

לזכר נשמות

מורינו ר' ישעי בן ר' משה  
מורינו ר' צבי הערש בן ר' ניסן חיים

ר' יעקב בן ר' שמואל יוסף  
מ' חוה רבקה בת ר' שמעון  
ריעדער

וקראת לשבת עונג

# LIGHT UP YOUR SHABBOS

אורכ ושמחה

WEEK  
FOUR



MASMIDEI  
HASHABBOS



KI HEIM  
CHAYEINU  
כי הם חיינו

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THANK YOU TO ALL OUR PARTNERS:



**KI HEIM  
CHAYEINU**  
כי הם חיינו

A PROJECT OF AGUDATH ISRAEL OF AMERICA



**MASMEIDEI  
HASHABBOS**



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**TORAH  
UMESORAH**

## הרב יצחק סורוצקי

1416 Arboretum Parkway  
Lakewood NJ 08701

**י"ט לחדש כסלו תשפ"ג**

לכבוד המנהלים הנכבדים המרביצים תורה ואמונה בין תשב"ר,  
נועם ה' עליהם יחיו.

The **חיים הפך** used to say that there is no מצוה in the תורה except for שבת that the רבש"ע said to be משגיה on your children. My זיידע the Lutzker Rav explains that the סגולה of שבת is to be משריש אמונה in ישראל כלל. That's why everyone has an obligation to be משפיע on whoever he could to keep שבת.

The חפץ חיים says that when a person is missing an אבר he doesn't lose his חיות, but if he is missing his head then he has no life. Every מצוה corresponds to a specific אבר, but the מצוה of שבת corresponds to our head. Therefore, if a person is lax in a מצוה he is still considered a part of כלל ישראל but if he doesn't keep שבת he is יצא מכלל ישראל לגמרי

The תשובה us to מעורר be אליהו, comes, משיח tells us that before מלאכי in פסוק The מזהיר כלל ישראל about מזהיר כלל ישראל will come to be אליהו that the first thing דבר ברור says that it's a חפץ חיים שבת properly. How would we look? All of us are not נזהר properly on שבת whether בשוגג or במזיד ח"ו. And even a חכם תלמיד חכם who is very נזהר, maybe his בני בית are not נזהר as carefully as they should and he was able to be מונע them, or he has שכנים that if he would speak to them they would listen to him and therefore it is מוטל on everyone to strengthen themselves in שמירת שבת.

לכן דבר גדול וקדוש להשתתף בתכנית מתמידי השבת שמרומם את חשיבות השבת וקדושתה בקונטרסים מאירים בדברי תורה ודרושים ומאמרים על קדושת השבת, שמירתה, מעלותיה, שכרה, והמתנה טובה, מתובל בסיפורים שיעלה איכות שמירת השבת לתלמידים ומשפחתם, ביתר שאת וביתר עז, וירגישו את שמחת השבת ונועם ותענוג השבת.

ולכן הריני מעריך מאד התועלת הגדולה בלמידת החיבורים היקרים על עניני שבת, שעיי"ז רבים יתקברו ויתחזקו בשמירת שבת כהלכתה.

הבשר והחלב והדבש  
והחמץ והחטא והחטא והחטא



# JOIN *the* MASMIDEI HASHABBOS CLUB!

Here's How  
Masmidei  
HaShabbos  
works:

Do as many of the weekly missions as you can  
and be entered to win amazing prizes.

## STEP 1

### Mission #1

#### LEARN!

Learn this book for  
at least 15 minutes!

### Mission #2

#### ELEVATE!

Sing this week's zemer  
or daven the tefillah  
with greater kavannah!

### Mission #3

#### DISCUSS!

Discuss this week's  
booklet with your family  
at your Shabbos table!

### Mission #4

#### REMEMBER!

Answer all 7  
bonus questions!

## THE GRAND RAFFLE

Complete missions 3 & 4 for all six weeks and  
you will be entered into the grand raffle for  
**FREE tickets to the Shabbos  
Ma'amad for you and your family!**

## STEP 2

### CALL THE SHABBOS HOTLINE!

Call the hotline each week to tell us you did the missions, listen to amazing stories, and exciting announcements!

**Call 1-484-SHABBOS (742-2267)**

Have your CLASS PIN number ready to enter the extra class raffle! | My class pin number is

Get ready for the worldwide event:

## The Shabbos Maamad

בהשתתפות גדולי ישראל

Join Klal Yisroel & Celebrate  
Kedushas Shabbos!



**Zemiros!**  
**Dancing!**  
**Inspiration!**



# Light up Your Shabbos

## IT'S NOT ANOTHER DAY OF YESHIVAH

It's Shabbos morning. I just woke up from a good night's sleep and I am ready to take on the new day. Today will not be just another day like the rest of the week. Today, I won't rush to get to yeshivah on time, and I won't spend the next ten hours of the day in yeshivah. So, what will I do?

As I am getting dressed, the aroma of the cholent is making me anticipate the *seudah*. I will enjoy spending time with my family. I am also excited to catch up on the latest news when I meet my friends in shul.... Anything else to do for the next ten hours?

Yes. We daven, we enjoy the *seudos*, and we have so many wonderful things to do so that we can fulfill the mitzvah of Shabbos. Yet, even with all of these things, there is still plenty of time to study Torah. So, what makes that different from another day of yeshivah?

Not only will my learning on Shabbos be important as part of my Shabbos day; it will be a totally different experience. Sometimes we may not feel it, but there is a huge difference between learning Torah during the week, and learning Torah on Shabbos.

For one thing: The *siyata diShmaya* to be able to understand difficult parts of the Torah and to learn it in greater depth is definitely more readily accessible on Shabbos than during the week.

Learning Torah on Shabbos has a special element. Both Shabbos and Torah have something in common. The Mishnah tells us that תלמוד תורה כנגד כלם, *the study of Torah is equal to them all*, and

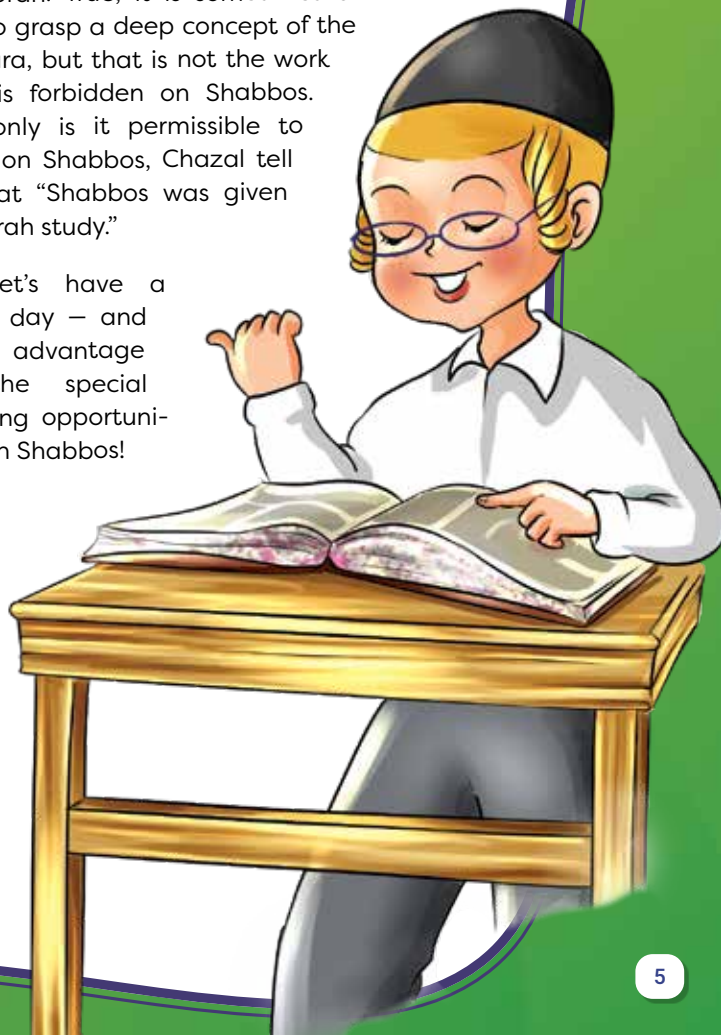
Chazal tell us that the mitzvah of Shabbos is equal to all mitzvos of the Torah.

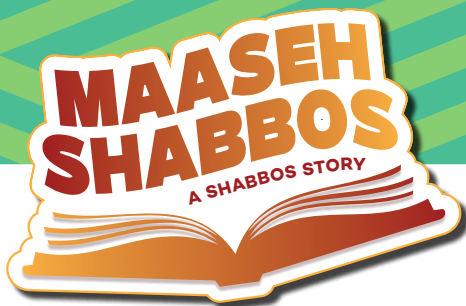
Wow! Look how lucky we are; Chazal set up the format of Shabbos so that we can do both at the same time.

The Torah tells us that we should work for six days. For us Masmidei HaShabbos, the definition of work is going to yeshivah and learning. The Torah also tells us, וְהָגִיתָ בּוֹ יוֹמָם וּלְיָלָה, *you should study it day and night*. Well, if my work is learning and I am not allowed to work on Shabbos, how do we balance the two?

Let's not confuse the word "work" with learning Torah. True, it is sometimes difficult to grasp a deep concept of the Gemara, but that is not the work that is forbidden on Shabbos. Not only is it permissible to learn on Shabbos, Chazal tell us that "Shabbos was given for Torah study."

So, let's have a great day – and take advantage of the special learning opportunities on Shabbos!





## THE SHABBOS CHECK

"We need a doctor!" shouted R' Yisrael one Shabbos morning. "Dovid's fever is climbing and we must get a doctor right away!"

R' Yisrael was a big *talmid chacham* who lived in Eretz Yisrael. He knew that it was a mitzvah to help someone who is very sick...even if it means being *mechallel Shabbos*.

"I know an excellent doctor who lives down the block," said his wife, Miriam, as she rushed out the door to get the doctor. A few minutes later, Miriam retired with Dr. Jacobs.

"I'll treat your son," said the doctor. "But only on one condition."

"What's that?" asked R' Yisrael.

"You're going to have to pay me five hundred shekels – right now."

"Oh!" cried R' Yisrael. "Can't it wait until after Shabbos?"

"No," replied the doctor. He was a secular Jew. He did not understand that Shabbos is holy. "I only treat patients who pay me right away," he said.

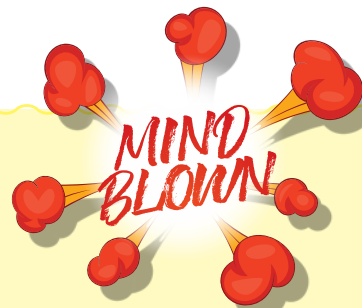
A sad look came across R' Yisrael's face. His wife, Miriam, was almost ready to cry. They didn't want to be *mechallel Shabbos* to pay him. But they knew it's a mitzvah to do it to save a person's life.

"All right," said R' Yisrael, writing a check. Since it was Shabbos, he used his left hand to write, instead of the right hand. "Here is your payment."

The doctor took the check and stuffed it into his pocket. After treating David, he said, "Your son is going to be okay."

The boy's parents breathed a sigh of relief. "*Baruch Hashem!*" they cried. They thanked the doctor and he turned to leave.

"Wait a minute," said the doctor. He pointed to the words on the check. "Something is wrong with this check! Maybe you didn't hear me. I asked for five hundred



### Shabbos in All Times

Every week for twenty-five years, Stephen Klein paid almost \$2,000 for a small advertisement giving the time for candle lighting on the front page of the Friday *New York Times*. He also included a phone number in the ad. This was for people to call if they wanted to learn more about Shabbos.

Finally, in the year 1999, Stephen stopped this project. One year later, the *New York Times* came out with a very special edition of their newspaper. The year 2000 would be the beginning of the next hundred years, and they wanted to do something special.

On January 1, 2000, the *New York Times* had three front pages. The first was the front page from one hundred years before; the year 1900. The second was the current front page, from the year 2000. The third was a front page saying what they thought it would be in the future, in the year 2100, one hundred years from then.

Stephen Klein received his copy of the *New York Times* as well. He flipped to the front page that wrote about what they thought would happen in a hundred years. Then something familiar caught Stephen's eye. At the bottom corner of the page, there was a small box. Printed in the box was the candle-lighting time for January 1, 2100.

Stephen called the *New York Times* and asked what made them include that advertisement again. The non-Jewish editor replied, "We don't know what will happen in the year 2100. But one thing is for sure. Jewish women will still be lighting the Sabbath candles in a hundred years from now."

Things are always changing. You move to a new house, try a new kind of ice cream, grow out of your old pair of shoes. Shabbos is something that will never change. No matter where we are, no matter what is going on, Shabbos is forever.



# NESHAMAH YESEIRAH

## GLOWING FACES

וַיְבָרֶךְ אֱלֹקִים אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ אֹתוֹ,

Hashem blessed the seventh day and He made it holy.

The Midrash says that בָּרַכְנוּ, the blessing, refers to אִוֵּר and קִדְּשׁוּ likewise refers the radiance of a person's face on Shabbos.

This phenomenon that Shabbos brings with it a “new face” has effects in halachah as well. At the simchah of a *sheva berachos*, the halachah calls for *panim chadashos*, “new faces,” to allow for the recital of the *berachos* yet again. On Shabbos, however, no new faces are needed because Shabbos itself brings the *panim chadashos*, in line with the Midrash.

The Tur quotes a story brought down in *Sefer Chassidim* about a certain chassid who saw the image of his deceased friend – but the friend's face was green. The deceased person explained that the color of his face was a punishment for having spoken while the *tzibbur*

was still reciting *Vayechulu* after *Shemoneh Esrei* on *leil Shabbos*.

If a connection to Shabbos is manifested in the radiance of a person's face, then disrespecting the Shabbos means that the shine never comes, and the opposite is there. The person who spoke at the moment when everyone else in shul was giving testimony to the Creator's work had missed out on an element of Shabbos, and that is why it was specifically reflected in his face.

The human face has a light, or a shine, that comes from the fact that there is a *neshamah* within. This is why when a person passes away, that radiance fades the moment the *neshamah* leaves the body. Animals have no *neshamah*, just a life force, so their faces do not glow.

During the week, we are distracted by the pressures of work, pulled down by the darkness of *galus*, but on Shabbos, we remember why we are here, reconnected to our own essence. On Shabbos, we are most alive, our *neshamos* are most visible, and our faces are glowing.

shekels, but you gave me a thousand!” One thousand was double the amount the doctor had demanded.

R Yisrael smiled and said, “I heard you correctly.” He went on to explain. “In order to write a check for five hundred shekels, I would have to write three words – *chamesh me'ot shekel*. But by paying you one thousand shekels, I had to write only two words – *elef shekel*.”

The doctor was confused. He still had no idea why the man had paid him twice as much as he asked for!

“Today is the holy Shabbos,” continued R Yisrael. “Today we do not write...only in an emergency. Therefore, in order to write as little as possible on Shabbos, I decided to write the check for one thousand shekels.”

The doctor was flabbergasted. He couldn't believe his ears. He could tell that R' Yisrael and his wife had very little money. Why would he pay an extra five hundred shekels in order to write one word fewer on Shabbos? “Shabbos must be really important to him,” Dr. Jacobs thought.

That night, after Shabbos was over, the doctor returned to look in on his patient. *Baruch Hashem*, he was getting better and on the way to a *refuah sheleimah*.

“I'm returning the extra money you paid me,” the doctor told R' Yisrael, giving him five hundred shekels. “I was so

## וְדַבַּר דְּבַר WORDS FOR SHABBOS

שַׁבָּת – אֶחָד מֵשִׁשִּׁים לְעוֹלָם הָבָא. (ברכות נז:)  
Shabbos is one-sixtieth of the world to come.

**On Shabbos, when we do not have the distractions of this world, we are able have a little taste of what Olam Haba will be like.**

moved by you. I can't believe you were willing to pay me double in order to honor Shabbos. I want to learn more about Shabbos. Will you teach me?”

That night, R' Yisrael sat down and began to learn Torah with the doctor. Doctor Jacob went on to become a *shomer Torah u'mitzvos*.

By showing how much they loved and honored Shabbos, R' Yisrael and Miriam brought another Jew closer to Hashem. They made a *Kiddush Hashem*.

We can also make a *Kiddush Hashem*, every time we keep Shabbos, or go into a store, ride a bus, or visit a doctor's office. Wherever we go, people are watching us. They notice how we speak and how we act. When we act with *derech erez*, and when we honor and keep the holy Shabbos, we sanctify Hashem's Name.

# ואני גפילתי

## Tefillah Time

### Shabbos: Just for Us

#### The Shabbos Day *Shemoneh Esrei*

Is it fair that the *mitzvah* of Shabbos was given to the *Bnei Yisrael* and not to the other nations?

Well, the idea of being fair doesn't apply when we are speaking about Hashem – everything Hashem does is not to be questioned. However, since the *mitzvah* of Shabbos is only for the *Bnei Yisrael*, we have to ask ourselves if there is anything deeper about why we have the *mitzvah* of Shabbos? Not only do the other nations not have the *mitzvah* of Shabbos, but Chazal tell us that a non-Jew who observes a full Shabbos is punishable with death! Why?

One of the highlights of the *Shemoneh Esrei* of the Shabbos *Shacharis* is the idea that we received Shabbos and it was not given to the other nations of the world.

We begin the special *berachah* of *Shemoneh Esrei* with the words, וְיִשְׁמַח מֹשֶׁה בְּמַתְּנַת חֶלְקוֹ, Moshe should be happy with the gift of Shabbos. Wouldn't it be more logical to speak about this gift at Maariv on Friday night, when Shabbos begins? The answer can be understood when we see that the holiness of Shabbos becomes stronger, from minute to minute. At the beginning of Shabbos, when we begin experiencing the *kedushah* of Shabbos, we don't yet appreciate its full spiritual benefits.

The roaring of blow-dryers and vacuums have come to a halt, no more banging on bathroom doors waiting to take a shower, the oven is set to the right temperature, you remembered to get the jar of mayonnaise.... Yes, there is a delightful aroma of freshly baked challah, in addition to a long list of special

foods. We are freshly bathed, dressed in our nicest clothes, enjoying the light of the Shabbos candles standing tall and bright over the elegantly set table.

Shabbos has begun! We left the mundane of the weekday and we entered the palace of *kedushah*. We begin feeling the *kedushah* right away and it just grows stronger and stronger by the minute.

Now, on Shabbos day, after appreciating the feeling of *kedushah*, we can understand how special the gift of Shabbos is. It is similar to giving a three-year-old a very expensive gift, but he doesn't understand the value of the gift, and he doesn't yet know what to appreciate.

The special bond between Hashem and the *Bnei Yisrael* is particularly spoken about during the daytime of Shabbos. This is why we mention that וְלֹא נָתַתוּהָ אֱלֹהֵינוּ לְגוֹיֵי הָאָרֶצוֹת, Hashem didn't give it to the nations of the earth. Rather, לְיִשְׂרָאֵל עַמְּךָ נָתַתוּ בְּאַהֲבָה, You have given [the Shabbos] to Yisrael, Your nation, with love.

Chazal teach us that the daytime of Shabbos enjoys a higher feeling of *kedushah* than the night before. For example, the *pasuk* that speaks about the *mitzvah* of *oneg Shabbos* uses the word "אָז, Then." The Zohar pinpoints the "then period" as the "second meal" of Shabbos (i.e., the daytime meal). Apparently, this time is particularly special for connecting with and delighting in Hashem. Furthermore, the *tzaddikim* speak about the difference between the evening and the daytime of Shabbos: the *kedushah* is raised.

If, as we see in the *Shemoneh Esrei*, we realize that Shabbos is a special gift for us, let us appreciate what we have and use it to its greatest benefit.



# Kedushas HaYom

The fourth *berachah* of *Shemoneh Esrei* on Shabbos is *Kedushas HaYom* – the blessing in which we talk about the holiness imbued in the day of Shabbos. Each of the four *tefillos* of Shabbos has its own unique beginning of this *berachah*, followed by this *tefillah*:

## אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ

*Our G-d, and G-d of our fathers,*

In *Az Yashir*, Klal Yisrael said (*Shemos* 15:2): אֱלֹהֵי אָבִי, וְאֶרְמְנָהּ, *He is the G-d of my fathers and I will exalt Him*. Why do we praise Hashem as the G-d of our fathers? What difference does the past make? Rashi (ibid.) explains that praising Hashem as the G-d of our fathers is making the statement: לא אני תחלת הקדשה אלא מחזקת, *I am not the beginning of the holiness, rather it has been established and long standing from the days of my fathers*.

The *kedushah* that Hashem has given to Klal Yisrael goes beyond the individual. It is a collective holiness that spans across our entire people, throughout history. When we count ourselves as part of this long-standing line of great people all the way back to Avraham, Yitzchak, and Yaakov, we connect to the *kedushah* of our people – thereby making our *tefillos* stronger and more potent.

## רָצָה [נָא] בְּמִנוּחֵינוּ

*Please desire our rest,*

Many times in davening, we ask Hashem for His *ratzon* – for Him to desire us and our *avodah*. *Retzei Hashem Elokeinu*, Hashem, please desire us... *u'sehi le'ratzon tamid avodas Yisrael amecha*, and may You always desire the service and *tefillos* of Klal Yisrael, Your nation. Desire, a strong feeling of wanting, is part of our special relationship with Hashem.

This desire elevates every action we do in our service of Hashem to be a sign of our love and connection to Him. Imagine a small child who picks a few dandelions for his mother. The gift, while almost valueless, carries so much significance because it demonstrates the child's love and his desire for a closer relationship. So too, when we serve Hashem and Hashem desires us, even the smallest action carries so much more meaning.

## קְדִשְׁנוּ בְּמִצְוֹתֶיךָ

*sanctify us with Your commandments,*

In every *berachah* we make before performing a mitzvah we say, “*Asher kidishanu b'mitzvosav*” – we thank

## A Deeper Look

How can you channel the kedushah of your own parents, grandparents, and great-grandparents to serve Hashem better?

Hashem for making us holy with the mitzvos He gave us. We know that of the 613 mitzvos there are 248 *Mitzvos Asei* and 375 *Mitzvos Lo Sa'asei*, corresponding to the limbs and parts of our bodies.

Performing a mitzvah with our bodies is an opportunity to bring *kedushah* to each and every part of us. When we use our hands to put on *tefillin*, give *tzedakah*, or separate *challah*, we are making our hands holy. When we daven using our mouths, we elevate our mouths into *cheftzos shel mitzvah*, holy objects used to perform mitzvos.

Shabbos is a unique mitzvah that engages our entire beings. We live Shabbos, we breathe Shabbos, we eat Shabbos, and we talk Shabbos. This elevates us to a status of *kedushah* we can experience only on Shabbos.

## וְתֵן חֵלקֵנוּ בְּתוֹרָתְךָ

*and give us our share in Your Torah;*

What is “our share” in Torah? Isn't Torah the same for everyone?

*Chazal* teach us that *Yisrael* is an acronym for *Yeish Shishim Ribui Oseyos L'Torah*, there are 600,000 letters in the Torah. This means that each and every one of us has a unique personal connection to Torah. We each have our part in Torah, and it is our job to connect to it.

A story is told that once Rav Yisrael Gustman *zt"l* was speaking in learning with Rav Yechezkel Abramsky *z"tl* and shared one of his *chiddushim* on the *sugya*. When Rav Abramsky heard Rav Gustman's *chiddush*, he was overjoyed. “I have written that very same insight!”

Rav Gustman responded, “That's impossible, because this is *my chiddush*.”

Rav Abramsky later went home and checked his notes, and his insight was, in fact, different from Rav Gustman's.

A *talmid* of Rav Gustman who witnessed this incident asked his rebbe, “Rebbe, how were you so sure that this idea was uniquely

# ואני גפאלי

## Tefillah Time

### Kedushas HaYom

Continued...

yours and that Rav Abramsky couldn't have come up with the same concept?"

Rav Gustman replied, "When I worked on this *sugya*, I invested my entire being in my learning, and I felt deeply in my *neshamah* that this particular *chiddush* was a part of my special *chelek* of Torah. Therefore, it is uniquely my *chiddush*, because no two people share the same portion of Torah."

What is your unique share in Torah? Keep learning and *shteiging* and you'll find out!

#### שְׂבִיעֵנו מְטוֹבָךְ.

*satisfy us from Your goodness (from being connected to Hashem)*

On Shabbos we connect to Hashem on a much higher level than during the week. Our request on Shabbos is that Hashem satisfy us with the spiritual pleasure of being close and connected to Him.

#### וְשִׂמַח נַפְשֵׁנוּ בִישׁוּעָתְךָ.

*and make us happy us when You save us,*

Just as Shabbos is a time when we are able to experience life without the distraction of this world, so too, when Mashiach comes we won't have the distractions of *galus* and we will be able to serve Hashem properly. We therefore conclude this series of requests — for *kedushah*, Torah, closeness to Hashem — with our plea for the *geulah sheleimah*. We ask that Hashem give us the ultimate joy — to be able to be close to Him forever.

#### וְטִהַר לִבֵּנוּ לְעִבְדְּךָ בְּאֵמֶת.

*and purify our hearts to serve You with truth.*

As we learned in Book 1, Rav Yitzchok Sorotzkin *shlit"a* explains (*Rinas Yitzchak*) that this refers to two levels of serving Hashem: having a pure heart and wanting

to do what is right, and serving Hashem with truth and knowing the right thing to do. We ask for this only on Shabbos, since Shabbos is a time when we are removed from the distractions of daily life and are able to properly focus on serving Hashem the way we want to, and when we can learn Torah so that we know how to serve Him properly.

#### וְהִנְחִילֵנוּ

*And give us as our inheritance,*

Shabbos is referred to as a *nachalah*; a special inheritance just for us — Klal Yisrael. The *pasuk* in *Yeshaya* (58:14) calls Shabbos: נַחֲלַת יַעֲקֹב אָבִיךָ, *The inheritance of Yaakov Avinu*, and the Gemara (*Shabbos* 118a) tells us:

אמר רבי יוחנן משום רבי יוסי: כל המענג את השבת נותנין לו נחלה בלי מצרים, שנאמר: "אז תתענג על ה' והרכבתך על במתי ארץ והאכלתך נחלת יעקב אביך וגו'".

*Rabbi Yochanan said in the name of Rabbi Yossi: Anyone who delights in the Shabbos, Hashem gives him a boundless portion of Olam Habah, as it is stated: "Then you shall delight in the Hashem and I will cause you to ride on the heights of the world, and to feast on the inheritance of Yaakov Avinu."*

Therefore, in *Kiddush* we say: "בְּאַהֲבָה וּבְרָצוֹן הִנְחִילֵנוּ," *With love and desire Hashem gave us the inheritance of Shabbos.* And again: "וְשִׁבֵת קִדְשְׁךָ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילֵנוּ."

#### ה' אֱלֹהֵינוּ

*Hashem, our G-d,*

#### בְּאַהֲבָה וּבְרָצוֹן

*in love and desire,*

The word *בְּאַהֲבָה*, *with love*, is a key word in Shabbos davening. Even on a Yom Tov that falls out on Shabbos, we make sure to add the word *בְּאַהֲבָה*. The reason for this is that Shabbos is a time of such closeness with Hashem that the love we have for Him and His love for us are most strongly felt.

#### שִׁבֵת קִדְשְׁךָ.

*Your holy Shabbos;*

Shabbos is “Your Shabbos” because it is a time designated to serve Hashem, just like we call the Beis HaMikdash “Mikdashcha” and Yerushalayim “Ihr Kadshecha.”

## וַיָּנוּחוּ בָּהּ (לְשַׁחֲרִית בּוֹ | לַמַּנְחָה בָּהּ) כָּל יִשְׂרָאֵל and may all of Yisrael rest on it –

In each of the three *Shemoneh Esreis* of Shabbos we say either: בָּהּ, בוֹ, or בָּהּ. This custom is brought down by the Magen Avraham (*Orach Chaim* 268:3) and others.

The reasons for this are many, and some are very deep. One explanation is that on Friday night we refer to Shabbos with בָּהּ, in the feminine, representing Shabbos the *kallah*, whereas on Shabbos morning we refer to Shabbos as בוֹ, in the masculine, corresponding to the *chassan*, and at Minchah, when we are even closer to Hashem, we refer to בָּהּ, representing the unification of *chassan* and *kallah* together.

The Gra explains that the *gematria* of בָּהּ is 7, corresponding to Shabbos, and the *gematria* of בוֹ and בָּהּ are 50, corresponding to the 50 Shabbasos of each year.

The Knesses HaGedolah says that all three words equal the *gematria* of יָן, *parnassah*, to teach us that all *parnassah* comes from the *berachos* contained in Shabbos.

## מְקַדְּשֵׁי שְׁמֶךָ.

*Those who sanctify Your Name.*

We sanctify Hashem's Name by keeping Shabbos, which proclaims that Hashem created all that exists.

## בָּרוּךְ אַתָּה ה'

*Blessed are You, Hashem,*

## מְקַדֵּשׁ הַשַּׁבָּת:

*Who makes Shabbos holy.*

On Yom Tov we conclude the fourth *berachah* of *Shemoneh Esrei*, “mekadesh Yisrael ve’hazmanim.” On Shabbos why don't we say “mekadesh Yisrael v’haShabbos”?

The Gemara (*Beitzah* 15a) explains that *mekadesh Yisrael ve’hazmanim* means that we, Klal Yisrael, make the Yamim Tovim holy by being *mekadesh* each Rosh Chodesh. However, Shabbos is already fixed and holy since the creation of the world; therefore it is not we who make Shabbos holy.

# Bring Shabbos to Life

## Just Imagine If You Really Knew The President...

“Baruch” had a childhood friend who grew up to be the President of the United States.

The president felt close enough to Baruch to ask him if he could use his home as a weekly Saturday getaway location to regroup from his grueling presidential schedule. Baruch and his wife were keenly aware of the opportunity that this arrangement would afford them. After all, this was their chance to have a private audience with the most powerful man in the world, and connect with him – every single week!

Baruch and his wife spent time every day preparing their home to be as comfortable and relaxing as possible for the president. The stress-free environment and privacy lent itself to a unique opportunity for closeness. Then Baruch's friends and neighbors began asking him to use his special time of close connection with the president to intercede on their behalf for their various needs.

Once, Baruch was approached by his cousin, who had been falsely accused of committing insurance fraud and sentenced to twenty years in prison! Throughout that particular week, Baruch and his wife were extra careful to make everything perfect for the president, creating the most relaxing environment possible. At just the right moment, Baruch brought up the subject of his cousin's desperate situation and pleaded with the president to help him. Because of the close relationship that had already been established, and the tranquil environment in which he asked, the president's compassion was aroused and he commuted the sentence on the spot!

*Each week, we have the opportunity to utilize the gift of Shabbos to tap into the kedushah that is afforded to us and use it to enhance our relationship with Hashem through tefillah. The closer we are to Hashem on this holy day, the more impactful our tefillos become.*



## A look into Hilchos Shabbos

### THE MITZVOS OF THE SHABBOS SEUDOS, PART 2

Last week, we learned about how *lechem mishnah* fits into the three seudos of Shabbos and why we have these special mitzvos related to the seudos Shabbos. Let us continue examining the reasons we dip into salt with our *lechem mishnah*:

The Gemara relates a story about Rava bar Shmuel, who once ate in the home of the Reish Galusa and did not use salt. The Rishonim explain that bread that has a good taste on its own does not need salt. Rashi refers to such bread as “*nekiah*, clean,” while Tosafos call it “*chashuv*, good quality.” All bread today can be considered “clean” and “good quality”; therefore, according to the letter of the law, one does not need to dip the bread in salt. However, there are several other reasons to have salt on the table that apply even today.

Practically speaking, the Rema rules that one should have salt on the table even in our times. He seems to say that it is sufficient to have the salt on the table and one does not need

to dip the bread into it. This is understandable, as he quotes the reasons of Tosafos and the *Shibbolei HaLeket* as the reasons salt is needed. According to Tosafos’s reason, one can have the protection of the *Bris Melech* even without actually dipping the bread into the salt. According to the *Shibbolei HaLeket*, even though the salt was actually placed on the *korbanos*, having the salt on the table is sufficient to symbolize that our tables are like the Mizbei’ach.

The common custom seems to be to dip the challah in salt even on Shabbos night.

### SOMETHING FISHY: EATING FISH ON SHABBOS

Is Eating Fish an Obligation?

The Gemara (*Shabbos* 118B) states, “With what does one delight [on Shabbos]? With large fish.”



In the times of the Gemara, large fish were a delicacy, which is why they were used to bring delight on Shabbos. In each generation and in each place, one should honor Shabbos with the foods that are considered delicacies to him. Still and all, the Magen Avraham (242:1) states that it is always good to have fish on the Shabbos table.

## WHY FISH?

There are numerous reasons cited regarding why one should eat fish on Shabbos:

One reason is because the fish did not sin during the times of the *Dor HaMabul* and, therefore, did not die in the Flood, thus remaining as they were from the time of creation.

*Sefer Toras Simchah* says that the reason we eat fish as the first course of the Shabbos meal is because fish were the first animals created on the sixth day of Creation. Shabbos is the source of all life and we eat fish to symbolize that we are celebrating the origins of Creation.

Rav Osher of Ropshitz explains that fish are silent and do not emit any sound. We eat fish as the first course of the Shabbos meal to symbolize that there is a concept of remaining silent on Shabbos and not engaging in any mundane speech (Yerushalmi, Shabbos 15:3). He adds that this is also symbolized by the fact that the word “Shabbos” starts with the “Sha” sound, which indicates silence.

## EVEN THE FISH REST ON SHABBOS!

The Radak (Bereishis 2:3) quotes a *Medrash Mechudash* that says that there is a certain fish that sits near the bank of the river every week from midday on Erev Shabbos until the end of Shabbos. It does not move at all throughout the entire Shabbos. (This Medrash is also quoted by the *Shevet HaMussar* and by the Yaabetz in



## LAUGH OR LEARN

**Q:** What do we find twice in ShaBBos that we don't find it at all in any other days of the week?

**A:** The letter B!

Of course, in *lashon kodesh*, Shabbos is spelled: *shin beis saf*, with no double B, but what's interesting to note is that no other days of the week besides Shabbos have an actual name, they are just called “Yom Rishon,” which means “day one”; “Yom Sheini,” which means “day two,” etc.

**Ask your Rebbe:** Why are there no names for any of the other days of the week?

*Sefer Migdal Oz*.) This teaches us that fish also have a concept of resting on Shabbos. Accordingly, we eat fish on Shabbos because fish have a relationship with the holiness of the day.

The *Mateh Moshe* (*Chelek* 4, 44) cites the Gemara that says that one should eat “large fish” on Shabbos and says that this is a hint to the *livyason*, which we will eat in the future.

It is clear that the many special foods we eat over the course of the three *seudos* of Shabbos, whether challah, salt or fish, each has fascinating reasons for being part of the mitzvah. Exploring the sources and understanding what we do and why we do it helps us connect to these mitzvos and elevates our eating to a level of true closeness with Hashem.

# SHABBOS PARTIES

## PART 4

By Ariella Schiller

“**Y**om zeh mechubad, mi kol yamim...” I try to add a little oomph to the song, to make it go quicker. Tatty davens at the chassidish shtibel on Shabbos mornings and so our meals always go on so much longer than everyone else’s. Which normally I’m okay with. Like I said, I’m a Shabbos guy. And Avraham Yitzchak and I can harmonize with the best of them. But today Moishy Berg and his group are going to be in the park at two thirty and it’s already – I check my watch, a birthday present from Bubby – and gulp. It’s already one fifty-five!

“Okay!” I say, jumping to my feet. “Who wants delicious Shabbos dessert? All *gashmius* turns *kadosh*, people!”

Ma is blinking, slightly shocked, and I realize that she was in middle of a story about one of her students. Ma teaches primary and she always has the funniest stories.

“Sorry,” I mutter, sitting back down. Oh, boy, at this rate I’ll get to Moishy Berg by Rabbeinu Tam *zeman*.

At long last, everyone had their fill of kugel and cholent, the table is cleared, ice cream is served and eaten, and we all *bentched*. And it is still only two twenty-five. Yes!

“I’m running to the park,” I announce. “Good Shabbos!”

Mommy clears her throat. “Ahem, Betzalel Baruch.”

Ooooh, double name. This is not going to be good. This is not going to be good one bit.

“Yes, Mother,” I say, turning back from the front door slowly. She doesn’t crack a smile.

“Remember last week I told you I invited the Meisners over for Shabbos party and socializing Shabbos afternoon?”

I stare at her, because yes, I am now remembering for the first time that Mommy invited the new kid and his family over for the afternoon.

“Mommy, I really forgot. I’m serious. I feel so bad, but I made other plans.” I swallow. “And these plans are really important to me, Ma, ’kay? So, I’m going to go, and you can tell Eliyahu I’ll see him in school...” I stop talking because Ma is just looking at me.

“Betzalel, you can either take Eliyahu with you or you can stay here. Those are your two choices.”

Why? Why was this happening?

“Fine!” I burst out. “I’ll stay.” I stomp back to the living room and throw myself on the couch. This is so not fair.

Perri walks out of the kitchen, arms full of Shabbos party paraphernalia. No way I’m letting her choose the treats alone. Like Ma says, treats become so much more than just sugar on Shabbos.

She looks up from a box of Gushers when I enter. “I thought you left,” she says.

I shake my head, pull a pack of Twizzlers toward me. “Nah, Ma said I need to stay here for the Meisners.”

Perri shrugs. “Yeah, me too. Was going to go to the Bnos event. Guess not.”

Eliyahu has a sister in Perri’s grade.

We both sigh and then there’s a knock on the door and Mrs. Meisner walks in, holding the hands of two little kids. Eliyahu trails behind her shyly, and behind him is his older sister. Ma points them in the direction of the couches and they all settle down.

Goodbye, plans with popular group; hello, new kid.

to be continued...





# זכור את השבת

## SEVEN QUESTIONS FOR THE SEVENTH DAY!

1

On Shabbos our inner glow can be brighter because we are more connected with our

- a. Neshamah.
- b. Resting.
- c. Lukshin kugel.

2

Connecting to the *kedushah* of our forefathers or past relatives can help us increase

- a. The value of our money.
- b. The quality of our health.
- c. The potency of our *tefillos*.

3

וְתֵן חֵלקֵנוּ בְּתוֹרָתְךָ means that even though Torah is for everyone, each one of us has

- a. An obligation to finish learning the whole Torah.
- b. Our own unique connection to Torah.
- c. A set of ArtScroll *Chumashim*.

4

One of the reasons for having salt at the Shabbos table is that

- a. A table is like a *mizbei'ach* and salt was used for the *korbanos* on the *Mizbei'ach*.
- b. Most Shabbos foods don't have enough flavor.
- c. We dip to remember the tears of our forefathers who were slaves in *Mitzrayim*.

5

How does eating fish on Shabbos remind us that Shabbos is the *tachlis* of all creation?

- a. Fish has fins and scales and we want to scale the heavens by thinking of *briyas haolam*.
- b. Gefilte fish reminds us of when Hashem created the world.
- c. Fish are still in existence since the time of creation since they did not die in the *Mabul*.

6

When a person's face has a special glow on Shabbos, it is because of

- a. Having eaten a double portion of *challah*.
- b. Waking up early for Shabbos morning *tefillos*.
- c. The inner *neshamah yeseirah* shining through.

7

In our Shabbos *tefillos*, *Kadsheinu Bimitzvosecha* refers to making ourselves holy with Shabbos; which part of our bodies is made holy by Shabbos?

- a. Our hands when we take *challah*.
- b. Our mouths when we make *Kiddush*.
- c. All of the above, plus our entire beings!



MASMIDEI  
HASHABBOS

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