

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

Rabbi Aharon Farhi

Parashat Vayakhel Pekude (Hachodesh) Maqam Bayat
29th Adar 5781

Mr. Eliyahu Levy, President

Haftarat Ko Amar
March 13th 2021

*Candle Lighting 5:41pm * Shekiah 5:59pm * Shir Hashirim 5:35pm followed by Mincha Friday Night
Shaharit Shabbat 8:15am * Mincha Shabbat 5:25pm * Shabbat Ends 6:42pm & Rabbenu Tam 7:12pm
Time for Talit 6:00am * Seasonal Hour 69:00 * Alot Hashahar 4:48am * Netz Hachama 6:11am
Weekday Mincha 5:50pm * Earliest Time for Arbit 6:11pm * Tzet Hacoachavim 6:37pm * Chatzot 1:04
Latest Time for Morning Keriat Shema 8:15am * Latest Time for Morning Amidah 9:24am*

Sunday March 14th will be Rosh Hodesh Nissan

Those who wish to contact R' Farhi can call (646) 552-3412

To sponsor, please mail your donation to:

Vaad Tehilim Torah c/o R' A. Farhi
2415 Ocean Parkway, Brooklyn NY 11235

Please do not read this bulletin during Tefillah or Keriat Hatorah

When Moshe returned from heaven the third time, it was Yom Kippur, as it says that on this day we are forgiven and purified before Hashem. Immediately, Moshe gathered the people to erect the Mishkan. With unity and joy, they set out to put it together. The Midrash asks: How long did it take for the Mishkan to be erected? Rabi Shemuel Bar Nachman says: it took them three months to complete the Mishkan, Tishre, Cheshvan, and Kislev until the 25th, and it then took three more months, Tevet, Shevat, and Adar until Nissan, to erect the Mishkan. Why did it take so long? The Midrash explains: Bnei Yisrael first attempted to erect the Mishkan on their own, but were unable to do so until they passed the task over to Moshe. They were saddened over the fact that the holy Shechinah did not rest on the work of their hands. They had initially gone to the wise men of the nation for assistance, but they too were unsuccessful. Each time they tried to put the Mishkan together, it would just come apart. The people started questioning the authority and actions of Moshe Ben Amram, who had requested so much gold, silver, and other resources in order to produce the Mishkan, and yet they couldn't even put it together. What was the point of all their resources and hard work if the results would not come to fruition? Now, why did Hashem in fact do this? Why weren't they successful until they handed the job of erecting the Mishkan over to Moshe to personally handle? Because Hashem saw that Moshe was hurt when they did not include him in the job. For the honor and pain of Moshe, Hashem did not help the people reach their goal successfully without Moshe. They brought everything to Moshe, told him that they had done everything he asked of them, and yet remained

unsuccessful in the final product. Moshe prayed to Hashem: Master of the world! Why have they not been successful? Hashem answered that it was in fact out of consideration for the honor of Moshe! Then Moshe erected the Mishkan and the task was finally complete. May Hashem watch over us, Amen.

Insights on the Parasha

1 – The women of our nation helped out as well, working towards the preparations necessary for the Mishkan. The question is: we know that the work of a wife belongs to her husband. How then were they able to perform the labor necessary to complete the work? The answer is: Our Sages decree that the work of a wife belongs to the husband because the husband has the responsibility to feed the wife. Since the wives in the desert were being fed by Hashem directly through the Man that fell from the heaven every day, their work was therefore not reserved only for their husbands, and they were therefore able to work on the Mishkan preparations as well.

2 – Moshe said to Bnei Yisrael, "See, Hashem has proclaimed by name, Bezalel, son of Uri son of Hur, of the tribe of Yehuda" This Pasuk hints to the great reward of those who support Torah learning. Bezalel can be cut up as *Betzel El*, meaning Hashem will grant the following to those who are *Betzel Hachochmah Betzel HaKeseif - Ben Uri* - they will merit the light of the Shechinah - *Ben Chur* - they will merit to be free from the flames of Gehinom. *Tribe of Yehuda* - the root of Yehuda means to acknowledge, as such people will merit to praise Hashem in the next world. The Pasuk ends by hinting and explaining that such people will likewise be filled with wisdom and understanding

in the next world, even though they did not learn Torah in this world, since they supported Torah learning, and they will not be embarrassed.

History in Brief

50 years after the Temple's destruction, in the year 118AD. One day, the Caesar challenged Rabi Yehoshua Ben Chanania the student of Raban Yochanan Ben Zakai: "You profess to be very clever. Tell me what I shall see in my dream tonight." He said to him, "You will see the Persians making you do forced labor and despoiling you." He thought about it all day, and during the night he did indeed see this in his dream. The Caesar then declared that he himself was greater than Moshe Rabbenu, because he was alive and could enforce decrees while Moshe was no longer alive. Rabi Yehoshua challenged him to decree that nobody light a fire for three days and see what happens. In the evening, the Caesar and Rabi Yehoshua saw from his palace roof that someone had lit a fire in the distance. He asked: Did you not decree that a fire not be kindled? The Caesar explained that there was a minister who had terrible stomach ailments and required hot water to provide relief. Rabi Yehoshua explained: even while you are still alive you cannot enforce your decrees, and yet Moshe Rabbenu taught us not to light a fire on Shabbat and we still to this day upkeep the commandment even though he is no longer in this world for many years already!

Health and Recovery

It is recommended to take Vitamin D after eating oily or fatty products, such as: Avocado, oil, milk, cheese, meat, and eggs, but not after just fruits and vegetables, and definitely not on an empty stomach in the morning, or just with water. There is another important factor in bone growth and strength: exercise. If you want to stay healthy, you already know that exercise is key. When it comes to bone health, this is particularly true. However, sticking strictly to low-impact workouts doesn't help bone strength. The key for bone health exercises is that they must be weight-bearing. Weight-bearing exercises stimulate osteoblasts, the bone cells that are responsible for bone growth. Workouts like walking or climbing stairs, make your bones work harder than normal movements to support your body weight. That work helps strengthen them and slow bone loss. Some weight-bearing workouts, like jogging, hiking, and playing tennis, put more stress on your bones and joints than other types. Experts call them high-impact exercises. Other aerobic exercises, like swimming, water aerobics, using the elliptical machine, and biking, aren't as effective at strengthening bones, but

they are great low-impact options for people who can't do high-impact, weight-bearing activity. It's important to talk to your doctor before starting a new type of workout, even if you've done the same kind of exercise in the past. Your doctor may recommend you get tested, like a bone density measurement, before you begin. It's just as important to listen to your body during and after exercise. Mild soreness for up to 2 days after exercise is normal. But sharp or severe pain isn't and is a sign you should stop doing what you're doing.

Mussar: The Power of Evil

Our Sages teach us: When Hashem initially created the world He made it never ending. For reasons discussed in the Gemara, He then limited parts of the world. We can learn from this Gemara that the creation of evil was also created without borders and never ending. However, evil was not changed and is still borderless. A person cannot grasp this concept and is unable to fathom the idea that evil is never ending. The Gemara teaches us concerning how many steps are necessary to complete tasks: Michael (angel) completes his tasks in one step, Gavriel (angel) in two, Eliyahu Hanavi in four, and the Angel of Death in eight. However, in times of plagues and epidemics, or other such times of calamities and misfortunes, the Angel of Death can fulfill his tasks in only one step. There are times when there is so much influence of evil and impurity that destruction can occur much quicker and easier. For example: Hitler Harasha and the Nazi's, may their memory be blotted out. The power and control he had over millions and millions of Germans was not due to any outstanding leadership or ruler qualities that he may have developed. On the contrary, he was not healthy and nonetheless he controlled many. How did he do it? Evil and terrible powers of impurity, such unseen before in history, dwelled upon him and those gave him control and power, not his abilities or qualities. Hashem allowed these forces of evil to take over, and the Holocaust took place. There was a purpose for it all, and the entire historic chapter was cause and effect of our nation's behavior and actions. During those years, the Mekubalim in Yerushalayim went to the Kotel and tried to diminish the evil power of that wicked man. However, when they tried they realized that an overwhelming power of impurity was in effect and they didn't have the power to eradicate it or even measure it. They were forced to surrender to the situation. Nowadays, even amongst the most religious of neighborhoods, a clear and vivid change has taken place. A decent man from 150 years ago would be shocked and appalled at the sight of situations today.

Spirituality and purity have bent low to allow impurity and evil to dwell. We must realize the dangers we are facing and fight against them with all of our might. We simply cannot give up and allow impurity to be acknowledged and accepted as a part of life. If we allow a little room, it will extend without boundaries, as it itself is without bounds. A simple and practical example is the television and media. Although useful, it can be very destructive and is a terrible threat that one cannot and mustn't compromise with. May Hashem watch over us, Amen.

Rishon LeSion:

R' Chaim Avraham Gagin 1787-1848

The Gagin Family descends from those who were expelled from Spain. His father was a leader in Turkey, and his wife gave birth to their son in Kushta. During his youth, R' Chaim Avraham's father relocated and ascended to Israel with his family. From an early age, all he desired was Torah learning. For many long days they traveled on the road from Turkey to Israel, a destination where they knew their hunger for Torah and wisdom could be satisfied. When they arrived, the young Avraham Chaim attended Yeshivat Toldot Yitzchak, where he opened his Sefer and began learning with enthusiasm. The scholars had never seen such a young boy embrace his learning so studiously, sitting and learning hour after hour. They began testing his capabilities and potential, and quickly learned that he was already filled with Torah and wisdom. They were overjoyed for the treasure that illuminated their Bet Midrash, and were readily available to answer any question he had in Torah. The young boy blossomed into one of the greatest scholars in the generation. He served as a judge in the court of the Rishon LeSion R' Yonah Navon, together with Gaon R' Yehuda Navon.

Story

Shimon the wealthy man had embarrassed Reuven, the poor water carrier, during his Sefer Torah banquet. That evening, Shimon fell into a deep sleep. In his dream, he found himself being judged by none other than David HaMelech and R' Yisrael Baal Shem Tov! David Hamelech wished to bring Shimon to judgment, for embarrassing Reuven, a daily Tehillim reader. "What shall be done to Shimon for embarrassing Reuven, who reads my Sefer Tehillim daily?" Shimon's face turned pale, his hair stood on end, and his heart raced. His fear was worse than death. They were considering the punishment of death by the hand of heaven. However, if he just returned home and died, nobody would understand why, and the honor of Tehillim would not be upheld. The Baal Shem Tov then suggested that they ask Shimon himself if he would rather just die, or prefer the option of returning home, making a second Sefer Torah banquet, inviting Reuven the water carrier, and honoring him in the eyes of everyone for his daily reading of

Tehillim, so that all will understand its importance. He should also relate to everyone what had transpired to him that night as well, to publicize the terrible consequences for embarrassing someone in public. When asked, Shimon agreed to make another banquet and fulfill their instructions, correcting all that he had wronged against Reuven the water carrier who diligently recited Sefer Tehillim of David Hamelech every day.

Two Halachot: Posek Rav Mordechai Eliyahu

One is forbidden from embarrassing a person, whether through action or speech, especially publicly. Our Sages teach us that paling the face of another is enough to warrant losing his share in the world to come. What's more, it is better to cast oneself into a fire than to embarrass another, as Tamar was willing to do so instead of embarrassing her father-in-law Yehuda in public. Therefore, always be very careful never to embarrass a person in public, regardless of age.

Laws: Pesah

- 1** – Women as well are obligated to fulfill the commandment to destroy their Chametz. Therefore, if a man is not destroying it for her, a woman must destroy her Chametz herself and recite in the day of the 14th the Kal Chamira three times only after burning the Chametz.
- 2** – After breakfast on the 14th, brush your teeth very thoroughly, using warm or hot water if and when necessary.
- 3** – Do not buy any type of Chametz after Pesach from anyone except from someone who had sold his Chametz according to the laws explained by the Rabbanim and through their assistance.
- 4** – If one did not sell his Chametz according to the laws explained by the Rabbanim and through their assistance, the Chametz is forbidden to be used for any form of pleasure.
- 5** – One may not even benefit from forbidden Chametz by smelling their fragrance.
- 6** – Chametz that will be left over Pesach must be stored in a safe specific place, especially away from children.
- 7** – Rice is allowed to be eaten on Pesach, provided that one checks through it three times, when children are not around.
- 8** – Chametz that was rendered undistinguishable before Pesach when it was mixed within a ratio of 1/60 may be eaten during Pesach, since it is not considered Chametz to be prohibited on Pesach when even the smallest amount of Chametz is forbidden to consume. However, this applies only when the Chametz had become mixed inadvertently, and only once mixed can the law be so. However, one may not mix the Chametz within a ratio of 1/60 with intention.
- 9** – Makeup and cosmetics are allowed on Pesach because they are not edible.
- 10** – Electric ovens or electric appliances must first be cleaned well by hand with hot water and cleaning agents,

not used for 24 hours, turned on to the maximum, and then left on for one hour.

11 – One who is strict not to use microwaves at all during Pesach will be blessed. Microwaves not used for cooking food, only warming up food, should be cleaned well. One should then place a cup of water, with a cleaning agent in it, into the microwave and let it heat up until the walls of the microwave inside condensate. Food placed within the microwave during Pesach should be wrapped.

12 – One shouldn't purchase medication without a Hashgacha and Kosher symbol stating that it's Kosher for Pesach, because flour may be mixed with salt in the ingredients.

13 – Tea and coffee may be drunk during Pesach, but you must make sure you are buying the brands that are Kosher for Pesach even without a Kosher for Pesach symbol. Also, make sure to buy it from a producer who fears sinning and cleans the equipment thoroughly for Pesach.

Sponsors

*** **Mr. David Khafif, his wife Esther, and their children.** Blessings and success for the entire family, Mazal Tov on the Bar Mitzvah of their son **Daniel**, Mabrouk, Amen. *** **Mr. Isaac Balleh HaCohen, his wife Sherly, their parents, and their children.** Blessings and success for the entire family, Mazal Tov on the Bar Mitzvah of **Mark**, Mabrouk, Amen. *** **Mr. Albert Aaron Farhi, his wife Rania, their parents, and their children.** Blessings and success for the entire family, Mazal Tov to Shlomo Balleh HaCohen and his wife Shela on the Bar Mitzvah of their grandson **Mark**, Mabrouk, Amen. *** **Mrs. Camo Shasho Metta and her children** wish a Refuah Shelema for her husband and their father the Askan Tzibur **Mr. Albert Shasho**. Blessings, health, and success for the entire family, Amen. *** **Anonymous Donor, through Mrs. Shela Cohen.** Blessings and success for the entire family, Amen. *** **Mrs. Kitta Dwek Bawabe and her husband Mr. Yossi Bawabe.** Refuah Shelema for her husband **Mr. Yossi Bawabe**. Blessings and success for the entire family, Leilui Nishmat her mother **Simcha Bat Mazal a"h**, Amen. *** **Mr. Eli Salama, his wife Sarita, and their children.** Blessings and success for the entire family, Amen. *** **Mr. Aharon Kameo, his wife Farha, and their children.** Blessings, health, and success for the entire family, Leilui Nishmat his father **Chaim Ben Sarah a"h**, Leilui Nishmat his mother **Olga Bat Ballous a"h**, and Leilui Nishmat their young daughter **Olga Bat**

Farha a"h, Amen. *** **Mrs. Rina Jajati, her husband David Jajati, and their children.** Blessings and success for the entire family, Leilui Nishmat her father **Moshe Salama Ben Hisni a"h**, Amen. *** **Mrs. Bella Daniel, her husband, and their children.** Blessings and success for the entire family, Amen. *** **Mr. Amin Shalouh, his wife, and their children.** Blessings and success for the entire family, Amen. *** **Mrs. Beki Levy, her husband Eli, and their children.** Blessings, health, and success for the entire family, Leilui Nishmat her brother **Marco Ben Jamila a"h**, and Leilui Nishmat **Rosalyn Bat Chava a"h**, Amen. *** **Blessed siblings: Nissim, Julie, Sofia, and Norma of the Kassab Family.** Blessings and success for the entire family, Leilui Nishmat their mother **Frieda Odett Bat Sofia a"h**, Amen. *** **Blessed siblings: Dibo, Mordechai, Sami, Touni, Ketty, Lina, and Nadia of the Kafif Family.** Blessings and success for the entire family, Leilui Nishmat their mother **Olga Bat Zakie a"h**, Amen. *** Askan Tzibur **Mr. Shlomo Cohen, his wife Gila, and their children.** Blessings and success for the entire family, Mazal Tov to the bride and groom, Mabrouk. Leilui Nishmat his mother **Kourjie Yaffa Bat Simha a"h**, Amen. *** **Blessed siblings: Faraj, David, Clod, Edmon, Janett, Rina, Esther, Gila, Syma, and Evon of the Nahum Family.** Blessings and success for the entire family, Leilui Nishmat their mother **Ayala Gazalo Bat Rima a"h**, Amen. *** **Mr. Victor Maleh, his wife Shirley, and their children.** Blessings and success for the entire family, Leilui Nishmat his father **Yehuda Aslan Ben Jamila a"h**, Amen. *** **Blessed siblings: Soly and Hillel Bawabe.** Blessings and success for the entire family, Leilui Nishmat their mother **Rachel Bat Shafika a"h**, Amen. *** **The Janani Family.** Blessings and success for the entire family, Leilui Nishmat **Jack Yaakov Chaim Ben Sara a"h**, Amen.

*This week's sponsorship total is \$1,400.
Tizku L'Mitzvot, Amen!*

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