

The Spring Hill Times

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

KLAL YISRAEL'S NEWSPAPER

ISSUE 86

| PARSHAS YISRO

| SHEVAT 5783



**Hashem, we are so proud to be Your nation!
We love Your Torah! We love Your Mitzvos!**

HASHEM PAYS FOR WOMAN'S DENTAL WORK

A woman in Eretz Yisrael was out of a job for a while and money was very tight. She needed to go to the dentist but didn't know how she would pay the 3500 shekel bill.

A few days before the appointment, someone knocked on her door and gave her \$1000 cash.

She went to a money changer and got 3500 shekel, the exact amount needed to pay for the dentist! [Kav Hashgacha Pratis]

HASHEM GIVES ERETZ YISRAEL RAIN!

In the past few weeks, there was no rain in Eretz Yisrael causing great concern, (especially for the farmers).

Many shuls started saying an extra tefilah for rain during shema kolainu. Klal Yisrael was davening for gishmai be-rachah.

Chasdei Hashem, during the week of parashas Beshalach, rain started pouring from the sky abundantly! Eretz Yisrael was blessed with rain! What an amazing gift!

Thank you Hashem!!!

MAN IN NEED TURNS TO HASHEM

R' Fishel* from Eretz Yisrael was marrying off a child. He asked his father if he could please go to the U.S. to raise funds for the wedding as he did previously for his children's chasunos.

The father wasn't able to go due to his

**Continued on
page 4**

READING POSITIVE NEWS WILL HELP YOU:

- Love Hashem more.
- Do more mitzvos.
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- 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

Newspaper Topic:

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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לעילוי נשמות:

ישעיה בן משה יחיאל מיכאל ז"דא, חוה רבקה בת שלמה זלמן, צבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש. צייטל 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 גתייסד 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.

Harav Shmuel Kamensky Shlita
Harav Elya Ber Wachtfogel Shlita

15 Shevat - 26 Shevat
Klal Yisrael Raises
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Newspaper!



**“WE WEREN’T ABLE TO PRINT
ANY COPIES THIS WEEK.
WE SIMPLY DON’T HAVE THE
FUNDING.
WE ARE SO SORRY...
WE TRIED OUR BEST..”**



**“NO! NO! NO! PLEASE DON’T
STOP! OUR WHOLE FAMILY
LOVES THE SPRING HILL TIMES.
WE DON’T WANT THAT EVER
TO HAPPEN..”**



TO THE NEXT PAGE PLEASE

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SPRING HILL TIMES FOR KLAL YISRAEL!
KLAL YISRAEL FOR SPRING HILL TIMES!

WEEKLY NEWS ROUNDUP

Continued from
page 1

old age. He told R' Fishel to take a receipt book and travel for two months. Hopefully he would raise twenty thousand dollars.

R' Fishel went to the US. After a month, all he had raised was just three thousand. He was heartbroken. So he went to a shul and cried and poured out his heart to the Ribono Shel Olom.

After he finished talking to Hashem, someone entered the shul and realized that he was emotionally spent.

He asked R' Fishel if he could help him. He answered, "No. Only Hashem could help me."

The man told him, "dago blev ish yesichano."

So R' Fishel told him what was bothering him.

The man told him to take a taxi to Manhattan to a certain address. "They are writing there checks for a thousand dollars."

R' Fishel went. When he arrived at the office building, a non-Jew was

exiting the building and he asked him if he came for charity.

"Yes," said R' Fishel. "Come inside," said the man.

He then brought him a check for 723.

R' Fishel thought to himself, "Nu, it's close to a thousand. Not bad."

However, upon closer scrutiny he was shocked to see three additional zeros after the 723! It was \$723,000.

He looked at the man astounded, waiting for an explanation.

The man told R' Fishel the following:

"The rich man who passed away left over a big inheritance to his children on condition that they have to disburse \$1,000,000 to needy Yidden by a year of his death.

Two months ago, the children were getting nervous and placed ads in the Jerusalem Post.

People were trickling in. (Meshulochim don't read the Jerusalem Post).

זה א-לי ואגודה

The Spring Hill Times is looking for someone creative and talented to volunteer and make beautiful mitzvah ads. Please call/text 845-327-5041 Email: thespringhilltimes@gmail.com

Had you come yesterday you might have received \$10,000. or maybe \$20,000. Had you come tomorrow you would received \$0.0

Today was a year since he died and the children were sitting upstairs biting their nails waiting for someone to come. They needed to give away the remaining \$723,000!!!!"

[Heard from HaRav Eli Yelen - Rav in Detroit, MI]

EVERYTHING IS FOR THE BEST!

Mrs. Stein asked her husband to go to a certain store in Bnei Brak to buy a CD player that costs 400 Shekel.

He planned out which day was the best day to go, and went at a normal hour when stores are

WEEKLY NEWS ROUNDUP

usually open.

But for some reason the store was closed.

He thought to Himself, "I changed around my whole schedule to come here and now it's closed?"

Then he saw another store nearby that he thought might sell the CD player that his wife wanted.

He went inside and they had the same exact CD player he was looking for! And instead of 400

shekel it was 300 shekels.

He openly saw the Hashgacha Pratis that the first store was closed! [Kav Hashgacha Pratis]

HASHEM GIVES FAMILY WINTER CLOTHING

R' Moshe* from Rechasim needed to buy winter clothing for his children, but he didn't have any money.

So he started saying tehillim together with the whole family that Hash-

em should send them money.

Shortly afterwards, the phone started ringing.

It was from a clothing store, and they told him, "You have a 1000 shekel credit with us that you never used!"

R' Moshe asked, "How did that happen?"

The store told him that during Yom Tov time there was an organization that gave out 1000 shekel for any family that has a certain num-

HASHGACHA PRATIS IN THE BEIS MEDRASH

YID FINDS SIDDIR

A Yid in Eretz Yisroel during Simchas Torah lost a siddur in shul.

He looked all over the shul but he couldn't find it.

Every week, when he went to shul, he would look for it and he couldn't find it.

It was parshas Vayera, during Krias HaTorah, when the ba'al korei got to the pasuk, "Vayiftach Elokim ... Eyneha".

He had in mind that he should be able to find his siddur.

After shacharis he looked again, and he found it in a place that he looked many times! [Kav Hashgacha Pratis]

12-YEAR-OLD BOY LOVES HASHEM

Avromi* a 12-year-old boy from Chestnut Ridge, New York, spent Shabbos with his family by a relative in Monsey.

On Motzaei Shabbos, Avromi decided to go with his father to Avos Ubanim even though he really wanted to stay and play with his cousins!

P.S. Hashem made it that Avromi should win twice:

The on-time-affle and the grand-prize-affle a scooter! (He was only able to choose one prize but the message from Hashem was loud and clear!)

Editor's note:

מענין לענין באותו ענין

This past motzei Shabbos, towards the end of Avos Ubanim, my son took out a tehillim and davened that he should win a raffle. B"H he was one of the winners!

WEEKLY NEWS ROUNDUP

ber of children. "Your neighbor applied for it and they also applied for you, but they forgot to tell you. That's why you never used it.

So we are calling you up to tell you that you can come and use your 1000 shekel to buy clothing for your children!!!!!!!"

R' Moshe and his family saw openly how Hashem listened to their Tefillos! [Kav Hashgacha Pratis]

HASHGACHA PRATIS

It was Erev Shabbos and two-year-old Chaim* from Neve Yaakov wasn't feeling well.

His father, R' Gershon,* took him to the doctor. The doctor said, "You should take the child to the emergency room".

As he was leaving the doctor, R' Gershon met someone who said he was going to Sha'arei Tzedek Hospital. "Let me give you a ride."

So, R' Gershon took his stroller and bag, and put them in the trunk.

When R' Gershon got

to the hospital, he went straight to the emergency room, and forgot all about his bag and the stroller.

When he remembered it was already too late. He didn't even know who had given him the ride. He had no idea how he would ever get his stroller and bag back.

There were very long lines the emergency room. It was taking forever and he didn't want to stay there for Shabbos.

He saw that Baruch Hashem his child was already feeling better, he was acting normal. So he decided to go home.

So R' Gershon went back home for Shabbos. On Shabbos morning his child wasn't feeling well again.

He took him to the doctor and the doctor said they should go straight to the emergency room now - on Shabbos.

At the emergency room the doctors did different tests. His child was getting very tired and he

didn't have where to put him to sleep.

He didn't even have a stroller, since the stroller was left in the car on Erev Shabbos...

Suddenly someone came over to him and asked him, "Are you from Neve Yaakov?"

He said, "Yes."

"Did you leave a stroller and a bag in someone's car?"

R' Gershon said, "Yes!"

"Well here it is!"

R' Gershon was so surprised; "How did it get here?"

The Yid told him, "The person who gave you the ride was looking for you but he couldn't find you.

He found me and told me that he was looking for someone from Neve Yaakov.

חטוף ואכול חטוף ואשתי חטוף..

The Spring Hill Times is looking for sponsors to help buy 2 credit card machines

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Yoni Kohn

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WEEKLY NEWS ROUNDUP

I said, "I'm also from Neve Yaakov, so I could take it and I'll bring it to Neve Yaakov after Shabbos. I'll try to find the owner."

B"H I found you!"

R' Gershon got his stroller right in time for his child to go to sleep!

Baruch Hashem all the tests the doctors did came out good, and he was able to go home.

It was Motzei Shabbos, and he needed a ride home. Suddenly, he saw the person who had given him the stroller on Shabbos.

He told him, "I'm going to Neve Yaakov now, so I can give you a ride."

Again he saw the hashgacha pratis, how Hashem arranged a ride home for him! [Kav Hashgacha Pratis]

OUR STUNNING NATION

Chani,* a 12 year old girl came home from school with a friend. Her parents asked her how she did on her test.

She responded, "I had a real hard time with it. It was such a difficult test."

After her friend left, she told her parents, "Actually, I did very well. I knew all the answers and I gave in the test first."

It turned out that Chani's friend wasn't as smart as her and had a hard time with the test. Chani knew that she would hurt her friend if she heard her telling her parents how well she did! So she downplayed her performance not to hurt her feelings!!!

KLAL YISRAEL LOVES HASHEM!

On Shabbos paraschas Beshalach, the temperatures were frigid cold in Rockland County, New York.

It was so cold that when the editor of the Spring Hill Times came to shul on Shabbos morning, his eyelashes were frozen!

On the way to

shul, he met a fellow mispalel who exclaimed, "All other people wouldn't dare go outside in this weather. And we Yidden are happily going to shul to serve Hashem!"

According to reports, on Leil Shabbos, when the winds were howling and it felt well below zero outside, the Kehillas Spring Hill Shul was full of boys learning their weekly mishnayos shiur!!! מי כעמר ישראל!

GRAB THIS MITZVAH!



NEWSPAPER MAN WANTED

The Spring Hill Times is looking for someone to help the distribution in the Monsey area.

Please call/text
845-327-5041

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



CHILDLESS COUPLE MAKE A KIDDUSH

There was a couple who did not have children for 22 years.

They had gone to the doctor, and he said that it's impossible for them to have children. "Just accept the situation," he told them.

They went home and decided that they would make a Kiddush to thank Hashem for the news!!! Like it says, "The same way we thank Hashem for the good, we thank Hashem for what looks like the bad."

Indeed, they made a gala Kiddush that week whole heartily believing that everything Hashem does is for the good!!!

ממי כעמך ישראל!!!!

Wait one moment, I forgot to say the end of the story...

Nine months later, they gave birth to twins!! And once again they made a kid-

dush to thank Hashem!!!

HASHEM IS ALWAYS THERE

I was waiting by my daughter's bus stop for her bus. B"H she just arrived home safely on time. Thank you Hashem!

What a Bracha!

It's a parent's biggest nightmare when a child doesn't come off the bus...

We should be drunk from Simcha every time they come off the bus...

I want to bring out another point.

Let's say I wouldn't be here. The bus would drop her off, she would go to the house and the door would be locked.

She would start crying, she would be petrified (she's in primary)...

But because I'm waiting for

her everything is fine.

She doesn't say thank you, she doesn't realize that she would have been crying if I wasn't there...

I took out another lesson. Hashem is saying: "I'm with you every step of your life. I'm holding your hand. Can you imagine if I wasn't here? It would be a nightmare..."

"But no," Hashem says, "I'm with you, just like you're waiting for your child by the school bus, I'm waiting with you wherever you go, and you can never get locked out wherever you are! There's never any reason to cry, because I'm holding your hand."

THERE IS SO MUCH BRA- CHA!

A woman heard people talking about how the government programs are hurting the economy.

She follows 'A Life with Bitachon' and instead of getting involved in that negative

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Thank you!

LIVING WITH HASHEM

By Rabbi Zevy Golombeck

conversation she thought to herself:

"Who runs the economy? Is it the government? It's Hashem!!

All He wants us to do is thank Him for giving us money for food. Then Hashem says, "You realize I'm running the world? I'll bring more Bracha into your life!!"

Hashem is putting Bracha into the economy, and Hashem will bring more Bracha if you believe he's running the world!"

Another story to bring out this point.

A talmid of mine took out his wife to a restaurant in honor of her birthday

They couldn't find a seat! Every seat was taken!

Is there a shortage of food in the world?

All we need to do is open our eyes to see Hashem's endless chesed!

I was driving one day behind a garbage truck and I started imagining what life would be without them.

Garbage would be piled up all over... We wouldn't be able to walk... People would be tripping and falling...

Thank You Hashem for garbage trucks! Because of them we're able to walk, and smell, and enjoy ourselves!

BITACHON CHEERS UP WOMAN

A Yiddishe Mama told me she went to a mental institution to visit one of her friends.

When she came she noticed that her friend was depressed and negative. She didn't want to eat, she didn't want to talk.

She said I know what I'm going to do. I'm going to turn on 'A Life with Bitachon'.

She turned on the Yesodos, the stories and songs...

All of a sudden she started smiling and cheering up! She wanted to eat and talk!

CHESED IN EVERY BLADE OF GRASS!

I was speaking to one of my Talmidim and he told me that he likes to read about all different plants.

He told me that there are so many

plants in the forest that one can survive off but B"H because there is so much food we don't have to come on to these plants.

There's a famous story that R' Chaim Ozer taught R' Gustman which plants are edible in the forest. Later on, when Rav Gustman was hiding in the forest from the Nazis, he knew which plants are edible and which are poison and they helped him survive.

Out of Hakaras Hatov, Rav Gustman used to water the plants.

I want to bring out that we all know that one of the plants are poison ivy and there's a certain oil that if you touch it, it brings out a rash all over.

Your tefillos are like raindrops

Clouds get formed from water vapor. But we do not know precisely when or where any given raindrop will fall!

Our tefillos form a "prayer cloud.", so to speak, which hovers in the sky. You never know when or where your tefillah will have an effect.

-Devorah Silberman

To receive the the Bitachon magazine please email:thebitachon-magazine@gmail.com

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



Why did Hashem make it?

What is Hashem is trying to teach us?

Do we know that every time when we touch a plant or a tree, we don't get rashes? Are we taking it for granted?

What do you mean, why should I get a rash?

Yes of course! You are a person and that is a grass! Just like poison ivy gives you allergic reactions. We know there are people who are allergic to all different things.

The point of poison ivy is to teach us that we can touch plants and trees and not get a rash! What a Bracha! Thank You Hashem!

CHILD STARTS TALKING

There was a two year old child who wasn't yet speaking. He was delayed, and people said that he needed speech therapy.

His mother said, "I know which therapy he needs: 'Emuna and Bitachon therapy'!

She strengthened herself that Hashem is the one in charge of speech!

P.S. All of a sudden the child started to speak!

CHILD GETS GOOD MARKS

Shmuli* was doing poorly in school, failing every test. The parents were advised to get him language therapy etc..

His mother said, "I know which therapy I'm going to get: Emuna and Bitachon!

P.S. Boom! Now her child is getting the best marks on every test!

DR. BITACHON M.D.

A youngster wasn't feeling well. He went to a doctor, who said, "You have high blood pressure."

The youngster asked the doctor, "What could I do about it?"

The doctor said, "I'll tell you the truth. I have a child with the same issue. He started listening to 'A Life with Bitachon', and since then, their blood pressure is back to normal!

I keep in my office, cards of the Hotline numbers and give them out to people! I tell them to join the club!!!"

A NEWSPAPER THAT RELAXES!

A teacher in Lakewood told me she doesn't get any magazines or newspapers in the house. She only gets the Spring Hill Times.

Sometimes she sees a paper when she goes away for

Shabbos. When she sees how this person developed this medical condition, that person has a different medical condition, all of a sudden her anxiety levels go up. She starts thinking, "Uh oh, who's next..."

Every time something hurts her, she's already thinking of the worst.

But when she sees the headlines of the Spring Hill Times, she thinks, "Hashem loves me. Hashem is taking care of me. People got home safely."

She now lives so calm and relaxed. It's a different life! A happier life!

RAV AHARON KOTLER ZATZAL

A Yid told me that he spoke to Reb Yechiel Perr, a Rosh Yeshiva in Far Rockaway who was a chavrusah with R' Aharon Kotler, the Rosh yeshiva of Bais Medrash Gevoah.

He said that he learned from R' Aharon that the way to grow and Shteig in Emuna and Bitachon is through stories. R' Aharon used to say over lots of stories.

In his biography, the Talmidim said they grew in Bitachon through stories.

Another youngster left me

LIVING WITH HASHEM

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a message that the Chasam Sofer spent a lot of time saying over stories to be mechazek his talmidim.

WOMAN HAS BITACHON

Mrs. Fink* had a baby and was trying to get on disability.

When she called the lady said the computer's down, she'll call back.

It was already a few hours and she didn't call back. She initially thought to herself, "What's the chance that the government program will call back?" So she called the Bitachon Hotline to get Chizuk!!!

P.S. While she was on the line she got a click. It was the government agency!

WOMAN GETS FREE BOOK

Mrs. Schwartz* went to a nursing home to visit her grandmother.

When she arrived, she was not allowed in to see her since she not have all her covid papers.

She felt like she traveled there for nothing. She was a little upset about it.

Just then, she met someone she knew and started talking to her.

The lady told her that she

just put out a new book. "Here you can have a free copy to."

Mrs. Schwartz was shocked! This was a book that she had her eye on for a while and she had really wanted to get! The whole trip was worth it for her just to be able to receive this book!

HOUSE TRANSFORMED

R' Levi* had an issue.

The preparations in the house on erev Shabbos were always very hectic and stressful. Things were only being taken care of at the last minute before Shabbos and the atmosphere was not calm.

He tried to straighten it out with his wife, but as hard as they tried nothing worked.

He decided to talk to Hashem and ask Him to help. He had Emunah and Bitachon that Hashem can make the atmosphere in the house more peaceful.

The next week, there was a transformation in the house. Everyone was calm and relaxed and there was no pressure and stress!!!

A LIFE WITH 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 |
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BEAUTIFUL QUOTES

"I received a letter from a man who suffers from his wife. He is a lucky man; each time he keeps quiet, he is preparing for olam habah."

Rav Avigdor Miller Speaks Vol 1, Page 174

"When you come back (home) from work, think: This place where I'm coming in is kadosh."

Ibid. Page 200

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"Who tells the birds that it is time to go south? Who shares with them the direction and how far to travel? It is nothing short of a miracle."

Open Your Eyes - Page 205

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"The essence of our ne-

shamah is pure and is impossible to blemish. All the sins that may have happened are all external, and they don't reflect our essence. It remains pure and clean."

Zichru Toras Moshe - Beshalach

"The recipe for life is gratitude and trust. The more gratitude to Hashem for how far he has brought you, the more trust you will have to how far he can take you."

A Reader

"The greatest people are those with big נסינות."

Rav Yehuda Mandel - Bitachon Weekly, Parshas Beshalach

"R' Gershon (Liebman) never complained even during the Holocaust. Believe it or not - it's all in your mind and the way you are taught to see things..."

Ibid.

"That is the secret to suc-

cess! By realizing that it's not Uncle Sam. It's not your parents! It's not your in-laws! It's not your cousins. It's not your paycheck! It's one thing and one thing only - your loving caring Father the Ribono Shel Olam."

Rabbi Zevy Golombeck - A Life with Bitachon, Yesod 1466

"I only came down to this world to build this yeshiva... And I only built the yeshiva for this bachur."

The Tosher Rebbe (talking to Yeshiva staff who wanted to send home a challenging talmid.) Page 153

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



BABY SLEEPS WELL

For the past few weeks my baby cried straight through the night and would

not stop. My wife could not sleep, and it was getting very frustrating. Friday night I asked Hashem to please help my baby be quiet. I said that if my baby keeps quiet through the night, I would write into the Spring Hill Times to publicize the story. That night the baby was quiet all the way through. He was also quiet for the next few nights! Thank you, Hashem, thank you Spring Hill Times!

HASHEM OUR HEALER

One night, I cut myself badly. The blood was coming out and would not stop. I was very afraid, and I thought I would definitely need stitches. I sat down and put pressure on it hoping that the bleeding would stop, but it wouldn't.

I decided to turn to the most top doctor and learn Sha'ar Bitachon until the bleeding stopped. I learned

for 2 hours, until 2 am, and Baruch Hashem the bleeding completely stopped, and I did not need any stitches!

A reader

Editor's note: Of course, in case of danger or even safek danger one must be mekayem the mitzvah of v'nishartem and make sure they get the proper medical attention.

HASHGACHA PRATIS

I was walking down the street in Boro Park, and I saw a man trip on the sidewalk. B' Hashgacha Pratis, there was a car parked on the sidewalk right there, (which is usually very rare in Boro Park) and he was able to catch his balance with the help of holding onto the car!

HASHEM SENDS BOCHURIM REFRIGERATOR

We are bachurim learning in Yeshiva Tiferes Yisroel Chaim in Eretz Yisroel. We really wanted a fridge and freezer for our dira, but we couldn't afford to buy one.

One day we got a call and someone who asked us if we want a fridge. We said, "Yes! We would love to have one! How much will it be?" The man responded that it

was free!

He said, "My neighbor has an extra fridge but doesn't have room to keep it in his house. So, he keeps it in my house. But now I don't either have room to keep it in my house. So he is looking for someone to keep the fridge in their dira!"

We gladly accepted it and got a fridge for free and now we are enjoying it very much!

Readers - Yerushalayim

RETURNS ACCEPTED

I went to the store with 6 items to return. The store allows returns within 7 days with a receipt. The problem was that only 1 of my 6 items had both a receipt and was possibly within 7 days (I bought it on the same day a week before). I Davened to Hashem that they should accept them anyway, and reminded myself that the worker is not the one in charge, and he will do only what Hashem decides. The manager doing my return didn't ask for the receipt or when the items were purchased and did the return in a couple of seconds!

Thank you Hashem!

A Yid in Detroit

Attention readers:

Didn't see the story you called or sent in? Don't worry, BE"H your story will be printed in the paper. We are B"H receiving a large volume stories each week, so it takes a few weeks until your story can get in.

Please keep you stories coming!

You are inspiring the entire Jewish Nation! You are shaping the destiny of Klal Yisrael!

FIVE-YEAR-OLD SHTEIG- ING IN BITACHON!

On Shabbos morning, my baby was crying loudly and really wanted his pacifier. I couldn't find any pacifiers, and I already tried many different things to try to soothe him, but he was still not happy. I ran from room to room looking for a pacifier, but I didn't find any. Then I asked my kids if they had seen his pacifier and if they saw it to let me know. I then decided to try once more to look for it. I went into a room that I had already checked earlier to look for it and there was a pacifier, right in the middle of the room on the floor. I ran back to my baby and saw my 5 year old was sitting right next to him stroking his cheek and singing to him the song Hakol Yochul from A Life with Bitachon! Then when she saw me she asked "so you found it? I was singing to help you find it!" I asked her to help me and help me she did! Thank you so much for your amazing paper! My 5 year old daughter loves listening to all the stories I read to her from the Spring Hill Times, and is learning so much from it.

Thank you!

BREATHE BITACHON

The Alter of Novahrdok ztl, whose yartzeit was recently would sign his name ב"ב. They say it stood for Baal Bitachon.

I want to give a new, practical, English pshat for BB.

Baruch Hashem we have today hotlines and reading material, including seforim, on the topic of Bitachon and its application in our daily practical life. They are fantastic and priceless.

They are drip by drip changing our entire way of thinking.

Indeed that is the way to make an impression on one's emotions. Listening, reading, and thinking. And that is the goal of Bitachon - emotional stability and balance, as the Chovos HaLevovos explains.

They change our entire mentality and as a result we are becoming different people! We think different! We feel different! We act different! We react different!

However, some beginners, at times of a sudden worry, or crisis, some trauma, when Bitachon is needed most, and immediately, may find it a bit hard to apply the lessons learned.

Everyone has crisis moments. For some it's when they can't find their phone, for others it's only when they can't find their keys. But for many it's even when they can't locate a number or experience inflation of 120 percent!

What is something practical and concrete that one can do, quickly, without having to access and think about a whole yesod without a clear head, and with unsettling emotions.

I would like to offer a sug-

gestion. When such a situation arises and you need immediate Bitachon to the rescue, Breath Bitachon.

Actually, I am only adding a very small point to an already established eitzah, but sometimes it's that little point that can make a very big difference.

It is a well known recommendation to utilize quick relaxation techniques. The most familiar one is deep breathing. Although it's not so easy under duress, yet it definitely can make a big difference. In fact there are numerous places in Rashi in Chumash that bring out this point.

While trying to take a deep breath, try to also add and think a Bitachon thought, such as; 'Hashem loves me', 'Hashem is mashgiach', 'ein oid milvado', 'hakol yochol', 'gam zu litova', or any one of the many lessons or pesukim we read and hear about.

Every breath another thought. (An ideal breath should take about twenty seconds from the beginning of the inhale, holding it in, until the end of the complete exhale.) It's not easy to do many in a row without practice, but every breath counts, so every deep Bitachon breath can be very helpful.

Actually, there is no reason to wait for a crisis; rather one can practice all the time. So while enjoying the Spring Hill Times or listening to 'A Life with Bitachon', try Breathing Bitachon.





Another set of taste buds that we have are for the taste of 'bitter'. Perhaps this sounds like something unpleasant that we would rather not taste. We would rather taste it once a year for achilas maror.

But the truth is that Hashem gave us this taste for our enjoyment. We find the taste of bitter in grapefruits, oranges and even in cabbage. Actually, coffee and cocoa are both naturally bitter.

By bittersweet chocolate, the bitterness is apparent, that's why we call it – bittersweet. It's the cocoa that gives it the bitter taste.

Even by sweet chocolate where we are drowning out the bitterness of the cocoa with the sugar – still the pleasure that we get from the chocolate is built on the base of the bitter taste that we have from the cocoa.

The same thing is true by the most popular drink – coffee. The base of the coffee has a bitter taste. We mix it together with sugar and it gives us this unique, special taste of coffee. We are only able to have this enjoyment because of the special taste buds that Hashem gave us to taste bitter.

The last main set of taste buds that we have is for the taste of 'sour'.



Once again the word sour may conjure up negative feelings - as in sour milk or someone being in a sour mood.

But the reality is that sour is another one of the wonderful tastes that Hashem gave us to give us pleasure. This is not limited to sour sticks that children love, but we all like the taste that we get from lemons, grapes and pickles – the taste of these foods come from the sour set of taste buds.

Sour milk is actually what gives us the taste and flavor of yogurts. If we only had the taste buds for sweet, salty and bitter – which have endless flavors, I don't think anyone would feel deprived, yet Hashem wanted to give us a different angle of pleasure, so He gave us another set of taste buds for sour.

This taste is actually more popular than we think. How many drinks that we enjoy are based on this sour taste, like lemonade, seven up, sprite and grape drinks? And how basic is vinegar for such a wide variety of dressings and recipes?

And actually the vinegar that we use is so sour and powerful that we only have 5 percent vinegar and the rest is water and other things mixed in because the sour taste of the natural vinegar is too strong for us to handle!

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Q&A WITH R' ZEVI GOLOMBECK

The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. I was shaken upon hearing of what happened in Neve Ya'akov, Yerushalayim.

I don't know how to process it. How did Hashem allow such a thing to happen? I feel insecure. What does Hashem want from us? What is the emunah and bitachon perspective about coping with such a situation?

A. The first thing we must understand is that we have no clue why anything happens in this world. We simply are not capable of fathoming Hashem's calculations.

One thing, though, we know with certainty: תמים פעלו כי כל דרכיו משפט, Hashem is perfect and whatever He does is just. Everything that happens in this world is nothing but kindness, even when it appears to be the thickest darkness.

When a tragedy occurs and takes people's lives, this is Hashem's Master-plan unfolding, leading those individuals to their final tikkun haneshama.

We can gain a better understanding of this idea using the concept of 'gilgulim'. Gilgul is a prin-

ciple used in kabbalah which teaches that oftentimes, even after a person has lived a righteous life, some aspects of his neshama may still need to be perfected. Therefore, his neshama is re-sent to this world in order to rectify that imperfection. Then, after fulfilling his mission, his purpose in this world is completed.

Rabbeinu Bachaye teaches that before a person is born, he is shown all the events he will undergo during his lifetime. From the vantage point of the Olam Ha'emes, he sees clearly what it is that he needs in order to arrive at his tikkun haneshama, and he consents. It is under this context that he is sent to this world.

Rabboseinu teach us that this concept is the key to understanding many puzzling events that happen to people in this world, such as tzadikim suffering, children passing away, and other tragedies. The Arizal revealed that nowadays we are all gilgulim.

When someone dies al kiddush Hashem, this indicates that he had a very great neshama, and therefore predestined for the very great

privilege of leaving this world while sanctifying Hashem's name. Chazal teach that there is a special unit in Olam Habah for such individuals, which transcends any other reward.

When we reprogram our minds and understand that Hashem is dealing with yiddishe neshamos with the epitome of care, we will come to view Hashem's hanhogah with them as an act of pure compassion.

Regarding the feeling of insecurity, Rav Chaim Kanievsky Zatzal writes: when someone is overcome by fear, it indicates that he is lacking in basic emunah.

What makes people scared? They attribute tragic events to cause and effect. They reason: 'If such scary things could happen to someone else, maybe it will happen to me as well. It's so terrifying; I'd better hide'.

However, one of the foundations of emunah is that everything that happens to us is decreed by Hashem, and there is no such thing as mikreh.

Therefore, if it was decreed for misfortune to

Q&A WITH R' ZEVI GOLOMBECK

The



Bitachon Perspective

Continued

visit a person, there is no use in trying to escape. And if it was not decreed for him, there is nothing to be nervous about.

Based on the above, even when an act of terror occurs in someone's own town, unless there is an existing danger, there is no reason to be scared to walk in the streets.

Terrorists are powerless creatures; the only lives they will be able to take are those whose time it was to leave this world anyway. The attack is merely Hashem's cover up to test if we will see through the facade and recognize that it was Hashem from behind the scenes.

The truth is that such an event should actually show us Hashem's great kindness towards us and how much He is protecting us. When we see what goyim are capable of doing, we are reminded of what goyim really want to do all the time, yet Hashem does not allow them to. Rav Ya'akov Emden writes that the fact that Hashem enables us to survive amongst the nations of the world who wish to destroy us is a nes more spectacular than yetzi-

as Mitzrayim and krias yam suf!

The neighborhood of Neve Ya'akov is literally next door to Ramallah! Yet, for thirty years there has not been a single terrorist attack! Hashem is waking us up to realize how He is watching and protecting us.

Therefore, among the areas we should improve in after such an episode is strengthening our relationship with Hashem, reinforcing our bitachon in Him, and focusing on the endless love Hashem has for us.

When you internalize these ideas, Hakadosh Baruch Hu Baruch says, "Since you realize that I am the One controlling all events, and it was I Who protected you all these years - including this event as well, in that z'chus I will grant you an extra level of protection and you will always be safe and secure."

Q. I heard the response given on 'A Life With Bitachon' regarding what happened in Neve Ya'akov; that what happened to the victims was for the purpose of completing their tikkun haneshama, and that we should strengthen our aware-

ness of how Hashem is constantly protecting Klal Yisroel.

Subsequently, I heard a schmooze by a prominent speaker about the attack, and he said exactly the opposite! He said that Hashem is upset at Klal Yisroel, and He is giving us a wakeup call to scare us into doing teshuva and correcting our ways. Who is right? How can I know which is the correct message to learn?

A. When it comes to avodas Hashem, there are many different approaches. One person may grow a lot following one approach, while a different person will connect much more to a different derech. Which approach should a person follow? Says the Vilna Gaon, each person must follow the derech that works for him.

The same rule holds true when it comes to determining which message to learn from current events. When Hashem causes frightening events to happen, certainly, we are expected to use those events to help us grow and improve in our avodas Hashem. However, regarding which lesson to learn, each person must draw

Q&A WITH R' ZEVI GOLOMBECK

The



Bitachon Perspective

Continued

a lesson that will motivate him to build a stronger and healthier relationship with Hashem.

When tragedy strikes, it is common for people to use that event as a 'shocker' to jolt them into doing teshuva in a specific area. The events thereby serve as a springboard to help people improve in avodas Hashem, and thus fulfill its purpose. If a person finds that this is the approach that motivates him to grow, certainly this is a correct lesson to learn.

However, many of us find that hearing such messages does not necessarily help us improve. Oftentimes, we are so shaken by the actual tragedy; pondering over Hashem's disappointment in us will merely generate feelings of dependency.

In such cases, we should strengthen our relationship with Hashem by drawing chizuk from the opposite angle. The recipe for growth is by reinforcing our awareness that Hashem's ways are perfect, and everything He does is good.

Additionally, in a time

when there is demonstration of middas hadin, we must remind ourselves that it is only an outward demonstration. In truth, we know that Hashem will always cherish the Am Yisroel. His love for us is constant and endless.

While it is true that we can fall short in many areas – and Hashem expects us to improve in those areas – at the same time we must realize that Hashem derives a tremendous amount of nachas ruach from all our efforts in serving Him at our level. Specifically, this holds true in our times where there are so many nisyonos, and we must struggle greatly to acquire a geshmak in ruchnius.

Rav Yerucham Levovitz teaches that when we serve Hashem as best as we can, then even if it may be lacking, our avodas Hashem is even more precious than the avodah of great men many generations ago!

Furthermore, we should use this as an opportunity to work on hakaras hatov. We should ponder the fact that we were not the victims of the tragedy, and that Hashem is constantly protecting the Am Yisroel through-

out the golus.

This was Rav Avigdor Miller's approach; whenever a misfortune occurred, he spoke about how we have to remind ourselves how lucky we are that Hashem protected us from that misfortune.

When a person ponders these ideas, he will become filled with hakaras hatov and love for Hashem. And this is how he will utilize the tragedy to strengthen his relationship with Hashem.

In conclusion, there can be multiple lessons which can be learned from this episode – as is with every event that happens. Which is the correct one? There is not one specific lesson which is truer than others. Rather, Hashem is speaking to each individual on his level, and every person must find the formula that motivates him to strengthen his relationship with Hashem.

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

Chizuk Corner

The unbelievable power of a good word

By R' Y. Friedman

In the last issue we discussed how special and priceless each and every Yid is in essence. Just like a diamond and a precious gem is priceless at all times. We discussed how every Yid has a treasure buried within them and it just needs to be brought out. By pointing out their Maalos and showing them how precious they are in our eyes and in the eyes of Hashem. As Hashem tells us in this week's Parsha, "V'atem t'hiyun li Mamleches Kohanim vigo Kadosh".

Now I would like to discuss the great treasure that Hashem has given us, which we will read about in this week's Parsha. This treasure is accessible to every Yid, and that's our Holy Torah and Mitzvos. Now, without a doubt every one of us recognizes that Torah and Mitzvos are precious and priceless beyond. However, it's always good to review and spend some time reflecting and perhaps getting an even better appreciation for the wonderful gifts that Hashem has given us.

I was once by a Bar Mitzva and there were many people streaming over to the Bochor to give a Bracha to the Bar mitzva Bachur. Most people gave a hearty Mazal tov, while some people added on a heartfelt Bracha. But I overheard one Choshuve Yid tell the Bachur something so profound, and I have not forgotten it after all these years.

He took the Bachur's hand in his hand, and he told him the following. "You should be aware that tonight while most people have given you one thoughtful gift, Hashem has given you a tremendous number of gifts because he loves you so much. He gave you six hundred and

thirteen gifts, and each one of these gifts will perfect you and bring you closer to Hashem. Furthermore, through the Torah and Mitzvos you will attain your Chelek in Olam Haba". What a refreshing outlook at Torah and Mitzvos.



Now I would like to point out that had this Yid said that Hashem is giving him two hundred and forty-eight gifts that correspond to the positive commandments I would have understood him perfectly. However, this Yid is teaching us a refreshing outlook on Aveiros as well. They are also tremendous gifts as well. The truth is that Klal Yisroel received these six hundred and thirteen gifts. When? By Har Sinai. How do we understand this?

So the basic understanding as it is brought down in many Seforim is: the point of the negative commandments are to make sure that we don't succumb to excessive Gashmiyus. In other words, it's there to protect our Neshamos, by preserving the Kedusha that we have inside of us. This is one reason why the Mitzvos lo taaseh are gifts.

Furthermore, the Ramban says that a Mitzvos Asei builds up our love while a Mitzvas Lo taaseh bring out expressions

of Yiras Shamayim. According to the Ramban it's through a Mitzvas lo taaseh we can attain Yiras Shamayim.

However, I believe that the Ramban will agree that even a lo taaseh shows an expression of love when we control ourselves for Hashem. Perhaps what the Ramban is saying that the ultimate purpose of a lo taaseh is for Yiras Shmayim. The same thing is true vice versa as well (with a mitzvah Asei). So according to the Ramban we understand why the negative commandments are a gift from Hashem.

Let us explain this a bit deeper. I heard this personally from the Mashgiach, Rav Mattisyahu Shlita, (may he have a Refuah Shelaima speedily). He said that many people view their Nisyonos as obstacles. This make their Nisyonos to be very difficult. Says the Mashgiach that we need to reword it and reprogram ourselves that our nisyonos are opportunities for greatness, just like a positive commandment.

However, the big difference is that for positive Mitzvos we look for them, but when it comes to Aveiros we don't. But when it comes our way instead of looking at it negatively and apprehensively, we will look at it with a positive outlook and say, "wow here is my chance to attain Yiras Shamayim and show my Ahavas Hashem." Or we can say "this is my ticket to greatness." Indeed, Chazal say "tov m'od - zeh Yetzer hara," because it's through the Yetzer Hara that we become great and we earn our chelek in Olam Haba.

There is a beautiful saying "that every obstacle can serve

Chizuk Corner

By: R' Y. Friedman

Continued

as a stepping stone". This saying wraps up this Yesod so beautifully. This is how we should perceive our Nisyonos.

So let us discuss the amazing gifts that Hashem has bestowed upon His beloved nation Klal Yisroel. We know that every Mitzva is priceless, and we cherish it greatly. And we will get fired up with enthusiasm for a Mitzvah. Let's start with an observation.

It's interesting to note that when Hashem created the world, He could have created it with a billion people, and commanded them six hundred and thirteen Mitzvos, and yet he didn't. He created one man and he commanded him with one Mitzva. This comes to teach us that when we are doing our Avodas Hashem we should perceive it as if you are the only person in the world and this is the only Mitzva that you have (at the moment). Can you imagine how much love and fire we would put into such a Mitzva. How much we would cherish such a Mitzvah.

There is a story of A great Tzaddik Reb Yehuda Tzadka. Once after he finished his drasha, an old man approached him, and seemed to be extremely bitter. He told the Rav, "I don't understand why I am on this world. Why does Hashem want me here, and why should I want to be here? I am old and weak and I cannot do the Mitzvos properly anyway."

At first the Rav was in shock by such a statement. When he regained his composure, he told him the following statement, and I want our dear readers to open up their hearts to these most amazing heartfelt words. Rav Yehuda said, "you should

know my dear friend that if you would have come down to this world to do even one Mitzva of hanachas Tefillin, it's already worth the journey to this world". The Rav continued and said "that even if putting on Tefillin is done the way you do it now without much fervor or joy it's still worth it".

This story obviously speaks volumes and I would like to add on to this next week be"H, but let's first focus on this profound statement that should give us a huge boost of chizuk. As we mentioned earlier Baruch Hashem, we were bestowed by Kabbalas hatorah with six hundred and thirteen gifts. This quantity and variety make our spiritual and physical life very colorful.

However, we will not forget that every Mitzva is a treasure as Dovid Hamelech says "Sas Anochi Al imrasecha Kimotzei Shalal Rav". Dovid HaMelech is rejoicing with the greatest of joys on one word of Torah and on one mitzva, as if he just chanced upon a tremendous treasure. Rav Dan Segal would always say these words with great fervor and emotion. He would elaborate greatly how we see, how precious one Mitzva was in the eyes of Dovid Hamelch.

The great reward - We are all familiar with the famous mashal from the Chafetz Chaim of a man that went to a faraway island where diamonds were all over the island. To make a long Mashal short the man needed something to live on, so he got involved in making money with the currency of that island which was animal fat (or whatever). The man got so involved in animal fats that he totally forgot the main purpose of his

journey to accumulate diamonds.

The Mashal ends off that when he returned empty handed (at least to his knowledge) his wife discovered a few diamonds, and with these diamonds they became very wealthy. The wife was excited but the man was inconsolable, because he knew how much he could have had.

This Mashal is very clear. We are here to collect diamonds and we need to stay focused on that, and it's the essence of our lives. However, I would to point out a tremendous chizzuk that I believe the Chofetz Chaim is trying to portray.

It's true we cannot be satisfied with a few Mitzvos, and we need to grab as much as we can. However, we need to realize that yes, even if we have a few diamonds, we are already wealthy people, as we see in the mashal. This is what Reb Yehuda Tzadka taught us as well. Every Mitzvah no matter how insignificant it seems is tremendous, and it's worth coming down to this world just to grab these Mitzvos. This should give us a huge dose of Chizzuk.

My friends, When Moshiach will come (we hope very soon), we will all get a much greater chashivus for every single Mitzva. This will cause us to live a life of ecstasy as we will walk around full of joy and happiness as it says "az yimalei sechok pinu. This is another reason to look forward to those spectacular days. Let us be zoche very soon to witness the deep joy of doing a mitzva with the Bais Hamikdash rebuilt speedily, Amein!

GROWING FROM OUR GEDOLIM #14

WRITTEN BY: RABBI MATIS EDELSON

MIDDOS CHESSED EMUNAH AHAVAS YISROEL
AHAVAS HATORAH MITZVOS TEFILAH TZEDAKAH

When Will Moshiach Come?

Someone once asked Rav Aharon Leib Shteinman Zt"l, when will Moshiach come? He answered, "When the batei dinim for monetary matters close down, Moshiach will come". His meaning was that the reason Moshiach is not here yet is because of *sinas chinam* and *machlokes*. If there would be no more fights between people, there would be no need for batei dinim, which in turn would cause Moshiach to come.

How To Fundraise

An Israeli Rosh Yeshiva was about to embark on a fundraising trip to America, so he decided to go to Harav Aharon Leib Shteinman zt"l for a beracha. He asked Rav Shteinman, how can I ensure that I will have success on my trip? Harav Shteinman told him, "Have an Ayin Tova for all the other Roshei Yeshivos and meshulochim who are collecting. Daven that they should have success, be happy when they have success, and Hashem will give you success, Mida K'neged Mida."



Rav Aharon Leib Shteinman

Getting Accepted To Yeshiva

HaRav Elya Meir Sorotzkin Zt"l, Rosh Yeshiva of Springfield once instructed someone who was interviewing a bachur who wanted to enroll in the yeshiva of Springfield how to determine if the bachur was suitable for the yeshiva. He told him "If the bachur has an ayin tova, he is accepted to the yeshiva. Everything else will come along with that."

Best Segulah For Shalom Bayis

A young married man once approached Rav Aharon Leib Shteinman zt"l, and asked him for a beracha for shalom bayis. Rav Shteinman took a hold of the young man's hand and grasped it in his hand saying nothing. He held on to his hand for 10 seconds, 20 seconds, a half a minute, 2 minutes, and then he let go. Without saying anything, Rav Shteinman continued on his way. The young man followed Rav Shteinman and respectfully said, "The Rosh Yeshiva didn't give me a beracha for shalom bayis, can I have a beracha?" Rav Shteinman replied, "I just gave you the biggest beracha for shalom bayis, learning how to keep silent. When one keeps silent, he can avoid most arguments and fights in the home."



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

A STORY FOR THE PARSHA

By: Yaakov Berliner - Lakewood, New Jersey

"...And they stood at the bottom of the Mountain.."

The Chofetz Chaim based on Chazal (Shabbos 88:A) says: that if not for the Torah, the world would cease to exist (chali-la)!

The Chofest Chaim would travel from city to city selling his works and speaking his Torah. One of his trips took him to Warsaw where he was the guest of Rav Naftali Zilberberg. Rav Naftali, who did not recognize his guest, asked him about the purpose of his trip. "B"H I have merited to author a small sefer" answered the Chofetz Chiam, "and I travel from city to city selling copies of it." Their conversation carried on for approximately an hour until Rav Naftali rose from his chair and apologized "Please excuse me. I must go and deliver a shiur in the local shul. It was truly a pleasure speaking with you and making your acquaintance, but if we would carry on like this, when would we be able to learn Torah?".

"I most certainly agree with the Rav," answered the Chofetz Chaim, "That there is nothing loftier than the study of Torah. However, don't think that our discussion was a mundane conversation, for neither of us said a word of Lashon Hara during the entire discussion. Such a conversation can also be considered Torah."

When Rav Naftali heard these words from his guests, he began to wonder. "What exactly is the title of the sefer you authored?" asked Rav Naftai. "Chofetz Chaim," was the response. Rav Natfali jumped from his place in awe and said, "I beg the Rav's forgiveness for showing disrespect to your honor with my previous comment."

From then on, Rav Natfali made it a point to meet the Chofetz Chaim from time to time and engage him in conversation for many hours. "Listening to the Chofetz Chaim, "said Rav Naftali, "is learning in the fullest sense of the word

Gut Shabbos!

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York



Every Leil Shabbos, while holding the Kiddush cup in my hand, I take the opportunity to remind myself, and anyone else who's within earshot, that HaShem created the world yeish mei'ayin—something from nothing.

That is, the laws of physics, each and every molecule, everything about you and me, is a perfect expression of the Will of the Creator—

from nonexistence into existence.

But that's from a physical vantage point.

From a spiritual point of view, Ha-Kodosh Boruch Hu created the world ayin miyeish—nothing from something:

He created the illusion of a world that's really mostly empty space. Hevvel havvolim omar Koheles, ha-kol hevvel. But HaShem—He's really Something.

Good Shabbos!

LIVING WITH APPRECIATION

By: R' Daniel Shasha

In our parashah Klal Yisrael were privileged to receive the Torah and hear the aseres hadibros, the reason for the creation of the world.

The Ibn Ezra (20:2) was asked why the first of the aseres hadibros states, 'I am Hashem Who bought you out of Egypt' and not 'Who created the world'? isn't brias haolom more fundamental than yetzi-as Mitzrayim?

He explains how the secular philosophers of his time believed Hashem created the world and then left it to run by 'nature'.

Therefore, Hashem specified 'Who brought you out of Egypt since that is an act that shows Hashem's constant involvement and concern that he rescued us from slavery and performed tremendous miracles. Hashem is always in control of every aspect of our lives and is constantly bestowing us with goodness.

Really there is no such thing as nature and everything is a miracle. Every day we experience countless miracles: we can see, breathe, hear walk, talk, smell, and experience all the innumerable pleasures that life has to offer.

Who caused the seeds to sprout, the flowers to grow, Who provides rain and sunlight and everything we need for the production of food?

Who created those beautiful mountains, hills, streams etc?

Who created all the technology that make our lives so much easier phones, washing machines, cars, refrigerators, ovens etc.

We cannot imagine what our lives would be like without these incredible miracles. It is just that we become so used to them they become hard to appreciate.

It is our avodah to try and not let these miracles become hergel, and to try and always be aware of them.

May we be zocheh to live with appreciation, being attention to all the constant miracles from our loving caring Father.

After all, we can't comprehend how many countless miracles happen, just each moment that we are alive!

As Chazal teach: Kol neshimah uneshimah tehalel Kah, we need to thank Hashem for each breath that we breathe.

The world renowned gadol,

Rabbi Aharon Laib Shteinman used to fast regularly, and when he did eat, he ate very simply.

His lunch consisted of only porridge, and he only ate bread on Shabbos. Around a year before he was niftar when he was 103 years old, he needed to go to the hospital.

He was told by the young doctor who attended him 'you are living on miracles', amazed how the elderly Rabbi was still alive.

'You are also living on miracles!' responded Rav Aharon Laib to the young doctor 'each person no matter their age, must constantly thank Hashem for being granted the privilege of being alive, this is true for someone as old as me as well as someone as young as you, each day that we are alive, we must thank Hashem for His kindness. (Adapted from Reb Aharon Leib p.427)

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

COLORS ah! What a beautiful colorful world. What a special loving treat from Hashem.

I love all colors.

It sets the tone, feeling, mood, and gives you lots of types of energy.

It can also be a good source of information about your surroundings. When certain types of fruit are ripe or not. Sometimes it can tell you if a fruit, an animal, bird, fish, or insect is poisonous or not.

It can give you a hint of an idea, to understand the types of earth in your farm or gardening grounds.

Dark or light clouds, can even help, in ordinary forecasts of predictable weather.

Colors can excite, or relax.

Colors can get you into a happy mood or put you in a serious mood.

They make the food exciting, clothing pleasing, the whole world turns alive with colors.

The world would be pretty dull, if we would view it only in black and white..

If you have any experience with coloring, painting, or

you just know a little bit more than the regular set of colors in a Crayola 24 count crayon box, then you know about the myriad of color mixtures.

One of the combinations of colors that are mixed in different amounts resulting in



different shades and names are the two colors blue and green (and of course white for shading).

Now since green itself is not a primary color, like we all know it's a mixture of blue and yellow, why couldn't we just mix blue and yellow at different amounts which would result in the same shades and color mixtures.

Why mix with the color green?

The answer is that there are naturally different types of blue in it's original primary

color and the same is true with yellow. The same fact also applies to the green color.

Therefore the combinations do not always result in the same color.

It depends a lot on the origin of the primary color.

Green has it's own natural origin in nature before being mixed with other colors and therefore can result in another series of different color combinations.

Green can also sometimes have a little of the third primary color, red. The result now is, that the mixture of blue green and yellow can have very different colors.

Tourquoise, is one, that's a little bit more known.

Even the Crayola box can have blue- green. yellow - green, aqua-blue, aqua - green etc.

But there is this special unique miracle mixture of blue and green that results in an outstanding, out of the ordinary amazing color.

TEAL IS THE NAME.

Don't ask me why, but I love the color TEAL.

Whenever I see that color

Continued on next page

To Share My Share From Hashem's Daily Shiur.

Continued I am drawn to it. I don't know what it is. I feel a relationship with that color.

And so it was....

Covid came and the Yeshivos closed for learning. The Yeshiva I teach at, decided to refresh the building with new drop ceilings and freshly painted walls. With only mice running freely around the building, the painters had an easy time getting around without having to deal with the children.

Post Covid shut down.

When we returned B"H we were excited to see the talmidim again but I had a bonus geshmak. The administrator decided to paint some rooms two tone, blue and light blue, and some rooms including mine got teal and light teal.

I was so glad to B"H have that color Teal, surround me for soooooo many hours each day.

I still appreciate it now.

Each and Every day.

I was so excited then, about the teal color, I was sure that it was appreciated by the other melamdin too.

To my surprise I was amazed to find out, that some melamdin weren't so excited with "this weird color" as they termed it, that they got the "yes" and "OK" to have their room repainted with the simpler blue color.

Blue is a relatively relaxing color and is used a lot in



waiting rooms to keep people from being edgy as they await their turn.

It's especially useful for pediatric offices.

Blue = calm

In classrooms it's great to keep the children calm.

However sometimes you need a little brighter color to perk up the mood or attentiveness. Some chiyus.

Green = nature.

Green is also a great calming color and is commonly associated with Hashem's created nature.

Lots of natural beauty is

green.

I love Hashem's creation, which we call nature.

Names of trees, flowers and bushes mean something to me.

Birds, fish, animals, are all things I enjoy to read about and observe.

Yet with grass, herbs, vegetables bushes and trees, I feel like I'm being hugged by Hashem. Especially when I'm totally surrounded by vegetation in a forest, then that feeling engulfs me. I feel embraced by Hashem's presence.

So here I am Mr. blue /green enjoying Hashem's special present that he intended personally for me to enjoy every day in Yeshiva.

I feel enwrapped in the blue =calm /green =nature of Hashem's presence.

Thank you Hashem for the daily hug.

I know it's You.

You know how I feel about it, and you know that I need it.

It makes me feel loved by You.

Everyday.

AYIN עין טובה TOVA

By: R' Nesanel Landesman

Suggestions for the case of where Sruli lends his car to Yoni and it comes back with a noticeable dent, which Yoni doesn't mention anything about.

- Possibly the dent came when the car was parked so Yoni didn't know that the dent wasn't there from before.
- Yoni borrowed the car to get engaged and in all the excitement he didn't notice the dent.
- Yoni didn't say anything about the dent because he planned to talk to Moishe who owns a body shop to get the car fixed so Sruli wouldn't have to deal with it.
- Yoni was embarrassed that he had crashed the car, so he didn't say anything but was planning on paying for the damage.
- Sruli may remember a time that he acted in a similar manner and rationalized that it wasn't such a big deal!
- Maybe Sruli forgot that really the dent was there before-hand and it had slipped his mind.
- Sruli could think that Hashem is mafkid to us our נשמה, and it comes back to Him with many "dents", and He overlooks and is רבה אמונתך. The תומר דבורה teaches that when someone emulates Hashem in this regard of overlooking, he creates in שמים a pipe for this מדה to be brought down and bestowed on him!

R' Zevy Golombek suggests:

- It was נגזר that the car should be totaled, and only in the זכות of the חסד of lending out his car, did he "get away" with just a small dent!
- Even had he not lent out his car, the dent would have come even if he had parked in his own driveway.
- He should realize that Yoni was likely very embarrassed to tell Sruli about the dent. His בושה was

CASE OF THE WEEK:

Shani had recently lost a lot of weight and was feeling pretty good about it.

That was until a friend brought over a dress for her that was three sizes too big and "insisted" it was perfect for her.

Help Shani have ayin tova for her friend and for her 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.



LET US IMAGINE

Let us imagine for just a few moments, what life might look like if our minds would malfunction and we wouldn't be able grasp the concept of order and we wouldn't know what needs to be done first and what second c"v...

We would be putting on our shoes in the morning before taking off our pajamas. After putting on our shoes, we would be putting on our socks...

We would put on our hats and on top of them our yarmulkas...

We would first fold the dirty laundry, then put them into the dryer or hang them up to dry, then put them into the washing machine and only afterwards pour detergent all over them. Then we would put them on...

The yeshiva schedule would be as follows:

7:00 a.m. supper

6:45 a.m. Shacharis

9:30 p.m. mussar seder

10:00 a.m. lunch

10:15 p.m. chazaras hashi-ur...

A typical conversation would be as follows:

Husband: Can supper please we have hotdogs for?

Wife: Sure grocery. I'm now going to buy the to them.

People wouldn't be understanding each other and we

1 2 3 4 5 6...

would be all going bananas...

We would first wash the dishes with water then put on the soap then put the food on them to eat...

We would be walking into the store, pay first and then shop...

When making phone calls, we would first say everything we want to say and only afterwards dial the

number we want to call...

It would take us years upon years trying to make one phone call! We would be trying the numbers in all different orders and calling tens of millions of wrong people until we finally get the right one...

Cars at four way stops signs would be all going at the same time, resulting in many accidents...

We would sit in our driveways and make all the right and left turns we need in order to get to kollel and work and only afterwards start driving...

Drivers would open the car door and jump out before they put the car into park...

We would be pouring the orange juice first and only afterwards run to get a cup to catch the falling juice...

Wives and mothers, making cakes, would first put in the sugar and bake it. Then they would put in the eggs. Then the cocoa. Then they would check the eggs for blood

LET US
IMAGINE

spots and then crack the eggs open and then serve it...

They would cook noodles in their bag and box and only afterwards take them out...

We would talk and only think afterwards...

We would first turn over the house for Pesach and only afterwards start cleaning...

The Spring Hill Times would be published and only afterwards be typed up and proof-read...

When building a Sukkah, we would first hang up the decorations, then put the schach in the air, then bang the hammer, then put the nails into the air and only afterwards put up the boards...

Worst of all, we wouldn't be able to serve Hashem properly...

We would eat before we make the bracha.. And drink up all the wine before Kiddush...

Our brachos would be said from the end to the beginning...

We would think that Shabbos

comes right after Sunday..

We would celebrate Purim then Chanukah and afterwards Sukkos...

We would daven maariv in the morning and shacharis at night. We would start davening with Aleinu...

We would be doing all mitvos backwards and out of order...

We would be learning the answers before the questions...

We would run from one doctor to another.

All the professors 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 terrible place to live in...

Who designed, with unlimited wisdom the concept of order and dis-order????

Who has the unlimited knowledge to know that human beings need to comprehend the

concept of order???

Who designed with infinite brilliance that our brains should, in split milliseconds, recognize and calculate the correct order of things???

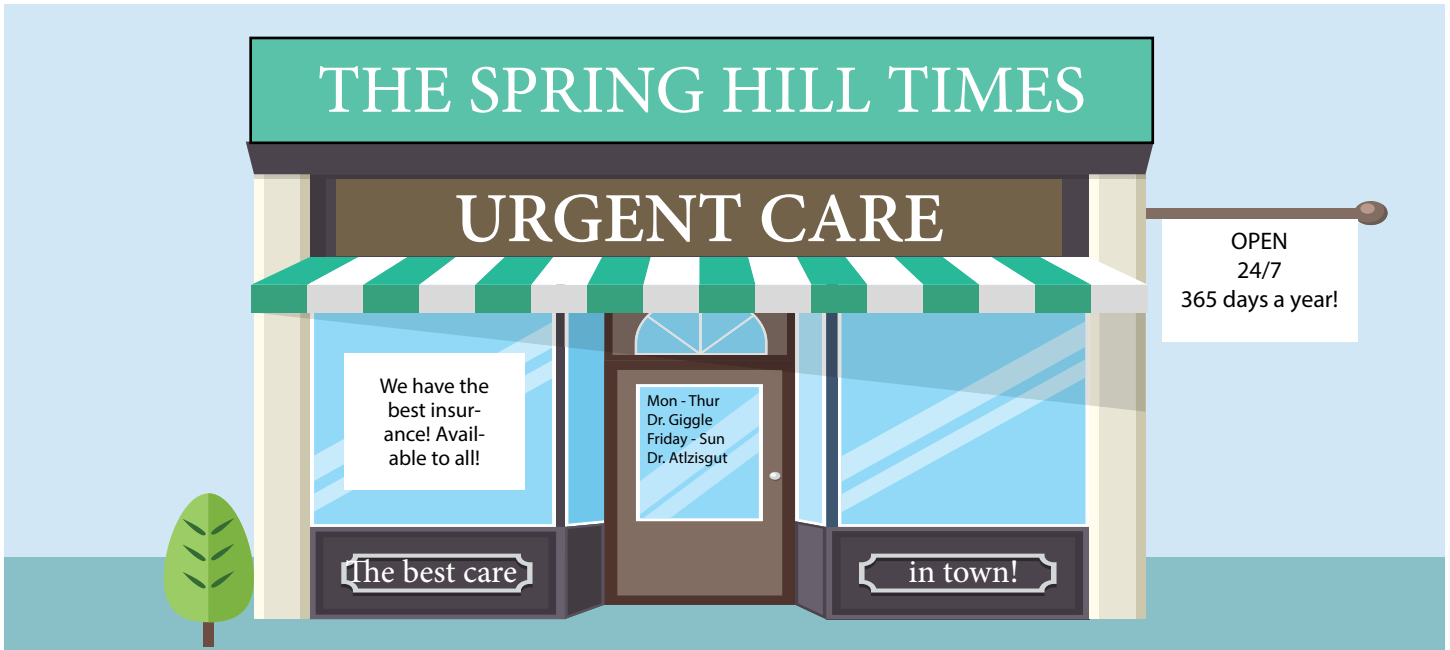
Who manufactured with infinite perfection that humans should be able to choose in which order they want to do things?!?!?

Who designed with unlimited resources and power that the entire nature should be set up with such perfect order?!?!?

You Hashem, BLESSED BE YOUR NAME!!!

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

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Dr. Chaim Altzizgut M.D.

I'm such a shlomazel! I always forget things. I often trip over nothing... I can't seem to get anything straight...

Everyone else I know is so put together and on the ball. I wish I was like that too... I tried so many times to change... But all I meet is failure!

Please help!



IMPORTANT HEALTH TIPS
TO
REMEMBER

The harder it is for you in this world the more wonderful it's going to be for you in the next world!



I'm prescribing for you 5 medications:

1. You are rich! You don't have the same temptation of haughtiness that others have!
2. It's a golden opportunity that you have to realize and feel that only Hashem is perfect! How lucky you are!
3. You are able to be more sensitive to other people's failures! Ash-reichem!
4. Just enjoy being the way Hashem made you. Stop trying to fight Him. This will make you the most successful person on planet earth!
5. Remember that You will be getting so much more schar in the next eternal world because it's harder or you...

A GLIMPSE INTO THE PAST

By Sruli Yelen - Lakewood, New Jersey



Rav Shach zatzal



Rav Lazer Silver with Rav Mordechai Gifter zatzal

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- ✓ Kashering your kitchen!
- ✓ Covering your kitchen with 6 inches of silver foil at 3:09 a.m.!
- ✓ Cleaning the chocolate splattered walls and ceilings!



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 - ✓ Having your children and grandchildren around your seder table in your dining room!
 - ✓ Eating the delicious home made Pesach food!
 - ✓ Falling asleep while singing Chad Gadya in your very own dining room chair!

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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 15 Shevat | Tuesday 16 Shevat | Wednesday 17 Shevat | Thursday 18 Shevat | Erev Shabbos 19 Shevat | Shabbos 20 Shevat | Sunday 21 Shevat |
|--|---|---|---|--|--|---|
| Low 23°F High 46°F Partly Cloudy | 34°F 41°F Mostly Cloudy!! | 31°F 48°F Partly cloudy | 44°F 47°F Rain!!!! Yum!!! | 35°F 53°F Mostly sunny! | 23°F 38°F Rain/snow Showers! Yay!! | 27°F 39°F Sunny!!! B"H!! |
|  |  |  |  |  |  |  |
| The weather will be perfect to think about Hashem while drinking a cup of refreshing water!! | It will be a wonderful day to thank Hashem for giving a digestive system! | There will be perfect weather to praise Hashem! | Perfect day to realize how much Hashem watches over you! | Perfect day for jumping up and down from excitement while setting the thermostat for Shabbos Kodesh! | Stunning weather! Perfect to celebrate Hashem's Shabbos with the beautiful Shabbos teffilos! | Beautiful weather! Will be a great day to come another drop closer to Hashem! |

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

RECAP: The next morning John said that their going to Syria. While they were flying there was a huge sandstorm. They made a crash landing and Avraham met a Syrian soldier who said that a man named Mr. Daodba died in prison. At home Chacham Ovadia Yoseph called and said that when Avraham goes to America he should ask R' Yosef Breuer, R' Yaakov Kamenetzky and R' Moshe Feinstein if a goyish witness is okay.

TATTY'S TALES

The Neis Chase

Illustrated by: Nechama Liba Ross - Detroit, MI

Chapter 4

I'm not planning to go to America any time soon, but I wasn't planning on going to Syria ei-



Can I move back to America?

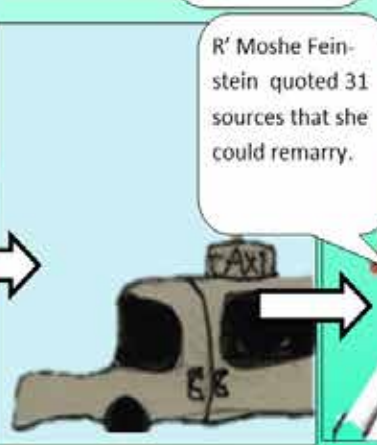
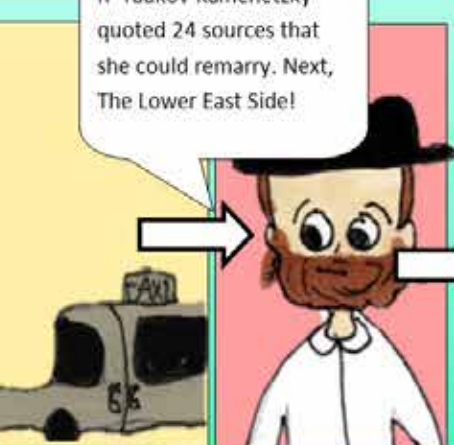
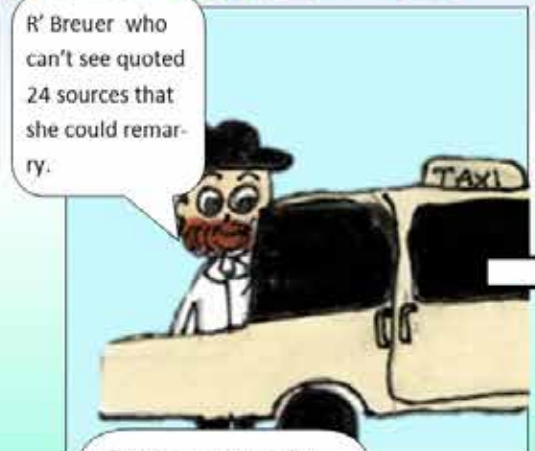


Your family is here to pick you up. Can I go somewhere?



TATTY'S TALES

The Neis Chase



To Be Continued BE"H

YES! HASHEM LOVES YOU!

It was erev Rosh Hashana and many families were going away for Rosh Hashana. They were waiting by the bus stop to travel from Bnei Brak to Yerushalayim and the bus was not coming!

Many people called the bus company and they said that it would come, but the bus was still not coming.

It was getting closer and closer to Rosh Hashana and the families were getting nervous!

Finally, they saw a bus coming towards the bus stop. It was an empty bus, but the electric sign said that it was heading towards Tel Aviv.

The families desperately flagged down the driver and begged and pleaded with him to please take them to Yerushalayim.

The bus driver at first was very firm and said that it was against the rules of the company to switch the route and "I could get into serious trouble and even lose my job."

The people were at the verge of tears. It was almost Rosh Hashana and they needed to get to Yerushalayim. They went on their hands and knees and cried and begged the driver to please take them. The driver then felt so bad and decided that he would take them.

The people at the bus stop started cheering and thanking the driver and were so grateful. They got to Yerushalayim just in time for Yom Tov and everyone was happy.

When everyone got off the bus, there was one man still on who was a helper for the driver. He turned to the driver, and asked him, "How were you able to do that? How were you able to just drive a dif-

ferent route and go against the company?"

The driver answered, "Let me tell you the real story..." He explained, "The real bus to Yerushalayim was supposed to come a long time ago, and it never showed up.

When the company was getting frantic calls that they need a bus, a message was sent out to all drivers to see if anyone would accept the route.

I received the message and said I was available. I knew that when I got there, everyone would be very upset. They would all scream at me that I should have been more responsible and "how dare I come late on Erev Yom Tov."

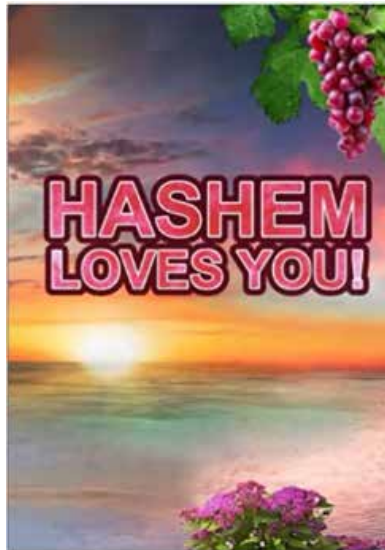
I was afraid of their reactions when it wasn't even my fault.

To make sure that nothing like that would happen, I switched my dashboard to say that I was going to Tel Aviv. This way, when they would ask and beg me to take them to Yerushalayim, it would be like I was

doing them the biggest favor going out of my way for them! And that is exactly what happened!"

This is a very powerful lesson for us. Hashem is Kulo Tov, completely good, and he is always taking care of us. Sometimes we feel like Hashem is dealing with us in a way that we may not understand, and we might get frustrated, and we might say, "How is Hashem doing this to me?" But in reality Hashem is doing the biggest favor for us! He is coming out of His way special to help us.

Everything Hashem does is really for our benefit, and we should realize He is like the driver Kaviyachal and He is going out of His way to help His precious children!



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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Stunning
World!



It's a
Wonderful
World!

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Tovim!
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TREASURE HUNT



Faigy Levy
artworks.faigy@gmail.com
+972534166936

Can you find all the Mitzvah items in this picture (two of the same item are counted as one)? We found 24. Can you find them? Can you find more?

Answers on page 40

5 ^{Weekly} Thank You's

By: R' Simcha Elefant - Yerushalayim
Ir Hakodesh

Thank You Hashem for Toothbrushes! Such an easy way to keep our teeth clean and healthy!

Thank You Hashem for Bread! Such a delicious food that nourishes and satiates you!

Thank You Hashem for Microwaves! They warm up our food so quickly!

Thank You Hashem for Banks! A safe and secure place to keep our money.

Thank You Hashem for Positive Chazal's like B'shvili Nivrah Haolam!

לזכות משה יהודה בן שושנה





THEN & NOW

The drain in your sink is clogged?

1800's:

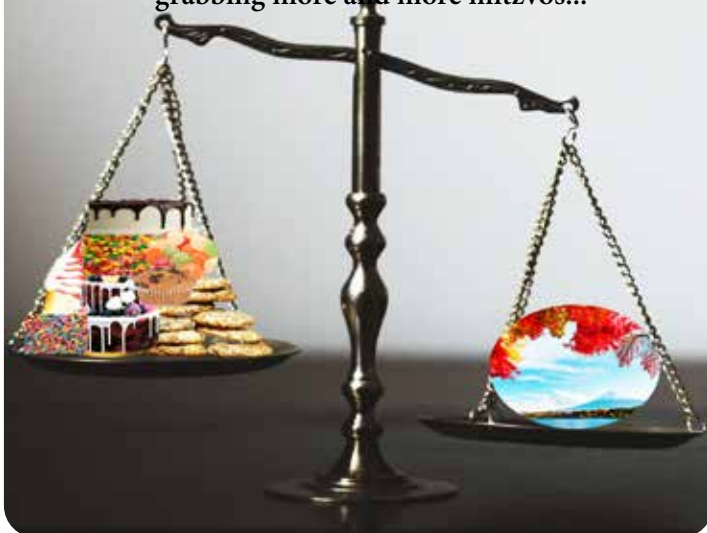
What's a 'drain in a sink'? Maybe you mean a 'drain in the bottle of ink'? But why would my bottle of ink have a drain? Or maybe you mean a 'drink'? But how can a drink be clogged? Perhaps you meant a train in a...

Today:

Just clear it with a snake, or with Drano. Still not successful? Just take the phone out of your pocket and call a plumber! 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...



Answers for Treasure Hunt

1. Mezuzah
2. Shtreimal (Kavod Shabbos)
3. Gartel
4. Bekeshe
5. Boy's shabbos suit.
6. Yarmulkah
7. Payos
8. Challos
9. Challah cover.
10. Kiddush cup.
11. Grape Juice
12. Salt
13. Shabbos table cloth.
14. Benchers.
15. Flowers.
16. Parsha Sheets.
17. Shabbos dishes and silverware
18. Spring Hill Times.
19. Timer.
20. tallis
21. Seforim
22. Nerios
23. Shabbos
24. Tzedakah box.
24. Hot chicken soup.

How many can you find in your dining room on Leil Shabbos?

אתם מבקשים..

וכתאום

האדון אשר

יבוא



אל היכלו

Baruch Hashem we received over 90 beautiful entries to the contest!!!

**Winners to be BE"H announced next week!
Stay tuned!**

ואע"פ שיתמהמה עם כל זה אחכה לו בכל יום שיבוא!

Mazel Tov!

Mazel Tov to R' Yaakov Yehoshua Wicentowsky and family (Lakewood, New Jersey) on the Bar Mitzvah of their son Yechiel!

Mazel Tov to R' Moshe Blumberg and family (Lakewood, New Jersey) on the birth of a baby girl!

Mazel Tov to R' Avraham Moshe Broges and family (Monsey, New York) on the Bar Mitzvah of their son Yaakov Yisoel!

Mazel Tov to R' Mordechai Green and family (Monsey, New York) on the Bar Mitzvah of their son Aaron!

NIFLAOS HABOREI RIDDLES

By: T. Bauman

I am a wondrous being,
Dovid Hamelech will agree,
I am small but impaction
and can be quite hairy.
I have eyes and legs
In the same number,
And I'm found more often
in the warmth of the summer.
I come in different sizes
and make myself a home

And I am grateful to the creatures,
Who have come there to roam.
Oh, I have hachnasas orchim,
and wrap them really tight.
They are cozy and don't worry,
They are dead, so there's no fright.
I crawl and I spin
And can jump around too.
I'll give you 8 guesses,
Though you'll need just one or two.

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. Send in pictures of gedolim from the past.
2. Send in pictures of Hashem's beautiful world.
3. Send in good news that's being reported (e.g. latest medical breakthrough. Latest discovery in science...)
4. Type up messages.
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Please call/text 845-327-5041
Email: thespringhilltimes@gmail.com

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 # 25

Parsha Yisro

When Shabbos and Yom Kippur coincide, our yummy Challah and wine are pushed aside. However, there is a Mitzvah that does remain, it appears in Parshas Yisro which we are about to learn! Which Mitzvah remains?

Leave your answer on the Chaishek HaTorah Line 845-720-4040 X 9 by Sunday 7 PM EST to be entered into a raffle for a Sefer. (The answer and winner will be announced on x 14 #25)

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



The Spring Hill Times is run almost entirely by volunteers!

YET WE HAVE \$9500 MONTHLY EXPENSES

**THANKS TO HASHEM WE HAVE ABOUT \$1400 COMING IN MONTHLY BUT WE
STILL NEED SO MUCH MORE!**

PLEASE HELP US WITH JUST \$5/\$10/\$18/\$25 OR MORE A MONTH

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The Spring Hill Times

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HASHEM IS WONDERFUL!
LIFE IS WONDERFUL!
KLAL YISRAEL IS WONDERFUL!

Gum drops!!! Yum!!!
Just a tiny taste of what life is going to be like after Mashiach comes!

Hearing Hashem's Response

By: Rabbi Yosef Moshe Mizrahi

Have you ever heard of a Talmid Chacham who refers to himself as "The Big Lamdan" or "The Great Ba'al Chessed?" Surely you have not, as that would seem like real arrogance. However, the Alter of Novardok would sign off his name with the initials "Beis Beis," for "Ba'al Bitachon."

When it comes to bitachon specifically, it is not arrogant to claim having bitachon in Hashem. To the contrary, it shows one's humility when he refers to himself this way. The reason is that to rely on Hashem, one does not need any personal merit or greatness. All it takes is for one to recognize how Hashem is the only real power and that Hashem loves everyone without end. A Ba'al Bitachon recognizes that without Hashem, he is truly incapable. With Hashem's help, he can accomplish anything.

Rabbi Zevi Golombek shlita shares the mesorah that when someone turns to Hashem for help and sees a yeshua, he is required to connect the dots and say, "It was my tefilla that Hashem answered." This is so important! It is the only way for one to truly value the power of his prayers and bitachon.

The yetzer hara tries to plant doubt into one's mind, saying, "Maybe it is just a natural coincidence that you saw a yeshua," or "Do you really think Hashem cares about little you?" This attitude erodes one's belief in his power of bitachon. One must go to the opposite extreme, saying, "There is no such thing as nature. Hashem directly runs every part of my life, and yes, Hashem listens to little me! I am Hashem's most cherished child!"

Rabbi Yehuda Mandel shlita recommends that one should write down all the times he saw that Hash-

em answered his bitachon and tefilla and review it periodically. By reviewing those yeshuos, he will greatly enhance his belief in his own tefilos, as well as in Hashem.

My friend Yirmi* told me an amazing story about how he saw Hashem answer his tefilos. A few years ago, Yirmi was looking for something to do over the summer. He heard about some of his friends' plan to join a SEED program to be mechazek a small Jewish community in Wisconsin over the summer. Yirmi really wanted to join, so he approached the one in charge and asked if there was an available spot for him. Unfortunately, there was not. There were only five spots, and they were all taken. Yirmi was not discouraged, and he said, "Put me on the waiting list in case someone backs out." "Sorry," was the response, "But our friends Tzvi* and Don* are already waiting to join. If you want, you can be the third on the waiting list. I can try to get permission for a sixth person to join us, but either way, you are a real long shot."

Yirmi was determined to join the trip. "True, there is no spot for me now, but there is still time until the program begins. I will daven and rely on Hashem – He is my pull." Sure enough, after a few weeks, Don, who understood that he was only number seven on the list to join, dropped out and found something else to do for the summer. Yirmi continued davening strong, and yes, soon he was told that Tzvi also found something else to do that summer. They did get permission for a sixth person to join, so he was in! Hashem heard his tefilos, and against all odds, his summer wishes came true!

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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