

YESHIVAS TORAH ORE  
YERUSHALAYIM



ישיבת תורה אור  
בע"ה"ק ירושלים

# Family & Friends

## *Parshas Terumah*

February 15th 2024 - Adar I 6 5784



Enjoying Shabbos.

### **PARSHAS TERUMAH** **RABBI MORDCHE GURWITZ**

In this week's parsha, Hashem Yisbarach instructs Moshe Rabbeinu to construct the mishkan and its utensils. In addition to the basic understanding of the menorah's construction, there is a tremendous amount of symbolism and meaning surrounding this vessel. The given blueprints are relative far beyond the generation of the desert. Rather, they are offering significant guidance to our generation as well.

We are told that the menorah was "miksha achas" – constructed from one solid block of pure gold. There was no pressure welding or fusing implemented during the construction process. From here we learn that a person's

interior should be identical to his exterior – 100% pure. Contradictory or hypocritical personalities are undesirable.

Another meaningful lesson is gleaned from the physical structure of the menorah. Rooted with a solid base, rising tall and branching outward were all components of the beautiful aesthetic appearance. The message is clear. Fortifying our younger years with a solid base in Torah and hashkafa will allow us, as we grow older, to make a positive impact on others.

The height of the menorah was slightly taller than the height of an average person. When kindling the menorah, the kohen would be required to ascend three steps. The significance of this act, impacts our life and teaches us to metaphorically



*Mazel Tov*

*Heartfelt Mazel Tov wishes to:*

Rabbi & Mrs. Avraham Kiel on the birth of a granddaughter.

Rabbi & Mrs. Avraham Glenn on the birth of a great granddaughter.

Rabbi & Mrs. Yossi Lipman on their son's birth.

Rabbi & Mrs. Ari Blachor on the birth of a grandson.

Mr. & Mrs. Eli Goldschmidt on their recent wedding.

reach higher. The purpose of every stair is meant to bring us one step higher to the top. It is not enough to stare up the steps, rather we must step up the stairs.

One core principle of learning in Yeshiva is to dwell in an environment conducive to Torah development. The lessons of the menorah are lights along this well-trodden path of growth, which provide us with direction and guidance. May each and every one of us be blessed with success in reaching this goal.



Celebrating at the Goldschmidt wedding.

## WINTER WELLBEING

No matter the time of year or weather, the pursuit of a healthy lifestyle is always a priority, and the Yeshiva believes in strongly supporting its talmidim in that pursuit. For most, proper health takes some time and patience, but with a sincere interest, everyone can find their groove. In addition to well balanced meals, the Yeshiva offers a workout room complete with excursive and

fitness equipment. Weather permitting, a basketball / soccer field spreads across the rear of the building overlooking the Judean Hills. There is something for everyone to suit specific lifestyles and goals.

In addition to physical fitness, the importance of maintaining a regular sleep schedule cannot be overstated. The Yeshiva encourages talmidim to strike a balance between intense study and adequate rest.

Rav Yisrael Salanter was known for his deep commitment to Torah study and the founder of the Musar Movement. However, he underscored the importance of maintaining good health to fulfill one's religious duties effectively.

The following story highlights this ideal. Rav Yisrael was

once walking through the Bais Medrash late at night when he noticed a talmid immersed in his studies. The talmid, upon seeing Rav Yisrael, felt guilty for not being in bed.

Rather than reprimanding the talmid for staying up late, Rav Yisrael approached him and asked, "How do you feel right now?" The student replied that he was tired. Rav Yisrael gently advised the student that while Torah study is crucial, it should not come at the expense of one's health.

Rabbi Yisrael Meir Kagan, known as the Chofetz Chaim, observed that it is a mitzvah to take care of your life and health. In Toldos HaChafetz Chayim, Chayim Beriyim Kehalacha (p 29) he is quoted to say that "The entire Torah is dependent upon the mitzvah of taking care of your body."



The story goes that a person once visited the Chofetz Chaim's home and was surprised to find some fitness equipment. Curious, the person asked, "Rebbe, why do you have this fitness equipment? Are you using it for exercise?" The Chofetz Chaim replied, "Yes, indeed. We have a duty to take care of the body that Hashem has given us. It is a tool for serving Hashem, and we must keep it in good condition just as we maintain any valuable tool."



Winter in Yerushalayim is long and can be difficult, particularly for talmidim with demanding academic schedules. The Yeshiva is in touch with this reality and continues to promote opportunities and services that will promote wellbeing for all.

This week in our Bais Medrash.