

The Shushan Habirah Times

לע"נ אבי מורי ר' שלמה זלמן בן ר' ישעיה זצ"ל
ולזכות רפואה שלמה: הינדא בת מרים רבקה, ואברהם דוד בן רבקה בתוך שאר חולי ישראל

Issue 141

VAYIKRA - ZACHOR

Adar 2 5784

This week's issue is dedicated as a Zechus for our brothers and sisters all over the world and especially in Eretz Yisrael and those in captivity. Our Minds and our Hearts are with them. May Hashem Protect, Heal, and Comfort all of Klal Yisrael!

BROOKLYN BOY TURNS TO HASHEM

PAGE 9

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*The Spring Hill Times Wishes all of Klal Yisrael:
A Freilichen Purim!*

*Please note: The next few issues until
Pesach might be smaller than usual.*



WE ARE SO EXCITED TO REJOICE WITH YOU, HASHEM, ON THE WONDERFUL DAY OF PURIM!

Emunah and Bitachon News

**R' DANIEL!
PAGE 60**

SHEMIRAS SHABBOS BRINGS PAR-NASSAH

A Yid related:

I finished davening at the Kosel and searched for a taxi to take me home. A taxi driver approached me, but I hesitated. The sign on the taxi said it belonged to a company that did not keep Shabbos. I waited a bit more,



but it was late, and I felt I had no choice. I decided to ask the driver directly, "Do you keep Shabbos?"

To my surprise, he answered "Yes."

I got into the taxi, and the driver started telling me his story: One day a religious Jew got into my taxi, and in the course of our conversation I told him I was in debt. How much debt? Forty thousand shekels!! The passenger really felt for me and asked, "Do you work on Shabbos?"



I thought he was trying to ask me if I worked enough to try to cover my debt, and I said, "Sure!"

"Don't work on Shabbos," the chareidi man told me. "You'll see that you'll be able to pay off your debts if you keep Shabbos."

At first, I had no intention of listening to him, but I could not get rid of the debts. After a while I started keeping Shabbos, and then I saw that this is indeed a great blessing. Don't ask me how, but the fact is that within a few months I had managed to pay off the entire sum!

Continued on page 3

Bliss & Ecstasy Inc.

There is nothing more exciting than being a Yid!

There is no greater pleasure than feeling Hashem's love!

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Kav Hashgacha Pratis

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

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לעילוי נשמות:

ישעיה בן משה יחיאל מיכאל זיידא, חוה רבקה בת שלמה זלמן, לבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש, דוד זאב בן משה מנחם, אייטל בת שלום אריה, נפתלי בן יעקב, יעקב לבי בן יוסף, דוד יעקב בן משה אליהו, חי חנה בת בנימין, בילא בת נתן, גיטל בת דוד, משה בן לבי, אברהם דוד בן נפתלי, לזכות הבחור משה דוב בער בן אסתר, לזווג הגון בקרוב.

לעילוי נשמת:

ר' שלמה זלמן בן ר' ישעיה זצ"ל



Continued from front page Sometime later, on a Thursday afternoon, I picked up a chareidi Jew, and he asked me not to take another female passenger along the way, because of tznius. "You won't lose anything," he told me. "Parnassah is miShamayim."

I rolled the words around on my tongue – "Parnassah is miShamayim." I sat in the car and stopped near the crosswalk. I had time to think and to talk to Hashem, and I said to Him, "Abba, show me that parnassah is really miShamayim!" I asked for this with my whole heart. I wanted to feel that He was there.

Several days passed, and on Thursday I got a message from my company: "Who wants to go to the bakery to bring bourekas? You'll get paid, and you'll also get bourekas." I took the job and set out. When I got to the bakery I opened the taxi door, left the keys inside, and went in for a moment to bring the bourekas back to the car. I got back to the sidewalk with the bourekas and...Help! No car in sight! They had stolen my car! And it's not even my car! It's worth 70,000 shekels! From where would I pay that? You must understand, I don't have another source of income, just this car and the jobs I do in it. You know what it means



when they say "the source of his bread fell apart"? That's exactly what happened to me, except that I was left with the "bread" – the bourekas – in my hands...

So, to make a long story short, I called the owner of the taxi to tell him what happened, and he told me, "If the keys were inside, then no one will pay for it. It's all your responsibility." The police came, took down details, and took me to the sta-

tion. I sat there for three-quarters of an hour without knowing why I was there and what I was waiting for, and then the police chief came in and pointed his finger upward. "Someone in Heaven loves you," the chief said. "I've been working here



for twenty years, and it has never happened before that within

three-quarters of an hour a stolen car comes back." He motioned to me to follow him outside, and I saw the taxi. Whole. In some corner of the car I had hidden 500 shekels, and that money was still there too. Everything came back safe and whole. Hashem had shown me that parnassah was from Shamayim!

The driver finished his story, and I was very excited about it. And one time, when I had an opportunity to inspire Yidden on Chanukah, I repeated the story of the taxi driver and his car, emphasizing that, "If Hakadosh Baruch Hu had

brought him the money in some special way, the driver would have realized that parnassah comes both from work and from Shamayim, but when Hakadosh Baruch Hu took away his car and then gave it back to him, he saw tangibly that all of parnassah is only from Shamayim!"

Two years passed after I gave that talk, and one of the listeners told me he'd identified the driver from the story, and once he traveled with him and asked him, "If Hakadosh Baruch Hu had brought you money in some special way, would you not have understood that

parnassah is miShamayim?" "I think not," the driver responded. "I would've thought that parnassah could come from all different places, but when Hashem took away my car and then gave it back to me, He showed me that only He gives everything. He can take, and He can return, and all of parnassah is only from Shamayim!" [Kav Hashgacha Pratis]



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HASHGACHA PRATIS FOR SHALOM

I deal with measurements. I don't measure people or clothing; I measure houses. One day a Yid called and asked me to come measure a certain part of his home.



"I am asking you to come at 2 a.m.," he said.

The hour, obviously, did not suit me. "That is not during my work hours," I told him. "I have a schedule for my day, and that hour doesn't fit my schedule at all."

"But it must be then," the Yid said. "You must understand. Seven years ago I extended my house and added a room, and since then my neighbor harasses me day and night. At this point he has succeeded in obtaining an order to demolish the extension. I called a lawyer, and he said I need to get an official permit for building the extension, which is the reason I'm calling you. But I don't want the neighbor to know about it."

I nodded and then proposed an idea that was feasible for me. "I'll come during my regular work hours, but I'll do the work quickly and quietly, and I'll finish up within a few minutes. Agreed?" We agreed.

I showed up at his home, did my work quietly, and on my way out I saw the owner of the house speaking with someone in the stairwell of the building. I wanted to say hello, but I knew that if I wanted to respect his wishes that no one would know I had come, it would be best for me to disappear ASAP.

Half an hour later I got a call from the owner of the house, and he told me excitedly, "Do you know who I was talking to? I was talking to that neighbor who got the order to demolish my addition! I didn't want him to know that I had called you, and just as you were coming in, he entered the building too. I had to hold him up so he wouldn't see you going up to my apartment, so I started talking to him. We spoke for twenty minutes – until you finished. During the conversation, we straightened out all the mountains

We are looking for someone who can lend or donate towards \$1600 to buy an electric bike to help distribute the Spring Hill Times around Yerushalayim.



Please call: R' Yitzchok Dov Goldberg: 02-650-6657

and hills that had formed between us over the past seven years. He explained his side to me, and I explained my side to him. We spoke pleasantly, and we finally made up with each other.

"Hakadosh Baruch Hu arranged that the moment you came, he entered the building as well, and because I had to hold him up, we spoke about all the important things." Hashem arranged all this so that two Yidden should make up and compromise with each other!

[Kav Hashgacha Pratis]

MIDAH K'NEGED MIDAH

I am from the generation of people who bought apartments in a "project." What is thought of today as a city like all other cities, such as Modiin Illit or Beitar, large cities filled with residents living lives of Torah and mitzvos – back then they were viewed as places on the periphery. And when they built a neighborhood in one of those far-flung places, they called it a "project." I purchased an apartment in one of those projects.

I continued living in Yerushalayim, near my parents, in a rented apartment, and I rented out my apartment in the distant city. The years passed, and everyone forgot that this well-established city had once been called the "periphery." Prices



WHEN YOU SEE ANOTHER YID:

Ignore how long his beard is!



Ignore the length of his jacket!



Ignore the size of his wallet!



Ignore which leader he follows!



Don't accuse! Don't judge! Don't convict!



in the area soared, but my tenant continued paying the same price stipulated in his contract when he'd first entered the apartment. That was a one-year contract, but after a year passed, we did not renew it or deal with it, but we continued renting an apartment in Yerushalayim and renting out our apartment for the same prices as in previous years.

People who understood such matters were telling me repeatedly, "Why don't you raise the price? People are paying 2,600 or even 2,800 shekels a month in that area, and yet you continue to rent it out for 1,800 shekels a month!"



They were right, but I did not have the heart to raise the

rent. I knew my tenant was an avreich, and I kept pushing off raising the price.

Some time later, and with pressure coming from several different directions, I informed the tenant that I was raising the price. "I won't take the higher price they're paying in the area," I told him. "But from today on you'll pay 2,400 shek-

els per month. It's less than what everyone else is paying."

He agreed, and we signed a new contract.

What happened several days later? I got a call from my landlord in Yerushalayim and heard, almost like a recording, my own words: "You know that the prices in your area have gone up a lot, and for many years I've never raised the rent. From today on you'll pay an additional thousand shekels a month."

I tried arguing. We negotiated, and ultimately he compromised with me on an additional monthly sum of 600 shekels.

Six hundred shekels! The exact amount by which I had raised my tenant's rent!

I compromised with my tenant, and my own landlord compromised with me. I saw tangibly that I had only gained from my consideration for my tenant. Money comes and goes, and no one can make more than what was set aside for him in Shamayim. The numbers testify. [Kav Hashgacha Pratis]

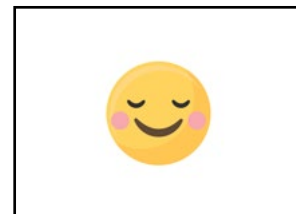


WHEN YOU SEE ANOTHER YID:

Remember that he is part of your family!



Notice his smile!



SEE BEYOND THE SURFACE!

See his holy Chelek Elokaï m'ma'al- his glowing Neshama!



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Initiative for boys
8-13

פרשת ויקרא

1. *How many times did Hashem speak to Moshe and Ahron together?*
2. *When Hashem spoke to Moshe where did the voice come from?*
3. *For how many years in the מדבר did Hashem not speak to Moshe?*
4. *Can two people bring a קרבן as partners?*
5. *Does one need to do סמיכה on a קרבן which is a bird?*
6. *If a regular כהן wears the clothing of a כהן גדול is the עבודה that he does כשירה?*

This week's questions are until פרק ל"א. If you would like to submit answers and be entered into a raffle for a \$25 gift card, please call 848 373 5489. Last week's winner was Yehuda Tendler from Cheder Bnei Torah. To get this Parsha sheet emailed to you every week, send a request to torahsheimah@gmail.com. Sponsorship opportunities available.

לעילוי נשמת ר' בנימין זאב בן ר' נתן ז"ל קאספעל תנצב"ה

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 Pratis

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By R' Yisrael Meir Ehrenpreis

WEEKLY NEWS ROUNDUP

for them to spend the money. Rabbi Golombeck told him that the Chafetz Chaim says that you will end up getting back double when you spend money for mitzvah purposes, and that he should report to him when he gets the money back.

A week later, he called Rabbi Golombeck back to tell him

her friend said, "You know, my natural instinct is always to worry what others are thinking about me and what type of an impression I am making. But I follow the Bitachon Hotline, and it doesn't bother me anymore." Mrs. Rosenberg said, "Whoa, those were the exact words I needed to hear! I'm scared of her, and she's scared of me!"

With Bitachon there's no need to be scared because what does it help to make an impression?"

Clothing from Shamayim

Mrs. Markowitz* needed to buy clothing for her children, but she didn't have time and energy to go shopping. All of a sudden, she received a phone call from her friend who said, "I'm at a clothing store, and I found beautiful clothing for my kids. Do you want me to buy anything for you? They have everything you would like!"



Just like that, she got a package delivered to her house, without having to spend a penny. When she got the clothes, she saw that they fit perfectly, and it was exactly what her kids wanted.

Klal Yisrael is an amazing nation!



that not only did he get back double, but his money quadrupled! He just made a business deal, and he never made such a big deal in his life! He got back four times the amount that he spent! Such clear Hashgacha Pratis!

Impressions are Meaningless



Mrs. Rosenberg* walked out of her house, and she saw a friend, who she had not met in a long time, coming towards her. Right

Hashem's Loyal Nation

Mrs. Newhouse* from England takes a particular course that's given by a non-Jew. One



year, this instructor said to her, "You know, I just checked the weather forecast for your holiday, Purim, and it's going to be snowing and raining. I guess you have to cancel your Purim plans or push it off. What day are you pushing it off to?"

She said, "No, no. We don't push things off. We do it in the snow, we do it in the rain, we do it in the heat, we do it no matter what."

The instructor said, "Wow, that's not the way we work. By us, we only do things if it's convenient. You Jews are loyal; you have such devotion."

What a Kiddush Hashem!

Hashem Showers His Shefa

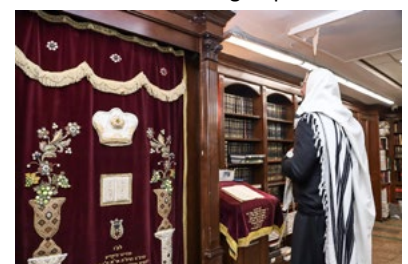
Last week, a man called up Rabbi Golombeck with a question. He wanted to spend money for Shalom Bayis purposes, but it was hard

away, she started thinking: "What type of an impression am I going to make on her? Do I look happy? Do I look the way she wants me to look?" She started getting nervous.

When her friend approached her,

It's Geshmak To Do The Right Thing

Rabbi Golombeck was at Leifer's shul. A Yid by the name of R' Chaim* had a yahrzeit for his mother. He was about to go up to daven for



the Amud, but someone else really wanted to daven for the Amud.

R' Chaim knew that it's a zechus to be mevater, so he let that other person daven. R' Chaim walked away so happy, knowing that he did the best thing!

Yungeman Find Simchas Ha'chaim and More

R' Goldstein,* needed parnassah, so he was tutoring two bachurim, one during first seder, and one during second seder. He didn't really have enjoyment from the tutoring, and it wasn't going smoothly, but he kept doing it because he needed the money.

Then he said to himself, "It's not proper hishtadlus. I learn with more geshmak in Bais Medrash Gevoah, that's where I get Simchas Hachayim.

I need money? Hashem will work it out. He gave up his tutoring jobs and went back to



learning at Bais Medrash Gevoah.

Soon afterwards, someone arranged for him to learn with a bachur whose father wanted him to have a great chavrusa and was willing to pay top dollar. R' Goldstein ended up earning the same amount of money that he gave up from the tutoring jobs!

Milk From Shamayim

Rabbi Golombeck was running low on milk,

and his baby wanted a milk bottle. Right af-



terwards, his neighbor by the name of Rabbi Klein, who has a yeshiva, sent him a message that he had a lot of extra milk that they had brought home from yeshiva, and that Rabbi Golombeck could take as much as he wanted!

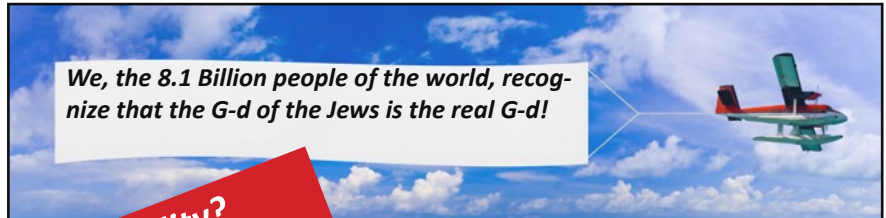
Rabbi Golombeck got plenty of milk! Such Hashgacha Pratis!

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- 1: Daily News Update
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- 4. Shiros V'tish-bachos
- 6: The Spring Hill Times
- 8: Archives
- 9: Leave a Message

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Hashes Takes Care of Us

R' Chaim from Monsey, N.Y., needed \$500. He was walking on the street, and someone came over to him. He asked R' Chaim if he needs money, and he gave R' Chaim \$500!



"Poseiach es - yadecha umasbia - Ichol chai ratzon!"

Hashem is Our Doctor

Mrs. Miller's son was in an accident. He was brought into the hospital unconscious. The doctor said that they were going to have to do multiple surgeries on his brain and that he would not be able to see anymore. Mrs. Miller did not panic. She said to herself, "Hashem is my doctor. He is going to heal my son!"



Not long after that, her son suddenly woke up! He is perfectly fine; talking and seeing! The doctors have no

idea how it happened!

"Ki ani Hashem rofecha!"

Non-Jew is Nice to Yid

Mrs. Grunwald was driving and she was trying to turn onto a certain street. There was a lot of traffic, and she was not able to make the turn.



A Muslim who was walking by stopped all the traffic so that she could turn!

"Ahavti eschem- amar Hashem!"

Man Feels Hashem's Love

R' Simcha, a Rosh Kollel from Lakewood, NJ, was worried. He needed to pay his avreichim, but he did not have the money.



On the day that he wanted to pay them, someone he had lent money to many months before called him up and said that he wanted to pay back the debt! It was \$1,000; enough money to cover whatever Reb Simcha needed to pay for! He felt so loved by Hashem!

"V'divrei nifloosecha - asicha!"

Mrs. Shapiro went to sleep, and she forgot to make a wash for her daughter's uniform. 5:00 in the morning, her baby woke up crying. Her baby usually does not wake up in the middle of the night. She went to see what the baby needed, and she noticed that her daughters uniform was not next to her bed. That reminded her that she needed to make a wash. Baruch Hashem, she was able to wash her daughter's uniform!



Thank You, Hashem!

Bitachon Power

The music player in the Epstein house broke; something happened to the wire. They tried using it but it was not turning on. Mrs. Epstein said, "Let me sing Hakol Yachol." She sang it and then she tried it again. It started playing!



"Baruch hagever - asher yivtach b'Hashem!"

Brooklyn Boy Turns to Hashem

Dovid, a four-year-old boy from Brooklyn NY, had a toy that broke. He wanted it to start working again, so he started to sing Hakol Yachol.



"Avdi ata - yisrael asher - bicha espaer!"

BAIS HAMIKDASH CONSTRUCTIONS

Building Together Hashem's Magnificent House!

Love your friend to no end!

Hashem is Running a Perfect World

Hashes Loves Our Tefillos

Mrs. Horowitz's son was struggling in Yeshiva, and the situation was going from bad to worse. She tried every last hishtadlus, but nothing was helping. It just kept getting worse.



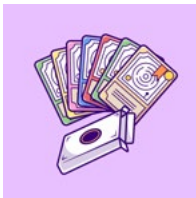
One day she said to herself, "One second. Let me turn to Hashem. He is the one in charge of emotions and He can make my child be happy and successful." She davened to Hashem.

The next day, her son went to yeshiva, and all of a sudden, his brain opened up and he got a tremendous cheshek to learn! She couldn't believe how it changed so fast! Hashem heard her tefillos!

"Baruch shomeiah tefilla!"

You Never Lose Out from Doing a Mitzvah

Miriam Sneider had a Storee Town card collection. She lost 15 cute cards, and she was looking all over for them. She could not find them. She finally gave up. A couple of months



Enjoy YOUR Lunch!

Eat the lunch that Hashem made for YOU with love and care.

DON'T EAT SOMEONE ELSE'S LUNCH!!!



Enjoy: Your talents! Your strengths! Your feelings! Your intelligence! Your family!

later, her sister lost her library book. She asked Miriam to help her look for it. Miriam was not sure if she should do the chessed, but then she decided to help her sister. While she was looking for the book, she found her missing cards!

"Mitzvas Hashem bara - meiras einayim!"

Hashem is Running a Perfect World

Five-year-old Moishy from Lakewood, NJ came off the bus on Tuesday without his coat. It "happened" to be that on that day, his father was waiting by the bus stop in his car. He was able to drive after the bus and get the coat by the next stop!



Thank You, Hashem!

Debt Disappears

Reb Yisrael was struggling to make ends meet. He owed his local grocery lots of money.

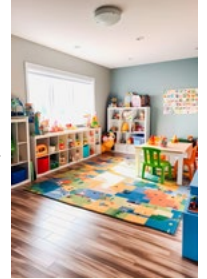


On Wednesday, he was shopping for Shabbos Kodesh and he was thinking to himself, "How am I going to pay for this shopping? How am I going to buy on credit if I owe them so much money?" Then he said, "Hashem, I'm throwing you the bill!" When he got to the cashier, the cashier told him that a yid came into the grocery and paid off his entire debt! Klal Yisrael is amazing and Hashem is running a most amazing world!

"Poseiach es - yadecha umasbia lchol - chai ratzon!"

Hashem is running a Perfect World

Mrs. Strauss is a playgroup Morah. She has an assistant, and she pays the assistant on the first of every month. She usually uses the money that the parents pay her to pay the assistant. This month, most of the parents were late in paying, and she did not have the money to pay the assistant. She asked her husband what she should do. He said, "We follow a Life with Bitachon, and we know that Hashem is our loving and caring father. He took care of us until now, and He will forever take care of us.



Suddenly there was a knock on the door. Someone who owed them money from a very long time ago came to pay up their debt. It was the exact amount they needed to pay their assistant.

V'divrei - Niflaosecha Asicha

Hashem is Our Doctor

Meir, a yeshiva bachur learning in Eretz Yisrael, was suffering from panic and anxiety attacks. He was going from medication to medication, but nothing was helping him. Then he thought to himself, "Hashem is the one in charge of emotions. He can take away all the anxiety."



Not long after that, Meir woke up one morning and the anxiety was gone! He is now off all medication and he is completely better!

"Ki ani Hashem rofecha!"

Yidden Take Care of One Another

Mrs. Simon just had a baby, and she had no idea how she was going to make food for Shabbos.

Her neighbor called her up and said, "We made the entire Shabbos for you! We also arranged suppers for



you for the next two weeks!"

"Mi k'amcha Yisrael, goyechad ba'aretz!"

Ten Year Old Turns to Hashem

Ten-year-old Zevy lost one of the batteries to his drone. He really wanted to fly it, but he only had one battery. He thought to himself, "Hashem is the only one in charge. He could find it for me." He started singing Hakol Yachol. He looked again, and he found it in a place where he had looked before!



In other News,

Woman Flies with Bitachon

Mrs. Hershkowitz has anxiety about flying. Every time she flew on an airplane, she felt terrified thinking about how she was suspended in mid-air.

This time when she flew, she went with Bitachon. She thought to herself, "Why do I feel safe in my house? Not because of

the floor! It is because Hashem is watching over me. Hashem is watching over me on the airplane too!"



She pictured herself being held by Hashem. She had an amazing flight! She actually enjoyed it!

"Baruch hagever - asher yivtach b'Hashem!"

Anti-Semitism Is Disappearing Into Thin Air

A geyores from New York said that her non-Jewish father is paying her rent so that her husband can sit in kollel and learn Hashem's Torah!



Vahei melachim - omnayich v'saroseihem menikosayich

Yeshiva Bachur Loves Shabbos

Dovid had a sinus infection, and the entire week he was taking medication. When it came Shabbos, he was not sure if he had a din of a choleh shn-afal l'mishkov. He decided he was not going to take medication. When Shabbos came in, the pain disappeared. It stayed

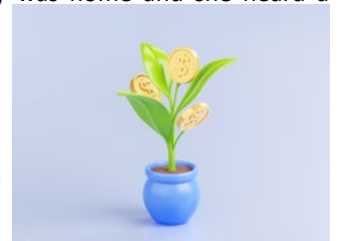
like that the entire Shabbos. Only after Shabbos left did he again start feeling the sinus infection!



Ki Eshmira Shabbos Keil yishmeraini

Eleven Year Old From Lakewood, NJ Lives With Emuna And Bitachon

Eleven-year-old Miriam from Lakewood, New Jersey was home and she heard a knock on the door. At the door was a meshulach. Her parents were not available to give tzedaka.



Miriam thought to herself, "Why should the meshulach go away empty handed? Let me give him some of my own money." She gave him her money. She was planning on going to a toy store later that day, but she was not able to go because she gave away her money. Yet she did not feel like she lost anything because she knew that Hashem would pay her back.

Avdi ata, - Yisrael asher - becha espaer

HASHEM'S FULL TIME SECURITY SERVICE!

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- ALWAYS THERE TO PROTECT YOU
- LIVE WITH NO ANXIETY
- WHEREVER YOU GO

Security for:

- Schools
- Yeshivos
- Shuls
- Families
- couples
- Kids
- Adults

and anyone else



Cheese Delight™

Our Enemies are Nothing More Than Melted, Mushy Cheese!

HASHEM IS IN CHARGE!

Hashem Is Running A Perfect World

Seven-year -old Rikki from Chicago, Illinois, was listening to the Ki Tov Hashem news station. She heard about a young man who was struggling with p a r n a s a and was mekabel upon himself to wash every day so he could say birchas hamazon with a geshmak. That reminded her that she had just eaten bread and she had forgotten to bentch!



V'divrei - niflaosecha asicha.

Anti-Semitism on The Decline

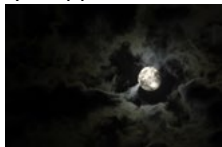
Baruch, a boy from Lakewood, New Jersey, was on the bus. The bus passed by a non-Jewish property, and he saw there a sign that said, "We pray for Israel."



Ahavi eschem - amar Hashem

Klal Yisroel Loves Hashem's Mitzvos

This story happened a couple of



months ago. Rabbi Yeshaya came home on Leil Shabbos, and he realized that he had forgotten to say Kiddush Levana. It was the last night to say Kiddush Levana. It was cloudy outside. His family told him that they're going to have bitachon that he's going to be able to say Kiddush Levana.

Throughout the entire seudah, they kept on checking outside to see if there was a

moon, but it was cloudy and there was no moon to be found. This went on for a few hours.

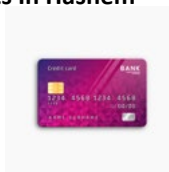
Finally, his daughter turned to Hashem and said, "Hashem, you know how much my father wants to say Kiddush Levana, please bring out the moon so he could do the mitzvah."

She then went outside, and there was the moon! Her father was able to be mekadesh the levana. Klal Yisroel is amazing, how much they love Hashem's mitzvos. And Hashem answers our tefillos!

Baruch Shomea Tefillah

Yeshiva Bachur Trusts In Hashem

Dovid learned in Yeshiva in Eretz Yisrael. His parents came to visit him, and they lent him their credit card. Before they went back, they wanted the credit card back, but Dovid could not find the card. He searched his entire dira from top to bottom, but it was nowhere to be found. It was already 1:45 A.M. Dovid turned to Hashem, and he said, "Hashem, you're the Kol Yachol," and within one minute, he found the card!



In other news,

Shloimy, a bachur learning in Monsey, New York lost his earpods. He was searching all around but he could not find it.



He said, "Hashem, you're the Kol Yachol." He also started saying, "Amar Rabi Binyomin..." While he was saying "Amar Rabi Binyomin," he found his earpods.

V'haboteach BaHashem chessed yisovivenu

Man From Monsey Trusts in Hashem

Shimon, a young man from Monsey, N.Y., was in the bais medrash typing up chidushei Torah. His mouse was not working. He tried this and tried that, but to no avail. So he said, "Hashem You're the Kol Yachol, You can make it work." Immediately the mouse started working!



Baruch Hagever, Asher Yivtach BaHashem

Family From Monsey Thanks Hashem

The Berkowitz family from Monsey, New York went to Montreal for a chasunah. They were on the way back,



and it was snowing heavily. It was a very hard to drive. But they were very thankful to Hashem that there were two snow plows in front of them clearing the way!

Tov Hashem lakol verachamov - al kol massov.

Miracle in New York

Mrs. Schwartz put a hot plate

GUARANTEED TO SOLVE ALL ISSUES, BIG AND SMALL!

LIVE A LIFE WITH ENJOYMENT AND PEACE!

LIVE A LIFE WITH BITACHON!

on the counter. The counter cracked in half. She turned to her family and her cleaning lady, who was there, and she said, "We have to thank G-d." She went



on thanking Hashem. Not long after that, the two parts of the counter, on their own, came back together. One could not see any more cracks. When the cleaning lady saw that, she was so overwhelmed by the miracle that she started crying.

Vidivrei - niflaosecha asicha

Hashem Is Running a Most Amazing World

Mrs. Rosen is a morah. Yesterday, Tuesday, she had a bill to pay, but she had no idea where she was going to get the money from.

For the first time in 13 years, in the middle of the month, one of the parents came to

her and said that they want to pay ahead for the next two months.

Poseach es - yadecha umasbiah lechol - chai ratzon



Anti-Semitism Is on The Decline

Baruch, a yeshiva bachur, was waiting in the check-in line in the airport. It was a very long line.

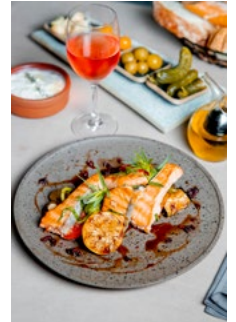
Suddenly, one of the managers came over to him and said, "You look Jewish. It looks like you're going to study. I'm going to bring you to the front of the line."



Ahavti es-chem - amar Hashem

Boss Threatens to Fire Worker, And Worker Celebrates

R' Yisroel was called in to his boss. His boss told him that he wants to fire him. Rabbi Yisroel listens to the "A Life with Bitachon" hotline and he hears that in these circumstances, instead of getting upset, one should celebrate over ice cream, thanking Hashem, because whatever Hashem does is for the best.



R' Yisroel bought the best foods, and he celebrated. The next day, his boss called him in and said that he rethought the matter and he wanted to keep him as a worker!

Tov lehodos LaHashem ulzamer lishimcha - elyon

Hashem Is Running A Perfect World

Ride the Train!

You are speeding towards a most Fabulous destination!

IT'S GOING TO BE TOTAL BLISS!
Just keep on loving Hashem and doing His Mitzvos!

Bitachon Automobiles

Travel Through Life in Comfort

Put Your Trust in Hashem!
It's the Only Way to Get Anywhere!

LIVING WITH HASHEM

By Rabbi Zevy Golombeck

Editor's note: Many of these stories are from Av-Tishrei.

THERE ARE NO ACCIDENTS!

Mrs. Meisels* was going through a very big nisayon and wasn't sure how to handle it. She decided she would call the music section on 'A Life with Bitachon.'



Accidentally, instead of going to the music section, she ended up listening to a random yesod from the beginning of the hotline. That yesod was all about dealing with the particular nisayon that she was going through, and it answered all her questions!

HASHEM IS THE TRUE DOCTOR

Yaakov Goldstein, a yungerman, had to go through a 12-hour surgery,



and the doctors said that the recovery was expected to take about 12 weeks. He called up his rebbi to tell him about it, and his rebbi said that the best way to prepare for surgery is by saying, "Hashem, there is no teva - it is only You, Hashem. I'm going into Your hands."

Two weeks after the surgery, he had every single last ounce of strength back, and he he was back in yeshiva in Beis Medrash Gavoha!

The power of believing in Hashem and not a doctor!

HASHEM ORCHESTRATES EVERYTHING!

On Erev Rosh Hashana, Shmuli Stein davened mincha at 2:00 in the afternoon. He planned on going to yeshiva for Maariv, and he forgot that he

also had to daven kabbalas Shabbos.



He was in his house learning from R' Reuven's sefer about Rosh Hashana. R' Reuven was talking about the tachlis of the briaah, and focusing on when Hashem created the world. He said that is the whole pshat in "Mizmor shir leyom hashabbos" which we say at kabbalas Shabbos. "Tov lehodos laHashem" has to do with Shabbos because the whole point of the world is to feel loved by Hashem. We should sing Hashem's praises and see how much good He is doing for us.

Shmuli Stein jumped up and said, "Oh, I didn't daven kabbalas Shabbos!"

Learning the first shtickel in R' Reuven's sefer on Rosh Hashana reminded him to say kabbalas Shabbos. Hashem orchestrates everything!

HASHEM IS ALWAYS PROUD!

Mrs. Neuberger, from Eretz Yisroel, was listening to a shiur. During the shiur, there was a mention of someone telling someone else "I'm so proud of you!"

Mrs. Neuberger thought to herself, "I'm 47 years old, and never once in my life did anyone ever tell me that they're proud of me. I wish someone would use those words with me!"

Later on that day, one of her children's teachers called her up unexpectedly and said, "Wow, I'm so impressed with your child! You have done such a good job being mechanech her. **I'm so proud of you!**"



A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

- 1 Today's YESOD/Vort on Bitachon
 - 2 Today's STORY of Bitachon
 - 3 ANSWERS to Questions asked
(Answers to 4 new questions each day)
 - 4 This week's connection of Bitachon to the PARSHAH
 - 5 QUOTE from Sefer "Bitachon Weekly"
 - 6 Summary of Rabbi Yehudah Mandel's Thursday VAAD
 - 7 Today's STORY how Bitachon helped someone through a Nisayon
 - 8 ARCHIVES (proceed as regular: 1 for Yesod/Vort section, 2 for story etc.) Press 8 again for Listening Instructions
 - 9 RECORD your Questions, Stories & Comments
- * Back to previous menu
- 0 SONGS of Emunah & Bitachon
(To listen continuously to all the songs, First press 8 and then 0)

SYSTEM INSTRUCTIONS

1 15 sec. back	2 Pause	3 15 sec. forward
4 1 min. back	5 Raise volume	6 1 min. forward
7 3 min. back	8 Lower volume	9 3 min. forward
* Back to Prev. Menu	0 Bookmark save	# Bookmark Continue

Eretz Yisroel	079-704-0068
Lakewood	732-719-3898
Monsey	845-470-5577
Five Boroughs	929-470-5577
England	03-303-502-368
Australia	(3) 99-997-300
Canada	647-498-7700

A Life with Bitachon in Yiddish
Eretz Yisrael: 072-370-1912
USA: 845-262-5115
UK: 0330-325-1260

Thank You, Hashem for Sanitation Workers! They come clean up all our garbage so smoothly and efficiently!



Thank You, Hashem for Car Services/Taxi's! We can get a personal driver to take us at our convenience!



5

Weekly



Thank You's

By: R' Simcha Elefant - Yerushalayim
Ir Hakodesh

L'zechus that people should feel loved by Hashem!

Thank You, Hashem for Light Fixtures! We can light up an area with such beauty!



Thank You, Hashem for Flosses! we can clean in between our teeth so gently and smoothly!



Thank You, Hashem for Remotes! We can control things from a distance so easily!



All you got was a few dried out raisins, dates, a roll and an apple...



&

YOU GOT MISHLOACH MANOS ON PURIM?



You have vegetables with dressings, dips, cut up fruit, candy, chocolates, snacks, cookies, cakes, drinks, fish and what not!

You have no idea how you are going to finish all the food and nosh in time for Pesach!





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 teach in a Cheder. Today, one of the boys was misbehaving a lot. I couldn't deal with him. It was so hard for me.

Why is Hashem giving me such a hard life?

Dr. Chaim Altzigut M.D.
I'm prescribing for you 1 medication:

Let's imagine if the day would have been slightly different...

You walked into class after the lunch break holding your coffee. You tripped over your two own feet and dropped the coffee. You fell flat on your face into the coffee puddle. Your face, suit, shirt and tie were full of coffee. Your hat and yarmulka flew across the room... The entire class is rolling on the floor from laughter and you wish you could bury yourself...

Just then the principle walks in with the school's biggest donor together with a cameraman who is videoing the entire tour...

Later on you got a message from your wife that your 5 year old son has been missing a few hours and is nowhere to be found...

You then get a notice from the bank that due to missed mortgage payments they will be starting the foreclosure procedure.

On the way home from school you are involved in a accident in which you were at fault. Both cars involved are totaled. The police noticed that your inspection and registration expired and issued you tickets. The day in court is scheduled for Erev Pesach 4pm...

Your wife then received a notification from her boss that her job is going to be terminated...

You came home and you saw a big box by your door. You bring in the box and open it. Out jump 56 mice... The box that was supposed to be delivered to the Science Lab across the street came to you by mistake...

Then...

Hey where is the patient? Why did he run away? Oh well, I guess he got the message...

Parsha Game

Fun and an interactive way of learning Torah!

PARASHAS

VAYIKRA-ZACHOR

Q: Where in this week's Parshah do we find a connection with the pictures below?

ANSWERS ON PAGE 41

1



2



Parsha Delight Question of the week

פרשת ויקרא תשפ"ד (5784)

The pasuk (5:18) regarding אשם תלוי states:

“... וְכָפַר עָלָיו-הַכֹּהֵן עַל-שִׁגְגָתוֹ אֲשֶׁר-שָׁגָג ...”

and atone upon him for the shogeg “that he performed by shogeg”.

Isn't every שגג performed בשוגג?

Please email your answer(s) to parashadelight@shiurenjoyment.com and enter to win a \$5 Raffle

 **ShiurEnjoyment**

Contact Michael Yaakov with any questions at maggidshiur@shiurenjoyment.com or (917) 626-8306

LOVE TORAH LIVE TORAH LEARN TORAH

CHAISEK HATORAH

Riddle #81 Vayikra-Zachor

Based on the laws of astronomy, Amalaik predicted their victory. Their lucky hour they figured out, they couldn't wait to give a victorious shout. At the end they lost their lead. Do you know why their plan didn't succeed?

To hear the answer to the question, press x14 # 81 on the Chaishek HaTorah Line 845-720-4040

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

845-720-4040 Ext 6

Updated every Motzaei Shabbos!

Ayin Tova

Seeing the good in every situation



CASE OF THE WEEK:

Rabbi Notis was overjoyed upon hearing that a donor wished to give a very sizable donation.



He began dreaming of all the myriad ways he could benefit the yeshiva and sang his praises to Hashem.

A few days later, he received a message that the donor was renegeing on his commitment as something "came up"!

Help Rabbi Notis have ayin tova for his situation.

Shabbos Financial Inc.

Don't worry about spending money for Shabbos!

IT'S ALL PAID FOR!

100% guaranteed by Hashem!



R' Nesanel Landesman

You can send your suggestions for the AYIN TOVA CASE to:

ayintovanewsletter@gmail.com

Or call [Israeli daytime hours only]: USA: 831-244-6019 Eretz Yisrael: 052-760-5409

Suggestions for the case where Dina seems to be avoiding her good friend, Rochel:



- Dina is planning a surprise party for Rochel and is doing a poor job of behaving naturally to keep the surprise.
- Dina is moving to Israel, and she is trying to make it easier for them to part.
- Perhaps she is going through a very hard time and doesn't want her friend to be dragged down.
- Dina got a job and wanted to keep it a surprise, so she was very secretive about it but also had to work after school.

FEELING DOWN?
Look Up!
Bring Hashem into Your Life!

It's the solution to Every Problem!

- Maybe it has nothing to do with her and girls get that way; she can have something personal going on and she does not want to slip and share it by mistake.
- This may be an opportunity for Rochel to be assertive and question Dina about her unusual behavior. It could be that Dina is going through something and she needs Rochel to reach out to her. It may be that Rochel inadvertently hurt Dina and she is waiting for her to apologize. There are so many possibilities, she will gain by approaching her and inquiring as to what is going on.

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

A Practical Joke



It was really one of the most incredible practical jokes, and it came about spontaneously. My son and I were walking down a dark street approaching our car after Maariv, and we saw a doctor friend who was about six or seven cars ahead of us. And he stopped to open up his car with his clicker, and my car was the car behind his, so I pressed my clicker, and we noticed that he noticed that both cars opened up simultaneously. He looked at his clicker, and he looked at both cars, and we hunkered down behind the car that we were near and watched as he studied this phenomenon. He pressed his clicker again, and so did I, and both cars locked. He pressed his clicker again, both cars opened. Both cars locked, both cars opened. And he was amazed, that his clicker was controlling both cars.



We couldn't contain ourselves anymore, and we came out from behind the car, and he says, "Oh, it was you guys...?! Ohhhh..." and we hugged, and we laughed, and I realized

that that's the Purim story.

And that's the story of life. So much of genius is spent trying to figure out exactly what's going on, but tachlis hayedia sheneida shelo neida: the ultimate knowledge is to know that we don't know. There are more things in Heaven and Earth than you've dreamt of in your philosophies, Horatio!

Good Shabbos!

The Ultimate Mountain Retreat!

Be on Vacation all year round!

Leave all your worries to Hashem!

SUPREME FOUNTAINS

Let the Bracha Flow!

Birchas HaMazon with a Geshmak Inc.

***On behalf of all its readers, the Spring Hill Times says to all of our dedicated volunteers who take off from their busy schedule to help with: typing, editing, proofreading, printing, distributing and writing articles,
And to all those who signed up for monthly payments,
a big:***



It's your steady dedication that helps make sure this beautiful paper comes out each and every week!

You are giving Hashem so much pleasure!

You are making the lives of tens of thousands of people better!

You are inspiring generations to come!

You are helping Klal Yisrael enter into the wonderful era of Mashiach!

The Zechus is mindboggling and the reward is beyond imagination!

May Hashem shower you and your families much Bracha, Hatzlacha, Health, Nachas, Simcha!

With Much Appreciation!

The Spring Hill Times

Purim is a pure outburst of happiness. The simchah in the air is tangible, and it is a day that we wait for with such great excitement. Yet, what is the main avodah of Purim? We listen to the Megillah, have a lavish feast, give tzedakah and gifts to our friends etc. There for sure has to be an underlying message behind all of this?

Let's look at the words of Rabbi Avigdor Miller. 'First and foremost, our job is to thank Hashem. We're full of happiness, because the more happiness we have in us, the more energy we have to thank'. This really sheds light on the essence of Purim. After all, it is very easy to get sidetracked and caught within the joyfulness of the day and we have to remember the purpose behind it. It is a tremendous outpouring of our gratitude to Hashem for the incredible miracles that occurred.

We were under a serious threat of being annihilated, and if not for the extraordinary salvation that happened, we wouldn't be here today. Everything we have is because of the Purim miracle and it is essential that we ensure that this is a day filled with gratitude.

The Sfas Emes notes that an allusion to this idea is when we recite תשועתם היית לנצח, 'You have been their eternal salvation', after the Megillah reading. We are exclaiming that the salvation was eternal. Since Haman wanted to destroy us, the miracle applies to all generations. The entire existence of the Jewish people is solely because of this salvation!

Chazal ask an intriguing question. Why on Purim do we not recite Hallel? After all, such tremendous miracles occurred. Certainly, none less than Pesach, Sukkos and Chanukah. Our lives were completely at stake, and due to a series of phenomenal miracles we were saved. According to one opinion in the Gemara, we don't recite Hallel since reading the Megillah is like reciting Hallel!

The essence of reciting Hallel is expressing our praise to Hashem. What more could express our praise than recounting the phenomenal miracles which occurred and how we were saved?

Another way of expressing our gratitude is during the Purim seudah. Chazal (Megillah 7b) teach us a seemingly mystifying comment, 'a person is obligated to become inebriated on Purim until the extent that he doesn't know the difference between blessed is Mordechai and cursed is Haman. This law is codified by the Rambam and Shulchan Aruch. Since Judaism disdains excessive drinking, what is the meaning behind this law?

One explanation for this is that we have to become so aware how Hashem was in complete control of every aspect of the Purim story, that in some respect there is no difference between Mordechai and Haman, because after all Hashem was completely manipulating events. We need to be so full of gratitude and awareness of Hashem's involvement that we should strive to reach this level.



Our rejoicing on Purim is extremely powerful and can accomplish so much, as we see in the following story.

One time on Taanis Esther, the city of Amsterdam was in great distress. Fish had clogged up a certain dam, potentially resulting in a disastrous flood and placing the lives of thousands in grave danger. The king sent a message to the Rokeach, the Rav of the Jewish community at that time, stating that if this

danger continues in three days' time, all the Jews will be permanently expelled from Holland. Surprisingly, the Rokeach responded that he could meet this demand, on condition that the king provided many crates of wine.

The king was infuriated by this request, presuming that the Jews were rebelling against him. He thought the Jews would be fasting and wearing sackcloth, yet instead they asked for a large amount of wine! The Rokeach reiterated that this was the



only way that they could meet the request so the king complied and a large amount of wine was sent to the Jewish community. That Purim, the Jews rejoiced like never before! Wine flowed and flowed and the simchah was on an entirely new level.

Not long after Purim, the king sent a message to the Rokeach that the fish no longer clogged the dam, ending the impending danger. (Marbeh Chaim, Rav Chaim Brim)

The Rokeach knew how powerful the simchah of Purim was and what it could accomplish. He therefore instituted that his community celebrate Purim like never before, helping arouse great Divine Mercy. When we rejoice on Purim, fueled by love for Hashem for His great miracles, the effects are truly immeasurable!

Lets thank Hashem for the power of prayer on Purim.

Purim is extremely auspicious for our tefillos to be accepted. This idea is alluded to in a well-known halachah that on Purim, Kol haposhet yad nosnim lo, whoever stretches out their hand we are obligated to give them money.

Our Rabbis teach that Hashem also fulfills this halachah and whoever stretches out their hand to Him, will have their requests accepted



This is an excerpt from the weekly Living Appreciation newsletter, for feedback, to subscribe or to obtain our two minute a day inspiring gratitude journal please contact us at livingappreciation@gmail.com

Bitachon Gems



Learning the Parasha with Rav Yehuda Mandel Shlita

לא תותירו - ממנו עד - בקר

We can suggest בס"ד that the קרבן of eating up your ענין without leaving anything over until the morning can be מרמז on the ענין of שמח on the ענין of שמח בחלקו. "Eat" all you have and appreciate all your כחות that הקב"ה gave you. Your unique abilities and נסיונות and background and פרנסה and דרך in עבודה – "eat it up" and enjoy every inch and every particle – it's all from הקב"ה and all total good – including the difficult parts. And don't exclude even a tiny drop of your life, and make sure to appreciate every משהו. It's all מן השמים and לטובה.

Part II

We know that the כיוור was made out of the copper mirrors of הקב"ה and נשי בני"י had tremendous appreciation for them. They helped the women dress up and adorn themselves for their husbands and prevented all kinds of צרות of inter-marriage and זנות with the מצרים.

Part III

We can suggest בס"ד that enhancing and appreciating what you have in all areas is a paramount need for every human. Being a שמח בחלקו is a lifetime job and קנאה causes צרות חנם and all שגאת חנם. The fact that a Jewish כלה is מתקשטת can also be a מרמז on our entire lives in all areas.

Part IV

We don't just stick with what we have - we need to "adorn" and continuously appreciate and admire and thank Hashem for all our qualities.

קרבן עולה ושלמים

Sometimes you have to go all out to destroy a bad מדה like a קרבן that gets completely "eaten" and burned on the מזבח. And other times you hold on to the גשמיות and potential evil and channel it to be used in a positive way – like a שלמים where you eat most of it and enjoy your גשמיות.

Don't forget to be Purimdik all year round

We can say בדרך רמז that פורים is a day of revealing the truths of our lives. We wear scary masks but we realize that it's only a mask and there is nothing to be afraid of. The same is with our issues and daily tests from שמים. They are all דמיונות and fake masks. All our נסיונות aren't real. Usually our pain comes from the loss of כבוד which is הבל הבלים.

Part II

Or we are forgetting the greatness of יסורים which saves us from worse עונשים like גהנום. So all our problems are really a lie, like a mask that's not real. And our partying can be a symbol of what עוה"ז really is. האי עלמא כבי הילולי דמי. A Yid has to realize that this is the truth of his existence על האדם לא נברא אלא להתענג על יד.

Part III

Despite our great efforts and raising children and all kinds of good deeds like זיכוי הרבים – yet, our main תכלית is עיקר חיות – people get side tracked even though שמירת המדות are all wonderful, and they will get rewarded. However, if you're not involved in breaking מדות as a primary part of your life then it's quite difficult.

Part IV

When R' Galinsky ז"ל came to Navardok he heard the Steipler

learned the above חז"ל with a מוסר (that the world is like a party) and in Navardok it was indeed that way since they enjoyed working on their middos. On פורים, יצא סוד – the true סוד עוה"ז comes out and we are involved in סעודת פורים with plenty of dancing and singing. Remember to continue all year to be Purimdik and by working on מדות like מרדכי you'll feel like you're always at a party.

תורים - ובני יונה

A תור is a beautiful small dove called a turtledove. When you bring them for a קרבן you have to bring adults. בני יונה is another variation of dove, and when you bring this kind it should be young (בני יונה). Everybody is different. Some people blossom in their younger years and others are late bloomers and then they shine.

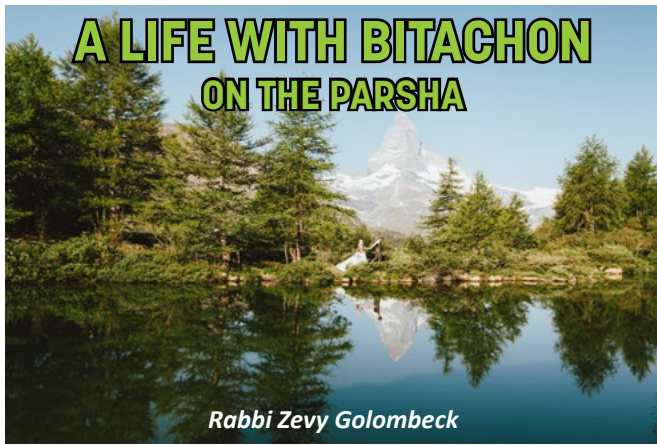
Part II

Sometimes people get discouraged if they feel they didn't accomplish that much in their lives.

A wine which is a late harvest wine is known to be especially sweet. So, a person who wakes up in his later years and only then does he thrive after a lifetime of aspirations and גשמיות can be especially successful.

Part III

Never be מייאש: There were many גדולי ישראל who were דוקא only very late in their lives.



BITACHON ON PURIM!!! V'NAHAPACH HU!!!

Klal Yisroel was living in a very scary situation. It was going from bad to worse. The Yidden felt helpless and hopeless. King Achashveirosh and his best friend Haman, who have all the power and money in the world, were planning to destroy every last Jew r"l. They wanted planet earth to be rid of Jews. They sent out letters to every country telling the population that the day was coming when everyone had permission and was encouraged to destroy the Jewish nation at once. They wrote how everyone would receive all the honor for doing this heroic act, and walk away with all their money. Everyone would be backed by government. It was a win-win situation.

Let us close our eyes for a couple of moments and try to picture ourselves in such a situation. Imagine there are advertisements all over the place, telling everyone that the day was coming, when all Jews would be annihilated. It would seem terrible. There would be no hope and no way

out. Everyone would be in a panic. We wouldn't know where to put ourselves.

But now let's go to the end of the Megilla. What happened in the end? V'NAHAPACH HU! Things turned around from one second to the next. The king commanded that Haman be hung on the spot. The Yidden went from being in grave danger, to being safer than they ever were. They had tremendous power, and a Goy was petrified to put a finger on a yid! Just a few hours before it was so gloomy and hopeless, and now it was Simcha V'Sasson!

Hashem showed Klal Yisroel that, "I am the only Koach." He showed them the tremendous Ahava that He has towards them. He gave them the realization that Haman and Achashveirosh were nothing more than play dough, clay dough, Fisher Price mentchies! They never had any Koach whatsoever. All their money was worth less than Monopoly money. Hashem showed the Yidden how he would turn over the world to help his beloved children!

The message we have to learn is that sometimes we are faced with a challenge, and we find ourselves in an impossible situation, and we have no way to help ourselves, whether it is Shidduchim, Chinuch, Parnassa, health or anything else big or small. We may feel like we are hitting a brick wall and getting nowhere and we get the feeling of, 'I'm stuck! What should I do now?' You know what the Avoda is? To scream out V'Nahapach Hu! Remind yourself that Hashem is in control and he can give you your personal Megilla miracle instantaneously! Hashem says, "Since you realize that I am the only koach in the world, and that in one split second I can turn the whole situation around, and you realize the message that I'm telling you that I am the only power. I will shower you openly with so much Bracha, Chessed and Rachamim," and you will see tremendous Yeshuos!

A Yid shared: *I just invented a new product to put on the market. I went to an expert in sales to ask him his opinion and hear his skilled advice. He responded by laughing, "You think this will sell? No individual will even look at this. It is so unqualified and unprofessional. You're wasting your time. Come up with something better." When I left I was thinking, "I don't believe this silly mentchky. I trust in Hashem and He can make a V'nahapach Hu."*

Before I knew it, the phone started ringing nonstop with people contacting me to order this product. In the end it was a success beyond imagination."

A Yiddishe Mamme shared: *My son had an eye condition, and I went to a doctor. He said that my son had to put a patch on his eye, or else the eye will go from bad to worse. When I came home I tried putting a patch on his eye, but he wouldn't hear of it. He was way too embarrassed to walk around with it. I didn't know what to do. I thought that Hashem could make it get better without the patch. A week later we had a follow-up visit. The doctor gave one look in the eye and he said, "Wow! I can't believe how quickly it healed. It is amazing how well the patch worked. It is completely better." I sat there, laughing inside. This doctor thinks it is the eye patch, when in truth he didn't wear the eye patch for one minute. It was just V'Nahapach Hu! I put Hashem into the picture and He took care of it one, two, three!*

- ***Do I give up on certain things in ruchnius because I am relying on my kochos or capabilities, when if I believed that Hashem is the real Koach, I would push even further?***
- ***How do I react when I have a challenge? Do I run to do things that are relying on people, medications, money or connections, or do I take a moment to remind myself who is really running the show?***
- ***What can I do to really believe that, no matter what, anything can happen instantly, and my loving caring Father can always do a V'nahapach Hu?***

Taken from A Life With Bitachon Yesoid #1,492

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Exciting news!! Coming soon! A life with Bitachon on the Parsha in book form! For dedication and sponsorship opportunities, contact R' Yisrael 732-575-0102.



"The Tzaddik Nistar"

There was a great Tzaddik by the name R' Asher Freind who lived in Yerushalayim. This Tzaddik was niftar about twenty years ago and he still has a big following of Talmidim in Eretz Yisroel. He was a great Talmid Chacham, a giant in Chesed who single handedly started one of the greatest Tzedakah organizations in Eretz Yisroel "Yad Ezra". At the start, he would personally go to the Shuk Machne Yehudah, at the end of the day and go through the huge dumpsters of dumped fruits and vegetables that were still edible, and in a "not so bad" of a state. He would shlep all the bags of goods to his house and then proceed to distribute them to poor people who were in need of free food!

When the store keepers, and owners of the big fruit and vegetable stalls, got hang of what was going on, and taking place, right under their noses, after closing hours, they started leaving out some better-looking fruits and vegetables, for him to take. They realized



that this man had no other intentions, other than Chesed! He really meant what he was doing, L'maan Hashem! It then turned into piles of boxes, until it became small truckloads of goods for Tzedakah, that were being picked up daily, from lots of goodhearted people who were selling their goods in Shuk Machne Yehudah.

Eventually his organization expanded, and he started helping people with clothing and even housing!

He was also a genius in healing brokenhearted people who came to speak to him, at all hours of the day. His famous greeting a person was by making him some scrambled eggs! He clearly understood the disturbed minds, and broken hearts, and offered them clear

שירו לד' שיר חדש!



solutions to their problems. His real underlying koiach was being an Ish Emes" L'maan Hashem!" He couldn't and wouldn't, do or decide on anything for himself or for any-one who came to seek his advice, with any self-interest or kavoid in his mind. He lived for Hashem!

He was also a tremendous Baal Emunah and Bitachoin. He took that, to a gevaldige great level, and to a madreiga that is seen by few. I read about him in a biography book, written by the famous Eretz Yisroel'dige writer, Rabbi Yair Weinstock. It still hasn't yet been translated to English, like so many of his other amazing books that he has written and were eventually professionally translated to English. There are some amazing stories, written in that book about his outstanding Emunah and Bitachoin, and (un)believable subsequent stories of yeshuois and clear Hashgacha Pratis that he experienced in his personal life and with his talmidim. Ma-mesh Himmel'dig, and mind boggling!

I heard a vort from this tzaddik, an amazing new and novel teitch of the term "A Tzaddik Nistar". He said that this term could also very well mean a person who tries his entire life to build things, and they continuously fall apart. It may be in any aspect of life: Toirah learning, Davening, Chesed, doing Mitzvos, marriage, child rearing, Nachas, financial success, social life, health-emotionally-physically-spiritu-

ally-mentally, etc. The Tzaddik is being constantly tested with things becoming "Nistar"- Broken, shattered, crumbled, demolished, and destroyed. He nevertheless keeps on in his Avidas Hashem restarting from scratch, over and over, again and again! He realiz-es that this is his mission in life, it's all from Hashem somehow for his benefit, and he happily keeps on picking himself up, gathering the broken pieces, and moves on in life. Nothing. . . no, nothing can stop this tzaddik, in his Avidas Hashem!

He never gets broken, from all the things that are constantly collapsing all along the way in the course of his life! He arises dusty but smiling, from amidst the rubble of the destroyed magnificent edifices that he has pains-takingly built and then witnessed their sinking and toppling over into huge piles of total worthless crumbled mess. He happily shakes off the dust, and as he's still smarting from his bruises and pain, actually with joy moves on to start anew, building, and bettering, something in his life, that he's living for Hashem! WHAT AN AMAZING TZADDIK NISTAR!

Along the bumpy roads of his life twisting and turning sharply, he maneuvers his drive happily, accepting and enjoying the bumpy, shaky, rocking, winding, and sliding, tough driving test, downward and upward, throughout the challenging obstacle course of his life.

He firmly trusts Hashem, that what-

ever tough pitch Hashem sends his way, be it a curveball, cutter, or knuck-leball. A change-up, or a fast-ball, a slider, and, a breaking-ball, "Everything is for his personal best!" Even when he keeps on striking out, he's still happily in the "game", and he is the real winner! He is Hashem's, and the entire world congratulated Most Valuable Player! The entire world stands on the zechusim of such people, who happily accept everything from Hashem, and keep on going!

THE TWO MYSTERIOUS TZADDIKIM

We can also maybe explain the teitch of the term "Tzaddik Nister" as someone who is a righteous person who we the onlookers cannot understand how they manage to accomplish the tremendous feat of what they are doing in their life! It is "Nister-Hidden" the way they stay Tzaddikim. It's a mystery for us the bystanders, not comprehending how in the world they do what they do, day in and day out!

Despite their handicaps they keep on with an Erliche Yiddishe life all the while smiling, to everyone! Going to Shul, Learning Toirah, doing Hashem's Mitzvois, some even raise families, not wavering in their commitment to serve Hashem, despite their obvious struggle. To us it's a "A Mystery-A Nister", How do they do it!? Myster Nister you are amazing! You are a mystery-nistry! There must be something much deeper in these Tzaddikim's soul, and psych, that we just "don't get it".

The Kensington section of Brooklyn, along with the Boro Park neighborhood, witnessed the ascent to the High Heaven's, of two such Tzaddikim Nistarim, on the same day, about a month ago. They are each deserving of at least one volume of a biography book, if not many more. I will iy"H dedicate an article for each of them, in the near future. Rabbi Papier, and Rabbi Fruchter, were two mysteriously functioning tzaddikim, who I'm sure these neighborhoods were protected in their zechus! Yehei Zichram Baruch!

THE EVERCHANGING 36 TZADDIKIM



NISTARIM

I once heard a shiur (I can't recall from who) about this idea, that the specific 36 tzaddikim on which the world stands on in their zechus, keeps on changing at any given time. Meaning to say that this world has in the



course of a day, many Yidden that for some amount of time they are mamesh acting in the ways of great tzaddikim. Therefore, one can never know at any given time who are the present group of 36 righteous people who are the ones that are keeping the world going, at that exact moment.

It's an interesting, and inspiring thought to have in mind, that y'never know, "who-that's doing what," is the driving force in upholding the pillars of the entire world. It can give you the chills, thinking about some extraordinary things that you have done, that "who knows" maybe for a few short minutes you were the one, that was keeping all the gears and cogs of the universe working intactly! AMAZING!

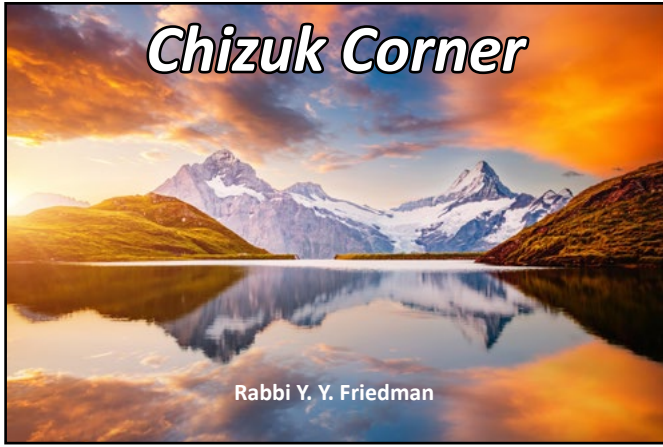
This idea is actually found in the Hei-

lige words of Chazal. "A person should always consider the world as being in half to half balance, of zechusim and the opposite, and his ma'asim are tipping the scale this way or the other way!" In essence we can be the deciding factor with our deeds! Maybe for some time you're the one tipping the scale in favor for the entire world!

I guess this way of thought keeps the tzaddikim nistarim unknown to anyone, only to Hashem Himself!

Boruch Hashem! We should be forever praising Hashem and thanking Him for the privilege to be part of Hashem's Chosen Nation, and to be part of this massive National Power Grid of Zechusim, who are the "Energy Turbines" with our Mitzvois we do for Hashem!

Every little bit, you find and see fit, to do and keep your Neshama lit, don't think and sit, commit, and just do it! Never quit! From your Zechusim everyone will benefit, when you'll recommit, not to act as a hypocrite, but to be Emes'dig and admit, with nothing ever counterfeit. And to stay close-knit, with every Yiddishe misfit, or dimwit, dressed in any outfit. If what for a Yid to say is unfit, you'll always skip and omit, rather kind & Toirah'dige words your mouth will emit, then all the Mitzvois you'll submit, and all the Zechusim that you'll transmit, will all be as is befit, and Hashem will keep the entire world - every tiny tidbit, and megabit, going strong and"Git"!



As we are getting closer and closer to the Yom Tov of Purim our anticipation and excitement is growing. We are already in the second Adar and we had an extra month of preparation for this great day.



Let us discuss the mitzvos of Purim so we can get a glimpse at this amazing day that we are looking forward to.

We see that on Purim there is a great emphasis on being joyful, and at the same time there is a tremendous emphasis on bringing joy to others. "Mishte v'simcha" represents the need to be joyful ourselves. Then there are the mitzvos of "Mishloach manos and matanos l'evyonim" which represent making other people joyful.

So, we see that on Purim we give ourselves chizuk and to others as well. On this day we spend hours and hours of giving ourselves and others chizuk. Isn't that something special?

Mikra Megilla. The concept of reading the Megilla is to internalize Hashem's love to Klal Yisroel. The Megilla demonstrates that even in the Galus, Hashem is behind the scenes paving the way for us with miracles. As we say in the Modim "v'al nisecha shebichol yom".

Chazal teach us that when Moshiach comes all the Yomim Tovim will be batel [disappear] besides for Purim.

The Meforshim explain that Chazal don't mean that the Yomim Tovim will cease to exist. Rather Chazal are just telling us that the Yomim Tovim won't stand out, because every day will

be like a Yom Tov.

However, what's still puzzling is why is it that Purim is going to stand out more than the other Yomim Tovim when Moshiach comes? How do we understand this?

The Vilna Gaon brings a Mashal. There was once a king who had a son that did something terrible. Seeing no choice the king needed to put him in his place and he banished him from the palace.



However, since this prince was the crown prince the king realized that he must be protected. Protection from the wild world and protection from jealous ministers who want to inherit the kingdom themselves.

So, the king devised a plan. He hired a group of body guards to protect the prince. However, they were given strict orders that the prince should not see them. The king did not want the prince to get too comfortable in his exile.



One day as the prince walked into a forest a ferocious bear lunged at him. All of the sudden a shot rang out out of nowhere and killed the bear.

The prince looked around but he didn't see anyone in the vicinity. Wow he thought to himself this must be a stroke of good luck.

The next day as he was strolling in the streets, a vagabond took out a knife to kill the prince, as he was hired by a minister. All of the sudden a shot rang out and killed the vagabond.

These incidents kept on repeating itself, and finally the prince understood that the king was behind this. With much feelings of love the prince returned to the palace and embraced his father, and promised to turn over a new leaf.

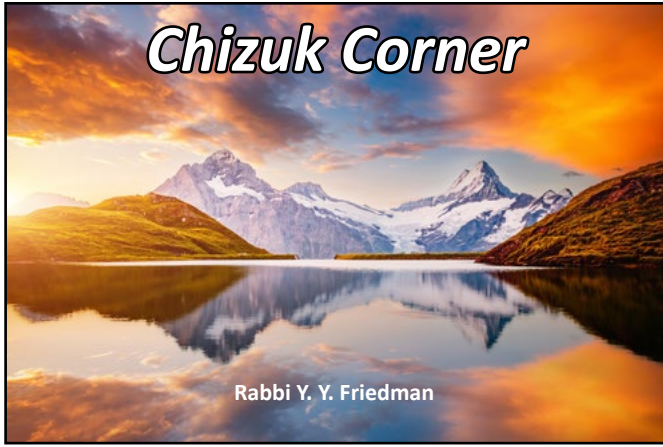
The Nimshal is pretty clear. Hashem sent us into Galus and it would seem to us that Hashem chas v'shalom not watching

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*Hashem stands guard at your door!
Kiss the mezuzah every time you pass it!*



out for us. However, as the Passuk says “v’anochi hasteer as-teer”. Hashem is telling us that He will hide from us, but he is still watching us.

We see from the story of the Megilla that Hashem is paving the way for us and protecting us from our enemies. However, the story of the Megilla has repeated itself many times and we celebrate Ha-shem’s involvement in all the events of our life.

There are many Hamans in each generation, but Hashem constantly saves us from their hands, as we say it in the Haggada.

When Moshiach will come Hashem’s Rachamim and love will be open once again. Therefore, all the Yomim Tovim which represent Hashem’s open love will not stand out as we will once again see the great open nissim very soon in the era of Moshiach.

However, on Purim we celebrate the deep love that Hashem showed us in Galus. The love and protection that Hashem did for us in Galus behind the scenes [so to speak]. This will have an eternal significance even when Moshiach comes.

Purim represents Hashem’s love and protection that is spread out throughout the exile. Through the thick and the thin, He was always there for us.

On Purim we are celebrating Klal Yisroel’s continuity that we still exist today, despite all our enemies plans to annihilate us. So, we make a few L’chaim’s and a huge meal which signifies our own existence.



At the same time, we celebrate together with Klal Yisroel as we include EVERYONE in our joy. This signifies the continuity of our nation as a whole.

Let us hope that this Purim we will celebrate with the deepest of joy and laughter of “Az yimale s’chok pi-nu”. If we are still here in Galus on Purim, let us sing, dance, praise Hashem non-stop and daven from the bottom of our heart for the ultimate simcha B’shuv Hashem es Tzion b’meheira Amen.



Yehoshua Wiseman 054-844-1131

Warning!
THIS IS PURIM TORAH!
IT DOES NOT IN ANY WAY REFLECT TRUE TORAH
WHICH IS KODESH KADASHIM!
IF YOU DON'T APPRECIATE PURIM TORAH, PLEASE
SKIP!

Ask the Purim Rabbi!



Q. Am I allowed to kiss the boo boos of my babies and toddlers on Shabbos?

Is this considered doing Refuah on Shabbos?

A. Excellent Question! After delving into the topic I came to the following conclusion: Best would be to do it through a non-Jew.

ושמעתי שכן נוהגין המחמירים, שנושקים אך ורק על ידי נכרי. But to be mayashev the minhag haolam who don't use Shabbos Goys to kiss their children's boo boos, I think the reason is because ruba d'ruba it's a situation of pikuach nefesh if the child won't get kissed. And as we all know that when it's pikuach nefesh we don't look for a goy.

Even though I have answered the minhag haolam btuv ta'am, best would still be to be stringent and have a non-Jew do the kissing.

יש לחקור אם האיני יהודי יגע במקום הבו בו והאב ינשק היד כל האיני יהודי או להיפך אם האב יגע במקום הבו בו והאיני יהודי ינשק היד של האב האם זה נחשב שנעשה על ידי איני יהודי או דילמא רק אם האיני יהודי עושה הכל...

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

THE GENEROUS DONATION

R' Shlomka of Zeville relayed a powerful analogy:



Suppose a man comes collecting for a certain cause, and before giving his donation the donor asks him for two-dollars change, what enters the collector's mind at that moment? That the donor is giving him a five-dollar bill. If he asks for five-dollars change, the collector expects he's getting a ten-dollar bill. If it would be thirty-dollars change, he'd expect a fifty-dollar donation, etc. In short, the more the change, the greater the donation.

This analogy he relayed to a heartbroken fellow, after losing a close family member and experiencing other challenges, and approached R' Shlomo with the following question:

Chazal say that upon losing a family member, one must make the brachah of Dayan Ha'emes, and that the brachah should be made with the same joy as one would have when making a brachah on good tidings, Ha'tov V'Ha'meitiv. But why is it that only someone confronted with challenges makes that brachah? Shouldn't there also be a brachah for someone who doesn't have any problems? That's also worthy of a brachah! Why is there only a brachah for one faced with extreme difficulty?

R' Shlomo answered, in the same

vein. Hashem follows suit. The more 'change' we have to give Hashem, i.e., the more we have to endure, the greater the 'donation' we can expect Hashem will give us. Thus, when one has to 'give Hashem' more, the more he can anticipate receiving.

"That is why one must make a brachah on the bad and not on just having tranquility and stability. Only the one who has bad has this extra good awaiting him, and that's the cause for this brachah. The other person doesn't have this excitement facing him, so how can he make this brachah? He doesn't have the assurance this awaiting him, and thus he can't make the brachah."

When one has a big challenge, in the light of his emunah, he can see the ultimate salvation coming. That is surely reassuring and exciting, as it means that extreme good is waiting for him. Hence, already at the time of the difficulty, he makes a brachah.

One day, a person told Reb Moshe Kliros, zt"l, the Rav of Teveria, about his many difficulties in life. Reb Moshe told him, "Why are you telling me only half of the story?" The man didn't understand. "You are in the middle of the story," Reb Moshe assured him. "Wait a bit, and you will see how everything turns out well."

THE CATERER'S MENU

One of the major parts of a simchah is the food one serves at the event. By many simchas, the baalei simchah hand over this task to a caterer, freeing themselves to be involved in the other elements.

If one would go into a simchah hall's kitchen, it isn't always evident what type of event they're catering for. But, by looking at the amounts of food

being prepared, one can usually guess what they're catering for.

If he sees them making a pound of chrein, horseradish, then it's probably a family Shabbos meal, maybe a sheva berachos. If there's five pounds of chrein, then it's more likely a bar mitzvah meal. Ten pounds of chrein are probably more for a chasunah, while twenty pounds would be more for a "Rebbishe" chasunah, and so forth. Again, the bigger the amount, the larger the party.



R' Elimelech Biederman uses this mashal to explain a similar point to what we've brought above. When a person confronts a bit of chrein, i.e., bitterness in his life, then he could anticipate a nice Shabbos ahead. While it's certainly an enjoyable meal, it doesn't compare to that of a bar mitzvah. If there's more bitterness, he can look forward to something better. The greater the darkness, the better the salvation awaits him.

So, when someone feels like he is encountering the greatest darkness, you know what he should expect? He should expect extreme good. The greater the darkness, the greater the



Continued on next page

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey



forthcoming light.

Remember: "When the pot is bubbling, something good is cooking."

THE ROSH KOLLEL'S QUANDARY

A Rosh Kolliel from Bnei Brak found himself in a quandary. He was faced with bills from the Kolliel that were adding up, and he was un-



able to cover the Kolliel's expenses. He was unsure how to proceed. He heard from other Kolliel fundraisers that going to America didn't always bring them the necessary funding, and sometimes it barely covered the cost of their plane tickets and trip expenses.

He therefore went to the Chazon Ish and posed the question to him. The Chazon Ish responded that should go to America for the money.

"Does that mean that I'm getting a brachah that I'll get all the necessary funds in America?" asked the Rosh Kolliel. "Are you saying that it'll be the salvation for my dilemma?"

"No," responded that Chazon Ish. "All I said was that you shall go. I did not predict the outcome." The Rosh Kolliel accepted the Chazon Ish's words, and left his home.

After two weeks of humiliation in America, he saw in the end that he hadn't even raised the money to cover

what he laid out for his trip, certainly not to cover the Kolliel's budget. He didn't quite understand why the Chazon Ish therefore suggested he go in the first place, and was plagued with disappointed thoughts the whole way home.

When he landed in Israel, he took a sheirut, shuttle, to Bnei Brak. Next to him sat

a man who introduced himself, and they started a nice conversation. The Rosh Kolliel asked him why he'd come, and he responded that he had come because of his father. Eleven months ago, his father had passed away and had requested to be buried on the outskirts of Bnei Brak. Although he'd lived in England, he nevertheless was close to many rabbanim in Bnei Brak, and thus had a big yearning to be buried there. The son had fulfilled his father's request, and now was returning to put up the matzeivah, gravestone.

The man asked the Rosh Kolliel where he could find ten people for the Kaddish that he wanted to say following the placing of the matzeivah. The Rosh Kolliel replied that he would be happy to arrange it. And so, before placing the matzeivah, the Rosh Kolliel took some of the Kolliel yungeleit to attend and make the minyan.

After the placing of the monument and saying Kaddish, the man was so moved by the conduct of these yungeleit and their kindness in willing to attend this event despite their busy schedules. He offered the Rosh Kolliel a donation toward his Kolliel,



which the Rosh Kolliel happily accepted. Upon looking at the sum on the check, he saw that it was written for the staggering sum of one million dollars! The Rosh Kolliel had got-

Continued on next page

VENOMOUS SNAKE ALERT

WARNING: This venomous snake seems harmless and innocent. He spreads his highly contagious venom making it impossible to retract.

ALWAYS BE ALERT

Lashon Hara

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

ten the entire sum needed to cover the Kollel's budget, and more.

He then understood what the Chazon Ish had intended for him. The sum he received was much greater than anything he could've anticipated from all the donations he had been awaiting in America, but he wouldn't have received it had he not been on that sheirut. (Heard on Stories to Inspire, from R' Duvi Bensoussan)

There are several lessons that can be learned from this story. One is that one should always follow the advice of gedolim; by following them, we will always gain. But another lesson, along what we've been saying here, is that this Rosh Kollel got the yeshuah only after it seemed that he had no way out. After seeing his "last ditch effort" go nowhere, that is when the yeshuah originated and he was able to cover his Kollel's bill.

L'CHAIM



Someone complained to Rebbe Sholom of Kaminka about his bitter lot in life. Rebbe Shalom told him, "Everything is sweet. You just think that it's bitter." The man replied, "How can you say my life is good?"

Rebbe Shalom answered, "Alcohol tastes bitter for those who aren't accustomed to it. But this bitter drink leads to joy... Similarly, although things seem bitter, it is really joyous. Something good will come from it."

This can be compared to a person



lost in a forest for a long time. Finally, after wandering for days, he notices a clearing in the distance. He rushes there and sees that it is a cemetery. He is overcome with relief because he knows he is near an inhabited area.

Generally, finding a graveyard isn't a joyous occasion, but for this person, it was a joyous sign because it signified he was near civilization.

The nimshal is that people don't generally associate hardships with happiness. Nevertheless, when you know that the difficulties are a sign that something very good will follow, you will be happy with the hardships too.



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Purim: Joyful Servants of the King

The yeshiva bachurim were surprised when an elderly non-Jew approached them, but they were even more surprised by what he said. "You know, I've been meaning to tell you young men how much I appreciate certain things about you," the stranger remarked. "Whenever I see you, you are always dressed in such a respectful and dignified way. And the most impressive thing of all is that you are always smiling. I can see the satisfaction on your faces, and it really is such a pleasure for me to behold."



The mood and state of mind of a ben Torah are an important part of shaping the impression that others will have. The pesukim in Nechemiah (2:1-3) relate that Nechemiah, who was employed as a servant of the king, was distressed over the destruction of Yerushalayim and the plight of his brethren. When the king noticed his unhappiness, he accused Nechemiah of being displeased with his status as a royal servant, and Nechemiah became extremely frightened, fearing that the king would punish him.

Rav Avraham Pam zt"l pointed out that this incident illustrates a very important principle in avodas Hashem. When a person who lives a life of Torah radiates unhappiness and displeasure, it reflects negatively on his life's pursuit — serving Hashem. When such



a person is unhappy or depressed, others who observe him will conclude that serving Hashem is not a valuable or enjoyable experience. It stands to reason, then, that it is of vital importance for a ben Torah always to project an air of joy and contentment, in order to demonstrate how wonderful a life of Torah truly is.

The holiday of Purim is known as a time of simchah, but it is important to recognize the true nature and purpose of that simchah. On Purim, we have an opportunity to infuse our service of Hashem with joy. And as we have seen, bringing joy into our service of Hashem is a crucial part of our role as the purveyors of kiddush Hashem in the world.

Rav Yitzchak Hutner zt"l uses a mashal to explain the difference between the joy of Purim and the simchah of the other holidays throughout the year: Many people, upon recovering from an illness, hold a special feast in order to celebrate their recovery. At most of these celebrations, the degree of joy that the recovered patient demonstrates tends to be proportionate to the degree of danger posed by his disease and



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to the efficacy of the cure. The more dangerous the disease and the better the prognosis, the more joy the person will display.

But there is one type of illness in which the degree of the patient's joy is not dependent on the severity of his condition. This is the state of depression, a condition that itself limits a person's ability to experience joy. When a person recovers from this illness, the joy that he displays is more than merely a response to his recuperation. Rather, the joy itself is the sign that he has recovered. The more he is able to celebrate, the further he extricates himself from the morass of depression that his condition created; every increase in his simchah is a reason for even greater joy. Thus, the delight of a person who has recovered from this illness is limitless by its very nature, as the joy itself continues to increase of its own accord.

Rav Mattisyahu Salomon shlita (Matnas Chaim: Moadim) elaborates further on this discussion. Before the miracle of Purim took place, the Jewish people were in a state of extreme melancholy. They had lost the ability to find joy in their performance of mitzvos, and they turned instead to the feast of Achashverosh in their search for happiness. After their salvation from Haman's decree, however, they rediscovered the vast potential for joy in the observance of



mitzvos. As they regained the ability to love Hashem and His commandments, they renewed their commitment to the Torah, and their newfound simchah shel mitzvah became a source of endless happiness for them.

On Purim, each of us is

charged with absorbing this uniquely Jewish simchah, the joy in keeping Hashem's mitzvos, and making it part of our service of Hashem. The more we are able to feel this joy, the more reason we will have to rejoice. This simchah, then, is an integral part of our status as the nation of mekadshei Hashem.



In Review: Purim is a time for us to rediscover and renew our simchah shel mitzvah — the joy we experience in performing mitzvos. That sense of joy is important for us to cultivate, because it enables us to convey the message that serving Hashem is truly a source of joy, and that there is nothing in the world that is more enjoyable.

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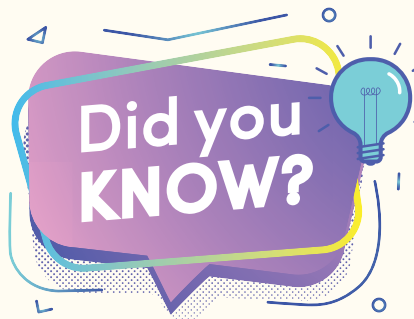
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Yum! Yum! Yum!
But nothing compared to what's waiting for you in the next world!

By: Rabbi Zevy Golombeck



Did you know that it says in America's Declaration of Independence, that everyone has a right to the pursuit of happiness. Pursuit means that you



have the option to explore the whole world, every corner, to look for happiness. Pursuit means that you can look for it, but you'll never find it. That's the difference between a goy and Yiddishkeit.. Yiddishkeit IS happiness!

Rav Shlomo Zalman Aurbach explains, "Mi shenichnas Adar mar-bim b'simcha." Look at Orchos Tzadikim Shaar Hasimcha. What is the recipe for simcha? You don't have to go on roller coasters, or go on vacation, or explore anywhere. The goyim offer artificial fun that doesn't bring happiness.



One thing is called happiness. That is to feel loved, watched and protected by Hashem.

That is the avodah of Adar! Think of ways you feel loved by Him. Think of abilities and things you have that some people don't have. Realize that Hashem loves you, and He created the whole world just for you! Everyone and everything that you see is just for you to feel loved! "Bishvili nivra haolam."

As my Rebbe said over from his Rebbeim in Navardok, that people like to drink on Purim to become happy. You know what we do on Purim to become happy? We start feeling loved by Hashem! That is the ikkur way. Wine is a tafel. If you make the wine the ikkur it comes and it goes. It's not there to stay and it's not true, intrinsic simcha. The real true and intrinsic simcha comes from learning Bitachon. On Purim, they would spend more time working on Bitachon than drinking wine!

That is the ikkur simcha!

Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

When you work on emunah and bitachon, you're able to see past the fake impressions that distract you



from Hashem's infinite power. A skyscraper, suspension bridge, or tunnel with all the modernized hi-tech, they look

so real, so powerful, so impressive. A hospital build-

ing together with the advanced equipment, the doctors, dress codes, and the unfamiliar terms can all sidetrack a person. A courtroom looks so official: its protocol, the code of conduct, and all the unfamiliar terminologies can also overtake a person.



With Emunah and bitachon you realize that these things are nothing and insignificant compared to Hashem. Hashem is the only Power and He can do everything and anything; there's no reason to ever get overwhelmed or intimidated.

The gvir also, don't get too impressed and sidetracked by him. Everything in this world Hashem created!

R' Mandel says no matter how great a person is, don't get too intimidated and forget about Hashem. Realize that he too and all his accomplishments Hashem created.

MAZEL TOV!

Mazel Tov to R' Dovid Meshulam Weiss and family (Chestnut Ridge, New York) on the birth of a baby boy!

Mazel Tov to R' Tzvi Keshelvesky and family (Yerushalayim Ir Hakodesh) on the birth of a baby boy!

Mazel Tov to R' Yisroel Meir Joselit and family (Jackson, New Jersey) on the birth of a new baby girl!



By: Rabbi Eliezer M. Niehaus

This column is part of the "ASHER TO THE YATZAR" initiative. If you would like to receive the monthly leaflet, please email ashertotheyatzar@gmail.com.

One Hundred Thousand Operations

We saw in the last issue that one of the best ways to be *מרבה בשמחה* and acquire the life changing *midah* of simcha is to pay attention to the myriads of constant kindnesses that Hashem is doing for us. At first, they may not seem so exciting, but if we imagine life without them, we will quickly change our minds. For example, did you ever sprain or hurt one of your fingers? Suddenly, buttoning your shirt became a daunting task! So, isn't it lots of fun to have fingers that move swiftly and painlessly?

Let us develop this idea with the following story (which hopefully never happened):

Little Yankel was crawling on the floor, enjoying his freedom after being cooped up in his crib. His mother was trying to prepare lunch and at the same time keep an eye on her little guy. Suddenly, she heard a squeal of joy as Yankel discovered a small, glittery object. Knowing that little people discover the world through their mouth, she ran towards him, but he saw her coming. With supersonic speed he stuck it in his mouth and swallowed it. His mother picked him and tried getting him to cough it out, but to no avail. She called her friend who told her not to worry, as whatever it was will pass through his system. Unfortunately, it wasn't so simple, as Yankel soon began to scream in pain. His worried parents called *hatzalah* and they rushed him to the emergency room. After looking at the x-rays the doctors told Yankel's parents that they saw a small screw lodged in his small intestine. He would need an emergency operation to get the foreign object out of his little body. After a several-hour operation under full anesthesia, the team of surgeons managed to get the screw out. They had to make several incisions and the recovery was not so simple, but Yankel's parents were thankful for the happy ending.



Rav Elya Lopian *zt"l* would say that in truth, this is what happens each time we eat. We are in essence putting a foreign matter in our bodies, and if it would stay there, we would be in mortal danger. We really should run to the emergency room to have the waste product removed. Instead, Hashem created our bodies in a way that it is removed safely and painlessly. Rav Elya said that before we say Asher Yatzar we should bear in mind six wonders: 1) The best "Doctor" in the world 2) is removing a foreign object from our bodies 3) in the easiest manner 4) without anesthesia 5) without pain 6) and with no charge! Since Asher Yatzar was so dear to him, Rav Elya would always put on his hat and upper garment when saying it. He would add that really, a person should have so much simcha from the wonders that Hashem is performing for him, that he should put on his *streimel* and *bekesha* (or other Shabbos clothing) before saying this beracha.



Let us do a little math. An average person uses the restroom six to seven times a day, which means 210 times a month and 2520 times a year. So, by the time he has reached the age of 40, he has undergone 100,000 operations without doctor visits, medical forms, pre-ops, fasting, recovery rooms, hospitalizations, morphine, pain killers, and follow-up visits! Let us try to use the above to not only help us say Asher Yatzar with simcha, but also to walk around with joy in our hearts all day long!

Rabbi Niehaus is the author of "Oasis: Experience the Paradise of Shabbos" and "Heavenwords: Elevate your Tefillah and Yourself". He is the Rosh Kollel of Kollel Zichron Aharon Yaakov in Kiryat Sefer and is a rebbi in Yeshivas Beis Dovid and Yeshivas Imrei Binah in Yerushalayim.

BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau



The Quote – The Lesson – The Story

The Quote: Why did Hashem make it that a person doesn't get directly from Him? Why can't we have food land from the sky do our doorstep? Why did Hashem make it that a person has to do histadlus – acts to attain a livelihood, it would be so much easier and geshmak if we did not have to do anything and we would receive our livelihood directly from Hashem – like the Yidden in the midbar?

The Chovos Helevavos says that one reason is because Hashem wanted to test man if they will indeed earn their livelihood in a permissible way, following everything the Torah expects from them.

The Lesson: WHAT MAKES THIS IDEA SO INCREDIBLE AND AMAZING, is that if a person cheats other people Chas V'Shalom or makes gets his parnessa in any way that is against Halacha or hashkafa then he missed the boat in life! The Chovos Helevavos is teaching us that one of the whole ideas of our involvement is so that we should do so in a kosher way! If we understand and realize this concept, we struck gold! If we live with Bitachon and understand and realize that it is all from Hashem and all the acts is because He wants us to do it, so do it in the correct way! And if we do – we WON the jackpot! If we remember this concept and act this way, we are fulfilling our tafkid correctly we can have the title of being an ehrliche Yid!



The Story: IN THE CHOFETZ CHAIM'S CITY there lived a man who would close his store very close to the onset of Shabbos, and on מוצאי שבת he would quickly run to open it. The Chofetz Chaim told the Yid the following Mashal: There was once a simple farmer who filled his wagon with wheat and went to the large city to sell it. When he arrived, a group of people gathered around his wagon to buy the wheat. The farmer was concerned that the people would try to cheat him by paying for only some of the wheat that they had taken. To prevent that, he told his potential customers to put a cheap copper coin into his hat for every sack they filled with wheat. That way, when they finished filling their sacks, the farmer could count the coins and know how much they owed him.



The customers agreed and quickly began filling sacks with wheat, and the farmer's hat with coins. As the farmer saw the growing pile of money, he could not resist the temptation to pocket some of the coins.



The foolish farmer did not realize that for every coin he took he was losing money for an entire sack of wheat.

The Chofetz Chaim told the man, "Shabbos is the מקור הברכות and the six days of the week are blessed because of Shabbos, and the more honor you give the Shabbos the more blessing you will have during the week". The Chofetz Chaim concluded; "If you shorten your Shabbos to run to work you are also shortening the amount of shefa of parnessa that you will receive that week."



Continued from Chapter 2:

The Torah Obligation to Enjoy Olam Hazeh

Olam Chessed Yibaneh

Rav Reuven Garfinkel of Lakewood, New Jersey, offers the following insight, which demonstrates the world's inherent goodness:

Chazal teach us that Hashem created the world for chessed, and if we look around at the world, we can clearly see how this is true. Unlike animals, people have many needs. No one can provide himself with all of his own needs. From the day a person is born until the day he is buried, he must rely on other people to help him.

But how can we convince people to provide us with our needs? We do it by paying them money. And to get our money, we provide people with the goods or services that they need!

What comes out is that the world consists of billions of people busy from morning to night providing each other with their needs! The world is, in essence, a gigantic chessed organization!

Note: Chessed does not only refer to doing free favors. Our gedolim teach that any businessman, storekeeper, or service provider is constantly engaged in chessed, since he is providing goods or services to others who need them. The money he earns does not detract at all from the chessed. However, fulfillment of this mitzvah of chessed and reward for that mitzvah may depend on whether one had kavanah to fulfill the mitzvah. It's therefore vital to think about the mitzvah of chessed when engaged in business. Having this kavanah will transform each workday into a "treasure trove" of mitzvos! This is an unparalleled opportunity,

which one should surely not pass by. See Ka'asher Tzivah Hashem by R' Daniel Garfinkel, pp. 51 and 114, for an elaboration of this idea.

This truth of the goodness of humanity is sharply perceived when a person becomes seriously ill or frail with age. At such a time, one feels weak and vulnerable, and he begins to realize how many people are

available to care for him — not just his immediate family but the entire medical system: doctors, specialists, nurses, therapists, and much more. He also recognizes and appreciates that he is the beneficiary of a tremendous amount of medical research and technological innovation that has been ongoing since the beginning of history! In this way, he comes to realize that this is a world full of kindness.



However, a person should not wait to get sick to recognize this fact. Healthy people should think the same way. For example, when traveling by plane, a person should think about all the benefits he is receiving: spacious, beautiful airports, fast, comfortable jet planes, air traffic controllers, government safety regulations, and much more. If a person trains himself to think this way, seeing chessed everywhere, he will greatly increase his happiness and enjoyment of life.



Chazal Knew How to Enjoy Life

We find in the Gemara that the Tanna'im and Amora'im enjoyed the pleasures of this world.

The mishnah in Maseches Brachos describes the festive seudos of the people in that era. Although their homes were not nearly as luxurious as ours — for example, their floors were just sandy ground — they did enjoy some things that we do not. For instance, at the end

of a seudah, they would bring out sweet-smelling incense to fill the house with a pleasant, enjoyable aroma. (See Brachos, perek 6, mishnah 6)

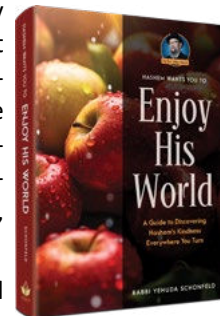
Additionally, we find in the Gemara that third-born calves were known to have the tastiest meat. (See Ta'anis 12b, Chulin 133a, Shabbos 11a) While today we have access to many delicious meats, we don't find any that list the birth order of the animal being sold! Yet Amora'im would serve this kind of meat at special occasions, and they certainly enjoyed it greatly.

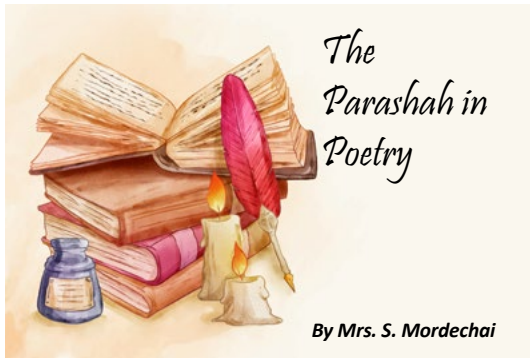
Another example is the Gemara in Brachos, which says that sneezing during Shemoneh Esrei is a good sign. Why? Because a person's body feels a pleasant sensation after sneezing. Since Hashem caused him to feel this pleasant sensation during Shemoneh Esrei, this indicates that his tefillah is favorable to Hashem. The Amora Rav Zeira said that he was extremely happy when he heard this from the beis medrash of Rav Hamnuna because, as Rashi explains, Rav Zeira was quite prone to sneezing. (Brachos 24b; see Rashi and Hagahos HaBach)

We learn from here an amazing lesson. How many people can say that they have ever paid attention to the pleasure of a sneeze? But the Amora'im did, and they even viewed that pleasure as a special sign of affection from Hashem! (This may be the silver lining of allergies!) It's reasonable to presume that the tzaddikim of the time also paid attention to many other pleasures that they were blessed with, in every area of life. It was surely a derech hachaim that did not just apply to sneezes. And they recorded it in the Gemara so that we can learn to have the same perspective! (There are many other physical pleasures that may go unnoticed, such as yawning, stretching, laughing, burping, scratching an itch, sleeping, etc.)

To be continued...

R' Yehuda Schonfeld can be reached for comments and questions at EnjoyHisWorld@gmail.com





Kayn Tihye Lanu!

BS"D

Living day to day
not realizing how far they'd gone astray.
Once wearing golden crowns and united
now divisive and divided.
Na'asai V'Nishma they had been so eager
to declare.
Now their holy crowns they no longer
wear.
Where words of prayer had been, their
voices were now mum.
They remembered G-d's mountain
but forgot from where their help would
come.

A perfect pasture
for Esav's descendant Haman HaRasha to
rear his ugly head.
All he could think was how much he want-
ed the Jews, Chas vShalom, dead.
The ruler in a drunken stupor killed his wife
and wanted a brand new queen.
The Real King who was everywhere but
unseen.

They had escaped Egypt with their
lives
barely straddling tumah level
number forty-nine.
Only to find themselves exiled
again
at a party mocking HIS House to
drink and dine.
Using vessels and garments from
HIS House stolen with hate.
The destruction of HIS House was
the theme to celebrate.

But the Real King was initiating their Yesh-
ua at the exact moment
of their crime!
They did not realize His devotion at that
time.
The rulers wife disobeyed,
setting the stage for HIS plan carefully laid
and the salvation arose from there
by the Real King who was unseen but ev-
erywhere.

A goral that reveals Adar, the month of the
fish,
Haman believes is the ideal time to carry
out his death-wish.
It was his grave error.
But the Real King's love will thwart his
plans of terror.
A ruler in a drunken stupor killed his wife
and wanted a brand new queen.
The Real King who was everywhere but
unseen.

One man with strong convictions
Mordechai HaTzaddik refused to bow.
In sack cloth and ashes
he would help them remember
their vow.
He raised the New Queen and put
her in place.
Together the danger of Amalek
they would face.
Together they would lead their
people back to HaKadosh Baruch
Hu
for all the world to see:
V'nahafoch hu!
The salvation arose from there
by the Real King who was unseen
but everywhere.

Esther HaMalka asked her people
to pray and fast for three days.
I'll risk my life at his scepter.
She knew that only by Divine Will,

the ruler kept her.
We must share the burden K'ish ehad,
b'lev echad.
That is the only way to please our Maker,
our G-d.
As one, our people with HIS help will sur-
vive.
Only by turning to HIM can we remain
alive.
A ruler in a drunken stupor killed his wife
and wanted a brand new queen.
The Real King who was everywhere but
unseen.

Haman HaRasha who made the gallows,
and his ten sons hung.
The Yidden rejoiced and The Real King's
praises they sung.
Mordechai HaTzaddik, a hero, rode high in
the Techeles and Argamon of the priests.
To this day we celebrate in achdus and
share gifts and feasts.
The salvation occurred right there
by the Real King who was unseen but ev-
erywhere.

Our caring Father from His Kisai Hakavod
above
with His eternal and unconditional love
showed that despite our sins when we fall
and fall again,
He loves us not as perfect angels
but as women and men.
We are His children, Banim I'Makom
He knows that in spite of everything we
will soon come home!
Together Mordechai and Esther led their
people back to Hakadosh Branch Hu
for all the world to see:
A Yeshua, V'nahafoch hu!
Laughter and joy from a real mishte
filled the air
when they realized that our Real King is
unseen but ALWAYS there.
For us it will also iyH b'mhaira be true
L'Yehudim Haysa Ora V'Simcha V'Sasson
V'Ykar Kayn Tihye Lanu!

With love and gratitude to the Real King Who
is Always There and HaKaras HaTov to R. Yitz-
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Golombeck (The Bitachon Hotline;) R. Daniel
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A GLIMPSE INTO THE PAST





A Faint Whiff Of Hashem's Unlimited Wisdom and Kindness

Hashem created a tremendous amount of different voices in the world. You can recognize someone you know by just hearing their voice. Recognition can be so crystal clear that it can be relied on halacha l'masa even for situations that require definite recognition. What differentiates one person's voice from another? The speed of the vibrations of our vocal cords affects the pitch of our voices.

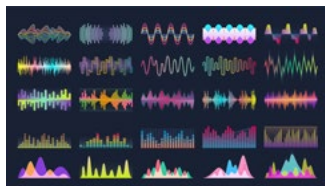
But the range of vibrations in men's voices are around 60-150 vibrations, it's not enough to explain how we find millions of different voices.

The sounds we produce are also formed by the size and shape of the various cavities that the air travels through when we speak: the voice box, the throat, the mouth and the nasal cavities. Since Hashem created people with different sizes and shapes in these areas, it drastically changes the sounds that they produce.

Our voices are also highly influenced by our articulation, which is contingent on the shape and size of our teeth, lips and tongues. Our voices can noticeably change by the removal of a tooth or a swollen lip. Hashem made these minute differences in our vocal cords, our respiratory cavities and our mouth, to amazingly create millions and millions of different voices.

Let's continue examining the wondrous vocal cords that Hashem gifted us with and try to understand more about how they function.

We explained that sounds are produced through the extremely rapid movement that the vocal cords vibrate. The pitch is contingent on the speed of the vi-



brations. So when the vibrations are faster, then the sounds come out on a higher pitch. We can see these variations from the sound of a fan. When you raise the speed of a fan, the sounds changes to a higher pitch.

Women speak on a higher pitch than men. The reason is because their vocal cords vibrate quicker. Why is this so? Hashem created women's vocal cords shorter, thinner and tighter than men's vocal cords. This causes that the vibrations of women's vocal cords is close to double the amount of vibrations that men produce with their vocal cords.

Answers for the Parsa Game page 17

Salt: Hashem told us to bring salt with the karanos
Flour: The karbon Minchos nedavos and on certain aveiros
 a poor man brings karbon mincha with flour.

Even though women's and men's voices are quiet noticeably different, Hashem b'chachmaso arranged this with just small minute differences between their sizes. The lengths of men's vocal cords are around 20 millimeters and women's vocal cords are around 15 millimeters. That's just a difference of around five millimeters. The difference in their thickness is even minuter. The men's vocal cords are around 4 millimeters thick. And women's cords are around 3 millimeters thick.

These minuscule differences in size affect the amount of vibration which produces different types of voices. Hashem gave men voices that are more fitting for their masculine role and Hashem gave women voices that are fit for their feminine role.

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Amazing Burrowing Frogs

Frog estivation (Hibernation that starts in the summer.)

The topic of estivation and hibernation is a topic full of miracles. Not all animals go through these processes, but of the many that do, each tells of a different miraculous process. For this article we will focus on what is known as Burrowing Frogs. Estivation is similar to hibernation and it takes place in areas where it gets VERY hot and VERY dry for long periods. All sources of water dry up and there's no rain from anywhere from six months to two OR MORE years! Now, before we start, you must remember that these are frogs. They really don't know much. In fact, they "know" very little. Each frog is totally on its own.

As the heat builds up, the frog sees that all the local water lakes and ponds are basically pretty much dried up. So, what would you do? I doubt you would do what they do. They dig backwards, down into some still muddy earth. Low and behold, they have special back feet that have

"shovels" that are "digging implements" on them that help them be able to dig well. Typical frog legs are webbed and won't dig well. OK. So now they are below ground. Now



what? So, here is a tail of two miracles. The first miracle actually takes place very frequently, nevertheless it's still a very complicated process. It called molting and by frogs it's called shedding or sloughing.

This is a very complex chemical process spurred on by select hormones that separates the outer skin of the frog relatively frequently. In some species it can be as often as every day, and other species wait longer. It's needed because, believe it or

not, frogs can breathe through their nostrils AND through their skin! In fact, they do a LOT of breathing through their skin. There's a very high concentration of blood capillaries right under this

very thin skin layer. It allows air to flow through the skin, thereby allowing oxygen into the capillaries, and carbon dioxide, out of the capillaries through the skin to the outside air.

Now, in order to keep the skin fresh and clean so that it can keep up this vital breathing process, every day or so, in some species a little longer, they shed their skin. With their front and back legs, they pull off the old skin and actually eat it all up!

It works as follows: First a new layer of skin develops over the capillaries, but still under the old layer. Once that's in place,

there's a special fluid that is secreted in between the new and old layer, which then separates the two layers. Now that the old layer is separate, it can be shed. This itself needs numerous working parts and hormones for it to work properly. It's quite a miraculous process, but that's not for this article. Ok, now that you know this, we go back to our burrowing frog digging down under the ground. Ok, so what's next?

The frog just sits around, doing nothing. Now, what is the frog expecting to happen? Why did it go down under ground? Believe me, it has no idea what's supposed to happen. Hashem put in it instincts that it should dig underground. NOT a good idea if you don't have a game plan ready to implement, since there's no food (insects), air, or water down there. But "LUCKILY" low and behold, an important process starts to happen.

Firstly, as in hibernating animals as well, their system starts to shut





down. Their breathing slows down dramatically. Their heart is barely pumping. Most of their systems are basically shutting down. The less systems working the less energy needed, and the less wastes produced. The systems slow down as much as 75 - 80%. But one system goes into overdrive. The shedding system stops half way. The old layer is shed, BUT it is kept on the frog. Then a day or two later another layer is shed, but it is also kept in place, and from underneath it pushes up the older skin layer. The layers are very thin. As time goes on the layers really pile up and it forms a cocoon all around the frog! It closes all the openings, including their mouth and from where they excrete their wastes. HOWEVER, LOW AND BEHOLD, the cocoon has "brains" and it always leaves the nostrils open!! These layers continue to pile up, thereby making the cocoon thicker and thicker. It can have over 50 layers of shed skin.

Now, how in the world can dumb skin cells "know" to stop right by the two nostril holes? They cover the mouth from where they eat and they cover the opening where they excrete their wastes, so why not continue and cover the nostrils? Is there a stop sign on their nostrils? Do these skin cells know how to read the sign? I doubt you will find the answer to this question anywhere.

Trust me, I looked all over for one and I couldn't find one. This miracle clearly shows that there MUST be a G-d controlling things!

What's the purpose of the cocoon? The cocoon keeps the water in the frog from evaporating thereby causing dehydration which would be fatal to the frog. It's getting very hot and dry all over and the cocoon is a VERY effective method for keeping in all the moisture. In a short while it curtails the rate of water loss very significantly.

frogs since they can have dry spells as long as 2-3+ years and they will stay underground that entire time without budging an inch!! Miraculously they survive, but not only do they "survive" but when it finally starts to rain again, they are up and running almost IMMEDIATELY! So, what's the big deal?

The big deal is that by humans and, lehavdil, animals that don't hibernate, even if they are immobile for a short amount of time, as short as ten days, their muscle mass starts to wither away. It's called muscle atrophy. Someone who is, chas v'shalom, bedridden for even a relatively short time very often needs to go to physical therapy to learn how to start using their muscles again, and if it was for a long time in disuse, serious muscle atrophy will set in. It's called the disuse (of one's organs) syndrome.

But low and behold, where it's Hashem that put into his creatures the instinct to hibernate or estivate, basically NO HARM occurs to any part of their body! It's an amazing miracle. The heart comes close to stopping, the blood circulation is almost at a halt, the other main organs are all running at 20-25% of normal capacity, and certainly, the muscles which have come to a 100% complete halt for such a long time should be in really bad shape. Nevertheless, since it's brought about through Hashem, the same Hashem made sure that the body should have various special mechanisms and controlling hormones and genes, that make sure everything will be in FULL functioning order when the hibernation or esti-

Now we will discuss another miracle found with not only burrowing frogs, but with almost all animals that either hibernate over the winter for about 6 months, or estivate over the summer months. But it's even more amazing with burrowing



Hashem's Universe

A Divine Masterpiece

Perfection - Precision - Brilliance - Kindness - Power - Ingenuity - Dominance - Foreknowledge - Good-

vation comes to its end, in spite of the extremely long vacation!

As a side point, here's an interesting brief explanation how bears manage through their hibernation. To understand the miracle involved, you must



understand that if an animal were not be able to use the bathroom for a somewhat prolonged time, they would probably die from uric acid buildup in the kidneys, which is fatal. Here's what a non-Jewish author writes in his book about how bears manage to go so long during the win-

ter without "using the bathroom". "But get this: bears have special microbes in their guts that, during the winter months, (when they hibernate) SOMEHOW convert the uric acid to nitrogen, which goes

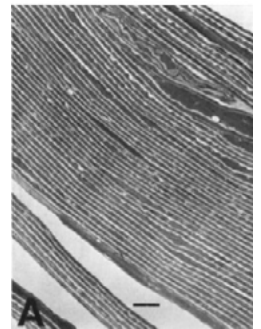


on to make new amino acids, which are the building blocks of protein (which are essential for the use of the body). With the protein, which is basically food, they are able to maintain lean body tissue in the comfort of their own dens without eating or

eliminating waste. If that is not a miracle, what is?" This wasn't a word for word quote, but the end that asks, if that is not a miracle, what is? Is an exact quote! I couldn't have said it better! Basically, what should turn into urine, is SOMEHOW turned into food! That IS a miracle.

Burrowing frogs and the whole process of estivation and hibernation is a miraculous process made by Hashem! There's MUCH more to these processes, but it's not for this article.

Picture of the layers of cocoon skin, one on top of the other magnified many times.



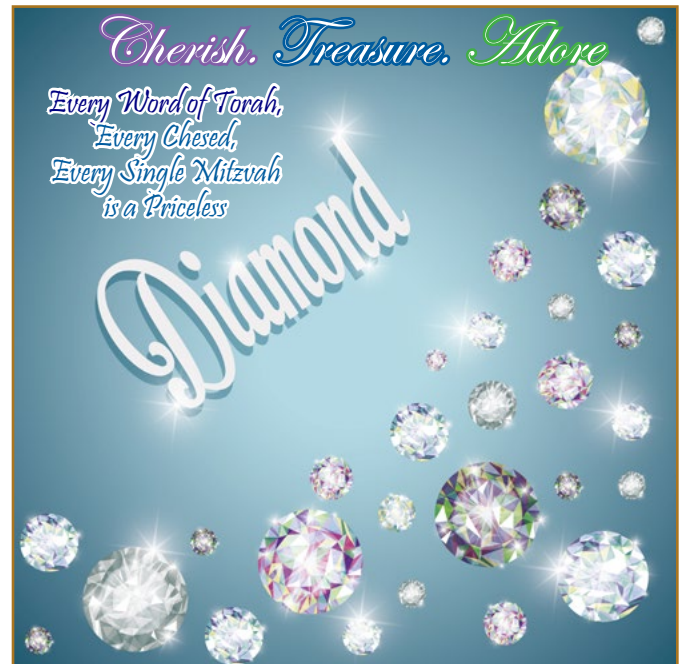
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1. The seed has all the bits and pieces of information to produce more wheat which is needed in the production of bread.
 2. The seed stays fresh and does not rot so you can gather them and plant a whole crop's worth.
 3. Soil is only found on earth.

4. Soil is the perfect environment for the seed to grow.
 5. The soil is a natural habitat for ants to live in and also for the inchworm.
 6. The ant is an amazing creature that constantly is making holes in the ground. It tills the ground because Hashem put into its nature to constantly look for food.
 7. The inchworm bores bigger holes in the ground which is also a form of tilling the ground.
 8. Vegetation grows in the ground.
 9. The soil also produces all different types of vegetation.
 10. This so happens to be the perfect food for the inchworm.
 11. After it eats, the food goes through an amazingly complicated digestive system.
 12. The inchworm's body produces waste.
 13. The waste is very good fertilizer for the soil to help the growth of the wheat.

14. When the worm dies, it decomposes and is good fertilizer for the plants.
 15. Different germs and bacteria decompose.
 17. This enables that the water should continue to make the seed rot.
 18. Water is made of two gases.
 19. The soil is a cool atmosphere.
 20. Soil is porous allowing it to absorb water which is a necessity for the seed.
 21. This causes the seed to decompose when you put the seed in the earth.
 22. No matter how the seed is placed in the soil, the root goes down.

23. The stem goes up no matter how it is placed.
 24. The plant survives on rainwater.
 25. The ocean is full of salt water which cleanses the water from impurities.
 26. The sun shines on the water.
 27. The sun is millions of miles away and yet it has an effect on earth.
 28. If the sun would be too close it would burn the earth.

29. If the sun would be too far, the world would freeze.
 30. The sun is a ball of gases.
 31. The sun constantly gives off heat by chemical reactions.
 32. The molecular structure of water is so that when it gets hot, it starts to change.
 33. The water turns into water vapor.
 34. Water vapor is lighter than air, so it rises.

35. The sun sets in order to let the earth have a rest and certain insects work at night.
 36. The earth spins in a cycle which causes the sun to set.
 37. It is in constant motion never stopping.
 38. Everything in the world is stationary and the movement is not felt.
 39. The moon an orb in the sky.
 40. It has a certain cycle.
 41. It reflects the sunlight.
 42. It has an effect on the moisture of earth which is necessary for growth.
 43. The earth spins in an angle so that sometimes it is closer to the sun and sometimes it is further.
 44. The sun has a force on the earth.

45. This causes all different seasons and climates.
 46. During the cold season the earth stops producing as much as during the warm season.

47. There are many dust particles in the air.
 48. When the water rises, it leaves over all the salt and dirt from the ocean.
 49. The water combines with the dust particles.
 50. It starts to accumulate into a cloud.
 51. Cold air sinks.
 52. Hot air rises.
 53. The difference causes air current.
 54. The wind blows inland.
 55. The Clouds move inland.
 56. The cloud gets heavy with water.
 57. The cloud releases the water.
 58. Gravity brings down the water to the earth.
 59. There is a negative cloud.
 60. There is a positive cloud.
 61. When they rub together they make lightning.
 62. Lightning travels to the ground.
 63. The lightning has tremendous heat.
 64. The air has in it a gas called nitrogen.
 65. The lightning makes a chemical reaction with the nitrogen making nitrates.
 66. The nitrates are a very good fertilizer to help the growth of the plants.
 67. The stem starts to push itself out of the soil.
 68. The sunlight has energy.

**No more space in the kitchen!
 Let's go to the dining room.**

69. The plants know how to absorb the energy.
 70. The plant turns green called photosynthesis.
 71. As the plant grows the roots also grow in order that the plant shouldn't fall down.
 72. The roots absorb the water.
 73. The roots send water to the whole plant.
 74. The roots send water to the whole plant.
 75. The leaves send energy to the whole plant.
 76. Carbon dioxide is made up of two different elements.
 77. The leaves absorb the CO2.
 78. The leaves give off oxygen as byproduct. When all the CO2 in the vicinity of the plant gets used, how does it get more? The wind blows new air with CO2.
 79. There is a constant production of CO2 because animals breathe out CO2.

80. When they breathe in oxygen, the by-product is CO2.
 81. The rains come only certain times during the year.
 82. These times are beneficial and are the exact time the plants need water.
 83. The amount is not too much to drown them.
 84. It doesn't come too forcefully.
 85. Sometimes it comes like small needles to penetrate the ground.
 87. It doesn't keep on pouring which would also drown the plants.
 88. The plant stem starts to rise straight up and it is elevated from the ground enabling it to be cut easier during the year.
 89. They grow in a straight line so they don't get tangled.
 90. Very bendable to they don't break in the wind. The leaves absorb the nutrients and bring it down to the roots.
 91. Each one miraculously knows how much to give to each part of the plant.

92. After the stem reaches a certain height it starts to produce the grain.
 93. The grain is on the top where it can get the most sunlight and not be affected by the shade of the stem.
 94. They grow in the spring when the sunlight starts increasing because it is necessary to have a lot of sun.
 95. The field is full of green stalks of wheat when they become ripe they give a sign changing from green to white what a miracle that the plant knows that a person sees different colors.
 96. Now comes the time to harvest and you need a sickle to cut the wheat. A sickle is made of metal, which is found in the earth mixed with impurities.
 97. When the metal is heated with extreme heat then the impurities go out because they burn out and the metal is left over. This is a miracle that the metal doesn't burn out and the other stuff does.
 98. You can mold metal any shape you want.
 99. The metal dries and becomes hard.
 100. The stalks are very soft, not hard, so without great difficulty it can be cut, not like a tree that needs a lot of time to cut. (A miracle that these things need to be used on a constant basis are easy to cut or pluck).
 101. Metal becomes very sharp in order to cut it.
 102. It's also very strong so it doesn't break.
 103. The sheaths of wheat are very light in order that you can bundle it and transport it.
 104. Flax is a plant that grows from the ground.
 105. Their stalks can be used as string.
 106. String enables one to tie the sheaths and transports them easily.
 107. The sun dries them out and can stay as kernels a long time without spoiling.
 108. The kernel is made up of (at least) two parts, the grain and the shell (chaff) which is made to protect the kernel from spoiling.
 109. Hashem made the kernel that it can be easily removed by rubbing it vigorously. The way it was done it was put on the floor and you put a piece of wood on top of it.
 110. Wood comes from a tree that grows very tall and has a big trunk that is quite strong unlike the stalk of the wheat.
 111. The wood can be carved in different shapes without breaking and it is made into ridges to press on the wheat kernels.
 112. The man stands on the wood and hold onto straps which hold onto an animal that goes around in circles.
 113. The straps that the man holds onto are made of leather.
 114. Leather comes from the hide of an animal.
 115. Leather is formed by a process called tanning and it is very durable and lasts a long time.
 116. Salt is used for tanning.
 117. Salt is made of two gases.
 118. Eventually it dries and becomes ready for use.
 119. It's a big miracle that the animal is domestic and

...in the laundry room!

flow of water passing over it.
 178. The flow of water is sometimes a waterfall which is a big mass of water which is on top of a mountain and it falls off a cliff.
 179. It falls down with tremendous force.
 180. This force causes turbines to move at tremendous speed which supplies electricity to the whole city and factories.
 181. There are electric wires connected to the electric company to all places enabling them to use the electricity.
 182. The wires are covered with rubber in order to travel in one direction.
 183. Rubber is made from sap of a tree.
 184. When you put the water on the flour it has to kneaded so a person has two hands.
 185. The hand has 10 fingers to help knead.
 186. Each finger has joints enabling to knead.
 187. The hand has a palm to grab.

188. Hashem made a wrist to maneuver the dough.
 189. Hashem made a forearm.
 190. Hashem made elbows for leverage.
 191. Hashem made Biceps to apply pressure.
 192. Hashem made shoulders that is where the arms are connected.
 193. Hashem made a chest.
 194. Hashem made chest muscles.
 195. Hashem made a spine to be able to move back and forth.
 196. Hashem made it with these things one can apply pressure to knead.

197. It is a nes that the water and flour form a dough.
 204. Hashem made that the dough is soft, not like cement, so now one can cut it easily in order to make loaves of dough which will eventually be bread.
 205. An oven is a metal or stone box that are able to maintain a lot of heat.
 206. Heat is a byproduct of fire.
 207. Fire is caused by gas which comes from the ground.
 208. To get gas from the ground you need special machinery.
 209. From the source of gas to the house one needs hollow pipes.
 210. Hollow pipes are made from metal and the gas travels through them.
 211. The pipe is connected to the stove.
 212. The oven has a valve that lets the gas go into the stove.
 213. There is a knob on the oven which when it is opened it opens the valve and allows the gas to come in.
 214. The knob is made from plastic.
 215. In the oven or a match makes a spark.
 216. The spark is made by a certain material rubbing against another material.
 217. Hashem made the gas flammable and it starts to burn and makes a fire.
 218. Hashem made that the fire gives off heat.
 220. Hashem made that the heat travels in the air.
 221. Hashem made that heat gets absorbed by objects.
 222. When the heat starts to get absorbed by the dough – Hashem makes that the dough starts to change.

This Week's Six Miracles

223. Hashem made that the dough is not like clay that becomes hard and brittle rather it becomes soft and fluffy.
 224. Hashem made the outside get brown so you know when it is ready.
 225. Hashem made gloves that are made from cotton.
 226. The gloves don't absorb heat so you can take the bread out of the oven and not get burnt.
 227. Hashem made that the after the bread is taken out of the oven, the heat leaves.
 228. Thank Hashem for a chair made of metal.

198. There is a bacteria called yeast.
 199. This bacteria is able to exist in the air.
 200. Hashem made the air a very good breeding at yeast it would be just a cracker.
 203. You let the dough sit for some time
 202. The yeast makes the dough start to rise which is how bread is made. Without

mosphere for all types of bacteria.
 201. The yeast grows very well in dough.

To be continued...

Gemachim Listing

אלו דברים שאדם אוכל פירותיהן בעולם הזה והקרן קיימת לו לעולם הבא.... גמילת חסדים...

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Write nice notes!



Do Hatava B'makom Hakpadah!

LET US IMAGINE

Editor's Note: *Back in the days, when I had more time on hand, I would BS'D have this weekly column which was many readers' favorite column. B"H things got busier and especially with the addition of the Ki Tov News Station and I wasn't able to continue making the articles.*

Here is one from the past. It's always good to make chazara!

Dear Reader! *If you feel that you have the ability to create such an article each week or every other week and have an urge to be mezake the Rab-bim, please contact me. Please text: 845 327-5041 or email: thespringhill-times@gmail.com*

Let us imagine for just a few moments, what life might look like if the world would malfunction and people would continue to grow their entire life and grow at a fast pace...

The shoes we wear in the morning wouldn't fit us at night! We would need to buy a new pair of shoes every few hours! Our closets, china closets, basements and attics would be filled with thousands of huge pairs of shoes...

We would need to buy new clothing every single day... Putting a huge financial strain on families... People would be going bankrupt right and left...

We would go to sleep at night in bed and wake up in the morning larger than the bed! Our feet sticking out from one side and our head from the other.

We eventually wouldn't be able to stand up straight in our houses. Many people would need to cut holes in the ceiling and their heads would stick out from the roofs! They

would suffer from sun that would



beat on their heads in the summer and from the frigid ice cold and snow in the winter...

Our houses would need to be huge in order to be habitable!

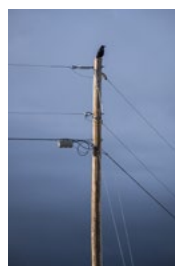
We wouldn't fit into any stores... .

Our ties would need to be 40 - 50 fifty feet long!

It would cost us billions or trillions of dollars to build massive shuls on massive properties...

We wouldn't fit into our cars and we would need to cut a hole in the roof and stick our heads out...

When walking on the street, our heads would tangle with the telephone and electric wires c"v...



Being so tall would make it pikuach nefesh to be outside during a thun-



derstorm... Many people petrified of getting hit by lightning, would just never leave their cramped houses...

It would take us a whole year to build a large enough Sukkah...

Because our bodies would be so huge, we would need to eat enormous amounts of food!

A single portion of cholent would need to be cooked in a thousand gallon pot!

It would take us so long to eat! We would be eating and drinking almost the entire day...

It would become impossible for us to feed our families. The cost of a regular breakfast, lunch and supper would be astronomical! And it would be an impossible amount of work...

Wives and mothers would be busy all week peeling thousands of thousands of potatoes just for the cholent...

They all would be going on strike c"v and as a result people wouldn't have what to eat... We would walk around all day hungry...

Resulting in billions of mad and grumpy people...

LET US IMAGINE

We wouldn't be in the mood of doing anything!

Simchos, Shabbosos and Yomim Tovim instead of being a time of pleasure and something to look forward to would become a most dreadful ordeal c"v...

Worst of all, We wouldn't have the strength and be in the mood to serve Hashem and do His mitzvos. We wouldn't be able to see and feel Hashem's great kindness and wisdom and life on this world would be so miserable...

We would call up one doctor after another. We would take every medicine on earth to stop our growth.



We spend millions of dollars on all different types of segulos. We would wrack our brains for a solution

with no success, and we would slowly come to the horrible realization that we are totally helpless...

Who designed, with unlimited kindness, that our bodies should grow?

Who designed with unlimited knowledge the perfect exact pace our bodies should grow?

Who designed with unlimited resources and power that the entire body should grow simultaneously and not just one hand, one leg, one eye and one ear...?!?!?

Who designed with infinite wisdom that the body of every single of the billions of people in this world should stop growing at the precise perfect time???

YOU HASHEM!!

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

The Spring Hill Times Fire Dept.



Important Safety Tips How to Prevent Fires.

1. Flee, as far and as fast as you can, from a fight.
2. Maintain a safe distance from fights - a minimum of 1000 miles.
3. Drown yourself in all the good Hashem gives you and be as uninterested as possible in anything else.
4. Someone said something hurtful? DON'T be hurtful back. It's extremely flammable!
5. Laugh it off (inside).



REMEMBER:

**Practicing Safety
Saves Lives!**

To the readers who are part of the most special nation in the world — Klal Yisroel!

I want to take a moment to publicly say 'Thank You' to Hashem for helping me write all of these articles. The articles are not my ideas. Rather the articles are all Hashem putting ideas and thoughts into my mind to write them down. Many times, before I sit down to write, I ask Hashem to write the article for me. This week I sat down to write the article and my thoughts were not flowing. I stopped and asked Hashem to write the article and Hashem sent me thoughts.

I want to say a very special thank you to Rabbi Kaufman for his tremendous work putting together this beautiful paper so we can all enjoy it week after week! Thank you, Rabbi Kaufman, for inspiring Klal Yisrael.

Thank you to every single reader! You give me the Chizuk to take time to write each week! A very special thank you to all those who called/texted to share how the articles are helping them! It means more than you can imagine!

MAZAL ADAR DAGIM

I was at an aquarium a few weeks ago and learned such a powerful lesson about pumping people up. I saw a fascinating dolphin show (see photo from the show). At the show, I realized that the dolphin trainers were all playing with the dolphins and rewarding them for doing their tricks. There was a real relationship between the trainers and the dolphins; they patted them and laughed with them. And this is with an animal! I was thinking how, a million times more so, we need to “pat people on the back.” We need to play with them, have fun with them, clap “hurray,” and pump them up if we want the people around us to be able to perform. This includes children, spouses, students, chavrusas, employees, neighbors, and friends!

Pump people up: 100 % Yes and Yes!!!

Saying the word YES is a form of pumping people up! Following are several fundamental points in regard to saying the word YES.

1. Rabbi Golombek talks about seeing the Yeshuah already. Saying “Yes, I am better. Yes, I am able. Yes, I can.” This YES is about focusing on relying on Hashem as the Kol Yachol and thinking, saying, believing, and feeling, that: Yes,



Hashem can do ANYTHING, YES, IT CAN BE right now, Yes, the BITACHON is the SIBAH for the Yeshuah. Yes, everything is the same easy for Hashem; everything is possible for Hashem and can happen with the blink of an eye. Oil can burn and vinegar can burn,

\$100.00 can turn into \$200.00, a 60-minute walk can take 15 minutes, a person's shidduch can immediately arrive with the blink of an eye, a person can get the money they need, and a sick person can be healed. Yes, it is all so, so easy for Hashem. We just need to turn to our loving, caring, Father and Best Friend, Hashem — knowing, believing, and feeling that: Yes, Hashem can do anything!

2. Did you know that “yes” turns on our part of our mind that makes us more calm and ready to be relaxed? The opposite is true of NO. There are a lot of experiments showing the benefit of using the word yes to help people feel better about themselves.

3. When one hears the word yes repeatedly it makes things easier for them. Did you know that when one hears the word YES, it activates a part of the brain that is ready to take action? For example, saying “Yes, you are strong enough to climb that mountain” activates that part of the brain. This is because when one imagines that something



happened, the same neurons wire as if it already happened. The opposite is true as well. When we say the word NO or CANNOT the neurons that are needed for that action don't kick in because they “think” they're not needed anyway. However, if you say YES and YES, I CAN, then all the neurons that may be needed come to the forefront and are all ready to be used. This is true even for things that are seemingly impossible! For example, if you say “NO, I can't climb up this mountain,” all the neurons that are needed for such a climb take a back seat. And then actually climbing the mountain

becomes harder. If you say “Yes, I can climb the mountain,” then even if it seems really hard, the neurons come to the forefront because they are getting all prepared to do the action.

4. It is important to believe in people, to believe that: yes, they can. Belief in someone means you really believe in the “yes, they can.” For example, if your child comes home grumpy most days, do you expect he will come home

grumpy today? Or do you believe that: yes, today can be different, and yes, today he will be in an excellent mood? Your child will feel your belief in him and know if you are in the “yes” positive mindset.



5. Talking as if another person did something, as they are contemplating the action, is really helpful. This concept is: yes, you completed it, yes, I believe in you! For example, the second I see a child deciding if he will follow the directions in the classroom, I may say, “Oh, wow! I see Moishy is bringing his chair to the table.” I was once on a long walk with someone who was going through a difficult time. We were walking in a park and there was snow on the ground. As we got pretty close to the end the path, the person I was with said she couldn’t walk anymore

—she was too cold. I took a few more steps and said “Look, we did it. We’re at the end. See there is the end. We did this whole path.” She then had a simpler time finishing the walk because she received the message that she already finished it. When the brain thinks we finished the action it gives the necessary directives to complete it. It is good to imagine and manifest the outcome you want, as it prepares us to have extra strength for that action.

6. “Yes” is also a word that helps people heal emotionally. It can help a person feel wanted, loved, and worthwhile. Having times that you respond, “Yes, you can have this” or “Yes, I love spending time with you” can really change a person’s whole day around for the better.

7. Saying yes and meaning it genuinely is vital! A few years back, I noticed that when I asked one of my brothers Amush something, he answered “Yes, 100%.” I noticed that this way of speaking really made me feel good, so I started answering clients and people with “Yes, 100%” or “sure, definitely.” I noticed how good people feel when I do this. I started being more aware of this. When someone asked me something instead of saying 'Okay' (which can sound like you are doing it, dragging your feet), I try to say, “Yes, 100%.” People feel so pumped with this wording because it makes them feel like you really mean it. For example, if someone asks “Can you go out with me now?” you can answer, “Yes, 100%.” Another example is when a child says “Can I play with this toy?” you can answer, “Yes, 100%.” Or if they ask, “Can you make me chicken for supper tonight?” and you answer, “Yes, 100%,” or if a neighbor asks, “Can I use your shovel?” you can answer “100%, yes!”



answer is “no, not now,” then the answer can just as well be “yes, but at a different time.” For example, a child asks you, “Can we play with these toys?” It’s time for dinner so he can’t play right then. Instead of saying “No, not now. First we are having dinner,” you can switch that to yes and say “Yes, 100%, you can play with those toys after dinner.” Or a spouse asks you “Can we go out tonight?” and you are too tired to go out. Instead of saying “No, not tonight,” you can say “Yes, I would love to go out with you. Does tomorrow night also work for you? I am so tired tonight.”

Try to see how many times this week you can say yes instead of no. (It is important to note that we are not saying there is no place for setting limits and listening to a parent. However, that is a different discussion).

9. The word Yes can also solidify: Yes, it’s true, as in the song below. This yes helps the truth that is mentioned become part of us and also opens up the yes part of our brain. The Yes helps us feel in agreement fully with the words we sing.

Song:

Tune: Dror Yikra Lvein Im Vas Vas Vas Vas
 Hashem, You love me so, so much YES YES YES!
 Hashem, You give me so, so much YES YES YES!
 Hashem, You’re watching over me YES YES YES!
 Hashem, You’re always with me YES YES YES!
 Hashem, You made this whole world for me YES YES YES!
 Hashem, You are carrying me YES YES YES!
 Hashem, You are protecting me YES YES YES!
 Hashem, You’re taking care of me YES YES YES!
 Hashem, You are my best Friend YES YES YES!
 Hashem, I’m relying only on You YES YES YES!
 Hashem, I thank You so, so much YES YES YES!
 Hashem, I love You so, so much YES YES YES!

After I wrote this article, I listened to a Yesod #1803 on A Life with Bitachon. Rabbi Golombeck said that you can split the word ADAR into two words: ADAR is alef which is Hashem and Dar which means lives. Hashem lives with us all day all night every-



Hpausrhimem
Ipourimves yopuurim
spurimo pursoim
mpuurichm!

Fishing for opportunities to pump people up in shul:

- I was in Florida this Shabbos and I went to my best

where we are — on a plane and in the rain and everywhere else! This knowledge that Hashem lives with us and is with us and protecting us is what brings us true joy. It was interesting to me that he gave the example that Hashem is with us when we are flying in the sky, because I had just had a related experience. The night before I listened to this Yesod, I flew back from Miami and the plane was very shaky. However, I felt so calm knowing that Hashem is the pilot driving the plane and He is watching me and protecting me. After I listened to this Yesod, I was singing this song:

The tune came from my heart (and I don't know what the name of the tune is) so please put in any tune that feels right for you.

I'm not going with Teva, I'm going with You, Hashem
Hashem, You are my doctor, my only, only doctor!
I'm not going with Teva, I'm going with You, Hashem
Hashem You are my bank, my only, only bank!
I'm not going with Teva, I'm going with You Hashem
Hashem You are my Shadchan, my only, only Shadchan!
I'm not going with Teva, I'm going with You, Hashem
Hashem, You are my pilot, my only, only pilot!
I'm not going with Teva, I'm going with You Hashem
Hashem, You are my dentist, my only, only dentist!
I'm not going with Teva, I'm going with You Hashem
Hashem, You are my healer, my only, only healer!
I'm not going with Teva, I'm going with You Hashem
Hashem You are my best Friend, my only, only best Friend!
I'm not going with Teva, I'm going with You Hashem
Hashem You are my (FILL IN YOUR OWN), my only only

Purim is a time of joy! Hashem is always sending us love. Sometimes it is hidden and sometimes it is easier to see, but if we look out for Hashem's love, we will always feel it.

Can you figure out this hidden message. Each word has these added Letters: PURIM. Remove the letters PURIM from each word to find an important message!

friend's house. If you are guessing that I went to Shul you are correct. I feel so joyous when I get an opportunity to go to shul! Klal Yisroel is so holy — Yidden love Hashem and come to daven. The women's section was packed, but there were not enough seats so I went to a pile of chairs in the corner and set up more seats. The ladies were pumped because then they could rest their tired feet while talking to Hashem! Then those chairs used up so I kept putting out more chairs so more and more people could sit. Finally, there was no room to put down another chair. One more lady walked in and I saw a spot between two people that we could squeeze a chair. I asked them if we could add a chair there and they said yes. Yidden love Yidden. We squeezed one more chair in so everyone had a seat!

- A simple and genuine smile and Good Shabbos can pump people up to no end. After Davening; I try to smile and say a genuine Good Shabbos and compliment as many people as possible. Each person was so pumped. I told one person she has the cutest baby and she should have tons of Nachas, I told another person what a kind person they are and so on. It just takes a few words to make someone beam from ear to ear. During the meal at the shul, someone approached me and said "I see you have an Ayin Tova. How do you have an Ayin Tova on everything?" I replied "I mean what I say to people genuinely. Just notice all the good that people are doing around you. Think about it often, and tell people about. Most of all, notice how good every single Yid is internally, no matter what." When you see people doing things that maybe others would not do in dress or action, just see how amazing they are in other ways and pump them up for that. They will beam and feel strong and realize all Yidden love Yidden and Hashem loves us most of all!

- Clean the shul by putting away siddurim or throwing out tissues! After davening I put away the siddurim and the chairs and clean up a bit. I love making a shul look beautiful because I feel like then I have a part in Hashem's palace: A Mikdash Me'at. This is a great way to pump yourself up!

- Take others to shul! There was a girl in Miami who was hearing impaired and wasn't able to hear yet. She wanted to go to shul but no one wanted to take her because she could not follow along and kept asking where they were up to. I jumped at the opportunity to get a million dollars and I told her to come with me to Shul! Each time I was there

I invited her with me to Shul. I got to know this amazing person and she taught me so much. She was kind and wise beyond her years, so thoughtful and close to Hashem. To assist her so she knew what we were up to I simply kept my finger on the place



• Spread the joy: Thank people as often as possible. For example: Thank you for helping me clear the table; it made my day easier. Thank you for sharing that information with me. Thank you for sharing a piece of your heart with me. Thank you for being

AT ALL TIMES, as she could not hear the Chazzan or the responses. I pumped her up and told her how amazing she was — because she really was and she learned all the details of shul (like when to answer Amein, Brich Hu etc). If you are an adult, try to see if there is someone in your neighborhood that would be pumped if you take them to shul. Maybe someone who is struggling or someone who doesn't have a father living at home with them. You can really turn a person's life around!

• See how many people you can compliment in shul after Davening. It takes so little time and the effect is amazing!

Fishing for ideas to pump people up at the beach!

Look out for Chessed wherever you go.

In a matter of ten minutes, we were able to pump ten people up by:

Offering to take a picture for a mother and daughter who looked like they would appreciate it. Telling a mother what a refined daughter she has, telling someone how cute their baby is, telling a mother-in-law who brought her daughter-in-laws away on vacation what a special thing it was for her, smiling at people, telling people how sensitive kind and caring they are, and telling a few different groups of people how amazing it is to see Yidden from all over!

Fishing for more ideas to spread the joy and pump people up!

• Spread the joy with your neighbors! Purim is a time of joy. How much joy can you bring to your upstairs neighbor, downstairs neighbor, neighbor on the side of you, neighbor down the block, your neighbor in shul, neighbor at your job, and neighbor at yeshiva?

• Spread the joy: Say the word yes often to your children, students, spouse, parents, friends, and most of all, yourself.

• Spread the Purim joy: How many letters can you put in the mail to people wishing them a Happy Purim?

• Spread the joy in stores: When I eat in a restaurant, or sometimes when I go to any store, I wrote a thank you note on the back of the receipt and leave it for the owner, cook, or staff. The owners of stores and their team are pumped! You can't imagine what this does for their day!

with me. Thank you for agreeing to come to the suit store. I really appreciate it. Thank you for packing my bags at the grocery. Thank you for being the best cashier. Thank you for playing this beautiful music at this simcha.

• Spread the joy: Sing and dance in your home as often as possible.

• Spread the joy: Thank Hashem all day long!

Idea: 100 laps = 100 thank yous. I went swimming and each time I got to the end of the pool, I said something that I thanked Hashem for. In this way, I included my senses with thanking Hashem! This means I included water- a sensory element which helps solidify the experience. You can do this while you are washing dishes. For each dish you wash, you can thank Hashem for one thing. Or while you clear the table, as you pick up each item, you can thank Hashem for one thing.

I just love to try to give people support and Chizuk. As an aside: Doing for others makes us feel so good ourselves and fills our own emotional bank account!

Song:

Tune: Venahapoch Hu

Clap and dance and touch the floor,

Dance and dance and dance some more,

Because Hashem is your best friend.

You can talk to Him all day,

He hears every word you say,

Keep on dancing more and more and more.

OOOOHHH

Scream it, shout it, tell the town,

When you meet the queen, (fill in any costume), and clown,

On Purim and all year around!

Make sure you really really know

How Hashem loves you so,

And bring this joy with you

All year around!

High part:

Clap and dance and touch the floor,
 Dance and dance and dance some more,
 Because Hashem is your best friend.
 You can talk to Him all day,
 He hears every word you say,



symbol. Thank You Hashem!

I was out of town in a hotel, and I was doing some work. I really wanted a paper clip to clip together a few things, but I didn't think I had one in my

Keep on dancing more and more and more.

OOOOHHH

Scream it, shout it, tell the town,



When you meet the queen, (fill in your own costume idea), and clown

On Purim and all year around!

Make sure you really, really know

How Hashem loves you so.

And bring this joy with you

All year round!

As an adult, I try to sing this song all the time! I try to change up the motions or dance steps as I sing this song. This creates a function called expansion. When we add change to something while we are singing, it helps solidify the feelings associated with it. The more times we sing and add a small change, the more neural pathways we have connected to what we are doing. This helps it become more integrated into our beings.

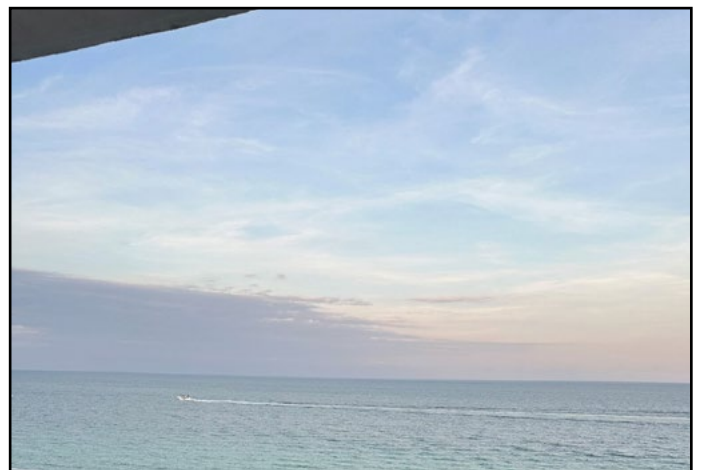
Feeling Hashem's Love!

I was on the plane and I was in the mood of a ginger ale, so when they were giving out drinks I asked for a ginger ale. I received a ginger ale, but I did not see any kosher symbol on it. I handed it back, and the stewardess asked me what was wrong. I told her that I had checked for the kosher symbol and it didn't have one. She then went to the bottom of her tray and looked through a bunch of cans of ginger ale. Most of them didn't have any kosher symbol. Then one ginger ale can (which actually was the same company) had a kosher

hotel room. Then I opened an envelope that my secretary had given me with some papers that I needed to work on. I found that the papers that she had prepared for me were held together with a paper clip. I was able to use that paper clip for my other papers! Thank You, Hashem for putting a paper clip right there when I needed it!

I went away one Shabbos. When it was time to leave, my knee was hurting and I had a long drive back. I decided to just rely on Hashem 100%. Then it got better and I was able to drive home.

I was sending pictures to a few family members and none were going through. There was one picture that I really needed to send. Although there was no service and no other pictures went through, that one picture went through!



I wrote the Yes song (see above) while sitting near this ocean! Can you think of twenty funny Purim motions to do while thanking Hashem for twenty things?

Creating a game of finding the beauty in Hashem's gorgeous world helps us solidify the experience, thus making it a real part of us.

Thank you to my parents and family for always pumping me up and being there for me! Thank You, Hashem, for showering me with daily, love, and kindness in millions of ways.

Disclaimer: All information is for educational purposes only. For any medical or mental health advice contact a healthcare professional. Names and identifying details have been changed.

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THE PURIM STORY

DEAR DIARY,



Today something weird has happened. There were royal signs everywhere signed by King Achashveirosh. They were inviting everyone to a grand party. It sounds great and Papa sounds very excited about going. Mordechai has shown his disapproval several times but it seems as though no one is taking to heart what he is saying. People are simply ignoring Mordechai and attending the party. Honestly, I am nervous because the whole situation seems strange. Good night.

DEAR DIARY, The seven days of partying are finally over. But, I have lots to tell you. Lots have taken place in these few days. Vashti was summoned by the king to attend the party. Weirdly, she didn't respond and the king's servants barged in. She was found on her bed sobbing. The strangest part of it all was that she had nasty pimples all over her face and she had grown a furry tail. She was ordered killed. It is quite terrifying now because Achashveirosh is sending his royal guards down the roads in search of a substitute queen. The blinds are down in our house so Mama is not seen. They are snatching any woman that may be suitable off the streets! Good night for now.

DEAR DIARY, Terrible news has befallen on all of us. Esther Hamalka has been snatched away from us and has been anointed queen. Officially, she is keeping her identity a secret and is still doing all of the mitzvos in secret.

DEAR DIARY, As I look out my window now, from afar, I see the king's palace. The two guards are standing like statues, but seem to be murmuring to each other silently. It seems suspicious. I see a small figure next to them that seems to be Mordechai. Every day Mordechai sits outside the palace. I could almost sense that action going on with the two guards there right now. Uh, oh.

DEAR DIARY, The news had just come out! Esther, the Queen, has saved King Achashveirosh from assassination! Esther admitted to the King that Mordechai was the one to inform her. The two culprits, (Bigshan and Seresh) who put poison in the king's drink, were hung immediately. Achashveirosh said Mordechai will be awarded.

DEAR DIARY, Haman the wicked has been anointed prime minister of Achashveirosh's kingdom! This is terrible news, for who knows what Haman would suggest to decree on us? Whoa, what's all that screaming going on outside?! I'd better check. Oh, my! There are tons of people bowing to Haman

in rows on the floor! And Haman is yelling at Mordechai Hatzadik for he refuses to bow! I don't like what I'm seeing.

DEAR DIARY, Terrible news! Haman had convinced Achashverosh to give his approval that all Jews shall be killed! Women, children and men!! My family and all residents of Shushan are torn. How could this be?!!

DEAR DIARY, I have major news. Today will be a fast day for Esther will approach the king without permission and ask him to attend his banquet along with Haman the wicked. Perhaps she'll be able to annul this harsh decree. Hashem should be with us. I'd better go.

DEAR DIARY, IT CAN'T BE!! Esther has managed to enter Achashveirosh's palace! She is alive! Achashveirosh has extended his scepter to her! We should continue seeing nissim like this for the banquet is tonight! It seems as though Esther has a solid plan to help save the yidden! Hashem should be with her.

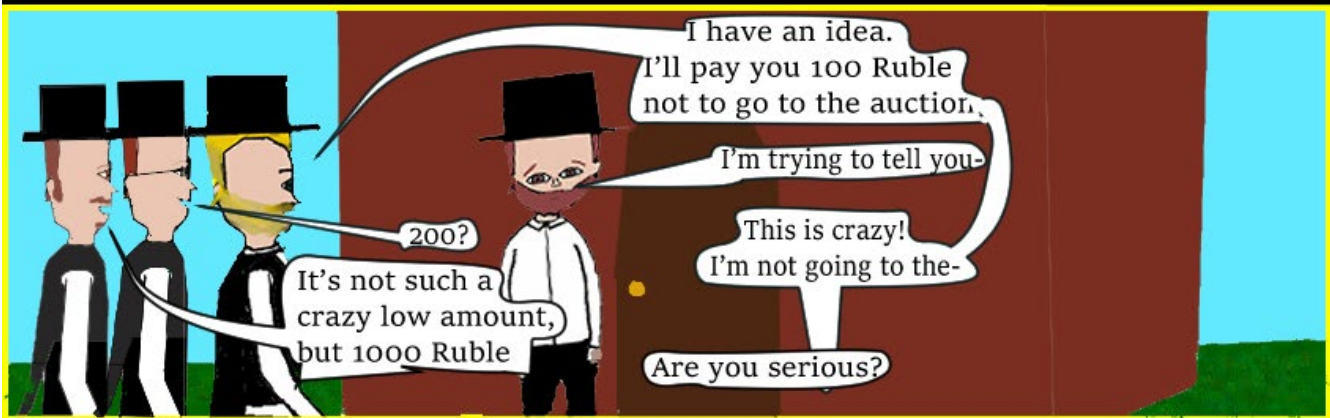
DEAR DIARY, there's some weird construction going on in Haman's yard. It seems very strange. There's a tall tower that seems very high!

DEAR DIARY, Oh, my! There is tremendous noise coming from outdoors! Oh, my! I can't believe this! Rich and bragger Haman - who is an enemy of Mordechai - is leading Mordechai Hatzadik down the street on a big horse!! Mordechai is fully dressed in king's clothes! This is unbelievable!! Haman is chanting that this shall be done to the man whom the king wishes to honor! Wow. Hey, what's that I see?! A huge bucket of garbage being poured onto Haman's head! And it's coming from Haman's window!! He is covered in filth! What is going on?!!

DEAR DIARY, I'M SPEECHLESS! NISSIM, NISSIM HAVE JUST OCCURRED!!!!!! What happened was that Esther set up a lavish banquet which Haman and Achashveirosh attended. Then, Esther informed the king that her nation is going to be killed. He was ashen, and inquired who would do such a thing. She replied that it was none other than Haman!! Achashveirosh said he was going for a quick walk to digest what he'd just heard. Then, on his walk in the royal courtyard, he spotted major construction going on a few backyards away. Curiously, he asked his servant what was going on. He was informed that they were building tall gallows for Mordechai the Jew to be hung. The king was furious! Mordechai had saved him from death!! He immediately went back inside and declared that HAMAN WILL BE HUNG ON THE GALLOWS AND THAT THE DECREE IS LIFTED!!! THANK YOU, HASHEM!!!! !!!!! ונהפוך הוא! I'm going to dance with all the yidden outside now,

The Kid Who Experienced Neis Purim

Dovid, the town g'vir, lost his money right before Purim. He went to Warsaw on Purim to escape the embaersment of all the poor yidden coming for tzedaka. He davened to be able to do the mitzva he did for so many years on Purim. When he arrived, his rich friend seemed almost upset that Dovid was there. He said that the Poritz lost his money and was auctioning his stuff off today. Dovid was such a good bidder that he was threat to this man winning...



Money always comes and money always goes
Who will possess it? No human ever knows
Hashem is the One Who makes some people poor
And picks who will have them begging at their door
Hashem gives it to people who are meant to share
And we get an opportunity as Purim comes near

A VISIT TO R' DANIEL!

Recap: *A most amazing piece of information that is too good to be true, came to our attention! That here in New York lives a very old man, who is the last known remaining living Yid who left Mitzrayim. His name is R' Daniel and he is from Shevet Don. When he left Mitzrayim, he was a 15-year-old boy and today he is 3349 years old! He lives today with his great-great-great-grandchildren in Monsey, New York. The Spring Hill Times has been granted the rare privilege of being able to interview him from time to time.*

Continued from last week

The Spring Hill Times: Did the Yidden do teshvua as a result of Haman's gezeira?

R' Daniel: They did teshvua like never before in history! Klal Yisrael became united and everyone turned back to Hashem with their full hearts.

So in truth, Haman, our number one enemy, was the best gift that Hashem could have given Klal Yisrael! He achieved what many Prophets didn't achieve!

The Spring Hill Times: Do you remember where you were standing when you heard that Haman was leading Mordechai in the streets?

R' Daniel: I was actually in the middle of saying t-hillim in my house. I think it was kapital מ"ד. I heard a voice calling out in Persian, "ככה יעשה..." I went to the window to see what was happening and I couldn't believe my eyes. There was Haman giving Mordechai the greatest honor! It was too good to be true! It made no sense! The Kiddush Hashem was unbelievable! Everyone, Jew and non-Jew, clearly saw how Hashem wanted to honor Mordechai the Jew!

At that moment we were able to feel in our hearts that the yeshua was coming. But we never dreamed how fast it would be...

From one minute to the next, we suddenly saw Haman hanging from the gallows! The day before, he was the most feared man on earth and the next day he was dead hanging in public. We were in shock! It happened so quick! Just a few minutes before we were in the most impossible situation!

We couldn't stop thanking Hashem. I get the chills just thinking back to those moments.

We clearly felt Hashem's deep love and care for us. We saw that He never really abandoned us. To the contrary the whole gezeira was just to bring us back to Him.

The Spring Hill Times: How did the Goyim around you react to the situation?

R' Daniel: The Golyim all of sudden became very respectful to the Jews! Many many people even converted to Judaism! People were in awe of us Yidden!

It reminded me of what happened before Klal Yisrael left Mitzrayim, when all of a sudden our worst enemies became our best friends.

It taught us a big lesson never to focus on the person. The gentile himself is not in control of whether he should love or hate Jews. It's all in the hands of Hashem.

The Spring Hill Times: Do you think that today's generation will ever be zoche to do such teshuva and be zoche to such nissim!

R' Daniel: Absolutely! It's already happening! Hashem gave us the great gift of Hamas. There are tens of thousands of Yidden who would have never done a single Mitzvah in their life. They didn't want to have anything to do with Hashem and Yiddishkeit.

From one minute to another they are keeping Shabbos, wearing Tzitzis, putting of tefillin, going to shiurim, putting on modest clothing etc. And not to mention the achdus. I don't think ever in the history of Galus has Klal Yisrael been so united as they are today! It's the greatest miracle! All because of Hamas!

The Spring Hill Times: But aren't we the worst generation that ever existed? Perhaps even if with all the teshuva going on Hashem doesn't really love us. Maybe He despises us because we aren't good enough in His eyes..

R' Daniel: 1. Absolutely not! Your generation is the best to have every existed! No other generation comes even close to your generation! Because nobody had it as hard as you have it today. 2. Hashem's love to us has nothing to do with how good we are!!! Hashem loves us because He are his children. We are part of Him. Hashem's love is unconditional. Even when He needs to punish and clean us out of our sins it's coming out of love. This love is eternal and is impossible to be taken away! There is no such thing as Hashem hating or despising anyone, certainly not his children!

3. The teshuva today is the greatest teshuva that Klal Yisrael has seen throughout the entire Galus! The angles are dancing! The simcha in Shamayim and in the entire creation is getting stronger day after day!

The Spring Hill Times: So, do you think we really are fitting to celebrate with Hashem on Purim?

R' Daniel: If not you then who yes?? Hashem k'vay-chol is waiting all year for you to celebrate Purim! As happy as you are with Him He is is a trillion times happier with you! There is nothing more meaningful and precious to Hashem than being connected to us, Yidden! He cannot get enough of us! Every Jew means the world to Him!!

The Spring Hill Times: Wow! This is too good to believe! I'm getting drunk just from hearing these words!

We would like to wish you in the name of all of our readers, 'A Freilichen Purim!'

R' Daniel: A Freilichen Purim and A Freilichen Tamid! On this coming Purim, let's meet and drink to no end in Yerushlayim Habebanuya!

The Spring Hill Times: Amein!

Rabbi Zevy Golombeck

illuminating Words of Chazal

"Everything about Hashem, His Torah and His world is supposed to bring out positive emotions and help us have a healthy relationship with Hashem."
Rav Yehuda Mandel

bechira is in the thought process. That's where bechira lies. But for the action and results, that's what Hashem wanted. Reb Moshe Feinstein in Darash Moshe brings the pasuk Kol haneshama tehallel Kah, all neshamos are praising Hashem. Reb Moshe asks the obvious question, less than 1% of the world is praising Hashem. Of the 8 billion people in the world how many are praising Hashem? Less than 1%. So what does it mean, kol haneshama? Zagt Reb Moshe, that from every single action that happens is going to come out kvod Shamayim. Even from the worst aveira will come out great kvod Shamayim. Reb Moshe gives as an example what happened when Elimelech left Eretz Yisrael. He left because he didn't want to support Klal Yisrael, which Chazal say was a tainah, it came from the middah of stinginess. He was actually chayav misah for what he did, and his sons left with him and married Arpah and Rus, and they were also chayav misah. And what came out of Rus? Mashiach! Dovid came out! So what do you see from here? From aveiros that were so big that they were chayav misah for them, came out the biggest kvod Shamayim. Through this came Dovid Hamelech and Mashiach. So zagt Reb Moshe, we see from here that bechira is the thought process, but the results are from Hashem.

Q: We know that Hashem is the One running the whole world. We hear all the time on 'A Life with Bitachon' that Hashem is running a perfect world and that every single detail is according to His will and is perfect.

There are so many people who are involved in sins, Jews and non-Jews. How can we view that as something perfect? Why would Hashem want people to distance themselves from Him?

Why would Hashem want to put people in situations where they sin and will incur heavy punishment? How is that perfect? How could people being born in secular families and it's 100% sure that they will do many sins as a result, be considered perfect?

In addition, Hashem Himself said, "Don't do this. I don't want you to do this." How can we say at the same time that Hashem wants it to happen and that it's perfect?

A. Reb Chatzkel Levenstein writes in his sefer on emunah that bechira is in the thought process. That's where bechira lies. But for the action and results, that's what Hashem wanted. Reb Moshe Feinstein in Darash Moshe brings the pasuk Kol haneshama tehallel Kah, all neshamos are praising Hashem. Reb Moshe asks the obvious question, less than 1% of the world is praising Hashem. Of the 8 billion people in the world how many are praising Hashem? Less than 1%. So what does it mean, kol haneshama? Zagt Reb Moshe,



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Therefore, a person has to understand and realize that we live in a world that whatever you see is exactly how Hakadosh Baruch Hu wanted it to be run and orchestrated, from start to finish and everything in between. And the Gaon writes that everything that happens in this world is all written and merumaz somewhere in the Torah. And the Torah is kadosh! That means that everything that happens is kadosh!

Therefore, that's how we can explain one of the most difficult Chazal that says that if you did an aveira and you do teshuva me'ahava then the aveira turns into a mitzvah. That means that let's say someone ate chazir and he did teshuva, and now the chazir turns into achilas korban. How in the world can you turn chazir into achilas korban? And the answer is very simple. Because Hashem wanted every action to be done. So just like a korban brings out kvod Shamayim, achilas chazir also brings out kvod Shamayim. So where's the aveira? The aveira lies in the thought process. But once you do teshuva on the thought process, so you corrected the thought process. So what are you left with? The action. The action turns into a mitzvah because that's what Hashem wanted! So it comes out that how you can turn the biggest aveira into the biggest mitzvah by just now having charata on the bad thought process. So now you're left with a good thought process, and with a maaseh of Hashem because Hashem wanted it to happen.

It's very important to note the famous story that Reb Yaakov Galinsky told my Rebbe. There was a gadol in Eretz Yisrael who had a daughter who had asthma and he was in charge of making sure

Rabbi Zevy Golombeck

illuminating Words of Chazal

"Everything about Hashem, His Torah and His world is supposed to bring out positive emotions and help us have a healthy relationship with Hashem."
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to be upset was only because you thought that you caused it, but you have to realize that you didn't do it and it would have happened anyway, and that's what Hashem wanted. The father, one of the gedolim of Klal Yisrael, said that was the biggest nechama that he received, and it changed his whole perspective.

So we see that a person has to be able to balance both things. That yes we have bechira for the thought process, but the actual result is from Hashem. And we have to focus and use these concepts in a way that will make us into a bigger, better, happier, healthier person, and give us more menuchas hanefesh and simchas hachaim. The general way to do that is that for the past we say don't become tzebrochen and tze Klopped because that was what Hashem wanted, but for the future feel that you have bechira and you can make a difference and that will motivate you to bring out the best in you.

It's also important to know that there's a Medrash Rabba that says "Hashem created tzaddikim and Hashem created reshaim and it's all bringing out kvod Shamayim." Sometimes we see it in the open, sometimes we don't see it in the open, but it's all to bring out kvod Shamayim. The Ramchal says Hashem wants Klal Yisrael to be in galus 2,000 years. Hashem wanted Klal Yisrael to be in the midbar 40 years. There's many maalos that Klal Yisrael were in the midbar for 40 years and there's many maalos that Klal Yisrael are in galus for all these years. Hashem wanted all of this!

Now, why are people born into non-frum families? That's all based on gilgulim, what they did in the past gilgul and this is what they need for their tikkun. Just to give examples how kvod Shamayim could come out of this is that Hashem made a world that most of the world do not follow Hashem. The way kvod Shamayim comes out is that Klal Yisrael, the frum people, are the minority, and still 2,000 years in galus when we're just a little dot on the map, and still we're thriving and shteiging! Even though most of the world do not serve Hashem, and even though most of the Jews do not serve Hashem, and the frum people are the minority, that shows our dedication, devotion and love for our Hashem, that's all kvod Shamayim. If everyone, if all the yidden, would serve Hashem, that would make it very easy and that doesn't show our love. So that's how they're causing the kvod Shamayim, by making us the minority. In addition, now that frum yidden are the minority, it helps us appreciate being a frum yid! We see that most yidden weren't born to frum families, yet we're frum! That will make us appreciate being frum instead of taking it for granted.

But why certain yidden were born frum and certain yidden were not, that's all based on gilgulim and that is ein esek banistaros, we don't have shaychus to understanding Hashem's hidden calculations. One thing we do know, is that everything is exactly perfect the way every person needs to bring out kvod Shamayim and everyone is in the exact situation that's perfect for them.

Now, this that it says in the Torah that Hashem hates avoda zara, is it going on the thought process or on the action? The answer is Hashem doesn't have real feelings of hatred. It's just how the Torah wants us to perceive it, to teach us that we are supposed to hate avoda zara, to motivate us to stay far away from it. So when you see that it says Hashem hates it, it's just how we're supposed to perceive it as an attitude to motivate us to hate it and stay away from it. But at the same time, we have to live with the emunah and bitachon perspective and realize that if it happened, that means it was perfect. If there was avoda zara done, Hashem wanted it to be done, because that's part of Hashem's perfect Master Plan. It's what Hashem wanted to happen, and will bring tremendous k'vod Shamayim. Like it says in the medrash, "tov meod zeh yetzer hara," because kvod Shamayim comes out of everything.

that whenever she had an asthma attack he would give her a shot.

One time, she had an asthma attack and he didn't find the shot and she was niftara. And Reb Yaakov Galinsky went to be Menachem avel.

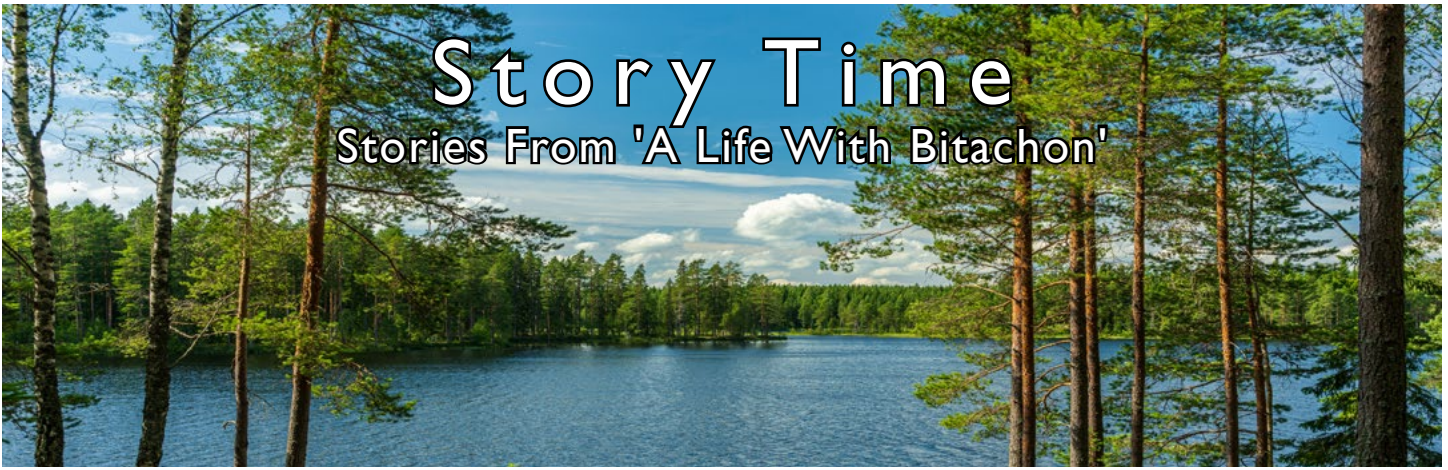
Her father was inconsolable because he felt that it was his negligence, it was his pshia, he should've been more nizhar, he should have always had it on him in his pocket...

Reb Yaakov Galinsky told him it's impossible that you could have changed what could have happened. Whatever happened is perfect. So your whole reason



Story Time

Stories From 'A Life With Bitachon'



#1740- This story was called in by Mrs. Mordowitz. Mrs. Mordowitz said over that in the beginning of last week, she brought two of her sons' Shabbos suits to the cleaners to get cleaned for Shabbos. She had in mind to pick them up earlier in the week. It was a frum cleaners and on Friday they close at 2:00 sharp. Then she totally forgot about it! It skipped her mind! When her son was getting ready for Shabbos on Friday afternoon, it was already 2:40, and her son asked her for his suit! She said, "Oh! I'm so sorry! I forgot it by the cleaners! Let me go right now. But one second, the cleaners closes at 2 and now it's already 2:40. What are the chances of it being open now? Actually, there are really no chances because they are very makpid. It's a frum store and they close at 2:00."



Then she said, "One second. I'm going to drive there and the whole way I'm going to play the song, 'Hakol Yachol.'" As she was driving, she was thinking to herself, "If there would be someone in the cleaners, 45 minutes after they close; a frum cleaners Erev Shabbos; it would take a Rebbeshe mofeis! Am I really deserving of such a mofeis?" Then she said, "One second. I heard many stories on 'A Life with Bitachon,' many similar cleaners stories. When a person lives with Emunah and Bitachon and realizes that it's not people running the world, it's Hashem; it's a different set of laws; its a different Shulchan Aruch!" With that, she continued going with that Hakadosh Baruch Hu is Hakol Yachol, and He can do everything and anything.

She got to the cleaners, and she saw that the lights were closed. The shutters of the cleaners were all closed. She got out of her

car, and she said, "I'm going to go with Emunah and Bitachon. I'm just going to look inside." She saw that there was nobody inside the store. There was nobody around. She thought, "What should I do now? But, Hashem is the Kol Yachol. I'm just going to walk back to my car and believe that Hashem can do everything and anything."

While she got into the car, all of a sudden, she saw a different car pull up right next to her, and a yid came out. He said to her, "I'm the owner of the cleaners. I saw you just coming away from the store. Do you need anything?" She said, "Are you serious?? I need to pick up two of my sons' suits for Shabbos." He said: "I'll tell you the truth. Something just popped into my head that I should come to the store to drop something off at this exact second. I pulled up and I saw you leaving. I'm so happy to make you happy! I'll open up the store and one, two, three, take whatever you'd like!"

In no time, she got the best service, better than ever!



#1741- This story was called in by Mrs. Auslander. Mrs. Auslander said that it was less than two hours before Shabbos, and somebody pulled open the freezer door so hard that it came off the hinges. They weren't able to close the freezer door. They tried doing this and that; taking off this and putting this back



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Stories From 'A Life With Bitachon'

on... No matter how much they tried, the freezer door wasn't going back on. They decided, "We will all be mechzek, and say that the only way to get the freezer door back on is by realizing that it's Hakadosh Baruch Hu the Kol Yachol. He can do everything and anything." This time they tried again, but it still wasn't closing. It was getting closer and closer to Shabbos. They didn't know what to do! They couldn't keep the freezer door open the whole Shabbos, it was full of food! What was going to be??

Then they said, "One second. We understand and realize what's going on! Hakadosh Baruch Hu wants MORE bitachon from us; by realizing that we can't do anything. There is nothing we can do to help the freezer door! It's only YOU Hakadosh Baruch Hu, the Ribono Shel Olam! From start to finish and everything in between!" They were mechazek more in bitachon, and then they said, "Okay now let's go try closing it!" This time they just pushed it closed and it fit back in perfectly!! No issues and no problems; as if nothing was wrong to begin with!!



#1742- This story was called in by a very chashuve yungerman whose name is Binyomin Pretter. He ordered a package that was delivered by UPS. When he opened the package he saw that it was the wrong item. There must have been some mix up. He called them up and they said that he had to bring it to where they will pick it up from, and then they will deliver a new package. He realized that the place where he had to drop it off was a few blocks away from his house. But it was a very heavy package and he didn't have a car with him. He was trying to figure out how in the world he was going to bring the package all the way there. He said, "Let me try. He picked it up, brought it out of his house; but after three steps he realized that there was no way he could do it alone. "How am I going to do it?" He thought. "I don't have a car!"

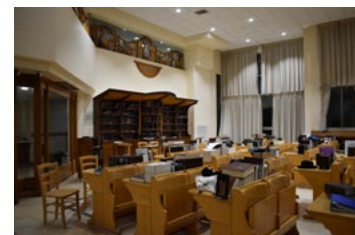
Then he said, "One second. Don't we all know "hashleich al Hashem yihavicha?" You have a package? Throw it up to Hashem! Hakadosh Baruch Hu, the Ribono Shel Olam; He is the one carrying us and carrying the package! I'll just leave it up to Hakadosh Baruch Hu the Ribono Shel Olam!" As he said this, he saw his brother-in-law passing by with his car. He pulled over, rolled down his window, and said, "I have to take care of errands right here so I'm parking my car. I notice that you have a very heavy package in your hand. Do you want to borrow my car to bring it where you need to go? Here are my keys!"

Just like that, from one second to the next, the package was in a car, brought to the station with the best service!



#1743- This story was called in all the way from Eretz Yisrael by Mrs. Glick. Mrs. Glick said over that her husband got a call at night that someone needed a very big favor, and off he went to help that other yid. After he finished, he knew he still had to daven maariv and it was very late at night. It was after one o'clock already. He went to Bais Yisrael to look for a minyan. He saw that there was only a couple of other yidden waiting around for a minyan. He waited for over 20 minutes. Nobody was coming. He didn't know what to do. It looked like it simply was not nogeiah. He called his Rebetzin and said, "What should I do? I already waited for over 20 minutes and nobody is coming! Actually, the ones that are here are saying that they're going to leave any minute. What should I do?" She said, "Very simple. I'm going to have Bitachon that Hashem is the Kol Yachol. In no time, you're going to see that He is going to bring a minyan! Have no worries, have no fears!"

One minute later, another yid walked in, then another yid, and then another yid! Before he knew it, he had the most beautiful and amazing minyan! ❖



The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. I work very hard to please my husband. But since I'm human I make mistakes sometimes. Whenever I make a mistake, my husband is not pleased with me. As a result, I feel crushed and worthless. What's the emunah and bitachon perspective about this?

A. Why do you feel bad when your husband is displeased with you? Because you think that your job is to please your husband, and you've failed.

We're not in this world to please our spouses; we're here to give a nachas ruach to Hashem. True, a woman's main form of avodas Hashem is being dedicated to her husband. However, like in all areas of avodah, what does Hashem want of us? To try to do our job as best as we can.

However, if despite our efforts we still make mistakes, that's how Hashem wanted things to turn out. And Hashem is pleased that we tried our best to serve our spouses.

Also consider: human nature is, when we focus on our shortcomings, we feel crushed and worthless, and when we focus on our accomplishments, we feel great.

Therefore, although your husband may be annoyed that you didn't manage to please him this time, remember how many times

you did succeed in pleasing him. When you reflect on how hard you constantly work for him with all of your heart and soul, you'll realize how accomplished you really are.

Furthermore, if your husband is not happy that you make mistakes, it's not you who your husband is unhappy with, it's Hakadosh Baruch Hu! Because Hashem



is the one who made it that people are intrinsically imperfect. Tell yourself, 'My husband may be displeased with the way Hashem made me, but I am happy with the way Hashem made me'.

Finally, take this as an opportunity to perform הטבה במקום הקפדה – doing a favor in the place of a grudge. Go out of your way especially to please him. Give him compliments and praise. If you muster up the strength to do this, you'll be a truly accomplished person.

Q. We know that the shechina only dwells in a house where shalom bayis pervades.

Unfortunately, I am in a marriage which includes friction and machlokes. But I, too, want to have the shechina in my house.

A. The presence of the shechina doesn't require having the result of shalom. It requires putting in effort to have shalom.

One exercise to achieve shalom is: put Hashem into the picture: When you wake up in the morning, say, "Hakadosh Baruch Hu, You are in charge of emotions. Please help us feel אחוה ואהבה towards each other".

Another exercise: in your mind, envision your shalom bayis is improving. Imagine that you and your spouse are speaking to each other kindly and respectfully. Positive thinking activates a koach in the bria that can have a concrete effect.

When you do exercises to create shalom, not only will the shechinah want to reside with you, but your efforts will also give you a special דישמיא to restore shalom to your home.

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Our Readers Share



Editor's Note: Some of these stories are from Av-Tishrei!



I turned on my MP3 to try to play a shiur, but it wasn't turning on. The next morning, I said that if it turns on, I would send the story to the Spring Hill Times. It turned on!

A Bochur

will publicize it in the Spring Hill Times.

A few days later, my wife Baruch Hashem felt better!! We are happy to publicize this in the Spring Hill Times.

A Reader

Hakol Yachol



I'm calling from England. We're really enjoying the Spring Hill Times. I have a daughter who is seven and I taught her to say 'Hakol Yachol' when she wants or needs something.

Baruch Hashem, she says it loads and loads of times, and good things happen. When we lose something, or if there's traffic on the road, we all start saying it, and we find it or the traffic goes away.

Recently, her teacher told the girls in the class to pair up and make each other worksheets and swap them when they are done. My daughter saw that the girl was sitting next to her was making a really difficult worksheet for her that she would have to do, so she started saying to herself, "Hakol Yachol."

The teacher then said, "Actually, we are not giving the worksheet to our partner, I am going to collect them all, mix them up and give them out."

My daughter got a really easy worksheet that was very pleasant for her to do. Baruch Hashem!

A Reader - UK

Mi K'amcha Yisrael:



I am going to a chasuna tonight in Eretz Yisrael for a girl who lost her mother three years ago; she's a yesomah. The wedding is in a beautiful hall that is completely free for yesomim! The person who owns the hall gives it for free to yesomim, so that the yesomim shouldn't have to go round collecting money to pay for a hall.

How lucky are we to be Hashem's children!

A yungerman - Yerushalayim

Hashgacha Pratis



I was in the Beis Medrash Ahavas Torah in Yerushalayim on Sorotzkin. Someone got locked into the bathroom and everyone was trying to open it up with all their tools. They called the gabbai, but he was too far away to be able to help. After a long time of trying, nothing was doing. No one had any number of a locksmith that could come over just then.

I went outside and I saw a car with a ladder on the roof with the headlights on. I went to the front of the car and told the driver about the boy stuck in the bathroom and asked if maybe he could help. I told him that if he does, I would give him a hundred shekel.

He came with his whole toolkit and he fiddled around here and there trying to open the door. Until.... Baruch Hashem... BOOM! The whole door was off its hinges and the boy was out!

It was such hashgacha that he had been right outside the Beis Medrash! I offered him the money but he didn't want to take it. He was just happy to help another yid even though he didn't know him!

A Reader - Yerushalayim

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Hashavas Aveida Hashgacha



My husband sat down in the Heichal Hatorah shul to learn, and he noticed that right near where he sat down was an envelope that looked like it was full of cash. A large amount of money... He sat down and left the envelope on the table, thinking that if somebody left it here, he would probably come back to look for it soon. He left it on the table while he was learning, hoping that before he had to leave, the man would come back for his money.

Sure enough, a few minutes later, a man came into shul looking nervous and worried. My husband saw him looking around until he got to his table and saw the envelope. He said, "Thank you! You watched it for me?" He was so, so grateful that my husband was sitting there, that nobody else could come and take it. It was such hashgacha pratis!

A Reader

Baruch Rofeh Cholim!



Thank you so much for the Spring Hill Times! We really enjoy every part of it, every time we read it! A while ago my wife wasn't feeling well for a while, and she wasn't getting better.

We were driving by the Satmer Rebbe's Kever in Kiryas Yoel, so we stopped there to daven to Hashem to make her feel better. My wife said that if she gets better, she



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Hashem Loves You!

Rav Yisroel Brog related that a businessman named Motti* was hurrying to catch Pan Am Flight 103 to get to an important meeting. He called a taxi and the taxi driver, Evan, said he would be right over.

Forty-five minutes later, Evan still didn't show up. Motti was getting nervous since the flight was departing soon and he really needed to be at this business meeting. Finally, Evan showed up. Motti asked Evan to please drive extra fast.



Evan tried his best to detour around the traffic, but avoiding one traffic jam only led to an even bigger congestion of cars. Evan was not very skilled at maneuvering busy roads. When they finally arrived at the airport, Motti discovered that he had missed his flight. Evan asked to be paid extra for spending so much time in traffic, but Motti refused to pay him even a penny. "You made me miss my flight, and that means I am also missing an important meeting, worth many thousands of dollars," Motti exclaimed, his voice full of disappointment. Evan replied, "I worked

hard and did my very best to help you. It's not my fault that there was so much traffic and congestion on the roads. Please pay the fare."

Evan followed Motti into the airport and approached the nearest police officer. The officer took them both outside as each shared their viewpoint concerning the disputed taxi fare. As Motti and Evan were repeating their positions in front of the police officer, the officer heard something unusual on his walkie talkie. "Oh my goodness! I can't believe it!" he screamed. "Which flight were you supposed to be on?" Pan Am Flight 103," Motti replied. The officer then raised the volume on his radio. "Can't you hear what they are saying from the command center? Pan Am Flight 103 has just exploded mid-air!" Motti began yelling at the top of his lungs, "I was supposed to be on that flight! Thank you Evan for being Hashem's messenger to save me!" Motti hugged Evan and both were crying with deep emotion. Motti then paid Evan double the amount that he had asked for. "I made a big mistake – I blamed you for causing me to miss my flight when in fact you saved my life!" Motti said as he left Evan.



Now it's Purim! Everything is EXACTLY THE OPPOSITE of how it seems on the surface.

Hashem shows us on Purim how he loves us so much by saving us from our worst enemies with hidden and revealed Nissim. Klal Yisroel in turn is wholeheartedly Mekabel the Torah out of LOVE. Everyone expresses their inner and deep Ahavas Hashem and Ahavas Yisroel through the Mitzvas Hayom.

My Rebbi, HaGaon Rav Zelik Epstein ZT"L used to say that the fear of death that we all experienced from Haman awakened us to the truth that all of the petty hatreds and jealousies that we sometimes feel towards one another is really false and counterfeit.



Only our inner deep rooted Ahavas Yisroel, love for one another, is real. We express this true Ahava by sending Mishloach Manos, giving Matanos LaEvyonim, and making a Seuda.

Hashem turns everything around for the good!

As we say in our Sefer Hashem Loves You, 'Your worst moment is really your very best moment!'

Very soon, we will all be thanking Hashem with the deepest gratitude for EVERYTHING that happened in our life, and we will experience how everything was really 100% pure Chesed and 100% pure Rachamim!

Hashem loves us!

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