Congregation

"Beth Yosef "

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

Rabbi Aharon Farhi | **Mr. Eliyahu Levy, *President***

Parashat ***Hayeh Sarah*** | ***Maqam Hijaz*** | *Haftarat* ***Vehamelech David***

27th Heshvan 5787 | Issue #1179 | November 7th 2026

Candle Lighting **4:28pm** * *Shekiah* **4:46pm** * *Shir Hashirim* **4:15pm** *followed by Minha Friday Night*
Shaharit Shabbat **8:15am** * *Minha Shabbat* **4:10pm** * *Shabbat Ends* **5:27pm** *&* *Rabbenu Tam* **5:57pm**
Time for Talit **5:34am** * *Seasonal Hour* **60** * *Alot Hashahar* **5:22am** * *Netz Hachama* **6:34am**
Weekday Minha **4:15pm** * *Earliest Time for Arbit* **4:07pm** * *Tzet Hacochabim* **5:22pm** **Chatzot* **11:29**
Latest Time for Morning Keriat Shema **8:22am** * *Latest Time for Morning Amidah* **9:22am**

Those who wish to contact Rabbi Aharon Farhi can call **(646) 552-3412**
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We should ask, why is this *Parasha* called *"Hayeh Sarah"*? We have seen many *Parashiot* in the Torah that are named with one word, like *Toledot*, *Vayera*, *Vayishlah*, *Vayhi*, *Balak*, *Pinhas* and so on. So why is this one called *"Hayeh Sarah"*, with two words? The answer is that *Hayeh Sarah* deals with the root and formation of *Am Yisrael*. *Sarah* is the first mother of *Am Yisrael*, and her life took shape in these three words, *"Shene Hayeh Sarah"* (the years of Sarah's life), which seem to be extra. But *Rashi* explained, *"Kulan shavin letova"* (they were all equally good). This is a very puzzling explanation, because *Sarah* suffered pain all the days of her life, from beginning to end. It began with a long period of barrenness, then a famine, going down to Egypt, and being taken from her husband twice, to Pharaoh and to *Abimelech*. Then came the humiliations from *Hagar*, and *Yishmael* plotting against her son *Yitzhak*, and hearing about the *Akedat Yitzhak*, which put an end to her life. After her passing, her burial cost *Avraham* a huge fortune. Were all these troubles equally good? The truth is that they were endless troubles. But *Sarah's* strong *Emunah* in Hashem and in His *Hashgacha* (Divine supervision) over her made her feel that everything she went through was for the good. That is why she merited to be the first one buried in *Me'arat HaMachpela*, and she brought her husband, her son and her grandson with their wives, to be buried with her in the cave. She made this cave holy for all generations for all the descendants of Am Yisrael. Anyone who suffers from any hardship, whether from poverty, finding a *Zivug* (a marriage partner), having children, illness of the soul or illness of the body, all of them come together to visit her burial place. In her merit, nearly all of them have been freed from their hardship and have seen wonders and salvations. In whose merit? In the merit of the first mother of *Am Yisrael*, and in the merit of the life of suffering that she endured and accepted with joy. In her eyes, all of it was equally good, in order to give *Am Yisrael* the spirit to endure and to come out of all kinds of hardships. Everyone who visits her burial place prays to Hashem that in her merit he will be saved, and she helps him spiritually and materially. May her merit protect us, Amen.

Insights on the Parasha

Eliezer used three different expressions. They are *"Hati na kadech"* (please tip your jug), *"Hagmieni na"* (please let me sip), and *"Hashkini na"* (please give me a drink).

Why? *Eliezer* wanted to test the girl to see whether she was modest or not. So he set a sign in his prayer and said, *"Hati na kadech,"* meaning that the girl herself would give him a drink directly from her jug. When he met *Rivka*, he said to her, *"Hagmieni na,"* meaning that she should come closer to him and put water in his mouth. But the modest *Rivka* told him, "Drink" meaning drink by yourself, and I will not come close to you to give you a drink. When he told the story in her father's house, he did not want to reveal this test to them, so he said 'Hashkini na,' so they would not be angry with him for daring to speak words of *chutzpah* to a girl. But *Rivka* was modest, and *Eliezer* declared, "She is the one You have chosen for Your servant, for Yitzhak". (*Melo HaOmer*)

History in Brief
230 years after the destruction of the Temple, calendar year 300

In the year 240 CE, Emperor Julius and his son converted to Christianity, and he began to greatly favor the Christians. Then the army commander rose up against them, killed both of them, and made himself emperor of Rome. In the second year of his reign, he decreed persecution against all who believed in Christianity and killed multitudes of them in Rome alone. He did the same in *Yerushalayim*, which was under his rule, and decreed that the name Christian should never again be mentioned in *Yerushalayim*. Nearly all of them were Jews who had converted, and this was the ninth persecution of the Christians. At that time, great wars increased between Rome and Germany. After some years, a great people came out of Germany. They multiplied and became a mighty nation. They went out, spread and plundered the other lands of Germany around them, and then left their borders to conquer many countries in Europe. They reached Greece and Turkey, and afterward they reached Italy. The emperor of Rome went up against them, struck them with a very heavy blow, and defeated them. In the time of Gallienus, emperor of Rome, in the year 263 CE, the honor and power of Rome fell lower and lower. The Germans rose up against it, and all the Jews who were scattered in the lands of Europe suffered from those wars and from the destruction of the cities where they had settled. During that period, the Great *Sanhedrin* was exiled from the *Galil* to Tiberias, which lies low in the valley, and there they stayed in hiding and studied Torah.

Health and Recovery

When food consisting of sugar enters into the stomach, the sugar is rapidly absorbed into the bloodstream, and then it resembles a "bomb" that lands on the pancreas, which is the gland responsible for the production of insulin that breaks up the sugar in the body, causing it to produce large amounts of insulin. If you think consuming a teaspoon of sugar will make you feel alive, it is because your blood sugar level will quickly rise. One who is sick with Hypoglycemia, which is a deficiency of glucose in the bloodstream, can benefit from consuming one teaspoon of sugar when he is weak, and then the jargon terminology "bomb" can be understood. However, for a person who is not diabetic, the pancreas secretes insulin to process a teaspoon of sugar, but when a person is sick and cannot process this large amount of sugar, the pancreas must work hard to decompose and digest the sugar, until eventually, with the addition of other factors that overload the digestive system, the pancreas collapses, and the person reaches a diabetic condition, because the system has collapsed and simply cannot function properly. This requires a large amount of calcium from the body, beyond what the body is able to provide, and so sugar is then also responsible for causing osteoporosis. Furthermore, for the purpose of decomposition in the stomach, sugar uses a large quantity of vitamins in order to digest, which the body does not have and cannot provide in such volume. Sugar then causes obesity from eating any foods, because it provides the body with empty calories, low

quality, and carbohydrates that immediately turn into fat.

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.

Rishon LeTzion -Maran Chacham Ovadia Yosef (1921–2013)

Here are a few stories of the Maran's *Shiur*, broadcast every *Mosa'e Shabbat* all over the world. One day, a donation arrived from Kibbutz *Tel HaShomer*, which is completely secular, along with a letter that said, "I am the wife of the kibbutz member who donated to your project of *Maran's Shiur*." This is what she wrote. "My husband and another group of friends, members of the kibbutz, have gone out of their minds, and every *Mosa'e Shabbat* they watch *Rav Obadia's Shiur* with great longing. As a sign of appreciation, my husband made this donation." Another story. A group of Israeli students staying somewhere in Romania, far from any spark of Judaism, wearing earrings in their ears and ponytails in their hair, were sitting in a game room next to a motorized satellite dish. They began tinkering with the satellite dish, and suddenly they picked up *Maran's Shiur*. It seems that just seeing his holy face stopped them in their place, and so they began to listen to Maran's words, and little by little they did *Teshuba*. Those students later made contact and expressed their thanks. They said they are growing stronger and returning to their roots through *Maran's Shiur*, and they do not miss even one week. When this was told to *Maran*, he was moved to tears out of his love for those who return in *Teshuba*.

Halab (Aleppo) - Syria

After the announcement at the UN of the establishment of the State of Israel on the 16th of *Kislev* (November 29, 1947), the Arab leaders reacted harshly against it, and a wave of violence began throughout the Middle East against the Jewish communities who had lived side by side in peace and calm for 1,500 years. A bitter day came upon the Jews of *Halab*. Many Jews were arrested and put in prison. The UN announcement was on Friday, and on Sunday nothing happened, but the city of *Halab* was shut down and a general strike was declared throughout the city, and the Jews locked themselves inside their homes. On Monday, from the morning until the afternoon, soldiers were stationed near the synagogue to protect it. The leaders of the community at that time were Mr. Siahou Shamah and Mr. Rahmo Nehmad. They were among the leaders of the community, and they asked for a meeting with the governor of *Halab*, who was also the chief of police. They demanded strong protection and security for the lives of the Jewish residents, their homes, their shops and their synagogue. They were promised that the governor would protect the community from the danger and fear of the crowds who were raging and storming in the streets of the city. Mr. Siahou Shamah declared that he did not believe this promise, but Mr. Rahmo Nehmad trusted them. At noon on Monday, a mob gathered near the Jewish synagogues, shouting against the Jews, and the Syrian soldiers stood silent and did nothing to stop them.

Laws: Seeing a friend after 30 days

1- Someone who has not seen his father, his Rav, or one of his relatives or friends for thirty days, and they are very dear to him and he is happy to see them, says the full *beracha "Sheheheyanu"* with Hashem's name. The same applies when they return from a faraway journey, and the same applies to his mother, his sisters or his other female relatives whom he is happy to see.

2- Someone who has not seen his friend face to face for thirty days, but saw him live on television, for example at a wedding, does not say *Sheheheyanu*.

3- Likewise, someone who hears his friend's voice live on the phone or on the radio after thirty days does not say *Sheheheyanu*.

4- Someone who enters a city where he has many beloved friends and meets them all at one gathering does not say *Sheheheyanu* for each one, and one *beracha* is enough for all of them.

5- It is a good and proper custom to make a festive party, a *Se'udat Hodaya* and a celebration for a *Bat Mitzvah* on the day the girl turns twelve years and one day. *Dibre Torah*, songs and praises to Hashem should be said, and the rules of *Tzeniut* (modesty) must be carefully kept. The father says the *beracha* without *Shem uMalchut*, *"Baruch shepetarani me'onshah shel zo"*.

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*** **Mr. Joseph Ishay, his wife Suzette and their children.** Blessings and success for the entire family, Mazal Tob to their son **Mr. David and his wife Rina on the bar mitzvah of their grandson David Mazal Tob, Mabrouk,** Amen. And they wish a **Happy Birthday to Mr. David Bawabeh and his wife Maggie and their children Solly and Yosef** Mazal Tob and Blessings for a long life with health and success, Amen. *** **Dr. Albert Fateha and his wife Estella** Blessings and success for the entire family, **Mazal Tob to the Hatan and Kallah Joe and Stephanie,** Mabrouk and may they merit Banim Zecharim Amen. *** **Mr. Henry Heffez, his wife, their children and their parents** Blessings and success for the entire family, Amen. *** **Mr. Eli Sutton, his wife Lori and their children** Blessings and success for the entire family, Amen. *** **Mrs. Silya Setton-Tawil and her sons David and Shela** Blessings and success for the entire family, Leilui Nishmat their father **Jack Tawil Ben Emil-Salha a"h** Amen. *** **Mr. Albert Leon Farhi, his wife Grace, their children and their parents** Blessings and success for the entire family **Mazal Tob on the birth of a baby girl**, Mabrouk, Amen. *** **Mr. Farah Hamra, his wife Dina and their children** Blessings and success for the entire family, **Mazal Tob to the Hatan and Kallah Benny and Rosie** Mabrouk and may they merit Banim Zecharim Amen. And they wish a **Mazal Tob to Albert Leon Farhi and his wife Grace on the birth of a baby girl** Mabrouk, Amen. *** Anonymous, his wife and their children. Blessings and success for the entire family, Leilui Nishmat **Obadia Ben Garaz a"h, Rimon Rahamim Ben Bella a"h and Bella Bat Kahilla a"h** Amen. *** **Blessed brothers Rachamim Hadriye and Yehoshua Hadriye his wife Suzanne and their children** Blessings and success for the entire family, Leilui Nishmat their father **Mordechai Ben Mazal a"h,** their brother Hahayil Hakadosh **Abraham Ben Frieda a"h,** and their brother **David Ben Frieda a"h** *** **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.

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