

# Omanut Challenge:

חזק חזק ונתחזק

*Chazak chazak v'nitchazek*

This Shabbat, we read the double *parshiyot* of *VaYakel & Pikudei* and this finishes off the book of *Shmot* (Exodus). It is a custom in synagogues, that as we complete each book of the *Torah*, we rise and chant: *Chazak chazak v'nitchazek*. Boy do we need some of this!

The phrase is commonly translated as: "Be strong, be strong, and we will strengthen each other!"

The first part of the phrase is in singular – each individual should feel strengthened.

The second part of the phrase is in plural – this gives us the idea that the individual strengthens the group of which they are a part, and the community encourages the individual in return.

## **Your task: Be inspired! Be inspiring!**

- 1. Represent these words in any way and using any media you like.**
- 2. Send a picture of your finished product or send a computer .pdf to [michelle@campyavneh.org](mailto:michelle@campyavneh.org)!**

A few ideas for materials you can find in your homes and use:

- Paper & paint
- Cardboard boxes, tissue paper
- Stamps, stickers, post-its
- Legos, blocks or other building toys
- Solo cups
- Computer graphic designing skills
- Toothpaste
- Needle crafts: knitting, needlepoint
- Food items (but if using food, make sure it can still be eaten afterward so as not to waste!)

Just be creative with what you've got...

Let's inspire our kehillah to stay strong and strengthen each other!

***Chazak chazak v'nitchazek!***