

HBHG TEAM NEWSLETTER



EARTH DAY 2021

Our world needs transformational change. It's time for the world to hold sectors accountable for their role in our environmental crisis while also calling for bold, creative, and innovative solutions. This will require action at all levels, from business and investment to city and national government.

That's where you come in: As an individual, you yield real power and influence as a consumer, a voter, and a member of a community that can unite for change. Don't underestimate your power. When your voice and your actions are united with thousands or millions of others around the world, we create a movement that is inclusive, impactful, and impossible to ignore.



COUNTING THE OMER

Today is the 27th day of the Omer with this week's theme being Netzach.

Netzach is all about the eternal. We can see this on a more practical level when looking at the individual days. Gevurah she b'Netzach is about showing restraint within eternity. Often we need to make difficult decisions for the long term gain. Or take Chesed she b'Netzach. We should try and take on acts of Chesed that have a long term goal; praying for world peace. Think about Netzach she b'Netzach. True eternity is Hashem. Try and internalise the idea of Olam Haba.

COMMENT PIECE BY HETTIE VIRCHIS

SCIENCE WEEK

Science week is something that science A level students look forward to running every year. Due to the pandemic we knew that science week wasn't going to be what people usually expected but we knew it would go ahead one way or another. We were incredibly excited to find out just four and a half weeks before science week (12th-16th April) that we were going to be making a video montage of different experiments and talks about science topics that interested us. Everyone involved jumped straight in with brainstorming ways that they could express their interest in science in engaging ways via video. In the weeks to follow groups of year 13 science students created their videos and had fun doing experiments they had never tried before. All these amazing videos were then put together and edited to create an exciting film that was then shown across the whole school. Everyone involved tried so hard despite the unusual circumstances and gave it their all and we all hope that you enjoyed the video!

VOLUNTEERING OPPORTUNITIES

GIFT: Giving is a great way to help others and to feel good! Find out the many ways to help, here.

WHAT CAN YOU DO FOR THE ENVIRONMENT?

1. Reduce consumption of meat, fish, dairy and eggs - An Oxford, 2018, study explained that leading a vegan lifestyle is the "single biggest way" in which an individual could reduce their environmental impact and that removing animal products from one's diet could reduce their carbon footprint by up to 73%.
2. Stop using single use plastics and recycle where you can.



Counting the Omer

Week 4, *Netzach*
Endurance, efficiency



DVAR TORAH BY MRS ROWE

Parashat Kedoshim

In this week's Parashah, G-d tells Moses, "Speak to the entire assembly of the Children of Israel and say to them." (Vayikra. 19:1)

Since Moses is commanded to gather the entire congregation, obviously something very fundamental is about to be heard. Something which is relevant to everybody. He declares in God's Name: "You shall be Holy because I am Holy!"

So the obvious questions on these verses are:

1) What does being 'Holy' actually mean?

2) How do we become Holy?

Being Kodosh (Holy) literally means to be separate from the physical world. We say Hashem is Holy because He exists on a spiritual plane and does not have a physical representation. Therefore, how are we mortal humans supposed to be holy? We are completely immersed in the physical world and are actually created as a duality of a physical body with a spiritual essence.

Nachmanides (Ramban) explains that it is theoretically possible for one to live a gross physical existence without formally breaking any of the commandments.

For example, if one becomes a glutton and guzzles kosher wine and stuffs himself with kosher meat and indulges in physical pleasure all day long, he still hasn't broken any Torah law! So is this type of lifestyle forbidden or permitted?

Says Nachmanides: "You shall be holy!" means to remember to use the physical world within moderation. The yardstick to measure our deeds is: Is this behaviour holy or not? Is this behaviour feeding my physical existence or nurturing my spiritual reality? Does this behaviour make me a more refined human being?

The concept of "holy" means to elevate the physical aspect of life and achieve a harmony with the spiritual aspect. We are not expected to live a life of asceticism, denying ourselves physical comforts and pleasures. Hashem gave us a beautiful world to enjoy and share. But if we focus only on our physical needs, wants and desires, then we lose the bigger picture.

By striving to lift our physical existence to give it meaning and purpose, we need to see ourselves as a spiritual entity within a physical container. In this way, when we choose to nurture our spiritual selves, we come closer to G-d. We become more like G-d. And this is how we become holy.

May we always see ourselves through the eyes of our souls, and not just our bodies.

Shabbat starts at 19:56 on the 23th of April and 21:04 on the 24th of April.

FINAL WORDS OF THE WEEK

It's that time of week again, the best time. The stretch between Friday noon and Monday morning, are to many of us, an established break to reconsider, recharge and perhaps reinvent; so here are a few concluding words you may use to support that.

For those paying attention, you will have noticed that this weeks theme is acts of kindness - an invaluable quality inherent in all of us. I recently read "The Five Love Languages" by Dr. Gary Chapman - a Self-help book which explores the different modes of expression individuals assume when conveying their love to others. Consequently, when listening to the insightful Pause for Thoughts each morning, I couldn't help but see the strong, perhaps obvious correlation between the two. That is that kindness is love in action.

Kindness is all the different ways - both big and small - we express care, concern, and consideration for ourselves and those with whom we share the world. Kindness shows up as a supportive smile, a comforting embrace, and a helping hand when we need it the most - but may expect it the least. It exists as heartfelt words of encouragement, thoughtful gestures of affection, and compassionate acts of generosity. Kindness is like a deep cleansing breath that rejuvenates us with its purity, refreshes us with its goodness, and gives us the strength to be present and persevere. In essence, kindness is a reminder of why we are here for as the saying goes: "People find themselves when we lose ourselves in the service of others".

**Stay safe and Shabbat Shalom,
from your HBHG Team**

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**Jake Gilbert
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