

WEEK OF  
April 30, 2017  
4 Iyar, 5777



**Parshat  
Acharei-Mot  
Kedoshim**

*By: Rabanit  
K. Sarah Cohen*

 PARSHA

 HALACHA

 STORY

 Q&A

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 DAVEN FOR

**PARSHAT ACHAREI-MOT**

The end of Parshat Acharei Mot contains the prohibition of giving one's children over to the pagan worship of Molech. This tragic form of Avodah Zara (idolatry) involved transferring one's child to the priest of Molech, who would then pass the child through fire as an act of worship to the pagan god. In some forms of this worship, the child would in fact be burnt to death.

The Torah Hakedoshah prohibits this act and states: "...that you will not thereby profane the Name of your G-d, I am Hashem" (Vayikra 18:21). In other words, beyond the intrinsic prohibition of the idolatry involved, there is another prohibition, that of Desecrating the Name of G-d (Chilul Hashem).

The Ramban (a"h) elaborates on the unique Chilul Hashem that accompanies the worship of Molech. He explains that it will be a Chilul Hashem when the nations will hear that Jews honor their G-d by offering animal sacrifices, but that they honor Molech by offering their children.

Rabbi David Kviat observes that this concept of a person causing a Chilul Hashem by showing greater homage and honor to some other area in life than to the Master of the World, is a phenomenon which is far less foreign to us than the cult of Molech.

In Sefer Shmuel we learn of the capture of the holy Aron by the Pelishtim. It remained with them for a certain period of time and caused havoc to them, such that they sent it back to Bnei Yisrael.

Initially, upon its return, a plague occurred in Eretz Yisrael as well, smiting the residents of Bet Shemesh. The Midrash wonders why the residents of Bet Shemesh were punished?

The Midrash answers that they had been more worried when their hens were lost than when the Aron was captured. This is a terrible criticism and a terrible Chilul Hashem. This is the same type of Chilul Hashem that the Ramban identifies with Molech worship. It is the same type of Chilul Hashem in which we all unfortunately engage, to a greater or lesser extent, when we do not demonstrate the proper priorities in terms of manifesting our care and concern.

The transmission of our car breaks. This upsets us. We come back from a vacation and find that the refrigerator stopped working and all the food is ruined. The house now contains a bad odor.

Everyone becomes upset! Little things such as these upset us. The situation in Eretz Yisrael should upset us far more than life's trivialities, about which we get so worked up. Every day's curse is worse than the previous day's curse.

REFUAH SHLEIMAH  
&  
HATZLACHAH

Yonah bat Henya

Michael ben Yonah

Ro'ee ben Rachel

May bat Ilana

Ben Tzvi ben Ilana

Gidon ben Esther

Esther bat Mazal

Yosef ben Devorah

Yaffa bat Rivka

Baruch Chai ben Zoya

Rivkah bat Malkah

Nissan ben Liza

Gavriel ben Toviyo

David ben Liza

Baila Chava  
bat  
SorkaFreida Leah  
bat  
Pesha RachelYehoshuah Mordechai  
ben  
Leah GitaChaim Yehudah  
ben  
AidelEfrat  
bat  
Shifra Tanya

The situation our brothers and sisters face in Eretz Yisrael is dreadful. But does it bother us more or less than if our refrigerator breaks down? Does it bother us more than an automobile transmission?

What bothers and upsets us? What causes us to lose sleep at night? Hashem was disappointed with Bnei Yisrael for being more concerned about a hen than about the Aron.

We read the Midrash with disdain for the people of Bet Shemesh. We wonder how they could be more concerned about a chicken than about the Aron?! But we need to ask ourselves - are we more worried about our own businesses and our own refrigerators and transmissions and all the other trivialities of life, than we are with what is going on with Klal Yisrael?

To be more worried about the former than the latter is in effect the admonition mentioned in this week's parshah: "And you shall not desecrate the Name of your G-d, I am Hashem." Hashem holds us accountable for our priorities - how we treat Him and how we treat other things.

HALACHAH CORNER

**QUESTION:** How much water should be used for Mayim Acharonim?

**ANSWER:** The Ben Ish Chai (a"h), in Parshat Lech-Lecha, writes that one should ensure to use only a small amount of water when washing Mayim Acharonim (the washing done before Birkat Hamazon).

He explains that the water of Mayim Acharonim is associated with the "Sitra Achara" (literally, "the other side"), the forces of impurity, and we therefore should use small amounts of water in order not to strengthen the hostile spiritual forces.

He then proceeds to address the case of a person whose hands are dirty, such that a small amount of water would not suffice to clean them. In such a case, he writes, one should thoroughly wash his hands - and, if necessary, his mouth - normally, at the sink, with the intention of continuing to eat.

Since he intends to continue eating after washing, this washing will not be considered Mayim Aharonim, and thus he may use as much water as he needs to clean his hand and face.

He should then return to the table, eat a morsel of bread or other food, and then wash Mayim Acharonim with a small amount of water. This way, he is able to properly clean his hands while still using only a small amount of water for Mayim Acharonim.



## INTO THE WIND

Every sport has its little tips that can help a participant perform better. In baseball hitters are taught to keep an eye on the ball. Tennis players are taught to “swing through” the ball. And cycling experts say, “Watch your flags.”

When you ride a bicycle, wind resistance can tire you and wear out your leg muscles, thus reducing endurance. Therefore, before setting out on a bike route, follow the experts’ advice and pick the direction that is more difficult at the outset - into the wind - so that the return trip will be assisted by the power of the wind at your back. The simple way to determine the direction is to “watch your flags.”

In life, people are confronted with different paths which all lead toward their goals. Some individuals choose the path that offers the least resistance at the outset. Our chachamim however, advise that in order to succeed, you should choose the path that seems more difficult at first and you will find the road smoother and easier to navigate at the end. Beginnings are usually difficult but perseverance yields success.

When you must decide which way to go, do not be short sighted. Consider the long term. Do not automatically choose the seemingly easy road over the one that looks difficult. If you ride into the wind on the outbound leg of your journey, the wind will be at your back in the end. Look at the entire ride and fix a course that can lead to ultimate success in the long run.



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## A BRAND NEW START

Hashem sometimes brings us to a place  
where answers can't be found...

Where we cannot see tomorrow,  
for confusion all around.

Yet deep inside we realize  
that all things work for good...

Even times when we've been wounded  
and we feel misunderstood.

Don't dwell on the injustice  
and stay focused on Hashem's heart...

Find forgiveness and go on,  
you can make a brand new start.

### QUOTES

\*\* “Action may not always bring happiness, but there is no happiness without action.”

\*\* “A smooth sea never made a skillful mariner.”

\*\* “Kind words conquer.”

## AZ YASHIR

It was just after World War II and many of the survivors were broken in spirit. They surrounded their greate Rebbe, Reb Aharon of Belz (a"h) and cried, "Rebbe, how can we possibly go on? We have lost everyone and everything. How can we carry on, how?"

Reb Aharon spoke softly to the people and said, "The Gemara teaches that techiyat ha'metim is alluded to in the pesukim of *Az Yashir*. I ask you, why do we learn about techiyat hametim specifically from there? I will tell you why. Because just a short while earlier, eighty percent of the Jewish people died in Makat Choshech - the plague of darkness. That means that everyone at Kriyat Yam Suf must have lost at least one family member and most of them probably more. Yet here they were, singing shirah - singing to Hashem.

"How could people who had just sustained such a blow, such losses - possibly have been able to sing?

"The answer is that they had complete faith in techiyat hametim. They realized their mourning would be limited.



They understood that they could and must carry on. We too, must focus on our faith in techiyat hametim and in the knowledge that we will be reunited with our loved ones. We can and must carry on."

Those present felt as though a new spirit of life had been breathed into the. We make mention of techiyat hametim three times a day. It is not enough merely to say it and then turn the page. We have to internalize it and believe it.

## YAHRTZEIT OF RABEE MEIR BAAL HA'NES (A"H)

857D

Join Rabanit Kineret Sarah Cohen For An  
Amazing Night Of Inspiration

Full Dinner

Shiur

Special Candle  
Lighting Ceremony

Special Tefilot

Special Songs sung by  
Rabanit Kineret Sarah Cohen



Date: Mon, May 8<sup>th</sup> 2017 (12 Iyar)

Time: 7:45pm (Dinner Served 8:15pm)

Place: 902 Ocean Parkway Apt 6D, Bklyn NY

Fee: \$30.00

RSVP ONLY - Call Tanya (Tova) 917-500-0095

**ROOM ONLY FOR 10 MORE LADIES!**

This Event Will Be Le'iluy Nishmat Sarah bat Mimon Ha'kohen (a"h)



## DEAR LIFE

A lot of times I have taken you for granted, sometimes I dislike you, and one time I even threatened to end you. But today, faced with the smallest but very real possibility of losing you sooner than expected, I realized I am not ready at all to let you go. I apologize for not treating you right and treasuring you as I should.

Forgive me for being impatient when things don't go my way. Looking back now, I concede that everything just happened at the right place and time according to the perfect rhythm of Hashem's plan. I just needed to do what was needed and flow with you. I would have saved a lot of energy and enjoyed more of you instead of giving you deadlines to meet.

I'm sorry for being ungrateful. You have given me so much opportunities for happiness and fulfillment but I seldom took them and blamed you.

Let me apologize for dwelling too long on regrets instead of counting my blessings which far outweighed them. I was too stubborn to see the futility of living in the past when I have the present to live for and the future to hope for. Every day I have the choice whether to be happy or sad. It is such a shame that I frequently chose the latter and lost a lot of precious time in the process.

You are wonderful even with the ups and downs. It is a privilege to be given one chance to walk this earth and create memories of the person that is me. Please be patient with me a little more and let me continue living. From here onward, I will appreciate having you because not everyone gets as lucky.



## RIDDLE

A pet shop owner had a parrot with a sign on its cage that read: "Parrot repeats everything it hears." A young man bought the parrot and for 2 weeks he spoke to it and it did not say a word. He returned the Parrot but the shop keeper said that he did not lie about the Parrot.

How can this be?

Answer on page 9



## JOKE

A man returned from vacation feeling very ill. He went to see his doctor. The doctor immediately rushed him to the hospital for a range of tests.

The man woke up after the tests in a private room at the hospital and the phone by his bedside was ringing. "This is your doctor," said the voice on the other end. "We've reviewed the results of your tests and we've found you have a very nasty virus, which is extremely contagious."

"Oh my gosh! What are you going to do, doctor?"

"We're going to put you on a diet of pizza and pancakes."

"Will that cure me?"

"No, it's the only food we can slide under the door."

## THOUGHT OF THE DAY

Life is going up a down escalator. If you do not continue going up, you automatically begin going down.

(Anonymous)

**ATTENTION LADIES**

Call us to host a learning group in your community.

**(347) 430-5700**

Rabanit K. Sarah Cohen will be speaking on the following dates:

**Date:** May 7, 2017

**Time:** 7:30pm

**Place:** 1100 Trafalgar St. - Teaneck NJ

**Date:** May 10, 2017

**Time:** 8:15pm

**Place:** 902 Ocean Prkwy #6D, Bklyn, NY

**Date:** May 20, 2017 - Shabat

**Time:** 5:00pm

**Place:** 1222 Ave I, Bklyn, NY

**Date:** May 21, 2017

**Time:** 7:45pm

**Place:** 275 Taft Court, Paramus NJ

**Date:** May 24, 2017

**Time:** 8:15pm

**Place:** 902 Ocean Prkwy #6D, Bklyn, NY

**Date:** May 27, 2017 - Shabat

**Time:** 5:00pm

**Place:** 1364 E7th - Bklyn, NY

**Date:** June ?? - To Be Announced

**Time:** 7:45pm

**Place:** Teaneck NJ

**Date:** July 1, 2017 - Shabat

**Time:** 5:00pm

**Place:** 1364 E7th - Bklyn, NY

**Date:** July ?? - To Be Announced

**Time:** 7:45pm

**Place:** 1288 West Laurelton Parkway  
Teaneck, NJ 07666

**Date:** August 26, 2017 - Shabat

**Time:** 5:00pm

**Place:** 1364 E7th - Bklyn, NY

**Date:** August ?? - To Be Announced

**Time:** 7:45pm

**Place:** 115 Addison Rd.  
Bergenfield, NJ 07621

## **INTRODUCING...**

### **A SPECIAL PROGRAM FOR LADIES**

The Rabanit will now be offering INDIVIDUAL, one-on-one classes on the phone for women who wish like to learn ONE topic in depth.

The advantage of the private classes is the ability to learn the subject of your choice in a deep and detailed manner - and the opportunity to ask questions and receive undivided attention.

#### **HOW THE PROGRAM WORKS:**

1. Choose a topic from the list below
2. Call our office and schedule your appointment for the time and day that best suits you
3. Depending on the topic you choose, an email with any materials you require for the lectures will be sent to you so you can follow along as you learn together with the Rabanit.
4. Payment for the series is made at the commencement of your classes.
5. You are now ready to begin your enlightening journey!!

Below is the list of topics:

**SHABAT  
EMUNAH & BITACHON  
THE SECRET OF THE MIKVEH  
SHALOM BAYIT  
TEFILAH  
THE PARSHAH IN DEPTH  
BREISHIT  
THE LIFE OF THE ARI HA'KADOSH**

**Call To Begin Your Journey  
(347) 430-5700**

**We're beginning our third cycle**

## **ANNOUNCEMENT**

Audio-visual shiurim of

**Rabanit**

*Kineret Sarah Cohen*

Are Now Available For Viewing At

**[www.torahanytime.com](http://www.torahanytime.com)**



**Instructions:** Register for free and click on the "Ladies" tab at the top of the Home Page. Scroll down and look for Rabanit K. Sarah Cohen. Underneath the image for the Rabanit, click on the "**follow**" tab if you want to be notified via email or text about a shiur that has become available for viewing.

Shiur To Post Tuesday, May 2  
B'ezrat Hashem

**Pirkei Avot**

The Embarrassment of Torah

Log on and enjoy the live lectures and be inspired.

## THIS WEEK IN JEWISH HISTORY

### 10 IYAR

#### YAHRTZEIT OF MIRIAM HA'NEVIYAH (a"h)

Miriam, the sister of Moshe Rabeinu, passed away at the age of 126 on the 10th of Nisan of the year 2487 from creation - 39 years after Yetziyat Mitzrayim and exactly one year before Bnei Yisrael entered Eretz Yisrael.

It is out of respect to her passing that "Shabat Hagadol" is commemorated on the Shabat before Pesach rather than the calendar date of the miracle's occurrence.



Q & A

Dear Rabanit,

Ever since I was a child, I loved the world of fantasy. I never get tired of my favorite books, TV shows and movies. As a child, it was a way for me to expand my imagination, but as an adult, I wonder if I'm living more in my fantasy world than the real world. What should I do?

**RESPONSE:** Thank you so much for taking the time to write. I will try with Hashem's help to address your question. Some people are introverts and love to curl up under a blanket at home with a good book, while others would rather go out with friends. Some people love fantasy, while others prefer realism. Just because you enjoy a certain category, doesn't mean there's anything wrong with you.

We all like to escape reality a bit, especially as our lives become more fast-paced and stressful. Just look at the explosion of social media – this is an altered reality if there ever was one. It seems as though very few people are living a world of reality and unfortunately keeping busy with senseless and empty activities. I believe that the world of make believe that the Satan has set up for us in this pre-messianic era, is to move us away from the reality of what is about to occur - the redemption.

If you occupy yourself a little too much with the fantasy world - you might wake up one morning and find that you have missed the boat of redemption. Having said that, here are a few things to keep in mind:

You should ask yourself if your lifestyle too inactive? Are you spending too much time sitting and reading or watching shows? Perhaps you should spend some time exercising and absorbing the sunlight. There are people who become so involved in their book or shows that they stay up too late and even neglect to eat a proper meal.

Ask yourself what your priorities in life are? Is your fantasy world the first thing you think of when you wake up in the morning and the last thing you think of when you go to sleep at night? Do you wait all day to get home so you can watch your show or read your book? Do you spend a little too much time with the intense fantasy media?

Besides the fact that this unrealistic world tears you away from your spiritual obligations and growth - it doesn't allow you to spend quality time with your family and friends. It should never be a problem to take some time to relax and unwind after a long day of work - but, if the world of fantasy has become the highlight of your life, you may need to rethink your priorities.

Continued on page 9



## RESPONSE

Continued

Why don't you think of ways to enrich your "real" life so that it's more satisfying. Perhaps you should consider devoting more time to your relationships. Try volunteering and doing acts of chesed in the community - some self-actualization project.

Chachamim teach us that time is the most precious gift. We are allowed to transgress all but three mitzvot in the Torah in order to prolong a life for even one minute. Time is so precious, so valuable, because every minute can be used to serve Hashem. There are many stories told of tzadikim who went to great lengths not to waste even a second of their day and even simple people earned a place in Olam Haba with just a moment's action.

You should consider coming to our shiurim. This will help you re-evaluate your life so you could consider why it is that Hashem put you in the world. By attending shiurim and learning about Hashem's world, you will be able to answer the question of whether or not you are fulfilling your purpose?

Continued Below

## ANSWER TO RIDDLE

The Parrot was deaf.



## RESPONSE

Unfortunately, in this generation of technology, many people no longer maximize their time to learn Torah or to do mitzvot. They are wasting their brain away, their days and nights in a world that will never yield any promise, reward or true freedom. These people are prisoners on "Fantasy Island."

The great Chasidik Masters teach us not to shut out the world, but to transform it into a vehicle for serving Hashem. I am not certain that they even thought about the disasters of today's world of technology.

Luckily, there are many organizations out there that have used the world of technology to reach the Jewish populations in hopes of keeping them occupied with spiritual matters. There is Baruch Hashem a torrent of Jewish entertainment that is good, wholesome and inspirational. Think of ways you could use your passion for fantasy to serve Hashem. Perhaps you could write a story or produce a Jewish film that provides others with inspiration.

I hope that B'ezrat Hashem you will find comfort and a sense of excitement when you start to delve into the world of Torah and the glory of Hashem's kingdom. Believe me, there is no fantasy world out there that can replace the depth, wonders and mysteries of our Torah. Let me know what I can do to help you in this area.

## *Newsletter Dedication*

### **Sara Bat Mimon Ha'Kohen (A"H)**

Ohel Sara is named after this tzadikah (my grandmother). May the inspiration that women draw from this weekly newsletter benefit her neshamah in Gan Eden and may we all be redeemed as a result.



*Ohel Sara wishes all it's readers a Shabbat Shalom u'Mevorach!*



### **Candlelighting Time**

**7:38PM  
NY TIME**



**You can now make a donation  
to Ohel Sara through Paypal:**

**[yourtrustedcoach@gmail.com](mailto:yourtrustedcoach@gmail.com)**  
*Indicate that money is for Ohel Sara.*

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