The Spring Hill Times

Spreading Hashem's goodness all around the world

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ISSUE 71 | PARSHAS NOACH | CHESHVON 5783

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Hashem, You are so good to us!!! We love You!

Dedicated L'Iluy Nishmas

ר' ישעיה בן ר' משה יחיאל מיכל זידא

מרת חוה רבקה בת ר' שלמה זלמן

ר' צבי הירש בן ר' אליעזר הלל

ריזל אסתר בת ר' דב בעריש

Please make sure that this wonderful paper does not disturb your davening and learning in any way!

לזכות: מרים בת ברכה.

WHAT A MONTH IT WAS!

Yidden from all over the world cannot stop thanking Hashem for the wonderful month of Tishrei! There were so many mitzvos! So many Yomim Tovim! So many opportunities to spend money for Hashem! So much kedusha! So much time to learn Hashem's Torah! We went from Yom Tov to Shabbos, from Shabbos to Yom Tov and then once again from Yom Tov to Shabbos! So much delicious food! So much wonderful family time! Simchas Torah! The dancing! The Nosh! Oh what a dream month it was!

On top of all this, we have waiting for us in the next world unimaginable reward...

Thank You Hashem!

FAMILY LOVES HASHEM

The G. Family from Eretz Yisrael, went to a small zoo/farm on chol hamoed Succos. They were a large family and the entrance fee was 556 shekel.

They looked into this place before they went, to make sure it was a religious Shomer Shabbos attraction, for frum people.

However, soon after arriving, they realized that the level of kedusha was not what they thought it was.

After a few more moments, they came to the conclusion that this was not a Chol Hamoed outing that was going to give nachas to Hashem.

Continued on page 3

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READING POSITIVE NEWS WILL HELP YOU:

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- Do more mitzvos.
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- Be a healthier person.
- Be a calmer person.
- Be a better parent.
- Be a better friend.
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LIVING WITH HASHEM

By Rabbi Zevy Golombeck

OUR BEAUTIFUL NATION!

A talmid of mine, by the name of Eliezer, recently went to learn in Eretz Yisrael. He fell and sprained his foot. He felt totally lost. He didn't know Hebrew and had no idea where to go to get help.

A yungerman came over to him and asked him if he needed help. Eleizer explained the situation to him.

The yungerman took Eliezer to the doctor and waited with him for an hour! He then took him to an organization to pick up crutches! He even laid out his own money for the deposit for the crutches!!

All for a complete stranger!!!

It's no secret. Klal Yisrael is the most stunning nation that has ever existed!

HASHEM PAYS FOR THE EXPENSES

A couple of American bochurim approached R' Simcha*, a yungerman living in Yerushlayaim, and asked him if they could eat the Yom Tov seudah by him. "Sure, but let me first consult with my wife."

"But we don't have extra money. How in the world will we be able to cover the costs," asked his wife. R' Simcha, who is a talmid of mine, answered, "These bochurim have no family to go to. Hashem wants us to host them. And the money? He will take care of that."

Later that day, a relative of his from Lakewood, New Jersey, unexpectedly called him and told him, "I'm sending you $1000.00 for Yom Tov!"

And another person gave him $200!!

In the end not only were the expenses covered they even got back double and triple!

SIBLINGS HELP EACH OTHER

Mr. Gross*, from Miami Florida*, works in sales. Recently, business was very slow and he didn't make enough money to cover the mortgage and other daily expenses. On top of that Yom Tov was approaching...

How pleasantly surprised they were when Mrs. Gross received from one of her siblings $3000 and from another $1000 etc...

Yes! Yidden love and care about each other!

THE POWER OF BITACHON

A yungerman who learns in Yeshiva Hakadosha Bais Medrash Gevoah, came over to me and gave me a gift card. He told me, "I used to suffer from anxiety and other issues. I needed to go to therapy and didn't see results.

However, ever since I started following 'A Life with Bitachon', I found myself getting better and better. Until one day the therapist told me that the issues have disappeared. So I would like to thank you!"

TRAFFIC IS A BRACHA!

A UPS driver told my cousin, Dr. Naftali Golmbeck, from New York, "I see all the traffic and hustling and bustling in the streets. You Jews are so lucky. You have so many Holidays, family and friends and are a close nit community!"

A LIFE OF 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 Yisroel 079-704-0068
Lakewood.....732-719-3898
Monsey 845-470-5577
Five Boroughs 929-470-5577
England 03-303-502-368
Australia ..... (3) 99-997-300
Canada 647-498-7700

WEEKLY NEWS ROUNDUP

Continued from front page So they gave Hashem the korbon of the 556 shekel entrance fee and walked right out!!!

Indeed, it's no secret! Klal Yisrael loves Hashem more than they love themselves! Mi K'amcha Yisrael!!

HASHEM'S ENDLESS BRACHA

A family from Chestnut Ridge, New York ate a seudah on Sukkos by relatives. There was so much food that there was simply not enough place on the table for all the plates and platters! They had shnitzel, meat, potatos, kugel, salad, zucchini, soda, orange juice, wine, grape juice and what not!

In a similar story, a wife was preparing her husband's plate. She filled it up with chicken, kugels etc. The plate was so full that she couldn't even fit all the food on it!!!

This story probably repeated itself in hundreds of thousands of houses across the globe!

Indeed! Our fridge and freezers are bursting with Hashem's chesed! Our tables and plates are overflowing with Hashem's bracha! Our pantries and garages are storage houses of Hashem's unlimited love! And our hearts are full of thanks and love for Him!

ANTISEMITISM DOWN!

It was Shabbos night after davening, and the Spring Hill Times editor was walking home with his son. They were just one house away from their house, when they noticed a neighbor of theirs, by the name of R' Binyomin.* He had just recently moved into the neighborhood and was walking with his son in the opposite direction, looking a little lost. R' Binyomin told them that they left on the oven light by mistake and all their Shabbos food was stuck in the oven. They needed a Shabbos goy. However, being that they were new to the neighborhood, they had no idea which house is a non Jew and which house is a non religious Jew. In addition, they didn't know which person would be willing to help them. They didn't know which house to knock on.

B"Hashgacha Pratis, a different neighbor by the name of R' Feivel* had a baby boy a few months before. On Shabbos, right after the birth, they needed a goy to shut the fan that was blowing cold air in the baby's room. So they went to one of their non-Jewish neighbors by the name of Mr. Smith* for help. Mr. Smith graciously agreed to come and shut off the fan.

B'Hashgacha Pratis the Spring Hill Times Editor's son saw then the whole story. So he now showed R' Binyomin which house to go to. And yes, once again Mr. Smith, an African American fellow, happily agreed to leave his house at night and walk four minutes each way to help his Jewish neighbor who he had never met before!

It makes no sense! We know good and well what other nations have done to us. Thank You Hashem for: watching over us, protecting us and for putting into the hearts of people to be nice to us!

STUCK IN TRAFFIC? IT'S FOR THE GOOD!

A Rav from Los Angeles, CA*, was on the first day of Chol Hamoed on his way back from a family trip and got stuck in traffic. He wasn't going to make it back in time for mincha. So he made a detour and went to a shul in the area. While in shul, a member came over to him and said, "I owe money to your shul. Let me pay it right now."

Another Yid came over to the Rav and said, "Aren't you a Rav of a shul? Here I want to give you money to buy seforim for the shul!"

Just another small reminder how everything that happened to us is for our good!

WHAT A FATHER!

The Editor of the Spring Hill Times was talking to an acquaintance of his by the name of 'R Chaim.*' He noticed that the screen of R' Chaim's phone was broken.

R' Chaim explained that his son once dropped his phone and cracked the screen. B"H he didn't get angry at his son.

As a reminder that he is able to react appropriately and not get angry when his son does things that could upset him, he decided not to replace the screen or buy a new phone!!!

WHAT A STUNNING SUKKOS WE HAD!

Yidden in the Tri-State area had a most magnificent Sukkos. The weather was absolutely beautiful and cool! We were able to eat and sleep comfortably in the sukkah! We were able to make a leishev b'sukah every single day! **Thank**

WEEKLY NEWS ROUNDUP

You Hashem!

RUNNING TO WHERE?

Dovid* a bochur from Brisk, Yerushalayim, needed to catch the train to go to the airport. The train was going to leave in five minutes. He descended together with about another 40 people in a large elevator that was supposed to take them to the train. Nobody in the crowd knew where to go. They all ran after one person. They ran and ran but got no where! He obviously didn't know himself where to go. Yet everyone was following him!

Dovid then thought to himself, "This is how so many people in this world are. They blindly follow other people who themselves don't have an idea where they are going!!!"

Ashreinu ma tov chelkeinu! We have the Torah! We have Nevi'im! We have a mesorah! We have Rebbeim and Rabbanim! We know exactly why we are here! We know exactly where we are headed to!

P.S. B"H they all made the train in the end.

BOY WE ARE RICH!

The Spring Hill Times Editor was speaking to a fellow mispalel in his shul.

He said that when his father, who is a holocaust surviver from Galcia, was a young boy, he was considered rich. Why? Because he lived across the street from the baker. So when they picked up their cholent from the baker on Shabbos morning and brought it back home it was still hot! His friends used to come to him for Shabbos just to be able to get a taste of hot delicious cholent!!!

Just another small reminder of the endless kindness and love Hashem is pouring upon us every single second! He is giving us more than He gave any other generation!

YIDDEN LOVE TO GIVE TZEDAKAH

A local Businessman told me that he went to shul on Yom Kippur. Sitting on his seat was a pledge card for tzedaka. He was in business for several years, struggling to maintain it. He saw the different denominations, such as one hundred, one thousand, ten thousand etc. One could flip the card on the denomination that he wants to give. He flipped the card at the five thousand mark. On the way home from shul, he was thinking, “Oh no, what did I do?! Should I go back and quickly change it, as it was way beyond his means in his circumstances.” He arrived home, and just accepted the situation. The day after Yom Kippur he received a phone call requesting a certain type of merchandise that was really obsolete. He answered that unfortunately he doesn’t have them in stock. After hanging up the phone, he was thinking that he actually bought out a closeout and might have it in there. He went to check, and he found that merchandise. He called back the client and told him he found it. The client made an order that he made five thousand dollars on!

[Harav Eli Yelen]

NO YID IS UNACCOUNTED FOR

In the spring of 2010, there was a group of bachurim who were traveling on a road trip with their Rebbi from Chicago to Florida. They were traveling by coach bus on the 95 when their bus started smoking and they realized that they had to stop and get help.

They were near Yamasee, South Carolina a real hick town in the middle of nowhere and they got off the exit. The driver was supposed to make a right turn by the exit to get to the nearest gas station but by mistake (by the hand of Hashem) he made a left. After realizing that he made the wrong turn he wanted to turn around, so he pulled into a side street and entered a parking lot of a store called Le Creuset Outlet Store. The bus then made a K-turn, however on the way out the bus got stuck on a hill and the wheel was turning in the air but the bus wasn’t budging.

At that time the bachurim got out, and the owner – a lady saw them and asked them who they were and where they were from. When the owner learned that they were Jewish she said “oh my husband is Jewish”. The husband came out and they davened mincha together with him, put tefillin on him and spent some time connecting with him.

They then got their bus fixed and went on their way. On the way back from their trip, they stopped off at the store again and this older man said that he wished he could have a pair of tefillin as he never heard about

WEEKLY NEWS ROUNDUP

tefillin until they came.

The Rebbi then said to him that if he promises to put on tefillin every day (besides Shabbos and yom-tov) then he would give him his own pair. The man happily agreed and the Rebbi gave him his own pair.

The next year they were doing the same trip and they again stopped off by this Yid's store. He was so happy to see them, he joined them for a bar-BQ in the park. He shared that he indeed had been putting on tefillin every day. He then wanted to bring them hot cocoa (milchigs). So the Rebbi and bachurim taught him the laws of Basar bechalav which he hadn't been exposed to. Since they were having a BBQ, they couldn't have the hot cocoa together.

This is a powerful story where we see that Hashem doesn't lose sight of any Jew even if they are so far gone in a hick town in the middle of nowhere, married to a non Jew. Hashem orchestrated a group of bachurim with their Rebbi to have mechanical issues to go and bring this Jew closer to his father, Hashem.

Editor's note: Last year I printed the following amazing story I heard first hand from the Rav. We are reprinting it now with a follow up.

WE NEVER LOSE BY DOING A MITZVAH

Rabbi Chaim Schwartz* a Rav in Los Angeles, CA, went shopping on Chal Hamoed to buy pekelech for Simchas Torah, for the children in his shul. The store owner agreed to give him the pekelech on discount. The total cost was $500. The Rav happily paid for the pekelach despite not knowing exactly where the money would come from. The next day, Rabbi Schwartz got a call from someone he hasn't spoken to in some time. The person told him, "I went to R' Chaim Kanievsky (zatzal) for an eitzah. He told me to sponsor the nosh given out to children on Simchas Torah."

Rabbi Schwartz asked the 'surprise sponsor' how much does he want to donate, and the response was – yes, you guessed it - $500!!!

Follow up: This year, right before Simchas Torah, Rabbi Schwartz happen to receive an email from this same person. So he asked him if he would like to sponsor it again. He said, "Sure!"

Yiddin just love mitzvos!!!

TWO YIDDEN IN A FIGHT!

Mrs. Gelb* from Lakewood, New Jersey, visited New York and was waiting to go home with the bus. She suddenly realized that she forgot her money. But was mechazek herself in bitachon that Hashem will get her home.

She then noticed a friend of hers. She went over to her and told her that she had no money for the bus ride.

Someone overheard her saying that and said, "It's now right before Rosh Hashana. I want the zechus. I'll pay for your ride."

"No! I want the zechus," said Mrs. Gelb's friend.

Baruch Hashem they were able to make a settlement, without needing to go to Bais Din. They both paid for her fare!

Hashem, Your nation is simply amazing!

[Rabbi Zevy Golombeck]

The farmer plows the ground and plants seeds,
and all summer he's busy taking care of the crop.
Then he reaps the crop,
and then he has to thresh the grain.
He has to winnow it.
Then he has to grind it.
Then he takes the flour and bakes it into bread.
Now the bread is on the table.
He did all the work...
...and then he says ברוך אתה השם...המוציא לחם מן הארץ –
"I thank You Hashem for giving me this bread.
You're giving me the bread.
I didn't make anything.
I just went through the motions.
It's only motions.
You're the one, נותן לחם לכל בשר. You gave me the bread."

R' Avigdor. Miller TAPE # 756

BEAUTIFUL QUOTES

"We are all meshulachim for the Eibishter. We are here to collect mitzvos and Maasim Tovim."
Rav Akiva Grossnass, Rav of Kehilas Spring Hill

"*By Hashem it's the opposite. Sometimes we may lose sight of Him but He never ever loses sight of us!"*
R' Shmuel Binyomin Elefant, a fellow mispalel at Kehilas Spring Hill. ***[After I told him on Leil Simchas Torah, that I lost my four year old son in shul, but I wasn't sure if he lost me (perhaps he was happily enjoying himself eating cake and nosh somewhere in the shul).]***

"When you see the Gedolei HaTorah of every generation, don't see a human being, see a malach Hashem."
Rav Avigdor Miller Speaks, Page 169

"Shabbos is meant to teach you about the great happiness that awaits you in this life, and about the infinite happiness of Olam Haba."
Ibid
(Reproduced from "Rav Avigdor Miller Speaks" by Rabbi Simcha Bunim Cohen, with permission of the copyright holders, ArtScroll / Mesorah Publications, Ltd.)

"In truth, every single day of the year, HaKadosh Baruch Hu is so near to us, waiting for us to come close to Him and form a loving relationship with Him."
Lech Reid - Tishrei

"A Yid should be proud of his positivism! When you talk to HaKadosh Baruch Hu and thank Him for your Maalos - the #1 maaleh is simcha and bitachon. And of course, working on simcha and bitachon is by far more chashuv than the actual simcha and bitachin."
Rav Yehuda Mandel - Bitachon Weekly Sukkos Issue

"Is this the way to serve Hashem by keeping on falling? The answer is yes! Because when you have emunah and bitachon you chap and realize, HaKadosh Baruch Hu doesn't ask us for results! He doesn't ask us for outcomes... All he asks us is the razton, that you care, that after you fall you get right back up! That's the translation of a tzaddik!"
R' Zevy Golombeck - Yesod 1375 on 'A Life with Bitachon'

"The Ananei Hakavod are still with us till today! Where ever we go we have our loving caring father, HaKadosh Baruch Hu - the Ribono Shel Olam! He is holding our hand and taking care of us every step of our life. He is watching us he is protecting us He is keeping us alive."
Ibid Yesod 1378

"Hashem gives, gives and forgives. Man gets, gets and forgets."
From a Spring Hill Times Reader

"Hashem gives, gives and forgives. Man gets, gets and DOES NOT forget!"
The Spring Hill Times Editor

But wait one minute! Aren't these two quotes contradicting each other?
No! They aren't! One is from before the Spring Hill Times Era and one is from after its invention!
No!!!! We will not forget all the good things Hashem gives us! We will talk about them again and again for the rest of our lives!
We actually got a special request from Rabbi Zevy Golombeck to run a column about the good things Hashem gave us last year. Truth is, there is simply not enough paper, ink and times to write them all down.
So over the next few weeks, we will bli neder try to focus on a few of the trillions of kindnesses Hashem gave us last year and continues to give us each and every day. So please enjoy the next article!

LET US IMAGINE

for just a few seconds, what life might look like if our world would malfunction. And 'air' instead of being clear would be cloudy and hazy...

We would barely be able to see! We wouldn't be able to drive faster than .5 Mph! Cars would be lineed up from one end of the Garden State Parkway to the other end! It would take a few days to drive from Monsey to Lakewood!

We wouldn't be able to see the traffic lights from the car and would need to climb out on top of the car, by each and every light, in the heat and in the snow, to know if the light is red or green!

Traffic would be piling up on every street and we would be late for Shacharis, Seder, work and appointments...

We would be beeping non-stop out of frustration... And people would need to walk around with earmuffs over their ears...

Bedikas Chometz would need to start Chanukah time...

Finding a kosher esrog would be a total nightmare...

When someone walks into shul we wouldn't be able to just lift our heads to see him c"v. The whole shul would need to rush to the door to see the person entering. Resulting in a tremendous amount of bitul Torah and bitul tefila...

Women would not be able to properly differentiate between salt and sugar. Cookies and cake would be too salty to eat and the cholent would be too sweet c"v.. We would have nothing to eat c"v...

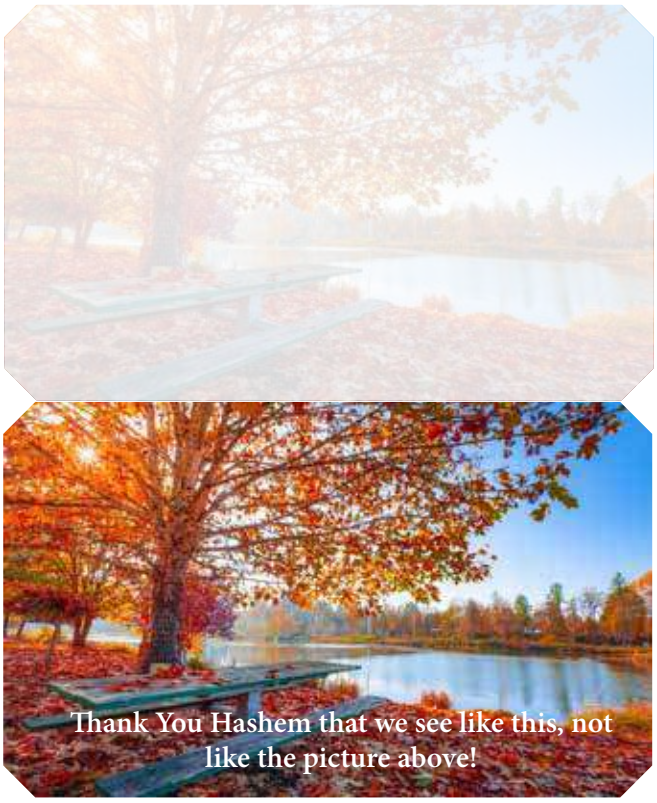
We would walk by people and not say 'Good morning' 'Good afternoon' and 'Good night'.

We wouldn't be able to see anything on the floor and we would be tripping day and night c"v... resulting in many injuries c"v...

As a result we would just start crawling on the floor...

We would crawl to Yeshiva, Kollel, the supermarket and work.

We would not have proper aim and every time we would pour ourselves a drink, the entire container would spill out on the floor. Our floors would be covered with orange juice, apple juice, grape juice, milk, soda and water. Everything would be all sticky and dirty... Our houses would be infested with annoying flies... We would be attempting all the day to zap them but we would have no idea where they are flying... Resulting in so much frustration and anger...



Thank You Hashem that we see like this, not like the picture above!

Women in the kitchen would constantly be mixing up the fleishigs, milchigs and pareve... Even if they found the phone after searching for over an hour, they would keep on dialing the wrong number. Instead of calling the Rav they would be calling by mistake the Chinese cleaners...

We would never manage to put on matching clothing and many people would be going to work, yeshiva, bar mitvas and chasunas in their pajamas...

Getting the thread into the head of a needle would be a horror story...

We would run desperately from one scientist to another for help. But to no avail. Governments from all over the world would be spending trillions upon trillions of dollars to attempt to clear up the air. But all they would be meeting is one dismal failure after another...

Worst of all, we wouldn't be able to properly read the words of the Torah. We wouldn't be able to be mekayim so many mitzvahs...

We wouldn't be able to see Hashem's beautiful world and we wouldn't be able recognize Hashem's greatness and kindness, and this world would be a most horrible place to live in...

Who designed, with unlimited kindness, that all the air in the world would be so perfectly clear? Who made, with unlimited wisdom and power, all the air in the world to be a perfect match to fit the billions of eyes that are in this world?!?

You Hashem!!

Thank You Hashem for this wonderful, beautiful, life saving, multi-trillion-dollar gift that You give us, with endless love and care, every second of the day, 365 days a year and free of charge!

WE ARE IN THE MIDST OF BUILDING, FOR HASHEM, THE MOST MAGNIFICENT NEWSPAPER THE WORLD HAS EVER SEEN!

THANK YOU SO MUCH TO ALL WHO HAVE SIGNED UP FOR THE MONTHLY $5 DONATION!

DEAR READER: IT'S NOT TOO LATE! YOU CAN STILL JOIN!

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Write in Memo: Spring Hill Times

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08701

3.

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congshbt@gmail.com

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4.

Or through our secure link:

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THANK YOU HASHEM!

1. My brother just got engaged a few weeks ago and we were very inspired by the story printed from Rav Brog Shlita.

2. One night, I fell asleep on the couch while still in my clothing. I woke up the next morning late, but I was able to go right away to shul because I was already dressed!

A 13-year-old bochur - Lakewood, New Jersey

***

OUR LIVES ARE FULL OF MIRACLES

Dear R' Kaufman,

A gutten vinter!

You might remember that earlier this year you asked me to translate a couple of issues of your newsletter. I would now like to tell you the effect that had on me.

I'm a Litvische lamdan, a בעל הלכה, used to seeing everything rationally, analytically, and skeptically. Having what — up until now — I called "blind faith" did not make much sense to me. Isn't that a bit simple-minded? In fact, at first I raised an eyebrow at some of the personal stories that you print. But after a while I began to wonder if I shouldn't raise an eyebrow at myself. After all, these stories really happened. Am I missing something?

Until now this remained just wondering, questioning and not getting anywhere, until three weeks ago my laptop computer was knocked out by one of the manufacturer's updates. (I now know that the manufacturer knows about this problem and doesn't care.) It wouldn't even start up.

In the past, I would have gone straight to the store and asked them to fix it: an olam-hazeh-dikeh solution. But two things were different this time: I had no money for repairs, and a friend who was there at the time said, "Why not try turning it on again? Perhaps Hashem will have rachamim."

I did try, and it didn't work. That was three weeks ago. Just two hours ago I thought, "Well, Hashem does have rachamim, so... maybe..." I pushed the button again, but this time I said a תפלה קצרה first — and it lit up and everything works now.

I am torn between joy at this ישועה and shame that I have never in my life had emunah. But it's never too late to learn! Thank you for teaching me, and may Hashem bless you for it.

באהבה ובהוקרה

Y. - Kiryat Sefer

HASHGACHA PRATIS!

My father went last minute shopping on Hoshana Rabba. He by mistake locked the keys in the car. So he called my mother to please come and bring him another pair of keys.

B"H right then he saw a neighbor who is a chaverim member. He was able to get the keys out in no time. The neighbor told him that he wasn't even planning on being at the store. Hashem orchestrated for him to be there so that my mother wouldn't need to shlep out!

Yaakov R.- 9 Years old, Monsey, New York

YIDDEN LOVE CHESED

I was by the doctor with my mother. My mother's pen fell on the floor and the doctor bent down to pick it up. My mother apologized for the bother. The doctor answered, "I'm so happy I got an opportunity to help another Yid (without pay)!!

C.K.- A bochur from Brookyn, New York

***

WOMAN TRUSTS IN HASHEM

Not many shaitel machers in Lakewood know how to wash and set synthetic sheitels. I wanted mine set for Yom Tov. In the middle of the summer, I contacted two sheitel machers but they both no longer had any appointments available before Yom Tov. I davened and had bitachon that it should all work out.

A week before Rosh Hashana one of the sheitel machers called- she never called me - for someones phone number. I told her, "I thought you're calling to let me know you can do my sheitel." She said, "You know what, I am available now, I can do it for you!" B"H I had a beautiful sheitel for Yom Yov!

Anonymous - Lakewood, New Jersey

***

HASHEM LOVES OUR LEARNING

I learn with my uncle on the phone. One night we both had low battery. The second after we finished learning my phone went dead!

A boy from Lakewood, New Jersey

***

MAN FINDS ITEM IN STORE

I went to a large pharmacy store. I needed a certain item and had no idea where to find it. I really didn't want to walk all around the store. Suddenly, I heard a man going over to the security guard and ask him where he could find that very item. He went to show him and I followed them!

Yungerman - Lakewood, New Jersey

Even though we are aware that there is constantly saliva in our mouth and we are constantly swallowing that moisture, perhaps we are not aware of the quantity of the saliva that is produced by our bodies.

An average person produces between 600 milliliters and a liter of saliva every day. That is the amount that is being produced every single day. That includes the day that he is fasting and he didn't drink anything that day. But the body is still producing saliva that is so important for him to have a comfortable and healthy mouth. Over the course of a person's life he produces two swimming pools full of saliva! He is swimming in Hashem's chessed! Hashem gives us so much goodness every single day in our life, day in day out.

A person drinks every single day more saliva than the average amount of milk that an American drinks. An average person drinks a little bit less than two cups of milk daily, more than that is the amount of saliva he drinks a day.

This extremely important liquid he drinks without any effort. He doesn't have to go to the store to pick it up, he doesn't have to keep it in his refrigerator and he doesn't have to check the date to make sure it is still fresh and didn't get spoiled. He doesn't have to shlep it around when he is traveling and going on vacation. Hashem gave him this important thing that is with him constantly, naturally, without any effort, without him even paying attention to what is happening. This is a wonderful chessed Hashem!

This Niflaos HaBorei 2-Minute Audio Shiur is sent out 6 days a week. No need to call, the Shiur will call you.
Choice of six times (EST): 8:45 am - 1:15 pm - 2:45 pm - 6:15 pm - 7:45 pm - 9:15 pm
To receive this daily Shiur Call or Text: 313-NIFLAOS (313-643-5267) To hear a sample call: 908-280-4488

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Q&A WITH R' ZEVY GOLOMBECK

The Bitachon Perspective

Q. My family lives in a house which is in poor condition. This situation is taking a toll on our quality of life. My wife and I decided that in order to preserve our yishuv hada'as, the right thing is to do renovations.

Now, construction is at its peak, and I'm deeply involved in redesigning the house with all its details: which tiles to install, deciding on colors, choosing lighting, etc.

Although this is something I have to do, I feel that being so involved in all the mundane details is attaching me too strongly to Olam Hazeh.

How can I make sure that my involvement in building will not be at the expense of my inner relationship with Hashem?

A. When a person is involved in construction, he will inevitably experience heartache: things drag out longer than planned. Deadlines aren't met, materials do not arrive on time. When the order does arrive, often it's not what you thought it was. The workers don't always build exactly the way you wanted. After you made a certain choice you regret your decision etc.

There is one underlying cause for all of the above frustration. The mentality that, 'This is my house. I'm taking charge of how things should come out, and it needs to be exactly the way I want it."

When someone approaches construction with this mindset, if anything doesn't go exactly the way he wants or if things don't progress to his satisfaction, it will cause him great aggravation and he will lose his peace of mind.

To bounce yourself back into juxtaposition, don't lose sight of the original purpose of the renovation. Say, "Hakadosh Baruch Hu: Why am I renovating my house? Not because I need a beautiful house for myself. Rather, it's in order to give my family harchavas hada'as to be able to serve You in the best way we can . I want a house to be a place in which the shechina will reside."

When you constantly remind yourself that the ultimate purpose of renovating your house is for Hashem, you won't be bothered when things don't go exactly the way you thought. You know that your job is to do hishtadlus to cater to the needs of your family.

Therefore, continue selecting and deciding what will be the best for your family. But throughout the process, remind yourself: "I don't operate with 'kochi v'otzem yadi', that it's my house, and everything has to come out the way I want. Rather, it's Hashem's house and He wants me to do whatever is in my ability to make it beautiful and nice. However, regarding anything that is out of my control, I am leaving it up to Hashem to make it turn out the way He knows to be best".

When you go through the renovation with this mindset, not only will you experience complete menuchas hanefesh throughout the renovation, but it will also prove to be a period of growth and connection with Hashem. You will actually be zeroing in on the essence of all avodas Hashem: The pursuit of acquiring emunah in Hashem, and the realization that He is in control of all events.

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

Chizuk Corner

The unbelievable power of a good word

By R' Y. Friedman

Anyone who learned some history most probably heard of The gold rush. There was a certain area in California where they discovered lots of gold, and everyone dropped everything and scrambled over there to make it big. Imagine if people that are money driven would hear about a "diamond rush"? People would go mad and there would be a stampede to that area. You can just picture the chaotic scene.

Well guess what? Giving Chizzuk is more precious than diamonds and you don't even have to dig it up. They are practically on every street and in every corner.

There are treasure troves of priceless gems in hospitals, nursing homes as there are bedridden Yidden that are starving for Chizzuk.

Many people live near these places and they may not enjoy entering these facilities. However, it's worth it. Wouldn't we go there for the right price? Furthermore, Chazal teach us "lefum tzara Agra". The reward for doing this despite our discomfort increases the reward immensely.

However, what's even more available is in our homes and schools. Whether it's parents to children, one sibling to another or Rabbeim and teachers to their students. The opportunities to give Chizzuk are endless. We can build them to the sky and make them to be great people with a compliment, a good word or even a smile.

A number of years ago, there was a young Rebbe that had twin brothers in his class (there were no parallel classes then). One of the brothers was every Rebbe's dream. Intelligent, diligent, respectful

and everything else in-between. The other brother was also every Rebbes dream, but the type of dream that we call a nightmare. He failed in all his studies and was always looking for trouble.

It was before Yom Kippur and the Rebbe was teaching the class about the two twin goats that were brought on Yom Kippur. He explained to them that there was a lottery and one goat was offered on the Mizbe'ach, while the other one was pushed off the cliff l'azazel. All of a sudden the Rebbe heard a voice coming from the back "and I am the goat that is l'azazel". The Rebbe did not need to look up. He knew right away who said that comment.

After class, the Rebbe called over the boy and said the following. "There is a great difference between you and that goat. On that holy day there was a lottery that determined who will be chosen l'azazel. That goat did not choose to be l'azazel. You on the other hand chose to be l'azazel. It doesn't have to be like that. It's all in your hands". With that he dismissed the boy to his break.

Flash forward forty years. This Rebbe was an older man and was attending a family wedding. At the Chuppa there was a very distinguished Rav that was Mesader kiddushin. After the Chuppa this Rav approached this elderly Rebbe and asked "Do you recognize me"? He responded - "No I don't. "I will tell you, I am the goat of l'azazel. In my entire life I never forgot those words you told me. It really gave me a whole new refreshing look at life!"

Obviously, we see from this story how far words of Chizzuk can take a talmud. But we see from this story that while we need tremendous siyata Dishmaya for everything, we can decide what our future is going to look like. As Chazal teach us "Biderech She'adam rotze leilech molichen oso" All we need to have the will, the drive and the decision

Here is a personal fresh story that happened this past Yom Kippur. I was a bit apprehensive about writing this story, but the lessons from this story outweighed my discomfort as you will soon see. It was toward the end of Mincha on Yom Kippur as the sun was rapidly descending to the west. I was feeling very numb and I didn't feel the same feel-

Chizuk Corner

By: R' Y. Friedman

Continued

ings of connection as in previous years. I started feeling a bit down to put it mildly. I needed Chizzuk urgently.

I had a pile of Seforim in front of me. So I rummaged through the Seforim and I took out, by Hashgacha, a Sefer from Reb Tzvi Meir Zilberberg. Reb Tzvi Meir is a giant in giving chizzuk to our generation. I opened the Sefer to one spot, not turning pages, and I came across a page that was literally talking to me, directly. I felt like I got a hug from Hashem, and I will share the idea that he says, but I need you, dear reader to open your hearts. Even if you feel like you don't have a heart, listen closely because he is talking specifically to us.

He quotes the Arizal that says, that there will come a time before Moshiach comes, that Klal Yisroel will enter the fiftieth level of Tuma. The consequence of this is that we won't feel any connection to Hashem. This can cause a person to fall into depression and wonder what is my Avodas Hashem worth? Says Reb Tzvi Meir, this is the talk of the Yetzer Hara! He wants you to fall short of your duties. You have to respond to such talk with azus of Kedusha and say "I won't budge" I don't care if I don't feel anything I am going to serve Hashem with all my strength and with the tiny sparks that I have". Furthermore, says Rev Tzvi Meir you are upholding the Mitzva of veahavta es Hashem Elokecha bichol levavcha. This means "Even if Hashem takes your heart."

Then he continues with Chizzuk, that should make us dance! He says that in a certain sense if a person serves Hashem even though he doesn't feel anything he is bringing a greater Nachas Ruach than someone that feels connected and doesn't have this struggle. Obviously this doesn't mean that we shouldn't try to connect ourselves to Hashem. But if one finds himself in a situation in life that he doesn't feel the love and connection, don't despair. We can still bring Hashem a tremendous Nachas Ruach. This should bring joy into our Torah Tefilla and Mitzvos. What can be sweeter knowing that we are bringing Hashem the greatest Nachas Ruach. That's why we are here on this world.

I would like to say the following Chizzuk.

Hashem is showing us clearly that He wants to bring the ultimate redemption. However, to some people when they think about Moshiach they think about chevley Moshiach, which may bring not such good thoughts. How can we get Chizzuk?

Chazal say that in order to be saved from chevley Moshiach we should get involved in Torah study and Chessed. Additionally there is a Chazal that says that one who is scrupulous in eating the three Seudos on Shabbos will be spared.

Having said that, we have nothing to fear!! We are so attached to Torah! Torah is flourishing today more than ever in the history of golus! We all spend so much money on seudos Shabbos! Hashem has made it so easy for us to be mekayim this mitzvah with such hidur! Our Emuna and Bitachon is getting stronger day by day!

Getting involved in Chessed is so easy!!! There is no chessed like Chizzuk and the opportunities are endless!

A GLIMPSE INTO YEMOS HAMOSHIACH

I would like to conclude that we just went through the Elul and the Yamim Noraim. When we reach Yom Kippur, every Yid usually feels more Yiras Shamayim. Then, we move into the mode of Ahavas Hashem for thirteen days. Starting with the great preparations for Sukkas leading up to the climax Shemini Atzeres/ Simchas Torah. When it comes this time Klal Yisroel is gushing with love for Hashem and a fellow Yid. Now can you imagine what it would be like if every day was even greater then a combination of Yom Kippur and Simchas Torah. This is just a taste of Yemos HaMoshiach.

We are so full yearning for those days that should be coming speedily very soon. **Hang on tight. Chazak v'ematz- you are doing great!**

WONDER OF THE WEEK

By: Rabbi Yaakov Lubin

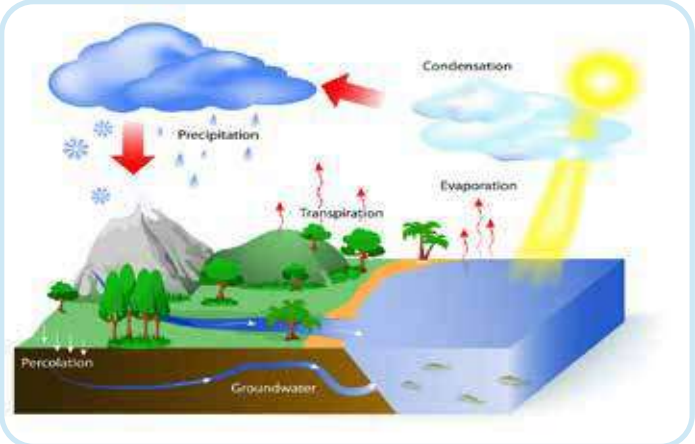
Have you ever seen a freight train flying in the sky? I like to think of the clouds passing over my head as freight trains carrying their precious cargo of water to thirsty creatures around the world. While you've probably spent some time marveling at the impressive sights above your head, have you ever wondered how Hashem makes clouds and rain?

משיב הרוח ומוריד הגשם

It all starts from the 'seeds' that clouds grow from, which are teeny tiny pieces of 'stuff' high up in the sky. They are referred to as cloud seeds and come from many places including giant sand storms, volcanic eruptions and car exhaust that makes its way up to where clouds are formed. Just like any seed, to grow into clouds they need water.

There is usually enough water in the air to make clouds because it evaporates from oceans, trees and other bodies of water and is distributed around the world by way of the wind. The reason why clouds don't always form is because the air is often too hot. With hot air, the water molecules are moving around too fast to hit the cloud seeds. When the air cools down, the water molecules move much slower and stick onto the dirt and dust in the sky when they run into them.

To get the air to cool, Hashem makes it rise. Air rises when it runs into something big like a mountain, gets heated by the sun, or when two large air masses run into each other and have nowhere else to go but up.



Water cycle diagram. The sun which drives the water cycle heats water in oceans and seas. Water evaporates as water vapor into the air. Labeled

The cooling of air as it rises is a process referred to as adiabatic cooling. Once the air is cool enough, water molecules begin latching on to the cloud seeds forming the

Continued on next page

WONDER OF THE WEEK

By Rabbi Yaakov Lubin

Continued

water droplets that clouds are made of. These water droplets are big enough to reflect light, which is why we can see them as clouds, yet small enough that they don't fall to the ground.

If the conditions are right, the water droplets can grow much larger fusing with other water droplets they run into. They get bigger and bigger until they are too heavy to stay aloft and fall as rain. Just imagine the amazing journey water may have taken. It rose from the ocean, then traveled thousands of miles before meeting up with a microscopic piece of a volcano that helped it become part of a great cloud before landing on your head!

If the conditions are right, the water droplets can grow much larger fusing with other water droplets they run into. They get bigger and bigger until they are too heavy to stay aloft and fall as rain. Just imagine the amazing journey water may have taken. It rose from the ocean, then traveled thousands of miles before meeting up with a microscopic piece of a volcano that helped it become part of a great cloud before landing on your head!

Taken from the "Wonders of Creation Student Edition" textbook, a complete full-year science program for 4th or 5th-grade students that is changing the way science is taught in Jewish schools across America.

"The purpose of all these wonders is to make us aware that Hashem is there and that He is the One who brought these wonders about."
Rabbi Avigdor Miller (Ohr Avigdor, Chovos Halevavos)

Please do not reprint without permission from the author:
For more info: email yaakovlubin@jewishcenterforscience.com

STORIES ABOUT OUR GEDOLIM

By: M.D. Applegrad & Yaakov Berliner

Rav Shmuel Berenbaum zt"l, the Mirrer Rosh Yeshiva, related:

There was a painter doing some work for Reb Shmuel who mentioned in passing that he had grown up in Brisk. Rav Shmuel, of course, excitedly asked "do you have any memories of Rav Chaim Brisker?"

"Any memories?" said the painter. "We would "hang out" in his house which was always open to everyone!"

He then told him this amazing story which he had personally witnessed.

***

A businessman walked into his house and tearfully begged Rav Chaim for a loan for his struggling business. Rav Chaim asked him to come back in a few days because he was out of cash. The businessman said it was very urgent, it was the last chance to save his business! Rav Chaim was quiet for a moment and then said to check if the Rebbitzin was around. When he said no, Rav Chaim said to quickly grab all the bedding you find and sell it in the flea market. He should then use the money to save his business.

"And that" concluded the painter "is exactly what the businessman did".

In what zchus was klal yisroel zoiche to such Gedolim who are willing to give their shirt off their back!

The Vilna Gaon was once present at a Pidyon HaBen Seuda when one of the participants asked him the following question: It is brought down in Kabbalah that all the mitzvos of the Torah are hinted to in Parashas Bereishis. If this is true, where in Parashas Bereishis is the hint to the mitzvah of Pidyon HaBen? Without even pausing, the Gaon responded: The Mitzvah of Pidyon HaBen is hinted to in the word BEREISHIS: Ben Rishon Achar Sheloshim Yom Tifdeh (you should redeem your firstborn after 30 days).

***

The supply of electricity to the home of Rav Eliyahu Dushnitzer, Mashgiach of the Lomz Yeshiva, was drawn from the Yeshiva. So when he learned Torah late into the night, he always turned off the electric lights in his home and used a kerosene lamp instead. "Who knows," said Rav Dushnitzer, "perhaps I will fall asleep while learning and the electricity will continue running at the Yeshivah's expense for no reason."

Gut Shabbos!

THANK YOU TO ALL THOSE WHO HAVE HELPED SPONSOR THE PRINTER FOR IR HAKODESH TZEFAT!

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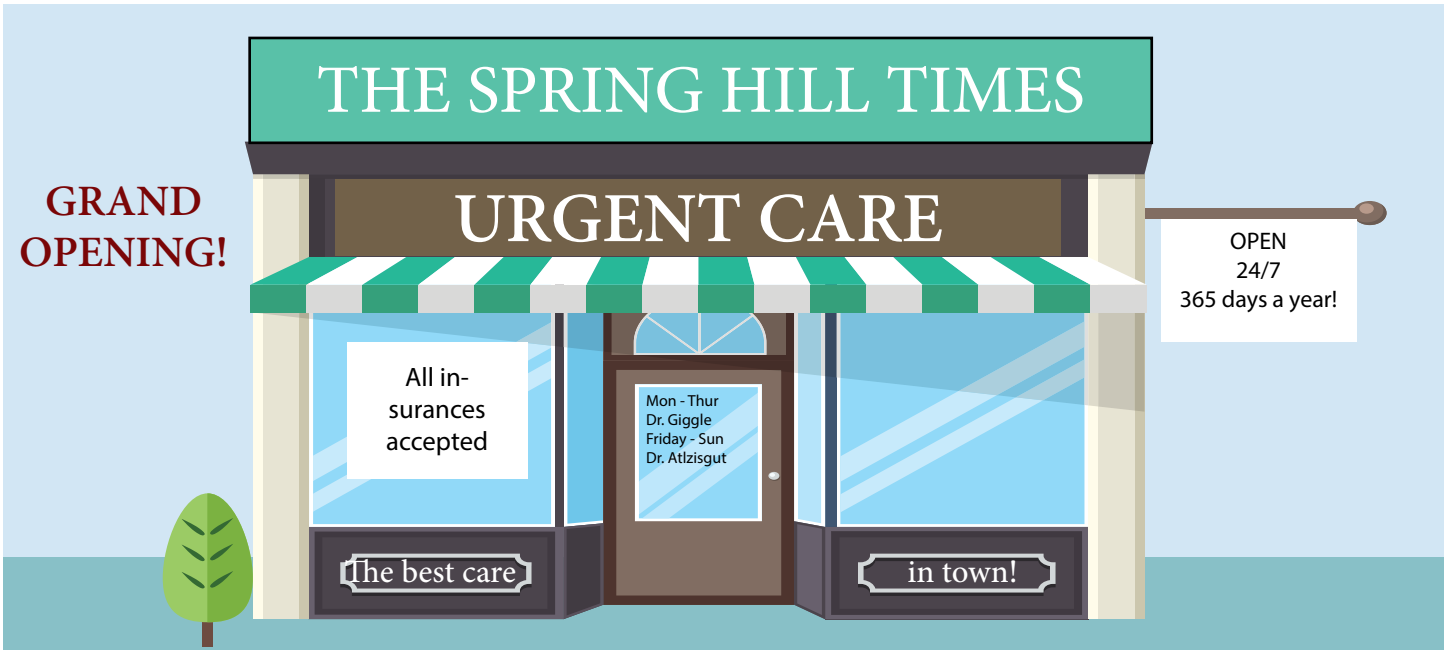

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PATIENT:

I have been standing for too long during davening. As a result my feet are hurting. Can you please help me?

Dr. Giggle M.D.

IMPORTANT HEALTH TIPS TO REMEMBER:

EVERYTHING HASHEM DOES FOR YOU IS:

✓ WONDERFUL
✓ AMAZING
✓ DELICIOUS
✓ PERFECT

I'm prescribing for you three medications.

1: Thank Hashem that you have feet. Not everyone has two working feet. Some people have a stick instead of a real leg. Some can't even stand on their feet and are wheelchair bound 24/7. For more information please visit your local hospital...

2. Thank Hashem that we have nerves that feel pain. Otherwise, we would c"v never realize that our feet need a rest and would overwork them until they would suddenly collapse while climbing down thirty stairs and holding a hot cup of coffee...

3. Thank Hashem for the pain! It's cleaning you out from averios! It's absolving you from needing to go to geheinam!

A GLIMPSE INTO THE PAST

By Sruli Yelen - Lakewood, New Jersey

Two malachim: Rav Shach and Rav Shneur Kotlor zatzal

Another malach: The Steipler zatzal

Another two malachim: Rav Yakov Kamenetsky and the Klausenberger Rebbe zatzal

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AYIN עין טובה TOVA

פרשת נח - חשון תשפ"ג

Rina was excited about her upcoming trip to visit her daughter and son-in-law in EretzYisrael. She bought and prepared a lot of meat in order to surprise them with their favorite foods. Much to her dismay, the suitcase with the meat got lost and took four days to finally arrive. All the meat was spoiled.

Help Rina have ayin tova for her situation.

Suggestions for this case:

- Perhaps the meat would have given them food poisoning.
- When she got there she learned that her son-in-law was found to have high blood pressure and was cutting down on his meat consumption.
- Rina can try to be grateful that Hashem took out her yissurim on the meat and not on their health. Maybe Rina was supposed to get sick this whole trip and Hashem in His mercy spoiled the meat instead of spoiling Rina's whole trip.
- Rina was now able to support the butchers in Israel and it gave her the opportunity to make fresh food for her family.
- Instead, they went out to eat and met friends they wouldn't have seen otherwise.
- Maybe there was a kashrus issue with the meat and Hashem was saving them from eating it.
- Her children will still appreciate the thought.
- The insurance will cover the cost and she will surprise them another time.
- While it is a very frustrating situation, Rina could instead choose to focus on the fact that she is zocheh to be able to visit her children and EretzYisrael.

Case of the Week:

For as long as anyone could remember, many families of the West Ridge community used the Moskowitz's yard as a shortcut to get to the neighborhood Shul. For many families, it saved them as much as seven minutes in each direction.

Now the Moskowitzs decided to downsize to an apartment and sell their home. The buyers were non-Jews, who quickly put up a beautiful wooden fence around the property. The shortcut now seemed to be done with, leaving many stunned and disappointed.

Help the families of West Ridge have ayin tova for their situation.

Please send your suggestions for the AYIN TOVA CASE to: ayintovanewsletter@gmail.com

On Shemini Atzeres..
Yasher Koach!
The next night, the Yamim Tovim wind down.
Uch, its raini-
Wait a minute!
On Shemini Atzeres I got up there and begged Hashem for rain. Now that its raining, I should appreciate the rain!
END

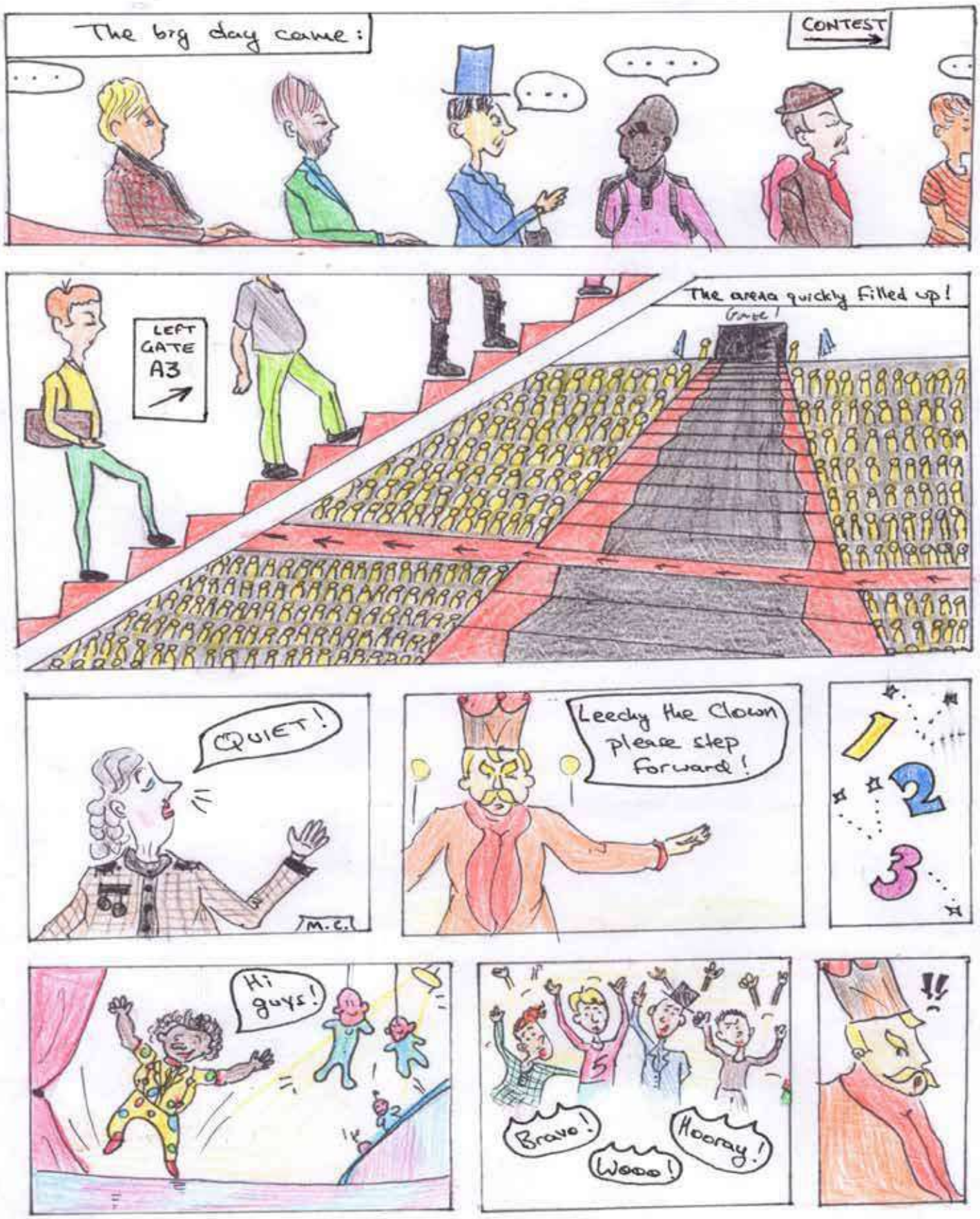
A lifesaving Amein!

chapter#6

How Powerfull is Amein!

The True Winner - Chapter 5

by: Ephraim Weiss - Beitar Illit



To be continued...

The Spring Hill Times

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At Rav Yehuda Mandel's Thursday night Vaad: 8:00 pm.

18 14th St. For more info call: R' Shlomo Eliyahu 732-569-4273 (leave message)

***

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***

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***

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***

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***

Rosenberg Family

104 Elmhurst Blvd. In container by front door. Available from Thursday evening

***

1500 Twin Oaks Drive. In container by front door from Wednesday night.

For more info please call: 908-596-0844

***

Minzer family

15 Gefen Drive- Container in front of house from Thursday afternoon.

***

368 Bergen Ave (available from Thursday afternoon) 732-367-2499

***

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305.872.6777
Building is surrounded by a locked gate. Please call to make an arrangement.

CLIFTON - NEW JERSEY

Avi Gewirtz
7 Belmont Ave, Clifton, NJ 07012
917-587-3076

MONSEY - NEW YORK
Weiss Family
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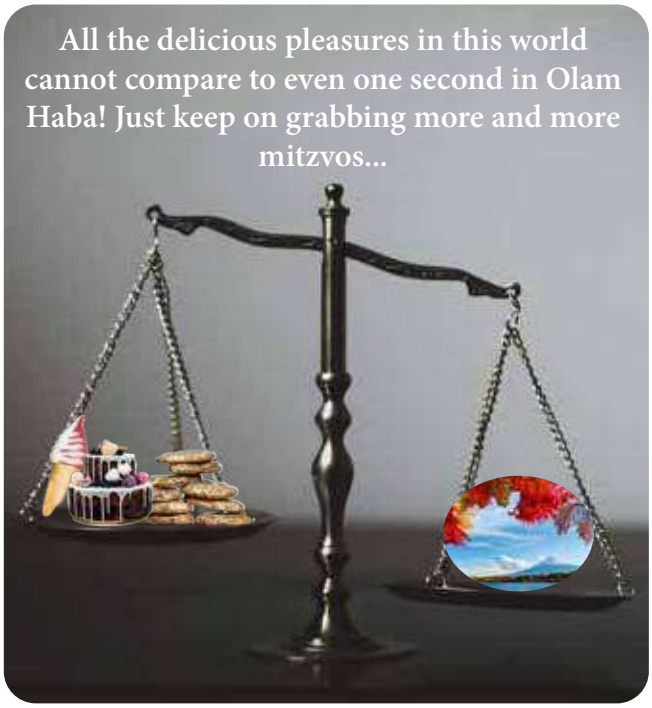

Attention girls and boys:

Do you want an everlasting reward?
Here's a simple and easy way:

כיבוד אב ואם

A simple mitzva which results in a delicious reward waiting for us in Olam Haba!

They care so much about us, and it means so much to them when we are there for them. It's so easy for us to help them. Here are a couple of examples of how we can help them.

Help clean up the playroom.

Take care of the baby.

Help with the shopping.

Pour them a cup of water.

When we help our parents it means so much to Hashem, and it makes Him so happy and proud of us!

5 Weekly Thank You's

By: R' Simcha Elefant

- Thank You Hashem for Sponges
- Thank You Hashem for Towels
- Thank You Hashem for Shtenders
- Thank You Hashem for Disposables
- Thank You Hashem for Slides/ Slippers

לזכות משה יהדה בן שושנה

THEN & NOW

Leaves are starting to change colors? Is the weather getting cooler?

1800's: Need to start chopping firewood for the winter. Oy! Such hard back-breaking work!

Today: Just dream about those frigid winter nights/mornings when you are in your insulated and heated cozy house or shul, learning Hashem's Torah, while sipping a hot tea, coffee or hot cocoa or munching on your wife's food... All the while thanking Hashem for giving you this most wonderful dream life!

Mazel Tov!

Mazal Tov to Rabbi Avraham Dovid Strauss and family (Spring Valley, N.Y.) upon the engagement of their daughter Etty to Gedalya Rowner (Chicago, IL)!

Mazal Tov to R' Moshe Dovid Weisbord and family (Beit Shemesh) upon the birth of a baby boy! Special Mazal Tov to the grandparents Rabbi and Mrs. Elchonon Weisbord (Beit Shemesh)!

Mazal Tov to R' Dovid Dov Greenwald and family (Chestnut Ridge, N.Y.) on the birth of a great granddaughter!

NIFLAOS HABOREI RIDDLE

By T. Bauman

My width fluctuates with time,
Well, at least the part you see.
And sometimes it seems
Like I've totally ceased to be.
I am crucial to us, Yidden,
I have a connection with the women.
And if my blessing would be missed,
It is considered a bad siman.
I was diminished cuz of a complaint,
That's when I lost my shine.
Man, always intrigued by me
Made a milestone in '69.
I think if you'll space in
The answer is quite stark.
But think about it please,
So you won't be in the dark.

Find the answer somewhere on this page

©

You can now hear parts of the Spring Hill Times being read on the Cheishek HaTorah Hotline!
845-720-4040 Ext 6
Updated every Motzaei Shabbos!

Riddle Corner #10

There is a list of four famous builders. I am on that list. My name is not Noach, but my name is mentioned in Parshas Noach. Who am I?

Leave your answer on the Chaishek HaTorah Line 845-720-4040 x9 by Sunday 7PM EST to be entered into a raffle for a Sefer. (The answer and winner will be announced on x14 #10)

BE THE ONE TO INSPIRE TENS OF THOUSANDS OF YIDDEN!

BECOME PART OF THIS WONDERFUL NEWSPAPER!

The Spring Hill Times is looking for volunteers to:

1. **Write stories about our tzaddikim and gedolim.**
2. **Write stories about Shabbos Kodesh and Yomim Tovim**
3. **Send in pictures of gedolim from the past.**
4. **Send in pictures of Hashem's beautiful world.**
5. **Send in good news that's being reported (e.g. latest medical breakthrough. Latest discovery in science...)**
6. **Do graphic work**

Please call/text 845-327-5041
email: the springhilltimes@gmail.com

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HASHEM IS WONDERFUL!

LIFE IS WONDERFUL!

KLAL YISRAEL IS WONDERFUL!

Wow! Stunning!! But absolutely nothing compared to what's waiting for us in the future world!!!

Gateways

By: R' Yosef Moshe Mizrachi

Rav Yisrael Salanter zatzal said beautifully that Yiddishkeit is like holding a bird. If one opens his hand, the bird will escape, but if he squeezes his hand, the bird will die. The same applies to serving Hashem; on one hand one must be careful to do what is right and not to make mistakes, but on the other hand one cannot pressure and strain himself. Doing so will not motivate him. Instead, it will just stifle one's emotions and will prevent him from properly connecting to Hashem, chas v'shalom. My rebbe, Rabbi Golombeck, gave me the mesorah that Yiddishkeit is always supposed to be something that a Yid enjoys and looks forward to experience. One's drive to serve Hashem should come from a positive place, not one from anxiety or pressure. In Navordok yeshiva, this idea was one of the main things they focused on - trying to free themselves of any distress and nervousness, thereby allowing them to fully focus and feel Hashem intellectually as well as emotionally.

One year during Yamim Noraim, a yungerman decided to take upon himself a ta'anis dibbur, a resolution not to speak anything besides Torah and tefilla during these holy days. When the mashgiach, Rav Nosson Wachtfogel zatzal, found out about this, he quickly phoned the yungerman. "This kabbalah is nothing but the advice of the yetzer hara!" He exclaimed. "It is assur for you to make a ta'anis dibbur. It is not for you! Instead, find a geshmake chavrusa and learn Torah together!" The yungerman was insistent, "But it is such a holy kabala?!" Rav Nosson responded, "Indeed it is, but you and I are not ready for these things! Do not be extra frum! Doing so will make you a nervous wreck! Your wife will end up throwing you out of the house, and I will take her side! This is the trap of the yetzer hara! Instead, focus on doing more mitzvos and learning more!" (Sefer Leket Rishimos on Elul, page 14).

This past Rosh Hashanah, I experienced firsthand how getting rid of tension can assist one in connecting his emotions to Hashem. On Rosh Hashanah, many shuls have a small break between Krias HaTorah and Tefillas Mussaf, at which point the shofar is blown. Typically, as the start of Mussaf approaches, the atmosphere gets quite intense. The anticipation and the seriousness of the moment always leaves me feeling stifled and pressured. This year, I had the privilege of davening by Kahal Shaar Bitachon Navordok, Rav Yehuda Mandel shlita's shul. Precisely at this time, I saw Rabbi Mandel leave his seat and stroll over to speak with the people in shul. In good spirit, Rabbi Mandel gave them words of encouragement and asked them to have him in mind during their prayers. As the chazzan was about to start Mussaf, Rabbi Mandel smiled and waved his hand, wishing shalom to everyone, and then he returned to his seat, making all the mispallelim feel calm and relaxed! Incredibly, not only did I see Rabbi Mandel go on to daven Mussaf with great kavanah (and plenty of tears), I myself was able to daven better! Seeing Rabbi Mandel smiling before Mussaf had rid me of all my nervousness and tension! Feeling relaxed and comfortable allowed me to daven with a profound connection, an open mind, and an open heart!

Shabbat Shalom U'Mevorach!

L'iluy Nishmat Zecharia Ben Aharon, Sarah Bat Yaakov, Shmuel Ben Meir, and Sarah Rivka Bat Aharon Yehuda

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