



A Shabbat Table of TORAH

Discover • Discuss • Grow

Parshat Vayeira

20 Marcheshvan 5787 | 31 October 2026



with
Rabbi Eliyahu Shear

Welcoming the Divine

Hospitality, Kindness and a Brighter World

*"And Hashem appeared to him by the oaks of Mamre, and he was sitting at the entrance of the tent in the heat of the day."
(Bereishit 18:1)*

1 Open Your Heart and Your Door

Seeing the Divine in Others

- Avraham immediately ran to welcome the guests, bowing to them and showing great respect and care (Bereishit 18:2-3).
- He asked them to wash, gave them food, and served them with warmth and generosity (Bereishit 18:4-8).
- Every person we meet is an opportunity to see the Divine and make a real difference through kindness and hospitality.

2 Justice and Mercy for Sedom

Finding the Good, Not Giving Up

- Avraham appealed to Hashem regarding Sedom, asking whether there might be righteous people in the city whose merit could save it (Bereishit 18:23-33).
- He kept asking, showing great compassion and a desire to find the good, even in a difficult situation.
- We can learn to look for the good in others, to care about people, and to work for a kinder, better world.

3 Joy and New Beginnings

Sarah's Joy and Gratitude

- Sarah said, "Hashem has made laughter for me, and all who hear will rejoice with me" (Bereishit 21:6).
- She marvelled, saying, "Who would have said to Avraham that Sarah would nurse children? Yet I have borne a son for him in his old age" (Bereishit 21:7).
- Even when something seems impossible, we can trust Hashem who brings new beginnings, joy and blessing.

Shabbat Table Thoughts:

- 1 How can we show greater kindness and hospitality to others this week?
- 2 What can we learn from Avraham's persistence in looking for good?
- 3 How can we bring more joy and encouragement into the lives of those around us?

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Let us open *her* hearts to the goodness, opportunities and people around us!

Mystical Corner

Three Visitors – Two Worlds

Source: Zohar, Parshat Vayeira 98a

When a righteous person departs from this world, the Shechinah appears, accompanied by three ministering angels, corresponding to the three visitors who came to Avraham.

At that time, the soul rises and reaches the entrance of the throat, and remains there until it acknowledges and confesses all the deeds that it performed with its body in this world.

Then the soul of the righteous person rejoices in the good deeds it has done, and it goes forth to a higher place, to delight in the World to Come.

A Thought for the Shabbat Table:

Just as Avraham welcomed the three visitors with warmth and kindness, every person we meet is a soul on a journey. Through our kindness and care, we can help others in this world and make a lasting impact that reaches into eternity.

Rashi Corner

Insights for Our Lives

1

Rashi on Bereishit 18:1:

Hashem came to visit Avraham on the third day after his circumcision, when the pain was greatest.

2

Rashi on Bereishit 18:4:

Avraham asked the guests to wash their feet because he was concerned that they might worship the dust of their feet, and he did not want idolatry in his home.

3

Rashi on Bereishit 21:1:

One who prays for another person, while needing the same blessing himself, may be answered first.

Quick Quiz ???

1

According to Rashi (Bereishit 18:1), which day after his circumcision did the visitors come to Avraham?

2

According to Rashi (Bereishit 18:4), why did Avraham ask the guests to wash their feet?

3

According to Bereishit 18:32, how many righteous people was Avraham prepared to find in Sodom so the city might be spared?

Quiz Answers:

1

It was the third day after Avraham's circumcision.

2

He was concerned that they might worship the dust of their feet, and he did not want idolatry in his home.

3

Ten.

Practical Actions for the Week Ahead

1

Look for opportunities to be kind and welcoming to others.

2

Try to find the good, even in difficult situations.

3

Encourage and uplift people with kind words.

4

Strengthen our trust in Hashem, even when things seem impossible.

5

Carry out our actions with care, honesty and compassion.

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