

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

**Rabbi Aharon Farhi**

*Parashat **Hukat-Balak***

12<sup>th</sup> Tammuz 5783

**Mr. Eliyahu Levy, President**

*Haftarat **Vehaya Sheerit***

July 1<sup>st</sup> 2023

*Maqam Nahwand*

Issue #1034

*Candle Lighting 8:12pm \* Shekiah 8:30pm \* Shir Hashirim 7:00pm followed by Mincha Friday Night  
Shaharit Shabbat 8:15am \* Mincha Shabbat 7:55pm \* Shabbat Ends 9:12pm & Rabbenu Tam 9:42pm  
Time for Talit 4:02am \* Seasonal Hour 87:00 \* Alot Hashahar 3:45am \* Netz Hachama 5:29am  
Weekday Mincha 7:30pm \* Earliest Time for Arbit 7:18pm \* Tzet Hacoachavim 9:07pm \* Chatzot 12:59  
Latest Time for Morning Keriat Shema 8:01am \* Latest Time for Morning Amidah 9:28am*

*The 17<sup>th</sup> of Tammuz Fast on Thursday July 6<sup>th</sup> begins 3:51am, and ends 8:58pm, & strictly 9:06pm*

*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

**Parashat Hukat:** Rabi Yossi teaches, Hashem revealed the understanding for the Mitzvah of Parah Adumah only to Moshe, but not to anyone else. Everyone else besides Moshe must observe this commandment without understanding. How does it purify and impurify simultaneously? We do not know. Why did Hashem only reveal the understanding to Moshe alone? The purification process of the Parah Adumah, the commandment to observe without understanding, was given in order to atone for the sin of Adam Harishon, who sinned by eating from the tree of knowledge. Adam wanted to understand more, to have more knowledge that was not given to him, knowledge that Hashem had instructed him not to acquire. Because he did not listen, he brought death to the world for all future generations. The commandment of the Parah Adumah therefore atones for this sin by giving us a chance to fulfill Hashem's words without understanding. We therefore accept without question. Moshe, however, was on the highest level, Hashem had testified that he was most trustworthy. Even when Moshe went up to heaven to accept the Torah, staying there without food or drink, and

Hashem called him supernatural when he approached Pharaoh, nonetheless Moshe never thought of himself more than dust and earth, never elevated himself over others with haughtiness or arrogance, always the humblest of all men. He never asked questions, never needed to know more than what Hashem told him, and therefore was not necessary for him not to know the reason for this Mitzvah.

**Parashat Balak:** It is a positive commandment, one of ten which we are expected to fulfill everyday through remembrance, to recall the failed evil plans of Balak and Bilaam against our holy nation. Why is this episode so important, to be remembered each day by our nation? Also why was the Parasha named after an enemy of our nation? The reason is because this entire episode at the time was actually not known to the Jewish nation. We didn't know about the plan to curse the nation, we didn't know about all the sacrifices they made while planning to do so, and when they failed Balak had instructed Bilaam not to tell anyone about the failed attempt. They wanted all this to remain a complete secret

and not give the Jewish nation any satisfaction or strength of resolve out of their failure. Even Moshe Rabbenu at the time did not know what was happening behind the scenes, and we are only aware of the failed evil plans conspired by Balak and Bilaam because Hashem revealed the details to us. Bilaam promised Balak that he wouldn't say anything, but also mentioned that Hashem would definitely tell the nation nonetheless. The entire episode is written openly as a full Parasha, titled Balak, to teach us about how Hashem is always protecting us, even when we have no clue of anything happening. The curses are turned to blessings, and we are always watched over by Hashem. This we must remember every day. May Hashem protect us always, Amen.

### ***Insights on the Parasha***

**1** – When Miriam passed away, there was no water for the nation. The wellspring of Miriam dried up as a punishment for not properly eulogizing her passing. When Moshe and Aharon passed away, the nation mourned for them properly, crying for thirty days, but when Miriam passed away, it only says that they buried her. Therefore, they lost the water that they had merited because of Miriam.

**2** – Balak earned the reward that Ruth would descend from his offspring because he had offered 42 sacrifices to Hashem.

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

*130 years after the Hurban, 200AD.* Rebi Meir was the greatest of his generation, ascending after the passing of Rabi Shimon Bar Yohai. He taught: anyone who learns a lot of Torah will merit many things, all of the world is created for him, he is called beloved. Love the people, delight your Creator, bring joy to people. Torah crowns one with humility, awe, the drive to be righteous, to be a Chassid, honest straight and true, distances one from sin, and draws towards merit. Torah brings wisdom, advice, salvation, understanding, and true strength. Learning Torah reveals the

hidden depths of knowledge, develops one to be a wellspring of goodness. Modesty and patience, the ability to forgive and overlook, to be merciful, and to thereby be exalted above all others comes from the Torah learning. He would say: decrease your business and busy yourself with Torah. Be easy going with others. If you waste time not learning Torah, much waste comes as a result. Utilizing time learning Torah will bring great rewards. Not only to learn, but to teach Torah. If one only learns and doesn't teach, he is despised. Even a stranger who learns is like the Cohen Gadol, but only receives rewards as one who observes without being commanded. Also, guard your mouth from sin. He would teach: just as you are thankful for good, be thankful for the bad as well. Also, do not approach someone when he is angry, do not try to appease him when he is mad, and do not return home to your family when you are in a state of irritation.

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

When a person puts too much salt into his body, what happens to his body from within? It is known that our bodies consist of sixty to eighty percent water. When we drink, the water reaches the right places, but when the body has excess salt, the nature of the salt is to absorb water, so instead of the water reaching the right places in the body, it attaches instead to meat. That then forms pressure on the blood vessels from the outside. This pressure causes the heart to work harder to push the blood through the blood vessels, causing a disease called hypertension, which is nicknamed by doctors as "the silent killer". In conclusion, we need to understand: products being marketed in the stores have a lot of salt in them, in order to make the food taste better and sell better, but then we also add salt later in our plates. Salt is the first enemy to destroy our bodies and bring us many diseases and problems, so it is our duty to be vigilant and relentless, because of the dangers to our health that lurk and creep into our lives and those of our loved ones. It is

important to keep track of how much sodium every product contains, and choose products that contain less sodium. Prepared foods should not contain more than an average of 350 mg of sodium per gram.

### **Mussar: Fasting**

Our Sages of blessed memory teach us: All who fast are called holy. Fortunate are those who are able to fast. There are many Segulot in fasting, such as the 'Sitra Achara' (Yetzer Hara) cannot cling to one who is fasting. Fasting leads to humbleness, since one loses his strength from not eating and realizes his limits as a human. One who is fasting is not tested from heaven, since Hashem sees the person testing himself, and he is already considered one who overpowers his inclination. He is then fit for the Shechinah to rest upon him, and his prayers are heard without any prosecutors objecting. There are many angels that are created through performing Mitzvot, but cannot ascend unless the person uses the power of a fast. A person who fasts is credited to have brought a sacrifice consisting of the fat and blood that he has lost while fasting. Unfortunately, many are fooled by their evil inclination that they are unhealthy and therefore fasting will result in sickness. They are led to believe that fasting in such a state would cause them to be punished in the next world for neglecting their bodily needs. Fasting is an excellent form for attaining forgiveness. Our great and holy sages knew the severity of their sins and fasted many fasts, as David Hamelech says, "*My knees are weak from fasting*". Rebi Elazar and Rebi Yehoshua fasted until their teeth turned black in order to atone for specific sins. Rav Huna fasted 40 times for a specific reason as well. There were many others as well. So much more must we understand our need to atone for our many unbearable sins. Fasting is difficult, but what else can we do? Eat, drink, and be merry? Do not listen to your evil inclination who tells you that it is too unbearable for he is trying to destroy you! Many who fast turn out a lot healthier than those that do not. One who wishes to purify himself is definitely helped by heaven. One must especially be

careful with obligatory fasts. May Hashem watch over us, Amen.

### **Rishon LeSion:**

#### ***R' Eliyahu Moshe Panigel 1840-1929***

R' Eliyahu became known as one of the great scholars of his time. He was an excellent orator in Torah, pearls of wisdom flowed from his lips. He also composed Pizmonim. His beautiful voice sang to the delight of everyone's ears. He was a trusted leader who cared for all in his flock, like a shepherd through rain and storm. No matter how difficult the challenges in Jerusalem, the number of sick and bedridden, he would provide solutions, opening a hospital to help those in need. The doctor offices were full each day, and the need for healers was great. The cost of operations was steep, and great men worked hard to finance the hospital. R' Eliyahu decided to go abroad in order to raise funds to support the medical establishment, to help pay off some of the debt being incurred. The journey was long and hard, and he worked diligently to reach out to those who can help.

### **Laws:**

#### ***The Fast of 17<sup>th</sup> of Tammuz***

- 1** – The fast of the 17<sup>th</sup> of Tammuz will take place Thursday the 6<sup>th</sup> of July. It begins 3:51am and ends 8:58pm. Those who are strict wait until 9:06pm. The following is the calculation based on the Ben Ish Hai and Hacham Ovadia Yosef ztl: The fast begins Alot Hashahar which is one and a fifth seasonal hours before Netz 5:32am – the seasonal hour is 86:00, plus a fifth, which is 17, so  $86+17=103$  minutes before Netz, making Alot Hashahar 3:51am, when the fast begins.
- 2** – If one wishes to eat before Alot Hashachar (3:51am), he must make sure to sleep on condition to wake up and eat, otherwise he may not eat even if he wakes up before Alot Hashachar.
- 3** – A pregnant or nursing mother within 24 months of childbirth, a lady who miscarried within 24 months, a person who is sick, even if not sick dangerously, a sick person who recovered but is still weak, and an older weak person, are all exempt from this fast. However,

they should still eat only what is necessary and not indulge in desires.

**4** – A bride and groom within the first seven days, a father of his son's Brit Milah, the Sandak, and the Mohel, are all obligated to fast.

**5** – One who cannot last without rinsing out his mouth or brushing his teeth (a sensitive person) may brush, provided that he faces downwards and not swallow.

**6** – A healthy person who has a headache or is in pain and needs relief may take Tylenol or other such pain relievers without water. If he cannot swallow without water, he may use just enough water necessary to swallow.

**7** – One who forgot that it was a fast day and ate must continue the fast nonetheless. If he ate a Kezayit, even though he is continuing the fast, he may not say Anenu in Tefillat Minha.

**8** – One who made a Beracha on a drink or food forgetting about the fast, must taste it in order to have the smallest amount of pleasure so as not to have made a Beracha in vain.

**9** – After Anenu, only the Sheliach Tzibur ends off with a separate Beracha of "Ha'oneh..." during Chazarah between the 'Goel' and 'Rofeh' Berachot. Everyone else, however, just ends off with "Shomeah Tefillah", the regular Beracha of "Shema Kolenu" in which they say Anenu.

**10** – If one forgot Anenu, just continue and say it after 'Elokai Netzor' without a Beracha.

**11** – Smoking is permitted during a fast.

**12** – A boy under the age of 13 and a girl under the age of 12 are exempt from fasting.

**13** – Cohanim is recited and performed during Mincha of a fast only if it is after Pelag Hamincha (7:18pm). If a Minyan is praying Mincha Gedola or any time before Pelag Hamincha (7:18pm), then Cohanim is completely skipped.

#### **Sponsors**

\*\*\* **Mr. Yehuda Barakat, his wife Leah, and their children.** Blessings and success for the entire family, Mazal Tov to the bride and groom **Rom and Linor**, and Mazal Tov to **Nissim and Rima** on the Bar Mitzvah of their son **Nouri**, Mabrouk, Amen. \*\*\* **Mr. Shay**

**Kassab, his wife Razi, and their children.** Blessings and success for the entire family, Amen. \*\*\* **Mr. Soly Araman, his wife Vicky, and their children.** Blessings, health, and success for the entire family, Leilui Nishmat his brother who passed away at a young age **Ariel Ben Jamile a"h**, Amen. \*\*\* **Mr. Eli Levy, his wife Becky, and their children.** Blessings, health, Refuah Shelemah, and success for the entire family, Amen. \*\*\* **Mrs. Tania Antabi and her son Soly Shaalo, and their children.** Blessings and success for the entire family, Leilui Nishmat her mother **Linda Bat Terra Esther a"h**, Amen. \*\*\* **Mrs. Eva Khafif Antabi, her husband Shlomo, and their children.** Blessings and success for the entire family, Leilui Nishmat her mother **Linda Bat Terra 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.

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