



Shabbos Chizzuk

Inspirational & Interactive Divrei Torah
for the Shabbos Table







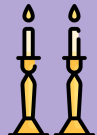
Issue #9

Parshas Bereishis

City	Candle-Lighting	Shabbos Ends
Jerusalem	5:21 PM	6:36 PM
Los Angeles	5:54 PM	6:49 PM
Seattle	5:52 PM	6:55 PM
New York City	5:49 PM	6:46 PM
Chicago	5:40 PM	6:40 PM
London	5:37 PM	6:43 PM

Parsha Summary

- בְּרֵאשִׁית** G-d creates the world in 6 days and rests on the 7th.
(Fun activity: At the Shabbos Meal, ask everyone if they remember what Hashem created on each day!)

1	2	3	4	5	6	7
						
darkness and light	heavens, dividing the upper waters from the lower waters	boundaries for the water and sprouting of vegetation	luminaries	fish, birds, and reptiles	<ul style="list-style-type: none"> land animals human beings in G-d's Image and a living soul 	Shabbos Kodesh

- וַיִּנְחֵהוּ בְּגֵן עֵדֶן לְעֲבֹדוֹ וּלְשָׁמְרָהּ** Adam and Chava were placed in the Garden of Eden and later discharged after violating G-d's command to not eat from the Tree of Knowledge of Good and Evil.
- זֶה סֵפֶר תּוֹלְדֹת אָדָם** The 10 generations from Adam to Noach.



Sefer HaChinuch Mitzvah Count

1

Peru u'Revu - The positive commandment to be fruitful and multiply



Dvar Torah | by Aharon Mikail

THOUGHT PROVOKING QUESTION: How do you take all the inspiration and feelings of closeness to Hashem from the High Holidays and bring it into the entire year?

The Gift of Life

בְּרֵאשִׁית בָּרָא אֱ-לֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ:

In the beginning of G-d's creating the heavens and the earth (Bereishis 1:1).

Hashem created a beautiful, sophisticated, and awesome world! The famous commentator, **Rashi**, comments on the above verse and teaches us why G-d created it all. He quotes our Sages' interpretation of the word "בְּרֵאשִׁית," standing for the words, "בְּשִׁבִיל רֵאשִׁית" – (the world was created) for the great purpose of the "first" or the "beginning," referring to the Torah and the Jewish people. Out of His immense love for the Jewish people and desire to give them the greatest good, Hashem created the whole massive universe! (1) Accordingly, Hashem created everything prior to forming Adam and Chava and only after they were created, G-d placed them in the Garden of Eden. (2) This can be compared to a loving parent who extensively plans, cooks, and arranges the most amazing Shabbos table and numerous delicacies, and only after setting it all up, invites their children to join the table and enjoy! Therefore, the Mishna in Sanhedrin (3) instructs us, "Each and every person is obligated to say, 'The world was created for me.'"

After an amazing lineup of inspirational Chagim, all emphasizing how the Jewish nation is so blessed to be Hashem's chosen people, we wrap up the entire marathon of holidays with the festival of *Simchas Torah*. On this special day, we celebrate the completion of the reading of the Written Torah by dancing with it, which reminds us not only of our purpose but the ultimate method of maximizing the quality of our lives by staying connected to our Creator. The ultimate fulfillment and happiness is found in the Torah and when we fulfill our purpose, each day of the year is like a special Yom Tov! (4)

1 Derech Hashem Part 1, The Purpose of Creation

2 See verse 1:29, 2:8

3 See also Gemara Sanhedrin 37A

4 See also *Gateway to Happiness* by R' Zelig Pliskin שליט"א p. 97 and *A Life of Torah* by R' Nissim Yagen זצ"ל

Challenge: Go around the Shabbos table sharing each person's personal highlights and take-aways from the Chagim.



A SHORT IDEA | From the Rebbe Rayatz, Rabbi Yosef Yitzchak Schneersohn שליט"א in the name of the Alter Rebbe and in the name of the Baal Shem Tov and from R' Yitzchak Breitowitz שליט"א

Shabbos Bereishis

The first Shabbos of the year which follows the holiday season has the ability to positively impact one's entire year! On this Shabbos, there's a light of *chochmah* (wisdom) which shines and that light extends to every day of the year. The judgment that was written on Rosh Hashanah, sealed on Yom Kippur, and packaged on Hoshana Raba, doesn't leave for shipment until Shabbos Bereishis.

Furthermore, Chassidic masters (i.e. the *Bnei Yissaschar*) quote from Kabbalistic sources that Hashem's mercy extends even further, giving Bnei Yisrael until the final day of Chanukah (also known as *Zos Chanukah*) to do teshuva and receive a favorable judgment. This kindness of Hashem resembles a parent who mercifully and lovingly continues to give their child chances to draw closer to them and fulfill their parent's word.



Hilchos Shabbos | by R' Mordechai Lebhav שליט"א author *Magen Avot*, Rosh Kollel Link Kollel Los Angeles

Redacted by Dr. Emile Amzallag

Does Kiddush cover other drinks?

The *Shulchan Aruch* (O.H. 272:10) rules that the blessing of Kiddush over wine exempts other beverages that are drunk during the meal from their own blessing. Furthermore, one does not need to recite an after-blessing for wine as it is exempted by Birkat Hamazon. Thus, if one wishes to drink soda during the Shabbat meal, for example, one would not have to recite "*Shehakol*", and one would also not need to recite "*Al Hegefen*" as an after-blessing for the wine of Kiddush.

The *Biur Halacha* (O.H. 174) cites an opinion that Kiddush only exempts other beverages from their own blessing when one drinks at least a cheekful of the wine or grape juice of Kiddush in one shot. If one simply sips a little of the Kiddush, it would not exempt other beverages, according to this opinion. Nevertheless, Rabbi Ben Zion Abba Shaul (*Or Lezion*, vol. II, ch. 20, § 9) says that as long as one drinks even a little amount of wine, one would not recite a separate blessing on other beverages during the meal.

Interestingly, the *Ben Ish Hai* (*Rav Pe'alim*, vol. II, *Orah Haim*, §47) says that the *Arizal* received a Divine teaching that if one drank a *Revi'it* or more in one shot of a beverage during the meal, one would need to recite the after-blessing of "*Bore Nefashot*" and could not rely on Birkat Hamazon. *The Ben Ish Hai* (*Shana I, Parashat Naso*, §2), the *Kaf Hachaim* (K.H., O.H., 272:63) and Rabbi Ben Zion Abba Shaul (*ibid.*, ch. 12, § 6) all concur.

Notwithstanding, Rabbi Shalom Messas (*Tevuot Shamesh, Orach Haim*, § 62) writes that there was never such a custom to make an after-blessing for a drink during the meal, and that Birkat Hamazon exempts all beverages that are consumed during the meal, regardless of the quantity. This, too, is the opinion of Rabbi Ovadia Yosef (*Halichot Olam*, vol. II, pg. 27), who says that an after-blessing is never said on beverages during the meal.

Summary: Kiddush exempts all beverages that are drunk during a meal from their own blessing. Birkat Hamazon exempts all beverages during the meal from an after-blessing,

regardless of quantity.



Stories of Tzadikim | Story of Rabbi Simcha Bunim of Peshischa ל"צ from his *sefer, Kol Simcha (Parshas Vayera)*

Two Pockets

Rabbi Simcha Bunam said to his disciples:

"Everyone must have two pockets with a note in each pocket so that he can reach into one or the other according to his needs. When feeling low or down, one should reach into the right pocket and find the words written: *'For me, the world was created (Sanhedrin 37A).'*' But when feeling too proud or mighty, one should reach into the left pocket and find the words written: *'I am only earth and ashes (Bereishis 18:27).'*'"



Maase Shehaya - Hashgacha Pratis Stories | From R' Yaakov Mizrachi שליט"א from *Stories to Inspire*

Hashem Runs The World

There was a person who needed to build a Sukkah in New York City, but lived in a building with no patio or outdoor space. He decided to build a beautiful Sukkah in the back alley of the building where it wouldn't get in anybody's way. As he walked back into his apartment building, he came across the superintendent of the building who prohibited him from keeping the Sukkah in the alley since it posed a possible hazard and could be against the law. In result, the man desperately asked if he could at least build his Sukkah on the roof of the building and the superintendent looked the other way as long as their conversation was kept a secret.

As he took the stairs to head up to the roof of the building, he thought it would be a nice gesture and showed consideration by asking permission from the tenant who lived on the top floor to use the roof. The tenant was not Jewish so the man needed to explain that he wanted to build a Sukkah and that it wouldn't cause a disturbance. The tenant saw it as an opportunity to make money and said that the man may use the roof if he pays \$1000 and would sign an official contract with a lawyer which would cost an additional \$500.

The man paid the full \$1500 and went up to the roof to build his Sukkah. As he moved his materials around the roof, he all of a sudden, heard a loud sound of something heavy dropping. He checked his surroundings and found a heavy bag full of jewelry. Being that it's abnormal and suspicious to find jewelry on top of a quiet roof, he ran to the police station to write a report so that they could find the true owner. After a while after Sukkot, he received a call from the police station and was asked by the police sergeant to come and meet with him in the station. The sergeant said that the jewelry had been stolen but there was nobody to inherit it. Therefore, it was all his to keep.

The story had eventually reached the newspapers and when the top-floor tenant found out, he took the man to court claiming that the jewelry had belonged to him. The judge asked the man if he had any rights or documentation to use the roof and replied in the affirmative and pulled out the contract they had written. The judge ruled that the jewelry belongs to him since he was allowed to use the roof with a formal agreement.

As difficult as it was to be asked to move his Sukkah from the alley to the roof and pay the extra money, Hashem showed him that he was always guiding him to the best place and that he never loses out from doing a mitzvah!

Yishtabach Shemo La'ad!



Scenes for the Soul | by Ami Adler

In his blog, "Scenes for the Soul," (<https://scenesforthesoul.com/blog>) Ami shares a photo he has taken, along with some background details and a spiritual message that we can apply in our daily lives.



Slot Canyon (near Mt. Carmel Junction), Utah

The Background: This shot was taken in an unnamed slot canyon in Southwest Utah. There is something so magical about being inside of a slot canyon – you are often completely cut off from the outside world with only a small amount of light peeking in – it feels like a different world. I took several shots of this area, many of them of the larger context of the scene including the trail winding between the walls of the canyon. However, this version - which completely removed any external context and just focused on the patterns and the light – is the one that really moved me.

The Message: What I see in this image is the light of salvation/hope being right around the corner. Sometimes we find ourselves in a situation that we just can't see a way out of, and we feel we are completely stuck. Often, the best thing that we can do is to continue to move forward, trusting that there is hope around the next bend. In this image, we can't even see the path – but we know that there is light coming from above and if we can stay focused on reaching that light, we can be confident that G-d will help us get there.



Zemiros | Shabbos Kodesh (By. Beri Weber & Zusha)

Before Shabbos, scan the QR-Code below to listen and prepare this week's song for the Shabbos table!



Jokes: Mitzvah Gedolah Lihiyot B'Simcha!

1. Sun College

Q) Why didn't the sun go to college?
A) *Because it already had a million degrees!*

2. Bereishis

I read the Book of Bereishis yesterday,
And it was good!



Reader Submissions

We are super excited to announce the newest addition to the *Shabbos Chizzuk* Newsletter! We welcome and would love to include your Divrei Torah, art, stories, jokes, or any other idea you may have!

This Week's Challenge

Submit a Dvar Torah, art, story, or joke, and we will send you a free Hashem Loves U wristband of your choice! Please submit entries to info@HashemLovesU.com.

KEEP SHTEIGING!
#Torah is my life!

Wishing everyone a safe, healthy, beautiful, happy, uplifting, and restful Shabbos Kodesh!

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