

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

**Rabbi Aharon Farhi**  
*Parashat Vayikra*  
7<sup>th</sup> Nissan 5781

*Maqam Raast*  
Issue #931

**Mr. Eliyahu Levy, President**  
*Haftarat Am Zu*  
March 20<sup>th</sup> 2021

*Candle Lighting 6:49pm \* Shekiah 7:07pm \* Shir Hashirim 6:45pm followed by Minha Friday Night Shahrith Shabbat 8:15am \* Minha Shabbat 6:30pm \* Shabbat Ends 7:50pm & Rabbenu Tam 8:20pm Time for Talit 5:48am \* Seasonal Hour 69:00 \* Alot Hashahar 5:34am \* Netz Hachama 6:59am Weekday Minha 7:00pm \* Earliest Time for Arbit 6:16pm \* Tzet Hacoachavim 7:45pm \* Chatzot 1:03 Latest Time for Morning Keriat Shema 9:07am \* Latest Time for Morning Amidah 10:18am*

***Kiddush Bechorot will be on Thursday March 25<sup>th</sup> in Beth Yosef at 6:30am  
Bitul Hametz will be Shabbat morning March 27<sup>th</sup> starting at 10:13am until 11:23am***

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

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**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

After the Mishkan was properly erected as instructed, and Bnei Yisrael awaited further instruction and commandments of obligations to fulfill, the Parasha begins: *"He called to Moshe... Hashem spoke to him from the Tent of Meeting..."* Our Sages teach us: Only Moshe was able to hear the voice, while everyone else could not. The voice, as well, went only as far as the Tent of Meeting, but not further. It was intended for the holy ears of Moshe alone, and intended for that holy place, nobody else, nowhere else. But as Bnei Yisrael were eagerly awaiting further instruction, the Pasuk then states: *When a man among you brings an offering to Hashem.* The Torah uses the Hebrew word 'Meekem', 'among you', or rather 'from you', to indicate that the first form of sacrifice is not an animal, but rather the person himself. The most valuable sacrifice before Hashem is the humility of a person, when a person breaks his haughty disposition and recognizes and embraces his limitations before Hashem. A humbled spirit is most precious before Hashem. This can be achieved even today, when we no longer have the Bet Hamikdash. Also, when a person fasts, he sacrifices his blood and fat to Hashem, as he is effectively being satisfied with less, benefitting less from worldly pleasures. These forms of

sacrifice do not require money or resources, they do not require procedure either, but they require something much more: heart and meaning. May Hashem watch over us, Amen.

### ***Insights on the Parasha***

Our Sages teach us: When we had the Bet Hamikdash, a person would bring a sacrifice as an Olah, a Chatat, or any other type of Korban, and the person was credited for it. However, nowadays, without the Bet Hamikdash, one who is humbled with a broken heart is credited as if he has brought all types of sacrifices for Hashem. The distinct difference is that one who brings an animal as a sacrifice is joyous and delighted in the knowledge of his actions, while one who is humbled does not appreciate the greatness of his personal sacrifice and does not realize what he has gained. This is why it is so much greater and considered as if he has sacrificed all Korbanot.

### ***Health and Recovery***

Just as it is important to make sure the body has enough calcium intake each day, it is just as important that the body does not receive too much calcium. One should not take more than 600mg of calcium a day, as too much calcium can cause constipation, kidney stones, kidney failure, heart function problems, and confusion

and cognitive problems. 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. Smoking is a terrible habit that causes death through the actions of the person himself. There's no way around it; smoking is bad for your health. It harms nearly every organ of the body, some that you would not expect. Cigarette smoking causes nearly one in five deaths in the United States. It can also cause many other cancers and health problems. These include: lung and oral cancers, lung diseases, such as COPD (chronic obstructive pulmonary disease), damage to and thickening of blood vessels, which causes high blood pressure, blood clots and stroke, and vision problems, such as cataracts and macular degeneration (AMD). A person can be eating and drinking well, exercising, sleeping enough hours, and yet his health can still be deteriorating all because of the habit of smoking. There is no measurement to the terrible negative impact smoking can have on your health and your life. The Chafetz Chaim spoke out against the strange habit of smoking, not understanding why people are damaging their own bodies and deteriorating their own health with their own hands.

**Mussar: Zilzul (*inconsiderate disregard*)**

Zilzul, or disregard for the honor of others, is an issue that requires much care. It takes great understanding to know what exactly is considered Zilzul, whether concerning speech or action. Before speaking or acting, first picture yourself in your friend's situation and then decide whether it is considered Zilzul. If you would be pained, then don't do it to your friend. Our Sages teach us: People usually see all faults and problems except their own. It is actually very hard to realize your own faults. Many try to flatter the rich or mighty, or just try to collect an audience, by ridiculing and defacing another unjustly. The sin and consequences are unbearable. Straight people

do not derive pleasure from the imperfections of others. Be especially careful with your wife and workers, for they are not yours to ridicule just because they help you. On the contrary, you must be even more careful to show them appreciation than anyone else. Just because Hashem granted you a higher position does not mean you can rebuke those who are subordinate to you. In actuality, you are now more obligated and responsible for your actions. Such bad behavior comes from haughtiness and chasing after honor. One who fears Hashem will recognize the terrible attribute of haughtiness and distance himself from desiring honor. Do not think you are great just because Hashem has given you potential. Think that you are held accountable more than others and be aware of the outcome. Never be angered or particular when dealing with others and always judge favorably. May Hashem merit us, Amen. (*Peleh Yo'etz*)

**Rishon LeSion:**

***R' Avraham Chaim Gagin 1787-1848***

The young R' Avraham Chaim 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, as well as with Gaon R' Yehuda Navon. Shortly after he married, his young wife became very sick and passed away. His colleagues approached him once he completed his mourning and suggested that he marry the daughter of the widow of Mekubal Rabbi Avraham Shalom Sharabi, the grandson of the Rashash. Rabbi Avraham Shalom was a great and holy Tzaddik. Once, as he was speaking with a wise man of his generation, the person was not careful with the respect of Rabbi Avraham Shalom. That night the person awoke with the shock that he could not move. His family prayed for his recovery for many days, but there was no change to his unfortunate condition. One night, as the sick man slept, he had a dream: The Rashash came to him and explained that the sickness was caused from the lack of respect he had shown to his grandson, Rabbi Avraham Shalom Sharabi. The sick Rabbi woke up, frightened,

and called to his family. He came to Rabbi Avraham Shalom and begged him for forgiveness. After being forgiven and blessed, he suddenly became healthy again and left the Rabbi's house with strength, in perfect condition.

### **Laws: Pesah**

**1** – The Shabbat Hagadol speech is delivered a week early this year (because Pesach falls out on Motzei Shabbat) on the seventh of Nissan, Parashat Vayikra. Nonetheless, on Shabbat Erev Pesah Parashat Tzav, Shabbat Hagadol, we give a Derasha on Aggadah, Mussar, and Yetziat Mitzraim.

**2** – Thursday night we perform Bedikat Hametz, and recite afterwards: (Kal Hamira) “All Hametz and yeast that I have in my possession that I did not see and I did not burn should be worthless and insignificant like the dust of the earth”. Be careful with the Hametz you wish to eat on Friday and Shabbat morning so that you will not need to perform another Bedikah.

**3** – The fast of the firstborns falls out on Thursday March 25<sup>th</sup>, and Bechorot should attend a Seudat Siyum Masechet, a Brit Milah, a Pidyon HaBen, or a Seudat Hatan v'Kallah.

**4** – Parents of a firstborn, and women who are the firstborn child in their family, this year need not partake in the Seudat Siyum Masechet in order to clear themselves of the fast, since the fast this year is moved to Thursday.

**5** – Although one is allowed to eat Hametz all day Friday, one must put aside enough bread for Birkat Hamazon Friday night and early Shabbat morning, and the remaining Hametz must be either destroyed or put away and sold. Shabbat morning one can eat Hametz until 10:13am, and then recite Kal Hamira, the same as one does every year,

**6** – One mustn't cook for Shabbat Hametz dishes that will leave Hametz stuck to the pot which will require cleaning and scrubbing, since the scrubbing and cleaning is not necessary to perform during Shabbat.

**7** – Work is permitted on Friday, but one must make sure to prepare for Pesah properly. Lettuce and Maror must be checked well from

bugs before Shabbat and then placed in the fridge in order that they not get spoiled.

**8** – Wake up early on Shabbat morning to pray Shaharit (Beth Yosef 6:45am) and limit the singing and Hazzanut, and the number of people receiving Aliyot while reading the Torah, in order that the Seudah which involves Hametz is completed before 10:13am.

**9** – Be careful not to make crumbs or a mess with the Hametz, and immediately following the Seudah put away all of the Hametz pots and get rid of the Hametz. If bread is leftover, break it into pieces smaller than a Kezayit and recite the following: (Kal Hamira) “All Hametz and yeast that I have in my possession that I saw and that I did not see, that I burned and that I did not burn, should be worthless and insignificant like the dust of the earth”. Do not take the garbage outside into the public domain during Shabbat.

**11** – After the Seudah, sweep and clean the floor from crumbs, wash your hands well, rinse and clean your mouth very carefully from food, especially between your teeth (but be careful not to make your gums bleed). Afterwards recite the Bitul as explained above.

**12** – Matzah may not be eaten on Shabbat Erev Pesach, but one may eat Matzah Ashira, reciting Mezonot and Al Hamichyah.

**13** – Matzah Ashira should be used for Seuda Shelisheet. One should recite Mezonot and the appropriate Beracha Acharona.

**14** – We don't handle Shmurah Matzah during Shabbat as it is Muktzeh; however, Matzah may be handled in order to complete the Lechem Mishneh on Shabbat. but not eaten.

**15** – One may not set the table for Pesah during Shabbat and must wait until after Shabbat is over, after *Tzet Hacoachavim* at 7:57pm.

**16** – In the Amidah of Arbit we include Vatodienu. If forgotten but then remembered: before Baruch Ata Hashem - go back and say it; after Baruch Ata Hashem – don't go back, however, before lighting he should say 'Baruch Hamavdeel Ben Kodesh L'Kodesh'. One can't carry outside either without first saying 'Vatodienu' or 'Baruch Hamavdeel Ben Kodesh L'Kodesh'.

17 – Y’K’N’H’Z is performed during Kiddush on the first Seder night: Yayin – Kiddush – Ner – Havdalah – Zeman (Shehecheyanu). The women must recite Baruch Hamavdeel Ben Kodesh L’Kodesh if they did not recite Vatodienu in Arbit. Women must rely on the Shehecheyanu of YKNHZ and shouldn’t recite Shehecheyanu while lighting.

### *Sponsors*

\*\*\* **Mr. Shlomo Guindi, his wife Berta, and their children.** Blessings and success for the entire family, Mazal Tov to the bride and groom **Albert and Frieda**, Mabrouk, Amen. \*\*\* **Mrs. Kitta Dwek Bawabe and her husband Mr. Yossi Bawabe.** Refuah Shelemah for her husband **Yossi**. Blessings and success for the entire family, Leilui Nishmat her mother **Simcha Bat Mazal a”h**, Amen. \*\*\* **Blessed siblings: Rachamim, David, Yehoshua, and Evon of the Khoudrie HaCohen Family.** Blessings and success for the entire family, Leilui Nishmat their mother **Frieda Bat Zakie a”h**, Leilui Nishmat **Shmuel Ben Mazal a”h**, and Leilui Nishmat **Rachel Bat Soultana a”h**, Amen. \*\*\* **Mr. Yosef Alkadaa, his wife Viki, and their children.** Blessings and success for the entire family, Leilui Nishmat his mother **Rachel Bat Latifa a”h**, Amen. \*\*\* **Mr. David Nahum, his wife Soura, and their children.** Blessings and success for the entire family, Leilui Nishmat his father **Moshe Ben Esther a”h**, Leilui Nishmat his mother **Ayala Gazali Bat Rima a”h**, and Leilui Nishmat his sister **Habiba Bat Ayala a”h**, Amen. \*\*\* **Mr. Binyamin Nehmad, his wife Evon, and their children.** Blessings and success for the entire family, Leilui Nishmat his brother **Marco Ben Jamila a”h**, Amen. \*\*\* **Mr. Morris Nehmad, his wife Shirley, and their children.** Blessings and success for the entire family, Leilui Nishmat his brother **Marco Ben Jamila a”h**, Amen. \*\*\* **Mr. Sami Yazdi, his wife Shella,**

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*Tizku L’Mitzvot, Amen!*

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