

11 August, 2001

* Mark Franck's usual Gemorah Brachot shiur will be relocating to Eliezer Leibowitz's house at 47 Aroona Rd this Shabbos afternoon at 4:15pm.

* There will be a kiddush this shabbos in the main shule, to celebrate the Bar Mitzvah of Shimon Susskind. ALL are invited.

Katanga

katanga@post.com

Caulfield
Beth Hamedrash Weekly Newsletter

D'var Torah

LOSE WEIGHT WITHOUT DIETING...

by Rabbi Stephen Baars

The next time you sit down to eat a nice salad, give a little thought to the poor cows. Day in, day out, all they eat is plain old grass. How do cows deal with it?! Most of the world's animals get along perfectly fine on a simple and consistent diet. But not man.

Human beings need variety. From a purely physiological standpoint, we can live on bread and water alone. So then what is behind our pursuit of fine dining, ice cream, bakeries, pastrami sandwiches and other culinary delights?

Other creatures seem to show no ill effects or displeasure from their dietary simplicity? So why is only man unable to "live by bread alone?"

Human beings, unlike animals, need "meaning" in life. The Kabbalists explain this as one of the parallels between the material and spiritual worlds: This drives us to want more than just bread. Even though it is a poor substitute for real fulfillment and meaning, food is often the focus of our quest for meaning.

But man's drive for meaning is not found in a salami. Unfortunately, we are sometimes so badly focused that we will look to fulfill it in the most unlikely and sometimes counter-productive places.

This week's parsha contains one of the Torah's most famous lines: "Man cannot live by bread alone" (Deuteronomy 8:3). Although these words are quoted frequently, the continuation of the verse is equally important: "...but by all that proceeds from the mouth of God."

What the verse is telling us is that since man cannot live on bread alone, he will either fill that extra space with real meaning - a relationship with His Creator, or he will look for substitutes to that meaning, such as food.

In our day, restaurants are raised to the level of shrines; recipes are sacrosanct secrets; chefs are the high priests.

Notice that the more meaningful a day you're having, the less your desire for food. We have all experienced days full of excitement and fulfillment when our desire to eat just seemed to disappear. Sometimes we may

have even skipped entire meals!

When life is fulfilling, then we look less to food for satisfaction. We have something other than bread to be nourished by.

On the other hand, we've all had depressing days where we desired to eat ad naseum. Realize what this means: If you use food as a stimulant, it's because life itself isn't very stimulating.

Unfortunately, your craving for meaning cannot be fulfilled as easily as it is to order a hamburger. McDonald's has trained the Western mind to think that a "hunger need" can be filled instantly. But spiritual needs require much more time to fulfill than the three minutes it takes to order a burger and fries.

There is an easy way to gauge your spiritual level: If you need food to elevate your mood, you maybe failing to fulfill your spiritual needs.

As much as you may try, you won't be satisfied by any amount of chocolate cake. Dieting will not make you happier any more than pigging out will make you more fulfilled. The problems nagging at your life will neither be solved by a "Jane Fonda Workout" nor in a dress two sizes smaller.

Next time you find yourself looking to cookies to pick you up, hesitate a little. Try to define what it is you really want to achieve. Using cookies to obtain real meaning and fulfillment will only lead you further away from that place you truly desire. By leading with your mind and not your stomach, by thinking about what is truly bothering you and what you are truly looking for, you can avoid the quick and empty "fix" that food offers, and instead find the meaning for which you so long.

Looking to food for life's satisfaction is an indication you are already on the wrong track. But that desire is really a sign that you are in need for more meaning. Your desire for a Hershey bar is a red traffic signal: Stop! You are on the wrong track!

Don't give chocolate cake to a hungry soul.



A huge week in Katanga this week with THREE Mazal Tovs - a Bris, Bar Mitzvah and Engagement!
Kein Yirbu and may the trend continue!

Thoughts for the week:

"Reading without reflecting is like eating without digesting."

"The wise man doubteth often, and changeth his mind; the fool is obstinate, and doubteth not; he knoweth all things but his own ignorance." (Akhenaton)

"Pride goeth before destruction, and an haughty spirit before a fall." (Proverbs, 16:18)

"I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind; yet, strange, I am ungrateful to these teachers." (Khalil Gibran)

Other Developments

* There was a kiddush in shule last week to celebrate the affruf of Nathan Katz & Susie Teschner. At the kiddush, Hymie Katz expressed his sincere appreciation to members of Katanga for the tight support network which they provide. The Katz family heads off to America on Monday for the wedding. Wishing them a Nesiyah Tovah, Mazal Tov and much naches and simchas in the future.

* Mazal Tov to Daniel Mainzer and brothers, sisters, parents & grandparents on the milestone of putting on Tefillin for the first time on Tuesday morning at the 7:00am minyan at Shule.

MAZAL TOV!

Y A very hearty Mazal Tov to Shimon Susskind on the occassion of his Bar Mitzvah this Shabbos.

Y Katanga would like to wish the parents, Avi & Sue, grandparents, Sam & Betty Susskind and Mr & Mrs Buchanic, brothers, sisters and extended families much naches and simchas in the future.

MAZAL TOV!

Y A very hearty Mazal Tov to Ronnie Jacobs & Karli Ciechanowski on the occasion of their engagement this week.

Y Katanga would like to wish the happy couple, their parents, Tilly & Harry Ciechanowski, Leah Jacobs, Arnold & Debra Jacobs, brothers, sisters and extended families much naches and simchas in the future.

Announcements

- It was with great sadness that on Tuesday 17 Menachem Av (7 August) we saw the passing of esteemed Rabbi, Morenu HaRav Boruch ben Yaakov Abranok Zt'l. A student of the Chafetz Chaim, Harav Abranok was a prolific person who earned the respect of the wider Jewish community. The burial will take place in Israel.

- The Jewish Learning Centre of Melbourne is running a series of shiurim on the topic "Jews and the Art of Commerce". Rabbi Stephen Bloch will be giving halachic insights into business issues in the global world, including; Globalisation, Labour Relations, Consumer Protection, Taxation Systems and Obligations to Follow the Law of the Land. The shiurim which begin at 8:30am (including breakfast), will run over four Sundays commencing this week (12 August) at 280 Orrong Road, Caulfield. Men and women welcome.

- Please speak to Yirmie Elkus if you are interested in attending Katanga's weekly Squash game on Sunday.

MAZAL TOV!

Y A very hearty Mazal Tov to Steven & Tess Goldman on the bris of their firstborn son - Moshe last Shabbos. Sheyigdol leTorah, leChuppah, uleMa'asim Tovim.

Y Katanga would like to wish the parents, grandparents, brothers, sisters and extended families much naches and simchas in the future.

Parsha Overview – Eikev

Bnei Yisrael are told to be careful to observe "minor" mitzvos. We are warned against idolatry, haughtiness, self-righteousness and 'partial' observance. Moshe tells Bnei Yisrael that they will conquer Eretz Canaan and lists the great virtues of the Land of Israel, including the sheva minim - 'seven items with which Israel is blessed' (land of wheat, barley, grapes etc). He then details our rebellions against God in the desert, the giving of the Second Tablets and Aharon's passing. Finally Moshe says the second paragraph of the Shema, which conceptualises reward for keeping the mitzvos and penalty for not keeping them.

- Next Sunday, Rosh Chodesh Elul (19 August), there will IY'H be a Youth Minyan Siyum Mishnayes Ba'al Peh and gala breakfast Seudas Mitzva. Stay tuned for further details.

- On 2nd Day Rosh Codesh Elul (Monday, 20 August), there will be an international day of solidarity for Israel. There will be a live video link to major cities through the Asia-Pacific Region, England and Israel. Speakers will include; Rabbi Lau (Chief Rabbi of Israel), Rabbi J. Sacks (Chief Rabbi of the Commonwealth) and members of the Israeli Government. The event will be held at Caulfield Shule at 572 Inkerman St, Caulfield and doors open at 6:45pm. We strongly encourage everyone to attend. For further details, please email us at katanga@post.com

- Minyanim times for this coming week are: Mornings: early minyan @ 6:20am, late minyan @ 7am. Mincha at 5:40pm followed by shiurim. Ma'ariv at 6:20pm.

- Interested in presenting a shiur in the Youth Minyan? Speak to Ezra May or email us here.

Suggestions or comments regarding our website or newsletter? Email us – we would love to hear from you.



Shabbat Shalom & Gut Shabbos to all!

"The Editors"