

Congregation

★ ★ ★ "Beth Yosef" ★ ★ ★

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

Rabbi Aharon Farhi

*Parashat **Shemot***

21st Tevet 5786

Mr. Eliyahu Levy, President

Maqam Raast

Issue #1145

*Haftarat **Divre Yirmeyahu***

January 10th 2026

*Candle Lighting 4:29pm * Shekiah 4:48pm * Shir Hashirim 4:15pm followed by Minha Friday Night
Shaharit Shabbat 8:15am * Minha Shabbat 4:10pm * Shabbat Ends 5:30pm & Rabbenu Tam 6:00pm
Time for Talit 6:24am * Seasonal Hour 56 * Alot Hashahar 6:13am * Netz Hachama 7:20am
Weekday Minha 4:35pm * Earliest Time for Arbit 4:15pm * Tzet Hacoachavim 5:25pm * Chatzot 12:03
Latest Time for Morning Keriat Shema 9:01am * Latest Time for Morning Amidah 9:57am*

Shovevim Fasting:

Thursday January 8th fast starts 6:13am and ends 5:11pm

Monday January 12th fast starts 6:12am and ends 5:15pm

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***Mr. Joey Mrad Allaham HaCohen, his wife Lillian,
their parents, their children, and their grandchildren.***

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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Please do not read this bulletin during Tefillah or Keriat Hatorah

Amram divorced his wife Yocheved after Pharaoh decreed that all Jewish boys who were born should be drowned in the river. He reasoned that it was better not to have children than to have them to be killed. The Pasuk says that *a man from the house of Levi*, referring to Amram, *went and got married*. He went with the advice of his daughter Miriam, who had argued, just because Pharaoh is killing the boys, doesn't mean that you should also not have girls. When Yocheved was divorced, she went and married Elitzaphan Ben Parnach and gave birth to Eldad and Medad, who prophesized in the times of Moshe. He then divorced Yocheved, Amram went and remarried Yocheved, and she gave birth to Moshe. Was he allowed to remarry his wife whom he had divorced, after she had already married someone else? In this wedding, his children Aharon and Miriam danced, Eldad and Medad danced, and the ministering angels in heaven danced. Moshe was born, who served

as Cohen Gadol during the seven days of the Temple's inauguration. He was not disqualified due to the nature of his parents' marriage. The Pasuk calls such a remarriage unfit, but does not label the child. Nonetheless, don't be mistaken, Amram was the leader of the generation, the Gadol Hador, and his wife Yocheved was a righteous woman, both meritorious to bring Moshe Rabbenu into this world. When they remarried, all others in Bnei Yisrael also remarried their wives whom they had divorced due to the evil decree of Pharaoh. Amram is one of four people in history who passed away without sin, and only died because of the sin provoked by the snake, not because of any sin he had personally committed. Amram and Yocheved had acted correctly and admirably during their time in history, before the Torah was given at Har Sinai. They sacrificed for the sake of the nation, and Moshe was born as a result. May Hashem watch over us, Amen.

Insights on the Parasha

The Pasuk says that they borrowed from the Egyptians and placed it on their sons and daughters. What is the significance of placing it on their children? Because they were concerned, perhaps the items should be considered collateral, something they are supposed to safeguard for the real owners, the Egyptians, and if so then they are not allowed to use it for personal benefit. Therefore, the people were instructed to use the borrowed items, as if it were their own, and place it on their children, as is the law regarding borrowed items, which is why the Pasuk says that they borrowed these items from the Egyptians.

The Days of the Shovevim

The days of Shovevim this year begin Monday January 5th and continue through Thursday February 12th. 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 ‘Kabballah’ (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.

Health and Recovery

Cholesterol is a substance that is partly produced by the body itself, and in part is created and acquired from the food that is consumed. The good cholesterol is called HDL. It helps to remove excess cholesterol from the blood and thus reduces the risk of atherosclerosis. The good cholesterol is achieved first and foremost by proper management of diet, and by exercising and walking. Bad cholesterol LDL is a fatty substance that accumulates in the artery walls and gradually leads to obstruction and sometimes total blockage of the blood vessels. Atherosclerosis occurs, which can result in heart attack, cerebral conditions, and all diseases associated with obstructing blood vessels. The fats from animals can increase the “bad” and reduce the “good”, while some vegetable fats perform the contrary, and are recommended, of course to a measured extent. Olive oil is excellent, and is called “green gold”. It contains monounsaturated fat and a little saturated fat, provided that it is cold pressed and not refined, which is better to be less than 1%. The recommended use of olive oil is to blend it into the food and not consume in the form of a drink. An important fact: the body cannot absorb more than two tablespoons of olive oil in a meal, as excess will go out uselessly. Canola oil is superior to soybean oil.

Rav Nissim Indibo HaCohen 1859-1973

The chief rabbi of Damascus was born in 1859 and was granted longevity. He died at the age of 114 years, and his mind was clear until his last day, living in close proximity of Bet Knesset Shevet Achim in Damascus. He was one of the students of Rabbi Yitzhak Abulafia, who was born in Damascus in 1830 and was appointed chief rabbi of Damascus in 1873. He was 43 years old when he officiated as rabbinat. He wrote four books on the parts of the Shulchan Aruch, titled Pnei Yitzchak. In the last year he went to the Holy Land and settled in Tiberias. He passed away in 1910 at the age of 80. His student Rabbi Nissim served as Dayan in the Damascus court. When he died in

1910, his student became the chief rabbi of Damascus. He wrote an introduction to the book: Yaskil Abadi, written by Rabbi Ovadia Hedaya of Aleppo. Rabbi Nissim was highly valued by his community and even by the gentiles and the authorities in Damascus. When the Syrian government issued a death sentence to the Israeli spy Eli Cohen, of blessed memory, a special permission was given to Hacham Nissim to visit him in prison and confide with him before his death. On his last day he asked his disciple Rabbi Yitzchak Asa to go home, and after an hour Rabbi Asa hurried to go to work, but Hacham Nissim persuaded him to stay. He told him to take all his sons out of the house, and he then recited confession for himself, read the Shema, and passed away on the seventh of Shevat in 1973. May his merits protect us, Amen.

Mussar: Talking during Sefer Torah

The *Chafetz Chaim* elaborates on the strict prohibition against speaking unworthy words in Shul. One must realize the severity of such an action. When one begins relating a story to his friend right before the Torah reading, a story that forces the one telling it to transgress many laws of Lashon Hara already from the beginning all the way through to the end, as the Torah is opened before the congregation the Yetzer Hara enters this man and convinces him to continue speaking his sinful words even during the recitation of the Torah! Many times the speaker is a distinguished man who is sitting in front of the Shul, and his sin is noticed by everyone. Continuing such talk in front of many, at least ten men, is a public desecration to Hashem's name, which is a direct transgression in the Torah. Also, the great Mitzvah of reading the Torah in Public is wasted. We are obligated to observe and fulfill every Mitzvah in the Torah. Unfortunately, it is not in our power to fulfill today such commandments as Korbanot, sacrifices. The reading of the Torah which includes all of the 613 Mitzvot is a method we use today in order to be considered to have fulfilled the entire Torah. If one speaks and interrupts the recitation, and he ends up missing Pesukim, then he loses out on the fulfillment of the Mitzvot included in those Pesukim! Even missing one letter is a great loss! The outstanding sin is too burdensome to bear! One likewise should be

careful not to miss out on answering Amen to Kaddish, for one who answers Amen Yehe Shemeh Rabbah properly will gain great atonement for even sins such as heresy. The sufferings that a man endures during his life are directly caused by speaking during Sefer Torah, Kaddish, and Chazara. May Hashem protect us from acting so foolishly, Amen.

Rishon LeSion:

Maran Hacham Ovadia Yossef 1921-2013

During his years serving as the Av Bet Din and Assistant Chief Rabbi of Egypt, Hacham Ovadia worked hard to strengthen the spiritual levels of the Jews in Cairo so that the results will continue for many years to come, both in times of peace and tranquility, as well as during times of war and instability. He was successful when dealing with the external threats, those who could potentially be a problem for the Jewish people. It took work, but he had success. The real challenge was the people themselves. They weren't religious, many did not learn Torah and perform Mitzvot, and the Rabbi getting involved with their spirituality seemed to them like a thorn in their eyes. They tried avoiding him and pushing him away from their personal life. He was young but he had energy and resolve. He had patience, humility, and wouldn't give up. He had a mission, and despite the challenges, he was unwilling to back down. He knew what the people needed, what they were missing, where they were lacking, and he stood firm like a wall to push them towards spiritual success.

Story

R' Avraham Hillel from Baghdad 1830-1930

From all of R' Avraham's great qualities and characteristics, his excellence in humility stood out the most. He would speak with everyone equally, whether they were simple or a scholar, whether they were poor or wealthy, and he didn't understand why they were giving him so much respect. Alas, as far as he would distance himself and run away from honor, the more it would chase after him and reach him. Everyone respected him immensely, and his good name and reputation spread far throughout the land as a holy man of Hashem. One time, shortly before Shabbat, all the water in the town stopped flowing through the pipes and everyone was at a loss of what to do.

How can they finish preparing for Shabbat without water? Everyone had the same thought, to leave their home and go to the home of R' Avraham for help. In R' Avraham's home everything was already prepared for Shabbat from earlier in the day, and he was sitting at his table reading and singing Shir HaShirim before going to Shul. The men entered and told him of their dilemma. He sat for a moment in spiritual thought, then he got up, went over to the water pipes, placed his holy mouth near the spout, and said "Kol Hashem Al Hamayim" seven times. Immediately afterwards the water began to flow once again through all the pipes in the town.

Laws

1 – The Tzitzit are supposed to hang from the length of the Talit, not the width. If they are hanging from the width, make sure to push them over to the length.

2 – If after some time, one of the strings gets cut or reduced, as long as it is at least 4cm then it is still Kosher to recite a Beracha and wear.

3 – The Beracha on peanut butter is Shehakol beforehand and Nefashot afterwards if he eats 28 grams. If one mistakenly recited Ha'adamah on it for the peanuts, he has what to rely upon. However, if there are big pieces of peanuts, then all agree the blessing is Ha'adamah.

4 – Sugar coated peanuts, it's best to recite a Shehakol on the sugar coating first and then recite Ha'adamah on the peanut. But if the sugar coating is very thin and is only intended to sweeten the peanut, then only one blessing is recited, Ha'adamah, as the sugar is secondary.

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us, Amen. *** **Anonymous Donor.** Blessings and success for the entire family, Leilui Nishmat the great Mekubal **Rabbi Yitzhak Kadouri Ben Tifaha a"h**, may his merits protect us, Amen. *** **Anonymous Donor.** Blessings and success for the entire family, Leilui Nishmat the fine man **Yaakov Swed Ben Badia a"h**, Amen. *** **Mr. David Sasson, his wife Esther, and their daughter Sarah.** Blessings and success for the entire family, Mazal Tov to the bride and groom **Shlomo and Leah**, Mabrouk, Refuah Shelemah for **David Ben Sarah**, Amen. *** **Mr. Eli Levy, his wife Becky, and their children.** Blessings, health, and success for the entire family, Amen. *** **Mr. Albert Shaya, his wife Shoshana, and their children.** Blessings and success for the entire family, Leilui Nishmat his father **Moshe Ben Miriam a"h**, Amen. *** **Mrs. Nina Saade and her blessed children: Yosef, Jack, Ziko, Sofia, Dolly, and Karen.** Blessings and success for the entire family, Leilui Nishmat their father **Avraham Saade Ben Shafiah a"h**, Amen. *** **Mr. Nissim Alkade, his wife Rima, and their children.** Blessings and success for the entire family, Leilui Nishmat her father **Yehuda Ben Rima a"h**, Leilui Nishmat his father **Nouri Ben Rosa 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 Najla a"h**, Amen.

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