

Congregation

◆◆◆"Beth Yosef"◆◆◆

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

Rabbi Aharon Farhi

Parashat Chaya Sara

24th Heshvan 5786

Mr. Eliyahu Levy, President

Maqam Hijaz Haftarat Vehamelech David

Issue #1137

November 15th 2025

*Candle Lighting 4:20pm * Shekiah 4:38pm * Shir Hashirim 4:10pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 4:00pm * Shabbat Ends 5:19pm & Rabbenu Tam 5:49pm
Time for Talit 5:44am * Seasonal Hour 59 * Alot Hashahar 5:32am * Netz Hachama 6:43am
Weekday Minha 4:20pm * Earliest Time for Arbit 4:00pm * Tzet Hacoachavim 5:14pm * Chatzot 11:40
Latest Time for Morning Keriat Shema 8:29am * Latest Time for Morning Amidah 9:28am*

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The generous donor, blessed young man, *Bachur, Avrech,*
Mr. Yosef David Farhi, his parents, his grandparents, and his siblings.

May Hashem bless them with spiritual and physical success,
Tizku L'Mitzvot, Amen!

Those who wish to contact Rabbi Aharon Farhi can call (646) 552-3412

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There are nine explanations as to why Avraham only mourned a limited controlled amount over the passing of his wife Sara. 1- Because her soul had left her body upon seeing Akedat Yitzchak, Avraham did not want it to look like he has any regrets for his performance of the Akedah. 2- Since Sara had passed away clean of sins, her soul was pure, and so he cried less for her. 3- Sara had caused her own passing to come earlier than scheduled when she had challenged Avraham. 4- Akedat Yitzchak occurred on Yom Kippur, and she passed away Erev Sukkot, so Avraham cried less because of the upcoming holiday. 5- He cried less to teach his descendants to have faith and trust in Hashem. 6- Sara had left behind a son who was a great Tzaddik, so she was still considered alive as long as he was alive. 7- Avraham was able to see through divine sight that Sara had a portion in Gan Eden amongst the greatest Tzaddikim. 8- It is improper for a great Talmid Hacham to cry

too much and be distraught when he is amongst simple laymen, the people of Het from whom he was purchasing the burial site. 9- He didn't want it to appear as if he couldn't accept Hashem's decision to take Sara out of this world, and instead blessed with acceptance, "*Baruch Dayan HaEmet*", *blessed is the judge of truth*. Rebi Avahu teaches, there were twenty-two righteous women in the Torah, and yet the Torah only lists the years of Sara, to teach us her greatness, from whom Queen Esther would descend and rule over 127 countries throughout the world, each country corresponding to one of the years of Sara's life. May Hashem watch over us, Amen.

Insights on the Parasha

1 – Avraham paid Ephron 400 silver Shekel coins, the most accepted form of currency, as payment for the burial site to bury his wife, Sara. Each Shekel was 17 grams of silver, totaling 6800 grams, or 68kg of silver.

History in Brief

200 years after the Hurban, calendar year 270. When the time came for Rebi Chiya to leave this world, the angel of death was not able to approach him. What did he do? He appeared as a poor man and knocked on his door. When Rebi Chiya gave him bread to eat, the angel of death explained that he was actually an angel from heaven who had a job to do, to bring his soul back to heaven, and he reasoned that just as Rebi Chiya has mercy on the poor, he should also have mercy on this angel. Rebi Chiya asked him to prove that he was an angel. He showed him a performance of fire and proved who he was. Rebi Chiya then gave him his soul. His sons passed away after him, Rebi Yehuda and Rebi Chizkiya. Rebi Yirmiya teaches, one who humbles himself for Torah in this world will be great and large in the next world, like Rebi Chiya and his sons. Rebi Assi fasted for eighty days in order to merit seeing Rebi Chiya in the next world, but the heavens didn't allow, so that he would not come to harm as a result. He argued and he was willing to take the risk of harm nonetheless. They showed him the seat of Rebi Chiya, and as a result his hands became paralyzed and his eyes became blind. Rebi Yehoshua Ben Levi fasted three hundred fasts in order to see the seat of Rebi Chiya in the next world. But the heavens did not allow him, because while he only learned Torah, Rebi Chiya had learned Torah and taught Torah to others.

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 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 work out, 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: Pleasure

Our Sages teach us: the pleasures of this world and the pleasures of the next world are incompatible with one another and therefore cannot both be attained by man. If one is constantly searching for and enjoying the empty pleasures of this world, it is a clear sign that he cannot benefit from the great pleasures of the next world that emanate from the holy Shechinah. Worldly pleasures are in fact portions of the Sitrah Acharah (other influence; evil inclination). Tzaddikim who do not concern themselves with worldly pleasures can contest this negative force and can therefore prevent being affected by the Sitrah Acharah, whose influence can cause a person to experience terrible pains in his older age after he has indulged in worldly pleasures

throughout his lifetime. Tzaddikim fight the impurity and avoid being aggrieved. The Pasuk exclaims that their body can and will be truly at peace. The Zohar explains that one who loves Hashem and His Torah will not be drawn towards enjoying worldly pleasures, and will save himself from the pain brought through impurity. He will only enjoy the Torah, as it says in *Shir HaShirim* (7, 7) *How fair and how pleasant are you, a love with delights!* The necessities a person must do (i.e. eat, sleep, etc.) should be done with the understanding and intentions to remain healthy in order to serve Hashem, and not for reasons that involve personal pleasure. A person must achieve the proper outlook: the pleasures of this world are temporary and worthless, so why needlessly exert yourself over them?! Money, food delicacies, extra comfort, and beautiful garments – will any of it truly last? Are they really important in the long run?! Visualize pleasure as something unimportant and then understand that if this is something so many value, imagine what true pleasure in the next world is, in which the righteous enjoy unimaginable pleasures from the Shechinah. One moment in Olam Haba is greater than all life on this world! What is honor? Will it make any difference in the next world if you were honored here? Distance yourself from honor and draw closer to the Torah and Hashem's service, as this is our life! May Hashem watch over us, Amen. (*Peleh Yoetz*)

Rishon LeSion:

Maran Hacham Ovadia Yossef 1921-2013

In the Bet Midrash Bar Yohai, there were ten rooms. In each room Hacham Ovadia set up a class of young men as students to learn every day. They learned Chumash, Rashi, Gemara, Mishnayot, Zohar, etc. One time, Hacham Yehuda Tzadka came to Cairo to visit his brother and was amazed to witness the amount of Torah learning taking place. Maran was bringing these students to high levels. They

were tested on memorizing the Gemara and repeating by heart an entire Masechet, and understood the material even in depth. One student was tested by heart on Masechet Baba Kama. One time, Hacham Ovadia was sick with a fever and couldn't go to Yeshiva and had to stay in bed. He invited his students to his home. When they came to visit, they found him lying in bed, sweating profusely from the fever and having a difficult time speaking. Each word that he spoke of Gemara seemed physically overwhelming. The students that witnessed this learned a powerful lesson in self-sacrifice for Torah.

Story

Mekubal Rabbi Leib Sarah zt"l 1735-1796

Rabbi Leib left instructions that there should be a simple Levaya after his passing, and his tombstone should likewise be simple with only his name and years displayed. Many years later, a non-Jewish cemetery custodian was building a stone oven for his living quarters and he was missing two stones to complete it. He went to the grave of Rabbi Leib and took two stones back to his home. Soon afterwards this man began contracting terrible sicknesses. His wife ran to the current Rabbi and asked him to please return the stones and pray for her husband's recovery. The Rabbi gathered a Minyan, they returned the stones, and prayed for his forgiveness. They were not successful, and within only a short few hours later the non-Jew passed away, after desecrating the grave site of Rabbi Leib.

Laws

1 – If you remove your Talit with the intention of putting on a different Talit, but then decide to put back on the first Talit, even if decided right away, a new blessing is required immediately after removing the first Talit.

2 – If you remove your Talit with the intention of putting on a different Talit, even if you intended to put on a different Talit when you recited the blessing on the first Talit, a new

blessing is required for the second Talit. The same laws apply to a Talit Katan that is the size that requires a blessing.

3 – If fruit seeds are sweet, you recite Ha'etz on them. Melon seeds eaten separately without the melon, you recite Shehakol.

4 – Fruit seeds that aren't sweet, since they are not the Ha'etz fruit itself, they go down a level and you recite Ha'adamah. However, on Ha'adamah fruit, the seeds also go down a level and you recite Shehakol on them.

5 – Melon juice is Shehakol. If you first recite Ha'adamah on the fruit and then want to drink its juice, you do not recite Shehakol since you have already covered the entire fruit with the Ha'adamah.

6 – Nuts from India that have juice inside, you recite Shehakol on the juice. However, if you are first reciting Ha'etz on the actual nut, then you do not recite Shehakol on the juice because it is already covered with the Ha'etz.

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Ben Rima a"h, and Leilui Nishmat his mother **Rachel Bat Latifah a"h,** Amen. *** **Mrs. Brenda Heffez and her blessed children: Larry, Gabriel, and Jack.** Blessings and success for the entire family, Leilui Nishmat their father **Avraham Ben Dora a"h,** Amen. *** **Mrs. Norma Assa and her children.** Blessings and success for the entire family, Leilui Nishmat her husband and their father the Shochet Hacham **Yosef Ben Nizha a"h,** Amen. *** **Mrs. Berta Zardok Cohen and her children.** Blessings and success for the entire family, Leilui Nishmat her husband **Daniel Ben Isha a"h,** Amen. *** **Mrs. Shella Cohen Nuseri, her husband Toby Cohen, and their children.** Blessings and success for the entire family, Leilui Nishmat her father **Avraham Ben Badia a"h,** Amen. *** **Mr. Sion Nuseri, his wife Berta, and their children.** Blessings and success for the entire family, Leilui Nishmat his father **Avraham Ben Badia a"h,** Amen. *** **Mr. Farah Hamra, his wife Dina, and their children.** Blessings and success for the entire family, Mazal Tov to the bride and groom **Morris and Natalie,** Mabrouk, Amen. *** **Blessed siblings: Rachamim, David, Yehoshua, and Evon, of the Houderie HaCohen Family.** Blessings and success for the entire family, Refuah Shelemah for their brother **David Ben Frieda,** Leilui Nishmat their father **Mordechai Ben Mazal a"h,** and Leilui Nishmat their brother the holy soldier **Avraham Ben Frieda a"h,** Amen.

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