

## A MITZVA DILEMMA FOR THE SHABBOS TABLE



### ARMY MAKEUP ON SHABBOS

By Rabbi Yitzi Weiner

There was an undercover unit in the IDF (Israel Defense Forces) tasked with infiltrating enemy territory to carry out rescue missions. To blend in, members of the unit often disguised themselves, and on some occasions, the male soldiers dressed as women.

Among the soldiers was a religious man named Donny. On one mission, the unit planned an operation scheduled to take place on Shabbos, and Donny was assigned to disguise himself as a woman. Part of his disguise required him to wear makeup, which presented two significant halachic (Jewish law) challenges.

Tzove'a: Applying makeup on Shabbos could be a violation of the prohibition against coloring or dyeing.



### TRUSTWORTHY TRUST

In this week's Parsha, we reach the climax of the story of Yosef and his brothers. Immediately after revealing himself to his brothers, Yosef goes to great lengths to calm and reassure them that he harbors no ill feelings towards them for selling him as a slave. He explains in great detail that their actions, though seemingly malicious, were actually part of HaShem's divine plan. HaShem orchestrated events so that Yosef would become the viceroy of Egypt, enabling him to provide for the family during the intense famine.

Let us pause for a moment to consider what might have been going through the mind of 17-year-old Yosef when he was sold. He was an exceptionally bright young man who aspired to greatness. He was good-looking and full of charm. All the Torah that his father, Yaakov, had learned in the Yeshiva of Shem and Ever was entrusted to Yosef and not to his brothers. His father believed in him. Yosef had greatness and humility in perfect balance. Then, in one devastating moment, his brothers sold him as a slave to Egypt. Ancient Egypt had a rigid caste system where a slave never expect to rise above that station. What could Yosef have been thinking at that moment? While we don't know his exact thoughts, we do know that 22 years later, when he reunited with his brothers, he exhibited no anger or desire for revenge. Instead, Yosef sought to assuage their guilt and reassure them.

Furthermore, Yosef expressed deep love and concern for his brothers. When he sent them back home, he urged them not to argue about the sale, as he didn't want them to blame one another for their decision.

Yosef's incredible strength came from his unwavering clarity that HaShem was with him at every stage of his journey. Though he might not have understood how his future could seem so utterly derailed—his dreams and aspirations shattered—he held onto the

Lo Yilbash: Wearing makeup, as part of a woman's attire, could violate the Torah prohibition against men wearing feminine garments.

The extreme and life-saving nature of the mission justified overriding these prohibitions. However, Donny still wanted to minimize his halachic infractions. This left him with a dilemma: when should he apply the makeup?

Option 1: Apply the makeup before Shabbos.

This approach would avoid violating tzove'a on Shabbos. However, it would increase the duration he wore makeup, thereby increasing the duration of the violation of lo yilbash.

Option 2: Apply the makeup during Shabbos.

This approach would reduce the time spent wearing makeup and, by extension, the lo yilbash violation. However, it would involve actively violating tzove'a on Shabbos itself.

Faced with this complex question, Donny sought the guidance of Rav Yitzchak Zilberstein. He asked:

Should he prioritize minimizing the violation of tzove'a by applying the makeup before Shabbos, or should he prioritize minimizing the violation of lo yilbash by applying it during Shabbos?

What do you think he should do?

See Shabbos Besimcha Page 134



knowledge that HaShem was always with him. Even in the darkest moments of his life, Yosef never let go of his trust in HaShem.

When Yaakov left his home on the way to his uncle Lavan, he stopped for 14 years to study in the Yeshiva of Shem and Ever. What was Yaakov missing that he needed to learn from them?

Shem and Ever were great tzadikim who lived during very dark times in history. They had no support system or community of like-minded people, yet they held steadfastly to their belief in HaShem. Despite their hostile environment, they never wavered. Yaakov, on the other hand, grew up in the house of his grandfather Avraham and his father Yitzchak, both of whom were leaders of large communities of believers. The Rambam writes that Avraham built a community of tens of thousands of followers. In Yaakov's home, he did not face the same challenges that Shem and Ever endured. As Yaakov prepared to move in with his uncle Lavan and raise a family in a very different and challenging environment, he knew he needed to learn from Shem and Ever. They could provide him with

the strength to withstand the corrupting influence of Lavan's society.

What were the lessons taught at Shem's Yeshiva? What could Yaakov learn that he didn't already know? Perhaps it was the lesson of holding onto an unwavering trust in HaShem during the darkest moments. Even when the future seems hopeless, HaShem is always present.

Now, as Yaakov's children are on the brink of their first exile, Yosef exemplifies his trust in HaShem. He teaches his brothers that HaShem never forsakes us, no matter the circumstances. Even in those moments where the future has gone blank, HaShem is there as well.

As Yirmiyahu writes: "Blessed is the man who trusts in HaShem, for HaShem will become his trust." When we place our implicit trust in HaShem, He responds by providing His full support. This was Yosef's key to survival, and he bequeathed this legacy to his people so they, too, could survive the challenges of exile.

Have a wonderful Shabbos.

**Paysach Diskind**



## SHABBOS: CELEBRATING HASHEM'S CREATION

### PROTEIN

A couple of weeks ago, we learned about fiber. Let's learn about another essential nutrient that is one of the main building blocks of our body: protein.

Protein is an extraordinary macronutrient that works tirelessly to keep us alive, healthy, and active. The body gets protein mainly from the food we eat and by producing and recycling it internally. Foods like meat, fish, eggs, beans, and tofu provide dietary proteins, which are broken down into amino acids for use in building and repairing the body's proteins. While the body can make 11 amino acids on its own, the other 9, called essential amino acids, must come from food. The body also recycles proteins to reuse amino acids, helping maintain a balance. Without enough dietary protein, muscle tissue breaks down to provide the needed amino acids, which can lead to health issues over time. Let's explore the wonders of protein and discover why it's an indispensable part of life.

**Building Blocks of Life.** Every time you glance in the mirror, you're looking at the handiwork of proteins! They're the architects of your body, giving structure to your skin, hair, nails, muscles, and bones. Special proteins like collagen and keratin act like sturdy scaffolding, ensuring your body's tissues are strong and resilient. Even your cells owe their shape to proteins. Imagine trying to build a house without beams or walls—impossible, right? Proteins are like the beams holding each of your cells together!

**The Ultimate Multitaskers.** Proteins are more than just strong—they're clever too! Enzymes, a type of protein, act as your body's master problem-solvers. They speed up vital reactions, like digesting food or converting nutrients into energy. Without enzymes, these processes would take so long that your body wouldn't be able to keep up with life's demands.

Proteins are also transport specialists. Hemoglobin, for example, ferries oxygen from your lungs to every cell in your body. Without this essential protein, your cells wouldn't get the oxygen they need to function.

**Your Built-In Defense System.** Proteins like antibodies serve as your body's personal security team. They patrol your bloodstream, identifying and neutralizing harmful invaders like bacteria and viruses. These proteins are so precise that they can recognize millions of different pathogens, ensuring your immune system is always ready to protect you.

Hormonal proteins like insulin are equally vital. Insulin helps regulate your blood sugar levels, ensuring your body has enough energy without running out of balance.

**Proteins in Action.** Have you ever leaped, danced, or even just blinked? You can thank proteins like actin and myosin for those movements. These proteins are the dynamic duo behind muscle contractions, powering every step you take and every beat of your heart.

Proteins also play a surprising role in keeping your body hydrated.

They regulate fluid balance, preventing swelling and helping your tissues stay in top condition.

**Cellular Communication.** Proteins act as messengers that help cells "talk" to each other. These signaling proteins coordinate complex processes like immune responses, growth, and repair. For example, cytokines are proteins that help activate the immune system when you're sick.

**Resilience at High Temperatures:** Heat-shock proteins protect other proteins from damage in extreme conditions, such as when your body temperature rises during a fever.

**Protein Recyclers:** Specialized proteins called proteasomes break down old or damaged proteins, recycling them into building blocks for new proteins.

**Proteins and Your DNA.** Your DNA might be tiny, but it holds the instructions for everything that makes you, you. Proteins are the caretakers of this precious code. They ensure DNA replicates accurately and repair any damage that occurs. Without these molecular repair teams, cells couldn't divide properly, and your body's growth and maintenance would grind to a halt.

**Protein as a Backup Energy Source.** Did you know that proteins can act as a backup energy source? While your body prefers to burn carbohydrates and fats for fuel, proteins can step in during times of need. It's not their main job, but they're always ready to help when energy is scarce.

**Blood Clotting:** When you get a cut, proteins like fibrinogen work to form blood clots and prevent excessive bleeding. Without these proteins, even minor injuries could become life-threatening.

**Vision Support:** Proteins such as rhodopsin in the retina help us detect light and see in dim conditions. This is why a protein deficiency can sometimes affect eyesight.

**Heat Regulation:** Proteins help maintain body temperature. For example, the protein thermogenin in brown fat cells produces heat by burning energy, which helps keep us warm in cold conditions.

Here are some final fun facts about proteins:

- The human body contains over 100,000 different proteins, each with a unique role!
- Proteins make up about 18–20% of your body weight.
- Protein was discovered in 1838 and named from the Greek word *proteios*, meaning "primary" or "first rank."
- Protein Artistry: Proteins can self-assemble into beautiful, symmetrical structures. These natural patterns are inspiring engineers to design new nanomaterials.

Thank you Hashem!

## REB CHAIM'S HIDDEN MESSAGE TO REB SHIMON

After the Yeshiva in Maltch, which was headed by Reb Zalman Sender Shapiro, closed due to the infiltration of Zionist ideologies, some of the bochurim turned to Reb Shimon Shkop (pictured) and asked him to restart the Yeshiva. Reb Shimon agreed and reopened it.

On his way to Maltch, even though he passed through Brisk, he didn't visit his Rebbe, Reb Chaim Soloveitchik. This was likely because he feared Reb Chaim might try to dissuade him from going.

However, on his way back from Maltch, Reb Shimon did stop by Reb Chaim, who posed an intriguing question. The Parshah begins with "Vayehi miketz sh'nasayim yamim." The Medrash Rabba explains that Yosef was punished with an additional two years in prison because he relied on the Sar Hamashkim (chief cupbearer) with two words, Z'chartani ("remember me") and Hizcartani ("mention me"). Reb Chaim asked Reb Shimon: "If Yosef had only said one word, how many additional years would he have needed to remain in prison?"

Reb Shimon answered, "One year." But Reb Chaim explained that if Yosef had only said one word, he wouldn't have needed to remain in prison any longer. This was because one word would have been considered appropriate hishtadlus (effort). However, saying two words indicated an excessive reliance on human intervention, revealing that even his initial effort was flawed. Therefore, Yosef was punished with an additional two years—one year for each word.

Perhaps Reb Chaim shared this insight with Reb Shimon because he sensed that Reb Shimon's decision to take the position in Maltch was influenced by financial difficulties. Reb Chaim's message was that while proper hishtadlus is legitimate, excessive hishtadlus is misguided. One must always discern what falls within the bounds of hishtadlus and what lies outside of it.

As heard from Rabbi Yechezkel Weinfeld shlita



### THE ANSWER

Regarding last week's question about the man who pretended to be disabled to retrieve his money, Rav Zilberstein (Upiryo Matok, Devarim, Page 465) writes that he actually performed a mitzvah by saving the borrower from theft. The punishment cited by the Gemara for someone who impersonates the disabled would not apply to someone who is doing a mitzvah.

This week's TableTalk is sponsored in honor of the new chosson and kallah,  
**Yosef and Chaya (Zelcer) Zelinger**  
By Rabbi and Mrs. Yehudah Zelinger



Brad E. Kauffman Esquire and Kauffman and Forman P.A.  
specializing in corporate and construction law,  
estates, wills and trusts and business litigation.

