

The Spring Hill Times

Spreading Hashem's goodness to tens of thousands of Yidden all around the world!

KLAL YISRAEL'S NEWSPAPER

ISSUE 84

| PARSHAS BO

| SHEVAT 5783



Thank You Hashem for the magnificent world that You made for us!

US LIEUTENANT LOVES HIS FELLOW YIDDEN

It was a beautiful Shabbos morning at the Lenox Shteeb in Clifton, New Jersey, when the Prime Minister of the Shul announced that there would be a nice kiddush but due to an oversight there would not be any hot food.

B"H Lieutenant Howard,* who is stationed in Nashville, TN, was home for Shabbos. He offered to donate his cholent to the kiddush! He went home and brought it to the shul! Everyone enjoyed the piping hot delicious dish!



MAN ENJOYS HASHEM'S GRAPES

Rockland County, New York

- Reports have come in about a man in his mid-thirties who has eaten grapes! He enjoyed this delicious and vitamin packed candy from Hashem so much, that his love for Hashem doubled and tripled!



They also reminded him of the delicious world to come that is waiting for him and for each and every Yid!

MITZVAH SAVES HOUSE FROM BURNING DOWN

Ari Stern,* a first grader from Lakewood, New Jersey, learned the letter F in school and brought home a fish.

The Sterns keep the fish in the kitchen and feed it every morning. For Shabbos, they put the fish in a different room.

Continued on page 4

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!

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The Spring Hill Times

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Hashem

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

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ישעיה בן משה יחיאל מיכאל זידא, חוה רבקה בת שלמה ולמן, צבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש.
ציטל בת שלום אריה, נפתלי בן יעקב.

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

HARAV SHMUEL KAMENSKY SHLITA

AND

HARAV ELYA BER WACHTFOGEL SHLITA

הגני 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 חיצוניות מאומות העולם, וכל מטרתו להביא לידיעת הציבור הרחב הדברים הטובים שהקב"ה עושה לנו בכל יום - נפלאותיך וטובותיך שבכל עת ערב ובוקר וצהריים.

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

שמעון קאמניטקי
אליהו ב"ר יצחק וואכטפוגל

WEEKLY NEWS ROUNDUP

Continued from
page 1

On Shabbos Chanukah, they forgot to feed the fish in the morning, so they fed it at night and had in mind to feed it the next night again.

They forgot to bring the fish back into the kitchen where they usually leave it during the week.

Sunday night, they remembered to feed the fish only after they lit neiros Chanukah.

That night they were running out to a party. So, Rabbi Stern put all the kids into the car, then ran back in to feed the fish. The Halacha says that one must feed their animal before eating.

When Rabbi Stern got back inside the house, he smelled something funny, and he saw smoke.

One of the candles had not been fully burnt out and some things on the table had caught fire!

Baruch Hashem, he had gone back to feed the fish (as Hashem told them to), and B"H they forgot to bring the fish back to the kitchen and thereby

forgot to feed it earlier, so that Rabbi Stern would be able put out the fire in the nick of time!

HASHEM HELPS YID GET A PAIR OF TEFILIN

R' Rafi* from Eretz Yisrael hosted for Shabbos a Yid who escaped Ukraine at the beginning of the war.

During the seudah, the Yid said that while he was going over the border, he lost one of his suitcases. In that suitcase, was his tefillin. Since then, every day he has to borrow tefillin because he doesn't have his own pair.

R' Rafi told him, "I'm going to sponsor a pair of tefillin for you."

After Shabbos, he called up a sofer and asked him to please write him parshiyos. Meanwhile, he got to work going around and asking people for money to cover the expenses for the tefillin.

Baruch Hashem, he received some of the money. It was enough to cover the parshiyos, but for the batim he didn't have the money yet.

חכם לב

יקח מצות!

The Spring Hill Times is looking for someone to help translate parts of the newspaper into Hebrew.

Email: thespringhilltimes@gmail.com

He got a phone call from the sofer who told him, "The parshiyos are ready. I would like to put them in the batim, but please pay me first for the batim.

R' Rafi went around that day and saw someone who he hadn't asked yet. He went over to that person and asked, "Would you like to help this man from Ukraine who needs a pair of tefillin?"

The man answered, "I don't have any money to help you, but I actually have batim without parshiyos in my house that I don't need. If you want you can have them!"

R' Rafi said, "Wow! That's all I need! All I need is batim!"

He then asked the man, "Why do you have batim in your house?"

He answered that a couple of months before, there was a sofer who

WEEKLY NEWS ROUNDUP

owed him money. He didn't have money to pay him so instead of giving him money, he gave him three pairs of batim and he doesn't know what to do with the batim.

"So, Baruch Hashem, now we can use one pair to help a man that doesn't have tefillin."

That's what he did and R' Rafi was able to give the Ukrainian Yid his own pair of tefillin! [Kav Hashgacha Pratis]

FAMILY HAS HAKARAS

HATOV

The Bernstein* family from Bnei Brak are B"H a very large family.

They had a very small sukkah porch. So every Sukkos, they would go away for the whole Yom Tov to a relative.

Last year, they decided that they were going to renovate and make the porch bigger. They really wanted to be able stay home for Yom Tov.

Baruch Hashem they spent a lot of money and made their porch much

bigger. The whole family was so excited about staying home for sukkos.

It was a few days before sukkos, and the relative that they usually went to, called up R' Bernstein and said, "This year, I don't have any guests. I'm going to be very lonely. Please can you come?"

R' Bernstein said, "One second I'm going to speak to my family about it."

He spoke it over with the family and they decided that as hakaras hatov to

HASHGACHA PRATIS IN THE BEIS MEDRASH

HASHEM HELPS BOCHUR UNDERSTAND SUGYA

Sholom Aron was in middle of a sugya and he was confused by everything that was going on. He sang Hakol Yachul and started again. This time, everything was clear as day, and everything made sense! It was like magic!

HASHGACHA PRATIS

A letter we received from a reader:

Many years ago, I made a seder to learn Sefer Chofetz Chayim. My

schedule was to learn it right after Maariv – whatever time I would daven. One night, I davened at 11pm in Bais Medrash Govoah, and needed a ride home. I was too tired to walk – 1-1/2 miles from the yeshiva, and was afraid to sit down and learn then, as perhaps I could get a ride with someone leaving. I stood in the hallway, but didn't get a ride. Then people started coming for the 11:30 minyan. I stood around to see if I would recognize anyone from my area, but I didn't. I said

'RBSH"O, I got the message! I went to where they have the Chofetz Chayim, sat down, and learnt as usual, then returned for the people coming for the next minyan at 12am. Mamesh then, a Yid living just one block away from me came to daven!! (The Yid was R' Moshe Leib King A"H.)

(And I have to say that writing this letter gave me chizuk to start learning the sefer again!)

– A reader, Lakewood

WEEKLY NEWS ROUNDUP

this relative who hosted them every year for sukkos, they should go.

Even though they spent so much money and were very excited about having their own sukkah, they decided that they were going to go to their relative for Sukkos.

Over Yom Tov, someone in the shul that they davened in, became very interested in his son who he had seen davening. He thought that it would be a perfect match for his daughter.

They went out and they eventually got engaged!

The Bernsteins saw the Hashgacha Pratis of how by them doing the right thing, especially when it was very hard, Hashem showered them with bracha! [Kav Hashgacha Pratis]

YESHIVA BOCHUR GETS A BARGAIN

A Yeshiva bochur in the tri-state area was feeling under the weather. He went to the nearby urgent care and he tested positive for Covid.

The next day, they called

him up to inform him that he's also positive for strep.

The bochur decided to keep his mood positive as well! He had bitachon in Hashem that He would continue to take care of him just like He had taken the best care of him since the day he was born. The bochur said that he doesn't ever remember feeling so good while sick!

He also saw the incredible chesed of Hashem that he got both covid and strep at the same time. For whatever reason, it was good for him to get sick and instead of having to get sick twice, he got two for the price of one! What a bargain!

Baruch Hashem, he is now fully recovered and back shteiging in yeshiva!

HASHEM SENDS GIRL HEALTHY BREAKFAST

Sarah woke up early Monday morning and said a cheerful, "Modeh Ani," to thank Hashem for another day to serve Him and enjoy His beautiful world.

She then glanced at the

clock to check the time and gasped. Oh no! It wasn't nearly as early as she had thought...

With only five minutes left before the bus came, Sarah didn't have a chance to eat breakfast or grab a snack before she left. Though she was feeling thankful that she caught the bus, her stomach was feeling quite hungry...

"Hashem can do anything," Sarah thought to herself. "Hu nosen lechem l'chol basar, and I'm sure He can send me breakfast, as well! And I can have bitachon for not just any breakfast, but a healthy one!"

The bus dropped the students off at school, and Sarah saw that although normally there's not-such-nutritious danishes out in the morning for the students to have, this morning there was a healthy breakfast of melba toast and string cheese waiting special for her! Taamu u'reu ki tov Hashem!

HASHEM HELPS FAMILY BUY A HOUSE

WEEKLY NEWS ROUNDUP

A Yid was on a very tight budget. Buying an apartment seemed impossible, he didn't even dare to dream of that.

One month, the landlord told him that he would be raising the rent.

It made him sad that he would have to spend more money... It was so expensive...

One of his relatives heard about it, and told him that he thinks it's a good idea for him to buy an apartment.

He responded, "Buy an apartment? No way! I don't have that kind of money."

The relative told him, "Don't worry - I am going to lend you the money that you need to put down for an apartment. The rest you'll get through a mortgage."

They were hoping they would get the mortgage and they bought a nice apartment...

In the end the mortgage didn't go through.

The day that they had to pay the next payment for the apartment was getting closer, and they

didn't know how to pay.

They tried getting approved by a different bank, and that also didn't work. They kept on hitting a brick wall!

It was a day before the payment, and the relative who lent them the money heard that they were not able to get the mortgage. So he called and said "I'll lend you the full amount, no interest, and pay me back the same amount you would have paid each month if you would have taken out the mortgage."

They saw how in the end everything was for the good! First the landlord went up in price. Then the mortgage wasn't approved. Even though, at the time, it looked like it was bad, but in the end, they got a much better deal! [Kav Hashagcha Pratis]

EVERYTHING IS FOR THE GOOD

A Bochur from

Sanhedria left Yeshiva to go home. He was waiting by the bus stop and the bus just went by and did not stop for him.

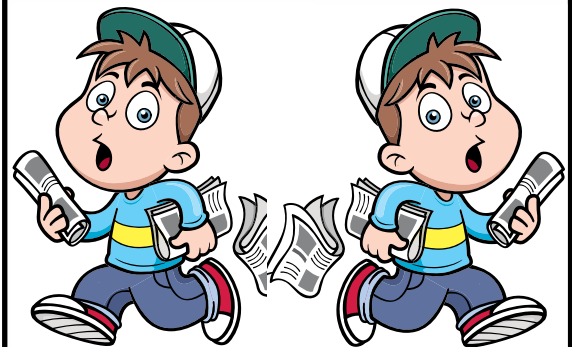
He said, "Hakol letova."

Right afterwards, his friend called him and told him he left his hat in Yeshiva.

Because he missed the bus he was able to go back and get the hat! He then got the next bus home.

GRAB THIS MITZVAH!

NEWSPAPER MEN WANTED



The Spring Hill Times is looking for a volunteer to bring the newspaper to the NPGS in Jackson, NJ.

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We are also looking for someone to help the distribution in the Monsey area. Please call/text
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LIVING WITH HASHEM

By Rabbi Zevy Golombeck



KLAL YISRAEL - THE MOST DELICIOUS NATION EVER

A Yungerman was driving his van one night with his wife and ten children.

They were in the Holland tunnel when they suddenly got a flat tire.

The entire family starting to sing '🎵 Hakal Yachol 🎵' with lots of kavana and with high hopes that Hashem would help them.

B'hashgacha Pratis, right behind them was a tow truck who pulled the car out of the tunnel.

Then, there were two SUVs of frum Yidden who took his ten children to the place that they were heading to!

Afterwards, Chaveirim came and helped him fix his tire. All in the middle of the night! **Mi Kiamcha Yisroel!**

FAMILY TRUSTS IN HASHEM

A Yid was going on a trip with his family, and he needed to rent a 7-passenger van. He called the rental company, and they said that they only had

5-seater vans available.

The family had no other choice, and they decided to just go the rental place with Bitachon that they could get a 7-seater van.

Right when they got there, someone returned his 7-seater van and they were able to rent the van they needed!!

A GIFT FROM HASHEM

Mrs. Teitelbaum* really liked a certain dish. For weeks, whenever she went to the store where they sold it, she wanted to buy it, but it was too expensive for her.

On Chanukah, she had a family party, and her mother-in-law gave out gifts to all the daughters and daughters-in-law.

The gift that they all received was this exact dish that she had wanted to buy!

HASHEM ALWAYS PAYS BACK!

A 2nd grade Rabbi in Eretz Yisroel wanted to buy Chanukah prizes for his class. He picked out all the prizes he wanted, and the total cost was 450

shekel.

The Rebbe lives on a very tight budget, but he decided that he would never lose out from doing the right thing; and he bought the prizes.

The next day, his mother from America sent him a \$100 Chanukah present.

He changed it into shekalem and it came out to 300 shekels.

That very same day, one of his student's parents gave him 150 shekels as Hakaros Hatov.

Within 24 hours of buying the prizes, he walked away with all the money paid back in his pocket!

BITACHON OPENS DOOR

One of the bedroom doors in the Tauber* house got jammed. They tried to open it up but it wasn't going. There were children sleeping in the room.

After trying everything, Mr. Tauber said "I need a hammer, I'm going to smash it open."

His wife told him, "Let me be mechazek that Hashem is the Hakol Yachol, and then we'll try again."

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By Rabbi Zevy Golombeck

That's what she did, and she then told her husband, "Okay now you can try.

He tried, and this time the door just opened as if there were no issues and no problems!

THANK YOU HASHEM FOR MAKING US YID-DEN!

This was called in by a Rebbi who said he was by the mechanic on Zos Chanukah and he was listening to two non-Jews having a conversation with each other, (a 73 year old man with another man).

One asked the other one, "How are you enjoying the holidays?" The other one said, "When you reach my age, at 73, life already lost its flavor. You're already burned out, you don't really enjoy it anymore. The good days are gone."

The Rebbe thought to himself, "Right now it's Zos Chanukah. Klal Yisroel says every year, "She-hecheyanu."

Every time a Yom Tov comes we just get happier and happier. We're always looking for the next Yom Tov...

ברוך... אשר בחר בנו מכל עם...

HIGH SCHOOL GIRL THINKS ABOUT HER FRIENDS

A high school girl was listening to 'A Life with Bitachon'.

On the Q and A section, she heard about someone who had gone to a Chanukah party, and no one paid any attention to him.

Another youngster called up and said that the same thing happened to him. And he decided that when he goes to such events in the future, he would look out for others who look like they need someone to talk to.

This high school girl decided that when she goes to school, she would do the same thing. Instead of just thinking about herself, she would look out for others who were lonely and talk to them! She tried it and it changed her whole mindset and her day for the better!

YESHIVA BOCHURIM THINK ABOUT THEIR FRIEND

Tzvi, a bochur learning in my yeshiva, told me

that during the yeshiva's off-Shabbos, there were a group of bachurim who all had flights back home at 3:00p.m.

They left to the airport at 12:40 p.m.

All of a sudden, one of the bachurim realized that he had left his phone in yeshiva. They realized that if they would turn around, they wouldn't get back to the airport in time.

Every minute was precious, but the bachurim decided that one never loses out by doing the right thing.

They all agreed to turn around to help the bachur.

Right afterwards, they got a message on their phones that the flight was delayed by a half hour! They all made their flights and were able to get home for Shabbos!

YESHIVA BOCHUR TURNS TO HASHEM

Yeruchem Goldberg, who is a talmid of mine, was trying to use his parents' car during the off-Shabbos. He tried starting the car many times, but the

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



engine was not turning on.

He thought the car was broken and was going to tell his parents.

Then he decided to try one more time using the power of Bitachon. He sang Hakol Yachul and the car went on!

THE POWER OF BITACHON IN HASHEM

A youngster was by a dentist for some work on his teeth.

When he left, he felt bad that he had to listen to the conversation the dentist had with the nurse while he was getting worked on.

By his next follow up appointment, he decided he would ask the dentist if he could put on music.

The dentist said, "No problem," and he put on R' Ephraim Wachsmann's niggun.

He put it on a high enough volume that it would drown out their conversation.

After the song was over, one of them said, "Wow, that song really calmed me down! I wish in college they would have given me that song! Can you please give

me the number?!"

ERETZ YISRAEL FAMILY PROUD THAT THEY ARE YIDDEN

The Chayatofsky children from Eretz Yisroel went out of town and they needed a bus back home.

They went to the bus stop, and they realized they had just missed the bus by a minute.

They were hungry, so they went to get food by a nearby place.

They found on the floor a check made out for 3,700 shekel!

They started doing research to find out who the check belonged to. B"H they found the owner and gave him the check.

They made such a Kiddush Hashem!

The said that they feel that perhaps the whole reason why they missed the bus is so they could return the check, make a Kiddush Hashem and feel proud about being Yidden!

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

BEAUTIFUL QUOTES

"Think, too, how much you are going to enjoy Shabbos, and know that Olam Haba is going to be a million times more enjoyable..."

Rav Avigdor Miller Speaks Vol 1, Page 70

"Every day you can say, "I love You Hashem." It is worth living just for that alone."

Ibid. Page 163

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"Of all the wonders that exist in creation - and they are innumerable - man is the most profoundly wondrous of all."

Open Your Eyes - Page 100

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"All you have to do is open your eyes and focus on

all of Hashem's חסדים in general and specifically in your situation. With that, you'll be zoche BE"H to a life filled with much menuchah and simchah!

Leich Reid - Teves

"Again and again - the greatest human that ever crossed the planet earth is told by Hakadosh Baruch Hu to do something and says, "He can't!" He will soon become the greatest success in the history of mankind..."

Rav Yehuda Mandel - Bitachon Weekly, Parshas Va'eira

"So a Yid must have long records of all the times he came back from the doctor with a good report etc. for not losing his job or his חברות of his health or his popularity.."

Ibid.

"The more you turn to Hashem. The more you rely on His chesed... The closer and closer you will

get to Hakadosh Baruch Hu."

Rabbi Zevy Golombeck - A Life with Bitachon, Yesod 1456

"Every time you eat or drink... It's nothing more than a painting... It's one big illusion... Who gives you strength? It's Hakadosh Baruch Hu that gives you koach!"

Ibid Yesod 1457.

"Di gantze zach is tzu hel-fin a Yid - the whole point of existence is to help another Jew."

The Tosher Rebbe, Page 154

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BOY TRUSTS IN HASHEM

My brother had an ingrown toenail, and it was very painful.

He made an appointment with a doctor to get rid of it. The day before the appointment, the doctor called and said that they would have to cancel his appointment because they don't take his insurance anymore.

He was in a lot of pain and did not know what to do. He tried to take it out himself, but it did not work.

He decided to try again, this time while saying hakol Yachol and believing that Hashem would help him. And yes! This time it worked, and he managed to remove the ingrown toenail!

After 3 months, the ingrown toenail returned. Again, he had bitachon and successfully removed it right away.

Now it's been over 3 months and it has not returned!!

This shows that when you place your trust in Hashem, He will take care of you!

A Reader

HASHGACHA PRATIS

I was in middle of writing a report for school, and I needed to lookup a certain me-

foresh. We did not have that Sefer in my house, but I realized that our shul has an Otzer Hachachma and I would be able to just print out the meforesh I was looking for.

My brother was in the shul then, so I called the shul but the phone line for incoming calls was broken.

I was very frustrated since I had to finish the report that night so it would be ready for the next day.

Lo and behold, about a minute later, there was a phone call from the shul! It was a brother, and he was just calling to ask a question. I was able to ask my brother to print out the meforesh for me.

I got exactly what I needed just at the right time!

A Reader

HASHEM HELPS GIRL FIND CAMERA

I was missing my camera for a few weeks already and I could not seem to find it.

I go back and forth from my house to a dorm, so I was looking in both places.

I turned to Hashem the Hakal Yachul and asked Him to please help me find it, and then I was calm because I knew Hashem would help.

Then, one day I was in the dorm, and I needed a new schedule for my looseleaf. In the beginning of the year, they gave out a folder for the

schedule, but I would never take it out and it usually would just sit in my locker. That day, I randomly decided to get a new schedule. I took out my folder and there was my camera! It fell through my other notebooks and was sitting in the flap of my folder! What Hashgacha Pratis!

A reader

SUCCESSFUL DIET

I have had quite a few ups and downs with dieting. Recently, I wanted to be more serious, but felt quite hopeless for a number of reasons.

So I davened and asked Hashem, "please help me."

He sent me the answer in the best way possible. Only a short time later. A friend told me about the TLC diet, which is about learning self control in eating.

Not only has Hashem answered my tefilos, He also sent me the best present ever. I learnt that self control in eating, is part of our Avodas Hashem. It's about focusing on why we are in this world! It's not about being thin, but about controlling ourselves. And it has improved other areas of my avodas Hashem in a very real way.

A reader

FOUR YEARD OLD GIRL DAVENS TO HASHEM

Hi, I wanted to share a story that happened today.

I live in Lakewood, and my daughter is four years old.

Her Morah was giving out Chanukah pencils. There were four colors, and the Morah mixed them all up and put them behind her back. Whichever one you got you got and you didn't complain.

My daughter who is four, almost five, really wanted a pink one, so she said that she Davened to Hashem, and she got a pink one!

It's B'zchus your paper that we see all these stories about davening to Hashem, so thank you very much.

Kol Tuv.

A Reader

MAN DANCES IN THE COLD

I live in Boro Park, I was going to the Vasikin Minyan. I had just come out of the Mikva, and I went to Shul.

It was freezing outside and windy. I'm usually the one to open the lock but the combination didn't work. I didn't understand it, I started banging, maybe someone else was there. I tried it a few times, Hut Nisht Gegangin.

I remembered that right before I went to the Mikva, I had read the Spring Hill Times. I had read the story about the wife not getting upset when she missed the Bris.

So I said to myself, Hashem is giving me a chance for greatness here. So instead of getting upset, I ended up

dancing to the tune of Ashrei Haam Shekacha Lo! The Simcha kept me warm!

I waited about fifteen minutes until the next person came and opened it up. I realized I was one number off on the combination.

I didn't get upset, even though it was cold, because I had just read the Spring Hill Times right before I went to the Mikva. It was like the Refuah before the Makkah.

A reader, Boro Park

FAMILY NOT EVICTED

I'm from Lakewood and we live in an old house. The old house is divided into apartments, and one room in my house is above a porch to come into the building. The roof had a lot of problems, and we got a letter in the mail, saying that because it had violations, and the house was not safe, everyone had to move.

I panicked, thinking, where are we going to move? Then I thought, "Hashem is going to help us. I don't know how, but Hashem is going to help us."

My husband came home from Yeshiva, and he called the owner.

B"H he was able to work it out with the owner and we were able to stay.

(Editor's note: Of course one may not stay in a house if there is any real danger.)

I think it was for sure in the Zchus of our Bitachon. In

addition, right away, before my husband came home, I decided I'm making challah as a Zchus. Kol Tuv.

A reader

LONDON BOCHURIM LOVE HASHEM'S TORAH

We love the Spring Hill Times. We appreciate it and are getting a chizuk from it. I wanted to say over a beautiful story, I think it's a Kid-dush Hashem.

The Yeshiva Ketana Bais Hatalmud in Stamford Hill on Erev Shabbos Chanukah, sold to the boys the Aliyos, Pesicha, and Hagbah.

But instead of paying for the Aliyos with money, they paid for the Aliyos with units of hours of uninterrupted learning.

All of the Aliyos and Pesicha and Hagbah were sold in sums ranging from 150-600, and then on Zos Chanukah, each of these boys who purchased were given a Mi Sheberach. Right after Davening, these boys were so happy about their Kabbalah that they decided to dance. They danced Mitoch Simcha Gedolah that they had the Zchus to be Mekabel on themselves this Kabbalah. Ashreichem Yisroel. Kol Tuv.

Dovid Sheldon, Stamford Hill, London





Perhaps we never gave too much thought about our ability to taste, but this ability to taste is really remarkable.

If you would take a sandwich or a fruit or any food and put it on your elbow or on your knee or on any other part of your body, you would just feel the weight of the object, you wouldn't taste it.

But if you put the same object in your mouth, a whole spectrum of different pleasures opens up for us.

The reason for this is because Hashem created taste buds, He gave us the ability to taste. The only place that taste buds are located is in the mouth.

Hashem connected this pleasure specifically to eating, so we should have an incentive and a push to nourish our bodies and keep them healthy.

Let's say Hashem wouldn't have made it this way, let's say we would have taste buds in our hands.

We would just take food and touch it and squeeze it, to get that pleasure.

Hashem wanted us to use this pleasure to nourish our bodies. The only place He put the taste buds is in our mouth next to where we swallow, where it goes down into our digestive system and nourishes

our body. If it would be anywhere else, it would just be misused for pleasure and not used to help us take care of our bodies.

As we mentioned, the place that Hashem positioned our taste buds is in our mouth, to connect our enjoyment with our sustenance. That means that not only should we enjoy our eating, we should also make sure to eat and swallow what we are enjoying, it goes both ways.

We clearly see from here Hashem's marvelous design regarding this point, by the fact that the taste buds are not only in the front of our mouth, they go all the way to the back of our throat. They actually go back all the way to the beginning of our food pipe.

The reason for this can be explained using both of the points that we mentioned. Hashem wanted to give us pleasure even after we finish chewing. So even during the swallowing process, which happens later, there are still taste buds there, to give us an extended time of enjoyment.

Besides for this, Hashem wants to give us an extra push and incentive to swallow the food and not just to taste it. Hashem wants us to get all the energy and nourishment from the food that we would not get just from tasting the food and not swallowing it.

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The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. I am trying to get my son accepted into a certain Cheder. Since my father-in-law is good friends with the principal of the school, I figured that he could make one phone call, and easily get my son into the Cheder. However, when I asked my father-in-law to help out, he simply was not interested in making the call and using his 'pull'.

This is causing me to feel resentment towards my father-in-law. It's very important for me that my child should get into that school, and all because my father-in-law is not interested in helping out, my child might not get in. What is the emunah and bitachon perspective about this?

A. The reason that you are feeling resentment is because you think that your child getting into the school is in the hands of your father-in-law. All because he's not interested in using his 'pull', your child might not get into the school which is best for him.

However, you must realize that there is no such thing as 'pull'. 'Pull' doesn't make things happen. Your father-in-law is not running the world, and his decisions cannot make an impact on your son's future whatsoever.

The only One who can make a difference in your child's life is your loving and caring Father, Hakadosh Baruch Hu. If Hakadosh Baruch Hu sees that it's good for your child to get into the Cheder, he will undoubtedly get in! And if Hashem sees that it's poison for him to get in, Hashem will not let your child get in.

When you take your father-in-law out of the picture and put Hakadosh Baruch Hu there instead, He will show you openly how everything will fall into place, and you will see only nachas from your child.

Q. I have been married for many years, but I have not yet been zoche to have children. All my younger siblings are married with children, and I am still

waiting.

Often, my parents invite my wife and I to spend Shabbos with them along with my younger siblings. However, I prefer not to be there when my siblings are there. Seeing my siblings with all their children makes me feel very uncomfortable. I'd much rather come on my own. However, my parents tell me that they enjoy it when all the siblings are there together. What is the emunah and bitachon perspective about this?

A. Waiting for children is one of the most difficult and painful nisyonos one can possibly experience.

However, alongside the longing and anticipation, there are unequalled opportunities that are available only to someone whom Hashem puts in this situation. One of these opportunities is in the way he views himself in comparison to those around him.

When a person is waiting for children, besides the pain of not yet meriting



The

Bitachon Perspective

Continued

to bring children into the world, there is also the constant nisayon of interacting with those around him who were blessed with children.

Why do you feel uncomfortable when you are with your siblings and their children?

The reason is because you view yourself as an object of pity. When you are with your siblings you feel, "They are so fortunate to have children of their own, while I am, nebach, still stuck behind." With such a mindset, it is understandable that you feel very uneasy with yourself.

However, when we look at Tanach and Chazal, we will discover that the truth is exactly the opposite! The one who was not yet zoche to have children is actually far ahead of the one who has children!

Let's look at Avraham Avinu and Sarah Imeinu. They were waiting for close to one-hundred years (!) to have children. Why did Hashem

make them wait so long? The Gemara answers: Because Hashem loves the tefilos of tzadikim! Their tefilos bring them to shleimus that is far greater than the z'chus of bearing children!

The passuk says that Hakadosh Baruch Hu tests the one whom He loves most. Because Hashem loved the Avos so much, He gave them a nisayon, an opportunity to lift themselves up. These ordeals were what turned them into the great people they became.

Avraham and Sarah did not view themselves with pity. They understood that our neshamos were sent into this world with the mission of serving Hashem and connecting to Him. Therefore, while they were childless, they accepted Hashem's will with love, and this is how they became great.

You, too, should know that not being zoche yet to children is not nebach at all! On the contrary, it means that Hashem selected you for a career of greatness! You should walk around with an air of importance; Hash-

em regards you to be in the league of the Avos! He knows that you are capable of successfully withstanding such a difficult test.

When you adopt this mindset, you will realize that it's absolutely not true that everyone else has moved on in life while you are still in the same place. Rather, each time you remind yourself that Hashem put you in this situation out of His special love for you to help you grow by leaps and bounds! You are moving forward in the marathon towards Olam Habah at a much quicker pace than most people!

A person who is mekabel yissurim be'ahava accepts his situation with love, because he knows that if this what Hashem gave him, then this is what's best for him. Chazal teach us that such a person will be rewarded by being zoche to children of his own and will only see bracha in his life.

Q. Each morning I wake up with a list of errands I need to accomplish. However, I have a baby



The

Bitachon Perspective

Continued

who is very cranky. He's always crying and needs to be taken care of.

Since I'm busy all the time with my baby, I have very little time to take care of the errands that need to be done. This situation is very frustrating. What is the emunah and bitachon perspective about this?

A. The reason you are frustrated is because you think; "There are so many things that need to be taken care of. If not for my baby kvetching, I would get so much more done. All because my baby is getting in my way, I'm not able to accomplish so much."

You must realize: it's impossible for your baby to get in your way! Your baby doesn't control your life. It's your loving and caring Father, Hakadosh Baruch Hu Who is running your life. If you find that you are not able to get to certain errands, it's because Hashem didn't want you to be able to get to it. If it wouldn't be your baby that you are busy with,

Hashem would make other obstacles arise and prevent you from getting those things done.

In Hashem's kindness, instead of making you be busy with unpleasant things that you wouldn't want to think about, Hashem is giving you the z'chus that you're busy with a mitzva – taking care of a precious little neshama!

Regarding all the errands that you did not get to, tell yourself, "Who is the One who is ultimately in control of making sure things get done? It's not me – it's Hakadosh Baruch Hu! If there is something that Hashem feels is good for me and is important to be done, then it will be taken care of even if I don't have time to do it. And if Hashem knows that it's not good for it to be done – thank You Hashem for not allowing me to do it, because you saved me from 'poison!'"

Finally, you should realize that although it may not seem like you had a very accomplished day, when you live with the realization that Hakadosh Baruch Hu is perfect

and He's running a perfect world, your day was super-accomplishing!

Why is carrying out errands considered an accomplishment? It's not because you made things happen. You didn't make anything happen, Hashem did. Rather, it's an achievement because you are doing the mitzva of hishtadlus – doing what you can to take care of a yiddishe family.

When you live with emunah, you are fulfilling the greatest of all mitzvos and the core-essence of the entire Torah !

When you take your baby out of the picture and put Hakadosh Baruch Hu there instead, trusting that Hashem is conducting your affairs for your good, you are instilling emunah into your bones, and are thereby fulfilling the purpose of why you came into this world.

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

Chizuk Corner

The unbelievable power of a good word

By R' Y. Friedman

Last week's parasha started off with Hashem telling Moshe about the Avos and how He remembers the Bris that he made with them that He would give us the land. Throughout the Torah Hashem and Moshe keep on bringing up the Zechus Avos.

I would like to digress on the concept of our Avos. There is a concept which is known to us as Yichus. What all of us Yidden have in common is that we come from the three luminaries of the world - the Avos. We recently went through Chumash Beraishis and we got a small glimpse of the greatness of our Avos.

When we study the lives of our Avos and Imahos we discover a great deep love for Hashem. We discover how much they did for mankind and for their future generations. We see how much they loved each other, and how they were Moser nefesh for Hashem and to each other.

All of this should make our hearts swell with pride.

We are offsprings from these great luminaries. We should walk around the streets feeling a tremendous pride that we were zoche to be their offspring.

Now someone might ask, why is it so special? We are so many generations later. Let me respond with a story.

Someone, who we will refer to as Dovid, had come upon difficult times. He approached his wealthy cousin

for a donation. His cousin did not respond so generously.

Dovid complained to his cousin's Rav. The cousin defended himself that he is a distant cousin so he doesn't feel the need to give him a

nice donation.

The Rav smiled and asked him the following. "Didn't you just daven Shacharis?" The man shook his head, "Yes." "You mentioned that Hashem is zocher chasdei Avos. Additionally, our whole means of being able to stand before Hashem and beg for all our needs is in the zechus of our Avos? However, you should be pondering how can this be? After all they are our distant forefathers?"

The man got the message and gave a generous donation.

We see from here that Hashem doesn't view our Avos as distant relatives. On the contrary they are called our "Avos", which means fathers. We need to look at our Avos as our fathers. One reason given is because we received so many Madreigos in Kedusha from them. This

should give our self esteem a tremendous boost.

Someone once told me with a sense of pride that he is a descendant of a certain Tzaddik. I responded that I am not going to burst your bubble. I just want to point out that you and I are grandchildren of the illustrious Avos, and we shouldn't forget that.

The real star: Rashi in the beginning of Parshas Shemos says that Hashem counts the Bnei Yisroel because they are compared to the stars, and it says in Tehillim that Hashem counts the stars. The truth is that we find in many places that Klal Yisroel are compared to the stars. The question is in what way are we compared to the stars?

So let's begin by pointing out that we only see the stars illuminate when its dark.

On the same vein we Yidden shine out in the darkness of Galus, and we stay strong with Emuna and Bitachon as it says in Tehillim "v'emunascha baleilos". When we stand strong with Hashem despite the darkness and we show Hashem how much we love him, that brings forth a great light.

Reb Zalman Sorotzkin zt"l said the following wonderful insight: We know that each star gives off a beautiful bright light (without the sun) by night when it's dark. However, there are times that we cannot see it, and that's when its covered with clouds.



Chizuk Corner

By: R' Y. Friedman

Continued

Every Yid has a beautiful bright Neshama that can shine through the darkness of Galus. However, sometimes we don't see the brightness due to the clouds of nisyonos that we have in this Galus. But our Neshama are still shining brightly. It's a blazing light, hidden.

Let me bring a story that gave me an enormous amount of chizuk, that brings out this concept in all its glory. Hopefully all our readers will draw tremendous chizzuk from this story as well.

There was a man we will refer to as Reb Shalom. Reb Shalom called a cab to go somewhere. When the cab arrived Reb Shalom recognized the cab driver from previous times, but he looked totally transformed. He had a Kippa, Tztitzis and even a beard. Reb Shalom asked him "what's your story"?

He related an incredible incident. "One day he got a call from a non-Jewish man that he wanted a ride to a remote area a few hours away. He will pay him for his time.

He agreed even though it seemed like a strange request.

They drove for a few hours, and finally they arrived at a remote area near a forest and the man told him to wait for an hour until he returned. Now he started getting more nervous.

He waited a half hour and

the man came running out and told him the following: "I know it sounds strange, but I need you to drive at least five miles away from this area. I will call you when I am ready. "Now he was getting more edgy, but he obliged.

A little while later he called him and he picked him up from that creepy forest.

On the way home the non Jew told this taxi driver, "I owe you an explanation. I recently came down with a dreadful sickness and all the doctors gave up on me. Then one day I found out that in this forest which I just emerged from there is a man that has special magical powers that can heal people even from my sickness. Obviously, it's for a lot of money."

When I entered this man's creepy house I sat down in front of him and he started to do his ritual stuff. After a half hour he looked exasperated. He said it's not working. Then he looked at me and asked me "how did you get here"? I replied with a taxi. Aha! he said. Is the driver Jewish?

Yes I replied. That's the answer, he said. He explained that he uses forces of impurity, and if there is any Jewish person that has a special holy soul, he is powerless to do anything. That is why I sent you far away concluded the man.

The taxi driver finished off that he sat there in shock by this revelation. He thought to

himself, "I don't do any Mitzvos and yet I have such Holiness, can you imagine how much Holiness I would have when I learn Torah and keep the Mitzvos." Immediately, I committed myself to Yiddishkeit, and here I am."

We see from this story exactly what Reb Zalman Sorotzkin said. All of us have a burning torch inside us like the stars, just they are covered with clouds which don't allow the light to penetrate.

His grandson Hagaon Reb Moshe Sorotzkin adds as follows: We see that in Mitzrayim their light was hidden due to their backbreaking labor and by being in such a low place like Mitzrayim. However, once the Geula process started, we see how their Neshama ignited into a blazing light. Whether it was their Mesiras nefesh to bring the Korban Pesach and Milah, or going to the wilderness after Hashem with a tremendous Bitachon.

We now are well into these days of Shovavim. We too can be elevated during these holy days and start shining with Keddusha and tahara, like in the time of Yetis Mitzrayim. Additionally, its a tremendous eis ratzon for the promise of "umal Hashem Elokecha es levavcha", a time when Klal Yisroel will start shining like the sun and we will feel Hashem's love, chesed and Rachamim like never before Amein.

GROWING FROM OUR GEDOLIM #12

WRITTEN BY: RABBI MATIS EDELSON

MIDDOS CHESSED EMUNAH AHAVAS YISROEL
AHAVAS HATORAH MITZVOS TEFILAH TZEDAKAH

Tefillin on Shabbos

One of Rabbi Nosson Tzvi Finkel's (The Alter From Slabodka) talmidim once made a mistake on Shabbos. When he came to davening on Shabbos morning, he forgot for a second that it was Shabbos, and he started to roll up his sleeve to put on Tefillin. A bochur who was standing nearby smiled when he saw this. Later on, The Alter strongly rebuked that bochur for taking pleasure in the embarrassment of someone else.

Rav Gifter and The Frog

When Rav Zelig Pliskin Shlita was a talmid in Telz Yeshiva, he was walking with his rebbe, Rav Mordechai Gifter zt"l the Rosh Yeshiva of Telz Yeshiva. It was late at night, and there was a light rain. A car was coming down the road, and a small object appeared in its path. At first, he thought it was a leaf, but then he realized that it was a small frog. Rav Gifter stood in middle of the road and stopped the car. He bent down to the frog and said "Shoo, shoo", making sure it jumped out of the road. The driver of the car asked the Rosh Yeshiva if he needed a ride, but Rav Gifter said, "No, thank you. You almost ran over a frog, and it would have been *tzar baalei chayim*."



Rav Nosson Tzvi Finkel (The Alter From Slabodka)

Reb Chatzkel's Gold Watch

Reb Yechezkel Levenstein, affectionally known as "Reb Chatzkel", once noticed a chosson who was sad that he had not received a gold watch as many other chassanim receive but had received a plain watch. Reb Chatzkel approached him and traded his own gold watch for the chosson's plain watch. He later explained, "Besides for the color of the watch, there is no practical difference between them. They both tell the time with the same accuracy. Why should this chosson suffer if I can help him out?"

Suffering for his Suffering

The Chofetz Chaim once received a letter from someone asking him to daven for him to recover from an illness. He wrote that he had spoken bad about the Chofetz Chaim in the past and he felt that that was the reason for his illness. The Chofetz Chaim wrote back to him that he was pained that the man was suffering. He asked him forgiveness for causing him to suffer. Even though he did not believe that the man was sick because he spoke against him, he apologized that the person was suffering for thinking that that was the reason.



Rav Mordechai Gifter

For comments, please call/text 732-800-1893, or email: matisedelson@gmail.com

A STORY FOR THE PARSHA

By: Yaakov Berliner - Lakewood, New Jersey

But against all the B'nei Yirsoel no dog will sharpen his tongue

R' Dovid Bodnick, one of the outstanding disciples of the Alter of Novardok, was taking a stroll. Along the way, he passed the estate of an extraordinary wealthy family. There was a ferocious dog chained to a pole near the gate of the mansion to deter intruders. When the dog saw Rav Bodnick, it began to bark wildly and it pulled on its chains. The chain was not strong enough and it finally snapped. The dog charged at R. Bodnick.

The master of the estate saw what was happening and realized that this was

a life threatening situation. He attempted to restrain his dog but it was of no use. The dog overpowered its master and continued its charge towards Rav Bodnick.

"The dog is simply following the will of its creator," thought Rav Bodnick, "I too must do the will of my Creator. I must now arouse myself to repent." Rav Bodnick did just that.

Amazingly, the fearsome dog calmed down and meekly returned to its pen.

A Gut Shabbos!

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York



The Inner Voice

In the arena of speech, there are different tones and levels of intensity that can be employed.

There's the whisper, the conversational voice, and then, when necessary, the shouting, screaming, and shrieking modalities. And so too in the thought of machshovo, thought. A person can be standing still during Shemone Esrei, and turn up the

"volume button" and be shouting to HaShem, "I love You. Help me, HaShem! Please forgive me, HaShem."

Someone can be pushing a shopping cart down the aisle in the store with a pleasant smile on their face, and all the while shouting, "Mah rabbu ma'asecho HaShem! Mah godlu ma'asecho HaShem! Moh ashiv LaShem, kol tagmulohi oloi. Thank You, HaShem, for all that You do for me," and no one in the world would ever know.

Good Shabbos!

LIVING WITH APPRECIATION

By: R' Daniel Shasha

There is a famous picture that shows Rabbi Elya Lopian zatzal feeding milk to a cat.



The story behind this picture is that there was once a severe mice problem in his Yeshivah, Kfar Chassidim. These mice caused a lot of havoc and disturbed a lot of people. The Yeshivah was trying to figure out what to do, until some talmidim came and brought in a cat. In no time, the problem was solved!

The talmidim then wished to send the cat away since its job was done, but Rav Elya told them that they couldn't do this until the cat was shown hakaras hatov. After all, these mice caused a lot of havoc and the cat caused a stop to this problem.

So Rav Elya, personally brought bought a plate of milk and bent down to give it to the cat. He then patiently made sure the cat ate it and was satiated. Niflah!

We see the importance of showing hakaras hatov to ani-

mals in our parashah, from the mitzvah of pidyon peter hamor, redeeming the first-born donkeys.

Chazal (Bechoros 5b) are bothered, why specifically the donkeys were singled out for this mitzvah.

After all, there are so many other animals? They answer that the donkeys had a special merit in that they assisted the Jews carrying out their possessions out of Egypt. They carried these heavy loads on their backs, all the way through the desert. So out of gratitude to the donkeys, they were privileged to have this unique mitzvah! We see that even to animals who help us, we need to show hakaras hatov.

When we stop and think to ourselves, we will realize that we receive so much from animals that we can appreciate. For example, animals provide many daily resources which sustain us constantly.

Take a look at cows. First of all, they provide milk, such an important substance that so many of us enjoy regularly.

from cereal to coffee.

Not to mention cheese, a by-product of milk, that we also use regularly such as with noodles and pizza. Cows also provide meat, with such a variety of different cuts, adding to our oneg Shabbos as well as being rich in protein.

They also provide leather ideal for comfortable and respectable footwear as well as belts. Not to mention, the precious mitzvah of Tefillin, both the straps and batim are made from leather.

Cows are just one example. There are really so many animals that we benefit from on a daily basis.

For example, chickens who give us eggs and poultry. Sheep who give us wool for clothing and tzitzis etc. Let's try and appreciate the great benefits we gain from Hashem's incredible creations.

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



To Share My Share From Hashem's Daily Shiur.

By: R' Moshe Davidson - A Rebbi in Brooklyn, New York

The bird flu - "shluggen kaparos" - Appreciate Eggs

That red price sticker is correct! Yep, that is the price of eggs nowadays.

Hashem is teaching us a lesson to remember.

Appreciate the (once upon a time) cheap, but very precious eggs.

As soon as we'll start thanking Hashem for all the thousands, yes, thousands of eggs each one of us has eaten in our lives, and add to that, also, thanking for all the cooked and baked goods, that include eggs, I am hopeful, (and maybe even positively convinced,) that the price will go down, in the near future as a result of our sincere thanks.

For our zeide's and elter zeide's eggs were a real treat. Eggs were scarce, and people couldn't afford to buy them on a regular basis.

My father-in-law told me that in pre war life in Pshevorsk, Galicia, people would smear some egg on their bread. That's as far as the amount of egg consumption went in those days.

He would often say that the melamdin in Cheider would warn a misbehaving child, that they were going to inform the child's parents, about his disturbing behavior. The end of that warning went "your father won't give you a whole egg at the seder"! (try that nowadays...)

I would like to share with you some of the interesting things I

have heard about growing up on a chicken farm.

Meet the complex simplicity of a real truly ehrliche farm boy. Eli is his name. He grew up in Vineland, New Jersey "the vegetable state".

They grew their own vegetables, and ate them straight from the field.

"You picked it and ate it fresh,"



Eli said, "it tasted different."

Eli grew up with daily chores taking care of the approximately 30,000 chickens that his father owned. The farm was family owned and was run exclusively by the family members.

Getting up at about 3:00am, (as a child) cleaning up the mess and garbage dropped by the chickens, was hard but geshmak.

Their shmutz was later sold as fertilizer.

Next went gathering the eggs later to be sorted by size: peewee, small, medium, large, and jumbo (there was no x-large size). There was a separate selection of the "double yolkers".

The eggs were still warm when collecting them! He exclaims.

"We used to eat them raw, in middle of working.

We would crack 'em and eat 'em."

It was a warm delicious treat! Eli excitedly related.

This guy lived with the chickens a whole day. He loved it!

Keeping them warm in the winter.

Refilling the supply of the feed and water.

He loved those 'birds' as he called them.

When the farm burned down, all the chickens were killed in the fire, and the family was devastated.

They sold the place, and moved into the Brooklyn area of New York.

He has such a pure soul.

He cannot and will not listen to anything derogatory about a yid.

"Er iz a Yiddish kind!" is one of his favorite lines.

Shabbos morning, you'll find him up at 5:00 am reciting the whole ספר תהלים.

He grew up "in touch" with Hashem's world and has kept 'in touch' with Hashem.!

He realized the source of the natural supply of eggs, along with the fruits and vegetables.

It was Hashem! It is Hashem!

You gotta see Continued on this guy daven. next page

To Share, My Share From Hashem's Daily Shiur.

Continued With such a va-remkeit! A Yiddishe Hartz.

He loves mitzvos! He loves every bit of תורה that he gets a chance to learn.

It could be with jeans and overalls with heavy duty boots, a head full of hair, with long peyos and beard.

Despite the clothing, you'll pick up the genuinity.

He's the real deal YID.

He works now as a boiler repair guy, and the whole larger New York city area knows him well.

Most African American, Hispanic, or Italian superintendents of the large apartment buildings in the city, know him and appreciate him.

He is so happy to fix and "fire up the boiler".

"I gave them heat ,I gave them hot water B"H!"

What's striking about him, is, his appreciation of the simple things that we all take for granted.

He still speaks about fruits and vegetables and everything else with a warm heart to Hashem.

We, living in a urban city, have lost touch with the reality of the source of the goods we have.

Fruit and vegetables are bought in the fruit store

Same with fish and meat and eggs and dairy products.

It's bought in a store after being delivered on a truck.

So what's the source of the

goods? The store or the truck?

When we laugh at the מצריים believing in the גילוס as their source of sustenance, we should rethink, and recheck our own connection to Hashem.

How much, and how often, do we think about, and realize Who Is The Source of everything that we have.

EGGS ARE AMAZING

Eggs are an amazing source of nutrients that are so much needed for your daily nutritional intake.

Check the nutrion label! You'll be amazed!

As chazal teach us "there is nothing that is the size of an egg that has as much nutrition as an egg".

It is used in so many ways from frying to cooking to baking. Almost ever recipe calls for some eggs.

It's a binder in the cooking and frying process.

It fluffs things up when baking.

It's very delicious when eaten by itself too.

You might be surprised by the fact that the yolk, is the only nutritional source for the baby chicken as Hashem is forming it from the white matter in the isolated confines of the egg shell.

That is the reason that the baby chicken is born with the yellow color. Since its nutrition is coming from the yellow yolk.

Hashem is truly good.

Let's keep a positive eye on the news.

"Es zul zein a kappara."

Shluggen kapparos this year may have resulted in a kappara of zeh tachas zeh.

Maybe a major catastrophe for humanity was averted this year and resulted in having the chickens killed instead.

In לשון הקודש the word גבר is used for a chicken , and also for a strong man, a גבר.

Maybe some hint there for the actual use of the chicken in kapparos shluggen.

However the message of the wake up call must be heeded.

We are expected to be appreciative of the amazing present of chicken eggs, to the world.

When there was a מגיפה in the times of דוד המלך our חכמים instituted a new תקנה to rectify the cause of the מגיפה and to create a protective זכות for all Yidden.

They were then מתקן the famous 100 brochos a day.

I'm pretty sure that would be effective for the chicken מגיפה too.

Let's just thank Hashem with love, and whole heart, for all the good that he continues to constantly pour into our world, into our personal matters, and lives.

Thank you Hashem for the precious, delicious, nutritious, chickens' eggs!

AYIN ^{עין}טובה TOVA

By: R' Nesanel Landesman

Suggestions for the Kaufman's whose Shabbos clock was set incorrectly, and as a result they have no cholent for Shabbos lunch and they are having guests for the seuda:

- Several of their guests may have weak stomachs and can't eat cholent anyway. Or perhaps a guest had an allergy to something in the cholent and would have gotten ill.
- Maybe the cholent was spoiled.
- Maybe this is a test for the Kaufmans to keep having menucha on Shabbos; which they will get much sechar for.
- They will now get to appreciate how good all the other food really is.
- They could be proud that Shemiras Shabbos is so important to them that they would never dream of breaking it to get hot food.
- It could have been worse; all the electricity could have gone off.
- They will come to appreciate all the weeks that the timer is set correctly, and they do enjoy their cholent!
- We do not get the opportunity to be מוסר נפש for מצות like שבת the way our parents or grandparents did. Here is an opportunity to not only do a Mitzvah with mesiras nefesh, but to also pass on to our children an incredible lesson in chinuch of how important Mitzvos are and how to deal with setbacks. That lesson will go a lot further than a tasty cholent!
- Whatever discomfort/bizyonos they may feel from not having food for their guests will be a great kappara for them and will also teach them that they could handle uncomfortable situations. The next time something comes up, they will handle it without the same stress.

CASE OF THE WEEK:

Sruli was more than happy to lend his car to Yoni for the day. He wasn't happy when the car came back with a noticeable dent near the front door.

Adding to his distress was the fact that Yoni made no mention of its existence when he returned the car.

Help Sruli have ayin tova for Yoni and his situation.

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

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

WONDER OF THE WEEK

By: Rabbi Yaakov Lubin

All birds are truly wondrous creations that Hashem made.

The most impressive of birds' abilities is how Hashem designed them so that they can fly.

They can just flap their wings and soar into the sky. It is such a special sight to see. It is just the fact that we are so used to seeing these wonders of creation that we are not left with our jaws dropped in awe of Hashem who made these beautiful beings.

While the flight of all birds is amazing, there is one that is super fast. It can hover still in the air, and even fly backwards. It's the hummingbird.

So let's get to know the hummingbird a little better to appreciate how special this creation of Hashem truly is.

Like all other birds, hummingbirds have a type of hollow bone structure resulting in it being lighter than other animals' bones. The light weight of birds is what enables them to gain enough force from the flapping of their wings to fly. By having hollow bones you would think they would be weaker and easier to break than other animals but again Hashem shows us He can do anything. He made



The Hummingbird

the bone structure of birds much stronger than that of other animals. Despite the fact that they are thin and hollow, they are still very strong bones that can take a beating without breaking.

Even with a lightweight body, birds need to flap their wings very fast to lift off the ground. While most birds can flap their wings 2-3 times per sec-



ond, the hummingbird can flap its wings over 100 times per second.

The wings of hummingbirds move so fast that they make a humming sound which is where they get their name.

It is also the rapid flapping of its wings that makes hummingbirds able to fly extraordinarily fast. The fastest one, Anna's hummingbird, reaches speeds over 50mph and has the title of the fastest bird on earth relative to its size.

You may have noticed we said that the Anna's hummingbird is the fastest bird relative to its size, not the fastest bird, which the Peregrine Falcon holds the title for. It can reach speeds over 200mph. The speed to body size is an important factor when one wants to appreciate the design of a creation. While the Peregrine Falcon is faster than the Anna's hummingbird, the fact that the hummingbird is only four inches long and has a wingspan of 4.7 inches, and weighs less than 0.2 ounces is what makes it such a masterpiece of design.

To appreciate the incredible speed of such a small creature one researcher compared its speed to the fastest fighter jet in Europe, the Eurofighter, which can reach a top speed of 1,320mph.

While the Eurofighter is faster, it is much larger than the

Continued on next page

WONDER OF THE WEEK

Continued

hummingbird so when comparing their speeds you need to take into consideration their speed-to-size ratio. So flying at 50mph the hummingbird travels a distance of 385 times its body length in distance per second. That is about 10 times faster than



the Eurofighter which flies at 1,320 mph and travels 39 times its body length per second.

If you take into consideration how the hummingbird can also stop in mid-flight, hover in place, and fly straight up, down, and backward, it becomes overwhelmingly clear that this mini marvel is a true testimony to the infinite wisdom and power of Hashem.

There are actually lots of different types of species of hummingbirds, 350 of which we have found so far.

The smallest one is called the bee hummingbird and is only 2.25 inches long. The largest, called the giant hummingbird, is 8 inches long.

All of the hummingbirds need to eat virtually all day long because they spend so much energy flapping their wings so fast. They eat about half of their body weight each day, visiting up to 2,000 flowers a day to eat the nectar inside the flowers and also eat small insects when they can find them.

In order to easily access the nectar inside flowers, Hashem gave hummingbirds long beaks, with the sword billed hummingbird having the longest one.

Hummingbirds also have very long tongues that go in and out of their mouths fast. They act like pumps to draw in the massive amounts of nec-

tar they need relative to their bodies. Hashem made this micropump tongue design to enable the hummingbirds to consume much more nectar per minute than they would have been able to with a traditional bird tongue.

We see here again how Hashem has thought of and provided all of the needs of His creation in miraculous ways. Perhaps knowing more about the special qualities Hashem made for animals like the



hummingbird can help us say with greater kavanah the verse in Ashrei:

Poteach et Yadecha u'masbi-ah l'chol chai ratzon.

"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)



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PATIENT:

Dr. Chaim Altzizgut M.D.

Most of winter z'man has gone by. I look at myself and I see that I didn't accomplish much... I wasted so much time..

I try so hard to be better but I feel so down... I feel like it's too late, the z'man is lost...




**IMPORTANT HEALTH TIPS
TO
REMEMBER**

There is nothing in the universe that is as important to Hashem, as you are!!!



I'm prescribing for you 4 medications:

1. Stop looking at the things you didn't do! Look at the thousands of things you did do right... and thank Hashem for them!
2. This alone, that you are in Yeshiva and not in other places doing things that Hashem doesn't want you to do, is an unbelievable accomplishment! You are giving Hashem so much pleasure!
3. You are feeling down yet you still trying to serve Hashem! You are a giant! You will be getting unbelievable reward for that!
4. By Hashem there is no such thing as 'too late'. He is waiting for you 24/7 with open hands! Start to realize today how good Hashem is to you, and your avodas Hashem will skyrocket like never before!

A GLIMPSE INTO THE PAST

By Sruli Yelen - Lakewood, New Jersey



Rav Yaakov Kamenetsky and Rav Aharon Kotler zatzal



Rav Aron Leib Shteinman with Rav Chaim Stein zatzal

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Even smells the milk for you to make sure it's fresh!
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WOULD OFFER THE SPRING HILL TIMES \$1,000,000 TO PUT IN AN ADVERTISEMENT FOR THEM, WE WILL TELL THEM A RESOUNDING:

NO!!!!

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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!!!!

The Spring Hill Times says 'Yes' to:

- ✓ Hashem
 - ✓ Shabbos Kodesh
- Will you also??**

THE SPRING HILL TIMES WEATHER STATION

Weather Reports Brought to you by:
Meteorologist Velvel Honig

It makes no difference what the temperatures will be or what conditions await us



the weather Hashem gives us is always beautiful and perfect!

Rockland County, New York

Monday Rosh Cho- desh Shevat	Tuesday 2 Shevat	Wednesday 3 Shevat	Thursday 4 Shevat	Erev Shabbos 5 Shevat	Shabbos 6 Shevat	Sunday 7 Shevat
Low 29°F High 37°F Rain/Snow!	28°F 42°F Mostly Cloudy!!	34°F 35°F Snow!! Yum!	26°F 43°F Mostly cloudy!	29°F 37°F Mostly sunny!	28°F 42°F Partly cloudy!	34°F 44°F Mostly Cloudy!
The weather will be perfect to think about Hashem while munching on your supper!	It will be a wonderful day to thank Hashem for giving you fingers!	There will be perfect weather to greet Mashiach! אוזרה לו בכל יום	Perfect day to realize how much Hashem cares for you!	Perfect day for jumping up and down from excitement while waiting to greet Shabbos Ko-desh!	Stunning weather! Perfect to celebrate Hashem's Shabbos with dreaming about the next wonderful world!	Beautiful weather! Will be a great day to smile to another Yid!

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

RECAP: R' Yaakov Kamenetzky told Dr. Avraham Walters to leave his job as a bio-chemist. Avraham became a teacher in a college. He decided that the best hishtadlus would be to take a test for a high paying government job that was to go to different schools (with American students) to see which ones should get government funding. He got the job and was transferred to Eretz Yisrael with his entire family.

TATTY'S TALES

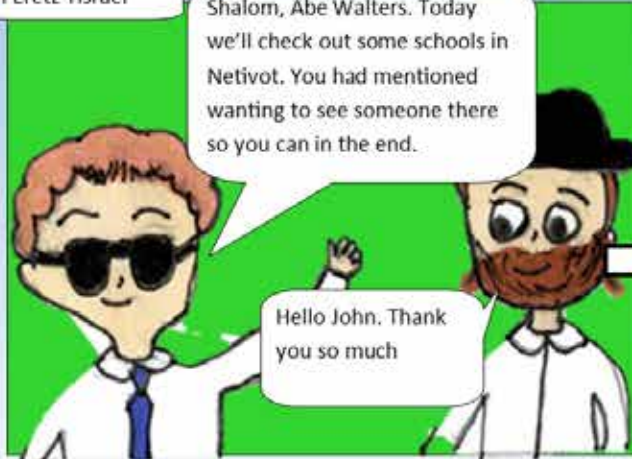
The Neis Chase

Illustrated by: Nechama Liba Ross - Detroit, MI

Chapter 2



In Eretz Yisrael



Shalom, Abe Walters. Today we'll check out some schools in Netivot. You had mentioned wanting to see someone there so you can in the end.

Hello John. Thank you so much



Who do you know in Netivot?

I wanted to get a brocha from the Baba Sali. He's a Jewish Rabbi

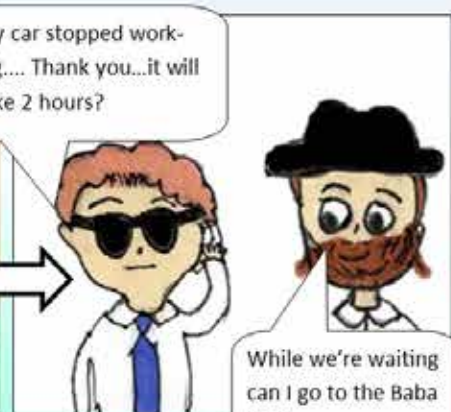


My car stopped working!! I'm going to check it.

Yeah why not? See you in 2 hours. I'll go to a restaurant

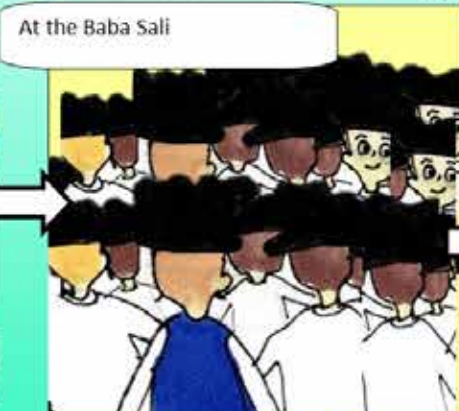


I can't figure it out. I'll call the mechanic.



My car stopped working.... Thank you...it will take 2 hours?

While we're waiting can I go to the Baba Sali?



At the Baba Sali



There are tons of Yidden here I guess I won't have time to get in.

TATTY'S TALES

The Neis Chase



The Baba Sali is looking for a man named Avraham.

My name's Avraham. It can't be me. I just got here!!

Outside

Why do I need to know this?

I'm so confused! R' Ovadia Yoseph came in here and is talking to the Baba Sali.

Avraham, there's a Syrian woman named Mrs. Daodba. She escaped Syria and her husband was meant to escape after her. He never arrived. Mrs. Daodba's an agunah now.

When you go to Syria find out if he's alive, So she can get remarried.

How does he know about my job?

I guess so. I'm not planning on going to Syria any time soon.

At the car

Abe! Tomorrow we have a long day. Let's go home.

To Be Continued BE"H

NEW 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!

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** _____

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GUIDELINES:

- . Your drawing should be on a size 8½ 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)

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Grand Prize!!!

Build and own a beautiful 3D
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Second and third place winners can choose
from one of these beautiful books!



YES! HASHEM LOVES YOU!

Rebbetzin Esther Jungreis went to Eretz Yisroel for two weeks to give words of chizuk to Yidden across the country.

Rebbetzin Esther went through the holocaust, and she has an unbelievable story how Hashem pulled her through with her incredible Emunah and Bitachon. When Rebbetzin Esther spoke, it was for an hour and a half.

To help her speak for so long, she had a whole crew of musicians playing beautiful soft music in the background. These musicians are what pulled her through the whole speech.

The speeches in Eretz Yisroel were very well received. People were so inspired. It awakened their neshamos to Teshuvah and to be closer to Hashem.

Although it was time for her to go home, she got many requests to stay and speak in more places and inspire more and more yidden.

At a loss, she asked her husband what was the right thing to do is.

Her husband, R' Meshulem Halevi Jungreis said that should stay because that is what Hashem wants from her right now.

The problem was that all the musicians had already left, and if she was to speak more, she needed to get a group of musicians. Her husband said, "Don't worry about that, Hashem will take care of it." She decided to stay and have Bitachon that it would all work out.

Sure enough, that Shabbos she was in

a hotel, and she was called to the lobby. When she arrived, she saw a group of Bachurim who said that they were all professional musicians who run their yeshiva choir. They heard that she was staying, and they wanted to know if she needed people to play music for her. She was very happy and gladly accepted.

The head of the group, Nachum*, said that they have a great reason why they want to be part of this special mitzva.

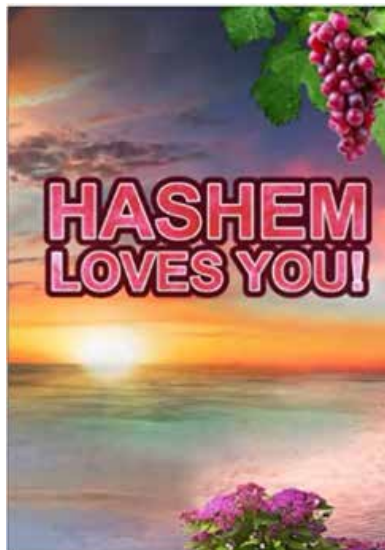
He said that years ago he was engaged to marry a non-Jewish girl. They both were professional musicians, and they were flying across the world to perform in concerts.

Right before they were about to leave on a trip to Paris, he was on Kings Highway, and he saw an old man get hit by a car. He was bleeding, and his condition did not look good. Nachum* quickly called Paramedics and they came in seconds.

As Nachum* was helping the Paramedics bring the old man onto the stretcher, the old man said to Nachum*, "Are you Jewish? Go to Jerusalem and study, go learn the Torah and learn what it means to be a Jew!"

Then, he was put onto the ambulance and sped to the hospital. Luckily, they were able to save his life!

Because of this man, Nachum* went on a different path in life. He spent his days in Yerushalayim learning Torah and becoming a frum, eh- Continued on next page



Just Look At What Hashem Made For You!

By Leiby Berger - Jackson, New Jersey

It's a
Stunning
World!



It's a
Wonderful
World!

YES! HASHEM LOVES YOU!

continued

rliche yid.

As he was finishing his story, Rebbetzin Esther realized that the old man was R' Avraham Halevi Jungreis, Rebbetzin Esther's father!

The story now all came a full circle!

This is a powerful story, and it teaches us such a powerful lesson!

Hashem can turn any single situation from complete darkness to the brightest

light.

Nachum* was in the bleakest situation. He was about to marry a non-Jew and dedicate his life to emptiness. B'hash-gacha, he helped this old man who gave him the greatest advice ever and he even saved his life!

Any situation a person is in, no matter how dark it seems, there is always hope. Because Hashem can do anything, and He wants to help!

Taken from the 'Hashem Loves You Hotline'

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נעשה מקמח ישן

"We know that there is a big banquet hall waiting, and we are going to enjoy the meal there forever and ever! (Rav Avigder Miller)"



5 ^{Weekly} Thank You's

By: R' Simcha Elefant - Yerushalayim
Ir Hakodesh

Thank You Hashem for Families! We can have such loving caring people to be with.

Thank You Hashem for Binding! It helps our Seforim and books last for a long time.

Thank You Hashem for Scissors! We can cut things so neatly and safely.

Thank You Hashem for Cement! So strong yet in liquid form so it can be shaped before it hardens.

Thank You Hashem for Thermostats! Enables us to keep our houses/ovens at the perfect temperatures.

לזכות משה יהדה בן שושנה





THEN & NOW

Need an X-ray or CAT scan?

1800's:

What's that? Maybe you mean an 'extra tray'? But why would I need an extra tray? And why in the world would I want cats in a can?

The doctors had absolutely no idea what's doing inside of you...



Today:

Just go to your nearest urgent care or hospital and get it done 123. Get back the results within minutes! All covered by your health insurance!

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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Mazel Tov!

Mazal Tov to R' Aron Feldman and family (Beitar Ilit) on the birth of a new baby boy!

Special Mazal Tov to the grandparents Rabbi and Mrs. Dovid Feldman (Beiter Ilit)!

NIFLAOS HABOREI RIDDLES

By: T. Bauman

We are regal in our bearing,
In our gait, we are proud,
We are strong, we are active,
And can be extremely loud.
What may seem strange-
To you and to others,
Is that long hair belongs
To our men and brothers.

©

We are often used as a symbol
to represent strength and might,
We are close with the shevet,
That owns royalty as their right.
If you know who we are,
Roar it loud and clear.
If we would come to cheer you on,
You'd exit through the rear.

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. **Type up messages.**

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

845-720-4040 Ext 6

Updated every Motzai Shabbos!

Riddle Corner #23

I am mentioned in this week's Parsha, I am similar to Shabbos Hotzaah. Picking up and putting down are necessary, to violate me and receive a penalty. Who am I and what is my penalty?

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 #23)

***WE ARE IN THE MIDST OF BUILDING, FOR
HASHEM, THE MOST MAGNIFICENT NEWSPA-
PER THE WORLD HAS EVER SEEN!***



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STILL NEED SO MUCH MORE!**

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1.

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Counting Our Blessings

By: Rabbi Yosef Moshe Mizrahi

Hashem runs the world with two middos: chessed and din. Chessed is Hashem's open kindness, and din is when Hashem disguises it. Hashem uses His middah of chessed much more often. The Rambam in Moreh Nevuchim (3:12) says, "Some people live their lives in total error. They think that the world is filled with difficulties and sadness, but the exact opposite is true! Hashem's world is amazing! Look at how many countries have not experienced any earthquakes or fires in years. Furthermore, take the percentage of healthy babies being born; the percentage of babies born in perfect health is more than 99.9%!"

Naturally, people get accustomed to the goodness that Hashem gives them, and they just desire more and more. It takes a conscious effort for one to remind himself of his blessings. One's health, family, fresh air, delicious food, hot showers, comfortable beds... the list of goodness one receives from Hashem daily goes on and on. Therefore, paying attention and counting one's blessings is so holy. One's entire Avodas Hashem is built on his appreciation for Hashem. The more one appreciates Hashem, the more he will be driven to serve Him.

The Chovos Halevavos (Sha'ar Avodas HaElokim, Perek Zayin) writes that a person must play up, magnify in his mind, and make a big deal over the gifts Hashem gives him. The more one appreciates what Hashem gives him, the more Hashem will give him. Furthermore, by overlooking and minimizing what one has and not appreciating the brachos, it can chas v'shalom cause Hashem to do the oppo-

site.

Rabbi Gross* is involved in Jewish outreach in Manhattan. One day, he was approached by a non-frum Yid who introduced himself as Simon. Simon looked a little angry, and he proceeded to tell the rabbi his story. "I was always a very successful businessman. I just turned fifty years old, and all of a sudden, all of my investments crashed, and I lost all my wealth. Why did Hashem do this to me!?" Rabbi Gross responded, "I don't mind discussing this with you, but first, you must tell me three things in your life that you are grateful for." Simon absolutely refused to answer. He stormed out of the rabbi's office and slammed the door behind him.

Rabbi Gross did not think he would see Simon again, but much to his surprise, Simon walked into his office a week later. "Rabbi, I thought about what you said. It is true that I really do have what to be grateful for!" Simon started to change the way he viewed his situation, how he viewed life, and slowly began a journey to keep Hashem's mitzvos. Simon, who previously never thought about getting married, married a Jewish woman and adopted two children. Simon always continued to work on appreciating what he had, and when someone would ask him how old his child was, he would respond with the exact age, "Three years, two months, and nine days," since he recognized that every day with his children was another gift to be counted.

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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