



Young Israel of Greater Miami

October 21, 2017

1 Cheshvan, 5778

PARSHA NOACH / ROSH CHODESH



FRIDAY	
Candle Light	6:28 PM
Mincha	6:38 PM
SHABBOS	
Shacharis	9:00 AM
Shiur	5:50 PM
Mincha	6:20 PM
Ma'ariv & Havdalah	7:28 PM



Good Shabbos,

[Signature]

Rabbi Dovid Lehrfield

D'VAR TORAH — BY RABBI DOVID LEHRFIELD

Our Sedra begins with Noah described as a "Perfect Pious Man". Our Sedra ends where Noah is under the influence of wine, and embarrasses himself. The Rambam points out that our Torah is telling us, no matter how great we are, don't feel that you are immune to a downfall. We should be aware of how the Yetzer Harah is working to cause a downfall.

Main Minyan Kiddish Sponsored by: Rabbi and Mrs Avraham Tanev on the birth of their daughter, Naomi Bracha. Mazel Tov!

PARSHA NOACH SUMMARY

G-d instructs Noah—the only righteous man in a world consumed by violence and corruption—to build a large wooden teivah (“ark”), coated within and without with pitch. A great deluge, says G-d, will wipe out all life from the face of the earth; but the ark will float upon the water, sheltering Noah and his family, and two members (male and female) of each animal species.

Rain falls for 40 days and nights, and the waters churn for 150 days more before calming and beginning to recede. The ark settles on Mount Ararat, and from its window Noah dispatches a raven, and then a series of doves, “to see if the waters were abated from the face of the earth.” When the ground dries completely—exactly one solar year (365 days) after the onset of the Flood—G-d commands Noah to exit the teivah and repopulate the earth.

Noah builds an altar and offers sacrifices to G-d. G-d swears never again to destroy all of mankind because of their deeds, and sets the rainbow as a testimony of His new covenant with man. G-d also commands Noah regarding the sacredness of life: murder is deemed a capital offense, and while man is permitted to eat the meat of animals, he is forbidden to eat flesh or blood taken from a living animal.

Noah plants a vineyard and becomes drunk on its produce. Two of Noah’s sons, Shem and Japheth, are blessed for covering up their father’s nakedness, while his third son, Ham, is punished for taking advantage of his debasement.

The descendants of Noah remain a single people, with a single language and culture, for ten generations. Then they defy their Creator by building a great tower to symbolize their own invincibility; G-d confuses their language so that “one does not comprehend the tongue of the other,” causing them to abandon their project and disperse across the face of the earth, splitting into seventy nations.

HAFTORAH SUMMARY: ISAIAH 54: 1-10

Forsaken Jerusalem is likened to a barren woman devoid of children. G-d enjoins her to rejoice, for the time will soon come when the Jewish nation will return and proliferate, repopulating Israel's once desolate cities. The prophet assures the Jewish people that G-d has not forsaken them. Although He has momentarily hid His countenance from them, He will gather them from their exiles with great mercy. The haftorah compares the final Redemption to the pact G-d made with Noah in this week's Torah reading. Just as G-d promised to never bring a flood over the entire earth, so too He will never again be angry at the Jewish people.

"For the mountains may move and the hills might collapse, but My kindness shall not depart from you, neither shall the covenant of My peace collapse.

Isaiah concludes with the famous statement: "In all [Israel's] afflictions, He, too, is afflicted, and the angel of His presence redeemed them..."

Like a loving father who shares the pain of his child, G-d, too, shares the pain of His people, and awaits the redemption along with them.

CLASSES	
WEEKDAYS	
Gemara	Rabbi Lehrfield 7:25 AM to 7:55 AM
Halacha	Shimshon Mindick 12:30 PM to 2:00 PM
Parsha Hashavua	Rabbi Lehrfield between Mincha & Ma'ariv
MON / TUES / WED	
Mishna Berurah	Rabbi Yachnes One hour before Mincha
Tuesday	
Tanach	Rabbi Lehrfield 8:00 PM—9:00 PM
TUESDAY	
Hilchos Shabbos	Rabbi Eisenman 7:00 PM
THURSDAY	
Chumash	Rabbi Lehrfield 8:00 PM-9:00 PM
Mussar Shiur	Rabbi Yachnes 9:00 PM—10:00 PM
HATZALAH	
305-919-4900	

Imagine what it would be like to speak to the wisest, most powerful being in the universe.

Realize that when you pray, you are doing just that. As you talk in prayer, nothing else in the world exists for you but Him and you. Talk to Him with the ease you talk with your father. At the same time, maintain complete awe and respect.

REFUA SHELEMA

- ◆ Rochel Leah bas Faiga Zeisel
- ◆ Marlene Kalchman
- ◆ Aharon Dovid Levy
- ◆ Yochanan Baruch HaKohen ben Frumma Etta Gittleson
- ◆ Etta Mindel bas Chana
- ◆ Yosef Yitzchak ben Sara Chanah & Elihau Maman
- ◆ Tzofia bat Shoshana
- ◆ Daniel Yaakov ben Masha Tzvia
- ◆ Mordechai ben Feiga
- ◆ Naomi Weiss
- ◆ Boruch ben Sorah Gittel

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Last week one of the Simchas Torah Kiddish Sponsors was omitted accidentally... Rabbi Dovid and Keren Barman in memory of our father, Benjamin Romano (Binyomin Avraham ben Shlomo) and our mother, Lorri Barman (Liba Leah bas Shimon)



UPCOMING EVENTS/SAVE THE DATE:

- ◆ Oct 26: **Shabbos Project Family Challah Bake** *(see back page)*
- ◆ Oct 27-28: **Shabbos Project: Invite A New Guest**
- ◆ Oct 28: **Shabbos Project: Kumzits after Havdallah**



Like Avraham Avinu invited guests, so to Shabbos Lech Lecha is dedicated to inviting a Shabbos guest you have never had over before. So please either invite someone new you have met or call the hospitality committee to get a name of someone to invite next Shabbos October 27-28

From Rabbi and Mrs Avraham Tanev:

With gratitude to H"KBH we want to welcome our newborn daughter Naomi Bracha into our community.

Special thanks to Rabbi and Rebbetzin Lehrfield for their outstanding help and support making Young Israel feel like home.

Our mothers Yudit Fabian and Pricilla Korin for their devotion and tremendous help with the twins every step of the way out of the hospital and beyond. And you all, our friends, who took care of us with meals and hospital visits. Esther Fettman and Chai Life Line Thank You!!!!

Special thanks to Yaakov Azulay for the delicious potato kugel and to Rebbetzin Lehrfield for her world famous Cookies.

May Hashem Yisborah give us many more Simchas to share together.



And the dove returned to him in the evening, and behold it had plucked an olive leaf in its mouth; so Noach knew that the water had abated from upon the earth. -Bereishis 8:11

On this pasuk, Rashi brings a most beautiful ma'amar Chaza'l repeated in the Gemara and Midrash (Sanhedrin 108b, Eruvin 18b, Bereishis Rabbah 33). By bringing an olive leaf, the dove was communicating the eternal message of 'May my food be as bitter as the olive but come directly from Hashem than be sweet as honey, yet dependent on mortal man'. As Janis Joplin sang in the late 1960's, "Freedom isn't just another word for nothin' left to lose.", rather it is the revealed awareness that Hashem is our only true Provider.

As a result of this encounter, the dove has become the archetypal symbol of peace throughout the Western world. As you are probably aware, the dove is usually depicted as clutching an olive branch. Yet, the pasuk specifies that it was with an olive leaf that the dove returned to the teivah. This slight error has been traced back to a fourth century Latin translation of the story of Noach. Known by the Roman Catholic Church as the patron saint of translators, librarians and encyclopedists (Oy, what pressure!), Jerome translated the Hebrew phrase 'Aleih Zayis', olive leaf, as 'Ramum Olivae', olive branch.

As noted in the dove's message above, the olive leaf and similarly an uncured olive, is one of the most bitter substances in the plant kingdom. In all of the ancient herbal medical traditions, strong flavors are associated with healing properties. It is no wonder, then, that the chemicals that give a plant its taste and color, are often the very same chemicals that afford these plants their health benefits. The olive leaf is one of the richest sources of health giving and disease fighting phyto-nutrients. The olive, as well as its oil, also contain these same benefits, albeit in smaller and more palatable quantities.

In Traditional Chinese Medicine each of the five flavors (bitter, sweet, salty, sour, pungent) has its own specific affect on health. Plant substances that have a strong bitter flavor are known to fight disease-causing microorganisms (bacteria, viruses, parasites, fungus, etc.) So, according to this theory, and supporting studies, the olive leaf is a natural anti-microbial.

There is a midrash (Tanchuma 9), that expounds the verse, "Only Noach survived and those that were with him in the ark." (Bereishis 7:23). The Hebrew word for "only" is "Ach". This word, phonetically, is the sound of coughing. Relates the midrash, due to Noach's long days and lack of sleep, he was coughing up blood. Perhaps, he contracted some type of pneumonia or chest infection. The Ateres Yehoshua, Rabbi Yehoshua Zombrowsky z"l, says that the dove's olive leaf was brought as a remedy for his infection. (He bases this on the word for 'plucked', 'taraf'. This same root is used for medicine, as in Yechezkel 47:12, "Hayu li ha'alim leTerufah"...And the leaves for healing...where the letter 'teis' can be homiletically switched for a 'tav'.)

Although the olive leaf contains hundreds of active and synergistic components, its a glucoside by the, hard-to-pronounce-name of oleuropein that contributes the bulk of its health benefits. Oleuropein has been found to be effective against many types of bacteria, fungi, and viruses, including Staphylococcus, H. pylori, Salmonella, E. coli, hepatitis virus, mononucleosis, rotavirus, influenza virus, respiratory syncytial, and HIV...just to name a few.

It must be mentioned, though, that research has shown olive leaf extract to be beneficial mostly in areas outside of infectious diseases. Supplements have been demonstrated to have a positive affect in protecting LDL cholesterol ('the bad type') from oxidizing, which is when cholesterol becomes 'sticky' and clogging. Which basically means that olive leaf and olive products might not dramatically lower actual cholesterol levels, but are in fact very heart healthy.

Amongst the many other benefits, olive leaf appears to have direct anti-oxidant activity on the skin, even inhibiting the development of certain skin cancers. In one study the active component, oleuropein, was found to decrease or even prevent 'amyloid-beta aggregation', which is inherent to the development of Alzheimer's disease. Most recently, anti-aging studies have begun using oleuropein and other components found in the olive leaf and olive oil. When exposed to these chemicals in a laboratory setting, the life span of certain human cells was increased.

Supplemental olive leaf is usually taken in the dose of 500-1000mg per day. To reap the heart-protective benefits, olive oil may suffice rather than supplementation. But, always remember that the Young Israel Yarn is our weekly shul newsletter and NOT a medical journal. Always consult a health professional for advice.

MITZVAH OPPORTUNITY

The Dennis children are at it again! Abby, Adam, Zach and Renee are teaming with the FIDF (Friends of the Israeli Defense Force) to raise money for wounded soldiers.

This chesed project in being done in honor of Zachy's upcoming bar mitzvah and in memory of our Zedi, Dr. Joel Dennis, Yosef Baruch Ben Avraham Yitzchak, our grandfather Mr. Barry Garfield, Dov Beresh Nachum Ben Yehuda and for a complete and speedy recovery for our grandmother Raisel Bas Pessel.

We have set a goal of \$2,500. Please help us meet our goal.

Checks should be made out to the FIDF, and please put "Wounded Soldiers" in the memo. Please send your checks to:

The Dennis Family
975 NE 173rd Street NMB,
FL 33162



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We are looking for individuals who want to join the hospitality and programming committees, anyone interested please contact

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The Shabbos Project

THE GREAT BIG CHALLAH BAKE

2 great ways you can participate:

1 Family: 5:30-7:00 PM
\$20 per family

2 Women: 8:00-10:00 PM
\$18 per person

Fee includes enough supplies to make 2lbs of dough (2 Challahs)

Forming community planning committee. Looking for experienced table captains too: Contact Amy Salzman at happychallah@yahoo.com or 305-305-7166 or Chavie Drang 443-527-5332

— SPONSORS NEEDED —

THURSDAY NIGHT! October 26th

COMMUNITY CHALLAH BAKE!

NO CHALLAH BAKING EXPERIENCE NECESSARY!

Come learn how to bake challah from scratch and braiding techniques too! Then take home 2 delicious Challahs to bake and bring the mystical smell of Shabbos into your home! To be insured a spot and all the ingredients and materials.

RSVP with payment is a must.

\$20 for the family event and \$18 for the women's event.
\$25 at the door, IF space is still available.

SIGN UP TODAY

www.youngisraelnmb.org and click Challah Bake

OR CLICK HERE TO PAY AND REGISTER

PIZZA Will also be available for purchase at the family event!!

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