

## SCHEDULE

### שבת קדש

Mincha Erev Shabbos 7:00 PM

Shacharis 8:30 AM

**Guest Speaker: Harav Nochum Salb**

*Sof Zman K"Z* א 8:46 גר"א 9:22

Avos Shiur 7:35 PM

Mincha- Followed by Shalosh Seudos 8:10 PM

Maariv 9:21 PM

### Sunday

Shacharis 8:30 AM

*Shiur will resume next Sunday*



Please refer to the

Shavuot Schedule



### Weekday Minyanim & Shiurim

#### Wednesday - Friday

Gemarah Shiur 6:00 AM

*Maseches Avodah Zarah with Rabbi Teichman*

**Shacharis**

Wed, Fri. 6:45AM Thurs 6:40AM

Dirshu Halacha Program 7:30AM

Additional daily minyan (Wed - Fri) 8:10AM

**Mincha** 1:45 PM

**Mincha / Maariv** 8:15 PM

Open Beis Hamedrash 7:00 PM

Shiur (Wed-Thur) 9:30 PM

Nightly Maariv (Wed-Thur) 9:45 PM

Thursday Night Rabbi Teichman Shiur **After Maariv**

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Volume #45

## RABBI'S MESSAGE

### Oh , How Sweet It Is!

There is an ancient מנהג associated with the יום טוב שבועות, that of partaking of dairy products. One of the sources for this delicious custom is based on the פסוק in שיר השירים (ד, א) that describes the sweetness of תורה, as "ידבש וחלב תחת לשונך"; honey and milk "beneath" your tongue. It is actually brought down that this tradition calls for honey to be added as an ingredient as well.

There are many other liquids and items that the תורה is compared to, why the emphasis on these two particularly? What is the additional reference to these items being located under the tongue, wouldn't it have been more appropriate to describe the taste buds "on" the tongue, savoring its sweetness?

דבש, is used throughout חז"ל as not only referring to bee honey, but to all fructose producing fruits and sugar sweetened foods. Sugar and its transformation into glucose is a vital source of energy, necessary for the health of red blood cells and as a fuel for good brain function. Milk is a humans first source of energy that also provides its critical sugar, lactose, an energy source, for healthy development.

Sugars begin their journey as an energy source in the digestive processes that initiate with the saliva and its enzymes breaking it down on a molecular level, readying it for its role as nutrients for our healthy bodies.

The salivary glands that serve this function are located in areas below our tongue. Our instinctive attraction to sweetness and the unconscious salivating that precedes eating is nature's way of enticing us to ingest the energy required for life.

תורה is life itself, כי הם חיינו, without it we are bereft of the energy needed to live and survive. It is compared to honey and milk as an indicator of this role. The stressing of it being under the tongue accentuates the need not only to taste and appreciate its sweet fruits, but the awareness of its purpose in our healthy "nutritious" functioning as human beings, for without it we simply can not exist!

תורה is the elixir of life, not only for survival on earth but more significantly for our eternal existence. The תורה is referred to as a טל of תחיה; the dew of life, a reference to תחיית המתים, the revival of the dead. One can not merit to be revived unless he is imbued with this "dew".

In the פיוט of ראש השנה שחרית it states: אטומים להחיות בטללי שנה; the deceased to be revived with the dew of sleep. One of the ראשונים, רבינו יחיאל מפאריז, informs us that the "dew of sleep" refers to the drool of students that flows involuntarily as they fall into a slumber in loving exhaustion over their ספרים. It is with this liquid that השם will restore life to the dead.

When we salivate with excitement in our learning we possess the power of תחיית המתים and are truly connected to the source of all life, הקב"ה!

As we prepare the delicacies of שבועות let us not forget that they are merely a pale reflection and reminder of the eternal sweetness that awaits all who ingest true דבש וחלב!

Wishing you all a deliciously enlightening sweet שבועות!

באהבה,  
צבי טייכמן

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Ohel Moshe is honored to have with us this  
Shabbos Morning

**Harav Nochum Salb**

Of Yeshivas Ner Yisroel

Who will be giving a Drasha before Mussaf