

Congregation

◆◆◆◆ **"Beth Yosef"** ◆◆◆◆

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

Rabbi Aharon Farhi
Parashat Noah
4th Heshvan 5783

Maqam Siga
Issue #1002

Mr. Eliyahu Levy, President
Haftarat Roni Akarah
October 29th 2022

*Candle Lighting 5:39pm * Shekiah 5:57pm * Shir Hashirim 5:30pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 5:20pm * Shabbat Ends 6:38pm & Rabbenu Tam 7:08pm
Time for Talit 6:21am * Seasonal Hour 6:20 * Alot Hashahar 6:09am * Netz Hachama 7:23am
Weekday Minha 5:45pm * Earliest Time for Arbit 5:15pm * Tzet Hacoachavim 6:33pm * Chatzot 12:39
Latest Time for Morning Keriat Shema 9:15am * Latest Time for Morning Amidah 10:17am*

Sponsored by: The generous donor Mr. Leon Farhi, his wife Eva, and their children. Spiritual and physical blessings and success for the entire family. Best wishes for a blessed sweet new year to Mr. Abraham Edmon Cohen, and his son Askan Tzibur Mr. Moni Cohen, blessings and success, Amen.

Those who wish to contact Rabbi Aharon Farhi can call (646) 552-3412

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Noah was a righteous man compared to his generation, but he was not comparable to Avraham Avinu. Why? A person has a mission in this world. In order to accomplish, to serve Hashem, a person is given resources: family, friends, talents, personalities, characteristics, strengths, and possessions. Using his resources properly, a person can overcome his challenges in this world and pass the tests he was sent to this world to face. Some are successful in using their resources to serve Hashem, while many others err terribly by using the resources for personal pleasures and gains, unfortunately even in sin against Hashem's command. Avraham Avinu not only used his resources to serve Hashem and become a great righteous person, he even used his resources to help others serve Hashem, to recognize and draw close to their Creator. Noah, however, although he was righteous, using his resources to serve Hashem, he was not comparable to Avraham Avinu because he did not use his resources to help others recognize and draw closer to Hashem. Is it enough for us to pray in Shul, hear Derashot and Shiurim, learn Torah, and do Mitzvot, if

our brethren around us are not inspired to draw closer to Hashem as well? Is it enough for us to be a Tzaddik on our own, without concern for others as well? We must emulate the ways of Avraham Avinu and be greater than a Tzaddik, by looking for ways to inspire others and draw them closer to Hashem. May Hashem watch over us, Amen.

Insights on the Parasha

1 – “Whoever sheds the blood of man, by man shall his blood be shed.” The Pasuk did not have to write ‘man’ a second time. It is extra to teach that one who embarrasses his friend in public, causing his face to turn white when the blood drains due to shame, is considered to have shed his blood, and is likewise punished. Bloodshed usually involves loss of blood from the body. The bloodshed due to public embarrassment causes the blood to be shed internally, as it moves the blood unnaturally from one area of the body to another. The Pasuk is telling us that this unnatural blood movement is bloodshed as well. A person must therefore be very careful from causing internal bloodshed through public embarrassment.

Rebi Chanina teaches us that three people go into Gehinam but do not come out: one who commits extramarital adultery, one who commits public shaming, and one who untruthfully maliciously maligns someone's reputation.

History in Brief

100 years after the Hurban, 170AD. Rebi Shimon Bar Yohai was known to perform miracles. When the daughter of Caesar Antoninus was deathly ill, they called in Rebi Shimon Bar Yohai and she was miraculously healed. As a result, Antoninus annulled many bad decrees that had been established by the Caesar Adrianus who had ruled over the Jews. In those days, even though hundreds of Jewish families lived in the city Rome, they did not assimilate with the Goyim. Instead they built Shuls, Midrashim, and Yeshivot where they could protect themselves from the ways of the world. Eventually they had to leave Rome and move to Babylonia Iraq far from where the Roman power could reach. They built Shuls and called it Bet Knesset Roman Jews. A Roman once asked Rebi Shimon how Hashem can ever jealous so to speak if a Jew were to worship idolatry or other cultures, surely its meaningless compared to Hashem? He answered with a Mashal: a man had a wife who he did not appreciate, so he went and married a second wife who was not even pretty or special in any way. The first wife was furious, because it would at least make sense if he went and married someone better than her, but it was completely insulting and offensive that he went and married someone who was significantly and noticeably less than her. That infuriated her even more. It is that much more terrible when Bnei Yisrael turn to meaningless things and heaven forbid forsake Hashem for literally nothing.

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 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.

Gaon Hacham R' Shalom Cohen 1931-2022

R' Shalom Cohen was born in 1931 to his father R' Ephraim Cohen who was the Rosh Yeshivat Mekubalim "Oz VeHadar" at the time, which was located in Yeshivat Porat Yosef in the old city Jerusalem. He was born outside the walls after the Jordanians took over the city, and his father moved to Iraq, where he was one of the greatest rabbinical

authorities at that time. He was named Shalom after the great Mekubal the Rashash, R' Shalom Sharabi ztl, one of the greatest Mekubalim in the past few hundred years. He grew up in a house and community of immense Torah and Yirat Shamayim, and progressed quickly to be known as Hacham Shalom. When he was a young man, he went to learn in Yeshivat Porat Yosef under the leadership of Hacham Ezra Attia ztl. His tremendous dedication and devotion of time and energy to his learning gave him a close relationship with the Rosh Yeshiva Hacham Ezra, a relationship that was strong until Hacham Ezra passed away. Hacham Shalom would then give over the Shiurim of Hacham Ezra in his memory. In Jerusalem, he learned alongside some of our greatest Rabbanim, including R' Yehuda Tzadka ztl, Hacham Ben Sion Abba Shaul zyl, and for a long time he learned with our great Gaon Hacham Ovadia Yossef ztl.

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 everything will occur in the proper place and time.

Story

Nissan and his wife Bella had eight children together. They were a poverty-stricken family, now with three daughters of marriageable age that they could not afford to marry off. While Nissan did not believe that a blessing from a Rebbe can make any difference for their situation, his wife Bella believed strongly. She heard that a Rebbe was scheduled to be passing on the road outside their town, so she went out there with her three daughters to catch the Rebbe, one way or another, and get a blessing from the Rebbe. As she blocked the road with tears pouring from her eyes down her cheeks, she was given a chance to briefly speak with the Rebbe. The Rebbe instructed her to go find the Kuppah of Tzedakah that was in her house and bring it to him, so that he can use it as a conduit for her blessings. She ran home and brought it back to the Rebbe. He took it and blessed her with a respectable livelihood, for her and her children, safe from poverty, with Hashem's help.

Laws: *Shabbat*

- 1** – Rabenu Tam teaches: Seudah Shelisheet is different than any of the other meals of Shabbat, as it does not require Kiddush.
- 2** – 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.
- 3** – If one is full and cannot eat bread, he can eat Mezonot and recite Al Hamichya.
- 4** – 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.
- 5** – 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.

6 – 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.

Sponsors

*** *Mr. Morris Abadi, his wife Mira, and their children.* Blessings and success for the entire family, Mazal Tov to their son *Yitzchak and his wife Sarit* on the birth of a son, Mabrouk, Amen. *** *Mr. Farah Hamra, his wife Dina, and their children.* Blessings and success for the entire family, Leilui Nishmat *Camo Jamile Bat Adel a”h*, Amen. *** Askani Tzibur *R’ Simon Goldstein, his wife Simmy, and their children.* Blessings and success for the entire family, Amen. *** *Mr. Alfonse Kubani, his wife Golda, and their children.* Blessings and success for the entire family, Amen. *** *Dr. Faraj Alkada, his wife Lina, and their children.* Blessings and success for the entire family, Amen. *** *Mr. Joe Aboudi, his wife Linda, and their children.* Blessings and success for the entire family, Amen. *** **Anonymous Donor.** Blessings and success for the entire family, Leilui Nishmat her father *Marco Ben Zahie a”h*, Amen. *** **The Kbabie Family.** Blessings and success for the entire family, Leilui Nishmat *Jida Ben Adel a”h*, and Leilui Nishmat *Mazal Bat Leah a”h*, Amen. *** *Mrs. Celia Levy, her husband Ted, and their children.* Blessings and success for the entire family, Amen. *** *Mrs. Bella Swed and her daughters.* Blessings and success for the entire family, Leilui Nishmat their father *Eliyahu Swed HaLevi Ben Mazal a”h*, Amen. *** *Mrs. Rita Zaafrani, her husband Moshe, and their children.* Blessings and success for the entire family, Leilui Nishmat her mother *Frieda Bat Jamila a”h*, Amen. *** Mashgiach *Mr. Moshe Marashli, his wife Esther, and their children.* Blessings and success for the entire family,

Leilui Nishmat his father *Yitzchak Ben Kilsom a”h*, and Leilui Nishmat his father-in-law *Jack Chaim Janani Ben Sarah a”h*, Amen. *** Mashgiach *Mr. Abraham Maleh, his wife Amilia, and their children: Sophie, Paula, Sarah, and Klimi.* Blessings and success for the entire family, Leilui Nishmat his father *Kamel Ben Jamila a”h*, and Leilui Nishmat his mother *Shafiah Bat Salha a”h*, Amen. *** *Mrs. Rina Jajati and her husband David.* Blessings and success for the entire family, Leilui Nishmat her mother *Gilsom Bat Habiba a”h*, and Leilui Nishmat her brother *Dr. Mayer Salama Ben Gilsom a”h* Amen. *** *Mr. Shlomo Shalouh HaCohen, his mother Selly, his wife Lillian, and their children.* Blessings and success for the entire family, Leilui Nishmat his father *Yosef Shalouh Ben Amilia a”h*, Amen. *** *Mr. Isaac Shakalo and his sisters: Gracie, Shella, Violet, Stella, and Claudi.* Blessings and success for the entire family, Leilui Nishmat their mother *Bella Bat Kahila a”h*, Amen. *** **Blessed siblings: Jack, Joey, Raizy, Vera, and Lina of the Sardar Family.** Blessings and success for the entire family, Leilui Nishmat their mother *Rachel Bat Alvira a”h*, Amen.

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