




 *Bereshit - Genesis* 

Parsha - Torah Portion	Main Themes
Bereshit	Beginning, creation, nature, holiness, Shabbat rest, knowledge, responsibility for others, saving a life, clothing the naked
Noach	Pursuit of justice, building, repairing the world, differing languages/cultures
Lech L'cha	Famine, hunger, covenant, going forth from your land, honesty in dealing with others
Vayera	Welcoming the stranger, promoting justice
Chayei Sarah	Comforting the bereaved, resident alien, love
Toldot	Generation to generation, jealousy, breaking down of stereotypes and injustice
Vayetze	Dreams, children, blindness
Vayishlach	Name change, reconciliation, women's issues, rape, wrestling with ourselves
Vayeshev	Immigrants in a new land, not embarrassing others
Miketz	Famine, dreams, survival, making righteous choices
Vayigash	Protection of the environment, beginning, planting seeds, economic justice
Vayechi	Visiting the sick, saving a life

 *Shemot - Exodus* 

Parsha - Torah Portion	Main themes
Shemot	Freedom of worship, children in jeopardy
Va-era	Spokesperson, confidence, hardened heart, plagues
Bo	Deliverance, commemoration, memory, generation to generation, creation of the Pesach celebration
Beshalach	Children's rights, hunger and thirst, miracles
Yitro	"Lightening the load", 10 commandments, learning and teaching, sharing leadership of the community
Mishpatim	Honoring the stranger, giving of self, importance of mitzvot
Terumah	Giving of self, giving of ones' heart
Tetzaveh	Feeling, appearing holy, building, creating, making holiness
Ki Tisa	Mob mentality, the power of a crowd, protecting the vulnerable

Vayachel	Artisans, creating holy space through art
Pikudei	God's presence in the Tabernacle, Shabbat, tzedakeh


Vayikra - Leviticus


Parsha - Torah Portion	Themes
Vayikra	Offering, rules and regulations, sacrifice and prayer
Tzav	Being holy, making things holy, blood
Shmini	Dangers of excess, God's appearance, laws of kashrut
Tazria	Impurity/purity, physical disability, promoting inclusiveness, rehabilitation
Metzora	Medical ritual practices and ethics
Acharei Mot	Scapegoating, tolerance
Kedoshim	Food for the poor, helping the physically challenged, love your neighbor as yourself, honoring the elderly, welcoming the stranger
Emor	Meaning of the 3 festivals - Pesach, Shavuot, Sukkot - making those with physical challenges feel holy
Behor	Harvests, food, slavery, child labor, caring for the poor
Bechukotai	Faintness of heart, sanctuary


Bamidbar - Numbers


Parsha - Torah Portion	Themes
Bamidbar	Redemption
Naso	Separateness, difference, restoring trust
Beha'alothecha	Healing, support for others
Shelach L'cha	Keeping the faith, truth, tzitzit, tallit
Korach	Tzedakeh, Tithing, miracles, community building
Chukat	Water, meaning of rituals

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D'varim - Deuteronomy
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Parsha - Torah Portion	Main Themes
D'varim	Power of words, slander, libel, hate speech, free speech, bullying, listening to the stranger/elderly/ignored; fair/equal judgment,
V'etchanan	Elderly, retirement, helping people move, welcoming the stranger, role of the individual and community, Diaspora
Ekev	Befriending the stranger, abundance of food, thanking God
Re'eh	Social contracts, environmental issues, animal rights, setting aside a tithe
Shoftim	Reading, books, putting our house in order, pursuit of justice, concern for trees, ecological balance of the world
Ki Teitze	Animal shelters, emotional cleaning, forgiving of self and others, family
Ki Tavo	Welcoming the stranger, Reliving history, consequences of our actions
Nitzavim	Teachers, repentance
Vayelech	Generation to generation
Haazinu	Listening, hearing, deafness, importance of history
V'zot Hab'rachah	Deaths, memories

