

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

Rabbi Aharon Farhi

Parashat Vaetchanan

11th Av 5783

Mr. Eliyahu Levy, President

Maqam Husseni Haftarat Nahamu Nahamu

Issue #1038

July 29th 2023

*Candle Lighting 7:57pm * Shekiah 8:14pm * Shir Hashirim 7:00pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 7:40pm * Shabbat Ends 8:56pm & Rabbenu Tam 9:26pm
Time for Talit 4:27am * Seasonal Hour 84 * Alot Hashahar 4:09am * Netz Hachama 5:50am
Weekday Minha 7:30pm * Earliest Time for Arbit 7:06pm * Tzet Hacoachavim 8:51pm * Chatzot 1:02
Latest Time for Morning Keriat Shema 8:21am * Latest Time for Morning Amidah 9:43am*

The 15th of Av will be Wednesday August 2nd 2023

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

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Please do not read this bulletin during Tefillah or Keriat Hatorah

In this week's Parasha, the Pasuk discusses a commandment that is an important fundamental concept of the Torah: *One must never add or subtract laws from the Torah.* Just as an addition or a subtraction from any area of the human body would label the person as disfigured and imperfect, so too the perfect Torah would be considered blemished if one would try to add or subtract a commandment. Also, the Torah is our soul's prescribed medication for a healthy spiritual existence. If a sick person adds or subtracts from a doctor's prescribed medication dosage, the medication will not only be useless to him, but on the contrary it can very well cause his health great damage. So too, spiritual health must be maintained according to the instructions of the Torah, without adding or subtracting. When Mordechai and Esther wanted to add the Mitzvah of reading the Megillah, eighty-five elders and prophets were concerned with the addition. However, Hashem

revealed to them that this Mitzvah was actually hinted in the Torah, hidden in the words "*Hamin HaEtz*" which could also be read "*Haman HaEtz*" alluding to Haman who was hanged on the tree, as well as the Pasuk "*Haster Astir*" alluding to Esther. The Pasuk says, *You who cling to Hashem, you are all alive today.* If a person attaches himself to Hashem with all his heart and thoughts, then Hashem will bless him with life and longevity. The word used here, *Atem, you*, has the same letters as *Emet, truth*, teaching that true attachment to Hashem is the key to real life. May Hashem watch over us, Amen.

Insights on the Parasha

1 – Hashem told Moshe, *It is too much for you! Do not continue to speak to Me further about this matter.* Moshe asked Hashem to treat him like an indentured Jewish slave, who continues to work for his master for the continued fifty years until Yovel. The Pasuk says that when a

Jewish slave loves his master, his wife given to his by his master, and his children, and does not want to go free, then he continues serving his master until the Jubilee year. So too, Moshe was telling Hashem, he loves his master, Hashem, he loves his wife, the Torah, and he loves his children, Bnei Yisrael, and does not want to be set free from this world but rather continue serving, by performing the Mitzvot, learning Torah, and fulfilling the words of Hashem, not to be free from the yoke of the Torah. Hashem answered that he already received this, as the years of man is usually seventy years, and he already lived fifty extra years to the age of 120 years. Hashem hinted this with the words “*Rav Lach*”, it is too much for you, as the numerical value of the word *Lach* is fifty, hinting that he already received fifty more years than a normal lifespan.

History in Brief

130 years after the Hurban, 200AD. A worldly philosopher named Abnimus Hagardi had questions about the creation of the world, so he went to the Jewish Sages and asked how the world was created. He was told to speak with Aba Yosef Habenai. He searched for him and found him working on top of a building. He couldn't stop working because he was hired for his time, so he allowed the philosopher to ask his question while he continued to work. He explained that the world was created when Hashem took earth from underneath His Throne of Glory and threw it upon water, which created land. The stones in that earth became the mountains and hills. After the destruction of the Bet Hamikdash, Eretz Yisrael was filled with Torah learning. The Goyim asked Abnimus Hagardi if they could attack the Jewish nation and conquer them. He explained that as long as the Shuls and Batei Midrashim were filled with children

learning Torah, they would never succeed. Yaakov Avinu was already told, *the voice is of Yaakov, the hands are of Esav* – as long as the voice of Torah is heard from the children of Yaakov, the hands of Esav will never touch them.

Health and Recovery

Vitamin D is a nutrient that your body needs in order to properly build and maintain healthy bones. That's because your body can only absorb calcium, the primary component of bone, when vitamin D is present. Vitamin D also regulates many other cellular functions in your body. Its anti-inflammatory, antioxidant and neuroprotective properties support immune health, muscle function and brain cell activity. Vitamin D isn't naturally found in many foods, but you can get it from fortified milk, fortified cereal, and fatty fish. Your body also makes vitamin D when direct sunlight converts a chemical in your skin into an active form of the vitamin (calciferol). The amount of vitamin D that your skin can produce actually depends on many factors, including the time of day, season, latitude, and your skin pigmentation. Depending on where you live in the world and your type of lifestyle, vitamin D production might either decrease significantly or it can be completely absent during the winter months. Sunscreen also can decrease vitamin D production in the summer months. It is best to go outdoors, under the sun, during the hours of 10:00am-3:00pm. Nowadays, people remain indoors for most of the day, without enough windows, skylights, and access to sunlight. We have become accustomed to temperature-controlled environments, heating and cooling, and don't even open the windows to allow fresh air into our living spaces. Electricity has taken the place of

sunlight. We sometimes barely even open the shades to allow the sunlight in. Neighboring buildings are tall and block much of the direct sunlight as well. All these factors greatly decrease our chances of receiving vitamin D through sunlight, especially during the winter months when the day is much shorter and the hours of sunlight significantly decreased.

Mussar: Imperfection

Nobody is perfect. Everyone makes mistakes and has their package of flaws and sins that they need to work on correcting. Only Hashem is complete and perfect. Unfortunately, man has the custom to see the flaws of others, and often does not see his own imperfections. Perhaps his flaw may even be greater than that of his friend. Seek out the truth and develop yourself properly. Go to the Rabbanim and ask for constructive criticism. Fear heaven and always do the right thing, even if you may not fully understand. Change for the better a little bit each day and declare, *'When will my actions reach the level of my forefathers Avraham, Yitzchak, and Yaakov?'* Pray for success and truth. One time, a Jewish man in Bagdad came before the great *Rav Yosef Chaim (Ben Ish Hai)* and explained that his neighbor was a sinner. He asked if he must sell his house and move, as the Mishnah states *'Distance from a neighbor that is bad'*. The Rav explained that he must actually read the Mishnah in this situation as *'Distance a neighbor from bad'* – meaning, he must pray and work with wisdom to show his neighbor the truth. One mustn't always abandon his neighbor just because he is at fault, rather he must sometimes find a way to rid his neighbor of the fault, thereby eliminating the need to move altogether. This man listened to the Rav and was successful in helping his neighbor repent.

Rishon LeSion: R' Moshe Franco

After the passing of R' Nachman Batito in 1915, the Sages in Jerusalem discussed who

would succeed as the next Rishon LeSion. They chose R' Moshe Yehuda Franco, the rabbinical authority of Rhodes, Turkey (now Rhodes, Greece) as the next Rishon LeSion of Yerushalayim. Rhodes had first been controlled by the Greeks 2400 years ago. In 1528, Rhodes was taken over by the Ottoman Empire. In 1912, Italy controlled it. In 1947, it once again was controlled by Greece. In 1170, four-hundred Jews lived in Rhodes. In 1498, thousands of Jews were sold as slaves because of their religion. In 1522, the Jews took control and called it the miniature Jerusalem. In 1750, the Jews numbered 3,000 people. In 1912, they numbered 4,500 people. During World War II, the Nazis sent 1,700 Jews to Auschwitz. To this day, there still are Jews living in Rhodes, Greece. Now we will return to R' Moshe Franco from Rhodes, who grew up learning Torah and was appointed as their rabbinical authority and leader when their previous Rebbe passed away. As he advanced in age, he decided to move to the holy land of Israel, in 1911, where he was crowned as the Rishon LeSion. Unfortunately, due to the famine and hardships caused by World War I, he was unable to continue serving as Rishon LeSion, until his passing shortly afterwards in 1915 on the 1st of Tevet. May his merits protect us, Amen.

Laws:

1 – A person is obligated to recite at least one hundred blessings a day. On a weekday this is not a problem: the three times we pray Amidah total 57, The Shema with the Berachot in Shaharit and Arbit add another 9. Birkot Hashahar with Tzitzit and Tefillin add another 23, totaling so far 89. Add at least one meal with bread, and a few other times we recite blessings throughout the day, i.e. Shehakol, Asher Yatzar, etc. and we reach 100 blessings.

2 – During Shabbat and Yom Tov, when there are less blessings, what do we do? We recite Kiddush, Netillat Yadayim, and throughout the day try to eat more snacks of Mezonot,

Ha'etz, Ha'adamah, Shehakol, and recite Besamim.

3 – Answering Amen after each Aliyah to the Torah and Maftir blessings, if we have the right intentions and listen carefully to the blessings then they could be considered part of the count towards a total of one hundred blessings. Therefore, the one receiving the Aliyah should recite the blessing loud and clear.

4 – Maran Hacham Ovadia Yosef zt"l each Shabbat and Yom Tov would count each of the hundred blessings throughout the day, also on Yom Kippur, as each one was beloved to him like the pupil of the eye, like a precious stone. He was also careful to have thought and intention during the recitation, reciting each word carefully as if counting treasure. May his merit protect us, Amen.

Sponsors

*** *Mrs. Sophie Mougrabi and her children.* Blessings and success for the entire family, Mazal Tov to the bride and groom *Binyamin Abadi and Joyce Cohen*, Mabrouk, Amen. *** Hazzan *Mr. Victor Jrade, his wife, and their children.* Blessings and success for the entire family, Refuah Shelemah, Amen. *** *Blessed brothers: Aharon and Morris Abadi, their wives, and their children.* Blessings and success for the entire family, Leilui Nishmat their father *Yosef Ben Banout a"h*, Amen. *** *Mr. Leon Aharon Farhi, his wife Eva, and their children.* Blessings and success for the entire family, Leilui Nishmat his grandfather the *trusted Shochet R' Eliyahu Dahab Ben Tera Esther a"h*, Amen. *** *Mrs. Eva Dahab and her children, Jonathan, R' Eliyahu, and Camilia.* Blessings and success for the entire family, Leilui Nishmat her father the *trusted Shochet R' Eliyahu Dahab Ben Tera Esther a"h*, Amen. *** *Mrs. Liza Basal and her children, Yaakov, Yitzchak, Ilana, and Dorit.* Blessings and success for the entire family, Leilui Nishmat their father *R' Meir*

Ben R' Yekutiel & Johar a"h, Amen. ** *Anonymous (Mrs. A Bat B) and her family.* Blessings and success for the entire family, Mazal Tov on her birthday, may she live healthy and successful to the age of 120, Amen. *** *Mr. Eli Levy, his wife Becky, and their children.* Blessings, health, and success for the entire family, Amen. *** *Askan Tzibur Mr. Faraj Antabi, his wife Frieda, and their children.* Blessings and success for the entire family, Leilui Nishmat his mother *Linda Bat Tera Esther a"h*, 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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