

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

**Rabbi Aharon Farhi**  
**Parashat Vayigash**  
11<sup>th</sup> Tevet 5784

**Maqam Bayat**  
Issue #1054

**Mr. Eliyahu Levy, President**  
**Haftarat Vayhi Devar**  
December 23<sup>rd</sup> 2023

*Candle Lighting 4:14pm \* Shekiah 4:32pm \* Shir Hashirim 4:05pm followed by Mincha Friday Night  
Shaharit Shabbat 8:15am \* Mincha Shabbat 4:00pm \* Shabbat Ends 5:14pm & Rabbenu Tam 5:44pm  
Time for Talit 6:22am \* Seasonal Hour 55 \* Alot Hashahar 6:11am \* Netz Hachama 7:17am  
Weekday Mincha 4:20pm \* Earliest Time for Arbit 4:00pm \* Tzet Hacoachavim 5:09pm \* Chatzot 11:54  
Latest Time for Morning Keriat Shema 8:56am \* Latest Time for Morning Amidah 9:54am*

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

*To sponsor our weekly publication, please mail your donation to:*

**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

Yosef has been appointed as a powerful ruler over the great land of Egypt, answering to nobody other than Pharaoh himself. We are bothered with a question: Yosef knew his father was in pain, mourning over the loss of his son Yosef whom he thought to be dead. Why did he not send word to his father that he was in fact alive and well? If he couldn't have before now because of technical difficulties, such as being imprisoned, then surely now that he was appointed to such a powerful position he would have no trouble to send word to his father that he was alive and had remained righteous? Our Sages of blessed memory write that this was 'measure for measure', as Yaakov Avinu had separated from his father Yitzchak Avinu for twenty-two years and had caused him pain as well. Everything we experience is for a reason, well calculated and purposeful. The *Steipler ztl* explains: *Rashi* comments, when Yosef was sold to Egypt, although the Arabs that purchased Yosef usually carried products that are unpleasant to smell, on this occasion they were carrying perfumes. The *Steipler explains* that although Yosef was being sold as a slave, nonetheless, everything is calculated, and he was not deserving to be transported to Egypt in a vehicle that carried foul odors. Rather, he deserved perfumes. The *Sefer Imre Chen* writes: After Yosef revealed his true identity, he told his brothers to travel to their father and inform him that he was still alive. He instructed them not to waste time during the journey. He was also instructing them not to travel quicker just to be able to tell their father sooner,

for the exact amount of time that their father had to suffer with this burden had already been decreed and their speed would not change that amount. The Gemara in Pesachim explains, there are seven things hidden from man: the day of death, the day of consolation, the depth of judgment, what his friend is thinking, the point of intoxication, when the kingdom of David will return, and when the kingdom of wickedness will cease. *Rashi* explains 'the day of consolation' – he will not know when his worries will be resolved. The *Ben Ish Chai* explains that if he would know, then his heart would be lightened with knowledge of the upcoming salvation, and the effect of the atonement from the suffering will be significantly less. Hashem grants us opportunity for atonement in exact measures, and we can't afford to not take full advantage of the chance for atonement for our sins. May Hashem watch over us, Amen.

### **Insights on the Parasha**

**1** – Yosef prepared his brothers for Pharaoh's question, "What is your work?" How did Yosef know Pharaoh would ask this? Why did they also answer, "Because the famine was heavy in our land", doesn't Pharaoh know this? Yosef knew that when a newcomer came to live in Egypt, they would ask him about his work, so that if it would interfere with the business of current residents in Egypt, then they would not accept him to live in Egypt as competition. Therefore, Yosef told them to say that they were shepherds of sheep. The Egyptians considered shepherding sheep as a

despicable form of work, and therefore the brothers work would not interfere with anyone else's livelihood in Egypt. They said that the famine was heavy in our land, so that the Egyptians should not be offended by them coming and working as shepherds, as sheep were considered a dietary in Egypt, because they had no choice but to come due to the famine.

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

*130 years after the Hurban, 200AD.* R' Yossi explained to the queen: when Hashem made a woman from Adam's bone, he wasn't interested in her, until Hashem distanced her from him, beautified her with accessories, and then brought her back to Adam, at which point he was happy with his wife. The queen added, that when she was younger, she wanted to marry her mother's brother, however he wasn't interested because she had grown up in the same household, and so he married a wife who was not even as pretty as she was. The queen asked R' Yossi, can it be true that Yosef at the age of seventeen actually ran away from a beautiful woman who wanted him so persistently? R' Yossi read to her from the nearby story in the Torah about Yehuda and Tamar. Clearly the Torah was not interested in covering up such stories and described them in exact details. Also, he read from the story of Reuven and Bilha. These were grown ups in their father's household, yet the Torah didn't cover it up. Surely the story regarding a seventeen-year-old boy far away from his father's household and his family would not need to be covered up. R' Yossi would teach: If a person learns Torah and doesn't teach to others, there is no greater waste. Hashem created man who learns Torah and fulfills Mitzvot, Hashem sees them but they don't see Him. In the future, Hashem will declare, those who have learned Torah, come and accept your reward! Our Sages teach, understanding ceased after R' Yossi.

### ***The 10<sup>th</sup> of Tevet***

During World War 2, over seventy years ago, the indescribable Holocaust was committed by the Nazis YS"V, who succeeded in destroying a third of our nation. We will never forget those terrible, dark times that our people had to face. Almost two thousand years ago, Yerushalayim was taken by the wicked Titus. In 1163, our people were abused and murdered by the crusaders. In 1559, many perished both spiritually and physically in the Spanish Inquisition. In 1649, the terrible years named 'Tach Vetat', referring to their Hebrew number of years,

brought about death and horrible decrees for the Jews. As we all know, not long ago the Nazis tried to wipe us out and leave no trace behind. Our Torah says, "*Love your fellow as you love yourself*" and "*Love the sojourner*" but our enemies feel the need to annihilate us and our remembrance. Many times, the Satan was given the power to destroy, and during the Holocaust, while the Germans conquered about 20 European lands, our people were tortured and killed in ways unimaginable to normal people. Our leaders did not decree fasts in memory, for it would be too difficult for us to fulfill. However, we have the 10<sup>th</sup> of Tevet, which includes all the sufferings and pain our people had endured throughout history. This day is sanctified Leilui Nishmat all the souls and martyrs from the time of the Temple's destruction until this very day. We must all fast during the 10<sup>th</sup> of Tevet with the correct understanding and intentions. May Hashem put an end to our sufferings and pain, quickly, send a Refuah Shelemah to those who are in need of it, and may we be redeemed with the coming of Mashiach, Amen.

### ***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 to the food on 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 sages 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, such as the upcoming fast of the 10<sup>th</sup> of Tevet. May Hashem watch over us, Amen.

**Rishon LeSion: The Humble Gaon**  
***Hacham Yaakov Attieh 1922-2017***

In Beirut, he had many responsibilities in serving the people alongside their leader Hacham Shahoud Shrem. Much of the people's needs were performed through him: Shechitah, Brit Milah, marriage ceremonies, divorce proceedings, and he authored questions and answers in Halacha which he provided for the people in business law and all areas of life. He would give Shiurim in Shul and Bet Midrash, and before Pesah he would make sure the people had Matzah. When he walked through the streets, everyone stood up straight in his honor, even the

non-Jews, and even those who were lower in society, even those who wasted their days with silliness, everyone respected and honored him, and recognized his greatness with appreciation. For twelve years he served the people until he journeyed to Israel.

***Story***

One day, an honorable dignitary named Danki came to Zusha's store, accompanied by three men, all dressed in distinguished garb. He explained that in two months would be his sixtieth birthday. He wanted to order the most fashionable clothing made from the finest materials for himself, his family, and all his people, such great designs never seen by the human eye. His party would host the most respectable of society, and he wanted to impress completely. Zusha felt overwhelmed and afraid. This was a very lucrative business opportunity that he couldn't turn away from, and this customer looked important, but he simply did not recognize this man. The investment would be steep for him until payment, and it was a risk to take on such an expensive job without a credit check. If he denied service and turned him away, the repercussions could be severe and unknown. Who was this man? The customer seemed to understand what Zusha was thinking, and so he took out a large deposit and gave it to him, promising the full balance in two months when the job was complete. Over the next couple of weeks, while he worked hard on this order, he overheard many in his store talking about an upcoming grand banquet in honor of the birthday of a wealthy dignitary named Danki.

***Laws: Fasting***

- 1** – All are obligated to fast the four Rabbinical fasts, one of which takes place on the 10<sup>th</sup> of Tevet.
- 2** – The obligation to fast spans from Alot Hashahar until Tzet Hacoachavim. Alot Hashahar, according to the Ben Ish Hai and Maran Ovadia Yosef zt"l is as follows: one and a fifth seasonal hours before Netz Hachama. The current seasonal hour consists of 55 minutes. Add the fifth, 11 minutes, and Alot would be 66 minutes before Netz, which is 6:11 am. The fast will end a half seasonal hour after Shekiah which will be 5:00pm, or for those who wish to be strict it will end at Tzet Hacoachavim precisely at 5:09pm.
- 3** – One who goes to sleep, without intending to wake up before the fast begins, cannot eat anymore even if he wakes up before the fast begins. However, if he goes to sleep with the intention to wake up before the fast begins in order to eat, then he may eat until Alot Hashachar.

4 – These fasts do not prohibit washing, showering of any sort, smearing, wearing leather shoes, or relations.

5 – Pregnant and nursing women, with the following specifications, are not obligated to fast. She has to have been pregnant for three months already from the time she conceived. However, if she is still within three months and she is feeling sick and is in pain, then she may also eat.

6 – Once a woman gives birth, she is not obligated to fast for 24 months, even when she stops nursing. This applies as well to a woman who miscarries. Nonetheless, even though they are allowed to eat, those who eat should only eat what they need to and should not apply any effort to eat enjoyable foods.

7 – A sick person (not necessarily in danger), or an old weak person, who will be in pain from fasting, are not obligated to fast.

8 – Boys under age 13 and girls under age 12 are not obligated to fast.

9 – A married couple within their seven days of Sheva Berachot, a father of a newborn son receiving a Brit Milah that day, the Sandak (holder of the baby during the Brit procedure) and the Mohel are all obligated to fast.

10 – One shouldn't wash or brush his mouth on the morning of the fast. However, if one has to, he can, provided that he face downwards and make sure not to swallow anything.

11 – An otherwise healthy person who has to swallow pills or tablets for pain relief and the like may swallow them without water as long as they do not have a flavoring. If one cannot swallow without water, little water is allowed for swallowing. Liquid medicine may be consumed as well, as long as you do not enjoy the taste or flavoring and do not derive pleasure besides for the desired effects. If the sickness is serious, then you may consume the medication even though there is flavoring. Smoking is permitted during these fasts.

12 – One who eats accidentally less than a Kezayit must finish his fast and may recite Anenu in Minha. If he already ate a Kezayit, he still completes the fast, but cannot recite Anenu in Minha.

13 – One who accidentally recited a blessing in order to eat must taste a little in order to derive pleasure and not waste a blessing.

14 – If one forgot to say Anenu in Shomeah Tefillah, he continues and recites it at the end of Elokai Netzor.

### Sponsors

\*\*\* **Mr. Yossi Zaafrani, his wife Eve, their parents, and their children.** Blessings and success for the entire family, Mazal Tov on the birth of **Yaakov Nissim**, Mabrouk, Amen. \*\*\* **Mr. Mayer Wahba, his wife Poline, and their children.** Blessings and success for the entire family, Amen. \*\*\* **Mr. Moshe Yazdi, his wife, and their children.** Blessings and success for the entire family, Amen. \*\*\* **Mr. Moni Harbon, his wife Frieda, and their children.** Blessings and success for the entire family, Amen. \*\*\* **Dr. Nissim Bassoul, his wife Becky, and their children.** Blessings and success for the entire family, Amen. \*\*\* **Mr. Morris Abadi, his wife Mira, and their children.** Blessings and success for the entire family, Leilui Nishmat his sister **Rachel Bat Salha a"h**, Amen. \*\*\* **Mrs. Leah Alhahabi Abadi and her children.** Blessings and success for the entire family, Amen. \*\*\* **Mrs. Rena Hamadani and her children.** Blessings and success for the entire family, Amen. \*\*\* **Mrs. Suzi Farhi, her husband David, and their children.** Blessings and success for the entire family, Leilui Nishmat her brother **Avraham Ben Linda 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. \*\*\* **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. 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. \*\*\* **Mrs. Leah Bareket and her children.** Blessings and success for the entire family, Leilui Nishmat her husband **Yehuda Ben Rima a"h**, Amen.

*This week's sponsorship total is \$1400  
177,300 Website visits!*

\* \* \* \* \*

***www.BethYosef.com***