

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 74 | PARSHAS CHAYA SARAH | 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.....13
 Wonder of The Week.....17
 Growing from Our Gedolim.....19
 Ayin Tova.....23
 Comics31
 Riddles39
 Thank You Hashem40



With every wonderful day that goes by, we love You more Hashem!

This Week's Issue Is dedicated:

L'iluy Nishmas

ר' יהודה מנחם בן חיים

ת.נ.צ.ב.ה

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

לזכות: מרים בת ברכה.

OUR STUNNING NATION

One Thursday night, a family from Yerushalayim was traveling to Tzefat for Shabbos. Not long after the bus left, the driver announced there was a problem and that everyone had to evacuate.

The whole bus disembarked, unloaded their luggage and waited on the side of a dark highway. They had no idea when another bus would be sent and realized that they would arrive in Tzefas very late.

Yet Hashem's children were not frustrated or disappointed! One family, including the young kids, started reciting Mizmor L'Sodah! Another bachur was singing hartzige niggunim! No one was stressed or frustrated!

What a beautiful nation!

- 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!

THE UNITED STATES ARMY LEARNS ABOUT HASHEM



Reports have come in from the US Army base in Nashville, Tennessee, of a soldier who is printing and spreading to his fellow men the 'Spring Hill Times'!

Indeed! Hashem's wonderful name is being spread across the globe and reaching everyone everywhere!

Yes! We can see clearly that
Continued on page 4

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

TEFILLIN ARE SAVED FROM FIRE

A Bachur was going to Yeshiva for Simchas Torah. Even though the Bachur knew that he would be coming back right after Yom Tov, he wanted to be extra careful and take his Tefillin with him.

In the middle of the ride, the car started overheating. They pulled over to the side of the road and everyone jumped out of the car. The car caught fire and turned completely into rubble and ashes. There was nothing left of it. The car was then towed away.

His mother called the company that towed the car to see if they could check to see if his tefillin were intact.

The company said, "Sorry, there is nothing left in the car, everything was torched and burned to a crisp. But you are welcome to come down and see for yourself."

They went down to check it out, and under all the ash and rubble, they found the tefillin bag!

They went to check it out by a Sofer to see if any damage was done to make it Pasul and the Sofer said it was perfect and it didn't get affected at all!!! Wow! Everything was gone besides the Tefillin! **Thank You Hashem!**

MOTHER DAVENS TO HASHEM

It was 5:30 in the afternoon and Mrs. Green,* desperately needed to get a certain item from the store. But she was watching her kids and couldn't get out. She

davened to Hashem, the Kol Ya-chul Who can do everything and anything.

Right then, her married daughter walked into the house with her kids. She said her kids were getting sleepy, but it was too early to put them into bed. So in order to push them off, she decided to go visit Bubby!

Mrs. Green* was then able to go to the store with Menuchas Hanefesh to get the item she needed, while her kids were being watched by her very own daughter!

JEALOUSY IS GOING EXTINGUISHED!

A girl said that she has a friend who got something she really wanted. But instead of being jealous, she was truly happy because she knew that it was good for her friend and poisonous for her!

ANTISEMITISM DIMINISHING

It was late one night, during summer vacation and a family went shopping. When they got back to their car, they realized that they were out of gas. They called AAA and they said they could not come for another hour and half.

With no other option, they went back into the store and bought a red can for gasoline. Then, they walked 10 minutes away to the closest gas station and filled up the red can with gas.

When they got back to the car, they tried and tried multiple times to get the gas in, but it was

just not working.

As they were working, a non-Jew walked by and asked, "You have a problem?" "Yes," they answered, "we're having a hard time filling up our tank with gas." The man said, "No problem, I can help you!"

He then went into the store, bought a funnel so that the gas could pour easily into the car and then poured in the gasoline for them!

FAMILY TURNS TO HASHEM

A family from Monsey, New York, had a problem.

Someone redd their son a shidduch, but they did not know anyone they could call to get information. They tried to do research, but no one knew the family. So, they turned to Hashem and asked Him to help.

Just then, a close friend called up and said they want to redd a shidduch to their son. And yes! It was the exact same family and this person knew the family and was able to give all the information they needed!

YIDDEN LOVE EACH OTHER!

R' Hillel,* from Lakewood, New Jersey, approached a yungerman by the name of R' Yaakov and asked him if he could learn with his son first seder with pay.

R' Yaakov said "Sure, no problem! I can really use the extra money, but you are a Rebbi! How do you have extra money to pay

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



me to learn with your son?"

R' Yaakov realized that the Rebbe really could not afford it. He then said, "You know what, I know Parnasah comes from Hashem. I will learn with your son for free!!"

HASHEM GIVES COUPLE FREE CHOLENT

My nephew told me the following story:

It was Thursday night and he and his wife were traveling and were in the mood of a delicious hot steaming bowl of cholent.

They passed by a shul in Lakewood called Lutzk. The Rav happened to be outside, and he saw them passing by. He stopped them, and asked, "Would you like a delicious hot bowl of Cholent and Kugel?!"

Hashem gave them exactly what they wanted, free of charge!!

IT'S A DIFFERENT LIFE WITH BITACHON

Mrs. Fried* listens to 'A Life of Bitachon'. It gives her a boost and gives her power throughout the day.

One day, her husband came home and said, "You look a little down, did you not listen today to 'A Life of Bitachon'?"

He was right! She did not have time to listen to it that day.

This story repeated itself twice! She was not feeling that great on two different days and her husband noticed that on both of

those days she had not listened to the hotline!

BITACHON CLEARS UP TRAFFIC

A yungerman was reading Bitachon Weekly, which said over an incredible story. A couple was driving upstate on a Friday afternoon and the traffic was bumper to bumper. It was getting closer and closer to Shabbos, and the traffic was not clearing up!

The wife took out the Bitachon Weekly they had in their car, and started reading it. Right then, all the traffic cleared up!

Then they continued driving, and they said, "Okay, we got our Yeshua, the traffic cleared up, we can put away the Bitachon Weekly."

But the minute they put it away, the traffic got congested again. They took out the Bitachon Weekly again, and again the traffic cleared up again! They then got the message that it's the Bitachon that was clearing up the traffic!

This yungerman who read the story said the same thing happened to him.

He was stuck in traffic and he had a Bitachon Weekly in his car. He took it out and all of a sudden the road was completely clear, and he was able to drive to his destination without traffic!

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

Continued from *the day of*
page 1 *when Hashem's name will be known to everyone, is closer than ever!*

ANTISEMITISM PLUMMETING

One morning, the Editor of the Spring Hill Times heard a knock on the door. At the door was a neighbor, a non-Jewish woman. She told him that she saw a coyote running around her backyard. "Please tell your wife who has a daycare to keep the children inside. Can you please also pass on the message to the neighbor across the street?"

Who put it in her to heart to care about the safety of her Jewish neighbors?

YOU HASHEM!

Who puts in the heart of our government to protect the Jews?

YOU HASHEM!

Thank You Hashem for protecting us and taking care of us!

HASHEM GIVES MAN OPPORTUNITY TO DO TESHUVA

A Yid was walking on the beach in Netanya in Eretz Yisrael. He saw a fish lying on the ground. The fish looked like a regular live fish and the Yid thought of maybe taking it home for supper. But he was not sure if the fish had scales, so he decided not to take it.

He did not want the fish to slowly suffocate, so he started banging it on the head so that

it should die quickly, but the fish didn't die.

As he continued along the shore he saw a fisherman. He told the fisherman about the fish and showed it to him. The fisherman looked at the fish and said this fish is called a 'chazir yam'." It has 3 pointy thorns on the back that are very poisonous, and it can be dangerous if someone touches it c" v.

When the Yid heard this, he was very happy he did not try to take the fish home! The fisherman said the fish was still alive, and he put it back into the water.

The Yid felt very bad that he caused pain to the fish and hit it for nothing.

On his way back home, he was waiting to cross the street and he noticed a little bird in middle of the crosswalk. The bird was not able to fly and any minute a car could come and run the little bird over.

The Yid was so excited! He now has a chance to rectify the 'tzar balei chaim' he had done to the fish!

He picked up the bird and placed him down in a safe spot and he felt much better! (Kav Hashgacha Pratis)

PERFECTLY PLANNED

A Yid in Eretz Yisrael was doing Sponga. He usually tries to keep the children in another room so they would not mess it up or trip and fall. But this time, one of his children came running out of the room,

slipped, fell and got hurt.

At first, it looked scary and there was a bruise. But then, after a few minutes he saw it was nothing and it disappeared!

He said to his child, "Let's write down this nes in your 'Chesed Hashem Notebook!" This notebook was bought about a year before. They had in mind when they bought it, to record every time they saw a nes and hashgacha pratis, so that they should remember all the good Hashem does for them.

As he was writing, "Tonight, Motzei Shabbos, Parshas Va'ara, 5782...", he looked at the last story he had written in the notebook, and it was exactly one year before! "Motzei Shabbos, Parshas Va'ara, 5781!"

Not only that, but it was also practically the exact same story!

They were by a Simcha and one of his sons fell down and he did not get hurt!

He showed his whole family the Hashgacha pratis of how the events were exactly one year apart and planned so perfectly by Hashem! (Kav hashgacha Pratis)

MAN BUYS FRIDGE WITH BITACHON

Rabbi Berger* lives in Eretz Yisrael and his refrigerator broke. He needed to buy a new one. But he did not have enough money.

For hishtadlus, he called up someone who owned him a lot

WEEKLY NEWS ROUNDUP

of money. This man said that he didn't yet have the funds to pay him back.

Then, Rabbi Berger,* together with his wife, collected all the shekalim they had available. They counted it and it added up to 1000 shekel.

They then went to store and chose a new refrigerator. When they went to pay, the owner told them that the refrigerator costs a few thousand Shekel.

Rabbi Berger* explained that right now, he only had 1000 shekel, and asked if he could pay it in installments.

The owner told him that all he needed to give was a down payment of 600 shekel, and to pay the rest when it gets delivered.

Rabbi Berger* said, "That's perfect!" Mrs. Berger turned to her husband, "What do you mean? How is it perfect? Where will we get the money from?"

Rabbi Berger* said, "With Bitachon we will get the money! Hashem will send it to us!"

As they were leaving the store, Rabbi Berger* got a call from the man who owed him a lot of money. He said that something just came up and he could now pay him back the full amount that he owed him! (Kav Hashgacha Pratis)

MISSED THE BUS AND GOT A FREE SUKAH

Sukkos was just around the corner and R' Gershon*, who lives in Eretz Yisroel, still did not have a sukkah yet. He

simply could not afford to buy one.

One day, he went from his hometown, Beit Shemesh, to Yerushalayim, to visit his father.

When he wanted to go back home to Beit Shemesh, he missed the bus. He had to wait by the bus stop for the next bus to come.

When he finally arrived in his hometown, he saw a Yid shlepping new sukkah panels.

He went over and said, "Let me help you shlep these panels!" As they were walking, R' Gershon says*, "I see you just bought a new sukkah, do you happen to have an old one?" The Yid said, "Yes of course! You can have it for free!" R' Gershon was amazed at the Hashgacha Pratis that he missed the bus, helped another Yid and Baruch Hashem walked away with a sukkah! (Kav Hashgacha Pratis)

EVERYTHING IS FOR THE BEST!

Dovid* works in a printing press in Eretz Yisroel. One day, a Yid put in an order to print a bunch of kuntrusim with a specific request that the color of the cover should be blue.

When Dovid* tried printing the seforim, the machine kept on jamming. He tried a bunch of times, but the machine would not work smoothly. Then he realized that he completely forgot that the Yid requested a blue cover!

He switched the color of the

cover, tried to print them again, and Baruch Hashem it worked! (Kav Hashgacha Pratis)

HASHEM SAVES AVREICH!

An avrieich in the Mir, Yerushalayim was dealing with a skin infection during Elul. He was told by top doctor that he needed surgery to remove it.

He was told that this was a very important surgery and that if it was delayed the situation would get worse c"v.

However, they told him that due to the busy season of Tishrei there would be no available dates to do the surgery until close to Rosh Chodesh Cheshvan.

He was distraught. He really wanted to get it over with and start the zman on the right foot.

He went after Sukkos to the surgeon for a routine inspection before surgery.

"There is nothing to operate on! Your infection has disappeared!" The doctor remarked to everyone's surprise.

He was then able to have a peaceful end of bein hazmanim and attend Yeshivah on the first day of zman and shteig away!

Thank you Hashem!!!

Besides for seeing Hashem's great chesed we see another thing: A Yid should never ever get distraught! Hashem is always in control and everything He does is always for the best!

BEAUTIFUL QUOTES

"As you sit at the Shabbos table you should think, "This is a rehearsal for Olam Haba. Teach that to your children too."
Rav Avigdor Miller Speaks Vol 1, Page 69

"If you learn, say, even ten lines a day without Tosfos, at the end of the year you have learned 3,000 lines... Learn it even if you don't understand everything."
Ibid. Page 156

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

"Yissurim are priceless and precious."
Open Your Eyes - Page 354

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

"This is relevant to times that we tried to daven with great concentration, or the like, but we didn't succeed. These efforts are very valuable to Hashem, and He will reward us greatly for them."

Zichru Toras Moshe - Parshas Vayeira

"When yungeleit ask me which shul or Beis Medrash or chaburah they should join, I always tell them to go to the place where you get more ka-

vod! Then you will thrive and be able to do more for Klal Yisrael."

Rav Yehuda Mandel - Bitachon Weekly, Parshas Lech Licha

"Many people become weak in bitachon because they feel that the hashgacha is that they should suffer. We see from Sarh Imeinu differently..."

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

Ibid.

"A true ben Torah is in general involved in caring for Klal Yisrael. During World War II, R' Aron Kotler and R' A. Kalmanowitz were seen on Shabbos being moser nefesh to save the yidden in Europe. They gave away their time and kochos and their oneg Shabbos for the Klal. Perhaps this is why by far the two most astronomical yeshivos in the world are Lakewood and Mir."

Ibid.

"HaKadosh Baruch is perfect. He is running a perfect world, and everything is going to work out 100% perfect..."

Rabbi Zevy Golombeck - A Life with Bitachon,

Yesod 1395

"Were you able to use your key to start your car? The same Hakadosh Baruch will do anything for you."

Ibid, Yesod 1397

"The human body is a miracle whose depth is beyond anything human language can describe. And arguably the most miraculous of all is that all its parts... work hand in hand with each other"

Awaken Your Emunah, page 31

"The enjoyment of the Afterlife consists of viewing the endless greatness of G-d's wisdom and power and kindness, when the Book of the History of the World will be read in living pictures and explained in all its details according to the Torah and the profound purposes of the Creator."

Rav Avigdor Miller - Awake My Glory page 285

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



ZERA SHIMSHON, DOUBLE LUNG TRANS- PLANT AND MEMORIES

I discovered the Zera Shimshon sometime around Teves 5777 (January 2017). I then started receiving the weekly papers.

(The Author of the Zera Shimshon was Rav Shimshon Chaim ben R' Nachman Michael Nachmani. He was a gaon and a mekubal who lived in Italy about three hundred years ago.)

I added it to my weekly digital distribution as well as to four local shuls.

Next door to me is the 'Lev Miriam Bikur Cholim House'. There were two chasidshe couples staying there. One was Hershy Scheinfeld from Yerushalayim. He was there together with his wife and young child. And Rav Nachum Barnett and his wife also from Eretz Yisroel.

Hershy Scheinfeld's grandfather was my melamed in the Kalever Cheder in Cleveland for about 6 years, over 60 years ago. His grandmother was a sister to the Kaliever Rebbe.

So, when I heard who was in the Bikur Cholim house, I befriended him. I found out that his wife came to Cleveland for a double lung transplant.

The first night of Succos 5778, I went to Hershy in the Succah and told him we are going to start a new chavrusa shaft in Zera Shimshon: the three of us, Hershy, Barnett and myself.

I told him that I would order the seforim and he would give the shiur. We all agreed.

I contacted Rav Paskez to find out where I could purchase the seforim and he offered to sell it directly to me. I told him that I would have the local seforim store, Frank's Hebrew Book store order it from him, because I wanted to support the store.

So I ordered three sets from Franks.

About a month later, on October 31, 11 Cheshvan 5778, I was in the hospital

waiting to have my shoulder replacement surgery. The nurse came in at 11:15 am and told me the surgery would be delayed and would be at 1:00 pm.

So, I asked my wife, Judi, for my cell phone, as I wanted to check messages and make a call or two. I opened the phone and there was a text from my son Shmuli that said that donor lungs were found for Mrs. Scheinfeld!

I was very excited and with tears in my eyes I asked my wife to have my son Shmuli call Chaim Frank the one who sold us the seforim, to find out when the Zera Shimshon came in.....

Yes, the Zera Shimshon was delivered that Tuesday, the very same day the donor lungs were found!

Mrs Scheinfeld had waited over three years in Cleveland and two - three years in Israel for the lungs!

I was discharged from the hospital on Wednesday. I asked my wife to drive by the bookstore so that I could pick up the three sets of Zera Shimshon. I then dropped off two sets at the Bikur Cholim house before I went home.

We then learned together on Friday nights at my brother Shia's house.

I am a firm believer in the Segulah of learning the Zera Shimshon. I have repeated this story many times over. Dozens of people have since started learning Zera Shimshon.

In addition, I suggested something to the distributors of the Zera Shimshon in Eretz Yisrael and I received a call from Rav Yisroel Silberberg from Bet Shemesh. I told him the above story.

When I mentioned Cleveland, He said he had a connection to Cleveland: his great grandfather, Harav Chaim Yaakov Yisroel Berger zt"l.

I then asked him if his father was "Harav Itcha Zilberberg." We davened in his great grandfather's shul and I remember his father and family. What a small world!

David Neuman - Cleveland OH

FOUND THE PERFECT JOB!

For many many months, I had been actively looking for an afternoon job for after my regular work hours.

But as hard as I tried, I could not find anything that would work for me.

I turned to Hashem and said, "Hashem I did more than enough Hishtadlus, you can do everything. I am leaving it up to You to give me the best job perfect for me."

One day, it hit me! I would volunteer for The Spring Hill Times!

Every week, when I get The Spring Hill Times, I flip through and am amazed and awed at the amount of time and hours and hours and hours of thought and typing and researching and creativity and simcha that goes into the paper. I said I want a part of this! I have extra time on my hands and it's something I can do in the comfort of my home.

Baruch Hashem, a day or two later, I got my small part in The Spring Hill Times.

THE NEXT DAY, I got offered the most amazing job offer for the exact hours that I wanted to fill and the most perfect job for me!

It's been about two weeks now and I am loving both my new jobs! The Spring Hill Times is magical!

Thank you Hashem!

Thank you R' Kaufman!

Anonymous

10TH GRADER LOVES THE SPRING HILL TIMES

Hi I would like to take the opportunity to thank the Spring Hill Times. Your paper is unbelievable. Your paper is a real pleasure to read! It's written in a happy upbeat way which makes me happy and upbeat. It also helps me look out for positive things. When my father hands me the Spring Hill Times I get very excited to read it.

A girl in 10th grade

P.S. I cannot even begin to imagine the amount of hours and hours that goes into creating this wonderful paper. So thank you, thank you, thank you and thank you.

THANK YOU HASHEM! THANK YOU SPRING HILL TIMES!

I don't know who, but someone dropped the Spring Hill Times in my mailbox.

I really really enjoyed it. It gave me tremendous simchas hachaim.

I had a dentist appointment that took a few months to arrange. I had a big gaping hole that really needed to be taken care of.

When I got to the dentist I was informed that the appointment was canceled! They told me that I would need to reschedule a new appointment in a months from then.

My almost automatic reaction was A HUGE SMILE! I thought to myself, Hashem was the one who sent me to the dentist. I don't know why but maybe he wanted me to get the exercise.

My positive reaction was likely thanks to the Spring Hill Times!

Anonymous

HASHEM MAKES REFRIGERATOR MALFUNCTION

I defrosted a few chickens in the fridge to prepare suppers in advance. I then came down with the flu. The chickens were already defrosting for two days. I was in no shape to bake them and I thought that I would probably need to throw them out.

I then opened the fridge. Lo and behold the chickens were frozen solid. The cottage cheese was also frozen! Everything was frozen! Hashem made my fridge malfunction and freeze to save my chickens!

Thank you Hashem and thank you Spring Hill

Times!

Anonymous

FAMILY TAKES BEAUTIFUL PICTURES

My daughter with her husband and two children traveled to Toronto after sukkos to spend time there during bein hazamanin.

On Sunday, they had planned to go to Walmart to take family pictures. But the weather was beautiful. So they canceled Walmart and decided to go apple picking instead.

But when they called the apple orchard they were told that ever since Covid you need an appointment and they had no slots available.

So she decided to take her grandfather out to eat and then go to a park.

When they got to the park, the parking lot was full with no spots available. There were cars in line in front of them and in back of them waiting to park. So my daughter took out a tehillim and said a kapital Tehillim. Then the car next to her pulled out and she got the space.

When they were in the park, my daughter asked someone take a picture of her family.

She then noticed that the person had a huge black box.

She asked him what it was. He said, "I'm a photographer and for 50 dollars I can take pictures of your family for 10 minutes.

They ended up taking beautiful pictures. It was fall and all the yellow leaves were a gorgeous background.

It ended up costing them a hundred dollars and it was much better than had they gone to Walmart

Anonymous - Brooklyn, NY

R' AVI SHULMAN ZATZAL

We just heard about the petira of R' Avi Shulman, a.k.a. Mr. Avi Shulman. He went by the

title 'Life Coach', which, we might say is an English translation for 'Mashgiach'!

He was a mashgiach to many Yidden, and even large, frum businesses would bring him in to be available for employees to discuss with him concerns that were on their mind. Whether it was understanding why some received a larger raise, or whether it was classes on public speaking, which was also a skill he taught.

He was also one of the founders of Project SEED. A program where bais medrash (post high school) bochurim go to out-of-town communities for their summer vacation, and learn with the people there. They infuse them with some of the yeshiva spirit they have gained from. The bochurim also take trips in the afternoon.

I have a cousin who participated in the program, and at his chasunah some visibly "out-of-town" teenagers were present. One of them related that at one point, he was not sure where he was headed in his Yiddishkeit; he didn't have that much feeling for it. However, when my cousin's group came, he livened up so much that he decided to be a fully committed Yid!

Another great story in connection with the SEED program is brought by Ybl"ch, Rav PAYSACH KROHN in his book, Illuminations of the Maggid.

There was a bochur from Baltimore who since his bar mizvah, put in much effort to never miss a minyan. He would always look up and had lists of the zmanim for local communities and airports as his family went on vacation or to simchos. At eighteen, he had never missed a minyan since his bar mitzvah!

During the summer, he took part in Project SEED, together with his chaverim. Then, as he had gotten to know the community well, they asked him to come out again, this time, during the year. It was enough of a distance to necessitate flying, and the itinerary included a connecting flight. As usual, he arranged his schedule according to the minyanim available. He was planning on davening maariv at the community shul upon arrival – the one and only maariv minyan in the town.

That was his plan. Except that now, he heard an announcement over the loudspeakers in the airport that the connecting flight was delayed. The airport was very quiet – he hadn't seen even one other Yid, and the time to take a taxi to the closest town and back would cause him to miss the flight. What would be? He felt terrible! Would this be the first time he would miss a minyan since his bar mitzvah?! Was going to help an out-of-town community more chashuv in Hashem's eyes than making a minyan? As these thoughts swirled through his mind, he realized that he must let his host, the Rav of the town, know about the delay, as one of the community members would be picking him up from the airport. With a heavy heart, he dialed the Rav and explained the situation to him. He lamented how this might be the very first time since his bar mitzvah that he would miss a minyan! The Rav said that he felt for him, and that the delay was no problem. They were greatly looking forward to seeing him.

He finally landed, and the Yid who had come to pick him up was waiting. They drove into town, and, at one point when he thought they should have made a left – towards the Rav's house, he instead made a right – toward the shul. He asked him about it, "weren't we supposed to go left?" The driver responded, "no, right is right!"

They drove until they came to the shul. It was now 1:50 am, but he noticed that all the lights were on.

"Why are the lights on, is there a simcha going on here?"

"Come into the shul."

He figured 'OK, there is a halacha that if one has missed a minyan, it is still an advantage to daven b'yeichidus in a shul, if possible. "That is probably why he was bringing him there", he thought to himself, "the Rav must have advised to help him out as best as possible. But why were the lights on?!"

As they entered the shul, eight men – of all ages, literally – stood there in front of them smiling. It took a moment to realize that they had not yet davened Maariv!

The Rav explained to him: "We discussed it among ourselves and decided that if it means that much to you, it means that much to us! 'Vehu rachum...!'"

Rav Krohn concludes: "This story is nice in and of itself, but then, our hero became my grandson, and so the connection is even greater!"

So, this is another nice story that came about due to project SEED.

About public speaking, Rav Shulman has an entire speech available on the topic (as does Rav Krohn). I remember hearing it about eighteen years ago. He mentions about being prepared; if you are going to quote a posuk or maamer Chaza"l that is not so familiar, it is good to have it written out in front of you, so that you don't stammer over it. One should speak up loud and clear, as people want to hear, but if it is hard, it is uncomfortable for them. (Rav Krohn adds to make eye contact. And I would add that the sound system in halls should work well and be clear and even, as we have many speeches, and people really have nice things to say, but if it is hard to hear, it is uncomfortable. Consult those who do sound systems or music.) It is also helpful to have key points of the speech written or printed in large, on a paper in front of you – both the beginning of each segment of the speech, and any factual points you realize you have a hard time remembering as you practiced your speech.

My father took a speaking course by him, and Rav Shulman related the following story that took place in the course of another speaking course he had given.

He was giving the course to a group of several people in Monsey, and, as part of the course, at its conclusion, each person would prepare a speech – using the skills he had acquired and deliver it to the group. To make it real, they got permission from a school to use their auditorium. They turned on all the lights, and the speaker stood on the stage, using the mike, and the rest of the group sat in back, to give the speaker the feeling as if he was speaking to an entire room. One of the people

in the group was a Rebbi, and he delivered his speech on the topic 'what I would do if I opened a mosad'. He spoke about the curriculum and schedule and even the construction of the building! Rav Shulman related that several years later, that mosad existed!

We see an interesting outcome that can come about by-the-way from a program or chessed that one does!

Yehei Zichro Boruch.

S.R. - Lakewood, New Jersey

HASHGACHA PRATIS

Hi I live in Lakewood, New Jersey. My baby had an ear infection and was on medicine. I was afraid that it wasn't working well so I took her back to the doctor.

I decided to ask the doctor to check my older daughter who had a cough. I figured that once I'm there we may as well check it out as well.

It ended up that my baby's ear infection was totally fine. But my older daughter had a very bad case of bronchitis! Had I not been concerned about the ear infection. I wouldn't have even checked it. So it was Hashgacha that sent me to the doctor to double check my daughter's ear infection and find out about the bronchitis!

Thank you.

Anonymous - Lakewood, New Jersey

Dear Spring Hill Times,

Thank you for your beautiful newspaper.

I enjoyed the comic 'Amen' story. Is it a true story?

The story reminds me of a similar story about a family in Eretz Yisrael that was makpid to teach their children to make brachos out loud even from a very young age. One night, after the mother put everyone to sleep, she was busy in the laundry room when suddenly she heard her very young child making a sh'ha-

kol. She went into the kitchen to see what was going on. She saw her son standing on the counter and about to eat some pills that he found in the medicine cabinet!! (Apparently the closet had been left unlocked by mistake) B"H b'zchus that they were mechanech him to make brachos out loud she was able to catch him on time.

Anonymous. Eretz Yisrael

The Spring Hill Times: *I asked the father of the girl who made the comics and he told me that the story comes from a book written in Yiddish on the importance of Amein.*

This Monday November 7 BEH Klal Yisroel all over the world learning the Daf Yomi will begin a new Perek from mesechta Nedarim entitled "V'Eilu Mutarin" translated "and these are permitted." (Daf 13.) Please PERMIT me to take writer's license and not talk at all about the actual content of the perek. Rather allow me to comment that contrary to some opinions, many things are permitted and permissible in Torah life. For Spring Hill Times readers who are trained to always think POSITIVE POSITIVE POSITIVE, this likely is not a major chiddush (novelty.)

Mark Jackin - Lakewood, New Jersey

My very energetic four-year-old nephew came over to our house, and flung the door open strongly, so that the small, round door stop on the wall got pushed into the sheetrock. I had in mind to go to a hardware store to buy a larger-diameter doorstop. I hadn't yet gotten to buy it, when several days later, I was looking for something in a storage area in our house, and slipped slightly on some stuff on the floor. I bent down to pick the things up, and found that there was a square door stop there! It had come together with a door handle I had once bought, but hadn't needed at the time! It was larger than the hole, and covered it up perfectly! It even matched the square switch-plate right near it!

N.S. - Lakewood





Our tongues are extremely flexible, more flexible than any other muscle we have in our body.

What makes it so flexible? There are two very unique things that we find in our tongue that we don't find in any other muscles in the body.

One of them is that the way the tongue is made is that it is a muscle that is not attached to a bone. Every other muscle in the body is connected to a bone, but the tongue is a muscle that works independently of a bone. Besides for that, the muscles that are inside the tongue run in 3 different directions, from front to back, from the sides of the tongue to center and they run up and down. Horizontal, vertical, side to side; they run in every direction imaginable

so that we can move our tongue in so many different directions.

Why were our tongues created so flexible?

The reason is, because this gives our tongue another function. Our tongue also acts as the cleaner. After we eat food, whether it's fruit, bread or vegetables, any food, there are always pieces left all over the mouth, not everything gets swallowed down. So the tongue acts as the cleaner, it takes all these pieces off the surfaces they are on and it puts them in the center of the mouth to get swallowed.

A person can take his tongue to every tooth, just like a toothbrush, on the inside of the teeth and on the outside of the teeth, the tongue can make a half circle of 180 degrees and clean out the whole front of a person's mouth. We can move our tongue around the bottom set of teeth and the top set of teeth, the inside and the outside. It reaches every sin-

gle point and every single angle.

This is only possible because of the unbelievable flexibility, unique to the tongue. It really serves as a toothbrush and when we use a toothbrush at the end of the day we are really taking care of the few percent of food that got left - little pieces that got stuck between the teeth. But the overwhelming majority of food which is left after we finish the regular chewing and swallowing gets cleaned with the toothbrush that Hashem gave us in our mouth - the amazing tongue!

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

"כי...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 boss just called me up and said, "Your co-worker told me that you're not doing your job properly. Therefore, I decided that it's time for you to look for a new job."

After hanging up the phone, I felt like my world caved in on me. Until this moment, I was secure with a well-paying job. From one second to the next, I'm left without a source of income. How can I move on?

A. The Mashgiach Reb Chatzkel Levenstein Zatzal said about himself:

"I was orphaned at a young age. When I was a young man, just over Bar-Mitzva, I went into business to help my mother support the family. I would work all week, and on Friday I would come home with money.

One Erev Shabbos, on the way home I stopped at the mikveh l'chvod Shabbos. I hung up my clothes and toiveled. When I left, I felt my pockets and I realized my money had been stolen!"

Reb Chatzkel said, "At first I was crushed. I had just toiled an entire week to earn this money. Now, in a one moment, all the money was gone..."

"But then I started thinking: One second; If hard earned money could get taken away so easily, this is not what I want to invest my life in. I'd rather invest in something lasting that can't ever be taken away."

Reb Chatzkel decided to travel to Radin to learn in the Chofetz Chaim's yeshiva. At the time Reb Yerucham Levovitz Zatzal had just been appointed mash-

giach of the yeshiva. The first shmuess Reb Yerucham delivered was about living with emunah . Reb Chatzkel recalled, "After hearing that shmuess, I felt, 'My tefillin aren't tefillin, my tzitzis aren't tzitzis and my emunah is not true emunah!"

The rest of his life, Reb Chatzkel invested in the pursuit of acquiring eternal emunah and disseminating it to his talmidim .

Reb Chatzkel reflected, "What I had thought was the darkest moment of my life turned out to be the brightest."

When we experience how jobs are flexible and money is transitory, Hashem is showing us that material possessions do not have inherent worth. The only thing that has intrinsic value is living with emunah and bitachon.

Now that you don't have employment, throw yourself on Hakadosh Baruch Hu. Say: "Hashem, I don't know where my next job is going to come from. But one thing I know. It's not my job that gives me parnasah. It's You, Hashem, that gives parnasah." When you recognize that your parnasah is in Hashem's hands, He will lead you to your next job .

The result will be that this black moment in your life will be the best thing that happened to you. Hashem is helping you fulfill the purpose of why you were created: not to show importance to anything other than Hakadosh Baruch Hu .

Q. My wife treats me like a shmattah. She bosses me

around. Go here. Go there. Do this. Do that.

She could be upstairs, and she'll scream out, "I need this", or "Go get me that". I explained to her, " I'm happy to help you, but I don't like being treated like a doormat". But she simply is not getting it. What is the emunah and bitachon perspective about this?

A. Hashem wants to rest his shechina on each one of us. However, in order to be a receptacle for the presence of the shechina, a person must be humble. About someone who is haughty, Hakadosh Baruch says, "I and he cannot reside in one dwelling."

Says Rav Avigdor Miller Zatzal, since people are born with a lot of ga'avah, Hashem sometimes can give a person a precious gift: a spouse who 'sees to it' that you shouldn't feel haughty in their presence. They order them around and talk to them without respect.

The way of talmidei chachomim is not to insist on receiving kavod from their spouses. When they felt their pride being trampled on, they viewed it as a precious opportunity to work on humility. When their spouses yelled from across the house and asked them for things, they stopped what they were doing and went over to hear what they had to say. Through constantly working on humility and patience, they became great and achieved the levels that they reached.

Therefore, if your wife is bossing



The

Bitachon Perspective

Continued

you around, and you can't influence her with darchei no'am to change, instead of becoming dejected over your honor that is being 'desecrated', realize that you have the opportunity to see past your own honor and choose to invest on acquiring the greatest of all middos: the middah of humility. By doing so, you are allowing Hashem's shechinah to rest on you – with all the brachah that comes along. And by this, your wife will come to respect you as well.

Q. Many of my married children came home for Yom Tov. I was so excited to be able to spend time with my married children and eineklach.

However, now that they are all here, I find that I'm working from morning until night accommodating everyone's needs. I am running around making sure that each child and grandchild is comfortable and has everything they need.

Instead of enjoying myself, I find it overwhelming, and I am beginning to feel a bitter feeling towards the family reunion. What is the emunah and bitachon perspective about this?

A. When it comes to inviting family and giving each one what they need, it must be done within the parameters of the mitzva of chessed.

When someone knocks himself out while doing a chessed, it can be mesirus nefesh for doing a mitzva. However, it may also be

mesirus nefesh to impress people, which is not a mitzva at all. What differentiates the two types of chessed?

A true chessed is an act that is motivated by the desire to go in Hashem's ways of providing each person with his needs. When the chessed is done with this mindset, although it may be very difficult and may entail a degree of sacrifice, inwardly, it is accompanied by the joy of having the opportunity to emulate Hakadosh Baruch Hu.

However, if a person finds himself feeling pressured and resentful, that indicates that his chessed is not driven by the desire to emulate Hashem. Rather it stems from an unhealthy place, and that is what's causing those negative feelings.

In your situation, if you feel stressed out and bitter, this reveals that the reason you are running around to cater to everyone's needs is because you want to be on everyone's good list. You want to make sure that everyone is happy with you and will want to come again. Therefore, you are trying to make the best impression possible. Naturally, this can be a great pressure, "Oh no! If people aren't perfectly happy, they aren't going to have a good time, and they'll think that my house is not so much fun. I'd better make sure that everyone is happy..."

The truth is, when you run around and tend to your family's needs with this intention, you are not serving Hashem. Rather, you are serving your own kavod!

You want to make sure everyone is happy with you.

The way to cure yourself is to internalize: hakavod hevel havolim – 'pride is vanity of vanities'. Tell yourself, "I'm not here to serve my kavod. What's the difference if people like coming to my house or not? I'm not doing chessed for the goal of serving my family. I'm doing chessed to serve Hashem, and Hashem wants me do chessed in a manner of darchei no'am – not in an unhealthy way that causes resentment."

When you do chessed with this mindset, you will try to do what you can to make your family happy and comfortable – at the same time not sacrificing your inner peace. Results won't concern you. Did you make a good impression or not? It doesn't make a difference. You did whatever you were able to, and that's what Hashem wants from you.

With this approach, you will be relieved from all the emotional stress, and you will start enjoying the company of your children and eineklach.

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

Chizuk Corner

The unbelievable power of a good word

By R' Y. Friedman

In Parshas Lech Licha, Avraham Avinu is described as "H'Tivri". Chazal explain the reason for this title was because the whole world was on one side and Avraham was on the other side. In other words, not only did Avraham not go with the flow of society, he stood up defiantly against the whole world to denounce Avoda Zara and proclaim Hashem as the master of the world. We know that us Yidden also carry this title of Ivrim as we find this in a few places. For example, in Mitzrayim we were called Ivrim.

The basic explanation is as we said previously: that because we are descendants of Avraham, therefore we also possess this special quality. Until this very day, although we are a small minority in this world, yet we stand strong clinging to our belief in Hashem. We know and feel the truth, and we are not swayed by the vast majority who deny Hashem's Oneness in the world. Throughout the generations we stood strong and we even sacrificed our lives for our belief following the footsteps of our forefather Avraham Haivri. This is on a national level.

Idealistically, I believe we can bring this concept even further into our own personal lives, amongst our own society as I will explain shortly. But before I do, I will take a little detour and then we will return to explain how to apply this.

As we mentioned in previous issues, encouraging people is vital for their growth. Howev-

er, the opposite is true as well. Discouraging people can sometimes be detrimental to people's growth. If someone is embarking on a mission to improve themselves or to grow in some area, we mustn't discourage them in any way. Unless for



some obvious reason you realize that this is not the path for them. If someone is asking questions in learning, but you feel that they are not intelligent questions, do not dismiss them *chalila*. This person is trying to get involved in learning and he needs to be encouraged and not discouraged.

Here are two stories that show both sides of the coin. The famous Rabbi Yaakov Landau *zt"l* (Rebbi in Torah Temima) personified the concept of Chizuk. His thousands of Talmidim can attest to the tremendous amounts of Chizzuk that their Rebbe poured into them. As one Talmid put it 'He wasn't only a gaon in teaching, he was also a gaon in giving Chizzuk. It was related, that numerous times a talmid would ask a klutz kasha (a silly question). Instead of dismissing it or embarrassing the talmid, Rabbi Landau would brilliantly weave the question into an amazing question, thus

upholding the talmid's honor and would would make him feel like a million dollars in the process. This in turn would encourage the Talmid to move forward, building him for a better future.

Rabbi Landau *Zt"l* would say on Parshas Vayeira this vort. And as you will see, he lived with his teachings. It says that when the Malachim departed from Avraham "Vayakumu Hamalachim". He would say that the Malachim were elevated by the Hachnasas orchim of Avraham Avinu. Everyone that entered Avraham's tent would walk out uplifted, full of chizzuk. This is precisely how Rabbi Landau treated everyone that walked through his door as well.

Here is another story that shows how words of discouragement can be fatal. Before the war my grandfather learned in the same Yeshiva as the famed Gaon Rav Michael Ber Weissmandel *zt"l*. One day, Reb Michael Ber (as a young Bachur) came up with a brilliant question in learning. He asked around and nobody had a proper answer for him. At one point he asked his question to an elderly Yid. This person (probably had good intentions) sharply rebuked the young genius. He dismissed the question and told him to move on in life. Reb Michael Ber turned white and had Chalishas Ha'daas. For a couple of days, he could not concentrate on his learning.

My grandfather *zt"l* took note of the gravity of the situation, and he immediately start-

Chizuk Corner

By: R' Y. Friedman

Continued

ed doing some research. Baruch Hashem he came upon a Maram Schiff that addresses this question, and he ends off that he doesn't have any satisfactory answer. My grandfather ran over to Reb Michael Ber and showed it to him. His face lit up and the shine returned to his face. He returned vigorously to his learning and the rest is history. My grandfather, when he would recount this story, would end off: "Who knows what damage this well meaning Yid could have caused with the wave of his hand." We have to be so careful not to discourage anyone.

The obvious question is, that at the end of the day there are pessimists that will discourage us. There are people out there that may say negative comments to us that may hurt our self-image. So how can we prevent this from affecting us? What can we do to deflect all the negativity that permeates the society that we live in?

We have the Kochos hanefesh imbued within us by our Avos. One of these is the power to stand up for our values and not to be swayed by society. This is known as 'Azus of kedusha'. However, we can take this a step further. We also have the ability to build ourselves and not to be swayed and discouraged by other people. The obvious question is how do attain this Midda?

The Turtle: Reb Zelig Pliskin has a fascinating approach to this, and it's based on the turtle. The turtle has a beautiful pow-

erful shell that surrounds it. Some speculate that since the turtle is so slow, this makes it appear weak to its enemies. Therefore, Hashem gave it the shell. Whenever the enemy wants to attack, the turtle simply enters its shell, thus protecting it from its enemy.

Similarly, we can build a strong healthy shell that can surround us, and when our self-image is threatened we can submerge into our shell.

The obvious question is how do we create this shell. The truth is that for the children it's up to the parents and teachers to build this shell. How do we build this shell? We can bombard them with smiles and words of encouragement. Here are some basic examples. "Hashem loves you more than the entire creation." "I love you very much." "Yes, you can do it." "You are full of energy." "You have hidden strength beyond your wildest imagination." "I see tremendous potential in you."

Then there are the compliments that we can reiterate. For example "You really learn very well". "Your smile lights up the room". "You have a huge heart". "You have a heart of gold", and so on. We can focus on their positive traits and to put a great emphasis on it. Generally speaking, we should not say words of discouragement (obviously there are exceptions but we need to be extremely cautious when we do). All this, will create a strong shell that you created for them,

and when the challenge arises, they will be able to retreat into the strong shell, where they will feel safe.

However, if you are not receiving the chizzuk you need for whatever reason, you can create the shell yourself. You could compliment yourself by focusing on your Maalos every single day. Make time for this. Bitachon is also the key for our own Chizzuk as well. Additionally, our thought process needs to think positive about ourselves (which may be difficult as we discussed in previous issues). Tell yourself throughout the day, the same words of chizzuk we said earlier. However, we should not confuse this with haughtiness which is treif. Looking down at people is gava, while acknowledging our maalos is not. Gadlus Ha'adam is part of our Avodas Hashem.

Our brain has positive and negative energy. We need the positive energy to dominate over the negative energy. If we build ourself and others then this will bring joy into our lives which we desperately need. This will also create a strong shell that will protect us from negative forces around us in our society. With this we will be able to greet Moshiach with joy knowing that we were building people, and with this zechus Hashem will rebuild the Bais Hamikdash bimheira Biyameinu Amein.

WONDER OF THE WEEK

By: Rabbi Yaakov Lubin

Did you drink a glass of water today, wash your hands or go swimming in a pool? You may not have realized it, but you were coming in direct contact with one of the most marvelous molecules in the universe! In fact, it's the unique properties of water that enable all life on our planet to exist.



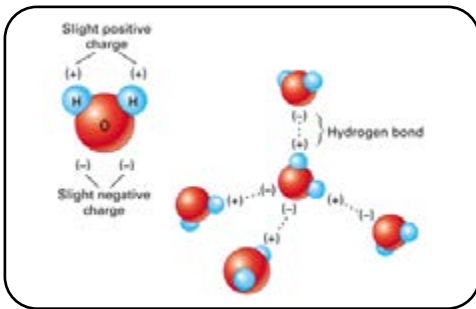
WONDROUS WATER

The secret to water's success lies in its exquisite design. Water molecules are made in such a way that they stick to one another. If you don't believe me, try filling a cup of water a little bit above the rim. The reason it doesn't spill over is because the individual water molecules pull on each other in very weak and short-lived bonds that scientists call hydrogen bonds. Although each bond is frail and doesn't last long, at any given time most of the water molecules are holding onto each other, preventing

the water from spilling over.

Water molecules don't just form

bonds with each other, they actually bind to just about everything they come into contact with. When something like salt falls into water, the water molecules grab onto and pull apart the individual atoms that it is made up of. In a short amount of time, water can dissolve many of the substances needed for life. If not for water, the nutrients you need to stay healthy would be too big for the microscopic cells of your body



to use. Water helps break them down, making them useful and easily transportable to all parts of your body.

Another unique property of water is that it floats when it freezes. Every liquid other than water gets denser and heavier upon freezing which makes it sink. If water were to 'follow the crowd' and sink when

it froze, most oceans and lakes would freeze solid in the winter and the countless creatures that live in them would die from the cold. Hashem didn't want that to happen, so He made it that when water freezes, the bonds between water molecules lock into place and the molecules are kept farther away from each other than when in liquid form. This results in ice having more empty space between molecules than water, making it lighter and able to float. The resulting



layer of ice on top of oceans and lakes also helps keep the fish warm by forming a sort of insulating blanket that keeps out the bit-

Continued on next page

WONDER OF THE WEEK

By Rabbi Yaakov Lubin

Continued ter cold of the winter.

Enabling trees to grow tall is surely another wonder of water. Trees need a way to transport the water from underneath the ground to the branches and leaves. This is no simple task because the force of gravity is always pulling the water down towards the ground. The major force in water transport within trees is provided by the evaporation of water from leaves, a process we call transpiration. Since water molecules are stuck to each other, when water moves out of a leaf it pulls the rest of the water up along with it. This process is known as transpiration pull and can get water up to the top of even the tallest trees.

Isn't it amazing how Hashem uses



the seemingly simple water molecule to do so many things for the plants, animals and people of His world! If you want to see more of the kindnesses of your Creator, try thinking of all the ways you personally benefit from water. You may be surprised to find just how useful water is to you.

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

GROWING FROM OUR GEDOLIM #2

WRITTEN BY: RABBI MATIS EDELSON

MIDDOS

CHESSED

EMUNAH

AHAVAS YISROEL

AHAVAS HATORAH

MITZVOS

TEFILAH

TZEDAKAH

My Rosh Yeshiva, Rav Yisroel Apelbaum Shlitta, is a talmid muvhak of Rav Chaim Pinchos Scheinberg Ztz"l. He tells us many times of how his rebbe had extreme sensitivity and consideration for every person. He loved every Yid and did whatever he could to help them.

White Wine For The Kallah

Rav Chaim Pinchos Scheiberg Ztzl (1910-2012), the Rosh Yeshiva of Yeshiva Torah Ohr in Yerushalayim, was once being mesader kiddushin by a wedding when the caterer placed a bottle of red wine by the chuppah. Rav Scheinberg asked that someone bring a bottle of white wine so that the red wine not spill on the kallah's white gown. One of the men standing near the rosh yeshiva asked him if it's a tircha di'tziburah and would therefore be better to continue the chuppah with the white wine. Rav Scheinberg replied, "You will never be a kallah, so you can't understand how it feels."



The Emergency Phone Call

During his many trips to America to raise funds for his Yeshiva, Rav Scheinberg met with people until very late at night, giving eitzas, berachos, and chizzuk to those in need. One night, he went upstairs to his room past midnight, when the phone rang. His host answered the phone and told the caller that the rosh yeshiva had already went to bed, but the caller said that it was an emergency and he must speak to Rav Scheinberg. His host knocked softly on the door to Rav Scheinberg's bedroom as he was scared to wake him up, and Rav Scheinberg opened the door immediately. He took the phone and listened to the man's urgent shailoh. It was regarding a shidduch for the caller's daughter, and the boy had the same name as the girl's father. Rav Scheinberg patiently told the caller the that specific situation was not a problem, and he hung up. The host apologized to Rav Scheinberg that he had let such a call disturb him, as it clearly could've waited until the morning. Rav Scheinberg responded, "If this man couldn't sleep, then for him it was an emergency".

Hot Soup In The Cold

During the years that Rav Scheinberg lived in New York, he would go outside in the winter, and bring hot pots of soup to the non-Jewish drunkards who would be sitting in the cold on the street in his neighborhood.

STORIES ABOUT OUR GEDOLIM

By: M.D. Applegard

A man once asked Reb Yehuda Assad "I want to buy a run-down store and fix it up and make a living through that. Should I do it?" Reb Yehuda told him "no, don't buy the store".

The next day another man approached Reb Yehuda and asked about the same store, saying, "if I buy this store I will B'ezras Hashem make a nice living, should I buy it"? Reb Yehuda urged the man to go ahead.

When the first man heard about what Reb Yehuda told the second man, he was furious! He ran to Reb Yehuda and asked him what changed? Said Reb Yehuda, "It's very simple. You wanted to take on this big task of running a run-down store all by yourself – a very hard task to do by yourself – but the other man said B'ezras Hashem, and with a partner like that, Hashem, I think he has an excellent chance!"

Indeed, when we bring Hashem into our lives and make his presence real, we are zoiche to the most beautiful happy lives!

Gut Shabbos!

A STORY FOR THE PARSHA

By: Yaakov Berliner - Lakewood, New Jersey

We learn in the parshiyos about Avraham Avinu's love to do chesed.

There was once a person who was visiting Lakewood, he was very tired and needed a place to sleep. He asked a bochur if there was an empty bed in the dormitory that he could sleep on. The bochur said yes and gave him instructions where to find an empty bed.

Somehow he ended up in the Rosh Yeshiva, Rav Aharon Kotler's room and went to sleep in his bed. He slept there for a few hours.

When he woke up he found out that he slept in the Rosh Yeshiva's bed. He ran to Rav Aharon and asked him for mechila.

Rav Aharon answered him, "Mechila? Chas v'shalom! I'm very happy that I could do you a chesed. I'm very happy you slept in my bed!"

(From A Living Mishnas Rav Aharon)

Good Shabbos!

SIXTY SECONDS

With Rabbi Label Lam - Monsey, New York

Writing Your Book

If Avraham had been aware that his actions were being recorded in the holy Torah and that his deeds would be studied and scrutinized by his children and his children's children for thousands of years, would he have acted any differently, and could he have acted any better than he did when he treated those heat-stricken strangers to such an incredible act of kindness?

The answer is, I don't think he could have done any better, and that was even one unguarded moment in his



life.

How did he do it?

He lived with an awareness of the notion that we find in Pirkei Avos: Da mah le-maalah mim'cho, know what's above from you,

ayin ro'ah, an Eye that sees, ozen shoma'as, an Ear that hears, vechol ma'asecha basefer nichtovim, all of your deeds are being written into a Book.

With every action he took, and every word he spoke, he understood, and we understand, that we are making a movie and writing a book.



The beautiful land that Hashem promised Avraham Avinu and Yitzchok Avinu.

THE 'PILLERS OF CREATION'

By: R' Avi Kolko - Chicago, IL

The Webb Space Telescope recently captured a breathtaking picture which NASA entitled "The Pillars of Creation". These pillars are massive formations of gas and dust which are in the process of creating new stars and new planets, hence the name NASA chose. The pillar on the left is longest, at a staggering 25 trillion miles long. To get an idea of that size, you can try walking around the equator.... a million times. You would be at one thousandth the size of that pillar.

Which, in the vastness of the universe, is really tiny. The Pillars of Creation are just a small portion of the Eagle Nebula, which is just one of the twenty thousand nebulae in the Milky Way galaxy, the galaxy we also are part of. The Milky Way is just one of the two trillion galaxies in the universe. The reason the Pillars of Creation got so much attention is simply because the picture is so detailed and beautiful.

What message is Hashem sending us with these pictures? And why does Hashem constantly create new stars and planets?

Hashem created the world with cause and effect. In His wisdom, He saw fit to obfuscate what is the cause and what is the effect. For example, we think we are smart and capable and able, so if



The picture NASA titled 'Pillars Of Creation'.

you search and find a good deal on new car and wind up saving a lot of money, it's easy to think, "Wow, I found a great deal that saved me money." We think that finding the good deal was the cause, and saving money was the effect. Of course, the opposite is true. The cause was

that Hashem wanted you to save money, and the effect was that He gave you a good deal. In essence, we have little power to cause anything to happen. (It's mind-boggling then how much time and mental energy people invest in things that they have no control over.)

Our power lies in matters of the soul. There, we are in charge and we can affect things. On a basic level, we have the ability to choose good or bad, and when we do, that causes the effect of us receiving the corresponding schar or onesh.

On a deeper level, Rav Chaim Volozhiner teaches us how each action we do, word we say, or thought we think, causes a profound effect on the myriad of spiritual "olamos" that exist. When our actions, words and thought are good, we build the olamos, elevate them, and add light to them. Hashem granted this immense power to man, and man alone. Even malochim aren't capable of causing such cosmic effects.

In earlier generations people had an innate emunah

'THE PILLERS OF CREATION'

By: R' Avi Kolko - Chicago, IL

in Hashem and the power of Torah and mitzvos. As we get further from Kabolos Hatorah, the generations are weakened. (All the more so in recent years as kochos hatumah have crept into our world in areas such as science, kedusha, and materialism). It's hard today for us to internalize and live our lives with the notion that we have such power and such influence. So, Hashem gave our generation a gift, in the form of the Webb Telescope and the images it generates. With these pictures of the Pillars of Creation, we have a mashal to understand what happens when we do good – we can now actually see with such amazing detail and clarity the concept of creating new lights, new olamos!

Maybe, just maybe, it's not a mashal. The olamos and oros that are created by us are spiritual, and as sophisticated as a telescope will be it cannot see the spiritual. But we know that spiritual entities often have a physical manifestation. For example, we know that all the olamos are intertwined, cul-

minating in our world, the Olam Ha'asyiah. It would not be farfetched to suggest that the spiritual olamos and oros that we create with our maasim tovim, have their physical manifestation as these very planets and stars that are being created in the Pillars of



Creation, throughout the Eagle Nebula, throughout the Milky Way, and throughout the trillions of galaxies that are out there. We, with our maasim tovim, may actually be creating those stars and planets. Hafleh v'feleh!

In any case, one thing is for certain. The vastness of the universe is hard to really fathom. The Pillars of Creation are relatively close to Earth, merely 7,000 light years away. Some galaxies are as far as 93 billion light years away. There are an estimated 2 billion trillion stars, and endless other ce-

lestial bodies. Why was all of this created?

Imagine being on top of the universe, looking down. Find the Milky Way from amongst the other two trillion galaxies and then zoom into it, then into our solar system, then into Planet Earth, then to the country level, then to the state level, then to the city level. Zoom into a frum neighborhood and into a frum home. There, a person stands, upset and

about to say a sharp word. Right before the word comes tumbling out of his mouth, he pauses, bites his tongue and says something kind instead. When a person makes a choice like that, Chazal tell us "כל העולם כולו לא נברא אלא בשביל" "יה", the entirety of the universe – as incomprehensibly large as it is – was all created... for that one Yid who does good.

When a Yid davens, learns Torah, does a mitzvah, lives the life Hashem wants him to live.... Those are the true Pillars of Creation!

AYIN ^{עין}טובה TOVA

פרשת וירא - חשוון תשפ"ג

By: R' Nesanel Landsman

Suggestions for Parshas Lech Licha's Case: (The Cohen's new neighbors have a loud, squawking, and annoying bird)

- It is important to see the whole picture and not get bogged down with only the one detail of the situation that annoys you. Maybe this bird is helpful for one of their kid's behaviors, and they surely have no intention to annoy others.
- Maybe the bird helps them emotionally and helps them remain a happy and healthy family. Seeing the bird in the light of it being a source of comfort might help them deal with the noise.
- Perhaps, this was sent their way to help them deal with situations which do not go their way.
- If they manage to overcome this annoyance, they will be able to deal with lots of other noisy/irritating situations as well.
- Perhaps, one of their own kids really loves the bird, and this way in effect, they also benefit from the annoyance.
- Realize that it won't take that much time until they will get used to the noise. They then won't even notice the noise anymore.
- *R' Zevy Golombeck suggested:*
- *The Cohens could thank Hashem that they have ears and are able to hear. There are people who would pay money to have their issue.*
- *It was nigzar on Rosh Hashana about how much agmas nefesh a person is meant to experience. They are better off getting it this way and not through accidents or the like.*
- Take notice that the noise doesn't bother the Jacobs because they like the bird so they overlook the noise. If they'll be happy for the Jacobs that they enjoy the parrot, perhaps the noise won't bother them.
- First, validate the feeling of annoyance. Then, acknowledge that they are good people and when you ask them, they would happily move the bird to a place that would be less bothersome

CASE OF THE WEEK:

Mr. and Mrs. Epstein wished to go to a wedding and called a babysitter to come watch their four children. The girl they called, 18 year- old Malky, had come before and had always been reliable and responsible. When they left to the wedding only their oldest daughter was still awake. When they returned, the house was flying, all the kids were jumping around and Malky was talking on her cellphone, oblivious to anything around her. She just slipped out of the house, with a weak wave and no explanation.

Help the Epstein's have ayin tova for Malky and their 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.

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

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

PART TWO

"I vividly remember my first visit to a yeshiva for ba'alei teshuvah. In my mid-20's, I was at an exploring stage of life and casually accepted an invitation I received while touring the Western Wall to see what a yeshiva was like. As 'fate' would have it, one of the first students I encountered was a former university acquaintance.

I remembered him as rather unfocused, brooding and self-centered—in short, a typical college kid. However, this fellow who now approached me was notably poised, open and seemingly genuinely happy. It was almost hard to believe that it was the same person.

Therefore, when he encouraged me to stick around and touted what he had gained since similarly stumbling in little more than a year before, it was hard to write him off. Many of his fellow students also exuded these positive 'vibes;' there was little of the cynicism and unrefined behavior that was so much a part of the secular social milieu I'd come from.

Still, no amount of 'feel good' camaraderie would have been reason enough for me to change my life without a strong cognitive basis behind it. This I received in the classes I attended, which were taught by men who showed not only the vitality and composure exhibited by my friend, but who also exhibited obviously superior intellects.



The points they made were intellectually solid and convincing, but, beyond this, the fact that people of such mental caliber were simultaneously choosing to keep the Torah's ancient 'religious rules' intrigued me. (That the detailed and intensive study of these very rules was itself the fuel that kindled their intellectual acuity and refined character, I would realize only further down the road.)

Then there were the families. I'd grown up in an essentially functional two-parent home and no memories of abuse within it cloud-

ed my past. Still, to me and to most of my peers, the family was at best a neutral entity, a temporary nest that provided for one's physical needs until the child developed the "escape velocity" to pull away from its orbit and embark on his "real" life of friends and career.

Only when I began to frequent Torah-observant homes as a guest did I come to see the family related to enthusiastically and chosen as a primary source of identification. The parents and children (and often grandparents, aunts and uncles, cousins, etc.) seemed to genuinely and voluntarily share a common ground.

They studied the same texts, they sang the same songs—they cooperated as willing partners in a positive, unified endeavor. I observed a wholesomeness and focus, which despite its novelty to my eyes, was both intriguing and attracting—and could little be attributed to chance.

All of this, together of course with the quintessentially impressive chachmah of the Torah itself, combined to lend credence to the claims of the Torah's Divine, supernatural source. I can't say I had been yet 'hooked' on Yiddishkeit, but I was certainly intrigued.

To be continued...



LET US IMAGINE

for just a few moments, what life might look like if the world would malfunction and people would continue to grow their entire life and grow at a fast pace...

The shoes we wear in the morning wouldn't fit us at night! We would need to buy a new pair of shoes every few hours! Our closets, basements and attics would be filled with thousands of pairs of shoes...

We would need to buy new clothing every single day... Putting a huge financial strain on families... People would be going bankrupt right and left...

We would go to sleep at night in bed and wake up in the morning larger than the bed! Our feet sticking out from one side and our head from the other.

We eventually wouldn't be able to stand up straight in our houses. Many people would need to cut holes in the ceiling and their heads would stick out from the roofs! They would suffer from sun that would beat on their heads in the summer and from the frigid ice cold and snow in the winter....

Our houses would need to be huge in order to be habitable!

We wouldn't fit into any stores... .

Our ties would need to be 40 - 50 fifty feet long!

It would cost us billions or trillions of dollars to build massive shuls on massive properties...

We wouldn't fit into our cars and we would need to cut a hole in the roof and stick our heads out...

When walking on the street, our heads would tangle with the tele-

phone and electric wires c"v...

Being so tall would make it pikuach nefesh to be outside during a thunderstorm... Many people petrified of getting hit by lightning, would just never leave their cramped houses...

It would take us a whole year to build a large enough Sukkah...

Because our bodies would be so huge, we would need to eat enormous amounts of food!

A single portion of cholent would need to be cooked in a thousand gallon pot!

It would take us so long to eat! We would be eating and drinking almost the entire day...

It would become impossible for us to feed our families. The cost of a regular breakfast, lunch and supper would be astronomical! And it would be an impossible amount of work...

Wives and mothers would be busy all week peeling thousands of thousands of potatoes just for the cholent...

They all would be going on strike c"v and as a result people wouldn't have what to eat... We would walk around all day hungry...

Resulting in billions of mad and grumpy people...

We wouldn't be in the mood of doing anything!

Simchos, Shabbosos and Yomim Tovim instead of being a time of pleasure and something to look forward to would become a most dreadful ordeal c"v...

Worst of all, We wouldn't have

the strength and be in the mood to serve Hashem and do His mitzvos. 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 doctor after another. We would take every medicine on earth to stop our growth. We spend millions of dollars on all different types of segulos. We would wrack our brains for a solution with no success, and we would slowly come to the horrible realization that we are totally helpless...

Who designed, with unlimited kindness, that our bodies should grow?

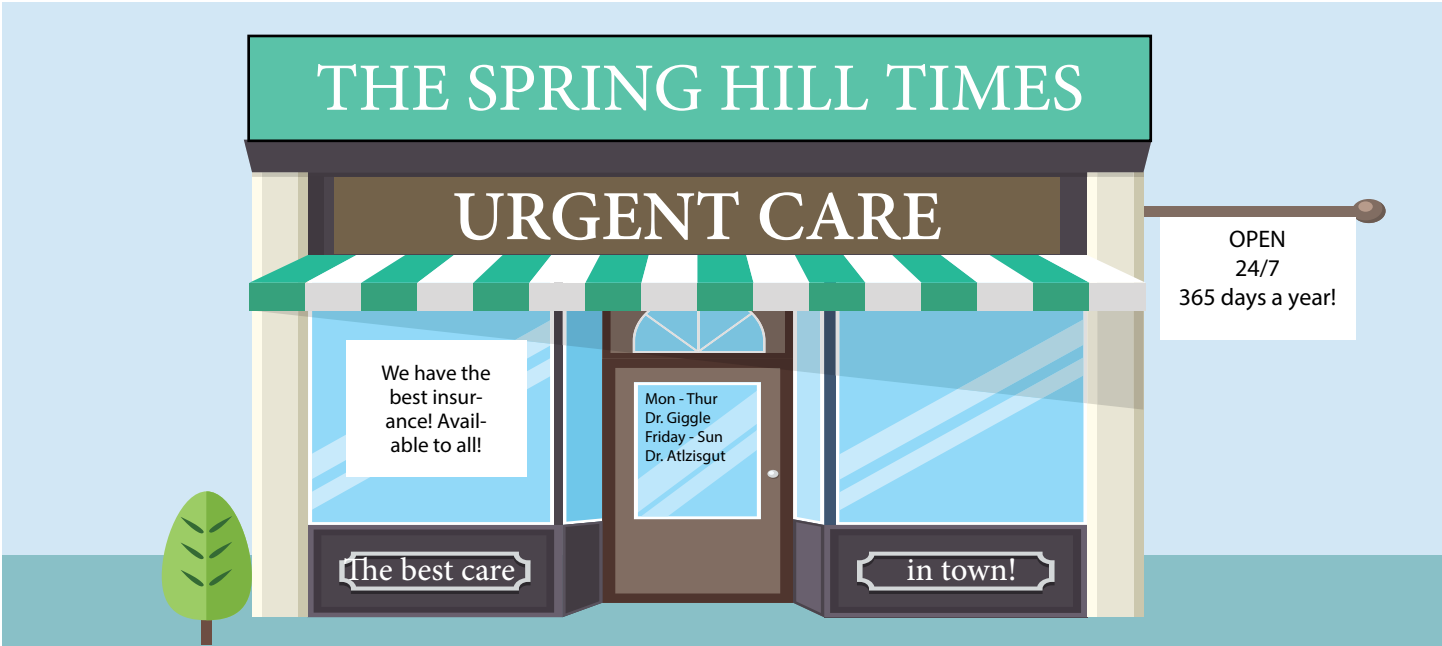
Who designed with unlimited knowledge the perfect exact pace our bodies should grow?

Who designed with unlimited resources and power that the entire body should grow simultaneously and not just one hand, one leg, one eye and one ear...?!?!?

Who designed with infinite wisdom that the body of every single of the billions of people in this world should stop growing at the precise perfect time???

YOU HASHEM!!

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

So many times when I go shopping, my credit card is declined. But my neighbor buys a new car every few years. They are making it in life but we aren't. Please help.

Dr. Altzsigut M.D.




IMPORTANT HEALTH TIPS TO REMEMBER:

The poorer you are in this world the richer you will be in the next!
The harder life is for you in this world the easier it will be for you in the next world!



Wow! How lucky you are! You make Hashem so happy! You chose a lifestyle that gives up so much! You chose to live a Torah life! You chose Hashem!

Why?

Because you want to make Hashem happy! Because You love Him!

You have no idea how rich you will be in the next world! You are one of the few lucky people on earth who are showing Hashem 24/7 365 days a year how loyal you are to Him.

So sorry, but I cannot prescribe you any medications. I'll be sued for malpractice.... You are completely healthy! You are super wealthy! Have a great day!

Next Please...

The Incredible Power of Asher Yatzar!

A Translation from The Incredible Work Of 'Ohr Habracha' by R' Avraham Padawer Shalita

"No Need of Surgery"

While being in a coma for many months, **Mrs. Schwartz*** was suddenly approached by the great **Belzer Rebbe**. The Rebbe instructed her to focus on the *bracha* of 'Asher-Yatzar'. He expressed the importance of saying the *bracha* with great concentration and intention.

After this visit from the Rebbe, Mrs. Schwartz awoke from her coma. She recalled before being unconscious, she was on a bus returning from the Kossel when abruptly it was under 'attack'. Many of the victims did not survive, yet Mrs. Schwartz realized it is due to Hashem's endless love that she remained alive.

Upon Mrs. Schwartz's awakening, the doctor visited her bed-side to inform she would need multiple surgeries in order to return to her previous strength. This being the case, Mrs. Schwartz accepted the will-of-Hashem and started to prepare for the upcoming surgery.

As protocol to entering surgery, the doctor arranged final testing to ensure the upcoming procedure.

Looking at the results the doctor was shocked and exclaimed, "What has changed since the last exam!? This doesn't seem like the same patient, Mrs.

Schwartz you are completely healed, and you are in no-need of surgery!"

This is one of the many incredible stories told about the unbelievable powers that lie within the *bracha* of 'Asher-Yatzar'.

The Disappeared Hole

One day, **R' Dalon** (A Rav in Argentina) received a troubling question. He was approached by a *chosson* whom the doctors just discovered that he had a *hole* in his *heart*. The *chosson* said, "This is a life-threatening condition, what should I do?"

"You don't say 'Asher-Yatzar' with the proper concentration," replied the Rav.

Taken aback, the *Chosson* asked, "Can you please first tell me how I should proceed before instructing me what I should improve?"

"You should be saying 'Asher-Yatzar' with greater kavana;" Responded the Rav.

With that, the *chosson* burst into tears, and accepted the Rav's words. He started to recite this *bracha* with great intention.

Two months later, the *chosson* returned to R' Dalon with a doctor's report stating that the hole had closed-up by itself without any treatment.

Revealing the Chashivus of every Yid!

זכרו תורת משה

“You don’t remember that I sent you to The Top Doctor?!” questioned the Rav.

“I remember that you instructed me to recite ‘*Asher-Yatzar*’ with more kavana, but I don’t recall a referral for a doctor;” Replied the chosson.

“I sent you to The Doctor that heals all the wounded,” explained the Rav. “I sent you to ‘The Source of Healing’. By saying this *bracha* with greater focus you are consulting ‘The Source’, and through this you will merit to see great results.”

It’s Great Power

The great Tzadikim have already told us this, that one who recites this *bracha* with kavana is guaranteed to have good health, live long, and have children.

The great Tzadik, **R’ Chaim Na’ah** said, “One who seeks **any yeshuah**, should strengthen in this *bracha*, and this will guarantee him a yeshuah.”

If you want a great dosage of success, added R’ Chaim, you should recite it from a siddur or the like.

The ‘Asher-Yatzar’ of the ‘Chazon Ish’

The great Tzadik **R’ Chaim Brim** had the privilege to see the **Chazon Ish** many times.

He recalled, the way the Chazon Ish recited this *bracha* was with great concentration. While reciting the *bracha*, his face would turn red from having great

focus. The Chazon Ish would stand in the corner while reciting this and wouldn’t be doing any activity during this duration. This looked like a davening of **Yom Kipper**.

Following the Ways of Our Tzadikim

The **Chofetz Chaim** would take out a siddur while reciting this *bracha*, in order to recite it **inside** and **point** to each and every word¹.

We see the great concentration that our gedolim put into this *bracha*. As we all seek many different ways to merit good health and long life, let us take what our Tzadikim taught us, and with this we will merit good health!

“One who seeks any yeshuah, should strengthen in this bracha, and this will guarantee him a yeshuah!!”
(R’ Chaim Na’ah)

¹ The Chofetz Chaim was visiting someone’s home. When he needed to recite this *bracha*, he requested from the little girl to bring him a siddur, with which he can recite the *bracha*. Her little brother not knowing

much commented to his sister that it seems that the Chofetz Chaim doesn’t know this *bracha* by-heart. This is how much the Chofetz Chaim said each and every word from the siddur.

To help spread this Chizuk Weekly please call
Moshe Hirschberg - 732 569 8111

A GLIMPSE INTO THE PAST

By Sruli Yelen - Lakewood, New Jersey



R' Avi Shulman with Rav Chaim Stein zatzal



Rav Aharon Kotler zatzal



The Ponovezeher Rav

MASTER THE TRADE OF PURCHASING A WATERMELON!

Join our 25 course program. We bring you the biggest experts from all over the world! We will give you to have to know how watermelon.

Learn the tricks in time for the next season!



all the tools you need to pick out the perfect

Early Bird Special
Only \$1899.99
with mention of
this ad.

~~\$50,000 from advertisements like this.~~

\$5 from you ✓

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-יא	4. ד-ד
19. יט-י	12. יב-יב	5. ה-ה
20. כ-כ	13. יג-יג	6. ו-ו
21. כא-כ	14. יד-יד	7. ז-ז

It takes time to grow and it's never so easy!

It was time to leave nursery on the very last day, but in nursery Laya still wanted to stay.



So when the next year finally came around, Laya was back in nursery and by her favorite playground.



When it was time to end the year Laya was so sad, Her mother said "You can come back next year - it won't be so bad."



So the next year again in nursery she played the oldest of all of them but still she stayed!

She got older....



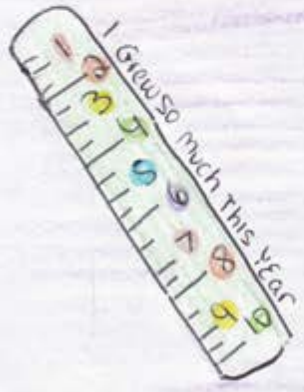
And older....



And older.....



One day when she was nine and still playing with the toys, she thought "why should I stay here with these little girls and boys?"

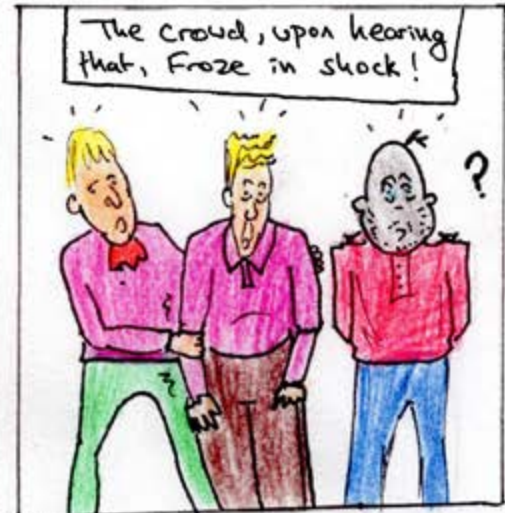


If I want to grow then I have to learn, And not stay in nursery where to play I used to yearn.
 If I want to accomplish a lot of great things, then I can't stay in nursery and on the slide and the swings.
 It takes work to become older and the same to grow, All you need is to let all your efforts show.
 So next time you think why is growing the opposite of "shameasy" remember it takes time to grow and it is never easy!

By M.P.

The True Winner - Chapter 8
by: Ephraim Weiss - Beitar Ilit





Dear Reader,

This story is relevant to you too!

We, the *am Yisroel*, have the privilege of being obligated to do *mitzvot* *leShem* *Shemey*. Many times we forget the goal of being *mitzvot* to Hashem & to serve him for his honor. We often do things for ourselves, for our own honor, or for what others would say.

But we have to remember the goal; to give *mitzvot* to Hashem & to do our deeds for our King.

Those that do for Hashem will certainly receive their full reward !!



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

**WITH JUST \$5 A MONTH YOU CAN BE LIKE
AVRAHAM AVINU AND SARAH IMEINU
AND SPREAD HASHEM'S NAME ALL AROUND THE WORLD!**



DON'T MISS THE OPPORTUNITY!

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)



<p>LAKEWOOD - NEW JERSEY</p> <p>At Rav Yehuda Mandel's Thursday night Vaad: 8:00 pm.</p> <p>18 14th St. For more info call: R' Shlomo Eliyahu 732-569-4273 (leave message)</p> <p>***</p> <p>Ely Family</p> <p>801 Lexington Ave, apt 4G 718-812-5152 Thursday afternoon</p> <p>***</p> <p>30 East 9th St. (Between Princeton and the tracks)</p> <p>Available in container outside the front door Thursday afternoon (possibly Wednesday night)</p> <p>Call R' Shlomo Eliyahu 732-569-4273 (leave message)</p> <p>***</p> <p>Weinberg Family</p>	<p>10 Gvuras Ari Dr.</p> <p>848-240-3128 Available from Thursday afternoon outside front door on chair.</p> <p>***</p> <p>Hirschberg Family</p> <p>410 10th St. Apt 7b</p> <p>Please call to reserve: 732-569-8111</p> <p>***</p> <p>Rosenberg Family</p> <p>104 Elmhurst Blvd. In container by front door. Available from Thursday evening</p> <p>***</p> <p>1500 Twin Oaks Drive. In container by front door from Wednesday night.</p> <p>For more info please call: 908-596-0844</p> <p>***</p> <p>Minzer family</p> <p>15 Gefen Drive- Container in front of</p>	<p>house from Thursday afternoon.</p> <p>***</p> <p>368 Bergen Ave (available from Thursday afternoon) 732-367-2499</p> <p>***</p> <p>Briller Family</p> <p>21 Chicanos Drive (Available from Thursday night in container in front of house) 732-367-4727</p> <p>NEW!</p> <p>Weitman Family</p> <p>282 Coles Way</p> <p>Container in front of house Available on Thursday</p> <p>***</p> <p>Waldman Family</p> <p>16 Sherwood Drive</p> <p>848-223-5678</p> <p>Container by door Available Thursday</p>
---	--	---

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 150 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 Greenwood Village
 Available on Thursday
 Call/text 732-575-0102

Prints 20 copies!

Our Worldwide Distribution Locations



BORO PARK

Shomer Shabbos

Emunas Yisrael

Our Brooklyn Distribution Manager

Meir Simcha Foutorian

848-238-6296

1573 39th St.

Please call/text; to reserve copy

Personal Packages Plus

(Formerly Pretty Personal Packages)

5503 13th Ave

Brooklyn NY 11219

718-437-4777 (4PPP)

Boro Park
gets 250
copies!

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

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

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!

MONSEY - NEW YORK

Rockland Kosher Supermarket
Available from Wednesday Morning.

845-327-5041

Gets 150
copies!

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.

CLIFTON - NEW JERSEY

Avi Gewirtz

7 Belmont Ave, Clifton,

NJ 07012

917-587-3076

Gets 30
copies!

Beitar Ilit

Weiss Family

Em HaBanim 12/2

073-729-5452

Prints 40
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 nose pieces (for glasses)

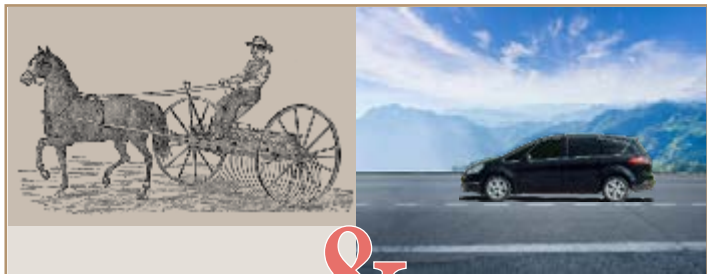
Thank You Hashem for everyone seeing things differently

Thank You Hashem for Elastic

Thank You Hashem for Shopping carts

Thank You Hashem for tracks for drawers (drawer slides/tracks)

לזכות משה יהדה בן שושנה



THEN NOW

Learned well and are in the mood of a gesh-make snack?

1800's: What's a snack?

Today: Just chose from your local grocery one or all of the following: chocolate danish, vanilla danish, cinnamon danish, cheese danish, donut, custard donut, jelly donut, caramel donut, jumbo sprinkle cookie, brownies bar, chocolate chip muffin, blueberry muffin, cupcake with frosting, cream puff, Napoleon, mini cheese cake, kokish cake, black and white, pink and white, Fudge N' Cream Stix, fancy cookies, rainbow cake... And what not?

All the while thanking Hashem from the bottom of your heart for giving you this most beautiful, wonderful and special dream life!

לזכות רחמא שלמה
אסתר בת רחמא ח' מלכה בת בושבע
לעלי נשמת
סרה 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!

Mazal Tov to R' Yehoshua Jacobs and family (Chestnut Ridge, New York) on the birth of a new baby boy!

NIFLAOS HABOREI RIDDLE

By T. Bauman

I come from something live.
I am used since way back when.
Though my products have become
Much more sophisticated from then.
Warm, thick and durable,
Makes me useful in cold weather.
Oh - and linen is real nice,
But we can't be together.
Though I require special care,
I'm really a liked guy-

©

Especially by some insects,
No, not the butterfly.
I am used for a special mitzva
Always close to boys and men.
To remind you of the world's Creator.
Of course it is HaShem.
So now's the time to answer.
I may have made you sleepish.
I'm not pulling anything over your eyes.
Answer! Don't feel sheepish.

Find the answer somewhere on this page

You can stories from the Spring Hill Times being read on the Cheishek HaTorah Hotline.
845-720-4040 Ext 6
Updated every Motzaei Shabbos!

Riddle Corner #13

If an illness you feel, and you want it to heal, just look at Avraham Avinu's precious stone, a doctor no need to phone. Where is this stone found today?

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 #13)

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. Make illustrations for comics.

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



Yum!!! But absolutely nothing compared to what you will be getting in the next world for every second you learn (or your husband learns) Hashem's Torah!

Thank You Hashem

By: R' Yosef Moshe Mizrachi

Which task could take someone 6,000 years to complete, and he would still not be finished? Thanking Hashem for the life he lived (Chovos Halevovos Chailek Beis, page 34 in Lev Tov edition).

Working on thanking Hashem is a lifetime mission. It takes immense work to go against one's nature of being negative and dissatisfied. Rabbi Yehuda Mandel shlita wrote in his Bitachon Weekly that throughout one's life, Hashem deals with him in a way to increase his positivity and gratitude. He does this in parnasah, health, family matters, and even in ruchniyus; Hashem gives a person most of what he desires, and He intentionally holds a little back. He does not give a person everything, in order to test him whether he will focus on the positive and be grateful for what he received, or will he focus on what is missing and complain.

I recently read an amazing story about a talmid of Rabbi Noach Weinberg zatzal. The talmid recounted that when he and his wife were first married, his wife had a very negative attitude. She would second guess Hashem chas v'shalom whenever something did not go her way, and she voiced her discontent at all opportunities. At the age of thirty, she was unfortunately diagnosed with advanced cancer r"l. Her husband noticed that since she became sick, she started to have a different tune. She was less bitter, and slowly,

slowly she became very attached to Hashem. So much so that before she passed away, she told her husband, "I am not worried about myself. I know Hashem who took care of me in this world, will take care of me in the next as well. I am just worried about you having to raise a family without me."

About a year after she was diagnosed, the talmid's wife passed away. When this Yid met his rebbe, Rabbi Noach Weinberg zatzal, he asked him, "How is it that after she got sick, all of her complaints on Hashem r"l simply melted away, and she was able to become so close to Hashem?" Rav Noach responded, "Most of the complaints people have on Hashem are not from the big things in life. They are from the little things in life that did not go their way. When your wife got sick, she started to see life from a different perspective. She started to appreciate the big things in her life and was no longer bogged down by the details that did not go her way!"

Shabbat Shalom U'Mevorach!

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

ATTENTION!

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

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