

BH Kids

17th Of TAMUZ



ISSUE #5

 Be'Ezrat
HaShem
www.BeEzratHaShem.org

Hi, kids!

At this time of year, we have to avoid doing fun activities and things that might be dangerous, for three weeks. Since now you can't swim, go on roller coasters, go to weddings, listen to music, etc., things might be boring. But don't worry, we got you covered with this magazine to keep yourself busy!

Don't forget to check out our new column 'A-Z Animal Kingdom'.

Enjoy,

Miriam Tamar

Questions or comments are welcome to be sent to
bhkids@beezrathashem.org



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which Mitzvot
you can do in
school **2**

NEW

Discover which
good behavior we
can learn from **Ants**
at A-Z Animal
Kingdom **3**

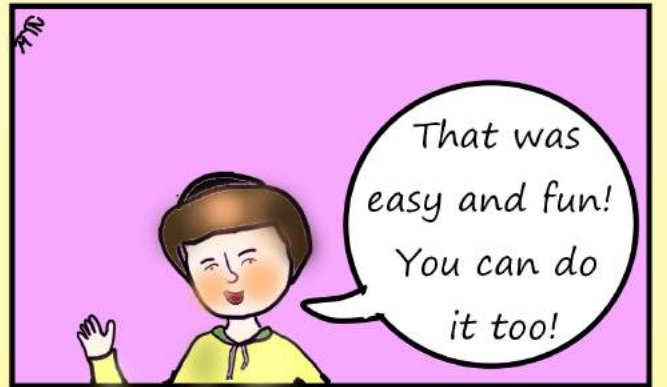
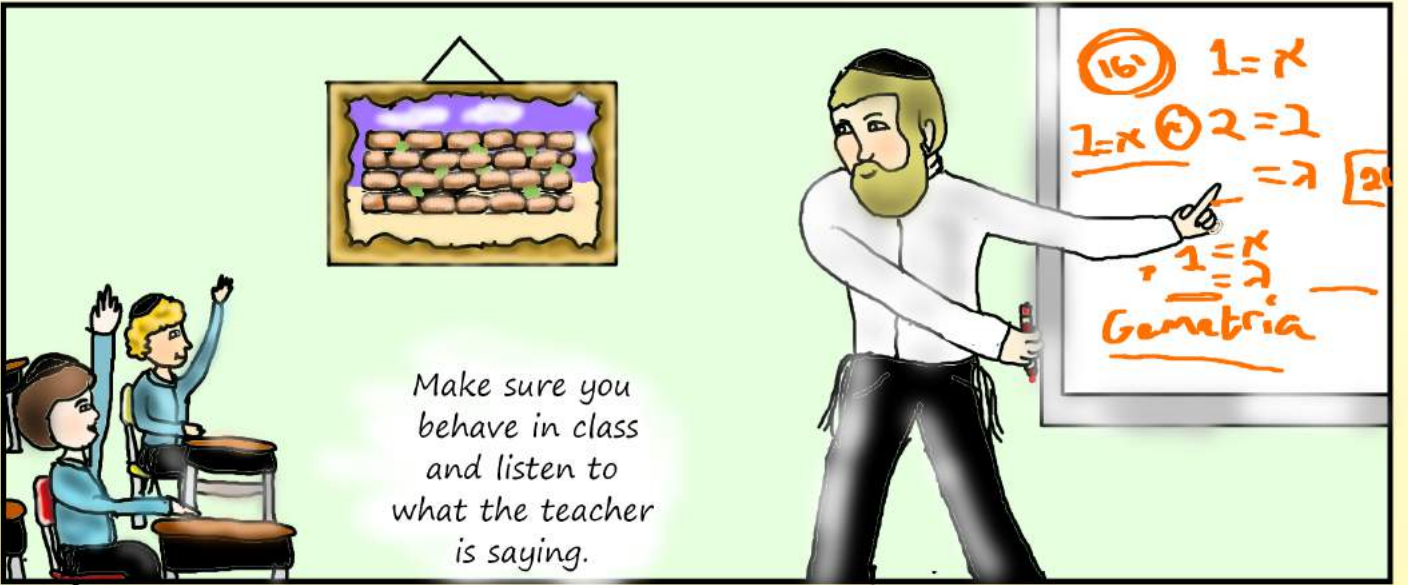
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(The Three Weeks)
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of the exile
together with
Dina **7**

*And
much more...*

Doing Mitzvot with Danny



TIP:
 Try to do everything happily; listen with interest to the teacher, and invite your friend to play with a smile.

Ants



Did you ever go on a picnic and dropped some crumbs?

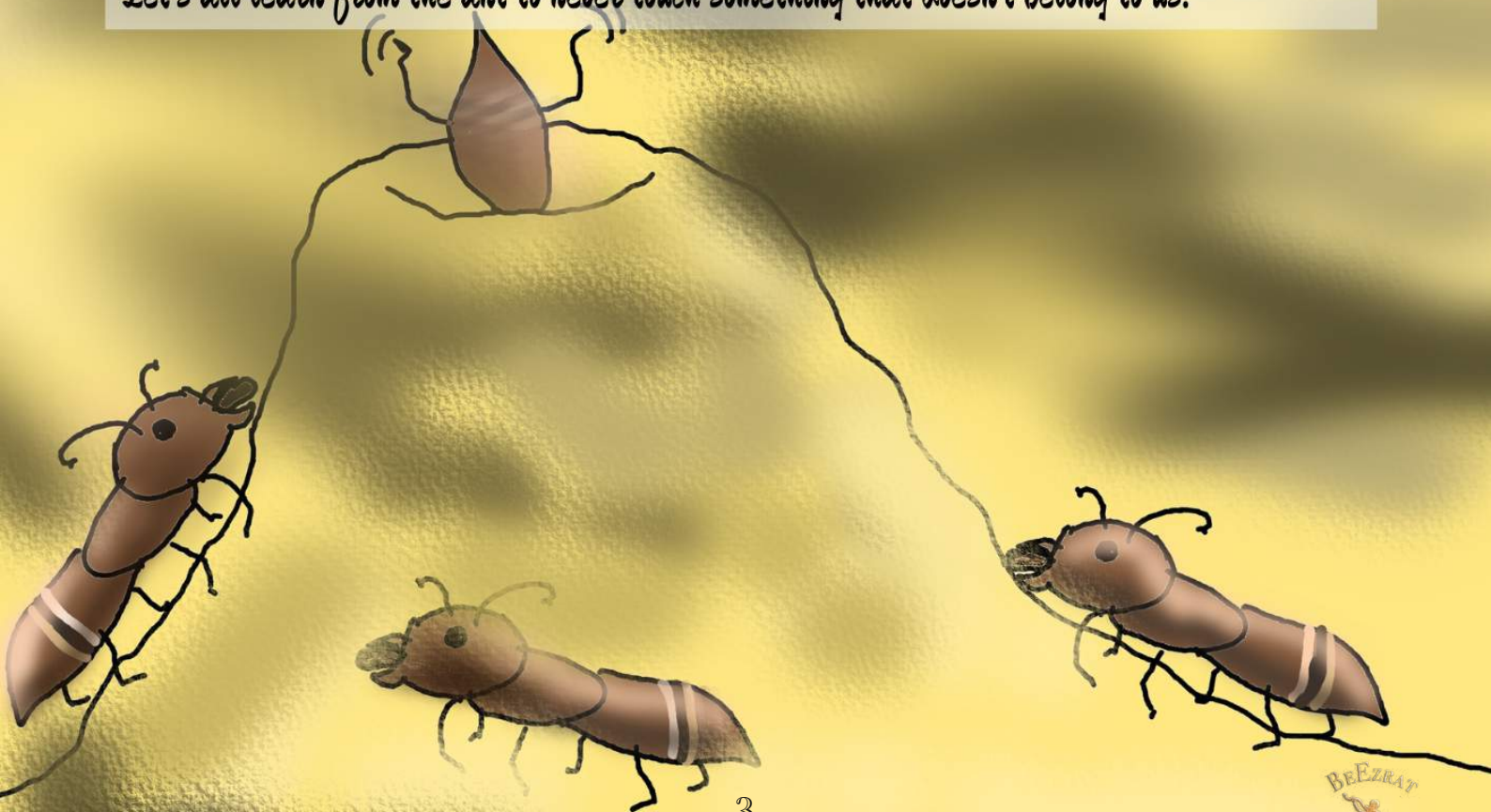
It's really amazing to watch those little ants scurry about, picking up crumbs of food.

Most people glance quickly at the sight before turning back to their food, but other people, like me, stare at them the whole entire time.

Although the ant is such a tiny animal, we can still learn good behavior from it.

Did you ever notice that an ant doesn't steal? If one ant got the last BBQ flavored potato chip crumb, its friend wouldn't touch it, even if the first ant dropped it at some point. Oh well, it'll have to settle for the honey flavored potato chip crumb. Too bad.

Let's all learn from the ant to never touch something that doesn't belong to us.



Silly Gilly

PREPARING FOR THE THREE WEEKS



Bein HaMetzarim

(The Three Weeks)

Long ago there was a big, beautiful Beit HaMikdash. This Beit HaMikdash was HaShem's house. The Jews brought *korbanot* (sacrifices) to HaShem on the *mizbe'ach* (altar) for thanking HaShem or for repenting. Everything was great. They all lived peacefully and were cleansed from their sins constantly.

Then, the Jews began drifting far from HaShem. They made many sins; hating one another for no reason at all, and doing things opposite of what the Torah commands. They became so distant from HaShem that they didn't even bother to try to do *teshuvah*.

HaShem sent prophets to warn the Jews that if they did not do *teshuvah* and change their ways immediately, bad things would happen to them. But instead of listening to the prophets, the Jews made fun of them and even hurt them.

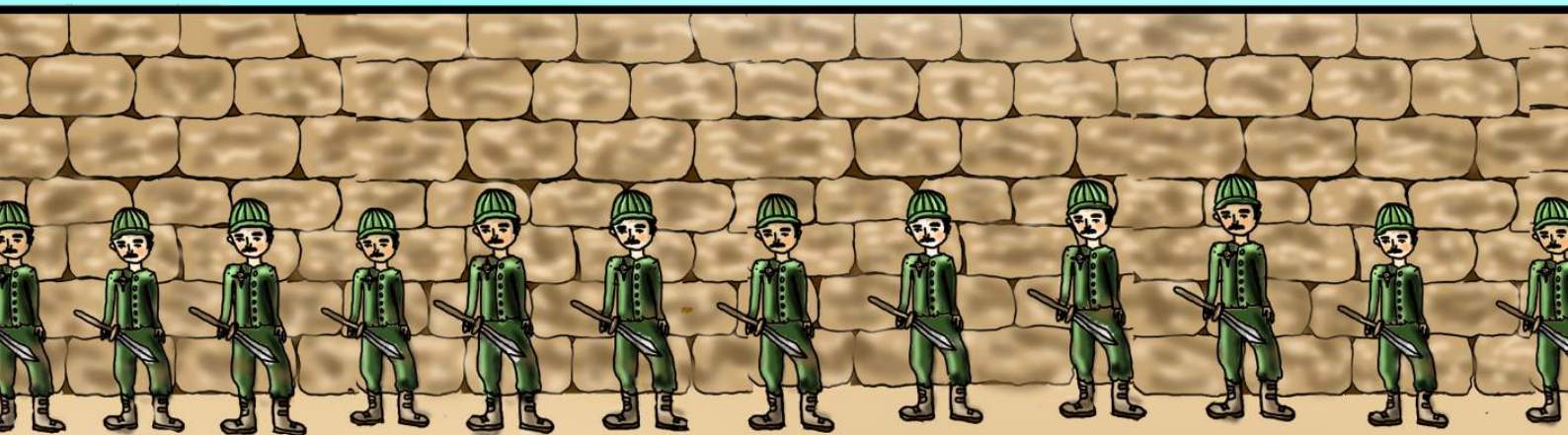
HaShem got very angry at the Jews. He had given them plenty of chances to do *teshuvah*, but unfortunately they refused to change.

Therefore, HaShem sent enemies to punish the Jews. The enemies surrounded Yerushalaim so that the Jews could neither enter nor leave the city for any reason. If someone in Yerushalaim was deathly ill and the cure was outside the city gates, no one was able to get it for them.

The food and water inside Yerushalaim were running out, and the hunger was terrible. People ate the last crumbs of food and started dying from hunger and illnesses. But even though people were starving, getting sick and dying, they still refused to do *teshuvah* and change their evil ways.

The enemies' siege around Yerushalaim continued for 3 terrible years. The Jews inside were getting weaker and weaker, and many of them died.

On the 17th of Tamuz, the enemies eventually succeeded in breaking through the walls that surrounded The Holy City of Yerushalaim. They killed, broke and destroyed everyone and everything that was in their path. Their mission was to reach The Beit HaMikdash and destroy it.



Sadly, on the 9th of Av, their goal was fulfilled; they burned down the holy Beit HaMikdash!

The 3 weeks between the 17th of Tamuz and the 9th of Av are called Bein HaMetzarinim (literally 'between trouble and distress').

These are considered bad days, in which HaShem is harsher with us than usual. On these days we perform acts of mourning, such as avoiding buying new clothes, avoiding getting married, avoiding shaving or getting a haircut, as well as not listening to music. We also try to minimize fun activities, and we avoid things that might be dangerous, such as going swimming or doing extreme activities (roller coasters, skydiving, bungee jumping, etc.).

THINK ABOUT IT...

If hating each other caused the destruction of The Beit HaMikdash, love and care for each other would be the *teshuva* for that, and will bring the Mashiach closer.

You might think to yourself, "Well, it's the fault of the people who lived in the time of The Beit HaMikdash. Why do I have to suffer now? They did a lot of *averot* (sins) and were mean to each other, not me!"

But the truth is, that if it weren't our fault too, The Beit HaMikdash would have already been rebuilt in Yerushalaim.

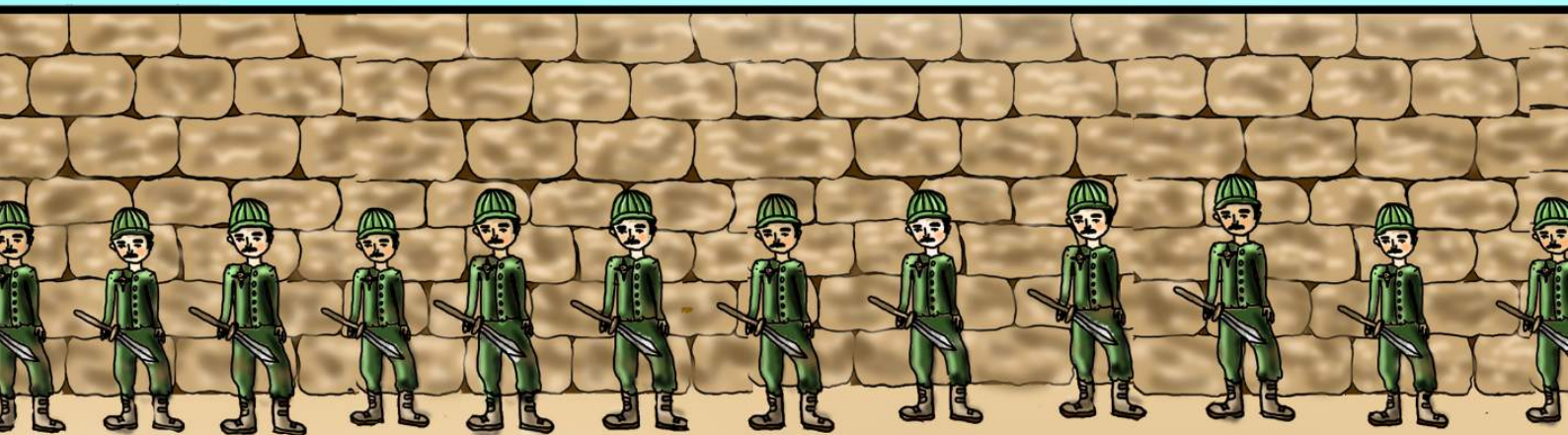
As our holy Sages say: "A generation in which The Beit HaMikdash is not rebuilt, is equal to the generation in which The Beit HaMikdash got destroyed."

Dear readers, let's try our best to bring the Mashiach very soon by doing lots of *mitzvot*, so we will merit to see the beautiful holy Beit HaMikdash in our days.

DID YOU KNOW?

The Kotel (The Western Wall) is the last remaining part of the wall that surrounded

The Beit HaMikdash. HaShem's *Shechinah* remains there always, and He promised that the Kotel will never be destroyed.



Feeling The PAIN

"What's the special news, mommy?" Esti asked. Mommy smiled. "That was aunt Malka on the phone. She said that cousin Avigail is... engaged!"

This was the moment the Goldman family was waiting for. Avigail was their favorite cousin, and they all davened for her to get married.

"Where will the wedding be?" Dina asked. "In Israel, and we are going to it BeEzrat HaShem!" Mommy said. "Hurray!" cried Menny delighted. "How many days are we going to be there?" asked Dina. Mommy smiled again, "five weeks," she said, "and we are leaving in one week. So let's prepare fast!"

Early Monday morning, Mommy took the kids to the store to get gowns and suits for the wedding. Each of them got a nice outfit and new shoes for the special event.

The next day, Dina excitedly showed her friend and next-door neighbor, Sarah, her gown and shoes. "That's gorgeous!" Sarah said as she smiled, "I wish I had a wedding in Israel too!" "Don't worry," Dina winked, "I'm sure something will come up."

... — ♥ — ...

"It's the 17th of Tamuz, and I'm so bored!" Esti complained. This was Dina's first time fasting, yet it didn't bother her the slightest bit to help mommy as much as she could. She read a book to baby Ruthy, took the kids to the playground, and then drew pictures with them. Yoni and Menny made a fort out of couch pillows, Esti was singing a song, and the baby was playing with blocks. 'Perfect, everyone is busy,' thought Dina and went to help her mother in the kitchen.

Her mother was making rolls for after the fast. "Hi, mommy!" said Dina, "how can I help you here? Should I make soup?" "Oh, thank you, Dina" Mrs. Goldman replied, "yes, make tomato soup."

As they worked together in the kitchen, Mrs. Goldman and Dina chatted and enjoyed each other's company, however, not for too long. Just then, Mr. Goldman walked in. "Hi, how are you two feeling? How's the fast going?" "I'm so excited for the trip that I'm not even hungry!" Dina laughed. "Speaking of the trip..." Mr. Goldman looked grave. "Lots of flights have been canceled due to a strike. Including ours." "Oh no!" Mrs. Goldman cried, "we'll miss the wedding!" Dina's eyes filled with tears. Before they overflowed, she ran upstairs and into her room.

There, on her bed, lay the beautiful white and blue gown, and a light blue ribbon to weave through her hairdo. And yet... her dream was crushed.

Mrs. Goldman came in a short while later to find Dina sprawled on her bed sobbing. "Dina," Mrs. Goldman said, "this is also sad for me. But maybe take some of your tears and say 'this is for The Beit HaMikdash'. Think why you're fasting right now. Think of all the tears that Jews have been crying in exile for two thousand years now. Use your tears to daven that HaShem redeem us and bring Mashiach soon, and then we will all be happy in Yerushalayim habnuyah (rebuilt Jerusalem)".


Dina wasn't happy that she'll miss her favorite cousin's wedding, but now she could feel a little of the pain we Jews have in the exile. She took a Siddur and davened from the bottom of her heart for HaShem to bring Mashiach and build the third Beit HaMikdash soon.



COLOR BY NUMBER

to reveal the picture

1	1	1	4	1	1	1	4	1	1	1	4	1	1	1	4	1	1	1	4	1
1	1	1	4	1	1	1	4	1	1	1	4	1	1	2	1	1	1	1	4	1
4	4	4	2	4	4	4	4	2	4	4	4	4	4	4	4	4	4	4	4	4
1	4	1	1	1	4	1	1	1	4	1	1	1	4	1	1	1	4	1	1	1
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4	4	4	4	4	4	5	5	5	5	5	5	5	4	4	4	2	4	4	4	4

1- brown 

2- Green 

3- Yellow 

4 - black 

5- Blue 

BH Kids TAMUZ art

**Praying at the Kotel
for Beit HaMikdash**



*Shira Nechama N., 7
Toms River NJ*

May Jerusalem be rebuilt



*Michael Chaim Z., 4,
Jerusalem Israel*

Yerushalayim



*Eliana Z., 5
Jerusalem Israel*

**Am Yisrael, the Torah
& Eretz Yisrael**



*Michael Chaim Z., 4,
Jerusalem Israel*

other **BKIDS** TORAH ART

Kever Rachel

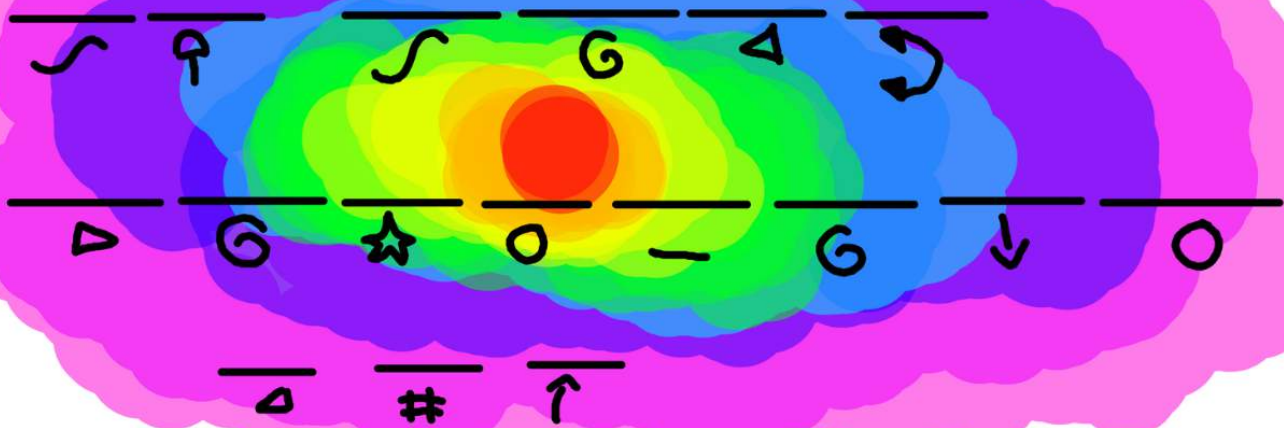


*Miriam Tamar N., 10
Toms River NJ*

If you want your Torah Art to be shown on next month's issue - 'The 9th of Av', please send the picture, together with a short description, your first name, last initial, age, and where you live (city + state/country), to bhkids@beezrathashem.org

Torah Arts should be submitted by August 6th, 2024.

CRACK-THE-CODE!



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U
G	↑	↓	∞	♀	≡	●	○	—		△	▽	▷	◁	#	÷	♣	♥	☆	↪	□
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Can you get through the maze

and avoid all the things you shouldn't do during the 3 weeks?

<p>drinking tea</p>	<p>getting a haircut</p>	<p>listening to music</p>	<p>saying Lashon HaRa</p>	<p>swimming</p>	<p>going on a roller coaster</p>
<p>going to the beach</p>	<p>reading</p>	<p>listening to music</p>	<p>tying shoes</p>	<p>getting new clothes</p>	<p>getting a haircut</p>
<p>getting new shoes</p>	<p>playing jump rope</p>	<p>drawing</p>	<p>listening to music</p>	<p>turning on the light</p>	<p>getting a new hairclip</p>
<p>dancing</p>	<p>playing piano</p>	<p>playing guitar</p>	<p>getting married</p>	<p>feeding the birds</p>	<p>playing with dolls</p>

END