One of the questions it asked was 'What are you taking with you, and how do you plan to earn a living in Israel?' Rebbetzin Hutner looked at the form for a moment, and then in large letter wrote across all questions: '*Bitachon*' (faith in Hashem)... Every experience of fear or worry that strikes you is nothing but a signal calling on you to fan the inner sparks of your *bitachon* (faith in Hashem)."

- Alan Morinis (Everyday Holiness)

### Let's Talk

Why was Yaakov afraid?

How do we learn that Yaakov became a hero by reading that he was afraid?

Have you ever had to overcome a fear that you had?

Why might people coming to a new country feel fear?

How can we have empathy and welcome and reassure people who are new in our school?

New to our community?

Do you know anyone in your family or community who is grateful for being welcomed into the United States of America?

How did they have *Bitachon* in Hashem?



check out our new podcast! <https://www.hartorah.org/YHTPOV/>