

Congregation

◆◆◆ "Beth Yosef" ◆◆◆

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

Rabbi Aharon Farhi

*Parashat **Balak***

14th Tammuz 5784

Mr. Eliyahu Levy, President

*Maqam Mahour Haftarat **Vehaya She'erit***

Issue #1081

July 20th 2024

*Candle Lighting 8:04pm * Shekiah 8:22pm * Shir Hashirim 7:00pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 7:45pm * Shabbat Ends 9:03pm & Rabbenu Tam 9:33pm
Time for Talit 4:18am * Seasonal Hour 85 * Alot Hashahar 3:57am * Netz Hachama 5:43am
Weekday Minha 7:00pm * Earliest Time for Arbit 7:11pm * Tzet Hacoachavim 8:58pm * Chatzot 1:02
Latest Time for Morning Keriat Shema 8:12am * Latest Time for Morning Amidah 9:37am*

***The 17th of Tammuz Fast on Tuesday July 23rd
begins 4:05am, and ends 8:45pm, & strictly 8:56pm***

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

In this week's Parasha, two instances were doubled by three. The first: the donkey of Bilaam tried to detour from the instructed path three times. The second: Bilaam instructed Balak to sacrifice three times on seven altars, seven bulls and seven rams. Let's explain: Bilaam wanted to curse the holy nation. He began by focusing on the Avot. First, he wanted to curse the descendants of Avraham, but the angel in the merit of Avraham forced the donkey to reroute to the right or to the left. Bilaam thought that perhaps the reason he couldn't curse the descendants of Avraham was because Yitzhak wasn't his only offspring, on one side he had Yishmael, and on the other side he had the children of Keturah. So, he then focused on cursing the descendants of Yitzhak. Again, the angel in the merit of Yitzhak forced the donkey to reroute to one side. Bilaam thought that perhaps the reason he couldn't curse the descendants of Yitzhak was because Yaakov wasn't his only offspring, he also had Esav. Finally, he focused on cursing Yaakov, and this time the angel stopped the donkey in his tracks. The donkey didn't reroute to any side, he just cornered the foot of Bilaam against the wall

and wouldn't budge any further. What did Bilaam try next? He took his stick and tried to hit the donkey, symbolic of the stick Yaakov carried when he crossed the Jordan. At last, the angel appeared and completely obstructed his evil plans. In response, he instructed Balak to build seven altars, in order to sacrifice seven bulls and seven rams three times, a total of forty-two sacrifices. In the merit of these sacrifices, Balak merited a very special descendant, Ruth the Moabite, from whom would descend the great David HaMelech and ultimately the Melech HaMashiah. Forty-two is the numerical value of Hashem's names which he told Moshe, *Ehye Asher Ehye*, Ehye has the numerical value of twenty-one, and mentioned twice equals forty-two. *Ach Tov L'Yisrael* – the numerical value of Ach is twenty-one, and from this number will come forth the ultimate redemption for our holy nation. May Hashem watch over us, Amen.

Insights on the Parasha

1 – *Even now it is said to Jacob and to Israel what Hashem has wrought.* Throughout the Parasha, as Balak and Bilaam conspired, their conversations were conducted privately,

unbeknownst to Moshe and Bnei Yisrael. When they failed miserably, Balak wished to hide their shame and failure and hoped nobody would ever learn of their evil plans. Bilaam, however, even though promising not to speak of this himself, informed Balak that Hashem would nonetheless reveal every word of their conversations to Moshe, and their failure will be written clearly in the Torah. This is what the Pasuk means when Bilaam told Balak: *Even now it is said to Jacob and to Israel what Hashem has wrought*

History in Brief

150 years after the Hurban, calendar year 220. After the death of Aurelius, Marcus ruled as the Caesar of Rome. Marcus's wife, Geira, the daughter of Antoninus, one day noticed an exceptionally handsome man and wanted him for herself. Rumor spread that the wife of the Caesar had done something immoral with the man. What did Marcus do? He arrested the man, ordered his execution, and delivered his head in a jar of water to his wife. For twenty years Marcus reigned as Caesar. When he died, his son Commodus took his place as Caesar. Commodus was a wicked and a cunning ruler. With conniving deviance, he turned away from the kindness his predecessors exercised and ruled with cruelty. He would one day dress in the skins of a lion, and the next day in the clothing of women. He was wicked to his people, he killed his wife, he killed his teachers, and he killed many of the elders of Rome. Only to Rabbenu Hakadosh would he show kindness, and he honored him greatly. During his reign, a fire descended from heaven and scorched palaces and houses of worship. There was a great commotion that ensued, followed by a hunger, and then terrible diseases. The military of Rome choked him in his sleep, and Particus became Caesar. During his reign the people turned away from worship of wood and stone created by man, and did not find solace in their souls. They tried the worship presented to them by Christian priests, who would whisper in their ears using and warping the words of the Tanach, and taught them that they did not need to follow the commandments, which they claimed were no

longer required. They therefore followed the guidance of their priests for the next one hundred years.

Health and Recovery

Folic acid is important for building up our body. It is essential for the metabolism and for preventing blood vessel diseases. It is found in green leaves such as lettuce and the like. It is important and recommended to periodically monitor folic acid levels in the body while conducting a general blood test, especially in adults today. The worldwide medical recommendation is that women aged 20-40 should intake about 400mg/day of folic acid and monitor the amounts in the blood. One of the side effects is constipation. Another important level one must monitor is Vitamin B12, which is found in animal-derived foods, especially in all types of beef, because beef has 10 times the amount of B12 than chicken. Studies in Israel indicate a high deficiency of vitamin B12 in adults, especially those who do not eat meat. This deficiency causes anemia, weakness, fatigue, and neurological dysfunction, and can also be a cause of difficulties in regular movements. These levels can be checked with a simple blood test. Vegetarians need to constantly monitor their levels of protein and vitamin B12 in the blood. If indeed a deficiency is found, first add non-fat meat to the diet and menu, two or three times per week at least. There are tablets that dissolve under the tongue to be taken once a day for adults, but they can cause digestion issues, so such tablets may not always be the best solution to increase levels. It is recommended that you occasionally receive vitamin B12 injections as directed by your family physician based on your blood levels. Also, ask your doctor whether to take B12 alone, or to take a B12 and folic acid combination tablet.

Mussar: Silence is Golden

Do you hope and dream of being successful in life? There is a very effective way to attain assistance to reach this goal: you must always watch your tongue from improper use. Distance yourself completely from speaking about others. Instead, use your speech wisely to discuss Torah

and only daily necessities. Know and recognize that most problems that befall people are due to their improper speech. If one would only be more careful, then he would be able to reach very holy levels. Fortunate are those who calculate their words before uttering them, for they will be rewarded handsomely in the next world while enjoying a comfortable life in the meantime. King Solomon says, *When you watch your mouth and tongue, you are guarding yourself from pain and harm.* A foolproof plan to be safe from sufferings is to always exercise proper speech. Hashem is everywhere – how can one speak improperly before Him? One must be very careful with every single word and syllable he utters. If one speaks freely without caution, he should realize and be warned that he is pushing Hashem away, and will experience a great loss as a direct result. May Hashem watch over us, Amen.

Rishon LeSion:

R' Yitzhak Nissim 1896-1981

After settling in the holy land of Israel, all the Sages honored him with great respect, even the Gaon R' Shlomo Eliezer Alfandari who was known to not converse with others would discuss the depths of the Torah with R' Yitzhak. R' Ben Sion Uziel, the leading rabbinical authority in Israel, recognized his greatness and potential, and instructed R' Yitzhak Nissim to take his place when he passed away. However, when R' Uziel passed away and the Sages wished to appoint R' Nissim as instructed, he declined the position at first, because all his life he did not want to benefit from the crown of Torah and earn a livelihood from such a position, but over time the Sages were able to convince him that he was the best person for the position and that accepting would be in honor of R' Uziel who had issued the instruction for the appointment. He agreed to accept the position until they found someone else who would be a worthy candidate as the leading rabbinical authority instead. For twenty-eight years he served the people, spreading Torah, guiding and consulting on all matters of life, and the people following his leadership,

from day one until his passing. In 1969, the pope came to visit Israel, and the government requested that R' Yitzhak greet him on their behalf. He declined, not wanting to waste precious Torah learning even for a small amount of time. R' Yitzhak prepared and published many holy works from great authors which would not have otherwise gone to print, such as *Tzedakah U'Mishpat* by R' Tzadka Hutzin, a work of responsa by R' Shlomo Alfandari, *Mishpat Tzedek* by R' Shmuel Garmizian, and many other Sefarim. In the month of Tammuz in 1981 he became ill for the last time and his soul returned to heaven at that age of eighty-five. All his life he toiled in holy works. May his merits protect us, Amen.

Story

The collected wedding money had been stolen from R' Yehuda's office, and they accused Yehoshua through the testimony of witnesses who saw him enter the office in middle of the night. Yehoshua denied the charges, but could not explain what he had really been doing that night in the office. His silence caused him to be treated as an outcast. Although R' Yehuda and his wife could not muster up the resolve to send him out of their house, neither they nor the other orphans spoke to him after that, and he was forced to prepare himself for his upcoming wedding in solitude. Many had donated money and sacrificed in order to allow him the opportunity to get married with dignity and respect. When the day of his wedding arrived, there was only a Minyan of men in attendance to celebrate with him and share in his happiness. The nerve of Yehoshua, they thought, to steal from generous benefactors and then carry on in celebration as if nothing had happened. However, the following unfolded over the course of the coming days: a large chariot arrived at the residence of R' Yehuda, belonging to the leader of the city. Armed soldiers knocked on the door of R' Yehuda and asked to speak with him and his wife. He invited them inside, and his guest, smiling wide, asked for a large cup of whiskey, to celebrate the great news that he had come to deliver.

Laws: 17th of Tammuz

1 – The fast of the 17th of Tammuz will take place Tuesday the 23rd of July. It begins 4:05am and ends 8:45pm. Those who are strict wait until 8:56pm. The following is the calculation based on the Ben Ish Hai and Hacham Ovadia Yosef ztl: The fast begins Alot Hashahar which is one and a fifth seasonal hours before Netz. Netz will be at 5:46am. The seasonal hour is 84:00, plus a fifth, which is 17, so 84+17=101 minutes before Netz, making Alot Hashahar 4:05am, when the fast begins.

2 – If one wishes to eat before Alot Hashahar (4:05am), he must make sure to sleep on condition to wake up and eat, otherwise he may not eat even if he wakes up before Alot Hashahar.

3 – A pregnant or nursing mother within 24 months of childbirth, a lady who miscarried within 24 months, a person who is sick, even if not sick dangerously, a sick person who recovered but is still weak, and an older weak person, are all exempt from this fast. However, they should still eat only what is necessary and not indulge in desires.

4 – A bride and groom within the first seven days, a father of his son's Brit Milah, the Sandak, and the Mohel, are all obligated to fast.

5 – One who cannot last without rinsing out his mouth or brushing his teeth (a sensitive person) may brush, provided that he faces downwards and not swallow.

6 – A healthy person who has a headache or is in pain and needs relief may take Tylenol or other such pain relievers without water. If he cannot swallow without water, he may use just enough water necessary to swallow.

7 – One who forgot that it was a fast day and ate must continue the fast nonetheless. If he ate a Kezayit, even though he is continuing the fast, he may not say Anenu in Tefillat Minha.

8 – One who made a Beracha on a drink or food forgetting about the fast, must taste it in order to have the smallest amount of pleasure so as not to have made a Beracha in vain.

9 – After Anenu, only the Sheliach Tzibur ends off with a separate Beracha of "Ha'oneh..." during Chazarah between the 'Goel' and 'Rofeh'

Berachot. Everyone else, however, just ends off with "Shomeah Tefillah", the regular Beracha of "Shema Kolenu" in which they say Anenu.

10 – If one forgot Anenu, just continue and say it after 'Elokai Netzor' without a Beracha.

11 – Smoking is permitted during a fast.

12 – A boy under the age of 13 and a girl under the age of 12 are exempt from fasting.

13 – Cohanim is recited and performed during Minha of a fast only if it is after Pelag Haminha (7:11pm). If a Minyan is praying Minha Gedola or any time before Pelag Haminha (7:11pm), then Cohanim is completely skipped.

Sponsors

*** **Mrs. Rosette Cohen and her children.**

Blessings, health, and success for the entire family, Mazal Tov to **Mr. Mrad Levy and his wife Ketty, and to the Antabi Family**, on the birth of a baby, Mabrouk, Amen. *** **Mr. Eli Levy, his wife Becky, and their children.**

Blessings, health, and success for the entire family, Amen. *** **Anonymous.** Blessings and success for the entire family, Amen. *** **Mr. Setto Yaakov HaCohen, his wife Lyzett and their children.**

Blessings and success for the entire family, Leilui Nishmat his mother **Sabrie Bat Galia a"h**, Amen. *** **Mr. Ezra Shasho HaLevi and his daughters: Lydi, Silva, Noura, and Tova.**

Blessings and success for the entire family, Leilui Nishmat his wife and their mother **Nina Sarah Bat Silva Sabour a"h**, Amen. *** **Blessed siblings: Avraham, Morris, Edward, Rimon, Esther, Berta, and Norma, of the Cohen Family.**

Blessings and success for the entire family, Leilui Nishmat their mother **Joul Bat Bahie 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.

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