

Congregation

★ ★ ★ "Beth Yosef" ★ ★ ★

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

**Rabbi Aharon Farhi**

*Parashat Miketz*

30<sup>th</sup> Kislev 5786

*Maqam Siga*

Issue #1142

**Mr. Eliyahu Levy, President**

*Haftarat Vayikatz Shelomo*

December 20<sup>th</sup> 2025

*Candle Lighting 4:13pm \* Shekiah 4:31pm \* Shir Hashirim 4:00pm followed by Minha Friday Night  
Shaharit Shabbat 8:15am \* Minha Shabbat 3:55pm \* Shabbat Ends 5:13pm & Rabbenu Tam 5:43pm  
Time for Talit 6:21am \* Seasonal Hour 55 \* Alot Hashahar 6:10am \* Netz Hachama 7:16am  
Weekday Minha 4:10pm \* Earliest Time for Arbit 3:59pm \* Tzet Hacoachavim 5:08pm \* Chatzot 11:53  
Latest Time for Morning Keriat Shema 8:55am \* Latest Time for Morning Amidah 9:50am*

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

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Please do not read this bulletin during Tefillah or Keriat Hatorah

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This week, in Parashat Miketz, we read about the dreams of Pharaoh, in which weaker cows seemed to overpower stronger cows, and weaker stalks of wheat seemed to overpower stronger stalks of wheat. The whole purpose for these strange dreams was in order to extricate Yosef from the dungeon pits of Egypt and instead place him in the exalted position that he would occupy until his passing. Pharaoh had first called all of his best advisors to help explain the dreams that he had experienced, but they were of no help. The Midrash states that although they gave explanations to Pharaoh for the dreams, his ears were closed to them. Hashem wanted Pharaoh to first allow everyone else a chance before Yosef came and spoke of the true meaning, so that nobody could later complain: *had we been given a chance we would have said the same thing ourselves.* Where was Yosef brought from? He had been locked away in jail for twelve years, when suddenly without warning he was cleaned up from the years of filth and long hair growth, brought before the Pharaoh, and within a short time he was the second in command over the entire Egypt, a great world power at the time! Our Sages teach us from here that the righteous and in fact our nation as a whole can and will be

saved from everything and will be granted salvation in the blink of an eye without any warning or indication of a future turn of events! Mordechai HaTzaddik went from a state of mourning, sackcloth, dust, ashes, fasting, and crying suddenly to a state of great honor and prestige, as he was led through the capitol by his enemy, on the king's horse, dressed in royalty! The Jewish people were suddenly granted great salvation in those times, without warning and amidst thoughts that they were about to be eradicated and annihilated. During the exile of Egypt, we were suffering terribly without salvation in any visible range. We had been worked very hard, with excruciating and backbreaking labor, every single day for many years. Suddenly, we were redeemed and salvation arrived for our nation once again. Our future redemption will follow in the same suit. From within terrible troubles and sufferings we will suddenly be rescued and redeemed. Yosef was taken out from the pits of the dungeons in order to be the second in command to Pharaoh in Egypt! Not only that, the Pasuk clearly states that they rushed him to quickly stand him before Pharaoh! Purim as well includes this idea, as Haman was rushed to the party of Esther, which

was a great turning point in the story and almost the end of both Haman and our troubles for the time being. We were rushed out of Egypt as well when we were redeemed. If we stop for a moment to understand our history and involvements, and connect our current situations and truths with that of the past, we might realize what is yet to come. Very soon and suddenly Hashem is going to redeem us and we will be united in peace and complete servitude and loyalty towards Hashem, with the coming of Mashiach, quickly in our days, Amen!

### ***Insights on the Parasha***

Yosef had spoken to his brothers harshly and accused them of being spies. When they came in to purchase grain, one of them, perhaps Reuven, asked for ten measures. Yosef asked why he wanted ten if he was but one person, to which Shimon questioned, why are you yelling at him, followed by Yehuda asking, why not just sell it to him? Yosef then looked at the three of them and asked why others were answering for the first, shouldn't only the person being asked be the one to respond? They then explained that they were in fact the sons of just one man and were all brothers looking out for each other. Yosef then countered that he didn't believe them to be brothers, but in fact they were connected because they were all working together as spies against Egypt. They answered that they weren't just ten brothers, but in fact twelve brothers, all sons of but one man who lived in Canaan.

### ***Insights on Chanukah***

Bet Shamai says that we should light eight candles on the first night, seven on the second night, and continue to decrease by one each following night. Bet Hillel says that we should light one candle on the first night and then add a candle on each of the following nights, which is the Halacha that we follow. What is the reason behind their disagreement? The lighting of the Menorah is written about twice in the Torah, once in Parashat Emor after the Moed of Chag Sukkot, and then again in Parashat Behaalotecha after the Korbanot of the Nesiim. Bet Shamai learns from the Korbanot of Chag Sukkot which

started with a larger number, thirteen on the first day, and decreased every following day, while Bet Hillel learns from the Korbanot of the Nesiim, which was counted from day one and then counted upwards on the following days.

### ***Health and Recovery***

Foods that spike blood sugar are typically high in simple carbs, added sugars, and refined grains, like sugary drinks (soda), white bread/rice, pastries, breakfast cereals, and processed snacks, as they quickly turn to glucose; even starchy foods like potatoes and some fruits (bananas) and less-obvious items like sweetened yogurts, oat milk, and certain condiments can cause spikes due to their high glycemic load. Foods that decrease blood sugar are generally high in fiber, protein, and healthy fats, slowing sugar absorption, including leafy greens, berries, nuts, seeds, legumes, whole grains (oats, brown rice), fatty fish, and avocado, while garlic and apple cider vinegar also show benefits, helping to manage spikes and improve insulin sensitivity. In the Torah, it tells us that Adam was instructed to eat vegetation, herbs, and fruits, from that which grows forth from the ground. Due to generation decline and sins transgressed, after the Great Flood man was instructed to also eat meat from animals, with many laws and guidelines. Due to the food that man eats, many sicknesses form as a result. It is in our power and is therefore our responsibility to heal our bodies naturally, and we must do so according to our abilities. The body in essence does not need external supplements in order to heal itself, it is designed to do so naturally. What we need to learn is how not to do things that prevent the body from naturally healing itself, and not to directly damage the body. We are the ones that cause the damage and prevent our own healing. A broken bone can heal by itself through rest and the proper care. The body knows how to heal wounds caused by external factors. Hashem created the body to be self-sufficient. We need to learn how not to damage the body, and not to get in the way of the healing process and allow the body to do what it knows how to do naturally.

### **Mussar: Tehillim**

There are many great advantages that are acquired when one reads and learns Tehillim. David Hamelech a"h prayed that every Jew who recites Tehillim will be rewarded greatly, as if he learned through very difficult topics of the Talmud such as Negaim and Aholot, and will be granted a Tikkun for the sin of the Berit (wasted seed, family purity). One who recites Tehillim in public will receive many times the reward. Being accustomed to its recitation will protect you, your loved ones, and your generation from punishments and bad occurrences. Blessings and success will be poured upon you from heaven. Kaddish recited after completing the Tehillim reading with a Minyan will greatly increase the protection from evil and danger. One who wishes to connect his soul to Hashem should take upon himself to read Tehillim. Tehillim is as distinguished as the five books of Moshe Rabbenu. Fortunate is the one who recites Tehillim with song and concentration and not in a rush, for it will then be very pleasant to Hashem. Even if you do not know what you are saying there are still great advantages and merits to obtain. If one is ever in danger, he should recite Tehillim without interruption and with great concentration every day, for then he will develop into a spiritual being that is protected from the harms of the physical world. How great are the ones who pay others and sponsor Tehillim reading. Read Tehillim word by word, letter by letter, and sing it with enjoyment. Understand the meaning of the words in this great prayer. The great *Tzemach Tzedek* says: if people knew the effect that reading Tehillim has in the upper worlds and the power it creates, they would be reading it constantly. Know that Tehillim has the great power to break through the separations between us and Hashem. May we ascend higher and higher, Amen.

### **Rishon LeSion:**

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

One time, as Hacham Ovadia was traveling by train through Egypt, there was a non-Jew sitting nearby who was ridiculing him throughout the whole journey. Maran was completely focused

on the Gemara he was learning and didn't even notice. Nonetheless, everyone else soon witnessed swift and harsh punishment right before their eyes. As the non-Jew stepped off the train, his coat got caught in the doors. As the train picked up speed, the man fumbled and ended up under the train, torn to pieces and completely unrecognizable in only a matter of seconds. A different time, Hacham Ovadia was traveling with his wife Rabbanit Margalit through the streets of Cairo. Suddenly a group of men surrounded them and began calling him an Israeli spy and a traitor for the Zionists. Although they were threatening, Maran told his wife to just follow him quietly. They continued walking, but the crowd quickly doubled in size, and the Rabbanit commented that these men wanted to kill them! Maran told his wife, Baruch Hashem our children are safe at home! They suddenly passed a store, and were able to go inside.

### **Story**

#### ***Gaon Rabbi Leib Sarah zt"l 1735-1796***

In 1790, six years before the Rabbi passed away, a gentile hit his two-year-old so hard that the child died in his arms. He took the body and threw it into the yard of a Jew. He then raised false claims of murder. The police investigated, found the body, and the Jew was in very big trouble. Immediately Rabbi Leib arrived and began speaking with the boy in the yard. The dead boy began replying to Rabbi Leib in front of many witnesses who couldn't believe their eyes. The child explained how his father had hit him and killed him, not the Jew. He then became quiet once again, completely still with death. Everyone there testified that the Jew was innocent and the father had murdered his own son. The father was arrested.

### **Laws: Barech Alenu**

**1** – If one forgot to say 'Barech Alenu' and remembered before saying Hashem's name at the end of the Beracha, he must then say 'Veten Tal Umatar Libracha' and then say the Beracha.  
**2** – If he remembered only after saying Hashem's name, but before beginning the next

Beracha of 'Tekah Beshofar' he must say there 'Veten Tal Umatar Librachá' and then continue with 'Tekah Beshofar'.

**3** – If he already began 'Tekah', he must continue until 'Shema Kolenu', and there, before saying 'Ki Atah Shomeah Tefillat Kol Peh', he should say 'Veten Tal Umatar Librachá', and end off 'Shema Kolenu' as usual. (If he is fasting, and must say Anenu, he should first say 'Veten Tal Umatar Librachá' and then Anenu.)

**4** – If he began to say Hashem's name, he should end off 'Lamedeni Chukecha' and return and say 'Veten Tal Umatar Librachá', and then end off again 'Ki Atah Shomeah Tefillat Kol Peh.' If he finished the Beracha, he should say it before starting 'Retzeh'.

**5** – If he already said the word 'Retzeh', he must return to 'Barech Alenu' and then continue from there on to 'Tekah' and so on.

**6** – Likewise, he must go back to 'Barech Alenu' if he remembered in middle of 'Modim' or 'Elokai Netzor'.

**7** – However, if he remembered after saying 'Yihyu Leratzon' a second time, even if he did not move 3 steps back, he must go back to the beginning of the Tefillah and start over.

**8** – All this applies even to Arbit, which is not considered a mandatory prayer.

**9** – The same laws listed above apply to a lady as do to a man.

**10** – If one is uncertain whether or not he said it: If he is within 30 days of the time they started reciting it in prayers, then he assumes he did not say it. However, after 30 days he can consider himself to have said it.

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***Avraham Shrem Ben Rachel a"h, Amen.*** \*\*\* ***Mr. Mordechai Allaham HaCohen, his wife Lousett, and their children.*** Blessings and success for the entire family, Mazal Tov to ***Jack Chams and his wife Sarah*** on the Bar Mitzvah of their son ***Sion***, Mabrouk, Amen. \*\*\* ***Mr. Soli Araman, his wife Vicky, and their children.*** Blessings and success for the entire family, Mazal Tov to the bride and groom ***Michael and Vicky***, and Mazal Tov on the Bar Mitzvah of ***David***, 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.*** \*\*\* ***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, 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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