

# *Chitas for Friday, Parshas Metzora*

## *Erev Shabbos Kodesh*

### *Yom Habahir*

#### *Yud-Alef Nisan, 5784*

***For the safety and security of the Yidden in Eretz Yisrael  
and the success of the soldiers fighting for its protection***

לעילוי נשמת ר' יוסף בנימין בן ר' מנשה קאלטמאן  
~ by Rabbi Aryeh & Esther Kaltmann ~

מוקדש לחיזוק ההתקשרות לכ"ק אדמו"ר זי"ע נשיא דורנו ~ ע"י ברוך בן רחל ומשפחתו

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## **CHUMASH :: Parshas Metzora - Shishi with Rashi**

*Today we learn about more ways that a person's body can make them tomei:*

Yesterday we learned about *Zav*, which is a *tumah* which can happen when the body is not healthy. Today we learn about two kinds of *tumah* that happen when a body is working just the way it should!

A man can get a kind of *tumah* called *Tumas Zera*, and a woman can get a kind of *tumah* called *Tumas Nidah*.

We learn how to become *tahor* from all of these kinds of *tumah*!

The Torah also tells us about how a woman can become *tamei* in a certain way that is called *Zavah* when her

body isn't healthy. Whatever she touches when she is *tamei* can also become *tamei*.

If she waits eight days and goes to the *mikvah*, she doesn't make things *tomei* anymore, but she isn't completely *tahor* and still can't go inside the *Beis Hamikdash*. Tomorrow we will *IY"H* learn what she needs to do to finish her *tahara*!

## **TEHILLIM :: 60 - 65**

One of the *Kapitelach* we say in today's *Yom* of *Tehillim* is *Kapitel Samech-Gimmel*.

In this *Kapitel*, we have one of the Rebbe's *niggunim*: "**Tzoma Lecha Nafshi!**" There are many tapes and videos of the Rebbe singing this *niggun*.

The words mean that our *neshama* is "thirsty" for Hashem, just like a person who is in a *Midbar* is SO thirsty for water. Our *neshama* wants to be with Hashem very much!

We also feel this way when we are in *Golus* and can't see Hashem. We try to do a lot of *mitzvos* and bring the *Geulah* so we will be able to see Hashem here in this world!

## **TANYA :: Likutei Amarim Perek Mem-Alef**

*Today we have a very special Tanya! Many times, the Rebbe would tell Chassidim to memorize the beginning of this Perek (until "Ke'omed Lifnei Hamelech") and think about it during the day. Thinking about this can help a person in many ways in his Avodas Hashem. In today's Tanya, we have one of the Twelve Pesukim, the posuk of Vehinei!*

Just like every Yid has a hidden love for Hashem inside of his *neshama*, every Yid also has *YIRAS Shomayim* hidden in his *neshama*. When we think about how Hashem is with us and what Hashem expects from us, it will help us bring this *Yiras Shomayim* into our mind. Then we will be able to behave the way we should and not do anything Hashem doesn't want us to do.

How do we do this?

We need to think:

Hashem is the *chayus* of everything in the world. Hashem gives every single part of creation — from rocks to people, planets and stars, *malochim* and *Olamos* — the exact *chayus* they need, and brings them all into existence from nothingness. Still, Hashem puts all of this aside. What does Hashem care about? What is Hashem looking at? Yidden! And not just at all Yidden — Hashem is looking at ME!, the one who is thinking this. And I need to ask myself:

### **Am I serving Hashem as He wants me to?**

This will help us have *Yiras Shomayim*. We will be ready to serve Hashem like a servant who does everything he can for his master!

The Alter Rebbe says to think about this before learning Torah or doing a *mitzvah*, like before putting on *Tallis* or *Tefillin*.

## **HAYOM YOM :: Yud-Alef Nisan**

*Today we learn one of the things we are supposed to do on a Yom Huledes:*

On a person's birthday, he should spend some time by himself to think. He should try to remember things that happened to him in the past, and think about them to see if they were the way they should be. He should do *teshuvah* for things he realizes were wrong, and fix up the things that should be done better.

*On Yud-Alef Nissan Tof-Shin-Chof-Beis, Shnas Hashishim, the Rebbe explained why we spend time on a birthday doing teshuvah. The Rebbe compares it to two times that we say Tachanun, even though you might think we don't need to:*

*On a Bar Mitzvah, which the Zohar says is a simcha like a Chasunah, the Bar Mitzvah boy says Tachanun. Why? Because the idea of Tachanun is to do teshuvah for things that were not done right, and the special day of Bar Mitzvah is a special time to fix up whatever was missing before!*

*Many people don't say Tachanun on the yartzeit of a tzadik, but it is the Chabad minhag to say Tachanun on these yartzeits. Why? Because there is so much special Ruchnius koach on that day, we want to use it to help us do teshuvah!*

*For the same reason, we make sure to use our birthday as a time to do teshuvah. Since on a person's birthday Mazalo Gover, it is the best time to spend time thinking about the things that need to be corrected, and use the koach of this day to correct them!*

## **SEFER HAMITZVOS :: Shiur #24 - Mitzvas Asei #5**

Today's mitzvah (*Mitzvas Asei #5*) is the same as before — that every Yid needs to *daven* every single day.

We learn this mitzvah from a *posuk* in *Parshas Mishpatim*: וְעַבְדְּתֶם אֶת ה' אֱלֹהֵיכֶם

## **RAMBAM :: Hilchos Tefillah**

**Perek Ches:** In this *perek*, we learn all about *davening* with a *minyan*! The Rambam tells us how important it is to *daven* with a *minyan* if we can, because Hashem always listens to the *Tefillah* of a *minyan*.

**Perek Tes:** The Rambam teaches us HOW to *daven* with a *minyan*. We learn which parts the *chazan* says out loud, and which parts to say quietly by ourselves. We need to answer to *Kedusha* and *Kaddish*!

**Perek Yud:** We learn some of the *halachos* about if we make mistakes in *davening*. If someone makes a mistake and *davens* the weekday *Shmoneh Esrei* instead of the Shabbos *Shmoneh Esrei*, he needs to go back and start from the beginning! But if he forgets *Ve'al Hanisim*, he does NOT have to go back.

## **RAMBAM- PEREK ECHAD :: Hilchos Kilayim - Perek Ches**

Grapevines can grow on the ground, or we can drape them over a wall, a fence, or an arch. Letting them grow on the ground is the regular way we grow grapes. When the vines are hanging over something else, called *Aris*, there are different *halachos*.

We also learn that the *halachos* are a little different outside of Eretz Yisroel.

## **INYANA D'YOMA :: Chassidishe Yom Tov**

Today is a special *Chassidishe Yom Tov* — *Yud-Alef Nissan*, the Rebbe's birthday!

On a person's birthday, "*mazalo gover*" — their *neshama* has a LOT of *koach*! When it's the Rebbe's birthday, all of the *Chassidim* get from this *koach* too.

One of the *minhagim* the Rebbe told us to do on our own birthdays, is to have a *farbrenge* with our family and

friends. We say a *Shehecheyanu* on a new fruit, and thank Hashem for His *chesed* to us, by bringing us into the world and giving us the chance to do our *shlichus* here in the world as Yidden.

On *Yud-Alef Nissan*, *chassidim* also join together with their family, friends, and other Yidden and make a *farbrengen*. We thank Hashem for His *chesed* to us by giving us such a great Rebbe. We thank Hashem for the *zechus* to be living in this special generation, which the Rebbe told us is the last generation of *Golus* and the first generation of *Geulah*!

*Yud-Alef Nissan* is a good time for us to make *hachlatos* to strengthen the *shlichus* which each of us have, and to add in learning Torah, especially in the Rebbe's *sichos* and *maamarim* and *Igros Kodesh*, through which we are able to be connected with the Rebbe all the time!

## **TEFILLAH :: The Rebbe's Kapitel**

The Rebbe's new *kapitel* is *Kapitel Kuf-Chof-Gimmel*.

This *kapitel* is one of the fifteen *Shir Hamaalos* which were sung on the steps (*Maalos*) of the *Beis Hamikdash*.

In this *kapitel*, Dovid Hamelech tells Hashem that he is looking up to Hashem to help him. Just like a servant looks up to his master to help him, because the master is the only one to rely on, Yidden look only to Hashem.

The *goyim* who are comfortable in *Golus* laugh at us and make fun of us and it hurts us. We ask Hashem to be good to us and take us out of *Golus*.

This *kapitel* reminds us of the *hadracha* the Rebbe gives us, to realize that *Golus* is not the right place for a Yid! We should not feel comfortable in it, and should be constantly asking Hashem to bring us *Moshiach* now.

## **HALACHOS HATZRICHOS :: Preparing for the Seder**

Don't forget to say the *Nasi*! Today's *nasi* is from *Shevet Asher*.

~

On *Erev Pesach*, we are very busy! We need to burn the *chometz* on time, and finish all of our preparations for *Yom Tov*.

In *Shulchan Aruch* it says that we should be ready for the *seder* before *Yom Tov* even starts! We prepare all of the things we need for the *kaarah* and set the table, so that we'll be able to start the *seder* right away. (We don't actually set up the *kaarah* until right before we start the *seder*.) We want to make sure that the kids will be able to stay up and be part of the *seder*!

On the night of *Pesach* it is good to make our table as beautiful as possible! This will help us celebrate *Pesach* in a way of *cheirus*, really feeling free!

See *Shulchan Aruch siman Tof-Ayin-Beis*, *Halacha Newsletter* by Rabbi Yosef Braun

## **GEULAH U'MOSHIACH :: Picturing the Geulah**

The Rebbe writes in a letter of *Yud-Alef Nissan*:

From the day I went to *cheder*, and even before, a picture of the *Geulah* started to form in my mind. This is the *Geulah* of all of the Yidden from *Golus*, and with this *Geulah* we will even be able to understand why Hashem

made the *Golus* so hard. ...In the end, we will even thank Hashem for the hard parts of *Golus*!

*See Igros Kodesh chelek Yud-Beis p. 414*

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