



# SHABBAT ZEST

Parshat Ki Seitzei 14<sup>th</sup> Elul 5776

Torah Reading / Haftara:

Artscroll – p.1046/1201

Living Torah – p.966//1238

## SHABBAT TIMES:

Candle Lighting:  
6:53pm

Kabbalat Shabbat  
Davening: 7:00pm

Pre Shacharit Parsha  
Shiur: 8:45am

Shabbat Morning  
Davening: 9:15am

Mincha: 6:00pm

Shabbat Ends 8:47pm

NEXT SHABBAT  
KI SAVO

CANDLE LIGHTING  
@ 6:36 PM

This week the  
Haftorah will be  
read by ...

Mazel Tov to  
Alison and Mark  
Levy on the  
birth of their  
Granddaughter

## Parsha In a Nutshell

Deuteronomy 21:10-25:19

Seventy-four of the Torah's 613 commandments (mitzvot) are in the Parshah of Ki Seitzei. These include the laws of the beautiful captive, the inheritance rights of the firstborn, the wayward and rebellious son, burial and dignity of the dead, returning a lost object, sending away the mother bird before taking her young, the duty to erect a safety fence around the roof of one's home, and the various forms of kilayim (forbidden plant and animal hybrids).

Also recounted are the judicial procedures and penalties for adultery, for the rape or seduction of an unmarried girl, and for a husband who falsely accuses his wife of infidelity. The following cannot marry a person of Jewish lineage: a mamzer (someone born from an adulterous or incestuous relationship); a male of Moabite or Ammonite descent; a first- or second-generation Edomite or Egyptian.

Our Parshah also includes laws governing the purity of the military camp; the prohibition against turning in an escaped slave; the duty to pay a worker on time, and to allow anyone working for you—man or animal—to “eat on the job”; the proper treatment of a debtor, and the prohibition against charging interest on a loan; the laws of divorce (from which are also derived many of the laws of marriage); the penalty of thirty-nine lashes for transgression of a Torah prohibition; and the procedures for yibbum (“levirate marriage”) of the wife of a deceased childless brother, or chalitzah (“removing of the shoe”) in the case that the brother-in-law does not wish to marry her.

Ki Seitzei concludes with the obligation to remember “what Amalek did to you on the road, on your way out of Egypt.”

## Haftorah

Isaiah 54:1-10

This week's Haftorah is the fifth of a series of seven "Haftarot of Consolation." These seven Haftarot commence on the Shabbat following Tisha b'Av and continue until Rosh Hashanah.

Forsaken Jerusalem is likened to a barren woman devoid of children. G-d enjoins her to rejoice, for the time will soon come when the Jewish nation will return and proliferate, repopulating Israel's once desolate cities. The prophet assures the Jewish people that G-d has not forsaken them. Although He has momentarily hid His countenance from them, He will gather them from their exiles with great mercy. The Haftorah compares the final Redemption to the pact G-d made with Noah. Just as G-d promised to never bring a flood over the entire earth, so too He will never again be angry at the Jewish people.

"For the mountains may move and the hills might collapse, but My kindness shall not depart from you, neither shall the covenant of My peace collapse."

## UPCOMING EVENTS

**27<sup>th</sup> September - Rabbi Dr Rafi Zarum Talk** - Reserve your place by contacting the office with number of tickets to [admin@loughtonsynagogue.com](mailto:admin@loughtonsynagogue.com). £5 donation per ticket.

**30<sup>th</sup> October – Quiz Night** - Prices TBC. Reserve Seats/Tables with the Office now.

**12<sup>th</sup> November - Shabbat UK.** Do not miss out!!! This is an extremely popular event so book fast!!! Reserve Seats/Tables with the Office now.

**29<sup>th</sup> January 2017** - The return of Shir. The fabulous klezmer band are coming back for an encore. Reserve Tickets with the Office now.

## Recurring Events

**Cheder Open**

**Yahrzeits for the coming week 14<sup>th</sup> – 20<sup>th</sup> Elul:**

**16. Hilaine Levene – Father**

**17. Sheila Selwyn – Father**

**18. Edna Collins – Father**

**19. Hazel Capal – Mother**

## Stonesetting

**22<sup>nd</sup> Elul – 25<sup>th</sup> September – Howard Diamond – Daughter – 10:00am Waltham Abbey**

# A Little Deeper – Controlling Your Desires

This week's portion contains a law that, on the surface, is challenging to understand: If a soldier has a passion for a woman in the midst of battle, he must not seduce her. (So far, so good.) Instead, what he should do is bring her home, shave her hair, wait 30 days ... and then seduce her! (Deut. 21:10-14)

The Sages explain: the Torah is not sanctioning promiscuity. The Torah understands human nature and is giving us laws to help us control it.

In the heat and passion of battle, it is difficult to be in full control of oneself. Bullets are whizzing everywhere; hormones are pumping through the body at unnatural levels; values become hazy, at best. And suddenly a soldier bumps into a beautiful woman. The Torah recognizes that were it to say outright that she is forbidden, the challenge might be too difficult for many to overcome. Instead, it gives the soldier a way to control himself. She is not totally forbidden; you just have to wait 30 days. In this way, the soldier is not faced with a challenge of passion versus values. He can have both; all he has to do is wait.

He may still fail the test, but it certainly makes the test easier. And, of course, it is almost guaranteed that by the end of 30 days, with her hair shaven, and the battlefield well behind him, his passion will have abated and he will recognize that this is no way to treat another human being.

We see from here that instead of facing undesirable desires straight on, it often makes more sense to sidestep them.

But let's start with the corollary. Your alarm rings at 7 a.m. One part of you says that it's time to get up. Another part says that you'd rather sleep till 10 or 11 or even 12. The latter part knows, however, that it will not succeed in a direct confrontation. So what does it say? Press that most evil of all inventions - the snooze button. Before you know it, in ten minute intervals, you have snoozed yourself through another three hours!

Dealing wisely with unwanted desires - in the same way as they deal wisely with us - is the key to beating them. Here's some practical examples:

You are really angry with someone and want to yell at them. So tell yourself that you are going to yell and scream and blow them out the door. Imagine it; fantasize about it; allow your mouth to water in anticipation. Only one thing - do it *tomorrow*. And tomorrow, I guarantee, the passion will dissipate and you will be able to make a more objective decision. Perhaps the person does need telling off - but you will do it in a much healthier and more effective way.

Or your family really needs you right now, but your football teams are on BT Sport! Instead of making the choice between family or football - one that for some people is too challenging to make correctly - do both. Spend the first half with your family and watch the second half. You avoid the head-on collision, and you just might skip the second half, too!

The principle the Torah is teaching is a good one: Don't suppress the desire, work with it instead. Go head-to-head and you will likely lose. Compromise, and your chances of winning are that much greater. It's not guaranteed - because you always have free choice - but you significantly increase the odds of getting it right.

Shabbat shalom