

# Youth Minyan

## OHEL SARA NEWSLETTER

Rosh Hashanah Edition 5776/2015-2016

### Shabbat Schedule

Candlelighting— 6:53 PM
MIncha & Arvit— 6:50 PM
Shaharit – 8:45 AM-11:20 AM
Shiur by Rabbi Abo – 5:30 PM
Minha & Seudat Shlishi – 6:10 PM
Arvit & Motzei Shabbat - 7:51 PM

### Joke of The Week

Moishe (the father) says to his son: "I want you to marry a girl of my choice."  
 The son says: "I will choose my own bride."  
 Moishe says: "But the girl is Bill Gates' daughter."  
 The son answers: "Well, in that case, yes, okay."  
 Moishe then approaches Bill Gates and says: "I have a husband for your daughter."  
 Bill Gates answers: "But my daughter is too young to get married!"  
 Moishe says: "But this young man is a vice-president of the World Bank."  
 Bill Gates answers: "Ah, in that case, yes, okay."  
 Finally Moishe goes to see the president of the World Bank.  
 Moishe says: "I have a young man to be recommended as a vice-president."  
 The president answers: "But I already have more vice-presidents than I need."  
 Moishe says: "But this young man is Bill Gates' son-in-law."  
 The President answers: "Ah, in that case, yes, okay."  
 And that is how successful Jews do business.....

**Seats For The Holidays Are Now on Sale For \$50**

Contact Moshe 3475535964

## Guide and Halachot for the Rosh Hashanah Table

### Rosh Hashanah Eve (This Year It is Sunday All Day)

- One should try to go to the mikveh,, however if he can't then a 5 minute shower will suffice
- On this day the custom is to annul vows in shul before the holiday
- The proper final words for the candle blessing are "Lehadlik Ner Shel Yom Tov"

### At Your Table

- 1)First grab the dates and say the blessing of " Bore Peri Ha'etz" then eat it and then take another date and say "May G-d's enemies meet their end" and eat it.
- 2)For Black eyed peas say- "may our merits multiply and you grant us a good heart"
- 3)For Leek say- "may our enemies and those who want to hurt us be cut off"
- 4)For spinach say- "may our enemies disappear"
- 5)For squash say- "may all our bad decrees be torn up and our merits be before you"
- 6) For pomegranate say- "may we be full of merit like pomegranates"
- 7)For apple cooked in sugar say- " may G-d give us a sweet year"
- 8)If you do not like any of the foods you do not have to eat it, instead you can look at it and say the declarations listed above!
- 9)On both days of Rosh Hashana the custom is to **not** sleep in the afternoon so that our Mazal stays active throughout the year.
- 10)On the 1st day of Rosh Hashana after minchah we go to the river, sink, or fish tank and say a prayer symbolizing that just as the water is disappearing so should our sins disappear with them.
- 11) During the 10 days between Rosh Hashana and Yom Kippur we say " Hamelech Hakadosh instead of HaEL Hakadosh" ( in 3rd blessing of Amida) and we say Hamelech Hamishpat in 11th blessing of Amidah.

## The Unforgivable Sinner

Another year has passed and we find ourselves in synagogue for Rosh Hashanah and Yom Kippur. These are the holiest days of the year, and Jews of all types flock to synagogue to pray for the year ahead. For some the holidays are their only connection to the synagogue. Why is it that "everyone" comes to synagogue on these days? The answer is obvious: all of us want to live another year in happiness and health, and we know somewhere deep down that these holy days can provide them to us. Hashem makes us an offer we cannot refuse- behave yourselves on these days and all will be forgiven! But is that really true? Will everyone be forgiven?

A quote from this week's Parsha states:

*"And it will be that when he hears the words of the imprecations, he will bless himself in his heart, saying, 'Peace will be with me, though I walk as my heart sees fit' – thereby adding the watered upon the thirsty. Hashem will **NOT** be willing to **FORGIVE** him. (Devarim 28:18-19)."*

(turn the page)

## Weekly Schedule

Art Class (5-8yrs)

Sunday 10-11 AM

Sunday Program (5-13yrs)

11:00 AM-12:30PM

Torah and Me With Rabbi B

Wednesday At 8:45 PM

## Parsha In a Nutshell

The Parshah of Nitzavim includes some of the most fundamental principles of the Jewish faith: The unity of Israel: "You stand today, all of you, before the L-rd your G-d: your heads, your tribes, your elders, your officers, and every Israelite man; your young ones, your wives, the stranger in your gate; from your wood-hewer to your water-drawer." The future redemption: Moses warns of the exile and desolation of the Land that will result if Israel abandons G-d's laws, but then he prophesies that in the end, "You will return to the L-rd your G-d . . . If your outcasts shall be at the ends of the heavens, from there will the L-rd your G-d gather you . . . and bring you into the Land which your fathers have possessed." The practicality of Torah: "For the mitzvah which I command you this day, it is not beyond you, nor is it remote from you. It is not in heaven . . . It is not across the sea . . . Rather, it is very close to you, in your mouth, in your heart, that you may do it." Freedom of choice: "I have set before you life and goodness, and death and evil: in that I command you this day to love G-d, to walk in His ways and to keep His commandments . . . Life and death I have set before you, blessing and curse. And you shall choose life."

*Continued from page 1*

Here we see that there is such a person who will not be forgiven or judged favorably. Even on Rosh Hashanah and Yom Kippur. Rashi explains that even sins that he did unintentionally and unknowingly will not be forgiven. That's a scary thought. Let us analyze this further to make sure that we do not fall into this category.

The verse refers to people who believe that no harm can befall them. Don't most of us think this way? Do you remember the shooting at Sandy Hook Elementary School when a 20-year-old fatally shot 20 children and 6 adults? Or July 20, 2012 when a mass shooting occurred inside of a Century 16 movie theater in Colorado? Did you ever walk through a burn unit in Nassau University Medical Center, or the cancer ward in St. Jude's Children's Hospital? Although you may have felt sympathy for all the victims, you also had a voice in your mind saying "this could never happen to me or my loved ones."

Before you get carried away and think that you will not be forgiven, you need to continue reading. The person the verse refers to also says "though I walk as I see fit." This person does whatever he wants throughout the year and expects everything to go perfectly in his life. As a Bukharian Jew we may fall into the trap of thinking this way because of a famous Bukharian saying. Have you ever walked up to an old school Bukharian doing something that was not allowed to do? If you made him aware of what he was doing, did he respond to you saying, "**Eh Chudo Mehelo Mekuneh (Eh G-d will forgive)**" and continue to do whatever it was that he was doing? We cannot judge this person but we can analyze the Bukharian phrase "chudo mehelo mekuneh." This phrase is actually rooted on Torah concepts. When a person does something unintentionally or unknowingly (accidentally turning on the light on Shabbat or not knowing that one cannot carry on the streets of North Carolina on Shabbat), our rabbis explain that Hashem forgives these mistakes very easily. It is in those cases where we can say, "chudo mehelo mekuneh." But it does not apply to a person who thinks that he can do whatever he wants, even though he knows that it is absolutely wrong to do so, and thinks that Hashem will judge him favorably on Rosh Hashanah and Yom Kippur.

At this point one can ask, what is so wrong with what this person is doing that he does not deserve forgiveness, even for unintentional sins? The answer lies in the mechanism of repenting. Imagine you are standing in synagogue and all of a sudden *Whack* you get smacked in the face by your friend who is laughing uncontrollably. Before you get a chance to respond, your friend apologizes and says, "I'm sorry, please forgive me." Being that it is your friend and you are in a synagogue you quickly forgive and continue praying, but 1 minute later *Whack* you get smacked again and in the midst of suppressing his laughter your friend says, "I'm sorry, I'm sorry please forgive me." Would you forgive your friend this time? Probably not. But why not this time? He said I'm sorry? The reason is that you realize that this "friend" thinks that he can do whatever he wants and you will forgive him and continue to be friends with him. We have a relationship with Hashem and if we abuse that relationship and purposely do things that we know are wrong, he cannot forgive us (Hashem realizes that we do not really care about him or his forgiveness).

Most of us do the same wrong thing over and over; does this mean we are in this category of the unforgivable sinner? Although repeating the same sin is not good, your attitude or thoughts about the sin will determine the magnitude of punishment. When most of us do something wrong over and over we do not do it because we don't care that it is wrong; we do it because we "cannot" control ourselves, or because we feel we have no choice. This year we should approach Hashem and let him know that many of our actions may be incorrect and recurring. We must let Hashem know that although we still continue to do them, we do so out of lack of control. We must show Hashem that we know our actions are wrong and ask for help to overcome the obstacles standing in our way. For example, if a person works on Shabbat he could say "Hashem I do not work on Shabbat because I don't care about your mitzvot, I do it because I am afraid for my livelihood and losing my job. I know that you run the world, but I am still afraid, and working on Shabbat allows me to provide for my family. If there is another way please guide me in that direction." This type of prayer can be formulated for many of the day-to-day sins and traps that people fall into. We must come to Hashem and ask him for help so that he will respond and hopefully also give us a good, healthy, and happy year!

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## TIPS FOR ROSH HASHANAH

By Alyssa Rachel Gross

How to get closer to your best self this New Year.

- 1 If not now, when?**  
It's never the perfect time to change an ingrained habit. Don't wait for a magical moment or to hit rock bottom. Start today.
- 2 Gradual steps**  
Stop trying to change everything all at once. Make an ironclad commitment to one action.
- 3 Write down your goals**  
Write it down, type it out, or text yourself your goals for the month or the year. Not only will you have a daily anchor to review but you will also have a benchmark for success.
- 4 Tell someone**  
Let someone (or a few) know that you're making a change. You'll gain support and accountability. And once you see them rooting you on, you won't want to let them down.
- 5 Break it down**  
If you want to supercharge an area of your life, break it down into an actionable set of steps. Instead of saying "I'd like to get healthy", write down "no sugar in my coffee" or "1 hour at the gym on Monday and Wednesdays."
- 6 Focus on the rose**  
Keep your eye on what you're working towards rather than on what you are giving up. Every rose has its thorns. Focus on the rose.

### Be kind to yourself

Forgive yourself when you slip up. Talk to yourself as you would a good friend or your child, expressing compassion, understanding and inspiration to jump back on the horse.



Visit [aish.com/highholidays](http://aish.com/highholidays) for more inspiring articles and videos.

## The Torah and Me With Rabbi B



Jewish Thought and Inspiration To Get You Through The Week

**Where:**  
Torath Haim Ohel Sara  
144-11 77th Ave Flushing, NY 11367  
2nd Floor  
Or Young Israel Across The Street

**When:**  
Wednesday Nights  
8:45-9:45 PM  
  
To get updates text  
3475535964

Refreshments are served!



### IF YOU CAN'T READ THIS, YOU NEED CLASSES!

#### HEBREW READING COURSE

FOR BEGINNERS AND INTERMEDIATE  
Get individualized attention on your reading needs at your own pace

#### CLASSES TAKE PLACE SUNDAY

Time To Be Decided  
**TORATH HAIM OHEL SARA**  
144-11 77th Ave  
Flushing, NY 11367

#### HEBREW GRAMMAR COURSE

FOR BEGINNERS AND INTERMEDIATE  
Learn Grammar the proper way to begin to:

1. Understand Hebrew
2. Translate Chumash
3. Understand Prayers
4. Speak Hebrew

For more information or to register for this **FREE** course please feel free to  
Call **347-553-5964**

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## Shaping Lives Sunday Program



come and join our **Free Sunday Program Today!**

Every Sunday @ 11am-12:30pm we shape the lives of children ages 5-12 in the Queens Community. Children learn to read Hebrew, Jewish Traditions, and the Values Every Jewish Child should have through Songs, Creative Projects, Educational Games, and Interactive Lessons Presented by Our Enthusiastic Staff! Pizza is SERVED every Sunday and exciting raffles are held every month!

For More Information Please Contact:  
Moshe: 347-553-5964 or  
Daniel: 917-705-1818 or  
[ShapingLivesSundayProgram@gmail.com](mailto:ShapingLivesSundayProgram@gmail.com)

Rosh Hashanah Schedule			Weekly Events	
(Times are approximate and subject to change)			SUNDAY	Art Class Children 5-8: 10AM-11AM
SUNDAY	Candlelighting:	6:51 pm		Sunday Program Ages 5-12: 11:00AM-12:30 PM
	Minha:	6:40 PM		
MONDAY	Shaharit:	8:30 AM	Hebrew Class for Adults (October/ November)  Contact Moshe If Interested	
	Minha:	6:25 PM		
	Candlelighting:	7:48 PM		
TUESDAY	Shaharit:	8:30 AM	Wednesday	Torah&MeWith Rabbi B 8:45PM-9:45PM
	Minha:	6:25 PM	Shabbat	Lecture by Rabbi Abo Before Minha (Changes Weekly)
	Holiday Ends:	7:46 PM		Learning and Seudat Shlishi (Changes Weekly)
<b>TO PAY YOUR BALANCE, DONATE, OR JOIN OUR EMAIL LIST PLEASE EMAIL</b>			Any Day	Find out about our lecture series by signing up for our text/email alerts
<b>TorathHaimOhelSara@gmail.com Or Call Moshe @ 3475535964</b>				

*Interested in buying a Sukkah this year? Contact Moshe ASAP for more information 3475535964.*

*(All Proceeds Go To The Sunday Program)*

