

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

Rabbi Aharon Farhi
Parashat Vayetze
9th Kislev 5782

Maqam Ajam
Issue #959

Mr. Eliyahu Levy, President
Haftarat VeAmi Teluim
November 13th 2021

*Candle Lighting 4:22pm * Shekiah 4:40pm * Shir Hashirim 4:15pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 4:00pm * Shabbat Ends 5:21pm & Rabbenu Tam 5:41pm
Time for Talit 5:40am * Seasonal Hour 59:00 * Alot Hashahar 5:31am * Netz Hachama 6:41am
Weekday Minha 4:25pm * Earliest Time for Arbit 4:02pm * Tzet Hacoachavim 5:16pm * Chatzot 11:40
Latest Time for Morning Keriat Shema 8:28am * Latest Time for Morning Amidah 9:27am*

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Please do not read this bulletin during Tefillah or Keriat Hatorah

Sefer Beresheet, also known as *Sefer Hayashar*, teaches us many important lessons for life, as we read about the lives of our holy Patriarchs, Matriarchs, and Shevatim, and we analyze them in great detail. From them we learn the true path in this world and inherit the proper characteristics needed to grow and succeed spiritually. One extremely important attribute is showing appreciation and recognition for the good we receive – *Hakarot HaTov*. This attribute encompasses Emunah, humility, and the understanding of one's place in this world, to recognize that Hashem is supremely generous and gives us everything for nothing. In our Parasha we see Leah thanking Hashem for her fourth son, Yehuda, named for her thanks to Hashem as she should have only had 3 sons, being that there were 4 wives who were to have twelve sons collectively. We learn from her the importance of recognizing our gifts and appreciating them. But what if a person forgets to be thankful? Hashem reminds us through the things that we lack, whether it be health, money, or any other aspect, so that we realize how much we actually do have. There was once a couple that adopted an orphan. They gave him everything he

needed, and he grew up happy and content to the age of seventeen. One day a poor man came to the door and asked for some help. When they gave him some money and food, he thanked them profusely and sang their praises. After he left, the wife asked her husband why this man whom they helped so little thanked them so much, while their adopted son whom they helped for so many years with so much more does not express such thanks and appreciation. The husband told her to watch what happens next. He went over to the young man and told him that since he was now seventeen, he should be old enough to fend for himself. He told him to leave the house and do his best in the world. The young man went out but was not successful for three days. The father then brought his adopted son back into the house and gave him his needs once again. When he ate, he thanked them, when he showered and dressed, he thanked them, and when he slept and awoke, he thanked them. He had so much more appreciation for all the things he took for granted, and expressed them now similar to the poor man who had come to the door. What happened? The young man was reminded. It is easy to forget how much we have to be thankful for, it is easy to take so

much for granted. Are we healthy enough to get out of bed in the morning? Do we have a roof over our heads? Are we safe from danger? Do we have food to eat? Do we have money to spend on our needs? We must be very smart and wise and always thank Hashem with recognition for all the blessings in our life. We must show Hashem that we do not need a reminder or a wake-up call to have Hakarat HaTov! We have so much to be thankful for, let's thank Hashem for everything! May Hashem watch over us, Amen.

Insights on the Parasha

1 – Yaakov loved Rachel, so he agreed to work for seven years in order to have her as a wife. Why seven? Because the number seven is a holy number in the Torah: the seven days of creation, the seven days of Pesah, the seven branches of the Menorah, the Omer with seven weeks of seven days in counting, the seven days of Sukkot, etc. Yaakov wished for his marriage to be connected to a holy number, to distance from the impurity of the house of Lavan in which Rachel grew up. When he approached Esav who was steeped in impurity, he bowed seven times as well for this reason. A Tzaddik may fall seven times, but he will get back up once again. (*Or Hachaim Hakadosh*)

History in Brief

80 years after the Temple's destruction, in the year 150AD. After Rebi Akiva was killed in a most cruel and unusual way while sanctifying the holy Name of Hashem, the wicked Romans did not give permission for his body to be buried. They returned his body to the prison and placed a guard at the door. Eliyahu Hanavi came and took his body out of the prison, placed him over his shoulder, and on the way to a cave he met up

with Rebi Yehoshua Hagarsi. In the cave there was a good bed with a candle lit. Eliyahu Hanavi took his head, Rebi Yehoshua took his legs, and they placed him upon the bed. When they left the cave, the entrance miraculously closed up. Eliyahu Hanavi said, fortunate are the righteous, those who toil in Torah, those who fear heaven, fortunate is Rebi Akiva who is now housed in a cave in Tiberius. When Rebi Akiva passed away, wellsprings of Torah understanding went dry. When Rebi Yehuda Ben Baba and Rabi Chanania Ben Teradyon heard that Rebi Akiva passed away, killed in such a terrible way, they tore their garments in mourning and wore sackcloth. They exclaimed that Rabi Akiva passed away to bring atonement for the generation. When Rebi Akiva passed away, Rabbenu Hakadosh was born, who would put together the Seder Mishnayot.

Health and Recovery

What causes the desire to fill the belly with food? There are several factors. 1 – The eye sees the desirable food. 2 – The delicious aroma stimulates the nose. 3 - The tongue's sensors are then stimulated on behalf of the anticipated food. 4 – Feelings of hunger are triggered. Let us now talk about the last point: hunger. A person thinks that most of what he puts into his mouth remains in his body and he only gets rid of little, when in fact only a very small amount of the food we eat remains in the body, and the rest is digested out. The food intake system is a completely sealed system which starts from the absorption chamber and goes on to the removal of waste from the body. The food that we put into our mouths goes to the stomach, mixes with sixty-four saliva enzymes, mixes with the stomach juices, the pancreas and gallbladder secretions, and then ends the process of breaking down the

food. The thin part of the liquid that comes out of this mixture is mixed with a large amount of fluids where the food can then be absorbed into the body and fed through thin capillaries located in the small intestine walls. These capillaries can absorb only a very thin liquid into the bloodstream, which only the intestinal walls can absorb into the blood vessels and nourish us. Everything beyond that is sent to come out of our bodies in the form of waste. However, not everything that goes into our mouths that isn't used is able to just go out of our bodies as waste. This is because much of the food ingested can become fat and remain in the body, which then causes the person to increase in weight from day to day, and can cause health issues.

Mussar: *Eemunah*

Trust and belief in Hashem are both very important attributes to acquire. Without trust and faith, what will stop a person from sinning and doing wrong? What is the purpose of life altogether? Hashem's honor and glory fills the entire world, and He opens our eyes and mind to ideas and wisdom. A righteous person lives with trust that Hashem will take care of him and all of existence. It will then be easier to be careful with fulfilling His commandments and distancing from transgression, for you will believe and understand that an ear hears all, an eye sees all, and every action is recorded. According to the toil is the reward. The righteous will be rewarded accordingly and the sinners will face their consequences. Both the good and the bad are delivered from above. If someone or something is causing you trouble or an inconvenience, understand and believe that Hashem is sending that to you for a reason. Everything has a time, a purpose, and a reason. Do not waste your time flattering, hating, taking revenge, or holding grudges,

for Hashem is the real source of what you will receive and have already received. Everything done to you is, in truth, for your own good and benefit. One must also believe the words of our Sages and Rabbanim, for their words are based on the Torah and are therefore everlasting. Work on thinking that Hashem is actually before you and that you are in His presence always, for then Hashem will help you and bless your actions, Amen.

A day is 24 hours, with 60 minutes to an hour, and 60 seconds to a minute

Where did these calculations come from? They originated from the Bet Hamikdash from the days of King David and his son King Shlomo. There were 15 steps in the Bet Hamikdash, upon which the Leviim sang the fifteen chapters of Shir Hamaalot in Tehillim. Why fifteen steps? Because they did not have a clock. How did they know the time? They would look for sunrise and sunset, and use the steps to know the times while the sun passed on each step, as the steps were evenly placed, and the movement of the sun over them would reveal the time. During the month of July the sun would pass over all the steps. When measured, each step translates to a measurement of 3600 steps, so from sunrise to sunset, multiplied by the 15 steps, will equal 54000 for the entire 15 steps. How would they calculate from sunset to sunrise? They told one person to walk 3600 steps and then stop. Then they sent a second person to walk 3600 steps, then a third, until 9 people had done it and it was sunrise, at which time they could again use the steps of the Bet Hamikdash. They calculated that the nighttime spanned 9 steps, thus the day and night together would be 24 steps. This is the origin for the 24 hours of the day. They then wanted to break down the 3600 into a more feasible number. Then divided it by ten and got 360, but that too

what too large. Then they divided it by 20 and got 180, which was also too large. They kept dividing it until they divided it by 60 and got the number 60 which was no longer too large. They tried to divide by 70 but the result was not a whole number so they disregarded it and stayed with 60. They decided that sixty steps would equal one minute. Try it – if you walk sixty steps from toe to heel you will see that it will take a minute. How many minutes would there be in 3600 steps? The result would prove 60 minutes in an hour. Study this, think about it, ask about it, and understand the wisdom of the Torah and its Sages, which is helpful in all areas of the world. You will not find this information on the internet or Google.

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*** **Mr. Joe Guindi HaCohen, his wife Arelett, and their children.** Blessings and success for the entire family, Mazal Tov to **Soly Bawabeh and his wife Molly** on the Bar Mitzvah of their son **David**, Mabrouk, Amen. *** **Mr. Zouki Metta, his wife Stella, and their children.** Blessings and success for the entire family, Amen. *** **Mr. Jimmy Guindi, his wife Paula, and their children.** Blessings and success for the entire family, Mazal Tov to their daughter **Camille** on her birthday, Mabrouk, Amen. *** **Mr. Avi Dahab, his wife Vicky, their parents, and their children.** Blessings and success for the entire family, Mazal Tov on the birth of a baby, Mabrouk, Amen. *** **Mr. Alfred Sayegh, his wife Lela, and their children.** Blessings and success for the entire family, Amen. *** **Mr. Farah Hamra, his wife Dina, and their children.** Blessings and success for the entire family, Leilui Nishmat **Rabbi Avraham Hamra Ben Teri Esther a”h**, Amen. *** **Mrs. Selly Jajati HaLevi and her children.** Blessings and success for the entire family, Leilui Nishmat their father

Leon Jajati Ben Jamila a”h, 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 **Rachel Sithon Bat Bahia a”h**, Amen. *** Askani Tzibur **Mr. Isaac Jade and his family.** Blessings and success for the entire family, Leilui Nishmat his mother **Jamila 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. *** **Mr. Isaac Anbi and his children.** Blessings and success for the entire family, Leilui Nishmat their mother **Eva Aysha Bat Liza a”h**, Amen. *** Anonymous donors **Vaad of Chesed under the leadership of Rabbi Yosef Hamra, working together to make Shidduchim.** For more information, please call: (718)336-8317 or (917)415-0869. *** **The Khafif Family.** Blessings and success for the entire family, Leilui Nishmat their brother **Moshe Ben Rachel a”h**, Amen.

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Amen!*

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