

Congregation

◆◆◆◆ **"Beth Yosef"** ◆◆◆◆

*** 2108 Ocean Parkway Brooklyn, N.Y. 11223 ***

Rabbi Aharon Farhi

*Parashat **Terumah***

4th Adar 5780

Mr. Eliyahu Levy, President

*Maqam Husseni Haftarat **VaHashem Natan***

Issue #881

February 29th 2020

*Candle Lighting 5:27pm * Shekiah 5:45pm * Minha Friday Night 5:35pm*

*Shaharit Shabbat 8:15am * Minha Shabbat 5:10pm * Shabbat Ends 6:28pm & Rabbenu Tam 6:58pm*

*Time for Talit 5:25am * Seasonal Hour 6:00 * Alot Hashahar 5:12am * Netz Hachama 6:31am*

*Weekday Minha 5:35pm * Earliest Time for Arbit 5:01pm * Tzet Hacoachavim 6:23pm * Chatzot 12:08*

*Latest Time for Morning Keriat Shema 8:30am * Latest Time for Morning Amidah 9:36am*

Please do not read this bulletin during Tefillah or Keriat Hatorah

The Torah devoted many Pesukim, throughout four and a half Parashiyot, to detailing the areas of the Mishkan and Mikdash, which directly enabled Bnei Yisrael's to perform their services to Hashem every day, both spiritually and physically. In shame, we continue living our lives today without the Mishkan and Mikdash. Let us learn a little about its significance. In the Mishkan, the *Hatzer*, the courtyard of the Mishkan, included the *Kiyor*, washbasin, the *Mizbeah*, and the *Korbanot* sacrifices. The *Hechal* included the *Shulhan*, *Menorah*, and Golden *Mizbeah*. The *Kodesh Kadashim*, the Holy of Holies, included the *Aron Haedut*, the *Torah*, and the *Luhot*. In order to reach the Holy of Holies, one would pass through the *Chatzer*, to the *Hechal Kodesh*, and then to the Holy of Holies. All items and utensils in the Mishkan symbolize different aspects of our lives in this world: The *Cohanim* sanctified their hands and feet by washing them with the *Kiyor* waters in the *Hatzer*, symbolizing the need for us to first and foremost sanctify ourselves by perfecting our character and attitude in service of Hashem. The *Mizbeah* was used to offer sacrifices to Hashem, symbolizing our work and toil, our efforts and actions, in daily service to Hashem. After all the preparations and services performed in the *Hatzer* and the *Azarah*, one then moves forward into the *Kodesh*. In the *Hechal*, there was the *Shulhan* with the *Lehem Hapanim*, showbreads, which symbolize the physical and material aspects of man: eating, drinking, and property. The *Menorah* symbolizes the spiritual aspect of wisdom within man. The Golden *Mizbeah* upon which the *Ketoret* incense was offered symbolizes our growth and connection to Hashem through prayers, as the smoke ascends upwards. Once all the preparations and services have been completed, next comes the *Kodesh Kadashim*, the Holy of Holies, the location

of the Torah and *Luhot*, symbolizing our Torah learning and true connection to Hashem. May Hashem watch over us, Amen.

Insights on the Parasha

1 – Why is Parashat Terumah, which talks about laws and judgments, written right after Parashat Mishpatim, which talks about donations and gifts? To teach us: upon learning all about the laws and judgments, one should not think that it is better to be safe and careful by not doing anything, to be inactive and prevent any harm to others, to be isolated and free of any potential damage to others. Instead, as Parashat Terumah explains, one must interact with others, donate and provide for others, help and assist others in any way, even at the risk of potentially damaging others in the process, for that is the only way to achieve the construction of the *Bet Hamikdash*, by donating to the *Shul* and learning programs, and helping others in need.

2 – *They shall make a Sanctuary for Me – so that I may dwell among them.* This is one of the 613 *Mitzvot* in the Torah that each and every one of us needs to fulfill. How can we make a sanctuary for Hashem? By enabling Hashem to dwell among us – within us. Each person is a miniature world, and each person must build a miniature *Bet Hamikdash* within himself so that Hashem can place His *Shechinah* upon him. How? By learning Torah, or supporting those who learn Torah, in order to fulfill this commandment.

History in Brief

Years after the destruction of the *Bet Hamikdash*, the evil Emperor Titus distributed to his corps the spoils of war from the Jews. He renamed the city of Shechem with the name Nablus. Many of Judah's captured cities became gifted cities for his retired military, who lived out the rest of their lives

there with their families. Liborius, who was appointed as the Roman Commissioner in Jerusalem, was instructed to sell all the lands of the tens of thousands of Jews who were killed during the war, as all their property fell to the imperial treasury. The Jews were no longer allowed to work or sow land, unless they paid a tax to the Roman empire every year. The Goyim began to kill and harass any Jews who were residents of their cities, such as in Greece. At first, they passed a decree that all who did not kill a Jew would be killed, but when the Romans cooled off a bit over time from their boiling anger, they made a second decree: anyone who kills a Jew must pay four coins to the Emperor. Hashem then had mercy on them, and they passed a third decree: All those who kill a Jew will be killed as punishment. In order to ensure their safety, every year the Jews had to make a decent contribution to the treasury and the main church. At that time, the elder Rabbi Yochanan Ben Zakai was one hundred and twenty years old. He was one of the eighty top students of Hillel the Elder. He also studied under Shamai the Elder. He witnessed in his life the jurisdiction of four Nesiim, presidents, over Israel: Hillel the Elder, Shimon his son, Raban Gamliel The Elder, and Raban Shimon Ben Gamliel. He lived during the days of the Bet Hamikdash and witnessed its destruction. He established many students and disciples who became great Sages in our nation. Rabbi Yochanan taught them the entire Torah as he received it from Hillel and his Bet Din.

Mussar: Recognize Hashem's Greatness

A person is considered a miniature world. Therefore, just as contemplating the awesome wonders of the world will help a person develop deeper faith in Hashem, so too shall contemplating the amazing details of the human body. We must constantly grace and thank Hashem for the countless blessings He bestows upon us every day throughout our entire life. He gives us even though we haven't earned it. He has created us from nothing. He has given us a body which is composed with countless wonders and outstanding wisdom. We were given a powerful and holy soul. We have intelligence in order to decipher between good and bad, right and wrong, and the ability to think and observe in order to recognize our Creator and Master. Hashem feeds us and gives us our

necessities – even extras as well as some luxuries. He does not forsake us and cares for us every moment. The least we could do is recognize His greatness and bless His holy name in this world. Do not slumber and be ungrateful. Sing His praises to others and spread His presence throughout the world. He has created us in the form of His image, and blew a living soul within us, a soul of superiority and sovereignty; a soul with wisdom and great power, with the ability to understand and develop, greater than any other creation. The body is so complex and the mind is the control center. We must realize the awesome gift of life and praise Hashem with great devotion and emotion. Those who praise Hashem in this lifetime will praise him after a long life in the next world – where the true praises are spoken. May Hashem watch over us, Amen.

Health and Recovery

Few nutrients are as important as protein. If you don't get enough protein through your diet, your health and body composition will suffer. The daily required intake for the human body is around one gram per day per kg of body weight. For example: those who weigh 60kg need to intake about 60grams of protein per day. Overweight people can suffice with about a gram of protein per kilogram of body weight as per the BMI table, meaning a person whose height is 170cm is supposed to weigh up to 72kg, so he needs to eat about 72grams of protein a day. If he weighs 100kg, then he has 28kg of fat, as this person who is 170cm tall is supposed to weigh 72kg, but he weighs 100kg meaning he has body fat of 28kg. No protein should be eaten corresponding to the fat, no more than the desired natural weight which is 72kg. To calculate the length in feet, you need to divide the height of cm by 30.48, which will equal the height in feet. For example: 170cm length divided by 30.48 = 5.57 feet. To calculate the weight in pounds, you need to divide the weight of kg by 453.5, which will equal weight in pounds. For example, the weight of 72kg used to divide 453.5 = 159pounds, and vice versa if you have a length in feet and want to know it in cm you will do as follows: 5.57feet X 30.48 = 170cm. Weight: 159 pounds X 453.50 = 72kg. These discussions are specifically for protein intake. When it comes to drinking water, then one calculates the actual weight of even an overweight

person, not the BMI, and he should drink enough water according to his weight, no less.

Rishon LeSion: R' Yom Tov Algazi 1727-1802

Rabbi Yom Tov Algazi and Rabbi Yaakov Hazan were traveling outside of Israel together to request the financial assistance of their brethren abroad for their struggling brethren in Israel. Before departing on their journey, Rabbi Yom Tov visited his Rebbe, the Rashash, Rabbenu Shalom Sharabi, and asked him for a blessing. After blessing him, his Rebbe gave him a special Siddur, known to us today as the Siddur Rashash. He spoke words to him which he did not understand, words that accompanied him in his journey all the way to Italy. The travels across and through Italy lasted for two days, as they visited all the different communities of Italy. They were welcomed in all cities with joy and happiness. The Zechut of welcoming two great men from the Land of Israel who are on a great mission of a Mitzvah is very powerful, and their faces shone bright like angels of Hashem. They arrived in Rome after an arduous journey, and immediately sought to see the Rabbi of the city. A small dark cloud seemed to spread over the locals. "Our rabbi you wish to see?" they asked shamelessly. "Unfortunately, there is no rabbi in our city right now". "So, where do the judges live?" The messengers asked, not letting go. "They, too, are not in this city," the people answered, embarrassed. "How can this great city of Jews in Rome not have a Rabbi?" Rabbi Yom Tov asked the heads of the community. The men admitted: "Indeed, the reality proves that the situation in the city is extremely difficult, actually unbearable, without a rabbi. We need a straight man who will show us the correct way and help us elect our teachers."

Story: Daf Yomi

The Daf Yomi during the Holocaust: In 1941, they found a handwritten note from Hacham Yaakov Ben Rabbi Baruch, a scholar who learned Daf Yomi during these terrible years, that read: "Who am I to thank Hashem! I am but dirt and dust in my lifetime, worms and maggots in my death, but Hashem has been ever so gracious to me for allowing me to learn Daf Yomi and now begin Masechet Nedarim. Hashem has helped me, performed miracle for me, and has shown mercy

to me and the whole Jewish nation. Now we need the protection of Heaven against the troubles we face, as we are being slaughtered like sheep, and stamped on into the dirt, viewed as thorns in the eyes of our enemies. Master of the world! Bring forth our salvation quickly and bless Your nation with peace and tranquility once again. Please forgive me from my iniquities, and for not learning every day, for I do not do this purposely, rather I am forced to flee from the wicked who seek to kill me and cannot focus on my learning each day!" From his words, we can get an idea of the challenges a Jew faced during that dark time in history. A Jew who learned Torah did so with great sacrifice! Rabbi Yaakov made a Siyum on Masechet Sotah, and he wanted to make a Siyum one day on the entire Shas, as was the vision of Rabbi Meir Shapiro, the founder of Daf Yomi. Alas, he did not merit to make such a Siyum on Shas, for he was killed, sanctifying Hashem's name during the Holocaust, alongside so many of our holy brethren, who returned their souls to Hashem in purity, with the desire to finish learning Shas in the Yeshiva in heaven, together with Rabbi Meir Shapiro. May their merits protect us, and may their souls be bound in the bonds of eternal life, Amen.

Two Halachot: Posek Rav Mordechai Eliyahu

Moshe Rabbenu passed away on the 7th of Adar. We join together and participate in the reading for the 7th of Adar Limud which will take place this year Monday night March 2nd in Beth Yosef beginning 6:00pm after Arbit. The Limud will take about two hours and will end at 8:00pm. We have the custom to give a Zecher for Machatzit Hashekel beginning from Rosh Hodesh Adar until right before Purim, until right before the reading of the Megillah, so that our Shekalim will precede the Shekalim given by the wicked Haman in the Megillah reading. If one did not give at this time, he can give during Purim, and even after Purim if necessary. This year the value of Machatzit Hashekel is about \$7 USD. One must recite Zecher L'Machatzit Hashekel and not just Machatzit Hashekel without the Zecher. If one cannot afford to give \$7 for each family member, he should give \$7 for all men and boys over 13 years old, one half-dollar for every female, and one half-dollar even for a baby still in the mother's stomach. One who

did not hear Parashat Zachor in Shul should read it from a Sefer Torah, or at least from a Chumash, without a Minyan. One can also consider himself fulfilling his obligation when he listens to the Torah readings during Purim, in which case he should inform the reader that he intends to fulfill his obligation with that reading.

Laws: Shabbat

1 – There is a small bone in a person, which does not benefit from food throughout the week, and is only nourished from food eaten Motzei Shabbat for Melave Malka. When Mashiach comes, resurrection will only take effect through this bone, as all other bones return to the dirt, while this bone is preserved. Since it only benefits from food eaten Saturday night, it did not benefit when Adam ate on Friday afternoon from the Tree of Knowledge and was therefore not included in the curse of death, as it did not participate in that sin. Therefore, in order to nourish the bone that will enable resurrection, make sure to eat Melave Malka every week. (*Chanukat HaTorah*)

2 – We call Seudah Shelisheet, the third meal of Shabbat, “Shalosh Seudot”, for through it we fulfill eating 3 Shabbat meals. While the first two meals are eaten when hungry and very interested in food, this third meal is eaten while not so hungry and is therefore performed more for the sake of heaven than for the sake of oneself. Many even push themselves to partake every week in this meal specifically for the honor of Shabbat. The rule is: A Mitzvah is credited to the one who completes it, and in this case the third meal, Seudah Shelisheet, completes all the meals of Shabbat.

Sponsors

*** **Mr. Henry Mordechai Guindi HaCohen, his wife Olga, their parents, and their children.** Blessings and success for the entire family, Mazal Tov on the birth of a grandson **Aharon**, Mabrouk, Amen. *** **Mrs. Kamo Shasho Metta, her husband Hazzan Albert, and their children.** Blessings and success for the entire family, Refuah Shelemah for **Marco Ben Subhie**, Leilui Nishmat her father **Hacham Albir Metta Ben Leah a”h**, and Leilui Nishmat her mother **Allegra Simcha Bat Leah a”h**, Amen. *** **Mr. Mayer Wahba, his wife Pauline, and their children.** Blessings and success for the entire family, Amen. *** **Mr. Eli**

Levy, his wife Becky, and their children. Blessings, health, and success for the entire family, Amen. *** **Mr. Shaul Saul Shakalo, his wife Celia, their parents, and their children.** Blessings and success for the entire family, Amen. *** **Mrs. Sarah Menashe, her husband, and their children.** Blessings and success for the entire family, Refuah Shelemah for **Isaac Ben Lucy**, Amen. *** **Blessed Brothers: Moshe and Aharon Hasbani.** Blessings and success for the entire family, Leilui Nishmat their father **Nissim Ben Housne a”h**, Leilui Nishmat their mother **Rachel Bat Frieda a”h**, and Leilui Nishmat their sister **Esther Bat Rachel a”h**, Amen. *** **Mr. Hillel Edmon Haber, his wife Roula, their parents, and their children.** Blessings and success for the entire family, Leilui Nishmat his grandfather **Yitzhak Ben Frieda a”h**, Amen. *** **The blessed siblings: Ezra, Sammy, Eli, and their sisters of the Guindi Family.** Blessings and success for the entire family, Leilui Nishmat their mother **Frieda Bat Jamila a”h**, Amen. *** **Mr. Abboud Avraham, his wife Sabah, and their children: Naim, Yosef, Moshe, and Yonatan.** Blessings and success for the entire family, Leilui Nishmat their son who passed away at a young age **David Ben Sabah a”h**, Amen. *** **Mrs. Sely Jajati and her children.** Blessings and success for the entire family, Leilui Nishmat their father **Yehuda Leon Ben Jamila a”h**, Amen. *** **The Hafif Family.** Blessings and success for the entire family, Leilui Nishmat their mother **Rachel Bat Zakie a”h**, Amen. *** **The Nakab Family.** Blessings and success for the entire family, Leilui Nishmat their father **Jamil Ben Aysah a”h**, Amen. *** **The Shakalo family.** Blessings and success for the entire family, Leilui Nishmat their mother **Touni Mazal Bat Rachel a”h**, Amen. *** **The blessed siblings: Soly and Hillel Bawabe and their father Zaki.** Blessings and success for the entire family, Leilui Nishmat their mother **Rachel Bat Shafikah a”h**, Amen.

This week sponsorship total \$1550.

Weekly expenditures total \$1400.

Tizku L’Mitzvot, Amen!

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