

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

Rabbi Aharon Farhi

Parashat Ekev

18th Av 5783

Mr. Eliyahu Levy, President

Maqam Siga

Issue #1039

Haftarat Vatomer Sion

August 5th 2023

*Candle Lighting 7:49pm * Shekiah 8:07pm * Shir Hashirim 7:00pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 7:30pm * Shabbat Ends 8:48pm & Rabbenu Tam 9:18pm
Time for Talit 4:41am * Seasonal Hour 82 * Alot Hashahar 4:18am * Netz Hachama 5:57am
Weekday Minha 7:30pm * Earliest Time for Arbit 7:01pm * Tzet Hacoachavim 8:43pm * Chatzot 1:01
Latest Time for Morning Keriat Shema 8:24am * Latest Time for Morning Amidah 9:46am*

Hatarat Elul will take place this Motzei Shabbat Parashat Ekev August 5th

Tu B'Av will be celebrated this Wednesday August 2nd

Sponsored by: The generous and kind-hearted **Mr. Jojo Shehebar, his wife Terri, and their children.** May Hashem bless their entire family with spiritual & physical success, Mazal Tov to their son **Ricky and his wife Myra,** on the birth of a daughter **Esther Terri,** Mabrouk, Amen.

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

As Parashat Ekev begins, we find Bnei Yisrael standing near the river, listening carefully to Moshe Rabbenu's last words. Soon, Yehoshua will rise up as their new leader and escort them across the river. They will then conquer the land of Canaan and inherit it. As they prepared to make history, Moshe warned them about the future that awaited them in the Promised Land. The nation astonishingly felt no fear and was not afraid in the least that their enemy, Canaan, was bigger and stronger than them. This is because Moshe strengthened their hearts with trust and belief, as he explained – *Perhaps you will say in your hearts, 'These nations are more numerous than I; how will I be able to drive them out?' Do not fear them! Hashem will deliver them, and will confound them with great confusion, until their destruction.* In the same breath that Moshe comforts them, he warns them about the possible dangers that lie ahead. *For Hashem is bringing you to a good land: a land with streams of water... where you will eat bread without poverty... a land whose stores are iron... take care and be warned, lest you forget Hashem by not observing His commandments, His*

ordinances, and His decrees, which I command you today. Moshe saw the inevitable future Bnei Yisrael would encounter while in Israel – a future which will prove to be very difficult, but may be easier by heeding his warnings. These men were born and grew up in the empty desolate desert, wandered for 40 years through a land that lacked vegetables and was poor in water and resources. Bnei Yisrael could very likely enjoy Israel's great resources and end up joining the Goyim in worshipping idols. *Lest you eat and be satisfied, and you build good houses and settle... and your silver and gold... cattle, sheep, and goats will increase, and your heart will become haughty, and you will forget Hashem... you may say in your heart, 'My strength and the might of my hand made me all this wealth'!* This is what Moshe feared would be their ultimate stumbling block, and this is what he warned them about, for the success of a man that can lead him to haughtiness will then undoubtedly also lead him to denying Hashem and the good He does for us. Once a person relies on and believes in his own powers, he is inflicted terribly with unbearable pains. When

he frees his mind from the truth that everything is all from Hashem, he concludes that he may do what he pleases and attain any desires he may have, thinking he is supernatural and extra special. Moshe therefore warns: *It shall be that if you forget Hashem, I testify against you today that you will surely perish, like the nations that Hashem causes to perish before you.* Moshe concludes: *Not because of the righteousness and the uprightness of your heart are you going to possess their land, but because of the wickedness of these nations... and in order to establish the word that Hashem swore to your forefathers.* We learn from here to be careful and believe in Hashem, always remembering that success is from Hashem alone and not from us. We must obey all the Mitzvot, properly fulfill the Torah, and always remember and thank Hashem for everything He does for us every day. May Hashem watch over us, Amen.

Insights on the Parasha

1 – Moshe said, *So... I descended from the mountain... and the two Luhot... were in my two hands.* Elsewhere it says that the Luhot were *on* his hands, while here it says that the Luhot were *in* his hands. The Siftei Cohen explains: when the Luhot had the Ten Commandments written on them, they actually carried themselves, they were not heavy with any weight at all, and Moshe just had them on his hands, with open hands, since they carried themselves and would not fall. However, before the Ten Commandments were written on them, they were heavy with their weight, they did not yet carry themselves, and Moshe then had to carry them in his hands, grasping them so that they would not fall from his hands.

History in Brief

130 years after the Hurban, 200AD. A worldly pagan philosopher named Abnimus Hagardi had many questions about the Jewish religion, so he went to the Jewish Sages, specifically

Rebi Meir, and asked: Your Rabbi, Elisha Acher, from whom you learned much Torah, why didn't his Torah learning protect him from corruption, from going off the path of Torah? Rebi Meir explained that fear of sin has to precede Torah wisdom in order for the Torah wisdom to help protect from sin, however, if the Torah wisdom precedes the fear of sin, then it will not be able to protect from sin. One day, the mother of Abnimus died, and Rebi Meir went to comfort him in his time of mourning. A short time after the father of Abnimus also died, but when Rebi Meir went to visit, he found Abnimus busy working and not in mourning. Rebi Meir asked if the reason was because his mother was dear to him while his father not so much. Abnimus clarified that he knew who his real mother was, however, he did not know who his real father was, and therefore did not mourn the man's death. A non-Jew once asked Rebi Meir, if Yaakov Avinu promised to tithe all his blessings, why did he not give a tenth of his children to Hashem? Rebi Meir answered that in fact the tribe of Levi was sanctified in service to Hashem. The non-Jew asked, but there were twelve tribes, not just ten, and only one tribe is not a tenth? He explained that there were twelve sons, plus Menashe and Ephraim, that is fourteen total. Each of his four wives had a Bechor, firstborn, who is also sanctified for service from birth, and therefore does not require a tenth to be taken for them, leaving a total of ten sons, and Levi was sufficient to be the tithe. The non-Jew was impressed with the explanation, and he blessed Rebi Meir and the Jewish nation fortunate to have Rebi Meir as their leader.

Health and Recovery

Our Sages warn: there should be no talking during a feast, lest food enter the windpipe instead of the esophagus and cause choking. If food or saliva were to enter the lungs, the person's life would be in immediate danger through suffocation. This is a very dangerous

junction. An accident at this junction can become a fatal situation at any age without prior warning. Unlike other diseases or sicknesses, even if a person is generally careful, this situation can escalate without symptoms or warning. Sometimes if it happens that food enters the windpipe, with the mercy of Hashem, miraculously the person will be able to immediately cough up the food which is pushed out of the trachea and the danger of suffocation will be prevented. The rule is that the more you chew the better you will be able to digest your food, both through being well crushed and along with the saliva of the mouth that mixes with it and breaks it down further. It is important to know that if you eat healthy foods, in the proper amount with the desired form of chewing, the chances are that the overall desire to eat more and snack more will decrease, and the feeling of fullness will satisfy you. The right way is to eat a little at a time, and then in a short time you will feel a tremendous change in your feelings of hunger. It is the desire to fill the belly that causes most patients to become sick, according to the writings of the Rambam. You should know that carbohydrates are mainly broken down in the mouth with saliva. Therefore, continuous chewing of carbohydrates is done in the mouth through saliva and thus it is very important to chew thoroughly because it causes the maximum breakdown of carbohydrates, which will then produce the maximum benefit to the body from the food.

Mussar: Life

Do you wish to live in peace and tranquility? Do not become accustomed to the physical enjoyments of this world. If Hashem has blessed you with wealth and prosperity, do not spoil yourself or teach your family to require higher standards of living, complete with the much desired enjoyments of this world. We do not know what tomorrow will bring. If one becomes accustomed to higher standards, he

will require it. A child will feel a great need to satiate this requirement even in his old age. If the child is raised in such a fashion but cannot fulfill this higher standard later in life, he may be led to theft. He will live in pain if he cannot continue living the way he has become accustomed to when he was growing up. One must be happy and satisfied with what he has and needs, and should teach himself control and discipline, for then he will be praised in this world and in the next. One should despise the physical and mundane enjoyments that this world tries to force a person to chase after, for the pleasure is momentary while the destruction caused can be catastrophic and long lasting. Desire the true life! Chase after the life of Torah, Mitzvot, and good deeds. Serve your Creator and present a wonderful fragrance before Him through your deeds. Don't waste your precious life with foolish silliness while chasing after your desires. Perform the will of Hashem with all of your might and ability. Do not cease from learning His laws and commandments, and structure your day to include a set of uncompromised time for Torah study. One who follows this advice will merit a truly wealthy life of health, happiness, and longevity, Amen.

Rishon LeSion:

R' Nissim Danun 1873-1920

Born in 1873, already from a very young age R' Nissim had a drive and thirst for Torah unmatched by anyone else his age. At the age of nineteen he was recognized throughout the lands as a leader, a teacher, and a leading Torah authority. He was asked to serve as the Rabbi of the congregation in Beirut, however since he would distance from all arguments, he did not accept, as there was a disagreement between the leaders of that community. He was then invited to Rhodes to serve as the leading rabbinical authority. R' Nissim agreed, however after only a short year the World War interrupted everything when Italy took control and sent away the Turkish from

the land, including R' Nissim. He took his walking stick and moved once again; this time invited to Izmir to serve as their leading rabbinical authority. Those were blessed years; however, they too did not last due to the World War. He was then appointed as Rishon LeSion of Jerusalem, so he took his belongings and traveled to Israel, where he served with great self-sacrifice. He helped ease the situation of his people in many ways, and led them with great wisdom. He shouldered the burden of supporting the many stricken with poverty, collected for their needs and distributed accordingly.

Torah Study

1 – *Vehaya Ekev* – The letters in the word Vehaya can be used to spell the name of Hashem, and the letters in the word Ekev can be used to spell the word Keva, set and constant. teaching that if one wants Hashem to be always present in his life, always there to help him, then he must set a constant time in his schedule to learn Torah each day.

2 – The Or Hachaim teaches: if men would know the pleasant and sweet taste of Torah, they would all run and chase after it, and all the gold and silver in the world would not interest them compared to even just one word of Torah.

3 – One must review what he has learned, the more you review, the more praiseworthy you will be, and the more blessed.

4 – One who learns Torah on a set daily schedule will merit the special hidden holy light that was hidden away during the six days of creation.

5 – When man stands in judgment at the end of life, he is asked if he had scheduled a set time for Torah study each day. If he did not, then he is embarrassed before myriads of souls and myriads of angels in the next world. Woe to those from the yoke of Torah!

6 – One who learns Torah consistently will benefit a good life in this world and great reward in the next world.

7 – Therefore, everyone must set time each day within his schedule to learn Torah, no matter how many minutes or hours, Torah must be learned, whether reading Tehillim, Mishnah, Gemara, Zohar, and everything in between, all must learn the holy living words of Hashem, every day!

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*** The Sandak **Mr. Yehoshua Houdrie, his wife Susan, and their children.** Blessings and success for the entire family, Mazal Tov to **Mr. Zuki Metta and his wife Stella,** and Mazal Tov to their son **Shmuel Sammy and his wife Allegra,** on the birth of a son/grandson **Yehoshua,** Mabrouk, 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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