

Congregation



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

Rabbi Aharon Farhi

*Parashat **Hukat***

9th Tammuz 5785

Maqam Raast

Issue #1123

Mr. Eliyahu Levy, President

*Haftarat **VeYiftah Hagiladi***

July 5th 2025

*Candle Lighting **8:11pm** * Shekiah **8:29pm** * Shir Hashirim **6:45pm** followed by Minha Friday Night
Shaharit Shabbat **8:15am** * Minha Shabbat **7:55pm** * Shabbat Ends **9:11pm** & Rabbenu Tam **9:41pm***

*Time for Talit **4:06am** * Seasonal Hour **86** * Alot Hashahar **3:49am** * Netz Hachama **5:32am***

*Weekday Minha **7:00pm** * Earliest Time for Arbit **7:18pm** * Tzet Hacoachavim **9:06pm** * Chatzot **1:00***

*Latest Time for Morning Keriat Shema **8:07am** * Latest Time for Morning Amidah **9:33am***

*Summer Minyan Shaharit every weekday morning in Beth Yosef at **6:45am***

Generously sponsored by the good-hearted **Mr. David Farhi, his wife Suzy, their parents, and their children.** May Hashem bless their entire family with spiritual and physical blessings of success, Mazal Tov to **Mr. Albert Esses and his wife Esti** on the birth of a boy, Mazal Tov to **Mr. Shlomo Sananes and his wife Becky** on the birth of a girl, Mabrouk, blessings of success to **Mr. Avraham Cohen, his children, and their entire family,** for meriting the public with a new beautiful Bet Knesset, may Zechut Avot help them and guide them in their holy endeavor, Tizku LeMitzvot, Amen.

*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

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Please do not read this bulletin during Tefillah or Keriat Hatorah

Regarding this the poets would say, “Come to Heshbon – let it be built and established as the city of Sihon”. Simply, this discusses how Sihon the king of Heshbon conquered land from the king of Moab. The poets, as Rashi explains, were Bilam and his father Beor, who were both instrumental in Sihon’s victory over Moab. Moab had been successfully resisting Sihon’s invasion, until he hired Bilam and Beor to curse it. Why is the Torah writing about this? There have been many battles between the nations of the world and land has switched hands countless times. Why is this battle significant? This battle converted Moab’s land to become Sihon’s land, and therefore allowed our nation to then conquer it from Sihon, as we were not allowed to take it from Moab. The battle for the land of Heshbon was for the sole benefit of the Jewish nation, and that is

the message the Torah is teaching us. The king of Sihon prided himself and his strength after defeating Moab, but he did so erroneously, since the real victory was for the sake of the Jewish nation. It was all Hashem’s doing and according to Hashem’s plan, in order that it one day become a portion of Reuven’s territory. What can we learn from this historical event? Many times, we focus on the near future and how our actions can influence them, instead of realizing and recognizing the extended future, the true outcome that would last far longer and is the actual purpose and intent. Our Sages explain from this Pasuk: the ‘poets’ can also be translated as those who ‘overpower’ their desires and inclinations. ‘Come to Heshbon’ is asking us to make a ‘Heshbon’ – a personal calculation of our spiritual standings and rectify what has to be

improved. If one succeeds, then he will merit being properly ‘built and established’. How many times are we faced with the dilemma of whether to go out to do a Mitzvah or to just stay at home, a choice between helping or relaxing? Do not allow time to pass in waste – perform Mitzvot! Even the smallest Mitzvah will provide outstanding everlasting rewards in the world to come, greater than anything imaginable in this world. If you do not make a personal calculation and you do not realize the truth of the moment, then you are no better than the king of Sihon and all others of short-sighted mentality. We must realize how much Hashem values even the simplest of righteous deeds and intentions. May Hashem watch over us, Amen.

Insights on the Parasha

1 – The Pasuk says: *The people quarreled with Moshe... Why have you brought the congregation of Hashem to this wilderness to die there... And why did you bring us up from Egypt... not a place of seed...* These people who quarreled with Moshe were the Erev Rav, the converts from Egypt who joined Bnei Yisrael. They were complaining on behalf of Bnei Yisrael, the congregation of Hashem, but were also complaining on behalf of themselves, because in Egypt it was not Bnei Yisrael who had land for seed but rather the Erev Rav, which was now missing in the desert and is what they were complaining about.

History in Brief

200 years after the Hurban, calendar year 270. One of the great students of Rabbenu Hakadosh was known simply as Rav throughout Shas. His name was actually Rebi Aba, he was the brother of Rebi Chiya, a descendant of David Hamelech. He was healthy, particular, would not eat much, and would wash his hands well before eating. He was also Aba Aricha, as he was great and long in his generation. He also learned Torah from Rebi Yanai. His sons were: Chiya named after

his uncle, whom Shemuel called Bar Oryan. His second son was Aybo, and his third son was Rav Chanan. One time Rav wanted to return to Babel, Rebi Chiya said that Hashem should save you from something that is worse than death. His wife would cause him suffering, if he would ask for one dish she would prepare the opposite dish. When his son Chiya grew up, he would trick her by telling her the opposite. His father told him not to do that anymore.

Health and Recovery

As is well-known, the terrible sickness plaguing our generation is obesity. This problem is not only in adults, but unfortunately today more and more children in the world are found to be overweight. These children will grow up to be obese adults, making it very difficult for them to ever free themselves of the excess fat that builds up in their body throughout their entire life. The troubles began about forty years ago, when Americans were required to reduce their fat intake to prevent heart disease. The slogan of reducing fat intake actually caused excess fat. The experts told the public that they had to worry only about the number of fat factors in the food product. Thousands of low-fat products were born. But it was actually the beginning of the “snacks revolution”, because carbohydrates cause fat too. Every farmer knows that if you close an animal in a cage and feed it with grains, it will be fattened. In humans it's the same, so it's not enough to be careful about cholesterol and fat-laden food. There is also a great danger of high carbohydrate consumption, especially refined carbohydrates such as white flour and sugar, which turns into glucose in the body, and excess glucose is very negative because the pancreas is then forced to produce insulin in large quantities, and the rest is history.

Rishon LeSion:

Maran Hacham Ovadia Yossef 1921-2013

Hacham Ovadia would learn Torah purely for consecutive hours throughout the day and

night, fulfilling the Pasuk in its simple meaning. Night and day were the same, the clock did not matter. The sweet words of Torah filled his heart and soul; he had no desire for materialism or the mundane concerns of this world. He didn't even own a watch before his thirtieth birthday. He would have a Gemara ready in his hand to learn whenever he had a spare moment, like on Friday night as he waited for his father to recite Kiddush. In short amounts of time, he would be able to review a page or two of Gemara. As he would wait for the bus, he would learn deep in thought, not realizing that as many busses stopped, they would try to get his attention to take him to his destination, but he just remained in the bus stop. Even when he married and years passed, he would utilize every moment to learn Torah and completely forget about this world. One time the Rabbanit was bringing home some baskets and asked her husband to help her carry them home. But when they arrived home, his wife asked him what had happened to the baskets. He had no idea what she was talking about. What baskets was she referring to?! He was so deep in learning he didn't see nor hear anything about any baskets.

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 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. May Hashem watch over us, Amen.

Laws:

17th of Tammuz

1 – The fast of the 17th of Tammuz will take place Sunday the 13th of July. It begins 3:55am and ends 8:50pm. Those who are strict wait until 9:03pm. 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 5:37am – the seasonal hour is 85, plus a fifth, which is 17, so 85+17=102 minutes before Netz, making Alot Hashahar 3:55am, when the fast begins.

2 – If one wishes to eat before Alot Hashahar (3:55am), 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 – Kohanim is recited and performed during Minha of a fast only if it is after Pelag Haminha. If a Minyan is praying Minha

Gedola or any time before Pelag Haminha, then Kohanim is completely skipped.

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