

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

**Rabbi Aharon Farhi**

*Parashat **Lech Lecha***

10<sup>th</sup> Cheshvan 5782

*Maqam Saba*

Issue #955

**Mr. Eliyahu Levy, President**

*Haftarat **Lamah Tomar***

October 16<sup>th</sup> 2021

*Candle Lighting 5:57pm \* Shekiah 6:15pm \* Shir Hashirim 5:45pm followed by Minha Friday Night  
Shaharit Shabbat 8:15am \* Minha Shabbat 5:35pm \* Shabbat Ends 6:55pm & Rabbenu Tam 7:25pm  
Time for Talit 6:04am \* Seasonal Hour 6:50 \* Alot Hashahar 5:51am \* Netz Hachama 7:09am  
Weekday Minha 5:55pm \* Earliest Time for Arbit 5:29pm \* Tzet Hacoachavim 6:50pm \* Chatzot 12:41  
Latest Time for Morning Keriat Shema 9:06am \* Latest Time for Morning Amidah 10:11am*

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

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Avraham Avinu was tested ten times, and passed each time. The Rambam lists the tests, but does not count the time when he was cast into the fires of Nimrod for believing in Hashem and destroying the idols at great personal sacrifice. Hashem saved him from those flames and he sanctified the name of Hashem. But why doesn't the Torah mention this outstanding story, and why is it not listed as one of the ten times Avraham was tested? Our Sages teach us that Avraham acquired and merited to be the nation of Hashem, and Bnei Yisrael also acquired and merited to be the nation of Hashem. Why was Avraham singled out? Why couldn't he just be included with the rest of Bnei Yisrael? Rabenu Gabriel Toledano explains: there were two phases to the founding and developing of our holy nation as the chosen people. The first phase was the realization and revelation that there is a Creator and Master of the world. This phase required extensive work and research without any help from heaven. Such was the challenge of Avraham Avinu, who recognized Hashem and taught others to recognize for decades before Hashem even revealed Himself to Avraham, until the age of 75 when Hashem commanded Avram Lech Lecha, to leave his birthplace. The second phase was the acceptance of the Torah at Har Sinai, to fulfill

the Mitzvot and to learn its laws and live by them. The first phase was accomplished by Avraham Avinu, while the second phase was accomplished by our holy nation. This is why Avraham is singled out from the rest of the nation, and this is why the test of being cast into the fires of Nimrod were not counted amongst the ten, because he had not done so by any command from Hashem, as Hashem had still not yet revealed Himself to Avraham. Hashem did not reveal Himself to Avraham for so many years of his life because this was the service of Avraham, to recognize Hashem and to spread such realization throughout the world, without any help or assistance from heaven. Once Hashem revealed Himself to Avraham, he began commanding him, i.e. Lech Lecha, as Avraham was tested ten times. Once the first phase was accomplished by Avraham Avinu, the second phase was able to be accomplished by our holy nation, to accept the Torah and live by it. May Hashem watch over us, Amen.

### **Insights on the Parasha**

**1** – The Pasuk says that Lot went with Avram, and then tells us that Avram was 75 years old. What is the connection? Lot was very interested in the gold and silver of Avram, which he hoped to inherit one day, and so he

went along with Avram, who was already 75 years old and did not yet have any sons to inherit his wealth. As well, Sarai was barren, as the Pasuk details. This is the connection between Lot going along with Avram and the age of Avram – because Lot would inherit his fortune, and because he was already 75 without children, this is why Lot went along with Avram.

2 – The Pasuk characterized Yishmael as a Pere Adam, a wild man. Usually Adam or Eish, both meaning man, is written first and then followed by a description, like Adam Hacham, a wise man, or Eish Ashir, a wealthy man. Why is Adam written second here, Pere Adam? The answer is that while usually a man is primarily a man, and only secondarily categorized as either smart, rich, or even wild, in this case with Yishmael he was primarily wild and uncivilized, and only secondarily categorized as a man. This is why Adam is written second in this case.

### ***History in Brief***

*80 years after the Temple's destruction, in the year 150AD.* After the Romans passed terrible decrees upon the Jews, designed to stop them performing Mitzvot, the Jewish people spent their time reading the Torah instead, for many consecutive hours, as they could not perform any other Mitzvot. When the Romans realized they were spending all their time reading the Torah, they decreed that Torah could no longer be read in Shul on Monday, Thursday, Shabbat, Rosh Chodesh, etc. So the holy Sages decreed that we should read from the Haftarat in Sefer Neviim, a topic corresponding to the day, 21 Pesukim for the 7 Olim that usually go up to the Torah for an Aliya multiplied by three Pesukim each. They also established to recite a blessing before and after reading the Haftara, which are the same blessings we recite today when reading the Haftara. They were not allowed to recite Shema Yisrael either, and the Roman soldiers would stand by the doors to check if they were reciting Shema

during Shaharit. They therefore established Shema to be recited in the repetition of Mussaf in Keter Yitenu Lecha, since the guards had already left after Shaharit and would not hear it in Mussaf. They also could not recite Kadosh Kadosh Kadosh in Shaharit, so they instead included it in Uba Lesion Goel, since the guards already left at that point as well.

### ***The Road to Health and Recovery***

When food consisting of sugar enters into the stomach, the sugar is rapidly absorbed into the bloodstream, and then it resembles a "bomb" that lands on the pancreas, which is the gland responsible for the production of insulin that breaks up the sugar in the body, causing it to produce large amounts of insulin. If you think consuming a teaspoon of sugar will make you feel alive, it is because your blood sugar level will quickly rise. One who is sick with Hypoglycemia, which is a deficiency of glucose in the bloodstream, can benefit from consuming one teaspoon of sugar when he is weak, and then the jargon terminology "bomb" can be understood. However, for a person who is not diabetic, the pancreas secretes insulin to process a teaspoon of sugar, but when a person is sick and cannot process this large amount of sugar, the pancreas must work hard to decompose and digest the sugar, until eventually, with the addition of other factors that overload the digestive system, the pancreas collapses, and the person reaches a diabetic condition, because the system has collapsed and simply cannot function properly. This requires a large amount of calcium from the body, beyond what the body is able to provide, and so sugar is then also responsible for causing osteoporosis. Furthermore, for the purpose of decomposition in the stomach, sugar uses a large quantity of vitamins in order to digest, which the body does not have and cannot provide in such volume. Sugar then causes obesity from eating any foods, because it provides the body with empty calories, low

quality, and carbohydrates that immediately turn into fat.

### **Rishon LeSion:**

#### ***R' Chaim Abulefia 1776-1861***

After Moshe Montefiore alerted France and Turkey of the terrible news in Damascus, reaching out to certain people in powerful positions, the order was issued that the Jews being imprisoned in Damascus must be released immediately. All the pain and suffering finally stopped, but unfortunately four had already died due to the intense acts of brutality, while the remaining seven were alive but disfigured and damaged for life. R' Moshe the son of the Rishon LeSion R' Chaim Abulefia was also released, but he would be weak and sick for the rest of his life. Over the years, Hashem blessed him with a son, R' Yitzchak Abulefia, who would one day become the Rabbi of Damascus. R' Chaim passed away at the age of 85 in the year 1861. During his funeral, strong rains of blessing poured down from the skies, symbolizing the heavens crying over the passing of a great Tzaddik, may his merits protect us, Amen.

### **Mussar: *Obligation of Man***

The purpose of creation is for man to fulfill Hashem's commandments. Without such purpose, life is worthless. Without Mitzvot, man is just like an animal. We recite in prayers that man is permitted over animal '*Ayin*', meaning that man has the ability to say '*no*' – *I do not wish to act in such a manner*. Man has the choice to decide between good and bad. One who does not properly take advantage of this choice is therefore categorized as an animal. Also, man is equipped with '*Ayin*' – the three Hebrew letters represent: *Amira* (speech) *Yedia* (understanding) and *Netina*, characteristics only given to man and not to animals. Once man realizes his purpose, he must fulfill it truthfully with joy and happiness. One who realizes his goals and works hard to achieve them has great reason to rejoice and celebrate. Such happiness is the core of life and the foundation for success. Without happiness, holiness and even the understanding of Torah cannot enter man. Even

when man is suffering painfully, he is obligated to recognize the good in his life and believe with great trust in Hashem that everything done is for the best and will occur in the proper place and time.

### ***Story***

In Kiev, Ukraine there was a wealthy Jew named Yeshayahu who never gave charity until he first very thoroughly investigated and interrogated the ones receiving the money, so much so that all people stayed far away from him, rich and poor, sages and laymen, everyone. Nobody wanted to get into a conversation with him, lest he ask his many questions that lead to uncomfortable feelings for extended periods of time. Who knew what he did with all the information he gleaned whenever an unlucky fellow had the honor of taking part in his many never-ending question sessions. Within his palace everything seemed magnificent, however he and his wife were miserable. They had two daughters but just one son who was almost Bar Mitzvah, and yet his son never opened his mouth to speak in his life. When he was much younger his parents realized there must be something wrong with him. Sounds would be able to come out of his throat, but no words were formed. At first they thought that with years of growth the situation would correct itself and their son would be able to converse as normal, but this was not to be. With every passing year, they lost hope that their son would one day break his silence.

### **Laws: *Berachot***

**1** – To eat cooked rice, we recite Mezonot. If one eats 30 grams of cooked rice, he recites Boreh Nefashot, even if there are small pieces of Mezonot mixed in the rice.

**2** – To drink water while eating a meal of Mezonot, one recites Shehakol on the water as the meal of Mezonot does not cover the water. However, to drink water while eating a meal of Hamotzi, one does not recite Shehakol on the water as the meal of Hamotzi does cover the water.

**3** – On uncooked rice, one recites Haadamah followed by Boreh Nefashot.

4 – To drink tea, coffee, or other drinks while eating cake, one recites Shehakol on the drink.

5 – After drinking a Reviit (86g) of wine in one time, one recites Al Hagefen afterwards. However, he does not recite Al Hagefen afterwards if he only sipped the wine a little at a time.

6 – If one eats 30 grams of rice but also eats 30 grams of Mezonot, the Al Hamichya he recites afterwards on the Mezonot covers the rice as well, and he doesn't need to also recite Boreh Nefashot.

7 – If one has Besamim but is not sure if the fragrance is good and fit for reciting a blessing over, he can first smell it just enough to tell if it is pleasant, and then he can recite the blessing and smell it as much as he likes.

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Blessings and success for the entire family, Amen. \*\*\* *Mr. Larry Hefes, his wife Karen, their parents, and their children.* Blessings and success for the entire family, Amen. \*\*\* *Mr. Jojo Chehebar, his wife, and their children.* Blessings and success for the entire family, Leilui Nishmat his mother *Esther a"h*, Amen. \*\*\* *Mrs. Celia Levy Khafif, her husband Ted, and their children.* Blessings and success for the entire family, Leilui Nishmat her brother *Moshe Ben Rachel a"h*, Amen. \*\*\* *Mr. Shlomo Gal and his children.* Blessings and success for the entire family, Amen. \*\*\* *Mr. Victor Guindi HaCohen and his children Henry, Freddy, and Bella.* Blessings and success for the entire family, Leilui Nishmat their mother *Nadia Chaya Bat Victoria a"h*, Amen. \*\*\* *Mr. Leon Farhi, his wife Eva, and their children.* Blessings and success for the entire family, Leilui Nishmat her mother *Rachel Sithon Bat Bahia a"h*, Amen. \*\*\* Askani Tzibur *Mr. Zuki Jade and his family.* Blessings and success for the entire family, Leilui Nishmat his mother *Jamilia Bat Bahie a"h*, Amen. \*\*\* *Blessed siblings: Dibo, Mark, Sammy, Touni, Kety, Lina, and Nadia of the Khafif Family.* Blessings and success for the entire family, Leilui Nishmat their mother *Olga Bat Zakie a"h*, Amen. \*\*\* *Mrs. Becky Levy, her husband Eli, and their children.* Blessings, health, and success for the entire family, Leilui Nishmat her father *Shlomo Ben Hasibah a"h*, and Leilui Nishmat her brother *Marco Ben Jamila a"h*, Amen.

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Amen!*

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