The Spring Hill Times

Spreading Hashem's goodness to tens of thousands of Yidden all around the world!

KLAL YISRAEL'S NEWSPAPER

ISSUE 101 | PARASHAS NASO | SIVAN 5783

Thank You Hashem for being so good to us!

HASHEM PAYS BACK DOUBLE!

R' Gavriel Kohn* from Los Angeles, California,* was approached by an acquaintance of his who asked him for monetary assistance.

R' Gavriel checked his bank account and he had about $500.

Even though he didn't have enough money for himself he nevertheless decided that he was going to send his friend $250.

As he sent the money to his friend, he turned to Hashem and said with a heart full of faith, "Hashem I trust that You will pay me back today."

And pay him back He did!

Later on that day, R' Gavriel received in an unexpected way $500!! Double of what he gave!!!

ובחנוני נא - בזאת!!!

CHILDREN ENJOY THEMSELVES IN HASHEM'S WORLD

Sunday, Rosh Chodesh Sivan, 5783-

The Berger* family from Chestnut Ridge, New York, made an exciting carnival.

Many children of the neighborhood enjoyed the booths and games. They had prizes, cotton candy, popcorn and much much more!

The children had such a fun time! Thank You Hashem!

The carnival was just another reminder of the true everlasting enjoyment and fun that is waiting for us in the next world for each and every mitzvah we do!

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FAMILY THANKS HASHEM

R' Shalom Stein*, from Eretz Yisrael, didn't have money to make Pesach.

He went to Shul and said the entire Sefer Tehillim.

He went home and gathered all his children together. They opened the fridge and started thanking Hashem for everything they had in the fridge!

When they were done, R' Shalom received a phone call from

Continued on page 4

READING POSITIVE NEWS WILL HELP YOU:

- Love Hashem more.
- Do more mitzvos.
- Be a happier person.
- Be a healthier person.
- Be a calmer person.
- Be a better parent.
- Be a better friend.
- Live longer!

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The Spring Hill Times

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Please treat this newspaper with proper kedusha.

May this issue be a zechus for Mindel Rochel Bas tziporah Blima Shiduch hogun b'koruv

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Making a simcha? Have a Yartzeit or just want to tell Hashem how much you love Him?

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לעילוי נשמות:
ישעיה בן משה יחיאל מיכאל זידא, חוה רבקה בת שלמה זלמן, צבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש. דוד זאב בן משה מנחם, צייטל בת שלום אריה, נפתלי בן יעקב.
לזכות הבח' הח' משה דוב בער בן אסתר, לזווג הגון בקרוב. לזכות רפואה שלמה יצחק חיים בן שיינדל. דוד יעקב בן פעשא לאה

A LETTER OF BRACHA AND CHIZUK FROM THE ZIKNEI ROSHEI YESHIVA IN THE UNITED STATES OF AMERICA

HARAV SHMUEL KAMENTSKY SHLITA

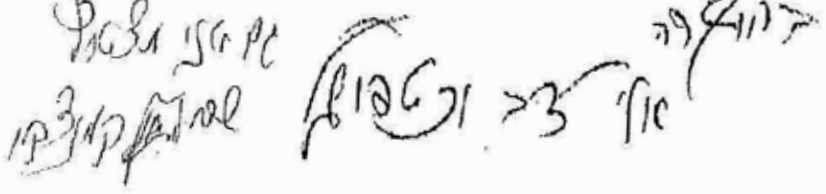
AND

HARAV ELYA BER WACHTFOGEL SHLITA

הנני בזה להכיר ולהוקיר ולהודיע בשער בת רבים פעולותיו הברוכות של המכ"ע המפורסם והנודע "ספרינג היל טיימס", אשר מטרתו להפיץ אהבת ה' ואהבת ישראל וכל כולו בנוי על טהרת הקודש ללא שום ידיעות חיצוניות מאומות העולם, וכל מטרתו להביא לידיעת הציבור הרחב הדברים הטובים שהקב"ה עושה לנו בכל יום – נפלאותיך וטובותיך שבכל עת ערב ובוקר וצהריים.

מאז הוסדו ועד עתה כבר נתפרסם ברחבי תבל - וכל איש אשר רוח התורה נושבת בו - ויראת שמים נוגע בלבבו – קוראו בשקיקה ומביאו לתוך ביתו לזכות את נפש ביתו – כיון שכל כולו מביע רוממותו והדרתו של עם ישראל בהנהגותיהם בין אדם לחבירו – ולהראות טובת ה' על עמו באספקלריא של תורה.

אך במקום גדולתו שם אתה מוצא את גרעונו הכספי, כאשר הוצאותיו עולים מדי חודש בחדשו ושבת בשבתו – ואין לו אפשרות לכסות את עצמו – שהרי אין בו שום פרסומת – כי כל כולו נתייסד ללא השפעות חיצוניות, ע"כ אחלה נא פני אחי ורעי לעמוד לימין העוסקים והמסייעים בדבר זה – כדי שיוכלו להמשיך ביתר שאת וביתר עז – לפרסם בגאון בעוז ותעצומות את דבר ה' – ולמצוה גדולה ייחשב לכל התומכים – ויזכו לברכה המשולשת בני חיי ומזונא רויחי להם וכל אשר להם.



WEEKLY NEWS ROUNDUP

Continued from page 1

a relative. The relative told him that he was sending over a large amount of money for Yom Tov!!! [Kav Hashgacha Pratis]

BOY IS MEVATER

Yossi Schwartz*, a boy from Har Yona, Eretz Yisrael, put together a pile wood to build a club house in his yard.

The next day, he saw that all his boards were gone. He figured out that boys from the neighborhood took it for their Lag B'omer fire.

His father explained to him how important it is to be mevater. So Yossi decided to be mevater and not to make a fight.

He stayed quiet about it!!!

P.S. Later on, Yossi saw that in the place where he had wanted to build his clubhouse, there was a snake!

The boys taking away the wood and him being mevater, saved him from a snake! [Kav Hashgacha Pratis]

HASHEM SENDS ANSWER TO BOCHUR

Nosson,* wanted to ask a certain Rav a question that he had. But it was very hard for him to get through to that Rav.

One day, he wanted to listen to Kol Halashon. He decided to listen to a shiur from this Rav. He pressed a random number, and the shiur was on the topic that he had a Sheila on. He got his answer from the shiur!

THE BEST BUSINESS DEAL

Baruch Gelb*, a young boy came home from Avos U'banim

with a few pieces of pareve chocolate.

His younger brother Gavriel* really wanted some. At first it was hard for Baruch, he really wanted the chocolate for himself.... but his father explained to him that the mevater never loses out!

Later on, Baruch went to a shiur that they have for children. At the end of the shiur they made a raffle. And Baruch won the raffle!!! The prize for the raffle was... a whole bar of milchig chocolate!

He saw how he gained from being mevater!! [Kav Hashgacha Pratis]

EVERYTHING IS CHESED HASHEM

R' Simcha Weissblum* hosted his brother-in-law and his family for Shabbos.

Motzei Shabbos, it was time for the family to leave. They said goodbye and went to the bus stop.

After they left, R' Simcha realized that his phone was missing.

He started searching for it, and in the process he found his brother-in-law's phone.

He called his brother-in-law on his other phone. His brother-in-law said that the bus still didn't come yet. R' Simcha was able to bring the phone to him.

R' Simcha saw how it was Hashgacha Pratis that he lost his phone. It led him to find his brother-in-law's phone in time for him to return it! [Kav Hashgacha Pratis]

Kav Hashgacha Pratis
518-613-0140

Good News!

The news that Hashem wants us to talk about

Continued from Front page

EGG PRICES CONTINUE TO PLUMMET

The Spring Hill Times reported recently that the price of a dozen eggs dropped from $5 or more to .95 cents.

According to reports coming out of Jackson, New Jersey, the local Bingo store on Sunday, Rosh Chodesh Sivan, 5783, was selling eggs for only 75 cents a dozen! Thank You Hashem!

YUNGERMAN UNHARMED

Reb Dovid Censor,* from Rockland

County, New York, went to davening on Shabbos morning.

The shul is more then ten minutes away and he needs to cross a busy street to get there.

Baruch Hashem he made it to shul and then back home without any incident. No one attacked him and he wasn't hit by a car!

Chasdei Hashem!

MAN IS ABLE TO SEE HIS WIFE AND CHILDREN

Refael Bulman* from Kiryat Sefer, woke up one morning last week and he was able to see!

He was able to get around on his own! He was able to daven from a siddur! He was able to learn from a sefer! He was able to read! He was able to see his family!

Thank You Hashem!

SUN RISES

Hashem's sun majestically rose each and every day last week! It filled the world with beautiful light! It gave warmth to the world! It provded earth the energy it needed!

Thank You Hashem!

THANK YOU LAKEWOOD TOWNSHIP

Thank you Lakewood Twp. for repaving Forest Ave, and for improving the quality of the sidewalk ramps.

The township recently repaved the lower half of Forest Ave - from N. Lake Dr to 6th St.

The repaving work was done over Pesach, thus minimizing traffic congestion. Various areas of sidewalk were also replaced, due to cracking, and many sidewalk ramps were redone.

The ramps were done in the best way possible -- with the ramp encompassing the full corner; a full 45 degrees; the full area in front of each sidewalk. This makes it easier both for wheelchairs, bikes, scooters and strollers.

The roadway was brought to the height of the curb of the ramp, thus leaving it smooth with no bump.

Amazing job!

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MOTHER ENJOYS LONG SHABBOS AFTERNOON

Mrs. Berenfeld* works all week as a Morah in a playgroup. She is also a mother to her family, a full time job in itself.

She immensely enjoys Shabbos, looking forward to it all week. It's a time when she could serve Hashem with relaxing. She had special enjoyment last Shabbos when the Seudah was over early and she a had very long time to nap and rest up!

Thank You Hashem!

LIVING WITH HASHEM

By Rabbi Zevy Golombeck

HASHEM HELPS GIRL HEAR HAVDALAH

One Motzei Shabbos, after I made Havdala, my daughter came home from a neighbor and said that she didn't hear Havdala.

We were trying to figure out what to do.

All of a sudden, a Yungerman knocked on my door. He doesn't live near my house. He was visiting someone, and he was the only one in his family who didn't make Havdala.

He asked if he could come into our house and make Havdala!!!!

HASHEM SENDS RIDE

R' Chaim Weberr* wanted to go to Kollel. But he missed his bus.

First he thought, "What should I do now?"

Then he said, "I might have missed the bus, but Hashem could still get me there."

Just then, a Yungerman who learns in his Kollel passed by and he was able to bring him straight to Kollel!

EVERYONE LOVES SPRING HILL TIMES

A Yungerman told me that he lives off the Spring Hill Times, and that it has changed his life. He doesn't have an extra penny to his name, but he gave me twenty dollars for it!

There's a big Dayan, a big Posek in New York, he answers Shailos and sits and learns Yomam V'Layla in Kollel. He is a Dayan and a Rosh Kollel. He told me that the Spring Hill Times gives him Yiras Shamayim! It gives him Emunah and Bitachon. He said he attributes his Emunah and Bitachon to the Spring Hill Times!

HASHEM - THE BEST DENTIST

R' Moshe Rosen* is a Yungerman who follows the stories of the hotline.

One day, he went to the dentist. The dentist told him that he has a cavity.

R' Moshe said to himself, "I hear stories all the time how Hashem does open miracles in today's generation. Hashem can make it that the cavity should disappear."

He was Mechazeik in Emunah and Bitachon.

When he came to the appointment to fill in the cavity he thought to himself the entire time: Hashem is the Kol Yachol, Hashem can do anything and everything."

The dentist looked up and he said, "One second, I don't see any hole. The x-rays showed a hole," and he looked at the x-rays, "On the x-ray I see a hole, but I have a strong light and I see that there's no hole, so there's no cavity. I don't know what happened, but you don't have any cavity anymore!!!"

A STORY FOR SHABBOS

Rabbi Mordechai Maslaton zatzal was a helige Tzadik and a leader in the Syrian Community.

One day he was walking in the street, and as always was surrounded by talmidim. A Chasidishe Yid passed by and pointed to Rabbi Maslaton and said, " You see that Yid, he saved my life!"

Curious, one of his talmidim by the name Anshel* Cohen, went over to the man and asked him what the story was.

The Yid told Anshel as follows:

One time I was walking down Kings Highway, in Brooklyn N.Y.

I was having a really rough time.

My business was going broke. I owed lots of people money. And I was in a fight with my wife .

I was really down on my luck and wanted to just end it all.

All of a sudden, a man came from behind me and grabbed me and lifted me up in the air. He began to scream on the top of his lungs. 'HaShem Loves You! HaShem Loves You!' And then put me down.

Who was this guy ? I turned around and saw that rabbi! He then pointed at me and said, "Don't you forget it."

At first I thought that was weird. But on my way home, I kept on repeating in my brain "HaShem loves you. HaShem loves you". And I started to feel better. After that incident my marriage turned around , my business started picking up and overall things just got better.

Anshel went over to Rabbi Maslaton and asked him, "Rebbi, what made you do that to a total stranger?"

He answered, "I saw a tzibrchina yid (a sad Jew) and that's what HaShem put in my head to do!"

As heard from Dovid Benarroch, son-in-law of Rabbi Maslaton.

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

Clear the Table Happily

Why shouldn't clearing off the Shabbos and Yom Tov table after a meal be an exciting and happy family event, rather than like going to the dentist and pulling teeth?

Here's a strategy that my wife and I employed for many, many years, and it works wonders.

I would stare at the table and say, "I am looking at a certain item and whoever takes it off will get this lollypop/chocolate bar.

Of course, you might need a few other, smaller, chocolate chips, or miniature marshmallows, to keep people interested in participating. And people will be looking at me and saying, "Was this it? Was that it?" And I would give no indication.

Only when everything was cleared off we would have our team meeting, and I would say, "Would you be happy if it was him?" "Yes." "Would you be happy if it was her?" "Yes." "Would you be happy if it would be that one?" "Yeah, yeah, sure—we'd all be happy."

I'd say, "Well, it was the salt-shaker." And one kid will go, "that was me!! I took off the saltshaker!" And everybody will say, "Yeah, but he got it last time!!" "Yes, next time you're going to get it." In the meantime, the table got cleared, and people can't wait until the next chance to clear off the table.

Gut Shabbos!

Chewing our food sufficiently is important for our health. How much chewing is considered sufficient, and practically speaking, what do we do?

Do we chew our food enough?

According to the medical view one should chew his food until it's transformed into liquid form, without any solid bumps inside. It's hard to give an exact number of how many times we should bite to chew our food because it depends on what texture the food is. Watermelon does not require too many bites until its liquid, as opposed to raw almonds which needs much more chewing than other foods.

On average, they say to chew your food 32 times.

Many of us chew our food half of that amount, or even less than that. Try to pay attention next time you take a bite of chicken or salad and count how many bites you take. The number of 32 times for chewing is because that is the point, that the food gets properly liquefied, which is the stage for the stomachs digestive system to take over. The food is small enough and fine enough for all the gastric juices in the stomach to do its job properly.

This is the way Hashem set up our bodies, let's try to use it properly and not misuse it. Just like any good working machine – the stomach has to be treated properly to do its job.

Food should be chewed on average 32 times; many people chew their food much less than this amount. This seems strange, the more we chew our food – the more pleasure we receive from it. The more the food is broken down – the more we taste the food. Is everyone working on middas haprishus? Is everyone trying to minimize their pleasure from עולם הזה?

Rather we can look into the Torah – it tells us about עשו – when he said "Halitei-ni na" he did not mean to pour the food into his mouth, he meant to pour it into his throat. Eisav didn't chew his food at all, he just had it whole.

The reason for this is because Eisav was in a very big rush, he lived a life of בהלה. He didn't have time to live a normal life; he didn't have time to calmly have a normal meal.

People spend a lot of time and money to have different pleasures from the world – but the simple, natural pleasure that Hashem gives to people – they don't have time for. Very often, this turns into a habit and regardless if we are in a rush or not – we chew pretty quickly.

Hashem gave us food to chew and enjoy, let's appreciate His chessed!

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Chizuk Corner

The unbelievable power of a good word

By R' Y. Friedman

We have just gone through fifty-two amazing uplifting days when we soared high up. Some of us may have not noticed that we were flying, but that was the reality.

Starting with Erev Pesach as we burned the Yetzer Hara out of our hearts, thus preparing us for takeoff on the Seder night.

Chazal tell us that we have to reenact and to feel as if we left Mitzrayim on that night. So we flew to Mitzrayim to watch all the Makkos and to experience the exodus and the Korban Pesach. We ate the Marror as we cried for the bitterness that our ancestors experienced, but then we ate the Matzah, envisioning the masses leaving Mitzrayim with great joy with the Matzos over their backs.

After an uplifting Chal Hamoed, we found ourselves at the Yam Suf as we watched the Yam Suf splitting. We watched the Mitzriyim get their punishment for all the years of torture. Afterwards, we heard the Yiddden burst out in the song of "Az Yashir es b'nai Yisroel". The Seforim say that all of us were there at the Yam Suf and we all sang Shira together with much joy. The treasures that were at the yam suf was astronomical.

After Pesach, we continued flying through the days of Sefira. We worked on Ahavas Yisroel and we worked on elevating ourselves going higher and higher. We worked on Chessed, gevura, tiferes, yesod, hod, netzach and we finally reached malchus.

We spoke last week how malchus is so important for every Yid to tap into. As Hashem told us before kabbalas Hatorah " v'atem t'hiyu li mamleches kohanim legoy kaddosh." We said that even if we aren't kings yet but we are "b'nei melachim."

When we arrived by Kaabalas hatorah we were on a high. Its hard to imagine how far we have come. We have grown together so much and our souls are shining brighter than ever.

We stayed up all night basking in the glow of the holy Torah. We clung to the Shechina and we have connected to Hashem through our learning with toil and love.

We decorated our Shuls thus bringing the Ma'amad of Har Sinai to life. We recommitted ourselves to the Torah by reaffirming "Naaseh v'nishma." Naaseh - We will do the Mitzvos no matter what the circumstance may be, because we love You Hashem. Venishma - We will learn as much as we can because we want to hear what You want.

We have soared through the glorious days of Shavuos and we have climbed ever so high, and now we seem to be landing. However, we daven to Hashem to keep us on a high. We want to stay with the lofty levels that we acquired. We want to keep flying and feel the keddusha and the love. We don't want to get caught in the Yetzer Hara's trap as he tries to shoot arrows at us from below.

We conclude, please Hashem just like an eagle puts the baby bird on it's back when the hunter tries shooing his arrows. Please put us ol kanfei nesharim and take us back to Yirushalayim, where we will be flying high without any more worries of the hunter.

This will be a time of laughter and joy will fill the air. A time when we will talk non stop of all the Chessed Hashem that fills our life every second. Amein.

Living With Appreciation

By: R' Daniel Shasha

Our parashah contains the precious mitzvah of Birchas Kohanim. This mitzvah applies for all generations and even nowadays we are privileged to be blessed by the Kohanim.

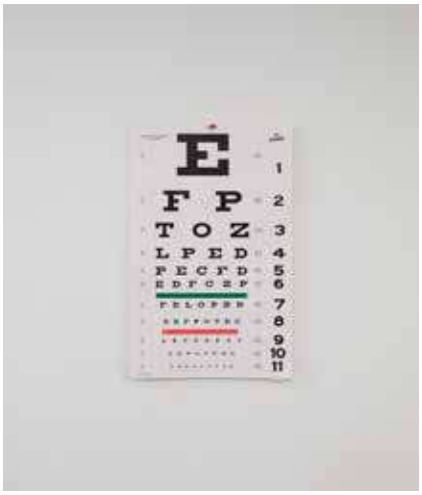
Why did Chazal specifically place Birchas Kohanim after the berachah of modim, why not after any of the other berachos in the shmoneh esrei?

The sefer Seder Hayom explains that when we thank Hashem all the gates of blessings are open and it is a very big ais ratzon to ask for whatever we need. Therefore, Chazal specifically placed birkas Cohanim after modim since the gates of blessing are open since we just thanked Hashem and it is a very special ais ratzon for these blessings to be fulfilled! Phenomenal!

We see from here that each time we thank Hashem, it is a special ais ratzon and a great deal of rachamim is aroused, helping bring us salvations. We can try and make the most of these times and after we thank Hashem we can daven for whatever we need,

An avreich from Eretz Yisrael started to suffer from vision problems. After flying to America to meet with a specialist, he was told that unfortunately he had a very severe eye ailment and he would have to go undergo a very complicated surgery, with a high risk of losing vision in one eye. This proposition was understandably very alarming. He would have to stay in America, without the support of his friends and family, undergo a very complicated procedure and likely lose vision in one eye, not to mention the extensive costs involved.

However, instead of feeling down, he worked very hard to try and focus on appreciating the incredible gift of eyesight and how fortunate he was not to have any vision problems until now.



He went into a nearby shul and stood by the Aron Hakodesh for over an hour thanking Hashem. He went into tremendous detail how much he appreciated the gift of eyesight and how grateful he was that he never had any problems until now. He then continued to express his appreciation for many of the other countless blessings that he has in his life.

Shortly after this experience, he had to return to the specialist for a follow-up appointment. When the specialist performed another examination, he was completely astonished. The ailment mysteriously disappeared and his eye looked completely healthy! He had never witnessed anything like this in his entire career.

When the avreich returned to Eretz Yisrael, he made a seudas hodayah, publicizing this incredible miracle.

Shortly after he received a call from a man who mentioned that he heard this miraculous story and was very inspired. He related that he had four older daughters who were not yet married. They decided to make a seudas hodayah and sincerely thanked Hashem for all the incredible goodness that they had experienced, despite their challenges. Within one month, all four daughters met their bashert!

This article is an excerpt from the weekly 'Living Appreciation Newsletter.' For feedback or to subscribe please email livingappreciation@gmail.com

Also to receive info about a new email tefillah group for men davening for zera shel kayama, please contact us at menstefillahgroup@gmail.com

To Share My Share From Hashem's Daily Shiur.

By: R' Moshe Davidson - A Rebbi in Brooklyn, New York

"Sugar In Your Mouth"

"שיהא שם שמים "שגור בפיך

"Be'ezer Hashem,"

"Im yirtzeh Hashem"

"Boruch Hashem"

"B'siyatta D'Shmaya"

"Hoidu La'Shem ki toiv"

"Thank You Hashem"

"A dank Der Fin Oiven"

"Shkoiach Eibershter"

"Geloibt Der fin Oiven"

"Oib Der Eibershter vet Vellen "

"Zeese Tateh In Himmel"

"Der Heilige Bashefer"

"Libe Futter"

"Der Eibershter zul veiter helfen "

"Hashem Yishmireinu "

"Rachmana Litzlon"

"Der Eibershter Zul Up'heeten"

"Hashem Ya'azoir"

"With Hashem's help"

"Your Loving Father In Heaven "

"Der Derbaremdiger Bashefer"

"Libe Tatteh "

"I love You Hashem "

"Be'ezrat Hashem yihiye b'seder"

"Does Hashem want me to do this?"

"This time I'll do it just L'Sheim Shamayim "

"אלוקינו מלך העולם "

"אלוקינו ואלוקי אבותינו"

"ברוך היא וברוך שמו "

"הקב"ה אנחנו אוהבים אותך "

"אבינו שבשמים "

"רבון כל העולמים"

"מלכנו מלך אבותינו"

" אב הרחמן "

"הבורא עולם "

"ברוך הוא אלוקינו"

"ברוך אתה השם"

" מלך נאמן ורחמן"

This list goes on and on!

We Yidden, enjoy including Hashem in our daily lives. In our conversations, in short greetings and partings, in our remarks, we'll usually verbally remember Hashem.

When we hope that something will work out well for us, it's with a prayer to Hashem.

When things already are going well, it's again with thanks to Hashem.

When we're feeling fine, when the food is good, and when we're enjoying the weather, it's always with Hashem.

At the doctor's or dentist's office, at work, and as we shop, Hashem is somewhere in our words.

While we're waiting at the train station or bus stop, we will probably be saying something about Hashem.

At a wedding, at a birthday party, and at family or friends reunions, we will continue to keep Hashem in our prayers, songs, blessings, praises, and simple friendly discussions.

The more we get used to involving Hashem in our lives, the more we will be using His Name, or a word that alludes to Him.

In the times of Boaz the Judge he instituted a minhag that Yidden should greet each other with the Name of Hashem.

"שיהא שם שמים שגור על פיהם"

So that Yidden should be used to using Hashem's name regularly upon greeting each other, in order to strengthen their Yiddishkeit.

We find that when Boaz came to his farm (where he eventually met his future wife Rus,) he greeted the workers with the words "Hashem Imuchem!"

To that, the workers replied "Yivarechicha Hashem!"

As a child, I was zoiche to grow up with hearing this kind of heilige language, in my parents' house

I remember building the sukkah with my father a"h.

This was back then, in the days when sukkos were made up of wood planks, studs and panels, nailed together.

When my father

Continued on next page

To Share My Share From Hashem's Daily Shiur.

Continued held the hammer ready to knock in the nail each time he would say "Be'ezer Hashem".

I loved to hear my father say that, The Emunah B'Hashem felt so real and tangible.

That's something we can't buy from anyone, anywhere, at any price.

It's something that we can acquire by learning by example, from the Avos in the Toirah. Then we can try to emulate their heilige behavior, and speech, and then hopefully we'll get somewhere, on our journey toward getting closer to Hashem.

When Yaakov Avinu came to serve his father the Pesach seudah before receiving the moiredige bruchois, as he spoke, he was using Hashem's name much more than Eisuv would've used it in his usual type of talk.

This aroused suspicion in the mind of his father Yitzchok Avinu.

He said "I can discern that this isn't Eisav, through this person's way of speech"

Eisav doesn't include the Sheim Shamayim so much in his lexicon.

Yaakov had a close relationship with Hashem.! זו שם שמים היה שגור בפיו

We the great grandchildren of Yaakov Avinu go in his ways!

שם שמים שגור בפינו!!..... "And it's also "sugar" sweet in our "mouths

♫Shir Shir I'll sing to Hashem, ley, ley ley, ley, as long as I live. ♫

I once heard a beautiful shiur from Rabbi Dovid Orlofsky about the term used in the teffilos :"ובנו בחרת מכל עם ולשון"

"Hashem chose us from all other nations and languages"

What is the meaning of the word לשון or language?

He went on to explain that each culture and nation has a great investment of time, money, and interest in a certain "thing".

What that "thing" is, will usually and most likely, become obvious to outsiders, by the way it is defined and expressed in the various, extensive choice of words, in that nation's language.

Their favorite "thing" will probably have lots of words, to try and describe it, in the best possible way.

The words will include feelings,

with perspectives of perfection from all angles.

Finally a clear picture, image and description of the "thing" will emerge.

Let's take a look for example at Italians.

The Italians have many words to describe different types of noodles.

That's one of their favorite exciting "things".

Each noodle style, every single type of shape has a distinctive different name.

After considering it's exact size, and length, thickness, and width, that will again be a cause to deserve a separate, special, specific name.

That is because of the great status of importance those noodles have in their lives.

Then goes the long list of different names for every single slight variation, in the kinds of foods that are prepared, with different ingredients and recipes, together with those sorts of noodles.

With different sorts of cheeses, or meats, spices and sauces etc.

Subsequently they all deserve their own deserving name.

The result is an endless amount of names for noodle types of food!

To us it's simple delicious noodles, or lukshen.

Thank Hashem for the delicious lukshen and lukshen kugel!

The shapes, sizes, length....etc don't matter much to us.

It's not something that "carries any weight".

To Share My Share From Hashem's Daily Shiur.

Continued It's nothing of great importance.

Therefore we as Yidden, don't have many words to describe lukshen or אטריות.

Take snow for another example.

The people who live up in the Alps, allegedly have over thirty words to describe the different types of snow!

Snow is a major part of their life, and culture.

Here (in New York) we know it just as "snow, or slush!"

It's beautiful, calming and relaxing, פלאי פלאים, Boruch Hashem, but it's nothing of great significance in our lives to have so many ways to describe snow.

שלג, ברד, כפור, - That's it!

We Yidden however have lots and lots words describing how we can praise Hashem. להודות להלל, לשבח, לפאר, לרומם, להדר, ולנצח, לברך, לעלה, ולקלס,

And there are much more descriptive "ways to praise" words, to add to that list.

"להקדיש ליוצרם בנחת רוח בשפה ברורה ובנעימה "

"בקדושה ובטהרה בשירה ובזמרה"

"ומעריצים ומקדישים וממליכים"

Every one of those words refer to a certain distinct way of praising Hashem, each one having a unique difference of definition.

They can (and should) be taught, and explained in great detail.

Rabbi Orlofsky (of Yeshiva Ohr Somayach) claims to have sat through a lengthy few hour שיעור, with the topic being, the difference between להודות and להלל!

Check out the vast selection of praise words used in the poetry (פיוטים)of the huge amount of יוצרות in the machzorim of Yomim Tovim and Yomim Noraim.

Then the tremendous amount of praise words throughout תנ"ך! Including:

שירת הים

שירת הבאר

שירת האזינו

שירת חנה

שירת דבורה

מכתב לחזקיהו

Of course, you'll especially find that throughout the sefer Tehillim!

Praising Hashem is a major part of the Jewish life and culture.

We are constantly looking for a chance to say something good about Hashem.

Same is true for hoping and praying.

We are waiting for a chance to use some words of hope and prayers to Hashem.

The more the better.

The more the merrier.

We love it.

שם שמים שגור בפינו - - - - -!!!! The Name of Hashem is sugar in our mouth

A friend of mine runs a referral organization that tries to help, and support those who are challenged (by Hashem, for good reasons known only to Hashem) with a certain medical, mental health issue.

He once had an important meeting with a prominent psychologist.

My friend, being the director of the organization, had alot what to speak about.

In middle of the conversation that they had, the doctor asked him "Why do you keep on using that term "Boruch Hashem"?"

He jokingly added "it seems like you're trying to get those into your sentences, the most times you can!"

It was insightful and correct !

ברוך אשר.. בחר בנו מכל עם "ורוממנו מכל לשון" וקדשנו במצותיו.

Let's keep that in mind on a steady ,daily basis. We are "derhoibene" Yidden!

"ורוממתנו מכל הלשונות" וקדשתנו במצותיך וקרבתנו מלכינו לעבודתך!

"One of our nation's biggest claim to fame"

"Is their constant praising Hashem's name"

We're called יהודים because we are constantly ways to thank Hashem!

הודו לה' -כי טוב -כי לעולם- חסדו!

LIFE IS SO WONDERFUL!

By: R' Moshe Hirschberg - Lakewood, New Jersey

We Baruch Hashem went through the special Yom tov of Shavuos. Hashem showed a boundless love and passion toward us, and he chose us to be his chosen nation.

I would like to share an incredible story that brings out the value of being a yid. This moving story was heard from R' Ezriel Tauber:

The Beis Din in Flatbush was crowded as they were preparing for a geirus. The Av Beis Din was questioning the potential gioris to see her sincerity to Hashem.

He asked the halachically required questions: "Do you realize that it is hard to be a Yid?" asked the Av Beis Din.

"Yes!" she replied. "And I nevertheless agree and desire to be one!"

"Do you know that the punishment for desecrating the will of Hashem is very harsh? There are severe punishments for that."

"Yes, I'm aware!" she confined. "And I nevertheless am ready to commit and accept this."

The other rabbanim used various techniques to dissuade her, but she was determined and firm in her decision.

Finally, the Av Beis Din asked her the final question: "You know that you might not have neither Olam Hazeh, this world, nor Olam Haba, the next world? Are you still steadfast with your decision?"

There was a hush of silence in the room, doubting her concluding decision.

Her firm response pierced the silence in the room: "I don't need Olam Hazeh, and I don't need Olam Haba. All I need is to be 'THE CHILD OF HASHEM!' The privilege of being Hashem's child is so great that I would forfeit anything for this! This feeling is so great that nothing can match it. For this reason I'll give up whatever I need in order to be the chosen prince!" (Just One Word: Emunah, p. 32)

That's the luckiest thing in the world to be Hashem's child. The reward that's waiting us is a bonus. The mere fact that we're privileged to be Hashem's child is in itself the greatest treasure.

Being the child of Hashem means that we're deeply loved by Hashem. How lucky are we that Hashem chose each and every one of us. Each of us is especially loved and cherished by Hashem.

Thank you Hashem for choosing me to be part of your special nation!

Have a wonderful Shabbos!

Asher to the Yatzar

By: Rabbi Eliezer M. Niehaus

The goal of this column is to strengthen the way we say the important beracha of Asher Yatzar. Over a year ago, my daughter Esther bas Sara Miriam *shetichyeh* (a young mother), was diagnosed with the *machalah*, and she needs a lot of *tefillos*. (Could I trouble you to stop for a moment and say a *perek* tehillim for her?) Rav Shimon Galay *shlit"a* suggested that as a *zechus* for her *refuah sheleimah*, we should ask people to say the *berachah* of Asher Yatzar with *kavanah*. I joined together with R' Yossi Hecht, founder of "ASHER TO THE YATZAR", and we began Bezras Hashem a monthly leaflet to help people understand what this beracha is all about and thus say it with more feeling and *kavanah*. This column is based on that leaflet. If you would like to receive the full leaflet, please email ashertotheyatzar@gmail.com.

May the *chizuk* from this column bring a *refuah sheleimah* to my daughter (Esther bas Sara Miriam), to R' Yossi Hecht (Yosef Chaim ben Devorah Leah), and to all the *cholim* in *Klal Yisroel.*

A Dose of Chizuk

A man came huffing and puffing into the telegraph office of Western Union. "I need to send an urgent telegram to my family," he managed to say. "No problem," answered the clerk, "please write down your message." The man picked up a pen and wrote: "ATE LUNCH. FOOD DIGESTED. USED FACILITIES. OK. THANK G-D." The clerk looked up in surprise. "Excuse me sir for meddling, but what is so amazing about the fact that you were able to use the facilities?" "Young man," he answered, "if you knew how many things could go wrong from the moment you put food into your mouth until the waste is expelled, you would be terrified each time you ate!"

The aforementioned parable was said by the Mashgiach of Mir, Rav Yerucham Levovitz. Anyone who has experienced any type of difficulty with digestion or expelling body wastes understands this quite well. If we would stop and contemplate this for a moment, we would realize that the only reason we can lead normal lives is because Hashem created our bodies with tremendous wisdom. Just think about how much human brainpower is invested by aircraft designers, aeronautical engineers, and avionics specialists when creating an airplane. Not only that, entire teams of technicians constantly check over its computer systems, engines, landing gear, wings and more. If even one detail is slightly off, they will not fly that plane until it has been fixed. So how do our bodies run so efficiently, even though the smallest disorder can throw us into disarray with various pains, symptoms and dysfunction? It must be that the Master Designer has crafted and fashioned us with infinite wisdom!

It is not surprising, therefore, that Chazal instituted the special *berachah* of Asher Yatzar for us to recite after we use the facilities in order to thank Hashem for the constant kindness of a normal healthy functioning body, and specifically, our digestive system.

So why is it that many people mumble the words of Asher Yatzar while they are "off and running," giving nary a thought to what they are saying? It is probably because they take their good health for granted. If we turn off our auto-pilot mode before we say Asher Yatzar, and put effort into learning what it means, we will see Bezras Hashem, great changes in the way we say this *berachah*!

---------- Internalize It! ----------

In order to help us say Asher Yatzar properly and with feeling, let us think briefly about the kindness of a healthy body before saying the *berachah*. Try choosing a different aspect of our health each time.

AYIN עין טובה TOVA

By: R' Nesanel Landesman

Josh works as a counselor for special needs kids and gets a lot of complaints about when he comes a few minutes late, but rarely gets any praise for his selfless work.

• Josh can try to be understanding that the parents are in a difficult situation and very emotionally involved with their special needs child. Maybe they are afraid, what would happen if he didn't come? They can't just drop off their child at some babysitter or the in-laws.

• He can think about how hard it is for the parents with a special needs kid that every extra minute they are home when the parent expects them to be picked up can be very challenging.. or that the parent is rushing to work and ends up being late herself.

• In Josh's case, he should work on his punctuality because if it's his job then he is responsible to be there on time, if not he should at least tell the parents that he will be there a few minutes later consistently. He can look at this with an ayin tova because punctuality is a life skill, better he should improve at it now with something more trivial then leave it until later when the stakes may be higher...

Ayin Tova for Josh coming late:

• The parents can try to be understanding that Josh has a pick-up route and that it may not be so easy to get some children onto the bus.

• They can try to focus on the positive - seeing how happy Josh is to see their child, how well he interacts with the child, how happy the child must be at school.

• People are very quick to think magiya li, this is their schedule of when their kid is picked up and they have a hard time thinking out of the box to remember that Josh is doing them a tremendous favor and they have to be grateful, not stuck on the details.

CASE OF THE WEEK:

Miri Shindler may have regretted her promise to take her six rambunctious children to the pizza shop, but there was no backing down now.

A promise is a promise.

Just getting all the kids into the van wore her out and she was already dreading this outing. Two kids were fighting over who gets to sit in the front and the others were complaining that soda spilled all over their seats.

Finally they were on their way and after a long kvetchy ride arrived at the only pizza store in their small town. The sign on the door though really threw Miri off. It read "Closed for Renovations, sorry for the inconvenience." Now what?

Help Miri have ayin tova for her situation.

Please send your suggestions for the AYIN TOVA CASE to:
ayintovanewsletter@gmail.com
Or call [Israeli daytime hours only]:
USA: 831-244-6019
EY: 052-760-5409.

The Miracle of Bread

By: Mordechai Solomon

Recap: 6 of the many miracles that's in your slice of bread.

1. **The seed has all the bits and pieces of information to produce more wheat which is needed in the production of bread.**
2. **The seed stays fresh and doesn't rot so you can gather them and plant a whole crop's worth.**
3. **Soil is only found on earth.**
4. **Soil is the perfect environment for the seed to grow.**
5. **The soil is a natural habitat for ants to live in and also for the inchworm.**
6. **The ant is an amazing creature that constantly is making holes in the ground. It tills the ground because Hashem put into its nature to constantly look for food.**

♫ הזן את העולם כולו בטובו!!!♫

The Inchworm bores bigger holes in the ground which is also a form of tilling the ground.

Vegetation grows in the ground.

The soil also produces all **different types** of vegetation.

This so happens to be the perfect food for the Inchworm.

After it eats, the food goes through an amazingly complicated digestive system.

The Inchworm's body produces waste.

To be continued BE"H

Leba, Chaya Pessy, Feigy and Moishy Weiss
Los Angeles, CA

Nechama Cuckier
Lakewood, New Jersey

Chava Bursztyn - 10, Lakewood, New Jersey

Siddur,
Tehillim,
Shabbos Shoes,
Shabbos tights,
Shabbos dress,
necklace,
sun glasses,
binoculars,
camera,
water bottle,
Gatorade,
sucking candies,
big jawbreaker,
snack bags,
pretzels, all the Parshas Avodah items that are waiting for Eliyahu Hanavi

Esther Horowitz - 10, Jackson, New Jersey

When mashiach is here,
excitement will fill the air,
in my mashiach box,
I did not pack bagels with lox.
I packed a sidder and a tehilim too,
so when mashiach comes I'll be ready with you.
I can't wait it will be so much fun,
and it will be so exciting for everyone!

By: The Spring Hill Times Editor

Let's Imagine Taking a Peek

Into the Olam H'emes

"Shmuli, did you hear?" asked Baruch his first seder chavrusa as they walked together to Kollel, "Ari is starting a new yeshiva next z'man. He bought a beautiful 5 acre property in Sparkletown. I heard that he has already 75 bochurim and the phone doesn't stop ringing!"

38-year-old Shmuli Gross felt his heart sink. Ari was 4 years his junior. He had joined the kollel 5 years ago. Everyone knew that he was a rising star. In addition, his father and in laws were extremely wealthy.

"I'm happy for him," thought Shmuli to himself, "but why am I still stuck here in Kollel for over 15 years?"

"And Dovid told me yesterday," continued Baruch, "that he is becoming the 9th grade Maggid Shiur in his shver's yeshiva, Yeshiva U'vishbicha Uvkumecha"

"Dovid?" Asked Shmuli, "but he is only 30 years old!"

"But he is brilliant," said Baruch, "he even fahered himself last year on the entire shas B'al Peh."

"The entire shas?!? Ba'l peh?" Asked Shmuli, his heart sinking even further. "I don't even know one perek in shas B'al Peh..."

Shmuli, all dejected, continued on to Kollel. "How I wish I can teach Torah," he thought to himself. Every time he applied for a shteller he got the same answer: We will get back to you if it's nogea...

"I can't blame them. Why would a Yeshiva hire a below average yungerman to be a Rebbi."

Shmuli entered Kollel wondering, "Will anyone ever appreciate my learning?

He made himself a strong coffee and sat down to learn with his chavrusa.

"So the Rashba is a clear contradiction to Reb Akiva Eiger's first answer," said Baruch to Shmuli, "it's a bomb kasha!

Oh wow! I just thought of 3 different answers to answer this question. But the third answer lechora won't shtim with Tosfos on Daf Yud Amud Beis. But in truth according to the Maharam it does shtim..."

Shmuli sat there with a blank look. He had no idea what his chavrusa was talking about. He didn't even grasp what the Rashba was saying. He tried for 45 minutes to make sense out of his words but to no avail. His chavrusa was light years ahead of him...

Shmuli suddenly felt an overwhelming tiredness. He couldn't keep his eyes open. "Why am I coming here every day. Maybe I should just quit Kollel..."

With that thought, Shmuli's head fell on the gemara and he fell into a deep sleep.

Suddenly, Shmuli found himself in most stunning room. The chandeliers were magnificent. The diamonds and crystals were giving off the most stunning colors that he had ever seen. Colors that he never knew existed!

He looked around the room and he just couldn't take it all in. The beauty was just something out of the world.

He then heard a commotion outside. He went to the door to see what was going on. He saw people running. He recognized some of them. They were glowing with

light.

"Where are they all running too," wondered Shmuli.

He stopped one of the people and asked him where everyone was running to.

Don't you know? We are going to the Rosh Yeshiva's shiur."

"Can I come along," asked Shmuli, "Sure, answered the man, "but come quickly. He already started the shiur"

They continued on until they reached a magnificent building. Shmuli could see thousands of people in the Beis Medrash.

He recognized so many of the people. There was his friend Sender who was a Rav in an out-of-town community. And next to him was his friend Ari, the world famous Rosh Yeshiva. They all looked the same just a little older. He noticed the sheer excitement on their faces. They immensely enjoying the shiur.

"And this is the 156th answer to explain why the two sugyas are not a contradiction. The 157th answer is..."

The sweetness and the depth was endless. The speed was breathtaking...

Hey I recognize that voice, thought Shmuli to himself, it's my voice!!!"

He looked closely at the Rosh Yeshiva and it was him, just a little older!!!

Shmuli turned to the person next to him, "Can you please tell me what's the name of the Rosh Yeshiva?"

"What? You don't know? He is Hagaon Rav Shmuel Gross!"

"So it is really me! I can't believe this..."

Shmuli then notices malachim surrounding the Rosh Yeshiva. They were dancing from simcha.

The enjoyment and happiness was something indescribable!

Shmuli never wanted to leave. He wished he could stay there forever.

But it didn't make sense. "Me? A Rosh Yeshiva??? Impossible!! 156 answers on one question? Not in a million years!!!

Suddenly, he sees one of the malachim coming towards him. "Let me ask him."

"Dear malach, can you explain to me what is going on? How can this be? I was the least successful in learning in my entire yeshiva! How in the world will I become a Rosh Yeshiva here? Is this the Olam Ha'emes? It looks to me that it's an upside down world!"

"Because you tried the hardest," answered the malach. "Nobody else had it as hard as you!"

There is only ONE thing that Hashem looks at and absolutely nothing else: it's how hard you try. All your genius friends were great talmidei chachamim and they reached tremendous madreigos but they didn't even come close to you! They never worked as hard as you did! They never got embarrassed over learning Torah as you did! They didn't struggle as you did!

And no! In this world of truth everything is straight.

The world that you came from is upside down!"

"It's time for mincha," Baruch told his Shmuli as he gently shook his Chavrusa's shtender.

Shmuli woke up all startled. He was in total shock of what he just experienced.

He got up to ready for Mincha like he did every day but this time he was flying high.

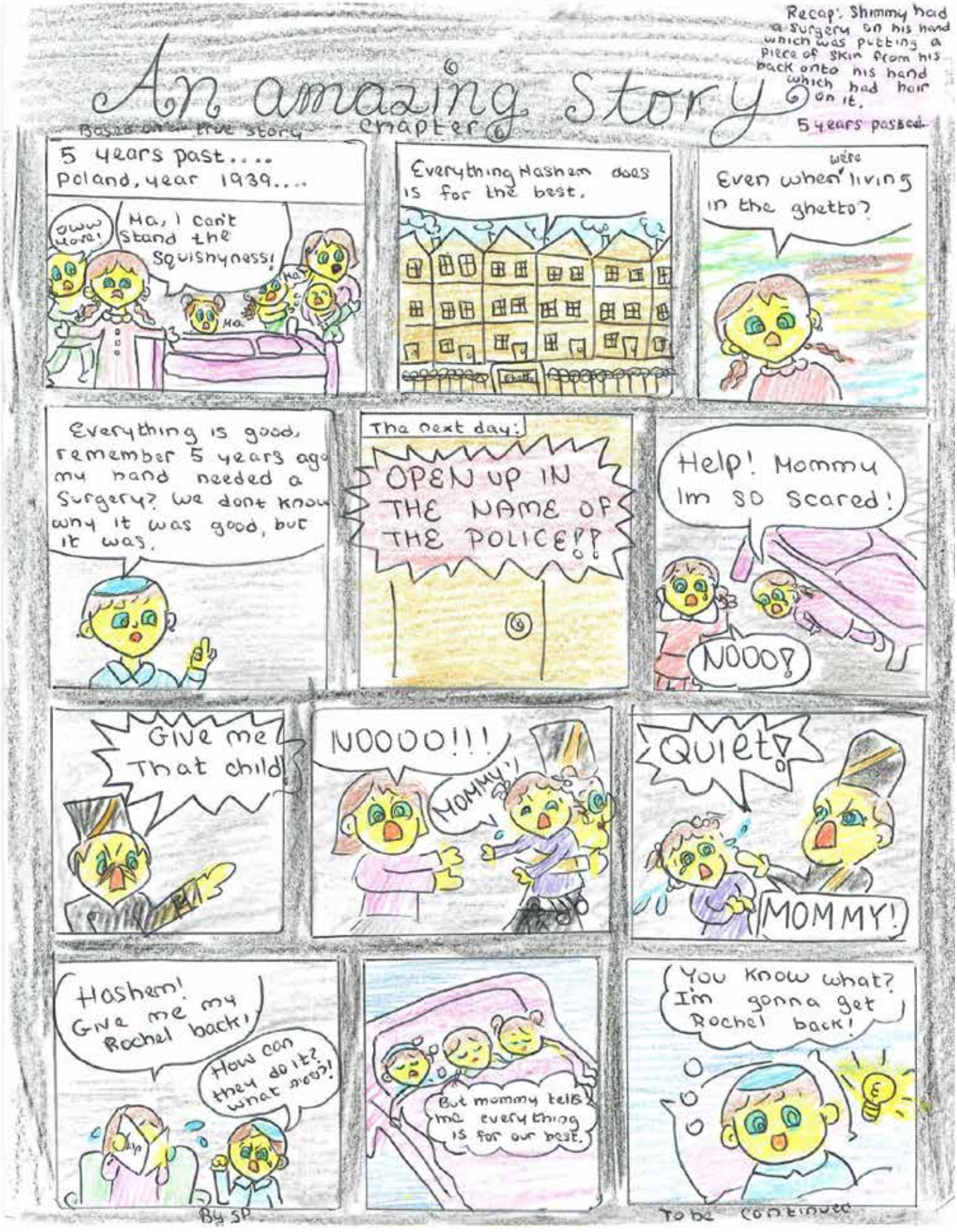
Shmuli would never be the same again. He now knew the answer: Boy does Hashem appreciate his learning!

An amazing Story

Based on a true story - chapter 6

Recap: Shimmy had a surgery on his hand which was putting a piece of skin from his back onto his hand which had hair on it.

5 years passed



Just Look At What Hashem Made For You!

By Leiby Berger - Jackson, New Jersey

It's a Stunning World!

It's a Wonderful World!

Are you a recipient of Hashem's goodness?
Did you see, experience or hear special Hashgacha Pratis?
Did you or anyone in your Beis Medrash experience hashgacha pratis while learning?

TELL US ABOUT IT!

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לזכות משה יהודה בן שושנה

5 Weekly Thank You's

By: R' Simcha Elefant - Yerushalayim Ir Ha-kodesh

Thank You Hashem for Water Bottles! When we go out, we can easily and conveniently bring some water with us.

Thank You Hashem for Shuls! We have places to go to, to be connected with You and hear chizuk and hadracha to go in Your ways.

Thank You Hashem for the Thank You's in the Spring Hill Times! We can be shown all the amazing things we have in our lives

Thank You Hashem for Silver! What a beautiful metal that enhances our Shabbos tables and Mitzvos!

Thank You Hashem for Salt shakers! Such an easy convenient way to pour out salt at a measured consistency.

Thank You Hashem for Teeth! We can chew all our foods so efficiently and speak clearly!

Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

Our מדות play a role in our lives more than we think.

When we are the road and making every red light or your stuck behind a school bus that is stopping every few feet, instead of getting all irritated and thinking "oh no! I should have realized and took the other route! I need to get to seder already! Why can't we get moving?!?!" We should remember: עיקר חיות האדם הוא שבירת המדות.

It's our מדות are at play over here and we are being tested.

Say to yourself, "I love being blocked behind that huge bus that's backing up traffic."

Being מבטל your רצון to הקב"ה's plan. Being happy despite so many delays and עיכובים is worth everything.

For some people הקב"ה wants all those red lights more than their learning or davening that they think they're missing out on.

Being מקבל those red lights and stop-signs in your life is מלכות and every time you work on yourself it brings you closer to Hashem.

Rabbi Yosef Moshe Mizrachi

The Gemarah in Meseches Sukkah 52a says that the greater one is, the greater his Yetzer Hara.

The reason is since the Yetzer Hara wants the big fish! Sure he tries to catch everyone but his main goal is to trip up the ones who are truly great.

My good friend Menachem told me that one night he was very tired and needed a restful sleep. Unfortunately Menachem spotted a book lying around and opened it up. Before he knew it a full hour past.

Menachem finally tore himself away from the book. He was full of regret. 'I won't have energy to daven tomorrow morning. My whole day will be ruined...' he thought to himself.

The next night at 12:30 a.m. Menachem headed for his bed and again saw the book lying around. He somehow again got all into it and only pulled himself away from the book at 1:30 a.m.!

You can imagine how he felt afterwards ...so down and upset at himself. But then Hashem put a thought into his head 'Why is the Yetzer Hara trying so hard to fight me? Why doesn't he let me go to sleep on time without a fight... If my Yetzer is trying so hard to fight me it must be because I'm so great! Therefore he is giving it his all to block my way! And with that, he lifted his spirits and set out to serve Hashem. If my Yetzer Hara is trying his hardest it must be important!!!

Shabbat Shalom U'mevorach!

Mazal Tov to R' Yeudah Hirschberg and family (Yerushalayim Ir Hakodesh) on the birth of a new baby girl! Lots of Nachas!

Thank You Hashem for...

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

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BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau

This week's Topic: ***No need to flatter***

The Quote – The Lesson – The Story

A Meaningful "QUOTE" BASED ON the Sefer Chovos Halevavos "SHAAR HABITACHAN"

The Quote: "When you have בטחון בה' you will not lower yourself to become a slave to human beings. You will stop putting your hope in people. You will not serve people just in order to impress them and gain favor in their eyes. You will never flatter anybody and you will never come to agree to views of people who talk against *frum* people and Hashem."

The Lesson: WHAT MAKES THIS quote so amazing is that the Chovos Halevavos is teaching us that when you live with Hashem your entire life looks completely different! You have no need to impress anyone in the world anymore – the only One we try to impress is Hashem! You have no need to put your hope in human beings anymore – you have Hashem you hope towards! You have no need to flatter anyone anymore – you're with Hashem! You don't feel any need to show agreement to unethical values – You have Hashem on your side!

THE STORY: THE ALTER ONCE WENT TO THE TRAIN station with no money to get on the train to Kovno. Since he had no money, he just sat on the side saying תהילים. A Yid passed and saw the Alter sitting there and asked him, "Tell me, where are you heading?" "To Kovno." "Nu, the train is there and is leaving in another minute and a half. Why aren't you heading on?" "I don't have a ticket." "So how will you travel?" "Hashem will help." "Are you crazy? First buy a ticket and then after Hashem will help!" The whistle blew and the train was about to leave. "Nu, go buy a ticket already!" The Yid pressured the Alter. "Hashem will help" replied the Alter. The Yid who could not constrain himself, ran to the ticket booth and bought the Alter a ticket. He pushed the ticket into the Alter's hand and at the last second they boarded the train. The man said to the Alter, "This time I bought the ticket for you, but don't do these crazy things." The Alter replied, "This time Hashem sent you, next time He will send someone else…"

Next week's Topic: "Not WE but HE"

Niflaos Haborei Riddles

By: T. Bauman

I'm a versatile food,
Easy to digest.
I've been all over the world
and passed the time test.
I'm easily afforded
and don't have a strong flavor,
I don't take long to cook,
So I'm a real supper saver.
I'm not a main,
But a great side dish.
Sometimes I enhance
assembled food containing fish.
So what will it be?
An answer, if you please.
If you're still unsure,
Ask the Chinese.

Find the answer somewhere on the **BACK** *page*

Cheishek HaTorah

Riddle Number 40

I am a word that appears in the Nazir Aliya.
I teach a well known Halacha. It is learned from my numerical value – My Gematria. In fact, my law also appears in a Mishna!
Can you solve this riddle??

Leave your answer on the Chaishek HaTorah Line 845- 720-4040 x9 by Sunday 7PM EST to be entered into a raffle for a Sefer. (The answer and winner will be announced on x 14 #39).

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The Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. On A life with Bitachon we say that our mesorah is not to be concerned about ayin Harah, and usually it's just a distraction. However, I know of Gedolim who did take ayin harah seriously. So, how can we say definitively that our mesorah is not to be concerned?

A. All the Gedolim are of the opinion that a person's avodas Hashem must be healthy and wholesome. The ones who were concerned over ayin harah did so because that was their derech in achieving shleimus. And they knew that it wouldn't negatively affect them.

However, ayin harah is a complex matter, and without knowing how it works, it could just turn into a source of anxiety. A person will try to take precautions without limit to avoid it. Whenever something bad happens he'll attribute it to ayin harah, and ultimately, it will bring him further away from Hashem.

Therefore, for the המון עם, although they should be conscientious not to use Hashem's chessed to cause tza'ar to others, beyond that, they should ignore the whole parshah, and trust that Hashem will protect them

Q. I am a therapist. When clients come for therapy, they expect to receive typical therapy; helping them understand their issues, receiving validation over the way they feel etc.

However, I follow the yesodos of A life With Bitachon, and I recognize that the true way to navigate life's struggles and interpersonal issues is by taking people out the picture and putting Hakadosh Baruch Hu there instead, and by understanding that everything Hashem does is for our good.

Should I endeavor to enlighten my clients by introducing them to the yesodos of A life With Bitachon, or should I simply practice conventional therapy?

A. You can definitely try to open them to the world of emunah and bitachon. If they show interest in opening their eyes to the presence of Hashem in their lives, and they feel that this approach is helping them, certainly you could solve their issues in this manner. Improving their relationship with Hashem would be a service to them of the greatest kind.

However, if your client does not want to grow in emunah and bitachon, rather all he's interested in is a listening ear, in that case your job is to do your best to help him using the methods of standard therapy.

Remember, our job is not to change the world. We are here to change ourselves and do exercises in helping others to the best of our abilities.

Q. Ever since I started following the yesodos of A Life With Bitachon, my avodas Hashem and menuchas hanefesh have improved tremendously.

However, when I share these yesodos with my husband, he doesn't share my enthusiasm. He refuses to accept what I tell him, and criticizes the whole approach. When that happens, I start losing my enthusiasm and I begin having second-thoughts about the mehalach.

I'm growing so much from the hotline. Why does Hashem allow my husband to obstruct my growth, and plant doubts in my heart?

A. When a person is confronted with doubts if he is going on the right derech in his avodas Hashem, he should consult with his inner compass: 'do I feel that this track is bringing me closer to Hashem, or is it taking me further away?' 'Am I becoming a happier and healthier person or not?'

Each person has to determine independently. A path which is harmful for one person, may prove to be imperative for the next.

Therefore, when your husband shows a lack of appreciation for the approach we present, that's because he feels that it's not for

Q&A WITH R' ZEVY GOLOMBECK

The Bitachon Perspective

Continued

him. And that's perfectly fine.

However, if you know that you are gaining from the perspective presented in a life with bitachon, it would be a mistake to give it up merely because your husband doesn't recognize its value.

Why is Hashem making it that you're not receiving encouragement from your husband?

Rav Avigdor Miller explains, if serving Hashem would come too easily or if a person would receive plenty of encouragement, his avodas Hashem wouldn't be so valuable because it comes effortlessly.

Therefore, sometimes, even when a person is on the right track, Hashem will send people to cause him to begin doubting his derech.

However, Hashem does not want the person to become discouraged. Sometimes, it's merely meant as a test: will he allow himself to remain unsure of his derech, or will he persevere until he concludes if this is the right derech for him.

Naturally, you should not invite opposition upon yourself. Therefore, if you see that your husband does not react positively when you try to 'enlighten' him with the yesodos of A Life With Bitachon, you should not bring them under discussion. Rather, you should work on them alone or with like-minded friends.

Q. I was considering moving to a certain city, and I asked several friends about the frum community in that city. They all said that it's a wonderful place and that I would gain a lot by living there. Based on their reports I moved there. However, it didn't take too long until I realized that the standards of the community are not as high as my family's standards. I realized that not only will I not be gaining there, I might even be pulled down.

I consulted with my Rov to ask if I should move back, but he recommended against it. He told me, "At this moment this is where you are. In the meantime, you should stay." Now, I'm upset at the friends who misguided me into moving there. What is the emunah and bitachon perspective about this?

A. What's bothering you? You are thinking, "My aspiration is to grow in my avodas Hashem. All because my friends gave me poor advice, here I am, stuck in a 'bedieved' community."

You have to understand; human beings cannot affect you in any way. Hakadosh Baruch Hu is the One who is running every last detail of your life. With Hakadosh Baruch Hu there is no such thing as 'bedieved'. If this is where you find yourself, that's because this is where you are supposed to be.

Each person came down to this world to accomplish the mission that Hashem has planned out for them. We might be confident that our future lies in a certain area; however, Hashem might have a very different thing in mind for us.

You may have thought that at this point in your life your mission is to focus inwards on self-improvement. Hashem, on the other hand, may want from you to focus outwards.

Perhaps the reason that Hashem made you land up in an environment which is not on your level is so you can be mashpia to others.

When you understand that you were sent to that community because that is where you need to be at this point in your life, you won't have any hard feelings towards the people who 'misguided' you.

On the contrary; you will be grateful to them for leading you into the place where you can fulfill your true tikkun haneshama.

To receive the full Bitachon Perspective, please contact klatzkoshalom@gmail.com

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Hashem Loves You!

A seminary girl named Bracha* asked her Menaheles, 'Every day, I hear of many people who are struggling with so many painful challenges. It is making me sad, down, and not Be'Simcha. How do I remain happy and upbeat with all that is going on around me?'

Her Menaheles gave her the following powerful words, taken from the 'Hashem Loves You' hotline:

One of the very first things that Hashem created involved a very deep darkness, - 'Choshech, Tehom, Tohu VaVohu'. And only afterwards, with the words 'Yehi Ohr', did Hashem create the Greatest of All Lights - which Chazal say is the Light of Moshiach, the Light of Olam Haba, the Light of Geula, the Light which is the greatest happiness, ecstasy and pleasure beyond all description.

Hashem purposely and intentionally places a person in a deep darkness in order to give him/her the greatest light and the best goodness beyond all description and above all imagination, both in this world and in the Next World.

Hashem created light and He also created darkness.

If you believe that things can be ruined, then believe as well in rectification.

If you believe in darkness, then believe as well in great light.

If you believe in Gehenom, then believe as well in Gan Eden.

If you believe in sadness, then believe as well in overflowing joy.

If you believe in Machlokes, in quarrels, fights, and conflict, then believe as well in great Shalom, because Hashem Himself makes Shalom in the Upper Worlds as well as in our world, as we say, 'Oseh Shalom Bemromav'.

If you believe in Nefilos, in major falling, then believe as well in 'Somech Hashem', that Hashem Himself supports, 'Le'kol Ha'noflim', to all those who have fallen.

If you believe in mistakes, then believe as well in Teshuva Me'Ahava, returning to Hashem because you love Hashem, that transforms the worst of sins into the greatest of merits."

Bracha reviewed this poem every night while listening to her favorite music, and reported to her Menaheles that she experienced a new dimension of Simcha and joy in her life.

Taken from the '**Hashem Loves You Hotline**'
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