

Congregation



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

**Rabbi Aharon Farhi**  
*Parashat Va'era*  
3<sup>rd</sup> Shevat 5784

*Maqam Nawa*  
Issue #1057

**Mr. Eliyahu Levy, President**  
*Haftarat Ko Amar*  
January 13<sup>th</sup> 2024

*Candle Lighting 4:31pm \* Shekiah 4:50pm \* Shir Hashirim 4:30pm followed by Minha Friday Night  
Shaharit Shabbat 8:15am \* Minha Shabbat 4:15pm \* Shabbat Ends 5:32pm & Rabbenu Tam 6:02pm  
Time for Talit 6:23am \* Seasonal Hour 56 \* Alot Hashahar 6:12am \* Netz Hachama 7:19am  
Weekday Minha 4:40pm \* Earliest Time for Arbit 4:17pm \* Tzet Hacoachavim 5:27pm \* Chatzot 12:04  
Latest Time for Morning Keriat Shema 9:00am \* Latest Time for Morning Amidah 9:56am*

***Thursday January 11<sup>th</sup> will be Rosh Hodesh Shevat***

***Taanit Dibur in Beth Yosef Sunday January 14<sup>th</sup> starting 8:30am***

***Shovevim Fasting:***

***Thursday January 11<sup>th</sup> there's no fasting - Rosh Hodesh Shevat.***

***Monday January 15<sup>th</sup> fast starts 6:11am and ends 5:20pm***

*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

Moshe delivered the great news of redemption to Bnei Yisrael, that he was sent by Hashem to take them out of slavery from under Egypt, but the Pasuk says that they could not accept the news, they could not rejoice and feel the salvation, they could not process the concept of freedom, because they were just too overwhelmed from the slavery. We learn an important lesson for life: when a person is too occupied with work, when his mind is just saturated with thoughts of business, money, jobs, customers, finances, when he is just too engulfed in the darkness of pressure and stress, he simply cannot see the light, he cannot find space for peace of mind, the concept is just too foreign to him due to the depths of where he finds himself in his reality. Such a person cannot stop and think about what is truly important in life, real meaning and purpose. He is just constantly running through his mind without pause. Bnei Yisrael were faithful holy people in Egypt, but the slavery was destroying them and not allowing them the

freedom to realize what life could be like when they were finally redeemed. If a person works without connecting to Hashem, his work is categorized as Idolatry, because a person cannot just be busy with this world, he must incorporate the next world into his day to day schedule. Success in this world just for the sake of success is idolatry, and the Yetzer Hara uses these burdens of responsibility and obligations in order to fog the mind, to occupy the thoughts, so that there is just no vacancy to think about Hashem, to think about the next world, to see the light, and all he will see is darkness if he allows the Yetzer Hara to reign unchecked in his mind. Politics, luxuries, designer clothing, vacations, etc. we chase and busy ourselves throughout the year, distancing from Hashem, until one day we realize that years have passed, we are now older, yet what have we wasted our time doing? What have we occupied our minds with? We must learn from this Pasuk, to realize that if all we can see is darkness, if we cannot see Hashem in our lives,

if we cannot free ourselves from being so busy with this world that we cannot prepare for the next world, then we must today work on stepping out of the darkness in order to be able to see the light. Work and succeed in order to be able to serve Hashem, to pray with a Minyan, to learn Torah whenever you can, to raise your children and guide your family in the ways of Hashem, to do kindness with others in your community, and always remember to distance from the darkness, which can be so overwhelming that even the holy nation of Bnei Yisrael were so preoccupied with the slavery that the Pasuk says that they were simply unable to process the true freedom of redemption in this world, to be free to succeed spiritually. May Hashem watch over us, Amen.

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

1 – Moshe advised that he would leave the city of Mitzraim and raise his hands to Hashem in prayer. Rashi explains that he could not properly pray to Hashem while in the city due to the idolatry present throughout the area. Why did he only need to leave the city at this point to pray to Hashem? The answer is that he really always left the city in order to pray to Hashem. The reason the Pasuk specifies that he left the city during this plague of hail is in order to teach us a lesson: One would have thought that because Pharaoh declared at this point that Hashem is correct and he and his people were wicked, that Pharaoh performed Teshuvah and discarded all the false idolatry. Moshe knew the truth - Pharaoh was only saying what was necessary in order to convince Moshe to save them from the latest plague. He therefore left the city, as usual. (*Azur Eliyahu*)

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

130 years after the Hurban, 200AD. R' Yehuda's skin complexion was yellow because he was poor and he mostly ate vegetables. The queen once accused him of having a yellow complexion because he drank wine like a drunkard, to which he answered that the only times he would drink wine throughout the year was for Kiddush of Shabbat and Yom Tov, and for the four cups of wine during Pesah. In fact,

the wine had such a strong effect on his head that he would need to keep his head wrapped up from Pesah to Shavuot each year. It was actually his Torah learning that gave his facial skin a yellowish glowing complexion. Another answer he gave a different time was that the complexion was a sign of good health, because he was accustomed to frequent the bathroom regularly to make sure he could use the facilities whenever necessary and never have to delay cleansing the body of waste. Rebi Shimon Bar Yohai, a colleague of R' Yehuda, would testify about him that he was a genuine and true Chassid in spiritual achievements. Whenever the Gemara says a story about a Chassid, it is referring to R' Yehuda. He would pause his Torah learning and teaching in order to fulfill the Mitzvah of escorting a body to burial, and to bring joy and happiness to a bride during her wedding, to dance and sing in front of her and praise with compliments and blessings. Even while he was in middle of teaching Torah to a group of his students, when a bride approached, he would stop in middle and bring her joy and happiness.

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

1 – If one ate too much, he should drink tea with a little sugar. 2 – If one is usually hungry but his stomach does not digest food properly, then he must decrease his intake of food. If one has a strong digestion system, he should not eat until he is hungry, and he should only eat to rid himself of hunger, not until he is full. 3 – One who works hard should not eat a lot. 4 – One who snacks a lot in between meals should occasionally fast in order to clean out his system. 5 – During the summer one should eat two-thirds of what he eats during the winter. 6 – During the winter eat more and drink less, but during the summer drink more and eat less. 7 – At least once a week do not eat or drink for twelve hours, doesn't matter if it's during the day or night. The Rambam writes that this is advisable during Erev Shabbat.

### ***Mussar: Emunah***

Trust and belief in Hashem are both very important attributes to acquire. Without trust and

faith, what will stop a person from sinning and doing wrong? What is the purpose of life altogether? Hashem's honor and glory fills the entire world, and He opens our eyes and mind to ideas and wisdom. A righteous person lives with trust that Hashem will take care of him and all of existence. It will then be easier to be careful with fulfilling His commandments and distancing from transgression, for you will believe and understand that an ear hears all, an eye sees all, and every action is recorded. According to the toil is the reward. The righteous will be rewarded accordingly and the sinners will face their consequences. Both the good and the bad are delivered from above. If someone or something is causing you trouble or an inconvenience, understand and believe that Hashem is sending that to you for a reason. Everything has a time, a purpose, and a reason. Do not waste your time flattering, hating, taking revenge, or holding grudges, for Hashem is the real source of what you will receive and have already received. Everything done to you is, in truth, for your own good and benefit. One must also believe the words of our Sages and Rabbanim, for their words are based on the Torah and are therefore everlasting. Work on thinking that Hashem is actually before you and that you are in His presence always, for then Hashem will help you and bless your actions, Amen.

### **The Humble Gaon**

#### ***Hacham Yaakov Attieh 1922-2017***

After R' Yaakov settled in Eretz Yisrael, he established a Bet Knesset Kehillat "Bet Yaakov", which grew slowly but surely over time until hundreds of men would come pray there each day. He also established five Kollelim for Avrechim, which produced hundreds of students over the years, who toiled in the study of Torah with purity and holiness. He also established a Mikveh, a school, a seminary, and Shiurim for girls and young women. With great wisdom, he was ensuring that the teachings and customs from Aram Soba would continue onwards for generations to come, according to the exactness of Halacha. He would also give

over many stories from the great Rabbanim and Hachamim that lived in previous generations, from what he saw with his eyes and from what he heard with his ears, to teach the next generations about the greatness of the Hachamim before them, how they lived and conducted their lives with Hashem. Jews from all over the world, from different continents and different languages, knew Hacham Yaakov. They recognized his greatness and righteousness, relied on his guidance, reached out to him for instruction in Halacha, and donated money to Tzedakah in order to be a partner in his holy work and projects.

### ***Story***

After quite some time had passed without any payments being made to satisfy the large debt, Zusha sent his trusted accountant to the large estate of the wealthy Danki, equipped with bills of sale for goods signed in promissory of payment within due time by Danki. After traveling the distance, he arrived and sat in an office with Danki's financial manager to discuss the situation. To his surprise, the manager of Danki was arguing that his boss owed nothing to the Jew Zusha, and that he would be wise not to come with claims against him. Zusha's messenger showed the manager bills of sale with promissory signatures by none other than Danki himself, but the manager shrugged it off. Instead, he sent a letter back to Zusha, which made Zusha's legs weak and his stomach drop after reading just the first few lines. Danki was accusing Zusha of illegal business practices, including bribery and smuggling of goods across borders, and threatened that if Zusha ever made such false claims of debt against him again, Danki promised to report his illegal activities to the authorities, which will surely lead to sentencing of imprisonment.

### ***Laws: Taanit Dibur***

1- The *Noam Elimelech* writes that a Taanit Dibur is compared to fasting from Shabbat to Shabbat. The *Chemdat Yamim* writes that fasting from Shabbat to Shabbat is compared to fasting 65,500 times.

2- Rav Yitzchak Alfiyeh, Mekubal, established the order of Taanit Dibur - reciting the entire Tehillim three times and then reciting appropriate prayers.

3- Do not speak anything besides Tehillim while performing Taanit Dibur, and try to do this with ten men, a Minyan.

4- Have in mind to correct what was blemished with speech, i.e. wasted learning time, speaking in Shul during prayers, and accept to change and improve.

5- Taanit Dibur creates peace between the body and soul, in order to merit a life of spiritual enlightenment.

6- One who partakes in the Taanit Dibur is purifying himself. One who wishes to purify himself will merit powerful heavenly assistance, by Hashem Himself as well as by the angels that he creates. He will then be protected from evil and impurity, and be a receptacle for the Torah and holiness.

7- One who joins a Taanit Dibur opens the heavenly wellsprings of great influential success for his children. Even when one learns Torah for eight hours, could he refrain from disturbances the whole time? When performing Taanit Dibur, one will be able to successfully read Tehillim without speaking, a great and powerful accomplishment.

8- Taanit Dibur in Beth Yosef will take place Sunday January 14<sup>th</sup>, Tehillim reading starting at 8:30am. Tizku L'Mitzvot, Amen.

#### **Sponsors**

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Blessings and success for the entire family, Leilui Nishmat her uncle **Avraham Ben Linda a”h**, Amen. \*\*\* **Mr. Yosef Aharon Kameo, his wife, and their children.**

Blessings and success for the entire family, Leilui Nishmat his grandfather **Yosef Ben Farha a”h**, and Leilui Nishmat his sister **Olga Bat Farha a”h**, 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. \*\*\* **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. \*\*\* **Mrs. Stella Zaafrani Cohen, her husband R’ Shelomo, and their children.**

Blessings and success for the entire family, Leilui Nishmat her father **Hacham Edmon Hiya Cohen Ben Esther a”h**, Amen.

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