

Congregation



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

Rabbi Aharon Farhi

Parashat Noah

6th Heshvan 5784

Maqam Bayat

Issue #1045

Mr. Eliyahu Levy, President

Haftarat Roni Akara

October 23rd 2023

*Candle Lighting 5:50pm * Shekiah 6:08pm * Shir Hashirim 5:45pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 5:30pm * Shabbat Ends 6:49pm & Rabbenu Tam 7:19pm
Time for Talit 6:10am * Seasonal Hour 64 * Alot Hashahar 5:57am * Netz Hachama 7:14am
Weekday Minha 5:45pm * Earliest Time for Arbit 5:24pm * Tzet Hacoachavim 6:44pm * Chatzot 12:40
Latest Time for Morning Keriat Shema 9:09am * Latest Time for Morning Amidah 10:13am*

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Please do not read this bulletin during Tefillah or Keriat Hatorah

After Noah entered the Tebah, the Ark, along with his family and all the animals, the Pasuk says that Hashem closed the door for him. What is this Pasuk teaching us? Rav Eliyahu Dessler explains: If the Great Flood was able to destroy everything outside, how was the Tebah able to survive such waters of destruction? In truth, it was not the construction quality of the Tebah that saved Noah, as it would have physically been destroyed from the waters, rather it was Hashem who saved them, it was Hashem who closed the door and sealed them off from the destruction and the punishment outside of the Tebah, in merit of their kindness and righteousness for saving and tending to each other and all the animals. For spending the next twelve months feeding all the animals and performing so many acts of kindness, they merited to be saved and protected from the Great Flood. When Noah was late once in feeding the lion, he was bitten, not because the lion was angry, but because he was late to do the act of kindness of feeding the lion and therefore did not have the merit of that act of kindness to protect him at that moment. Without the merit of kindness, he was in danger and lacked protection for that moment. We learn from here the importance of kindness, as the continuity of the world's existence depends on kindness. Kindness for others is the fundamental foundation of creation in this world! Man is not created to serve himself, but to help others and show kindness to all living beings. This is the purpose of life, for man to help his fellow, to pray for others, to look for ways to help others, to worry for the needs of

others, and if man does not perform kindness then he is called a thief in this world, as one who does not return greetings to his friend is called a crook. Let's care for others, show kindness, perform acts of kindness, and fulfill our purpose in this world. May Hashem watch over us, Amen.

Insights on the Parasha

Come, let us build us a city, and a tower with its top in the heavens, and let us make a name for ourselves, lest we be dispersed across the whole earth. The historical event that occurred with the Generation of the Dispersion, who built the Tower of Babel, is very hard to understand in detail. Reaching the Mount Ararat, where Noah's Ark had parked after the Great Flood, the men came from all over and gathered to build this city and its colossal tower, thinking to unify together in solidarity with one purpose. When Noah realized that their purpose of unity was that they planned to rebel against Hashem, he screamed at them, called them fools and idiots, and left when they would not listen to him. The tower was built to about 70 kilometers in height (about 44 miles), ascending steps from the eastern side, and descending on the west side. It took each person a year to bring one stone to the top during construction, as they spent three and a half years working on construction of this project. Hashem waited patiently for them to realize their mistake and do Teshuvah, but they just continued on throughout those years with their rebellious plan, without any thoughts of repentance. The people of that generation were

fluent in witchcraft and sorcery, using wisdom they had learned from the generation of Enosh and twisted it to give them powers of impurity to saturate each stone with terrible intentions as they spoke the powerful words from their mouths to create terrible impurity. When a person fell to his death during construction, they just continued forward without remorse, but when a stone fell and was lost during construction, they were greatly pained over the loss of one of their stones of impurity. When Avraham Avinu witnessed what they were doing, he cursed them, and the curse of Avraham caused their destruction from heaven.

Health and Recovery

Type 1 and type 2 diabetes may have similar names, but they're different diseases with unique causes. The key difference is that type 1 is believed to be caused by an autoimmune reaction and develops early in life, while type 2 develops over the course of many years and is related to lifestyle factors such as being inactive without exercise and being overweight from overeating and an unhealthy diet. People with type 2 diabetes have insulin resistance. The body still produces insulin, but it's unable to use it effectively. The pancreas will try to compensate by producing more insulin, but because the body is unable to effectively use insulin, glucose accumulates in the bloodstream with unhealthy results. Both types of diabetes are chronic diseases that affect the way the body regulates blood sugar or glucose. Glucose is the fuel that feeds the body's cells, but to enter the cells it needs a key. Insulin is that key. People with type 1 diabetes don't produce insulin. You can think of it as not having a key. People with type 2 diabetes don't respond to insulin as well as they should and later in the disease often don't make enough insulin. You can think of it as having a broken key. Both types of diabetes can lead to chronically high blood sugar levels. That increases the risk of diabetes complications. There's currently no cure for type 1 diabetes. People with type 1 diabetes don't produce insulin, so it must be regularly taken, and blood sugar levels must be regularly checked. Some people need to take injections several times a day. Other people use insulin pumps. Insulin pumps supply a steady amount of insulin into the body through a small tube. Blood sugar testing is an essential part of

managing type 1 diabetes because blood sugar levels can go up and down quickly. Type 2 diabetes can be managed and even prevented with diet and exercise, but many people will also need extra support. If lifestyle changes aren't enough, a doctor may prescribe medications that help the body use insulin more effectively. Monitoring blood sugar levels is an essential part of type 2 diabetes management. It's the only way to know whether the body is meeting target levels. A doctor may recommend testing blood sugar levels occasionally or more frequently. If blood sugar levels are high, a doctor may recommend insulin injections. It may be possible to lower the risk of developing type 2 diabetes through lifestyle changes, such as: maintaining a moderate weight, working with a doctor to develop a healthy weight-loss plan, increasing activity levels and exercise, eating a balanced diet and reducing intake of sugary foods or overly processed foods. Even if a person is unable to prevent the disease, careful monitoring can get the blood sugar levels back to standard and prevent the development of severe complications. If a person has type 1 diabetes, he must work with a doctor to identify how much insulin he may need to inject after eating certain types of food. Carbohydrates can cause blood sugar levels to quickly increase in people with type 1 diabetes. A person will need to counteract this by taking insulin, but will also need to know how to keep to a diet. People with type 2 diabetes need to focus on healthy eating. Weight loss is often a necessary component of type 2 diabetes treatment plans. A doctor or nutritionist may recommend a low-calorie meal plan. This could mean reducing consumption of animal fats and junk food. Typically, people with type 2 diabetes or prediabetes are recommended to reduce their consumption of processed foods, trans fat, sugary drinks, and alcohol. People with diabetes may need to try different diets and nutritional plans to find a plan that works for their health, lifestyle, and budget. Vegetables and nuts are great to include in the diet, such as lettuce, broccoli, avocado, celery, almonds, and walnuts.

Mussar: Worrying

Worrying is a terrible attribute which is noticeable immediately upon the face. It is considered degrading by all and isn't found amongst people

who trust in Hashem. It is harmful to the heart and causes many sicknesses. One who chases after worldly pleasures and doesn't succeed adopts worries and tense feelings upon himself. So much pain for naught! One who worries distances himself from Torah, Mitzvot, and prayers. The only real worries should be those felt for sins committed. Such worries must be felt for having rebelled against Hashem the Creator of all, and for lacking consideration for all the good He does for you. The soul, which grieves over sins, will then be granted solace and mercy from Hashem. Even the righteous worry that perhaps their actions are not up to par. If a famine presents itself, disease, sickness, war, or any other problem, worry that it may have been your sins or lack of proper actions that caused it to come, and then work on rectification. If a person is successful, he should worry that perhaps he is being rewarded in this world for his Mitzvot and losing out from rewards in the next world. If you are honored, do not be overly joyous; rather worry that your honor may be your reward. Worry likewise for your friend and his problems. If one's relatives passed on, share his sorrow and feel his pain. Your tears are used by Hashem to save them from their hard times. Also, Hashem counts those tears and saves them for later, so that if a moment arises that warrants you necessary to endure a hardship, Hashem considers it as if you already *'paid the bill'* when you were pained for others. May Hashem watch over us, Amen.

Rishon LeSion: R' Yaakov Meir 1850-1939

R' Yaakov grew up perfecting his character and excelling in Torah study. At the age of 22 he got married and continued spending his time learning in 1872. Many came to hear his Torah insights and lectures, as well as ask for his guidance and inspiration. In 1890, when he was at the age of 40, Abraham Pacha the leader of Turkey who ruled over Jerusalem made a decree to expel all Persians from the land. Hundreds of Persians were imprisoned, including many Jewish Persians living in Jerusalem. R' Yaakov was deeply troubled from this decree and went to visit the Pacha Abraham to ask that he release all Jewish Persians into his custody, promising that he would take the responsibility that they are all gone within fifteen days. The Pacha happily gave the Jewish

Persians over to R' Yaakov and released them from prison. For fifteen days, he tirelessly worked on finding new locations for the Jewish Persians to live. He traveled to Jaffa, and made arrangements for hundreds of Jews to relocate. He worked on all the paperwork with the Pacha who signed off on the plan. However, on that day of departure, the Persian Jews did not come to boat and remained in Israel, scattering secretly throughout different territories. The Pacha was not informed of this change in plans, and he never found out that they didn't use their tickets to board the boat. The matter was forgotten, and they continued to live peacefully in different parts of Israel.

Laws: Shabbat

- 1** – The Shabbat candles is most commonly lit using either wax or olive oil. If one does not have oil or wax, it is possible to use electricity and also recite the blessing upon turning the light on for Shabbat.
- 2** – After the woman of the household lights the Shabbat candles, nobody else can light additional candles with a blessing in the house, as it would be a wasted blessing.
- 3** – When lighting the Shabbat candles, it is good to close all other lights, i.e. electric or otherwise, and then after lighting the Shabbat candles the other lights can be turned back on.
- 4** – Rabenu Tam teaches: Seudah Shelisheet is different than any of the other meals of Shabbat, as it does not require Kiddush.
- 5** – Seudah Shelisheet should be done with bread, at least 54 grams. If one intends to only eat 28 grams, then he washes his hands without the blessing of Netillat Yadayim.
- 6** – If one is full and cannot eat bread, he can eat Mezonot and recite Al Hamichya.
- 7** – If one is full and cannot eat even Mezonot, he should drink a Reviit of wine, or a Kezayit of fruit from the seven species so that he can recite Al Ha'etz afterwards.
- 8** – If one still cannot do even that, then he can eat an egg, or meat, or fish, or even ordinary fruit and recite only Boreh Nefashot afterwards.
- 9** – It is best to eat Seudah Shelisheet after praying Minha, however if eaten before praying Minha then it is good enough. If one cannot eat after Minha for whatever reason, then he can even initially eat before Minha

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Shlomo, and their children. Blessings and success for the entire family, Leilui Nishmat her mother **Linda Bat Tera Esther a"h**, Amen. *** **Blessed siblings: Azar, David, Charlie, Estella, and Arlit of the Halabi Family.** Blessings and success for the entire family, Leilui Nishmat their sister **Sonia Bat Rachel a"h**, Amen. *** **Blessed siblings: Sammy, Seymour, and Renee of the Esses Family.** Blessings and success for the entire family, Leilui Nishmat their father **Ovadia Ben Rina a"h**, Amen. *** **Mr. Toby Cohen, his wife Shella, and their children.** Blessings and success for the entire family, Leilui Nishmat her father **Avraham Ben Badia a"h**, Amen. *** **Mr. Nissim Kassab HaCohen, his wife Maggie, and their children.** Blessings and success for the entire family, Leilui Nishmat his mother **Odette Bat Sofia a"h**, Amen. *** **Mrs. Leah Bareket and her children.** Blessings and success for the entire family, Leilui Nishmat her husband **Yehuda Ben Rima a"h**, Amen. *** **Mr. Joseph Aboudi, his wife Linda, and their children.** Blessings and success for the entire family, Leilui Nishmat their son who passed away at a young age **Avraham Avi Ben Linda a"h**, Amen. *** **Mr. Ted Levy, his wife Sylia, and their children.** Blessings and success for the entire family, Leilui Nishmat **Yaakov Jack Ben Mazal Shakalo a"h**, Amen. *** **Dr. Aslan Azrak, his wife Camo, and their children.** Blessings and success for the entire family, Amen. *** **Mr. Taleb Hara, his wife Becky, and their children.** Blessings, Refuah Shelemah, and success for the entire family, Mazal Tov to the bride and groom **Moshe and Dolly**, Mabrouk, Amen. *** **Mr. Yosef Ishay, his wife Suzette, and their children.** Blessings and success for the entire family, Leilui Nishmat the young man who passed away at a young age **Avraham Ben Linda a"h**, and Leilui Nishmat **Jack Shakalo Ben Mazal a"h**, Amen.

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