

Congregation

◆◆◆◆ **"Beth Yosef"** ◆◆◆◆

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

Rabbi Aharon Farhi

Mr. Eliyahu Levy, President

*Parashat **Mishpatim Shekalim***

Maqam Saba

*Haftarat **Vayichrot Yehoyada***

20th Shevat 5786

Issue #1150

February 7th 2026

*Candle Lighting **5:10pm** * Shekiah **5:28pm** * Shir Hashirim **5:00pm** followed by Mincha Friday Night
Shaharit Shabbat **8:15am** * Mincha Shabbat **4:55pm** * Shabbat Ends **6:11pm** & Rabbenu Tam **6:41pm***

*Time for Talit **5:49am** * Seasonal Hour **62** * Alot Hashahar **5:37am** * Netz Hachama **6:51am***

*Weekday Mincha **5:20pm** * Earliest Time for Arbit **4:48pm** * Tzet Hacoachavim **6:06pm** * Chatzot **12:09***

*Latest Time for Morning Keriat Shema **8:43am** * Latest Time for Morning Amidah **9:45am***

Tuesday February 17th & Wednesday February 18th will be Rosh Hodesh Adar

Final Shovevim Fasting:

*Thursday February 12th fast starts **5:30am** and ends **6:00pm***

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

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2415 Ocean Parkway, Brooklyn NY 11235

Please do not read this bulletin during Tefillah or Keriat Hatorah

This week's Parasha discusses many Mitzvot, so we will mention some of them specifically. For damages to the body, the damager is responsible to pay doctor bills. We learn from here that the Torah gives permission to the doctor to work as a healer. All damage, pain, and suffering that a person endures is from heaven, and when that problem is removed, that too is from heaven. Those who deserve to harm and those who are deserving of harm will be involved. Heaven orchestrates everything accurately. Even if the damager acts intentionally and the damaged was careless, still it wasn't them but heaven that planned and executed. The Pasuk says when two fight, a man and his friend, comparing both to each other, not differentiating, because they are both equal in heaven's eyes, just messengers, just playing their part. Hashem does everything for a reason, both have sinned and require atonement that they will receive through this episode. We must always do Teshuvah, but we also must accept everything that happens to us with love and understanding that whatever Hashem does is for the best. The Pasuk also says that we should surely help

someone with their burden. Rebi Natan Tzvi asked his student who recently married if he helps his wife prepare for Shabbat on Friday. The student responded of course, it is a great Mitzvah and honor for Shabbat to be involved with the preparations. His Rabbi laughed, that was not the point of the question. He had asked if he helped his wife, as the Pasuk commands us in this week's Parasha to help one with a burden. Especially on Friday, when the preparations are many and the burden is great, we must do our part to help our wife. The Pasuk tells us to distance from falsehood. It doesn't just say not to tell a lie. The world stands on three pillars, one of which is truth. In the merit of truth, great blessings come to the world and sprouts great abundance throughout the land. May Hashem watch over us, Amen. *(From the Torah class of Hacham David Jamal zt"l)*

Insights on the Parasha

When the Torah says 'Eleh' *these*, it discounts whatever was before it, but when it adds a Vav, 'VeEleh' *and these*, then it connects and adds to what was before. The author of the

Imre Chaim explains, *Layehudim Hayta Orah* – The first letters of these three words spell Eleh. Orah is Torah. If a person repents because he has learned Torah and now knows better, and he is repenting out of fear and awe of heaven, then his sins that were performed on purpose are considered to be accidental and nothing more. Moving forward, he is detached from his wrongful ways of the past. However, *Layehudim Hayta Orah VeSimha* - The first letters of these four words spell VeEleh. If a person does Teshuvah with Simha, with happiness and love of Hashem, not just out of fear and awe, then his past transgressions become merits and blessings, to be connected with his past for his future.

History in Brief

200 years after the Hurban, calendar year 270. As Rebbe was passing away, suffering from sickness, he told his family to bring in the Sages of the generation. He told the Sages that he didn't want them to eulogize him in the cities so as not to cause disruptions to the Torah learning of the men. He also said that his younger son Raban Gamliel should be Nasi, his older son Shimon should be the Av Bet Din, and Chanina Bar Chama should be Rosh Yeshiva. He told his son Raban Gamliel how best to govern as Nasi, seeking counsel with the Sages, how to treat the people, how to teach the students, and how to be respected in his position as Nasi. Privately, however, he should be humble and respectful to all. Before his passing, he prophesized that the people of Humania a city in Babel were all Amonim from the descendants of Lot, and another city Misgaria were all Mamzerim born from married women. The city Birka had two brothers who swapped wives. The city Satia went away from Hashem and became heretics. One time the river Perat had many fish, and the people of Satia went and caught the fish during Shabbat. The Sages excommunicated those people of Satia, and that day they rebelled. He also said that Rav Ada Bar Ahava is sitting

with Avraham Avinu in Gan Eden. That day Rav Yehuda was born, who is mentioned throughout the Gemara.

Health and Recovery

Now that we have established the importance of relieving the body from waste in a timely manner, and the potential damage that can be caused to the body when one procrastinates with this, we will now illustrate the point with the difference between a person who finds an ant on his table and a person who feels an ant enter into his clothes. A person who feels an ant in his clothing will immediately get up and go to the dressing room to get rid of it. The same is true of the need to relieve oneself. As soon as we receive a warning from the body, we must immediately remove the pest from our bodies, even if we are sitting with important people and need to interrupt, or in any given situation. The correct education is to accustom your children from an early age to go to the bathroom before going out of the house, and again when coming home. To become accustomed to always initially go to the bathroom will save them in the future from a lot of trouble. Drinking deficiency is one of the causes of bladder cancer. A study of 48,000 people conducted by researchers at Harvard University, and Ohio State University, found that those who drank more than eight glasses of water per day had a 51 percent lower risk of developing bladder cancer compared to people who only drank two cups a day. In addition, the lack of drinking water makes the waste become concentrated, and as a result, a person constantly feels the need to relieve himself, always in only small concentrated amounts. One who is diabetic should include the following in his diet: asparagus, grapefruit, onion, red cabbage, cauliflower, turnip, cucumber, wheat bran, soya, vegetable (Israeli) salad, tomatoes, parsley, peppers, yogurt, avocado, garlic, beans, rye, kidney beans, spinach, whole rice (not peeled), and

quinoa. Healthy people are advised to include these within their diets as well in order to prevent diabetes.

Rishon LeSion:

Maran Hacham Ovadia Yossef 1921-2013

The Shochet was caught selling camel meat to Jews with a fake Kosher certification. The Egyptian police investigated and found the allegations to be true. They arrested him for fraud and charged him criminally, sentencing him to prison for six months. Even after Maran returned to Israel, the fraud Shochet got in trouble again with the law and was sentenced to another three years in prison. When he was released, he began causing trouble to the Jewish community in Egypt out of spite. The leaders of the Kehillah paid him off and convinced him to move to Israel, and he acquiesced. When he arrived to Jerusalem, he met with the Rabbanim and presented himself as an expert Shochet who was willing to work for the community. At that time Hacham Ovadia was the leading rabbinical authority in Petah Tikvah. One day, he met up with one of his understudies who asked an alarming question in Halacha: is a Shochet allowed to slaughter without a head covering and without having washed his hands Netillat Yadayim in the morning?

Mussar: *Love for Others*

Everyone is obligated to love others. The way to develop this is to help others, whether physically, spiritually, or monetarily. Everyone needs help from others, no matter their financial or spiritual standings. Give gifts to others and show that you care about them. Through these actions you will develop a sense of love for others. Be forgiving and easy going. In business, be honest and courteous to others. Do not be strict with people or particular. Speak softly and kindly. Be careful not to embarrass others, and avoid confrontations. Smile pleasantly to people, for this will enhance the love for one another. Be

concerned about the welfare of another, and soften their worries. If one confides their secrets or private issues to you, do not reveal them to anyone. If one angers you, let it pass. Do not listen to talk about the faults or shortcomings spoken of another. Always strive to find the good in people. Follow these steps and you will love others, and be loved by others in turn, and by Hashem, Amen.

Story

Reuven, a Jewish doctor, lived in the city of Slutzk near a butcher shop. He noticed the butcher closing up shop early and sending away the remaining customers in a hurry. The doctor asked the butcher why he was closing early? The butcher answered that he was going to Shul to pray Minha and Arbit, and then listen to a Torah class. The doctor asked, but today is Thursday and your store is full of customers to buy and meat to sell. How are you pushing away your livelihood? The butcher answered, livelihood comes from heaven, and a Jew is not just concerned with this world, but also needs to earn for the world to come. The doctor, who did not practice his Jewish religion, rejected the answer, denying the idea of the world to come. The butcher responded that indeed the doctor may not have a portion in the next world, but the butcher did and wanted to earn a respectable portion by praying, learning, and performing Mitzvot so that he could enter Gan Eden honorably. The doctor replied, do you really want to increase your share in the next world? I will sell you my share for one coin. The butcher said, why not, sure. This is a great deal. He took out a coin and paid the doctor for his share in the next world, laughing and saying that the doctor is an utter fool who will one day regret this sale.

Laws

1 – One who is heaven fearing will not borrow a Talit from someone without asking, because many people are particular that others not use their garments without permission. If you have

any doubt as to whether the owner will care and not allow with his whole heart, had he known, then you should not borrow it, and definitely not recite a blessing on it.

2 – Nonetheless, a person should be willing to allow others to borrow his Talit for a Mitzvah. If you borrow, you must handle it carefully and fold it properly, returning it to its case.

3 – If you borrow a folded Talit without permission, and you leave it unfolded when you are done, you are considered a thief, and the blessing is in vain.

4 – Something usually used to spice or provide flavor for something else, if you eat it alone you recite Shehakol on it. If it is not really supposed to be eaten by itself, then no blessing is recited.

5 – On rice you recite Mezonot followed by Boreh Nefashot. If you recited Al Hamichya afterwards, Bedieved after the fact it is ok.

6 – One who eats pastries and also eats rice, Al Hamichya can be recited afterwards to cover both.

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siblings, and their children. Blessings and success for the entire family, Leilui Nishmat their mother **Rachel Bat Shafiah a”h**, Amen.

*** **Mrs. Lina Hafif Nahum, her husband Edmond, and their children.** Blessings and success for the entire family, Leilui Nishmat her mother **Olga Bat Zakieh a”h**, and Leilui Nishmat the pure soul of the young child **Yosef Chaim Ben Olga a”h**, 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 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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