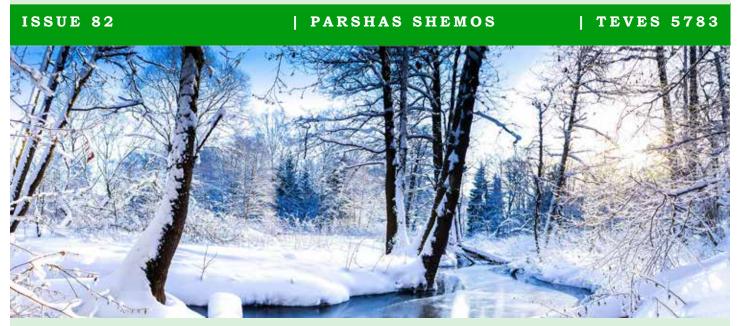
The Spring Hill Times

Spreading Hashem's goodness all around the world

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Hashem, we will never stop singing Your praises! Not in this world and not in the next one!

OUR NATION - AS STUN-NING AS EVER!

Last week, many Yidden in New York had a difficult time being mekadesh the levanah. It was cloudy and rainy for most of the week.

One night, the exciting news went around that the moon could be seen in the mountains. A Yid from Monsey drove all the way upstate to South Fallsburg to be mekadesh the levanah! As he turned onto exit 107 off Route 17, he saw a whole line of cars of other Yidden from Monsey who also made the over an hour drive!!! מי כעמך ישראל!!!!

GATESHEAD FAMILY EN-JOYS SUPPER

On Sunday night, the 9th of Teves, 5783, the Fried* family from Gateshead, England, sat down to a delicious supper!

They had yummy chicken, rice, vegetables and even ketchup!!



Hashem gave them so much food! They were even able to take doubles and triples!!

•Be a better friend.

The whole family went to sleep feeling full!

The same scene repeated itself in millions of houses all around the globe! How wonderful is Your kindness, Hashem!

READING POSITIVE NEWS WILL HELP YOU:

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

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HASHEM GIVES

YERUSHLAYIM COUPLE

BABY AFTER 33 YEARS

Breaking News out of

Yerushlayim Ir Hakodesh-

Rabbi Efraim Fishel Yisroel

Weinberger and his wife,

had a baby boy! They wait-

According to reports, he was

blessed many years ago by

the Bobover Rebbe, R' Naf-

tulche zatzal, that he would Continued on page 3

ed 33 years for the child!!!

Email: thespringhilltimes@gmail.

327-5041. To leave message 24/6 call 385-381-0977

The Spring Hill Times

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Hashem

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A LETTER OF BRACHA AND CHIZUK FROM THE ZIKNEI RO-SHEI YESHIVA IN THE UNITED STATES OF AMERICA

HARAV SHMUEL KAMENTSKY SHLITA AND HARAV ELYA BER WACHTFOGEL SHLITA

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

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

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

WEEKLY NEWS ROUNDUP

Continued from have a child.

Recently, R'

Weinberger went to Rav Yaakov Meir Shechter for a blessing.

Rav Shechter told him: "It's a decree from Heaven. Accept it with love."

R' Weinberger was devastated! He went home and cried for three days!

Soon afterwards, he had this child!!!

Yes! Hashem can do anything! Yes Hashem loves out tefilos! And yes, the gates to Heaven are never ever closed to tears!

HASHEM SPONSORS YESHIVA BOCHUR'S TAXI

There is a bochur in Eretz Yisroel who goes once a week to learn with boys from non-frum families.

There is an organization that sponsors the cost of his trip back and forth by taxi.

Recently, they were short of funds and he had to pay for the taxi on his own. The ride cost 50 shekel. He only had a 200 shekel note. When he reached his destination, he told the driver that he needed change.

The driver said that he did not have any change. He

added, "I'm very impressed by what you are doing, it's free of charge".

When the learning session was over, he called the taxi company and lo and behold the same driver came to pick him up. Meanwhile, he had managed to get change and offered to pay him for both ways.

The driver would not take payment, he wanted the zechus and did not charge him a penny for the round trip!! [Kav Hashgacha Pratis]

YID CLOSES SHOP AND GOES TO A SHIUR

R' Moshe* from Yerushalayim was having an extended family Shabbos get-together. Everyone was asked to contribute something. He was asked to bring candy.

On Thursday night, he went to one store and it was packed with people so he left to go to another store. But that one was closed. He went to a third store but they didn't have anything he wanted.

He asked someone if there was any other candy store around and the person directed him to a store near Har Nof.

He went there, it was almost 10:30 and the owner was about to close. But he let R' Moshe in.

R' Moshe bought candy which cost him about 2,000 shekels.

The store owner was smiling from ear to ear and explained: "Usually I have two workers that come to help me on Thursday nights. Today, both of them couldn't come. I was in a dilemma because every Thursday night I go to a shiur between 9-10pm. But tonight I didn't have anyone to manage the store while I gone. I wasn't sure what to do because if I go to the shiur I would lose many Thursday night customers.

So I called my wife who told me that of course the shiur comes first. She advised me that I should close the store for that hour and reopen it after the shiur until the closing time.

I listened to her advice, closed up shop and went to the shiur. I was hoping that Hashem would show me how I would not lose from doing the right thing.

With this big purchase that you made, I made more money than I usually make from all my regu-

WEEKLY NEWS ROUNDUP

lar customers on Thursday night!"

R' Moshe then told the store owner his part of the story of how b'hashgacha pratis he came to his store. [Kav Hashgacha Pratis]

HASHEM SENDS BOY TOY CAR

A Yid from Chaifa was walking with his son at 8:00 PM and they saw children playing on little toy cars. His son asked him for one too, but he told him he couldn't buy him one. "But you could daven to Hashem for one."

His son started to daven.

The next morning at 7:30 AM, the Yid got a call from his friend who told him that he was doing renovations on his yard and he has 2 electric toy cars that didn't have a battery and he was looking to give them away for free.

By 8:00 that morning he got them delivered by his friend to his house. His son's tefillos were answered exactly 12 hours later. [Kav Hashgacha Pratis]

WOMAN LOVES TO PRAISE HASHEM

There was a woman who

was careful that on any day that we say Hallel she wouldn't speak to anyone until she said it.

She was niftar Erev Chanukah and someone pointed out that every day of the Shiva they said Hallel in the Shiva house. It's the only time in a year that you could say Hallel every single day of Shiva!!! [Kav Hashgacha Pratis]

GAM ZU L'TOVA!

A family from Switzerland traveled to Eretz Yisroel.

When they arrived, they got their suitcases and noticed that the train they needed to take was about to leave. They quickly ran to the train station but when they arrived they missed the train by a minute. They now had to wait another half hour.

As they were waiting, they realized that one of the suitcases looked very similar to theirs but wasn't theirs! They went back into the airport and found the person by the conveyor belt looking for his suitcase. B"H they missed the train, and were able to return the suitcase to the rightful owner. [Kav Hashgacha Pratis]

HASHEM LOVES WHEN WE LIVE B'SHALOM

A bochur in a yeshiva had a seat that he sat in usually during lunch.

A new bochur sat down in his seat, so he went to the bochur and asked him if he could have his seat back. The bochur seemed to take it personally but moved over.

From then on, he had ants every day by his seat. He would clear them away before he sat down but they kept returning.

He took it as a message to ask this boy for forgiveness. He went to the boy and got his Mechila and the ants disappeared!!! [Kav Hashgacha Pratis]

THE POWER OF DAVEN-ING FOR OTHERS

Three American bochurim who were learning in Eretz Yisroel, were going back to America to start shidduchim. They made up to daven for each other at the end of Elokai Netzor in Shemona Esrei.

During Bein Hazmanim of Pesach they each got engaged about a week apart from each other!!! [Kav Hashgacha Pratis]

WEEKLY NEWS ROUNDUP

HASHGACHA PRATIS IN THE BEIS MEDRASH

CHAZARAH!

A 10th grade rebbi from Chestnut Ridge, New York, was about to give a shmuez to his talmidim about the importance of chazara. He wanted to share with them an idea of writing a summary of the sugya on index cards.

He randomly opened up a sefer on chazara written by Rav Shachne Zohn zatzal. On that page that he opened to, Rav Shachne suggests that one should write down a summary of the sugya on index cards!!!

HASHGACHA PRATIS

On Zos Canukah, I was learning with my son in shul. We were learning that when a person wakes up, he should be careful not to walk 4 amos without tzitzis. I told my son about how R' Sholom Mordechai Rubashkin was very makpid about this in jail.

HASHEM LOVES OUR Later on, I realized that it was Zos Chanukah! The day that Rubashkin was freed!!! I told my son, that perhaps it was in the zechus that he was so makpid with his tzitzis that he was freed from jail! (From a reader)

HASHEM LOVES IT WHEN WE DO CHESSED

Chaim* from Beitar couldn't find a Kollel and ended up learning himself in a Beis Medrash. It was very hard for Chaim. Besides for not having a chavrusa he also needed the income.

One day, a friend came over to him and asked him if he could do a chessed and learn with his son, a bachur who needed help with his entrance exam to Yeshiva gedola. He gladly agreed to help the bochur.

He started preparing the sugya on his own.

He was sitting in Bais medrash with many different mefarshim. Another Yid in the shul who was a Maggid Shiur noticed this person learning with all different mefarshim. "He must be a real lamdan," he thought to himself, "let me go o<mark>ver to</mark> him and ask to be his chavrusa so he could help me prepare my shiur."

Chaim was so happy to learn with the Maggid Shiur. In addition, the policy in the maggid shiur's yeshiva is that even the chavrusas that help the Maggid Shiur prepare their shiur, get paid nice-

A different Maggid Shiur heard about him and he too started learning with Chaim and now he had a double income! It all started b'zchus the chessed he did, to help the Yeshiva bochur with his exam!!! [Kav Hashgacha Pratis



HASHEM GIVES STROLLER TO MOTHER

A woman in Eretz Yisroel needed a stroller for her baby, but the stroller she wanted to buy was too expensive.

With a heart full of faith she said to herself that Hashem has many ways to give it to her.

While she was bringing her baby to the morah, a woman stopped her. She started telling her how cute the baby was and then she said, "We have a stroller we are looking to give away, would you like it?"

She gladly accepted, and it was the exact stroller she wanted!

MAN IN AIRPORT STRENGTHENS HIS BI-TACHON

A Yungerman called a taxi to take him to the airport. The taxi came a half hour late. By the time they arrived at the airport, the lines were already very long.

He realized that there was no way he was going to make the flight unless he put some Bitachon into the equation.

So he started singing softly to himself, " Hakol Yachul, I."

P.S. All of a sudden the manager singled him out from the whole long line and brought him through to the front!

BOCHUR TAKES BITA-CHON PILLS

Yaakov Marcus, a bachur learning in yeshiva, got a big migraine headache.

He was contemplating which pills to take. He chose to take Bitachon pills!

He listened to 'A Life with Biatchon', and he knew that the same Hashem who gave him the headache could make it disappear in a flash!

P.S. And that is exactly what happened!

THE POWER OF BITA-CHON

A Yungerman was speaking to bochurim in the Yeshiva about the greatness of Hashem and Bitachon. A Rebbe started criticizing him and told him that he was wasting the bachurim's time.

The next day, when the Yungerman saw this Rebbe walking into yeshiva, he ran to open the door for him to show him respect. The Rebbe was very impressed. He said, "Wow! I just told you off yesterday and today you're showing me respect? You're not upset with me?"

"Yes, this is the power of living with Hashem," answered the yungerman. The rebbi told him "I now see that you're right!!!"

HASHEM ARRANGES FOR FAMILY PLACE TO STAY

The Leiber* family was doing construction to their house.

They could not afford to move to a different house while the work was getting done. So, they ended up



staying in the house and it was really hard. The banging and the noise got on their nerves and there was dust and dirt everywhere.

Mrs. Leiber* did not know how to deal with the situation.

Then, they started smelling gas. It turned out that one of the construction workers caused a leak.

The workman's insurance paid for the family to move to a new house and they were able to enjoy the time there until their house was ready!!!

ISRAELI MAN RELIES ON HASHEM

A talmid told me over an incredible story he had just heard over from an Israeli:

He had just opened a business with a partner. His partner, unfortunately, did not know how to do investments and caused the whole business to crash. They had borrowed lots of money from the

bank, and they were now sitting in debt.

The Israeli said that he was at a loss, and he was only able to rely on Hashem, there was no other alternative.

While he was talking to Hashem, he got a phone call, "You have won the lottery! Come to today to pick up your 300,000 Shekel!"

He picked up the money and he had more than enough money to pay back the debt plus to get back on his feet. He went form complete darkness to bright light all because he spoke to Hashem and relied on Him!

SPRING HILL TIMES PUTS BOY TO SLEEP

Mrs. Richard* from Lakewood loves reading the Spring Hill Times. When she finishes reading it, she sends it over to her friend to read.

Her friend called her up and said that she always had problems putting her 8-year-old son to sleep. It was always a hassle, and he would not cooperate.

But ever since she started getting the Spring Hill Times, she reads it to him in bed. And now, he goes to sleep with a smile on his face! No more tantrums and no more fights. Rather, he goes to sleep with Menuchas Hanefesh, calmly and nicely!

HASHEM LOVES OUR BRACHOS!

Mrs. Stein* has a friend who was not feeling well. As a zchus for her friend to get better, she took upon herself to say Asher Yatzar with Kayana.

She then went to a Chinese auction. They were raffling off prizes, and she won one! She won a fancy Asher Yatzar card to hang up on her wall!

She understood and felt that Hashem was telling her that He was so proud of her and her decision to make brachos more carefully!



ANTISEMITISM PLUM-METING!

I was trying to back out of a driveway onto a very busy street where its extremely hard to back out. I was sitting and waiting and waiting....

There was a non-Jew who was working in the area. He noticed that I was trying to back out for quite some time. He took matters into his own hands and stood in middle of the street, held up his hands to stop the traffic and let me go!

WAITER IS NICE

My brother-in-law made a Bar Mitzvah.

My son Avromi came over to me, and said, "They're serving Kugel. I'd like a piece from the end of the Kugel. Can you please ask the waiter to give me an end piece?"

All of a sudden, one of the non-Jewish waiters came over to me to me, "Is there anything I can do for you? Can I give you any-

thing?" I said, "Sure,can you please give me an end piece of kugel." He said, oh, my greatest pleasure. He went into the kitchen and got me an end piece.

There were about a hundred people there, he didn't go over to anyone else!

Hashem was saying to me, "You always want to look for stories that antisemitism is on the decline, I'll show you!"

YIDDEN LOVE EACH OTHER

A Yid told me he made a Kabbala this year that he wanted to do a chessed to help people out. He was thinking, "What chessed should I do? Well, what helped me out the most this year, what changed my life, was: "A Life with Bitachon."

He was Mekabel to tell one person a day about how Emuna and Bitachon changed his life and he gives them the number of the hotline!!

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
- O SONGS of Emunah & Bitachon (To listen continuously to all the songs, First press 8 and then 0)

SYSTEM INSTRUCTIONS 1 2 3 15 sec. back Pause 15 sec. forward 4 5 6 1 min. back volume forward 7 8 9 3 min. back Lower volume forward * 0 Bookmark save # Bookmark Continue

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

BEAUTIFUL QUOTE

"Speak about Hakadosh Baruch Hu in your house. Speak about the chasdei Hashem constantly."

Avigdor Miller Rav Speaks Vol 1, Page 117

"We have lived for thousands of years without a country, without a land, and we are still here, and we are increasing and multiplying. Torah communities are spreading out all over America..."

Ibid. Page 199

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"'Nothing that is in this world is without miracle...""

Open Your Eyes - Page

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"This teaches us the incredible power in each mitzvah ready a big צדיק and a ma-

that we perform. Every one jor success... -" of them has such great value that it would be worth coming from the next world in order to fulfill just one mitzvah."

"Zichru Toras Moshe -**Parshas Shemos**

"People think that playing down their מעלות makes them closer to Hakadosh Baruch Hu.

Perhaps if they would get involved in all the details of their successes and then thank Hakadosh Baruch Hu they would be much closer and happier and more appreciative."

Rav Yehuda Mandel - Bitachon Weekly, Parshas Vayechi

"No matter how low you seem to be falling and no matter how much pain you are having from your נסיונות you need to remember that the true you is much higher and much happier than it seems. No matter what the truth is that you are alIbid.

"Human beings do nothing. It's Hashem who does everything!"

Rabbi Zevy Golombeck -A Life with Bitachon, Yesod 1445

"Every time you Hakadosh Baruch Hu in your life you are coming closer and closer to the mekor of bracha"

Ibid Yesod 1446.

"It is many years that these things (kavod) mean nothing to me "

Reb Moshe, Page 438

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HASHGA-CHA PRA-TIS

I bought recently new shoes. One morning, I couldn't find them. So I had to wear my

old shoes.

It was hashgacha pratis because later on in the day there was stormy weather, Baruch Hashem, I wasn't wearing my new shoes! Later on I found them. My baby daughter put them in the wrong closet!

Anonymous, EY

GIFT CARD FROM HEAVEN

Thank you so much, we're really enjoying the Spring Hill Times.

I wanted to change to natural detergent. My family is very sensitive and I wanted a better detergent. It's very expensive, so I didn't know what to do.

That week, I got in the mail a survey, and I decided to fill it out. They said they're going to send back a reward.

A few weeks later, I got a \$50 gift card in the mail to Target where they sell the detergent that I need!

I live in an apartment building and I asked many neighbors in the building. They all said they did not receive the reward. I was the only one in the building that received it, straight from Hashem! Thank you so much for all your amazing stories and please keep them coming.

A reader - Monsey, New York

HASHEM IS IN CHARGE OF APPOINTMENTS

I have a small story that I wanted to share. About a week ago, I made an appointment for someone to come down to my house on Monday between 12:00 pm and 1:00 pm.

On Sunday, I realized that I would have to be away at 12:00, but just for a very short amount of time.

The technician was coming at 12:00 on Monday, and I had to be out at 12:00, so I wasn't sure what to do.

On Monday morning at 9:00 am I got a call. I looked at the caller ID, and it said the company name.

I picked up the phone and they said they're so sorry the technician would not be able to come today. "Could we push it off 'till tomorrow'?"

They were feeling bad that they had to push it off, but for me it was clearly from Hashem, and I was able to go to my 12:00 appointment very easily without worrying!

A reader

RIGHT PLACE RIGHT TIME

My mother-in-law wanted to send us a package. She sent a package with someone, but we didn't have a chance to pick it up. We were very very busy.

My mother-in-law called, and she was nervous that we didn't pick it up. Before I could even try to figure out when we could go to get it, I took my kids shopping to a store that I don't usually go to.

I came out with all the packages and opened my trunk to put my packages in the car, and right then who passed by? The person that my motherin-law sent the package with! She stopped her car right by my car, and she came out, and she took the package that were still in her trunk, and put it into my trunk and just closed her car and left!

It was amazing to see how simple it was. It was Mamesh Hashgacha Pratis, without even having to deal with it, it was just taken care of!

A reader

HASHEM IS OUR TRUE DOC-TOR

I needed a medical procedure done, I knew that a friend of mine had the same procedure done with the doctor that I was using, and it wasn't successful. I didn't change doctors, I was going to stick with the one I was using.

I was Davening a lot to Hashem that it should work out and be Matzliach. I even went to Gedolim to get Brachos.

The time the procedure came. The doctor came in and it was not working out. It was very painful.

Right then, in the middle of the procedure, a person walked into the room and said "Hello, I came to help."

It was amazing that the doctor agreed that this man could help him.

This man stepped in and took

over the procedure, and he was a Shaliach from Hashem! He was successful in what he had to get done, and then he just got up and walked out.

Afterwards, I found out that this man was an expert in this type of procedure, and he happened to have been in the hospital. He was not my doctor and had no responsibility at all to me. It was even funny that he should walk into a different doctor's room in the hospital and offer to help. It was really amazing that the whole thing worked out! It was Matzliach in a way that was not B'Derech HaTeva.

A reader

WOMAN FINDS LOST KEY

I want to say that the Spring Hill Times is incredible. It's life-changing, and it's really filling a void.

I don't think there's anything of the sort that is so positive and so full of the Torah and praise of Hashem that's so pleasant and enjoyable to read! The Spring Hill Times is a great read, an uplifting read, and an inspiring read!

So many days have become so much better, easier, nicer and more Lechtig because of your newspaper! So I really have such tremendous Hakaros Hatov, I'm so grateful!

I wanted to specifically comment on the column about the Baal Teshuva's journey, it was written so professionally and it was interesting to hear about Yiddishkeit from a different perspective.

I also enjoy the Spring Hill

Times Urgent Care, it's such a pleasant read.

The back page is also inspiring. It gives me much Chizuk. And of course the positive news stories and to read how Yidden are always asking Hashem and thanking Hashem. I want to say a huge thank you. I really look forward to it every week.

I wanted to say my own story: I teach computers, and I have a key to the computer room because it's usually kept shut. One day, I lost the key, and I couldn't imagine where it was. I thought I should just give up on it because it was so tiny, but it was pretty embarrassing to ask for another key. I wasn't sure how to go about it. So until I found it, I used the secretary's key.

One day, I was at home, preparing a lesson, and I needed a change of scenery. I decided to go to the Kiosk, where there are a lot of computers, and do my lesson over there. When I go to the Kiosk, I usually go to the back of the store, but for some reason I sat down in the front.

Right next to the computer, in the cup, at the computer where I sat down was my key!!

A Reader - Brooklyn NY

IT'S A BEAUTIFUL NAME!

I'm calling in with a Hashgacha Pratis story. I think the name of the magazine 'the Spring Hill Times' is hashgacha pratis. Hashem made that spring is the time that everyone likes: it's not too hot, not too cold. A hill is in between: not a mountain, not a valley, it's in between, perfect. The Spring Hill Times is always spring, always hill, everything is perfect. So that's the Hashgacha Pratis, that Hashem made it that it should be called Spring Hill Times. You should be Mamshich and have Hatzlacha, I really appreciate it, Kol Tuv.

A reader

GIRL DAVENS TO HASHEM

I'm a girl from Brooklyn and I wanted to share a story that happened to me. I was trying to learn how to crochet and for some reason it wasn't going. I was going again and again and I was getting very frustrated. So I decided I would Daven to Hashem, and that minute it started working. Thank you Hashem!

A reader

THANK YOU HASHEM!

Thank you so much for your beautiful publication. I really enjoy it.

I was going shopping and I didn't want to have to pay for another taxi to go home. My shopping took me longer than I thought it would, and normally there's a bus at 7:30. I thought I was going to miss my bus. Too bad, I guess it's just Min Hashamayim. We finished at 7:47, and we come outside, and we saw the bus pulling up right then and there. We made the bus, and we didn't have to pay for a taxi home!

A Reader - Monsey NY

A SINT WINDOWS SAMMON SES ON THE STANDARD SAMMON SES ON THE STANDARD SAMON S

A simple example of what we mentioned earlier is that the mouth has a speedy healing system. It is able to heal the damage that happens inside

faster than other places in the body. When a person bites his tongue, it can be very painful. Sometimes it can even bleed, but two or three days later, he doesn't even remember that it happened. It doesn't leave any mark and he doesn't feel any pain.

If we contrast this to a person who scrapes an elbow or a knee, like a child who falls of a bike, he can still feel the pain and for sure see the wound a week or two later. We see from this that the mouth heals itself quicker than the rest of the body.

One of the ways that served for dessert?"
Hashem causes this to
happen is through the sali-

va that Hashem created. The saliva has in it certain proteins and other nutrients that heal any wound or damage in the mouth much quicker than anywhere else in the body. Other places in the body don't have this liquid. But the mouth and the tongue have this wondrous liquid all around it, which helps heal any damage that might have happened.

Another unique quality of the tongue, which gets overlooked, is that the tongue doesn't get tired. This is actually phenomenal, because after all the tongue is a muscle, and naturally when a muscle is used consistently, for an extended period of time, it gets tired.

The tiring of our muscles does

not only happen when we do strenuous activity, like schlepping heavy things or going up stairs. Rather this applies also with non strenuous work, like writing. If a person writes for a long time, like a half an hour; his fingers begin to feel the strain.



"Is it too hard to lick ice cream that is being served for dessert?"

But do we ever feel after a long meal, that our tongues need a break? Is it too hard

to lick the ice cream that is being served for dessert? Despite the fact that there are a lot of muscles working together during every lick, you don't start to feel tired and you probably wouldn't mind having another scoop of ice cream.

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Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. My granddaughter just had a baby boy and will soon be making a bris. I was hoping that she would name him after my father, who does not have anyone named after him. My father was so dear to me, and it would mean so much to me for my great-grandson to be named after him.

However, I was told that she does not plan to name her son after my father because she doesn't like that name. This is hurting me to no end. No one is named after my father, and I really want my father's name to be remembered. Should I insist that they name the baby after my father in order to defend his honor? What is the emunah and bitachon perspective about this?

A. In Novhardok they taught that whenever a person finds that something is bothering him, he should do birur hamiddos – he must zoom into his emotions and discern what is really bothering him. After discovering the root of his issue, he can address it and learn the proper way of dealing with it.

In your situation, why does it bother you so much that the baby will not be named after your father? One possibility is that you know what a great z'chus it is when someone has a descendant named after him. This causes his name to be remembered and his neshama will have an aliyah. Therefore, you are pained that your father will be deprived of this z'chus.

If this is what's bothering you, you should know that your father's neshama will have a far greater aliyah if you see to it that a machlokes does not arise over naming the child.

If you are looking to give your father kavod and to increase his z'chusim, you should know that the greatest z'chus you could do for him is not to make an issue over the name. In shamayim, his name will live on and be honored for that fact that a machlokes was not made over naming the baby after him.

However, if you will be completely honest with yourself, you will probably discover that what's actually bothering you is not about your father's kavod. Rather what's bothering you is your own kavod! If no one names their child after your father, you perceive it as a lack of reverence towards you.

If this is the case you should know that the issue is not about your father. Rather, it's about yourself!

When a person is pained over his kavod, he should tell himself the words of the Mesilas Yesharim [Perek 22]: hakavod hevel havalim pride is vanity of vanities'. Chazal tell us that when a person is overly obsessed with his kavod, the result is: מוציאין את האדם מו - it takes a person out of this world. Worrying over kavod causes so much emotional stress, and it can take a toll on a person's health and make him leave the world prematurely, R"L.

Realize, what is it that's stressing you out so much? Hevel havalim – kavod which is fleeting and meaningless!

If you are looking for kavod, don't look for the artificial kavod of people saying, "Wow, that was your father's name". Rather, go for the true kavod; rise above your nature and don't make machlokes. By doing this, you will get the true kavod – approval from Hashem.

In addition, by not making an issue out of naming the baby, you will earn respect from people as well. People will admire you as an ish shalom, a role model for peace. This is the way Hashem set up the world: When a person tries to avoid kavod, he is the one who eventually gets recognition in the eyes of people.

The Bitachon Perspective

Continued

Public Speech

Disaster

Q. I was invited to speak at a chizuk event. However, when I got up to speak, I started stumbling over my words, and my delivery came across very convoluted. Not only did I not give across any inspirational message, actually I did the opposite. The crowd left uninspired and disinterested. Now I feel like such a failure. What is the emunah and bitachon perspective about this?

A. The reason you feel such a letdown is because you thought that your job was to give a motivational speech and to inspire people. Therefore, since the speech didn't come out the way you hoped, you feel like a failure.

You have to realize that the function of a speaker is to do the actions of trying to motivate people as best as he can. However, as far as the result of making people inspired, that is Hashem's department.

In addition, it's important to realize that the inspiration people get from a speech is not dependent on how the delivery went. Rather it is determined by how Hashem wants your words to affect them. Hashem is in charge of people's emotions, and he can make even the most unappealing speech find favor in the eyes of the listeners

Therefore, if you wish to have people inspired with your speech, say, "Hashem, I know that you are in control of people's emotions. You can make my words find a place in the hearts of the listeners, and they can walk away feeling inspired."

Certainly, you should learn a lesson from your experience for future speeches. Next time you prepare a speech, perhaps you should invest more time in crystallizing the message that you want the audience to walk away with. You might decide to practice your speech, until you feel more confident in yourself.

However, this is all relevant for what Hashem wants from you in the future. But as far as what already happened in the past, you should know that the way your speech was delivered is exactly the way Hashem wanted it to come out. And the people will receive the exact amount of inspiration that Hashem sees fit.

Q. I was looking for a job, and Baruch Hashem, I found the type of job I was looking for. When I spoke to my employer about the pay, he told me a certain figure, a very decent sal-

ary. However, when push came to shove, the boss explained to me that he sees that the company's budget presently can't supply the original amount, and my salary will be considerably less.

Now I suspect that the boss was never planning to give me the higher salary in the first place. The whole thing was just a trick to get me to accept the job. At this point there is no hishtadlus I can do to get the money. Now, I feel that I am being taken advantage of and that I'm not getting the money that was supposed to be coming to me. What is the emunah and bitachon perspective about this?

A. When a person thinks that he is working for a human being, and that his salary is being decided by a human boss, he can certainly feel that he is being underpaid, and that he is not getting all that he deserves.

However, when a ba'al bitachon goes to work, he knows that he's not working for a human boss, rather he is working for Hashem. Hashem is the one who wants him to do hishtadlus to earn a livelihood. Hakadosh Baruch Hu is his true boss, and it is Hashem who gives the paycheck.

Bitachon Perspective

Continued

person knows that he is working for Hashem, he understands there is no such thing as being underpaid. Hakadosh Baruch Hu will pay you exactly the amount you deserve.

When

When you take your boss out of the picture, and put HaKadosh Baruch Hu there instead, Hashem will show you openly how He is helping you, and you will get all the money that is supposed to be coming to you.

Q. Bli ayin harah, I have a house full of young children who are constantly making messes. I try to teach them to clean up after themselves, but the house ends up getting extremely messy. I find myself cleaning up their messes the entire day. By the time I'm finished cleaning up one mess, there is a new mess which I have to clean, and I can't manage to keep the house clean for more than five minutes! It feels like I'm just going around in circles without getting anywhere. What is the emunah and bitachon perspective about this?

A. Hashem is the source of all bracha, and He wants to give each and every person an unlimited abundance of brachah. However, in order for a person to be a recipient of Hashem's rachamim, he has to go in Hashem's ways and emulate Hashem's middah of chessed.

When a person goes in Hashem's ways, he grows closer to Hashem – the source of all chessed and rachamim – and as a result he will enjoy the abundance of chessed that Hashem is waiting to shower upon him.

How can you go in the ways of Hakadosh Baruch Hu?

What does Hashem do perpetually? He gives and gives! He provides for every creature, and He makes sure that each one has a place to live and the sustenance it needs.

That is exactly what you are doing as well! When you provide the needs of a house full of children and you are giving and giving without end!

Whenever you prepare food for them to eat, you are giving them the sustenance they need. Whenever you clean up your house, you are giving your children a house that's livable. If five minutes later the house needs to be cleaned again, you now have another opportunity to do chessed.

Ultimately, your entire day revolves around the chessed of constantly helping your children – which means that you are going in the ways of Hakadosh Baruch Hu!

Because of that, Hakadosh Baruch Hu said, "Now that you are acting with middas hachessed, I will now shower you with all the endless chessed and rachamim that I had in store for you.

Therefore, instead of viewing yourself as if you are just going around in circles and going nowhere, you should realize that you are actually traveling very far in the pursuit of getting closer to Hashem.

When you realize that every mess that you clean brings you closer to Hashem, and you are bringing bracha into your house, you will be able to go about taking care of your family contentedly and with a sense of mission and accomplishment.

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

Chizuk Corner

The unbelievable power of a good word

By R'Y. Friedman

Introduction: We know that Hashem's Torah is more vast than the ocean. It's beauty and splendor is beyond our comprehension. At the same time, we are also much greater than we think, as Chazal tell us that in essence HaKadosh B"H, Yisroel and the Torah are connected as one unit.

It's true that Chanuka may be over, but we have entered the special weeks/ days known as "Shovavim". These are opportune days when we become purified and elevated and ultimately come very close to Hashem. The Seforim teach us that the reason why these days are opportune for this. It is because at this time we are reading the parshiyos of Yetzias Mitzrayim. This causes the light of Yetzias Mitzrayim to illuminate and infuse us with holiness, enabling us to emerge from our personal Mitzrayim.

The Nesivos Shalom and others say that the ultimate way we bring down the light of Shovavim is when we learn Torah.

The Torah purifies and cleanses our Nesahamos and makes us one with Hashem.

However, in order to get started let us overdose on chizuk and appreciation for the greatest treasure ever, Hashem's Holy Torah. As Dovid Hamelech says "tov li Toras picha mealfei zahay vachesef. Before we begin, due to the enormity of this subject we will try to capsulize the concepts, and we obviously cannot cover all grounds. However, we will try to extract some nougats of Chizuk so we can grow in our appreciation for the To-



rah. We will BE"H become connected to the treasure that we have in our midst.

We learned recently that when Yaakov Avinu and the brothers were heading to Mitzrayim, Yaakov sent Yehuda ahead to set up a Yeshiva. The question is why couldn't they just wait until they arrived in Mitzrayim and then set up the Yeshiva? So, we see from here something tremendous. Yaakov understood that we can't exist without being connected to the so he sent Yehuda ahead.

I know of someone that had to leave Eretz Yisroel in the middle of the z'man, to go back to America. When he spoke to his Rebbe, his Rebbe asked him if he was set up with a proper place and a chavrusa in America? The Talmud said that he didn't get a chance and he would figure it out

when he arrived. However, the Rebbe insisted that he make the arrangements before he left. He explained that there can't be even a break of one day that one is not connected to Hashem with the Heilige Torah.

The Lev Eliyahu brings down that when the brothers informed Yaakov that Yosef was alive, he did not get excited until he saw the wagons that indicated that Yosef was still connected to the Torah. Our Avos understood that life without Torah is not a life as we say daily "ki him chayeinu".

There is a story told that there was a darshan that was speaking and Reb Baruch Ber zt"I was present. The Darshan said that Torah is similar to oxygen, because we cannot live without it. Reb Baruch Ber disagreed. He said it's even more than that. Hashem's Torah is the very essence and purpose of our life. This is such a profound statement. Now we can start understanding why we can't be without Torah even for a short time.

Let's go even deeper. The Ramchal in Derech Hashem and Reb Chaim Vital say something so deep and awesome (It is worthwhile to look it up yourself inside D"H chelek 4 perek 2). They say that when Hashem gave us the Torah, it means that kaviyachol Hashem gave us from His splendor and divine light. When a person is learning

Chizuk Corner

By: R'Y. Friedma Continued

Torah, he is plugging himself in to this tremendous light that is the greatest light in the world.

Now some people might be thinking that this sounds too much for me. "This is for the great Tzaddikim. As for me I cannot get such a strong connection to the Torah. I don't know so many concepts in Torah, and I am not such a baal kishron." All this is the Yetzer hara talking, and is one hundred percent false.

Firstly, the Ramchal says that this is not limited to deep concepts. Any Torah that we learn has the divine light connected to it.

Secondly, this statement comes from an underestimation of our very own greatness, as we mentioned earlier. A Yid is chelek Elokai Mimal and the Torah is a divine light from Hashem as we explained. Therefore, when these two meet, it causes a tremendous fire of love. We see from the above that when we are learning Torah we are plugging ourselves into the source of life, because Hashem and His Torah are one. Therefore, when we connect ourselves to the Torah we become very close to Hashem, and what can be sweeter than that?

I once heard a story of an ignorant Yid who never learned Torah due to the circumstances (before Torah Anytime, Kol Halashon the Spring Hill Times and all the wonderful harbatzos Torah that goes on in this world). He lived in a remote village far removed from regular Yidden. One day he felt a tremendous yearning to learn Torah every day. So, he travelled far away to a Shul so that he could learn a word that he could take back with him.

When he came to the Shul, he heard someone say "tamei". So, he took this word to heart, and he would repeat this word over and over again every day. He would say the word, "tamei" and he would say it to Hashem as he would jump up and down with great fire and enthusiasm. A rebbe told over this story to his Chassidim and he concluded that we can't imagine the great nachas Ruach that this simple Yid brought the Ribbono Shel Olam.

I would like to say that it's obvious from the story that this man had a tremendous connection to the Torah and Hashem through this word "tamei". We can just imagine how much tahara this person attained from the word tamei, as Torah is a Mikva Tehara for the Yid. Yes, every Yid can have a strong connection to the Torah, and this should give us tremendous Chizzuk going forward.

The Vilna Gaon once said on himself that he had such a Geshmak and Cheishek for Torah, that he could learn one Mishna his entire life without going into the depth of Torah. Yes, you heard it right, one Mishna.

Dovid Hamelech says in Tehillim "Sas anochi al imrasecha kimotzei shalal rav". Rav Dan Segal Shlit"a would often elaborate on this profound statement. He said that we see that Dovid Hamelech was rejoicing with the greatest of joys "on one word" of Torah.

Let us thank Hashem nonstop for everything he gives us and especially the most delightful treasure the Torah.

We are standing in a time period where the light of Yetzias is shining brightly as we mentioned earlier. This is also known as the light of the Geula, both on a personal level and on a national level as well. Chazal teach us that the Geula will come in the zechus of Torah. In the zechus that all of us are mechazek ourselves in Torah by trying to elevate ourselves and connecting ourselves to Hashem with love and fire, Hashem will bring the Geula Shelaima and we will be ushered into a new era where the secrets of His Torah will come gushing forth kamayim layam michasim Amein.

GROWING FROM OUR GEDOUM #10

WRITTEN BY: RABBI MATIS EDELSON

MIDDOS

CHESSED

EMUNAH

AHAVAS YISROEL

AHAVAS HATORAH

MITZVOS

TEFILAH

TZEDAKAH

The Chofetz Chaim would speak about how a person has to speak to Hashem like a child speaks to his father and should tell Hashem everything that is on his mind. He was known even from a young age to seclude himself and pour out his heart to Hashem.

Yisroel Meir Is A Kohen!

The nephew of the Chofetz Chaim, Rav Tzvi Hirsch Zacks z"I related that one of the talmidim of the yeshiva in Radin noticed several times that the Chofetz Chaim entered the beis medrash at midnight and stayed there for a while. The talmid decided to find out what the Chofetz Chaim was doing there, so he entered on night and hid in the ezras noshim. At midnight, the Chofetz Chaim entered and went to the Aron Kodesh. He opened the Aron and began to cry. "Ribono Shel Olam, Yisroel Meir is a Kohen, and a Kohen can easily get angry. Hashem, please help me overcome the challenge to get angry!"



The Yeshiva Building in Radin As It Looks Today

I Knew You Would Come Back

When Rav Shimshon Pincus Z"I, the world renowned Rov of Ofakim, was 7 years old, he lived in Williamsburg NY. One Shavuos night after the Yom Tov Seuda, his father Rav Chaim Avrohom was preparing to go to shul to stay up the whole night learning. Young Shimshi approached him and told him that he wanted to go to shul with him too. His father, thinking that he was too young to stay up on Shavuos night, told him to get into pajamas and go to sleep. A half hour passed, and Rav Chaim Avrohom was sitting in shul learning, when he started to think that if Shimshi has such a strong desire to come to shul and learn like everyone else, then maybe he should let him. Rav Chaim Avrohom got up and left the shul to return home. When he arrived at his home, he saw an astounding sight. Shimshi was standing on the porch, waiting for him in his Yom Tov clothing! "Shimshi, what are you doing?" asked his father. Shimshi replied, "I davened to Hashem with all my heart that you should change your mind, and come back to take me to shul, and I was certain that my tefillos would be answered! I got up from bed, got dressed, and here I am waiting for you!"

Rav Shimshon Dovid Pincus Z"l

A STORY FOR THE PARSHA

By: Yaakov Berliner - Lakewood, New Jersey

And Moshe said: behold I have blocked lips so how will Pharoah listen to me?

The medrash relates that one day when Moshe was still a small child growing up in Pharaoh's palace, he was sitting on Pharaoh's lap. Surrounding Pharoah were his officers and sorcerers. Suddenly, Moshe reached up, removed the crown from Pharoah's head and placed it on his own head. The sorcerers were alarmed by what they had just witnessed and they said to Pharoah, "We are concerned that this child will one day seize your kingdom and rule instead of you!"

Yisro, one of Pharaoh's advisors' said: "That was child's play. He is not intelligent. He is not a threat to the Kingdom!" One of the sorcerers said: "Let's check if

he is intelligent or not" They took two bowls. In one they placed gold coins and in the other burning coals. "If he reaches for gold, then it is an indication that he is intelligent and he will be executed. However, if he takes the coals, then he apparently is not very intelligent and we will not execute him."

Moshe tried reaching for the gold coins, but Malach Gavriel moved his hand over to the burning coals. Moshe burned his hand when he touched a coal so he touched his tongue and burned it as well and thus developed a speech impediment.

A Gut Shabbos!

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York



Real News

Why is the world obsessed with news? Shlomo HaMelech writes: Ein kol chodosh tachas hashemesh, there's nothing new under

the sun. that means there's no news. Everything is a repeat; it's a recycling of the same old, same old. Hakinah vehata'avah vehakovod motzi'in es ho'odom

minho'olom. So what are we looking for, "mah chadash? What's news, what's the latest?"?

The truth is, it could be coming from a very deep place. Even though ein kol chodosh tachas hashemesh, there's nothing new under the sun, the Seforim write ella lema'alah min hashemesh yeish chodosh, there is news. We say it twice a day in our davening, Hamechadeish betuvo bechol yom tomid Maaseh Bereishis, that HaKodosh Boruch Hu renews with His kindliness the act of creation, constantly.

So the truth is that we are all, really, looking for HaShem, But if we think we're going to find Him in the newspaper, we're looking in the wrong place.

LIVING WITH APPRECIATION

By: R' Daniel Shasha

Yisro, a well known figure in his home town of Midian, frequently sent his daughters to draw water from the local well. They were usually taunted by the locals and it took a long time returning home,.

Yet one time they arrived home much earlier than usual. 'How come you came back so early?', asked their surprised father. "We were saved by an Egyptian man!' they responded excitedly. The Midrash (Shemos Rabbah 1:32) brings the following mashal to help us understand their reply.

A man was attacked by a wild donkey and ran to the nearest river to wash his wounds.

Suddenly, he saw a little child drowning in the river, and rushed to save him.

The child thanked him with all his heart, 'my dear sir, you just saved my life, I really can't thank you enough. "Don't thank me, he told the child, you should thank the wild donkey who attacked me, it was only because of that donkey that I rushed to the river in the first place!"

So too, Yisro's daughters were saying that they were saved by an Egyptian man, not only Moshe Rabbeinu but also the Egyptian task master whom Moshe killed. After all, because of this man, Moshe fled

to Midian and was in a position to save them!

Rabbi Chaim Shmulevitz observes that their hakaras hatov was so strong that they were able to see how Hashem arranged the events that Moshe could save them. They were even able to thank the Egyptian task master whom Moshe killed!

Hashem is our loving caring Father who always arranges events for our best. It is a big avodah to be

> "We should be grateful to people whom we have benefited from, even if they didn't intend to help us."

Rabbi Chaim Shmulevitz

grateful to Hashem for all the factors that lead up to our yeshuah.

We can also learn from this fascinating Midrash, that we should be grateful to people whom we have benefited from, even if they didn't intend to help us or didn't even know they did. (Adapted from Sichas U'Mussar, Behaaloscha).

Towards the end of his life, Rabbi Isser Zalman Meltzer was visited by a former student who came to invite him to his son's Bar Mitzvah. "I don't expect the Rav to come," the student said, "we live

across town and our apartment is very high up." He knew it would be very challenging for the Rav to come, but felt it was courtesy to invite him anyway.

To the student's shock, Rabbi Isser Zalman walked through their door with warm mazel tov greetings to the entire family. The host was very surprised he came and asked why he went to so much trouble.

"I have a great deal of gratitude to You," the Rabbi replied. "What gratitude do you have?" asked the confused father.

Rabbi Isser Zalman explained that when the man came to invite him to his son's Bar Mitzvah, he was able to reflect that it had been many years since he taught this student when he was a child. Now he was a fully grown adult making a Bar Mitzvah for his son.

"This was a wakeup call to me that I am getting on in years and it inspired me to do teshuvah" he explained.

"I am therefore extremely grateful to you that you helped give me this wake-up call, and I troubled myself due to my great gratitude to you."

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



Lemonade or Lemon Aid?

By: R' Moshe Davidson - Brooklyn, New York

I was under the weather with some sort of respiratory ailment during the first wave of viruses this pre-winter season.

I was one of a few Rebbeim in the Yeshiva that were teaching only with the aid of the age old remedy: tea - - honey - - fresh squeezed lemon.. (We weren't contagious then anymore.)

We were going into class with more than one cup at a time.

While teaching is probably the best job for an actor who loves Hashem, Yiddishe neshamos, and the heilige Torah, you still have to take into consideration that the children want to hear a clear voice (throat and nose) speaking.

I supplied the plastic covers for the cups of hot tea and those extra cardboard type of holders that wrap around the boiling hot paper cups, so we shouldn't get hurt as we brought them to class. I also bought the decaf tea bags, honey and fresh lemons.

It ran up a bill but I was happy to keep the other Rebbeim and myself going.

The only thing I found hard to keep up with, was the fact that big juicy lemons were selling at about a dollar a piece.

The Rebbeim were cutting

and squeezing them, to add vitamin c to their tea, feeling guilty that they were running up a bill, while taking into class that elixir of life.

I didn't think about that too much, and was focused on the fact that it's a huge zechus and privilege to keep the Rebbeim functioning on the maximum level possible, under those circumstances.

I came home one day bombed out after my two back to back teaching jobs. I was exhausted. The virus was sucking any



last energy that I still had, at the end of the day.

I noticed on the counter two small sacks of lemons! What is going on here? I thought.

I remembered the weekly deliveries of household items in the covid days... but what was this?

My wife isn't the one to splurge even when seeing a sale. So who bought, or brought this here? I wondered.

I didn't have to wait long to hear the story about the cook, the computer, and the lemons.

In the school where my wife teaches, the cook placed an order for one sack of lemons that she needed for some recipes. By mistake (that's what it seemed like), she entered on the computer the number 10 by adding one zero! She didn't know what to do with all the sacks of lemons which arrived to her surprise! She offered it to the teachers and my wife brought home a few. The next day another few.

I was elated with my (sweet) sour lemons that Hashem sent me to aid me in the expenses of the tea project.

We had a "citrus blast" with those lemons in Yeshiva. The Rebbeim used them until they (Hashem) nursed themselves back to health, guilt free. I only had one problem with actually convincing them that this was true. That the cook of my wife's school actually made that mistake.

If you look for Hashem you'll find Him!

AYIN טובה TOVA

By: R' Nesanel Landesman

Suggestions for the Lady who cut the line in the grocery store:

- Maybe she had paid already but had forgotten some stuff, so she went quickly to get it- this was why there was such a long line in the first place.
- Avigayil should realize that the woman was in a rush and did not realize that others were also in a rush.
- The middle -aged woman was known to Gershon's Grocery because she came into the store daily at almost the exact same time to buy food for the sick and needy. Because she purchased from Gershon's Grocery all the time on behalf of others she was given leeway to go to the front of the line. Avigayil also participated in the Mitzva of helping the sick and needy by allowing the woman to rush to do a Mitzva.
- Maybe the lady is Gershon's wife.
- She was ill with something contagious, but was the healthiest in her family, so she wanted to get out of the store with the items she needed for her family before infecting anyone on line.
- She had been in earlier without her wallet, the owner told her to head to the front of the line when she returned.

R' Zevy Golombek suggested:

- The Seforim Kedoshim say that when Hashem
 wishes to shower you with Bracha and chessed,
 He gives you an opportunity to do Chessed. Then once you do the chessed, He pays you back
 ten times the chessed!
- She thinks that had it not been for this woman, she would have been out of the store earlier. She must realize that something else would have prevented her from getting out earlier!
- She will realize that her reaction is being driven by kavod, and kavod is only hevel havalim!

CASE OF THE WEEK:

The Kaufmans keep their cholent on a hot plate for Shabbos with a timer that turns the plata off after lunch.

One Shabbos morning they realized that the timer was completely off schedule and the hot plate was in fact off for several hours during the night. Now the Kaufmans, who are having company for lunch, would have no cholent, the highlight of their Shabbos meal.

Help the Kaufmans have ayin tova for 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

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

EY: 052-760-5409.



Caution: Please strengthen your bitachon before reading this article!

Let us imagine for just a few moments, what life might look like if animals and bugs would have long lives and would be growing at a very fast pace their entire life c"v...

Centipedes the size of 18 wheel tractor trailer trucks would be creeping around our houses.

They would be zooming 1000 mph up and down our walls and across the floors with their millions of huge feet...

Bubbies, Zeidies, middle aged people, Rebbeim, teachers, students, doctors, nurses, policemen, teenagers and young children would all be shrieking in fear and promptly fainting when chancing upon one of them...

The mighty brave ones, who would somehow manage to stay conscious, would be emptying one 120-gallon-can of exterminating spray after another, onto the massive centipede, but it wouldn't do a

thing...

They would try electrocuting the centipede. But that too would do nothing...

Terrifying humongous mosquitoes, the size of helicopters and airplanes,



would be flying around our houses and outside.

They would be smashing right through our windows and screens...

The noise caused by their beating wings and flying would be so loud that we wouldn't be able to hear anything else! People would be going deaf left and right c"v...

We would have such a hard



time falling asleep from all the noise and from fright... We would attempt to calm down with calling 'A Life With Bitachon' but we wouldn't be able to hear anything c"v...

As a result, everyone would be walking around so scared, tired, exhausted and dispirited...

Just one bite of a mosquito would suck out all the blood of the hapless victim c"v...

Hundreds of fruit flies the size of tables and chairs would be flying around our houses.

Every step we would take we would be bumping into them...

One fly would eat up an enormous pot of soup or cholent in less than 50 seconds...

Every time a bird would land on our house the roof would cave in with all the inhabitants inside...

We would be busy day and night rebuilding our crushed houses...

Mice, the size of elephants, would be running around



in our attics and in our basements...

We would be petrified to meet a squirrel...

Everyone would be going crazy from fear and fright...

We would just be staying all day in bed under our blankets afraid to peak out...

We wouldn't go to shul, school, work and shopping... Resulting in a complete collapse of the entire society...

Worst of all, we wouldn't be able to serve Hashem properly; we wouldn't be able to daven or learn... Our minds would be fully occupied 25/7 with insects and animals...

We would run from one exterminator to another but there would be nothing in the world that they could do...

We would call chaverim but even they would not be able to help us...

We would run from one congressman to another. We would place calls to all our senators..

> All the leaders in the world would get together for an emergency meeting...

The greatest scientists and inventors would be working day and night to figure out a solution but everything would fail miserably!

And this world would be a most horrible terrifying place to live in...

Who has the unlimited knowledge to know that human beings cannot live with large

Who designed, with unlimited wisdom that the trillions of insects all over the world should be created small????

Who designed with infinite brilliance the perfect growth rate for insects and animals???

Who manufactured infinite perfection that humans should be larger than insects and not the other way around?!?!?

Who designed with unlimited resources and power that the mosquito and other common insects should not fly and crawl 1000 times quicker than their current speed....?!?!?

Who designed with infinite kindness the perfect life span for insects and animals???

You Hashem, BLESSED BE YOUR NAME!!!

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

GRABTHIS MITZVAH!



The Spring Hill Times is looking for volunteers to help distribute the newspaper to various locations around Lakewood. Please contact: Yoni Kohn 732-597-8546



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:

I have a real yeshivishe car. Whenever I get over one problem, another one crops up (Problem goreres problem)! It gets me so frustrated! I cannot afford to buy a new car. Please help!





IMPORTANT HEALTH TIPS TO

REMEMBER

For every so called 'bad thing', Hashem gives you each and every second, 999 trillion good things!!!!!

And even that 'bad thing' is really good!!!

Dr. Chaim Altzisgut M.D.







I'm prescribing you 5 medications:

- 1. Thank Hashem for the times that your car works fine!
- 2. Thank Hashem that your body with its trillions upon trillions of details works perfectly!
- 3. Thank Hashem for giving you so many opportunities to accept with love what He does for you... Imagine the Olam Haba for that!
- 4. Thank Hashem that He created such a thing as a 'Mechanic'! Imagine life without him...
- 5. Thank Hashem for giving you these minor small agmas nefesh instead of big ones...

A GLIMPSE INTO THE PAST

By Sruli Yelen - Lakewood, New Jersey



Rav Meir Shapiro zatzal giving a shiur in Yeshivas Chachmei Lublin



Rav Yosef Shalom Elyashiv with Rav Dovid Feinstein zatzal

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- ✓ Free bonus! We check the salt level!
- ✓ Speedy service! We come to you within 59 seconds!
- ✓ Pareve Cholent included in the plan!
- ✓ Special extra charge for Milchig and fleishig soup!



Ask about our special 'refilling your bowl and clean up after you' service!

The first ten customers who sign up will go into a raffle for a free package of toothpicks!!!

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Second bowl is half price!!!!

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NO!!!!

If APPLE WOULD OFFER THE SPRING HILL TIMES \$100,000,000 TO ADVERTISE THEM WE WOULD CLOSE OUR EARS AND TELL THEM:

NO!!!!

IF COCA COLA WOULD OFFER THE SPRING HILL TIMES \$1,000,000,000 TO ADVERTISE THEM WE WOULD CLOSE OUR EYES AND EARS AND SAY:

NO!!!!

BUT IF A HEILIGE YID WANTS TO DONATE \$5/\$10/\$15/\$20 A MONTH WE WILL SAY:

YES!!!!

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√Hashem

√Shabbos Kodesh

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Weather Reports Brought to you by:
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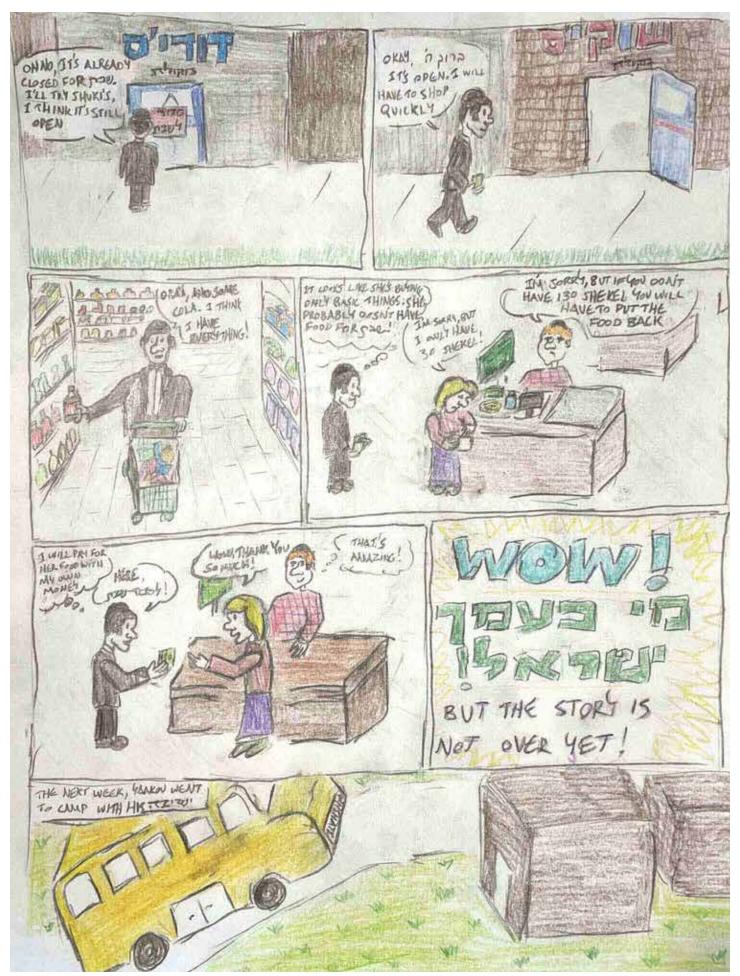


Rockland County, New York

Monday	Tuesday	Wednesday	Thursday	Erev Shabbos	Shabbos	Sunday
16 Teves	17 Teves	18 Teves	19 Teves	20 Teves	21 Teves	22 Teves
Low 29°F	28°F	33°F	40°F	34°F	28°F	28°F
High 44°F	42°F	41°F	48°F	47°F	40°F	42°F
Partly cloudy!	Partly Cloudy	Mostly Cloudy!!	AM Showers!	Rain Yummm!	Partly cloudy!	Mostly sunny!
			A POPULA	1000		
The weather will be perfect to honor your parents!	I It will be a woll-	l C	Perfect day to realize how much Hashem loves you!	Perfect day for jumping up and down from excitement while vacuuming for Shabbos!	Stunning weather! Perfect to celebrate Hashem's completion of the universe!	Beautiful weather! Will be a great day to be proud that you are a Yid!

Please note: This is based upon the forecast at time of print. Actual results might vary...







HASHEM HAS HIS WAYS

By: Shoshana Raizel Kaufman

Chapter 2

Recap: Abba tells everyone that they are tight on money and that they should not ask their parents to buy anything extra.

"Hey Moishy, come here", called fifteen-year-old David. "I want to show you something." "What did you want to show me", asked fourteen-year-old Moishy. "Look", said David. "See this ad? It says that you call up a number, pay five dollars and go into a raffle. One hundred raffle winners will get a thousand dollars. This could be good for us." "Yes, David, I agree. Let's show Abba." "Abba, Abba, look what we found", the two boys called out excitedly. Here's an ad that if you call up a number and you pay five dollars, there's a

raffle for a hundred winners to win a thousand dollars." "I see", said Abba. "I'll think about it."

The next day

"Okay children", said Abba. "We found an ad for a raffle for \$1,000. We will call now. 1845-222-2222". "Ring ring..." An answering machine picked up: "Please leave a message", it said. "I am donating \$5", Abba said. Then he hung up. "One minute", said David, a few minutes later. "I think that the number started with 732 not 845. So Abba checked the advertisement again. "Oh no", Ima said. "We called a Tzedaka foundation that was advertised on the next page. That raffle only has one winner..."

To be continued...

HEW CONTEST! ופתאום יבא! IMAGINE... It's a regular day of school/camp, at work, at the grocery, in the hospital c"v or any other setting, when suddenly the wonderful news comes in... Mashiach has come! S S 1. Draw a scene of people's reactions when they hear the news. OR 2. Write a story describing people's reaction to the news. 3...2...1...DRAWING TIME! CUT AND SEND IN ALONG WITH ENTRY: NAME: AGE___PHONE____ MAILING ADDRESS_____ Sponsored לעלוי נשמת הבחור יהודה אריה בן ר' זאב אליעזר נ"י

GUIDELINES:

- . Your drawing should be on a size 81/2 x 11 paper. Portrait oriented.
- . The winners will be chosen by a raffle (3 winners!)
- . Deadline: Needs to be in by Wednesday Parshas Beshalach, the 10th of Shevat (February 1, '23)

Mail to: 178 Coles Way, Lakewood, NJ, 08701

Scan and Email: nachmanrothenberg@gmail.com

WIN EXCITING PRIZES!

Grand Prize!!!

Build and own a beautiful 3D Bais Hamikdash Model!!!



Second and third place winners can choose from one of these beautiful books!







YES! HASHEM LOVES YOU!

Around 10 years ago, I had the privilege of listening to Hagaon Rav Zelig Epstein zt"l speak by shalosh seudos.

R' Zelig Epstein was one of the gedolei hador held in the highest of respect by Rav Shach, by Rav Yaakov Kamenetzky and all of the gedolim. That shalosh seudos, we were in camp Ohr Shraga and it was a very sad and hard time

because there were missiles and rockets being shot at many Yidden in the south of Eretz Yisroel. It was a very painful, challenging and hard time. We were saying Tehillim nonstop for acheinu bnei Yisroel.

The question was that the camp had scheduled for that motzei Shabbos a tremendous, gigantic siyum. Over 100 different bochurim were going to make siyumim on masechtos they learned in yeshiva. Plus, there was going to be music and musical instruments, dancing, and tremendous, tremendous, celebration. People were asking R'

Zelig, is that appropriate and proper- should we celebrate and make siyumin and dance and sing and have music while acheinu bnei Yisroel in the south of Eretz Yisroel are running for their lives with sirens- 2 minutes after which they had to be in the shelter because of the rockets.

So Rav Zelig zt"l spoke by shalosh seudos addressing this question that was asked to him by many people (and I was there). Rav Zelig said a few points.

One point he mentioned, was he quoted a major Chassidishe Rebbe: The pasuk says, "kichu mizimras ha'aretz". Kichu- take, mizimras ha'aretz- from the song of the land. And the rebbe said, what does it mean to take from the song of the land? It means the music, the singing, the happiness, the joy, take that with you. Kichu mizimras ha'aretz- take it with you wherever you go. Keep the happiness, the joy, the simcha, the music, the shira, take that with you and keep it with you wherever you may be.

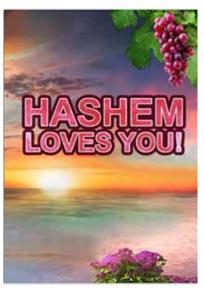
Rav Zelig zatz"l said there's bachurim from all different yeshivos, from arbah kanfos ha'aretz, hundreds of different mesechtos and misaymim. And the bachurim have a long year ahead. They need to take the music, they need to take the simcha, they need to take the dancing, they need to take kichu mizimras ha'aretzthey need to take the happiness with them to

last them the entire year. So, this seudas mitzvah is actually very important for the shteiging of the bachrim because it's a moment of happiness. It's a moment of simcha, it's a moment of dancing, it's a moment of singing, it's a moment of shirah. That, the bachurim need that to take that with them to last them the whole year.

Additionally, Rav Zelig zt"l said, and the Rav got emotional, he almost started to cry. He said we have over 100 bachurim who made these siyumim. They shteiged and they worked hard. They put in tons of effort and en-

ergy. They spent long hours day and night finishing mesechtos, to chazer and review it and retain it. And now they're ready to celebrate their siyum. And were going to tell them to stop and not to celebrate their moment that they were waiting for the entire year, and worked so hard?! He said no, it's the biggest seudas mitzvah, it's the biggest simchah shel mitzvah. Of course, we should have the siyum! We should have the dancing, the singing, we should have the celebration.

And yes, that Motzei Shabbos the camp made a beautiful gala melaveh Malka with music, singing, dancing and happiness. It was one of the most beautiful moments I remember. Now, I thought that maybe what the Rosh Yeshiva meant by this additionally was that this tremendous mitzvah of seduas mitzvah, making the siyum, making the bochurim feel good, acknowledging the bochurim's great accomplishment, the simcha of the mitzvah of Continued on kichu mizimras ha'aretz, all of the next page



YES! HASHEM LOVES YOU!

continued

above- that great mitzvah is so strong that that might even protect the yidden in Eretz Yisroel. Because every mitzvah we do protects yidden around the world. Especially our Torah, and our gemilas chasadim create malachim. It protects every Yid around the world. So maybe the Rosh Yeshiva also meant that the mitzvah of our celebration is so strong it might actually be a shemirah for the yidden in Eretz Yisroel.

This lesson of kichu mizimras ha'aretz is so powerful! Sing to Hashem! People have many

worries. But, kichu mizimros ha'aretz, look back at the happy moments, moments of simcha, of shirah, and thank Hashem! You will be so happy, so shiker with simchah! Your whole life, you will be so full of happiness, you will be constantly thanking Hashem! Kichu mizimras ha'aretz- carry those moments of simcha with you throughout your life. You will see how much Hashem loves you!

Taken from the 'Hashem Loves You Hotline' 267-833-0596 Updated daily!

Just Look At What Hashem Made For You!

By Leiby Berger - Jackson, New Jersey

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It's a wonderful world!

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We DO NOT accept money!
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We DO accept Mitzvos!
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Tovim!
We DO accept Tzedakah!





By: R' Simcha Elefant - Yerushalayim Ir Hakodesh

Thank You Hashem for Drains! Imagine having to bring buckets of soiled water outside your house to empty out...

Thank You Hashem for Hangers! You can keep your shirts, suits, dresses stored in a neat and orderly fashion and not ruin them.

Thank You Hashem for soft Tissues! We can blow our noses and not irritate them.

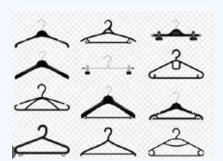
Thank You Hashem for Flooring! We don't have to have dirt/muddy floors.

Thank You Hashem for Calendars! They help keep track of dates and Zmanim.

לזכות משה יהדה בן שושנה













Rainy and snowy outside?

1800's:

You walked in mud all day... The carriages got stuck in the mud... Mud in the house... Mud in your shoes... Mud on your clothes...



Today:

Just enjoy the beautiful paved roads! Enjoy the smooth sidewalks! Enjoy your clean driveway!

Thank You Hashem! We love You Hashem!







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





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Did you or anyone in your Beis Medrash experience hashgacha pratis while learning?





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Call/text: 845-327-5041
To Leave message 24/6 please call: 385-381-0977

Email: the springhilltimes@gmail.com





Mazal Tov to Mazel Tov to R' Avrohom Moskowitz and family (Kiryat Sefer) on the Bar Mitzvah of their son Chaim Dov!

Mazal Tov to R' Efraim Roitman and family (Lakewood, New Jersey) on the birth of a new baby girl!

Mazal Tov to R' Avraham Yitzchok Wicentowsky and family (Lakewood, New Jersey) on the birth of a new baby girl!

Mazal Tov to Rabbi and Mrs. Moshe Landau (lakewood New Jersey) on the Bar Mitzyah of their son Menachem!

Special Mazal Tov to the grandparents Rabbi and Mrs. Meilech Landau (Monsey, New York)!

NIFLAOS HABOREI RIDDLE By T. Bauman

You wouldn't dare come too near,
Even though I will not harm.
One of your senses will alert you
When I'm near, like an alarm.
I am two colors, quite distinct
So you can be sure that I am me.
But like I said, you'll know for sure,
and not just because you see.

I'm not too picky with accommodations,

Garbage bins are ideal.

They'll provide me with protection and a never ending meal.

You are quite the detective,

Sniff out all the clues.

When you are absolutely certain,

Tell us what you choose.

Find the answer somewhere on this page

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. Send in pictures of gedolim from the past.
- 3. Send in pictures of Hashem's beautiful world.
- 4. Send in good news that's being reported (e.g. latest medical breakthrough. Latest discovery in science...)
- 5. Make illustrations for comics.
- 6. Type up messages.

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

ув Уклик

You can hear stories from the Spring Hill Times being read on the Cheishek HaTorah Hotline.

845-720-4040 Ext 6 Updated every Motzaei Shabbos! Riddle Corner #21

Milk is not forbidden because of Aver Min HaChai, we enjoy dairy chocolate, we won't deny! It is permitted based on a Pasuk in this week's Parsha, as we are taught in a special Drasha. What is the Drasha?

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 #21)

HISTORIC OPPORTUNITY Help spread, to millions of people across the United States and around the globe, how wonderful Hashem is!



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732-597-8546

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PLEASE HELP US WITH JUST \$5/\$10 A MONTH

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

Or Call/text the Spring Hill Times Editor today:

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email: the spring hill-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.

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10 Gvuras Ari Dr.

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

Hirschberg Family 410 10th St. Apt 7b

Please call to reserve: 732-569-8111

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Rosenberg Family

104 Elmhurst Blvd. In container by front door.

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Minzer family

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

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

w.

Briller Family

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

Weitman Family

282 Coles Way

Container in front of house Available on Thursday

Waldman Family

16 Sherwood Drive 848-223-5678 Container by door

Available Thursday

Metzger Family

43 Cabernet Drive 732-6828612

Container in front of house

Available Thursday

3 Shayas Rd.

Basement

Available on Thursdays in container by door.

Bistritz

524 E. Bergen Ave.

Container in front of house (From Thursday night. Possibly from Wed. Night)

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LIFE IS WONDERFUL!

KLAL YISRAEL IS WONDERFUL!



Wow!! A treasure!!!
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Hashem wants the Me!

By: Rabbi Yosef Moshe Mizrachi

Originality, individuality and uniqueness is something we all crave to express. Our neshamos are divine, rare, and special. Truly no two people are the same. Every person has a unique connection to Hashem and must strive to bring it out! One must search and develop the areas of Yiddishkeit that attracts his neshama- that resonate with him personally. Doing so is what enables one to serve Hashem, in a meaningful passionate way! There are many ways of serving Hashem, the one that resonates with you is the one Hashem wants you to take!

I recently heard R' Shalom Kamenetsky share his amazing experiences on this topic.

"When I was 14 my mother wanted to enhance my relationship with my younger brother of 13 so she made me set up a daily chavrusa shaft with him. I asked her what she suggests we learn together, and she replied learn sefer 'nefesh hachaim' [the sefer was written by R'Chaim Volozin the talmid of the Vilna Gaon. In it He discusses some of the deepest foundations of Yidishkiet and kabbalah] I'm not sure if my mother knew what the sefer was but regarless, we started learning it together. Obviously, in the beginning I hardly understood anything, for I was a young bachur, but I continued reviewing it again and again and overtime I started picking up on some of the concepts and ideals that R' Chaim Volozin writes about. As a bochur, I felt attracted to the Vilna Gaon's sefarim and similarly I also became drawn to his talmid's sefer 'Nefesh HaChaim'. I became prolific in the sefer and amazingly this is what helped

me gain the confidence I needed to feel successful as a yeshiva man! Finding my unique connection with the Gra and Nefesh Hachaim, was a game changer for me!! It became my own personal corner of success! Throughout my life I've continued learning this sefer for it's something I identify strongly with.

I saw from my own experience how important it is for every person to find the area of Yiddishkeit that he excels in. One that he has a natural drawing towards that he can develop and find himself in! This is the first and most fundamental step in our avodas Hashem. After finding and developing our own interests and talents in Yiddishkeit we can build our bein adam lchavero and bein adam lamokom!

Over the years there have been many talmidim who came over to me for advice complaining that they don't feel successful. Yeshiva can be somewhat competitive at times and if they are not on top of the shiur, they start to feel down. What I tell them time and again, is to sit down and make a cheshbon hanefesh to find an area in Torah that appeals to them. It can be halacha, bkius, iyun, chumash anything, - for me it was Nefesh Hachaim but it's any area you like. Make that your project. Spend 45 minutes a day out of seder and this will be your specialty. From there it will spill into all areas of your day as well!"

Shabbat Shalom U'Mevorach!

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

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