

The Spring Hill Times

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

KLAL YISRAEL'S NEWSPAPER

ISSUE 88

| PARSHAS TERUMA

| ADAR 5783

Printing in New York and New Jersey will BE"H resume when Hashem sends us sufficient funds.



Page 12

**Hashem, the life You give us is bursting with so much happiness and joy!
Thank You!! We love You!!!**

MOST EXCITING TIME OF YEAR COMING!

Yidden all over the world excitingly welcome in the most wonderful month of Adar!



They have been waiting impatiently all year for this time to once again come!

A month full of happiness! A month full of miracles! A month full of mitzvos! A month full of thanks to Hashem! A month full of being so close to Hashem! A true Gan Eden in this world! **Thank You Hashem!**

WOMAN TURNS TO HASHEM

Mrs. Fisher* from Kiyrat Sefer was walking home with a heavily loaded shopping cart.

As she was walking, she thanked Hashem for the brocha of being able to buy what she needed for her family.

When she reached her building she realized no one from the family was home to help her bring the cart inside.

She tried pulling the cart up, but it was too heavy.

She decided to try once more, but before she tried she said, "Hashem please help me bring the shopping cart into the house."

At that second, an Arab worker walked by and without asking, lifted the cart up the steps and then continued on to his workplace!

THANK YOU HASHEM!

R' Chaim* from Yerushalayim needed to go to Bnei Brak.

He planned on taking the 402 bus and started walking to the bus stop.

As he was walking, a 422 bus passed by. The 422 also goes to Bnei Brak, but not to the block he needed to go to.

But he decided **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

Newspaper Topic:

Hashem

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Please treat this newspaper with proper kedusha.

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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 ז"דא, חוה רבקה בת שלמה זלמן, 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 KAMENTSKY 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.

Handwritten signatures and notes in Hebrew, including the name "Harav Elya Ber Wachtfogel" and other illegible signatures.

WEEKLY NEWS ROUNDUP

Continued from page 1 that it would be better if he was on his way already, so he stuck out his hand to flag down the bus, even though the bus doesn't usually stop there.

The bus driver stopped, and told him as he got on, "I didn't know that they made here a new bus stop, but you can come on."

He got on and sat down behind the driver.

Usually R' Chaim* falls asleep on the bus, but that day he wasn't tired so he didn't fall asleep.

On the highway, he heard the bus driver breathing funny.

He asked the driver if he's okay. The driver told him, "Yes I'm fine. I just need a drink of water."

But R' Chaim* felt that it might be something serious and he asked the bus driver to please pull over to the side. The bus driver listened and stopped on the side of the road.

As soon as the bus was safely on the side, the driver collapsed!

They called an ambulance and they came right away. They said that he had a heart attack!

Hashem planned out so perfectly the whole chain of events: R' Chaim should choose this bus. He should sit behind the driver. He should be well rested and not fall asleep, and he should realize that the driver needed help. All so R' Chaim should be able to save the driver's life and the life of everyone else on the bus! [Kav Hashgacha Pratis]

MAZAL TOV!

It was Rosh Chodesh Elul, and a Yid from Bnei Brak was in the city of Kerestir to Daven to Hashem by the kever of R' Shaya Kerestir.

He met there a Ger Tzedek. The Ger said that he just had a yeshua in the zchus of R' Shaya. And told him the following story:

"Last week I came to the kever to daven. I am 50 years old, and I poured out my heart to Hashem that I should find a shidduch.

On Shabbos, I went to eat by the Hachnasas Orchim house in Kerestir that is run by Rabbi Rubin.

In the ladies section was a geores who also came to daven by the kever for a shidduch.

She was supposed to leave

זה א-לי ואנוהו
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before Shabbos. But she missed the train home on Friday and she found herself in the Hachnasas Orchim house for Shabbos.

On Shabbos, she told Rebeztzin Rubin that she needed a shidduch.

Later on, Rabbi and Rebbetzin Rubin were talking, and they realized that there were two Geirim that both were looking for a shidduch and they matched us up together!"

B"H they got engaged a few weeks later! [Kav Hashgacha Pratis]

JUST IN TIME!

A Yid from Bnei Brak had moved a couple of months ago to a new apartment. His new address was R' Akiva street number 133.

He called Misrad Hapnim and asked them to change his address. For some reason, it took them a long time to process it.

One day, he Baruch Hashem

Hashem says: Thank you!
Spring Hill Times says: Thank you!
Klal Yisrael says: Thank you!

Baruch Hashem tens of people signed up in the last two weeks!
Your monthly donations are such a help!!
Your support enables us to continue growing and expanding!
Baruch Hashem we have now almost \$2000 coming in monthly!
We still need at least another \$8000 for us to go back to our full printing!

\$5 a month covers the cost to bring Hashem's beautiful light into a Jewish home.



\$10 a month covers the cost to bring in Hashem's beautiful light into two Jewish homes!



\$15 a month covers the cost of bringing Hashem's beautiful light into three Jewish homes!



\$25 = 5 Jewish homes!! \$36 = 7 Jewish homes!! \$50 = 10 Jewish homes!! \$72 = 14 Jewish homes!!!

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do anything it takes to bring you and
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WEEKLY NEWS ROUNDUP

finally received his new card in the mail with the correct address.

The next day, he heard about the news of the Levaya of R' Shimon Badani who also lived in R' Akiva Street number 133.

Later on, he was trying to get into his house to bring his children home but the police were all around guarding the building not letting anyone through for safety reasons.

Baruch Hashem, he was able to show the police his T'udat Zehut that he received just in time with his address on it, and they let him in to his house! [Kav Hashgacha Pratis]

COUPLE COMES BACK TO HASHEM

Yisroel* had a son who had a medical condition. As a result, he and his wife had to go to a hospital in an out-of-town place. While they were there, they met a non-frum couple, the Browns,* from Waterbury, Connecticut,* who also had a child in the hospital.

The Brown couple told Yisroel* that were very interested in finding out more about Yiddishkeit.

Yisroel* told them, "I have an aunt by the name of Mrs. Friedman* who lives in Waterbury and she might be able to help you."

The Browns were shocked! Mrs. Brown* said, "Are you serious? Your aunt is Mrs. Friedman?"

She explained that when she was younger, she went to public school. On Sundays, they had Hebrew school, and her teacher was this Mrs. Friedman! She would come teach them basics of Yiddishkeit.

"Mrs. Friedman saved my life!"

She explained that when she was a teenager, she wanted to get married to a goy. But she was hesitant because Mrs. Friedman taught her to say Shema every day and she felt that she could not mar-



HASHGACHA PRATIS IN THE BEIS MEDRASH



R' Shmuel* wasn't well, and every Shabbos the neighbors would make a minyan in his house.

There was a Bal Korah who would come every Shabbos and lein from a Sefer Torah they had.

One week, the Bal Korah said that he will not be able to come and they needed to find someone

else that week.

They found a bachur who said that he will do his best and try to prepare.

But it came Shabbos, and he hadn't had enough time to prepare and he made a lot of mistakes.

Even so, he continued reading the Torah happily and did not get

frazzled.

In that minyan, there was a Gvir who was very impressed with this bachur. He had a daughter that was in shidduchim and he decided that he wanted him for a son in law.

They got engaged a few weeks later! [Kav Hashgacha Pratis]

WEEKLY NEWS ROUNDUP

ry a goy if she says Shema. She broke off with him even though it was very hard.

Later on, she found a Jewish husband.

Mrs. Brown* was very excited that she now met Mrs. Friedman's nephew.

She contacted Mrs. Friedman and now they became full Ba-lei Teshuva and they keep Torah and Mitzvos! [Kav Hashgacha Pratis]

HASHEM SAVES BABY'S LIFE

A family bought a couple of years ago a house in the Catskills.

Before they moved in, they re-did all the pipes in the house.

One day, they went to Brooklyn and came back late that night to the house. When they walked in they noticed that there was a bad odor in the house.

They discovered that the sewage in the bathroom came up and that was causing the house to smell.

The bedroom was next to the bathroom and the smell was so bad that they couldn't sleep there that night.

They were a little disappointed that they had redone all the pipes, and still had a problem.

חסוף ואכול חסוף ואשתי חסוף..
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They went to sleep in a different room.

In the middle of the night they woke up to a huge bang.

A tree had fallen into the room where they usually sleep! The smash happened in exactly the place where the crib of the baby was!

They realized that it was all played out by Hashem! And they realized that everything Hashem does is truly for the best! [Kav Hashgacha Pratis]

THANK YOU HASHEM!

It was 3:00 a.m. and a little baby in Kiryat Sefer woke up crying.

The father woke up to take care of the baby, and he smelled smoke! He went to check where it was coming from, and he saw that there was a fire in his dining room next to the main door!

He quickly woke up the family and they all jumped out of a window since the door was not accessible.

Baruch Hashem, they were able to jump out because they lived on the ground floor.

Another neis was that all the windows had bars except for the children bedroom.

They had already been asking the owner of the apartment for a while to put the bars on, but he kept pushing it off.

Now they realized why he kept pushing it off! They were all saved from getting hurt Chas V'shalom!

GRAB THIS MITZVAH!



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אין כבוד כתורה!



אין רוממיה כישראל!

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



MOTHER TRUSTS IN HASHEM

Mrs. Gold* had a problem.

It was in the middle of the year, and her child's Morah was moving out of town.

By nature, Mrs. Gold would be nervous and worried, "uh-oh, how am I going to find someone in the middle of the year? "

But she follows 'A Life with Bitachon', and thought to herself, "Who took care of me in the past? Hashem! So Hashem will always take care of me!"

P.S. She made one phone call to a different Morah, and the Morah said, "Yes, two slots just opened up!"

WOMAN MAKES GREAT HAPPINESS IN HEAVEN

Mrs. Hershkowitz* had a relative who was very challenging.

She didn't know how to deal

with the situation.

She then started following 'A Life with Bitachon' and heard that all one has to do is label the situation as a test. Once one labels something a test, he will see it in a different perspective. Instead of seeing the person, he will see Hashem.

She realized it's Hashem and not the person! And she wasn't bothered anymore! To the contrary, she did Hatava b'Mekom Hakpada! She gave them Chizuk, compliments, and presents!

What would have turned out to be a big fight turned out to be the biggest Shalom!

MAN THANKS HASHEM

Donny was trying to get to work and was looking for a parking spot. He went around and around but he didn't see any parking spots available.

He thought to himself, "What does Hashem want? He wants me to appreciate all the times I did find parking!"

So Donny started thanking Hashem for all the other times that they he found a place to park!!!

P.S. Right when he did that he found a parking spot right in front of the workplace.

YID RETURNS LOST OBJECT

A Yid lost his sefer Tehillim.

Six months later, he got a call and the person on the other line said, "Are you missing a Tehillim? I was cleaning my house and I found it!"

The Yid was overjoyed, and he was so happy that another Yid took the time to figure out whose Tehillim it was and do Hashavas Avaida!

DEAR READER!

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- amount of monthly donation)**

Thank you!

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



ANTISEMITISM DOWN!

Moish Jacklin was in Florida visiting his mother.

He went to buy something in a store. As he was leaving, he noticed a non-Jew chasing after him.

At first, he was very scared, "Why is the man chasing me?"

Then the man runs up to him and said, "Excuse me mister. Did you leave your credit card in the store?"

Moish looked and realized that indeed he did, and he didn't even notice!

Thank you Hashem for putting it in the hearts of people to be nice to us!

MONEY COMES FROM HASHEM

Someone promised me that would give me \$500.

Days and weeks came and went and it became clear to me that he was not giving me the money.

It didn't bother me, because I just said to myself that even if he doesn't pay it, Hashem will give it me a different way!

Shortly afterwards, some-

one came over to me and asked me to do them a favor.

I said that I gladly do it for them and it was no problem.

He then handed me \$500 as payment!

It was all so clear! This is the payment Hashem was directly sending to me!

YESHIVA BOCHUR TURNS TO HASHEM

Avi* goes to Yeshiva every day with the bus. He usually gets nauseous.

So he turned to Hashem and said, "Hashem You are the One who makes people nauseous, please help me that I should not get nauseous!!!"

P.S. Every time he is on the bus, he has in mind that Hashem can help him! And it worked like magic! He now goes on the bus, and it doesn't affect him!

May this week's issue be a zechus for our brothers and sisters in Eretz Yisrael, Ukraine and all over the world. May Hashem continue to shower us Klal Yisrael, His most beloved nation, with open kindness!

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)

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1 15 sec. back	2 Pause	3 15 sec. forward
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7 3 min. back	8 Lower volume	9 3 min. forward
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What can be a better way to celebrate Purim?

What can be a bigger joy?

What can be more fun?

than collecting for the Spring Hill Times on Purim!!!

מתן שכר בצידו!!!



Please contact today

Yoni Kohn

732-597-8546



HASHGACHA PRATIS

I went to shul for Shacharis.

After shacharis, I went to get my coat and my scarf that I usually

keep in my coat, but it was gone!

Just then, a yungerman walked by and I heard him telling his friend, "I just found a scarf outside, maybe I should go back outside to get it and try to find the owner."

The yungerman went outside and he came back holding my scarf!

Baruch Hashem, I got it back right away! I have no idea how it got outside, and I wasn't going to leave through that door. Hashem worked everything out at the exact moment so that I should get it back.

A reader, Eretz Yisrael

JUST LEAVE IT UP TO HASH-EM!

Hi, I wanted to share the following story.

I have a child who is developmentally delayed and is part of the Early Intervention program, who gets an average of 2-3 therapy sessions a day.

I had one therapist who I wasn't happy with and I was in the process of switching to a new therapist. The agency offered me a

therapist who I was very excited about and very badly wanted to be able to accommodate her schedule to to see my daughter, but due to my daughter having so many therapists a day, it didn't seem possible.

I was determined to figure out a way to make it work, so I told this therapist yes, and I figured I would speak to the other therapists and try to ask them to change their schedules to be able to accommodate the new therapist.

I spent a few days back and forth with all the therapists, trying to make changes in their schedules' to accommodate the new one, and I kept bumping into walls. It seemed like a dead end. It was a very stressful week and nothing seemed to be working.

Finally, my husband said to me: "it's too big of a picture for you to figure out on your own. Just leave it to Hashem, Hashem will figure it out."

I was driving, and I pulled over to the side of the road. I said, "Hashem You're the Kol Yachol, You have the ability to do everything. This is an easy thing for You to figure out. You can figure out how to make this therapist work in my daughter's schedule. I can't figure it out, and it's too stressful for me, I'm leaving it up to You."

I continued on with my day, and later that night I was in touch with this new therapist, who told me "Well, I know that you weren't able to make the sessions in the time that I had offered you, but I'm redoing my schedule, so I'll be able to do the time that you

want."

I couldn't believe it, because if it was up to me, I couldn't have accomplished such a thing. Hashem was the One who was able to make this therapist work in my daughter's schedule, and make her decide today to redo her schedule to be able to accommodate my daughter. It was very clearly the Yad Hashem!

A reader

HASHEM LOVES US!

Dear Spring Hill Times, thank you very much for your newspaper!

Last week I really wanted a certain food from a specific store to enjoy on shabbos.

However, I didn't have time to buy it. On Leil Shabbos, my friend made an Oneg Shabbos and served that exact food that I wanted from that specific store!

A reader

YES! WE GO AGAINST THE WHOLE WORLD!

My daughter goes to a wonderful school. But she was feeling peer pressure to dress a certain way.

I told her about the Avos who did what's right even though they were being different from others.

She came home the next way with a huge smile on her face. Her teacher spoke about this very idea for 45 minutes. How the Avos did what's right even though they were going against the entire world!

A reader

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!

Please note: The recording time on our machine (385-381-0977) has a limit of 3 minutes, so if your message is longer than 3 minutes just call back and finish your story.

**HASHEM SENDS PACKAGE
FROM NEW YORK TO LAKE-
WOOD**

I live in Lakewood. I needed to get something important from my father's store in New York, so I davened and had bitachon.

That day, at 7:30 p.m., a customer knocked on the store door.

The store closes at 7:00 p.m. so my father asked the customer to please come back the next day.

You won't believe her response! "Please, please open the door! I'm going to Lakewood soon and I really need to buy something before I go!"

Of course my father opened the door and let her shop... and asked her to take along my things!

Hashem sent someone to pick up my things! and bring it to my area! Exactly when I needed it! For free!

A reader

THANK YOU HASHEM!

I was shopping at the grocery and after I paid, without even noticing it, I dropped my credit card.

A little bit later, someone found my credit card and looked at the name on the card. B'hashgacha, he knew me and even had my phone number!

Chasdei Hashem, I had no agmas nefesh! I had no idea it was missing until he called me! Baruch Hashem!!

A reader

**HASHEM HELPS FAMILY
COME HOME**

On a trip during Bein hazmanim we went to Pittsburgh.

On the way back, we stopped at a gas station. Soon afterwards, we heard a loud noise come from our car, and we thought it was the tires.

My mother and father checked

but didn't see anything wrong.

We drove home without a problem for two and a half hours.

The next day my father took the car to the mechanic to figure out what the noise was from. The mechanic said a chunk of our tire had come off!

We shouldn't have been able to drive like that for five minutes let alone the two and a half hours we drove!

- **AGH Clifton, New Jersey**

**"THANK YOU HASHEM FOR
SAVING ME LIFE"**

Dear Spring Hill Times,

I am sending a check as a thank you to Hashem for saving my life last Thursday and every single day.

I was in a restaurant Thursday night and started to choke.

At first, I was able to talk but then I was not able to talk or breathe. Everyone around panicked but nobody did the Heimlich maneuver or called Hatzalah.

Time seemed to go by and it felt like eternity, it was the scariest thing that ever happened to me. Finally, Hashem saved me and somehow the food dislodged and I was able to breathe again.

It was not the Heimlich maneuver or Hatzalah that saved me. It was purely Hashem! I said Mizmar Lsoda, and I am just so thankful for every single day, and every single breath.

I want to publicize my thanks to Hashem for saving me, and for every single breath and every single day and allowing me to be here to try to be a better servant of Hashem.

If anyone who is reading this wants they can join in thanks and say Mizmar Lisoda thanking Hashem they are alive!!!

P.S. After the incident I had spoken to my Rav a bunch of times and decided to bring the Rav flowers for Shabbos. I decided

to get a very large bouquet. After Shabbos the Rebbitzin called me to say that their daughter got engaged!. The flowers were a present from Hashem for the L'chaim!!!

A reader

Lakewood NJ

BOCHUR THANKS HASHEM!

Hello I'm a Bochur in Lakewood, I'd like to share a story that happened to me.

I wanted to bring stuff to my house and take some Seforim back to Yeshiva.

I asked a few Bochorim in my yeshiva if they could give me a ride. One Bochur said he's not leaving right that second, and a different Bochur said he is leaving but he is going in a total different direction.

So I turned the corner and I started walking. I thought that with Hashem's help I would make it to my house, how ever Hashem wanted.

I started hitching but then I thought if Hashem wants me to get home I don't have to even hitch, Hashem could send me a car.

I started walking a little more. That minute, a car stopped for me. He said, "Do do you need a ride somewhere?" I said, "Thank you very much, yeah, I actually do."

I told him where my house was. He said, "You have to tell me where it is, because I don't know this part of Lakewood so well."

I got in and I told him where to go. He drove me all the way to my house!

Hashem was there with me!

Thank You Hashem for the wonderful Chesed of getting me home!

A reader - Lakewood, N.J.





We discussed the special gift of salt that we have. It brings out the flavor in our food. I would like to add that it's like so many creations that Hashem created for our use and benefit. The option remains ours – to use it, or to misuse it.

Salt is a very important nutrient and one cannot live without it, but too much is destructive. The salt that is naturally found in our food is healthy; this is in contrast to the salt that we add to our food. Actually, 70 to 80 percent of the salt that we eat comes from processed foods. The average American consumes a hundred and fifty percent of the amount of salt that is recommended. That is one and a half times of the quantity which is good for his health.

An abundance of salt can, Chas V'Shalom, lead to many serious illnesses, the most prominent among them is high blood pressure. Let's try not to overuse this gift that Hashem gave us and not over stimulate the salty taste buds.

Just like people can misuse the gift of salt, people can also misuse sugar. Actually the misuse of

sugar is greater than the misuse of salt.

Sugar is healthy. There is sugar found naturally in our fruits. Adding a little sugar to our foods is also not so bad. But an overabundance of sugar is quiet destructive.

On average, we consume 300 percent of the recommended amount of sugar. That is not just an extra 10 or 20 percent, it is 300 percent – 3 times over the right amount. This is the cause of obesity, diabetes and many other illnesses.

Studies show that excessive sugar can significantly shorten a person's life span by a number of years. It is interesting and important to note that up to 50 percent of our sugar intake comes from sweetened drinks.

This is food for thought; would we want to trade our very precious and priceless years of our life for some soda? Let us take the sugar, the gift that Hashem gave us, and use it in a proper and responsible fashion.

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Q&A WITH R' ZEVY GOLOMBECK

The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. What are the guidelines as to how much hishtadlus we are required to do, and when can we rely on bitachon?

A. It depends on your level of bitachon. The more bitachon you have, the less hishtadlus you need to do; the less bitachon you have the more hishtadlus you need to do.

The way to determine which level you are holding on is: if you think that doing more hishtadlus will be beneficial, Hashem wants you to do more hishtadlus. But if you feel that you've done enough, and you trust that Hashem will give you whatever was nigzar for you anyway, you don't have to do more hishtadlus.

In order to gain a clearer picture on where you are holding, ask yourself, 'If I rely on bitachon and I don't get the results that I want, am I going to regret not having done more hishtadlus?' If you will regret your decision, that reveals that you are not on the level to understand that what-

ever happened to you would have happened anyway. You think that the world operates according to cause and effect. Hence, Hashem's hanhogah with you is that of cause and effect. You are then required to do more hishtadlus in order to get what is coming to you.

However, if you assess that you won't regret your decision, and you'll tell yourself that whatever happened would have happened anyway, that indicates that your level of bitachon is high. Since you realize that everything is coming from Hashem, Hashem will arrange that you get your needs without having to do hishtadlus.

Q. I put in a lot of effort in working on my bitachon and menuchas hanefesh, but I feel that I'm still very far from living with true emunah and bitachon. This makes me feel very disheartened.

A. The reason you're tzubrochen is because

you think that your job is to achieve results.

Understand: Hashem does not demand results. He just wants you to try. Every neshama has its unique mission in the world. There are some people who fulfill their tikkun haneshama by having to work hard without seeing the fruits of their labor. It gives Hakadosh Baruch Hu a tremendous nachas ruach when a yid still tries his best despite the fact that he doesn't have the satisfaction of seeing results.

Certainly, you should believe that ישועת ה' כהרף עין, and in a moment, Hashem could inject into your heart the feeling of kirvas Hashem. But in your current situation, your efforts are your accomplishments.

And your frustration of not being able to achieve, serves as a kappara for your aveiros.

Q. I was recently diagnosed with yeneh machlah, lo aleichem. A friend of mine heard

Q&A WITH R' ZEVI GOLOMBECK

The



Bitachon Perspective

Continued

about it and tried giving me chizuk. He told me, 'If you have absolute bitachon, you will have a complete recovery'.

However, instead of becoming relaxed, his words caused me to become full of anxiety. Now, I feel that my fate is in my hands. If I don't recover, I am to blame, because that indicates that I did not have enough bitachon.

A. One of the concepts behind bitachon is that Hashem wants us to live with menuchas hanefesh.

If you find that the concept your friend told you is causing you stress, that is not the concept you should be living with.

Instead, you should tell yourself a chizuk that will give you more menuchas hanefesh.

You may choose to tell yourself the words of Dovid Hamelech: טוב ה' לכל, ורחמי על כל מעשיו. Hakadosh Baruch Hu is the epitome of good-

ness. He's running a perfect world, and everything that happens is coming from Hashem's love and rachmanus.

Whenever something happens to us, it's because Hakadosh Baruch Hu wanted it to happen, and it's exactly what we need for our tikkun haneshama.

Internalizing that everything that happens is orchestrated by our loving Father can enable you to achieve true menuchas hanefesh and help you build a healthy relationship with Hashem.

Q. I am scared of the dark. Is that considered a lack of bitachon, or can I say that this is the personality Hashem gave me?

A. There are many kinds of fears that Hashem created people with, such as being scared of the dark, fear of heights, fear of dogs, stage fright, claustrophobia etc. Since, this is an inborn nature, it does not indicate that

you are lacking in bitachon.

Nonetheless, it is possible to minimize these fears by means of doing exercises in bitachon.

If you are scared of the dark, contemplate: what makes you panic? You feel insecure. You don't know what's behind the darkness. If you're scared of heights, you feel insecure being so high up in the air; what if you fall?

Your exercise is: when in such a situation that you feel like panicking, realize that you are in Hashem's hands and you're completely protected. There is no difference to Hashem whether it's light or dark. The same Hashem that's protecting you when you're on the ground is protecting you when you're high up in the air. The same idea applies to all other fears.

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 this week's Parsha, the Torah tells us how to prepare the Mishkan which is going to be the place where Hashem Kaveyachol will dwell in this world. If you look at the details of the Mishkan, the vessels and the Bigdei Kehuna, you will see how much went into it. The enormous amounts of gold, silver and precious gems, and all the amazing craftsmanship is breathtaking.

I heard an interesting question posed. We can understand that obviously the Mishkan should be a beautiful edifice, but why all the gold and precious gems. Gold and silver and precious gems are meaningless to Hashem.

I would like to focus on one answer that I heard.

Let me give a Mashal I heard from Reb Shimshon Pincus zt"l to explain this.

A father comes home from work one day, and his son Yankele comes running to his father. His face is shining with excitement as he rummages through his pocket. He pulls out his favorite candy and tells his father that he had a party and he really wanted to eat it, but he saved it for his father.

Now this candy doesn't entice his Abba, as he is not interested in candies. However, this candy is the most delicious candy in the world for a different reason. This candy represents the great love and mesiras nefesh that his precious Yankele had just displayed. He picks up his child and embraces him emotionally.

As we mentioned last week,

the reason why it says rayach nichoach by the Korbanos more than other Mitzvos is because the Mishkan is our home. It's the place where Hashem displays His great love for Klal Yisroel. Whether it was with the Lechem Hapanim that stayed fresh



or the epitome of love which was displayed in the Kodesh Hakadashim with the Keruvim. As it says in Shir Hashirim "Tocho Ratzuf Ahava"

Therefore, the appropriate time to bring out the concept that Hashem has a nachas ruach from our Mitzvos was in the Mishkan.

Since the Mishkan represents the place where Hashem displays His great love for us, it had to be that this building was built with tremendous love. Therefore, in order for us to show our love we need to bring what's precious to us and give it up to Hashem: our gold, silver and precious gems. These materials that the Yidden donated with so much love and mesiras nefesh was so sweet to Hashem, that this made Hashem want to dwell in such a Makom.

Every one of us is a Mishkan as it says "Bilbavi Mishkan evne". How do we build

our Mishkanos?

Our own Mishkan we build by learning Torah and doing Mitzvos with fiery love, great joy and Mesiras nefesh. Even more important is that our hearts are burning with love to bring a nachas Ruach to Hashem. "Tocho Ratzuf Ahava"

But we can help build other people's Mishkan as well. How? By giving them constant chizuk, thus helping them build their own Mishkan as well. Giving them the Ratzon to want to bring a Nachas ruach to Hashem.

Furthermore, as we mentioned earlier Rav Meir says "bein kach ubein kach bunai haim". No matter how far they stoop they are still Hashem's children, and Hashem wants every Yid to build his Mishkan. Unfortunately, many people don't know about this Mishkan, and there are many fantastic organizations that try to bring these people back.

There are many people that understand that they need to build a Mishkan, but they are struggling to build their Mishkan and come close to Hashem. There are a number of amazing organizations for that and one of them is "the Spring Hill Times".

Can we imagine how much of a Nachas ruach these organizations are bringing to Hashem? To bring His children that are distant or struggling close to Him?

I have good news for our readers. You can partake in this tremendous Kidush Hashem in bringing a Nachas ruach to Hashem. How? By

Chizuk Corner

By: R' Y. Friedman

Continued

donating some money (Obviously if you give some gold and precious gems, it's even greater).

When you give money to these organizations, you are doing two things. Firstly, you are helping them financially, easing the burden and you are "nitpal lidvar Mitzva". Secondly, by donating money you are showing them that you endorse and support what they are doing. This gives them the chizuk to continue in their Avodas hakodesh (No, I am not fundraising).

Let me share with you a story I heard from Rabbi Avi Wisenfeld Shlit"a. There was a Rav in Kiruv that was giving a lecture in Columbia University to try to bring back our fellow brothers. The theme of this lecture was that "everyone has purpose on this world, and everyone is here on a mission".

All of a sudden, a teenager that was in a wheelchair in the corner of the room raised his hand and said, "Rabbi I have a question." You claim that everyone has a purpose on this world? "Yes, indeed," replied the rabbi. "How can that be," asked the teenager, "look at me. I cannot do anything. I can't run, I can't write so what's my purpose on this world?"

There was not a dry eye in the audience. All eyes were on the Rabbi expectantly.

The Rabbi responded as follows. "You want to know your purpose in this world? "Your purpose is to make other people think about their purpose in this world."

A week later this teenager was niftar. When this Rabbi went to be Menachem Avel the family, the father told him that "you transformed my child into a different person.

This is a profound message to people with challenges. However, I would like to add on to this. Based on what we said earlier, every single Yid without exception has the ability and privilege to bring a nachas ruach to our loving caring father Hakadosh Baruch hu. We also mentioned that yes, when we make choices that show that we love Hashem, that brings a nachas ruach to Hashem.

The Gemara teaches us that when a person does a Mitzva with pain its worth a hundred times more. Rav Dessler says that it starts at a hundred times. As the pain gets greater so does the reward multiply.

Additionally, the Arizal writes that the Mitzva is so much greater when it's done with joy. The Arizal says that most of his lofty levels in Kedusha were attained through Simcha shel mitzva.

How do we understand this? The Mishna in Avos teaches us that we are employed by Hashem. Now imagine you have a worker that has a lot of joy and pain while he works. Would you raise his salary a hundred times? Maybe you would give him a bonus, but a raise is for sales.

Based on what we are saying the main reward is for the nachas ruach that we are giving Hashem, and a simple action of a Mitzva is so much more when a mitzva is done

through pain and with joy. This shows a tremendous expression of love and devotion to Hashem.

Therefore, while it's true that this kid in the wheelchair has the purpose of showing other people what their purpose is, he should not forget that in a sense the value and impact he has with the few Mitzvos that he can do can make great waves in Shomayim. The nachas ruach that he can give Hashem is beyond our comprehension. Let's not forget that he can give chizuk to people similar to him more than anyone else, which is right then and there a jackpot.

Sometimes it's not all about the action that is precious in Hashem's eyes rather it's the thought that goes into it. As we see by the Mishkan that there is a great emphasis on the "nediv lev"- the goodness of the heart. Rachmana libu buyi. Hashem wants our heart.

Therefore, when we read the Spring Hill Times weekly, because we want to work on loving Hashem even more and more, this for sure brings a tremendous nachas ruach to Hashem. We will take all the love that we have and we will yearn for the time that Hashem will show us openly how much he loves us, in the Bais Hamikdash, the place of "tocho ratzof ahava" with the Aron, the Shulchan, the Menora, and everything else bimiheira biyameinu Amen.

GROWING FROM OUR GEDOLIM #16

WRITTEN BY: RABBI MATIS EDELSON

MIDDOS CHESSED EMUNAH AHAVAS YISROEL
AHAVAS HATORAH MITZVOS TEFILAH TZEDAKAH

Cold With A Coat

In the city of Mir, the Mir Yeshiva once did not have any money to buy food for the bachurim. The Rosh Yeshiva, Rav Leizer Yehuda Finkel, took his fur coat which he had received for his wedding, and gave it to the financial director of the yeshiva. He told him to sell it and use the money to buy food for the bachurim. The administrator refused, saying that the Rosh Yeshiva could get sick in the cold winter, but the Rosh Yeshiva insisted that he sell it. "When the bachurim are hungry, I am cold even with the coat." He said. "But when the bachurim have enough food, then I'm warm even without a coat."



Rav Leizer Yehuda Finkel

No Mail

Whenever letters arrived on Friday after midday, Rav Aryeh Levine's custom was to not open them, so that worrisome thought shouldn't enter his mind on Shabbos.

Glasses For The Street

The Chazon Ish, Hagaon Rav Avraham Yeshaya Karelitz, always wore glasses when he walked in the street, even though he did not use them when he learned from a sefer. He was concerned that if he did not wear glasses, someone might greet him, and he would not notice. He did not want to make anyone feel slighted in any way by him not acknowledging them, so made sure to wear glasses when walking in the street.



The Chazon Ish

A Quiet Place To Talk

A rebbe in Eitz Chayim yeshiva in Yerushalayim once had a child who was seriously ill, and he and his wife had to stay by his bedside every night. It was taking a toll on their physical and emotional health. One night, Rav Aryeh Levine showed up with his rebbetzin at their house. Reb Aryeh Levin told him to go to bed. He explained, "Me and my wife have something that we need to discuss alone, and we cannot do so at our home with the children around". Reb Aryeh's wisdom made the man feel better letting Reb Aryeh take over for the night.

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

You shall take a portion for me from every person who feels generous VeYikchuli terumah....

A wealthy Jew approached the Chafetz Chayim and said: "Rebbe, the Holy One has blessed me with much success in my endeavors. I am a very wealthy man. I would like to finance the entire building of the magnificent new Yeshiva. My only condition is that the yeshiva be named after me."

"You have very good intentions," responded the Chofetz Chayim, "But I cannot accept your offer because I would like to give ALL Jews the

opportunity to partake in this special mitzvah of building a yeshivah. For the verse states: 'You shall take a portion for me from every man who feels generous,' Despite the fact that the Jews left Egypt with an abundance of wealth and each of them could afford to fund the building of the entire mishkan, but Hashem wanted to give each and every member of the Jewish people the opportunity to partake of the lofty mitzvah.

Gut Shabbos!

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York



How to Daven

A friend of mine who lives in Yerushalayim was davening Shemone Esrei Shabbos morning, when his young son, Dov, entered the Shul, and started tugging on his Tallis strings. "Abba, Abba!" he was shouting in a disturbing way—he was trying to get his father's attention. His father tried to quiet him down, but it didn't work. The boy persisted: "Abba, Abba!"

Eventually, the other Mispallelim had to express their displeasure, and they turned their

heads, and started saying, "Nu, nu," and my friend thought for a moment, "Maybe I'll just pick up my feet, and take the boy out," when something switched in his mind. And somehow, he was able to convey to the people who were looking in his direction:

What are we doing, when we're davening, except pulling on the Tallis of Avinu Sh'bashmayim. We're trying to get His attention, "Abba, Abba!"

Somehow the people understood at that moment that this little boy didn't come to disturb davening, but rather he came to teach them, and to teach us, how to daven!

Good Shabbos!

LIVING WITH APPRECIATION

By: R' Daniel Shasha

Our parashah discusses the construction of the Mishkan. The Alter of Kelm teaches a that every mitzvah contains great depth and we should try and understand it. Therefore, what exactly is the meaning behind the Mishkan? The Torah goes into great detail, such as the number of beams and sockets, the dimensions and construction of the many keilim. What is the meaning behind all this?

Rabbi Avigdor Miller explains that the answer to this question lies in the chapter of Tehillim, mizmor shir chanukas habayis. Although this mizmor opens with the dedication of the Beit Hamikdash, the actual mizmor contains no mention of the Beis Hamikdash and instead David Hamelech thanks Hashem for all the good He has bestowed upon him. This is the essence what a Mikdash is, a place to thank Hashem!

One example when we see this is through the Shulchan. There is a halachah that the bread should constantly be on the Shulchan, to the extent that even when the previous week's bread was to be changed. the new bread was

instructed to be placed on first. Rabbi Miller explains that this is to remind us of the fact that we constantly have food and everything we need. The fact that we always have bread on our tables is such a great kindness from Hashem! He points out that although Chazal tell us that there were 250 miracles that occurred at krias yam suf, there are really thousands of miracles that occur during the production of our food! Every bite we eat has to go through so many details!

Another aspect of the Mishkan that expresses our appreciation is the Menorah. Rabbi Miller explains that the mitzvah to keep the light of the Menorah burning is to remind us to be grateful for the tremendous gift of light. He points out that the longest berachah that the anshei knesses hagedolah enacted was to be grateful for light, yotzer ohr. This berachah contains references to the angels and how they recite kedushah. Why is this relevant to this berachah? Rabbi Miller explains that the malachaim are in awe of the amazing phenomenon of light and are constantly praising

Hashem for this. The sun is a glowing ball of energy which sends us its rays with tremendous power; The light travels at a speed of 186,000 miles a second and even though the sun is 930 million miles away the light gets to us in minutes! Hashem positioned the world in the exact place that we can benefit from the sun. If the world was any closer it would burn and any further it would freeze. The benefits we receive from the sun are truly immeasurable. (Adapted from Toras Avigdor year 3, Terumah)

Rabbi Yisrael Salanter was once seen gazing at the sun with tremendous awe and excitement. He was overwhelmed with appreciation of the miracle of sunlight and was able to feel happy for the world at large, since everyone benefits from this amazing gift.

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

Hapaam Odeh Es Hashem

Lately, I have been taking walks with my youngest son.

After supper, we set out, on our daily, evening brisk walk.

My son enjoys his private time with me and at the same time he excitedly encourages me to lengthen my walk in the amount of time or space.

For me it's a huge help.

I benefit from the exercise, and it gets me past the initial tiredness that descends upon me after eating a meal.

I would like to share with you a kind of interesting, other worldly, little story, that occurred to me a few weeks ago, on one of those walks.

We take our walks near a parkway, that has a biking lane, and a walking lane alongside it.

My son mentioned that he liked walking on the opposite side of the road, across the parkway, since the walking area on that side, is

much wider.

So we waited for the light to change and then... it happened...

As soon as I placed my foot in the cross walk, the white striped area, intended for the pedestrians crossing,



I was shocked by a loud noise blaring into my ears.



The deafening noise was coming from the fancy USV, that I was crossing in front of.

I caught sight of the license plate. It was some sort of special plates, but I didn't

have a chance to read them.

He was a foot away from me, and was waiting for the light.

Initially for a split second I thought it was a sensor that I had triggered in the car that I was passing.

I looked towards the "windshield" front window, but I couldn't see through it.

The next fleeting thought was, "It's probably someone, who's trying to get me annoyed".

As I hurried past that car and across the other lanes, I was sort of bewildered.

We reached the other side, to the wider pathway, and that's when I realized that it was music that was playing!

Jewish music!

I started making out the words

הפעם אודה- את השם, הפעם
אודה- את השם, הפעם- אודה
את השם..

Thank you Hashem....
Thank you Hashem...Thank
you Hashem..

Wow! what a
shock!

Continued on
next page

To Share My Share From Hashem's Daily Shiur.

Continued "I know that tune," I thought.

I was blown away by the fact this guy decided to go ahead and blast out that music for everyone else to hear. Jewish music!? I don't recall ever hearing Jewish music being played so loudly on that parkway, on a regular ordinary evening!

But.. wait.... maybe it was intentionally intended for "me" to hear!

'Cause that guy flicked the switch, or pushed the button, the second I put my foot in front of his car!

But why would he do that to me? Didn't he realize how loud he blared that at my ears, being barely two feet away from his car?!

What really hit me, was that I had just begun writing articles about thanking Hashem, for The Spring Hill Times.

Aha aha.. Interesting..Aha..

What a coincidence! A Divinely orchestrated coincidence.!

What is that supposed to mean for me?! I started thinking, but my thoughts were interrupted by my son's conversation.

When I returned home I



realized that it was pretty much a simple, but fascinating, and demanding message from Hashem to me.

"If you're going to be writing about thanking Hashem, then you better get started with working on it yourself!"

I mean.. in a real way.

Practice what you preach!

Hashem should help me internalize the message that He sent me personally, and I should be able to keep up the thanking, while applying it also, to my regular daily

life.

On a positive note I would like to thank Hashem for such a wonderful chizuk-"shot in the arm", that I got, from hearing that song being played, with such fantastic sound force, and power.

I felt like I was being shown some recognition 'upstairs', for the work I was able to do בסייעתא דשמיא (through the publications of The Spring Hill Times!) to awaken people, to be more aware of and to appreciate everything that Hashem does for them, in their day to day lives.

Throughout our entire lifetime, in all the years that we are merited to live, every single day of the year, every single hour of the day, in all sixty seconds of the hour, we are receiving a tremendous amount of unfathomable, and unaccountable flow of חסד, from Hashem, למעלה מהשגותינו

מי ימלל- גבורות ה' ישמיע כל- תהילתו!

חסדי ה' כי לא - תמנו כי... לא כלו!

LIFE IS SO WONDERFUL!

By: R' Moshe Hirschberg - Lakewood, New Jersey

One day, a professor entered his classroom and announced a surprise test. The students hurried to review the material that he had taught them.

At the scheduled time, they sat down and the test was handed out. But to their surprise, there weren't any questions, just an empty paper with a single black dot in the center.

Seeing the expression on everyone's face, the professor told them that he wanted them to write about what they saw on the page.

The students set off and began the assignment. When they were finished, the professor took all the tests and read them aloud. All of them spoke about the black dot, each discussing different aspects of it.

"I'm not going to grade you on this exam," said the professor, "But I want to give you some food for thought.

"You were all given a piece of paper that had so much white to it, and yet not one of you discussed the beautifully white part of the page. Everybody's report instead focused on the black dot in

the middle, ignoring everything around it.

"I think this teaches you all a lesson. You may have a dark spot in your life; nevertheless, you must remember to focus on the rest. There is so much good in your lives, and it's up to you whether you'll focus on the black dot or the white surrounding it. If you focus on the lighter, then you'll be able to enjoy and appreciate life to the fullest. However, if you focus on the black dot, you will only live a life of pain and aggravation."

The great tzaddik, R' Zalman Brazil, earned his parnasah selling milk. One day, no one bought any milk from him, and he had to go home empty-handed. To make matters worse, he slipped and fell on the ground.

Still, he knew that he had to come home with a positive attitude. He decided to cover his head with a cloth and knock on the door. As his family opened the door and saw their father that way, they became frantic.

"What happened to you?" they said worriedly.

He quickly consoled them

by saying that he had fallen, but that, baruch Hashem, nothing happened. His family was so happy to hear that their fears were unfounded and that Tatty was OK.

"But I don't have money for you," he then told them.

"Tatty!" they exclaimed. "We don't need the money! All we want is a healthy father!"

"That's all I wanted to hear;" said Rabbi Brazil. "I wanted you to be happy with the situation, even though I was bruised and don't have any money. Therefore, I made you believe the situation was much worse, and thus you'd come to accept with happiness whatever difficulty was really the case. I wanted you to understand that although I didn't return with money, you can choose not to be broken over it, as there are situations that could be much worse."

Good Shabbos!

AYIN עין טובה TOVA

By: R' Nesanel Landesman

Suggestions for the case where Shani's friend comes over to her with an oversized dress.

- Maybe the friend wanted Shani to wear the dress that was too big so others would comment to Shani how Shani must have lost weight thereby making her feel good and causing Shani's friends to take notice of her change and find her a shidduch.
- If the dress is nice and worth fixing, spend the money to make it perfect for her new size and then show it to your friend, who probably meant well.
- She has a great story to laugh about with her grandchildren.
- She could focus on the other maaylos of her friend.
- She should focus on the fact that, although her friend was somewhat off, she had the noblest intentions.
- Shani could think that her friend was super focused on the fact that she had lost weight herself and was looking to give the dress away, she didn't even notice that Shani had lost significant weight as well.

R' Zevy Golombek suggested:

- Rav Avigdor Miller says that the bigger a person is, the more of a yid there is in the world, there is more Kedusha. She could use that thought to help get over the awkwardness of the moment.
- Being self-conscious regarding being overweight is in the mind. In some countries, it is a goal to be fat. Hashem made you this way. Put your focus on that.

CASE OF THE WEEK:

Raphy and Shani hired Mendy to fix their boiler, having been without heat for the last few days.

After Mendy left, they looked forward to the warmth that would surely be coming with the repaired boiler.

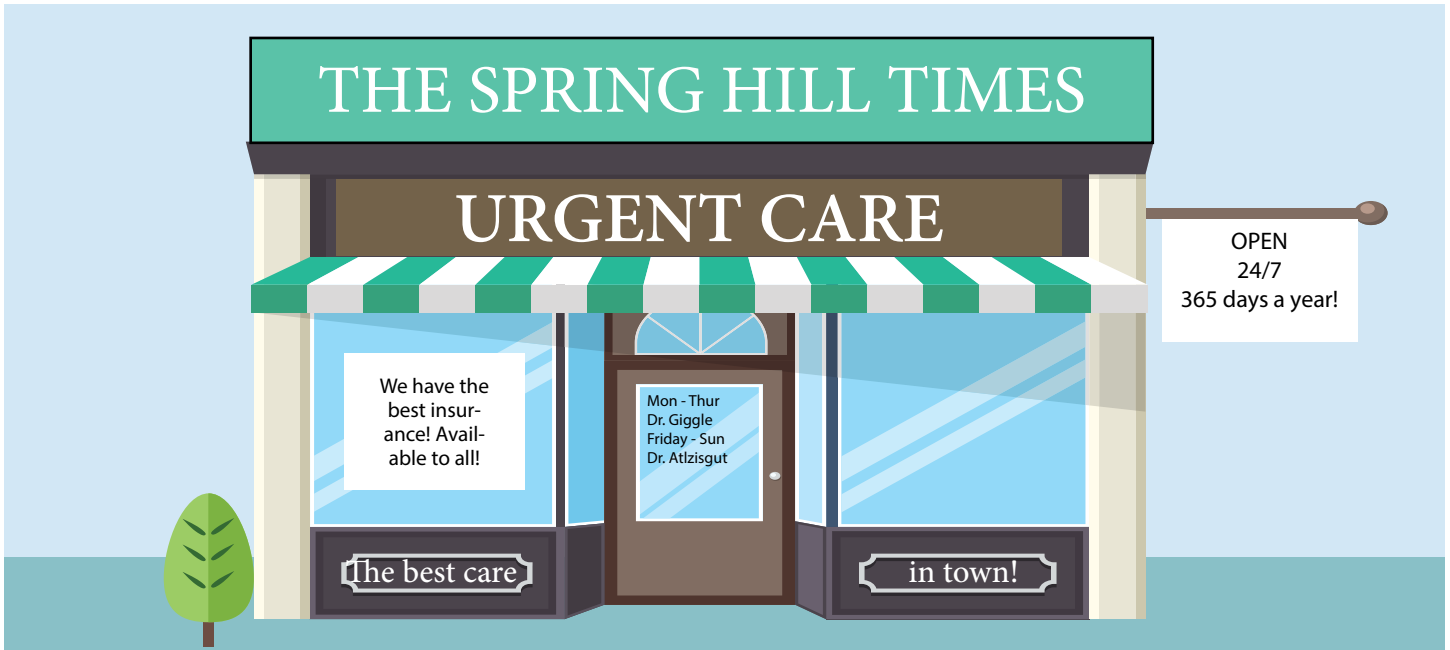
Yet to their dismay, the boiler still didn't work and now they would have to call Mendy back again.

Help Raphy and Shani have ayin tova for Mendy and for their situation.

Please send your suggestions for the AYIN TOVA CASE to:
ayintovanewsletter@gmail.com
Or call [Israeli daytime hours only]:

USA: 831-244-6019

EY: 052-760-5409.

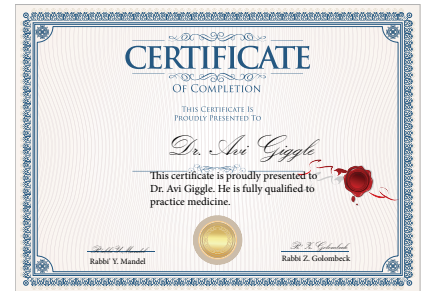


At our Urgent Care: Pain becomes Gain. Aches turn into Cupcakes. Worries become snow flurries. Annoy turns into Joy. Flu becomes a Peanut Chew. A Cold turns into Gold. Hurt becomes Comfort.

PATIENT:

Dr. Avi Giggle M.D.

My baby doesn't stop crying... I lose so much sleep and I'm so tired by seder the next day. Please help me...




**IMPORTANT HEALTH TIPS
TO
REMEMBER**

**Crying babies are the
greatest gift parents can
ever have!!!**



I'm prescribing for you 5 medications: But first I want to tell you a story.

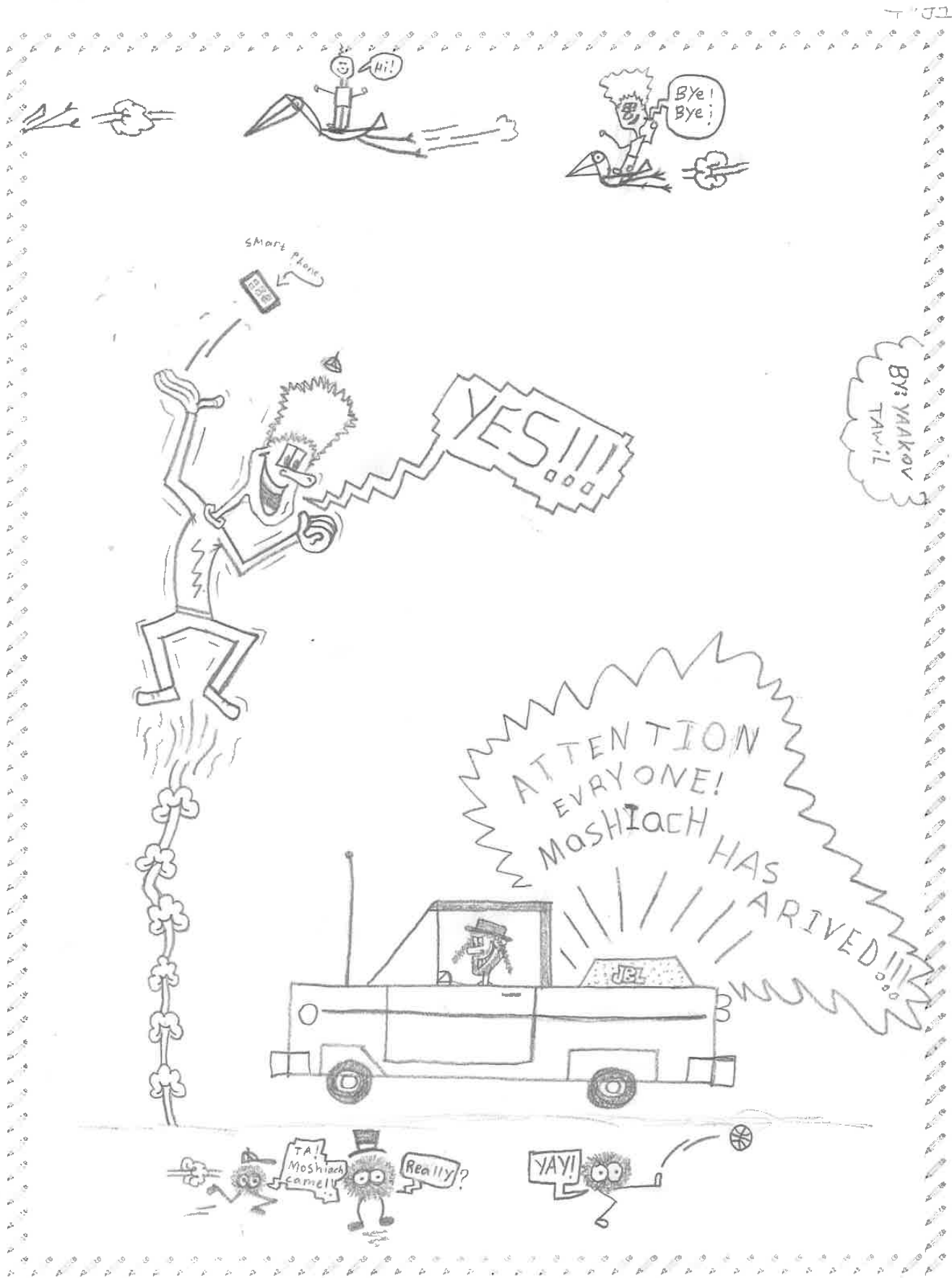
Once upon a time, there was a very cute baby by the name of Sruli. Every single morning, without fail, Sruli would wake up at 6 a.m. and would cry. His parents would sometimes get frustrated that he woke them up so early.

One morning, Sruli's mother woke up at 6:30 and she realized that the baby hadn't cried. She started panicking. All types of thoughts went through her head... With her heart pounding like a sledgehammer she ran to Sruli's room... With her fingers trembling, she turned the knob...

Hey! Where is the patient? Why did he run away? I need to finish the story and I need to give him his 5 medications...

I guess he got his answer already...

Thank you Yaakov Tawil (12- Lakewood, New Jersey) for your most creative entry!



By: Anonymous

*There I was in Rebbe's class
When I heard the sound of the shofar's blast
We all jumped asked, "could it be?"
Then ran outside - what did we see?
There He was, Mashiach Ben Dovid
Riding past and smiling at each and every yid
We all started to dance and sing
Accepting Hashem as our only king
Then back into yeshiva we went
For a very exciting event
For then the building took flight
And soon Yerushalayim was in sight
We landed and met our families
And soon discovered from which shevet were we
We saw the Bais Hamikdash come down from the sky
We felt our neshamos soaring so high
I saw my ancestors - oh so grand
And with gedolim from the past we shook hands
The rest of what happened on that amazing day
Is hard to describe so I'll just say
I can't wait for this to become real
So this excitement we can really feel!!*

ONE MORE MIRACLE:

By: Gitty Lipshitz Age 11

The beeping machines were the only sounds heard on the 9th floor in the enormous hospital.

Between the many people in the hallways, doctors and nurses running in and out of the rooms was a small figure walking silently at the side. Sari was looking for room number 46 but couldn't find it.

"Excuse me," she said politely to a kind-looking nurse, "Can you please show me to room number 46?"

"Sure!" was the nurse's pleasant reply.

Sari entered the room and saw her grandfather laying sick in a white hospital bed. She sat down alongside him and started talking to soothe his mood.

"I wish Mashiach comes now," he said to her simply.

As they continued talking about various topics, her grandfather's words rang in her ears. And suddenly, they heard a thundering sound. They both jerked up. What was the loud noise all about?

The doctor walked in with a huge smile from ear to ear. "Mashiach is here!" He announced in an excited voice.

He then left the room. By the time the doctor had left the room, both pairs of eyes were staring at each other.

"Really?" Sari's grandfather asked, "Is this true reality?" It was, indeed!

They quickly rushed out to the hallways and were greeted by sounds of many other patients and visitors. "Mashiach is here!" Shouted one of the visitors.

"Finally!" Cried out yet another.

"What a noble nation we are!" Sari thought, rushing through the crowd, "Now, I just need to find Papa and Ima!!"

THE WONDERFUL GIFT OF FOOD!

By: Sarah Goldberg

Water

Water, "the elixir" of life, is a gift from Hashem that brings us tremendous happiness, emuna, and love for Hashem.

This gift enables us to sustain our earth and produce in this world as well as to maintain our bodies, our holy vessels.

Rav Avigdor Miller pointed out that the two gases that make up water; hydrogen and oxygen, cannot give us this life sustaining liquid on their own. However, when compounded, Hashem gives us our precious water!

The miraculous cycle of water enables it to turn into vapor and create our clouds which give us rain. It is responsible for the earth's production of all of our other foods such as apples, oranges, carrots, lettuce, bread, meat, fish, and even cake! Water gives us our fresh lawns and flowers, and a means to clean ourselves through bathing and laundering our clothing.

The gemara says, "A day of rain is greater

than the day of the Giving of the Torah" (Taanis 7a).

Water enables us to exist and thus maintain the Torah, future tzadikim and future tzidkanios!

When we get in our eight- plus cups a day, our holy vessel can function at its best!

Even though water is so accessible, in our busy lives it might be of benefit to purchase a water bottle with straw that holds three

cups of water at a time.

Drinking enough water has the power to aid in healing many auto-immune diseases as well as facilitate easing digestive discomfort!

Water also lubricates the joints preventing arthritis and promoting strong bone health!

There is so much kindness in the foods we eat!

We develop such happiness and enjoyment from them, while becoming ever closer to our Creator!



A GLIMPSE INTO THE PAST

By Sruli Yelen - Lakewood, New Jersey



Rav Elya Meir Sorotzkin zatzal



Rav Meir Soloveitchik zatzal

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"I had a cold and ate the chicken soup flavored cookies and I was all better!"

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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 29 Shevat	Tuesday 30 Shevat	Wednesday 1 Adar	Thursday 2 Adar	Erev Shabbos 3 Adar	Shabbos 4 Adar	Sunday 5 Adar
Low 29°F High 46°F Cloudy!!!	22°F 40°F Showers!! Yay!!	29°F 37°F Partly cloudy!	24°F 44°F Showers! Yum!	12°F 28°F Mostly cloudy!!!	24°F 29°F Mostly Cloudy!	23°F 43°F Mostly cloudy!
The weather will be perfect to think about Hashem while waking up in the morning!!	It will be a wonderful day to thank Hashem for giving you a perfect working tongue!	There will be perfect weather to be so happy you are a Yid!!!	Perfect day to realize how Hashem is right by your side!	Perfect day for jumping up and down from excitement while brushing your hat for Shabbos Kodesh!	Stunning weather! Perfect to celebrate Hashem's Shabbos with not doing any melacha!	Beautiful weather! Will be a great day to for the arrival of Eliyahu Hanavi!

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

RECAP: Avraham's boss told him that he could stay in America. He found out that when Mrs. Daodba escaped Syria she got a bullet in her spine. They weren't able to remove it in Eretz Yisrael. Mrs. Daodba came to America to get a surgery that would make her able to walk.

Chapter 6



TATTY'S TALES

The Neis Chase

Illustrated by: Nechama Liba Ross - Detroit, MI

Some time later

Why did Dr. Arnold call? You didn't talk to him in years.

Hashem wanted to give her a free surgery!

I can do the surgery there is a big risk so she'll have to sign that she agrees

Thank you

Can you sign the paper to do the surgery ?

There is a big risk. I want to see my children again before the surgery.

There are no diplomatic ties between America and Syria!

I'm sorry -

I'll see what I can do.

Thank you

Some time later

Hi is this The State Department? I used to work in this department.

This is The State Department. Ed speaking.

Hi Ed, it's Abe Walters. There are two children in Syria that want to see their mother. Can you help me get them to America.

It's impossible! I can try. Don't expect anything.

Ed said I could write a letter to the Syrian ambassador as a regular citizen. Hmmm what should I write...

I can't write that she escaped Syria. I'll just write that there are two children in Syria that want to see their mother. I'll write that I'll take responsibility for them and return them to Syria. I really don't want to but it may be important to write that.

TATTY'S TAILS

The Neis Chase

At the United Nations

Can I see the ambassador?

The ambassador doesn't take visitors without an appointment.

Can I you give a letter to the ambassador?

I guess so. Give it to me.

Thank you!

Knock Knock

Who's knocking? I said not to disturb me during class.

I thought it was important. The Syrian ambassador is on the phone.

Hello, I read your letter and I made a decision. Come over tomorrow and we'll discuss it.

Okay, class let's begin.

How are you?

Good. How are you?

Good. President Assad enabled me to fulfil your request.

THANK YOU I AM SO GREATFUL TO YOU!!!

There are two conditions 1. Their flight can't pass through Israel 2. They need to return I'll take \$75,000 as a security of their eventual return.

To Be Continued BE"H

I'll work it out.

YES! HASHEM LOVES YOU!

Dr Avraham J. Twerski zatzal shared a story that happened when he was much younger.

He was in medical school doing internships and visiting patients in the hospital. He was a psychiatrist so he was going to the psychiatric ward. He saw all different types of patients, all different types of problems, all different types of issues...

There was one patient that was standing in the middle of the room with his hands lifted in the air as if something heavy was weighing down on his hands. His hands were lifted up and it was like he was carrying something really heavy. And he wasn't moving.

People would talk to him, they would try to get him to say his name, get him involved in conversation, and - NOTHING!!!! It was almost impossible to get him to budge!

All different doctors came and tried all different types of interventions, medications and therapies, but nothing would work. From the minute he woke up, until the minute he just fell asleep, he was standing there with his hands in the air, carrying something super heavy in his imagination.

Nobody could figure out the issue, until Dr. Twersky and another doctor discussed the case together, and they realized that the patient thinks that he is carrying the world.

The entire world, in his mind, is standing on his hands. And in his mind, if he's going to move his hands even a drop, the entire world will come crashing down. He literally felt like he had the weight of the entire world on his hands.

One of the doctors came up with a solution as to how to convince him that he's not holding the world up.

The doctor stood there next to the man and copied him. He took his hands and copied exactly what this man was doing. He then went over to the man and told him, "Look, I'm doing it for you, I'm holding the world for you. Would you like to stop and eat breakfast?" He assured the man that he would take care of it for him and for the first time in history, the man let go and allowed himself

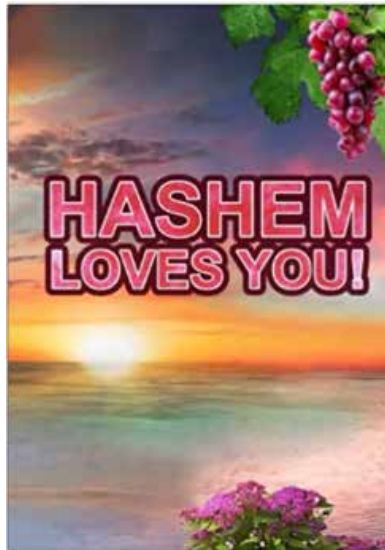
to resume normal functioning.

One powerful lesson we can learn from this story, is regarding bitachon. We think that the whole world rests on our shoulders. All of our problems, issues, and tzaros, is our daaga, our worry.

But it's really not our worry! It's really Hakadosh Baruch Hu taking care of us! He's the One Who is toleh erez al blima, Who is holding the entire world and taking care of all of the issues and problems. When we let go and we feel real simcha.

Another major lesson, is noseh b'ol, to understand someone else's pain. This doctor was able to understand what the person was going through and realized that if "I'm going carry his burden for him, finally this person will feel understood and will be able to let go because someone actually understands him, someone actually validates his feelings." A powerful lesson in bain adam lachaveiro.

A third thought: this person thought that he's being toleh erez al blima, that he is carrying the world. But who is really tole erez al blima? The gemara says in chagiga: al mi haolam miskayem, you know on whom the world stands, in whose zchus the entire world stands? On a person who is bolem piv bshaas miriva, someone that gets insulted, hurt, yelled at, put down and he or she just keeps quiet and does not answer back. That zchus is so enormous that the entire world literally stands in his/her zchus! The merit of being able to control yourself and keep quiet even 'bshaas miriva' is so incredibly powerful that Hakadosh Baruch Hu says that in your zechus the entire world will stand!



Taken from the 'Hashem Loves You Hotline'

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By Leiby Berger - Jackson, New Jersey

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World!



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World!

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כשר למהדרין
נעשה מקמח ישן

"We know that
there is a big ban-
quet hall waiting,
and we are going
to enjoy the meal
there forever and
ever! (Rav Avig-
der Miller)



TREASURE HUNT



Faigy Levy
artworks.faigy@gmail.com
+972534166936

Can you find all the Mitzvah opportunities in this scene? We found 8. Can you find them?
Answers on page 4!

5 ^{Weekly} Thank You's



By: R' Simcha Elefant - Yerushalayim Ir Ha-kodesh

Thank You Hashem for Street lights! We can see and be seen clearly at night.

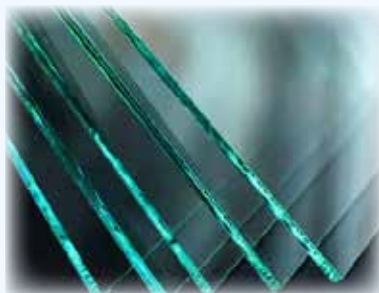
Thank You Hashem for cushioned chairs! What an added bonus just for Hashem to show us His love.

Thank You Hashem for Coffee! Such a delicious drink that keeps us running!

Thank You Hashem for Disposable Tablecloths! Finish the meal and 123 it's all cleaned up!

Thank You Hashem for Glass-windows, doors, light bulbs, jars etc. such a versatile material!

לזכות משה יהודה בן שושנה





THEN & NOW

Not making enough money?

1800's:

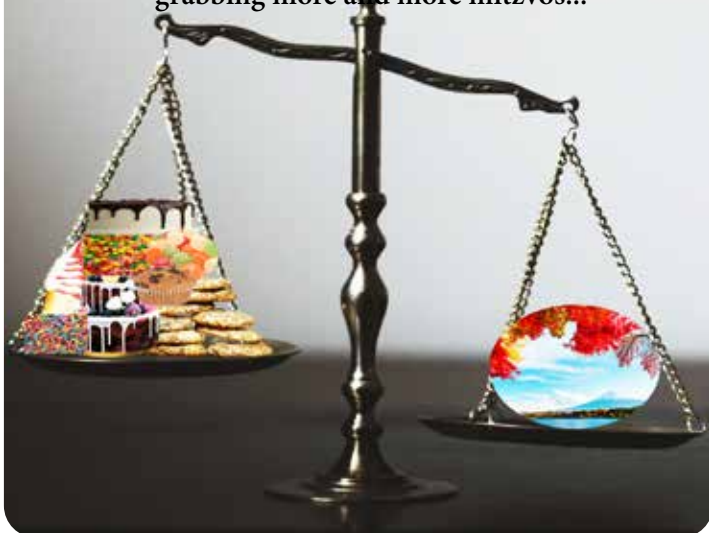
There was very little food to eat... The house was freezing... The clothing and shoes had more holes than not...

Daven hard to Hashem that no one should die from starvation, malnutrition or from the cold c"v....

Today:

You have WIC!
You have food stamps!
You have Tomchei Shabbos!
Yo have Kupat Ha'ir!
You have soup kitchens!
You have HUD!
You have medical insurance!
You have tens of chesed organizations!
Thank You Hashem! We love 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. Give the poor man Tzedakah. 2. Help complete the minyan. 3. Help the little boy cross the street. 4. Help the boys schlep the bench. 5. Say hello to the lonely man feeding the birds. 6. Help the lady carry her groceries. 7. Help the man who is looking for directions. 8. Look at the boy's tzitzis and remember all of Hashem's mitzvos!

How many can you find when you go on the street?

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Is He showing you extra love?

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Mazel Tov!

Mazel Tov to R' Yisrael Meir Hirschberg and family (Lakewood, NJ) on the birth of a new baby boy!

Special Mazel Tov to the grandparents, Rabbi and Mrs. Aharon Hirschberg (Kensington, NY)!

Mazel Tov to R' Aharon Krieger and family (Lakewood, NJ) on the birth of a new baby girl!

Mazel Tov to R' Chaim Devries and family (Lakewood, NJ) on the birth of a new baby boy!

Mazel Tov to Rabbi and Mrs. Yitzchok Zev Waldman (Lakewood, NJ) on the Bar Mitzvah of their son Dovid!

NIFLAOS HABOREI RIDDLES

I am very skinny and upright,
and can be quite tall,
I am helpful with appearance
and in cushioning a fall.
I need to be cared for,
to reach my potential
and usually my life

is rather uneventful.

Your neighbors always know,
How to make me look better,
and my color is brighter,
In places that are wetter.

I am a welcome home
and a welcome meal for some,
The answer's on your turf,
Just let it come.

Find the answer somewhere on this page

©

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5. Create mitzvah ads.

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Hotline.

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Updated every Motzaei Shabbos!

Riddle Corner 28
Teruma

I grow from the ground. In the Pesukim relating to the construction of The Mishkan 24x I am found.

My name and number is parallel, to 24,000 Yidden who once fell! Who am I ?

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 x 14 #23).

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

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

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[By entrance closest to Bais Shmuel, inside the door in container.] Available Thursday R' Shlomo Eliyahu 732-569-4273 (leave message)

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HASHEM IS WONDERFUL!
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**Wow! Stunning! Lucky is man who lives here!
But it's nothing compared to what's waiting for you in the next world!
Keep on stuffing your suitcases with more mitzvos!**

A Yid's Security

Rabbi Yosef Moshe Mizrahi

We all desire security and protection. Imagine if one was offered the services of a fully trained general to guard his house at a time of war. Or the top Wall Street business coach was ready to help him navigate his company through a difficult stretch. We would be so calm and relaxed knowing that our health and finances are in good hands!

Every yid can tap into this great happiness of feeling secure and protected in all areas of life. R Chaim Volozin writes in Nefesh Hachiam how one can nullify and disarm any force in the world by trusting and recognizing that Hashem is the only real force in the world and there is nothing without Him. The more we recognize that there is no nature or cause and effect rather it's Hashem alone who is running the world with pure miracles, the more Hashem will change nature and perform miracles for us! Since everything is miraculous anyway! Hashem is stronger than any bodyguard and is more business savvy than the best experts! In every situation no matter how trivial or serious we can feel secure knowing we can always turn to Hashem and Hashem will be there to save us.

During World War two the Brisker Rav was trapped in Warsaw with his son Reb Berel and needed a way to escape. With Nazis all around, and no visa documents, the Rav snuck onto a train heading for Eretz Yisrael. Knowing that if he would be caught, he would be killed immediately, the Rav together with his son focused and on ein od milvado Hashem is the only power! The guards left them alone as they traveled through Europe.

At a certain point the Rav got distracted and a guard

noticed him. Immediately the Rav refocused himself on ein od milvado and the guard walked away! The Brisker Rav continued connecting himself with Hashem till he reached eretz Yisrael and thus escaped the nazis!

R Yosef Dov Soloveitchik (known as the Beis Halevei) was once approached by a distraught yid. "I'm in big trouble" he said. Today the border patrol came to our town to search for illegal merchandise. I'm a merchant and happen to have a house full of exactly what they have made illegal. What can I do to save myself and my merchandise? R Yosef Dov reached into his sefarim shrank and took out R Chaim Volozin's sefer and started learning the topic of ein od milvado together with this yid. After two hours of their continuous studying, there was a knock on the door. It was the merchant's wife. "Mazal tov" she exclaimed! "The police just finished searching our block and they skipped our home!"

The story emerged, the police spent the whole morning searching houses and when they reached the house of this yid, they decided to take a lunch break. To remember where they were up to they made a sign by this yid's home to continue from there when they finish their lunch break. Amazingly when it was time for lunch the police forgot what the sign meant and assumed the sign on the house was the last house checked previously and resumed their search from the next home! This happened exactly at the time that the merchant really trusted that Hashem is the only power in the world without any exceptions to the rule!

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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