

Congregation

**"Beth Yosef"**

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

**Rabbi Aharon Farhi**

**Parashat Yitro**

20<sup>th</sup> Shevat 5786

**Mr. Eliyahu Levy, President**

**Maqam Hussen**

Issue #1149

**Haftarat Bishnat Mot**

February 7<sup>th</sup> 2026

*Candle Lighting 5:02pm \* Shekiah 5:20pm \* Shir Hashirim 4:50pm followed by Minha Friday Night  
Shaharit Shabbat 8:15am \* Minha Shabbat 4:45pm \* Shabbat Ends 6:03pm & Rabbenu Tam 6:33pm  
Time for Talit 5:59am \* Seasonal Hour 61 \* Alot Hashahar 5:47am \* Netz Hachama 7:00am  
Weekday Minha 5:10pm \* Earliest Time for Arbit 4:42pm \* Tzet Hacochavim 5:58pm \* Chatzot 12:09  
Latest Time for Morning Kriat Shema 8:50am \* Latest Time for Morning Amidah 9:51am*

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Mazal Tov to **Aharon and Joyce** on the birth of their son **Leon**,

Mazal Tov on the engagement of **Vico Sardar and Esther**,

May Hashem bless them with spiritual and physical success,

Tizku L'Mitzvot, Mabrouk, Amen!

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

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This week's Parasha was named in honor of Moshe's father-in-law Yitro. What was the reason for this merit and honor? What's more, this Parasha includes the giving of the Torah on Har Sinai! Also, we find in this Parasha that Moshe accorded Yitro with honor by approaching him, and Aharon along with all the elders of the nation went to Yitro to eat bread with him. Rabi Elazar in Shemot Rabbah explains that Hashem was the One who instructed Moshe to go to Yitro! Rabi Elazar explains further that Hashem told Moshe - If Yitro left all the honor and respect he was being given in Midyan in order to convert in sanctification of Hashem's name, then surely Moshe should give respect and honor! Once Moshe went, Aharon and his sons followed suit, as well as all the elders

of the nation. Some explain that even the Aron was brought out to him! Why did Yitro merit all this honor? The Parasha explains: 1- Yitro was using his heart when he blessed the nation. Shemuel explains in Masechet Sanhedrin: Yitro, with great joy and happiness, from deep within, with truth and sincerity, wished to serve Hashem. 2- Yitro blessed Hashem for the miracle of saving Bnei Yisrael. We learn from him to recite blessings on miracles, even when one was not necessarily present and involved. 3- He thanked and recognized Hashem for exacting measure for measure when punishing the Egyptians. They would harm Bnei Yisrael through drowning, so they too were drowned in the Yam Suf as a direct consequence of their actions. May Hashem watch over us, Amen.

### **Insights on the Parasha**

**1 – The people saw and trembled, and stood from afar...** The *Ba'al Shem Tov* explains: If one causes others to fear him and tremble because of him, it is a sign that he stands far from Hashem.

**2 –** Moshe was busy helping the people from morning until night. The door of *Rav Shemuel Salant* was open at all hours for the people. One time his family asked why he didn't set a specific time to greet the public, so as to improve his schedule. He explained that Hashem is available to help us at any hour of the day. He is constantly involved with helping all of creation. Moshe Rabbenu as well did not limit his time when serving the public. Where is the source for using a set schedule when servicing the nation?!

### **History in Brief**

*200 years after the Hurban, calendar year 270.* When Rebbe was passing away, Rebi Chiya came in to visit and saw him crying. He asked, why are you crying? Doesn't Chazal teach us that if a person passes away in happiness it is a good sign for him, but in sadness it is a bad sign? Rebbe explained, he was crying because he would no longer be able to learn Torah and perform Mitzvot in this world after he passed away. Everyone prayed for Rebbe's recovery back to health. He was one hundred years old, his mind was still sharp. He worried for his family to continue living in service to Hashem. He told his children, be careful with your mother's honor and respect, because he had married her after his first wife passed away. He also told them to make sure a candle was lit on the table where he would learn Torah, because after his passing he returned to his home every Erev Shabbat. He also said that Yosef Hofni and Shimon Efrati would assist him after his passing. They thought he meant assistance with the burial in this world, but

then they suddenly passed away at the same time as him, right before him, and everyone understood Rebbe meant through Ruach Hakodesh that they would provide assistance to him in the next world. He also instructed that his widow should not be removed from the house of the Nasi until she passes away.

### **Health and Recovery**

There are people who after having just finished a full meal still feel hungry. What is the reason? Researchers looked into the matter to measure the amount of time the brain needs in order to be informed that food has entered the stomach, to know that it is actually full and no longer needs nourishment. It is known that the brain receives information from various organs of the body through the nerve system. In response, the brain sends out commands, as well as feelings of hunger and satiety. When the person becomes satisfied, it is only after twenty minutes from when food enters the stomach that the brain receives the knowledge and sends the feelings that food has sufficiently filled the stomach. When one sits down to eat, he must take into account that everything he eats in the first twenty minutes of eating does not affect his mind regarding his feelings of hunger and he does not yet understand the effect of the food that has already entered his body. People in the world who understand the culture of eating use this information and only eat light dishes and appetizers at the beginning of a meal, such as fruits and salad. After twenty minutes, only then do they start the main course of the meal. This is indeed the eating process according to the Rambam's opinion - to first eat lightly in order to begin the digestion process, and in this way, after the brain has received knowledge that it has food in the stomach, the rest of the meal continues reasonably without the feelings of hunger. If

a person still feels hungry, it is recommended to put something in his mouth that requires a lot of chewing, such as a piece of raw carrot, and to chew it well, so that the stomach will receive the saliva that it is lacking, and thereby relax from the feelings of hunger.

### **Rishon LeSion:**

#### ***Maran Hacham Ovadia Yossef 1921-2013***

The head Shochet in Egypt agreed to resign on condition that he receive severance compensation, but the Vaad Kehillah did not agree. The Shochet then opened his own butcher shop privately and continued working without fear of heaven. It was soon proven that he was selling camel meat and stamping it as kosher. The Rabbanim tried to place a Mashgiach in his shop, but the butcher did not agree to oversight. The butcher then began threatening the Rabbanim. He went to the Bet Din and declared to Hacham Ovadia that if they continued bothering him then he would destroy all who got in his way. Maran was not bothered and waved away the threat. He told him that he could not scare him in the least. When he realized he was not making progress, the Shochet went and hired two Arabs to hide outside of the Shul where Hacham Ovadia prays Minha every day, and when he came outside, they should pour boiling hot water all over him. Hashgacha, that day Hacham Ovadia's schedule changed and their plan was unsuccessful.

#### ***Mussar: Nervousness, Anxiety, Depression***

These are terrible characteristics that can cause much worse harm than regular diseases. They can actually cause serious diseases to the body through the mind. These characteristics destroy one's life completely and make everything seem very bitter. Such a character brings upon himself feelings of

tremendous discomfort. There is no difference between day or night; there is only pain. Everyone must work hard on their character in order to uproot every bit of these from their system. This shall prove beneficial for both the spiritual and physical being. His health will miraculously start to improve. He will merit a long life of happiness and goodness. His life will seem *on-track*, as success on this world is given to those who are calm and patient. Everyone has problems and difficulties in life when things do not seem to go as planned. What makes one person different than the next is the way he accepts the hardships and deals with them. If one has problems with his wife, his children, his business, or his health, these problems can completely destroy you! However, one who has a little bit of logic should realize how important it is to be calm and patient, and never become nervous or angry. One should pause and speak to Hashem, asking Him for help and success. Tell Him your problems and form a healthy bond that will lead you to happiness. Be faithful and trusting in Hashem, and never get nervous and angry, especially over things that are really anyway not worth the pain. May Hashem watch over us, Amen.

### ***Story***

A wealthy man whose family suffered from terrible health issues went to the Chafetz Chaim to receive a blessing. The Rabbi instructed him to close his business during Shabbat, because Shabbat is the source of all blessings. The wealthy man explained that such a request was very complicated! He had many workers, many obligations, and many different parts to his business. The financial loss would be too great! The Rabbi explained that keeping Shabbat will bring all the blessings and he didn't have anything to worry about. The man tried to negotiate.

There were three weeks left to the year. If he could just continue desecrating Shabbat for three more weeks and complete his business obligations for the year, then he would be able to start keeping Shabbat. The Chafetz Chaim began to cry. He told the wealthy man, does man own Shabbat in order to give permission for such a request? He couldn't agree to him and allow desecration, not even for a moment of Shabbat. Hashem owns Shabbat. The wealthy man was moved by the Rabbi's emotions and agreed on the spot to start keeping Shabbat and to close his business on the holy day. The Chafetz Chaim then blessed the man and his family with health and recovery, and the whole family soon became strong and healthy in the merit of Shabbat.

### **Laws**

**1** – You can use your friend's Talit without asking him, to fulfill the Mitzvah of Tzitzit, because generally speaking a person wants his possessions to be used for Mitzvot, however you should not recite a blessing on the Talit, but if you did recite a blessing there are opinions in Halacha to rely upon for this.

**2** – If you use your friend's Talit without asking, then it can only be done occasionally, not often. You also cannot remove it from the area. If you removed it from your friend's home, you cannot bring it to other homes. You cannot cause a loss or depreciation to it. You cannot use it at all if you know that the owner is particular and does not want others to use it.

**3** – If you eat wheat bran (the husk of the wheat) you do not recite a blessing on it, but if you prepare it with liquid, then you recite Shehakol.

**4** – You recite Shehakol on an egg omelet, but if you prepare it with flour then you recite Mezonot because the flour is primary.

### **Sponsors**

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**his wife Yvette, and their children.** Blessings and success for the entire family, Amen. \*\*\* **Mr. Joey Eliyahu Levy, his wife Raizy, their parents, and their children.** Blessings and success for the entire family, Mazal Tov to his mother **Mrs. Becky** on her birthday, may she be blessed with longevity and health, Mabrouk, 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. \*\*\* **Mr. Daniel Shkouri, his wife Evelyn, and their children.** Blessings and success for the entire family, 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 Alkada, 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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