

CONGREGATION TORAS CHAIM WISHES YOU A WONDERFUL

# Shabbos Parshas Balak

## FRIDAY NIGHT, JULY 19TH

- » Mincha/Kabalas Shabbos/Maariv 7:00 PM
- » Candles 8:16 PM
- » Shabbos Begins 8:34 PM

## SHABBOS DAY, JULY 20TH

- » Shacharis followed by Kiddush 8:30 AM
- » 15-min Pirkei Avos Shiur for Women following Kiddush
- » Women & Children S"Y 6:00 - 7:30 PM
- » Abudraham on Tefilla for Men & Women with Rabbi Avraham Chaim Bloomenstiel 7:20 PM
- » Mincha 8:05 PM
- » Sunset 8:34 PM
- » Talmud Shiur: Gemara Avoda Zara following Mincha
- » Maariv 9:16 PM
- » Shabbos Ends (50 min) 9:24 PM
- » Rabbeinu Tam (72 min) 9:46 PM

**A WISE MAN WOULD SAY: "IT'S NOT WHAT WE KNOW. IT'S HOW WE USE WHAT WE KNOW."**

## REFUAH SHELAIMA

Men

- » Hillel ben Simcha (Jeff Lubin)
- » Daniel Ze'ev ben Miriam (Brother of Josh Rothstein)
- » Yitzchak ben Yocheved (BIL of Moshe Bush)

Women

- » Sipke Grune bas Lillian (Mother of Jeff Luftig)
- » Tali bas Aviva (Daughter of Aviva Bass)
- » Shoshana Gittel bas Chaya Leah (Sister of Naomi Goldberg)
- » Naama bas Devorah Miriam (Granddaughter of Rabbi & Rebbetzin Rich)
- » Chana bas Hendel (Friend Of Yael Bodenheimer)

## SHABBOS KIDDUSH SPONSORED BY

- » the members of the Guarantee Kiddush Club: Bloomenstiel, Borrayo, Lurie, Marcelino, Martin, Eliyahu Rich, Rabbi and Rebbetzin Rich and Rothstein families

## CTC SCHEDULE OF SHIURIM/TEFILLAH (Week of July 21, 2024)

Men

- » Gemara Zevachim, Mon - Fri, 6:00 - 6:30 AM
- » **Shacharis, 6:30 AM**
- » Amud HaYomi Sanhedrin: Sunday - Friday, 12 -1 PM, On Zoom with Rabbi Yaakov Rich. Email Rabbi Rich for the link.
- » Marriage Chabura for men, Sun, 7:55 - 8:25 PM
- » Mesillas Yescharim, Mon - Thur 7:55 - 8:25 PM
- » **Mincha/Halacha/Maariv, Sun - Wed, 8:15-8:50 PM**
- » Gemara Bava Basra, Sunday - Wednesday, following Maariv for 30 minutes
- » **CTC Beis Medrash in conjunction with Dallas Kollel, Thursdays following 8:15 PM Mincha for one hour, followed by Maariv and refreshments.**

Women

- » Parsha Shiur for Women with Rabbi Michael Bodenheimer, Sundays, 8:00 - 8:30 PM

## REBUILDING PROJECT by Marshall Lestz.

*(We are excited to share this column with you each Shabbos in the spirit of helping to repair our relationships and thereby contribute to rebuilding the Beis HaMikdash.)*

## THE MOMENT BEFORE THE LIGHTBULB MOMENT

All right, let's talk lightbulbs... specifically, the simple act of putting in a new one. (One of the very few handyman tasks I've actually mastered.) So, after you remove the old bulb, you place the new one in the socket and then start turning, and turning, and turning... and turning and turning, and .....nothing. Because you're only about halfway done and you have to stop because your arm feels like it's about to fall off. So you give it a little shake-- get the blood circulating again-- and then get back to turning, and turning and TA-DA! Yay! The light finally comes on!

And that's how you change a lightbulb. Or ... is that how you change yourself?

Think about it. We keep turning and turning and turning, constantly trying to turn ourselves into a more illuminated version of ourselves. But what commonly happens is we don't see any improvement!

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# *Shabbos Parshas Balak*

Nothing's changing and it feels like we're just going around in circles! And it's frustrating. We start thinking, "What's the use?! Nothing's happening? Should I just quit?"

No! We know that's just our yetzer hara messing with us. So we shake it off and keep turning and turning and turning and then, without any warning: The light goes on! Thank G-d! Success! We see that we HAVE made progress. We HAVE changed. Maybe just a little, but that's okay. We're not the same person.

Friends, in our quest to improve a rocky relationship, a faulty character trait, a negative attitude or self-defeating behavior, it might help to keep this lightbulb analogy in mind.

Even though we may not see any progress, the difference between darkness and light can be just ONE TINY TURN AWAY. Just one more tiny millimeter's worth of effort can make all the difference! And it's also important to keep in mind that even before that bulb illuminates, WE ARE STILL MAKING PROGRESS. We might not notice it, but just like a new lightbulb rises higher into the socket with each turn, we too are elevating ourselves with every bit of effort we put forth. Even though the light bulb appears dark, we've already started to shine.

So if we ever feel like we're just "spinning in circles," let's remember that our efforts are never in vain. Every turn lifts us higher, and G-d willing we'll soon discover that we're just one tiny turn away from seeing the light.

Have an illuminating day everybody. Keep on Building! (And Turning!)

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## **TIDBITS**

Parashas Balak • July 20th • 14 Tamuz 5784

The fast of Shiva Asar B'Tamuz is this Tuesday, July 23rd. Five tragedies occurred on Shiva Asar B'Tamuz: 1) The first Luchos were broken; 2) In the waning days of the First Bais Hamikdash, the daily tamid offering ceased to be brought; 3) In the waning days of the Second Bais Hamikdash, the walls of Yerushalayim were breached, ultimately leading to its destruction; 4) Apostomos burned a Sefer Torah; and 5) An avodah zarah was placed in the Bais Hamikdash.

During chazaras hashatz of Shacharis, the sheliach tzibbur adds Aneinu as a stand-alone berachah (between Go'el Yisrael and Refa'einu). Selichos, Avinu Malkeinu, Tachanun, and Kerias haTorah follow chazaras hashatz.

Tefillas Minchah includes Kerias haTorah with the haftarah of Dirshu Hashem. Those fasting add Aneinu (as part of Shema Koleinu). Bircas Kohanim is recited in chazaras hashatz. Sim Shalom replaces Shalom Rav (Nusach Ashkenaz). Chazaras hashatz is followed by Avinu Malkeinu.

The Y'mei Bein Hametzarim, the Three Weeks, begin at shekiya (sunset) on Monday evening, July 22nd. These Three Weeks between the 17th of Tamuz and the 9th of Av, are a national period of mourning over the Churban of both Batei Mikdash. One should give focus to the churban and galus during this period. Activities restricted during this period include:

**Music and Dancing:** Children of chinuch age are included. Many poskim are lenient when the music is secondary in nature (e.g. background music on a story CD) or when the listening is not for enjoyment (e.g. to help one stay awake while driving). Many poskim are stringent regarding a cappella "sefirah music". Playing and practicing music are permitted for the purpose of earning a livelihood (e.g. professional musician). Playing music to develop one's skill is a matter of dispute amongst the poskim.

**Haircuts and Shaving:** Men, women and children are included in the prohibition. In cases of discomfort, many permit women to tweeze and remove hair from areas other than the head. One should consult a Rav in regards to a father, sandek and mohel at a bris, and in regard to an avel who finishes the sheloshim mourning period during this time.

**Weddings:** Weddings are not held during this period. An engagement may be celebrated, although without dancing or music. A Sheva Berachos may be held without music, although dancing (and singing) is permitted.

**Shehecheyanu:** We avoid situations that would necessitate reciting the berachah of shehecheyanu (e.g. eating new fruits, etc.).

**Miscellaneous:** One should consult a Rav regarding signing a contract on a new home, moving into a new home, house decorating