

CONGREGATION BAIS TORAH

August 25, 2007 · 89 West Carlton Road · Suffern, NY 10901 · (845)352-1343 · www.baistorah.org · י"א אלול שבת פרשת כי תצא

ערב שבת פרשת כי תצא

מנחה 7:00 PM *
הדלקת נרות 7:20 PM **
Regular Candle Lighting: 7:24 PM

שבת פרשת כי תצא

שחרית 8:45 AM
סוף זמן קריאת שמע 9:37 AM

פרקי אבות 5:45 PM
גמרא שיעור 6:25 PM
מנחה 7:10 PM
סעודה שלישית
מעריב 8:23 PM

Sunday שחרית 7:45 AM

Weekday שחרית

Mon. and Thurs.: 6:20 and 7:45 AM
Tues., Wed. and Fri.: 6:30 and 7:45 AM

Weekday מנחה-מעריב

Sun. thru Thurs.: 7:20 PM

ערב שבת פרשת כי תבוא

מנחה: 7:00 PM *
הדלקת נרות 7:13 PM
* Early mincha for the summer
** Shul Accepts Shabbos

Shiurim

Sundays at 8:30 AM – מסכת סנהדרין – Rabbi Heimowitz
Mondays at 7:30 PM – מסכת ברכות – Rabbi Chaim Wein
Tuesdays at 8:15 PM – Partners in Torah
Wednesdays at 7:30 PM – קהלת – Rabbi Gottlieb – **Shiur will resume in the fall.**
דף היומי I, Monday through Friday 5:25 AM and Sunday at 6:30 AM – Mordechai Rudman
Monday through Friday at 7 AM - ירושלמי - Mordechai Rudman
Monday through Friday after the second שחרית עם רשי - שחרית השבוע עם רשי – Rabbi Yosef Fischer
Monday through Thursday at 9:45 AM - גמרא שיעור - Rabbi Leibel Reznick
דף היומי II, Monday through Thursday 10:00 AM and Sunday at 9:30 AM – Rabbi Yosef Fischer
Women's אבות שיעור group meets on שבת right after the פרקי אבות שיעור.

Shul Announcements

סעודה שלישית is being sponsored by Barry Lifschitz in memory of his mother, לאה בת אביגדור הלוי, and his grandfather אביגדור בן יהודה לייב הלוי.

Bais Torah is selling **wine** for Rosh HaShana. Please send in all orders as soon as possible. The last day for mail orders to arrive is Friday, August 31. Please contact Miriam Frankel at 893-4983 or at frankelm@yaho.com with any questions. The complete wine list and order form are on our shul website, www.baistorah.org.

Announcing Bais Torah's **** LABOR DAY BBQ AND FAMILY PICNIC **** Monday, September 3rd, 1:00 to 5:00 PM at Camp Regesh, 236 Cherry Lane, Monsey. Enjoy boating, volleyball, great food and special entertainment for the entire family. Bring the kids! Bring the grandkids! Bring the whole family! \$36 per family - \$25 per couple - \$15 for single adults. Double watermelon for early RSVPs to 352-1343 or aviva@baistorah.org.

Please reserve Shabbos, Parshas Noach, Motzei Shabbos, October 13th and Sunday, October 14th for a full program of events celebrating the hachnos of the Sefer Torah written in memory of **Rebbetzin Jackie Wein** a"h. Rabbi Berel Wein will be joining us for the weekend.

Bais Torah has secured seats for the **NY Knicks vs. the Maccabi Elite Tel Aviv** basketball team. They will be playing in Madison Square Garden on October 11th, for the benefit of Migdal Ohr. The number of seats are very limited so they will be sold on a first come first served basis. We are going to have a bus going from the shul to the game and back. Preliminary reservations can be made by emailing baistorah@taxprof.net. That will hold your reservation for 5 days. The total cost of seat and bus is \$80.00. Checks are to be made out to Bais Torah and only reservations that are paid for will be valid. Kosher food will be available at the Garden supplied by Mendy's.

A message from the President: A mailing has been sent for 5768 dues and seating requests - the Seating committee and Gabboim request an immediate return of the forms to provide them with sufficient time to do their jobs. Included in the packet is a small survey primarily based on items discussed at the General Membership Meeting. Your prompt attention to this will allow the Shul's board to address these issues.

Mazel Tov

Josh and Gloria Riber on the engagement of their daughter, Leah Malka, to Yoseph Reuven Katz of Portland, Oregon.
Alan and Malkie Zamore on the birth of a granddaughter, Eliana Sarah, born to Donny and Arielle Rosenberg.
Alan and Malkie Zamore on the birth of a grandson, born to Mordechai and Cheryl Rosenberg.

Refuah Shelaimah

Mr. Henry Shapiro
חיים מאיר יחיאל בן מלכה לאה
Ben Zauderer בנימין בן בילה
Manny London מנחם מונש בן חנה פרידא
Ken and Judy Gribetz's grandson, Eitan Witkin
איתן אפרים בן נחמה יטה

Yoel Adler יואל בן מירלא
Renee Rosenbaum's mother, Fanny York
רחמה פייגל בת רבקה
Shira Steinberg - שירה רות בת שרה -
Yossie Stern's granddaughter -
ציפורה יהודית בת דינה רבקה

How to Reach Us

Rabbi Yisroel Gottlieb 357-3913, rabbigottlieb@yahoo.com – Daytime emergency 362-8362

President Allen Nussbaum president@baistorah.org

Treasurer Barry Lifschitz, 352-0226, Fax 352-0841 or barry@lifschitz.net

Maintenance Yis Helprin 494-7446

Shul Secretary Aviva Schmutter 352-1343 aviva@baistorah.org M-TH 9:00-3:00

Simcha Room Reservations/Kiddushim Jack Gross, 357-4121

Bikur Cholim Eveline Kranzler, 352-8410 and
Chosh Levy, 425-6827

Eiruv 362-4302

Mikvah 425-6101

Chesed Committee Charlie Grandovsky, 425-4683

Youth Michael Kronenberg 368-1064

Sisterhood Liaison Betty Schloss, 369 – 1833

Hachnosas Orchim Facility for homeless, Shea Jacobs 425-9617

Lost and Found Michael Loebenstein, 425-8895

Reb. Wein Sefer Torah Project 368-1064

Chevra Kadisha Steve Fessel, 425-1713, Ephraim Pessin, 914-420-6714 or Gloria Gordon, 425-1276

Sisterhood Tribute Cards, Mona Selzer 356-0129

Bais Torah Bulletins Email baistorah@taxprof.net, Fax (845) 368-4172, or call (845) 368-2222. To receive e-mail updates, write to baistorah@gmail.com. This bulletin is downloadable from the web at www.baistorah.org.

In Case of Emergency

The **red Hatzolah phone** is in the hallway on the wall between the rear washing station and the Simcha Room.

The **defibrillator** is in a cubby in the coat room opposite the Hatzolah phone.

Parashas Ki-Setze – 5767 – Basic Training for Going to War against Our Internal Enemy - Or Losing Weight and Accomplishing Other Personal Goals

Rosh HaShanah is now very close, and we feel the pressure to formulate resolutions for self-improvement. As obesity is increasingly in the news as a dangerous health risk, a resolution which many of us make, and frequently find difficulty in fulfilling, is the resolution to lose weight. This resolution can probably be interpreted spiritually as well as physically but, for simplicity, let's keep the discussion physical. One day this past week, I met a friend of long-standing, and remarked that he seemed to have lost considerable weight. He said that it was true, and being interested in the same goal for myself, I asked him his secret for losing weight. He responded that all the diets "out there" worked, provided the individual looking for results was committed to "focusing" on his or her goal. When I asked him to elaborate, he said that he had found that if the first thought a person had upon waking was "Today I am going to have a positive day," that was a wonderful starting point. He also said that he had attended a lecture where the speaker had advised the audience against making negative judgments. He said that every negative judgment produces a correspondingly negative internal physical reaction – increasing the level of stress related to the "Fight or Flight" physiological response that elevates blood pressure, and has other damaging effects upon the body. The recommended response to experiencing a negative judgment that one's internal "bais din" has pronounced against a fellow human being, (or a simplistic first step in that direction) was to take a breath, and to "let go" of the negative thought. Since one frequently eats for comfort, reducing the level of stress would likely reduce the need for comfort and hence the need for food. He had worked on remodeling his life according to the above ideas, and it had helped him.

It occurred to me that the three notions he had mentioned corresponded to ideas propounded by Chazal:

The idea that one should always remain in "focus" upon a positive goal reminded me of the advice given by King David in Tehilim (16:8), "Shivisi HaShem L'Negdi Tamid," "I have set HaShem before me always." It also aroused a vivid memory of a session of my sixth-grade class at Yeshiva Rabbi Moshe Soloveitchik in which the teacher presented this *rule of life* as the main theme.

The idea of having a positive thought in mind immediately upon waking corresponds with Chazal's dictum to recite "Modeh Ani" at that time: "I gratefully thank You, O living and eternal King, for You have returned my soul within me with compassion – abundant is Your faithfulness." The idea of a faithful G-d Who returns one's soul after watching over it and cleaning it and refreshing it overnight, is indeed a positive thought.

And the idea of minimizing and attempting to avoid negative judgments seems to fit nicely with our recital regarding our own soul, and about every living soul created "B'Tzelem E-lohim," "in the image of G-d" the "E-lohai Neshamah" Prayer, one of my personal favorite "tefilos:" "My G-d, the soul you placed within me is pure. You created it; You fashioned it; You breathed it into me. And You safeguard it within me, and eventually You will take it from me, and restore it to me in a future time. As long as the soul is within me, I gratefully thank You, HaShem, my G-d and the G-d of my fathers, Sovereign of all deeds, Master of all souls. Blessed are You, HaShem, Who restores souls to dead bodies."

Not to be judgmental fits nicely with the adage of Hillel, cited in Pirkei Avot 2:5, "Do not judge your neighbor until you stand in his place." Focusing on one's own shortcomings is more helpful than on one's neighbors'.

Back to dieting; one should recall that all physical appetites are creations of G-d and, when suitably modulated by Halachah, are legitimate. The Nazir must bring a Sin-Offering, in the opinion of Rabbi Elazar HaKapar (Nazir 19a), because he found the list of the Torah's prohibitions too short and felt that he had to add to it.

I remarked that during the second of my successful diets (back in my high-school years), I had used the tactic of borrowing a candy-bar wrapper from a friend and sniffing it to satisfy my yen for chocolate, because the senses of taste and smell are related. He responded that a woman he knew had kept some ice cream in the freezer and when the craving struck, would take a single spoonful, let it melt slowly in her mouth, and say, "There! I've had ice cream," and restore the package to the freezer. All's fair in love and war!

Each of us has areas of life which could use improvement, "from the sublime to the ridiculous." By using the method of behavior modification briefly described in this essay, or any other means of "Teshuvah," may we all be successful in implementing our resolutions, so that we may stand, as it were, before HaShem on the Day of Judgment (slim and trim or "on the way" physically *and* spiritually and) ready for a verdict, individually and nationally, of "Geulah Vi'Yeshuah," Redemption and Salvation.

PF