

Congregation

◆◆◆◆ **"Beth Yosef"** ◆◆◆◆

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

Rabbi Aharon Farhi
*Parashat **Shemot***
18th Tevet 5785

Maqam Rast
Issue #1103

Mr. Eliyahu Levy, President
*Haftarat **Divre Yirmeyahu***
January 18th 2025

*Candle Lighting 4:38pm * Shekiah 4:56pm * Shir Hashirim 4:30pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 4:25pm * Shabbat Ends 5:39pm & Rabbenu Tam 6:09pm
Time for Talit 6:19am * Seasonal Hour 57 * Alot Hashahar 6:08am * Netz Hachama 7:16am
Weekday Minha 4:45pm * Earliest Time for Arbit 4:23pm * Tzet Hacoachavim 5:34pm * Chatzot 12:06
Latest Time for Morning Keriat Shema 8:59am * Latest Time for Morning Amidah 9:56am*

Shovevim Fasting:

*Thursday January 16th fast starts 6:09am and ends 5:19pm
Monday January 20th fast starts 6:05am and ends 5:22pm*

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

This week we read in the Torah about our great leader, Moshe Rabbenu, who was the humblest person in history to ever live. As he began his service in leadership, he stood before Hashem, he stood before the nation, and he stood before Pharaoh. He grew up in the palace of Pharaoh, right under his nose. Pharaoh's daughter Batya named him Moshe, because she drew him out of the water. In plain sight of everyone in Egypt, the daughter of Pharaoh had blatantly disregarded her father's evil decree to cast all males into the river. She actually took a baby boy out of the river, rescued him from his death, and raised him in the palace as a prince. She saved the redeemer of Bnei Yisrael. But Moshe did not want to be the prince. He went out to his brethren and witnessed their suffering and pain, seeing them not for their sins, but for their need of redemption and their potential. Hashem chose him to be the leader because of how he understood and cared for others. Moshe in his humility did not consider himself

worthy of leadership. Hashem told him not to worry, for He will be with him. Hashem would send him, and Moshe will be Hashem's messenger, an extension of Hashem, to carry out Hashem's master plan. When Moshe asked Hashem what he should respond when they ask him what His name is, Hashem told him "I shall be as I shall be". The double terminology teaches that Hashem was with Bnei Yisrael throughout their exile in Egypt, and Hashem will continue to be with Bnei Yisrael in their exiles throughout history until this very day. Moshe asked Hashem, how could he mention future exiles to Bnei Yisrael when they are currently suffering through their exile in Egypt? Perhaps it is too much for them to bear at the moment, even though the message is reassuring. Hashem therefore told him to just tell them that Hashem is with them now, and that Moshe is Hashem's messenger to save them, without mentioning future exiles. May Hashem watch over us, Amen.

Insights on the Parasha

1 – Hashem calls Bnei Yisrael *his oldest son, his Bechor*. The oldest son receives a double portion of inheritance. Bnei Yisrael inherit this world and the next world. Just as the Pasuk says that the oldest son receives a double portion, even if he is the son of the despised wife, so too, Bnei Yisrael, who is always despised by the nations of the world, will receive a double portion, as Hashem's oldest son.

2 – Hashem asked Moshe what is in his hand and Moshe replied *a Mateh, a staff*. A walking stick symbolizes learning Torah and fulfilling Mitzvot. Learning Torah every day is what holds us up, keeps us standing. The numerical value of Mateh is forty-nine. There are forty-nine levels of Torah, to reach the forty-nine levels of holiness, in order to distance from the forty-nine levels of impurity. Hashem asked Moshe to understand what is in his hand. Moshe was holding the Mateh, to teach us that we must always be holding onto the forty-nine levels, to learn Torah and fulfill Mitzvot every day. If Moshe casts the stick to the ground, it becomes a snake, a prosecution in judgment. If he picks it back up, it becomes a walking stick again, to hold us up and keep us standing tall. We must never cast away the Mateh and fall into the forty-nine levels of impurity, and instead must hold on tightly to the Mateh, the forty-nine levels of Torah and purity, so that it will always be a defense for us in heaven and the path to righteousness and victory in judgment. (*Pituhe Hotam*)

Health and Recovery

The diet that a person needs to commit to, in order to avoid high blood pressure in the body, is different between a healthy person and a sick person. For example: a diabetic must limit himself regarding foods that cause an increase in sugar, while hypertension

patients must limit themselves regarding salt, which is the main cause of high blood pressure. Because salt is also found in products that taste sweet, and sugar is also found in products that taste salty, you therefore must always read the food content label. If, however, one is unable to balance his blood pressure through dieting, then a doctor is needed to write a prescription for medication. Diabetics tend to develop hypertension. It is known that diabetes mellitus and hypertension are diseases that usually go together. When accompanied by an increase in blood lipid levels, they are a dangerous combination. The accumulated lipids on the artery walls cause the heart to work harder, constantly increasing blood pressure in order to get a good supply of blood to all the organs and especially to the vital organs. Over time, this weakens the heart muscles, thereby reducing blood supply and pressure, in turn causing heart attack, stroke, kidney disease, disease in the blood vessels in the legs, and eye disease.

Mussar: Sefer HaMidot

1- One who does not accept rebuke will incur suffering. 2- One who prepares for prayer, even if he doesn't end up concentrating, will be saved from suffering. 3- Haughtiness causes one to lose Hashem's kindness. 4- Saying Tikun Hatzot saves from judgment. 5- Staying awake all night saves from terrible judgments. 6- Coming to a Tzaddik sweetens judgment. 7- Giving money to Tzedaka also sweetens judgment. 8- Laziness causes bad things to befall the person. 9- Learning Torah causes prosecutors to turn away. 10- Falling may sometimes be a kindness, and could even be instead of an actual death decree. 11- Sometimes the Gadol Hador's Mitzvot that are done in public break the judgments. 12- Upon hearing troubles and problems, say

“*Lo alenu*” – not upon us. 13- Toiling in Torah study at night allows Hashem to bestow kindness throughout the day and shield from sickness. 14- One who doesn’t pray for the generation will be punished gravely. 15- If one is sick in the house, ask a Hacham to pray and bless him. 16- The gates of livelihood are opened for those who don’t speak during Chazarah, Kaddish, and Torah. May Hashem bless us, Amen.

The Days of the Shovevim

The days of Shovevim this year begin Monday January 13th and continue through February 20th. This time frame in essence requests from each and every Jew to awaken from their slumber and produce a personal calculation. Ask yourself: What am I doing? What can I do better in order to serve Hashem and improve my spirituality and holiness? We must first fix the mistakes that we do constantly or frequently, and repent, for this is the proper time. “*Behold, the cries of Bnei Yisrael have come before Me*” – our prayers must be voiced strongly during these days. The clear advice is to increase in Torah learning each day, whether with a Chavruta, partner, or to attend an extra class. Torah has the power to bring repentance, “*Like storm winds upon vegetation*”. Some have the custom to fast every Monday and Thursday during this time period from Alot Hashahar, until ½ hour after Shekiah. One who wishes to fast must accept upon himself from Minha of the previous day in “Shema Kolenu”, or at the end of the Amida if he forgot: “*Behold I accept a Taanit upon myself for tomorrow, Beli Neder.*” This ‘Kabbalah’ (acceptance) enables you to say ‘Anenu’ during the fast. If he did not make a ‘Kaballah’, he may not say ‘Anenu’, but still fasts. These days help a person return to holiness if treated properly. Therefore, during these days, our responsibility is greater than all other days of

the year. All souls can be repaired to the level it was at Har Sinai at the acceptance of the Torah and the revelation of the Shechinah. Watch over these weeks and Shabbatot with holiness and purity, for they will be beneficial for you in return, and erase all of your sins. We must strengthen ourselves and not talk during Tefillah, Chazarah, Kaddish, and Keriat Sefer Torah. May Hashem forgive us and merit us always, Amen.

Rishon LeSion:

Maran Hacham Ovadia Yossef 1921-2013
Throughout World War II, many holy Rabbanim and Hachamim toiled in the wisdom of Kabbalah in Yeshivat Porat Yosef, spending their time not with the younger students, but in the advancement of Kabbalah. Their leader was the holy Mekubal Gaon R’ Ephraim Cohen, an expert in all foundational books of Kabbalah, knowing them by heart. Hacham Ovadia would spend his time studying Gemara with his colleagues, alongside the Mekubalim who were learning there, being influenced from their holiness, their presence, and being blessed through them. Their faces and appearance resembled the ministering angels of Hashem. There were many holy scholars that influenced Hacham Ovadia while he was learning in Porat Yosef. The Rosh Yeshiva was Gaon Hacham Ezra Attieh, the leading rabbinical authority of all Sephardic Hachamim at the time. He accepted Hacham Ovadia into his Yeshiva at a young age as a new student and guided him throughout the years in his growth to greatness.

Laws

1 – Pain and suffering are decreed from heaven, for one's benefit, whether for atonement, or to awaken or warn a person. Some sins cannot be forgiven through Yom

Kippur, unless one endures suffering to cleanse the soul.

2 – Hashem is very close to those who are suffering, therefore one who is in pain should pray to Hashem for help, and draw closer to Hashem.

3 – It is a positive biblical commandment to always love Hashem. The choice time to fulfill this commandment is while suffering. Don't react negatively. Instead thank Hashem for the opportunity to repent, gain atonement, and pray.

4 – One who does not accept the suffering will not benefit with atonement. Why waste the opportunity?! Accept with happiness and reap the benefits. Admit your sins, change your ways, and cleanse your soul.

5 – Just as a father punishes his son to teach him a lesson, out of mercy, so too is the way of Hashem. However, once a person passes away, he is judged without mercy, according to the precise letter of the law. Therefore, a little suffering on this world will save you from a lot of suffering in the next world.

6 – Suffering and pain even includes anything and everything that is inconvenient to any degree.

7 – One can toil in Torah and save himself from other forms of toil that is painful. Also, holding back from eating delicacies or treats will also save from other forms of suffering. Self-inflicted suffering can be controlled by you, i.e. fasting during the weeks of Shovevim, and will save you from needing atonement through involuntary suffering.

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Blessings and success for the entire family, Amen. *** **Anonymous donor, his wife, and their children.** Blessings and success for the entire family, Amen. *** **Mr. Eli Levy, his wife Becky, and their children.** Blessings and success for the entire family, Refuah Shelemah, Amen. *** **Mr. Alfred Sayegh and Mr. Avraham Sayegh, their wives, and their children.** Blessings and success for the entire family, Amen. *** **Mrs. Evelyn Antebi and her children.** Blessings and success for the entire family, Amen. *** **Mr. Emil Cameo, his wife Paula, and their children.** Blessings and success for the entire family, Leilui Nishmat his father **Chaim Ben Sarah a”h**, Amen. *** **Mrs. Touni Levy Shrem, her husband Shahoud Shaul, and their children.** Blessings and success for the entire family, Leilui Nishmat her father **Hazzan Shelomo Shrem Ben Mazal a”h**, Leilui Nishmat her mother **Rachel Bat Jamileh a”h**, and Leilui Nishmat her mother-in-law **Altoon Bat Salha a”h**, Amen. *** **Mr. Shlomo Albir Guindi HaCohen, his wife Batya, their parents, and their children.** Blessings and success for the entire family, Amen. *** **Mrs. Adele Hudeidi 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 Sabout a”h**, Amen.

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