

# BJC Wensa

“WENSA” MEANS “FUN” IN JUDEO-ARABIC!

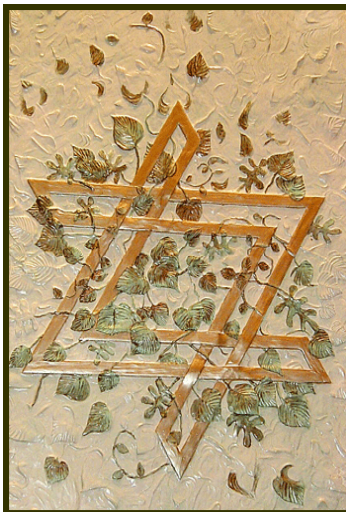
December 18, 2010

11 TEVET 5771

VOLUME 2

SHABBAT ENDS 5:14PM

**Publisher: Anna Hakakian**



## Challah Baking at the BJC...

On Friday Dec 3, we needed 40 women to gather together to bake Challah and fulfill a mitzvah. We had close to 60! Kneading the challah is a special time for prayer. In many communities, 40 women pray for families who cannot have children and in the merit of our making challah, we prayed for those who are ill.

On this special event we also prayed for Rafaela Liat Bat Zehava, a 38 year old woman and a mother of three children who is very sick and needs everyone's help and prayers.

Challah Baking is one of the three Mitzvoth (Commandments) for a woman. (The other two are lighting candles Friday night and the laws of family purity).

A more spiritual side to Challah:

1. Light a candle to set the mood
2. Give some tzedakah
3. Say Chapter 90 of Tehilim



When we pour the ingredients into the bowl, you can also have the kavanah (intention) for the following:

- Flour = Prosperity
- Yeast = Spiritual Growth
- Sugar = Emunah (Faith) and sweetness in your week
- Salt = Jewish Guilt - a little is good but too much spoils it
- Oil = Anointing the challah and bringing G-d's holiness into our homes
- Water = Torah - It's warmth activates the yeast (spiritual growth) to grow

Don't forget to make the Bracha (blessing) while holding about an egg size portion of challah.

*Baruch Atah Ad-ny elokinu melech haolam le'hafrish challah min haisa*

Then burn that piece of challah



## THE BANK OF TIME

IMAGINE. . . .



There is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day. What would you do? Draw out ALL OF IT, of course!!!!

Each of us has such a bank. Its name is TIME. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow." You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success! The clock is running. Make the most of today.

*To realize the value of ONE YEAR, ask a student who failed a grade.*

*To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.*

*To realize the value of ONE WEEK, ask the editor of a weekly newspaper.*

*To realize the value of ONE HOUR, ask the lovers who are waiting to meet!*

*To realize the value of ONE MINUTE, ask a person who missed the train.*

*To realize the value of ONE-SECOND, ask a person who just avoided an accident.*

*To realize the value of ONE MILLISECOND, ask the person who won a silver medal in the Olympics.*

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time. And remember that time waits for no one.

Yesterday is history. Tomorrow is a mystery. Today is a gift.

That's why it's called the present!!!

## QUOTE OF THE WEEK:

JERUSALEM IS NOT A SETTLEMENT. JERUSALEM IS THE CAPITAL OF THE STATE OF ISRAEL

(BENJAMIN NETANYAHU, PRIME MINISTER OF ISRAEL,

RESPONDING TO CRITICISM OF ISRAEL'S NEW CONSTRUCTION PLANS IN EAST JERUSALEM.)





There are 293 ways to make change for a dollar.

It's impossible to sneeze with your eyes open.

When you go to sleep each night, your mind goes on a sort of sleep roller coaster. As you sleep, your brain passes through different sleep stages again and again.

Over the course of a typical night, your brain cycles back and forth through the various stages of sleep four to five times!

Most dreaming occurs during the stage of deepest sleep, called "Rapid Eye Movement" or "REM." During REM, our eyes begin to move around quickly under our eyelids.

If you have ever watched people sleeping (even family pets!), then you may have noticed their twitching eyelids. This is a perfectly normal part of REM sleep.

Researchers used to believe that people dreamed only during REM, but most experts now agree that dreams can occur at any time during the sleep cycle.

### So why do we dream?

For centuries, humans have wondered about the meaning and purpose of dreams. Despite improvements in medical technology and sleep research, experts today still have not reached a conclusion about why people dream. They have, however, developed some interesting theories.



Some experts believe dreams are a way to process all the events and emotions we experience throughout the day. They believe dreams play an important role in our physical, mental and emotional health.

Similarly, other experts claim dreams are a form of problem-solving. They believe our dreams provide us with a safe place to work through problems, questions and dilemmas in our lives. Other researchers claim dreams are simply a bodily function, much like blinking or burping. Researchers may not be able to agree on why we dream, but they can all agree on one thing: We all do it.

It's probably a good thing that we dream since we spend a lot of time asleep. Though we may not call it a hobby, we sleep about one-third of our lives. On average, most people sleep about eight hours per night.

When you do the math, you find that most humans sleep approximately 122 days out of every year. By the time you're 75 years old, you will have spent about 25 years asleep!

### PUZZLE

An old Arab was very fond of horse racing. He had two sons, each one had a fine horse. Before he died, the father left a secret will saying that his money and assets would go to the son whose horse would loose in a race between two cities. The two brothers faced a problem after the death of their father: How do you loose when the other also wants to loose? But they had to try. In the morning, they started the race, each one of them didn't push his horse very much forward, hoping that the other would proceed before him. At midnight they didn't even cover half a mile. They decided to rest for a while at an old Sheikh in a village. They explained their problem to him and asked for his advice. The Sheikh told them: "You have no problem at all." He whispered a few words in the ear of one of them, then the same words to the other. They were surprised and happy.

The next day they rode the horses and started the race normally like any other race. One horse won and one horse lost and the conditions of the will were fulfilled. What did that Sheikh whisper in their ears?

## A Letter to the World

Dear world,

Before I start my letter, let me first remind you of simple facts:

- King David built the city of Jerusalem.

- Jerusalem is mentioned over 700 times in the Torah. Jerusalem is not mentioned even once in the Koran.

- For over 3,300 years, Jerusalem has been the Jewish capital. Jerusalem has never been the capital of any Arab or Muslim country.

- Nationhood and Jerusalem, Israel became a nation in 1312 B.C.E., two thousand years before Islam.

- Arab refugees in Israel began identifying themselves as Palestinian in 1967.



Dear world,

I understand that you are upset over us, even angry. Every few years you become upset.

Today, it is the 'brutal repression' of the Palestinians, yesterday it was Lebanon, before that it was the bombing of the nuclear reactor in Baghdad, followed by the bombing of nuclear building in Syria and the killing of the civilians and children in Gaza.

Of course, dear world, long before there was an Israel. We, the Jewish people upset you. We upset Germany which elected Hitler. We upset Austria which cheered his entry to Vienna. We upset Poles, Slovaks, Lithuanians, Ukrainians, Russians... And we go back a long way in the history of the world being upset. And because we became so upset over upsetting you, we decided to leave you and establish a Jewish state. The reasoning was that living in close contact with you, as resident-strangers in various countries that compromise you, we upset you, irritate you and disturb you. What better alternative we had than to leave you and still love you and hoping you would love us too. We decided to come home—to the same homeland from which we were driven 1900 years ago.

Alas, dear world, you are hard to please. Having left you and your programs and Inquisitions and Holocausts... having taken our leave of the general world to live alone in our little state, we continue to upset you. Still we hear the cry of 'ithahoo-al-yahood, kill the Jews, by the same people then and now.

Since we know that the Palestinians still dream of the extinction of Israel, we will do everything possible to remain alive in our own land.

Dear world,

We are sorry you are bothered by us, but we wish to survive. Is that hard to understand? Shalom. From an unknown Jew.

**By: Albert Khabbaza, MD**



### WHO CARES?

If you stacked one million \$1 dollar bills, the pile of money would weigh 2,040.8 pounds. If you used \$100 dollar bills, the stack would weigh only 20.4 pounds.

### Last Issues Brainteasers Answers:

- 1. Cat
- 2. Flower (not man made)
- 3. A (alternate odd numbers descending and ascending)
- 4. 50 (multiple+1)
- 5. Google means digit 1 followed by one Hundred zeros.
- 6. Circle, both, square cubes



# happenings

## BJC Hannukah celebration

Over 50 kids attended the Hannukah Party that was held on Sunday Dec. 5, 2010 at the BJC. The kids decorated their own Menorah and dreidle, and had a lot of fun watching the puppet show. They also sang Hannukah songs and had delicious pizza and suvgniot.

Rabbi Nir Shalom and his son Shiloh conducted a special Hannukah quiz and gave out prizes to the winners. After all the fun and activities, Rabbi Nir led the Hannukah ceremony and lit the candles. Special thanks to Osnat Sofer and Joyce Reiss, who organized this special event for our kids and Jenny Haim for helping the team.



There are 3 kinds of people in this world...those who want things to happen, those that make things happen, and those who just wonder what happened!

Belong to the second group!!

**BE AN ACHIEVER!**

### Grand Raffle

email your answer to:

[annahakakian@yahoo.com](mailto:annahakakian@yahoo.com)

after 9PM on Saturday night. Participants with correct answers, will get their name published in the next issue & entered in the upcoming Grand Raffle. Must be present at BJC to win...

### Iraqi Wisdom Proverbs



Taken from *The Last Tango in Baghdad* by Dr. Albert Khabbaza

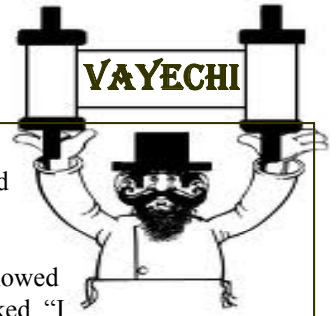
*Leseen el tayeb yekser anf el jabbaar*—Gentle words can break the Mighty.

*Rehtu beit el sultan methel beiti ma sheftu*—Even after visiting the royal palace, I found my home more comfortable.

*Ma kul muda'bal joz*—Not all that have a round shape is walnut. It is equivalent to “Not all that glitters is gold.”

*El kiskan sheghlu qatain*—The lazy man works double.

## A STORY FOR SHABBAT...



“You’re a donkey!” Ari yelled at Yoni, braying for full effect. “A donkey? Come, let’s leave,” Jonathan told Yoni “Don’t pay any attention to him.” Yoni pulled his backpack over his shoulder and left the classroom with Jonathan. Ari was still braying in the background. “I can’t stand him,” Yoni told Jonathan. “And beside, he’s acting like a donkey, not me!”

“You’re right,” Jonathan agreed. Suddenly, Jonathan realized that his watch was buzzing. He showed the message to Yoni. It read: Yaakov; Blessings; Yissachar. “What do you think it means?” Yoni asked. “I don’t know,” Jonathan said. “Let’s go to my house and find out.” When they reached Jonathan’s home, they quickly ran up to his room, slipped on the special Time-Travel sunglasses, and turned on the computer. At first, everything was dark. Then, gradually, their vision cleared. They were standing in a small room. In the center of the room was a bed on which an elderly man lay. As the friends watched, the man called out. “Bring my sons,” he said. “Who is that?” Yoni asked. “And where are we?” The watch buzzed a reply: This is ancient Mitzrayim. The man on the bed is Yaakov. He is very old, and he knows that he will soon pass away.

A group of men came into the room and surrounded the bed. “My children,” Yaakov said, “you know that I am old, and my time is near. There is something I need to tell you before I die.” Yaakov turned to one of his sons and said, “Reuven, you are my eldest son. Sometimes, your hot temper gets you into trouble, so you’ve lost the positions that were reserved for the eldest.” Reuven took a step back as he accepted the rebuke. “Shimon and Levi,” Yaakov continued, “You caused the family a lot of trouble by attacking the people of Shechem. In the future, your children will be spread out among the tribes so that you do not cause more harm.” Yaakov turned to another son and said, “Yehuda, you have made mistakes but you always felt bad and repented. Because of this, your descendants will be the kings of the Jewish People. You are a lion, Yehuda!” “He called him a lion?” Yoni whispered to Jonathan. “Sure,” Jonathan whispered back. “A lion is strong, the king of the beasts.” Yehuda stepped back, looking pleased. “Yissachar,” Yaakov continued, “You are a strong-boned donkey.” “Why did he call his son a donkey?” Yoni asked, confused. The watch buzzed: A donkey has many good qualities that we can copy. It has great strength for carrying heavy loads and can work steadily. If a person wants to be wise in Torah, he should learn and study with strength – like a donkey. Yaakov is blessing Yissachar that many of his descendants will be Torah scholars. “So, ‘donkey’ is a compliment?” Yoni asked. Well, a donkey also has negative qualities and it can be very stubborn. ‘Donkey’ can be a compliment or an insult depending on what you mean. “That’s a good suggestion,” said Jonathan to the computer. “Does Yaakov mention any other animals?” Yes. He compares Naftali to a deer, because he is quick and the fruits of his land will ripen quickly. Dan is compared to a snake that knows how to bite at its enemy’s weakest point. “And this computer is as wise as an owl!” finished Yoni, and the computer beeped indelight.

SUBMITTED BY: RABBI NIR SHALOM



### PARSHA FACTS

In our last episode, Yosef finally broke down and revealed himself as their long lost brother. With the family whole again, the brothers rushed back to Canaan and gave the good news to Yaakov. The even better news was that Yaakov survived the shock. With Hashem’s permission, Yaakov and his entire household gathered up their belongings and settled in the land of Mitzrayim (Egypt). As our Parsha opens, Yaakov finally has what he really wants-peace. In the land of Goshen, he lives out the final 17 years of his life learning Torah in the company of his children and grandchildren. Yosef is the only son who hasn’t settled in Goshen. As the ruler, he has to hang around in the capital.

### Friends ...

The only way to have a friend is to be one.

Your friend is the man who knows all about you, and still likes you.

A friend can tell you things you don’t want to tell yourself.

A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words.

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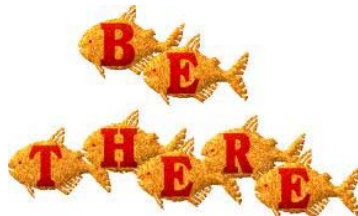
### FAMILY SHABBAT UPCOMING DATES:

JAN. 22, 2011

MARCH 5, 2011

APRIL 9, 2011

MAY 28, 2011



Limited signed copies of the New Book:

***The Last Tango in Baghdad***

by Dr. Albert Khabbaza is available for sale.

For more info please contact:

[annahakakian@yahoo.com](mailto:annahakakian@yahoo.com)

Thanks to Merav & Ronnie Ben-Josef & Orly & Shouly Maslavi for sponsoring this Family Shabbat

