

Zmanim & Services

PARASHAT PEKUDEI
MARCH 9, 2019

Friday Night

Shir Hashirim	5:30 pm
Candle Lighting	5:37 pm
Minha	5:40 pm

followed by *Kabbalat Shabbat / Arvit*

Shabbat Morning

Shaharit	8:30 am
Latest Shema	9:12 am
Minha	5:25 pm
Arvit	6:23 pm
Havdala	6:33 pm

Weekly Schedule

Shaharit

Sunday	8:00 am
Mon/Thu	6:20 am
Tue/Wed/Fri	6:30 am

Minha/Arvit

Sunday	6:35 pm
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Anger is Contagious Like the Flu, How Can You Inoculate Yourself and Your Family? By Rabbi Efreim Goldberg

Flu season is currently making itself known around the community, first among kids and now hitting adults. But diseases and illnesses are not the only things that are contagious. Without you even realizing it, how you are feeling today is likely influencing and impacting the feelings of people around you. According to Dr. Nicholas Christakis of Yale University, "If someone smiles at you, you smile back at them. That's a very fleeting contagion of emotion from one person to another." He found that if you are exhibiting happiness, a friend living nearby has a 25% higher chance of becoming happy too.

But Dr. Christakis found that the opposite is also true. His research shows that if you display anger, those around you will fill with anger too. The contagiousness of happiness is welcome, but when anger spreads, it is toxic, destructive and can have devastating consequences. **Our** parsha contains the admonition, *Lo seva'aru eish b'chol moshvoseichem b'yom ha'Shabbos*, do not kindle a fire in any of your residences on Shabbos. In its literal sense, this pasuk is the source of the prohibition to light a fire on Shabbos. However, the Shelah HaKadosh, R' Yeshaya HaLevi Horowitz (1558-1630) offers a homiletical interpretation.

He suggests that *eish*, fire, is an allusion to anger and rage. The pasuk is instructing us that a person must never let anger or *machlokes* burn on *erev shabbos* or *shabbos*. The Zohar says that *moshvoseichem*, guarding "your house" from fire, refers to your heart and guarding it from being filled with emotional fire: anger, bitterness, or negativity. **The** Rambam writes that real anger is never healthy, it is never warranted or productive. At most, one may exhibit anger in order to communicate a message or accomplish a goal but one can never actually give in to the emotion of anger.

An angry person loses judgment and vision, and often acts in a self-destructive fashion. The Sefer Chareidim (Teshuvah, Ch. 4) writes: If one lost a beautiful flower, it would be madness for him to react by breaking a precious object worth thousands of times more than the small flower. Similarly, the person who loses his temper shatters his peace of mind – a commodity far more precious than the relatively trivial loss which triggered his anger. **The** word "rage" comes from the Latin *rabies*, meaning madness. Giving in to rage is an act of madness because you give up so much and get nothing in return. The Rambam in *Hilchos Dei'os* (2:3) writes that anger diminishes a person's overall quality of life: "Those who frequently become angry have no quality of life; therefore, [the Sages] instructed us to distance ourselves from anger to the farthest degree, until a person acts as though he does not sense even those things that would justifiably anger a person."

Shabbos is characterized by serenity, tranquility and contentment. There is no room for even the appearance of anger, impatience, or controversy. *Erev Shabbos* is particularly predisposed to anger, with everyone rushing and hurrying, much to do, and often children who are not cooperating or adults who are not meeting our expectations of what needs to be done. *Shabbos*, too, we can easily be tempted to be angry when the meals don't go the way we want, our nap is disrupted, or the rabbi went on too long with his *derasha*.

Shabbos is a particularly important time to conquer the urge for anger and maintain cool. In the special *Retzei* paragraph in *Shabbos* benching, we ask – *shelo shehi tzarah v'yagon v'anachah b'yom menuchaseinu*, let there be no distress, grief or negativity on this day of our contentment."

We often think of anger as an instinctive emotion, a reaction that we cannot help or control. Clearly, the Zohar, the Shelah and others didn't see it that way. Kindling a fire is prohibited on *Shabbos* because it is *melechets machsheves*, a constructive, creative act. Anger, too, is a creation, not simply a natural reaction. When we get angry, we have made a decision, consciously or subconsciously, to create anger and to allow ourselves to be angry, but we don't have to. *Lo seva'aru eish*, don't create anger. Be in control and resist the urge which can in fact be overcome.

In an article titled, "10 Things I Learned When I Stopped Yelling at My Kid," an anonymous mother describes the moment she decided to change. She had lost it with her children in front of a handyman and was mortified. She pledged to go one year, 365 straight days, without yelling. When she wrote the article, she was over 400 days without giving in to her urge to yell or scream or get angry and she shared the top 10 things she learned in the process. Here are a few of them:

1. Yelling isn't the only thing I haven't done in over a year. I also haven't gone to bed with a gut-wrenching pit in my stomach because I felt like the worst mom ever.
2. My kids are my most important audience. When I had my "no more yelling epiphany," I realized that I don't yell in the presence of others because I want them to believe I am a loving and patient mom. The truth is, I already was that way... but rarely when I was alone, just always when I was in public with an audience to judge me. This is so backwards! I always have an audience — my four boys are always watching me and THEY are the audience that matters most; they are the ones I want to show just how loving, patient and "yell-free" I can be. I remember this whenever I am home and thinking I can't keep it together; obviously I can... I do it out and about all the time!
7. Two words you should always remember are "at least." my new favorite words: "at least." These two small words give me great perspective and remind me to chill out. I use them readily in any annoying but not yell worthy kid situation. "He just dropped an entire jug of milk on the floor... at least it wasn't glass and at least he was trying to help!" I also use them readily when I want to give up: "Okay, this is hard but at least there are only three hours until bedtime, not 12."
10. Not yelling feels phenomenal for everyone. Now that I have stopped yelling, not only do I feel happier and calmer, I also feel lighter. I go to bed

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guilt-free and wake up more confident that I can parent with greater understanding of my kids, my needs, and how to be more loving and patient. And I am pretty sure my kids feel happier and calmer too.

Knowing how contagious they are, we take every precaution to avoid illnesses that can be transmitted from one person to another. We must be just as cautious to not only avoid getting angry ourselves, but from contracting the propensity for anger that is contagious and can be transmitted from others. Each and every Shabbos we experience the anger test challenging us not to light a fire in our dwelling, our home, or in our hearts. When we pass, that sense of patience and tranquility not only fills our home for Shabbos but carries over to the week. We would never light a fire or turn on a light on Shabbos, let's not let the fire of anger or rage burn as well.

Announcements

- ❖ **Mazal** tov to Heidi and Jack Varon, Susan and Ezra Douek, Amy Elfman and Richard Schulz and Shalom Shushan on being honored at Shaarei Orah's inaugural dinner this **Sunday, March 10th at 5:00 PM** at Ahavath Torah in Englewood. We look forward to celebrating together!
- ❖ **Kiddush** is being sponsored by the Kiddush Fund with a special treat from an anonymous donor of Sushi platters from Mashu Mashu Kosher Sushi in Fair Lawn. To donate towards the kiddush fund please go to: <https://www.sephardicteaneck.org/form/kiddush-fund-donation.html>
- ❖ **Seudah** Shelisheet is sponsored by Debbie, Eitan, Elad, Liraz, and Sonny Shushan. Mazal tov to Shalom Shushan for his upcoming honor this Sunday at the Inaugural Dinner. We are so proud of you today and always! We love you!
- ❖ **Thank** you to Fay and Chaim Kranzler for sponsoring kiddush last week. **Thank** you to Shimon and Debbie Aiash for sponsoring Seudah Shelisheet last week.
- ❖ **Rabbi** Jachter's Five Minute Sephardic Teshuva of the Week audio shiur "Sephardic View on the Great UGGS Shaatnez Controversy" is sponsored by Vivian and Ezra Ghazal for the רפואה שלמה ומהרה for Ezra Ghazal's sister עליזה בת מעתוקה. Sponsorships in the amount of \$54 are available for Rabbi Jachter's weekly teshuva audio shiur to benefit the Rabbi's Discretionary Fund.
- ❖ **We** are happy to welcome back to Shaarei Orah Rabbi Dr. Yigal Tsaidi, who will be joining us this Shabbat, Parashat Pekudai, March 8th and March 9th as our Scholar in Residence. Please see details below regarding the schedule and topics of shiurim: **Erev Shabbat approximately 6:00PM** - "The Golden Calf and the Mishkan: If the golden calf happened first why is it recorded in the Torah after the Mishkan? What is the underlying message we can learn from the ordering of events in the Torah?" **Shabbat Morning approximately 10:30AM** - "GOLD: The Keruvim and The Egel Hazahav: What unifies them and what separates them?" **Pre-Minha Shiur 4:15PM** - "The famous and infamous Seudat Purim of Rabbah and Rebbe Zeira- What really happened?" **Seudah Shelisheet approximately 5:50PM** - "How do we fulfill the Mitzva of wiping out Amalek today?"
 - ❖ **Remember** that clocks change forward 1 hour at 2:00AM Sunday, March 10th
- ❖ **REMINDER:** Ulpan will take place this Sunday, **March 10th from 10:00AM-11:00AM** for children ages 5-15 in the Social Hall. Please contact Arik Nagel for more information at anagel@mdsweb.org.
- ❖ **Happy Birthday** to Talia Dayan (Mar 10), Ezra Beyda (Mar 11), Gabriela Beyda (Mar 11), Benyamin Besthof (Mar 12), Natan Cohen (Mar 12), Eliana Moriya Douek (Mar 12) and Mayer Baruch Fink (Mar 13).
- ❖ **Come and participate in our wonderful classes. See details below.**

Shaarei Orah Purim

Purim schedule at Shaarei Orah

Wednesday March 20th at 7:30PM we will be having entertainment for adults and children of all ages!!! Hot dairy buffet will be served. Pricing: \$18 per person Family of 4 or more \$60. Sponsors receive FREE tickets for immediate family members!!! Sponsorships Levels: Platinum \$360 Gold \$250 Silver \$180 Bronze \$126 Donor \$101 DEADLINE to sign up is Monday March 18th at

https://www.sephardicteaneck.org/form/Purim_Chagiga2019. *Check your email for more details.*

Donate to The Yeshivat Noam 7th Grade B'nai Mitzvah Purim Pasta Gragger Drive! Yaakov Beyda, 7th grader at Yeshivat Noam, will be collecting boxes of pasta which make a wonderfully loud noise when you shake them. They are also a great, non-perishable, food to donate to an organization like Tomchei Shabbos. Please put the pasta boxes in the designated box.

A Story – The Poor Man’s Wealth

Ramchand and Premchand were neighbors. Ramchand was a poor farmer. Premchand was a landlord.

Ramchand used to be very relaxed and happy. He never bothered to close the doors and windows of his house at night. He had deep sound sleeps. Although he had no money, he was peaceful.

Premchand used to be very tense always. He was very keen to close the doors and windows of his house at night. He could not sleep well. He was always bothered that someone might break open his safes and steal away his money. He envied the peaceful Ramchand.

One day, Premchand call Ramchand and gave him a boxful of cash saying, “Look my dear friend. I am blessed with plenty of wealth. I find you in poverty. So, take this cash and live in prosperity.”

Ramchand was overwhelmingly happy. He was joyful throughout the day. Night came. Ramchand went to bed as usual. But, to-day, he could not sleep. He went and closed the doors and windows. He still could not sleep. He began to keep on looking at the box of cash. The whole night he was disturbed.

As soon as day broke, Ramchand took the box of cash to Premchand. He gave away the box to Premchand saying, “Dear Friend, I am poor. But your money took away peace from me. Please bear with me and take back your money.”

Moral: Money cannot get everything. Learn to be satisfied with what you have, and you will always be happy.

Dvar Torah by Rabbi Zelig Pliskin

Moshe teaches Betzalel the order of construction of the Mishkan (Portable Sanctuary) starting with the Ark. Betzalel respectfully maintains that first one builds the home, then one makes the furnishings. Moshe replies that Betzalel is correct and the Almighty Himself had thus commanded Moshe, though Moshe conveyed instructions regarding the Ark first because of its primary importance. The Torah praises Betzalel for his intuitive understanding of the Almighty's will with the verse:

"And Betzalel, the son of Hur, of the tribe of Yehudah did all that the Almighty commanded Moshe" (Exodus 38:22).

Rabbi Yeruchem Levovitz comments that we see from here the importance of doing things in their proper order. One always needs to clarify his priorities and to have the organizational skills to do things in their proper order.

This is an important tool for accomplishing anything in life. One needs to know what he must do and then he must have an order of priorities. We will never have enough time to do everything we would like to do. By being aware of the order of importance of what you have to do, you will ensure that you will effectively accomplish the most possible within the limitations of the time allotted to you.

Each day make a list of the various tasks you need to complete. Then decide on a proper order in which to do them. If you don't prioritize and don't set aside the time you won't accomplish what's most important in life -- spending time with your family, growing as a human being, helping others or even preparing for the Seder. No one on his death bed ever wished he spent more time at the office. **Source – Aish.com**

Wisdom of The Week by Ezra Ghazal

*Don't aspire to be the best **on** the team. Aspire to be the best **for** the team.*

Weekly Riddle

Those who have it least don't know that they have it. Those who have it most wish they had less of it, but not too little or none at all. **What is it?**

Answer is located on the back sheet, guess before you look!!!

Time to Smile

If you understand English, press 1. If you do not understand English, press 2.

Recording on an Australian tax help line



Shorashai Orah

Shorashai Orah is pleased to offer Mishloach Manot packages available for purchase - Nut-free, dairy-free and freshly-baked items included. Pre-order now and enjoy a stress-reduced Purim by leaving the preparation of your Mishloach Manot to us (and, incidentally, help raise money for our synagogue!) **PLACE YOUR ORDER TODAY! QUANTITIES ARE LIMITED!** To place your order visit: https://www.sephardicteaneck.org/form/Mishloach_Manot.html. Order deadline is March 11, 2019. Pick up dates are: Sunday, March 17th or Monday, March 18th from 5:00 PM - 8:00 PM Yumi Levin - 516 Martense Avenue, Teaneck or Heidi Varon - 510 Kensington Road, Teaneck.

For different pickup options and to arrange to have orders over \$100 delivered to your home, please contact Yumi Levin - yumiaone@gmail.com. Orders of 10 boxes or less \$18 per box. Orders of over 10 boxes \$15 per box. Mishloach Manot includes: 1 large Hamentaschen from Butterflake Bakery (RCBC, pareve and nut-free facility), 2 small Truffles from Butterflake Bakery, Jelly Belly cocktail flavor (OU, pareve, nut-free facility) Kedem mini grape juice. Need help with the order form or payment? Contact office@sephardicteaneck.org. General questions? Contact Yumi Levin at yumiaone@gmail.com.

ALLERGY NOTICE

Shaarei Orah is a "nut aware" facility. All food for both public and private events, including our Shabbat youth groups, may not contain nuts or nut products of any kind (this includes products that "may contain" nuts or that were "processed in a facility" that also processes nuts). For more details please contact office@sephardicteaneck.org

UPCOMING EVENTS & MORE...

The topic for this week's Shviti seder limud at Congregation Beth Aaron located at 950 Queen Anne Road in Teaneck, is "Examining the Mitzvah of Remembering Amalek and Reading Parshat Zachor." Rabbi Shay Schachter, Rosh Beit Midrash at the Young Israel of Woodmere, will offer the shiur. Rabbi Sason Gabay will lead a chabura before the shiur. The program is held on **Sunday mornings at 9:00 a.m.** A light breakfast will be served at 8:45 a.m. For more information, please contact Mordy Ungar, 201-741-3920, m_ungar2@yahoo.com

Dr. Catherine Steiner-Adair, one of the leading experts on the challenges of social media usage by our children, will be presenting on "Childhood and Family Relationships in the Digital Age." The event will be on **March 11th** at 7:30 PM hosted by Cong. Ahavath Torah, 240 Broad Avenue in Englewood. This event is free and open to the public. RSVP is encouraged at www.moriahschool.org/smevent or e-mail smevent@moriahschool.org. All RSVPs will be entered in a raffle for free technology filters.

The Holocaust Commemoration Committee of the Jewish Community Council of Greater Teaneck, Yom Hashoa program, Survivors and Survival, will take place **May 1, 2019 at 7:30PM** at Teaneck high school. This year marks the 80th anniversary of the start of the Shoa. A pre-event reception honoring the survivors in our community will be held at 6:00 PM. The guest speaker will be Toby Levy, an Orthodox woman born in Chodorow, Poland in 1933. Her family was taken in by a Polish woman and was in hiding in a barn until they were liberated by the Red Army. To sponsor the event (**a minimum of \$25**), please send in your donation by **March 13, 2019** and make your check payable to the Jewish Community Council of Greater Teaneck and mail to Sharon Penkower Kaplan, 534 South Forest Drive, Teaneck, NJ, 07666. For more information please visit www.teaneckyomhashoa.org

We welcome any family member with a loved one suffering from addiction and substance abuse issues to our local support group, which meets every other Wednesday evening in Teaneck. The group is free of charge and is facilitated by clinicians specializing in addiction. For more information and the time/location of the meeting, please email: Time2TalkAddiction@gmail.com. In addition, for information about vaping, marijuana, opioids, resources for treatment and education, and other important topics, please visit our website: www.Time2TalkAddiction.org.

**** Answer to the Weekly Riddle – Age... ****

WEEKLY SHIURIM @ SHAAREI ORAH

- ❖ **Rabbi Jachter:** - Shabbat morning Pre-Sha'harit Humash Shiur at 8:30am - Shabbat afternoon shiur on Hilchot Shabbat: 40 min before Minha - Tuesday nights at 8:00 PM at Shaarei Orah on Kashrut Straight from the Shulhan Aruch, **Men and women are invited.** Thursday evenings at 7:30pm at 315 Churchill Road on Torah & Science.
- ❖ **Shlomo Levy** - Wednesday nights, chavruta style learning on Hilchot Shabbat - 9:00 - 10:00 pm in the Beit Midrash upstairs.

❖ **Rabbi Michael Chernick:** Hilchot Yom Tov, will IY'H resume in March

Shaarei Orah Contact Information

Thank YOU for joining Tefilot @ Shaarei Orah. Please mail all donations & payments to:
Shaarei Orah – 1425 Essex Road, Teaneck, NJ 07666 or online at www.sephardicteaneck.org

Tizku L'mitzvot!!! To sponsor any event, send a donation card, place an ad in the newsletter or to receive our weekly newsletter by email please contact office@sephardicteaneck.org or call 201-833-0800.

Shorashai Orah, the sisterhood of Shaarei Orah contact: shorashai.orah@gmail.com

RABBI: Rav Haim Jachter - rabbi@sephardicteaneck.org

President: Joshua Murad - president@sephardicteaneck.org

Vice President: Shlomo Levy | **Treasurer:** Isaac Dayan | **Secretary:** Blanche Silver | **Gabbai:** Shalom Shushan

Billing questions contact: finance@sephardicteaneck.org

Congregation Shaarei Orah is an inclusive kehillah, all are welcome regardless of edah or level of observance.