

The Spring Hill Times

Spreading Hashem's goodness all around the world

ARIZONA - BALTIMORE - BEITAR - BEIT SHEMESH - BELGIUM - BORO PARK - CHESTNUT RIDGE - CHICAGO - CLEVELAND - CLIFTON - COLORADO - CONNECTICUT- DENVER - DETROIT - FERNDALE- FLATBUSH - FRANCE - GATESHEAD - GERMANY - GEORGIA - INDIANA - JACKSON - KIRYAT SEFER - LAKEWOOD - LONDON - LOS ANGELES - MANCHESTER - MASSACHUSETTS - MELBOURNE - MIAMI - MILWAUKEE - MINNESOTA - MISSOURI - MONROE - MONSEY - MOUNTAINDALE - NASHVILLE - NORTH CAROLINA - OORAH - PASSAIC - PENNSYLVANIA - SOUTH AFRICA - SOUTH FALLSBURG - SYDNEY - TAIWAN - TZEFAT - TEL AVIV - TENNESSEE - TEXAS - TOMS RIVER - TORONTO - VERMONT - VIRGINIA - WASHINGTON - WILLIAMSBURG - YERUSHALAYIM - ZURICH

ISSUE 73

PARSHAS VAYEIRA

CHESHVON 5783

INSIDE THIS ISSUE:

Living with Hashem..... 2
 Weekly News Roundup..... 4
 Beautiful Quotes..... 6
 Our Readers Share..... 7
 Q & A with Rabbi Golombeck.....11
 Wonder of The Week.....15
 Growing from Our Gedolim.....17
 Ayin Tova..... 20
 Comics27
 Riddles35
 Sprouting Bracha.....36



Thank You Hashem for the magnificent life that You give us.

This week's issue is sponsored as an expression of thanks to Hashem for being so good to me.

Thank You Hashem for healing me!

- Anonymous

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

FOR DEDICATION OPPORTUNITIES, PLEASE CALL / TEXT (845) 327-5041

EMAIL: thespringhilltimes@gmail.com

SHABBOS IS COMING!



Yidden all over the globe are looking forward

to the most wonderful day of Shabbos - the day we celebrate Hashem's creation of the world. They wait for the delicious food! The beautiful zemiros! The Kedusha! The resting and relaxing! The time with family! The time to spend with Hashem! For Kiddush and all the mitzvos of Shabbos! Extra time to learn Torah and the endless reward of Shabbos! **How lucky we are!**

ANTISEMITISM ON THE DECLINE

Mrs. Tauber* from Lakewood, New Jersey, went shopping with her son to buy him a specific item that he wanted. The item was very heavy and they needed the worker in the store to lift it and put in their cart.

When they got to their car, they were trying to figure out how they would put it into the trunk. Right then, a non-Jewish woman passed by, and said, "Do you need help putting that into your trunk? I am very strong, and I can help you!"

Thank You Hashem!

- READING POSITIVE NEWS WILL HELP YOU:
- Love Hashem more.
 - Do more mitzvos.
 - Be a happier person.
 - Be a healthier person.
 - Be a calmer person.
 - Be a better parent.
 - Be a better friend.
 - Live longer!

To subscribe, submit story or give feedback please call or text 845-327-5041. **To leave message 24/6 call 385-381-0977**
Email: thespringhilltimes@gmail.com

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



YESHIVA BOCHUR HAS BITACHON

It was the first day of the z'man and a yeshiva bachur got up at 8:30 AM all ready for Shacharis. When he arrived at yeshiva, he saw that the yeshiva was closed. It turned out that the yeshiva sent a message that it was only starting after shacharis. Because he follows 'A Life with Bitachon', he was not fazed at all! He said: "Obviously, Hashem wanted me to wake up early- and come to Shacharis.

That is the power of living with bitachon! Nothing will faze a person and nothing will bother him!

CLEANING LADY RETURNS ITEM

A woman was missing an expensive piece of jewelry. She turned the house upside down and inside out but to no avail, it did not turn up.

Her cleaning lady was coming one day, and she was thinking to herself- "Oh no! Many people say a cleaning lady might keep things she finds around the house for herself, but I can't even hide my jewelry because I don't know where it is!"

Not knowing what to do, she went straight to Hakadosh Baruch Hu to please help her find the jewelry and make sure her cleaning lady doesn't take it. Her cleaning lady arrived and started cleaning and sweeping. She found the missing jewelry and amazingly she returned it!!

R AVIGDOR MILLER

Every day we make a Bracha: Rokah Haaretz Al Hamayim- Thank You Hashem for letting us walk on dry land!

Imagine if every day we would come out of our houses and there would be a big ocean in front of us.

With water all the way up to our feet, we would have to swim around like fish to get places we need to go to! If

the kids would trip and fall they would not be able to breathe in the water and we would always be getting very wet! Chasdei Hashem, we have dry land to walk on!

HASHGACHA PRATIS!

Yisroel Walter went on a Bein Hazmanim trip with few friends, a couple of hours away from their hometown.

When they arrived, they realized that there had been a miscommunication since they said one must be 21 to register and enter. When they called up before they came, the place said you only have to be 18. The worker said: "Sorry, the only option would be if you invite another friend who is over 21 to join you and then you will all be allowed in."

They looked around but there was no one in sight who was able to join. Yisrael then turned to Hashem and said "Hashem you are the only One who would be able to help right now! Please help us!"

Then he called up another friend who said, "I have a friend who is over 21 and is staying 5 minutes away from where you are!" They called him up and in no time he arrived and registered them to get in!

CLEANING LADY FOUND

Mrs. Fromowitz* was looking for a cleaning lady for a while and she was not able to find one. It got to a point where she was so desperate, that she said that she would agree to any day of the week and any time, but still nothing came up.

So she asked Hashem to please help her find a cleaning lady so that she should be able to have Menuchas Hanefesh. She was mechazek herself in Bitachon.

Her friend then called her and said she has a cleaning lady who is avail-

able on Fridays for the whole day, which was the best day and the best time ever for her!

HASHEM - OUR GUARDIAN

Last year, a talmid of mine, was driving down the highway with his family and they saw an accident. They stopped at the side to see if they could do anything to help.

When the police came, they got back into their car and shortly after they met with a big boom! A truck was coming down the highway, crashed and the whole truck fell in the back of the van. Somehow bd'erech neis the part of the truck that hit the van was made out of foam!!!

Amazingly the entire family was able to open the car door and walk right out! Baruch Hashem!

No question about it! Hashem surely watches over his precious children He loves so much!

CELL PHONE FIXED

People were telling me that they were not able to hear me clearly talking on my cellphone. I wanted to fix this problem, so I went to the place where I purchased my phone to get it repaired. When I got there, they said that they surely could fix it. They just had to find a certain piece. There were two men there and they were both trying to find this piece for the speaker part of the phone. I saw they were about to give up. So I davened to Hashem and said, "Hakul Yachal. Hashem You can make them find the piece in a second!"

Just then, one of the men said, "Oh! I just remembered I must've left it in a different room!" He found it a few seconds later, and I got my phone fixed!

MAILMAN IS NICE

I live in a complex, where there is one big mailbox. One day the mailbox fell on the floor. When the mailman came around to our complex, he skipped us. I thought to myself, "The mailman doesn't give me my mail every day!

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



Hashem gives me my mail every day! And with Bitachon I could still get my mail."

A little later, I was on a different block with my kids, and we saw the mailman. I went over to him and asked if I can have my mail and he said "Sure, no problem," with a big smile and I got my mail!

BABY STOPS CRYING

My baby got a little cut, and he was crying and crying louder and louder and he was not stopping. I went into my room and said to Hashem "You are the Kol Yachul and can do anything and everything. You can make my baby stop crying."

Within 30 seconds, my baby stopped crying!

COMPLAINING IS GOING EXTINCT

Mrs. Stein* has a friend who has a special needs sibling. She was constantly complaining how difficult and hard it was for the family. Mrs. Stein had recently noticed that her friend was not complaining anymore, so she asked her why. Her friend said, "Because I follow 'A Life with Bitachon!'" She added, that not only does she apply the method to her own life, she also uses the tools to help and encourage others with what she learns!

IT'S ALL UP TO HASHEM

Shalom* applied to three different schools for his child. In one school he had major pull and did a lot of hishtadlus to get in. In the other school, he had no pull and did not do any hishtadlus. At the end, his got into the school that he had no pull and did no hishtadlus to get into!

AN ANGEL?

My talmid told me over an unbelievable story he heard from his uncle, Rabbi Hirsch:*

Last Winter, his daughter and son-in-law were traveling overseas. Rabbi Hirsch* owns a parking lot near the

airport so the couple parked their car there for the duration of their trip.

When they were due to come back, there was a major snowstorm and the whole parking lot was full of snow. Rabbi Hirsch* decided to surprise his daughter and son-in-law and started shoveling out their car.

To his surprise, in the middle of nowhere, someone appeared and said, "Can I help you? I am a truck driver and I just drove for about 14 hours and am taking a rest. I like to rest up by using energy and I would love to help you shovel."

When he was done shoveling, Rabbi Hirsch* asked the mysterious man "What is your name and how much do I owe you?" The man replied, "My name is Angel, and the work is absolutely free!" The man then said he must go back to his truck.

Rabbi Hirsch* was so amazed, he quietly attempted to follow him back to his truck to find out more about him, but the man totally disappeared into nowhere.

OUR EYES

Our eyes are like a camera. But a camera in older days would only take white and black pictures. Hashem, with His great kindness, made that we can see with our eyes not only black and white, but colors too! Hundreds and hundreds of different colors and shades, textures, and patterns! Red, blue, yellow, turquoise, lavender, crème, fuchsia, beige, you name it!

Furthermore, a camera takes pictures which are stationary. And Hashem made it that our eyes are like a video! Always moving and able to see things in action! It's amazing!

Can we ever fully grasp the abundance of love and chesed Hashem is constantly showering with us?!?

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 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

WEEKLY NEWS ROUNDUP

THE BEST MISTAKE

Elchonon lives in Sanhedriah, Yerushalayim, and was seven years old when he started preparing for his Bar Mitzvah Parsha. He thought it was Parshas Mishpatim and spent 1-2 years preparing. One day, he was speaking with someone and they clarified that his Bar Mitzvah Parsha is Teruma not Mishpatim! Elchonon thought to himself, "Ok, it's all for the best."

In the past few years, in yeshiva, Elchonon learned Perek 'Eilu Metzious' and 'Hamafkid.' He also learned Meseches Kid-dushin. He said that it was so much easier for him to understand all those Gemaras because he knew the pesukim of Parshas Mishpatim so well!

WHAT A BEAUTIFUL FAMILY

An amazing story sent in by a mother from Brooklyn, NY:

About a year and a half ago, my son Yisrael came home at the end of the z'man with all his belongings. His ride dropped him off across the street. He came running in with his some of his bags and then went to quickly get the rest of his boxes/suit bags etc, which he left across the street.

We were all happy to see him but my younger son Chaim was especially excited because Yisrael had promised him that

he would teach him how to play the flute when he came home.

A while after he had come in, Chaim asked him about the flute. Yisrael went to get it out of his box, and lo and behold, he discovered that it was gone.

Apparently, someone had walked off with it during the short time that it had been left on the street. We were all very disappointed, and of course, Chaim was extremely disappointed.

At first, we were thinking that it shouldn't have been left there, and about how expensive it would be to replace, etc. Then we reminded ourselves to thank Hashem that it got lost. Chaim, especially, was thanking Hashem and saying that it's for the best. After a while, we started not just to say it but to feel it.

I recalled a time when I had emptied boxes from a grocery shopping out of the car and carried them into the house one by one. When I went out to get the last box from the driveway, I was shocked to see that it wasn't there. I was extremely agitated. Finally, (after re-checking the house to see if I had already brought it in, looking around outside and walking in circles thinking about what could've happened to it), I told myself firmly, "Hashem took it away and if He wants to, He can give it back and that's all!

Stop thinking about it!"

A short while later, the bell rang. There stood a Mexican man with my box. "Me no take. Me thinks so it's garbage....." I thanked him and, of course, thanked Hashem for giving it back and sending someone to even carry the heavy box up the steps for me!

After retelling the above story, which happened a number of years ago, we all went back to our normal routine. Sure enough, the phone rang. "I find flute...."

It turned out it was a garbage collector! He comes on Thursdays to my neighborhood, the night before garbage pickup, to find "metzios" in the garbage that he can sell. Hashem put it into his head to call the number on the flute to make sure it was really garbage before he resold it. He had a garment bag too, and said he'd bring both back on Sunday.

By Sunday evening, no one had called. I tried to call him once and there was no answer. Chaim asked me to call again but I didn't want to be a pest and get on the guy's bad side. A while later, Chaim asked, "Mommy, please try again- now you'll get through." A few minutes later, the guy called. (Chaim davened and he "knew" we'd get through to him- so he called us!) He said he'd be in the neighborhood tomorrow

WEEKLY NEWS ROUNDUP

afternoon and deliver it. True to his word, he did and we all learned a big lesson in Emunah.

WHAT HASHGACHA!

Someone needed to pay a big bill. He had no money. He went to the gemach to borrow cash. They had no cash, and gave him a check that was for that amount and due that day.

He really wanted cash and trusted that Hashem would give it to him.

He went to the bank and while waiting on line he had the check open. The date was circled with red marker and a customer in the bank noticed it. He came over and said, "That check looks familiar. Yes it's my check that I postdated to the gemach! There aren't sufficient funds to cover the check. It's going to bounce! Please don't deposit it. Come with me, I know someone who has cash on hand and would be willing to lend it to you!" (A Life with Bitachon - story 1387)

MAN FINDS APARTMENT

A mother from Eretz Yisrael, called her parents in the USA with the good news that she had a baby. She asked them to come for the bris.

She said that she would look for an apartment for them to stay in.

However, she couldn't find any available. Her father, a foot doctor, said, "It makes no difference that we don't yet have a place. Let's go to Eretz Yisrael. Hashem will surely find us a place to stay.

And find He did!

Shortly before the flight, the doctor received a call from a patient who needed him to look at his foot. He said, "If you come immediately I can still look at it before I leave.

The patient came and asked him where he was going?

The doctor told him that he was going to Eretz Yisrael for a bris of a grandson and that they still needed an apartment.

The patient asked, "Where does your daughter live?" The Doctor told him.

The patient was incredulous – he was just in Eretz Yisrael and stayed in an apartment in that very building! He then called the owner of the apartment and yes it was available!! (ALWB - Story 1388)

HASHEM PAYS FOR YOM TOV EXPENSES

R' Chaim* from Denver, Colorado*, related to me, that when he was newly married, he lived in Eretz Yisroel. A three day Shavuot was coming up, starting Shabbos, then Sunday and Monday. Quite a

few bochurim wanted to eat by him on the second day of Yom Tov.

His wife realized that having them would exceed their budget. They might even have to dip into their recent chasuna savings, so she asked her husband what to do. He said that the expenses of Shabbos and Yom Tov are not in their calculated budget, as the gemara tells us.

So she shopped for Yom Tov including for all the guests and the expenses came out to four hundred dollars.

The Friday after Yom Tov, R' Chaim's father flew into Eretz Yisrael. He brought them some money from R' Chaim's grandmother.

Usually she would send them twenty to thirty dollars. This time she sent one hundred dollars for him, and one hundred for his wife.

In addition, R' Chaim's father gave them an envelope someone sent which was a belated chasuna gift of one hundred dollars.

They also received from a rental car company a reimbursement of one hundred dollars.

R' Chaim then promptly gave his wife the four hundred dollars to replenish their account!

[Harav Eli Yelen]

BEAUTIFUL QUOTES

"That moment (when we say Vayechulu on Leil Shabbos) is so great, it is like Yom Kippur."

Rav Avigdor Miller Speaks Vol 1, Page 59

""Our aim is to do things that will cause HaKadosh Baruch Hu to smile at us."

Ibid. Page 113

Reproduced from 'Rav Avigdor Miller Speaks' by Rabbi Simcha Bunim Cohen, with permission of the copyright holders, ArtScroll / Mesorah Publications, Ltd.

"Every time R' Miller said hallel, he would have all four of his sons-in-law in mind - for each one of them was so precious to him."

Open Your Eyes - Page 179

"To see the wonders of Hashem and the staggering beauty of His creation, one need not go much further than simply lifting one flower out of the earth."

Ibid. Page 277

Reproduced from 'Open Your Eyes' by Rabbi Dov Keilson, with permission of the copyright holders, ArtScroll / Mesorah Publications, Ltd.

"Yet, from all the mitzvas Dovid [HaMelech] chose to remain in this world for - was in order to sing the praises of Hashem."

Zichru Toras Moshe - Parshas Lech Licha

"When you're always talking about greatness,

then you become great."

Rav Yehuda Mandel - Bitachon Weekly, Parshas Noach

"The Orev comes back after one try and it's all over for him. The yonah fails and tries again! The new world after the mabul has a kiyum through the yonah mentality. You don't throw in the towel, after you fail - you try again!"

Ibid.

"There is only thing that can make a person intrinsically happy and that is living with emunah and bitachon..."

Nothing has chashivos in this world other than living with HaKadosh Baruch Hu, the Ribono Shel Olam."

Rabbi Zevy Golombeck - A Life with Bitachon, Yesod 1388

"Do you know who is standing right in front of you? The king himself - Your loving caring Father the Ribono Shel Olam... The door is always open 24/7 365..."

Ibid. Yesod 1390

"When you realize I am your loving caring Father because that's the way you view me. Now I'm going to shower you openly with so much chesed and rachamim."

Ibid, Yesod 1392

"A Rabbi once said that if you never talk to G-d outside of shul then it will be hard to talk to him inside of shul and if you never talk to him without a siddur then it will be hard to talk to him with a siddur."

Fascinating Insights - Parshas Lech Licha

"There are over 137 million nerve endings in your eyes, each one constantly picking up messages that the brain must process for you to decipher what exactly you are seeing. The brain can process all 137 messages every second! We take it for granted but it's a miracle of miracles."

Awaken Your Emunah, page 28

"The home is the empire which is offered to the king and queen, and how they succeed in that little empire will largely be the measure of their success or otherwise, and their afterlife depends on it."

Rav Avigdor Miller - Awake My Glory page 339

Did you read or hear something nice and inspiring? Please share it. Call/text 845-327-5041 email:thespringhill-times@gmail.com



MAN DOESN'T GET UP-SET AT DRIVER

I went to Rav Yehuda's vaad from Brooklyn to Lakewood via the bus. We had a slow driver and despite that I was thanking Hashem that we have a bus and that getting to Lakewood is so easy and accessible. I remembered

how in Rav Aharon's zatzal days it would take 6 hours to get from Brooklyn to Lakewood! And for me it only takes an hour and a half!

When we got to the Garden State Parkway, instead of using the express lane which all the drivers use, the driver took the local road which normally goes slower. At this point I was thanking Hashem for the bus. Not long afterwards I found out what was really in store for me! The express had heavy traffic and we were passing hundreds of cars!

Shalom G. - Brooklyn N.Y.

WHAT A GREAT EDUCATION

Hi, thank you for your great newspaper, my family really enjoys it.

I would like to say a story about how 'A Life with Bitachon' impacted my life.

I have a 5 year old brother. Children reflect on what they hear and my mother listens and lives with the hotline.

One day, on the hotline, Rabbi Golombeck said that one should say the passuk, 'Kol Ma D'uvid Rachmana L'tav Uvid', numerous times a day.

My mother started saying this pasuk whenever we would have a challenge big or small.

One day, my little brother lost his watch. We were not near him but we could hear him getting very frustrated that he couldn't find his watch.

Then we heard him say, 'Kol ma d'uvid...' And sure enough he found his watch!

My brother is being raised at the age of five with knowledge that whatever Hashem does is for the best!

Thank you so much for all that you do to spread this wonderful message around Klal Yisrael.

Anonymous

DAF HAYOMI

A friend of mine told me that it's brought down in Rabbi Dershowitz' biography of Rav Aaron Kotler that someone asked Rav Aaron the following question: Isn't a daf a day too much and wouldn't an amud a day be more appropriate?

The Rav answered him that while he definitely heard where he was coming from, however Rav Aaron was present at that very Agudah convention where Meir Shapiro proposed the idea of Daf Yomi. He SAW THE SMILE ON THE CHOFETZ CHAIM'S FACE. There was no way he could say no to the Daf Yomi.

M. J.

HASHEM IS OUR ADVOCATE

I spoke with a frum man the other day who was suing a company relating to religious purposes. He told me his case has been dragging on for years without a settlement.

This morning in R'eh Vanainu Vriva Rivainue of Shemona Esrei I asked Hashem to please argue his case.

Later in the day this man called me that there has been a settlement! Thank You Hashem for advocating on the behalf of Klal Yisroel!

M.J.

MAN WINS OVER HIS YETZER HARA

Dear Spring Hill Times,

During Chol Hamoed Sukkos I went with my two nephews to daven vasikin at the churva shul.

We took a bus that leaves from Kiryat Sefer to the kosel at 4:30am.

The bus parked a 15 minute walking distance from the Kosel and they announced

that the bus would be leaving back to Kiryat Sefer at 8:35.

During Mussaf I saw that it was 8:25 and if I would not leave right away I wouldn't make it to the bus on time. Then getting back to Kiryat Sefer would be a very big hassle. But B"H I was misgaber over the yetzer hara and told myself that we don't lose from doing the right thing.

We stayed in shul until the last Kadish was over, and then went calmly towards the bus without running.

We arrived at the bus stop at 8:47 and B"H the bus was still there. Everyone was already on the bus. I have no idea why the bus didn't leave yet, actually I do know why...

Anonymous, Kiryat Sefer

MAN GETS DIZZY AND THANKS HASHEM!

Hi,

I'm really enjoying your paper specifically what's written about gadlus habriya and the positive upbeat attitude.

Every now and then, when I bend to get something from a low shelf, upon getting up quickly, I sometimes feel the blood rushing to my head and I get dizzy.

This reminds me about what I once read about giraffes. Hashem made their circulatory systems that the blood doesn't rush to their head when they bend down to eat and then pick up their head, otherwise they would faint.

I now think to myself when I get dizzy that Baruch Hashem I am human being and not a giraffe!

M.S.

WOMAN HONORS THE SHABBOS

I wanted to make a return to the UPS store. It was erev Shabbos, and I really wanted to go. Then I said no, I need to focus on getting ready for Shabbos.

Then, a neighbor who knew I wanted to go

there, called me and said, "I'm going right now to the UPS store do you want to send your package with me?"

B"H she saved me from this big trip!

Anonymous - Lakewood, New Jersey

A TZENTER

We were waiting for a tenth man for Shabbos mincha at the Lenox Shteibel.

Finally the gabbai went outside to look for someone. Just as he went outside the tenth guy arrived! We started almost 10 minutes late. Miraculously we finished 1 minute before Shkiya just in time for everyone to wash for Shalosh Seudos. B'H!

Avi G. aka The Cliftoner Yid, Clifton, NJ

TRUSTED IN HASHEM

I lost my bracelet. It fell off because the clasp was loose. I searched the entire house and could not find it.

I thought it fell off my hand while taking a walk and that I would never find it. Then I had bitachon that it would turn up during Pesach cleaning.

Six months later, the cleaning lady was cleaning for pesach and found the bracelet.

M. J. Monsey, New York

HASHEM HELPS FAMILY FIND APARTMENT

As you may know, it is extremely difficult to find an apt to rent in Lakewood near Bais Medrash Gevoah for an affordable price.

Therefore after getting married we moved into a small temporary apt. We tried everything possible to find an apt, calling managements and looking into different options. Nothing was working out for the right price and location.

This continued for many months. We had bitachon that we would find a suitable apt even though it seemed impossible.

We were on a specific waiting list that would hopefully have the right apt, which we were relying on.

Finally, we were told something opened up and we went to check it out. It was fine, except for one detail which would not work for us. We turned it down thinking it was our last chance.

We continued to have bitachon.

That very same day we were offered another apt that was much bigger, the location was better, the price was right and it had many other maalos over the one we turned down! Turns out that the people who were offered our apt preferred the first apt that we saw and therefore we were able to swap!!

D. G. From Lakewood, New Jersey.

I have a couple of stories.

Story 1: It happened during this year's holiday (aka in the USA as 'vacation') in August. We didn't have any money to go on holiday but I felt that I really needed it. I told my wife, "You will see that if Hashem wants us to have a holiday we will have one!

Guess what, the day after Tisha B'av we found a holiday house for 1 week and another holiday house for the second week which was a reasonable price. In addition, my father said he would pay most of it!

2nd Story: The second story is a continuation from the first!

We were enjoying the holiday but didn't have money to take the kids to paid outings. Rather, we spent time in free parks and tznusdika beaches.

One day during the holidays, I realized that my American Express credit card was going to take out the monthly payment from my account for the amount of 846.21 and I only had in my bank 682.83.

But I wasn't worried! Because I rely on Hashem! However I still didn't feel good with the situation. So I called up American express and asked them what it would cost me for not paying the direct debit and they answered 12£ for the first missed direct debit and then a further cost once it

hit the payment date.

When I hung up the phone I decided to take out from our 'help to save' bank account (this is an account that the government set up to help people with the living crisis) £600 so we could have money to pay for the credit card and some left for us.

Now it usually takes three business days for the 'help to save' to send the funds. This was on a motzei Shabbos and the amex was supposed to take out the money on Tuesday...

So I said to my wife, "Let's promise that if we receive the money before three working days and can pay the Amex on Tuesday without having to pay the 12£ charge for late payment, then we will give half the money to Tomchei Shabbos Tzeduka.

Guess what, on Tuesday we received the money and it went to Amex without charging us the 12£!!!!

3rd Story: My wife wasn't feeling well. She saw the Spring Hill Times an article explaining the body that Hashem created. So she said to Hashem, "You are a Kol Yachol and You can make me feel completely better.

Guess what, the second she said that she felt completely better!!!!

S. - London, UK

A WHOLE NEW WAY OF THINKING!

Thanks to the Spring Hill Times I have become much more positive in my whole way of thinking.

Noticing the beautiful leaf colors, I thought that perhaps the reason Hashem made the different colors is because one shouldn't think at the start of the winter that it's going to be a dark cold and dreary winter with no life to it. Therefore Hashem made a preface that it's going to be fun and full of life. Look at the vibrant colors, there is more to come. Like the beautiful white crispy snow and more. It's a chance for re-birth of everything to grow again in another cycle.

Baruch, New York





Another important function that our tongue serves, I would refer to as the mixer.

Our food, which very often is hard, like crackers, pretzels and toast has to get softened and shaped by being mixed together with the saliva that we have in our mouth. It's the rapid movement of the tongue which goes on constantly during chewing, that is mixing and making the food more moist and preparing it to get swallowed.

This is another function that our tongue does besides for positioning the food in the right place between the teeth. It is also constantly mixing it. This is actually meduyak in

the Lashon Hakodesh the way we refer to a tongue; it's called Lashon, from the shoresh of Losh - to Knead, just like you knead dough, you knead your food. And the mixer, the kneader is our tongue.

As we mentioned, one of the important functions of the tongue is to mix the food with the saliva to make sure it is soft and ready for swallowing.

We mentioned a different time that Hashem created the body in a way that when a person chews his food his body actually produces more saliva than usual. It is producing more liquid to mix into the food to get it ready for swallowing.

How does it work? The way it works is that under the tongue Hashem put two glands that produce saliva. When a person is moving his tongue in a firm way when he is chewing,

that massages the glands that are under the tongue and they produce more saliva which is necessary at this point. So it comes out that the act of chewing and the production of extra saliva are actually working hand in hand. The two things are complementing each other. It's the chewing which creates the saliva and it's the saliva which makes the chewing so much more enjoyable.

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

Yeshivas Erev Shabbos

Welcome Shabbos in the most beautiful way and enjoy the calmness of Erev Shabbos

"פי...מקור הברכה"

Attention All:

Win \$25 to Toys4U or Z Berman books!

Be ready for Shabbos then sit down to learn and/or say Tehillim before candle lighting. First 20 minutes= 1 raffle ticket Each additional 10 minutes earns another raffle ticket

Send in your information (Name, #, address, # tickets)

by Monday morning to:

Email: yeshivaserevshabbos@gmail.com

Text: 352-541-1218

Chatzos Program

Attention Women:

Be ready by chatzos and enter a raffle to win \$50 to the store of your choice! What it means to be ready by chatzos? You would be ready to bentch lecht. All basic food prepared, Leichter set up... etc. Any small tasks lekoved Shabbos are permitted after chatzos. Ex. Small shopping, last minute cleaning, getting dressed... etc.

Send in your information

(Name, #, address, store of choice)

By Monday morning to:

Email: chatzosprogram@gmail.com

Text: 347-604-4303

(if no text or email, you can call)

**For sponsorship opportunities, please contact us at 352-541-1218
 To sign up to hear our latest promotions and updates, please email
yeshivaserevshabbos@gmail.com**

The



Bitachon Perspective

Q. My watch broke, and I asked my parents to buy me a specific watch.

A few days later they came home with a new watch as a gift. My parents explained that the watch I asked for was too expensive, so they bought a different watch instead. However, when I saw the watch they bought, my heart sank. It was not my taste at all, and I could not see myself wearing it.

I know that my parents don't owe me anything, and I must have hakaras hatov for whatever they give me, however, inwardly I'm extremely disappointed – and the watch is not returnable, so this is the watch I'm stuck with.

What is the proper way to deal with my situation?

A. Here are a few pointers on how to deal with your disappointment:

- The Gemara says that when a person buys an article of clothing and it doesn't find favor in his eyes, it is a form of yissurim which serves as a kappara; it can save a person from car accidents and trips to the hospital R"L.

Therefore, the first thing is to try to be mekabel b'simchah your situation by realizing that this is for your best.

- Furthermore, let's zero in on the root of the disappointment. The Mesilas Yesharim explains that the reason people insist on dressing fashionably is solely due to the pursuit of kavod. People want to be viewed as choshuv. They think to themselves, "If I wear something that's not 'classy', people are going to think that I have poor taste."

The way to overcome this folly is by internalizing that kavod is hevel havalim, vanity of vanities. It doesn't get you anywhere in life. The only thing it gives is heartache when you feel you don't get enough of it.

- Finally, you must realize: Who is the one who chose that watch? It is not your parents. It is Hakadosh Baruch Hu. Actually, Hashem is giving you a gift far greater than a material watch. He's giving you an opportunity to learn how to enjoy life.

Hashem is helping you arrive at the realization that if your happiness is dependent on having things go your way, you will never be happy. The Mesilas Yesharim teaches that Hashem made the world in such a manner that a person will always be faced with challenges. Aspiring to lead a 'dream life' is wishing for the impossible, and you will be bitterly disappointed!

But there is another way. Hu-

mans have the ability to learn the art of taking pleasure in the gifts that they already have. Each and every person can find countless things to take pleasure in. Hashem is our father who is constantly showering us with kindness from all sides, if only we would stop to notice it. When you teach yourself to derive pleasure from what you already have, you will lead a life of true joy every day!

Rav Avigdor Miller Zatzal points out that even when a person experiences a tzarah, R"L, he should notice that every tzara is built on a brachah. If your children are causing you grief, that means you have children! If you have a headache, it means you have a head! If an item breaks that means that until now you were able to use the item. If you are struggling with parnasah, it means you are alive – dead people don't need parnasah.

In your situation as well, stop and think how many 'brachos' your problem is built upon: if you don't like the watch your parents gave you, that means 1] you have a watch, 2] you have parents and 3] you have a hand to put the watch on. Whenever you put your watch on your wrist, instead of thinking, "Ugh, I wish I had a different watch", think, "Baruch Hashem I have a hand". The pleasure of a fashionable watch is nothing com-



The

Bitachon Perspective

Continued
pared to the joy of possessing a hand. What would the quality of life be if a person wouldn't have a hand? The mere thought of not having a hand R"L causes us to shudder!

When you think these thoughts, you are tapping into the true simcha in life – focusing on the countless brachos we are receiving from our loving and caring Father, Hakadosh Baruch Hu.

Q. I spent many months typing up chidushei Torah on a computer, and I transferred all the information to a USB stick. However, the flash drive disappeared and is nowhere to be found. Now I am broken. All my precious chiddushim are lost, and all the time that I spent was for nothing. What is the emunah and bitachon perspective about this?

A. Losing the chiddushei Torah that one has toiled over is one of the most difficult tests a person can be faced with. Besides for all the time that he feels was wasted, he is pained by the actual loss of his chiddushim. Had it merely been material personal possessions, he could have consoled himself, "After all, it's only Olam Hazeh". But this is a loss of a ruchniusdi'ke asset. A person feels, "I invested so much effort to grow in Torah, and now all my precious Torah went lost." Additionally, he lost the oppor-

tunity to be marbitz Torah by means of publishing his sefer.

What can comfort him?

The Vilna Gaon teaches that the foundation of the giving of the Torah is in order that we should put our trust in Hashem.

Until now, Hashem wanted you to grow in bitachon by means of formulating original chiddushei Torah and typing them up. Now, Hashem sees that what's best for you is to be given the opportunity to intensify your bitachon by accepting Hashem's decision that what's best for you is for you to lose your chiddushim.

In your present situation, you are actually gaining an additional form of shleimus which you did not have before.

When a person sits and writes chiddushei Torah, without question, it's an achievement of the highest order. However, he is lacking the element of sacrificing his will to Hashem's. He enjoys it very much and he feels very good about himself.

Your present nisayon of having lost your chiddushim is not enjoyable at all and you wish that things would be different. But if you are able even now to accept Hashem's will be'ahavah, you are indicating the magnitude of your dedication to Hashem .

What about the lost opportunity of harbatzas hatorah?

The truth is, when people around you see that you are not falling apart despite your tremendous loss, you actually are being marbitz Torah. People will see how a person is able to accept Hashem's will b'simcha, with the steadfast conviction that this is what Hakadosh Baruch wants, and this is what's best.

This form of harbatzas hatorah actually transcends the z'chus of publishing your original chiddushim. You will be teaching the greatest lesson of all – how to live with emunah and bitachon.

When Hakadosh Baruch Hu sees that you are accepting your situation with a calm heart, confident that Hashem has your best interest in mind, Hashem will say, "You trusted that I have in mind your good. In that z'chus, I will show you openly how things will turn out for your best. B'ezras Hashem you will retrieve all the information you lost, and you will be able to be marbitz Torah by means of publishing your sefer as well."

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

Chizuk Corner

The unbelievable power of a good word

By R' Y. Friedman

Yissurim, pain and discomfort, is something that everyone on this planet goes through. The question is what our mindset is when these Yissurim arrive. We know that Yissurim can be a stepping stone for growth and purification in our lives.

We can see that Avraham Avinu had many difficulties that he encountered. Whether it was waiting all the years for Yitzchok, or it was his difficulties with Yishmael.

Then there was the Akeidas Yitzchok, when he thought that he was losing his precious son Yitzchok. However, we know that Avraham Avinu became who he was through all his tribulations.

Chazal teach us that *maasei Avos siman labanim*. This means that all of us, his offsprings that face Yissurim and tribulations, know that these challenges are meant for our growth, and that it molds us to whom we become.

Now one may be wondering, how does one grow through Yissurim?

So first of all as we see from the Gemara, Yissurim cleanses a person. The simple explanation is that just like there is a concept of thirty nine lashes that the body gets when it rebels, so too when one is inflicted with pain it acts as a *kapara*.

However, there is a higher level than that. If one understands that it's coming from Hashem, and he doesn't blame it on nature, that in itself can be a merit for him.

Furthermore, if one accepts Hashem's judgment with love, that makes his *kappara* even greater.

Dovid Hamelech says in *Tehillim* "shivticha umishantecha heima yinachamuni".



Now we will acknowledge that we cannot put everyone that has Yissurim under the same umbrella. There are people out there that are *baalei Yissurim*, and there are many different levels. There are people who are bedridden at home and there are people that are bedridden in hospitals^r1. There are people that have consistent physical pain. I personally know of someone who has a whole list of various different pains that he feels all the time, not allowing the luxury of more than a few hours of sleep.

Some people suffer from emotional health problems, and some people have both together^r1.

The truth is that it is not in our scope to give a proper *chizuk* to each one of these people based on their situation.

There are people that went through that situation, and can give proper *chizuk*. There

are great people that have big shoulders and have the right words for everyone in need for *chizuk*.

However, what we can do is to visit them which shows that we care about them.

Davening for them by their bedside and throughout our day is crucial.

Everyone has Yissurim and we all need *chizuk*. Let me share with you a story that will give us a good perspective of what Yissurim can do for us.

I heard this story many years ago from a Rebbe of mine that heard it from the man himself.

There was a man who we will refer to as Chaim. Chaim was a tremendous *baal Yissurim*. He always walked around with the question that many of us may have asked (at some point of time), "why me"?

One day he decided to pour out his heart to the famed *Mekubal Reb Shalom Sharabi*. When he arrived there he found a small crowd waiting to see the *Chacham*.

Chaim sank into a chair and before he knew it he was fast asleep. The next thing he knew he found himself in *Shamayim* and he saw wagons full of white *Malachim* traveling. He asked them where are you heading?

They replied that we are heading to your *din*, and they took him along.

They came to a great big scale and the *Bas Kol* called out *Malachim of Mitzvos please ascend*. Many many *Malachim* came forward, and he started feeling

Chizuk Corner

By: R' Y. Friedman

Continued

good about himself.

Then a bas kol called out "Aveiros" and unfortunately a much larger crowd of darker Malachim appeared and outweighed the white Malachim.

Then a bas kol called out "YES-SURIM", and all the malachim that were created from his Yesurim joined ranks with the malachim of Mitzvos.

The scale was almost tipping in his favor, and a bas kol called out "any more Yessurim"?

The man started screaming "give me more yessurim", and that's when he awoke.

The people in the room heard his screaming, and they felt bad. They told him that he could go ahead of them.

However, the man smiled and said, *"I don't need to see the chacham today, as my questions have been answered."*

This story serves as a catalyst for us to remember that Yesurim can give us tremendous merits in the world to come.

Just like a father punishes a son, that's how Hashem punishes us. Hashem is our loving father that feels our pain like it says in Tehillim "imi anochi bitzara" and He doesn't want to punish us, but nevertheless he does it for our good. It's for our tikkun.

Hashem kavayachol tolerates His pain for our benefit.

This concept I heard in a story told over by Rav Eitan Feiner Shlita.

There was a soldier who was a Chassid of the Yesod Haemu-

na. When he was just a young father at the height of his life he was conscripted and drafted into the army. He served there for many years.

Later after he was released he related the following chizzuk that kept him going throughout those difficult years.

At first it gnawed it him why Hashem took him away from his family when he had so much to offer. He could have done so much learning that would have brought so much nachas ruach to Hashem.

He concluded that Hashem gave up all that nachas ruach for his tikkun haneshama.

However, while it can be true we really don't know what really brings a nachas ruach to Hashem. But we do know that Hashem did not want this soldier to part from his family and suffer in the hands of the Russian army, as this gives Hashem great pain as well. But as we explained earlier that Hashem tolerates the pain for his benefit.

This is a tremendous chizzuk to anyone that is going through painful times, he should be mechazek himself with these thoughts.

Whether its sicknesses or any other pain or discomfort you may be going through, keep these thoughts in mind.

There is a big picture here. Besides for all the personal benefits we discussed, we know that our pain or discomfort is bringing the Geula closer.

Our Yessurim is bringing the day closer when the whole world

will recognize that Hashem is the king. Such thoughts can actually bring us joy.

We can learn Seforim that give chizzuk on Emuna and Bitachon. There is a hotline as well that many of us are familiar with known as 'A life of Bitachon'. It is so easy for us to boost our awareness that Hashem is running the show and that all our Yissurim is coming from Hashem our loving father. All we need to do is say over and over again: "whatever Hashem does is for my best interests".

Additionally we can be mechazek ourselves to long for the geula every day and all day. We know that this era of Yemos hamoshiach is the purpose of creation.

We can show Hashem that we care about His pain that is so great when we are in Galus.

We also know that when Moshiach will come things are going to be terrific! It will be better than our wildest imagination. Therefore, when any pain comes our way we should say its worth the pain because we are getting one step closer to that day.

Like a mother that's in tremendous pain, but is comforted with the fact that she will be bringing a shining light to this world. Likewise all the pain we face is bringing the greatest light ever - the light of Moshiach. May we all merit to see it very very soon.

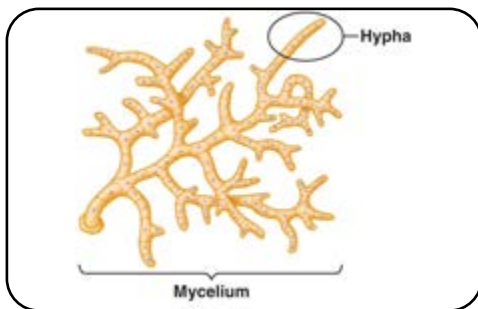
Amein.

WONDER OF THE WEEK

By: Rabbi Yaakov Lubin

What do you think is the largest living thing on earth? It's not a blue whale or giant redwood tree, but a really big fungus. In the soil of Oregon's Blue Mountain Forest lies a honey fungus that is over four square miles long (about 1,665 football fields) and weighs over a hundred tons! Don't worry, this monster won't eat you as fungi (plural for fungus) as it prefers to eat things that have already died.

How a fungus eats is pretty interesting as they don't actually have mouths. The body of a fungus, called the mycelium, is usually found underground and is made up of a network of threadlike structures called hyphae. When fungi find food, their hyphae secrete digestive juices onto it.



After it is broken down, the nutrients are absorbed directly into their bodies. The unique eating ability of fungus enables them to grow on and eat just about anything and helps them carry out what is perhaps their most important job, taking out the trash.

I like to think of Fungi as the garbage men of the planet because whenever something dies it is eaten and disposed of by



FANTASTIC FUNGI

fungus. In a short amount of time, what was a dead animal or fallen tree vanishes, ensuring the world stays clean and beautiful. Another benefit of their eating is how fungus help recycle. By breaking down what they eat into microscopic pieces, they enable those nutrients to be used again and help new life grow.

Fungi are able to find things shortly after they die with the help of mushrooms. Mushrooms are sort of like the 'fruit' of fungus in that they have thousands of microscopic 'seeds' we call spores that are capable of growing into a new fungus. They are released into the air and fly around until they find something to grow on like a dead tree or piece of meat you forgot to take out of your lunch box.



Unfortunately, when most people think of fungus they associate them with itchy feet, rotting food and moldy walls. The re-

Continued on next page

WONDER OF THE WEEK

By Rabbi Yaakov Lubin

Continued

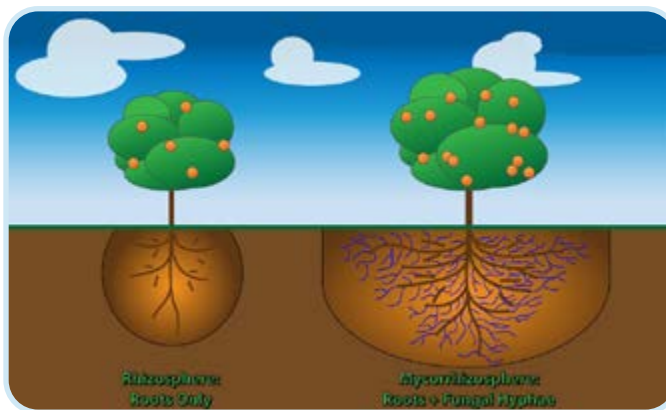
ality is that the benefits they bring us far out way the trouble they cause. For instance, about 80 percent of all plant life need a type of fungus that live on their roots called mycorrhizae in order to grow properly. The hyphae of mycorrhizae can extend 200 times further than roots of trees, enabling them to get much more water and nutrients from the soil than they would without their help. In return for the favor, plants send the fungus a portion of the food they make.



thing we call fungus that helps us in so many ways like keeping forests clean, providing us with tasty treats, making medicines and more.

Taken from the "Wonders of Creation Student Edition" textbook, a complete full-year science program for

So the next time you see slimy stuff growing on your walls or weird looking growths on food you forgot to throw away, you may want to take a minute or two to think about how Hashem made such a fantastic



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

GROWING FROM OUR GEDOLIM

WRITTEN BY: RABBI MATIS EDELSON

MIDDOS

CHESSED

EMUNAH

AHAVAS YISROEL

AHAVAS HATORAH

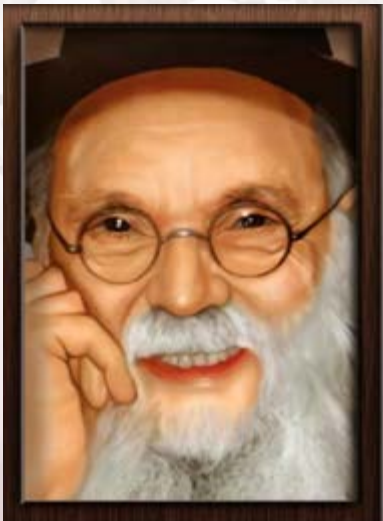
MITZVOS

TEFILAH

TZEDAKAH

Rav Pam's Young Friends

Rabbi Avraham Yaakov Pam Ztz"l (1913–2001), Rosh Yeshiva of Yeshiva Torah Vodaas in Brooklyn, New York, was renowned for his humility and sensitivity to every Jew. Whenever he rode on a bus with schoolboys and yeshiva bochurim, he had an interesting practice. He would sit down next to the younger boys and strike up a friendly conversation. He would ask them their name, and what they had learned in cheder that day. When asked for the reason behind his actions, and why he didn't choose to sit with the older bochurim he explained as follows. Of course, I would enjoy sitting with the older bochurim and talking in learning with them, but I am worried that they might feel ill at ease with me asking them about their learning. They might feel as if I am testing them on their grasp of their learning. Younger boys, however, have no such fears, therefore I choose to sit with the younger boys.



The Satmar Rebbe's Aliyah

The Satmar Rebbe Ztz"l, Rav Yoel Teitelbaum (1887–1979), was once honored with an aliyah to the Torah. Before the Rebbe made a b'racha on the Torah, he realized that there was a mistake in the Sefer Torah. He requested that sifrei halacha be brought to him in order to determine if this mistake was a critical mistake which would invalidate the Sefer Torah or not. After studying the relevant halachos, he decided that a second Sefer Torah be brought out in order to be certain that they were using a kosher Sefer Torah.

The chassidim who were close to the Rebbe during the incident were surprised at his actions, as they knew that this type of mistake in the Sefer Torah is obviously a serious mistake and invalidates the Sefer Torah without any doubt. Why did he study the halacha seforim as if there was any kind of doubt? One of his close chassidim couldn't hold back his wonderment, and asked the Rebbe, "Honored Rebbe, the mistake in the Sefer Torah surely invalidates it according to all opinions, so why did the Rebbe feel the need to look in so many halacha seforim before bringing out a new Sefer Torah?"

The Rebbe answered, "I don't understand you. Didn't you notice that the sofer who wrote this Sefer Torah was sitting in the corner of the Shul? If I would have announced immediately that this sefer Torah is passul, he would have fainted from embarrassment! Everybody knows that he wrote this Sefer Torah, and in order not to cause him any embarrassment, I looked in to the halacha seforim as if there was only a doubt whether the Sefer Torah was kosher or not. I did whatever I could to save him from embarrassment, that people should only think that there is only a doubt whether the Sefer Torah was kosher or not, and that we only used a different one in order to stay on the safe side.

STORIES ABOUT OUR GEDOLIM

By: M.D. Applegard

Rav Aryeh Levin ztz"l once saw a number of people lined up in front of an ice cream store right before Shabbos. Reb Aryeh realized that the owner had a big nisayon because he would lose a lot of money by closing the store for Shabbos.

Reb Aryeh whispered in his ear "Dear Jew, I know what a temptation you are facing now, but it's almost Shabbos and we are commanded to observe it".

With that Reb Aryeh ran away from the store.

On Sunday the owner approached Reb Aryeh and told him "Rabbi you were so kind and tactful in your words that I was able to withstand the temptation and close my store for Shabbos".

We see from this story that sometimes soft and calm words have a better effect than harsh screaming.

Gut Shabbos!

A STORY FOR THE PARSHA

By: Yaakov Berliner - Lakewood, New Jersey

Eliezer, Avraham's servant, was walking down the streets of Sedom and entered the house of a person who was hosting a feast.

There was a well known law in Sedom that prohibited inviting a guest to a feast. Anyone who violated this law was severely punished.

Eliezer took a seat at the table. It was not long before he was noticed. "Who invited you," asked the man sitting next to him? The man was hoping to secure a punishment for the man who had committed this 'crime'.

"You invited me!" Replied Eliezer. The man was terrified by the response; if anyone heard it, he would be incriminated for this offense.

So he promptly got up and left the feast.

This scene repeated itself several times until Eliezer was left sitting alone at the table.

He finished his meal and left Sedom unharmed.

Good Shabbos!



One of Hashem's stunning colorful trees.

A neighbor of mine suggested that the reason why Hashem made trees so beautiful in the fall is perhaps because the cold weather is coming, the trees are losing their leaves, the chirping birds fly away to warmer places, the days become shorter and nights longer, people tend to become a bit down. Hashem wants to make the transitioning easier and more enjoyable...



The beautiful and wonderful land that Hashem promised to Avraham Avinu and has given us!

THE LESSON MY FATHER TAUGHT ME

By: Shmuel Mintz

When I was six years old, I started walking to shul with my father every Shabbos morning. We lived towards the edge of the community (We lived on the dormitory campus of an all-girls high-school, a story for another time)

As we walked, my father would tell me made-up stories about two little boys, Pessy and Opty. He contrived scenarios where each would use their pessimistic or optimistic perspective to navigate the world and he made it obvious which was the preferred choice. My father taught me many lessons, none were more powerful or impactful than how to look for the good in people and situations as aggressively as you can and sharing what you see.

As a father of four, I spend a lot of time thinking about how to share these lessons with our kids and as a CEO, how I can help spread them in our company. We use gratitude practices, meditations, stories and aggressively look for ways to embed the message in other mediums.

I likely have a genetic predisposition towards optimism, I also make the conscious

choice every day to work hard to show up in a positive and optimistic way to meet the challenges of life. When you deepen and develop a habit and characteristic and it becomes part of your personal brand, you also lock



yourself into a commitment to keep honing that trait so you don't appear inconsistent or off-brand.

A few years ago, a close friend told me after I processed something so differently than he had. "Sam, its just too much positivity. Stop it, that can't be real". His comments lived in my head for a few weeks and I wrestled with it constantly. Was I pushing too hard? Was it too much? Was I too much?

Instead, I decided to double down and increase my focus on my positivity practice. To

show up that way as much as I can and to contend with knowing that some people think I am sometimes "too much". Growing up is a combination of discovering who you are and deciding who you should be and I chose to go my Father's way. So if you think it's too much, feel free to keep that to yourself!

I flew in on a plane to Cincinnati* to see my parents for Yom Tov. My father just came home from the hospital, he needs lift to be taken out of bed for a couple hours and needs 24 hour care to take care of his daily living. He has almost no speech since his massive stroke and is only alive through the kindness of Hashem and because of my Mother's incredible dedication to his every need. But I see in his eyes and his struggle to smile that he still knows how precious life is and that he feels blessed to be here.

Its really hard to see him in so much pain, but I know if he could talk, he would force me to see the good in his situation, and I am going to make him proud with my Pollyannish ways.

AYIN ^{עין}טובה TOVA

פרשת וירא - חשוון תשפ"ג

By: R' Nesanel Landsman

Suggestions for the Case from Parshas Noach where a long-time-shortcut to Shul is 'taken away' as new owners put up a fence:

- They can start by recognizing that all those years that they had a shortcut was a gift from Hashem.
- Hashem is forcing them to get some exercise!
- We always rush- rush to work, rush to school, rush to shul. Slow down, take 5 minutes to think, or spend time with your child - thank you Hashem for forcing me to slow down for 5 minutes and use that time- you'll come to love that time and love that there's no shortcut to shul!
- People can use the extra walking time to prepare themselves for davening, or to talk in Torah with their neighbor/children on the way
- They get more schar halicha for every extra step they take!
- By accepting the change and acting graciously to the new owners, it will create a Kiddush Hashem.
- In the past, people would run to shul, knowing they could get there in a short time. Now fathers and sons walk together and spend some quality time together.
- Take the opportunity to appreciate that you have feet and that you are able to walk.
- Take the opportunity to realize that this world doesn't really belong to us. We are just here for a short time. The true everlasting wonderful life is waiting for us in the next world.

CASE OF THE WEEK:

Raphy Klein was desperately in need of a haircut, but he was a little short on cash. He saw a sign in his yeshiva for cheap haircuts, and decided, "how bad could it be to give this guy a chance?" When he looked in the mirror after the haircut, he had to suppress a scream. The "barber" completely botched up, as now he had some bald spots, in addition to uneven hair. Raphy already anticipated all the jokes he would hear from his friends. He was very frustrated.

Help Raphy have ayin tova for his situation.

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

Suggestions will BE"H be printed in the issue for Parshas Toldos

A MAN'S JOURNEY BACK TO HASHEM

ולב בנים

By: R' Nesanel Yoel Safran

לב אבות

על בנים

A long-time ba'al teshuvah, who 'fell in love with Yiddishkeit' over 30 years ago, shares some of his insights and experiences.

PART ONE

“Perhaps the biggest transformation of the ba'al teshuvah is that of self-perception. In my pre-teshuvah years, to call the fact of my Judaism even an enigma would be an overstatement. While indeed vague and puzzling, it simply wasn't something actively factored into my identity the vast majority of the time. When it did surface, it elicited a mix of indifference and embarrassment. When asked my religion, I would never deny it, but I would, at least inwardly, cringe.

Therefore, embracing Torah Judaism, for many a ba'al teshuvah involves nothing less than a revolution of identity. Suddenly, “even ma'asu habonim haysa le-rosh pinah”—

the perhaps most tentative and insignificant aspect of one's identity suddenly became its core.

Those ba'aley teshuvah who, in the process of their transformation, relocate from a milieu in which they are a small minority amongst non-Jews



to the nearly all-Jewish atmospheres of yeshivos or large frum communities, can find themselves dropping a “guard” which they didn't even know they were upholding.

Remarkably, this existential relaxation can even manifest physically. More than once, I saw new students arrive at the beginners' yeshiva I was attending; their facial features seemed so “not Jewish” that I could hardly believe they were

Jews, but I saw them virtually “melt” over time into noticeably more classically Jewish-looking miens.

We were taught and came to internalize that far from being the world's wretches, the Jewish people are actually its princes—its chosen people—in the true sense of the word, with a unique spiritual mission and responsibility.

We discovered that all aspects of Jewish history, including the most ostensibly demeaning, were part of a grand Divine plan within which every Jew—including ourselves—had a crucial part to play. All of this not only wiped out any trace of embarrassment at being Jewish, but replaced it with an immense gratitude and self-respect, which, at least emotionally, is perhaps the greatest gift the ba'al teshuvah receives of all.”

TO BE CONTINUED

LET US IMAGINE

for just a few moments, what life might look like if leaves would be like plastic and not shrink and decompose after falling off the tree...

Companies who service 'leaves clean-up' would be charging \$1000 per pound of leaves... And as a result nobody would be cleaning up their leaves.

The billions and trillions of leaves that fall off the trees each year would keep on piling up from year to year...

After a few years, our lawns and back yards would be covered in 10 to fifteen feet of leaves! Blocking out all sunlight from the house! Every time we would open the window instead of fresh air coming in, leaves would be tumbling in...

As a result our homes would be dark, depressing and stuffy...

The piles would continue to rise and the leaves would be flying the wind all around covering the streets with leaves...

Cars and buses wouldn't be able to drive anymore!

We would need to walk our children each and every day to cheder in 10 - 15 feet high piles of leaves...

Our yarmulkas and shoes would be falling off all the time and we would be searching for them day and night with no success...

Delivery trucks would not be able to make their deliveries and the stores would slowly but surely run out of all food items... Resulting in a catastrophic world wide hunger...

Shipping of all industries would come to a screeching halt and we would have no new clothing to buy... and 3 year olds would still be wearing the same clothing they had when they were 6 months old...

We wouldn't even be able to open the doors to our homes due to the thousands of tons of leaves piled up outside..

As a result, we would need to spend so much time and energy digging tunnels under our houses to get places...

We would not be able to attend anyones simchas any more... And no more visiting friends...

Many people would just cut down every tree they come across...

Resulting in a tremendous lose of oxygen...

Other people would be lighting the huge piles of leaves on fire to attempt to get rid of them, causing a tremendous amount of smoke and pollu-



tion...

We wouldn't be able to breathe c"v as a result...

Fires would be going out of control and millions of houses and completes cities and states would be going up in flames c"v... And the firefighters would have no way of getting to the fires to put them out...

Worst of all, we wouldn't be able to attend shul... We wouldn't be able to go to yeshiva or kollel to learn Hash-

em's Torah... We wouldn't be able to properly fulfill Kibud Av V'Em... And so many other mitzvos too..

We wouldn't be able to see and feel Hashem's great kindness and wisdom and life on this world would be so miserable...

We would call up one professor after another. We would wrack our brains for a solution how to make them decompose with no success...

Who designed, with unlimited kindness, that leaves should be made out of decomposable material??

Who has the unlimited knowledge to design the leaf to rot and decompose but in a way that it would not smell and become wormy?

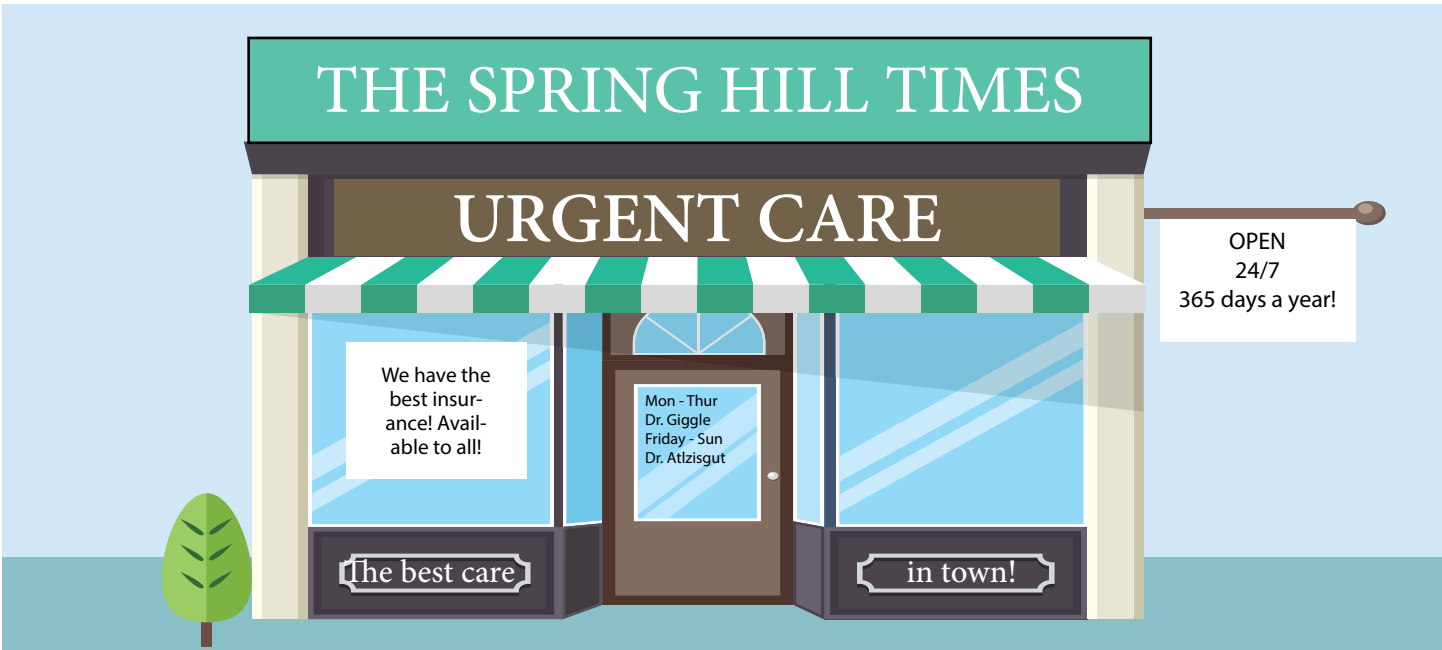
Who designed with infinite love that the texture of the leaves should be soft so that when they fall off the tree they fall softly and gently?

Who makes, with unlimited wisdom and power, year after year for thousands of years, that the trillions upon trillions upon trillions of leaves in this

world should be THE EXACT WAY we need them to be, so that we can live comfortably?!?

YOU HASHEM!!

Thank You Hashem for this wonderful, beautiful, life saving, multi-trillion-dollar gift of 'perfect leaves' that You give us, with endless love and care, every single year, year after year, free of charge!



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.

PATIENT:

The weather is becoming colder and the cold is bothering me.

Dr. Giggle M.D.




IMPORTANT HEALTH TIPS TO REMEMBER:

WARNING!

It is extremely dangerous for your health to complain before checking to make sure you are grateful enough for all what Hashem has done for you.

I'm prescribing for you four medications.



1. Thank Hashem for the beautiful warm summer He just gave you!



2. Thank Hashem that you are alive! Dead people are not bothered by the cold!



3. Thank Hashem that you have heat in your house! You don't even need to chop wood! All you need to do is push a button!



4. Thank Hashem that you can buy as much warm clothing as you need!

A GLIMPSE INTO THE PAST

By Sruli Yelen - Lakewood, New Jersey



Rav Dovid Soloveitchek with Rav Chaim Stein zatzal



Rav Chaim Schmelczer, Rav Chaim Dov Keller and Rav Chaim Levin Zatzal



Rav Chztakel Levenstein zatzal

GET A TASTE OF RICHNESS!

Always wanted to experience the amazing feeling of being a rich? We have the solution!

**Our fully stocked mansion and latest model car are waiting for you!
Eat like a rich man. Dress like a rich man. Sleep like a rich man. Feel like a rich man.**

Many happy customers!

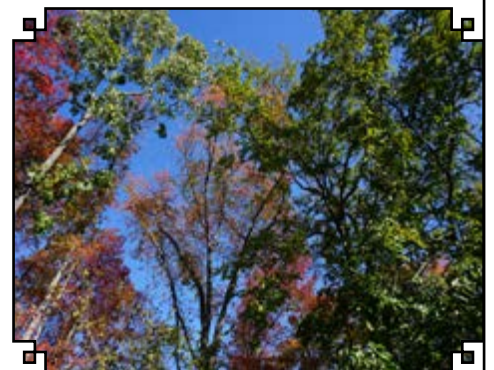


One day plan:
Only \$39,999.99
per person

Two Day
plan: Only
\$59,999.99!!

~~\$50,000 from advertisements like this.~~
\$5 from you ✓

By: N.S.
Lakewood, New Jersey



HASHEM!

WE SIMPLY HAVE

NO WORDS!

The Chaishek HaTorah Line Presents

a

סימני תריג המצוות

Raffle

1st Place: \$50 CASH!

2nd Place: \$25 CASH!

3rd Place: \$25 CASH!

To hear all about the סימנים, call 845-720-4040 (x22)

To enter the raffle:

1. Mail in your completed chart of the first 21 Mitzvos before Rosh Chodesh Kislev
2. Memorize your סימנים (you may be creative and invent your own סימנים)

*The raffle will take place on מוצש"ק פי תולדות

Sponsored לע"י:

ישראל מאיר בן דוב צבי
חיים ישראל איסר בן רפאל

CHART

Name: _____

Telephone Number: _____

15. טו-ו	8. ח-ח	1. א-א
16. זט-ז	9. ט-ט	2. ב- ברית מילה
17. יז-י	10. י-י	3. ג- גיד הנשה
18. יח- יקדיש חשובים	11. יא-א	4. ד-ד
19. יט-ט	12. יב-ב	5. ה-ה
20. כ-כ	13. יג-ג	6. ו-ו
21. כא-א	14. יד-ד	7. ז-ז

CAP: R' Morish has a guest who is amazed by apples. Suddenly the Morish family sees a man being chased by policemen

Who are you?



He's a thief!



No I'm not!
Please listen
to me!



What do you mean? I clearly
saw you take Mr. Kamov's blank-



Those blankets were
MINE, sir. I lent
Mr. Kamov the blankets
and now I'm taking
them back.



So, what's the lesson
of this story?



The lesson is thank
Hashem for apples! (and tables and
beds and chairs and clothing & food &...
& shin & oranges &...

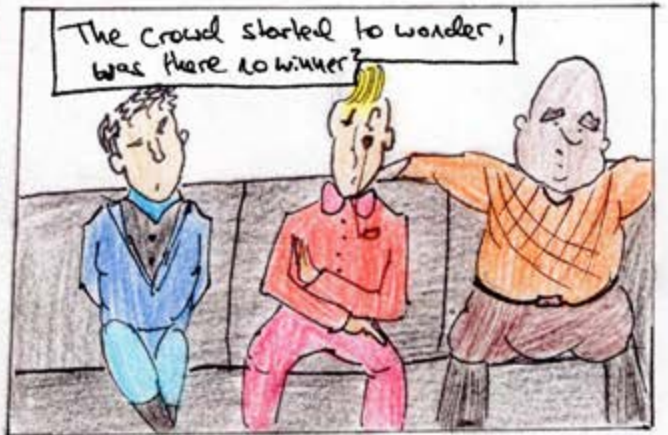
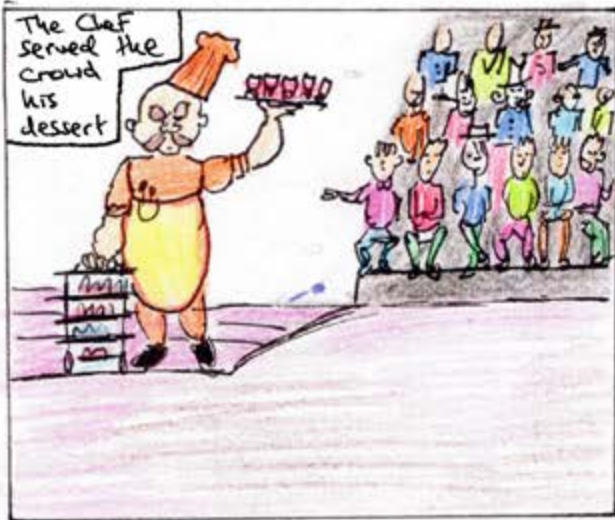


Don't take all these for granted

THE END

The True Winner - Chapter 7
 by: Ephraim Weiss - Beitár Ilit





To be continued...

Thank You Hashem for...

Sunday	

Monday	

Tuesday	

Wednesday	

Thursday	

Friday	

Name: _____ Address: _____ Phone: _____

To win prizes, fax a copy of your completed chart to 718.436.7358 OR email a copy to hashemthanku@gmail.com

IT'S NOW YOUR TURN TO BE LIKE AVRAHAM AVINU AND SARAH IMEINU AND SPREAD HASHEM'S NAME ALL AROUND THE WORLD



The Spring Hill Times is run almost entirely by volunteers!

YET WE HAVE CLOSE TO \$5000 MONTHLY EXPENSES

**THANKS TO HASHEM WE HAVE ABOUT \$800 COMING IN MONTHLY BUT WE STILL
NEED ANOTHER \$4200**

PLEASE HELP US WITH JUST \$5 A MONTH

1.

**Call/text our fundraiser
today:** Yoni Kohn 732-
597-8546

**Or Call/text the Spring
Hill Times Editor today:**

845-327-5041

email: thespringhill-
times@gmail.com

2.

Write out checks to:
Cong. Shaarei Bitachon

Write in Memo: Spring
Hill Times

Mail to: 122 7th St.
Lakewood, New Jersey

08701

3.

Zelle to:

congshbt@gmail.com

Write in memo: Spring
Hill Times

4.

**Or through our secure
link:**

[https://pay.banquest.
com/shaareibitachon](https://pay.banquest.com/shaareibitachon)



LAKEWOOD - NEW JERSEY

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)

Ely Family

801 Lexington Ave, apt 4G

718-812-5152 Thursday afternoon

30 East 9th St. (Between Princeton and the tracks)

Available in container outside the front door Thursday afternoon (possibly Wednesday night)

Call R' Shlomo Eliyahu 732-569-4273 (leave message)

Weinberg Family

10 Gvuras Ari Dr.

848-240-3128 Available from Thursday afternoon outside front door on chair.

Hirschberg Family

410 10th St. Apt 7b

Please call to reserve: 732-569-8111

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

Briller Family

21 Chicanos Drive (Available from Thursday night in container in front of house) 732-367-4727

NEW!

Weitman Family

282 Coles Way

Container in front of house Available on Thursday

Lakewood Prints over 1200 copies!

ATTENTION BROOKLYN!

B"H the long awaited printer has arrived at the Spring Hill Times Headquarters. BE"H we will be shipping into Brooklyn a few hundred copies each week! If you live in Brooklyn and want to be a distributor please contact us.

**YERUSHALAYIM
SANHEDRIA**

Elefant Family
Blau 10 Knissa 4
053-416-4514

Prints 100 copies!

RAMAT BEIT SHEMESH

Weisbord Family
Rechov Be'er Sheva 4 Apt.
10
02-999-7170
050-415-1443

Prints 40 copies!

KIRYAT SEFER

Kaufman Family
Rechov Sha'arei Teshuva
12 Apt. 27
058 - 321 - 9795

Prints 180 copies!

CLEVELAND - OHIO

Holstein Family
3644 Bendemeer Rd.
Cleveland Heights
Call or Text 216-386-2309.
Email: tovaholstein@gmail.com

CHESTNUT RIDGE - NEW YORK

Kaufman Family
56 Spring Hill Terr
Chestnut Ridge, NY
Call or Text 845-327-5041.
Email: thespringhilltimes@gmail.com

DENVER - COLORADO

Kelner Family
9049 E Chenango Ave Green-wood Village
Available on Thursday
Call/text 732-575-0102

Our Worldwide



Locations

BORO PARK 718-437-4777
 Personal Packages Plus ***
 (Formerly Mehadrin Grocery
 Pretty Personal Packages)
 5503 13th Ave Brooklyn, NY
 11219

Beitar Ilit

Weiss Family
 Em HaBanim 12/2
 073-729-5452

Prints 40 copies!

MIAMI BEACH - FLORIDA

Kaufman Family
 4141 Nautilus Drive Apt.
 3a Miami Beach, FL 33140
 305.872.6777
 Building is surrounded by a locked gate. Please call to make an arrangement.

Prints 50 copies!

CLIFTON - NEW JERSEY

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

Gets 30 copies!

You can help spread Hashem's goodness all around the world!

TO BECOME A SPRING HILL TIMES LOCATION, PLEASE CALL/TEXT 845-3275041 EMAIL: thespringhilltimes@gmail.com

MONSEY - NEW YORK

Weiss Family
 10 Elyon Rd- Left side of house up the stairs of the porch. Available from Thursday morning.
 845-426-5506

Gets 20 copies.

We are looking for someone who can help bring the Spring Hill Times to various locations around Boro Park and Flatbush. We are also looking for a way to bring over copies to the Five Towns.

Are you a recipient of Hashem's goodness?
 Did you see, experience or hear special Hashgacha Pratis?

**TELL US ABOUT IT!
 TELL THE WHOLE WORLD ABOUT IT!**

**Call/text 845-327-5041
 email: thespringhilltimes@gmail.com**

All the delicious pleasures in this world cannot compare to even one second in Olam Haba! Just keep on grabbing more and more mitzvos...



5 Weekly Thank You's

By: R' Simcha Elefant

Thank You Hashem for Strollers

Thank You Hashem for Crock Pots

Thank You Hashem for Bochurim

Thank You Hashem for Head-phones

Thank You Hashem for Cereal

לזכות משה יהדה בן שושנה



THEN NOW

SMALLPOX

1800's: Oh no! What a deadly virus! Need to make a Yom Teffila asap!

Today: Smallpox?!? What's that?

So you ask your spouse. "I apologize but I really don't know what it is," would be the answer.

So you ask your chavrusa. "I have no musag. Mista-ma you heard 'small box', 'small ox' or a 'small fox'," would be his response.

So you ask your Rabbi, "Nisht du a za zach," he would answer.

So you ask your parents, "Sorry, but we have no idea what that could be."

So you call 'A Life with Bitachon' and ask it for the Q&A section. The response: "I'm so sorry but I don't have the answer.."

THANK YOU HASHEM!

לזכות רחמא סלמה
אסתר בת רחמא ח'י' מלכה בת בושבע
לעלי נשמת
דוד בת ר' ישראל מכלל בת מרדכי שמריה

Daughters of the King

Call 718.907.6888
Listen, Learn and
Win great prizes!

Remember to leave a message with
your name, address, and phone #
after the tone.

Mazel Tov!

Mazel Tov to R' Dovid Landwirt and family (Chestnut Ridge, New York) upon the birth of a new baby girl!

Mazel Tov to the Friedland & Kalimi Families on their dear grandson's Bar Mitzvah Shlomo Reuben Kalimi of Marine Park. May he grow in Middos and Learning and give nachas to his entire family.

NIFLAOS HABOREI RIDDLE

By T. Bauman

I am shaped like a pear
and can vary in size.
My exterior is dark brown
Not too attractive to the eyes.
'HaShem's parve butter'
Can be my nickname.
When i age, my insides
and outsides look the same.
I follow the dictum for perfection-
© Not too soft, not too firm

And once i am opened,
I won't stay fresh, long term.
You slice me and dice me,
Or mix me to be spread.
I am used in cosmetics
For the face and the head.
I gave it away,
No more hints from me.
What do you say?

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 #12

We have a similar price and height. We look the same by light. We are purchased the same day. We have no connection to any holiday. What are we?

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 #12)

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 all about the wonderful benefits Hashem has put into food.
2. Write stories for Shabbos Kodesh and Yomim Tovim.
3. Send in pictures of gedolim from the past.
4. Send in pictures of Hashem's beautiful world and of Eretz Yisrael.
5. Send in good news that's being reported (e.g. latest medical breakthrough. Latest discovery in science...)
6. Illustrators to make comics.

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

The Spring Hill Times

Yitzchok I. Kaufman
56 Spring Hill Terrace
Chestnut Ridge, NY, 10977
845-327-5041

thespringhilltimes@gmail.com

HASHEM IS WONDERFUL!

LIFE IS WONDERFUL!

KLAL YISRAEL IS WONDERFUL!



Wow! An aircraft carrier! So powerful and mighty! But doesn't even close to the power of a simple prayer to Hashem!

Sprouting Brocha in the Desert

By: R' Yosef Moshe Mizrachi

For many years, Simcha*, a big talmid chachum, was unfortunately not blessed with children. Along with davening many tefillos, he went to gedolim to receive their brachos. When Simcha came to the Hoisyaten Rebbe, the Rebbe told him, "I can guarantee you will get what you want. All I ask of you is one thing, and that is: do not ever think that you will not have healthy children!" Yes, sometime later, Simcha was blessed with healthy children! (Sefer Hischazkus B'Te-fila L'Hashem, page 131).

The power of Bitachon and positive thinking is so strong that it opens the pipelines of Hashem's kindness. No matter how difficult and bleak a tzara one faces, he can always reach out and take shelter in Hashem, and Hashem will respond in kind.

Even when one experiences a loss or hardship, he can turn around the whole situation with his bitachon. The Maharal writes in Nesivos Olum, Netiv Habitachon that not only can Hashem restore one's losses, but He can even turn that negative experience into the biggest bracha for the future. When one recognizes Hashem's unlimited power and relies on His help, Hashem will take what appears to be extremely negative and change it into extreme good. This is something that would not happen without one's bitachon.

To master this level of bitachon, it may take a lot of time and practice. However, every drop one grows

in trusting in Hashem will be rewarded beyond one's dreams in Olam Haba. Also, there is no bitachon that goes unanswered; if it does not bring bracha in one area in one's life, it just means that Hashem is saving it for when it is needed more.

Ari* told me that last year he was searching for a new Kollel. Although he was learning well and his Kollel paid him, his Kollel recently had to downsize. Unfortunately, Ari's searching was not leading to any good options. One Beis Medrash he found was below his learning level, and another one he looked into did not offer any stipend. As the new z'man approached, instead of getting despondent about his situation, Ari spent lots of time and effort on bitachon. He continued to remind himself that Hashem could easily help him, and that Hashem is surely using this as an opportunity to bring extra bracha into his life. Ari told me that the day before the z'man, he got a phone call from his rebbe. His rebbe asked him to learn with a certain Yid, an excellent chavrusa. For learning this one seder with the Yid, his rebbe offered to pay Ari more than what he got for two sedarim in his previous Kollel! Ari accepted the offer and indeed came out ahead in both his finances and his learning. With Ari's bitachon, Hashem turned a hard situation into a better arrangement than before!

ATTENTION!
The Spring Hill Times has a new number where you can call and leave messages 24/6.
385-381-0977

Shabbat Shalom U'Mevorach!

Would you like to subscribe, give feedback, submit story or make a donation?

Call/Text: (845) 327-5041 | Email: thespringhilltimes@gmail.com

To leave message 24/6 call 385-381-0977

Checks can be made out to: Cong. Shaarei Bitachon (Please put in Memo: The Spring Hill Times)

Mail to: 122 Seventh St. Lakewood, NJ 08701