

The Spring Hill Times

לע"נ אבי מורי ר' שלמה זלמן בן ר' ישעיה זצ"ל
ולזכות רפואה שלמה: הינדא בת מרים רבקה, בתוך שאר חולי ישראל

Issue 120

Lech Licha

Cheshvon 5784

"I'M LEARNING B'CHAVRUSA WITH HAKADOSH BARUCH HU"

Page 7

This week's issue is dedicated as a Zechus for our brothers and sisters all over the world and especially in Eretz Yisrael and those in captivity. Our Minds and our Hearts are with them. May Hashem Protect, Heal, and Comfort all of Klal Yisrael!

HEAVENLY PROTECTION
Page 5



**YOUR WORLD, HASHEM, IS OVERFLOWING WITH KINDNESS
WE LOVE YOU, HASHEM!**

Wonderful News

MIRACLE IN LAKEWOOD

Chaim* from Lakewood, New Jersey needed to leave his house. His older kids were babysitting the younger ones.

Chaim returned home and pulled into his driveway.



Over 5000 Miracles!

Page 7



Emunah and Bitachon News

HASHEM RELEASES TWO HOSTAGES!

On Leil Shabbos Parashas Noach, two Yidden, a mother and daughter, were released from captivity to be reunited with their family! **Thank You, Hashem! We love You, Hashem!**

As the same time, Klal Yisrael continues to daven to Hashem for the safe return of all the other Yidden held in captivity.

Klal Yisrael has the Best Protection in the World!



We Have HASHEM!

Suddenly, he heard a neighbor shriek.

He abruptly stopped his van.

Two neighbors ran to

Continued on page 8

SHABBOS - THE

Continued on page 3

Spreading Hashem's Goodness all Around the World!

Newspaper Topic:

Hashem

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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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Email: thespringhilltimes@gmail.com**

לעילוי נשמות:
ישעיה בן משה יחיאל מיכאל זיידא, חוה רבקה בת שלמה זלמן, אבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש, דוד זאב בן משה מנחם,
זייטל בת שלום אריה, נפתלי בן יעקב, יעקב אבי בן יוסף
לזכות הבח' הח' משה דוב בער בן אסתר, לזווג הגון בקרוב, לזכות רפואה שלמה, דוד יעקב בן פעשא לאה

לעילוי נשמות:
ר' שלמה זלמן בן ר' ישעיה זצ"ל



Continued **BEST PROTECTION**
 from front
 page Rabbi Yosef Mizra-
 chi, lives in America
 and travels to Eretz Yisrael
 every few months to give
 lectures and seminars to
 people who are not yet Sho-
 mer Torah u'Mitzvos. At the
 end of each trip he makes
 a big Shabbaton in a hotel
 somewhere in Eretz Yisrael.
 At the end of Shabbos many
 people decide to start keep-
 ing Shabbos.

At his last Shabbaton, there
 were two girls there who
 decided to start keeping
 Shabbos. These girls went
 to the festival which start-
 ed on Thursday, but when
 Shabbos came they realized
 that they had taken upon
 themselves to keep Shabbos

HOME SECURITY SYSTEMS
Protection at its best!



*Hashem stands guard at
 your door!
 Kiss the mezuzah every time
 you pass it!*

GRAND OPENING!!!

KI TOV HASHEM NEWS



845-400-8584

A product of 'A Life with Bitachon' and the Spring Hill Times

לע"נ אבי מורי ר' שלמה זלמן בן ר' ישעיה זצ"ל

and that they had to leave.
 They also convinced three
 of their friends to leave with
 them.

The next day when they
 heard what happened, they
 realized that in the Zechus
 of Keeping Shabbos their
 lives had been saved!!

**KLAL YISRAEL LOVES HASH-
 EM - MITZVAH ELIMINATES
 TERRORIST**

The following amazing
 account was sent in by a
 reader from Eretz Yisrael.

My son was at a sheva

brochos in Kiryat Sefer last
 Thursday night where Rav
 Zaid spoke and told the fol-
 lowing incredible story:

*This week one of the girl's
 from Ohr Hachaim semi-
 nary contacted me and said
 she had 6000 shekel saved
 up, which she wanted to
 use to help Klal Yisroel. She
 asked me to buy 6000 shek-
 el worth of tzitzis to distrib-
 ute to soldiers in the south
 of the country.*

*I tried to dissuade her from
 giving away all her savings,
 telling her there's a limit*

Continued on next
 Page

to how much one is allowed to give to tzedaka, but she was adamant.

Finally I found a way of acquiring 6000 shekel worth of tzitzis without her having to pay the entire sum.



The Olam Haba Bakery

We have the largest selection of delicious bakery goods!

Nothing in this world can compare!

Keep on doing more and more Mitzvos!

Shabbos Financial Inc.



Don't worry about spending money for Shabbos!

**It's all paid for!
100% guaranteed by Hashem!**

After I got the tzitzis, she said to me, "Wonderful. Now I would like you to go with my brother to the south and distribute them."

"You've got to be kidding. I helped you with buying the Tzitzis, but look for someone else to do the rest."

But this girl was persistent. She said, "You can do it. You have protektzia."

After arguing for a while, I agreed to try to find a way to do it. I contacted Hidabroot and they arranged for an army officer to take me in an army vehicle to a base in the south. We set out in a car full of tzitzis and drove until we reached 262 כביש. There we were stopped by an army blockade.

"You can't go any further," they said, As much as we explained and argued, they wouldn't give in. Eventually they told us that three terrorists had infiltrated nearby. Two were intercepted, but one got away and was somewhere in the vicinity, so no civilians were being allowed into the area.

After waiting about an hour, I approached the officer in charge and used all

SPREADING HASHEM EVERYWHERE!



25 copies of the Spring Hill Times were delivered to the Ibikur Army Base In Tzefat!

my powers of persuasion to get him to let us through. He agreed to try to see what he could do.

He made some phone calls and then came back and told me that they would arrange for a convoy to accompany us to the base - a few jeeps in front of us and a few behind us.

A תת אלוף (high-ranking officer) got into my vehicle and we set off.

As we were driving, he said to me, "After this is over the government will certainly

appoint commissions to investigate all the mistakes and מחדלים that took place on Simchas Torah morning. But I already know what the conclusions will be. It's as clear as day: 'מאת ה' היתה זאת. It was the hand of Hashem."

We traveled until we reached the base, where we got out of the car and started giving out the tzitzis.

I saw a soldier standing a little distance away and wanted to go over to him to give him a pair of tzitzis, but he motioned to me not

to come closer. So I rolled the tzitzis up into a ball and threw them to him. It was windy, and a gust of wind blew the tzitzis

ball away from the soldier towards a bush. Suddenly, someone stood up from behind the bush. It was the terrorist. He saw something flying towards him and it startled him.

The soldiers shot at him והוא עלה לשמים עטוף בטלית (and the terrorist went up to Shomayim wrapped in tzitzis!!!)

Blessed be Your Name, Hashem!

KLAL YISRAEL IS RACING TOWARDS HASHEM

Sent in by a reader:

HEAVENLY PROTECTION

A Zaka Volunteer, who was on the scene near Gaza, said that he noticed a pattern. Houses that didn't have mezuzos on their doors the terrorists gained entry. Houses that did have mezuzos on their doors were spared!!! [Editor: Heard from my brother who heard it from the person who heard it from the Zaka volunteer]

Announcing

אחינו כל בית ישראל TEHILLIM CAMPAIGN

FOR EVERY TWO PERAKIM OF TEHILLIM THAT A GIRL OR BOY SAYS S/HE CAN EARN A TICKET FOR EXCITING RAFFLES!!

TICKET AMOUNTS FOR THE WHOLE WEEK CAN BE TEXTED TO 845-521-2912 AT THE END OF THE WEEK (BY SUNDAY 10AM) TO BE INCLUDED IN THAT WEEK'S RAFFLE.

WINNERS WILL BE NOTIFIED BY TEXT.

PLEASE SHARE WITH YOUR FRIENDS!

Mazel Tov to last week's Tehillim Winners: Toby Lobel, Ahuva Donowitz, Racheli Neuman, and Chani Skurnik!

My brother-in-law is part of a group where many of his friends don't usually keep Shabbos. He says many, many of them are keeping Shabbos this week! And people across Eretz Yisrael! Thousands in his estimation!!!

Editor's Note: *Many many messages were sent in to Rabbi Golombeck from parents all over the world that their daughters were throwing out any clothing that isn't modest enough.*

And that stores are sponsoring free modest clothing!

It's not to believe the teshuva that is going on.

I mentioned to Rabbi Golombeck that if Hamas would find out what a good thing they did to Klal Yisrael with causing thousands of Yidden to return to Hashem,

they would all immediately commit suicide!

ANTI-SEMITISM CONTINUES TO PLUMMET

A Korean woman on Long Island, who works to support her husband and three children as a cashier in Shop Delight supermarket in Great Neck, donated a week's wages, \$600, to her Jewish/Israeli manager.

Shocked, he asked "What's this?"

She said, "This is for your country."

He asked, "What do you mean?"

She said, "This is for Israel. I know they are going through a war."

She said donating her paycheck was the right thing to do, to help ease the suffering in Israel.

She said, "Money is not



the most important [thing]. The most important thing is we need G-d's mercy."

THANK YOU HASHEM!

The Berger* family thanks Hashem for helping them get back home safely from Eretz Yisrael through Madrid.

Their flight was delayed eight hours. They stayed waiting / sleeping in the airport overnight. They re-booked a connecting flight for the next day after calling the airlines five times. They got a direct flight from Madrid to New York. Other people from that same

**WONDER DIET
Lose Aveiros Naturally**



Just Tell Hashem That You Are Sorry!

flight still needed to take another two flights to get home!



FIRE DOESN'T START!

R' Shalom,* a yungerman, used a Yaknahaz candle for the second night of Rosh Hashana. He put it down on the glass shelf where he usually keeps the candles. Since the yaknahaz was much bigger than the usual candles, there was much more heat and it caused the shelf to crack. The amazing hashgacha was that a couple of inches under the glass shelf was a shelf with a matchbox on it. A couple of weeks before, his wife had been lighting candles and ran out of matches, so she used some extra-big

matches

that she had in the house. She decided she was going to leave the box under the shelf where she keeps the candles as a reminder to get more matches. She never ended up taking away the box of matches, and when the glass fell, it just fell onto the matchbox, which supported it just enough to prevent any shattered glass and it kept the candle from falling, which might have caused a fire.

"I'M LEARNING B'CHAVRUSA WITH HAKADOSH BARUCH HU"

Noam Elimelech Rotenberg, a non-frum Yid, was one of the people who had the z'echus to be killed Al Kiddush Hashem, on Simchas Torah.

It was Sunday night after Simchas Torah and his parents didn't know yet what had happened to him.

His father, said that Noam Elimelech appeared to him in a dream and told him: *Father don't worry. I'm in Shamayim. I'm in a good place. I'm learning Torah b'chavrusa with Hakadosh Baruch Hu!!!!!!!!!!!!*

Noam Elimelech's face was shining and he was holding a Gemara made out of gold!



Avreichim and Bochurim Tying Tzititz for Israeli Soldiers

Kav Hashgacha Pratis 518-613-0140

OVER 5000 MIRACLES

Over 5000 missiles were sent into all over Eretz Yisrael, yet almost all of them didn't do any major harm to people! ONE missile misfired and landed in Gaza instead, and killed their own people!!!!

Continued from front page

his drive-way to pick up Chaim's twenty-month-old toddler who he had hit and had fallen.

Baruch Hashem nothing happened to the child! Not even a scratch!!!

The lady who shrieked, lives down the block from Chaim and is not usually there at that time!

Chaim couldn't see his child since he was short. And he didn't know that his child ran outside to run to greet him.

Thank You Hashem!

MAN VISITS BROTHER IN HOSPITAL

Mr. Frankel from Brooklyn NY went to visit his brother Chezky Frankel in the hospital.

Chezky had two surgeries and had not been awake for a while. When he heard the good news



that Chezky woke up he traveled from a far destination to see him. However the security guard did not let him in

since he claimed that visiting hours were over at 9 p.m.. It was 10 PM at the time.

Mr. Frankel was not aware of the policy. He did not get deterred but silently prayed to Hashem that the guard should let him in. He explained the situation to the guard who said he would call the higher authorities. Lo and behold the guard allowed him in! His brother was thrilled and he had a very successful visit.

Mr Frankl also recounted all the chasdei Hashem he had with his experience

Many phenomenal Yidden give rides, on a daily basis, back and forth the hospital for those who need to visit patients.

They travel in the early morning or evening hours and don't get paid a cent! They do it solely as brothers who are here to help a fellow yid and make it easier.

There is no such nation in the world!

HASHEM LIGHTS UP SUKKAH

The Friedman family from New Jersey had a very busy Erev Sukkos and Mr. Friedman did not get to put in a light

bulb into the sukkah.

They were not home for the first days of Yom Tov.

On Chal Hamoed, when they were about to begin eating supper, they realized that there was no light.

They got busy searching for any light source to put in but came up with nothing. It was getting darker and darker outside. Resigned they got ready to go out to eat in the dark.

To their great surprise, they saw that right on top of their sukkah, that was in the drive-



way, was a huge bright light hanging on the outside wall of the house. It was meant to light up the driveway.

It shone directly into the sukkah lighting it up beautifully!

BITACHON IN HASHEM IS THE KEY TO EVERYTHING

The Horowitz family came home at midnight on Shemini Atzeres, after eating the meal at their in-laws.

To their dismay they saw

that the bathroom door was locked. They had no way of entering it. Mr. Horowitz tried fiddling with the lock using knives but he gave up after a while of it not working.

There was a shemira booth but it was a far walk and they did not have the energy to walk. Mr. Horowitz decided to try again while Mrs. Horowitz would concen-



trate on 'Ein Oid Milvado'. She thought: *Hashem you open locks what is the difference to You if it is a knife or a key*, and to their intense relief the door opened!

WHAT PLEASURE!



R' Avraham,* from Monsey, New York, bought, Lekavod Shabbos, juicy ripe Persimmons.

They tasted out of this world!

Thank You Hashem!

HASHEM GETS GIRL INTO SCHOOL

On Rosh Chodesh Cheshvon, R' Gedalya Melzer* from Lakewood, New Jersey, received a phone call that his daughter was accepted to school.

They saw so much Siyata D'shmaya from the time of application until she was accepted.

Thank You, Hashem!

The Spring Hill Times Fire Dept.



Important Safety Tips How to Prevent Fires.

1. Flee, as far and as fast as you can, from a fight.
2. Maintain a safe distance from fights - a minimum of 1000 miles.
3. Drown yourself in all the good Hashem gives you and be as uninterested as possible in anything else.
4. Someone said something hurtful? DON'T be hurtful back. It's extremely flammable!
5. Laugh it off (inside).



REMEMBER:

Practicing Safety Saves Lives!



WEEKLY NEWS ROUNDUP

A Nation of Chesed!



A family in America was shopping for families in Eretz Israel who, from one second to the next, lost everything and needed food and basic amenities. Their shopping cart was overflowing with goods.

A Yid saw their cart and asked, "Is this for Yidden in Eretz Yisrael?" When they answered in the affirmative, he said "I'm fitting the bill!" A bill that came to \$500 dollars!

What an amazing nation Am Yisrael is!

[Rabbi Zevy Golombeck]

"It's Not Up To Them, It's Up To Hashem"!

Mrs. Baron's* elderly father was brought into the hospital. The doctors said that he had so many



issues and problems that he wouldn't be discharged from the hospital until the next Tuesday.

Upon hearing what the doctors said, the family was michazek themselves that it was not up to the doctors when he would be discharged, it was up to Hashem. And that He could make it that by Erev Shabbos he would be out of the hospital! Sure enough by Erev Shabbos he was out of the hospital! [Heard by Rabbi Zevy Golombeck]

Am Yisrael is Reaching New Heights!

The Cohen family*

from Eretz Yisrael traveled to America to have a baby. They received notification that there was a family from the South that was displaced and needed a place to stay. The Cohen's offered that the family move in to their new house, free of charge.

A brand new house without asking for anything in return!

Mi K'amcha Yisrael! [Heard by R' Zevy Golombeck]



WEEKLY NEWS ROUNDUP

Continued

Chesed and Bitachon Join Forces

Mrs. Houseman* of Eretz Yisrael was on a gluten-free diet. With Shabbos approaching, she realized that she wouldn't have enough time to bake all of the bread, cakes, and pastries that she normally bakes. So she thought to herself, "Only Hashem can help me."



A short time later, an organization that distributes food called her and asked "Do you know anyone who wants gluten-free food? We are closing up before Shabbos and we still have Gluten-free that no one has taken."

Hashem worked everything out to the tee!
[Heard by Rabbi Zevy Golombeck]

Magic Mixer

Mrs. Rubin* from Eretz Yisrael had a Magic Mixer that stopped working. She tried everything to fix it but nothing helped. She bought it the repairman, he wasn't able to fix it. No one was able to fix it.



Mrs Rubin was about to throw it out; and then she thought to herself, "No one night able to fix it, but Hashem the All-Powerful is able to fix it!"

She tried it again and it started working, better than ever.

[Heard by Zevy Golombeck]

Hashem Gets Woman Out of a Pickle!



Mrs. Spinner* from Eretz Yisrael had a dilemma. Her son wanted a pickle so badly, but she didn't have the time or energy to go to the

store to buy pickles.

But her son wasn't letting up; so she said to him, "Go and ask Hashem for a pickle!!" A couple minutes later, her neighbor knocked on the door and said, "We have a lot of extra pickles, would you like some?" Open His'galus Ha'Shechina!

[Heard by Rabbi Zevy Golombeck]

Man Makes Kiddush Hashem

Yosef D. was driving down the street and someone crashed into his car. Instead of getting upset, he took the opportunity to make a Kiddush Hashem.



Yosef told him "We are friends. This is a sign from Hashem that we should strengthen our relationship!"

The Kiddush Hashem was phenomenal.

[Heard by Rabbi Zevy Golombeck]

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



Editor's note: Many of these stories are from Nissan-Iyar-Sivan.

DAILY DOSE OF BITACHON

R' Rosenfeld* from Eretz Yisrael was staying with his daughter and her family for Shabbos. As soon as Shabbos was over, one of the little boys immediately started running to get something.

R' Rosenfeld asked, "Where are you running? What do you have to do that is such an emergency right after Shabbos?" The boy answered, "I need the phone to

call 'A Life with Bitachon'."

R' Rosenfeld asked his daughter, "What's this all about? The second after Shabbos he's rushing to call the hotline?"

His daughter explained that the hotline puts a person in a good mood.

What bigger and better way is there to cheer up other than listening to "A Life with Bitachon" and hearing how special and important you are and hearing how much Hashem loves you!

must be good. She added, "I know G-d will help me find it, because He loves me!"

The receptionist was amazed and said, "Wow, that's a good religion. Can



you tell me more about this religion? You sound so positive. I want to get involved."

And she told him all about Hashem!

HAKOL YACHOL IS THE KEY

R' Zalman Goldberg wanted to go bike riding with his family in the park but the lock around his bike got jammed and couldn't open it. He tried this way and that way but to no avail; it wouldn't open.

He told his family that the trip was canceled.



KIDDUSH HASHEM!

Mrs. Klein* went on a trip with her family and they lost their camera. They went to the front desk of the place and reported that they lost their camera. She started explaining to the receptionist that even though it has a lot of sentimental pictures on it, she believes in G-d, everything He does is good, so losing the camera

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



One of his children said, "Totty, we follow 'A Life with Bitachon' and we know there is no such thing as a trip canceled because of a jammed lock. We just have to say 'Ein Od Milvado' and 'Hakol Yachol' because Hashem can do everything."

R' Goldberg said, "Okay, let me try again."

He tried again, and it opened up, one, two, three!

HASHEM SENDS EXPERT ASSISTANCE

One Shabbos, I noticed that a bird that came and made a nest outside of my house. We live in a complex, so the area outside is shared and is considered a public setting. One of my family members was wondering if it was a kosher bird and if we should do Shiluach Hakan.

On Motzaei Shabbos, I was passing by my yeshiva, and I remembered that there was a bocher who told me recently that he's an expert in the mitzvah of Shiluach Hakan. He read the book, and he knows which birds are kosher and exactly how to do it. I was thinking to myself, "Hashem, I really want to meet this bocher."

As I was passing by my yeshiva, that bocher was walking right by, so we met at the corner!

I told him about the nest, and he happily came right over! He confirmed that it was a kosher bird with a mesorah, so it was Shiluach Hakan Lechatchila!

We went to do the mitzvah. We tried scaring away the moth-

er bird but it didn't want to go. We tried again and again until we started tapping it a little and gave it a push and it got scared and flew away. We then took



the baby birds.

People could say, "Wow, why are you scaring a

HASHEM'S FULL TIME SECURITY SERVICE!

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- OVERCOMES ANY OTHER POWER
- ALWAYS THERE TO PROTECT YOU
- LIVE WITH NO ANXIETY
- WHEREVER YOU GO

Security for:

- Schools
- Yeshivos
- Shuls
- Families
- couples
- Kids
- Adults

and anyone else



LIVING WITH HASHEM

By Rabbi Zevy Golombeck



mother bird?" But we know everything Hashem does is out of love. The Zohar says, the reason why we do Shiluach Hakan is because the Malachim in Shamayim say, "Look, Klal Yisroel is acting cruelty, they're chasing away the mother bird." Hashem says, "The Goyim are acting cruel to Klal Yisroel, do you ever speak up? If you care so much about the birds, care so much about Klal Yisroel!" This brings Mashiach!

PRESENT FROM HASHEM

I was davening for the amud on Shabbos by Mincha. I was opening up the aron kodesh, and I guess I opened it up a little bit too hard, because the whole thing fell over. I was standing there holding the aron kodesh and was full of bizyonos! Just before Mincha I was learning about the power of bizyonos and how Rav Aron Leib Shteinmen said we should pay for bizyonos! It was like a present from Hashem! It felt so good!



A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

- 1 Today's YESOD/Vort on Bitachon
- 2 Today's STORY of Bitachon
- 3 ANSWERS to Questions asked (Answers to 4 new questions each day)
- 4 This week's connection of Bitachon to the PARSHAH
- 5 QUOTE from Sefer "Bitachon Weekly"
- 6 Summary of Rabbi Yehudah Mandel's Thursday VAAD
- 7 Today's STORY how Bitachon helped someone through a Nisayon
- 8 ARCHIVES (proceed as regular: 1 for Yesod/Vort section, 2 for story etc.) Press 8 again for Listening Instructions
- 9 RECORD your Questions, Stories & Comments
- * Back to previous menu
- 0 SONGS of Emunah & Bitachon (To listen continuously to all the songs, First press 8 and then 0)

SYSTEM INSTRUCTIONS

1 15 sec. back	2 Pause	3 15 sec. forward
4 1 min. back	5 Raise volume	6 1 min. forward
7 3 min. back	8 Lower volume	9 3 min. forward
* Back to Prev. Menu	0 Bookmark save	# Bookmark Continue

Eretz Yisroel079-704-0068
 Lakewood.....732-719-3898
 Monsey845-470-5577
 Five Boroughs929-470-5577
 England03-303-502-368
 Australia (3) 99-997-300
 Canada647-498-7700

A Life with Bitachon in Yiddish
 Eretz Yisrael: 072-370-1912
 USA: 845-262-5115
 UK: 0330-325-1260

L'zechus that people should feel loved by Hashem!

5

Weekly Thank You's



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

Thank You Hashem for Staplers!

We can easily put things together!



Thank You Hashem for Washing Machines!

We can clean all our soiled clothing with the push of a button!



Thank You Hashem for Glue!

We can bond all different materials, strong and flexible, together!



Thank You Hashem for Insulation!

Our houses can stay warm and comfortable even when it gets cold outside.



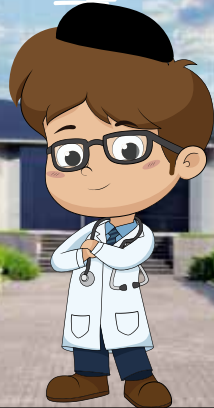
Thank You Hashem for Bag clips!

We can keep our food packages closed to keep fresh.





At our Urgent Care: Pain becomes Gain. Aches turn into Cupcakes. Worries become Snow Flurries. Annoy turns into Joy. Flu becomes a Peanut Chew. A Cold turns into Gold. Hurt becomes Comfort.



Dr. Chaim Altzigut M.D.

Patient

I wish I would be living in previous generations together with the Tzaddikim of yesterday. The world was then more pure and there weren't as many nisyonos as there are today.

I'm prescribing 5 medications for you:

1. You mostly likely did live in a previous generation! You may have lived multiple times in previous generations! In other Gilgulim.

Yet, you were sent down to this generation to fix something up and earn a better place in Gan Eden.

2. The pleasure that we give Hashem in this generation, with all our faults, is equal or even more than the pleasure Hashem received from the great people of the previous generations! It is so easy to give Him pleasure today! For example, just by not exposing yourself to unfiltered devices you are earning for yourself the highest places in Gan Eden!

3. You are in the generation that will B'ezras Hashem greet Mashiach!! You will soon have that unimaginable pleasure of seeing the Shechina reunited with Klal Yisrael! What could be a bigger z'echus?!

4. Today more then ever, you can do so many mitzvos! You can do more chesed in one day than people in previous generations did in their entire lifetime! Torah has never been more accessible as it is today!

5. Accept with love and appreciate the beautiful life Hashem has given you and thank Him for it. There is so much good today!

THE SPRING HILL TIMES WEATHER STATION

Weather Reports Brought to you by:
Meteorologist Velvel Honig



It makes no difference what the temperatures will be or what conditions await us, the weather Hashem gives us is always beautiful and perfect!

Rockland County, New York



Tuesday 3 Cheshvon

Low 44°F
High 62°F



Sunny!!!
Yay!!!!!!!!!!!!

It will be a wonderful day to thank Hashem for giving us Torah and Mitzvos!

Wednesday 4 Cheshvon

Low 51°F
High 67°F



Partly Cloudy!!!
Yay!!!!

There will be perfect weather to be so happy that you are able to walk!

Thursday 5 Cheshvon

Low 53°F
High 73°F



Partly Cloudy!!!
Yay!!!!

Perfect day to realize that Hashem has so much good waiting for you!

Erev Shabbos 6 Cheshvon

Low 57°F
High 74°F



Partly Cloudy!!!
Yay!!!!

Perfect day to greet Hashem's Holy Shabbos with getting the house ready!

Shabbos Kodesh 7 Cheshvon

Low 52°F
High 74°F



Sunny!!!
Yay!!!!!!!!!!!!

Stunning weather! Perfect day to appreciate this most beautiful gift of Shabbos!

Sunday 8 Cheshvon

Low 51°F
High 64°F



Partly Cloudy!!!
Yay!!!!

Beautiful weather! Will be a great day to hear see Hashem returning to Yerushalayim!!!

Ayin Tova

Seeing the good in every situation

CASE OF THE WEEK:



Temima Dweck was swamped at work and feeling overwhelmed. Then she received a phone call from her 12-year-old son Yaakov's principal. Apparently, the collar of Yaakov's shirt had some color sewn into it. This was a violation of the school's dress code. The principal said that he could not stay in school that day. Temima tried reasoning with the principal that this was a minor infraction and in addition she was in no position to pick up her child. The principal was adamant and not willing to discuss it any further!

You can send your suggestions for the AYIN TOVA CASE to: ayintovanewsletter@gmail.com
Or call [Israeli day-time hours only]:
USA: 831-244-6019
Eretz Yisrael: 052-760-5409.

Help Temima have ayin tova for the principal and her situation.

Suggestions for the case where no one stands up for Miri and her baby on the bus:



- Miri learned that many people reason that when someone gets on a visibly crowded bus, it's assumed that she doesn't mind standing, unless she asks someone for a seat.
- Miri can keep her baby in the stroller where it's safer and have an ayin tova for all the women that leave their strollers open on crowded buses to keep their babies safe.
- If she sees someone suspicious, she is ready to jump off the bus.
- Miri can use this an opportunity to be more sensitive and more tuned in to other people's needs.
- If Miri will not get angry and upset rather accept it with love then the whole experience was worth it!
- Even if no one would get up for her, Hashem just blessed her with a child! That right there is ayin tova.
- Also, maybe it was the busiest time of day, and no one really saw outside of themselves, because everyone's life is so busy these days. If they were more aware of their surroundings, or if their lives were less hectic, they would have no doubt have gotten up for her.
- Miri may realize that everyone has their own challenges, and perhaps the people on the bus that day felt their issues were more difficult than hers were.
- Maybe, she will learn to fend for herself better, and politely ask someone to give her their seat, or hold the baby.

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

One of the highlights of the summer, my wife and I were driving to the country through the mountains on our way to a barbeque one early evening, and the GPS had us on an off-road, Route 52.

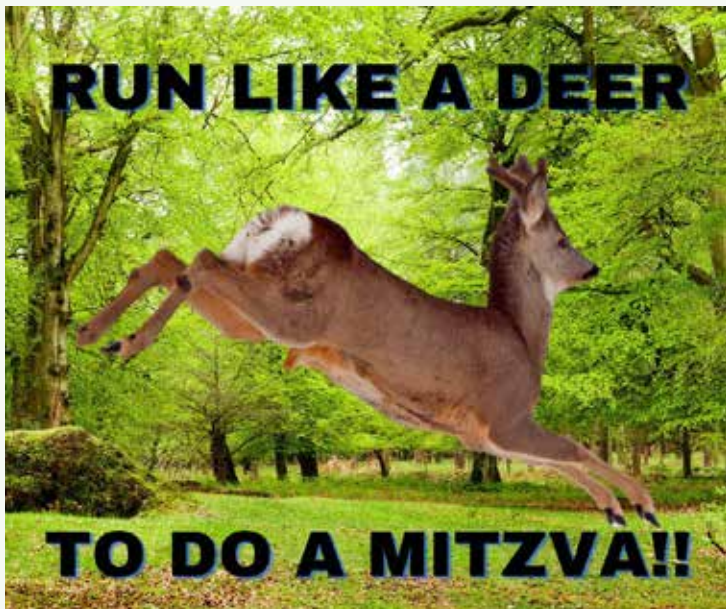


Suddenly our breath went out--we passed by a vista, a lookout point, and the sun was bathing the tops of the mountains and the trees. It was stunning.



And from there we could see hundreds of miles behind and hundreds of miles ahead.

In many ways, that's a portrait of Shabbos: Shabbos is both the calm after the storm and the calm before the storm, with 20/20 hindsight, it affords us the luxury of reflecting on the week that was, and it restores our vision for the week that will be.



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Birchas HaMazon with a Geshmak Inc.

Living With Appreciation

By: R' Daniel Shasha

Avraham grew up in a society of avodah zarah, yet was zocheh to have Hashem reveal Himself to him and be the father of the Jewish nation. How did all this come about?

The Rambam explains that ever since Avraham was a young child, he was mesmerized at the incredible world and used to think about this day and night. He would ask himself questions like 'how does the universe go around, who is moving it? It can't just go around by itself?' Through asking these questions, he came to the realization that the world had to have a G-D and everyone else was mistaken. This eventually brought Hashem to reveal Himself to him. We were chosen to be Hashem's beloved nation, all in the merit of our father Avraham who appreciated the world's incredible natural beauty. We should strive to follow in his legacy and be awed by the stunning natural world around us. We could ask ourselves the same questions as Avraham. Look at the beautiful hills, glistening lakes, the luscious green grass, the attractive flowers, the spectacular wonders of the human body, etc. Hashem truly created such a magnificent world!

The Chovos Halevavos (Shaar Bechinah, hakdamah), teaches that appreciating the niflaos haboreh is a mitzvah. He brings proofs from the Torah and Chazal to support this, and goes into great detail about the extent of what we should try and appreciate, such as: the wonders of the human body: the gifts of eye sight, hearing, freedom of movement, digestion, blood circulation, etc. The miracle of food production and how each species obtains all the sustenance it needs. The incredible benefits we gain from the sun: an abundance of light and energy.

Appreciating Hashem's beautiful world, is also a great way to help us strengthen our emunah, as we see in the following story.

A girl with little Jewish background was on vacation to Hawaii with her family. She observed the powerful movements of the waves and how they constantly crashed on the seashore. This led her to the realization that the natural world is so profound and there is so much that she didn't understand. During a hike, she witnessed some pretty bamboo shoots whose bark was elegantly covered in gold and green vertical stripes. She wondered if someone had painted these, but when looking above her doubt was resolved. She saw these shoots tower above them, over fifty feet high with the elegant stripes running all the way to the top. 'G-D has quite a paintbrush!' she expressed with bewilderment. Observing these incredible wonders helped her strengthen her emunah and realize that Hashem created such a stunning world and is so powerful and loves us so much. When she returned home, she resolved to study more about Judaism, eventually becoming fully observant; all due to appreciating the beautiful natural world around her. (Like Water On a Rock, Artscroll, p.26.)

This is an excerpt from the weekly Living Appreciation newsletter, for feedback, to subscribe or to obtain our two minute a day inspiring gratitude journal please contact us at livingappreciation@gmail.com

Bitachon Gems

Learning the Parasha with Rav Yehuda Mandel Shlita



והיה ברכה

The מב"ן says that people were בזה and were קלל אברהם אבינו and threw him in a בור or a burning furnace. נח was also loaded with plenty of בזיונות and criticism while he built the תיבה and people thought that he was out of his mind.

Part II

שה רבינו suffered from the public until he said וד מעט וסקלוני and they suspected him that he was plotting against them and that he was נכשל באשת איש. And דוד had בזיונות without end about שבע בת, and people wanted him to die so his son שלמה could build the (מכות פ"ב) בהמ"ק.

Part III

Notice how all the great leaders were loaded with בזיונות. Also, חנה had plenty of בזיון from פנינה and from עלי הבהן who thought she was a שיכורה. And, of course, לאה - upon whom it says כי שנואה לאה. The next time you have בזיונות - suspect that you are one of the great people of כלל ישראל!

Part IV

They say that Beis Medrash Gevoah was built with the בזיונות of R' Aron Kotler ז"ל who had to go around collecting from American gevirim - many of whom had no appreciation for R' Aron ז"ל. I, myself witnessed plenty of בזיונות for וואכטפוגל and ר' נתן וואכטפוגל. If you want to really move and become great, be prepared for בזיונות. In Navardok they would say that a person is a מפונק about his beloved כבוד המדומה.

Part V

So much potential greatness in yungeleit is lost because deep down the true reason for so much inactivity is fear of בזיונות. Of course there is no טענה on people who never had a חינוך in the importance of feeling אחריות for the כלל.

Part VI

A מוסר סדר can change your life and save you from serious מחלות ז"ל. (I myself was responsible for saving people in this way בס"ד.)

אל תירא אברם - שכר הרבה - מאד

Some say that אברהם אבינו was afraid because he killed so many people, or because he had to do with מלך סדום, etc. Just like הקב"ה had to reassure אברם, so too many of us need to be מחזק ourselves and say שכר הרבה מאוד. One of the main יציה"ר of our generation is עצבות about our spiritual status.

Part II

We all have tons and tons of מצוות and כותים

The Ahavas Hashem POWER PLANT

Powering Klal Yisrael with love for Hashem



Awesome Energy!

The Spring Hill Times

Bitachon Gems

Continued

but the יצה"ר makes us worry all day about our עבירות. But sometimes this is actually a מעלה since we want to improve and we can say אל תירא- אברהם שכך- הרבה בס"ד that means - since you have so much pain and worry about your sins - this in itself will give you much since you are a big בעל יסורים with all this worry.

Part VIII

קינ did the worst sin - killing his own brother. And yet, הקב"ה told him פניך פלול- למה נפלו- no depression or במקום שבע"ת עומדים אין you become even bigger when you do תשובה הלא אם- תיטיב שאת! allowed! צדיקים גמורים יכולין לעמוד. Look how the הקב"ה tells him to move on and ignore his horrific past!

Part IX

A clear message: Ignore those ugly negative and sins in your life and move on to greatness!

הנה נא עצרני ה' מלדת-בא אל שפחתי

שרה realizes that her being an עקרה was not happenstance - it was מן השמים and ה'! רצון! But she didn't just accept it as a permanent מצב like so many יאוש oriented type of people. She looked at it as a for her to go against her fate and the הקב"ה would דוקא help her in being זוכה to children. So she said ב"א אל- שפחתי אולי- אבנה גם- אנוכי.

Part II

Similarly we have אמנו who davened against her גורל to marry עשיו since the older one marries the older one (and this was ע"פ עצחק אבינו). A human being is אלוך ממעל and is expected to make things happen and to change destinies and to overcome "impossible" situations.

Part III

This was the tragedy of אבישע בן אבוי who heard a בת קול that everyone can do תשובה except for (אלישע בן אבוי) אחר and this made him get worse. He should have said (ב"מ נט): אין משגיחין בבת קול. Incidentally, in that גמ' we have fascinating stories about how חז"ל were strong to defend their positions.

Part IV

We have גמליאל ר' sticking up for himself when the נחשול שבים almost drowned him for having been tough against אלעזר ר'. And we have ר"א going against all the חכמים at great risk. We have the חכמים putting a giant like ר"א in חרם and burning all the ovens that he purified since they held that they were טמא.

Part V

And when the walls of the בהמ"ד started falling אלעזר ר' יהושע, כבודו של ר' אלעזר, we have יהושע ר' yelling at the walls and "putting them in their place"! The אמת המים stood up for ר"א by flowing backwards and the חכמים weren't נתפעל and it had to change its course. ר"א even got a carob tree to become uprooted 100 away and the חכמים weren't impressed at all!

Part VI

To all this הקב"ה laughed and said בני נצחוני בני. We see how the רבוש"ע wants an אדם to become great and like the בו"ע to create a new situation. ותחסרהו מעט מאלקים

Many people become weak in בטחון because they feel that the השגחה is that they should suffer. We see differently.

Part VII

A person has no idea how great he can become and defy טבע and "rebel" against his difficult situation with the supernatural power of בטחון!

Someone once told a Karliner Chassid that: Yom Tov had gone by.

The Chassid corrected him that Yom Tov didn't just go by, rather it went through us. Yom Tov comes with us and it stays with us throughout the year.

We recently went through three weeks on a high, starting from Rosh Hashana.

Imagine if we didn't have Rosh Hashana with the Shofar, and all the Tefillos that elevated us to great heights [not to forget the Selichos pre-



ceding Rosh Hashanah]. No beautiful seudos with the Simanim and everything that comes along with it.

Imagine if we didn't have the Aseres Yemai teshuva with the close feelings that we feel. No AINU Malkeinu and no Tashlich. No Kapparos and no Selichos.

Imagine we didn't have

Yom Kippur r'l. No big Seudos on Erev Yom Kippur which we get tremendous reward. No Kol Nidrei. No fasting including the other four things that we obtain which make us like angels. We wouldn't stay in Shul all day and we wouldn't

achieve all the closeness. No Slichah and Kappara on our aveiros.

Imagine if we didn't have Sukkos. No Sukka without all the excitement that goes into building the

Sukka. The decorations and all the love that goes into the construction. No eating and sleeping in the Sukka. No Lulav and Esrog. No searching for the most beautiful daled minim. No Hallel, and no shaking of the Lulav. Nobody circling the Bima crying out Hoshana.

Imagine we didn't have Chol Hamoed. No simchas bais hashoeiva. No extra time to learn more and no extra time with our family.

Imagine if we didn't have Hoshana raba with all its beautiful minhagim. No second chance for a chasima Tova.

Imagine there was no Shemini Atzeres or Simchas Torah. No continuous singing and dancing with all the customs that come along with it. Every Shul has many customs that they received from their ancestors.

We would be missing so much!

Fantastic Decks

Live to Enjoy!



Does your house in Olam Haba have a deck?

Now is the perfect time to build one!

Do Mitzvos!

Hashem has given us all of these tremendous gifts because He loves us so much.

During all those days starting from the beginning of Elul we say a special Mizmor of Le-dovid Hashem ori. The Seforim teach us that in this mizmor there are re-mozim (hints) for all the Yomim tovim that we just discussed.

How does this Mizmor end? *Kavei el Hashem, Chazzak viametz libecha vikave el Hashem - Hope to Hashem, strengthen your heart and hope to Hashem.*

This Passuk is an extremely encouraging Passuk that tells us not to give up and to strengthen our heart.

I believe that the reason the Passuk is at the end of this particular mizmor is because this is the common theme of this tremendous tekufa, starting from Rosh Hashana [and Elul as well].

It's with these weeks that Hashem gives us a tremendous boost that will last us through the winter and through life. It infuses us with Kedusha, with simcha and



love that keeps us going.

Perhaps we can say that this is the reason that we finish the Torah on Simchas Torah as we proclaim joyously together "Chazak Chazak venischazeik". This is how we wrap up all the Yomim tovim. We should walk away empowered full of Chizzuk.

The situation in the world these days is bringing out the best of Klal Yisrael. The challenges are bringing out the beauty of Kial Yisroel. Whether it's the achdus or the Tefillos that are being said all over the world. Mi k'amcha Yisroel.

The Emuna and Bitachon

that is coming out as we are seeing the chessed Hashem that shone through the difficulties. The chizzuk in Hakol yachol and ein od milvado that people are displaying

is incredible. This is a time that we are living with the words of "Kavei el Hashem chazak viametz levavchem vika-vei el Hashem".

In this zechus Hashem will take us back to our land and show us His chizzuk when He will show us his open love bi-miheira biyameinu Am-ein.

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To Share My Share Of My Daily "Shir Chadash"



R' Moshe Davidson
A Rebbi From Brooklyn, NY

The Simply Solid Cemented City Sidewalk Squares

"Simple Matter that Simply Matters to us"

Did you ever give some thought to the interesting facts and benefits of the city's sidewalk concrete?

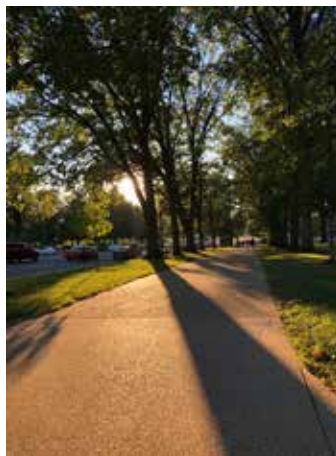
It looks like a simple light gray square box that's 'just sitting there'.

It's seems quite plainly, like a place of cement that is 'cemented into place'.

Well listen to this: It's not such a simple, plain thing at all. It's made up of a few very interesting 'stuff'.

Thank You, Hashem for such a wonderful tough, lime based substance.

Limestone is one of Hashem's interesting rock substances that He created. It has shell-like particles, that are made up of calcium+oxygen.



When heated up, it'll turn into a caustic, white, calcium-based powder called lime, (in Yiddish, "leim")

That's one of the most important ingredients in concrete.

The limestone is heated up

together with soft, mushy, sticky, clay that's dug out from underground deposits.

They add some grainy sand, yummy delicious water, and sometimes gravel as well.

All are Hashem's created inanimate matter, whose availability and usability really matters to us.

With the correct amount of each of the ingredients, this recipe will turn out to be a wonderful potent mixture.

After it's all mixed together there's an interesting chemical reaction that'll give off heat.

It releases its 'internal resting' powerful stuff.

When combined, the potent chemicals somehow, -Hashem knows how-release their koiach!

It's an , "inter - resting" mixture!

After drying, it'll serve as a strong, clean, dry surface.

"Ah mechaye!"

It'll be a tough, rock-like covering, over the top of the solidly packed earth underneath.

Boruch Hashem! No more dealing with earthy dirt and dust when it's dry weather, or with slippery mud when it next page

rains! Yippee!

Its rough surface gives you good traction as you walk, jog, run, hop, skip, and jump.

You'll be able to, "keep on going."

Now listen to this.

It can also withstand extreme changes in temperature.

Here in the N. Y. C. area we can go from - 0°F to over 100°F during the course of the four seasons, "ומחליף את הזמנים"

In the coldest times of the year the earth underneath freezes.

Even though everything else contracts when it's colder, amazingly Hashem makes the

frozen water expand! הפלא ופלא!

Therefore, when the wet earth underneath expands as it freezes, the whole heavy slab of sidewalk can sometimes go along with the shifting ground and it'll lift up a bit. Amazing!

However the concrete itself can also sometimes crack because of the shifting ground.

That's why the pavement is shaped into separate detached squares.

This way of paving results in much less cracking of the sidewalk.

Since each box can shift a little bit on its own, as a result there's much less cracking.

Thank Hashem for giving such a clever idea to man.

Then there's also the shifting of the slabs of cement due to the pressure of the tree roots.

Hashem makes the trees and roots grow larger over time.

He sends the roots to lengthen and find more area from where to draw in the daily nutrition that it needs.

The spreading of the roots also helps the tree to be more embedded and anchored deeper into the ground, over a wider amount of space, so that it shouldn't fall and topple over from its massive weight that it's gaining as it grows bigger.

Hashem planned it all out perfectly. Gevaldig!

These deep, searching roots put pressure on the underside of the sidewalk and therefore they will most likely lift the walkway.

The lines separating the squares also serve as a break off area, to stop the spreading of the cracking cement.

Let's give some thought and appreciation to having this hard dry cemented concrete covering of the ground.

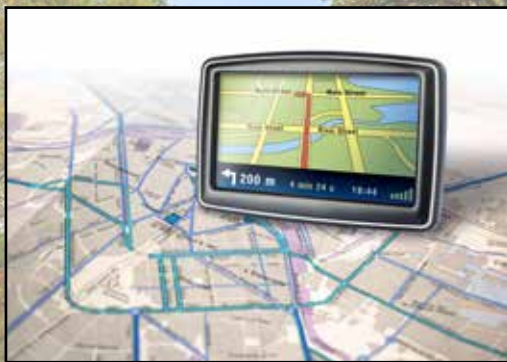
In the days of old, people needed tall leather boots to be able to deal with the huge areas of muddy ground.

They had an opportunity to get more schar by coming to shul while trudging through the streets, in a muddy mess.

They had a mitzvah to scrape off their boots, from all the collected caked up mud, be-

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Your Destination:

HASHEM

Your driver:

HASHEM

Just sit back and enjoy the ride!

fore entering a shul, or Yeshiva.

The olden times big tall wheels of the wagons would sometimes get, 'stuck in the mud'.

They would have to get another few strong, animal 'tow trucks', to pull them out of the mud.

That was another way to chap a mitzvah helping schlep someone's wagon and horses out of the mud.

B"H we don't have to be busy with all that mud.

We can however do plenty of mitzvos on the dry ground.

We can still get that extra s'char for going to shul, even when it's hard to get there, for some other reason, besides the mud.

Instead of helping a wagon out of the mud, we can give a boost to a stalled car, or help them fix a flat tire (on the dry ground).

We can show also kavod to the shul in other ways, instead of the mud scraping.

I'm sure you'll find plenty of good things to do, to be מְבַדּוּ a great מקום קדוש

'V'ahavta l'reiachu kamocho'

The children can play nicely, and friendly, with their neighbors outside on the pavement.

There's plenty of great games that they can play.

On the long summer afternoons, Hashem helped the children learn, how these square shaped slabs of con-



crete can be turned, into being miniature playing courts.

There's the game, "Corners," and another game, "Three Boxes" both of which the game and it's rules, involve and revolve around the actual space, size, and shape, of the concrete squares.

Then there are many more outdoor games that can played on the dry outdoor area right outside of your home. Some of these are only for hard cemented areas.

Stoop, Basketball, Hopscotch, Belts, Dodge ball, Machanayim, Hoola Hoop, Tag, Freeze

Tag, Monkey-in-the-Middle, Red Light Green Light, Hide and Go Seek, Circle Three, Ching Chong, Tap Tap Free All, Skippity, Elimination, Mosaic Chalk, and the list goes and on. Boruch Hashem!

Thank you Hashem for making the kinderlech so happy with all of those outdoor activities.

Add to that the unicycle, bicycle, tricycle, scooter, electric scooter, roller blades, skateboard, Hoverboard, and the Segway.

They would never work in the mud!

Thank Hashem for the dry, hard, paved walkways!

From now on when we walk on the sidewalk let's appreciate it, and thank Hashem for the great pavement of the walkway that we have, and use everyday.

I once heard from Rabbi Avigdor Miller zt"l, that these thoughts can be useful as we walk the city streets.

Especially when we are careful to look downward, at the sidewalk, watching our eyes from improper sights.

So from now on,.. As we, "look down" at the sidewalk we'll, "look up" to Hashem!!

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

THE LOST OPPORTUNITY

A young child in B'nei Brak unfortunately started losing his vision. His parents sought out the required medical care, but no doctor they took him to had any solution to his ailment. They turned to a world-famous askan who specialized in locating the specialist needed for special

cases, and after inquiring, he found that there was one and only one doctor in Texas who could heal the boy.

They scheduled the next available appointment, which was only in five months' time. Sometime in between, the doctor from Texas visited Eretz Yisroel for a three-day medical conference. After a day and a half, the conference concluded, and so the doctor used his extra time to tour around.

One of his stops was the Ponovezh Yeshiva. There, he was shown the gemach that lends out large sums of money to needy avreichim with no interest, and the doctor was very taken by the dedication to other Jews in need. He decided

that he too wanted to do an act of kindness, and he remembered that there was a patient in B'nei Brak on his waiting list, whom he decided he would operate on in Israel for free.

He contacted the referral center and booked an operating room in Mayanei Hayeshuos Hospital. He also asked for the contact information of the patient and his family, and he insisted on informing them personally. The doctor went to the house, knocked on the door, and asked if the father of the boy was there. The boy responded that his father was resting. The surgeon then told the boy to tell his father that the surgeon from Texas was at the door and was willing to perform the surgery right then and there.

When the boy told his father what the doctor at the door was saying, the father thought it couldn't be true. He told his child not

Continued on
next page

Bais Hamikdash Constructions

Building Hashem's Magnificent House Together



Love your friend to no end!

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

to bother him with such silliness, and with that he rolled over and went back to sleep.

The surgeon urged the boy to go again and tell his father that the surgeon is certainly at the door, but again the father scolded his son for disturbing him and continued his sleep.

The surgeon was very insulted, and instead of performing the chessed he'd intended to in Eretz Yisroel, he flew back to Texas and only performed the surgery months later as

previously scheduled.

My rebbi, R' Meir Shutland, shlita, used this story to illustrate the great opportunity that awaits us when the "doctor" is around.

As the nation of Hashem, we have this opportunity. We have access to the greatest "doctor," i.e., Hashem. This man lost this great opportunity because he didn't know that the doctor was nearby. We must remember that Hashem is always at our side and is ready to hear our

davening. (Be'er Haparsha, Haazinu – Shabbos Shuvah, p. 4)

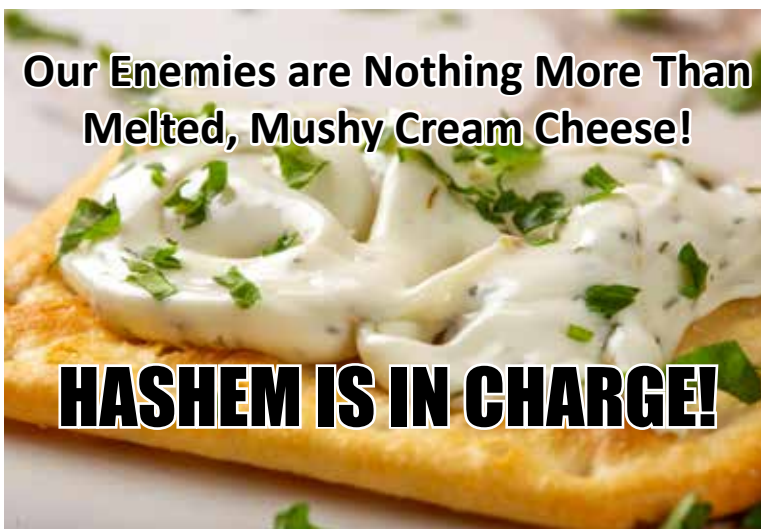
AN UNUSUAL PHENOMENON

Reb Michel Yehudah Lefkowitz was in chinuch for many years. Reb Michel Yehudah said that he observed an unusual phenomenon. Generally, the children who weren't successful in Torah in their youth became the most successful. out of their family, later in life. For some reason, the outstanding successful child of the family is precisely the one who didn't excel in his younger years. Sometimes, his success is in Torah and mitzvos or in business, but the pattern is that the one who seemed least likely to succeed ultimately outshined the others.

Reb Michel added, "I don't know why, but I think it is because the parents invested many tefillos for those children. They dav-

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HASHEM IS IN CHARGE!



Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

ened for all their children, but because they cried for those 'unsuccessful' ones, those tefillos were eventually answered."

RECALCULATE

There's a similar story heard about him that shows the same idea. The son of a widow was once kicked out of yeshiva because of his disrespectful behavior. The yeshiva had done their best to keep him in, but things had gotten to the point where there was nothing more that could be done, and they were forced to send him home.

They called his mother, and broke the news to her of his misbehavior and their decision to expel him from the yeshiva.

"Why didn't you tell me earlier," she asked. "You can't just do that to me—tell me suddenly that he's being kicked out. You must give me a warning!"

"We were strongly contem-

plating that," replied the hanhalah, "but we knew the situation. There was simply nothing to do. Had there been anything that could have been done, we would surely have told you. Instead, we tried to spare you unnecessary aggravation and stress by not telling you until he had to be sent home."

"But what do you mean 'nothing to do?'" asked the mother, "I could've davened. There might've been nothing physically to do, but davening can change everything. Since you didn't give it a full try, I insist that he not be kicked out."

They were very taken back. The hanhalah hadn't been anticipating such a claim. They therefore decided to pose the question to Reb Michel Yehudah to see his opinion.

They came to Reb Michel Yehudah's room and presented him with the ques-

tion. Each of the sides presented their side, and they awaited the response of the great tzaddik.

Hearing the two sides, the Rav responded that the widow was right. Although chinuch-wise there wasn't anything they could do, but she could've davened. They hadn't given it all they had to help this child, and therefore he said that they must take back the child and give him another fair chance with "davening."

This is an incredible, eye-opening story. We see from here that what can't be done without davening can surely be accomplished through davening. And therefore, the school would have to take the child back in for another try.

"R' ELYASHIV"

Klal Yisroel's greatest brachah in the past generation was the great tzaddik, R' Yosef Shalom Elyashiv. He enlightened the world with his p'sakim, halachah



Life is Wonderful!

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rulings, and much more.

What's the story behind him?

His father, R' Avraham Elyashiv, was the son-in-law of the Leshem. At first, they weren't zocheh to any children. They decided that they would travel from Hamala, where they lived, to Vienna, a two-week travel, where a top doctor in the field practiced.

After a full screening, the doctor picked up his hands and said that there's absolutely no hope for them to have any children. They'd have to settle with "reality," he told them.

Sadly and brokenheartedly, they started returning to their hometown with no cure. To prevent her embarrassment, R' Avraham's wife withheld her tears for the entire ride.

When she finally returned home, she immediately went to the shed where they kept the grain, and for

a long time she sat there and cried her eyes out. When she finished letting out her tears, she began to walk back to her house, but before she could get there, she ran into her father, the Leshem. He saw something was bothering her and asked what was going on.

"Is there something that I can help you with?" he asked her.

She tried changing the conversation, but it didn't work. Her father saw her red eyes and knew that there's something that must be taken care of. She therefore told him of their entire trip, the appointment with the doctor, his sour report, and now her releasing of all her bottled-up emotions.

Her father said, "I'll tell you a pshat, and listen carefully. We say every day: 'Karov Hashem l'chol kor'av, Hashem is close to all that call out to Him,

l'chol asher yikre'uhu b'emes, to those that call to Him with truth.'

"What does this mean?" asked the Leshem. "Is there than a man that calls to Hashem lacking truth? What does it mean that he calls to him with truth? The verse is referring to when there's no one to turn to. There's nothing in the 'books' that can be done. When such a person turns to Hashem, he's turning to Him completely. There's no one that can possibly help. When there no hishtadlus to be done, that is what the pasuk is referring to.

"Now's the time to turn to Hashem, as now you just got to the point where you sense that there's no one to turn to. Now you're going to have your salvation!"

The rest, as they say, is history. A year later, they were bentched with a child—not an ordinary child, but a child that lit up the world with Torah.

Miracles of Recent History

Chevrah Hatzalah played a pivotal role in the rescue operations at the

World Trade Center on September 11, 2001. The very first ambulance to arrive at the Twin Towers following the first plane crash was a Hatzalah ambulance. By the time the second airplane crashed into the second tower, there were two dozen Hatzalah ambulances, including their communications and command center trailer, and 200 EMTs, paramedics, and doctors from Hatzalah on the scene. By the time the buildings collapsed, ambulances and emergency medical personnel from all the branches of Hatzalah throughout the five boroughs of the city of New York and as far away as Rockland County had arrived on the scene. During the first hour of the disaster, over 123 patients were transported to area hospitals by Hatzalah ambulances. At the south end of the Twin Towers, Hatzalah was the dominant ambulance service covering the disaster scene. They transported numerous victims to safety, including police officers and fire fighters.

When the buildings collapsed, about 3,000 people were killed. In addition to the people inside the buildings themselves, everyone in the vicinity was endangered by the huge pieces of metal and glass falling from great heights. People



raced for cover. Many were killed by falling debris or died from suffocation by the dust and smoke. The Hatzalah dispatcher was advised by two-

way radio that many Hatzalah members had been trapped under the debris, and he began calling each member by name over the radio. For the 850 members and their wives, it was an extremely long hour as they waited to hear responses from their colleagues and husbands. At the end, although there were injuries, every single Hatzalah member was accounted for and confirmed to be alive. It was clear to everyone that hundreds of miracles must have taken place for all of the members of Hatzalah to be saved. They all attributed their miraculous salvation to the zechus of being part of an organization that engages in constant lifesaving chessed.

Rabbi Mechel Handler, the executive director of Chevrah Hatzalah, was one of the people who came close to death as he struggled to breathe and race for cover in the midst of the falling debris. When Rabbi Hendler later met Chief Robert McCracken of FDNY/NYCEMS, the two men immediately hugged each other. After hearing that all of the Hatzalah members had survived, Chief McCracken said with conviction, "It is obvious that your G-d has miraculously saved all of you" (Even in the Darkest Moments, by Zeev

Breier).

This was not the only large-scale disaster in which countless Jewish lives were saved through overt miracles. During the Gulf War, Iraq fired deadly Scud missiles into heavily populated areas in Israel. These missiles carried powerful warheads that had the power to cause massive damage. Incredibly, over the days that Israel was bombarded by the Scuds and its people found themselves constantly racing to their bomb shelters, no Jewish people were killed, although some buildings and houses were severely damaged. This frustrated the Arab enemy; in a prominent newspaper, an Arab was quoted as exclaiming, "What can we do? Their G-d is protecting them, He is obviously on their side!"

This is precisely what will transpire when the final geulah arrives: Hashem will demonstrate in the clearest possible way that the Jewish people are His chosen people. He will bring us to Eretz Yisrael and shower us with the benefits of His Presence and His hashgachah. When the Jewish people emulate Hashem's middos,



then He considers it appropriate to demonstrate His love for us to the world. The miracles that He performs for us are His way of proclaiming

to the world that the Jewish people represent Him and have proven themselves worthy of His favor — and this will ultimately lead the entire world to recognize His timeless values and to accept Him as their King.

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Rabbi Shraga Freedman is the author of Sefer Mekadshei Shemecha, Living Kiddush Hashem, and A Life Worth Living.

Email: LivingKiddushHashem@gmail.com for a free file of sefer Mekadshei Shemecha and other resources and to sign up for our weekly Kiddush Hashem email.



Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

The job of a doctor is to heal patients, but why must he report his scary prediction?



The body doesn't enjoy being afraid. Becoming scared can make things

worse.

The Ramchal writes about his talmid, a doctor, whose method of healing was to convince his patients that they are healthy. R' Mandel always says over, "there's nothing to fear but fear itself. It could even be that when you're not feeling well and you're afraid of what it might be, that your fear can cause the doctor to zero in on it, developing your condition. R' Mandel always says over the pasuk in Mishlei חרדת מוקש – אדם – not only does fear not help but it also adds to the problem. This can be true regarding mental issues also. A person's mind can grossly exaggerate his issue, and when he's afraid of it and always repeating it, it makes it more real and can therefore worsen.

Rabbi Yosef Moshe Mizrachi

In Perek ה"ח the Shevet Mussar writes a list of twenty two things one should work on. At the end he writes: If someone cannot do everything for whatever reason he should do whatever he can even if it's only one of them and he should not say, "if I cannot do everything perfectly anyways what is the one thing I can do worth," since it's possible that you came into this world only to fulfill that one small Mitzvah and that is all you need to complete your Neshama From a previous Gilgul! Even if one can only do half a Mitzvah it's vital that he not get discouraged!

The Shevet Mussar continues with a parable:

There was once a king who sent his servant to battle and handed him a list of 100 commandments. When the servant returned from battle he informed the king that unfortunately he only accomplished 1 out of the 100 things. The king joyfully replied I gave you 100 commandments hoping that you would that you would at *Continued on next page*

MAZEL TOV!

Mazel Tov to R' Sruli Meyer and family (Chestnut Ridge, New York) on the Bar Mitzvah of their son Aharon!

Mazel Tov to R' Nesanel Kagonoff and family (Monsey, New York) on the marriage of their daughter Nechama to Aharon Noach Braun (Lakewood, New Jersey)!

Mazel Tov to R' Chezky Zeffren and Family (Lakewood, New Jersey) on the birth of a new baby boy!

Rabbi Yosef Moshe Mizrachi
Continued

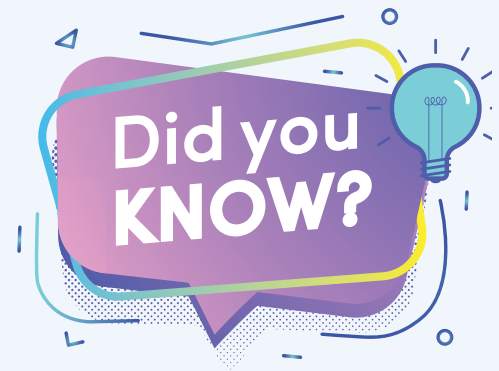
least fulfill one! Now that you did, you will get rewarded!

The Mishna in Makkos 23b says, 'Hashem increased the Torah and Mitzvos in order to help up get Olum Haba!'

However this is only on condition that one tries and wants to fulfill all of the Mitzvos. As we are aiming to serve Hashem fully, we must value and appreciate every tiny mitzvah that we Perform along the way.

Shabbat Shalom U'mevorach!

By: Rabbi Zevy Golombeck



Did you know?

We're lucky to live in today's generation. When we do even the smallest, tiniest Mitzvah, Hashem magnifies it a thousand times. A generation in Galus for more than two thousand years, and still doing Mitzvos? Our tiniest Mitzvos are bigger than Amoraim and Ta'anaim's mitzvos.

When we do an aveira, Hashem is dan l'kaf zchus; how can more be expected of us?

R' Chatzkal, brought down in the sefer Shaar Hageula

Olam Haba Ice Cream Shop



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BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau

This week's Topic: "LIKE A MAMMEH"

The Quote – The Lesson – The Story

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

The Quote: Another great advantage of achieving בטחון is that: The ב'ה' is happy in every circumstance that surrounds him, even if it's contradictory to his nature. The reason is because a ba'al Bitachon believes that Hashem only puts him where it is good no matter what! He believes that just as a mother is so merciful and concerns herself only for her child's good – even though it sometimes looks as if the mother is doing many acts which seem to differ from the will of the child. And everyone understands that the mother only has her child's benefit in mind. *So too*, if we have בטחון in Hashem we will understand and realize that even in these uncomfortable situations he knows that Hashem is only good, loves him and is caring for him – just like a mother cares for a child. As דוד המלך said (תהילים) נפשי כגמול עלי אמן- כגמול עלי אמן- ודוממתי נפשי- אמן לא שויתי - ודוממתי נפשי- אמן לא שויתי (קלא,ב)



The Lesson: WHAT MAKES THIS QUOTE SO INCREDIBLE and amazing is that everyone knows that the bond of a mother to a child and the care that she has for the child is unparalleled. A mother worries for the safety and health of the child at all hours of the day and night. This too is the mashel of how Dovid Hamelech says that we should constantly feel toward Hashem Who is even more concerned for the health and care of His children more than any mother in the world! Such a feeling is a feeling of Bitachon, the Chovos Halevavos is teaching us, makes us feel calm in any situation. Just like a baby feels calm in the arms wherever he may be!

THE STORY: THERE WAS A RESTAURANT owner whom we will call Natan.

Natan was getting worried as it was nearing the Yom Tov of Purim, and he still did not have too many orders. It was just recently that Natan had begun to work on his בטחון ב'ה', and Natan said the following words to himself, **"I trust that ה' will help me with my business and He will supply me with whatever I am meant to receive"**.

Shortly after this incident (still before Purim), Natan's refrigerator broke down. It was quite an expense to repair it, yet left with no choice Natan contacted a repairman to come fix it. Every day, Natan called the repairman and waited, yet each time the repairman failed to show up. Finally, after much waiting, the repairman showed up. He fixed the refrigerator and then approached the restaurant owner, Natan.

The repairman was surprised to see Natan so calm and he asked him, "How are you so calm? And why didn't you ever yell at me or complain-that it took me so long to come down? It was obvious that you needed your appliance fixed a.s.a.p.!" Natan replied, "I am working on my בטחון ב'ה' and I know that ה' is taking care of me and it would not help for me to get upset."

The repairman was so impressed that he decided not to charge the man for his work. He did not stop there, he then told Natan, "Recently someone told me about a שיעור on בטחון ומונה but I didn't have any interest in going to it. The worker continued... **But after seeing you, I am planning to join the שיעור!** [Story originally heard from Rabbi Dovid Ashir]

Postscript: Shortly after this incident, business picked up and Natan got many orders from different Yeshivos asking him to prepare their Purim Seudos.

Next week's Topic: "WHAT is Bitachon?!"



By: Rabbi Eliezer M. Niehaus

This column is part of the "ASHER TO THE YATZAR" initiative, and is written as a *zechus* for a *refuah sheleimah* for my daughter (**Esther bas Sara Miriam**), a young mother undergoing treatment for the *machalah*, and for R' Yossi Hecht (**Yosef Chaim ben Devorah Leah**), founder of ashertotheyatzar.com. (Please take a moment to say a *perek Tehillim* for them.) If you would like to receive the monthly leaflet, please email ashertotheyatzar@gmail.com.

The Best Flu Vaccine!

My father-in-law is a doctor, but not the type who believes that he is actually healing the patient. Rather, he tells his patients that the main part of the cure is the *tefillah* said before taking the pills, as it says in Shulchan Aruch (O.C. 230:4), that before any act of healing one should say:

יהי רצון מלפניך ה' אלקי שיהא עסק זה לי לרפואה כי רופא הנם אתה

"May it be Your will, Hashem, that this endeavor cure me, for You are a free healer"

Afterward you should say:

ברוך רופא חולים

"Blessed is He who heals the sick!"

The Mishnah Berurah explains we say this *tefillah* so as not to think that the cure is coming from anything other than Hakadosh Baruch Hu. Saying this *tefillah* helps us place our trust solely in Hashem, as we ask Him with all our hearts to cure us.

My father-in-law gave me another valuable piece of medical advice, which is applicable right now. Many Ashkenazi shuls have a custom to say *selichos* of ב"ה – B'hab, after Sukkos and Pesach. B'hab refers to Monday (ב), Thursday (ה) and Monday (ב), which are three special days of teshuva and *tefillah*. (See Shulchan Aruch, O.C. 492.) This year it will begin in the second week of Cheshvan. The Mishnah Berura explains that it is to atone for any *aveiros* we may have done during the days of *simcha*.

However, my father-in-law told me that the *Levush* gives a medical reason for B'hab. He says that the reason for the custom of B'hab is because these are the two times of the year when there is a drastic change in weather, which could cause people to get sick. Therefore, we have three days of *tefillah* to ask Hashem to keep us healthy! So, even if you don't have the custom of B'hab, this lesson should be taken to heart. Of course, we must live a healthy lifestyle and take care of the wonderful present of the human body that Hashem gave us. But the most important way to stay healthy during the upcoming cold and wet days of the winter is through realizing that all health is from Hashem. Therefore, we must daven to Hashem that we stay healthy.

I am not a doctor so I will not tell you if you should get a flu vaccine or not, but I can say that Asher Yatzar is not just the best vaccine against the newest strain of the flu – it is the vaccine for **everything!** So, make sure to take your Asher Yatzar vitamin every day of the winter and be *zoche* to a truly *gezunteh vinter* – physically and spiritually!

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

When performing any action of curing, or of staying healthy, such as exercise, taking vitamins, eating healthy, or even just staying away from matters that are detrimental to health, bear in mind that these are just actions. Make sure to say the aforementioned *tefillah* beforehand, with the feeling that this is what is really curing me and keeping me healthy!

The First Jew

Avraham Avinu

Mrs. S. Mordechai

Avraham Avinu
was the very first Jew
Our Creator, the Borai
HaOlam,
he personally knew.

Avram looked at the mag-
nificent world.
Where did all this come
from? When did all this
start?

These were the questions
that tugged at young
Avram's heart.

There must be a Creator
of all we can see;
The flying bird;
The growing tree;
Every living being, includ-
ing me.

This amazing world can't
run by itself!
There must be a master
who is divine,
Who turns night into day;
Taking care of all crea-
tures' needs, including
mine.

I'll pray to my creator,
The One Holy One.
In that moment the world

was refreshed.
Hashem said: "I finally
have a son."

Avram laughed at the
getchkas
in his father's store.
They sat on the shelf
and could do nothing
more.

If I can break them
their nothingness will
show.

Why pray to an idol
who is helpless to every
blow?

So he broke off a head,
smashed limbs bit by bit
The idols were motionless
and silent at every hit.

All over the floor these so-
called gods lay.
Now merely trash of metal
and wood.
How could anyone think
they could do any good?

Avram's father was an-
gry:
A chutzpah, what did you
do?

People need these figures
to worship
and they're worth lots of
money, too.

King Nimrod was also
very upset;
Not for the carvings Avram
had busted;
But his kovid and authori-
ty were threatened
by The One G-d Avram
said he trusted.

We'll see who wields the
power.
I'll throw you into a fiery
blaze.

If your one G-d is true
you'll emerge alive;
If not, this will be the last
of your days.

Avram was firm in his
faith.
He was not an iota con-
cerned.
He knew his One G-d
would protect him
and sure enough, Avram
was not burned.

However, this was not a
furnace where one could



The First Jew

Avraham Avinu

Mrs. S. Mordechai

expect magic.

*Avram's brother did not
rely on Hashem.*

*When he was thrown in
the fire,
his end was tragic.*

*Avram married his de-
ceased brother's daugh-
ter,
Sarai, his niece,
and together they began a
life
spreading G-d's message
of chesed and peace.*

*Hashem told Avram
"leave the land of your
father's house.
Go to the place I'll show
you with your converts,
your followers, and Sarai
your spouse."*

*Hashem spoke to Avram
"Raise your eyes
North, South, East, and
West.
Walk the length and
breadth of the land I will
give to you.
All the families of the
earth through you will be
blessed."*

*"Walk before me and be
perfect.
I will be for you a shield.
Those who bless you will
be blessed.
Those who curse you will
be cursed
A covenant of flesh be-
tween us will be sealed."*

*Avram and Sarai were
the cherished leaders of
many.
They were not alone,
but at their advanced
ages, they had given up
hope of raising a child of
their own.*

*Avram said to Hashem:
"I am grateful, my Lord,
beyond measure,
but I mourn that I have no
descendants with whom
to share such a treasure."*

*"Your offspring will be nu-
merous
like the dust of the earth.
You'll have a son, named
Yitzchok,
Despite being 90 years
old, your wife, Sarai, will*

give birth."

*Avram fell on his face re-
joicing
about the child that Sarai,
his wife, would bear;
Strengthening his knowl-
edge
that Ha Kol Yachol can
answer any prayer.*

*The One Creator blessed
them
and to their names He
added a Hay
Now Avraham, our father,
and Sarah, our mother;
we call them to this day.*

*From Sarah nations and
kings will rise,
a multitude of nations will
come from you.
Can you count the stars?
That's how many children
will call you Avraham
Avinu.*

*You'll be a blessing.
You'll be blessed.
You'll be a great nation.
A light to the rest!*



A Faint Whiff Of Hashem's Unlimited Wisdom and Kindness

Besides for all of the functions our teeth do which we mentioned previously – our teeth serve an additional important function and service. Through our teeth, we are able to give over to someone else a warm and bright smile.

This small and simple action might seem insignificant, but the power it has is unbelievable and its effects are very far reaching.

Let's list some examples. A request which is accompanied by a warm smile has much more of a chance of being responded to favorably.

A situation which is full of tension and friction can be changed dramatically by a smile. Even a full-fledged dispute which has the potential of causing a vast

amount of harm and suffering can be changed by a smile. There are so many partnerships, alliances and business deals that the warmth given over by a smile was a pivotal factor that made it happen.

The vast power that a smile conveys necessitated the white shine that comes from the teeth. The lips and gums by



themselves just don't do the same job. The power that we have from our teeth that the הקב"ה gave us to chew and it's involve-

ment in our speech – does not necessitate that our teeth should be beautifully white. We could've had black teeth, or teeth that are the same color of our lips and our gums – pinkish. הקב"ה gave us special white florescent teeth in order to do the service of smiling. Let's try to take advantage of this important מתנה that our teeth contain.

The importance of smiling to someone, radiating warmth and friendship with our white teeth, is a concept we are taught from חז"ל.

The בתובות דף in גמרא says in the name of ר' יוחנן – "טוב המלבין שינים" - "לחבירו יותר ממשקהו חלב" - *One who shows his white teeth in a smile to his*



A Faint Whiff Of Hashem's Unlimited Wisdom and Kindness

friend, did a greater kindness than one who gives him a glass of milk.

Let's picture this for a moment. An individual who's making his rounds with a refreshing drink and he is distributing it for free to whoever wants. We would be very impressed with this person's מדת החסד.

Actually, this is something that grabbed my attention when I attended the enormous לוייה of HaGaon R' Chaim Kanievsky Zt"l. Besides for the wonderful דברי חיזוק, important הספידים and the unbelievable כבוד התורה, there was a side point that struck me. I saw the beau-

tiful חסד that took place. So many residents of בני ברק distributed free drinks and food to the public. In quite a number of places there was free coffee and milk.

This is "משקה חלב", which is described in the גמרא; giving your friend a drink of milk. You can't help yourself from being deeply impressed by their חסד.

A simple smile that we don't give too much thought about is more than handing out free coffee. Did you ever consider opening a free smile stand? We see how important and beneficial a smile can be.



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The Universe

A Divine Masterpiece

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“The chlorophyll (with the photon energy captured in the chlorophyll antennae) then “somehow” cause a very complicated chemical reaction to take place which splits the water found in the leaf (you know, the water that somehow rose from the roots of the tree, to its tippy-top leaves) into hydrogen and oxygen. (A water molecule has two atoms of hydrogen and one atom of oxygen.) Typically to split water into the oxygen and hydrogen you need a lot of energy like a fire below it, to bring it to a very high temperature (like with a pot of water on the stove cooking) but this miraculous process requires NO HEAT whatsoever. Now where does the oxygen go? “Luckily”, the oxygen goes out of the leaf through pores, special holes, on the bottom of the leaf, and guess who happens to need this oxygen? All human beings and animals. Lucky, aren’t we? Without oxygen we couldn’t breathe. If not for this amazing miraculous filtering process,

the world would RUN OUT OF OXYGEN a long time ago! That’s because when humans and animals breathe, they inhale oxygen, and then the body uses up the oxygen, and it turns the



oxygen into a gas that we can’t use at all, called carbon dioxide. A long time ago, all the oxygen on our planet would have been turned into carbon dioxide, leaving us with no more oxygen (since there’s a limited amount of oxygen in our atmosphere). That sounds like a bit of a problem, doesn’t it? So, what did G-d do? He made an amazing filtering system going on in all the leaves on our planet! They just happen to produce the ox-

xygen that sustains all human and animal life. Since they have no need for the oxygen, it is released from the leaf straight into our atmosphere.”

“Wow, what an amazing process you have going on in this humble little leaf!”

What happens to the other molecules?” the alien then asks.”

“The hydrogen?”

“Yeah.”

“Well, the hydrogen is combined chemically with the carbon dioxide.

You see, guess what? Guess who needs the waste product carbon dioxide that we exhale? Trees do. Trees just “happen” to need the carbon dioxide we exhale to be able to exist. This carbon dioxide is taken in by the pores in the leaves. Of course, the carbon dioxide by itself is useless, but when the chlorophyll stimulates, through very complex and super quick chemical reactions, the carbon



The Universe

A Divine Masterpiece

Perfection - Precision - Brilliance - Kindness - Power - Ingenuity - Dominance - Foreknowledge - Goodness -

dioxide to combine with the hydrogen, and low and behold, a simple sugar is produced. Don't ask me how that happens, but somehow carbon dioxide and hydrogen are turned into a sugar. This sugar then dissolves in water and is then transported throughout the entire tree — and that is what gives the tree the energy it needs to continue to exist. Then the plant takes the simple sugar and converts it into more complex sugars and starches, which when eaten by humans and animals (and fish and insects too!) gives them the energy necessary for living."

"You mean this gas, which is a waste product of human beings and animals, is vitally important for trees to help them grow?"

"Yes."

"And in turn, the tree is vitally important to human beings and animals in order to enable them to breathe and to supply them with most of their food?"

"Yes."

"So, according to what you just said it comes out as follows: If you didn't have the sun, photosynthesis would never be able to work. And if you didn't have photosynthesis, human and animal life couldn't exist since the process of photosynthesis provides A- the oxygen which we need for breathing and B- the food of the grass, plants and trees that enable it to live and grow when we eat them. And if you didn't have animal life, trees couldn't exist since they need our waste product of carbon dioxide to remain alive. So, I see the wondrous workings of a Great Planner who set up all these interdependent processes. For all of these lucky, unrelated events to work together in such harmony, thereby enabling life on this planet to exist — it's nothing less than miraculous!"

"A lot more miraculous than

you can imagine. You should know that truthfully, photosynthesis is an extremely complicated process that science books need many pages to be able to describe the MANY connected chemical processes needed for it to work. We have barely scratched the surface of this miraculous process. And it's not just me that calls the process miraculous. Many science sources call it miraculous as well, and miracles come from a G-d, whom we call Hashem."

"Okay," the alien says, you explained to me a little about those leaves. What are those round green things hanging up there?"

"They're called oranges. They're an example of the food we humans eat."

To be continued

The author can be reached at emunahexplained@gmail.com

The Miracle of Bread

By: Mordechai Solomon



Recap: *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 does not 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.
7. The Inchworm bores bigger holes in the ground which is also a form of tilling the ground
8. Vegetation grows in the ground.
9. The soil also produces all different types of vegetation.

10. This so happens to be the perfect food for the Inchworm.
11. After it eats, the food goes through an amazingly complicated digestive system.
12. The Inchworm's body produces waste.
13. The waste is very good fertilizer for the soil to help the growth of the wheat.
14. When the worm dies, it decomposes and is good fertilizer for the plants.
15. Different germs and bacteria grow in the soil to improve the soil for the growth of the plants.
16. The seed reacts with the water to start to decompose.
17. This enables that the water should continue to make the seed rot.
18. Water is made of two gases.
19. The soil is a cool atmosphere.
20. Soil is porous allowing it to absorb water which is a necessity for the seed.
21. This causes the seed to decompose when you put the seed in the earth.
22. No matter how the seed is placed in the soil, the root goes down.

structure of water is so that when it gets hot, it starts to change.

33. The water turns into water vapor.
34. Water vapor is lighter than air, so it rises.
35. The sun sets in order to let the earth have a rest and certain insects work at night.
36. The earth spins in a cycle which causes the sun to set.
37. It is in constant motion never stopping.
38. Everything in the world is stationary and the movement not felt.
39. The moon an orb in the sky.
40. It has a certain cycle.
41. It reflects the sunlight.
42. It has an effect on the moisture of earth which is necessary for growth.
43. The earth spins in an angle so that sometimes it is closer to the sun and sometimes it is further.
44. The sun has a force on the earth.
45. This causes all different seasons and climates.
46. During the cold season the earth stops producing as much giving a rest to the earth enabling it to give off a better crop.
47. There are many dust particles in the air.
48. When the water rises, it leaves over all the salt and dirt from the ocean.
49. The water combines with the dust particles.
50. It starts to accumulate into a cloud.
51. Cold air sinks.
52. Hot air rises.
53. The difference causes air current.
54. The wind blows inland.
55. The Clouds move inland.
56. The cloud gets heavy with water.
57. The cloud releases the water.
58. Gravity brings down the water to the earth.
59. There is a negative cloud.
60. There is a positive cloud.
61. When they rub together they make lightning.
62. Lightning travels to the ground.
63. The lightning has tremendous heat.
64. The air has in it a gas called nitrogen.
65. The lightning makes a chemical reaction with the nitrogen making nitrites.
66. The nitrites are a very good fertilizer to help

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23. The stem goes up no matter how it is placed.

24. The plant survives on rainwater.

25. The ocean is full of salt water which cleanses the water from impurities.

26. The sun shines on the water.

27. The sun is millions of miles away and yet it has an effect on earth.

28. If the sun would be too close it would burn the earth

29. If the sun would be too far, the world would freeze

30. The sun is a ball of gases.

31. The sun constantly gives off heat by chemical reactions.

32. The molecular

The Miracle of Bread

Continued



- the growth of the plants.
67. The stem starts to push itself out of the soil.
 68. The sunlight has energy.
 69. The plants know how to absorb the energy.
 70. The plant turns green called photosynthesis.
 71. As the plant grows the roots also grow in order that the plant shouldn't fall down.
 72. The roots absorb the water.
 73. The roots send water to the whole plant.
 74. The roots send water to the whole plant.
 75. The leaves send energy to the whole plant.
 76. Carbon dioxide is made up of two different elements.
 77. The leaves absorb the CO2.
 78. The leaves give off oxygen as byproduct. When all the CO2 in the vicinity of the plant gets used, how does it get more? The wind blows new air with CO2.
 79. There is a constant production of CO2 because animals breathe out CO2.
 80. When they breathe in oxygen, the by-product is CO2.
 81. The rains come only certain times during the year.
 82. These times are beneficial and are the exact time the plants need water.
 83. The amount is not too much to drench them.
 84. It doesn't come too forcefully.
 85. It doesn't come too little for the plants.
 86. Sometimes it comes like small needles to penetrate the ground.
 87. It doesn't keep on pouring which would also drown the plants.
 88. The plant stem starts to rise straight up and it is elevated from the ground enabling it to be cut easier.
 89. They grow in a straight line so they don't get tangled.
 90. Very bendable to they don't break in the wind. The leaves absorb the nutrients and bring it down to the roots.
 91. Each one miraculously knows how much to give to each part of the plant.
 92. After the stem reaches a certain height it starts to produce the grain.
 93. The grain is on the top where it can get the most sunlight and not be affected by the shade of the stem.
 94. They grow in the spring when the sunlight starts increasing because it is necessary to have a lot of sun.
 95. The field is full of green stalks of wheat when they become ripe they give a sign changing from green to white what a miracle that the plant knows that a person sees different colors.
 96. Now comes the time to harvest and you need a sickle to cut the wheat. A sickle is made of metal, which is found in the earth mixed with impurities.
 97. When the metal is heated with extreme heat then the impurities go out because they burn out and the metal is left over. This is a miracle that the metal doesn't burn out and the other stuff does.
 98. You can mold metal any shape you want.
 99. The metal dries and becomes hard.
 100. The stalks are very soft, not hard, so without great difficulty it can be cut, not like a tree that needs a lot of time to cut. (A miracle that these things need to be used on a constant basis are easy to cut or pluck).
 101. Metal becomes very sharp in order to cut it.
 102. It's also very strong so it doesn't break.

הזן את העולם כולו בטוב!!! 🎵

103

The sheaths of wheat are very light in order that you can bundle it and transport it.

104

Flax is a plant that grows from the ground.

105

Their stalks can be used as string.

106

String enables one to tie the sheaths and

107

107. The sun dries them out and can stay as kernels a long time without spoiling.

108

The kernel is made up of (at least) two parts, the grain and the shell (chaff) which is made to protect the kernel from spoiling.

To be continued BE"H

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real pleasure
the neshama is
going to have is
indecipherable!

A SHAILA TO R' SHAYA'LA

Chapter 4

Recap:

A yid in New York in 1910 opened a suit store, and ברוך ד' he had plenty of customers! An antisemite opened a suit store across the street and was on a mission to destroy the yid's פונטה and seemed to be succeeding. His friend suggested to request guidance from R' Shaya 'la of Keristere. He got a letter saying not to be afraid and to go late at night, tape the letter on the door to his store, and before the morning go back and take it away. With אמנות he did exactly as the צדיק instructed, but the situation just seemed to get worse when Robert flooded his store! Until one day Robert's store erupted in angry flames that devoured the entire building and all the merchandise inside! People poured into his store now that they wouldn't be harassed!

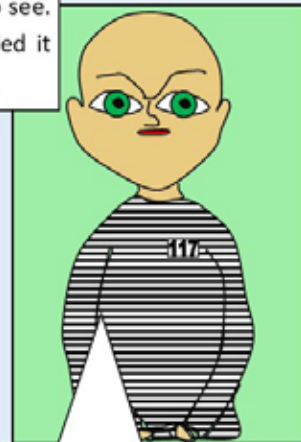
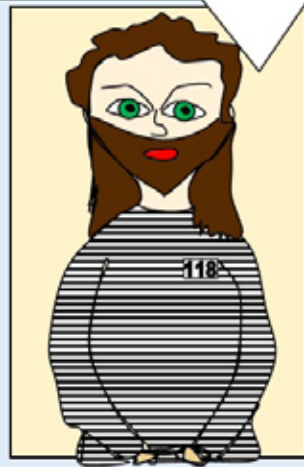


Come with us to the police station!



These are two of the most violent criminals we've been trying to arrest them for an extremely long period of time! We finally caught them tonight—tell the Jew what he's interested in hearing!

Robert hired us to burn down your store, and of course we agreed. He told us that nothing should be left of your store, your merchandise or you. There was a big storm and it was hard to see. We saw a big suit store surrounded it with gasoline, lit it and ran away....



In the morning we realized we burned the wrong store. While your store was standing strong, Robert's was in ashes!



Thank You Hashem!!!
Thank You for צדיקים!

The End

By: E. Jungreis

ארץ תמדה טובה ורחבה!

Hashem's Wonderful Land



Haifa Port



A Pomegranate tree in the Geula Section of Yerushalayim

Dear Readers! Please share with us your beautiful pictures that you have of Eretz Yisrael. Please email them to: thespringhilltimes@gmail.com

BEAUTIFUL QUOTES

"Shabbos is both olam hazeh and Olam Haba. You may claim you don't care about happiness in this world, but Hashem does care; He wants you to be happy in this world as well."
Rav Avigdor Miller Speaks Vol 1, Page 47

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"After Neila, the Rebbe turned to the congregation and said, "Mashiach is ut ut. Mashiach kumt shoin!"
The Ribnitzer Page 249

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"Your Loving Caring Father is holding your hand.

K'vayochul He is embracing you. He wants you to feel like He is carrying you in His arms."

Rabbi Zevy Golombeck - A Life with Bitachon



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Ahavah Rabbah

HeartTsharing: Sharing our love with others

Dr. C.F. Yakoby PhD LCSW

Welcome to our new column of Ahavah Rabbah! This column is all about sharing our love with others by pumping people up. It only takes a few seconds to build someone though kind words. These few seconds can really change their whole day. Hashem gave us each a huge heart. Rabbi Avigdor Miller used to talk about how we can bentch as many people as we want. Wherever he went, he would bentch Yidden. We can also bentch Yidden all the time and compliment as many people as we want and it doesn't cost us a penny. It is such an easy way to spread kindness and love in this world.

Story: I was in Miami this past summer. I was in a restaurant myself with Hashem and I was sitting at a table waiting for the food to come out of the kitchen. At the table in front of me, grandparents were sitting with their granddaughter. It was clear from the conversation that the granddaughter had just become frum. The grandparents were not frum yet. The grandparents seemed to be in their eighties (or older), they should live and be well. I went over and told them what a beautiful granddaughter they have and what a special family they are. They were PUMPED. The grandparents asked their granddaughter how she knows me. She said she doesn't know me but Klal Yisroel are one people and are all family and all love each other! The grandparents were amazed and started smiling from ear to ear. They seemed so happy that their granddaughter is part of a people who love giving and are friendly. I just love to try to give people support and chizuk. As an aside: Doing for others makes us feel so good ourselves and fills our own emotional bank account!

Idea: It's so easy to share love with other people.

1. Sending a kind text message or going over to someone and pumping them up can change their whole day around.
2. Try pumping one person up a day.
3. Try sending two kind text messages a day.
4. On Rosh Chodesh mail kind letters to five people. You can write two lines on any card from the dollar store!
5. Leave notes for your spouse around the house.
6. Tell your children and spouse that you love spending time with them!
7. Find someone at shul to tell how amazing they are at least once a week.

8. Tell the cashier how friendly and pleasant they are!

Song: Tune: Yisrael V'oraysa V'Kudsha Brich Hu Chad Hu

I love, I love, I love Hashem

I love, I love, I love all the Yidden

I love the Torah and mitzvos

I love the Torah and mitzvos!

As an adult, I try to sing this song all the time! I try to change up the motions or dance steps as I sing this song. This creates a function called expansion. When we add change to something while we are singing, it helps solidify the feelings associated with it. The more times we sing and add a small change, the more neural pathways we have connected to what we are doing. This helps it become more integrated into our beings.

Feeling Hashem's love!

At 6:45 pm, I didn't have a dress that was appropriate to wear to a wedding, and I had to attend a 7:30 chuppah. I said Hakol Yachol and my sister brought me a dress that was gorgeous and fit perfectly. I left at 7:30 to the 7:30 chuppah, and I really wanted to say Mazal Tov at the kabbalas panim — Baruch Hashem, I made it on time!

Text your story of how you pumped someone up to 732-523-4824. Texting means you give permission to have your story included in this column. Texting does not guarantee your story will be in the column. Disclaimer: All information is for educational purposes only. For any medical or mental health advice contact a healthcare professional. Thank you to my parents and family for always pumping me up and being there for me! Thank you, Hashem, for showering me with daily love and kindness in millions of ways.



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Rabbi Zevy Golombeck

illuminating Words of Chazal

"Everything about Hashem, His Torah and His world is supposed to bring out positive emotions and help us have a healthy relationship with Hashem."
Rav Yehuda Mandel

Q. The Mishna in Sotah Perek 9 mishna 12 says from the churban and on: אין לך יום שאין בו קללה. ולא ירד הטל לברכה ונטל טעם הפירות.

1: We hear on 'A Life with Bitachon' that everything Hashem does is bracha, not klala chas v'shalom.

2. It sounds like from the Mishna that Hashem is angry and upset with us and we always hear on 'A Life with Bitachon' that Hashem loves us to no end.

A. Well actually I just looked up the gemara, and I came out so mechuzak, so on a high, I'm shikar

from Simcha from that gemara!

And the reason is, the translation of the word klalla means hidden bracha. And that's why if you spell klalla backwards, you spell it 'hallel kuf'. That means, with all the klallos going around, you'll still be able to praise a hundred times (like me'ah brachos)! Klalla spelled backwards is hallel kaf, and hallel is lashon hollelus, which Rav Avigdor Millers says you're going to become intoxicated and shikar from Simcha. That means that no matter what situation a person finds himself in, if you're looking to become intoxicated, you'll be able to become intoxicated a hundred times over. So in the word klalla it says it's time to have a field day!

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Which now we're going to explain why, where the hollelus comes from, where the excitement comes from and why it's the biggest bracha in the world.

Because everything Hakadosh Baruch Hu does is kulo love, bracha, chesed and rachamim. Just in the times of the Beis Hamikdash it was an open relationship, open love.

In the times of galus it's called a hidden love and therefore, the Tiferes Zion explains, why did Hashem take away the taste of the fruits and make no tal? Because in the olden days when the Beis Hamikdash was around, the fruits were delicious, yummy and scrumptious and it says Reish Lakish, and other Amoraim, used to eat the fruits until the liquid of the fruit would come off their forehead. R' Avigdor Miller speaks about it. The liquid of the fruit would make them all sweat and it would come on their forehead.

Rabbi Zevy Golombeck

Illuminating Words of Chazal

*"Everything about Hashem, His Torah and His world is supposed to bring out positive emotions and help us have a healthy relationship with Hashem."
Rav Yehuda Mandel*

If you ate Hashem's fruits, you couldn't stop eating it! You would eat it 24/7, they're so delicious!

So, the Tiferes Zion brings down, in the times of the bais Hamikdash it was open love, Hashem says you can eat as much as you want and I'm going to have a special shemira and I'm going to protect you that you don't get any stomachaches.

But after the churban we don't have that special protection, so Hashem said I'm going to take away the taste of the fruit and take away the tal so that the fruit shouldn't be as delicious and then you won't overeat. So Hashem is taking away the

taste of the fruit, so that you shouldn't overeat! If everything would be so delicious we would just non-stop eating. Wherever we'd go, we just wouldn't be able to stop eating because the food is so delicious.

We all know, the Rambam says, that you're not allowed to eat too much. It's not healthy for a person to eat too much.

So the reason why Hashem took away the tastes of fruit is simply because if anyone eats too much it's not healthy for the guf, it's not healthy for the body. Therefore, Hashem did us a favor and He took away the taste so we shouldn't overeat.

Now, what is the excitement of this Mishna? The excitement of this Mishna is, like R' Yeruchim brings from the Arizal, that in the time of the Bais Hamikdash Hashem had an open love relationship with us, everything was in the open. That didn't give Hashem too much nachas. You know why? Because the point of this world is to show our devotion, dedication and love to Hashem. If Hashem shows Himself in the open with a big smile and gives you a hug and a kiss every time you come to Him, that doesn't show any big deal to serve Hashem. Of course you're going to serve Hashem, because you're going to get a smile!

But in galus, we don't see Hashem in the open, and still we love Hashem so much. We're 2,000 years in galus and we're still serving Hashem and we're thriving! And we're even coming up with chiddushim! For example, Spring Hill Times was never created since the world was created. So we're constantly growing and shteiging in our love for Hashem. That gives Hashem more nachas ruach more than anything else! That's why R' Yeruchim writes why we're more chashuv than Amoraim and Tannaim.

Nowadays all brachos are hidden brachos, Hashem doesn't show Himself in the open. So the Mishna is coming to say that our relationship with Hashem is in a hidden way, that's why klalla, in hidden, is spelled hallel ka. Yeah, it's hidden. It's not black and white, you have to find it! So everything is in the hidden.

Why does Hashem want us to be in galus for 2,000 years in a hidden way? Because that's what shows our devotion and that's what gives Hashem nachas ruach. And that's why galus is the most geshmake place to live because this is where Hashem gets the most nachas ruach

Rabbi Zevy Golombeck

illuminating Words of Chazal

"Everything about Hashem, His Torah and His world is supposed to bring out positive emotions and help us have a healthy relationship with Hashem."
Rav Yehuda Mandel

and that's why we're 2,000 years in galus. Hashem said: *Destroy the Bais Hamikdash - you won't have karbanos, you won't have all the mitzvos, because that's not what gives me nachas when there's an open relationship. I want a hidden relationship! I want to see devotion and dedication!*

And that's why, it is our generation, the dor with the most hester panim and the most choshech, that is going to be the ones to see Mashiach because we're showing Hashem dedication, devotion and love by making Spring Hill Times, by

making Bitachon hotline, by spreading Hashem's delicious world, by making this world a positive world, by taking klalla and making it hallel Kah – yes, right now there's hallel kaf! I can go right now and tell you a hundred good things that happened to me today, and that will be just the tip of the iceberg!

So the message and lesson is loud and clear. Hashem is saying, I'm making it that all brachos will be hidden. That shows your devotion and dedication and that makes me have more nachas ruach and Simcha than Amoraim and Tannaim, and makes you on a higher level, and that's why we are the most cherished generation that ever existed since the world was created.

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1

Soul
Nation
Torah
Goal
Destiny
Father in Heaven



*Rejoice over your friend's success!
Show him how much you love him!*

Because YOU are HIM and HE is YOU!

United We Stand!

Story Time

Stories From 'A Life With Bitachon'



Sparkle Neshama Wash



Clean out your Aveiros!

Wash away Yesurim!

Wipe away all dirt!

Save yourself a trip to Geheinom

Looking forward to serving you!

Mr. Bizyonos

#1644- This story has been called in from



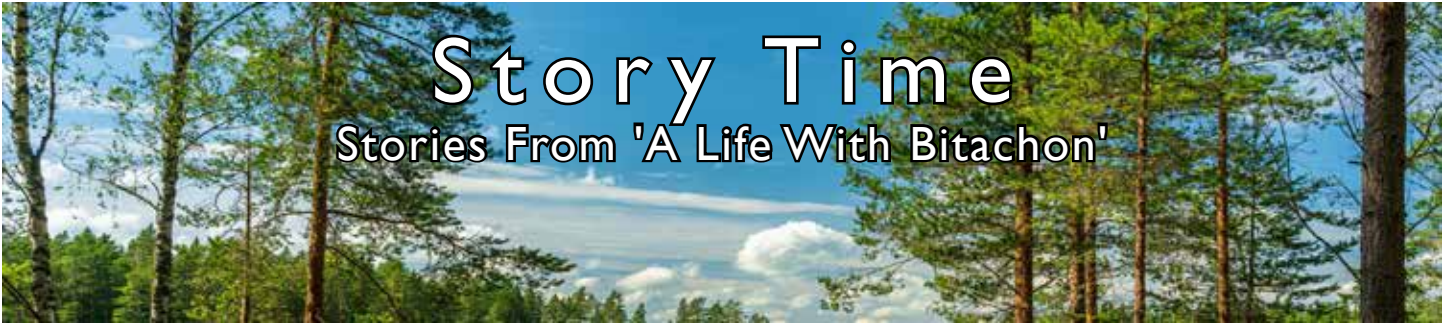
all the way from Eretz Yisrael by Mrs. Bernstein. She said that her son, Yosef Shalom, woke up in the morning to get ready to go to the bus to bring him to Cheder.

As he left the door,

he looked towards the bus stop, which was a couple blocks away, and he saw the bus was already at the bus stop. There were no more people getting on the bus; it looked like it was about to leave. He really needed to get on that bus to be able to get to Cheder on time.

He was thinking to himself, "What should I do? The bus is already at the bus stop, and I'm a couple blocks away. It's going to take me a minute or two to get there."

Then he said to himself, "One second. Who's in charge of when the bus should leave? It's not up to the bus driver. It's up to Hakadosh Baruch Hu, the Ribono Shel



Story Time

Stories From 'A Life With Bitachon'

Olam. He can do anything and everything. I'm going to start walking, and I'm going to think that it's Hashem in charge, and Hashem can make it that I'm going to get there with perfect timing."

He was walking, one block after the other, and he saw the bus was just sitting there. He arrived at the bus, he went on, and they told him, "The doors were broken, the bus driver couldn't close the doors, nothing was working."

Right after he got on the bus, the doors closed without any problems!



1645- This story has been called in by Mrs. Malinowitz. Her daughter asked her, "Can we buy shoes in a certain store?" Mrs. Malinowitz said, "Of course, I would love to take you to that store, but do you remember what

happened last time? The lines are forever. It takes over an hour just to get seen. I don't have much time right now. What should we do?"

Then she said, "One second, that's if we're going with laws of nature. If we go with emunah and bitachon, that Hakadosh Baruch Hu is a Kol Yachol, He can do anything and everything."

They went to the shoe store. She wanted a specific size, a specific style, and specific color. They walked into the store, and they saw a mob, lines out the door. People said they were waiting over an hour already. They

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said, "We're going with Emunah and Bitachon."

They went up to the cash register to ask how long the wait would be, and they saw someone coming to return a pair of shoes, the exact size, style, and color she was looking for. She asked, "Can I try that on?" She said, "Sure, of course, I was going to return it." She tried it on, and it fit perfectly!



1646- This story was called in by Mrs. Widrow. She said one of her children needed to go to the seamstress because they needed something for the next day that needed hemming and fixing. The problem was that it was late at night, and the seamstress closed at 10 pm. By the time they would arrive, it would only be a few minutes before closing. It was at the other end of Lakewood, so driving there would really be a waste of time.

Then she realized, "That's only if I go with laws of nature. If I go with emunah and bitachon, Hashem could do anything and everything."

COMPLAINT CONTROL

GET RID OF ALL YOUR COMPLAINTS!
1-2-3!



*Read
The Spring Hill Times*



With that, they travelled to the other end of the Lakewood, and they arrived at 9:56, four minutes before closing. Mrs. Widrow asked, "Can we come in?" The seamstress said, "Sure, of course. What do you need?" Mrs. Widrow showed them. The seamstress said, "Sure, of course. It will take 45 minutes, but you'll have it tonight."

Just like that, at 10:45, the seamstress gave them everything that they needed with a smile.



1647- This story was called in by a very choshuve yid by the name of Aaron Pesach Weiner. He said he went swimming, and while he was in middle of the swimming pool, he realized that his phone was in his pocket. He was thinking to



himself, “I’ve been swimming for fifteen minutes. That means that my phone is waterlogged. What are the chances that my phone will ever work again?”

Then he said, “Hashem, I know that everything you do is perfect and amazing. You’re the one in charge of what the status of my phone should be. There’s no such thing as waterlogged.”

With that, he went to the end of the swimming pool and put it on the side. Instead of checking to see if it worked or not, he put it on the side until he finished swimming. Then he was thinking to himself, “Before it got waterlogged, the phone wasn’t working properly. Every time, to get it to start working would take time. Now that the phone won’t be working with laws of nature, it will be working with bitachon, Hashem could make it that the phone will start working twice as well as it was working before.”



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With that, after he finished swimming, he went to look at the phone. It was working perfectly.

He shut it off and restarted it, and he saw that the phone was working better than before!

He said now he understood what the words mean, “everything started working, better than ever!”



The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. A new school is opening, and they asked me to become a teacher. I told them that I never taught before and I don't feel qualified. But the school said that they specifically want me.

Should I refuse because I know that I'm not completely qualified, or should I accept the job because the school wants me anyway?

A. Rav Yisroel Falk responded: It depends: if you feel that you don't know what you're doing, and you will end up causing harm to the students, then you have the right – and responsibility – to say, 'I know that I'm under-qualified, and I don't want to become a teacher'.

But if you feel that you are able to help the students, just you are hesitant because you think that there are other people

who could do a much better job, in that case, if the school says that they want you nevertheless, you should accept the job. Try your best, and B'ezras Hashem you will get siyata dishmaya to be very successful.

Q. I am a certified lifeguard, and I was offered a job to be a lifeguard in a camp. However, I'm hesitant to accept because of the tremendous responsibility that will be resting on me. I'm concerned that if something happens, chas v'shalom, while I'm there, I'll blame myself for the rest of my life.

A. If you feel confident that you will do your job properly, but you are scared that something might happen, chas v'shalom, and you will feel guilty, that is not a reason to refuse.

Hashem is running the word, and you're just doing your hishtadlus. If something happens which is beyond your control, it was caused by Hashem and you will not bear the responsibility.

But if you find that you are not calm, and you won't be able to do your job with confidence and menuchas hanefesh, you should look for a job that you will be able to do with confidence and certainty.

Q. I have a child that needs occupational therapy. I called up an organization that offers assistance in occupational therapy. They put me on the waiting list, but they said that there won't be an opening for a long time.

I mentioned this to my mother, and she told me, "In order to get places in life, sometimes

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The



Bitachon Perspective

Continued

you have to be aggressive.

You have to keep calling them every week."

However, this is not my personality. They told me that they will call me back when they have something. It's against my nature to keep calling and nudging them. Am I supposed to listen to my mother and nudge?

A. Rav Yisroel Falk responded: If the reason that you don't want to keep on calling them is because you know that it won't help. They will just get annoyed, and tell you, "Why do you keep on calling? When it's your turn, we'll call you." If this is the case, there is no mitzva of kibbud eim to bother people, even though your

mother is telling you to do so.

But if you know that calling each week is likely to secure yourself an earlier appointment, only, it's out of your comfort zone to do so, in that case, the right thing is to listen to your mother, and because it's hard for you, you will receive extra s'char.

Q. Each time I make a new friend, it doesn't take too long until the friend loses interest in me. I see a pattern that no one is really interested in having a meaningful relationship with me. It feels that no one really cares about me. What is the emunah and bitachon perspective about this?

A. Harav Avigdor Miller Zatzal said about himself that he never had friends. Instead,

he chose to make Hashem his best friend, and in this way, he got everything he could want in a friendship.

The Chofetz Chaim also did not have any personal friends. Yet it didn't bother him, because he had Hakadosh Baruch Hu as his companion.

Therefore, if you are looking to have a deep and satisfying relationship, make Hashem into your best friend. He will be your loyal friend who holds of you to the sky and will think about you constantly. He is a friend that you could be confident will always be there for you, and never lose interest in you.

Another thing you should take to heart: You know firsthand how it feels when no one wants

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The

Bitachon Perspective

Continued

to be your friend.

Hashem wants you to look out for another person in your class who is in the same position as you; no one wants to be his friend. Go out and befriend him. He will feel like a million dollars that someone is actually interested in him.

When you go out of yourself and invest in someone else, you, in turn, will have the most satisfying feeling imaginable. The Sefer Hachinuch teaches: What gives the neshama true

satisfaction? When it gives to others.

And Hakadosh Baruch Hu will act with you middah k'negged middah. Hashem will say, 'you went out to befriend someone that had no friends, I will cause other people to want to become friends with you as well'.

Q. Many of my friends are getting married, and I want to attend as many of their weddings as I can. However, my husband keeps coming up with reasons why he does not want me to go.

much enjoyment you will have.

However, the truth is, Hashem already decided on Rosh Hashanah how much money you will have this year. And He also decided how much enjoyment you are destined to get this year as well as every other detail of your life.

No human being could take away one penny that is intended for you, nor can anyone diminish your enjoyment whatsoever.

When you live with the mindset that it's only Hakadosh Baruch Hu who is in control over your life, you'll realize that there is no such thing as 'losing out'. Whatever enjoyment you are not able to have, is because it wasn't supposed to get to you because it's not good for you. And whatever you are supposed to get will come to you, and no one in the world could prevent it.

I feel that I'm missing out on all of these opportunities to get out and enjoy with my friends. As a result, I feel resentment towards my husband.

A. The reason you feel that you're losing out is because you think that your husband is running your life, and his decisions are able to affect how

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Our Readers Share



Editor's Note: Some of these stories are from Shevat-Adar!

Every Step is Perfectly Planned

 I was standing at the Long Island Railroad waiting to ride the train to the Five Towns - Woodmere. R' Shwartz, the Rosh Yeshiva of a Yeshiva in Yerushalayim, had come to Lakewood and was now in the Five Towns, and I wanted to go see him again and talk to him before he left back to Yerushalayim. I had no idea how to get there, so I got onto a bus going to Boro Park. Someone on the bus gave me some directions and told me to go on the train in the direction of Queens. Then someone told me I need the Long Island Railroad.

When I arrived at the railroad, I saw a huge screen that showed the directions. I had no idea where I was going.

A man came over and asked me in Hebrew if I needed to get to the Five Towns! I told him, "Yes." He told me that he goes there every day and I should go with him.

As we were waiting for the train, he told me he was from Eretz Yisroel, and he was here for a month to raise money for his gemach which he started l'iluy nishmas his

grandfather whom he was very close with.

He told me this amazing story:

The last time he had been in America, he had met a random person out of the blue, and didn't tell him any details, just mentioned the gemach, and the person handed him a \$500 check for his gemach without asking him a single question and without knowing him at all! He also handed him a receipt and kept a copy. The receipt only had the person's email,

no phone number or address. Therefore, when he came back to America this time, he didn't have the man's number or address – he only had his email! He was wondering

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how in the world he would find him.

He turned to shamayim and said, "Eibeshter, how do I find this person?"

Then he began to search, and the first house he knocked on was the man who had given him the \$500 check!

A Reader

Man Trusts in Hashem



I would like to share a story that just took place to me this שמחת תורה.

Since I have moved a couple of years ago, I have always stayed home for שמני עצרת ושמחת תורה. This year I was in Lakewood for Yom Tov. I davened in one of the בתי מדרשים of בית מדרש גבוה where they have beautiful הקפות that are short, but not too short. They do this in order that people should then be able to go to the main בית מדרש.

When I was done with the הקפות at night, someone by my סעודה asked how they decide who gets to hold a ספר תורה when there are so many hundreds of people there. I responded that it looks like the gabbai makes sure to first give them to the חשובים and

then to those who he knows.

I then said that I understood I probably would not be able to have the zechus of the minhag of holding a ספר תורה.

The next morning, as a I was walking to the בית מדרש, I started to think about not being able to dance with a Sefer Torah. I thought, *why don't I try to be ברוכה in ה' that He will help me get a Sefer Torah to dance with. Yes, it doesn't really seem to make sense that I should get one, but let me be מקוה that the Kol Yachol should make it happen.*

That itself will be a reason that it will happen. ה' can make anything happen, even the highly unlikely, if I look for to Him to do it.

I have read enough stories in The Spring Hill Times of people having similar thoughts like this and then they saw yeshuos.

Yes, this isn't such an important thing to be considered that I need a yeshua, but that doesn't mean that ה' isn't here to help me.

When I arrived at the בית מדרש and was about to start to daven, I thought maybe I should try to ask the gabbai to give me a Sefer Torah.

However, then I thought: *Why do I have to do anything when I have ה' to go to? Why is it that every other year I am given a ספר תורה? Is it really because the gabbai knows who I am? No! It is really ה' who is the one who gives me the ספר תורה.*

If that is the case why should this year be any different? This is a want that I have and ה' is here to take care of all of my wants, especially a רוחניות one.

If you read The Spring Hills Times enough you could probably guess how this story ended....

I was given a ספר תורה to dance with without having to ask for one. Not only that, but I was given it during the second הקפה, which is a tremendous מעלה for me because I am a לוי and therefore the most appropriate הקפה for me to get it. Even if I would have tried to do השתדלות I would have never tried to get it for then.

But how did this happen? The way that is seems ה' probably might be as follows:

During that first הקפה I asked one of my friends there where I could get an aliyah. He told me that officially I was sup-

posed to get one earlier but he thinks there is an unofficial way how to get one. He doesn't remember what it is exactly and I should go up to the gabbai and ask him.

Then in middle of the second הקפה when there were not so many hundreds of people there, as the gabbai was looking to give someone else a Sefer Torah, he saw me and motioned to me if I wanted to hold the ספר תורה. It seems like it was because the gabbai knew me from when I went over to him to a request an aliya.

I said this story at the סעודה during the day and mentioned that I enjoyed that ה' showed me that He was there for me more than actually dancing with the Sefer Torah.

Thank you ה'!

In addition, thank you R' Yitzchok Kaufman for all the hard work that you put into The Spring Hills Times, which provides a constant source of chizuk to כלל ישראל that ה' is the Kol Yachol Who is here to help. May ה' shower upon ברכה והצלחה you.

Yehuda, Jackson NJ

Therapist Davens to Hashem



I wasn't feeling well and had to cancel a client. This client was coming in from out of town. I could not reach them no matter how many times I tried to contact them. Then I said: it's not my text or the call that will help me reach them, it's only Hashem. Hashem please help me reach them because I do not want them to come in from out of town for nothing.

Within five minutes they got back to me that they received my message. They had been Pesach cleaning and not looking at their phone but when I davened Hashem made them look at their phone.

A Reader, Lakewood, N.J.

Thank You Hashem!



Thank you Hashem for birds that clean up all the crumbs my kids make outside my house! No need for me to sweep it. How nice!

A Reader

As Good As New!



Hi. We would like to share the follow-

ing story with The Spring Hill Times:

Hodu LaShem Ki Tov!

We had misplaced two USB sticks which contained a lot of data. We searched all over for them while saying the Segulah of 'Omar Rabi Binyomin' and internalizing the fact that Hashem knows where they are and will return them to us when He sees fit.

Then someone asked me if I had perhaps left them in my shirt pocket the previous day. I was going to check the shirt when my wife mentioned that she had put it into the washing machine and it had just been washed!

She went to open the machine, and Baruch Hashem - there were the USB sticks! We were now worried that they might have been damaged by the wash and no longer useable.

We placed them into rice while repeating "Hashem is Hakol Yochol" and to bli neder publicize Hashem's great Chasodim in The Spring Hill Times when He restores them to full working order. When we removed them from the rice a few hours later, Hashem had made them as good as new!

Thank you, Hashem, not only for returning our lost USB sticks to us in perfect condition, but more importantly for the Chizuk in Emunah that You gave us! And thank you, the Spring Hill Times, for being the worthy vehicle, through which we can thank Hashem!

A Reader, Manchester, UK

Hashem Always Pays Back



Last year, I was in a store and I saw a stunning black and gold dress! I loved it right away and I ran to try it on. It looked great but... it wasn't long enough for me!

I was so disappointed! It was a dream dress that I felt I couldn't leave. But I did, be-

cause it was the right thing.

After that, I sort of forgot about it.

Little did I know what Hashem had in store for me.

This year I was in a store and.... I found not just one but two stunning black and gold tzniusdig dresses and for much much cheaper!!

Hashem paid me back double in the best way possible a year later! Hashem never forgets our good deeds! TYH!

A Reader

Not A Cloud in Sight!



I wanted to share this story that happened to me.

In my neighborhood there are swimming shifts. It was

about an hour before my shift and I looked up at the sky and saw dark gray clouds... which means rain. That means that swimming might be canceled!

Then I remembered about what the Spring Hill Times says about trusting in Hashem so I changed my attitude and said "Hashem is the one who decides if I go swimming or not. All I can do is ask him to let the rain come a little later so I am able to go swimming. A few minutes later, I looked up at the sky, not a cloud was in sight..!

I so strongly felt that Hashem was watching me.

Rivka, 11-years old.

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Riddle Corner #60

Malki Tzedek had another name, it was none other than Shaim. He merited great fame, when a Kohen he became. This is when his father Noach needed him to bring Korbanos, to express gratitude after the Mabul to the Kail HaHodaos. Why couldn't Noach bring the Korbanos by himself?

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Parsha Delight Question of the week

פרשת לך לך תשפ"ד (5784)

The pasuk (14:12) states, ... ויקחו את לוט ואת רכשו בראחי אברם ויילכו "They captured Lot and his possessions, the son of the brother of Avram, and went ...".

The wording seems strange, after all, who was the son of the brother of Avram?

Lot, or his possessions?

Please email your answer(s) to parshadelight@shiurenjoyment.com and enter to win a \$5 Raffle

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הנני בזה להכיר 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 הווסדו 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 באספקלריה של תורה.

אך במקום גדולתו שם אתה מוצא את גרעונו הכספי, כאשר הוצאותיו עולים מדי חודש בחדשו ושבבת 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' – ולמצוא גדולה ייחשב לכל התומכים – ויזכו לברכה המשולשת בני חיי ומזונא ריחי להם וכל אשר להם.

גיוס קרן
 חיו"ג ופ"ג
 אהבת ישראל
 אהבת ישראל

Nutrition Facts

Enough servings for the entire family

Serving size 1 issue of Spring Hill Times

Amount per serving	% Daily Value	Amount per serving	% Daily Value
<u>Love For Hashem 20,000g</u>	<u>1%</u>	<u>Ads on Shabbos 0g</u>	<u>100%</u>
<u>Thinking about Hashem 40,000g</u>	<u>12%</u>	<u>Feeling Proud to Be a Yid 90,000g</u>	<u>22%</u>
<u>Upsetting News 0g</u>	<u>100%</u>	<u>Talking about Hashem's Greatness 300g</u>	<u>.500%</u>
<u>Blameful News 0g</u>	<u>100%</u>	<u>Making Serving Hashem Exciting 80,000g</u>	<u>30%</u>
<u>Happiness 800,000g</u>	<u>25%</u>	<u>Being Mekdesh Shem Shamayim 950,000g</u>	<u>17%</u>
<u>Appreciating Hashem 60,000g</u>	<u>45%</u>	<u>Putting Focus on Human Beings 0g</u>	<u>100%</u>
<u>Emunah 50,000g</u>	<u>10%</u>	<u>Encouragement 150,000g</u>	<u>30%</u>
<u>Bitachon 50,000g</u>	<u>10%</u>	<u>Bringing Hashem and Klal Yisrael Closer 50,000</u>	<u>50%</u>
<u>Love for Torah & Mitzvos 100,000g</u>	<u>15%</u>	<u>Bringing Bracha to the World 750,000g</u>	<u>10%</u>
<u>Making Olam Haba Important 1,000,000g</u>	<u>20%</u>	<u>Giving Hashem Pleasure 50,000,000g</u>	<u>25%</u>
<u>Making Olam Hazeh Important 0g</u>	<u>100%</u>	<u>Middos Tovos 67,000g</u>	<u>40%</u>
<u>Feeling Hashem's Goodness 2,000,000g</u>	<u>1%</u>	<u>Makes You a Better Person 6,000,000g</u>	<u>50%</u>
<u>Love for other Yidden 500g</u>	<u>3%</u>	<u>Yearning For Hashem 12,500g</u>	<u>33%</u>

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Hashem Loves You!

HaGaon HaRav Yehuda Mandel Shlita was flying to Eretz Yisroel for Succos, and the airplane was showing a video on a large screen for all to view. The vast majority of passengers were frum Yidden. Rav Mandel respectfully requested that the video not be shown on a large public screen, sharing that it is not proper for the airplane to show this video given the very large majority of frum passengers.

An Israeli flight attendant started walking over to Rav Mandel with a very serious and unhappy face. He didn't want Rav Mandel's valid concern to disturb the quiet tranquility of the flight. It seemed from his facial expressions like he was either going to say some harsh words or possibly ask Rav Mandel to please exit the airplane.

Everyone was watching the drama unfold. It seemed like a major showdown was imminent. A serious confrontation was brewing.

As the flight attendant was about to open his mouth, Rav Mandel very energetically and enthusiastically exclaimed "אתה נחמד!", meaning "You are so cute/sweet/precious!". The flight attendant could not help himself and broke down in laughter. Another flight attendant came rushing to the scene. He asked Rav Mandel "האם אני גם בן נחמד?", 'Am I also so cute/sweet/precious'. And Rav Mandel said 'Yes!'

This story demonstrates how a few positive words can transform a potential fight and confrontation into a very positive and happy experience. With just two positive words, everything turned around.

Hashem is full of חסד רחמים and unlimited compassion and kindness. The more we speak about the great Nissim Hashem did for us and is constantly doing for us, the more we access and activate this incredible power of literally turning the Middas HaDin into pure רחמים. The more we place our full energy and focus on thanking Hashem and on how Hashem's power is absolutely unlimited and completely above the limitations of Teva – the more we will be shown openly Hashem's endless love, Chesed, רחמים, and receive major Yeshuos for ourselves and for the entire Klal Yisroel.

Keep speaking positive. Remember the open Nissim and miracles that Hashem did for us in the Gulf War, in Entebbe, in The Six Day War, and many more times and keep speaking about these great miracles nonstop. When the Gulf War was unfolding, many were terrified and very scared, and yet Hashem saved us miraculously. For months before the Six Day War, everyone was shaking and trembling at the mention of an imminent war, with no hope or relief in sight. And yet Hashem turned the whole thing around for us. The power of loving Hashem and of endless positivity activates the greatest Yeshuos and רחמים and turns everything around into pure and open goodness and miracles.

Hashem loves us!

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