

APR 24 2010 10 Iyar 5770 Parshat Acharei/Kedoshim

Orthodox Union-West Coast Offices: 9831 W. Pico Blvd., LA CA 90035 www.ouwestcoast.org

KASHRUTH: 310.229.9000 EXT.1 ■ NCSY: 310.229.9000 EXT.209 ■ OU/SYNAGOGUE SERVICES: 310.229.9000 EXT.200 ■ FAX: 310.229.9011 ■ EMAIL: westcoast@ou.org

SUMMARY: *When used properly, Yom Kippur rejuvenates, it takes an entire year's worth of time spent on means and ends and refreshes our system. We are atoned for sin, we start anew, and we aim for an even more meaningful year to come. Yom Kippur is the ultimate sabbatical from the rat race of balancing our time trying to add meaning to our lives. (HASC#9.2 EM)*

One of our founding fathers, Benjamin Franklin said, "Employ thy time well, if thou meanest to get leisure." Franklin's statement is ironic in that the goal described by Franklin would seem to be leisure time, yet the way to get it is through one's non-leisure time. We could think that the best way to gain free time is to spend more time being free, yet Franklin seems to suggest the opposite. Inherently we know Franklin to be speaking the truth; our free time is determined by how we spend the rest of our time.

In this essay I'd like to examine Franklin's lesson in time management, explaining the mechanics of Franklin's position. In order to truly understand Franklin's statement I'd like to examine how we determine the difference between free time and all other time. As I develop the essay I'd like to rethink our conclusion as to which of the two is our true goal. I'd like to show how Yom Kippur is the example of the best use of time, and how our sedra's description of Yom Kippur bares that out. Lastly I hope by the analysis presented in this essay, the reader will leave with a better understanding of how to best manage their time through an understanding of how to spend their time.

We tend to spend our time working on gaining more time for the pursuits they truly care about. This requires us to spend the majority of our time on activities we feel are a waste of our valuable time. Unfortunately this is an unhealthy attitude towards what we spend the majority of our time, efforts and resources on. We need to adjust our attitude towards what we spend the majority of our time on.

A healthy attitude suggests that we view our activities as means and ends. The problem is when we focus all of our attention on the ends we tend to view the means as a waste, a mere necessary time squander until we get to do what we want. If we view the means as part and part parcel of achieving our goals, then we can approach our jobs and responsibilities no longer as wastes of time, but valuable aids in getting what we want.

We generally have the ends in mind, in Franklin's statement the ends are leisure time. In our lives we can strive for more than simply a goal of free time, more than just bodily pleasures. We can strive for a life of meaning. If we were to rewrite Franklin's advice it would read, "Employ thy time well, if thou meanest to use it valuably." We must learn to manage our time, both the time spent on necessary means, and the time used for the ends of developing a relationship with God through prayer, study and good deeds.

In our Sedra the festival of Yom Kippur is called a Shabbat of Shabbats. The Ibn Ezra explains that Yom Kippur is both a Sabbath of body and soul. When used properly, Yom Kippur rejuvenates, it takes an entire year's worth of time spent on means and ends and refreshes our system. We are atoned for sin, we start anew, and we aim for an even more meaningful year to come. Yom Kippur is the ultimate sabbatical from the rat race of balancing our time trying to add meaning to our lives.

Rabbi Uri Pilichowski
Assistant Rabbi,
Beth Jacob Cong., BH

Did you Know...? ABOUT THE OU

The Department of Community Services provides practical programming on issues affecting the daily lives of its constituents, such as "Positive Jewish Parenting," "Positive Jewish Marriages," and "When Illness Strikes," as well as seminars about eating disorders, the sandwich generation, Jewish outreach and more. A summer Marriage Retreat is scheduled for July 9-11, 2010, at the Woodcliff Lake Hilton in Woodcliff Lake, New Jersey. Register at www.oucommunity.org or call 212-613-8300.

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UPCOMING EVENTS @ OU WEST COAST

A program from OU-West Coast
Community & Synagogue Services

Tefilla Enrichment Initiative May 2010

A one-evening seminar featuring
the Rabbinic panel of
Rabbi Yosef Kanefsky, BD-J
Rabbi Elazar Muskin, YICC
Rabbi Kalman Topp, BJ-BH
who will inspire and encourage us toward
more meaningful prayer.
Moderated by Jeff Rohatiner
of the Happy Minyan
This program will offer practical tips
on improving the quality and substance
of our tefillah.
Location: Young Israel of Century City.
Watch for more details.

➤OU Annual Awards Banquet Tuesday, June 22

Honoring
David & Debbie Schultz
Seth & Ruth Berkowitz
Dr. Steve & Linda Tabak

OU MARRIAGE RETREAT SPREAD THE WORD

Turn your good marriage into a great marriage! The fifth Orthodox Union Summer Marriage Enrichment Retreat is scheduled for Fri.-Sun. July 9-11, at the Woodcliff Lake Hilton. Practical ideas, skills and suggestions will be presented throughout the weekend by mental health professionals for strengthening the foundation and cornerstone of a loving, committed marriage. Details and registration www.oucommunity.org or contact Frank Buchweitz 212 613 8188.

NEW OU KOSHER DVD

NEW OU Kosher DVD: *What's Wrong with this Chicken?* With Rav Yisroel Belsky, Rabbi Nosson Goldberg and Rabbi Chaim Loike @ 10 per copy. ALL 6 OU Kosher DVDs - Kosher Kidz, Fish, Birds, Meat, Checking Vegetables + Chicken available @ \$40 from Suzanne Beck on the 12th floor or at ext. 346.

OU SYNAGOGUES AROUND THE REGION

Beverly Hills: Cong. Beth Jacob (310) 278-1911

- **Shabbat APR 24:** Speaker following services – Sarah Stern
- **Women's Spring Seudah Shlisheit Series with the Rebbetzins:** APR 24, 5:30pm, Reb. Jordana Topp @9533 Sawyer; MAY 15, 5:45pm Reb. Yael Weil @9634 Cresta; JULY 10, 6pm, Reb/Dr. Hindy Posy @1531 Glenville
- **SUN APR 25, 10am:** Sunday brunch with Yael Weil "The Cup Half Full, The Optimisms of Rabbi Akiva." \$7/p
- **TUES MAY 4, 8pm:** Special guest speaker, Father Patrick Desbois, "The Holocaust by Bullets"

Beverly Hills: Young Israel of North B.H.: (310) 276-7650

- **Shabbat APR 24:** Guest, Hon. Israel Con Gen'l Yakov Dayan
- **Shabbat MAY 1:** Guest, Rabbi Daniel Korobkin
- **Shabbat Yom Yerushalayim MAY 7-8:** Rabbi Shlomo Riskin, Cantor Avi Erblich, Miriam Adani (Kever Rachel), Judy Klitsner (Pardes)

Calabasas Shul: (818) 591-7485

Canada-Calgary: House of Jacob-Mikveh Israel (403) 259-3230

- **WEDS JUNE 2:** Annual Dinner & Installation of Rabbi Yisroel Miller

Canada-Edmonton: Beth Israel (780) 488-2840

- **FRI MAY 7, 5:30pm:** Lag B'Omer in the Park, BBQ, RSVP
- **TUES MAY 18:** Shavuot Pizza/Pasta Dinner & All night learning

Canada-Vancouver: Schara Tzedek (604) 736-7607

- **Shabbat MAY 1:** Luncheon w/guest speaker Dr. Deena Zimmerman. RSVP Denver, CO : BMH-BJ Cong (303) 388-4203

Denver, CO: EDOS (303) 322-7943

Irvine, CA: Beth Jacob (949) 786-5230

LA: Adas Torah (310) 203-9659 www.adastorah.com

LA: Aish Hatorah (310) 278-8672 x 305 or tsullivan@aishla.com

- **TUES MAY 11, 5:30pm:** Gala BQ "Sunrise at the Kotel"-Beverly Hilton

LA: B'nai David-Judea (310)-276-9269 or amram@bnaidavid.com

- **TUES APR 27, 7pm:** "Lonely Man of Faith" screening w/producer Ethan Isenberg. \$10 p/p. RSVP to shul.
- **SUN JUNE 6:** Annual Tribute Dinner

LA: Etz Jacob (323) 938-2619

LA: Mogen David Cong. (310) 556-5609

LA: Young Israel of Century City: (310) 273-6954

LA: Young Israel of Hancock Park: (323) 931-4030

LA: Yeshiva of LA (YOLA) 310-203-3197 yeshivarabbi@juno.com

- **MINCHA/MAARIV: SUN-THURS, 15 minutes before Shkiah;**
- **LATE MAARIV: SUN-THUR 10pm. M-TH am/pm: adults/students chavrusas**

Laguna Woods, CA: Beth Torah (949) 587-1967 (a retirement community)

La Jolla: Adat Yeshurun (858) 535-1196

- **SAT MAY 1:** Lag B'omer bonfire
- **SUN MAY 2, 11:30am:** Lag B'omer Picnic, Mission Bay, \$10/p
- **Shabbat MAY 7-8:** S-I-R Sara Rigler
- **SUN JUNE 6:** Shul Banquet Gala

Las Vegas, NV: Shaarei Tefila (702) 384-3565 (Mikva 384-3317)

- **SUN MAY 2, 4pm:** Lag B'omer BBQ (at the shul). Adults \$25, Kids \$15

Oakland, CA: Beth Jacob (510) 482-1147

Palm Springs, CA: The Desert Synagogue (760) 327-4848

Palo Alto, CA: Emek Beracha (650) 857-1800 (Mikva 493-5555)

- **MAY 9: Annual Dinner.** Guest speaker Hadassah Lieberman

Phoenix, AZ: Beth Joseph (602) 277-8858

Portland, OR: Kesser Israel (503) 222-1239

Sacramento, CA: Keneset Israel Torah Center (916) 481-1159

- **SUN MAY 23:** "An Evening in Eden"-Farm Fresh Food Gala & Silent Auction

San Diego, CA: Cong. Beth Jacob (619) 287-9890

San Diego, CA: Kehillat Ahavat Yisrael-KAY (858) 633-0181

San Francisco, CA: Adath Israel (415) 564-5665

Seattle: Bikur Cholim Machzikay Hadath (206) 721-0970

- **SUN MAY 9, 9am:** Warsaw Ghetto Holocaust Memorial Breakfast
- **Shavuot TUES MAY 18:** All night learning
- **SUN JUNE 27:** Annual Gala Dinner

Seattle: Ezra Bessaroth (206) 722-5500

Seattle: Sephardic Bikur Holim (206) 723-3028

- **SUN MAY 2, 4pm:** Lag La'Omer BBQ & Raffie. RSVP

Valley Village, CA: Shaarey Zedek Cong. (818) 763-0560

- **SUN APR 25, 10am-5pm:** Israel & Jewish Culture Day Fair

Venice, Pacific Jewish Center-The Shul on the Beach:(310)392-8749

Washington-Mercer Island: Shevet Achim (206) 275-1539

Woodland Hills: Beit HaMidrash (818) 999-2059 (5850 Fallbrook Ave.)

- **SUNs @ 8:30am:** following 8am minyan-Shiur-Baba Kama w/Rabbi Yaakov Rechnitz

West LA: Westwood Kehilla (310) 441-5288x30 director@kehilla.org

NCSY-JSU-YACHAD ANNOUNCEMENTS/EVENTS



Office contact: 310-229-9000 x 209 www.westcoastncsy.com

Start planning your summer, check out our amazing summer programs @ A
Want to help run a chesed project? call Solly at 310-557-6582

MAY 29-31: Spring Regional

CITY NCSY: Call Solly @ 310-557-6582 or Shess@westcoastncsy.com

DNL--MONs 7-8pm: @ Pizza World 365 S. Fairfax Ave.

Latte&Learning-TUES 7:30pm:@CB&T-233 S. Beverly Dr. w/R'Josh Horwitz

JR. NCSY: (6-8 grade) Call Josh 310-694-2976 or ncsyjosh@gmail.com

... **NCSY Bar/Bat Mitzvah** tutoring available. *Talmud Torah* classes.

YACHAD: Call Perri @323-228-4191. **Ongoing activities.**

B'NEI AKIVA OF LA ANNOUNCEMENTS

➔ **Office:** 310-248-2450 bneiakivaLA@gmail.com

Upcoming Events: Chevra Bet (9-12 grade)

May 20-23, 2010 - NY Shabbaton @ IO-Moshava

May 23, 2010 - Israeli Day Parade - New York



OU COMMUNITY ANNOUNCEMENTS

▶ **ONGOING: OU'S WOMEN'S TORAH NETWORK (WTN)**

Classes with Geri Wiener – Spring Sessions

➔ **MONs-Valley (private home):** ➔ **WEDs-City (OU Hdqtrts):**

▶ **WEDS MAY 5, 8pm: FRUM BUSINESS NETWORK – meets this month at BJ-BH in the Ives Youth Lounge**

ISRAEL'S CONTRIBUTION TO THE WORLD

Could pregnancy be the fountain of youth?

Researchers at Jerusalem's Hebrew University are mimicking processes that occur in pregnancy and helping older animals' liver cells to regenerate better and faster.

It looks like a pen but it can foil a bomb

A new weapon in the arsenal shared by airport security personnel and police resembles a pen but can detect bomb detonators in powder form at as little as five micrograms.

A match made in water

Water-rich Brazil and water-poor Israel have found that they're a good fit, with each country's handicaps and blessings contributing to the cooperation between them. The two countries have embarked on a series of water negotiations so that Brazil can better manage its resources, and Israel can do business selling one of its few natural resources: Ingenuity in water technology.

Ear infection? Don't be a drip – use the foam

A promising Israeli startup has whizzed through its paces with a foam-delivery system for eardrops that may revolutionize treatment of a condition that plagues millions.

A streaming music platform for cell phones

Israel's McCanto pioneers a technology that lets you stream your entire music collection via your mobile device, while protecting music rights and promoting sales.

In Israel, water is the new oil

For more than 50 years, Israel has been trying to solve the country's water shortage problem and has resorted to technological ingenuity to make it happen. As a result, Israel has emerged as a leader in developing water purification, irrigation and desalination technologies.

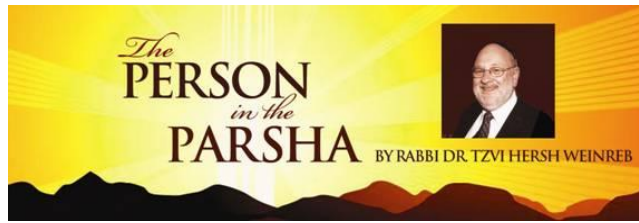
Solar energy from the pea on your plate

Solar energy is often inefficient and difficult to utilize in cloudier climates. Now a Tel Aviv University (TAU) scientist is suggesting that the solution to these difficulties may lie on your dinner plate. A nano-machine found in the common pea plant might be harnessed to change light into an energy source to provide electric power, according to research by Prof. Nathan Nelson of TAU's Department of Biochemistry.

Carnivorous plants may save people

New research from Israel suggests that carnivorous plants like the Venus Fly Trap may provide a breakthrough in anti-fungal drugs for use in humans.

www.Israel21c.org



Parshat Acharei/Kedoshim

April 24, 2010 – 10 Iyar 5770

To read more articles and essays by Rabbi Weinreb, visit his blog at www.ou.org/rabbi_weinreb

"It's All Commentary"

I am proud of my large library of Jewish books.

My collection, which my wife half-jokingly refers to as my addiction, began on my 11th birthday with a gift from my maternal grandparents, may they rest in peace. They bought me the then recently published Shulzinger edition of the Five Books of Moses surrounded by numerous traditional commentaries. Those volumes became the cornerstone of my personal library of many hundreds of Judaic works on the Bible, the Talmud, philosophy, history, and codes of law.

These books line the walls of my private study from floor to ceiling.

Over the years, I have had many visitors who were struck by the overwhelming number of books and who reacted with awe and curiosity. Some, particularly non-Jews, would ask, "Have you read all of these?" When I confessed that I hadn't read more than very few of them, they often proceeded with yet another question:

"What are they all about? Why are so many books necessary just to explain one religion?"

They could not fathom why so much commentary was written on just a few basic biblical texts.

Often, as I responded to their inquiries, I found myself resorting to an old story of one of our greatest sages, Hillel. To most of you, this story is probably well-known, perhaps even trite. But for many of my visitors, the story was novel, instructive, and almost revelatory.

In this story, Hillel, known for his scholarship and commitment to Torah study but particularly famous for his patience, is provocatively challenged by a heathen who demands to be taught the entire Torah while standing on one foot. Hillel accepts the challenge and says, "What is hateful to you do not do unto others. That is the entire Torah, the rest is but commentary. Now go out and study the commentary."

I would then explain to my inquisitive visitors that Hillel's remark was based upon a verse in this week's double Torah portion, *Acharei Mot/Kedoshim*. There, in *Leviticus* 19:18, we read, "...and thou shalt love thy neighbor as thyself."

Now, I would continue, loving one's neighbor as oneself is no easy task. We are likely to have numerous and diverse neighbors in the course of a lifetime, and myriad circumstances arise which pose great barriers to our love for them. And so, Jewish scholars throughout the ages have recorded their advice, suggestions, and guidelines for just how to love one's neighbor in every conceivable context and condition. That's what all these books are about, and that's why we need so many of them.

Note that Hillel himself does not choose to use the Torah's original phrase to explain the essence of Judaism to the

heathen. He does not say, "Love your neighbor." Rather, he says, "Do not harm your neighbor." Perhaps this is because, as the medieval commentator Ramban suggests, loving one's neighbor as oneself is an exaggerated expectation, just too tall an order, and the most Hillel could do was to urge the heathen to do no harm.

Whether one uses the biblical formulation commanding us to love our neighbor, or chooses Hillel's version which asks us to refrain from harming him or her in a way in which we ourselves would not want to be harmed, the essence of our Torah is this ethical imperative. And the many hundreds of volumes in my personal library, and the hundreds of thousands of similar tomes written throughout the centuries, can all be understood as the constant and perpetual struggle of our sages to develop a "database" sufficient to enable us to realize this ethical imperative.

One such commentary deserves mention, particularly in our age and culture, which has been diagnosed as narcissistic, as overly self-loving.

This commentary takes the form of a story about a disciple of Rabbi Mendel of Kotzk who eavesdropped upon his master as the latter was reviewing this week's Torah portion aloud. Rabbi Mendel read, "...and thou shalt love thy neighbor... as yourself??? Yes, as yourself!!!" First as a question, and then as a forceful declaration.

The disciple was puzzled by the manner in which his master read the passage. He asked the master's chief disciple, Reb Hershel, for an explanation. This was his answer:

"The master first asked a question. Can it be that we are asked to love our neighbor as ourselves? Are we to understand that it is permissible to love oneself? Is it not a basic teaching here in Kotzk that one dare not love oneself, lest he thereby become blind to his own faults?" In our terminology, Rabbi Mendel could not accept the slightest suggestion that narcissism was acceptable.

"Then the master realized a deeper meaning of the verse. Namely, we ought to love our neighbor to the same extent that we are critical of ourselves. The *mitzvah* is that we put in as much effort loving our neighbor as the effort that we should be investing in our own personal spiritual and moral perfection."

In an age of "me first", it is even more important that we direct our love outwards towards the other, and not inward toward ourselves. We must, at all costs, avoid self-adulation and self-worship.

That is just one small sample of the vast treasure of commentary that is in our Jewish library. No wonder that our sages refer to the "ocean of the Talmud", and to our Torah as deeper than the sea.