

## You Are What You Eat

*And every creeping thing that creeps upon the earth shall be held abominable; it shall not be eaten. (Vayikra 11:41)*

At the end of the *Parsha*, the Torah speaks about us not eating insects, cockroaches, creepy-crawling creatures. Rashi quotes the *Tana Divei Rebbe Yishmael*, who says that if it wouldn't be for anything else, just that the *Bnei Yisrael* would not eat these insects, that would have been enough of a reason to take them out of Egypt. Rav Moshe Feinstein (1895 – 1986) asks on this statement of *Chazal*: Most people in the Western World already feel so repulsed by these types of insects that they would not eat them even without a commandment. Insects are disgusting to most people, unlike ham and other non-kosher foods. So, what is so special about the Jew not eating these bugs?

He answers based on our practical application of this Mitzvah. Most people would generally prefer not to eat bugs, but if a bug happened to be in their lettuce, it wouldn't bother them that much. However, it would bother Jews, who do not eat bugs because it is a commandment of Hashem. This is demonstrated by our being extra careful to continuously check to ensure that our foods are clean from bugs so that we don't consume bugs even in very small amounts or even accidentally.

He explains this with the following idea: Even though we are naturally repulsed by these bugs, being that the Torah commanded us not to eat them, the commandment gives it religious significance, and we are by far more careful than a gentile would be. He calls not eating the bugs because they are repulsive a "*shelo lishma*" way of doing a mitzvah. We don't eat bugs because we understand it is repulsive, but we also understand that it is a commandment from Hashem, and we get credit for relating to it as a mitzvah. This turns it into a *Mitzvah Lishma*.

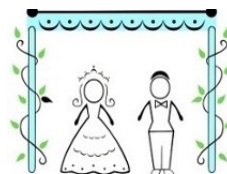
Rav Shimshon Rafael Hirsch (1808 – 1888) takes this to another level. He tells us that the word "*sheketz*" means something which is diametrically opposed to our being. We are a holy people, and these creepy, crawly things are the opposite of who we are. Therefore, most of the things which we are not allowed to eat, we are not even allowed to possess or do business with them because they are a contradiction to our definition of being a Jew (albeit with a few exceptions, such as dealing with the forbidden fat

(Continued on page 2)



## Lifecycles

Mazel Tov to **Binyomin and Karen Rubenstein** on the engagement of their son **Gavriel** to **Sara Sandwoski**.



Mazel Tov to **Alan and Elaine Rubenstein** on the engagement of their grandson **Gavriel** (see above), as well as their grandson **Yared Posnasky** to **Dalia Dickson** from Raanana.

Mazal Tov to **Peretz & Debbie Dissen** on the birth of a grandson to their children **Tzvi and Shoshana**. Mazal Tov also to the great-grandfather **Mr. William Preiss**.



The kehilla offers its condolences to **Mrs. Shalhevet Solway** on the loss of her father **Mr. Merrill Raul**.



**Shiva hours:** Thu: 19:30–21:30; Fri: 10:30–12:30; **Motz"sh:** 21:00–22:30; **Sun & Mon:** 10:30–12:30; 19:30–21:30. **Maariv** on Thu, Sun, & Mon @ 21:30

המקום ינחם אתכם בתוך שאר אבלי ציון וירושלים

## Shabbos Schedule Parshas Shemini לוח שבת פרשת שמיני

Erev Shabbos		ערב שבת
Mincha 1	13:30	מנחה א'
"Early Mincha"	17:32	מנחה "מוקדמת"
Plag Hamincha	17:52	פלג המנחה
Candle Lighting	18:38/18:58	הדלקת נרות
Mincha 3	19:00	מנחה ג'
Sunset	19:18	שקיעה
Shabbos Day		יום השבת
Brachos	08:15	ברכות
Shochin Ad	08:45	שוכן עד
Latest Shema – M. A.	08:30	סוף זמן ק"ש למג"א
Latest Shema – G'ra	09:18	סוף זמן ק"ש לגר"א
Mincha 1	13:30	מנחה א'
Mincha 2	18:00	מנחה ב'
<b>Pirkei Avos Shiur</b>	<b>18:24</b>	<b>פרקי אבות</b>
Sunset	19:19	שקיעה
Ma'ariv 1	19:56	מעריב א'
Ma'ariv 2	20:19	מעריב ב'

BEIS MEDRASH AHAVAS SHALOM INVITE YOU TO A

# YOM IYUN

## THURSDAY 3-IYAR (1 MAY)

FEATURING SHIURIM IN ENGLISH FROM RAV AVROHOM  
BARUCH ZACHARIASH AND OTHER SPEAKERS

### SPONSORSHIP OPPORTUNITIES

CONTINENTAL BREAKFAST 1000₪

DEDICATE A SHIUR FOR 300₪

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**Boi  
B'Shalom**  
Starting 18:30 Friday  
Afternoon  
(30 minutes before  
the last mincha)

Thank you to all the sponsors  
of **Yeshivas Bein Haz-  
manim** who have kept the  
sounds of learning in our Beis  
Medrash throughout the  
month of Nissan!



(Continued from page 1)

(chelev), or owning non-kosher animals which are used for  
working purposes).

In English there is an expression "You are what you eat."  
It seems that this idea has roots in *Chazal*, and we should  
not eat the things which are a contrast to what and who  
we are. I believe this is the basic understanding of a  
*Chasidic* statement, that a person who is careful regarding  
what he eats becomes a holier Jew.

Someone once came to Rav Shlomo Zalman Auerbach  
(1910-1995) and asked him: I know someone who wants to  
start becoming religious. He is willing to start with either  
*Shemiras Shabbos* or keeping kosher, what should I tell  
him? Rav S.Z. said *kashrus*. The person asked, "But a  
person who violates *Shabbos* is punished with death by  
*skila*, whereas violating *kashrus* is only a negative  
commandment?!" Rav S. Z. answered that since the food  
one eats affects one spiritually, the quicker the person  
stops eating *treif*, the quicker he will be ready to become  
fully religious.

May we merit to eat only those things which are not only  
good for us physically but are good for our souls as well.

## אבות ובנים

Starting this week:

# CHOCOLATE CHASE

Come 4 of the next 5  
weeks and get a

CHOCOLATE BAR!



## 17:00-18:00

SHABBOS AFTERNOON!

Treats for all participants

17:30-18:00 Junior Avos uBanim



Summer Sponsorships: 50₪ Nosh, 150₪ Chocolates  
Contact Shlomo Hollander for details



## GMACH SMACHOT

IF YOU SUFFER A LOSS CONTACT THE  
GMACH TO BORROW ITEMS  
NECESSARY FOR A *SHIVA* HOME,  
[ahavasshalom.org/smachot](http://ahavasshalom.org/smachot)  
Or call 054-566-5083 OR 050-203-0584

### Mi Shebeirach for Cholim

**Reminder:** If you would like the  
Gabbai to read the name of a *choleh* on  
Shabbos during the *Mi SheBeirach*, you  
must submit it via Email to Mrs. Zakoo  
by Thursday! Send your list of *Hebrew Names* using  
*Hebrew Letters* to Mrs. Zakoo at [office@ahavasshalom.org](mailto:office@ahavasshalom.org).





DO YOU DAVEN DURING THE WEEK AT  
AHAVAS SHALOM OR AT OUR  
EARLY SHABBOS  
MINYAN?

THEN BECOME AN  
**ASSOCIATE MEMBER**  
ONLY 100₪ PER MONTH via NEDARIM PLUS

ENHANCE YOUR  
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OUR SHUL AND BEIS MEDRASH.

## Fulfill Your Pledges!

Did you make a pledge for an *Aliyah* or other "Kibud" during the holidays? If so, you can fulfill your obligations quickly and easily using any of the following methods:

- Nedarim Plus terminal next to the front door
- Nedarim Plus online [ahavasshalom.org/nedarim](http://ahavasshalom.org/nedarim)
- [PayPal.me/ahavasshalom](http://PayPal.me/ahavasshalom)
- [Ahavasshalom.com/donate](http://Ahavasshalom.com/donate) (US Dollars)

Please help our secretary track your payment by either including a note which indicates the purpose of your donation, or sending an email directly to the secretary [office@ahavasshalom.org](mailto:office@ahavasshalom.org). Thank you!

## Shiurim with the Rav

The Rav will be giving 2 shiurim this coming week:

SUNDAY 21:15: *Mishnayos - Mikvaos*

TUESDAY 20:15: *Hilchos Sefiras Ha'Omer*

All shiurim are given in shul and via ZOOM at this link:  
[cutt.ly/AhavasShalomZoom](http://cutt.ly/AhavasShalomZoom)

Shiurim are archived at [ahavasshalom.org/youtube](http://ahavasshalom.org/youtube)



## COMMUNITY CARE

Do you know someone in our Kehilla who is unwell?

Please let us know so that we can arrange home/hospital visits and meals.

Contact: Alan Rubenstein 054-398-8570

You can also inform the Ahavas Shalom Vaad.



המשך מעמוד 4

שאנחנו ולמי שאנחנו. לדעתי זו ההבנה הבסיסית של אמירה חסידית, ש"מי שמקפיד על מה שהוא אוכל, הופך ליהודי קדוש יותר".

מישהו פעם ניגש לרב שלמה זלמן אוירבך ושאל אותו: אני מכיר מי שרוצה להתחיל לחזור בתשובה. הוא מוכן להתחיל או לשמור שבת או לשמור כשרות, איזה מהם אני ממליץ לו? הרב ש"ז אמר כשרות. הוא שאל, אבל שבת היא איסור סקילה וכשרות היא רק לאו רגיל? הרב ש"ז ענה שמכיוון שהאוכל שאדם מכניס לגופו משפיע עליו מבחינה רוחנית, ככל שהאדם יפסיק לאכול דברים אסורים מהר יותר, כך הוא יהיה מוכן מהר יותר לחזור בתשובה שלמה. שנזכה לאכול רק את הדברים שבריאיים לא רק לגוף שלנו אלא גם לנפש שלנו.

## Share a Simcha? COMMEMORATE A YAHRZEIT?

Consider sponsoring  
**Netziv Hayom**  
at Ahavas Shalom, and all the learning in our Beis Medrash for one day will be in the merit of your choosing.

**Sponsorship is just 120₪.**

To sponsor a day please contact [netziv@ahavasshalom.org](mailto:netziv@ahavasshalom.org).



Questions that appear in this newsletter come from [RBSsemicha.com](http://RBSsemicha.com). Four volumes of questions are now available in print. See [rbssemicha.com/books](http://rbssemicha.com/books) for more information.

**The Tuesday Halacha shiur is now learning Hilchos Sefiras HaOmer—see how well you do with these questions**

## Q&A: Counting Kitty

**Q** "Daddy, Hello Kitty and I want to count the *omer* together this year," announced 12-year-old Rivky, "and both of us want to say the *brocho* every night because it is such an important mitzvah." Should Reuven advise his daughter to say a *brocho* every night of the *omer* according to the M.B. and the A.H.?

**A** M.B.: No. While a woman is permitted to count the *omer* every night, she should not count with a *brocho* because, as she does not go to synagogue every night, it is very likely that she will either miss a night or make some type of mistake during the 49 days of counting.

A.H.: Yes. This is no different than any other mitzvah in which a woman is not obligated: She may do the mitzvah with a *brocho* if desired. However, she must try her best to count all 49 days without missing one.

OC 489; M.B. 3; A.H. 4

## Q&A: A Sefira Wedding?

**Q** Unfortunately, Levy divorced his wife Yocheved in the summer, but they both met each other at a singles retreat during Pesach and decided to remarry right away. However, Levy has the custom to keep the "omer" mourning period from Pesach to Lag B'Omer. When is the earliest that Levy and Yocheved may get married?

1) They must wait until Lag B'Omer.

2) They may marry immediately after Pesach.

**A** 2. Levy would be permitted to marry his ex-wife immediately after Pesach. While marriages are normally prohibited during this time period, one is permitted to remarry his ex-wife. However, it should be noted, that a man may only remarry his ex-wife if she is still permitted to him: If the ex-wife married another man after her divorce, she would be forbidden to return to her original husband.

OC 493; M.B. 1

# PIRKEI AVOS

WITH RAV AVRAHAM BARUCH  
ZACHARIASH

Join Rav Zachariash's immensely popular shiur on Pirkei Avos, continuing throughout the Summer. Each shiur begins *immediately* upon the conclusion of the second *Mincha*. Ezras Nashim will be open for women for both *Mincha* and the shiur.

This week the Shiur begins at 18:24.  
It will start from Perek 2: Mishnah 2

## Don't Be Left Out!

When you have a simcha (or R"l a sad event), it is *so easy* to have it included in the next newsletter! Just send an email to [lev@ahavasshalom.org](mailto:lev@ahavasshalom.org) by 11:00 Thurs.



Reminder: Sending an instant message, an email, or speaking to anyone else will probably result in your announcement not making it to the newsletter!

## Mevarchin Rosh Chodesh Iyar

המולד יהיה ביום שני,  
שלושים דקות ושתים חלקים  
אחרי אחת שמונה בלילה.



The Molad will be Sunday, 30 minutes  
and 2 *chalakim* after 8 in the evening.  
(Israeli Clock Time 21:07).

ראש חדש אייר יהיה ביום שני  
וביום שלישי הבא עלינו ועל כל  
ישראל לטובה.

Rosh Chodesh Iyar will be on Monday and Tuesday.

משולחנו של הרב אברהם ברוך זכריש

## אתה מה שאתה אוכל

וכל-השרץ השרץ על-הארץ שקץ הוא לא יאכל (ויקרא יא:מא)

בסוף הפרשה, התורה מדברת על כך שאסור לנו לאכול שרצים. רש"י כותב "תנא דבי רבי ישמעאל: אלמלי לא העליתי את ישראל ממצרים אלא בשביל שאין מטמאין בשרצים כשאר אמות – דים". הרב משה פיינשטיין שואל, "רוב האנשים בעולם המערבי כבר נגעלים אפילו מהמחשבה לאכול שרצים, עד כדי כך שלא יאכלו אותם אפילו בלי צווי, בניגוד לחזיר ולמאכלים לא כשרים אחרים. אז מה כל כך מיוחד בכך שבני ישראל לא יאכלו שרצים?"

הוא עונה על סמך איך שמקיימים מצווה זו באופן מעשי. רוב האנשים בעולם המערבי מעדיפים בדרך כלל לא לאכול שרצים, אך אם במקרה נמצא חרק בחסה שלהם, זה לא היה מפריע להם כל כך. עם זאת, יהודים לא אוכלים שרצים משום שזו מצוות ה', דבר המתבטא בכך שאנו מקפידים לבדוק באופן מתמיד שהאוכל שלנו נקי מחרקים, כך שלא נאכל חרקים אפילו בכמויות קטנות מאוד או אפילו בטעות.

הוא ממשיך להסביר שכאשר לא אוכלים את החרקים רק בגלל שהם מגעילים, אכן מקיימים את המצווה, אבל זה ברמת "שלא לשמה". אבל כאשר מתייחסים אליה גם כאל מצוות ה', זה מעלה אותה ל"מצווה לשמה".

הרב שמשון רפאל הירש מעלה את זה לעוד רמה. הוא אומר שהמילה "שקץ" פירושה משהו שהוא מנוגד לחלוטין להווייתנו. אנחנו עם קדוש והדברים הזוחלים והשרצים האלה הם ההפך הגמור ממי שאנחנו. לכן, את רוב הדברים שאסור לנו לאכול, אפילו אסור לנו להחזיק או לעשות איתם עסקים משום שהם סותרים את הגדרתנו כיהודים (אם כי למעט כמה יוצאים מן הכלל, כמו שימוש בחלב אסור, או החזקת בעלי חיים לא כשרים למטרות עבודה).

יש פתגם, "אתה מה שאתה אוכל", שנראה לי שזה מבוסס על חז"ל, שאסור לנו לאכול את הדברים שהם בניגוד למה

המשך בעמוד 3

מתפלל באופן קבוע ב'אהבת שלום' משתתף

בשיעורים או בתוכניות הילדים שלנו?

נהנה מ'אוצר הספרים'

שלנו?

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זמנים לימי חול עד פרשת תזריע- מצורע	יום	(Sun)א'	(Mon)ב'	(Tue)ג'	(Wed)ד'	(Thu)ה'	(Fri)ו'
שחרית	06:20, 07:15, 08:10	06:10, 07:15*, 08:10	06:10, 07:15*, 08:10	06:10, 07:15*, 08:10	06:20, 07:15, 08:10	06:20, 07:15, 08:10	06:20, 07:15, 08:15
מנחה	13:15, 15:15	13:15, 15:15	13:15, 15:15	13:15, 15:15	13:15, 15:15	13:15, 15:15	13:30, 17:36, 19:05
מערב	20:15, 21:00	20:15, 21:00	20:15, 21:00	20:15*, 21:00	20:15, 21:00	20:15, 21:00	*Hall

HaRav Avrohom Baruch Zachariash, Sh'lita, Rav  
Su-Fr 08:30-09:15 and Su-Th 19:15-20  
Cellphone: 052-763-5938  
Binyomin Rubenstein, Chairman  
[binyomin@ahavasshalom.org](mailto:binyomin@ahavasshalom.org) 054-237-0028

Administrative Secretary: Miriam Zakoo  
Su & Tu 11:00-13:00 and Th 10:00-12:00  
J 058-3263914 [office@ahavasshalom.org](mailto:office@ahavasshalom.org)  
Shul Address: 33 Nachal Lachish  
Ramat Beit Shemesh, Israel

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Email Rav: [ahavasshalom.org/email-rav](mailto:ahavasshalom.org/email-rav)

Newsletter Design: Lev Seltzer [lev@ahavasshalom.org](mailto:lev@ahavasshalom.org)  
Newsletter Contact: Send your lifecycle events, news,  
comments, etc. to [lev@ahavasshalom.org](mailto:lev@ahavasshalom.org). Remember: If we  
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