

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

**Rabbi Aharon Farhi**  
*Parashat Devarim*  
4<sup>th</sup> Av 5783

*Maqam Hijaz*  
Issue #1037

**Mr. Eliyahu Levy, President**  
*Haftarat Hazon Ovadia*  
July 22<sup>nd</sup> 2023

*Candle Lighting 8:03pm \* Shekiah 8:21pm \* Shir Hashirim 7:00pm followed by Minha Friday Night  
Shaharit Shabbat 8:15am \* Minha Shabbat 7:45pm \* Shabbat Ends 9:02pm & Rabbenu Tam 9:32pm  
Time for Talit 4:19am \* Seasonal Hour 85:00 \* Alot Hashahar 4:02am \* Netz Hachama 5:44am  
Weekday Minha 7:30pm \* Earliest Time for Arbit 7:11pm \* Tzet Hacoachavim 8:57pm \* Chatzot 1:02  
Latest Time for Morning Keriat Shema 8:17am \* Latest Time for Morning Amidah 9:42am*

*Erev 9<sup>th</sup> of Av, Wednesday July 26<sup>th</sup>*

*Minha 6:30pm, Fast Begins 8:17pm, Arbit 8:35pm*

*9<sup>th</sup> of Av, Thursday July 27<sup>th</sup>, Shaharit 6:00am, Minha 7:55pm*

*Fast Ends Thursday Night 8:45pm, for the Strict 8:55pm*

*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

The Pasuk says: *"May Hashem... add to you a thousand times yourselves, and bless you as He has spoken to you"* Bnei Yisrael asked Moshe, why has he blessed them with a limit, up to a thousand times, when Hashem is infinite and does not need a limit to His blessings? Hashem in fact blessed Bnei Yisrael before to multiply without limit? Why did Moshe mention a limit here of a thousand times? Moshe explained that the blessing of a thousand was in fact from him, while the next part of the blessing, *as He has spoken*, is infinite from Hashem. Why was Moshe's blessing limited? Because man of flesh and blood is incapable of providing infinitely, and if man does so it is invalid because it is impossible. In order for the blessing to be valid, Moshe had to use a limit. For example, if a person promises to support a man and his family for five years, and even performs a Kinyan on the promise, it is still invalid, because there is no limit set to the promise. Only Hashem can promise something infinite, limitless, and it will be valid. The Pasuk says: *"For as an inheritance to Esav have I given Mount Seir"*. In Yehoshua it says that Hashem has given Mount Seir to Esav to inherit, while Yaakov and his children

went down to Egypt. Why has Esav inherited his land so easily, while Yaakov was sent down to Egypt where his descendants were oppressed, put into slavery, and forced to perform terrible labor? Take a look at animals: when animals are born, in only a short span of time they are already standing on their own, running around independently, finding food for themselves, all without need for their parents. A person on the other hand upon birth needs an abundance of care day and night for many years, much guidance and teaching in the following years, until finally after quite a number of years a person can be mature enough to take care of themselves. Why? Because man has great purpose in this world, important responsibilities, and must learn a lot in order to fulfill a destiny in this world. Many levels must be achieved, much knowledge must be learned, with discipline and honor, in order to truly mature into adulthood. Therefore, while Esav was given his inheritance rather quickly because his purpose in this world is very small, Yaakov and his descendants had to first go down to Egypt to properly develop over time into a mature nation with real meaning and purpose of serving

Hashem. Such maturity takes time and a lot of work. May Hashem watch over us, Amen.

### *The 9<sup>th</sup> of Av*

We do not recite Tahanun on the 9<sup>th</sup> of Av because it is considered a Moed, as it says in the Pasuk. A Moed is a holiday, a time for happiness and rejoicing, like we recite in prayers, Moadim LeSimha. If so, what is the holiday of Tisha B'Av? Usually when we reach a specific date on the calendar we celebrate a holiday, such as Pesah on the 15<sup>th</sup> of Nissan, or Sukkot on the 15<sup>th</sup> of Tishre. We do nothing, the holiday comes on its own based on the calendar. Tisha B'Av is different. During the three weeks prior to the 9<sup>th</sup> of Av, we begin mourning over the loss of the Bet Hamikdash in various ways. We continue in succession until we reach the 9<sup>th</sup> of Av, the day the Bet Hamikdash was destroyed, when we fast, recite Kinot lamentations, and feel the deep loss. We cry and pray for redemption, for Hashem to return the Bet Hamikdash to its full glory. There is no greater happiness before Hashem at that point, when we return to Him, reach out with sincerity, fast and cry, and want our exile away from Hashem to finally end. This is why it is called a Moed, not because we celebrate it as a holiday, but because it is a holiday for Hashem, a time when the nation is drawing closer to their Father in heaven, and if Hashem is rejoicing, then we most definitely should share in the happiness of the holiday, after we have performed our part and became closer to Hashem through our sincerity, with prayers, fasting, and crying for the Bet Hamikdash to be rebuilt quickly in our time, Amen.

### *True Story*

A Baal Teshuvah in Yeshivat Or HaChaim of Rabbi Reuven Elbaz was getting married to a Baalat Teshuvah. A lot of preparations and planning was done for many weeks until the day of the wedding finally arrived. An hour before the Chuppah ceremony, the groom started getting nervous. He just didn't feel ready and so he wanted to call off the wedding. His Rabbi tried talking to him, tried convincing him that he was ready, explained how terrible the bride

would feel if the wedding was canceled, but despite his every effort to reach his heart, the Rabbi could not convince the groom to get married. The wedding was going to be called off to the great disappointment of many, especially the bride-to-be moments before the ceremony. The groom simply disappeared, and the Rabbi was stalling for time. The Rabbi asked everyone at the wedding to wait until he returned. Nobody should leave! He drove to the home of Rav Yaakov Yisrael Kanievsky zt"l in Bnei Brak, told him what was happening, and asked for advice. The Rav asked if there was anyone else in his Yeshiva ready to get married? Stunned by the question, Rabbi Elbaz answered yes. Rav Kanievsky instructed Rabbi Elbaz to tell that Talmid that this was his match from heaven and that he should get married to her today. The boy was already sleeping, and Rav Kanievsky told him to wake him up. He also said that if he wished, he could go to the home of Rav Elyashiv in Yerushalayim and ask him as well. Rabbi Elbaz quickly drove to his home at a quarter to midnight where he was also instructed by Rav Elyashiv that he should wake up the student and go ahead with this plan. They woke up the student, explained what was happening, told him that both Rav Kanievsky and Rav Elyashiv blessed this marriage, and the student agreed. They were married at 1:00am, and to this day the two live together and enjoy a marriage filled with blessings, in merit of the Tzaddikim. Everything is from heaven.

### *Health and Recovery*

It is important to know that cardiovascular diseases are the number one cause of death in Israel, and in the developed countries of the world. This fact cannot be separate from the fact that food in modern countries contains a lot of saturated fat. It turns out that this fat is the main reason for this severe death count. Therefore, it is recommended to eat products that contain unsaturated fat, such as: low-fat milk, fat-free meat, fat-free chicken, olive oil, non-fat sea fish, avocado nuts, almonds soaked in water, pumpkin seeds, and sunflower seed butter. You have to stay away from margarine. What is

margarine? It originates from vegetable fat, artificially transformed into solidity by hydrogenation, that is, a chemical modification of its molecular structure by adding hydrogen. In the process of margarine formation, trans-acids are also formed. This change poses a health hazard, raises the level of cholesterol in the blood, and is also suspected to be a risk factor for cancer when consumed in large amounts. In addition, margarine contains synthetic vitamins, food coloring, and preservatives. It is used in many commercial items, such as waffles, cakes, cookies, burekas, snacks, and chips. "Burekas is the worst, a dangerous cause for diseases, because it is made up of solid oils and the worst forms of fat," says Professor Raphael Carasso.

#### **Mussar: Recognize Hashem's Greatness**

A person is considered a miniature world. Therefore, just as contemplating the awesome wonders of the world will help a person develop deeper faith in Hashem, so too shall contemplating the amazing details of the human body. We must constantly grace and thank Hashem for the countless blessings He bestows upon us every day throughout our entire life. He gives us even though we haven't earned it. He has created us from nothing. He has given us a body which is composed with countless wonders and outstanding wisdom. We were given a powerful and holy soul. We have intelligence in order to decipher between good and bad, right and wrong, and the ability to think and observe in order to recognize our Creator and Master. Hashem feeds us and gives us our necessities – even extras as well as some luxuries. He does not forsake us and cares for us every moment. The least we could do is recognize His greatness and bless His holy Name in this world. Do not slumber and be ungrateful. Sing His praises to others and spread His presence throughout the world. He has created us in the form of His image, and blew a living soul within us, a soul of superiority and sovereignty; a soul with wisdom and great power, with the ability to understand and develop, greater than any other creation. The body is so complex and the mind is the control center. We must realize the

awesome gift of life and praise Hashem with great devotion and emotion. Those who praise Hashem in this lifetime will praise him after a long life in the next world, where the true praises are spoken. May Hashem watch over us, Amen.

#### **Rishon LeSion:**

##### ***R' Nachman Batito 1850-1915***

During the first World War, the leaders of Jerusalem worked very hard and did everything they could to help the people of the city survive the many challenges they faced and the dangers that threatened their lives, through hunger, poverty, sickness, the uncertainty of tomorrow, all not simple tasks on a daily basis. A leader did not discriminate between his people and others. They fought for the survival of every Jew, and their work is the reason Jerusalem continues to exist today. In 1850 R' Nachman Batito was born in the city Marrakesh, Morocco. His parents wanted him to grow up to be a Talmid Hacham, so they moved to Israel where he can learn Torah from great Rabbanim. R' Nachman's thirst for Torah learning knew no boundaries. He went to all the Yeshivot to hear the wisdom from all the teachers, and he was respected for his passion in learning. Slowly but surely, he earned his place in the frontlines of Torah amongst the Rabbanim of Jerusalem. His main teacher was R' David Ben Shimon, and when his Rebbe passed away, R' David's students appointed R' Nachman as their new teacher and leader. He worked hard and diligently for the sake of heaven, and his name spread throughout all of Jerusalem. After R' Eliyahu Panigel zt"l was no longer Rishon LeSion, as World War I began, R' Nachman became Rishon LeSion. The suffering and challenges the people faced greatly pained R' Nachman, and dealing with them had a very negative effect on his health. He passed away on the 15<sup>th</sup> of Elul in 1915, may his merits protect us, Amen.

#### **Laws: The 9<sup>th</sup> of Av**

**1** – After Chatzot (midday) of Erev 9<sup>th</sup> of Av we only learn what is permitted to learn on the 9<sup>th</sup> of Av (Iyov, Eichah, Halachot of the 9<sup>th</sup> of Av,

Halachot of a mourner, etc.). We do not take a walk for pleasure on Erev 9<sup>th</sup> of Av.

**2** – Fish, two dishes, tea, coffee, wine, beer, and any intoxicating beverage, are not consumed during Seudah Hamafseket.

**3** – Cheese, yogurt, fresh fruit and vegetables, are not considered a dish. We have the custom to sit upon the floor during the Seudah Hamafseket. Zimun is not performed and all eat alone.

**4** - Even pregnant and nursing women are obligated to fast. A sick or old person may eat on the 9<sup>th</sup> of Av if the doctors say it is necessary, and may only eat what is necessary. Children under 13 (boys) and under 12 (girls) do not fast.

**5** – Some sleep on the ground during the night and place a rock under their pillow, as well as sleep in a slightly less comfortable manner than usual.

**6** – One must still stand in the presence of an elder, parent, or Rabbi during the 9<sup>th</sup> of Av.

**7** – Washing is completely prohibited, whether with cold or hot water. Shahrarit and throughout the day we wash until the knuckles and afterwards may apply it to our eyes. Smoking is not allowed during the 9<sup>th</sup> of Av. One who is addicted and is in great pain may smoke after Chatzot, privately. A Cohen may wash as usual before Birkat Cohanim. One who cannot fast and must eat can wash his hands in the normal fashion.

**8** – Tehillim isn't recited, but those who are lenient have what to rely upon.

**9** – Leather shoes may not be worn and “Sheasa Li Kol Tzorki” is not recited in the morning. If it's said accidentally, it's not a wasted blessing.

**10** – One may not say “Shalom” to another during the 9<sup>th</sup> of Av, but may nod to someone who accidentally said so to you.

**11** – Washing the face is prohibited. When we wash our knuckles, we may afterwards apply the wetness to our eyes.

**12** – Work will not show blessing if performed.

**13** – During Shahrarit one puts on his Talit and Tefillin at home, recites “Kadesh Li” and Shema, and then goes to Shul. Haazinu is recited instead of “Vayosha” and Vayosha is said after

the Amida. Some congregations perform Birkat Cohanim and some don't.

**14** – Meat is not eaten until after the 10<sup>th</sup> of Av (this year Friday). On Friday night meat may be eaten.

#### *Sponsors*

\*\*\* *Mr. Morris Kabani, his wife Evett, and their children.* Blessings and success for the entire family, Amen. \*\*\* *Mrs. Nina Always, her husband Gabriel, and their children.* Blessings and success for the entire family, Leilui Nishmat her mother *Bolisa Bat Mazal Nazli a”h*, and Leilui Nishmat her aunt *Rachel Bat Mazal Nazli a”h*, Amen. \*\*\* *Mr. Avraham Aharon Farhi, his wife Rania, their parents, and their children.* Blessings 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 Tera 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 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.

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