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Shabbat Vayera

Sat. 15 - 16 Nov. 2018 - 18th of Cheshvan, 5780 -

י"ח בחשוון תש"פ

שבת פ' וירא

Issue Number 926

Baal Koreh <i>Yom Shabbat Kodesh</i>	Rabbi Asher Sebbag	(Page-78).
Mufteer & Haftarah	Mr Sidney Amor	(Page -1134).

Shir Hashirim, Mincha, Kabbalat Shabbat & Arbit.	15:40
Shabbat Candles.	15:56

Shabbat Shahrit - Followed by Kiddush. (Shema 8:39).	08:30
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Daf Hayomi with Rabbi Asher Sebbag Shlit"a.	*
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Mincha Shabbat - Followed by Seuda Shelishit. (*) (Sunset - 16:09).	15:35
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Arbit Motzei Shabbat.	17:04
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Shahrit Weekday - (Sunday - 7:30).	6:30
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Mincha & Arbit.	15:40
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Daf Hayomi with Rabbi Asher Sebbag Shlit"a.	16:15
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Next Friday: Shir Hashirim, Mincha, Kabbalat Shabbat & Arbit.	15:30
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Next Friday: Candles. Shabbat. Chayei Sarah.	15:47
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Vayeira 5779 (Genesis 18-22)

Oct 18, 2018 | by [Rabbi Kalman Packouz](#)

GOOD MORNING! Humor. It lightens the load. It delights. It brings joy to the joke teller and the listener -- usually. However, sometimes, only to the teller.

I have a good friend, Dr. Ronald A. Goldstein. He's a mathematical genius. A graduate of the Courant Institute. Assistant professor at Notre Dame, started the Computer Department at University of Miami. Consultant to the U.S. Navy computing trajectories for ballistic missiles. Published and respected across the world.

However, what really sets Dr. Goldstein -- Ron -- apart is his sense of humor. He can laugh at anything and

always find a funny comment. His sense of humor (and his will to live) has kept him alive. Twenty years ago after a major heart attack that reduced his heart to 20% efficiency, he forced the doctor to give him a prognosis. The doctor was hesitant, but trying to be encouraging told him "5 years." Ron outlived the doctor, too!

While not everyone laughs at every joke or comment, Ron never misses an opportunity to find humor in life. He knows the thrill, the energy, the delight that he gets out of telling the joke -- and figures that of course everyone would feel the same and would find his sense of humor funny.

Well, almost everyone. Here's the joke that cost him \$300,000! (told by request of Dr. Goldstein)

Dr. Goldstein had just finished negotiating a consultancy contract to the Romanian military. They agreed to pay him \$2,500 per day, 6 months guaranteed. After the negotiations ended, Ron mentions to the Romanian General, "You know, my grandmother was Romanian." The General's eyes brightened with excitement, "Yes?" Ron continued, "She was a great cook. Romanians are the best cooks in the world!" The General shone with pride and pleasure. "She had the most wonderful Romanian cookbook." With great curiosity, the General asked, "What was the name of the cookbook?" And here's where Ron just couldn't hold back -- "I don't remember, but each recipe started, 'First, steal a chicken'."

Says Dr. Goldstein, "Worst mistake I ever made!" Perhaps financially, but he still can't resist a joke or a punch line!

In [Rabbi Noach Weinberg's 48 Ways to Wisdom](#), Way #21 focuses on humor. Teaches Rabbi Weinberg, the founder of Aish HaTorah: "Laughter is a deeply spiritual emotion. Understand the dynamics of laughter and use it wisely. Jokes have the power to grab our attention and focus our mind. Laughter can snap us out of melancholy, put things back into perspective, and provide the momentum to make the best of life."

"Why do we laugh? Laughter is when the unexpected occurs. Smiling and laughter can parlay that positive energy into movement, growth, and power for something meaningful you need to do. Having a sense of humor is a sign of maturity, because it demonstrates a sense of proportion about what's truly important.

"It is human nature to lose focus and get emotionally wrapped up in our day-to-day concerns. We can laugh in everyday life when we recognize the absurdity of a skewed perspective. Someone who breaks a shoelace may think his world is falling apart - until he meets someone without a leg.

"Laughter is a subconscious release of tension. It gets rid of gloom, aggravation, depression, worry - all forms of tension. Laugh to release steam and uplift yourself!

"Laughter is a double-edged sword. When used improperly - e.g., insulting others or causing inappropriate thoughts and behavior - laughter can be destructive. Abusing the tool of laughter can be dangerous. Stay away from: a) Ridicule b) Excessive Laughter c) Negative Laughter d) Off-Limits (i.e., Motherhood ... or if you're a Democrat making a joke about a Republican to a Republican or a Republican making a joke about Democrats to a Democrat! -- kp) Laughter destroys everything in its path - for good and for bad.

"Use laughter to keep your troubles in proportion. Realize they're not as bad as they seem. Life is not problems; it's opportunities. Laughter dispels pain and anxiety. It energizes. Use it as a quick way to snap back into action! Use laughter consciously and in a measured amount. Aggravation and suffering sap our strength. Laughter brings out cheerful relaxation and gives you new energy."

For 28 years, I have shared these ideas with Dr. Goldstein. Who knows? Maybe one day he won't tell Romanian cookbook jokes to Romanian generals!



TORAH PORTION OF THE WEEK

Vayera, Genesis 18:1 - 22:24

Avraham, on the third day after his *brit mila*, sits outside his tent looking for guests to extend his hospitality. While talking with the Almighty, he sees three visitors (actually angels of the Almighty). Avraham interrupts his conversation with the Almighty to invite them to a meal. One angel informs him that in a year's time, Sarah, his wife, will give birth to a son, *Yitzhak* (Isaac).

God tells Avraham that He is going to destroy Sodom because of its absolute evil (the city is the source of the word sodomy). Avraham argues with God to spare Sodom if there can be found ten righteous people in Sodom. Avraham loses for the lack of a quorum. Lot escapes the destruction with his two daughters.

Other incidents: Avimelech, King of the Philistines, wants to marry Sarah (Avraham's wife), the birth of Yitzhak, the eviction of Hagar (Avraham's concubine) and Ishmael. Avimelech and Avraham make a treaty at Beersheva. Avraham is commanded to take up his son, Isaac, as an offering "on one of the mountains" (*Akeidat Yitzhak*). Lastly, the announcement of the birth of *Rivka* (Rebecca), the future wife of Yitzhak.

Do you want to know the reward for listening to the command of the Almighty? This is what the Almighty told Avraham: "... I shall surely bless you and greatly increase your descendants like the stars of the heavens and like the sand on the seashore; and your offspring shall inherit the gate of its enemy. And

all the nations of the earth shall bless themselves by your offspring, because you have listened to My voice."

* * *

Dvar Torah

from [*Twerski on Chumash*](#) by Rabbi *Abraham J. Twerski, M.D.*

The Torah relates that when the matriarch, Sarah, was told that she would bear a child at the age of 90, she laughed "inwardly," thinking, "How can I bear a child at my old age?" God then said to Avraham, "Why did Sarah laugh? Is there anything that is beyond God?" Avraham reprimanded Sarah, but "Sarah denied, saying 'I did not laugh' for she was frightened." Avraham then said to her, "No, you laughed indeed" (Gen. 18:12-14).

The Rabbi of Gur says that it is impossible to think that Sarah lied. The Midrash tells us that Sarah was totally free of sin (*Bereishis Rabbah* 58:1). He, therefore, interprets the verse as saying not that Sarah *denied*, but that Sarah was *in denial*.

Her disbelief that she could carry a child was "inward" -- deep in the recesses of her subconscious. Sarah was not even aware of this thought. Only God Who knows a person's innermost thoughts and feelings, was aware of it. When Avraham reprimanded her for this thought, Sarah could not even imagine that she could have harbored disbelief of God's omnipotence. Her reverence of God was so great that a thought such as this was beyond her.

The verse thus reads, "Sarah was in denial because she was so God-fearing." Sarah was certain that she was speaking the truth when she said, "I did not laugh."

Sarah did not deny or lie. She had no access to her subconscious.

If a person cannot be aware that he is in denial, how can we protect ourselves from being blind to reality? There is one way -- by listening to teachers and sincere friends who are

objective and can see that which we cannot see.



Shabbat Shalom,
Kalman
Rabbi Kalman
Packouz

Join Prof Eliyahu Kelman on Sunday 17th of November at 7.30 pm

WE ARE ALL LIVING IN PARALLEL UNIVERSES.

CREATE THE BIG BANG IN YOUR LIFE.

Down to earth. Practical insights dealing with the challenges and people in your life. Ohel David Entrance fee donation of £5 or more to cover synagogue expenses. Refreshments served.

Seuda Shelishit: presented by Adel Darwish הג"ו, in memory of his late father, **Saleh** Yehudah ben Sion and Lulu ז"ל. Also by Mrs Florence Suskin in memory of her beloved husband **Harry** ben Hershel & Malka Suskin ז"ל. Also by Jacob Oved הג"ו, in memory of his late Brother **Yoseph** ben Margaret ז"ל.

Security Alert: Please be very vigilant when you leave the Synagogue. Do not stand in groups and chat, go home without gathering on the main road. Be safe and alert.

Kolel every Sunday: We are still having a Kolel every Sunday at the Synagogue hall from 09.30am - 12.00pm. Everyone is welcome.

THE KEHILLA WISHES חיים ארוכים "LONG LIFE" TO THE FOLLOWING WHO HAVE YAHRZEIT

03 Heshvan - Mr Yakdhan Cohen	15 Heshvan - Mr Ernest Elias
03 Heshvan - Mr Ghassan Cohen	20 Heshvan - Mr Ezra H. Eddie Cohen
03 Heshvan - Mr Dhia Cohen	20 Heshvan - Mr Abraham S. Cohen
03 Heshvan - Mr Asad Cohen	21 Heshvan - Mr Adil S. Darwish
04 Heshvan - Mrs Judith Silas	22 Heshvan - Mr Nadir Baher
05 Heshvan - Mr Nadir Baher	23 Heshvan - Mrs Florance Suskin
07 Heshvan - Dr Y. Kelly Saltoun	23 Heshvan - Mr Joseph Laniado
07 Heshvan - Mr Yossi Tamman	26 Heshvan - Mr Yakdhan Cohen
09 Heshvan - Mr Eliot M. Cohen	26 Heshvan - Mr Ghassan Cohen
09 Heshvan - Mr Yossi Tamman	26 Heshvan - Mr Dhia Cohen
12 Heshvan - Dr Maurice Gubbay	26 Heshvan - Mr Asad Cohen
13 Heshvan - Mr Jack G. Fattal	27 Heshvan - Mr Yossi Tamman
13 Heshvan - Mr Harry Fattal	28 Heshvan - Mr Joseph Laniado
13 Heshvan - Mr Meir Fattal	28 Heshvan - Mrs Helen Georgy
15 Heshvan - Mrs Judith Silas	

Quote of the Week

A day without laughter is a day wasted