

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

Rabbi Aharon Farhi

Parashat Chaya Sara

22nd Heshvan 5785

Mr. Eliyahu Levy, President

Maqam Hijaz Haftarat VehaMelech David

Issue #1095

November 23rd 2024

*Candle Lighting 4:14pm * Shekiah 4:32pm * Shir Hashirim 4:05pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 3:55pm * Shabbat Ends 5:14pm & Rabbenu Tam 5:44pm
Time for Talit 5:56am * Seasonal Hour 57 * Alot Hashahar 5:45am * Netz Hachama 6:53am
Weekday Minha 4:10pm * Earliest Time for Arbit 3:58pm * Tzet Hacoachavim 5:09pm * Chatzot 11:42
Latest Time for Morning Keriat Shema 8:36am * Latest Time for Morning Amidah 9:33am*

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 we read about Avraham Avinu purchasing the Maarat Hamachpelah, the land along with the cave, in order to bury his wife, Sarah Imenu. This story is written in detail at length, and later in Parashat Vayehi Yaakov Avinu references the sale in his last words with his children. Our Sages teach us that it says *Bnei Chet* ten times, corresponding to the Ten Commandments, teaching us that speaking about this purchase performed by the holy Tzaddik is considered as if you have fulfilled the Ten Commandments. Why? To inform us of the importance of Eretz Yisrael, both to the living and the deceased. Hashem fulfilled his promise to Avraham that he would make his name great, as he is referred to in this story as the *Prince of Hashem*. Avraham paid for the burial with his money, to teach us the importance of purchasing a burial plot for oneself, as it is best to live in your own home, and be buried in your own land. Even a poor person should contribute at least some of the funds needed for his own burial plot. Avraham chose the Maarat Hamachpelah because that was where Adam and Chava

were buried. Ephron did not understand the significance, he thought the cave was dark and useless, not recognizing its significance. Ephron told Avraham that he would sell him the land with the cave, the cave being secondary because he believed the value was in the land and the cave was useless. Avraham did not reveal its importance, and when he bowed, he did so to all who were present, not just to Ephron, so as not to lead Ephron into thinking that he was very appreciative with the sale and perhaps there was more to the cave than he thought. May Hashem watch over us, Amen.

Insights on the Parasha

1 – Why does the Pasuk switch the wording three times to relate the detail in the story about the way Eliezer the servant of Avraham asked Rivka for water? The explanation is as follows: Eliezer wanted to test the modesty level of the potential wife for Yitzchak, so he first prayed to Hashem with the plan that he would ask the girl to actually pour the water straight into his mouth, which would be immodest if she obliged. However, when he asked this of

Rivka, she did not do as he asked out of modesty, but rather gave him the water and told him to drink himself. When Eliezer then retold the story to her family, he did not want to be misunderstood as one who was trying to entice a girl to act immodestly, so he switched the wording of his request. Rivka had proven her modesty and was chosen for Yitzchak. This is why the Pasuk words it differently three times: when he prayed, when she acted, and when he repeated the story to her family. (*Meloh HaOmer*)

History in Brief

180 years after the Hurban, calendar year 250. Some stories about Rebi Pinehas Ben Yair: Two poor men entrusted him with their barley, but time passed and they never returned to claim it. What did he do? He planted it each year and increased the amount. When they returned after seven years, they needed many camels and donkeys in order to retrieve all the barley that had grown. One time, thieves stole his donkey and hid it away in a cave. For three days it refused food or water. They decided to return the donkey before it died and spoiled their cave. When they placed it in front of his home, he heard its cries and told his family to go out and feed it because it had not eaten in three days. One time, when he was on his way to perform the Mitzvah of Pidyon Shevuyim, redeeming those who were captured, he was passing the home of Rabbenu Hakadosh, who invited him inside to eat a meal. He obliged, however because he was on the way to perform an important Mitzvah, he agreed to come back and join him for a meal only after he had completed the Mitzvah.

Health and Recovery

Diabetes symptoms vary depending on how much your blood sugar is elevated. Some people, especially those with prediabetes or type 2 diabetes, may sometimes not experience symptoms until after the sickness has advanced to type one. If someone exerts themselves physically, he may 'muscle through' the resistance now without noticing anything significant, however in due time he will feel the full effects of his exertion. Some who are overweight, oftentimes when they start going to the gym to workout, they overexert themselves thinking that the harder they push the more weight they will lose. This is a ridiculous weight loss strategy and usually only leads to bodily damage, not weight loss. An overweight person must first change his lifestyle and eating habits, limit his food intake, and only perform very limited physical exercises, before he can workout with much vigor. This is actually true of everyone, not just an overweight individual. Change is through steady progress. Results are not immediately noticed. One has to be patient and pace himself over a certain period of time to be successful. If one is, for example, working on push-ups, the first week he should do sets of five, the next week sets of ten, the third week fifteen, and so on until he reaches his goal. Eventually he finds himself doing sets of fifty pushups, without feeling sore or incurring any bodily damage. Without the gradual progress, had he initially tried doing sets of fifty pushups on day one, he surely would not have been able to accomplish that feat, and he would have in all likelihood injured himself in the process.

Mussar: Visiting the Sick

It is a great Mitzvah to visit the sick. Our Sages of blessed memory teach us: When you visit the sick, you reduce their sickness by one sixtieth. Many ask: Is it also a Mitzvah to visit someone sick who will not know that he is being visited? There are three reasons to visit the sick: 1- To help him with his needs. 2- To pray for mercy on behalf of the sick. 3- The Shechinah of Hashem is resting on the head of his bed, and your prayer on his behalf can be answered. One who visits without praying for mercy has not fulfilled the Mitzvah to its fullest. One who doesn't visit the sick is compared to a murderer. When you visit, you give much needed strength to the sick. Even if he does not understand, and even if he is sleeping, you are still fulfilling the Mitzvah. The visitor should not cause any problems through visiting. If he walks to visit, every step will bring him merit. Rav Aryeh Levine ztl was strict to especially visit those who were not able to understand that he was visiting, for then the Mitzvah is completely for the sake of heaven. He would pray by the bedside, with the Shechinah, for the sake of the sick person's body and soul. Visiting a poor man is greater than visiting a wealthy man. It is great to also assist with Talit and Tefillin. Give some charity on his behalf, as charity saves from death.

Rishon LeSion:

Maran Hacham Ovadia Yossef 1921-2013

At the age of ten, when all other young boys would go out during their break to the Yeshiva playgrounds to have fun, Hacham Ovadia would ask another boy to sit with him to review their learning. He didn't want to waste the precious time on

frivolous activity which he could be spending learning Torah. His peers would respect him and recognize his greatness and sincerity from an early age. When he authored his first Sefer, he named it *Yabia Omer*, because *Yabia* was an acronym for his name *Ovadia Yossef Ben Yaakov*. Besides for his studious integrity in learning Torah, he was also a kind-hearted, caring, and loving boy who helped others and respected his parents throughout his life. In his youth, he would pray early and then open his father's store which supported his family. He would sit there and learn whenever he was not assisting a customer. On the spare space of the shelves, next to the sugar and spices, he would place his Sefarim, so that he would have a supply of learning material while he waited for customers.

Story

Shmuel Aryeh arrived at the house of Rebi Meir, one of the great Sages of the generation and a student of the Chatam Sofer. He was distraught and overwhelmed with grief and pleaded with the family to allow him to see the Rabbi. His screams for help worried the family, and they tried to calm him down with a warm drink, but after he explained that his life was in great danger, being wrongfully accused of stealing a precious ring from the army general who threatened to kill him if he did not return what they believed he stole, they recognized that he was sincere and agreed to escort him into the Rabbi's study. He poured out his heart with tears streaming down his face into his beard. He had been working so hard for weeks on end without rest in order to serve the army, providing them with food and drink to their hearts

content free of charge, and this was his thanks! Rabbi Meir closed his eyes and joined in his pain. He then stood up and began pacing back and forth. For fifteen minutes he continued pacing from one end of the room to the other, his mind deep in thought, noticeably ascending in conscience to a higher place far away.

Laws

1 – When washing your hands alternating three times, make sure your fingers are separated and pointing upwards, then lift up your hands and recite the blessing of Netillat Yadayim.

2 – Teach even the young children to wash Netillat Yadayim properly so that they grow up with purity.

3 – Even if someone is a lefty, wash the right hand first.

4 – In the morning before Netillah, do not touch your mouth your eyes, your ears, or your nose, because the hands have an impurity from sleep, but if you use a cloth then it is ok.

5 – In the morning before Netillah, do not touch food or drink.

6 – Any time after using the bathroom, do not touch food or drink before Netillah.

7 – If you touch someone in the morning who still needs to do Netillah, you should do Netillah again without a blessing even if you already did it yourself.

8 – Anyone who does Netillah properly according to the law is called holy and is purified.

9 – The water used for Netillah is impure and should not be spilled anywhere that people will walk. It should be poured down the drain, or at least into a bucket that has a hole and can then be spilled out onto the ground.

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Mr. David Donald Carr Ben Tzipora who was very helpful to the Jews in Syria. Blessings and success for the entire family, Amen. *** **Mr. Albert Aharon Farhi, his wife Rania, their parents, and their children.** Blessings and success for the entire family, Mazal Tov on the engagement of their son and his fiancée **Aharon and Esther,** Mabrouk, Amen. *** **Mrs. Adele Hudeida and her children.** Blessings and success for the entire family, Leilui Nishmat her husband and their father **Chaim Ben Farha a”h,** Amen. *** **Mr. Edmon Nahum, his wife Lina, and their children.** Blessings and success for the entire family, Leilui Nishmat the pure soul of the young child **Yosef Chaim Ben Olga 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. *** **Blessed siblings: Rachamim, David, Yehoshua, and Evon, of the Houdrie Family.** Blessings and success for the entire family, Leilui Nishmat their father **Mordechai Ben Mazal a”h,** and Leilui Nishmat his son the holy soldier **Avraham Ben Frieda a”h,** Amen.

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