

BAIS TORAH BULLETIN

פרשת כי תצא - פרקי אבות פרק ב'

August 16, 2013

“אלול תשע”ג

ערב שבת פרשת כי תצא

מנחה	7:00
הדלקת נרות (early)	7:20
הדלקת נרות (actual)	7:35
שקיעה	7:53

שבת פרשת כי תצא

דף היומי	8:00
שחרית	8:45
סוף זמן ק"ש	9:34
Pirkei Avos Shiur	6:30
מנחה	7:20
שקיעה	7:51
מעריב	8:34

Weekday Schedule:

Week of 8/18-8/23

שחרית

Sunday	7:45
Mon Thurs	6:20, 7:45
Tues, Wed, Fri	6:30, 7:45

מנחה - מעריב

Sun-Thurs	7:30
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NEXT WEEK:

פרשת כי תבוא

מנחה	7:00
הדלקת נרות (early)	7:20
הדלקת נרות (actual)	7:25
שקיעה	7:43

WHAT'S NEW

This week's Kiddush is sponsored by Abe and Phyllis Frankel in honor of their anniversary and Phyllis' birthday, and by all those celebrating Birthdays and Anniversaries in August and September. Thank you to all the sponsors, and Mazal Tov to all the celebrants. The list is attached.

סעודה שלישית is co-sponsored by Barry Lifschitz for the yartzeit of his mother, Leah bas Avigdor HaLevi, and by the Loebenstein family of La Jolla, CA in honor of the birthdays of their parents/grandparents.

The Daf Yomi Shiurim this week are available for sponsorship. To sponsor a day, a week or a month of Daf Yomi please call Aviva in the office 352-1343. **Sponsorships are available to everyone, regardless of participation in the shiur.**

4th Annual Clothing Drive for Yad Leah Drop off for clothing: August 25th 8am to 6pm: 6 Misty Lane, EVERYTHING MUST BE IN GOOD CONDITION All moneys donated will defray shipping costs We also need baby clothes, towels and tablecloths. Please - NO SHOES, NO SOCKS, NO UNDERWEAR all clothing in good condition will be donated to Yad Leah of Passaic. It will then be packed and shipped directly to Yad Leah in Israel for those in need.

The Annual Sisterhood Simcha Tea will be Tuesday evening **August 27, at 7:30 PM** at the home of Rabbi and Rebbetzin Gottlieb. All women are invited to join us for a fun -filled evening honoring bnos mitzvah, kallos and chassanim, with a special performance by Jewish comedienne Joan Weiner. We look forward to greeting you there! To have your simcha included please contact aviva@baistorah.org with all the information: Please remember to park on Misty Lane, and walk through the Gross' backyard 107 W. Carlton Rd.

PLEASE NOTE: The Simcha Room will be undergoing renovations beginning on August 12, for approximately three weeks. Weekday davening will be in the main shul, and Shabbos Kiddushim and Seudas Shlishis will take place in the multi-purpose room.

MAZAL TOV

Jay and Hinda Kimmel on the birth of a grandson, Meir, born to their children Tuvia and Danielle Kimmel of West Orange, New Jersey.

Refuah Shelaimah

Katie Tannenbaum's grand-son-
יהונתן משה בן דבורה טובה

Teddy Kallner- תודרוס בן הינדא

Rosalie Kallner

שיינה רחל בת שרה הדול

Henry Shapiro-

חיים מאיר יחיאל בן מלכה לאה

Manny London

מנחם מונש בן חנה פרידא

Bob Schore -

חיים ראובן בן הענדל יהודית

Tova Eizik's grandson -

שלמה יעקב יונתן בן חנה רייזל

Larry Seligson-

אריה לייב בן רבקה

Larry Seligson's son-

רפאל אפרים בן סימא פריעדל

Manny Mayerfeld

מנחם בן קילה
פנחס ליאן בן ריזל

Ruth Malinowitz

רבקה בת פריידא

Helen Furman

חנה בת תמרה

BIKUR CHOLIM-

Please Call Before Visiting

Ted and Rosalie Kallner

Fountainview 356-2506

Tova Eizik 356-7981

Bob Schore 356-2512

Rebecca Tilson 369-9789

Helen Furman 357-1365

Ed Furman

Friedwald Center 678-2000

SHIURIM

Women's Tehilim, I'zecher nishmas Feigel bas Menachem Mendel, meets **Shabbos** afternoon 30 minutes before Pirkei Avos Shiur

Sunday:

6:25 AM Daf Yomi
Rabbi Avromy Fein

8:30 AM Gemara Miseches

Pesachim

Rabbi Yisroel Gottlieb

Sun-Thurs:

10:00 AM Daf Yomi
Rabbi Yosef Fischer

Mon-Friday

5:25 AM Daf Yomi I
Rabbi Avromy Fein

7:00 AM Daf Yomi II

Rabbi Yisroel Gottlieb

8:25 AM Navi Shiur
Rabbi Yosef Fischer

9:45 AM Gemara Shiur
Rabbi Leibel Reznick

Tuesday

8:15 PM Sha'arei Torah Chavrusa Program

Wednesday

Women's Hilchos Shabbos Shiur
WILL RESUME IN THE FALL

Thursday

8:15PM Women's Mishnayos
WILL RESUME IN THE FALL

Parashas Ki Setze- 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.

L'Iluy Nishmas beni, Aharon Baruch Mordechai ben Pinchas Menachem

How to Reach Us

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

President Steve Fessel 845 300 5106 ,sfessel@gmail.com

Treasurer Jay Kimmel, 357-9571

Facilities Yis Helprin 746-8065

Shul Secretary Aviva Schmutter 352-1343 aviva@baistorah.org M-TH 9:00-3:00, To receive e-mail updates, write to baistorah@gmail.com

Simcha Room Reservations/Kiddushim Aviva Schmutter, 352-1343

Bikur Cholim Eveline Kranzler, 352-8410 Sandy Lieder, 352-0122

Eiruv 362-4302

Mikvah 425-6101

Chesed Committee Charlie Grandovsky, 425-4683

Youth Jonathan Rosenstock 369-6349

Sisterhood Liaison Betty Schloss, 369-1833 Hinda Kimmel 357-9571

Lost and Found Michael Loebenstein, 425-8895

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

Misaskim - 917-217-1545

Sisterhood Tribute Cards, Mona Selzer 356-0219

Bais Torah Bulletin call (845) 371-5337 or Email: baistorahbulletin@gmail.com, All submissions are subject to review and must be submitted by 9pm Wednesday evening. Bulletin is downloadable from the web at www.baistorah.org.

Happy Birthday!

Carol Abramczik.....	September 19th
Pinchas Meir Abramczik (Abramczik grandson)	September 6th
Yosef Abramczik (Abramczik grandson).....	August 14th
Miriam Bodenheim Lieder granddaughter).....	September 19th
Shalom Bodenheim (Lieder grandson).....	September 19th
Yussie Deutsch.....	August 31st
Alisha Faigen (Fessel Grandson).....	September 23rd
Pnina Fessel (Fessel Daughter-in-law).....	September 3rd
Phyllis Frankel.....	August 14th
Dina Friedman (Fessel Granddaughter).....	September 20th
Shmuel Friedman (Fessel Grandson).....	September 23rd
Judy Gribetz.....	August 19th
Dovid Katz.....	August 14th
Ricki Katz.....	September 1st
Dovi Kimmel (Kimmel grandson)	August 29th
Maital Kimmel (Kimmel granddaughter)	August 17th
Shea Kimmel(Kimmel grandson)	August 26th
Yair Kimmel (Kimmel grandson).....	Sept. 13th
Michael Kronenberg.....	August 29th
Sharon Kronenberg.....	August 17th
Nechama Lieder (Lieder granddaughter).....	September 21st
Raizy Lieder (Lieder granddaughter).....	August 31st
Yissacher Lieder (Lieder grandson).....	September 12th
Batya Markowitz Paul.....	September 9th
Daniel Peikes (Lieder grandson).....	September 27th
Talya Markowitz (Kronenberg/Markowitz granddaughter).....	August 13th
Chaim Noach Lifschitz (Kronenberg/Lifschitz grandson).....	August 19th
Tali Rosenberg (10).....	September 15th
Henry Shapiro.....	September 18th
Miriam Sochaczewski (Lieder granddaughter).....	August 29th
David Yitzchak Weinraub (Kronenberg grandson).....	August 16th

Happy Anniversary!

Rabbi Yisroel and Amy Gottlieb.....	August 16th
Yussie and Fayge Deutsch.....	August 12th
Josef & Barbara Fischer.....	August 12th
Abe and Phyllis Frankel.....	August 18th
Ephraim and Ilana Fessel Friedman.....	August 30th
Jack and Rachel Gross (28th).....	September 12th
Ayal and Jennifer Greenblatt Korczak.....	August 29th
Richard & Kay Greenblatt.....	September 13th
Carl and Sara Markowitz (43rd).....	August 30th
Nachi and Batya Markowitz Paul (19th).....	August 7th
Bert and Alice Sirote.....	September 1st

Abe & Phyllis Frankel

*Special sponsors in honor of their special anniversary (45)
And Phyllis' birthday. Mazel Tov!*