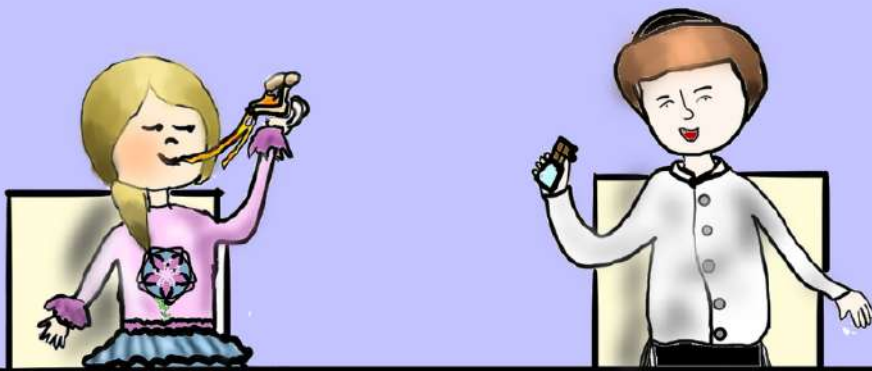


# BHKids

# SHAVUOT



ISSUE #4



Be'Ezrat  
HaShem  
[www.BeEzratHaShem.org](http://www.BeEzratHaShem.org)



# Hi, kids!

We are so excited! Shavuot is here! It's the day HaShem gave us the Torah and Mitzvot.

Between a bite of cheesecake and a spoonful of ice cream, let's not forget the real meaning of the Chag, and put our focus on learning more and more Torah. May learning the Torah be sweet to us just like cheesecake and ice cream.

Chag Sameach!

Miriam Tamar

Questions or comments are welcome to be sent to [bhkids@beezrathashem.org](mailto:bhkids@beezrathashem.org)

Learn with **Danny** the proper way to pray **2**

Watch out as **Silly Gilly** makes her 'special' cheesecake **4**

Find out what HaShem really appreciates in **The Best of Them All** **5**

Follow the ways of Ruth who became a **Mother of Royalty** **7**

Make delicious no-bake cheesecake cup desserts in **Let's Get Cooking!** **9**

*And much more...*



# Doing Mitzvot with Danny



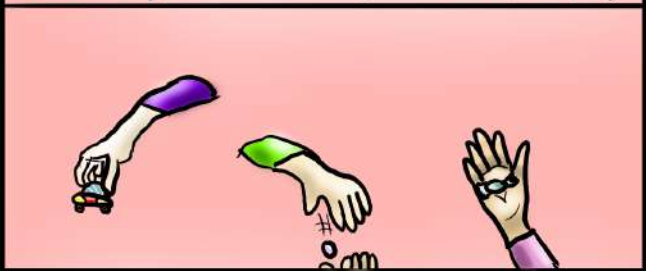
Hi, again!

Every morning we open our day with Tfilat Shacharit. Shacharit is the morning prayer, and if we do it right, it can affect our entire day to be a good one.

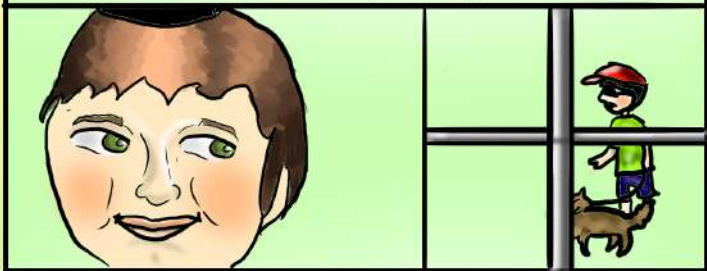
Okay, let's grab a Siddur and start praying!



You are about to talk to a king. Make sure you're not holding anything that might distract you while praying.



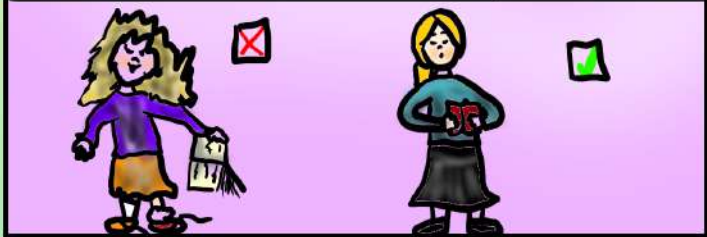
Don't look anywhere but in your Siddur, so you don't get distracted by interesting things.



Make sure your hands are clean, and don't touch dirty things or things that will make your hands impure.



Make sure you look nice and neat. Prepare yourself with fresh clothing, brushed hair and clean face.



Take a Siddur and pray. Easy! You can do it too!

MTN

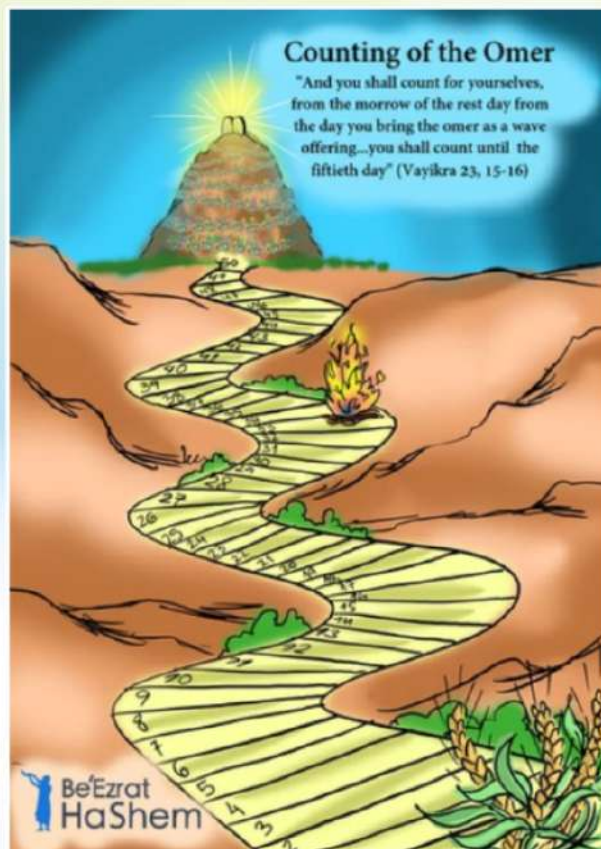
**TIP:**  
 Make a poster to remind yourself how to get ready for praying, and who you are talking to.



# Get Ready for Shavuot!

We counted the days until Shavuot,  
the day that HaShem gave us the Torah and Mitzvot.

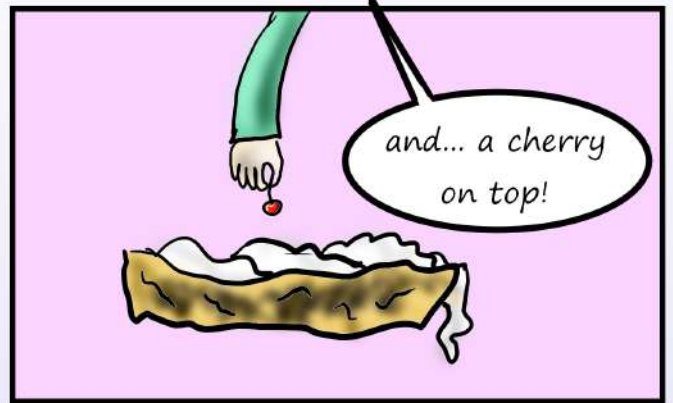
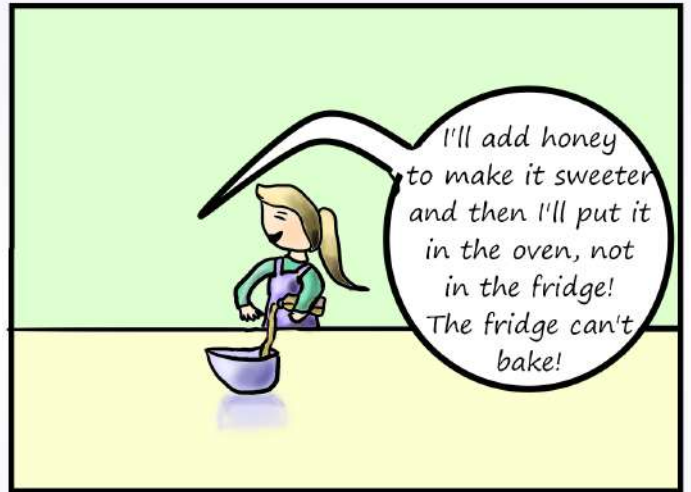
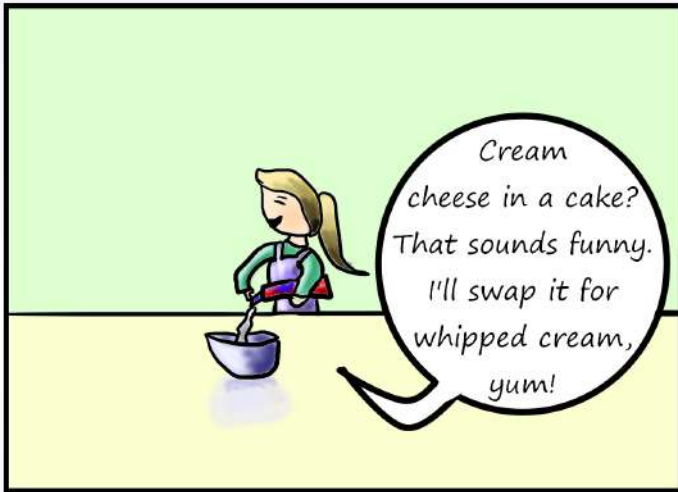
We counted a total of forty-nine days,  
from Pesach already, we were on our ways!  
Lag b'Omer passed by with bonfires and songs.  
We're ready to get the Torah again and learn all night long.  
We'll decorate the house with flowers and green.  
Lots of delicious dairy food can now be seen.  
We're now ready to greet the Chag with joy,  
and every man and woman, every girl and boy,  
will dress up in nice clothes for the special day.  
Let's celebrate that the Torah is here to stay!





# Silly Gilly

## CHEESECAKE MISHAP

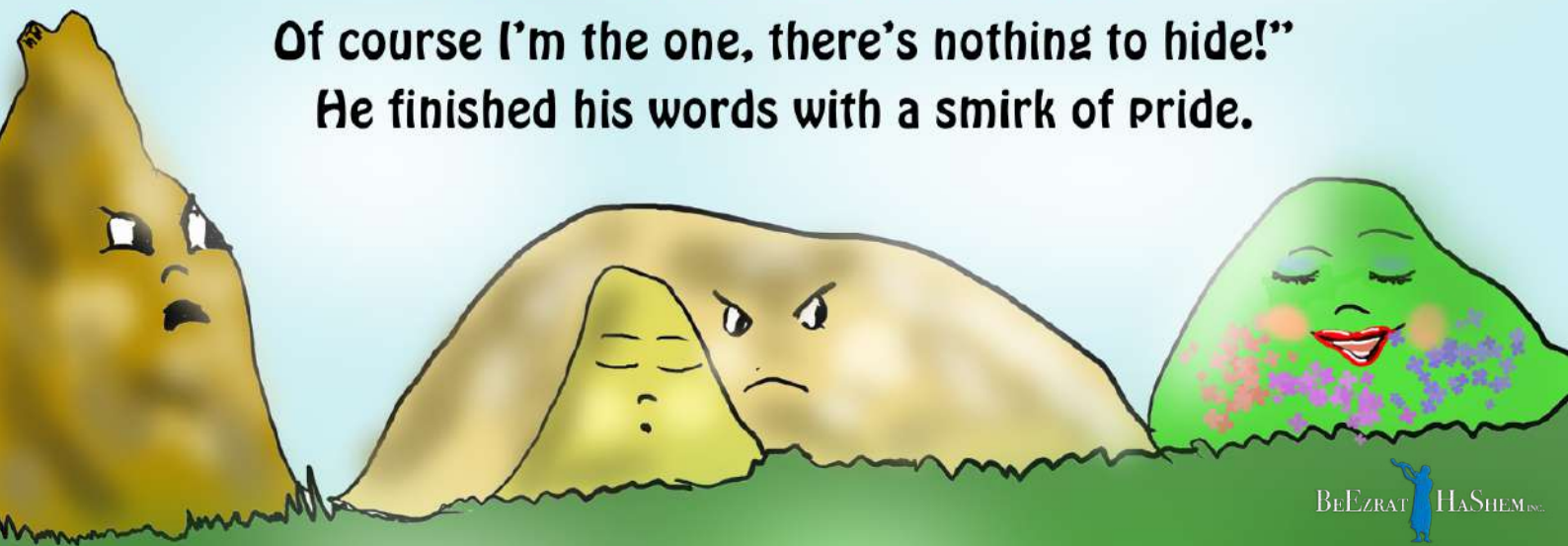


# THE BEST OF THEM ALL

When HaShem wanted to give the Torah to us,  
all of the mountains made quite a fuss;  
which mountain is the best one,  
on which the Torah should be brought down.

Mount Hermon, while patting his flower bed,  
stood up proud and tall, and said:  
“I am a mountain pretty and tall,  
I am the most beautiful of all!  
The Torah should be given on me,  
because I am the prettiest mountain, you see.”

Mount Carmel was not one  
mountain to be outdone.  
With the great self-respect he had,  
he cleared his voice and loudly said:  
“I am a mountain so very wide,  
I stretch so far from side to side.  
Of course I’m the one, there’s nothing to hide!”  
He finished his words with a smirk of pride.





**Mount Bashan, standing tall and straight,  
didn't miss a beat to participate.**

**"I am a mountain so very high,  
I can reach way up to the sky.**

**It was surly me for whom Matan Torah was flagged!"  
with a big smile on his face, he proudly bragged.**

**Little Har Sinai just stood there quietly.**

**Humble, he thought to himself sadly:**

**"The Torah shouldn't be given on me at all,  
because I'm not so pretty and I'm very small."**

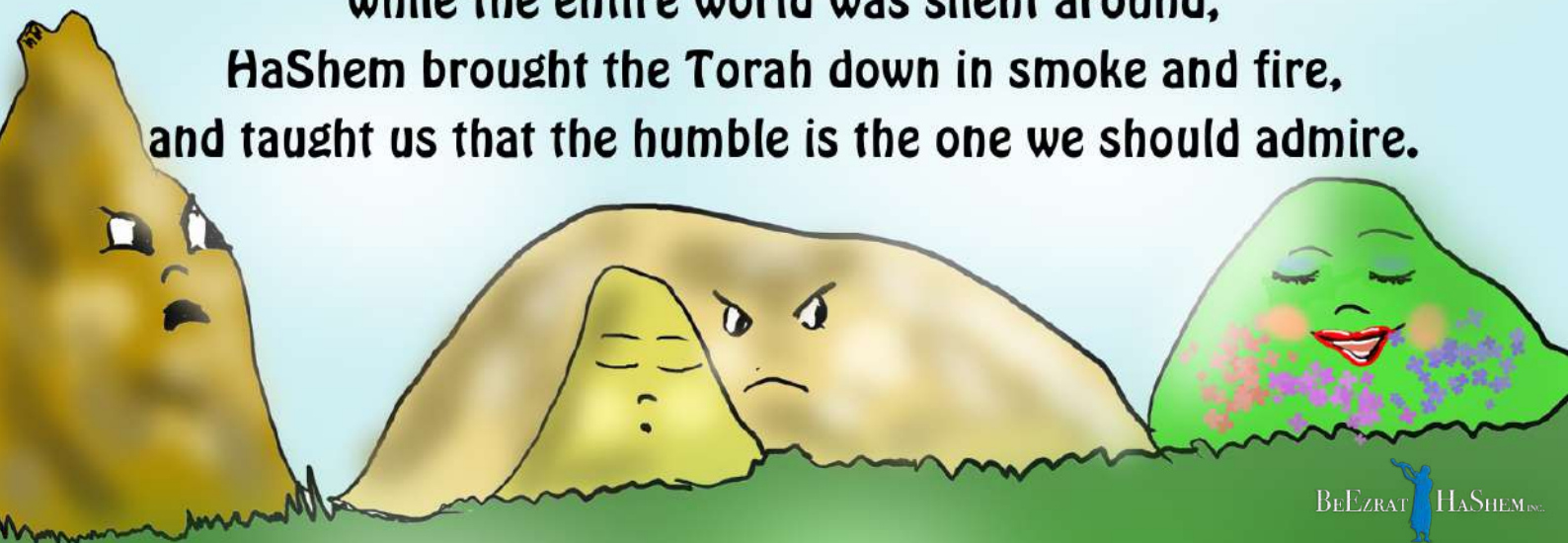
**But from all the mountains HaShem chose Sinai,  
just because he did not hold of himself high.**

**Har Sinai acted simple, in humble ways,  
and from this we see that humbleness pays.**

**HaShem made Har Sinai now wide and tall,  
He made him the prettiest mountain of all.**

**Then with lightning and thundery sound,  
while the entire world was silent around,**

**HaShem brought the Torah down in smoke and fire,  
and taught us that the humble is the one we should admire.**





# Mother of Royalty

Once upon a time, in the ancient land of Eretz Yisrael, there lived a wealthy and respected couple named Elimelech and Naomi. They were loved by all who knew them, and their lives were filled with peace and abundance. However, this tranquility did not last long, for a terrible famine struck the land, and food became scarce and expensive.

As the famine worsened, the poor and hungry people flocked to Elimelech's door, seeking his generosity and kindness. At first, Elimelech gladly shared his wealth with those in need, but as time passed, he grew weary of the constant requests, and his heart hardened.

"Enough!" Elimelech declared to his family. "Everyone is taking our food. It is not fair! We must pack our belongings and flee to the land of Moab, where we will no longer be harassed."

And so, Elimelech, Naomi, and their two sons gathered their possessions and

journeyed to the foreign land of Moab. In this non-Jewish place, they abandoned the ways of the Torah, and Elimelech's sons took non-Jewish wives, the daughters of the king of Moab.

Displeased with Elimelech's actions and his rejection of the Torah, HaShem punished him severely.





First, Elimelech lost all his wealth, then his two sons tragically passed away, and finally, Elimelech himself fell ill and died.

Naomi was left alone, without her husband, her sons, or any means of support. Her non-Jewish daughters-in-law, Orpah and Ruth, remained by her side, unwilling to leave her in her time of sorrow. Naomi decided to return to Eretz Yisrael and urged Orpah and Ruth to return to their father's palace and reclaim their former lives of luxury.

Orpah heeded Naomi's words and departed, but Ruth remained steadfast, declaring, "Your people shall be my people, and your G-d shall be my G-d!" Naomi saw the strength of Ruth's resolve and agreed to let her accompany her to Eretz Yisrael, where Ruth converted to Judaism.

In Eretz Yisrael, Naomi and Ruth lived in poverty, surviving on the wheat left behind in the fields as Tzedakah (charity). As Naomi grew older, Ruth took it upon herself to gather the wheat, doing so with modesty and

gentleness, never pushing others or speaking to the men who worked in the fields.

Boaz, the wealthy and righteous owner of the field, noticed Ruth's humble and virtuous conduct and decided to marry her. From their union, a son named Oved was born, and he later had a son named Yishai, who in turn had a son named David - the future King David.

Ruth, who had forsaken her life as a non-Jewish princess, became the great-grandmother of the illustrious King David, thus meriting the honor of being the mother of royalty. And it is said that the Mashiach (Messiah) will also descend from Ruth's lineage.

The story of Ruth teaches us that when we follow Hashem's ways sincerely, He will guide us and provide for all our needs. May we always remember this beautiful lesson and strive to walk in the path of righteousness.







# Let's Get Cooking!

## RECIPE

### Cheesecake Cups

#### Ingredients:

- 5-7 Graham crackers
- ½ stick butter
- ½ cup heavy cream
- 1½ blocks cream cheese (12 oz. in total)
- ½ cup sugar
- 4 tablespoons sour cream
- 1 teaspoon lemon juice
- 1 teaspoons vanilla extract
- Toppings - shredded chocolate, sprinkles, cookie crumbs, etc.

#### You'll also need:

- Large Ziplock bag
- Rolling pin
- Measuring cups + spoons
- Mixer (with whisk attachment)
- Rubber spatula
- Mini dessert cups
- Piping bag - optional

#### Instructions:

- Put the Graham crackers in a Ziplock bag and seal. Smash the Graham crackers in the bag with the help of a rolling pin, until everything is crushed into crumbs.
- Melt butter and mix with the Graham cracker crumbs until combined.
- Scoop a spoonful of the mixture and put in each of the dessert cup. If you're left with extra crumbs, use them as topping.
- Whip up the heavy cream on high speed until firm (for about 5 minutes), and set aside.
- In a separate bowl, beat the cream cheese together with sugar until smooth, and then add sour cream, lemon juice and vanilla extract. Beat on medium speed until fully combined.
- Using a rubber spatula, transfer the whipped cream into the cream cheese bowl, and mix gently in folding motions until evenly combined.
- Transfer the cheese filling into a piping bag. If you don't have one, a large Ziplock bag with its corner cut off would work just as well.
- Pipe the cheese filling onto the Graham cracker crumbs in the cups, all the way to the top.
- Top with your favorite toppings.
- Refrigerate for 2-3 hours, and enjoy!



#### DID YOU KNOW?

*It is customary to eat dairy food on Shavuot. One of the reasons is because the Torah, which is likened to nourishing milk, was given to us on Shavuot.*



# BHKids

## SHAVUOT

*art*

### Har Sinai



*Yosef R., 5  
Fort Lauderdale, FL*

### Matan Torah



*Eliana Z., 5  
Jerusalem, Israel*

### Har Sinai



*Ovadia R., 7  
Fort Lauderdale, FL*

### Shavuot



*Sarah R., 8  
Fort Lauderdale, FL*



# BH Kids

## SHAVUOT

art

### Moshe in Har Sinai



Mayha L., 9,  
Caracas, Venezuela

### Matan Torah



Shira Nechama N., 6  
Toms River NJ

### Shavuot Prep



Miriam Tamar N., 9  
Toms River NJ

### Moshe in Har Sinai



Hadasa L., 5,  
Caracas, Venezuela



# other **BKIDS** TORAH ART

## No speaking Lashon HaRa



*Shira Nechama N., 6  
Toms River, NJ*

## Beit HaMikdash



*Eliana Z., 5  
Jerusalem, Israel*


If you want your Torah Art to be shown on next month's issue - 'The 17th of Tamuz', 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](mailto:bhkids@beezrathashem.org)

Torah Arts should be submitted by July 14th, 2024.



# Follow the



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						end 

## Color By Number



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1-yellow 

2-red 

3-light blue 

4-green 

5-white 

6-dark blue 