

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

**Rabbi Aharon Farhi**

*Parashat Beshalah*

13<sup>th</sup> Shevat 5782

**Mr. Eliyahu Levy, President**

*Haftarat Vatachar Devorah*

January 15<sup>th</sup> 2022

*Candle Lighting 4:34pm \* Shekiah 4:52pm \* Shir Hashirim 4:30pm followed by Mincha Friday Night  
Shaharit Shabbat 8:15am \* Mincha Shabbat 4:15pm \* Shabbat Ends 5:35pm & Rabbenu Tam 6:05pm  
Time for Talit 6:21am \* Seasonal Hour 57:00 \* Alot Hashahar 6:09am \* Netz Hachama 7:18am  
Weekday Mincha 4:40pm \* Earliest Time for Arbit 4:18pm \* Tzet Hacoachavim 5:30pm \* Chatzot 12:05  
Latest Time for Morning Keriat Shema 9:00am \* Latest Time for Morning Amidah 9:57am*

***Shovevim Fasting:***

*Thursday January 13<sup>th</sup> fast starts 6:10am and ends 5:20pm*

*Monday January 17<sup>th</sup> - Tu B'Shvat – no fasting*

*Thursday January 20<sup>th</sup> fast starts 6:05am and ends 5:25pm*

*Those who wish to contact Rabbi Aharon 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

This week is called *Shabbat Shira*, as it includes the special Shira that was sung by our nation thousands of years ago upon their salvation from the Egyptians at the miraculous splitting of the sea. Our nation recites this song every morning during Shaharit. What is so special about this song that we recite it once daily? To our nation, numbering hundreds of myriads, after experiencing centuries of slavery with terrible hardships at the hands of the Egyptians, Hashem revealed His awesome hand and redeemed His people. Everyone saw, heard, and clearly witnessed that the Shechinah was with the Jewish people, the descendants of our Patriarchs, even during their lengthy exile. He avenged them and delivered them from darkness to light, from bondage to freedom. They were presented with the holy Torah, an unbelievably powerful event in history, the purpose of creation. Hashem did not take us straight into Israel because he wanted us to first receive and accept the Torah at Har Sinai. Our bodies and souls filled with holiness when we stood together as one by the side of the mountain and declared our allegiance to Hashem and the Torah. Why did Hashem choose the desert as the appropriate place to receive the Torah? The reason he chose the desert is because such a place is naturally furthest from all desires

and pleasures of the world, naturally clear of impurity, evil, and corruption. Torah is pure and holy – to properly fulfill its commandments and live in the ways of the Torah, one must learn from the desert to be removed from pleasures, desires, and impurity. Such is the way to serve Hashem, the only way, without the wrong intentions and influences that can come from luxuries, desires, and pleasures. As Bnei Yisrael witnessed the glory and strength of Hashem, protecting and guiding them from all sides, they filled with Yirat Shamayim, awe and reverence for heaven, as trust and faith in Hashem coursed through their bodies and souls. Their mouths burst out in song and praise, like the angels in heaven, declaring Hashem's everlasting and ultimate sovereignty. Together, the Jewish nation sang this song, and we therefore have the custom to continue to sing it every morning throughout all the days of our lives. We should be careful to concentrate on every word while reciting the Shira during Shaharit, and in this merit shall our prayers be accepted by Hashem. May Hashem watch over us, Amen.

**Insights on the Parasha**

**1** – The Pasuk says: *“Moshe's hands grew heavy, so they took a stone and put it underneath him and*

he sat on it.” Rashi explains: Moshe did not sit himself on a pillow or a cushion. He said, ‘Bnei Yisrael is in a state of grief; I too shall be with them in a state of grief. Our Sages teach us: not just a leader, but anyone and everyone must share in the grief of the people, and not just sit at home eating and drinking without taking part in the grief, for then Hashem will have mercy on the people.

2 – The Pasuk says: “*With Your kindness You have led this people that You redeemed; You led with Your might to Your holy abode.*” What is the difference between the *kindness* and the *might* of Hashem written in this Pasuk? Here is a reference to the two redemptions of Bnei Yisrael; the redemption from Egypt, and the future redemption to come. In the first redemption, Bnei Yisrael lacked merit and Mitzvot, and were therefore redeemed through the kindness of Hashem. However, the future redemption will be through the merit of Torah, Mitzvot, and charity, therefore the redemption will be with might, as *Oz, might*, is a word used for Torah. (*Kedushat Levi*)

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

80 years after the Temple’s destruction, in the year 150AD. After the Romans killed Rebi Yehuda Ben Baba, they captured Rebi Yehuda Ben Tema on Erev Shavuot, and brought him before the Caesar. Rebi Yehuda asked if he could spare his life until Shavuot, and then after he fulfilled the Mitzvot he could be killed. The Caesar asked him if he indeed still trusted and believed in Hashem and the Torah, and he answered absolutely. When asked what his reward would be, Rebi Yehuda explained that he would be rewarded in the next world. The Caesar mocked the concept of a next world and called such believers fools. Rebi Yehuda responded that the Caesar was the fool, who would one day be ashamed when he sees the righteous rewarded in Gan Eden, while he burned in the depth of Gehinam. Angered, the Caesar immediately ordered that Rebi Yehuda’s hair be braided into the hairs of a horse’s tail, so that while the horse galloped through the streets of Rome, his body would break. Afterwards, he ordered, the remains would be cut into pieces. Eliyahu Hanavi came, collected all the pieces, and buried them. An elderly Roman dignitary told the Caesar that he cannot do such things. Angered once again, the Caesar ordered the man to be strangled. Before

they strangled him, he circumcised himself. Afterwards, they could not find the body, and this scared the Caesar greatly.

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

We will now discuss general practices regarding proper eating habits, which have a bearing on our health and are therefore worthwhile. These are details that are capable of giving us quality of life and longevity, some of which may seem marginal to us, yet we must pay attention to them. First and foremost: Breakfast. You have to eat breakfast every day in the morning after prayers, because a stomach that is not satiated with food will desire the wrong types of foods, which will cause damage to it and the whole body. The Chafetz Chaim was always very careful to eat breakfast. Once, Gaon Rabbi Isaac came to the Chafetz Chaim’s house after the morning prayer in order to speak with him for a few minutes, but the Chafetz Chaim told him: “I am now going to eat breakfast, please come back in twenty minutes.” The Chafetz Chaim wrote: One must eat in the morning in order to have the strength to study Torah. After sleeping, start your day with a protein-rich breakfast, consisting of cheese, hummus, eggs, or fish. Those who skip breakfast come to the next meal feeling hungry, which will make them eat the next meal too quickly and overfill the belly. Or, alternatively, they will come to “nosh” from anything close to them until the next meal, which is very unhealthy.

### ***Mussar: Tu B’Shevat (15<sup>th</sup> of Shevat)***

Man was not created to be alone, rather Hashem created around man many different forms of creatures, in order that man can learn lessons to apply to his private life. He must relate his heart to all events around him, to anything and everything that can add wisdom to his knowledge. We all know and see the trees that grow and make fruit. Tu B’Shevat teaches us many lessons for our lives: There are many parts to the tree - the roots, stems, leaves, fruit, peel of the fruit, the fruit itself, and the core of the fruit. Now we will explain the different parts of the tree as mentioned: 1- The roots are hidden from the eye, but are actually of the most important components of the tree through which it can stand. If the root is strong then the blowing winds will not be able to uproot it. 2- The body or tree trunk: this is the vast majority of the

building of the tree, which from time to time adds to its thickness with branches and leaves. You can learn the years of the life of the tree through the body. 3- Leaves: they inhale air along with some other necessary materials which promote the entire life of the tree, as well as absorb heat from the sun. 4- Fruits: these are the whole integrity of the tree. The final product can be extracted and enjoyed by people who benefit from all the work of the tree. 5- The peel preserves the fruit itself, and is an essential food for all kinds of animals that live on fruits and vegetation. 6- The core preserves the continued existence of such trees, yielding seeds that can sprout new trees and entire future generations. What can we learn from all this? Man is similar to a tree in his spiritual life, his Jewish life is the root of faith, which is tied with his Creator and which increases wisdom through the Torah and the Commandments. All aspects connect to his root, which is faith. The body and trunk of the spiritual man is the study of Torah and its observance, building his spirituality, for without Torah and the Commandments he has no spiritual existence. The fruits are what he does to entitle others and teach them, how he affects them in function and purpose will promote healthy spirituality, including the production of seeds as he teaches children and others in order to maintain spiritual life with continuity from generation to generation.

**Rishon LeSion: R' Rephael Meir 1801-1893**

When the wealthy man forced his way past the Shamosh and opened the door of R' Rephael's office, what he saw definitely shocked him. Candles were lit all around the Rabbi, as he sat on the floor, crying. His eyes shed tears down his cheeks, and he appeared completely immersed in prayer to Hashem. The wealthy man's heart melted at the unexpected sight of the R' Rephael. His cries penetrated his soul, and he too began crying along with the Rabbi. He closed the door, wiped his face, and sat to wait for the Rabbi, all brazen attitude gone from his body. When the Rabbi opened the door only a short while later and welcomed the wealthy man into his office, the man was ashamed for

interrupting something clearly very important, and couldn't bring himself to ask anything about what he had just witnessed.

**Story**

"It was a very uncommon scene," R' Hershberg related. "I found among there six Jews. It's hard to describe their excitement when they saw that a rabbi came to visit them. After lighting the candles, we sang and danced together – in middle of Tehran – and they were simply filled with joy." Later, the religious delegation was invited to attend a mass prayer in a central square in the Iranian capital, with close to one million people in attendance. "I stood on the same stage with Ayatollah Khomeini and watched the massive crowd," R' Hershberg said. "At a certain point the masses kneeled and bowed to the ground. Everyone, except myself. Following the prayer, I was called to Khomeini and asked to provide an explanation for my conduct. I explained that I am a Jew and, not knowing the language of their prayers and to whom they are bowing to, I could not join in the ceremony. He was surprised by my way of thinking, but also seemed pleased from the sincerity of my words."

**Laws: Tu B'shvat**

- 1 – Some give the number 91 to charity, the numerical value of the word 'Ilan' (tree) and of the word 'Amen'.
- 2 – Some place on the table 12 types of fruits, corresponding to the 12 tribes of our nation. Some place 15, related to that day of the month. Some set up 30 different types. The more types included the better, for we wish blessings this year on all fruits.
- 3 – The 15<sup>th</sup> of Shevat is the New Year of trees. We are forbidden to fast, and Yehi Shem is recited.
- 4 – Fruits that may have worms (i.e. figs, dates...) must be inspected before consumption. One who eats a worm or bug has sinned greatly, transgressing five negative commandments. Their soul is soiled, and their heart is blemished. Such conditions decrease a person's ability to serve Hashem.

5 – Reciting ‘Peri Haetz’ once is enough for all types of fruits, whether currently in front of him or in his thoughts and later brought. Another blessing need not be said. This applies to all blessings.

6 – ‘Hamotzi’ takes precedence over all other blessings. Without bread, the next in line is ‘Mezonot’. After ‘Mezonot’ comes ‘Peri Haetz’ – first upon olives, dates, grapes, figs, and pomegranates, then upon all others grown from trees. After this, ‘Haadamah’ is recited upon all other fruits and vegetables. Then, all things under the ‘Shehakol’ category are blessed. This is the order of precedence.

7 – This order applies only when both are set before you and are desired by you. However, if one is not present, then waiting is not necessary and the order does not take effect. Within a category, those you like better gain precedence.

8 – Lechatechilah, one should not bring fruits after Birkat Hamazon in order to make ‘Beracha Acharona’, for you are causing a Beracha that is not necessary, and some are strict with this matter. Heed their words. If you did so by chance and did not plan it out, i.e. you forgot, then you can eat them. (However, one may bring fruits after Birkat Hamazon during Shabbat in order to add to the required daily hundred blessings one is responsible to recite.)

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their father **Avraham Nouseiri Ben Sabriee 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. \*\*\* Askan Tzibur **Mr. Isaac Jrade 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. \*\*\* **Mrs. Tina Farhi, her husband Jack, and their children.** Blessings and success for the entire family, Leilui Nishmat her father **Yosef Ben Regina a”h**, Amen. \*\*\* **The young man Aharon Jack Farhi, his parents, and his siblings.** Blessings and success for the entire family, Amen.

\*\*\* **Vaad Bet Knesset Beth Yosef** would like to thank **Mr. Uri owner of the Ave U store**, for donating Seudot for Shabbat and weekdays. May Hashem bless him and his family with success, health, and longevity, Amen.

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