

B"H

## Power Lunch Conference Call

# PARSHAT VAYISHLACH

Tuesday, December 1

Dial-in Number: (712) 432-0080

Access Code: 916871#

### Chapter 32

**Text 1**      **29.** And he said, "Your name shall no longer be called Jacob, but Israel, because you have commanding power with [an angel of] God and with men, and you have prevailed."      **כט.** וַיֹּאמֶר לֹא יִעֲקֹב יִאֲמַר עוֹד שְׁמֶךָ כִּי אִם יִשְׂרָאֵל כִּי שְׁרִיתָ עִם אֱלֹהִים וְעַם אַנְשִׁים וַתִּזְכָּל:

**Text 2**      **31.** And Jacob named the place Peniel, for [he said,] "I saw an angel face to face, and my soul was saved."      **לא.** וַיִּקְרָא יַעֲקֹב שֵׁם הַמָּקוֹם פְּנִיאֵל כִּי רָאִיתִי אֱלֹהִים פְּנִים אֶל פְּנִים וַתִּנְצַל נַפְשִׁי:

### Chapter 17

**Text 3**      **5.** And your name shall no longer be called Abram, but your name shall be Abraham, for I have made you the father of a multitude of nations.      **ה.** וְלֹא יִקְרָא עוֹד אֶת שְׁמֶךָ אַבְרָם וְהָיָה שְׁמֶךָ אַבְרָהָם כִּי אֲב הַמּוֹן גּוֹיִם נָתַתִּיךָ:

### Numbers Chapter 13

**Text 4**      **16.** These are the names of the men Moses sent to scout the Land, and Moses called Hoshea the son of Nun, Joshua.      **טז.** אֵלֶּה שְׁמוֹת הָאֲנָשִׁים אֲשֶׁר שְׁלַח מֹשֶׁה לְתוֹר אֶת הָאָרֶץ וַיִּקְרָא מֹשֶׁה לְהוֹשֵׁעַ בֶּן נוּן יְהוֹשֻׁעַ:

### Chapter 25

**Text 5**      **26.** And afterwards, his brother emerged, and his hand was grasping Esau's heel, and he named him Jacob      **כו.** וְאַחֲרַי כֵּן יֵצֵא אָחִיו וַיְדוּ אֶחְזֵת בְּעֵקֶב עֵשׂוֹ וַיִּקְרָא שְׁמוֹ יַעֲקֹב:

### Tanya, Chapter 27

**Text 6**      "There are two types of pleasure before G-d. The first is from the complete abnegation of evil and its transformation from bitterness to sweetness and from darkness to light by the *tzaddikim*. The second [pleasure] is when evil is repelled while it is still at its strongest and mightiest... through the initiative of the *beinonim*... The analogy for this is physical food, in which there are two types of delicacies that give pleasure: the first being the pleasure derived from sweet and pleasant foods; and the second, from sharp and sour foods, which are spiced and prepared in such a way that they become delicacies that revive the soul."