



**Young Israel Kehilas Ahavas Shalom
OCTOBER 12, 2019 13 TISHREI 5780
PARSHAS HA'AZINU**

FRIDAY

Candle Lighting	6:38 PM
Mincha	6:41 PM

SHABBOS

Early Shachris	7:30 AM
Shachris	9:00 AM
Rabbi Peled's Men's Seder Limud	5:20 PM
Rabbi Lehrfield's Shiur	6:05 PM
Mincha	6:35 PM
Maariv and Havdalah	7:37 PM

CLASSES

WEEKDAYS

Kollel Boker

6:30 AM to 7:15 AM

Gemara

Rabbi Lehrfield

7:25 AM to 7:55 AM

Halacha

Shimshon Mindick

12:30 PM to 2:00 PM

Parshas Hashavua

Rabbi Lehrfield

between Mincha & Ma'ariv

MON / TUES / WED

Halacha

Rabbi Yachnes

45 minutes before Mincha

TUESDAY

Tanach

Rabbi Lehrfield

7:30 PM—8:30 PM

Hilchos Shabbos

Rabbi Eisenman 7:00 PM

THURSDAY

Chumash

Rabbi Lehrfield

7:30 PM-8:30 PM

Rabbi Peled's classes are listed on page 2 of the Yarn.

DVAR TORAH — By Rabbi Dovid Lehrfield



In today's Sedrah the Torah is compared to water, enabling plants to grow. However, growth cannot occur if the soil has not been prepared. Similarly, Torah cannot have any affect it we do not have the proper Derech Ertez.

NEWS AND ANNOUNCEMENTS

1. Rabbi Peled's Men's Seder Limud is at 5:20, Rabbi Lehrfield's Shiur is at 6:05, Mincha is at 6:35 Maariv and Havdalah at 7:37 pm
2. Seudah Shlishis is sponsored by Rabbi Chaim and Chanie Mandel in commemoration of the Yartzheit of Chaim's father Klonimus Kalman ben Moshe Aharon on the 14th of Tishrei.
3. Please enjoy hot coffee and tea in the lobby.
4. Mazal Tov to Moshe and Sylvia Melnick on the birth of a grandson, born to their children Michael and Sarah Falop of West Hempstead, NY.
5. Thank you to the anonymous donor who provided lunch for the children on Yom Kippur.
6. Thank you to everyone who helped with the set up for Rosh Hashana and Yom Kippur, your efforts were greatly appreciated.
7. Thank you to the Gabbaim who did a terrific job keeping the Davening flowing. Special thanks to Gabbai Alex Epstein for his efforts above and beyond.
8. Shul office hours for Chol Hamoed and Isru Chag will be 9:00—12:00.
9. Simchas Torah Kiddush, October 22nd. Deadline to sponsor is October 17th at noon.
10. Save the date! Our 59th annual Dinner Gala is scheduled for Monday, December 9, 2019. More details to follow.
11. Rabbi Lehrfield's Tuesday class in Tanach and Thursday class in Chumash will resume l"YH after the Yom Tovim.
12. **We have reserved the first 2 parking spaces in front of our building for Rabbi Lehrfield and Rabbi Peled. Please do not park there.**

PARSHA SUMMARY

PARSHAS HA'AZINU

SOURCE: CHABAD.ORG

The greater part of the Torah reading of Haazinu ("Listen In") consists of a 70-line "song" delivered by Moses to the people of Israel on the last day of his earthly life.

Calling heaven and earth as witnesses, Moses exhorts the people, "Remember the days of old / Consider the years of many generations / Ask your father, and he will recount it to you / Your elders, and they will tell you" how G-d "found them in a desert land," made them a people, chose them as His own, and bequeathed them a bountiful land. The song also warns against the pitfalls of plenty—"Yeshurun grew fat and kicked / You have grown fat, thick and rotund / He forsook G-d who made him / And spurned the Rock of his salvation"—and the terrible calamities that would result, which Moses describes as G-d "hiding His face." Yet in the end, he promises, G-d will avenge the blood of His servants, and be reconciled with His people and land.

The Parsha concludes with G-d's instruction to Moses to ascend the summit of Mount Nebo, from which he will behold the Promised Land before dying on the mountain. "For you shall see the land opposite you; but you shall not go there, into the land which I give to the children of Israel."

Schedule of Rabbi Peled's classes

Sunday morning after 9:00 Shacharis: Sefer HaChinuch.

Monday night 8:15 pm: Arvei Psachim (Gemara).

Tuesday night 8:00 pm: Ohr Fellowships Learning-Teaching program.

Thursday afternoon Lunch and Learn: 1:15 at BookXchange 35 SW 12th Avenue #105 Dania Beach

Shabbos afternoon: 5:20 Mesillas Yesharim for men and women.

Mon-Fri right after 7:20 Shacharis: Halachos & Inspiration on the topic of Lashon Hara.

Shabbos morning 20 min after Kiddush Mishna Berura-Laws of Shabbos.

HAFTORAH

SAMUEL II 22:1-51

SOURCE: CHABAD..ORG

This week's *Haftorah* describes the song King David composed in his old age, echoing the weekly Torah reading, where Moses delivers his parting words to the Jewish nation in song form. David's song expresses gratitude to G-d for saving him from all his enemies. He starts with the famous words, "The L-rd is my rock and my fortress." He goes on to describe the pain and hardships he encountered and reiterates that he always turned to G-d in his moments of distress. He recounts G-d's reaction to those who tormented him: "The Lord thundered from heaven; and the Most High gave forth His voice. And He sent out arrows and He scattered them, lightning and He discomfited them. . . I have pursued my enemies and have destroyed them; never turning back until they were consumed."

The King attributes his salvation to his uprightness in following G-d's ways: "The Lord rewarded me according to my righteousness; according to the cleanness of my hands He recompensed me..."

The song ends with David's expression of thankfulness: "Therefore I will give thanks to You, O Lord, among the nations, and to Your name I will sing praises. He gives great salvation to His king, and He performs kindness to His anointed; to David and to his seed, forevermore."

REFUAH SHLEIMA

- | | |
|---|-------------------------------------|
| ◆ Aharon Dovid ben Chaya | ◆ Nechama Aidel Malka bas Sara Leah |
| ◆ Yochanan Baruch HaKohen ben Frumma Etta | ◆ Yehuda Meir ben Tzipora |
| ◆ Etta Mindel bas Chana | ◆ Netanel Ilan ben Sheyna Tzipora |
| ◆ Tzofia bas Shoshana | ◆ Yisroel Yehuda ben Rachel |
| ◆ Daniel Yaakov ben Masha Tzvia | ◆ Mindal bas Chana |
| ◆ Leora Rachel bas Chaya Raizelle | ◆ Yitzchak ben Zisel |
| ◆ Boruch ben Sorah Gittel | ◆ Shmuel ben Sarah |
| ◆ Etel bas Chana Perel | ◆ Ezra Chaim ben Rivka |
| ◆ Devora bas Sora | ◆ Esther bas Chana Frumma |
| ◆ Sara Aria bas Masha Raizel | ◆ Yosef Noach ben Leah Tzivia |
| ◆ Tuvia Chaim ben Shulamit | ◆ Esther bas Frayda |
| ◆ Chana bas Yaakov | ◆ Hila bas Merav |
| ◆ Chaim Daniel ben Meri | ◆ Leah bas Sara |
| ◆ Malka Rivka bas Devorah | ◆ Shifra Yehudis bas Yafa Leah |
| ◆ Michael Ha Levi ben Esther | ◆ Yael bas Fariba |

ATTENTION MEMBERS & FRIENDS -

IF YOU NEED HOSPITALITY (MEALS) FOR SHABBAT, OR IF YOU CAN INVITE SOMEONE
OR A FAMILY FOR MEALS

PLEASE CONTACT

RON FISHER OF THE YI HOSPITALITY COMMITTEE EMAIL: FISHER@FIU.EDU
HOME TEL: 305 653 4970 CELL : 305 613 0828

**If you would like to sponsor the Shabbos morning Kiddush following the
Main Minyan or Seudah Shlishis please contact the Shul office at
305-651-3591.**

Health and Healing in the Parsha -Daniel Wasserman, DOM

"...Write down this song, and teach it to the people of Israel..." - Devarim 31:19

"...I'm pickin' up good vibrations..." - The Beach Boys, 1966

Song is the natural vehicle for expressing personal or collective awareness of the Divine. Let Shiras HaYam and the entire book of Tehilim testify to this. It is related that throughout the days between Yom Kippur and Succos, the saintly Chasam Sofer peaked at such an immeasurable spiritual height leaving him unable to learn Torah. So, with what, then, did he occupy himself during those days?...He would compose songs and melodies. As the Ba'al HaTanya poetically proclaimed, "The tongue is the pen of the heart, but melody is the quill of the soul." Quite timely, Shiras Ha'azinu, which comprises the majority of our parsha, is listed as one of the ten 'songs' in world history. (Mechilta, Beshalach)

The roots of the Hebrew words, 'Shir' and 'Zemer', both of which mean 'song', can also imply cutting, removing or slicing. The implication is that song, in its truest sense, captures the realization that occurs when our fragmented, complex world is pierced through to reveal the Creator's unity and providence. It is in this sense, that the Torah, in its entirety, is called a song. (Devarim 31:19)

Our spiritual physiologists explain that melody and music emanate from a pre-verbal aspect of our consciousness. Whereas, vocabulary limits our thoughts and expressions, forcing them into conveyable and communicable words. (Note that the word 'teiva' can either mean a 'word' or a 'box'.) Therefore, music transmits information literally beyond words. Only the pure blast of the shofar stands, yet, even higher than song, not being bound by even the notes of a wordless melody; thus, an expression of the pure pre-conscious inner will of a Jew yearning to return.

Don't we intuitively know that the reason music reaches inside our souls is because it is a familiar echo of the cosmic rhythms that Hashem fixed into the fabric of the creation? "Music reminds the soul of what it regularly once heard in Heaven," wrote the Holy Alkabetz of 'Lecha Dodi' fame. (Manot HaLeivi 1:8) From the celestial bodies' timely rhythms to our own bodies' cycles, the universe is pulsing with musical arrangements. Minds have been blown with the following realization: The intervals of the seven Jewish leap years that are intercalated into our 19 year luni-solar cycle is shockingly familiar to anyone with a modicum of music theory. It is the exact same spacing of the seven notes on a major musical scale (do rei mi...). Every entity in creation sings a unique song, combining to form G-d's symphony orchestra. (See Perek Shira, the Chapter of Song, for the lyrics.)

Heretofore, we have mentioned song as an outward expression of the soul. Where do we see external music affecting the listener? The prophets regularly used music to induce a divine spirit. Perhaps the clearest example is when Elisha demands, "Get me a musician'...as the musician strummed..." he attained prophecy. (Melachim 2:3:15) Or, Shaul HaMelech being "transformed, body and soul" when he encountered the musical band of prophets. (Malbim to Shmuel I 10:6) Sacrifices in the Beis HaMikdash had to be accompanied by music, even on Shabbos. As Sefer HaChinuch explains (384), "Nothing is as arousing as the sound of music." (...which the hills are alive with...at least Jerusalem's hills.)

What impact does music have on the world around us? You might have heard of playing music for your plants to enhance their growth. Sounds far out, but it has proven to work. Researchers are now trying to discover which category of music plants 'dig' most. And, if humans are but "a tree in the field" (Devarim 20:19), then we should expect to see some proven impacts on human health, too. Indeed, 100's of studies have confirmed music's ability to better physical and emotional wellbeing. To cite just a few:

A 2015 experiment looked at over 7000 surgical patients. Those who listened to music before, during and after surgery experienced less pain and anxiety, requiring less medication to manage their pain. Research with fibromyalgia patients showed similar results after 4 weeks of a musical regimen. In another study, the group who listened to 45 minutes of music before sleep attained better sleep quality than the group who listened to 45 minutes of an audio book. Classical and meditation music had the greatest mood-boosting benefits, while heavy rock and techno music was not effective, and even detrimental. One study design had cardiac patients listening to slow-paced flute music for 30 minutes per day for 20 days. The effects were significant: blood pressure and heart rates dropped, as did stress and anxiety levels. In a group of stroke victims, there were greater improvements in verbal memory and attention when therapy was combined with music. More recently, caregivers and patients with dementia were randomly given either 10 weeks of singing coaching, music listening coaching, or neither. Afterwards, testing showed that singing and music listening improved mood, orientation, and memory. On that note...

May we have a 'sound' and harmonious year and may the Grand Conductor introduce Moshiach and his fiddle, where he will debut the never-heard-before 'eighth note' in the key of Geula Sh'leima! (Arachin 13b, Likutei Moharan Tinyana 8)



Shabbas Groups Schedule 9:00-after davening

***MOMMY AND ME**—Starts at 10:00am

Location: Upstairs, down the hall, 3rd classroom

Mothers helpers: Yardayna Polonetsky & Avigail Lieberman



***BOYS AND GIRLS 3-5**

Location: Upstairs First Classroom

Counselors: Ella Lieberman and Nechama Peled



***GIRLS 6-10**

Location: Downstairs Social Hall

Counselors: Avigayil Kornfeld and Shira Kornfeld



***BOYS 6-10**

Location: Outside Classrooms

Counselors: Simcha Levy and Tammy Boaz



***For the safety of ALL children;
ALL children must be in groups, OR supervised
by a parent at all times.**

**Parents with children ages 3-5 must come up to groups after
davening to pick up their children**

YOUNG ISRAEL
KEHILAS AHAVAS SHALOM

save the date

GALA DINNER
MONDAY, DECEMBER 9, 2019
י"ב כסלו תש"פ
BETH TORAH CONGREGATION
20350 N.E. 26TH AVENUE
HIGHLAND LAKES, FL 33180

GUEST OF HONOR:
Rabbi Ira and Seena Eisenman

תּוֹתָן אַוּאָרְדִּים:
Rabbi Dovid & Rebbetzin Miriam Lehrfield
and
Rabbi Noach & Rebbetzin Chana Peled

Mincha for the Week

Sunday 6:40, Monday 6:44, Tuesday 6:43, Wednesday 6:42, Thursday 6:41

FRIENDS OF THE YARN

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Avraham Tanev

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