The Spring Hill Times

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

KLAL YISRAEL'S NEWSPAPER

ISSUE 97 | EMOR | IYUR 5783



Thank You Hashem for all Your love and kindness that shine through Your beautiful world!

HASHEM HELPS MAN PRE-PARE VORT

R' Tzvi Katz* was preparing something to say over at the Shabbos table. He decided to speak about the life story of the אבן עורא and wanted to find a vort from the עורא on the parshah. He searched and searched for something to say but he just couldn't find anything!

He then went to shul and a random person came over to him and said, "You have to hear what the says on the Parsha...!"

R' Tzvi was shocked. He barely ever spoke to that man and in his ten years living in his community, no one has ever said to him something like that!

It was clearly Hashem sending him something to speak about! [Heard from R' Tzvi's daughter]

THE RICHEST WOMAN IN WORLD

Mrs. Steinfeld* moved into her son-in-law and daughter's house. She was getting older and would fall often. She really needed an aide but she wanted to be independent.

Her daughter was afraid that her mother might fall in middle of the night, so she sat on a chair outside her mother's room the entire night, so that she could hear when her mother would get up and assist her!!! She did this every night until her mother got an aide!!!

EGG PRICES DOWN

A yungerman from Monsey, New York, went shopping in the local Bingo store and noticed that the price for a dozen eggs was only \$1.59!!

Thank You Hashem for when the prices were high!

Thank You Hashem for bringing the prices back Continued on page 4 down!

When her mother found out about what she did, she said, "You acquired Olam Haba." [R' Zevy Golombeck]

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1

The Spring Hill Times

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N.L. Ross

Please treat this newspaper with proper kedusha.

INSIDE THIS ISSUE:

Weekly News Roundup	4
Living with Hashem	7
Our Readers Share	9
Q & A with Rabbi Golombeck	12
Chizuk Corner	14
Urgent Care	16
Living with Appreciation	18
Ayin Tova	26
Weather Station	34
Gold Mines	43
Let's Imagine	45
Week in Review	50
Riddles	52
The Spring Hill Times Worldwide Locations	54
Hashem Loves You!	56

This week's issue is dedicated: לע"נ

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לעילוי נשמות: ישעיה בן משה יחיאל מיכאל זידא, חוה רבקה בת שלמה זלמן, צבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש. דוד זאב בן משה מנחם, צייטל בת שלום אריה, נפתלי בן יעקב. לזכות הבה' הה' משה דוב בער בן אסתר, לזווג הגון בקרוב

A LETTER OF BRACHA AND CHIZUK FROM THE ZIKNEI RO-SHEI YESHIVA IN THE UNITED STATES OF AMERICA HARAV SHMUEL KAMENTSKY SHLITA AND HARAV ELYA BER WACHTFOGEL SHLITA

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

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

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

Pacha 156 PC (8126) >3 (10) >



Continued from page 1 Hashem that even when they were expensive we still were able to afford them!

And thank You Hashem that we didn't experience any shortage of eggs!

A LIGHT ONTO THE NA-TIONS

R' Avraham Lowy* from Boro Park lived on a tight income. Every month, he put aside some money so that



oney so that he should have money for Yom tov. He had \$800 saved up in a bag in his jacket pocket. One day it disappeared.

He suspected that his cleaning lady took the money but he didn't know for sure.

He looked all over, and almost gave up. Then, he received a phone call from a non-Jew, who said that he found a bag with \$800 in it with his name!

R' Avraham thanked the man, and the man said, "The reason I am returning it is because I work with Jews and I always hear from them that one doesn't have success from money that wasn't earned properly!" [Kav Hashgacha Pratis]

MAN SAYS SHEMA FOR NON-FRUM NIFTER

R' Benny Frankel* needed surgery in the Ichalav hospital.

He went home after the surgery.



He then received a call from the hospital that he had to come back to do the surgery again because it wasn't successful.

They made him an appointment and he came back to do the surgery. He was in the room waiting to be wheeled into the operating room. It was getting late, and he decided that he ws going to say Shema, because he didn't know for how long they would put him to sleep.

He said the entire Shema out loud.

A few minutes later, he heard from one of the nearby beds people crying. He found out that a non-frum yid was niftar.

Nobody was there to say shema for him. But this Yid

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said it out loud, so the person heard shema before yetzias neshama!

Then, the doctor came in and said, "We are just going to do one more x-ray before we do surgery."

After the x-ray, the doctor told him, "I'm sorry we just realized the first surgery was successful. You don't need any surgery. You can go home!"

R' Benny realized why he had to come back to the hospital, to say Shema for this Yid by his Yetzias Neshama! [Kav Hashgacha Pratis]

WE NEVER LOSE OUT FROM DOING A MITZVAH

There's an organization in Eretz Yisrael called "Tova U'bracha".

They give out food vouchers to people who need money for Yom Tov.

In order to get the voucher, one needs to have certain documents to show that one is unemployed.

R' Shaya Goldstein* lives in Beitar and he needed to



go to Bituach Leumi, on the other side of Beitar, to get the printout that showed he was unemployed.

He got the printout, and went home.

A couple of days later it got lost. He couldn't find it... he looked all over. The deadline was coming closer so he decided to go again to Bituach Leumi and get a new one.

He decided he would take a bus early before Kollel, to Bituach Leumi, get the printout, then go to mincha and Kollel.

But there was a lot of traffic on the way. He realized that he would be late for Kollel. He decided not to take off from learning for this, so he got off the bus and went to a nearby shul to daven mincha.

Right there by his seat were his papers that he lost!!!

He davened mincha and was able to go to Kollel on time and had all the papers he needed! [Kav Hashgacha Pratis]

YIDDEN LIVE WITH BITA-CHON

From a reader:

We are waiting for our shidduchim, doing all types of hishtadlus, ruchniyus and gashmius.

Every day, we get up with emunah and bitachon, face the day, work in jobs that help Klal Yisroel, and take care of our families and friends.

We are living happily ever in the middle, believing and trusting in Hashem every day, that the yeshua will be this week.

LOST SUITCASE FOUND!

Mrs. Wald* from Argentina traveled to Eretz Yisrael for Yom Tov to be with her son and grandchildren.

When she arrived, she couldn't find one of her suitcases.

They went to the Lost and Found but they didn't have it. So she had to go to her son's house without the suitcase.

They waited to hear from the airport. Finally, the airport called up that they found the suitcase, and that they can come to get it.

They went to the airport and looked through the Lost and Found but they couldn't find it. They didn't know what happened to the suitcase that the airport found. So they went back home.

Mrs. Wald had a lot of agmas nefesh, She had very important things in the suitcase.

Her son started being mechazek her that Hashem is a Kol Yachol, and everything is going to work out fine.

The next day, he decided that he would go down to the airport to see what he could do.

HASHGACHA PRATIS IN THE BEIS MEDRASH

From a Reader:

Thank you so much for the Amazing Spring hill Times.

I want to say over a story, Hashgacha Pratis in the Bais Medrash. There's Hashgacha Pratis all around, 24/7, but this is a story of Hashgacha Pratis in the Beis Medrash. Someone told me about a Chasam Sofer that had to do with the Sugya. I looked and looked but I could not find a Chasam Sofer.

The next morning, when I came to Seder, there was a Chasam Sofer on my Shtender! Out of the few hundred Shtenders in the Bais Medrash, there was a Chasam Sofer, the exact one I was looking for, on my Shtender!

It brought me deeper into the Sugya, got me more involved in the sugya and it really added to my understanding of the Sugya. Thank You Hashem! When he got there, he saw that there was a flight that just came from Argentina. On the belt with all the suitcases coming in, was his mothers suitcase!! He quickly grabbed it!

He realized, that somehow the suitcase was sent back on the plane to Argentina, and now it came back to Eretz Yisrael, exactly at the right time when he went to the airport. If he would have came a little earlier or later, he wouldn't have found it.

HASHEM SENDS YID A RIDE

R' Sender Kraus* from Bnei Brak has a talmid who is a Baal Teshuva. The talmid told him an amazing story that happened to him.

He was in Bnei Brak and he had to go to Kiryat Malachi.

It was complicated to get to

Kiryat Malachi. He would need to take a few buses.

WEEKLY NEWS ROUNDUP

So as he was standing by the bus stop, he turned to Hashem and davened from his heart, "Please Hashem, send me a ride straight to Kiryat Malachi."

Suddenly, he saw a Yid flagging down a taxi, so he asked the Yid: "Where are you going?"

He said "I'm going to Kiryat Malachi."

The Ba'al Teshuva asked him, "Can I come along?" He answered: "Sure, you can come along free of charge!"

Baruch Hashem he got a ride to Kiryat Malachi!

The Yid who flagged down the taxi told him that he was already trying to flag down a taxi for a long time, nobody wanted to go to Kiryat Malachi. It was Hashgacha Pratis that right then when the Ba'al Teshuva needed a ride, he was able to get a taxi, and give him a ride!!!



A sign hanging in Kehilas Spring Hill (Chestnut Ridge, NY) congratulating the boys who are participating in the Rav's Mishnayos program.

Mi K'Amcha Yisroel

The following was reported by 'Sparks of a Nation' in Eretz Yisroel, on April 24, 2023:

This happened a few days ago here in Eretz Yisrael, on a Friday shortly before Shabbat, in a large 'Yochananof' supermarket in Ramat Hasharon.

It was a stormy day, and an hour before closing, there was a power failure. The supermarket was bursting with shoppers - with their carts packed to the brim for erev Shabbos needs. The registers were down, and it was impossible for customers to check out.

The supermarket manager had to make a quick decision. Seeing the people with their Shabbos

purchases, the manager, Tzvi Abraham, announced to customers: "Take your groceries and pay next week."

Nearly one-hundred customers left with their purchases unpaid.

On Sunday, most of the customers came to pay for their shopping, with the rest coming over the next few days.

The store manager who was interviewed said that he couldn't believe it: Customers came back with lists they had prepared, and photos of their purchases with the barcodes.

More than 37,000 shekel worth of goods were paid for, and the supermarket didn't lose a penny!



YIDDEN LOVE TO HELP EACH OTHER



My talmid, Yisroel Nussbaum, is always looking to help other people. One of his projects is to help people get jobs.

One time, two days went by and he didn't help anyone find a job.

He said, "I enjoy helping people find jobs. Hashem, I haven't found a person a job in the past two days. Please I want to help someone."

Right afterwards, a Yungerman called him up.

He is in Kollel, his family is growing, and his wife's job is not making ends meet. What should he do?

Yisroel said, "Okay, I'll find your wife a better job."

B"H he found the wife a better job, it pays double, and the husband is able to continue sit and learn in Kollel!

FAMILY HAS SUPPER TO EAT

The Klein* family was one night supposed to have supper delivered to them from an organization.

B'hashgacha, they were in the mood of a certain food so they went to the grocery for the ingredients. They made it and figured that they would have it for a snack or an extra food.

They waited and waited but supper never arrived.

Baruch Hashem they were able to pop the food that they had made, into the oven and have supper that night.

What Hashgacha!

OUR SPECIAL NATION

Mrs. Adler* had a child who wasn't feeling well and had to be in the hospital for a few weeks.

So many Yidden called up to volunteer their help: "I'll come to stay by your son by day." "I'll sleep by night." "I'll bring food..."

Mi K'amcha Yisrael!

HASHEM HEALS YUNGER-MAN'S HEADACHE

Yehuda* had huge migraine headaches that were affecting his vision.

He went to the doctor and the doctor said, "I can give you a

strong medicine, but it has side effects. You have to take it for six months for it to work."

With no other choice, Yehuda took the medicine for three months, but the yissurim of the side effects was so bad, that he said, "Hashem, I can't take this medication anymore. I'm leaving it up to You..."

Shortly afterwards, he overheard someone saying that he has migraine headaches and he takes rosemary tea and after a couple



of days it gets better.

Yehuda took the rosemary tea and B"H he got better!

HASHEM TAKES CARE OF US!

One morning, my wife told me that one of my sons needed a suit and another one needed a pair of sneakers and this one needed..." The list went on and on.

And I was like, "Wow! It's going to be a huge bill."

Then, I went to Shacharis. As I was leaving, a yungerman still wearing tefillin stopped me. He said, "I don't know why, but there's something urging me to write you a check. I'd



like to sponsor if you need anything for your children or anything. Whatever you want to buy – here's the check."

HASHEM IS IN CHARGE OF DREAMS

Many nights, nine-year-old Shiffy would go to sleep and have scary dreams.

She started becoming scared to go to sleep.

Her mother told her, "Let's have bitachon in Hashem before you go to sleep. "Who is in charge of dreams? Hashem! Hashem can give you good dreams!"

From then on Shiffy started having good dreams and is happy to go to sleep!

LAKEWOOD BOCHUR HAS BITACHON

Meir Simcha Krieger from Lakewood, New Jersey, helps out with the Spring Hill Times mailing. One time, he was running late and needed help.

So he called 'A Life with Bitachon' and turned on the song of, 'Hakol Yachol'.

Right afterwards someone knocked on his door, "Do you need any help?"

FAMILY CHEERS UP

The Friedlander* family was making a wedding.

They checked the forecast. They predicted that there would be heavy rain the entire day of the wedding.



The whole family got in a bad mood.

Mrs. Friedlander then picked up Spring Hill Times and looked at the weather forecast. It said that the day would be another beautiful day for Mashhiach to come!

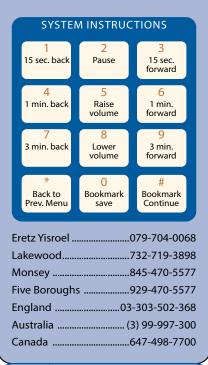
She told it over to her family, and the whole atmosphere changed! Instead of looking at the rain in a negative way, they became all cheerful! They looked forward to the chasuna in a positive way. They just focused on the fact that it is another beautiful day to greet Mashiach!

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)



A Life with Bitachon in Yiddish Eretz Yisrael: 072-370-1912 USA: 845 -262-5115

EMOR - IYUR 5783

A NA-TION OF CHESED

I was in shul on Motzoei Shabbos ready to go home but it was pouring

outside.

TOUR

READERS

SHARE

My car was parked in a nearby parking lot and by the time I would get there, I would be soaked from head to toe. All the raincoats from the raincoat gemach were taken. One of the mispaleim offered to give me his coat!

A different mispalel borrowed a raincoat from the raincoat gemach, walked home and drove back to shul with his car to pick up his two sons.

He gladly gave me and a different yungerman and his son a ride home.

He drove me all the way into the parking lot and parked right near my car, as close as he could get, so that I shouldn't need to be in the rain for an extra second! And then he proceeded to do his next chesed and dropped off the other yungerman...

A reader, Monsey, New York

HASHGACHA PRATIS

I had to deliver a package to somebody. I also needed to daven Maariv. I thought to myself that I'll go deliver the package on the way to Maariv. It was just one minute out of the way.

I was 95% sure that I wouldn't be late to Maariv, but I decided it's not kadai, and that I would go after Maariv.

When I got to shul, right in front of shul was this person I had to deliver the package to! He was standing there shmoozing with somebody, I was able to give it to him, and I never usually see him there!

A Reader - Eretz Yisrael

THANKYOU HASHEM

I was eating supper at my house and I needed a straw. Just then my mother came into the kitchen holding a box of straws!

Thank You Hashem for sending my mother to bring me straws so I could eat and drink and have koach to learn Hashem's heilige Torah.

A bochur

DID A CHESED AND

Hi. We love the Spring Hill Times. My kids cholish every week to see it, so thank you again!

FOUND LOST TIE

Here is a story that happened today.

I am a Rebbi. I usually go to shul to daven, and after that, I go straight to school.

One morning, I put my tie in the car. I davened and went to school but I couldn't find it. It was the weirdest thing because I knew I put it in there.

I looked all over but it was not there.

Baruch Hashem, I had a backup tie in my car.

Later on in the day, I went to learn with my chavrusa in the same shul where I had davened shacharis.

I wanted to do a chessed and give something to my chavrusa. I saw where he parked his car and I pulled right up next to where he parked. But in order to get into that spot, I had to pull all the way against the trees and back in so that way I could transfer the things from my trunk to his trunk.

Right there on one of those trees, was my tie hanging. It

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. didn't get run over by any cars and it was in perfect shape, even though it was raining that day. The tree blocked it and it stayed dry. I just wanted to share this story.Thank you very much.

A reader

BOCHURIM HAVE GESH-MAKE SHABBOS IN NEW SQUARE

Thank you very much for the amazing magazine. It helps us have hoda'ah to the Ribbono Shel Olam.

I want to share a story that just happened to me one Friday.

I had an off shabbos and I wanted to do something with my brothers. We decided to go to New Square for a Shabbos, to enjoy and get a break, and to see the Rebbe at the tisch.

As it was winter time so shkiyah was a little earlier. We went to the hitching spot in Lakewood. We got there at 1:20.

As we were walking over to the hitching spot, I met someone. He asked me where we were going and I told him, "New Square."

He said, "Are you expecting to go there now? It's getting late."

I decided that I was going to have bitachon in the Ribbono Shel Olam. He is the kol yachul and I should stay calm. What ever He wants to happen, will happen. If He wants us to have a morridiga shabbos, then we will.

A van with two people in it

came by and the man said that he was going to Monsey.

Not only did he give us a ride but he drove us all the way to where we needed to go and we were able to have a geshmak shabbos!

A Bochur

HASHEM SENDS RIDE

Hi, I want to share a story that happened to me this past summer when I was in Eretz Yisroel with my siblings.

Baruch Hashem we were able to go to Meron for a few days. Meron is on a very tall, big hill. We had a few heavy suitcases and we couldn't travel up.

We tried hitching for a half an hour and then tried to get a taxi, but it was very expensive.

We strengthened ourselves in emunah and bitachon. We said that be'ezras Hashem, when the Ribbono Shel Olam sends a yeshua we will call the Spring Hill Times.

Baruch Hashem, eventually a man pulled up and he had the exact amount of seats we needed. The trunk had the exact amount of space we needed for our suitcases. He brought us to where we needed to go. The Ribbono Shel Olam is a Kol Yachol, and He gave us a Yeshuah!

A Reader

HASHGACHA PRATIS

Hi my name is Boruch. My class

had a microwave and I went to buy food for it, but I didn't have enough money for the food.

When I came back, my Rebbi said that we couldn't use the microwave, and we have to bring it back home.

It was hashgacha pratis that I didn't have money for the food, because then I would have wasted it!

A bochur

WRITE DOWN HASH-

EM'S CHASSADIM

Hi. I was just listening to a Thursday-night-shmooze by Rav Simcha Bunim and he said over from Rav Shlomo Zalman Auerbach zatzal that a Rosh Kollel once came to him and said that he was stressed out. He had chovos for something. So he came to R' Shlomo Zalman to ask him what to do.

R' Shlomo Zalman told him, "First, you have to get rid of the pressure.

What you should do, is take a small notebook, and keep it in your pocket. Write down every time you see that Hashem helped you, Hashem cheered you up, or, you saw hashgacha."

He told the Rosh Kollel that he is mavtiach that he would have yeshuos, and that the stress would go away!

A Yeshiva Bochur - Upstate New York





When we chew our food, we break it down into small pieces. This is important, because in addition to the necessity of preparing our food to be safe for swallowing, it is

also important for our digestion.

Digestion begins in the mouth. This process happens through special digestive enzymes that Hashem put in our saliva. Our saliva contains enzymes that have the ability to break down starches. It also has different enzymes that dissolve fats. These special enzymes mix with our food and start the digestive process of breaking the food down to its small components.

If our food was not chewed the saliva and enzymes would only have contact with the outer, exterior part of the food, which is a very small percentage of the food. Chewing exposes the food to connect to the digestive enzymes to an incomparable degree. This can be compared to making a potato kugel with whole potatoes. All of the oil and spices would only reach the outer surface of the potatoes and not mix with them. We would not end up with a very good potato kugel. Hashem gave us teeth with the ability to chew to help our digestion.

As we mentioned, we use our teeth

to make sure our food is the right size for swallowing so it doesn't pose a danger. Young infants, who don't have teeth and don't know how to chew, don't eat solids, so this is not a problem.

Sometimes, accidentally, a solid object makes its way into an infant's mouth whether it's a food or a foreign object. This creates an obvious danger. Hashem, in His chochmah, built in an automatic protection. When a hard object enters an infant's mouth, he automatically pushes his tongue forward, making it hard for the object to enter his mouth. This is medically referred to as the 'tongue thrust reflex' this reflex works automatically, like all reflexes that we have, it pushes the danger away. The infants are too small to protect themselves so Hashem protects them. This reflex is not found by adults. If an adult has this reflex it is a problem that needs treatment. This reflex will impair his speech and the growth of his teeth.

Only infants who don't speak and don't have teeth have this reflex. It miraculously disappears between 4-6 months. The time that the child's teeth begin to grow in. He begins to have the ability to chew solids by himself. That's when he loses this reflex of pushing solids away.

Hashem's ways are truly wondrous!

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The

Bitachon Perspective

Q. Our car broke down, and we can't afford to buy a new car. There are so many things which have to be taken care of, and while I used to be able to take care of ten errands a day, now I can only take care of two. I feel so stuck and frustrated. What is the emunah and bitachon perspective about this?

WITH R' ZEVY GOLOMBRI

A. The reason you feel stuck is because you think, "In order to accomplish things, I need a car. But now that I don't have a car, I'm not able to carry out all those things that I could've taken care of."

Now, if the world would work with cause-and-effect, you would indeed be stuck. However, we know that Hashem is the One who is in control over every event that happens. And the 'laws of nature' are merely the means in which Hashem uses to carry out His will. However, in truth, a person is not impacted at all by cause-and-effect. Rather it's Hashem's will which has effect on events.

Therefore, it would be a mistake to think that the reason you can't accomplish as much as you would like is because of your car.

Hashem already decided on Rosh Hashanah exactly how

much you will be able to accomplish through the year.

If Hashem decreed that you will be able take care of something, He will make it get taken care of even without a car. And if there is something Hashem did not decree that should be taken care of, then even with a car, Hashem will not allow you to take care of it.

When you understand that Hakadosh Baruch Hu is really the one who is taking care of every detail in your life, and the help from your car is just an illusion, Hashem will show you openly that He is there for you, and you will see extra bracha in your life.

Q. The wallpaper in my house needed to be replaced, and I wanted to hire a professional worker to do the job. But mv husband said that he knows someone who could do the same job for much cheaper. So we used my husband's worker, but he ended up doing a very lousy job. Now I look at the wallpaper, and my heart sinks. It looks terrible. If only my husband would have agreed to use my worker, we would have beautiful wallpaper.

Now the house looks even worse than it did originally.

A. Try to zoom into your emotions and see what's bothering you. You're upset at your husband, because you think that all because of him your house doesn't look nice.

You have to realize that the way your house turned out has nothing to do with your husband. It came out that way because that's the way Hashem wanted your house to look. And if you had used the professional worker, it also would've happened.

Regarding your disappointment over the way the house looks, the Stiepler teaches: every bit of tza'ar and agmas nefesh that we are deserving of was already nigzar on Rosh Hashana. It could have happened through car accidents and trips to the hospital, R"L. You should be grateful to Hashem that you were yoztei your allotted tza'ar through lousy placed wallpaper.

Q. In A Life With Bitachon I hear that any tza'ar and agmas nefesh that a person experiences saves him from car accidents and trips to the hospital, R"L.

Bitachon Perspective

Continued

The

derstand that these inconveniences take the place of minor yissurim. But why should it take the place of major yissurim such as car accidents or trips to the hospital?

I can un-

A. Rabbeinu Yonah teaches that when a person is mekabel minor yissurim be'hava, it is such a tremendous z'chus and makes him so close to Hashem, that he receives his kapparah through minor yissurim, and he no longer needs major yissurim in order to cleanse him.

Q. I'm presently redesigning my house. There are many details of the house that I want the house to look a certain way, but the contractor has a different idea how the house should look. And we end up going back and forth about many small details.

Should I be busy with sorting out all the details to make the house look exactly the way I want it to. Or should I not make a big deal over the details, and leave it up to the contractor's discretion. And if it doesn't come out perfect in my eyes it will be a kappara for my aveiros, and the agmas nefesh will save me from car accidents and trips to the hospital R"L. Which is the correct approach?

A. If you are going to be able to be mekal besimcha the way the house comes out, even if it doesn't come out exactly the way you wanted, and you'll tell yourself that not everything in life has to be exactly the way you want it – that would be the best. And yes, it will serve as a kappara for your aveiros.

But if you're not on this level, and you're going to be constantly kicking yourself, 'I should've told the contractor to do things differently', in that case you should do whatever is going to give more menuchas hanefesh in the long run.

Q. I'm a very busy mother and there are so many things that I need to accomplish every day. My day feels like one big marathon running from one errand to the next without ever getting to the end of the list. What's the correct perspective about having such an overwhelming schedule?

A. You have to remember: Everything about your year was already nigzar on Rosh Hashanah. It was already nigzar what you will accomplish each day and what you won't. Which errands will go easily and which ones won't. It was nigzar exactly how much or little stress you will have to go through each day.

Now, your job is only to make a checklist and try to do whatever you can. Results, outcomes and accomplishments are not in your control.

However, what is in your control, is how you will go about doing your chores. Will you do it with the feeling of יכוחי ועוצם ידי, "The more I frantically run about trying to get things done the more I will accomplish?", or will you have a healthy state of mind and do whatever you can without stepping over the boundaries of menuchas hanefesh and simchas hachayim, and leave the rest up to Hashem.

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

Recently, I heard an unbelievable concept from Rav Avigdor Miller Zt"l. If we internalize this concept it will give us a whole new refreshing outlook at our life, and hopefully and most importantly, we will apply it to our avodas Hashem.

He quotes the Mishna that says that the reason why Hashem created the man on his own, as opposed to all the other creatures, was to teach us that the whole world was created for ME. Yes, all the trees, all of wildlife and all of nature was created for each and every individual. When the sun comes up in the morning it's coming up for me. We need to set the feeling that it's my sun.

So when we go to the zoo and we see monkeys and elephants, or when we go to aquarium and we see a wide variety of fish what should be racing through our minds? So first of all we should burst out with feeling, "Ma rabu masecha Hashem" Our afterthought should be that, "can you imagine that all that was created for me."

Some people may have difficulty thinking like that, and that's because they don't realize how special they are. They don't understand the value of a Tzelem Elokim. We are the known as yetzir kapov of Hashem, and this is huge. This is our identity.

When a person walks around thinking like that he feels a head taller. A king walks around his palace and The unbelievable power of a good word By R' Y. Friedman

Chizuk Corner

he is living in the clouds, because he understands that everything and everyone in his kingdom is there to serve him.

We mentioned a few months ago, that we Yidden are compared to kings and princes.



Based on what we are saying now we can have a new insight why we are compared to kings and princes, because the world revolves around each and every one of us. Hashem created this entire universe for me.

Mashal: A king had a beloved only child the crown prince. When the prince was ready to marry the king decided to celebrate his only son's wedding by building a mansion for his son. The king got to work as he recruited a tremendous amount of workers to work on this mansion. Additionally, he recruited the most skilled carpenters from around the world. He also gathered precious gems and materials from all over to use for the construction of this beautiful mansion.

Finally, the great day arrived, and the king brought the Prince to this large mansion and told the Prince that this Mansion is a wedding gift to his beloved prince. As expected the Prince's eyes lit up at the sight of the magnificent castle, and he thanked his father from the bottom of his heart.

A few months after the wedding the prince paid a visit to his dear father the King. When he came into the throne room he fell into his father's arms, as he hugged and kissed his father with much feeling thanking him for the beautiful mansion. His father was touched by his son's feelings, but he had two questions.

Firstly, he asked why are you coming now to thank me, when you already showed me your great appreciation at the wedding? Secondly, why are you showing much more emotion now than when I gave you the mansion?

The Prince replied "I have one answer for both questions. When you gave me the mansion I was very touched by the great gift that you bestowed upon me. However at that time I didn't notice all the craftsmanship and intricacies that went into it. Over the past few months as I toured the mansion I kept noticing more and more details, which kept reminding me how much you love me. This is what built up a river of emotion of love that I feel toward you now as well.

The nimshal is clear. As we said earlier we need to realize that this tremendous world is a gift to each and every one of us. However, when we Chizuk Corner By: R'Y. Friedman Continued

study the ocean with its vast assortments of fish, and we realize that this was all created for me, it will make our heart swell with pride. When we study wildlife with all its thousands of amazing creatures that were created for us, our hearts will be bursting with love for Hashem. When we study the world of trees and the vast assortments of plants and flowers it will bring us so much joy.

When we see how much wisdom Hashem put into this creation, that even a small ant has unlimited amounts of wisdom, this will bring us to praise Hashem non-stop. As we see Dovid Hamelech in Tehillim praising Hashem non-stop for the beautiful world as he bursts out with the famous words "Ma rabu masecha Hashem." I believe that he wasn't merely thanking Hashem for creating all these beautiful creatures, he was also thanking Hashem for everything that Hashem created for him. This is a whole new dimension, and a refreshing outlook as well.

However, Rav Avigdor Miller takes this a step further. He says that when it comes to spirituality it's like that as well. For example as we just went through the exalted Yom tov of Pesach, Chazal teach us, "Chayav Adam lir'os atzmo k'ilu hu yatza mimitzrayim". Says Rav Avigdor that what Chazal are teaching us, is that we need to take Yetziyas Mitzrayim extremely personal. We need to realize that Hashem took the Yidden out of Mitzravim for us.

Therefore, when we read the words of the Torah we need to understand that Hashem is talking to every single one of us, and specifically to me. Every single positive mitzva and restrictive mitzva is being directed to us personally. That's because every Yid is a world of his own and the world was created for every single person. Every Yachid is precious beyond words. Like one of the baalei Mussar said so eloquently "that after the Mitzva of believing in Hashem, we need to believe in ourself". We need to realize how great we really are.

The Seforim teach us that every person is an Olam katan, a small world. Therefore, there are those that explain why a person's head is round yet not totally round as opposed to a square or a rectangle. This is to show that we are like the world which is an oblate spheroid. Every person has so much potential and so much depth that we may not be aware of.

Rav Yisroel However. Salanter throws a curve ball (so to speak). He says that while it's one hundred percent true that the world was created for you, and every person is a small world. However, the tachlis of our world is to do good to others, by giving chizuk and helping other people improve their world. This is in essence how we grow our own world. Therefore, we cannot live in a shell. We need to do chessed with others, as it says "Olam chessed yibane".

We are currently standing in the Yemai Sefira. These days are a mixture of joy and sadness. On one hand these days are the elevated days between Pesach and Shavuos as we count to Matan Torah. These are the days that we got back our world our freedom through receiving the holy Torah. The Ramban says that these days are like Chol hamoed.

At the same time these days represent the fact that the great Talmidim of Rav Akiva didn't give their friends their proper due. Our Sheleimus comes when we recognize our greatness as we strive to grow, and at the same time we are "k'ish echad b'lev echad", as they achieved at Har Sinai. The Talmidim of Rabbi Akiva were giant but they did not give the proper chashivus to their fellow chveirim.

Therefore, as we go full gear ahead as we build our relationship with Hashem, by coming to the realization that everything in this fantastic world was created for us. Additionally, Yetzias Mitzrayim and all the Torah and mitzvos was all for me personally as well. We will treat our family and friends with the utmost respect and love as we pump them with chizuk until they feel so elevated. This will bring us a tremendous shelaimos and this will for sure bring down the Bais hamikdash speedily on the highest level bimiheira biyameinu 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

I suffer terribly from allergies during every Spring. I tried everything but nothing helps. Please help!

Dr. Avi Giggle M.D.





IMPORTANT HEALTH TIPS TO REMEMBER

Pain = Growth!

I'm prescribing you with 7 medications.

1. When you daven, say brachos or do any mitzvah while suffering, you will be getting thousands of more time reward than had you not have the allergies!!

2. Every second of pain and discomfort is saving you from so much geihenom. It's soap and shampoo that washes away averios! It's a steal of a deal!

3. Accept what Hashem gives you with love. Thank Him for the allergies. You will be giving Him unbelievable pleasure that only you can give Him!

4. Thank Hashem for the times that you don't suffer from allergies.

5. Thank Hashem that while they are very painful they aren't life threatening...

6. Thank Hashem that you are alive and healthy is so many other ways!

7. Realize that Hashem feels your pain even more than you do. You will feel so close to Him!

A STORY FOR THE PARSHA

By: Yaakov Berliner - Lakewood, New Jersey

It says in last week's parsha:

You shall not steal and you shall not deny falsely and you shall not lie, one man to his fellow..

A scholarly and G-D fearing shochet appeared before R' Yisroel Salanter and informed the Rov of his intention to leave his profession. "I cannot bear the great responsibility that comes along with being a Shochet," he said. "Perhaps a Jew will come to eat non-kosher meat because of my error chalila."

"What do you intend to occupy yourself with instead?" asked R Salanter.

"I intend to open a small store and try my hand at business," the Shochet answered.

"You should know," said Rav Salanter, "that there is only one prohibition associated with Shechitah - the prohibition of neveilah. Of providing a person with meat that was slaughtered not according to the dictates of halacha.

But in a business," continued Rav Salatner, "One must be wary of many transgressions: 'You shall not steal' 'You shall not covet' 'you shall not cheat' 'each of you shall not aggrieve one another' 'you shall not deny falsely' and 'you shall not lie to one another' to name a few. "All these transgressions," concluded R Salanter "do not worry you?"

Have a good Shabbos!

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

It Doesn't Get Better Than That

Think of a time when you got an approving look from someone whose opinion means a lot to you. That can carry a person very far.

Now, what if we knew at a given moment that we were doing exactly what the Almighty wants us to do? Sometimes we're not certain.



bos candles. You're making Kiddush. You're listening to Kiddush. You're drinking the Kiddush wine. You're enjoying a piece of fish on Shabbos.

You can be certain that the Creator of the world

is approving of what you're doing. Now, it doesn't get better than that.

But let's say you're lighting Shab-

A Gut Shabbos!

Living With Appreciation By: R' Daniel Shasha

Our parashah discusses the mitzvah of bringing the korban omer. Each year, on the second day of Pesach, we were commanded to bring an offering of barley to the Beis Hamikdash. Only afterwards it is permitted for us to eat the new crop of grain. What is the reason behind this mitzvah?

The Sefer HaChinuch (302) explains that it is in order to contemplate the tremendous chessed that Hashem does for us each year, always providing us with new produce! We bring a portion of the new crop as an offering, to recall the great kindnesses of Hashem for giving us produce, before we benefit from it. After all, each bite of food we eat has so many factors involved in its production and consists of numerous miracles. Food is what keeps us alive, and Hashem in His loving kindness causes many miracles to occur in its production.

Rav Chaim Freidlander zatzal lists some examples. He explains, let's explore how such a tiny seed has so much potential to produce tons of fruits. This seed is minute yet contains an incredible amount of potential and has the ability to produce a countless amount of produce! What's more, this tiny seed first decays until it is basically non- existent; it then miraculously begins to sprout, providing us with an abundance of produce.

We refer to phenomena like Techiyas Hamaisim as a miracle. Asks Rav Freedlander, is the production of our produce any less of a miracle? After all, this seed, which almost completely decayed miraculously went on to produce delicious



crops! Many other miracles occur too. For example, how rain is formed and then helps our produce grow, is also miraculous. For this reason, Chazal instituted that we praise Hashem for rain specifically in the blessing of the Shemoneh Esrei which deals with Techiyas Hameisim (Based on Sifsei Chayim Moadim 3 p. 29-36).

Rabbi Avigdor Miller was mesmerized by the incredible phenomenon of seeds. "They are more amazing than finding a free coupon inside an apple for another apple", he would say, "since each seed is ingrained with so much information that it could produce an entire apple tree!"

He had a collection of all different types of seeds in his study, in order to contemplate these incredible objects. There was a time when he even carried seeds in his pocket, to be constantly inspired by these wondrous items.

One time he excitedly called over his grandchildren, saying, "look I have a special gift for you." To their surprise he didn't pull out a chocolate bar or a toy but rather a bag of seeds and a microscope. "I benefited so much from these" he said "and I have no room to keep them so they are yours as a gift. To think that each seed is a library and a factory! It has all the information to produce a fruit bearing tree, all in this tiny seed" he exclaimed passionately. (Rabbi Avigdor Miller, His Life and His Revolution p.270)

This article is an excerpt from the weekly 'Living Appreciation Newsletter.' For feedback or to subscribe please email livingappreciation@gmail.com Also to receive info about a new email tefillah group for men davening for zera shel kayama, please contact us at menstefillahgroup@gmail.com



To Share My Share From Hashem's Daily Shiur. By: R' Moshe Davidson - A Rebbi in Brooklyn, New York

Soap\noun :a cleansing substance made usually by action of alkali on fat.

detergent \di-ter-jent\ noun: a cleansing agent ;a chemical product similar to soap in it's cleansing ability.



How many types of detergents and soaps, did you use in your home in the last few weeks?

"Hard to count? "

Here we go...

Let's list a few types, without using company names.

Heavy Duty Degreaser Applicant.

Sticky gummy goo remover,

Antibacterial soap,

Stain removal solvent.

"Clean to a sparkle" glass shining spray,

Shower wall - Scum removal scrub.

Anti - Mold and mildew foam,

Upholstery cleansing detergent,

Dish washing soap,

Carpet cleaning shampoo,

wood.

Add to that all the homemade mixtures....

The strong and tough solutions that we make, when including our favorite strong and brawny cleaning friends, Bleach and Ammonia.

Then, there are also, some of our lighter, more timid solu-



tions.

Times that, with the hundreds of subtypes of all of the above.

Then times all of that, with the hundreds of companies that produce their own specialized products.

Wow!!!!

B"H! for all the amazing types of detergents and soaps that we have!

Thank you Hashem for such wonderful cleanliness.!

These items are generally cheap, and surprisingly effective.

Light cleanser for polished They are sold in specialized constructed containers.

A mechaye! Baruch Hashem!

Our grandparents used special sand and ash mixed with some sharp solution to do their cleaning.

They needed to add a lot of "elbow grease" to the clean-



ing process in those days.

Thank Hashem for all of the different, and wide variety, of bottled cleaning products that you can easily find and buy.

Some pour easily and faster for the use of larger quantities.

Some are designed to be poured or squeezed at a relatively easy, but slower pace, for lesser amounts of soap to be released from the bottle.

It all depends on the type of soap that is being used.

Someone will have to decide on the special features of the bottles.

Should it be the Continued on type to pour, next page or to squeeze.

To Share My Share From Hashem's Daily Shiur.

Continued Should pense a little bit

Should it dispense a lot, or a little bit.

He'll consider if it should it be a trigger spray, a mist or stream.

To decide, he'll be taking into consideration what the detergent will most likely be used for.

Hashem has granted the human mind with the ability to make perfect complex decisions.

The strength of the chemical content, in the formula for the formation of the cleanser, will need to be studied and developed according to the decision of a professional.

We'll need his perspective on the perfect combination of all the individual ingredients.

Again, Hashem has granted the human mind to make perfect decisions.

Since it's a specific type of soap, it most likely will be used for cleaning a specific type of an area that is being cleaned, or a certain article or material.

Each item is unique in its own way, and therefore is subject to having certain sensitivities to the different types of chemicals that are in the cleansing agents.

The detergents must therefore be formulated accord-

ingly.

The size of the area being cleaned is also essential for their calculations.

Hopefully be'zras Hashem they'll get the right formula for the the specific strength, and amount to be discharged at a time.

Will it be strong enough to be tough on the stains? Hope-fully.

Determining the differences between the different types of detergents needed for clients, and understanding how they'll be used to clean, will result be'ezras Hashem with successful mindful decisions over what kind of practical, disposable dispenser they should be using to bottle up their products.

The company will then do everything they can to ensure that they gain the consumer's delight and appreciation of their products.

They'll do their best to make sure that consumer will enjoy the special practical features that are included in their favorite bottling for the most user friendly, comfortable usability.

We should then in turn, do our best to ensure that we keep on thanking Hashem for all those great convenient products! - - - - Bottling - - - - -

The N. Y. C. Recycling program is also a "re-psych-cling program".

We should reset our psychological outlook on the world in a way that will help us cling to Hashem.

Being constantly aware of



what Hashem is doing for us and giving us, will bring about thankfulness and "dveikus" clinging to Hashem.

"RE-PSYCH-CLING PRO-GRAM"

Some people are frustrated with the bother of disposing their recyclable garbage separately.

Maybe Hashem is sending us a message to appreciate the fact that we have so many glass, metal, and plastic types of containers that we feel free to use them one time and then dispose them.

We must think and make sure that we thank for the abundance of all that recycling matter.

There is a great amount of in-

To Share My Share From Hashem's Daily Shiur.

Continued formation that is critical to the success of the

wisdom in creating a good sturdy and innovative bottle.

It's a chochma that Hashem gave us humans.

To create containers, or "Keilim "-utensils.

It should be a good enough to hold, and continue to contain it's contents in a way that will be spill free, non leaking, fresh, secure and safe.

It should be able to stand up to a certain level of use or abuse.

It should stand balanced straight and not tip over when placed on a flat surface.

The old fashioned way of making pottery or the hard work that was once needed to create containers of wood or metal, is something that is so abstract, that it's hard to imagine that way of life as being the norm.

Hashem opened up a wellspring of knowledge to mankind in the last few hundred years that transformed the world into a "different world".

The massive amount of machine produced materials of glass, plastic, tin, and aluminum, have taken over the market.

They are now the most popular and available raw materials with which to make utensils, primarily for short term life of storage and uses.

There's plenty of glassware and metal ware, that are produced with more style and strength.



Understandably, those are intended for long lasting use.

Even nowadays that this chochma is already known, it's still needed to be studied and learned, to understand the process of creating vessels that can be used for different types of needs.



There are actually a few types of professional courses that can be taken to learn how to construct a proper bottle that is strong enough and properly designed to stand straight, and to ultimately satisfy the needs of the person that will be using the product.

I have a friend who is an architect. When he went to architecture school, he was surprised to find that in the next room to where he was taking his course, there were classes on bottle - making.

He listened in, and was fascinated by the amount of information that was being taught, just to acquire the knowledge and the "know - how" of making a single simple bottle!

It's not a simple matter at all!

Let's introduce a little bit of careful inspection of a simple looking bottle.

Take a look at the bottom of a container.

Notice the hardened edges at the bottom of the container or bottle.

There is also more strength at the edges of the square container going upward until the hardened handle, and the tough top and cover or cap.

This way the bottle won't sag, bulge, burst, or spring a leak, when being handled or even mishandled.

Take a look at the indentation on the underneath of the bottle.

That's for balance!

To Share My Share From Hashem's Daily Shiur.

Continued If you think you're done... well you're not.

How tall is the bottle, and how wide?

Calculate that with the weight of the actual container and it's contents. That'll all be included in designing the correct balanced thickness, and shape of the bottle, so that it won't easily shake, bulge, or tip over.

We once again shouldn't take these seemingly simple things for granted.

Just because they are so easily available and are even disposable that doesn't diminish their importance, and the ongoing comfort and convenience, that they give us each and every day.

Thank you Hashem!!

The materials for creating the bottle are B"H so abundant and cheap that we tend to forget to appreciate the fact that they're all presents from Hashem.

Crystal, glass and chinaware, are materials that were hard to come by years ago.

The process of turning rock, sand, and clay, into fancy glass and earthenware was very lengthy and tiresome.

In result, they were very expensive and were usually used only by the upper class rich people.

Nowadays they are so cheap that everyone can afford



them, and even feel free to throw some types of them away in the recycling bin.

We don't even think twice about them, as being a good thing to have, and maybe hold on to, and save, at least for a little while.

There's a Rebbe that I know who wants to bring across the point of the worth of even disposable plastic spoons.

He is on a mission to make sure that his talmidim appreciate the little things too.

כחים קטנים The.

They're all השפעות סובות from Hashem!

He reuses the same plastic spoon for his daily coffee, that he takes into class.

He keeps it up for a very long

time, just to make sure that the children learn how to appreciate a simple disposable spoon more.

Plastic ware added a whole lot to the world of bottling, packaging, dishes, serving bowls, cups and cutlery.

They are basically, for the most part, designed to be used for any short amount of time, and alot are intended to be for a one time use.

In essence, as time goes by they keep on increasing the new reality of the "Age of the Disposable"

All that said and done, still doesn't mean that we should thank Hashem less!

To the contrary, we have the obligation to thank Hashem that many times more!

We are so lucky to have such a tremendous amount of utensils, in such abundance, that we can even feel free to dispose them after using them just once!

We should be thankful to Hashem for all that.

VERY thankful!

So take another look at the recycling bag that you have in your home before taking it out to the garbage disposal bin.

Thank Hashem again.

LIFE IS SO WONDERFUL! By: R' Moshe Hirschberg - Lakewood, New Jersey

As the days of Sefiras Ha'omer pass we feel the intense joy and pride filling the air, awaiting for the day that we stood at Har Sinai. We thank Hashem for giving us the most valuable, treasured and dear gift: the Torah and mitzvos.

I would like to share an astonishing and breath-taking story that I saw. It will give us an appreciation for the value of the many mitzvos that we're privileged to do.

R' Elchanan Wasserman zt"l approached the Chofetz Chaim with the following dilemma:

They were living through a harsh depression, and there was simply no food for the bnei ha'yeshiva. What could they do to provide them with food to eat?

R' Wasserman suggested that since "One moment of Olam Habah is worth more than all the pleasures of this world," he was willing to give away one second of his Olam Habah in order for them to have food to eat.

The Chofetz Chaim replied, "The exchange is simply not worth it, and in Shamayim they wouldn't let it go! Even all the bnei ha'yeshiva receiving food doesn't come close to the value of one second of the next world."

The Chofetz Chaim continued with the following mashal:

"Imagine that you walk into a grocery holding a valuable and priceless diamond. You ask the cashier to buy a sugar cube, and you want to pay with the diamond. The owner says that he can't accept the diamond as payment. You tell him to just give you the change. "I can't give you change," he says, "because the diamond has so much more value!"

The Chofetz Chaim explained that one second of Olam Habah is far greater than supplying all bnei Torah with food. Therefore, Hashem would not allow exchanging one second of Olam Habah - for anything on this world.

This lesson applies to each and every mitzvah that we're fortunate, privileged and lucky to fulfill.

There's one additional point worth mentioning.

The level of our generation makes our mitzvos even more valuable. Because of our generation's level... our mitzvos are so much more valuable and more special, as we shall see from an unbelievable story of the great Chofetz Chaim:

Before the war, the Chofetz Chaim saw the town baker one day looking down and broken. He asked him if there was anything he could do to help him?

He responded: "Every day I make fresh bread for the city, but all I hear are complaints and criticisms. Each and every person has a different reason why he dislikes the way I bake: this one says that it's overdone, this one says it's underdone, the next says it's too salty... — I can't handle all the moaning and grumbling!"

A short while later, the Chofetz

Chaim again met the baker, but this time he seemed much happier. "What changed?" asked the Chofetz Chaim. "Did you change your recipe since the last time we spoke?"

"Not at all," the baker responded. "Now that there's a war, and bread is hard to come by, everyone who gets even a simple piece of bread is happy, and therefore no one complains anymore."

After hearing this, the Chofetz Chaim said that the same is true with our generation. In comparison to the previous generations, who were giants that were very particular with their avodah, we might believe Hashem doesn't consider our avodah anything of note. However, as we approach the end of the long galus, we must remember how Hashem is happy with any avodah we do, big or small.

Even if it is not on the level of the previous generations, Hashem nevertheless is still very happy with them.

This is an astonishing chizuk for us. We must remember that WHATEVER type of mitzvah we do is cherished, adorned, loved and admired by Hashem. After doing a mitzvah we can't let the yetzer Harrah double guess us: was it done properly, your missing... and ... and...! EVERY mitzvah done is amazing!!

Have a wonderful Shabbos!

ลท

אהבתי תורתך י CONTEST

The wonderful day of Shavuos is coming! Show Hashem how much you love His Torah!

BOYS

Boys until age 7: Start now learning a Perek of Mishnayos and make a Siyum during the Yom Tov of Shavuos.

Age 8 and up: Start now learning a Mesechta of Mishnayos and make a Siyum during the Yom Tov of Shavuos.

I.Write down what you learned.

GIRLS

Bake a delicious cake in honor of Shavuos or make a cake or sign congratulating your brothers or father on their Limud HaTorah.

I. Take a picture of your cake or sign.

2.Write your name, age, complete address and telephone number.
 3. Send into email: thespringhilltimes@gmail.com
 Or mail to The Spring Hill Times
 56 Spring Hill Terr
 Chestnut Ridge, NY 10977
 Entries should be in by:Wednesday Behaloscha 18 Sivan 5783

2 Winners! Choose any sefer/ Seforim or books you like* and get them delivered to your door! *Up to value of \$40







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It's a vacation that will never end!



Magnificent vacation villa, situated on 10 acre stunning landscaped property. 12 Bedrooms, 10 Baths. Fully air conditioned, beautiful eat-in-kitchen, huge master bedroom with stunning master bath featuring double sinks, 5 jacuzzi tubs. Huge sefarim room, shul. Gorgeous 3 in-ground Pools, Life guards provided, Huge play area, patio and fire pit complete the spacious backyard. Beautiful garden! Delicious fruit trees! Fresh clean gorgeous linen switched every day! Fully stocked kitchen! Servants and maids at your service! Personal chef and cook! Stay forever!

PRICE: Just learn Torah every day!

אין **TOVA** מיובה **TOVA**

By: R' Nesanel Landesman

There are situations where we have resentment and as a result find it very difficult to have an ayin tova.

One such situation is when we have been slighted or let down by someone we had previously benefited in a significant way. For example, if Reuven helps Shimon to move apartments, and spends hours shlepping boxes and furniture, he expects that in the event that he needs a favor from Shimon, his request will be received in a respectable manner.

When Shimon balks at the request, Reuven will have to work extra hard to overcome and judge Shimon favorably. The following story (1158 איש לרעהו גליון) will hopefully give chizzuk for anyone who had such an experience.

There was a woman who was trying to get her son into a good Yeshiva. Her son was not from the top students, but was a diligent, hard- working boy with very good middos. The problem was that he applied somewhat late, and most of the yeshivos had closed registration.

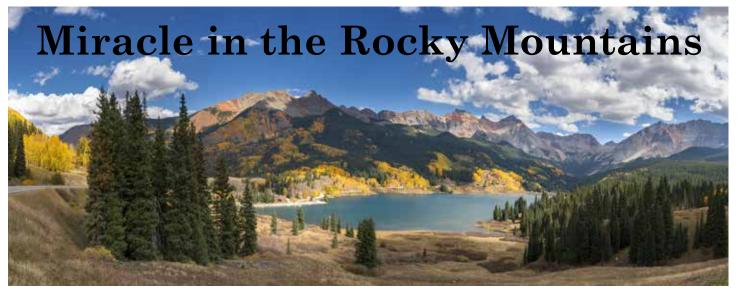
The mother turned to a highly respected community leader for help. This man gave all kinds of free advice to many of the Yeshivos where this boy had applied. The Yeshivos had benefited tremendously from his sage advice. He told the mother not to worry as he was certain that all doors were open to him. He was therefore surprised when door after door was closed on him. Had he been trying to push a challenging boy into the yeshiva, he would have been more understanding, but that was not the case here. He believed that for everything he had done for these institutions, they should show him הכרת הטוב

This man went to speak to Rav Aharon Leib Shteinman to help him understand how these institutions could turn their back on him. He told the man that although his own Yeshiva, "Orchos Torah" was full, he would consider taking in the boy. He told this man to be in touch.

The next week, this man received a phone call from the Rebbi who oversaw accepting new boys. He was told that the boy was being accepted if this man fulfilled a condition that Rav Aharon Leib specified. He was pretty sure that meant a monetary commitment to the Yeshiva, but went to meet with the Rebbi to find out what this mysterious condition was.

When he was seated in the office, the Rebbi told him that the boy was accepted as long as... this man would forgive all the Yeshivos that closed their doors on him and that he would commit to continuing to help those Yeshivos!

When the man heard this condition, he began to cry and fulfilled the condition!



In the tefila of Adon Olam that we say every morning in davening and again before we go to sleep, it says: "וצור חבלי בעת צרה" - Hashem is my Rock Who helps me in time of trouble.

Hashem is always there for us. Even when things don't seem so good we know that Hashem is right by our side taking care of us. He never leaves us alone.

The following is an exclusive interview by the Spring Hill Times with Tzvi, a truck driver for the CR England trucking. He tells the world for the first time, his amazing story of how Hashem performed miracle after miracle to save him from a certain death.

Tzvi:

First let me tell you a little about myself.

I'm a simple religious Jew. I'm 59 years old and I live alone. I'm a truck driver for the CR England trucking and I deliver in a number of states. When this story took place, I was driving a brand new 2023 Truck & Trailer with a sleeper cabin in the back and a trailer totaling 73 feet long.

Spring Hill Times:

Okay Tzvi, we want to hear your incredible miracle. First of all we are very thankful that you agreed to be interviewed by the Spring Hill Times. We understand that we are the first news outlet to interview you.

Tzvi: Yes, thank you! I got calls from others and I refused to be interviewed. However, I agreed to do so for a paper dedicated to spreading



Hashem's kindness and miracles because this is about Hashem's glory, not me. I am very interested in spreading this story as I know it will help bring others close to Hashem.

Spring Hill Times: Wow, thank you! Please tell us how did it all start?

Tzvi:

Well, it was close to Purim. I made sure that my runs were in the Colorado area so that I would be close to Denver where I would be able to celebrate Purim. It was Wednesday, March 1st, and I was driving my truck, in blizzard conditions, in Glenwood Canyon, which is a dangerous road in the Rocky Mountains even when weather conditions are ideal..

All I can remember was that I was driving and I suddenly felt like I was being attacked by a flock of big black birds. I was trying to push them away. Now, really there were no birds. What was happening was that I was beginning to lose my eyesight and my eyes were seeing black dots, which my brain interpreted as black birds. I am left handed and with my right hand I was trying to push them away but they weren't going away. Then I tried pushing them away with my left hand which was holding the steering wheel, but then I realized that my left hand wouldn't budge. It was paralyzed and stopped working. I didn't know then was that I was experiencing a stroke.

So, I was driving with no cargo in 50 mile per hour winds, making it much harder to control the truck, and there were other cars and trucks on the road too. It was severe blizzard weather and I started to lose control of the truck. The truck started swaying and it started to what we call in truck terms to "jack-knife," that means that the truck and trailer started turning different ways. I remember that at that time my body started to feel cold like ice and I was losing it.

Spring Hill Times:

Oh my, that must have been scary, what did you do next?

Tzvi:

I remember that I just started to daven to Hashem and this what I remember saying. "Hashem if it's my time to go then I'm prepared to die. But there are so many innocent people on the road and if the truck starts to jack-knife then I would chas v'shalom take 20 people off the mountain with me. I don't want to kill people on my way out. Even if it's their time too, please don't use me as the messenger for that."

I saw the Edwards exit and that is all I remember. Because I had a stroke my brain wasn't working.

Spring Hill Times:

So what happened, where was the truck and how were you not injured?

Tzvi:

So this is exactly the biggest part of my miracle. I have no recollection of anything that happened after I said my prayer. The next thing I know, the truck is safely off the highway parked calmly in a safe and secure spot with me lying on the floor.

In fact, what's amazing is that the trucks have a route map. It records the exact route that the truck takes. If you look at the route (see picture) it says that the truck went off the next exit and went through three traffic circles which trucks as big as mine aren't supposed to go through. Then it parked at a safe and secure spot. All in blizzard weather. I have no recollection of how this happened.



Tzvi's truck parked in a safe spot

Spring Hill Times:

You mean to say that somehow you got the truck off the highway during your stroke and you were in a safe spot and you have no idea how you did it?

Tzvi:

No! It is hard to believe but that is what happened. Hashem sent an angel to guide the truck safely off the highway which is extremely complicated even without a stroke during blizzard conditions.

My boss reviewed the dash-cam and even told me afterwards that I should get an award for driving the truck in a most heroic way. But I told them that it was G-d, because there is no way I could've done that and I have absolutely no recollection of any of it. It was an impossible act of driving. It was Hashem, just like He did קריעת ים סוף.

Another amazing miracle is that the truck was left running and it was registered on the company computer log as on standby, idle, (which is why

the company wasn't alarmed that anything was wrong). All the safety breaks for

the truck and trailer were in place, a process that typically takes two hands, as if someone who was healthy and had a brain to think made sure every last thing was done perfectly. This was a major part of the miracle for it was 18 degrees below zero temperature and if the truck wasn't turned on, with the heat set at 70 degrees, I would've frozen to death chalilah. It had to be a shaliach from Hashem, there is no other explanation.

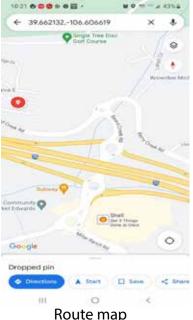
Spring Hill Times:

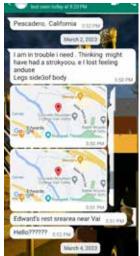
Wow! This an enormous miracle! So what happened when you awoke. How long after you blanked out did you awaken?

Tzvi:

When I awoke, I noticed my phone a foot away from where I was lying. However, being that I only had my right hand working, it was like a million miles away for me. Most of my body was paralyzed. I could not get up and reach for the phone. But I started to try to pull myself up with my right hand. It seemed liked hours until I finally was able to get a hold of it.

When I finally got the phone, I didn't know what to do. Remember, my brain wasn't working. It took time until I finally realized that I had to call for help. I somehow got the phone to turn. Since my left hand wasn't working, I was only able to touch the phone while holding it in my right hand (which was shaking) by touching the buttons with my nose. I then hit a button and I opened my friend's last conversation with me. He is actually from Denver. I then somehow recorded a voice note to him which transcribed my message to him. It wasn't perfect but it was clear that some emergency was happening and I was able to send him my location too. Now this is all documented on his phone and mine so there is witness to this part which





is amazing!

Spring Hill Times:

Wow! The miracle is getting bigger by the minute. So, what happened next, did Dan realize that you were in trouble?

Tzvi:

We will put Dan onto the interview soon for he could fill in many of the details that I cannot, since I was in the middle of a stroke. But after I contacted Dan I was still going in and out of consciousness, I remember davening at one point to Hashem that I didn't want to die alone lying in the truck.

As I lay there and felt my body shutting down, I said the י"ג מדות של רחמים (thirteen attributes) and the Ist pasuk of the Shema. All of a sudden I was talking to my mother a"h. She passed away in 2007.

I never had a dream before about her since her passing. I remember as clear as day just as I am talking to you now. My mother was right there in the truck, she was talking to me and she called me, "Tz-vialeh," as she did when I was a young child. Her arms were around me and she kept saying to me, "Tzvialeh its okay. It's not your time and they will come get you."

If you look at the company computer log it's recorded that I pulled off the highway on March 1st at 3:15 pm. When I contacted Dan it's recorded on my phone that it was after 5pm on March 2nd! The doctor's say that there is no medical explanation as to how I'm alive after a full stroke and so much time elapsed. You could even see on the CAT scan that my right side of the brain was all dead tissue and now it's starting to reroute itself from the left. We will talk more about this later

Spring Hill Times:

Wow! That is truly amazing! We will now introduce Dan to fill in details to this part of the story.

So Dan where were you when Tzvi contacted you?

Dan:

I was about 20 minutes east of Vail, 40 minutes from Tzvi's location, at a condo, in a sauna, listening to music, half asleep after a long ski day when my contact came up on Tzvi's phone. He had no idea I was even on vacation. This is Hashem's workings!

Spring Hill Times:

Wow! The miracles don't stop!

Dan: I was alone in the sauna where I was staying so I had my phone with me with some music on. This was miraculous because if others were there, I would have left the phone outside of the room. The music stopped and I knew the battery was very low so I was sure it was dead. The phone buzzed, as it does when it powers down.

After a couple of minutes it played a ringtone. I looked and it had 3% power (not enough to make a call) and it said Tzvi was calling. Now, he does not remember; but I spoke to him and he told me he was in bad shape and thought something was wrong, he cried out that he can't feel his legs and arm.

He actually said he thinks he may be having a stroke and had taken the Edwards exit near Vail. I asked him why he is calling me and not 911, his reply was odd, he said he didn't know. I remember thinking I have to do something and told him to hold on and I would head his direction. He said something about being careful in the blizzard and I just assumed his condition was confusing him since the storm had passed the day before and the roads were clear.

As soon as I hung up the phone, I tried to call out on my phone but the battery was too low. It was at that moment I saw he had sent me a confusing text ("I am in trouble i need . Thinking might have had a strokyoou. e I lost feeling anduse Legs side3of body") and his location.

I had left the charger in the car. I went out of the sauna and to my condo, I dressed and went back down to my car (clearly, Hashem did not want me hanging out waiting to see if the phone would work in the condo). I jumped into the car, in underground parking, connected the phone and headed for the garage door. The very second it opened, I had a signal (Hashem again) and called 911.

The emergency service person was very patient with me. I asked if Tzvi had called them to tell them he was suffering a stroke... she said, "No, no one had called." I then told them where he might be and that he was in a "big red truck." You see, Tzvi had sent me a photo of his truck some months earlier and all I could recall is that it was big and red. She calmly said something like, "Okaaaay, do you have a better description?" At that moment, I remembered the photo among hundreds on my phone. I stopped the car and looked at my photos... in one or two swipes, there was his truck! I had the company name and number of the truck in my hand in seconds (again, Hashem!). I gave over the information and was told there is someone who was already close to the Edwards rest area (another miracle) and she was sending emergency services as well.

In less than 10 minutes of Tzvi calling me, I knew someone would be there to help him. I drove toward him from the text he provided. While driving, I called my Rabbi and relayed that I was heading to help him but did not know if he was at death's door or not. I asked him if there was something I should be doing. He said I should try to contact the rabbi in Vail and gave me his number. I called the Vail rabbi and he told me he had just left to Go to Denver and was well on his way. He told me the location of the hospital so I headed there. I arrived and was in the emergency room area about 3 minutes before Tzvi arrived.

When Tzvi saw me, the surprise and relief on his face was clear. He said "How is it you are here?" I would like to think I smiled and said "Hashem!" But I don't really recall. I just knew I was happy to see him alive.

Tzvi:

That was nothing short of miraculous too. It says מלאכו לפניך, Hashem in His infinite kindness arranged that Dan be my angel and sent him there to the medical center to be there and help me, to be my advocate before I even arrived!

And I happened to be in Colorado doing a run and not in a different state. The last time that I was in Colorado was 2 months prior. That is another amazing miracle!

I saw Dan as I entered the medical center, I was surprised because I didn't know that he was even in the area. It was a tremendous source of comfort for me, for he is a friend and he took care of me.

When I got there the doctor's weren't sure that I even had a stroke because I was able to talk a drop.

They then called a technician to do a CAT scan and they confirmed it to be a full blown stroke. The right side of my brain was total dead tissue. What's miraculous is that I am a lefty and by a lefty not only does the right side of the brain control the left hands which is why I was paralyzed in the left arm but it also controls the speech. I did truly have difficulty speaking but I was able to speak somewhat. What's more amazing is that the technician was an Israeli named Yochai which means Hashem will give life. What are the odds of having a Jewish Israeli tech do the scan in way out Vail?! We talked in Hebrew a little.

Spring Hill Times:

So what happened next, after they got the results from the CAT scan?

Tzvi:

They tried to get me to a proper hospital in Denver using a helicopter but it was too windy. They drove me there and I went to the neurology department. While there I received a call from a friend who I have known for nearly 30 years. The doctors were trying to figure out why I was able to speak to them since the damage to the language center of my brain was very extensive. I didn't understand what the doctors were saying and handed my phone to them. My friend explained to the doctors that we had studied Gemara together over 25 years ago in Hebrew, Aramaic and Yiddish. He also recalled I spoke Spanish as well. The doctors had their answer, the mitzvah of learning with a Chavrusa had literally allowed me to speak when it should have been impossible. Hashem has performed yet another miracle!

They told me the damage would be permanent. I had missed all the windows of recovery of stroke being that it was so long since it had started. I remember thinking, "That's what they think... they aren't Hashem..." They tried to get me to a proper hospital in Denver through a helicopter but it was too windy. They drove me there and I went to the neurology department. I was there for 8 days. The first few days I couldn't move a thing, I didn't talk either. Then in middle of the night I remember feeling twitching in my leg. I started to move it and the next day I was able to walk. Then my arm started working. This is a tremendous miracle. They had told me that I wouldn't be able to do a thing!

Spring Hill Times:

Wow! That's incredible! What inspiration would you want our readers to take from your story?

Tzvi:

There are two points that I think stand out and that I would want them to understand.

The first is that any Jew should realize that we are all children of Hashem. He is our father. He loves us unconditionally, no matter what our struggle in life may be. Even if you are a simple truck driver like me. Hashem's love is boundless. Just think like a mother and Father that have several children and one is a big tzaddik. The other a successful business man and one is a simple person that never became successful. They love every child the same because they are their children. That's what I felt with my story. When Hashem took the Yidden out of Mitzrayim they were on the 49th level of Tumah and he didn't just take out Shevet Levi he took out the entire nation.

The Gemara says אפילו חרב חדה מונחת על צאורו של אדם אל ימנע עצמו מן הרחמים Even if a sharp sword is one

the neck of a person, they should not despair from crying out to Hashem for help. I was at death's door step and my blood was already dripping from the knife. All I did was call out to Hashem and he listened to me. People have to realize that Hashem is with every Jew every second of the day. Every Jew is worthy of miracles. He wants us to feel his love. If we don't feel loved then we won't want to be a better child - a better Jew. Davening for a miracle isn't just a concept. It's real and that's how I feel now that I witnessed it first-hand. It's all recorded on the company's dash cam, imagine if Yetzias Mitzraim would be recorded on a dash cam! It's recorded in the Torah!

Additionally, we can't take the daily gifts Hashem gives us for granted. Just the simple thing as grasping something in your hand. I couldn't do that with my left hand. There is another thing I see now, you know that every time we eat something and swallow we are being saved from drowning! We have something called the epiglottis which is a flap that covers our esophagus when we eat or drink so that nothing should go in our breathing pipe. Otherwise we would suffocate. Every time we eat a miracle is happening. I realized that only now, because my epiglottis is only working at 80%. It got damaged in the stroke. So every time I drink I have to mix in a powder in the water to thicken it so it will help close the epiglottis. I took the beracha of Asher Yatzar for granted, now I don't! We have to realize like they say in nusach sefard www, even in a second everything can be taken away. Take this from a simple trucker, the beracha of Asher Yatzar is one of the most important and if taken seriously it will guard you.

Just the other day I was in physical therapy and there was a grandmother there with her daughter and granddaughter. We were doing an exercise where they put cones in an order and we have to navigate walking in between them and also tap the cone with a cane. It is similar to a driving test where you park in between the cones. I overheard the daughter telling the granddaughter: You see the things you could do without thinking? Some people have to think before they can do it.

I now appreciate every step that I take and it's all a gift because according to the doctors I should be dead now. It was a real-life changing experience. I cannot let this fade from my memory. It wouldn't be fair to Hashem for saving me. I have to strengthen my belief in Hashem and learning Torah and doing Mitzvos, and spreading His glory to the world.

Spring Hill Times:

Wow, what an inspiration! Tzvi! You don't seem like a simple Jew at all! Really there is no such thing as a simple Jew!

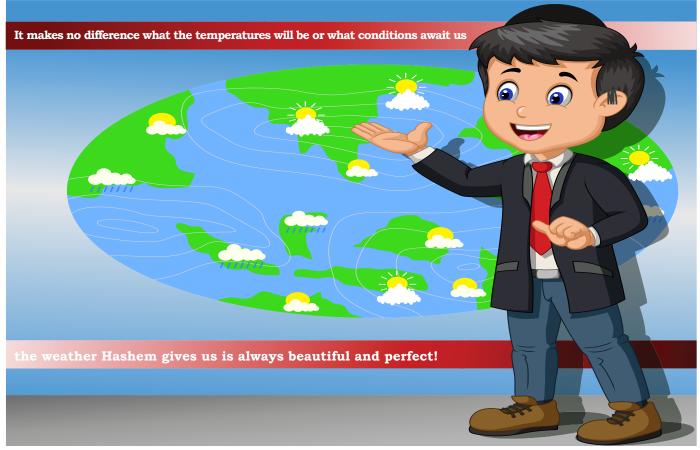
Tzvi:

(Laughing) Well there is no atheist in a fox hole, I definitely grew from this experience. But that's true as every Jew is so loved by Hashem and very special!

The story is not about me, it is an open expression of how Hashem is close to every Jew every day at every moment.

THE SPRING HILL TIMES WEATHER STATION

Weather Reports Brought to you by: Meteorologist Velvel Honig



Rockland County, New York

	l lyur
Low 41°F High 54°F	A.M. showers Yay!!!
It will be a wonde Hashem for giving al fingers!	
Erev Shabbos	14 Iyur
Low 42°F	Showers!
High 57°F	Yum!!!

Perfect day to shecht the Korban Pesach Sheini!!!

Wednesday	l 2 Iyur
Low 41°F	P.M. Show-
High 53°F	ers! Yay!!!

There will be perfect weather to be so happy that you do so many mitzvos every second!!!

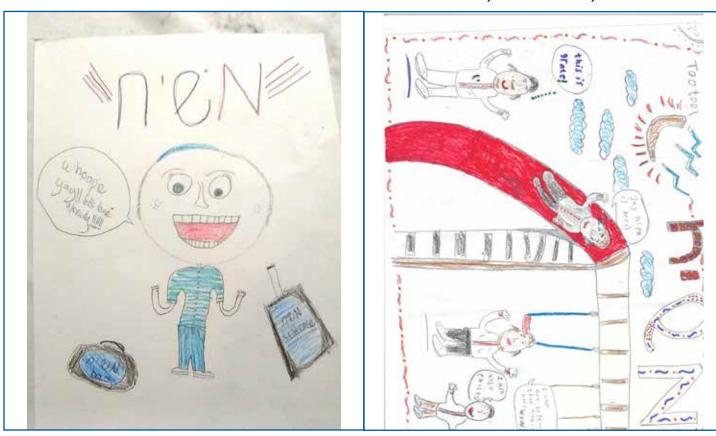
Shabbos K	odesh	15 lyur
Low 49°F	Pa	artly
High 71°F		oudy! Yay!!!
Stunning we brate Hashe cious Kugel!	ather! Per m's Shabbo	fect to cele- os with deli-

Thursday	13 lyur
Low 43°F	Cloudy! Yay!
High 54°F	
	o realize that Hashem st magnificent reward for you!

Sunday	l 6 Iyur	
Low 51°F	Partly	
High 72°F	Cloudy! Yay!!!	
Beautiful weather! Will be a great day to greet Eliyahu Hanavi!		

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

ופתאום יבוא... דhank You Aaron Tzvi Horowitz - 8, for your beautiful entry!



Thank You Avarham Yakubov -11, for your beautiful entry!

Thank You Devorah R. - 9, for your beautiful entry!



SARAH BARCHOV, AGE 11: LIFE WITH/WITHOUT MASHIACH

Beep, beep, beep, Leah was not in the mood of another day. She thought that was life, just boring old school. It was seven forty five as she snoozed her alarm clock. She hoped she wouldn't miss the bus.

Just than her seven year old brother Dovid came in and he screamed, "If you want bread and an egg for breakfast come now!" (It was a very special breakfast).

So she got dressed and went downstairs. She washed for breakfast and was ready for a long day, not knowing what was coming.

"Bye, "Leah said to her mother.

When she got to school her class had already started to daven. Leah davened for something fun to happen.

At lunch, the classroom was noisy. Half-way through the lunch the noise stopped and all of

a sudden Mashiach came!! The girls were sooo excited! No more boring school, they were off

to Yerushalaim, yay!!

Leah's family were kohanim so here father and Dovid went to the Beis Hamikdash, and Leah

and her mother loved life with Mashiach!! (And 100,000 pages of the Spring Hill Times!!)

By: DOVID \$ILVER

In middle of a baseball game by recess, the batter hit the ball out of the park, and it was bases loaded. (Meaning there were previous batters on first, second, and third base.)

All of a sudden, Mashiach had come! This time, everybody would be running home to take a shower, get dressed in their best clothes as fast as they could, and run to Mashiach!

In middle of the best basketball game ever, on one team, Reuven swished from half court, then the other team got the ball. They also scored the best, luckiest shot. It bounced from one side to the other five times, then Mashiach

came!



All the people ran as fast as they could to their bunk, took a shower (it was the first time they had to take showers) as fast as they could, got dressed in their best clothes as fast as they could... and ran to the Bais Hamikdash... as fast as they could!



A GLIMPSE INTO THE PAST

By: Sruli Yelen - Lakewood, New Jersey



Rav Meir Shapiro zatzal giving shiur



Rav Yehuda Zev Segal zatzal

By: Amrom Weinstein - Fallsburg, New York



Rav Michoel Bender Zatzal



Rav Chaim Kanievsky zatzal

TAKE OUT THE GARBAGE IN STYLE

With

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✓ Shabbos Kodesh

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Want to sit and learn in Kollel?

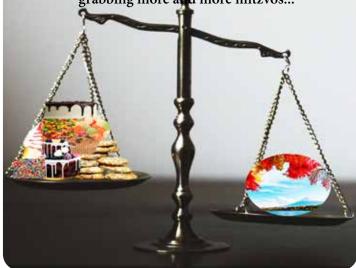
1800's:

What's a kollel? Where can one find one?

If you didn't have a rich shver, you worked bitterly from morning to night to make a few pennies... If you didn't work your family would starve...



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



Today:

Just join the local Kollel in your town where ever you live in:

Eretz Yisrael All over the United States from East Coast to the West Cost.

Canada Mexico England France Belgium Australia Russia







And in so many more countries! Thank You Hashem! We love You Hashem!



Gold Mines Based on the teachings of Rav Yehudah Mandel By: R' Sholom Rosenberg

Learning mussar is very enjoyable. Rabbi



Mandel heard from an eye witness that in Novardok by the Shabbos shuva drasha the oilam was laughing for

hours at the yetzer hara. It wasn't that they stayed away from kinnah, taavah and kavod, they made it look laughable!

Rabbi Mandel says over from his Rebbi,

Reb Gershon Leibman that it is kedai to learn mussar your whole life about the importance and value of learning mussar.

Mussar will change your life. If you learn mussar, you'll learn to laugh at life's issues and you'll live man zatzal a pain free and happier life!



Rav Gershon Leib-

Rabbi Yosef Moshe Mizrachi

Serving Hashem Is fun!

Some people serve Hashem with an attitude of 'Just don't mess up' They try not to miss davening and make sure not to step out of line.

Hashem wants us to be proactive in building our relationship! It's a positive experience! We do mitzvahs and refrain from Aveiros in order to bring Hashem into our life.

My friend Dovid* was going away for Shabos. At first he thought to himself, "How can I make sure that out of Yeshiva my davening and learning won't take a dip..."

Then he caught himself. "Instead of being on the defense let me build!"

He asked himself, "How can I inspire myself and those around me this Shabbos?"

He decided to bring some copies of the Spring Hill Times to Shul and the whole Shul grew together!

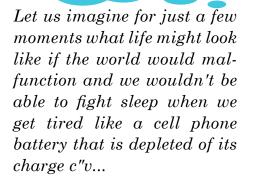


Mazal Tov to Rabbi and Mrs. Yisroel Jundef (Chestnut Ridge, New York) on the Bar Mitzvah of their son Elimelech Gavriel!

Mazal Tov to R' Simcha Rosen and family (Lakewood, New Jersey) on the birth of a new baby boy!

Thank you Hashem for ...

Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Name:	Address:	Phone:	



Men driving home from Kollel or work would fall asleep while driving...

Mothers would fall asleep in the middle of serving hot soup for supper...

The Yeshiva barber would be in the middle of giving his friend a haircut but would fall asleep in the middle... Leaving his poor friend with a half a haircut...

Surgeons in the middle of open heart surgery would fall asleep... Dentists in the middle of working on a cavities would fall asleep...

Two friends would be having a conversation on the phone and suddenly one of them would just fall asleep.

Speakers would be taking in the front of a crowd of hundres of listeners and boom in the middle of a sentence EMOR-IYUR 5783

Let Us Imagine

they would fall asleep and join the hundreds of listeners who fell asleep after the first minute of the speech...

Chasan and kallahs walking down to the chuppah would fall asleep together with all the mechutanim and many guest...

Getting up in time for Shacharis would be impossible!

We would drink tens of coffees but it would do nothing...

Batei Medrashim instead of having the usual kol Torah of thousands of bochurim and yungerleit learning would be like one huge bedroom...

Babies would be crying in the middle of the night and no one would be able to wake themselves up to tend to them...

Truck drivers delivering food to our local groceries would fall asleep on the road causing terrible accidents. The food would spill out all over the highway and would never reach the store. Resulting in a terrible shortage of food...

Waiters carrying trays of soup would fall asleep without warning ...

We would be walking around the entire day with anxiety and fear not knowing when the body would shut itself down...

We would be a bundle of nerves as a result and would let it out on all our family members around us...

Resulting in a terrible worldwide Shalom Bayis crises...

We try to call 'A Life with Bitachon' to get some chizzuk and calm down but we would fall asleep in the middle of dialing the number...

We would all be breaking our bones from falling asleep suddenly c"v... Hospitals would be overwhelmed with millions of patients...

Worst of all we wouldn't be able to so many mitzvos properly...

No more staying up Leil Shavuos... No more staying up Leil Haseder

LET US **IMAGINE**

We wouldn't be able to recognize and appreciate Hashem greatness and kindness...

We would run from one doctor to another. But they would all be sleeping...

All the professors in the world would get together for an emergency meeting... But again they would one by one fall asleep...

The greatest scientists and inventors would be working to the best of their abilities to figure out a solution but everything would fail miserably!

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

Who designed with unlimited wisdom the concept of tiredness????

Who has the unlimited knowledge to create the miracle of sleep???

Who designed with unlimited resources and power that sleep should recharge our bodies?!?!?

Who manufactured with in-

finite perfection that the body should be able to continue going even when tired?!?!?

You Hashem, BLESSED **BE YOUR NAME!!!**

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

Boosting a Student's Self Esteem By: Miriam Balser, age 11, Lakewood, NJ

A nephew of Rav Shlomo Zalman Auerbach learned as a youngster in Yeshiva Kol Torah.

On his first day in Yeshiva, his uncle, The Rosh HaYeshiva Rav Shlomo Zalman Auerbach, tried to make him look good in front of his Chaverim. Everytime a question came up during the shiur, Rav Auerbach turned to his nephew and said, "Nu Yankele, what do you think?"

After the shiur, Yankele went over to his uncle and said smugly, "Showing off your nephew?"

Rav Shlomo Zalman Auerbach answered. "How could you even think of such a thing? That would be the furthest thought of mine to show you off!

My intention was quite the opposite. I noticed that most students were wearing modern short jackets while you were dressed in a Yerushalmi style long coat and a different hat. You stood out so much that I wanted to boost your self-esteem and help you gain the respect and approval of your classmates."

DISCOVERING LIFE'S TREASURES

By: R' Daniel Garfinkel and R' Yehuda Schonfeld Authors of Sefer Ka'asher Tziva Hashem

Transform your day with one small thought!

It was a week before Lag ba'Omer. Eliyahu was walking home after davening when he suddenly spotted his friend Dovid.

"Dovid!" he called, "Did you hear what happened?"

"It's the latest news," he said, not waiting for Dovid's response. "This guy in Nebraska figured out how to change any metal into gold! Isn't that amazing? He can make all the money he wants, whenever he wants! Boy, I am so jealous of him, he is so lucky! Just imagine being able to make gold whenever you want! I just can't believe it..."

Eliyahu stopped to catch his breath so Dovid quickly said, "Eliyahu, I have a little secret to tell you: you are actually richer than this guy! In fact, your abilities are way more amazing than his!"

"Dovid," said Eliyahu, "what in the world

are you talking about? I'm a simple person. This guy is worth millions if not billions! I'm not even in his league!"

Dovid said, "Do you remember the conversation we had before Pesach? The one about kavana b'mitzvos?"

Eliyahu brightened. "Sure, I do! I totally forgot to thank you! This past Pesach was a totally different experience for my entire family! It was so elevating!"

Dovid beamed. "You're very welcome! You see, Eliyahu, you have your very own 'manufacturing plant' for real wealth! At any given moment you can produce a spiritual wealth worth way more than that guy in Nebaska! A wealth worth more than trillions of dollars!"

Eliyahu was still confused."Sorry," he said. "Can you please explain what you mean?"

"Sure" said Dovid. "You see, at every single moment of the day, you have the opportunity to do many, many mitzvos, with



DISCOVERING LIFE'S TREASURES

Continued

barely any effort!

"For example, you can do the mitzvah of chesed to any person you meet simply by saying "good morning" or even just smiling at him! You just need to think beforehand that you are doing the mitzvah of chesed, 'Ka'asher tziva Hashem', and you will have then created for yourself a treasure of spiritual currency that will be yours forever!

"Another example: You can fulfill the six constant mitzvos at any moment since these mitzvos are fulfilled in the mind! Or you can merely look at your tzitzis and think that you are fulfilling the mitzvah to 'see it (the tzitzis) and remember to do the 613 mitzvos' as Hashem commanded. Or, when you pass by a mezuzah, you can fulfill the mitzvah of Ahavas Hashem (loving Hashem) or the mitzvah of Yichud Hashem (thinking about Hashem's Oneness) as the Rambam says to do.

"Another example: At any moment, you can think about Hashem and thereby fulfill the mitzvah of 'Uvo Sidbak – the mitzvah to be constantly connected to Hashem! Or you can say a quick tefillah for yourself or for someone else and fulfill the mitzvah of davening to Hashem!

"Eliyahu," Dovid continued, "Do you understand how wealthy you are?! You can manufacture your own mitzvos! That is way, way greater than all the money in the world! Do you understand what I'm telling you? We are so great, we can do mitzvos all the time! All we need to do is just think that small thought, "I'm doing this mitzvah Ka'asher tziva Hashem!"

For a moment Eliyahu was speechless.

Then he said, "You know what? I never thought about this before! What you are telling me is are absolutely correct! I am much greater than that Nebraskan guy. All I need to do keep in mind 'Ka'asher tziva Hashem' and I can just start creating mitzvos all day! And I have another example of a mitzvah I could do at any given moment: I can thank Hashem for giving me so much good - clothing, my eyes, my ears and I can have in mind the mitzvah of 'Zichron chasdei Hashem', remembering Hashem's kindnesses! Dovid, you just gave me the greatest treasure!

"You know what?" continued Eliyahu, "I am going to share this message with as many people as I can! Why should they lose this fabulous opportunity to become spiritual billionaires? That's the currency that we'll need in the World to Come! I can't believe that I was jealous of alchemist, even for a moment! We are way greater than him! Besides, I heard he is forced to hire bodyguards to protect him from criminals wherever he goes. But we can accumulate all our spiritual wealth without anyone coming after us! Dovid, I'm forever grateful to you for opening my eyes and sharing this secret with me. How can I ever repay you?"

Dovid just smiled.

Note: To learn more about Kavana B'Mitzvos and how to accumulate many, many mitzvos each day, see sefer Ka'asher Tziva Hashem, available at a Judaica store near you.

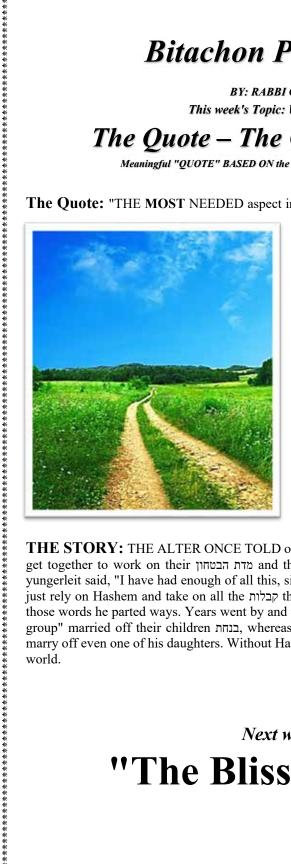
Bitachon POWER!

BY: RABBI CHAYIM TZVI BLAU This week's Topic: What's the Main Ingredient?

The Quote – The Comment – The Story

Meaningful "QUOTE" BASED ON the Sefer Chovos Halevavos "SHAAR HABITACHAN"

The Quote: "THE MOST NEEDED aspect in life in order to be a real עובד ה' is to have Bitachon in



Hashem. When one puts his Bitachon in Hashem, not only will he be a **happy** person for his entire life, Bitachon will even help him to achieve shleimos in his Torah learning. Bitachon is actually the "ingredient" that helps us in all areas of "עבודת ה".

The Comment: WHAT MAKES THIS quote so amazing is that we see that Bitachon is not just about working on one area of Avodas Hashem. Rather the Chovos Halevavos is teaching us that it is THE MOST needed ingredient to be successful in ALL areas of our Avodas Hashem. Having Bitachon in Hashem is the "ingredient" that will help us succeed and achieve greatness in <u>every</u> area of our Avodas Hashem, <u>even</u> in the way we will approach our Torah learning. The reason is because when Hashem is always put into the picture, everything that we do will be that much greater and brought to a higher level. With Bitachon we can achieve more than the sum of the successful and the sum of the

THE STORY: THE ALTER ONCE TOLD over a story about a group of Kollel yungerleit who would get together to work on their מדת הבטחון and they made different קבלות together. One day, one of the yungerleit said, "I have had enough of all this, since I have seven daughters to marry off, I can't agree to just rely on Hashem and take on all the קבלות that you suggest, I must separate from your group." With those words he parted ways. Years went by and to everyone's amazement, all the yungerleit of the "בטחון" married off their children בנחת whereas, sadly, the one who had parted ways was not מצליח to marry off even one of his daughters. Without Hashem we are helpless. With Hashem, we can conquer the world.

Next week's Topic:

"The Bliss of Bitachon"

A Week in Review



6 Year Old Boy Provides First Aid

Yaakov, a 6-years-old boy from Spring Valley, New York, was playing outside with his bike, when suddenly he saw Hatzalah trucks turning into his street. Yaakov did not run to investigate what was happening. Instead, he went into his house to say tehillim for the person that needed emergen-

cy help!

What makes this story even more special, is that Yaakov is still learning how to read, and it takes him a long time to recite a kapitel tehillim!!! [Heard from Yaakov's mother]



Lakewood Man Turns to Hashem

R' Shaul,* from Lakewood, New Jersey was in a taxi together with his son. There was inappropriate music playing. So he asked the driver to please lower it. The driver lowered it a drop but they were still able to hear it.

R' Shaul felt a little stuck. But then he remembered that he could ask Hashem for help.

Immediately after davening to Hashem, the radio stopped playing music and played only ads for the next 10 minutes until the end of the ride!



Hashem Helps Yungerman Find Gemara

R'Yehoshua,* a yungerman in Eretz Yisroel was learning in the Beis Medrash one night. He needed to look up a certain Gemara in Meseches Kiddushin.

He had no idea where it was and he had no one to ask.

So he davened to the Ribono Shel Olam and said, "Please Hashem show me where it is."

He then opened up right to the page he needed, 'א עמוד א!!!



Cough Medicine

An eight-month-old baby got a coughing attack which caused a shortness of breath. It looked very scary and dangerous for the family so they decided to turn on song #83 from the hotline, a song they all really liked. It was the song "הבוטח בה' חסד יסובבנו" and they sang it to the baby.

Right then the baby stopped coughing. The family was again astounded when the baby started coughing again and only after they played the song again did he stop.

A Week in Review



The Ten Year Old Doctor From Lakewood

Avromi, a 10-year-old boy from Lakewood, New Jersey, saw his father leave the Shabbos table and go to bed because he was feeling sick.

Avromi immediately started saying Tehillim for his father, having in mind his uncle as well, who was very sick. By the time his father woke up, he

was feeling much better and Avromi had already completed 100 Kapitlach!! [Heard from Avromi's father]



Broken Film Projector Works

Rabbi Gross. a fourth-grade Rebbe in Chicago, IL, was trying to show his class a film from the Chofetz Chaim Heritage Foundation about Ahavas Yisroel, but it wasn't working.

He tried this and he tried that but it still didn't work.

One of the boys started singing 'Hakol Yachol'. But a different boy said, "Do you really think it's going to get it to work? Rebbi already tried a bunch of things."

Right then it started to work! The whole class got chizuk in Emuna and Bitachon that even though their Rebbi couldn't do it, Hashem could do it! [Heard from Rabbi Zevy Golombeck]



Thank You Hashem!

Malky's* washing machine was giving her error messages. When it gave an error message it was impossible to open the door. She had all her son's white shirts in there and she couldn't get them out. So Malky said that if Hashem helps the error message go away, and the machine opens

in time for her son to go to Yeshiva she will send the story to the Spring Hill Times.

Baruch Hashem the error message went away and she was able to get the shirts out!

BE THE ONE TO INSPIRE TENS OF THOUSANDS OF YIDDEN! BECOME PART OF THIS WONDERFUL NEWSPAPER!

The Spring Hill Times is looking for volunteers to:

- 1. Send in pictures of gedolim from the past.
- 2. Send in pictures of Hashem's beautiful world.
- 3. Send in good news that's being reported (e.g. latest medical breakthrough. Latest discovery in science...)
- 4. Type up messages.
- 5. Create mitzvah ads.
- 6. Write Gedolim Stories.

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

Niflaos Haborie Riddles

By: T. Bauman

I'm quite small for my task. I am hidden and don't show. I work with a partner, Though I can be efficient solo. I clean and filter, Purify and regulate. A machine can sort of do my job, But it doesn't really compensate. Until I malfunction, You don't give me a thought. But those without me, Wish I could be bought!! There's a legume named for me, Because our shape, you can compare So what is your guess? Would you care to share?

Find the answer somewhere on the **BACK** page

Cheishek HaTorah

Riddle #36 for Parshas Emor.

The Mitzvah of the 4 Minim on Sukos, involves the Lulav Esrog Hadasim & Aravos. One can't fulfill his obligation if he lacks even one of the four, as we learn out from a word in Parshas Emor. What it the word?

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 #36).

You can hear stories from the Spring Hill Times being read on the Cheishek HaTorah Hotline. 845-720-4040 Ext 6 Updated every Motzaei Shabbos!



Attention girls and boys:

Do you want an everlasting reward? Here's a simple and easy way:



A simple mitzva which results in a delicious reward waiting for us in Olam Haba!

They care so much about us, and it means so much to them when we are there for them. It's so easy for us to help them. Here are a couple of examples of how we can help them.



When we help our parents it means so much to Hashem, and it makes Him so happy and proud of us!

The Spring Hill Times Worldwide



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the spring hill times @gmail.com





Smoothie! So delicious!! But nothing compared to what you will be getting in the next world for each time you give encouragement to someone!!!

Hashem Loves You!

Ruchi lived with very little money and needed clothing for her children. Her husband lost his job and could not find a suitable job for the past six months. She went to a clothing Gemach to buy quality outfits and dresses at a very low price.

She was very embarrassed that she had to go to this Gemach.

But when she met Mrs. Klein* who runs the Gemach, she was in for a very big surprise.

"Welcome to the Gemach, I am totally at your service to help you get the best clothing for your family", Mrs Klein began as if Ruchi was doing her the favor, "I am thrilled that you are here. You completely made my day by stopping in," said Mrs. Klein with an overjoyed smile.

Ruchi was shocked. Mrs Klein was clearly thrilled that she came and she obviously enjoyed what she was doing.

As she was checking out her new clothing, Ruchi mustered up the courage to ask Mrs. Klein why she was so passionate, ecstatic, and eager to service her Gemach patrons.

Mrs. Klein responded, "Do you have any idea how lucky I feel when I share Hashem's clothing with my brothers and my sisters? The clothing belongs to Hashem, the house belongs to Hashem, and I am privileged and honored to distribute His clothing to His children!"

Ruchi had never heard these words before in her life. She was so happy that she was able to bring happiness to Mrs Klein simply by patronizing her Gemach

Until now Ruchi had been very unhappy and frustrated about her husband's lack of a job. Now, however, she felt very differently. "Everything I have and everything in this world belongs to Hashem", she said to herself. "I am so lucky to be in Hashem's world. His children are the sweetest ever. Thank you Hashem for opening my eyes and showing me the truth that it's not my husband's job that sustains me - it's YOU Hashem, who loves me beyond all understanding who sustains me!" Taken from the 'Hashem Loves

Hashem showers us with Brachos all day long! Everything is His!

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