


1 בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
2 הַמְכִּין מִצְעָדֵי גִבּוֹר.

3 בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
4 אֲזוּר יִשְׂרָאֵל בְּגִבּוֹרָה.

5 בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
6 עוֹטֵר יִשְׂרָאֵל בְּתַפְאָרָה.

7 בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
8 הַנוֹתֵן לִיעָף כֹּחַ.


 "Who is a strong person? Someone who controls their bad wishes." (Pirkei Avot 4:1)

What does it mean to be strong and where does strength come from?

Who do you know that is really strong?

How will you be strong today?



 The Beren Academy Stars were having their most successful basketball season ever. In fact, they were the first Jewish day school to ever reach the Texas state semi-final. But they couldn't play in it. The game was scheduled for the evening of Shabbat, and the state tournament refused to move it. It wasn't even a question for the team. The decision was made. To give up their dream and to stand up for what they believed in. But as their story spread reaching the national and

international news across the globe, the tournament relented and allowed the game to be moved. The Stars' prayers were answered, and they got their chance to achieve their dreams. And they took it, convincingly beating their semi-final opponents 58-46 and making history, reaching the championship game. Unfortunately they narrowly lost in the final (46-42), but won hearts and inspired people across the world with their commitment to their values and to Shabbat.

