JULY 31 2026| ISSUE 196

PARSHAS EIKEV

Rav Mordechai Kalatsky
July 31th 2026|17TH Av 5786

"AND IT SHALL BE IF YOU HEARKEN TO MY COMMANDMENT WHICH I COMMAND YOU THIS DAY" (Dvarim 11:13)
וְהָיָה אִם־שָׁמֹעַ תִּשְׁמְעוּ אֶל־מִצְוֹתַי אֲשֶׁר אָנֹכִי מְצַוֶּה אֶתְכֶם הַיּוֹם

This is a section of the Torah that is recited daily in the Shema. The Torah states that there will be a reward for observing the commandments. On the first Hebrew word of this verse it is vehayah which can be used as a language denoting joy. There is a condition in this verse that commandments should be done with joy. True joy comes only when a person does good deeds. If a person though has high feelings without true meaning it is only a temporary state and will dissipate.

There are many attitudes a person can have towards good deeds. One is guilt for not doing what is right. Another is fear of punishment. Even though pasuk 16 and 17 the Torah warns of retribution for doing wrong, the attitude that comes first should be the joy of doing good. Many people eat because they enjoy eating. If a person does not eat for a couple of days his life will be in danger. But very few people sit down to a delicious meal and say I'd better eat if I want to stay alive. The vast majority of people focus on the pleasure and pleasantness of eating. Similarly with commandments. Keep your focus on the joy of the spiritual fulfillment. A person who is spiritually healthy will experience great joy and pleasure in doing good deeds.

The saintly Arizal who was one of the greatest kabbalists said any level he reached in spirituality was because of the joy he experienced when he fulfilled the commandments.

For this week try to focus on the joy of doing good for someone else and how fortunate you are to help someone else.

Have a joyous Shabbos!

Rabbi Kalatsky

ZMANIM

Friday – Erev Shabbos, Parshas Eikev July 31
Shacharis – 7:00 a.m.
Mincha – 6:55 p.m.
Earliest Candle Lighting – 7:10 p.m.
Candle Lighting – 8:22 p.m.

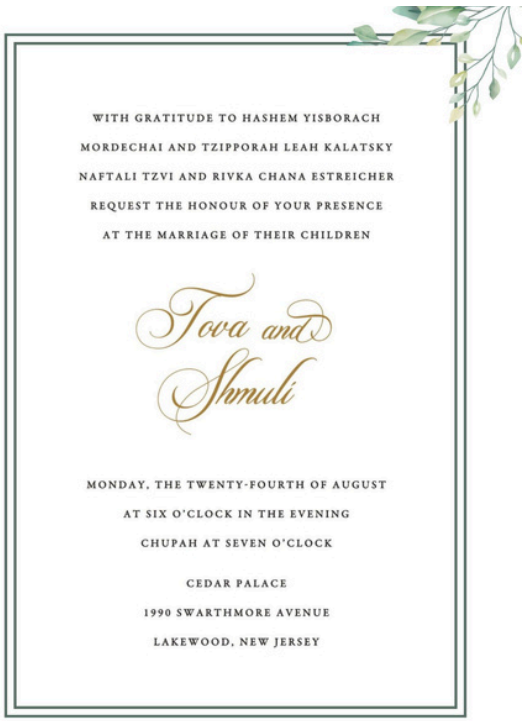
Shabbos, August 1 – Parshas Eikev
Shacharis – 8:45 AM
Pirkei Avos – 7:25 PM
Mincha – 8:00 PM
Maariv / Havdalah – 9:30 PM

Sunday, August 2
Shacharis – 8:45 AM
Mincha / Maariv – 8:20 PM

Monday–Thursday August 3-6
Shacharis – 7:00 AM
Mincha / Maariv – 8:20 PM

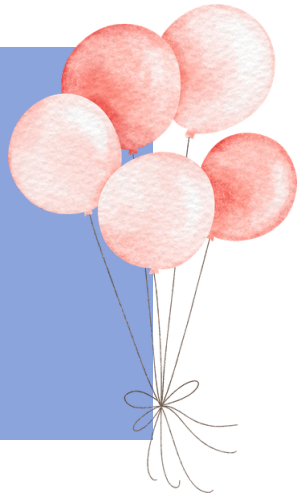
Friday, August 7 – Erev Shabbos
Shacharis – 7:00 AM
Mincha – 6:45 PM
Early Candle Lighting – 7:03 PM
Regular Candle Lighting – 8:13 PM

COMMUNITY NEWS



MAZEL TOV

Mazel tov to Ethan and Ariella Altman on the birth of their daughter!
May they only have nachas from her and the entire family!



RELEVANT HALACHA SHAILOS-GIVEN BY THE RAV AFTER MINCHA ON SHABBOS DURING THE LEARNING SEDER TOPIC:

Halachos Of Standing Up For Mitzvos i.e. Bris, Chuppah, Berachos etc

HALACHA

Chazal teach that certain foods should not be eaten because of sakana (danger). Even when modern science does not recognize the danger, we are bound by the warnings of Chazal.

The Gemara (Pesachim 76b) states that eating fish and meat together is a sakana, and this prohibition is brought in Shulchan Aruch.

Practical Halachos

- One may not eat any fish or fish product together with meat or chicken.
- Fish and meat may be eaten at the same meal. One should eat or drink something between them.
- If a small amount of fish accidentally falls into meat, or vice versa, it is generally battel b'shishim (1:60).
- Uncovered fish and meat should not be baked or roasted in the oven at the same time. If this occurred, ask a Rav.
- Bread baked in an oven with meat may be eaten with fish, and vice versa.
- Fish may be cooked in a clean meat pot, and meat in a clean fish pot, even if the pot was used within the previous 24 hours.
- Many have the custom to keep a separate pot specifically for fish or pareve foods.

KIDDUSH

Kiddish is sponsored by the Jonas family in gratitude to Hashem for Yoshi's (Yosef Eliyahu) first birthday.

Kiddish is also sponsored by Ethan and Ariella Altman in honor of the birth and naming of their daughter

Shalosh seudos still available

KI KID'S CORNER

SHIURIM

Wednesdays 9am - Chovos Halevovos-Rabbi Kalatsky

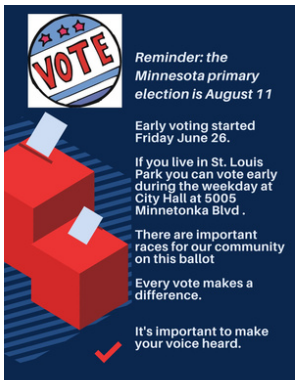
Shabbos 8:15am – Parenting-John Ghermezian

Shabbos- Pirkei Avos 35 minutes before Mincha

Shabbos-Relevant Halacha Shailos with Rabbi Kalatsky 10 minutes after mincha

Shabbos Daf Yomi – 50 minutes before Mincha Zevi Segal

Shabbos Nesivos Shalom - 50 minutes before Mincha



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