

The Spring Hill Times

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

KLAL YISRAEL'S NEWSPAPER

ISSUE 92

| PARSHAS VAYIKRA

| NISSAN 5783



It's going to be so wonderful when we will be together with You Hashem! Please take us back already!

CANDYLAND!

Yidden all over globe are looking forward to the wonderful month of Nissan, a month packed with so many mitzvos:

Cleaning for Pesach! Kibud Av Va'em! Baking and buying matzos! Tzedakah! Chesed! Spending so much money on Yom Tov food! Staying up late at night cooking and baking! Learning Meseches Pesachim and Hilchos Karbon Pesach! Maybe even bringing the Karbon Pesach...



A month overflowing with so much kedusha!

A month of such closeness to Hashem! A month of Geulah!

A Gan Eden in this world!

YESHIVA BOCHUR TRUSTS IN HASHEM

Gavirel* a bochur learning in upstate New York, had a problem. Every time he put his SD card into his recorder a message came up that said that it needed to be formatted. Gavriel did not want to format the card because then everything on the card would get erased.

He tried taking the card out and putting it back in. He tried everything he could think of, yet nothing worked.

This went on for a month and a half.

One night, Gavriel put the card in the recorder thinking in his mind without any doubts, that Hashem is the One who does everything and

no one else. Hashem is in charge if it should work or not.

He then put it in and it worked! After a month and a half of it not working, it suddenly worked!!!

HASHEM SENDS FAMILY 600 SHEKEL

Mrs. Miller* asked her husband to buy her a certain item that cost 600 shekel. But they didn't have the money to buy it.

So they davened to Hashem that He should please send them money.

On Erev Shabbos, as they were about to leave their apartment to go to their parents for Shabbos, they received a call from a neighbor who

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"ד, 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 said that they were desperately looking for an apartment for Shabbos.

Because they were calling so late and were so desperate, they were willing to pay 600 shekel even though the going rate was 300 shekel! [Kav Hashgacha Pratis]

YOUNG GIRL DAVENS TO HASHEM

Dassy* went with her class on a trip to the zoo.

While at the zoo, the tour guide told them that they were going to watch a video about different types of animals.

This girl comes from a home that doesn't watch videos. So she davened a silent tefilla to Hashem asking for help.

In the end, the guide said that they were running very late and would not have time for the video! [Kav Hashgacha Pratis]

MAN HELPS BOY

R' Naftali* a rebbi in Eretz Yisrael teaches every day until 4:00.

Usually, when he gets back home, his wife and children are already home. But one day when he got home they were at the park.

He wasn't sure what to do with his free time - first he thought he would do some errands.

But then decided to sit down and learn.

A few minutes later, there was a knock on the door and it was his neighbor's child standing there crying. He was scared to go home because there was a car with Arabs near his house.

R' Naftali calmed the child down and escorted him to his

Thank You Hashem For The Gift of Teshuva!

One of the articles in last week's issue contained things that we wouldn't have wanted to have printed. It was put in by mistake!

The only thing the Spring Hill Times will ever promote is: Hashem, Torah, kedusha and Mitzvos and nothing else!

house.

Had he not sat down to learn no one would have been home to help this boy! [Kav Hashgacha Pratis]

FAMILY SAVED FROM AVEIRA

The Spring Hill Times is looking for someone creative, consistent and dedicated to run a new column.

Please email: thespringhilltimes@gmail.com

זה א-לי ואנוהו

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

The Braun* family from Eretz Yisrael spent a lot of time cleaning their house for Pesach.

After cleaning, the mother decided to check the kids bedroom again. She found a piece of bread under her 3-year-old's bed.

She asked him why it was there.

He explained that his morah said that on Pesach they are not going to be able to eat bread and he was nervous that he was going to be hungry so he put a piece away to save for Pesach! [Kav Hashgacha Pratis]

YID DOES MITZVAH

A Yid had a doctor's appointment right after Shacharis and took his Tallis and Tefillin along.

He met someone who was slowly taking on mitzvos and this person asked him if he could please put on the tefillin.

He now understood the real reason why Hashem made him bring along his Tefillin.

WEEKLY NEWS ROUNDUP

MY UNCLE DOVID

Spring Hill Times Editor: *On א"כ אדר ב', the Ribono Shel Olam took my uncle, R' Dovid Zev ben R' Moshe Menachem Wicentowsky zatzal, to the yeshiva shel maaleh. He was a tremendous masmid who knew of nothing in life besides for Torah. Here are some memories:*

- I recently asked him how he managed to raise his family in a tiny two bedroom apartment.

He answered me, "What?! I had a six bedroom apartment!!

One bedroom was on the kitchen floor, one was in the dining room, another one on the hallway floor, bathroom floor..."

- Someone once asked him where his china closet was (he didn't have one).

He pointed to the shelves of seform that lined the walls and said with a smile, "This is my china closet!"

- Two months ago, his grandson got married here in Monsey. I went over to him by the chasuna and asked him a question pertaining to the sugya of ריח הגט. And we discussed it a bit.

Purim day, I went to bring him Mishloach



Manos. I didn't realize it at the time but he was in extreme pain.

Yet the minute he saw me, he started saying, "You asked me a question about ריח בוגט.... And we had a whole discussion. He went from sugya to sugya. He spoke about davar shelo ba le'olam. He told me that he has a Nemukei Yosef in Bava Metzia that's seems like it's a problem of not enough סמיכת דעה, and he showed it to me. We spoke about who is ברי ושמא and when it's a safek if a woman loses her kesuva if it's considered a safek אם נחייבהו או אם פרעהי זס...

He was going on and on, for about a half hour, from one part of Torah to another...

I needed to continue delivering mishloach manos. So I had to excuse myself...

He loved Torah with his entire heart! He learned Torah his entire life! He was friendly with everyone! He never ever said a bad word about other people. He had almost nothing to do with Olam Hazeh. He spent his entire life preparing for the next world!

Blessed is Hashem for giving us such a wonderful person and blessed is Hashem for taking him back. יהי זכרו ברוך!

HASHGACHA PRATIS IN THE BEIS MEDRASH



HASHGACHA PRATIS

Shua Levy, a bochur from Chestnut Ridge, New York, wanted to check up the ma'amer Chazal about three people who go down to gehenim... in the Sefer Reishis Chachma

He knew in which volume it was, but not which page.

He searched and searched but couldn't find it. So, he put away the sefer.

Ten minutes later, he decided that Hashem could surely help him find it.

So he went to the shelf and opened the Reishis Chachma and there staring at him was the page he was looking for! [Heard from Shua]

YESHIVA BOCHUR THANKS HASHEM!

Dovi* was learning in Telshe Yeshiva in Cleveland and needed a certain Sefer.

Just as he got up to look for it, he saw a fellow student putting that Sefer away on the bookshelves in the back of the Bais Medrash.

Dovi went over to him and asked

him if he could use it.

Dovi was so thankful that it saved him some time and therefore was able to learn Hashem's precious Torah for a few more minutes!

Thank You Hashem for sending that person at the exact time that he needed it.

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!



LIVING WITH HASHEM

By Rabbi Zevy Golombeck

MAN BRINGS HASHEM INTO THE PICTURE!

Eli* had a problem. He couldn't figure out how to make his coffee right. Sometimes it was too sweet and sometimes it was too bitter. This was going on for a whole week already.

Eli then thought to himself, "Why can't I ever get a perfect cup of coffee? Ah, it's because I forgot to bring Hashem into the equation.

So he turned to Hashem, and said, "Hashem, I want to make a great coffee!!"

P.S. That day's coffee was perfect! He felt so good after drinking the coffee not just from the coffee itself but mainly from feeling so close to Hashem!

BABY TAKES MEDICINE HAPPILY

Every time Mrs. Horowitz would give her baby medicine, the baby would cry because she didn't like the taste. Mrs. Horowitz felt bad about it.

Her sister suggested to her that she play the baby the song 'Hakol Yachol' before giving the medicine.

She did it and the baby instantly became relaxed!

MOTHER AND SON HAVE BITACHON

Mrs. Weinberg* put her son's pants in the wash and didn't realize that there was a MP3 player in his pocket. They only realized after it came out of the washing machine!

Mrs. Weinberg told her son, "Don't worry, we believe in the Kol Yachol. We believe that Hashem can do anything and everything!!"

P.S. Her son tried the MP3 and it worked!

WOMAN SAYS SHEHAKOL

Mrs. Finkel* was searching for something but could not find it.

So she took a drink and said the Shehakol blessing. She said to herself, "Hashem does everything, He knows where it is."

She then looked down and there it was!

HASHEM IS OUR DOCTOR

Mrs. Gelbstein* was taking a high dose of medicine, for a medical condition.

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After some time, the medicine stopped working.

She didn't know what to do. The doctor didn't really have an answer. He suggested perhaps starting her on a new medicine

She said to herself, "Is it the medicine that will make me better? It's Hashem doing it! What difference does it make if the medicine is working? Medicine never works! It's Hashem who makes it work!"

And boom! Right afterward, she started feeling better. She felt like a brand-new person!

LOST A COAT AND FOUND HASHEM

Mrs. Stern* was at a wedding and couldn't find her coat.

Someone, who she didn't know, approached her and said, "Why don't you say, 'Hakol Yachol?'"

She asked Mrs. Stern if she follows 'A Life with Bitachon. Mrs. Stern said, "Yes! Thank you for reminding me!"

She said "Hashem is the Kol Yachol" and gave one more glance at the coats and there was her coat, right in front of her eyes!

THE POWER OF A SIMPLE COMPLIMENT

One morning after Shacharis, I

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



went over to the chazan to compliment him; because my Rebbi said I should always look to strengthen others and compliment people even though it's against my nature.

He thanked me and said, "Every time I go to daven, I am nervous. I wonder, "Do people like the way I daven?" I usually don't get feedback, and I don't know if people are happy. Thank you for telling me that you liked my davening!"

I was once in a different shul, and there was a young bochur davening for the amud.

After davening, I went over to him, and gave him a compliment.

The boy's father was so grateful that I said something! He told me that his child has much anxiety. "You just made him feel like a million dollars."

We see from here, that a person can go out of his comfort zone, and he can make a world of a difference.

I wanted to share a story that happened to me with a student of mine.

I got a haircut, and he came over to me and said, "I really like your haircut."

It was amazing how far the compliment went!

It's important for a student

to realize that he should give compliments, even to his Rebbi.

Additionally, someone once said something sharp to the same student, and he was going to answer back sharply. But he bit his tongue before anything came out, and he said, "Thank you Hashem for stopping me. That was the best thing that could have ever happened, Hashem stopped me."

Instead of thinking that I just bit my tongue, he took it as a kiss and hug from Hashem.

NINTH GRADER HAS BITACHON

A 9th grader, was trying to fix his watch. He needed to put back a metal piece that came off his watch but he just couldn't get the piece back where it belonged. He finally gave up and just then a fellow classmate suggested that he sing "Hakol Yachol" before he tried it again. He sang the song and this time it went in easily!

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
* Back to Prev. Menu	0 Bookmark save	# Bookmark Continue

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- Lakewood.....732-719-3898
- Monsey845-470-5577
- Five Boroughs929-470-5577
- England03-303-502-368
- Australia (3) 99-997-300
- Canada647-498-7700

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Eretz Yisrael: 072-370-1912
USA: 845-262-5115



THANK YOU HASHEM!

I wanted to share an amazing Hashgacha Pratis story.

I was scheduled to take a flight out of town to help my daughter, who had a baby, and her family.

I didn't take a flight that I was supposed to go on because I came down with the flu. I needed to reschedule my flight.

When I got to the airport and got my ticket, I saw that my seat was 10B. I didn't think so much of it, but as I got on the plane and had to find my seat, I saw that B is always the middle seat.

As soon as I realized that, I thought to myself, "uh-oh, what's going to be, am I going to be in between two men? Am I going to have to switch seats? Even if not it's not going to be so comfortable if it's a middle seat. It's a 2 1/2 hour flight."

As I was walking I was thinking, "Hashem, you're going to have to take care of it, Hakol Yachol."

I continued walking down, coming closer. I got to row 8,

row 9, and then to row 10, and I see it only says 10A and 10B, there's no 10C!

I look down and I see there are only two seats in row 10!

10B was not the middle seat at all, there were only two seats in my row!!

Shortly after that, a lady came to sit in the other seat. In addition, there was extra space near me. There was an empty area of space where a third seat might have possibly been.

There was place on the floor for my bag, even a few bags and plenty of room between my seat and the wall of the plane where the window was. I was able to keep my personal bag with my reading material and my food on the side, and didn't have to keep it under the seat in front of me.

I had plenty of room for my feet, and I was able to conveniently reach in for what I needed. It was the best seat on the plane, if you ask me. There was even a place for me to lean my head. With my sweater bunched up as a pillow it was comfortable for leaning my head.

What makes this story even more incredible and unbelievable is that it was a last minute flight that was made for me that day!

So thank you Hashem, I real-

ly felt Hashem's love the whole entire plane trip. Thank you for the Spring Hill Times. Yidden all across the world are enjoying it, our family as well. Thank you so much. Kol Tuv.

A reader

HASHEM - OUR GUIDE

I was taking my son to a doctor in a different town. I wasn't 100 percent sure of the directions, and my GPS wasn't connecting for some reason.

We decided to start going and eventually we would figure it out. As we approached the exit where I wasn't sure, I checked the GPS, but it was still stuck, saying no satellite reception. I said, "Hashem, You are the Kol Yachol. It's not the GPS it's You. Please do us a favor and get us there safely."

Practically as soon as I said the words, the GPS said, "Bear left to exit..." It continued to work the entire way until we got there. We thanked Hashem profusely for allowing us to get there and for answering our tefillos.

L.R.



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.

I would like to elaborate on an important point that we mentioned earlier in passing.

There are four to five different types of taste buds that we have for different tastes – sweet, salty, bitter and sour. But each taste breaks up into many, many different flavors. That's why there are more than only 4 different types of foods that we enjoy; there are about 100,000 flavors – that's a tremendous variety.

I think if there were only 10,000 flavors we would still have a very large assortment of flavors to taste from. Yet, Hashem gave us more and more pleasures.

When we think about this point, the chessed Hashem manifests itself on two different levels.

First of all, simply, Hashem created for us so many different flavors in the world, but there is also another aspect over here; that Hashem gave us the physical ability to be able to pick up and discern the minute differences between these tastes. Just like in the area of hearing and of sound, there are some frequencies that are too high pitched or low pitched to be able to be picked up by the human ear, even though the sound is in the world. So too, Hashem could have made many of the flavors undetectable to our taste buds.

Yet, Hashem in His kindness, gave us the ability to taste and appreciate

the smallest differences. This leads the way to having so many variations of the same food. How many different flavors of wine do we have? And the list goes on and on.

After discussing so many different aspects about our wondrous taste buds, I think we can gain a greater appreciation for the special invisible gift if we would picture what life would be like without them.

If we had a complete, perfect functioning digestive system that brings nourishment and strength to our bodies – but we didn't have taste buds, all of our meals would be at best - boring and lifeless and probably would even be annoying and bothersome.

We would not put in any effort preparing the food, because regardless of how it's made it would not bring any enjoyment. Color would also not be an issue, because who cares what it looks like?

The full concern would be that the food should be soft and easy to digest, perhaps mashed and blended would be the way. We would also measure out the food to the exact amount that would fuel the body and not more. We would take it like a pill, because we would have to.

The taste buds that Hashem created us with bring so much richness and flavors into our life and makes every time that we eat a pleasurable experience. How can we thank You Hashem?!



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Q&A WITH R' ZEVI GOLOMBECK

The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. In A Life With Bitachon we often repeat in the name of the ba'alei mussar: if a person is nervous about something or if he has a tzara in his life, he should say, 'aderabah! I believe that the exact opposite will happen'. Similarly, if a person is having bitachon for something, and he's not seeing a yeshuah, instead of getting despondent, he should say, 'aderaba! Now I have more of a reason to anticipate that the yeshuah will come'.

What is the rationale of saying 'aderaba'? What is the reason to think that just the opposite will happen?

A. 'Aderabah' means, 'I'm not nispoel from the way the situation looks. I'm confident that Hashem is able to make things turn out exactly the opposite of what is seems'.

The Beis HaLevi explains: every parent wants his children to be calm and rely on his parent to conduct the child's affairs in the best way possible – even if the child can't fathom how things will turn out well. So too, our father, Hakadosh Baruch

Hu wants us to rely on him even when the yeshuah seem very unlikely. And when a person relies on Hashem despite the unlikely odds of things turning out well, because he knows that nothing is 'unlikely' for Hashem, that's the biggest reason Hashem will grant his wishes.

Similarly, when bitachon seem not to be 'working', and we think, 'that there is no hope, my bitachon is not worthy enough for Hashem to fulfill my wish'. A person should say, 'aderaba, now there is even more of a reason that Hashem will listen to me, because I have absolutely nothing to rely on; not even on my bitachon. The only thing in the world that I have is to take refuge in Hashem as my father with his unconditional chessed and rachamim'.

Q. I was fired from my job, and I don't know how I'm going to pay my next bill. I'm full of stress and worry. What is emunah and bitachon perspective about this?

A. True, when someone

believes that his livelihood comes from his boss, it can be very disheartening when he gets a pink slip.

But you should understand that the real source of income is your loving and caring father, Hakadosh Baruch Hu. Hashem determined on Rosh Hashana how much money you would be getting this year, and He did not stipulate that you must have a job. Certainly, He wants you to do your hishtadlus to try to get a job. However, you will receive every penny that's coming to you with or without a job.

What He does demand of you is, that you should invest your energy in internalizing that your income does not come from people, rather from Hashem. And the more you recognize that Hashem is the true source of your income, Hashem will show you openly how He is taking care of all your needs.

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

Chizuk Corner

The unbelievable power of a good word

By R' Y. Friedman

Last week we spoke about the great opportunity that we have during these thirty days leading to Pesach, especially when we are cleaning for Pesach. We explained that when we are scrubbing for Pesach with soap and shampoo, it's as if we are scrubbing our Neshama with soap and shampoo. Moreover, it cleanses our body as well from all impurities.

We also mentioned that while we are going through the house cleaning, we should thank Hashem for all the Brachos that he bestowed upon us. Last week we spoke at length about the abundance of food. Ultimately, we should apply this to all the gifts Hashem has given us. Here are some more examples.

Appliances - When we clean our major appliances like our stove tops, ovens, dishwashers, refrigerators and freezers, we will reflect on all the tremendous benefits we have received from these appliances and thank Hashem from the bottom of our heart for these amazing appliances.

Laundry room - When we clean the laundry room we will thank Hashem for the amazing luxury of a washing machine and dryer in the comfort of our own house. Don't forget about the de-

tergents and anti stain liquids that helps us clean our clothing so efficiently.

Clothing and jewelry - When we go through our wardrobes we will get excited by the staggering amount



of clothing that we amassed over the years. Many people have lots of shoes and jewelry as well, and all this should be accounted for.

Seforim - As we mentioned two issues ago that the amount of seforim that every average person has accumulated is similar to a library of the previous centuries. Everyone has at least one Shas a full set of Tur and Shulchan Aruch. What about the beautiful large print and the many explanations that we got recently. Thank you Hashem.

Keep going through your house. The idea is, that in addition to the searching of the Chametz, we will search for all the chessed Hashem that we may have overlooked as well. It would be nice to take a notebook and write them

down. The Chessed Hashem that we have in our generation is mind boggling.

Now in the last issue we wrote that since we are anyway going through the house, therefore, it's an opportune time to show appreciation for the gifts that we have. However, it's much more than that. Let me explain.

Pesach is the Yom Tov that is extremely focused on hakaras hatov. We all know that there is a great Mitzva of Sippur Yetzias Mitzrayim on the night of Pesach. However, unlike most Mitzvos that are limited (for example a Kezayis Matza), this Mitzva is different. The more one talks the greater the mitzva gets. Why is that?

Perhaps because the Mitzva of hakaros hatov knows no limits, as there is always room to grow. The reason simply is because the more we grow in our knowledge, the more we can see new angles in Yetzias Mitzrayim. The more we get a glimpse of how great Hashem is, the more we get excited and we get a new perspective. The more we recognize how much Hashem loves us the more excited we will become and this gives us new perspectives as well.

On top of all this, the more we come to the recognition

Chizuk Corner

By: R' Y. Friedman

Continued

that we owe Hashem so much, as everything in our life comes from Hashem, we will feel tremendous gratitude. This will cause unlimited amount of love to gush forth, and this is a focal avoda of Pesach.

Freedom - It was on this night that Hashem lifted us from being a lowly slave to lowly nation of Mitzrayim and heading into the fiftieth gate of impurity, to become the greatest nation ever. If you want to get a small glimpse of what a nation we are, just read some stories in the Spring Hill Times of regular Yidden (not so regular) who do mind boggling amounts of Chessed for other Yidden. Just look at yourself and you will see how amazing Yiddens are.

Just two weeks ago, we had Purim and the amount of money that was given out on Purim is mind blowing. You would think that our holy nation is finished giving? Not a chance. The amounts that are raised for Kimcha d'pischa is mind-blowing as well. Now look at the way our holy nation is turning over their houses with such a hiddur (no compromises), it's beyond words.

Takeoff - The launching of this special nation happened on that special night of Pesach, the night of Yetzias Mitzrayim. The night

when Hashem lifted us from the depth to great heights, on the wings of an eagle. So when we reach that special night we should be bursting with gratitude and gladness that he took us out of the quicksand, so that we can serve Him and become that special nation that we are.

As we mentioned earlier, that these thirty days are days that we are preparing for Pesach. At this time we have entered the great month of Nissan and we are getting even closer, and every Yid is definitely thinking of the great Yom tov. Therefore, these days leading up to Pesach are an ideal time to prepare ourselves. How? By cleaning with love and gratitude for Hashem. This will cleanse our Neshamos immensely, and it will sparkle brighter than ever.

We can also give chizuk to those that are also cleaning for Pesach as well. Instead of stress, smile at them, encourage them and tell them what a tremendous Mitzva they are performing. You can enlighten your children to thank Hashem for their gifts as they clean as well, and this will enhance their Pesach preparations as well. Children appreciating their parents is also a great start.

Story - I heard a story that was told to Rav Fischel Schachter from a person

who was in a terrible car crash. He told him that he was in terrible shape and the doctors did not see any hope for him. They wrapped him in bandages and put him on an operating table. When he awoke he realized that he was in a terrible predicament.

However, instead of getting consumed in self pity, he started looking for something to thank Hashem for. Suddenly, he realized that one of his shoulders was feeling ok, so he started singing with some noise to Hashem on that shoulder. The doctors were startled by his noises, and they started noticing improvements so they started operating.

Miraculously, one by one his body started improving, as he kept thanking Hashem for every improvement. Even after he was released from the hospital he kept singing praises to Hashem for every single step he took, and we can be sure that until today this man is still singing his way through life.

The truth is that we should also be singing our way through our life, as we are constantly enveloped in the love and chessed of Hashem. However there comes a time that we go all the way out, and that's on the night of Pesach. The reason I believe is pretty clear.

Chizuk Corner

By: R' Y. Friedman

Continued

In Mitzrayim we owned no possessions as we were slaves to Pharaoh. Furthermore, we didn't even own our body as we were slaves to Pharaoh. So if not for that night we would own nothing, which includes our own body. We received our freedom on that night.

Perhaps that can be a reason why on this night we are supposed to take out all our silver and put it on the table. We want to portray that yes, we do have possessions, even silver, and we want to thank Hashem for all our possessions that we can acquire, because we are free. A servant owns nothing. Additionally, we lean on our side to show that we are free people and our body belongs to us, so we can serve Hashem faithfully without Pharaoh interfering.

Let's take this to the next level. If we accept our Yissurim its Ahava for Hashem, and we thank Hashem for the goodness that we have despite our Yessurim (like in the story) this will cleanse us even more than ever. This is like using a steamer to take out the stains.

Furthermore, if someone can clean for Pesach despite the Yissurim, the cleansing that he will experience is beyond our wildest imagination.

I actually remember three years ago when I had Covid right before Pesach, and I remember cleaning for Pesach despite my symptoms, which was fever, wracking pain throughout my body and much more. I still remember the close feelings I had with Hashem, and I am sure that many of others had the same experience.

Preparing for Moshiach - I would like to add one more dimension to our cleaning for Pesach, especially this year as we will explain.

We are currently standing in a year known as Motzei sheviyis, which is an eis ratzon for Moshiach as Chazal say so explicitly. Furthermore, if we open up our eyes we will see the simanim of Moshiach unfolding in front of our eyes.

Additionally, we are entering Chodesh Nissan, the Chodesh hageula, and the Chafetz Chaim tells us that the chances of Moshiach coming in this month is so much greater, so I would like to suggest the following.

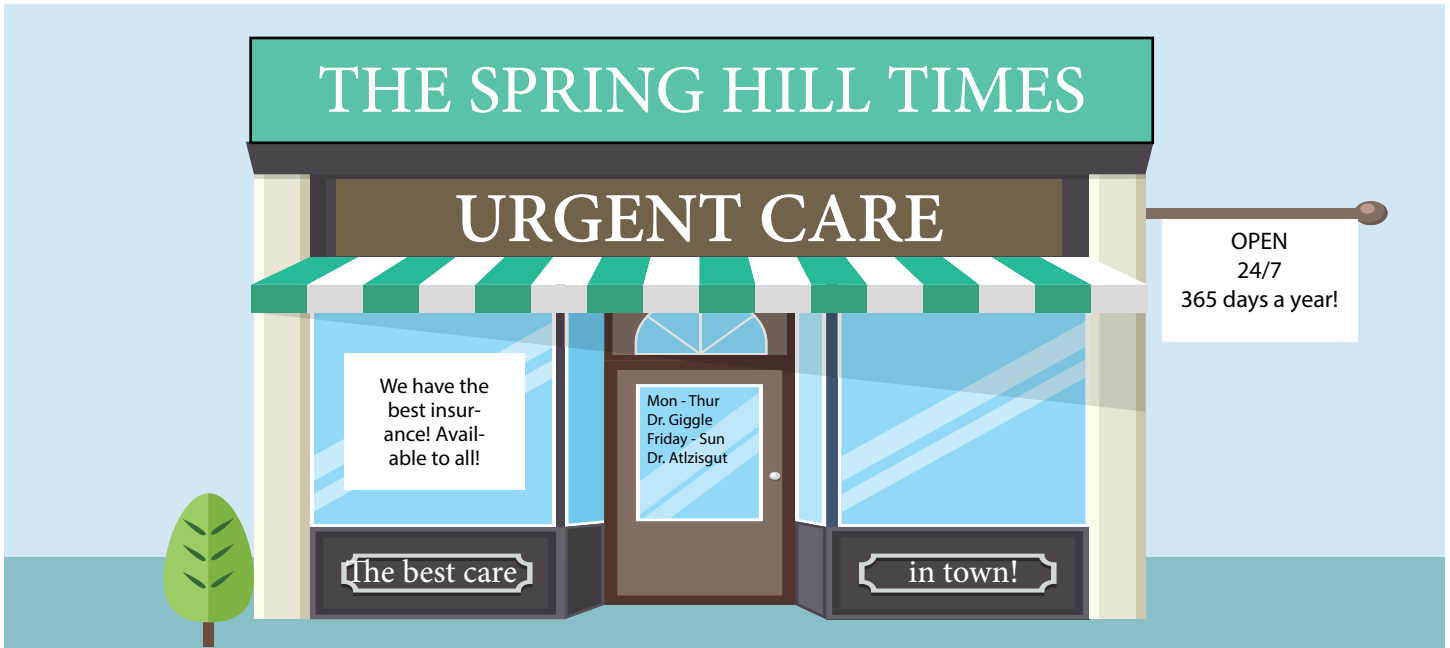
When we are cleaning our house with much gratitude and as we are cleaning our Neshamos, every once in a while tell yourself "I am preparing myself, my children and my house for Pesach and for Moshiach". If our body is

aching from excessive cleaning we will say "this Yissurim is purifying me and preparing me for the great light of Pesach and Moshiach."

You can also add a short Tefilla while you are cleaning "Hashem please bring the Geula as we want to bring the Korban Pesach this year in the Bais hamikdash for you". Additionally, learning about the Korban Pesach is recommended, as this creates a yearning for that special Korban.

When Hashem sees the Yidden cleaning for Pesach full of gratitude, giving chizuk to His children, and yearning for the Korban Pesach, how do you think Hashem will respond?

We don't know exactly, but perhaps it's along these lines. "This is the nation that I take pride in, and this is the nation I want to take back home to the Bais Hamikdash - this Pesach 5783, Kol dichfin yeisei veyifsach. Then we will eat from the Korban Pesach with hearts full of gratitude "Vesimchas Olam Al Rosham"- with the eternal light on their head, Amein.



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.

I'm so excited for the upcoming month of Nissan and Yom Tov of Pesach.

Every year, the same problem repeats itself over. I wish Pesach would never end. I have such a hard time saying goodbye to these holy days...

Please help me!



Please come back in a few days. I need to do some research.

A few days later:

For the first time in my career I'm really stumped. I don't know of a solution! I asked my colleagues and they too have no clue.

I researched in all the all the medical books and journals and I haven't found an answer.

There is only one solution: Mashiach!

We can live the most comfortable lives possible. We can have the nicest and fanciest houses in history. We can buy now more than ever anything our heart desires. We can go on the most luxurious vacations, but our souls will never ever be fully satisfied! We are starving for one thing: Hashem. Only one thing can give us true everlasting happiness: Closeness to Hashem!

So Yes, keep on yearning and wanting more... This is the only sickness in the world that the sicker you are, the better! "כי חולת - אהבה אני" The day is nearer than ever! אחכה לו בכל יום שיבוא!



**IMPORTANT HEALTH TIPS
TO
REMEMBER**

**Our destination in this world
and the next world is:
Hashem!**

Keep your eyes on the road!

GROWING FROM OUR GEDOLIM #19

WRITTEN BY: RABBI MATIS EDELSON

MIDDOS CHESSED EMUNAH AHAVAS YISROEL
AHAVAS HATORAH MITZVOS TEFILAH TZEDAKAH

Who is Helping Who?

Rav Zalman Sorotzkin (1881–1966), the Lutzker Rav, was once at the dedicatlon ceremony for a large yeshiva for which one Rabbi had put in an extremely large amount of energy and time. The rabbi spoke and heaped a lot of praise and berachos on the donors of the yeshiva. Rav Zalman Sorotzkin was the next speaker, and he said, " Really the donors should praise and thank the Rabbi, because he gave them the zechus to donate to the yeshiva. But he copied Moshe Rabbeinu who blessed all those who donated to the building of the Mishkan. Really they should have thanked Moshe for the opportunity that he gave them." "The same is true when a wealthy person donates to a poor person. The wealthy person gains more. He gains a mitzvah, but we see the opposite in the world. The poor person thanks the donor more."

(Growth Through Torah - Rabbi Zelig Pliskin)



Rav Zalman Sorotzkin

Tzedaka Pick Up Service

Rav Yisroel Salanter once asked a wealthy person for a donation for tzedaka and the person did not act respectfully towards him. Rav Yisroel Salanter told him, "Really you are required to go look for poor people who you can give your money to. I am doing you a favor by coming to your home and saving you the trip. You should be grateful to me for that!"

(Ibid)

Eliyahu Hanavi at The Kosel

Rav Yitzchok Zilberstein Shlita related a story that he heard from his brother-in-law Rav Chaim Kanievsky zt"l, about their grandfather Rav Aryeh Levine. Rav Aryeh Levine was very active in collecting tzedaka for needy people in Yerushalayim and would distribute large amounts of money to widows and orphans. One of the busiest times of year for him would be before Pesach, when the poor people would literally have no money to buy matzo, wine, or the other essentials for Pesach, and would rely on him to help. The wealthy Yidden trusted him and would give him large sums to give out. One year during World War One, the financial situation in Yerushalayim was so bad, that even the wealthy people couldn't give any tzedaka, and he was left with nothing to give to the poor people of Yerushalayim for Pesach. Yom Tov was fast approaching, and he had nowhere to turn, so he went to the Kosel Hamaaravi, to beg Hashem to help him. He stood at the Kosel for an hour, pouring out his heart in tefilla, crying to Hashem to have mercy on his poor children. Suddenly, an Arab man appeared and thrust into his hands a large heavy package wrapped in paper and disappeared. Rav Aryeh opened the bag and found inside a large amount of money, the exact amount that he would give out for Pesach every year. Rav Chaim Kanievsky said that it is accepted in their family that the Arab man was none other than Eliyahu Hanavi.

(אוצר הסיפורים למחנכים ולמרגלים)



Rav Aryeh Levine

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

When a soul will bring a offering to Hashem (Ve'Nefesh Ki Sakriv)

The Medrash Rabbah relates a story of a poor woman who brought a handful of flour as a meal offering. When the Kohen saw what she had brought, he said derisively: "Look at what she has to offer! Is there



even enough here for an offering?"

The same day the Kohen was told in a dream: "Do not mock this poor woman, for this Korban that she has brought before Hashem is considered as though she had offered her own soul."

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

There was a young married man learning in a Yeshiva in Eretz Yisroel.

One day his wife asked him to take out the garbage, and he told her, "I don't think it's lefi chevodi—it's according to my honor—to take out the garbage. So she said, "Are you sure? Maybe you should check, consult Da'as Torah, ask the Rosh Yeshiva what he thinks."

So he said, "Okay."

That night, he asked the Rosh Yeshiva, and the Rosh Yeshiva, having heard the story, said, "I agree—it's not lefi chevod'cha—not according to your honor."

He came home and he told his wife, and she was a little bit shocked.

A few moments later, there was a knock on the door, and who was it? The Rosh Yeshiva, who wants to know, where's the garbage?—He wants to take out the garbage.

They said, "The Rosh Yeshiva is going to take out the garbage??"

He said, "Yes, it's not lefi chevod'cha, not according

with your honor: You're not on that level yet."

There's no job too small for the truly big person.

Good Shabbos!



LIVING WITH APPRECIATION

By: R' Daniel Shasha

Parashas Pekudai teaches us that the structure of the Mishkan consisted of 100 sockets. The Ba'al Haturim explains that Chazal instituted the recital of 100 berachos a day, based on the fact that the Mishkan consisted of 100 sockets (adanim). What is the connection between the mitzvah to recite 100 berachos daily and the sockets of the Mishkan?

The Chidushei HaRim explains that although nowadays we don't have an actual Mishkan, really every Jew is their own Mishkan! So just as the original Mishkan had 100 sockets that were its foundation, so too the blessings we make are the foundation on which the Shechinah rests within us! The Hebrew word for socket is adan, connected to the word adon, master. Each time we recite a berachah we are recognizing Hashem as our Master, causing the Shechinah to rest upon us!

The Tur writes that in the times of David Hamelech there was a plague that caused 100 people to die each day. David Hamelech saw with rauch hakodesh that

this plague could be stopped if the people would recite 100 berachos daily. Shortly after the enactment, the plague indeed stopped! Due to this outcome, Chazal instituted the recital of 100 berachos daily.

Why did this institution have the power to stop such a deathly plague?

The Levush explains that the plague was caused by a lack of gratitude for our constant blessings. Bnei Yisrael were taking for granted the countless gifts that Hashem showered upon them each day.

Therefore, to recite 100 berachos, expressing our gratitude constantly throughout our day, is the perfect rectification! After all, Hashem loves us more than we can possibly imagine and each second He showers upon us countless gifts. After all we are alive! Each second Hashem gives us this incredible gift.

Not to mention the numerous other benefits we constantly gain from, we can see walk, talk, the list just goes on and on.

Reciting berachos is a great way to express our gratitude

to Hashem for all our gifts and has a tremendous affect in Shmayim, as we see in the following story.

The Ohr Zarua writes that a man who recently passed away appeared to a Rav in his community in a dream. The man was wearing a beautiful crown and told the Rav that he was faring very well in the next world and was regarded in Gan Eden with the highest respect.

The Rav was surprised as this man was known for being very simple.

He explained that he was always particular to say his morning Berachos in a pleasant voice. Due to this, he merited a high place in Olam Haba with a beautiful crown with leaves from Gan Eden.

The Ohr Zarua commented "I am publicizing this story in order that people will internalize the importance of saying berachos pleasantly, thereby meriting Gan Eden."

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

"Making an issue out of a tissue "

On Ta'anus Esther I splurged on a big package of extremely absorbent, large double roll of paper towels.

I figured it would be a good idea for us to have them available for Purim. It might be just the right thing to have handy for any unpredictable spills and splashes that can easily happen on such a joyous day.

Upon leaving the store, I looked at the cashier's receipt I was so shocked when I saw the price of those two rolls of paper towels on the receipt.

I was embarrassed to tell my wife how much I had spent on them.

They were \$6 each!

Lma'aseh, It did come to good use on Purim and I'll leave it up to your imagination to figure out how.

At that point, I knew that I could break the news to my wife about how much they cost me, because at that time it was worth anything!

B"H for those paper towels and B"H I got my money's worth!

In today's world of technological development and advancement, the gigantic global companies are responsible for providing the best solution for the exact process of producing and then providing the necessary tissue products.

Meaning essentially that they should have the exact amount of comfort

and efficiency for the consumer, based on what they want to use them for.

The types of tissue paper that you can buy from your local grocery store and supermarket are so varied.

There are many companies that produce different types of these products, namely soft absorbent paper.

Sometimes we can witness the availability of a tremendous amount, and the huge selection of the various types of tissue products, stored and stacked in amazing large quantities.



They can literally fill up a full aisle of a supermarket!

There are countless rolls of toilet paper.

Wet wipes, sanitizing wipes and even flushable baby wipes.

You'll find a choice of sizes from little packets to different sized boxes of regular tissues, and then the special soft facial tissues.

Small medium and large packages of simple napkins, or fancy dinner napkins.

Combine all that with the huge whopping sacks containing multiple rolls of paper towels, with and without colorful prints.

Hey, wait, don't forget the latest "paper towel napkins."

Each company tries to make sure that we are going to enjoy their products more than the other ones, that are on the market.

Some products are thinner and some are thicker.

These are more rough and tough, and those are much softer.

There are many that can hold up even when getting wet, and then others that won't .

Some napkins are very elegant and attractive and some are very simple and good for serving their purpose.

There are companies that invest a lot in the design of the packaging of their tissues to make sure they are fine and fit to be present in the fanciest settings. In corporate office conference rooms, and even up on the the desk in the President's Oval Office.

Some make the dispensing of the tissues easy by inter-folding them and then they get smartly pulled through that thin plastic on top of the box, to

**Continued on
next page**

To Share My Share From Hashem's Daily Shiur.

Continued create a continuous feed of tissue paper.

Some are made to be super absorbent, and some have very little absorbency.

The extreme amount of dependency on these products that we have gotten used to, becomes most evident before a blizzard or when any other extreme weather conditions hit.

When people start stocking up on groceries and other necessities, tissues and napkins always become part of the contents in shopping carts.

They add a lot to the load, as consumers stash and pile their goods, higher and higher in a frenzy.

When (נישט מער געדאכט) Covid hit, the stores were emptied out of certain items in the haste that ensued.

One of the things that they ran out of quickly was their tremendous stock of tissue paper they usually have available on their shelves.

That's when people really realized how much they needed those products.

We must think about this ongoing issue of comfort with regard to the soft absorbent products that are used on a daily basis by all of us.

THANK YOU SO MUCH, HASHEM!!

Our ancestors did not have the smallest amount of any of this comfort.

There was nothing even close to the

soft disposable wipes that we have.

In those days, in restrooms, people used different types of "comfortable stones and rocks" to clean themselves.

Can we even imagine how much of a difference that is?

In the house there were only a few shmattes to wipe up any dirty mess.



Those shmattes weren't disposable, they had to be hand washed afterwards in a basin of water, or down at the river, without even having the soaps and detergents that we have nowadays.

Sometimes it takes the one time experience of getting stuck without the type of tissues or napkins that we need to be able to really appreciate the matter of fact comfort, that we Boruch Hashem have.

I as a Rebbe have supplied my classroom with countless boxes of tissues

this year. That's besides the personal boxes that some boys have on their desk.

Boruch Hashem I'm happy to help that student in the moment of need.

Colds, coughs, sneezes, and runny noses.

The feeling of relief, by being able to save their pride, is written all over their face.

The appropriate kindness and care that you can readily offer just with having a tissue available in the time of need is something that is sometimes apparently appreciated immensely.

My father z"l always had a wad of tissues that he carried around with him, in a small plastic bag.

He had it ready for anyone who would need it.

Boruch Hashem for such a wonderful way to watch over other people's kavod, so easily.

YES! We all should remember to always make an issue out of EVERY SINGLE TISSUE!

Boruch Hashem!

LIFE IS SO WONDERFUL!

By: R' Moshe Hirschberg - Lakewood, New Jersey

TREASURED MITZVAS!

The big, long-anticipated bill had arrived. Chaim* had undergone an intense open-heart surgery which cost \$53,000. Chaim wasn't sure how he would get the money (b'derech hatevah), as he didn't have such means.

While reviewing the invoice, to his surprise, he saw a note indicating that the bill was waived, signed by the chief doctor! This puzzled Chaim since there was no explanation.

After inquiring about the bill, it turned out that it was waived due to an incident that occurred many years ago:

Yitzy*, the surgeon, grew up in an impoverished home with no means for basic necessities. On a particular occasion he was sent to school without food, due to his family's dire financial situation.

During the school's lunch break, Yitzy felt he was going to pass-out from undernourishment. So, he decided to go to seek some water from a neighbor near the school.

Upon requesting some water to drink he was surprised by the response: "In our home we serve muffins and milk for breakfast, and you are no different; so, that's what you'll be given for breakfast!"

Following a delicious meal of muffins and milk, Yitzy felt revived, and rejuvenated. He thanked the family immensely and returned to yeshiva.

Yitzy grew up and became a surgeon. Years later, on his desk

he sees Chaim's name. After reflecting he remembered that this was the very same man who had given him the muffins and milk back when he was in dire need. He thought: someone that did such an act to me warrants a remarkable reward. As a reward he waived the entire bill.

This waived bill was far more valuable than the muffins supplied. Yet, we see, the value of an action can't be priced.

How much more so when it comes to serving Hashem. At the time that it's done we don't know its effect, but remember, it's far greater than whatever we could imagine!

This heartwarming lesson we can learn from the following mashal:

The bills were adding up and the solution was nowhere in sight; Shuey* decided that he would travel overseas to bring an income. With that, he headed out on his trip. He reached a city that had many nice-looking stones and he decided that he would bring them to show his family.

The trip was very taxing and taking a big toll on him. He was very hungry and didn't have the means to buy the proper food that he needed.

A kind Yid saw him and inquired about financial situation. He asked Shuey if he had any means to purchase his meals. Shuey looked inside his suitcase to check if he had any remaining money. He mentioned he had some non-valuable stones, but said that they're inadequate to

purchase a sufficient meal.

The caring Yid requested to see the stones. As he looked at them he was shocked, he believed that these were valuable diamonds, and insisted to show them to the jeweler. They brought them in and the jeweler offered \$100,000 for the magnificent gems. This pauper smiled, thinking that he was joking. "Is he willing to pay so much for a rock?!" The dealer thought that he wanted more, so he purposed an offer of \$120,000!!

Shuey got very excited as he realized that he possessed a great fortune, and was no longer lacking to support the needs of his family. He was holding a great fortune.

With this the Apta Rav explains the Medrash that states, "How wonderful is the fact that the Yidden polish their shoes before Shabbos, as this is very special to Hashem". What is so significant about this mitzva? Is this one of the harder mitzvos that Hashem appreciates?

The Apta Rav explains: the Medrash is teaching us that the mitzvos that seem small and unevaluable actually carry tremendous weight. Our mitzvos have great meaning to Hashem and we should treasure them.

The Sefarim also teach us that even a small sigh has great value. The value can be equivalent to great actions of the previous generations.

So, let's cherish every act that we do, since the value is infinite.

Have a wonderful Shabbos!

AYIN ^{עין}טובה TOVA

By: R' Nesanel Landesman

Suggestions for last week's case: Elisheva is disappointed with the new choice for Rabbi, and upset that her choice didn't get the position.

- Maybe Elisheva hadn't seen the whole picture - what had turned her off was maybe a misunderstanding or she was missing a piece of the puzzle.
- It's a chance to try to appreciate what he has to offer and overcome the negativity about him, creating stronger character development for herself.
- If he turns out OK, she may learn not to draw conclusions too quickly.
- He may end up turning the shul into one she is proud of.
- I suggest she get to work to know him better - with a positive outlook - and she will most probably be pleasantly surprised.
- Elisheva knew her family should really be davening at a frummer shul. This was the catalyst to get them to start davening there.
- It could be that the Rav she was hoping for would have ended up being very not good for the community.
- She could be happy for the majority of the community who are happy with this choice of a Rav.
- R' Zevy Golombek Suggests:
- The purpose of a Rav is to assist you to grow and to shteig. She should believe in Hashem that He chose this specific Rav and she should go against her nature and come to appreciate him for his maaylos.

CASE OF THE WEEK:

Thirteen- year- old Leah was beginning to become good friends with Miriam, a new girl in her class.

Leah was really startled and upset when one day her mother told her not to be friends with Miriam anymore.

She repeatedly asked her mother for an explanation, but her mother just remained steadfast in her demand without explaining herself.

Help Leah have ayin tova for her mother and 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.

DISCOVERING LIFE'S TREASURES

By: R' Daniel Garfinkel - Lakewood, New Jersey

Transform your day with one small thought!

Review: Sarah had just learned from her friend Chaya that if one thinks, “ka’asher tziva Hashem” (as Hashem commanded) when doing many of his regular daily actions, those actions will be transformed into mitzvos.

Sarah was getting ready to go shopping. She had not even left yet, but her shopping trip was already different.

Earlier this morning she had spoken to Chaya, who had taught her some more amazingly easy mitzvah opportunities that Sarah had never known about.

As she got into her car, Sarah carefully buckled her seatbelt, thinking to herself that she was easily fulfilling ‘venishmartem me’od l’nafshoseichem’ – the mitzvah for a person to guard his life and stay safe.

Sarah could not believe that she would receive a great reward simply for having kavana when she put on her seatbelt – an action that she was always careful to do anyways! And wearing a seatbelt was only one way to do the mitzvah. Chaya had told her that a person should also have kavana for this mitzvah when she looks both ways before crossing the street, when she is careful not to text and drive and even when she puts on a coat before going outside! All she needs to do is think, “I’m staying safe as Hashem command-

ed,” and she will fulfill this mitzvah!

As she drove, Sarah thought about what Chaya had said, that this halacha of kavana b’mitzvos is like the halacha that before a person eats something she must first make a bracha.

But additionally, by adding this easy thought to her actions, Sarah felt that her days were completely different, with so much more meaning to them. She now felt connected to Hashem all the time, not just when she davened or said Tehillim.

As she drove, Sarah, who was on her way to buy some new clothing, suddenly remembered that giving preference

to a Jewish owned store is a Torah mitzvah. She therefore had kavana and drove to one of the Jewish clothing stores, even though it meant a slightly longer drive.

While Sarah browsed through the clothing racks, she had kavana that by buying modest clothing and dressing modestly she was fulfilling the mitzvah of ‘V’haya machanecha kadosh’ - the mitzvah to be modest. In fact, since Sarah had learned about this mitzvah, she had begun to feel more elevated and uplifted. Simply thinking that she was fulfilling the mitzvah of tzniyus as Hashem commanded, made it a whole new experience!

Sarah could not wait to talk to Chaya and learn about more mitzvah opportunities!



THE WONDERFUL GIFT OF FOOD!

By: S. Goldberg - Far Rockaway, New York

Orange You Grateful?

Bright and attractive, sweet and citrusy. Hashem made oranges just for our enjoyment! Clementines in particular can show us just how much Hashem loves us. Pre-cut perfectly for our convenience, they make a wonderful on the go snack. The carefully constructed fibers hold the juice in place until we take a bite, and Ahhh, the sweet delicious juice bursts out right into our mouth.



Not only is an orange beautiful and delicious, it contains within it energy and healing properties to help us to live a full and wonderful life. Oranges contain vitamin C which helps our red blood cells. Orange and yellow fruits and vegetables help to improve brain function, immune function, and help reduce inflammation in the body. Reduced inflammation can help people with IBD (Irritable Bowel Disease) feel better, ease symptoms of arthritis, as well as inflammatory skin conditions like eczema.

Tu B'shvat in the frozen Russian winter provided the holy Baal Shem Tov no opportunity to perform the mitzvah of reciting a

bracha on a new fruit. With his students as witness he trekked into the barren forest. Out of nowhere an orange tree appeared, an impossibility not only in the Russian winter, but in general as oranges only grow in tropical climates. The Baal Shem Tov and his talmid made a beautiful Ha'eitz as well as a Shecheyanu on this amazing orange. The fruit were so delicious that the talmid regretted not having taken more

and went back into the forest to get some. To his surprise the tree had vanished. The Baal Shem Tov relayed to him that Hashem in His kindness saw the Baal Shem's desire to perform a mitzvah and this was the reason the miracle was performed. After the mitzvah was completed there was no need for the oranges anymore just for personal benefit. How lucky are we that today almost any supermarket carries delicious and ripe oranges for us.

Oranges show us Hashem's love for us as well as help us increase our ever-developing love for Him!

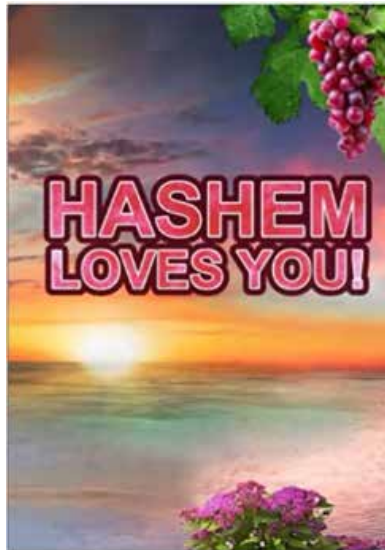


YES! HASHEM LOVES YOU!

A woman named Shira, (not her real name), came crying to HaGaon Rav Yehuda Mandel Shlita, "I am cleaning the house for Pesach, sweeping, mopping, scrubbing, and working super hard, until finally everything is sparkling clean and very organized. And then my kids make such a mess! Once again I re-clean everything, trying to make everything in order, and yet again my family makes such a disaster! There are toys flying around the floor and ketchup splattered all over the table! I feel completely drained, exhausted, and lacking any energy! How can I continue like this?"

HaGaon Rav Yehuda Mandel responded: "Remember the following three words for your entire life: 'BLESS THIS MESS! BLESS THIS MESS!' Who says that everything needs to be clean and organized all

of the time? It's exactly the opposite! Messes mean that you are so lucky and fortunate to have children who are making a mess for you! Messes are amazing! Messes are the best! Say all day long 'I love messes! BLESS THIS MESS!'



A few weeks later Shira went back to Rav Yehuda Mandel and reported how these words literally saved her life. She kept repeating all day long 'Messes are amazing! Messes are the best!

I love messes! BLESS THIS MESS! BLESS THIS MESS' and she no longer felt so drained and depleted. She began to experience a new dimension of real menuchas hanefesh and simchas hachaim!

Hashem Loves Us! Everything is EXACTLY THE OPPOSITE of how it seems!

Taken from the 'Hashem Loves You Hotline'

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Updated daily!

EXCITING PESACH CONTEST!

- Surprise your parents, grandparents, spouse, children, grandchildren and neighbors with helping for Pesach without being asked to do it! Includes: cleaning, shopping, food preparation, watching the kids, taking them to the park, reading to them (the Spring Hill Times, of course) or any other help...
- Includes everyone! Any age!
- From now until Pesach, during Pesach and Motzei Pesach (cleaning up and putting stuff away)!
- Every time you do a job, write in what you did. Then choose a number.
- No minimum! No maximum! Make copies or use your own sheets to fill in more.
- **Please mail to 56 Spring Hill Terr, Chestnut Ridge, N.Y. 10977 or scan and send to thespringhill-times@gmail.com**
- Please send back by Tuesday 4 Iyur (April 25) Parshas Achrei Mos - Kedoshim.
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- Age ____
- Full Address _____
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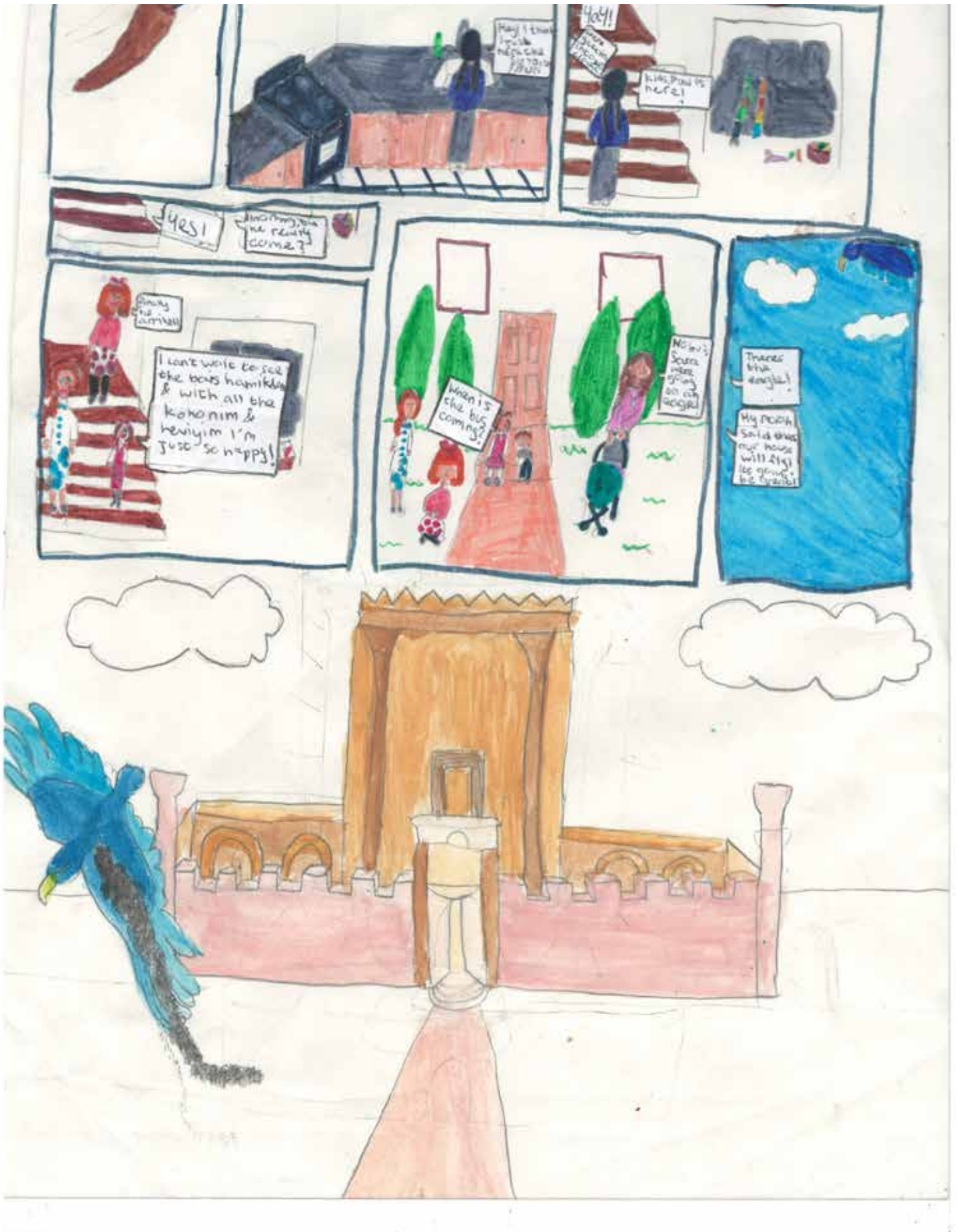
Choose a number between 1 - 1500. If you choose one of the three numbers that we have chosen, then you are the winner of \$25!

Example 1: I Helped clean the car tires lekavod Pesach! 0000

Example 2: I Helped finish up the chametzdige pizza pie! 000

1. _____ # _____
2. _____ # _____
3. _____ # _____
4. _____ # _____
5. _____ # _____
6. _____ # _____
7. _____ # _____
8. _____ # _____
9. _____ # _____
10. _____ # _____
11. _____ # _____

Thank you Hashi Herzberg for your beautiful entry!



ROCHELLA HOCHMAN, AGE 12

Mashiach is coming! The news blared, everywhere, everyone was into it, all around the world!

“Mashiach is here, the long galus is over! What will the world be like!”

Everyone was talking about it and all the goyim were petrified. “What will be with us?” they wondered.

All schools were learning halachos on Mashiach from beginning to end.

“Mashiach is coming tomorrow at 12 pm!” said Eliyahu Hanavi, when he came to tell us.

But when it was time for bed, no one could

sleep, they were just too excited, so men got up to learn, ladies cooked, and the kids cleaned their houses, while talking about what’s going to happen next.

All the children went to school that night to learn more halachos! The clock was going too slow. “Is it 12 pm yet? No 14 hours left. Is it 12:00 now?”

Everyone was asking, finally, too...too... Mashiach has come!

Zaidies and Bubbies started appearing. There were beautiful reunions everywhere! The Beis Hamikdash stood proudly as everyone cried! And the goyim looked on enviously, wishing to be a part of it.

I truly can’t wait for Mashiach!

TZIPPORA GREENBERG, AGE 11

Leah sat in her seat on the plane on her way to America. Just leaving Eretz Yisroel, all she could think about was the next 9 hours of nausea.

Suddenly, there was movement on the plane, and then Leah heard it – the shofar, she couldn’t believe it.

Everyone on the plane started shrieking and screaming except for the non-Jewish lady, who was staring dumbfounded, at the group of Jews wildly dancing around the plane.

When Leah finally found her tongue, she turned to her mother, and asked her wide mouthed, “What is going to happen?”

Before Leah’s mother was able to answer,

the plane spun around, without the pilot controlling it, and turned back to Eretz Yisroel!

Leah found herself stopping to breathe as the plane got closer to Yerushalayim.

She couldn’t dream of standing next to the Bais Hamikdash which she was about to experience for everyone’s first time.

The plane slowly landed, bringing the stunning Bais Hamikdash in sight.

The passengers screamed in delight once again leaving Leah wide-eyed in shock not knowing what, where, when, and how –

MOSHIACH IS HERE!

A GLIMPSE INTO THE PAST

By Sruli Yelen - Lakewood, New Jersey



*Rav Shlomo Zalmon Aurbach zatzal
Thank you Amrom Weinstein (South Fallsburg, N.Y.) for sending in this picture!*



Rav Moshe Feinstein zatzal

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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 27 Adar	Tuesday 28 Adar	Wednesday 29 Adar	Thursday Rosh C Nissan	Erev Shabbos 2 Nissan	Shabbos 3 Nissan	Sunday 4 Nissan
Low 31°F High 52°F Sunny!!!! Yay!!	34°F 59°F Mostly sunny!!!	44°F 57°F Mostly Cloudy!	46°F 65°F Showers! Yum!	37°F 53°F Showers! Yay!!!	37°F 48°F Showers!!! Yum!	38°F 54°F Partly cloudy!!
						
The weather will be perfect to think about Hashem while scrubbing the cabinets!	It will be a wonderful day to thank Hashem for giving you such a sweet life!	There will be perfect weather to be so happy that you are able learn Torah 24/7 with no one stopping you!	Perfect day to realize that everything Hashem does has a purpose!	Perfect day for jumping up and down from excitement while folding the apkins for the holy Shabbos table!	Stunning weather! Perfect to celebrate Hashem's Shabbos with thinking about the Yom shekulo Shabbos!	Beautiful weather! Will be a great day to greet Eliyahu Hanavi.!

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By Leiby Berger - Jackson, New Jersey

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5 ^{Weekly} Thank You's



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

Thank You Hashem for Smiles! They costs nothing and are worth millions...

Thank You Hashem for Oil! We can use for it for lighting, cooking...

Thank You Hashem for Night time! It gives us time to rest up and rejuvenate!

Thank You Hashem for Tzitzis! Just put it on and every second is a mitzvah!!!!

Thank You Hashem for Wood! A natural material that we can use for so many things!

לזכות משה יהודה בן שושנה



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Tuesday	<input type="text"/>	<input type="text"/>	<input type="text"/>
Wednesday	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Name: _____ Address: _____ Phone: _____

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Mazel Tov!

Mazel Tov to R' Moshe Landwirt and family (Chestnut Ridge, New York) on the birth of a new baby girl!

Mazel Tov to R' Meyer Friedman and family (Chestnut Ridge, New York) on the birth of a grandson!

Mazel Tov to R' Yitzchok Caller and family (Lakewood, New Jersey) of a new baby girl!

Mazel Tov to R' Sruli Kranz and family (Monsey, New York) on the birth of a new baby boy!

A Week in Review



ANTI-SEMITISM ON THE DECLINE

Mrs. Levine* lives in Lakewood, New Jersey, by the corner of 7th and Madison a couple of blocks away from Bais Medrash Govoha.

Her corner is in general a very busy intersection. The yungerleit going to Yeshivah usually have a hard time crossing the street.

One morning, there was a crash by her corner and there were two non-Jewish police officers at the scene. While they were waiting for the tow truck to arrive one of the policemen would come out of his car every two minutes, walk to the intersection and stop the cars and allow the men to cross to the Yeshivah! Nobody asked him to do it and Mrs. Levine was amazed how he would come out countless times to help the people do it! She thought it was unbelievable that he was going out of his way for us Yidden!



HASHEM GIVES YOUNG BOY YOGURT

Eight-year-old Avromi Gross* one day told his mother, "Mommy I want yogurt."

His mother responded, "I'm sorry I wish I had yogurt for you but I didn't buy any yogurts. I can't go to the store now, so sorry."

Avromi then said, "פּוֹתַח אֶת יָדֶיךָ וּמִשְׁבִּיעַ לְכֹל חַי רְצוֹן", Hashem gives everyone what they want."

Right then they heard a knock on the door, and it was Mrs. Gross's sister-in-law. She was passing by their house and she had a whole bag of extra yogurts that her kids were not eating. She asked Mrs. Gross, "Would like these yogurts?"

[Rabbi Zevy Golombeck]



YIDDEN LOVE EACH OTHER!

Mrs. Miller* wanted to make supper for two women in her community who had just given birth, but she didn't have enough money.

She nevertheless went to the grocery and tried paying with her credit card. But it declined...

Mrs. Miller then told the cashier, "I'll go home and see if I can find some cash."

Mrs. Miller went home and found a few dollars.

When she returned to the grocery the cashier told her, "There is no need to pay. A yungerman who was standing behind you in line saw that your card was declined and he decided to pay for you!"



DIAMOND RING FOUND!

Mrs. Baum* teaches in a public school with a thousand students.

Driving home from work this past week, she realized that her diamond from her ring fell out.

That day, she happened to be in many different places in the building for meetings, so didn't even know where to begin to look. The building was cleaned every night and chances to find it were extremely slim.

But she was hopeful and she posted on the teachers email to have them keep an eye out for it.

The next day, she got an email from a teacher (whose classroom she was not in the day before) with a picture of a diamond that a student found under his desk! Thank You Hashem!

A Week in Review



Boy Davens To Hashem

Rabbi Felder* was raffling off a prize to his class. One of his students by the name of Shmuel* really wanted it. So he davened to Hashem to win. The Rebbi drew out the winner and it wasn't Shmuel. Shmuel said to himself, "Gam Zu L'tova."

When Shmuel came home. His mother had come home from a trip. She told Shmuel that she bought him a prize. It was the exact same prize his Rebbi had raffled off! Shmuel now realized why Hashem didn't want him to win the raffle! [Heard from Shmuel]



Item Found!

Heshy* was searching for something. He looked up and down, in every draw possible and every closet but he couldn't find it. He was about to give up, but instead he started singing, "Hakol Yachol."

He said, "Hashem, You know how badly I want this item. Please help me find it.

He then stopped looking for that item.

Later on, he was looking for something else in his closet which he checked a lot of times, and the item he had been searching for, fell off the high shelf in the closet! He almost felt like the missing item rained down straight from Hashem! [Heard from Heshy]



Hashem Listens to Lakewood Boy's Prayer

Avi,* an 8th grader in Lakewood, New Jersey, was in a small tutor-room in school with his camera. A friend of his pulled the camera out of his hands. The camera opened up, and something small shot out.

Avi put the camera back together, and only a day later did he notice that the small thing that shot out was his micro SD card.

So he went back to the tutor room and searched it top to bottom. He searched the hallway near the room, and even asked the janitor if he saw a SD card, but it was nowhere.



Hashem Saves New Jersey Man's Life

Moshe* from Cilfton, New Jersey, received a text from his chavrusa saying that he got the flu.

A few days later, Moshe came down with the flu as well.

He woke up from a nap and when he was about to go down the stairs in his home, he blacked out, falling down a flight of stairs face first.

His wife called Hatzalah and they took him to the hospital. Incredibly, there were no broken bones or damage to his skull!

When they did the CT scan, they noticed that his appendix was enlarged.

They performed an emergency surgery.

The doctors told Moshe that the "incidental" finding in his appendix was cancer! Now that they removed the appendix he is cancer-free!

Had Moshe never fallen, his appendix could have erupted which the doctors said would have been fatal! Moshe was cured of cancer before ever knowing I had it! [Heard from Moshe]

A Week in Review



Hashem Loves His Yeshiva Bochurim

Betzalel, a 12th grader studying at Yeshivas Bais Binyomin, Monsey, New York, was learning with his chavrusa late at night in the Bais Medrash.

They needed to check something up in Meseches Brachos. So Betzalel took out two Gemaras. He opened one gemara, and it opened the exact page they needed. He opened the second gemara and again it opened to the exact page they needed!!!



Young Boy Davens for His Friend

On Motzei Shabbos Parshas Ki Sisa, the Cheder in South Fallsburg, New York made a Melave Malka for a few grades.

Chaim* wasn't able to attend the Melave Malka, and he davened that his friend Shloimy* who was going, should win a raffle.

Shloimy ended up winning twice!!!



Hashem Stops Thief in His Tracks

Yehoshua, a youngster from Beth Shemesh, came home one night at 9:30 p.m. He parked his car and went into his house.

At 11:00 p.m. he received a phone call from the police at a checkpoint near Be'er Sheva, that his car was stolen and he should come pick it up.

What happened was that right after he parked his car, a non-Jewish thief came and made a small hole in the back window, stuck his hand inside and opened the door. He then broke the place where the key for the ignition goes in, put in some wires and drove off.

As the thief drove down the highway, Sruli,* who makes alarms for cars, passed by this car and noticed that the back window was broken.

He knew that it's a trick that many use to steal cars, so he followed the car until the checkpoint.

The thief noticed that he was being followed, so he jumped out and left the car there!

Thank You Hashem for making sure that Sruli passed by the car at just the right time! Thank You Hashem that Yehoshua had no agmas nefesh! He only found out that his car was stolen after it was found! [Kav Hashgacha Pratis]



Man Doesn't Fight

Someone damaged Bentzy's property and didn't take responsibility for the damage.

Instead of making an argument, Bentzy decided to practice what he heard on 'A Life with Bitachon', that there is no point in making arguments. Hashem will pay it back. Let's choose Shalom and enjoy life.

Shortly afterwards, Bentzy's Rosh Kollel announced he is giving out a test. Bentzy, Baruch Hashem did very well.

The Rosh Kollel rewarded him for the good mark and it was the exact same amount of money that was stolen from him!

Bentzy chose peace and Hashem paid him back!

NIFLAOS HABOREI RIDDLES

We are bright and sparkly,
yet not always do we show.
It's when it's really dark out,
That you'll notice our glow.
I guess we are reminders,
That even in the dark,
HaShem gave a promise
Just look and see our spark.

©

We can be used to tell time.
We are used for direction,
And in the past were used
For the future projection.
You can't really count us,
we are similar to sand.
If the answer's out of reach,
We'll understand.

Find the answer somewhere on this page

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Riddle Corner # 32

Parasha VaYikra

I am mentioned in Parshas VaYikra, I am a very complicated Avoda. I accomplish the same result as a Shechitah, only when I am done in the Azarah. What am I?

Leave your answer on the Chaishek HaTorah Line
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Rabbi Yosef Moshe Mizrachi

Mining Diamonds

Have you ever found yourself in a situation where you feel very uncomfortable but can't actually pinpoint what's bothering you? It's so interesting how one can walk away from situations where he feels so much unrest, so insecure so awkward and has zero clue why he feels that way! The examples vary from person to person. One example can be someone is uncomfortable meeting an old friend or sometimes it can be from something someone said...

A person who experiences these situations and these strong feelings should realize that he is sitting on a gold mine! These emotions are the door to the most profound secrets of your character! The way to unlock these secrets is firstly and most importantly **FIGURE OUT WHAT IS BOTHERING YOU!!** We must take the time to zoom in to our feelings and pinpoint exactly what is causing us distress. This is known as "Bierur Hamidos"- examining our emotions. Once it becomes clear what is bothering us, much of the tension will dissipate and more importantly we will know what we can do to help ourselves! In our example, someone who is nervous of meeting an old friend, when he would examine his emotions, might find that he is overly concerned with making a good impression on this friend. Once he realizes this and appreciates his unique feelings can he work on the next step not being codependent. There is no right or wrong, it's simply about honestly listening to your individual feelings. Someone who takes the time to look into his 'unrest' will ultimately be able to overcome his insecurities, even surpassing someone who naturally never had this struggle at all!! Bierur Hamidos is such a mitzvah and beneficial they made this one of the main areas of focus in yeshivas Novardok! (The other ones being shviras hamidos, pratim and bitochon) The Alter writes (madregas hadam perek beis) that Bierur

hamidos is the main theme of the entire Torah!

The following is an example of an amazing Bierur Hamiddos insight. Unimportant details have been changed.

Chaim, Dovi and Yirmi were best friends. the summer was approaching, and they were excited to go on a big hiking trip. Unfortunately, at the start of the summer Chaim fell and injured his foot and for a couple weeks was wheelchair bound. Dovi felt so bad. He knew how much Chaim wanted to go on the hiking trip but now would not be able to attend. Dovi came to visit Chaim and noticed how he felt so uncomfortable next to Chaim. For some reason Dovi felt very awkward and could not do such a good job cheering Chaim up.

After his visit was over, Dovi asked his Yirmi to help him determine what was causing the unrest. Yirmi responded with an amazing insight. I too felt uncomfortable visiting. I discovered that I felt very fake. I'm going to comfort someone who is stuck at home all day and at the same time am looking forward to the hiking trip! Even worse, Chaim probably knows I'm excited and might think I'm insincere. 'Think about it' Yirmi continued, 'imagine you were sick and could not go on the hike. Would you still feel uncomfortable visiting Chaim or would you feel secure knowing that you're both in the same boat and have nothing to hide'. What Yirmi said resonated so much with Dovi! 'Yes, that's exactly what was bothering me' he exclaimed and with a smile on his face he returned to Chaim reassuring himself "I'm not going to tell Chaim I fully understand what you're going through- I don't! I'm simply going as a friend. Because it's easier to cope with everything when you have friends!

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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