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ISSUE 105 | PARASHAS CHUKAS-BALAK | TAMUZ 5783

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At the beginning of this past school year, Mrs. Braunstein called her Rav for advice.

**Continued  
on page 6**

**Continued on page  
10**

**Having Summer FUN?**



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# The Spring Hill Times

**Newspaper Topic:**

Hashem

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

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Please treat this newspaper with proper kedusha.

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ישעיה בן משה יחיאל מיכאל זיידא, חוה רבקה בת שלמה זלמן, צבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש. דוד זאב בן משה משום, צייטל בת שלום אריה, נפתלי בן יעקב. לזכות הבר' ח' משה דוב בער בן אסתר, לזווג הגון בקרוב. לזכות רפואה שלמה יצחק חיים בן שיינדל. דוד יעקב בן פעשא לאה

A LETTER OF BRACHA AND CHIZUK FROM THE ZIKNEI RO-SHEI YESHIVA IN THE UNITED STATES OF AMERICA

**HARAV SHMUEL KAMENSKY SHLITA**

**AND**

**HARAV ELYA BER WACHTFOGEL SHLITA**

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

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

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

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# ***It's Party Time!***



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## **BE BOLD LIKE A LEOPARD**

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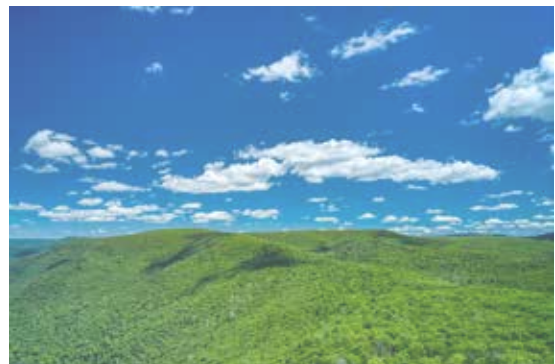


***Don't be afraid of what people think! Do what's right!***

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## **FEELING DOWN?**

**LOOK UP!**



**Bring Hashem into Your life!**

***It's the solution to Every Problem!***

# WEEKLY NEWS ROUNDUP

Continued from  
page 1

He told her to give tzedaka for the health of her children. Since then, she started giving every night one penny to tzedakah and she davens to Hashem the same tefilla: that her children should stay healthy so that her husband can be in Kollel where he belongs and she can go to work to bring Parnassa for the family, and the kids can be in school where they belong.

And work it did! This entire school year, neither she nor her husband ever had to take off to stay home with a sick child!!!! Not even once!!!

Once in a while, a child got sick, but it was always over Shabbos or on a day off!!

But wait, the story is not over yet!

It was the last day of school, and guess what happened that evening? Her son developed fever! She had already taken off from work and was planning on being home with her kids the rest of the week until camp started! [Heard from Mrs. Braunstein]

## MAN TRUSTS IN HASH-EM

Reb Moshe\* did not have money to buy food for Shabbos.

It was already Thursday night. He decided he was going to shop with bitachon!!!

He went to the store and filled up the cart all the while relying on Hashem!!!

P.S. When he was about to go to the cashier, he bumped into his night Rosh Kollel.

His Rosh Kollel told him: "I have money for you. I was going to give it to you next Sunday, but because I met you now, here's the money."

He gave him an envelope. Reb Moshe went to check out, and it was exactly the amount he needed for the purchases!!!!

[Kav Hashgacha Pratis]

## THE PERFECT GIFT!

It was two days before Shavuos and Mrs. Schwartz from Kiryat Sefer had a cleaning lady helping her.

By mistake, the cleaning lady took the Shabbos sponge and started cleaning the oven with it. Mrs. Schwartz realized that the sponge got ruined and she had to throw it out.

She didn't know what to do,

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because they don't sell it in her neighborhood, and she needed it for Shavous.



She just continued preparing for Yom Tov, and forgot about it.

The next day, her brother came from Chutz Le'aretz, and said that he brought presents for her kids. He also told her "Mommy sent you a Shabbos sponge."

She couldn't believe it, she didn't know how her mother knew that she needed it!

Mrs. Schwartz called her mother, and asked how she knew exactly what to get.



# WEEKLY NEWS ROUNDUP

She said: "I was passing by the store, and I saw this sponge and remembered you like this sponge. I decided to get you one."

She got the perfect gift, just when she needed it!!!

[Kav Hashgacha pratis]



## TEFILLIN FOUND

A Rebbi realized that one of his Talmidim, who was just Bar Mitzvah, stopped coming to Shacharis in Yeshiva.

He asked the boy why he stopped coming. The boy told him that he just had his Bar Mitzvah two weeks before, and he lost his tefillin. He had to get tefillin from a gemach, and he was embar-

rassed to come to yeshiva with tefillin from a gemach.

The Rebbi asked him where he lost it. He said that he was on a bus, and he thinks he lost it there. They already did all the hishtadlus. They went to the bus company and they couldn't find it. The bachur said he thinks the bus driver just threw it out, it was a non-Jewish driver.

The Rebbi told him that Hashem is a Kol Yachol. And

he should be mekabel not to talk while he's wearing tefillin, and Hashem would send the yeshuah.

The Bachur accepted upon himself that he wouldn't talk mundane things while wearing his tefillin.

A couple of hours later, the Rebbi got a call from the boy's mother. She said to tell her son that they found his tefillin!!

He thought he left it on then bus, but really it got lost in a shul. An uncle of his was in that shul and found his tefillin with his name, and that's how they were able to get it back!

[Kav Hashgacha Pratis]

## *Yeshiva Shel Ma'aleh* Torah Without Boundaries



**IMPORTANT NOTICE**  
Prepare for your exam today! Don't Delay!

### *Helpful Tips*



- Learn a Mishna a Day!
- A Daf a Day!
- An Amud a Day
- Half an Amud a day!



# WEEKLY NEWS ROUNDUP

## LONG DISTANCE CONNECTIONS

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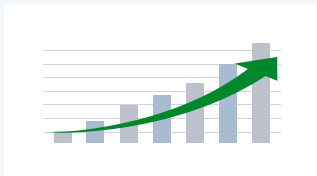


Just Tell Hashem That You Are Sorry!

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## MAN DOESN'T TALK IN DURING DAVENING

R' Joseph\* needed a big Yeshuah.

On 6 Adar 5782, he heard a Shiur about being careful not to talk during Davening and Kriyas Hatorah. He heard that if one accepts upon themselves not to talk at these times, for an entire year, he will see big Yeshuos.



R' Joseph accepted upon himself not to talk even between the Aliyos for an entire year.

Exactly a year later, on 6 Adar 5783, he got the Yeshua that he was waiting for! [Kav Hashgacha Pratis]

## EVERYTHING IS FOR THE GOOD!

Shalom Fried\* from Monsey parked his car and went to do an errand.

When he came back to his car, he saw that some-

one had put a large, strange bumper sticker on his car. He tried to get it off, but he was unsuccessful. Eventually, he gave up and started driving home.

As he was driving, he saw people looking at his car, because the sticker attracted a lot of attention.

Then, he noticed someone waving at him. It was a man who had owed him money for a long time.

Shalom had never been able to get his money back, since either the other man wasn't available, or he wasn't available. Now, this man who owed him money noticed the car with the strange bumper sticker, and he looked to see who was driving it, and he realized that it was this person to whom he owed money!

The Yid told Shalom, "I have the money now, I can pay you." He got all the money he was owed!

He saw clear Hashgacha Pratis. Hashem arranged it that someone put a strange-looking sticker on his car to attract attention exactly at a time when this Yid would be passing by with enough money to pay him back! [Kav Hashgacha Pratis]

# News that Hashem Wants us to Talk About!

Continued from  
Front page

## EXCITING RAIN



After a few weeks of beautiful dry weather, residents in New York and New Jersey were excited to receive a brief but heavy rainfall on Erev Shabbos Shelach!

Thank You Hashem for the wonderful gift of rain!

## MONSEY FAMILY TRAVELS TO BALTIMORE

The Meyer\* family from Monsey, New York traveled to Baltimore, MD, to spend Shabbos by relatives.

They made it back and forth safe and sound! It was such an exciting trip for the children and the parents. They all loved it! They felt clearly how good Hashem was to them!

Thank You Hashem! [Heard from R' Meyer]

## BEAUTIFUL LEIL SHABBOS!

Mrs. Singer\* had a magnificent Leil Shabbos. Her gleaming house sparkled and the table



shone from all the silverware! The zemiros made her heart soar. The whole atmosphere felt magical! The menucha of Shabbos simply enveloped her. What a Gan Eden on this



world! [Heard from Mrs. Singer]

## EVERYTHING IS CHESED HASHEM

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Shloimy Fried from Brooklyn,\* New York, read in the Spring Hill Times that our front teeth (thin edge) cut food and our back teeth (wide surface) crush food.. and was blown away by Hashem's wisdom and kindness.

While feeding his baby sister he was amazed that every mouth, from the baby up to the senior, has this chochma, without a single mistake. He saw Hashem's brilliance shining through nature!

## GIRL ENJOYS TEST

Chany Freund\* took the Hilchos Shabbos Final and enjoyed it immensely! She realized that it was the best motivation to get her to study the important Halachos.

She will Im Yirtzeh Hashem conduct herself properly on Shabbos for many years to come because of this final! She also felt immensely grateful to Hashem that she was able to retrieve the answers from her properly functioning brain!

## SO MUCH PLEASURE GOING AROUND

Many beautiful graduations have taken place the past few weeks. Grandmothers and mothers enjoyed watching their children perform on stage. After investing so much, they de- **Continued on page 22**



# LIVING WITH HASHEM

By Rabbi Zevy Golombeck



Editor's note: many of these stories are from Shevat - Adar!

## MITZVAH REVEALS MISSING MONEY



Yehuda Steinberg\* was missing a lot of money. He was having guests, so he had to clean up the house for them.

As he was cleaning up the house, he found an envelope full of cash. It was the missing money! B"H because he invited guests, he found the money!

## INSPIRED TO OVERCOME THE YETZER HARA

Mrs Fishman\* had a device. She knew that the right thing for her was to get rid of it. However, she didn't have the courage and the willpower to do so.

One day, she was listening to 'A Life with Bitachon' hotline, and in

the Q&A section, someone asked how to deal with being scared of Mashiach and the Din V'cheshbon.

*I responded that according to the Steipler, we can get all our Tza'ar and Agmas Nefesh by not letting our desires control us. I said that this will make us perfectly clean, give us a 100% Kapparah and a straight ticket to Olam Haba!*

After hearing this, Mrs. Fishman jumped up and said, "It's not even a Nisayon for me anymore!" She then broke it into pieces!

## PARNASSAH COMES FROM HASHEM

Morah Goldwasser\* received a phone call from a mother who was interested in registering her child in her playgroup.

She knew that this particular child would do better by a different Morah.

Morah Goldwasser told the mother that she knows her child. "I think he would benefit by going to a different Morah." She gave her the other Morah's

phone number!

She wasn't worried about losing the Parnassah, because she knows that Parnassah comes from Hashem!

Mi K'amcha Yisrael!

## THE PERFECT ROSH YESHIVA

A Bochur came to take a Farher by my Shver.

He told the bochur that he is a Mitzuyan of a Bochur, but that it's not the right fit for him to be there, even though the yeshiva would benefit tremendously from having him.

The boy said that that's the type of Rosh Yeshiva that he wants, and he ended up staying!

## BITACHON + BILL FROM IRS = \$50,000

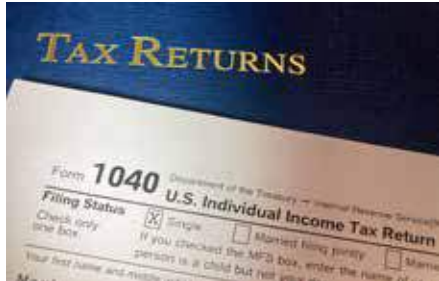
Reuven Fine\* from Cleveland, OH, was doing construction on his house. He needed \$50,000, but he had no idea where he was going to get the money from. But he had Emunah and





# LIVING WITH HASHEM

By Rabbi Zevy Golombeck



Bitachon, and wasn't worried.

One day, he opened up his mailbox, and he saw that he had a bill from the IRS. It said that he owed \$4,000. He didn't understand what the bill was.

He called up the bank that was named on the bill. The bank said that his grandfather had opened an account for him in the 1990s. They said that he had over \$54,000 in the account! He gladly gave the \$4,000 to the IRS and took the \$50,000!

## THE POWER OF A GIFT

Mrs. Levine\* used to feel anxious whenever she went to her doctor. The receptionist always acted nasty. She noticed that a lot of other people also seemed to be bothered by the receptionist.

She called me to ask if she should request that the doctor fire her.

I told her that first she should send her a present with a long note and tell her all her Ma'alos and how much you appreciate her.



*If that doesn't work, then tell her that you would appreciate it if she'd be more sensitive.*

*Only if that also doesn't work, should you tell the doctor.*

*Mrs. Levine called me back a while later, and told me that she sent the gift and letter. Since then, every time she walks in, the receptionist smiles at her and tells her that she never had such a good patient and that seeing her always puts her in a good mood.*

*She's just a different person!*

*Mrs. Levine said that if she hadn't called me, she would have just tried to get the doctor to fire the receptionist, which would have likely caused Machlokes!*

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

## A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

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

### SYSTEM INSTRUCTIONS

1 15 sec. back	2 Pause	3 15 sec. forward
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7 3 min. back	8 Lower volume	9 3 min. forward
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Please help!

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1. What a bracha! You aren't running back and forth to the hospital! You, your spouse and your children are all healthy! No tests! No chemo! No hair loss! No fears! No worries! No sadness! No pain! There is nothing more exciting than the 'plain regular' health Hashem grants us! Thank Hashem from the bottom of your heart for this!
2. There is no true excitement in this world besides knowing Hashem, seeing His greatness, learning His words and feeling His love! You are receiving every second, trillions of gifts from Hashem! Realize that He is thinking about you 24/7 365. Realize that He loves you to no end! Think about how good Hashem is to you, to Klal Yisrael and to the entire universe!
3. Use you imagination and picture yourself being together with Hashem in Olam Haba forever. It's the most delicious exciting thing possible!

**IMPORTANT HEALTH TIPS  
TO  
REMEMBER**

**There is no greater bracha than a plain regular day!**

# A STORY FOR THE PARSHA

By: Tzvi Blaser- Lakewood, New Jersey

*"Regarding this the poets would say: come to Cheshbon"*

R' Yitzchok Blaser, one of the primary figures in the Mussar movement, was approached by members of his community who requested that the Rav rouse them with words of inspiration in light of the upcoming High Holy Days. "Allow me to draw a parable" he began. "A caravan lost its way in a forest. For a week the travelers wandered around aimlessly, unable to find their way out. Suddenly, the men saw a lone figure walking in the distance. They quickly made their way towards him and asked him to show them the way out of the forest. 'My brothers and friends' replied the man, 'You have been roaming this forest for only a week. I, however, have already been lost for several weeks. Let us try to find the way out of here together, perhaps then we will be successful.



But there is one area in which I can be of assistance,' continued the man, "I will tell you the paths that I have already tried and we'll know to not mistakenly tread there again.'

"This applies to our situation as well," said Rav Blaser with great humility. "I am just as lost as you are. Only more so, for I am old and have already been lost for many years. Yet, my expertise can be of benefit, As I will be able to enlighten you as to things that I have seen in my life which I have investigated and found to be trivial and meaningless. You can trust me on this matter that it is not

worth your while to try those things.

Come let us search together for the path that leads to repentance."

**Good Shabbos!**

## SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

### Three Friends

The story is told about a person that's suddenly called to a meeting with the king. He gets nervous so he goes to his friends and asks for help, and they shrug their shoulders and say, "Well, you got yourself into this one, buddy, you're going to have to get yourself out of it."

He thinks to himself, with friends like that, who needs enemies?

So he goes to another group of friends, and they says, "Well, we'll walk you to the gates of the king, but after that you're on your own." "Thanks a lot, guys."

He goes to the next group of friends, and they say, "We will walk in with you. We will stand by your side and speak up on your behalf. We will lend you all the support you need. "Ah—thank you, thank you so much."



After a hundred and twenty years, a Jew is called to a meeting with Melech Malchei HaMelochim, HaKodosh Boruch Hu. And who are these three friends?

The first one is his material possessions: He goes right away to the ATM machine, and the money's already been withdrawn, but he can't take it with him anyway. And the second are his friends, his knock-around buddies, and they all escort him to the grave site; they'll bow their heads, and go home, cry a little bit and eat some gefilte fish, but that's it—he's on his own.

The third group of friends is the Torah and the Mitzvos that the person did while he was in this world. And they will stand by his side and speak up for him for eternity.

**Gut Shabbos!**





Our teeth clamp down on the food from the top and from the bottom like a pair of scissors, but there is an important difference between scissors and our teeth. The blades of scissors are connected together at a certain point where the upper blade and the lower blade meet – as opposed to our teeth which are not connected to each other at any point.

Let's contemplate Hashem's creation. Because our two sets of teeth are not connected to each other, we can open our mouth widely to contain a large amount of food. There is also another advantage that is related to the topic of chewing.

If the two rows of teeth were connected, the molars would only close down in a very specific place, the same way scissors always close at the same exact spot. Hashem, in His wisdom, created our rows of teeth not connected in order to give our bite flexibility when we chew. Very often our upper teeth are not biting in the center of the lower teeth; rather it goes to the right or left. Despite the fact that the difference seems very trivial, it actually makes a very big difference in the way our food gets crushed.

In addition, it helps the food get crushed from different angles. Every different an-

gle helps the food get crushed properly.

We discussed so many important facets of the job the teeth serve in chewing, let's continue and examine the roles that other parts of the mouth contribute to chewing.

Hashem created our teeth with space left over on the exterior side, which is between the teeth and the cheek. This is important because every time we chew part of the food gets pushed out to the space next to the cheek. When the food is next to the cheek it is not in the position to be swallowed, it has to return to the center of the mouth. That means that once again it travels through the teeth for another crushing.

The cheeks themselves also play an important role in the chewing process. They push the food towards the teeth. Whenever we bite down the cheeks expand outwardly creating a pocket that can contain food. Afterwards, when we separate our teeth and get ready for the next bite – our cheeks turn inwards and push out the food towards the teeth. This happens many, many times when we eat. If you pay attention to the movement of your teeth when you chew, you can discover this yourself.

Our cheeks were created with such wisdom and they help us chew our food in an incredible way.

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# Chizuk Corner

*The unbelievable power of a good word*

*By R' Y. Friedman*

The past few weeks we spoke about how we can be mechazek ourselves in the area of Tefilla. We gave different ideas and insights how to shteig higher and higher.

This week I would like to present an extremely refreshing mindset in Tefilla that can be a real game changer.

Chazal say that the Tefillos were instituted in place of the Korban Tamid which we had in the time of the Bais Hamikdash.

In the days of the Bais Hamikdash (and hopefully very soon once again) it was the Kohanim that did the avoda in the Bais Hamikdash. While they did the avoda they wore clothing which reminded them of their amazing privilege and awesome responsibility.

Can we imagine the excitement the Kohen felt when he woke up in the wee hours of the morning, as he prepared himself to head over to the Bais hamikdash.?

Can we imagine the feelings of exhilaration he had as he



walked through the entrance to the Bais Hamikdash, and as he washed himself from the holy kiyor?

Can we imagine the feelings of love and awe the Kohen felt as proceeded to do the terumas hadeshen and when he actually brought the Korban Tamid on the Mizbeiach?

Can we imagine the feelings of the Yisroelim that stood there as they watched the holy Avoda transpiring? Can we imagine how much Yiras Shomayim and Ahavas Hashem they acquired just from watching?

Yes we hope and yearn that very soon we will be able to once again experience this awesome and elevating experience.

However, while we are waiting, we need to know that yes - even today we can still have a taste of this experience. Let

me explain.

The Avudraham writes that in Galus when we don't have the Bais Hamikdash, every Yid that davens is considered the "Kohen HaMakriv".

How do we understand this?

We know that every Yid considered a Mishkan, a place for Hashem to dwell as it says "bilvavi mishkan evneh". The Nefesh Hachaim speaks at length on this topic, and he says that the mind of a Yid is considered the Kodesh Hakdashim. If you think about it, this is a profound statement, and it should give us a tremendous boost to our self-image.

Rav Schwab in his Sefer on Tefilla [M'eyn Bais Hashoeva] outlines the whole davening as a journey through the different parts of the Bais Hamikdash. For example, he says that the fifteen Brachos that we say in the morning by Birchus Hashachar correspond to the fifteen steps leading to the Heichal. The climax obviously is Shemone Esrei and that's as if we enter the Kodesh Hakdashim.

The Rashba writes famously that when we wash our hands in the morning it's like the Kohen that washes himself from the Kiyor.

From all this we see that every single one of us is like a Kohen that is serving Hashem in our own Bais Hamikdash. With this frame of mind we should get a tremendous sense of pride, similar to the Kohen in the time of the Bais Hamikdash.

The truth is that the origi-

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# Chizuk Corner

*The unbelievable power of a good word*

*By R' Y. Friedman*

nal clothing that Klal Yisroel used to wear during Tefilla was pretty similar to a Kohen. They wore a long robe, pants, a hat, and a belt.

However, there is one very apparent difference between our avoda and the avoda in the Bais Hamikdash, and that's the tangibility. The Bais Hamikdash was a physical place of awesome Kedusha and there were Keilim, Mizbeichos, Korbanos, and they saw the Nissim as well. On the other hand we don't see anything in front of our eyes besides for the Siddur. So how can we tap into the avoda?

According to Rav Chaim Volozin it would seem that Tefilla is ultimately the avoda of the Neshama. All our preparations that we have to tefilla is to disconnect our body from our Neshama. It's similar to a concept called "aliyas haneshama".

They say a story that there once was a question in Halacha that applied to Pikuach nefesh and the Chazon Ish zt"l was in middle of Shemonei Esrei. At first they tried waving in front of his face, but to no avail. See-

ing no choice they started shaking him and it took a while until they were able to get the Chazon Ish away from Hashem [so to speak].

How do we understand this? Tefilla is a time of intimacy and connection that the Neshama can have with its loving and caring father Hashem. This can only happen when there is a disconnection from this world. [The Arizal says that when he sleeps he learns things that if he would be awake for a thousand years he would not be able to grasp].

However, the Kohanim although they were busy with physical actions like slaughtering, salting, and even eating, they were able to do it purely for Hashem. For the rest of us our Tefilla involves almost totally our Neshama.

So how can we be mechazek our avoda to disconnect from our body so we will connect to our Avoda?

Step 1 - Physical preparation - We will prepare ourselves as much as we can. If someone can go to the Mikva that's wonderful. Taking care of our bodily needs is very important, so that our Neshama can soar toward the Kodesh Hakadashim.

Obviously, guarding our eyes, our tongue and our ears are part of insuring that we are able to soar as the Chafetz Chaim elaborates greatly. When the Orchos Chaim of the Rosh discusses kavonah in davening, he adds a seemingly unconnected line - "ראש כל הגדרים שישמור את" - "ענינו מכל דבר שאינו שלו". The me-

forshim explain that the Rosh is teaching us that the way to successfully focus on davening is by guarding our eyes throughout the rest of the day!

Step 2 - Mental preparation - Aside from physical preparation, there is the the preparation for our mindset as well. If you go to the Mikva, picture yourself as the Kohen going to the Mikva before he enters the Bais Hamikdash. When you wash your hands picture yourself washing your hands from the kiyor. After all, these days you are the Kohen.

When we say the Brachos we should picture ourselves walking up the fifteen steps. When we finally get to Shemone Esrai we should be ready to enter the Kodesh Kadashim.

Applying these steps, besides for the great benefit in connecting ourselves to Tefilla, this will also stimulate our yearning for the return of the Bais Hamikdash - because the Bais Hamikdash will become more tangible to us. We will yearn to once again experience Hashem's open love to His people.

We beseech Hashem "Vehosheiv Hoavoda l'dvir beisecha". Return the avoda to the Bais Hamikdash once again. Visechezenu eineineinu bishuvcha letzion birachamim Amein.

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# *Living With Appreciation*

By: R' Daniel Shasha

After Klal Yisrael sinned by complaining about the manna, there was a very serious plague of snakes. Baruch Hashem, they realized they were in the wrong and desired to do teshuvah. Hashem instructed Moshe to place a copper snake on a pole; those who looked upwards at it would be healed. Chazal (Rosh Hashanah 29a) ask “does a snake cause death or life? Rather, when they looked up and directed their hearts to Hashem, they realized that everything is from Him and they were saved.”

Really their yeshuah came from Hashem, our loving caring Father, Who only wants our best. He wants us to be aware that everything is from Him. This is why looking upwards helped cure them from the plague. This idea also applies to our own lives. For example, the Seder Hayom teaches that it is very important to recite the berachah of asher yatzar carefully and with intent, feeling the tremendous kindness of Hashem for the incredible wonders of the human body. Those who do so will be guaranteed always to be healthy!! When we turn to

Hashem, recognizing that our health is solely from Him, there is a guarantee that we will never have any health problems!!!

Rabbi Shimshon Pincus related that he was told by a medical professor who was familiar with most types of illnesses and diseases, how amazed he was that the average person on the street is healthy since there is so much which can go wrong! The fact that we are healthy is solely due to Hashem’s great rachamim and love: there is no other explanation. Every second there are countless processes which occur in our body, ensuring that we are healthy.

For example, our heart beats, our liver cleans out our blood; our lungs enable us to breathe, our eyes see, and this information is sent to the brain to be stored, allowing us to remember. These are just a few examples, of the constant miracles which allow us to stay healthy.

The berachah of asher yatzar is an important way we can express our hakaras hatov for these wonders. Many have seen incredible salvations by resolving to sav this berachah

with kavanah.

A young girl was diagnosed with severe digestive problems. Things looked very grim, and the doctors told her parents that she would have to undergo a series of complex surgeries. The surgeries could not be done in their home country of Eretz Yisrael; they had to fly to America.

Her parents, understandably, were anxious with this challenging predicament and sought something as a zechus to help their daughter.

Her father suggested the family take on to say asher yatzar from a siddur with kavanah. They also asked their close friends to do this.

After the first surgery, the surgeon told the family that they had witnessed a medical miracle: the girl’s severe situation completely improved, and there was no need for any more procedures! (Adapted from, Just One Word Amen)

This article is an excerpt from the weekly 'Living Appreciation Newsletter.' For feedback or to subscribe please email [livingappreciation@gmail.com](mailto:livingappreciation@gmail.com)



# To Share My Share From Hashem's Daily Shiur.

By: R' Moshe Davidson - A Rebbi in Brooklyn, New York

M. D. S.

"The Mockingbird, the Dove and the Sparrow."

"BIRDS"

Mockingbird, Dove, Sparrow.

M. D. S.

Those initials can also stand for Medical Doctors of Song.

I'll try to explain what I mean by those words.

I love birds, all birds.

Around my house live a large number of sparrows.

They are very small but very chirpy.

I sometimes get a chance to be up and awake, bright and early in the morning.

At that time of the day, the world is still quiet enough, to hear the sparrows' chirping music orchestra, clearly in all its glory.

It's a special treat that I get from time to time, from Hashem, and I really enjoy it and appreciate it.

I love just sitting and listening to them.

To me it's like listening to sweet music.

Hashem knows that I like their music and He sends me a huge amount of these sparrows, to recharge me with happiness whenever I'm ready to listen.

Hashem is cheering me on with

cheery, chirpy, and happy music, right at the start of the new day.

Thank You Hashem!

The birds sing shira.

When we hear them chirping, chirp, chirp... it can help us join their choir, and sing along, a song to Hashem. שירו לשם שיר חדש

If someone is feeling a little down,



singing birds might be a good thing to listen to.

Birds, might just be Hashem's natural Medical Doctors of Song that can help perk up people's mood.

They are the first creatures that Hashem sent to deliver His amazing treat of music to the world.

The birdy chirpy music is their choir of shira that they're singing to Hashem.

The Leviim in the Bais Hamikdosh used to sing on Thursday the perek of tehillim starting with "הרנינו לאלוקים"

"Sing praise to Hashem," since that was the day when the first audible shira was introduced to our world at the time of creation.

Thursday was the day that the birds were created by Hashem.

The chirping shira of birds filled the quietness of the then, newly created world. (אבות דרבי נתן)

Music can really help people feel בשמחה.

The נביאים used music, to reach a spiritual level of prophecy which can only be attained with happiness.

Thank you Hashem for all the freilichkeit that You send us through those birds.

The sparrows feel heimish around my house. They continuously build nests all around the houses on my block.

Two nights ago, my son climbed up a tall ladder outside my house and extracted an entire bird nest from the exhaust vent of our dryer.

That vent extends all the way out, to the exterior of the house.

The dryer wasn't drying the clothes well enough.

B"H we figured it out. We "chapped" that there must be a nest in the line.

Boruch Hashem for the sparrows, and for the nest in the vent to remind me to ap-

Continued on next page

# To Share My Share From Hashem's Daily Shiur.

Continued appreciate them.

I would now like to introduce to you another one of my favorite birds.

The Mockingbird.

Now don't get turned off by the way that name sounds.

The word mock can also be used with the definition of "imitate".

Mockingbirds have a unique sing-song bird call.

Its song contains a collection of various different types of sounds that it imitates.

First and foremost they mimic the sounds of other birds'.

They also have the ability with their tiny bird brain, to remember lots of other sorts of sounds, from different sources.

They can later repeat them, copying those sounds perfectly.

Their sing-song changes frequently from one sound to another.

We can learn a lot from Mockingbirds.

They teach us how to create beautiful songs, with any simple sounds that they come across to hear throughout the day.

We should be doing the same thing.

As we go through the day, we come across so many different things with which we can create

shira to thank Hashem in so many ways.

It can become a very lengthy shira.

The more things we remember, the more we'll have to thank Hashem for.

I once read a true story about someone who busied himself a lot with gardening the grounds around his home.

One day in middle of his work, he heard his cell phone ringing.



He looked to see who was calling, and he realized that there was no incoming call.

This repeated itself a few times to the bewilderment of the person.

He finally realized that it wasn't his cell phone that was ringing.

It was a Mockingbird up in a tree that was mimicking the ring tone of his cell phone.

The bird had probably heard the ring tone before and remembered it perfectly!

We should be doing the same

thing.

Pick up the "sounds" all day long for your personal shira to Hashem.

The world is full of things about which to thank Hashem for.

From the inanimate, to the growing, to the living, to humans, and to the teiere Yidden with Toirah and mitzvos.

If our mouths would be filled with shira like the oceans, and the speech of our tongue would be like the endless waves of the sea, and our thanking, praising, and singing lips would be like the gigantic expanse of the sky... we would still never have the ability to thank and praise Hashem enough, for everything, and for even.. anything.. That He has done for us.

The Dove.

Most of the larger birds here in the city are pigeons. Rock Pigeons to be exact.

They're from the same species as the doves.

You've probably seen some light brown doves too, in N.Y.C.

The Morning Dove to be specific.

The soft cooing sound of doves are so full of sympathy, and with some imagination they even sound like they have empathy.

The Gemarah relates a story about Reb Yoisi who once davened in a broken down deserted

# To Share My Share From Hashem's Daily Shiur.

Continued house in Yerushalayim.

He said that he heard The Shechina mourning over the the exiled Yidden.

The sound resounded like the cooing of a dove.

That sound signifies the love of Hashem to the bnai Yisroel who are similar to the dove. (עץ יוסף)

I used to think that maybe that name The Morning Dove is a mistake.

It should be corrected as The Mourning Dove.

In any case, those cooing sounds are also a calming and sympathetic, sort of sweet, tender loving



caring, bird song.

I personally have been calmed by that soft caring cooing.

Thank you Hashem for such a variety of bird songs.

We have a few more birds like speckled twittering starlings, crowing crows, and honking seagulls and occasionally we get to see a soaring hawk.

At the migrating season, we sometimes get a chance to hear some other bird calls especially the distinct "tweet tweet" call of bluejays and cardinals, or the loud bugle calls from flocks of migrating Canadian Geese.

All are singing their own version of shira. Despite all their creative sorts of shira, a Yid's smallest word of praise to Hashem, is still the most beloved by Hashem.

More than any other shira sung in this world including the shira of the malachim and serafim!

So let's sing a new song to Hashem! שירו לה' שיר חדש

MDS =More Dance and Song!

I was by בעל שבע ברכות and the בעל put me on the spot" to speak to the attendees of the night. It was a small group of people who were gathered so I didn't feel too intimidated by the audience.

However I wasn't at all prepared to speak.

I had a chance to look up the פסוק in ירמיה which speaks about the future life in Yerushalayim (ירמיה ל"ג י"א).

"The sounds of ששון ושמחה will be heard together with the sounds of the happiness of the חתן וכלה.

The famously known words of קול ששון -וקול שמחה- קול חתן- וקול כלה

The possuk continues to add :

קול אומרים הודו את השם צב-אות  
כי טוב השם כי- לעולם חסדו

The possuk continues to contain more words of happiness and praise.

So I pointed out that the continuation of the possuk seems to be indicating that the happiness of the future Yerushalayim will be starting with the major natural happiness of a חתן and כלה who B"H reached a major point in life.

They'll be full of simcha, with lots of hope for building a beautiful family together בעזה"ת

The happiness will then spread out to anyone and everyone who will then join, praising Hashem on and on.

We'll all together, gantz Klal Yisrael, be always full of smiles, full of feelings of simcha, and constantly be finding things to thank Hashem about. "כי טוב השם כי לעולם- חסדו!!!"

במהרה בימינו !!! חסדו  
אמן!

MDS "May the Days be Soon!"

MDS "Major Days of Smiles"

MDS "Many Days of Simcha"



# Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

There once was a rebbi in Poland who had a particular student that had a difficult time comprehending his learning. Nevertheless, the rebbi put in his utmost to help his student shine.

One day, the boy's father told the rebbi that he would be taking his son to the great tzaddik, the Chiddushei HaRim. "Please make sure that my son is up to par with his learning in case the Rebbi asks him any questions."

So, for the next few weeks, the rebbi made extra effort to

bring the boy up to speed, but when the time came for them to travel, the rebbi still felt that his student had a long way to go. He was afraid about what the father would think when the boy was tested by the Chiddushei HaRim. The rebbi hoped that he wouldn't lose his job.

When the father and son returned from the Chiddushei HaRim, they were on a high. "The Chiddushei HaRim said he did very well!" the father shared with him.

The rebbi was shocked. He knew that the student hadn't known much of the material. What was even more shocking was that the great "Chiddushei HaRim" had said so, as he wasn't one to throw around compliments without meaning what he was saying.

But, the rebbi was happy to keep his job and continued learning with the boy.

Sometime later, the melamed himself paid a visit to the Chiddushei HaRim. There, he told him that he

was the rebbi of such-and-such, and then asked the Chiddushei HaRim what had been bothering him ever since the boy had paid him that visit.

"What did the Chiddushei HaRim mean when he said that my student had done well? I know that he didn't know the material; did something happen that I didn't know about?"

"I'll explain," said the Chiddushei HaRim. "Had Hashem set an amount for the Torah and said that only by learning that full amount you are mekayim the mitzvah of limud haTorah, then we would say that if one knows only little that he wasn't successful. But since there is no limit to Torah, whatever amount one TRIES to understand is considered a complete ACCOMPLISHMENT, and I know that this boy put in his fullest. The fact that I know more is not significantly more than him in comparison to the endless amount of Torah. This is the reason that I gave such a compliment and encouragement to your student, because despite his not knowing a lot, he puts in his utmost strength." (Sheiris Yosef)

There's a story, similarly, told about the Chofetz Chaim: There was once a shoemaker who wanted the zechus of

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# Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

his son marrying the Rav's daughter. After trying to persuade the Rav, he did not succeed, and the Rav's daughter got engaged to a different boy.

At that chasunah, the shoemaker sat himself at the head table and began wishing everyone "Mazal Tov." The community's people tried to explain to the shoemakers that while he had good intentions, in the end the Rav didn't agree, and so he shouldn't be acting as the ba'al simchah.

The Chofetz Chaim explained, that the shoemaker was indeed correct. Although he didn't get the shidduch in this world, however, in the

next world, they consider it as if the shoemaker had the zechus of marrying off his



son to the Rav's daughter. The reason being: since he had such a strong desire for it, Hashem considers it as if it materialized, and

therefore he was entitled to sit upfront.

There is an important lesson to learn from here. Many times, we have a desire to do various mitzvos, but we must know that in Shamayim, they consider that as if it was done, even though it didn't materialize.

Thank you Hashem for granting that every thought, even the slightest, be considered as if it was done. How wonderful is it to do Hashem's mitzvos! Even for the desire, yearning and craving of it we'll be rewarded. Wow!

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Continued from page 10

rived much pleasure at the attainment of this momentous milestone.



**NES IN YERUSHALAYIM**

Last Thursday morning, an 8-year-old girl was crossing the street at a busy intersection in Yerushalayim. As she was walking across the crosswalk, a car jumped

the stop sign and hit her.

She went flying and landed 10 feet away. The ambulance was there within minutes and rushed her off to the hospital. Baruch Hashem,

she was home before shabbos (!!!) with barely any reminders of an accident that could have taken her life.

**Blessed be Your Name, Hashem!**

# Ayin טוֹבָה Tova

*Seeing the good in every situation*

**Suggestions for the case of the Rav who rebukes a teenager publicly in Shul.**

1. The Rabbi realized that if he didn't nip it in the bud right from the start, the teenager and many like him would become talkers. The Rav knew he was being harsh, but he also knew that Simcha, the teen and everyone around them would remember this scolding and that it would prevent them from talking unnecessarily in shul for a long, long time!
2. It's possible that the Rav was very excited about this shiur. He had spent a long time preparing for it, had a great message to convey, and was anxious to share it with the community. The Rav may have been a bit too wound up in it and forgot to treat the teen and his congregants with proper respect but if we take a step back and think about why the Rav was so out of character in his rebuke, we may come to appreciate him more because we will recognize that he is only human just like us. Maybe the experience will help us to control our impulse to react and to use our words and emotions in a more positive way.
3. It was a useful experience, as he learned how NOT to handle a disruptive talker.
4. He learned just how important respect for Torah and its progenitors is.
5. The boy who got berated has a unique opportunity to work on being mekabel the embarrassment and he may grow exponentially from this experience! He also could ask for a yeshua in some area that he is in need of.

## CASE OF THE WEEK:

Naomi was walking through the local park enjoying the cool evening air. She had just come back from shopping and was wearing the new skirt she had purchased. When she saw Mrs. Goldstein, an elderly widow, sitting on one of the park benches, she decided to join her and give her some chizzuk.

After a pleasant conversation, Naomi got up to go. It was then that she realized that she had sat down on a wad of bubble gum which someone negligently left on the bench. Now her skirt was ruined. She was beside herself.

Help Naomi have ayin tova for the bubble gum perpetrator and for her situation.

Please send your suggestions for the AYIN TOVA CASE to:  
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Or call [Israeli daytime hours only]:  
USA: 831-244-6019  
EY: 052-760-5409.





By: Rabbi Eliezer M. Niehaus

This column is based on the monthly leaflet "ASHER TO THE YATZAR" which is published as a *zechus* for a *refuah sheleimah* for my daughter **Esther bas Sara Miriam shetichyeh** (a young mother), who is undergoing treatment for the *machalah*. (Please daven for her!) If you would like to receive the full leaflet, please email [ashertotheyatzar@gmail.com](mailto:ashertotheyatzar@gmail.com).

### What Do the Words Mean?

Several years ago, when I was in the process of writing my *sefer* about *tefillah* ("Heavenwords") I had the *zechus* to speak to the Mashgiach, Rav Mattisyahu Salomon *shlit"a*, may Hashem send him a speedy *refuah sheleima*. I asked him what is the best thing a person can do to connect to davening. He was very weak, but he whispered, "He should learn what the words mean. If you don't understand what you are saying, how can you connect to it?" That being said, I would like to explain the words of this powerful *beracha*. If we bear in mind some of these ideas when we say Asher Yatzar, it will help us say it with more feeling!

#### Birchas Asher Yatzar - Part I

1) Introduction: The Aruch Hashulchan (O.C. 6:1) asks why is it that most *berachos*, such as "*mezonos*" are short and to the point, while Asher Yatzar is quite long and doesn't even mention using the facilities? He answers that it would not be respectful to say it outright, so we discuss the fabulous creation of the human body and how it functions. We thus allude to the wonders of this process in a modest way.

2) "אשר יצר את האדם בחכמה וברא בו נקבים ונקבים, חלולים חלולים"

"Who fashioned man with Wisdom and created within him many openings and cavities ...."

Why do we use two different words: "*yatzar* - fashioned" and "*bara* - created"? The Sifsei Chaim explains based on the words of the Gra that "*yetzirah*" means forming existing matter into a shape such as "forming" wood into a table. "*Briah*" is when you create something by taking something else away. For example – we say "*borei choshech*"- Hashem creates darkness by taking away the light. Here also, we are not focusing on the creation of limbs but rather on the various hollow spaces and open areas which contain the food during the long digestion process.

Perhaps we can give a deeper explanation. The *seforim* say we use these words in order to mention the four spiritual worlds that make up the universe which are *Asiyah* (*maffi la'asos*), *Yetzirah* (*asher yatzar*), *Beriah* (*u'bara bo*), and *Atzilus* ("*lifnei kisei kevodecha* - before Your Throne of Glory"). We can suggest that this teaches us that on the one hand, Hashem is so holy and sublime that His glory fills the entire world, and is in a totally different spiritual sphere. But on the other hand, He is involved in everything – even the lowly function of expelling wastes, because Hashem is the source of every aspect of our lives.

If we bear this in mind, this *beracha* can infuse us with extreme joy. The Master of the entire Universe, who is so great and *kadosh*, is interested, involved, and watches over every single part of my body and life!

---

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.

# נקדש את שמך!

By: Rabbi Shraga Freedman



*One of the primary ways that the Jewish people create kiddush Hashem is by revealing Hashem's hashgachah to the rest of the world. We bring honor to Hashem when we tear away the veil that conceals His Presence, exposing His guiding Hand behind every event. This becomes possible when we follow Hashem's Will and faithfully observe His commandments; when we do that, Hashem reveals himself through us, and that demonstrates His absolute dominion over the world.*

In his book *Inside Their Homes*, Rabbi Nachman Seltzer tells the story of a child who was born at Maayanei HaYeshuah Hospital in Bnei Brak and became gravely ill. The child's condition deteriorated to the point that the doctors were certain he would not survive, but fortunately, he did recover. When the grateful parents were finally able to take their baby home, they made sure to thank the hospital staff for their devotion to the child's care. The head of the department, an irreligious woman, had an interesting response.

"There is no medical explanation for the fact that your child survived," she told the parents. "It is clearly a miracle; however, I can explain why it happened. When this hospital was first founded, the Steipler Gaon gave a berachah to its founder, the tzaddik, Dr. Rothschild, that no baby should ever die in the maternity ward. To this day, thousands of children have been born in this hospital, and the Steipler's blessing has come true: Not a single baby has died in the maternity ward here." Because the Steipler Gaon was a devoted servant of Hashem, he had the power to give a berachah that would come true, revealing even to an irreligious doctor that Hashem controls the events of His world.

In a similar vein, Rav Chaim of Volozhin (in *Ruach Chaim*, his commentary on *Pirkei Avos*) explains that

an aveirah committed in private can create a chillul Hashem because it makes the sinner unworthy of being the vehicle for a display of Hashem's hashgachah. Therefore, even if a person commits a sin in a place where no one else can witness it, it can still add to the concealment of Hashem's Presence. When a person contaminates himself with sin, he causes Hashem to remove His hashgachah from the world and thus make His Presence less apparent. This is the very definition of a chillul Hashem, a term derived from the word "challal" (void); a chillul Hashem is the void created by the absence of Hashem's Providence.

*This leads to a simple equation: Every mitzvah that we perform leads to a further revelation of Hashem's hashgachah, giving rise to a kiddush Hashem. Similarly, every aveirah adds to the concealment of the Divine Presence, causing a chillul Hashem. Tzaddikim have the power to create change in the world through their berachos and tefillos, since the power of their berachos demonstrates that Hashem controls the world and responds to those who serve Him. Every mitzvah we perform is therefore an act of kiddush Hashem, since it creates a greater opportunity for Hashem to demonstrate hashgachah and to drive away the darkness that hides His Presence*

Article taken from the book 'A Life Worth Living' with permission from Artscroll Mesorah.



Rabbi Shraga Freedman is the author of *Sefer Mekadshei Shemecha*, *Living Kiddush Hashem*, and *A Life Worth Living*.

Email: [LivingKiddushHashem@gmail.com](mailto:LivingKiddushHashem@gmail.com) for a free file of *sefer Mekadshei Shemecha* and other resources and to sign up for our weekly Kiddush Hashem email.

# Stories to Inspire

By: Rabbi Daniel Agalar

## Healed By The Torah:

*Based on a story told over by Rabbi Duvi Bensoussan*

A father once arrived at the home of the revered Rav Chaim Kanievsky Ztz"l, carrying his two-year-old son. With a somber expression, the father expressed his desire to perform the customary upsherin, the first haircut, for his young child at the tender age of two. Rav Chaim, renowned for his wisdom and insight, questioned the father's intention, given that traditionally, upsherin is celebrated at the age of three.

Gently, the father revealed the heartbreaking reason behind his request. His precious son had been diagnosed with a brain tumor, and the doctors had grimly informed him that the child might not survive until the age of three. Desiring to partake in this cherished milestone, the father sought to cut his son's hair before it was too late.

Rav Chaim, his eyes filled with compassion, looked directly at the father and offered a reassuring smile. He excused himself momentarily and retreated to another room. Returning with a vial of wine in his hands, Rav Chaim approached the young child. With great tenderness, he offered the boy a sip of the wine, urging him to drink. The father watched intently, uncertain of the significance of this gesture.

Addressing the anxious father, Rav Chaim declared, "Do not proceed with the haircut. Your son will be well and will live a long life. You will have the opportunity to perform the upsherin when he turns three."

Filled with hope and gratitude, the father left Rav Chaim's presence, carrying the profound words of the revered sage deep within his heart. Eager to seek confirmation of this miraculous prediction, the father took his son to the hospital the following day. He requested another scan to assess the status of his son's condition. The doctors conducted the examination and compared it to a previous scan, their faces filled with astonishment and disbelief. The tumor that had once threatened the child's life had miraculously vanished.

Overwhelmed by this inexplicable turn of events, the father rushed back to Rav Chaim, his heart brimming with gratitude and curiosity. He implored the sage to reveal the secret behind the wine he had given to his

son. With great humility, Rav Chaim explained that the wine he had offered was from the last Siyum, the completion of a significant Torah study, that he had made on the eve of Pesach. The Torah-infused wine had flowed into the young boy's veins, filling him with the essence of Torah, and consequently, the tumor had vanished.

Rav Chaim emphasized that the boy had become imbued with the wisdom of Shas, Yerushalmi, and Shulchan Aruch. The power of Torah had permeated his being, miraculously eradicating the ailment that had plagued him. This extraordinary incident served as a poignant reminder of the life-giving force that resides within the Torah itself.

The father returned home, forever transformed by the experience. He witnessed firsthand the profound impact that Torah can have, not only on an intellectual level but also on a spiritual and physical plane. His son, now infused with the eternal wisdom of the Torah, was given a second chance at life.

From that day forward, the father and his family cherished the Torah as the ultimate source of life and blessing. They recognized that by immersing themselves in its teachings, they could tap into the transformative power of the divine wisdom. The miraculous healing of their son's tumor became a testament to the inseparable bond between the Torah and the very essence of existence.

*Story taken from the Stories to Inspire Hotline*

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# The Miracle of Bread

By: Mordechai Solomon



**Recap:** The many miracles that's in your slice of bread.

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 do 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 grow in the soil to improve the soil for the growth of the plants.
16. The seed reacts with the water to start to 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.

הזן את העולם כולו בטוב!!!

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.

To be continued BE"H



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and descrip-  
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mashalim. The  
real pleasure  
the neshama is  
going to have is  
indefinable!



# THE SPRING HILL TIMES WEATHER STATION


Weather Reports Brought to you by:  
Meteorologist Velvel Honig


It makes no difference what the temperatures will be or what conditions await us





the weather Hashem gives us is always beautiful and perfect!


## Rockland County, New York


**Tuesday 8 Tamuz**  
 Low 65°F  
 High 77°F  
 Scattered  
Thundershowers!!! Yippie!!!  
 It will be a wonderful day to learn Hashem's Torah!

**Wednesday 9 Tamuz**  
 Low 61°F  
 High 77°F  
 Scattered  
Thundershowers! Wow!!!  
 There will be perfect weather to realize that Hashem is always looking out for you!

**Thursday 10 Tamuz**  
 Low 63°F  
 High 81°F  
 Showers!  
Yay!!!  
 Perfect day to remember that Hashem knows all your thoughts!

**Erev Shabbos 11 Tamuz**  
 Low 62°F  
 High 80°F  
 Partly  
Cloudy!!  
 Perfect day to jump up and down from excitement while tasting the Shabbos fish!

**Shabbos Kodesh 12 Tamuz**  
 Low 66°F  
 High 78°F  
 Showers!!  
Yippie!!!  
 Stunning weather! Perfect to celebrate Hashem's Shabbos with delicious Shabbos party!!

**Sunday 13 Tamuz**  
 Low 63°F  
 High 78°F  
 P.M. Showers  
Gorgeous!!!  
 Beautiful weather! Will be a great day to celebrate the arrival of Mashiach!

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

Yes!! We are ready!!!

More than 30 Spring Hill Times readers have packed their Mashiach bags already!

## אחכה לו בכל יום שיבוא

**Grand Prize Winner:**  
Nechama Keilson  
**2nd and 3rd Place Winners:**  
Aizik Solomon &  
Sarah Sher!  
**Your Prizes are On the Way!**

Chana Tobie Schwartz Age 8 - Lakewood, New Jersey



Tehila Burger, Age 10 Chestnut Ridge, New York



Simi Yehudis Weinstein - Age 6  
Jackson, New Jersey

Oodles,  
laffy taffy,  
fish game,  
battleship,  
beads for necklace,  
hair clip,  
gragger,  
putty,  
scrunchy

Yosef Shalom Weinstein - Age 8  
Jackson, New Jersey

Clothes,  
Pajamas,  
Sefarim,  
books,  
game,  
nosh

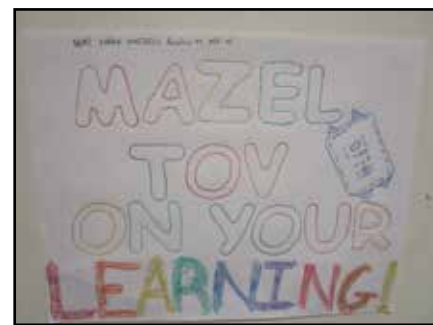
מה  
אהבתי תורתך

Congratulations to all those who entered the contest! Everyone one of you was a true winner! You all showed Hashem how much you love His Torah. You gave Him so much pleasure!

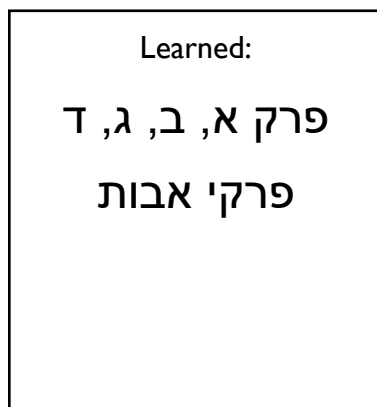
*Yosef Tzadok Litwin*  
*Age 13, Neve Yaakov*



*Sarah Sheindel Berlowitz*  
*Age 11, Lakewood New Jersey*



*Eliyahu Solomon,*  
*Age 7, Lakewood New Jersey*



*N.B. David &*  
*B. Krieger Lakewood, New Jersey*





ואדנות לרעך כחוק  
 "Love your friend like yourself"  
 is the most important rule  
 in the Torah!  
 How can I  
 impress this  
 on my  
 talmidim?



EVERY WEEK  
 FIND A SAG  
 TO REMIND THEM OF  
 THIS GREAT MIZVAH!

I WILL  
 TO FIND FIND ממצא



PARSHAS BALAK: WHAT KIND OF REMEZ COULD  
 REBBI FIND FOR THIS PARASHAH?



IMPOSSIBLE!  
 HE WON'T  
 FIND ONE!




BALAK'S NAME IS A REMEZ TO... ממצא פשוט ופשוט: THE BEIS "ב"  
 STANDS FOR VI-AHAVTA; THE LAMED "ל" STANDS FOR LI-REI'ACHA;  
 AND THE KUF "כ" STANDS FOR KA-MOCHA!



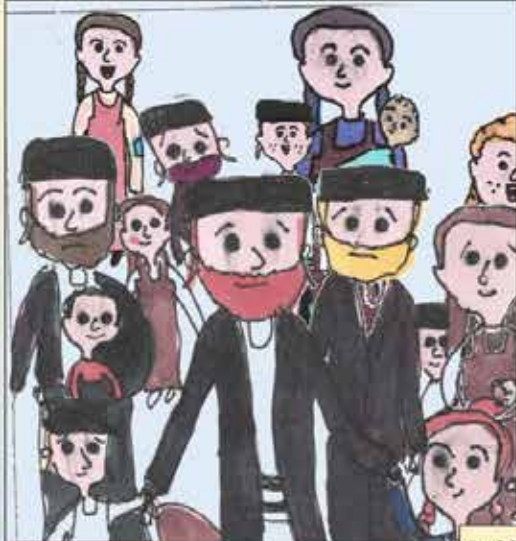
BUT REBBI! ממצא  
 STARTS WITH A VAV "ו"  
 NOT A BEIS OR A VEIS!  
 AND REBBI!  
 ממצא STARTS WITH  
 A CHAF "ח" NOT A KUF  
 "כ". AND IF SO-HOW  
 CAN THIS BE A REMEZ?



AHA! BUT THAT IS THE  
 POINT OF THE REMEZ;  
 IT TEACHES YOU THAT  
 YOU SHOULD NOT  
 BE SO PARTICULAR...  
 AND ממצא...WITH YOUR  
 FRIENDS. THEN YOU WILL  
 LOVE THEM!



# Chapter 4: Moving in to Meah Shearim!



In year 10ת"ר families moved in. There was a raffle to decide who those families would be.

R' Zalmen danced in front of them the whole way into Meah Shearim. He didn't move there for various reasons, but that first night he was therein case of a problem, and there was.

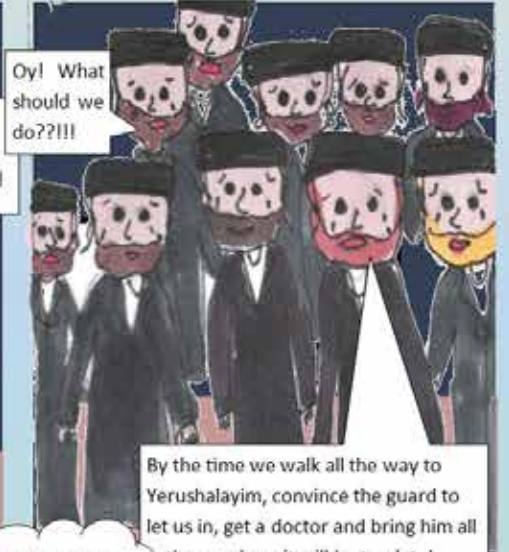
Just before dark a little boy went outside ..



And fell



Suddenly a poisonous scorpion came and bit him!



Oy! What should we do??!!!

By the time we walk all the way to Yerushalayim, convince the guard to let us in, get a doctor and bring him all the way here it will be too late!

As the 10 men stood there crying, R' Zalmen grabbed the boy and started sucking out the poison!



BARUCH HASHEM!!

He looks a lot better!!



R' Zalmen was extremely weak from all the poison and being up all night, Yet he went around from house to house updating everyone!



Don't worry! The boy's doing a lot better!!

When R' Zalmen found a problem he put aside his own honor and jumped in to help other yidden! When we do that, not only can we build Meah Shearim,  
 עולם חסד יבנה  
 and with that we'll build the בית המקדש



# Thank You Hashem for...

Sunday	<input type="text"/>
	<input type="text"/>
	<input type="text"/>

Monday	<input type="text"/>
	<input type="text"/>
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Tuesday	<input type="text"/>
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Wednesday	<input type="text"/>
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Thursday	<input type="text"/>
	<input type="text"/>
	<input type="text"/>

Friday	<input type="text"/>
	<input type="text"/>
	<input type="text"/>

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone: \_\_\_\_\_

To win prizes, fax a copy of your completed chart to 718.436.7358 OR email a copy to [hashemthanku@gmail.com](mailto:hashemthanku@gmail.com)



# A GLIMPSE INTO THE PAST

By: Sruli Yelen - Lakewood, New Jersey



*Rav Michel Yehuda Lefkowitz with R'  
Moshe Reichman Zatzal.*



*Rav Dovid Trenk zatzal with  
Ybl"ch Rav Asher Arieli shlita*



*The Leizer Silver with Rav  
Yonoson Shteif zatzal.*



*Rav Chaim Kanievsky Zatzal*

# Just Look At What Hashem Made For You!

By Leiby Berger - Jackson, New Jersey

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Stunning  
World!



It's a  
Wonderful  
World!

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# 5

## Weekly Thank You's

l'zechus that people should feel loved by Hashem!



By: R' Simcha Elefant - Yerushalayim Ir Hakodesh

**Thank You Hashem for Emotions!**

We can feel for people and sense how others are doing.



**Thank You Hashem for Windows!**

We can be protected from outside elements and still get to see the beauty of the world.



**Thank You Hashem for Buttons!**

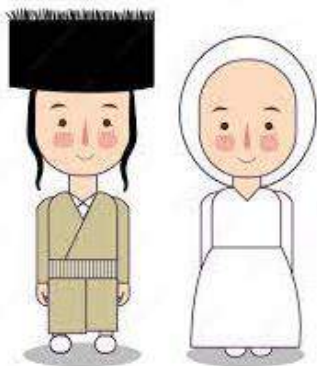
They make it so easy to keep our garments securely closed.



Thank You Hashem for sending a yeshuah to  
משה יהודה בן שושנה

**Thank You Hashem for Marriage!**

An amazing way to keep the world going and help everyone grow together.



**Thank You Hashem for the Ocean!**

A beautiful sight and is a source of life for all of the universe.







# THEN & NOW

Want to write a letter?

1800's :

One needed to take a feather and dip it into ink and then write on the paper that you had available.

You needed to wait until it dried..



Today:

Take any type of pen, pencil and marker available and choose beautiful clean snow white paper, color paper, fancy stationaries and write as much as you want! It dries instantly!

Or type in your computer and push a button and have it all printed in seconds! Beautiful and clear words. You even have spell check to correct all your errors...

Thank You Hashem! We love You Hashem!

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



## Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

We can learn from many Parshiyos in Sefer Bam-



idbar how harmful it is to complain and kvetch. The תורה teaches us an important lesson that a yid needs to always be

positive, whether it's in רוחניות or גשמיות. The יצה"ר is super strong and tries to get us to kvetch and to focus on problems. But we should realize how Hashem gives the world so much good and how we see so much השגחה פרטית in our life. The negative is outnumbered by all the good that is going on both in the world around us and in our own personal life.

We have to fight the יצה"ר to an extreme, like we find in פרשת שלח, how מרגלים said back to the יצה"ר that: טובה הארץ- מאד מאד!

Next time you feel: "Oy! This world is so scary. "Look what happened to this person." "Why do I have to go through this," notice how many healthy people are walking around and how much חסד we each have in our own personal life.

## Rabbi Yosef Moshe Mizrachi

When I was growing up I would never daven for the amud! It just was not for me! Sure I learned well and was a great boy, but being in the public limelight was something that got me super nervous. What would happen if I made a mistake? I'd be so embarrassed.

From when I was Bar Mitzvah until age 22, I was chazon for one tiny minyan ma'ariv in my neighbor house.

Then Navordok changed my life. I met Rabbi Golombeck and he explained to me that a Yid should try to never become stressed out and worry about the impression he is making on others. Hashem is the only One Who can truly affect us, not people!

With that, Rabbi Golombeck encouraged me to specifically daven for the amud and break the fear of people!

I said, 'But I am Sefardi and If I'll daven by an Ashkenazi Shul (Which I'm used to) I'll have to use their nusach which is not my minhag? To which he responded: 'working on serving Hashem not people is so choshuv and important that it's worth davening a different nusach!'

Baruch Hashem, it's been a few years that I have been working on this and it's like I have a new lease on life! It's so liberating to not need to impress or please anyone! You can be you and that is serving Hashem!!

**Shabbat Shalom U'mevorach!**

# Mazel Tov!

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

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

**Mazel Tov** to R Yossi Joselit and family (Lakewood, New Jersey) on the birth of a new baby boy!

**Mazel Tov** to R' Aaron Yitzchok Royde and family (Kiryat Sefer) on the marriage of their daughter!

**Mazel Tov** to R' Eliyahu Friedman and family (Lakewood, New Jersey) on the birth of a new baby boy!



# BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau

This week's Topic: " Bitachon Vs. Counterfeiter Part 2 "

## The Quote – The Lesson – The Story

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

**The Quote:** " The counterfeiter is always looking for big jobs and works very hard! He sometimes is even willing to be in danger of death for his livelihood, whereas, the בעל בטחון can find a way to support himself easily and without putting himself in any danger. Furthermore, the counterfeiter is always nervous and careful to hide his business tactics in order that no one "ח"ח" learn his secret tactics and overstep him, *whereas* the בעל הבטחון the opposite is true. He prides himself in the fact that he only trusts in Hashem and that he doesn't have any of the above concerns."

**The Lesson:** WHAT MAKES THIS quote so amazing is that the Chovos Halevavos is teaching us that if one relies that **Hashem** is the One giving him his parnassa he does not have to endanger himself to earn his livelihood ever, because he knows that Hashem can support him without danger! Secondly, one who believes that Hashem is supporting him, is never nervous that someone may steal his business ideas etc etc! "No one can steal a penny from me! Hashem is my "Boss" giving me my paycheck and no one can take an iota from my parnassa!" It's so calming when Hashem is the one supporting me!

**THE STORY: THERE WAS AN ISRAELI JEW** who became a successful doctor in a non-Jewish medical center in



England. He slowly gained a high reputation and was very trusted. One day, he decided that the time had come for him to open his own office. "Why work under someone else?" he thought. As soon as the center found out about his plans, a major uproar occurred. They told him there was no way that they were going to allow him to do that. Major court cases were being scheduled and it was a very sticky situation. It turned out, that for some reason each party was afraid of the other. During this whole situation, the Israeli doctor met up with a friend of his from Eretz Yisroel, and after revealing the current events to his friend, he told him the following; "I suggest that you travel to Eretz Yisroel and seek advice from Maran Harav Aron Leib Shteinman שליט"א (זצ"ל). The doctor thought about it, and in the end agreed to heed the advice.

He booked a ticket to Eretz Yisroel, and arranged a slot to speak with the Gadol Hador. Upon revealing the whole story to Harav Shteinman, the Gadol Hador gave him one word of advice "לבטל". Basically, Rav Shteinman told him not to open his own place. The fellow went back to England and told the gentiles, "It's over, you can cancel all the court cases, I'm refraining from opening my own place." The group was quite relieved but were very suspicious on the abrupt about-face. Immediately, they hired a private detective team to find out truly what was up this Jew's sleeve. When they found out that he had taken the advice from a great Rabbi in Israel, they wondered what the plan of the Rabbi and the doctor was. The CEO traveled to Israel and tried to track down Rav Shteinman. First, he went to some Israeli ambassador and asked him if he ever heard of Rav Shteinman. The ambassador indeed knew about Rav Shteinman and told him that he was the Rabbi of the Jewish people, and he lived in a small apartment in the city of Bnei Brak.

The CEO traveled to Rav Shteinman's home, and asked Rav Shteinman if it was true that Rav Shteinman had given the fellow the advice not to open his own place. Rav Shteinman confirmed that the information was correct. The CEO then asked what the reason for his advice was. Rav Shteinman simply said that it was not proper for the doctor to break off and open his own office. The CEO asked if he as well could receive advice on this sensitive matter. Rav Shteinman asked the fellow, "Do you own a medical center in Manchester yet?" "No," he replied. "Ok, so I advise you to let him open an office in Manchester in a partnership with you". The fellow really appreciated Rav Shteinman's advice. Before he left, the CEO asked Rav Shteinman how much Rav Shteinman charged for giving advice. Rav Shteinman apologized and said, "I'm sorry, but I don't charge for giving advice, I will not accept any money." The man said "If I would have gone to any professional for advice, I would have had to pay a big sum. Since I got advice from the great Rav it is obligatory that I pay for the advice." He tried sneaking in the money, but to no avail. Rav Shteinman explained as follows, "If I would take money for giving advice, I would be unable to give advice anymore, since I would be giving advice based on money. However, I don't give advice based on anything other than our holy Torah."

**Next week's Topic: " Bitachon Vs. Counterfeiter Part 3 "**



# DISCOVERING LIFE'S TREASURES

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

Chaya and Sarah were schmoozing one day.

"Hey Sarah," Chaya said, "a few weeks ago I read a fascinating article in this amazing paper called The Spring Hill Times!"

"Really," said Sarah, "tell me about it!"

"Well," Chaya said, "it was an important article teaching how a person can transform all his regular, daily actions into mitzvos! Basically, by adding a simple thought to the actions I am already doing, I can turn them into mitzvos! Anyway, the whole idea really resonated. So, I started trying to apply it to my day and you know what? It is extremely uplifting! I feel like it changed my life!"

"Really!" said Sarah.

"Yes, totally!" Chaya said. "Until now, going to work was something I just had to do, to help pay the bills. But then I sat down and wrote up a list of mitzvos that I can fulfill at work and I think ka'asher tziva Hashem (as Hashem commanded) before performing them. Believe me, it is so elevating! My whole day is different!"

"Chaya," said Sarah, "that really does sound amazing! Would you mind sharing your mitzvah list with me? My day could also use a boost! I would love to feel more connected and elevated - like I'm using my time wisely and not just slaving away for my next dollar."

"Sure," said Chaya. "I'd love to! I actually have the list with me." She dived into her purse looking for the list.

After a moment she resurfaced, clutching a piece of paper that looked like it had been folded and refolded many times. "Got it!" she cried excitedly. She unfolded the paper and smoothed it out.

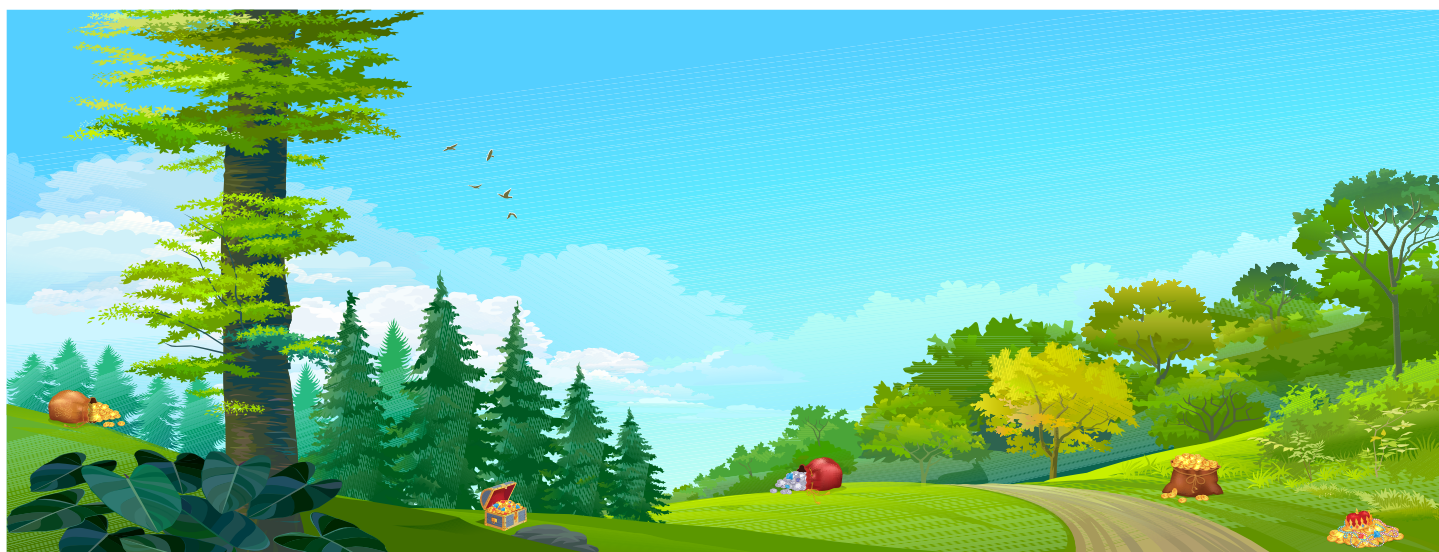
Sarah smiled and Chaya began.

"First of all," she said, "when I head off to work, I think to myself that I am on my way to fulfill the mitzvah of doing hishtadlus, ka'asher tziva Hashem (as Hashem commanded) because I will be spending many hours working to support my family. Next, I think about the incredible mitzvah of chesed I am doing for my family by providing them with money for their needs. Of course, since my income allows my husband to continue learning, I also have in mind the great mitzvah of hachzakas haTorah!"

"Wow! That really is amazing!" exclaimed Sarah. Chaya's excitement was infectious, and Sara was starting to feel excited too.

"So, what other mitzvos do you think about?" she asked.

"Oh, I also think about the mitzvah of bitachon. You just cannot make it through the day without that one! I have bitachon that everything will go smoothly throughout the day. And even more when things don't go smoothly. Last Tuesday, a long-time customer called up, furious that we had made a mistake. She was so angry she said she will never use our company again! Instead of getting angry and depressed, I had in mind the mitzvah of bita-



# DISCOVERING LIFE'S TREASURES

Continued

chon, putting my trust in Hashem that He is the One who provides. It felt so good to bring Hashem into the workplace with me; I felt so connected!

“And then of course, my entire workday is full of chesed, since I am helping our clients as well as my co-workers, whether by giving them advice, help, or even just smiling at them! And did you know that being polite is a mitzvah! It’s called ‘v’halachta bedrachav’, following in the ways of Hashem, since we find in the Torah that Hashem demonstrates how to act with ‘derech erez’. When we as well act with refinement and etiquette, for example, by saying, “thank you”, “you’re welcome” or “excuse me” you can fulfill this mitzvah as long as you think beforehand that I’m doing this mitzvah ka’asher tziva Hashem! Isn’t it mind-boggling how many mitzvah opportunities there are throughout

the day? It actually feels amazing to be so connected to, and to realize that I’m serving Hashem and doing mitzvos all day!

Sarah was totally blown away by the sheer amount of mitzvah opportunities a person could do in just one day. “This is amazing” she said. “I must share this with my co-workers! I’m sure they would love to hear about all these mitzvos!”

“Actually, there are much more!” Chaya responded. I wish could tell you them all, but I have an appointment I need to get to. Is it ok if we do the rest tomorrow?”

“For sure,” said Sarah. “I must hear the rest of that list. This really is something too precious to miss out on! Thank you so much for sharing it with me. I am forever indebted to you!”

## *The Benefits of Our Time*

R' Yehaya Shonek

Our world is full of opportunities for us to grow. We can achieve so much in just a short amount of time!

Today, when someone sits in their house quietly and stays away from anything that Hashem wants them not to do, he is a Kadosh! He is on a level that might have taken years to achieve, a generation or two ago!

*Yankel took the train to work, and decided beforehand that he was going to stay focused on his destination, and not be distracted by the sights around him. His kedusha level went up by leaps and bounds! Fifty years ago, one traveling on the train wouldn't have the opportunity to grow so much on one train ride!*

Bochurim and Yungerleit nowadays have the ability



to understand the deep words of the acharonim and Roshei Yeshivos, and they have what to add as well! In a sense it seems as if they have an understanding equal to or more than the bochurim in Europe. Yet, those bochurim learned

more hours and had much more focus on their learning. How is that possible?

Perhaps, because we have mountains upon mountains of toiling that is taking place before we walk into the Beis Medrash. There so many things that pull us in all directions but day after day we turn away from them. We say, "No" to them again and again. Even when we don't have cheshek to learn!

Gut Shabbos!

# A Week in Review



## Man Dances at Two Simchos

Reb Feivish\* had his brother-in-law's Bar Mitzvah one night, and on the same night his brother got engaged! He didn't know how he was going to juggle the vort and the Bar Mitzvah, He later found out that the two halls were right across the street from each other! [KHP]

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## Yeshiva Bochur Finds Notebook

Dovi,\* a bochur in a Yeshiva in Lakewood, New Jersey,\* was preparing for his faher to get into a different Yeshiva. He needed his notebook to help him prepare but he couldn't find it. He searched for it for over 3 hours. He asked other bochurim to help him. They checked everywhere but to no avail. It had disappeared.

Finally, a bochur suggested to Dovi that he should sing Hakol Yachol. He did so, but he still couldn't find the notebook. So the bochur told him to sing it again this time with more kavana and to promise bli neder that if he finds it he would publicize it in the Spring Hill Times.

Dovi went into the Otzar Hasefarim where it was quiet to sing Hakol Yachol.

The second he finished singing, he looked up and there it was. In a place that he had searched already a few times before! [Heard from Dovi's friend]



## Chesed Hashem and Mi K'amcha Yisrael

On Monday morning, 30 Sivan 5783, Mrs. Kaplan\* borrowed a car and drove three students to school. She missed a stop sign and crashed into a diifferent car. Their car was smashed as a result but Baruch Hashem nothing happened to her and the three children!

The car she hit spun around and the driver walked out fine!

The person whose car she was driving was very understanding and the person who she hit was not angry at her! Chasdei Hashem!

The other driver was from a different nationality. While they were both standing there on the road, at least 10 people stopped their cars to see if they were ok. Every single one of them was a Yid!! [Heard from Mrs. Kaplan]



## Baseball Court or Beis Medrash?

The sixth grade of Yeshiva Gadlus B'Torah\* of Monsey, New York, held their Baseball Championship.

One team had six players and the other one had seven.

Throughout the game, the boys on both teams were singing 'Hakol Yachol'!!!

P.S. The team that had seven players won. According to the Rebbi, it was because they had seven boys singing Hakol Yachol and the other team had only six. 😊 [Heard from the Rebbi]

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Tehillim Everyday



## Tehillim IN THE SUMMER

Summer is a very busy time, we relax and enjoy ourselves, and as a result many of us forget to say Tehillim. So, that's why Tehillim Everyday is introducing a summer Tehillim program. The program is split into 3 rounds. Round #1 is first half, round #2 is second half and round #3 is at the end of the summer. On the rounds of your choice (or you can be part of all the rounds, of course!) you will say a specific Yom that you are given, once a day.

### The Raffle

For every round that you were part of, you will receive one raffle ticket. At the end of the summer we will raffle off a \$50 certificate to the ice cream store of your choice.

### Bonus Tickets

Anyone that is part of 2+ rounds doubles their tickets. Whoever says their Yom every day without missing a day receives 2 bonus tickets per round. Each participant can receive up to 12 tickets!!

Round #1: June 26-July 23 • Round #2: July 24-Aug. 21 • Round #3: Aug. 22-Sept. 4

Please email us to be part of the Summer Program • [TehillimEveryday@gmail.com](mailto:TehillimEveryday@gmail.com)

לזכות רפואה שלמה: שושנה מלכה בת דבֶּרָה, ירוחם בן יהודית  
לעילוי נשמת: יהודית פנינה בת אברהם צבי, בת'שבע בת יואל מנחם ירחמאל

## Attention girls and boys:

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They care so much about us, and it means so much to them when we are there for them. It's so easy for us to help them.

Here are a couple of examples of how we can help them.



Help clean up the playroom.



Take care of the baby.

Help with the shopping.



Pour them a cup of water.

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

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**KEEP ON DOING MITZVOS!**

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4. **Type up messages.**
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## **Cheishek HaTorah**

### **Parsha; Chukas-Balak**

The Yidden wanted to travel through Edom's land. They politely asked them, "Could you lend us a hand?" The Ramban explains in his commentary, that the Yidden were cautious not to arouse Edom's jealousy. They were meticulous in their articulation, not to mention their destination. Why was this proper caution?

To hear the answer, press x14 #44 on the Chaishek HaTorah line 845 720 4040 Hatzlacha !

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

## *Parsha Delight Question of the Week*

### פרשת חקת - בלק תשפ"ג (5783)

For the פרה אדומה the כהן takes ארז, אוזב and שתי תולעת, the cedar, hyssop and wool dyed red with the blood of a worm. These items are also used for the טהרה process of a מצורה, and there רש"י explains the reason, because צרעת comes from הרע לשון, which comes from גאווה, like cedar, and he needs to fix that, by taking ארזב ושתי תולעת which are symbols of ענוה, humility. How does this concept of גאווה and ענוה relate to the idea of the פרה אדומה?

Please email your answer(s) to [parashadelight@shiurenjoyment.com](mailto:parashadelight@shiurenjoyment.com)



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

**Love Torah Live Torah Learn Torah**

# A Review of the Yesodos

that make our days!

A Life with Bitachon

732-719-3898

## Sunday



Hashem wants us to be upbeat and happy. Therefore, Hashem wants us to think positive thoughts. #1567

Thinking positive thoughts and being happy can turn the biggest Din into the biggest Rachamim.

## Monday



Visualizing Hashem's love, care, and protection to the extent that it becomes real and tangible is as effective as a tranquilizer and will make a person feel calm in any circumstance. #1568

## Tuesday



This world is "Alma D'Shikra," a world of lies. It looks like our efforts bring results, and the more effort we put in, the more success we achieve, but this is just an illusion. #1569

The more we recognize that everything is from Hashem, and is not due to our effort or money, the more Bracha we will receive.

## Wednesday



When someone else takes credit for your hard work, rather than getting upset or frustrated, use it as an opportunity to realize that actually, we are constantly doing the same thing. We take credit for our achievements and talents, when really it is all from Hashem! #1570

## Thursday



Someone who waits anxiously for Mashiach to come in order to get a Yeshuah might be preventing the Yeshuah from coming #1571

by showing that he doesn't really believe that Hashem can solve his problem any other way. Nothing is impossible for Hashem!! Hashem can bring a Yeshuah in many ways, immediately, even without Mashiach coming!

## Erev Shabbos



If someone insults you or looks down on you, don't let it bother you. We are not here to impress human beings. Honor and respect from other people won't get you anywhere in life. #1572

True respect and honor comes from recognizing that we are only here to impress Hashem.



# Story Time

## Stories From 'A Life With Bitachon'



This story has been called in by Mishpachas Tauber. Her daughter applied for a staff member job for first half, because she was already set up for second half. But the camp that she applied to said that they made a rule that in order to receive a job, you have to come for both halves. Besides for that rule, they said they're anyway filled up, so there's no possibility that they could give her a job.



She applied to a different camp, and she heard the same exact answer.

After hitting brick wall after brick wall and seeing that no one was able to help, Mrs. Tauber said, "I always hear on 'A Life with Bitachon' how people say, 'I don't have to figure out to help myself, Hashem is the Kol Yachol. He can do anything and everything.'"

With that she said, "Hakadosh Baruch Hu, here, I'm sending you my package. My daughter needs a job for the first half, and all the camps say there's no chance. But You're the Kol Yachol. I'm leaving it up to you."

Shortly afterwards, she got a phone call from one of the camps she applied to, and they asked, "Does your daughter still want the job?" She said, "Yes, why are you asking?" They said, "One of our staff members that we already accepted that was supposed to work for us both halves, just told us that something came up first half and there's no way she can work for us first half, so we have to find someone. Are you still available?" She said "Yes!" and **with that, her daughter got the best job, exactly what she was looking for.**



This story was called in by Mishpachas Benjamin. She said that her child was in a certain Cheder, and she realized that he would do much better in a different Cheder. So she called up the other Cheder, and she said, "Can I switch my son to your Cheder?" They asked, "Which grade?" She said "He's in this grade." They said "Sorry, that class is full to capacity, we don't have an extra seat, sorry, nothing doing, we can't even squeeze him in if we try."



With that, she hung up the phone. She said to herself, 'One second, I have pull with somebody. Let me ask that person to call up the principal! She asked that person to call up, and he got back to her and said, "I'm sorry, the principal never answered the phone for me, I tried already a couple of times, but he didn't pick up." She asked, "Can you try one more time?" "Sure," he said. He

ready a couple of times, but he didn't pick up." She asked, "Can you try one more time?" "Sure," he said. He



# Story Time

## Stories From 'A Life With Bitachon'



tried again, then told her “Sorry, I can’t get through to the principal, nothing doing.”

She hung up the phone and she said to herself, “I’m trying to get my child into a different Cheder. I had pull, but he said he can’t get through to the principal. What do I do now? Why don’t I use my true intrinsic pull, Hakadosh Baruch Hu, He’s my loving, caring father, He’s the Kol Yachol, He can do anything and everything. With that, she said Hashem, “I’m just going straight to you. I’m going to pick up the phone, and while I’m talking to the principal, I’m going to imagine I’m talking to you.”

She called up and she asked him, 'can my son come to your Cheder next year?' He said, “Sure, of course, what’s the question, we’ll gladly take him in,” **and in no time they accepted him with open arms!**



**This** story has been called in by Mishpachas Weiss. He has a son learning in Mesivta. He was the top Bochor.



He was a Masmid and all the Rebbeim were praising him. He was the best in the class.

Three years ago, something happened from one day to the next, and he totally shut down. He had no more Cheshek. He said, “I can’t learn anymore, it’s not for me.” He wanted to go to work. His Rebbeim said, “Just keep him in Yeshiva, we’ll see what we can do.” He didn’t take any tests, he wasn’t participating. This was going on day in and day out, month in and month out, year in and year out.

His parents tried getting him outside help, they tried five people, but they didn’t see one ounce of improvement.

Then, they were listening to the Yesod section last week, and Rabbi Golombek said over that many people think when they have Nisyonos and challenges, they don’t see light at the end of the tunnel, they think to themselves, ‘I can’t wait for Mashiach to come already, I need him to come this second, because otherwise I’m doomed.’ So many times when people think like this, it’s because they think that their only salvation and answer to their problems is Mashiach, but until then, nothing doing. But when a person lives with Emuna and Bitachon, they realize, “HaYipalei MeiHashem Davar?” Is there anything Hashem can’t do? Hashem can do everything in an instant. Therefore, a person should say, “Hakadosh Baruch Hu could do it at this present moment.” R’ Weiss said, I’m going to Chazer these words over and over. I’m going to picture that my son is going to start Shteiging in Mesivta. He’s going to call me up and say, “Wow, it’s so sweet and Geshmak to learn,” and he pictured him smiling.

The next day his son went to Mesivta. Smack in middle of the day he saw his phone ringing. It was his son calling from Yeshiva. He said, “Do you know, I started to enjoy the Zeese Geshmake Torah, sweet like honey, and I’m taking a test for the first time in three years!” He said, “My Menahel was always trying to convince me that Torah is really Geshmak, and now I’m finally feeling it for the first time! I’m not sure what happened, but the switch just turned on, I’m back to my regular self.” **And in no time, they saw something they would never have believed in their wildest dreams. They didn’t see any light at the end of the tunnel, and from one minute to the next, their son felt like a brand new person.**



# Story Time

## Stories From 'A Life With Bitachon'

This story has been called in by Mishpachas Berka from Detroit. She said she has children living in Eretz Yisroel, and she had a couple packages to send to them. She was looking around for someone going to Eretz Yisrael, but anyone she heard about, it was too late to send with them. This was going on for over a couple of months, looking for someone to bring her packages from Detroit to Eretz Yisrael.



One night she said to her husband, "You know, the packages have already been sitting in our house for a couple of months, I really want to send them to our children in Eretz Yisrael, but I can't find anyone to take them, what should I do?" Then she said, "I know what I'm going to do.

I'm going to throw the packages to Hashem. I can't find someone to take these packages to Eretz Yisrael, but You could!"

The next day, her husband called her up and said, I have a friend who just left me a message on my phone. He said, "I'm going to Eretz Yisrael. I know you have some children there. Would you like to send any packages with me? I'll be so happy to take them." **In no time, the packages were sent with the best service, one-two-three.**



This story has been called in by a very Choshuve Yungerman by the name of Isaac Shweky. He walked to Shul to find a Maariv. When he arrived, he realized that they had Davened much earlier, and there wasn't going to be another Minyan that night. He really wanted to Daven with a Minyan. He was thinking to himself. The closest Shul was a thirty-five minute walk. It was already 9:55 and the shul starts Maariv at 10:05. Was it humanly possible? Then he said, 'Why do I have to figure out how I'm going to get to the Kollel within 10 minutes without a car? Let



me leave it up to Hkbh. Hashem is the Kol Yachol. He can do anything and everything.'

He was opening up the door to the Shul, he saw his friend passing by in a car. His friend rolled down the window and called "Isaac, come right in, I'll take you wherever you have to go, door to door service." With that, not only was he on time to Maariv, but actually he was a few minutes early.



### What is the Sechar?

By: Miriam Balser - 11, Lakewood, New Jersey

A poor man approached a Rebbe and said: "I don't have a hat." So the Rebbe took off his new hat and gave it to the poor man!

Afterwards, his talmidim asked him, "Why didn't you give him your old hat?"

The Rebbe answered, "Do you want me to wear an old hat in Gan Eden?"

We see from here that what you give in Olam HaZeh will be your reward in Oilam HaBah!

# The



# Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

**Q. There is someone who I was very jealous of, and it seems like I gave them an ayin harah, and something terrible happened to them. Now, I'm eating myself with guilt?**

A. The concept of Hashem being perfect means, that whatever happens, is because Hashem wanted it to happen. A person's bechirah is only in his mind and it can't affect another person whatsoever. Even when it seems like you caused something to happen, the truth is, it really would've happened anyway. Therefore, there is no room for feeling guilty over what 'you caused'.

If you feel that you shouldn't have been jealous, you can do teshuva and do exercises not to be jealous in the future. For example, tell yourself that what's good for your friend is poisonous for you. Do you feel bad that you don't have poison?!

**Q. I accidentally caused a chilul Hashem, and I feel terrible. What's the message that Hashem is trying to tell me?**

A. In Nevardok, whenever they did something wrong, they would say, 'I'm going to turn it into a business. I'll use my mistake as an opportunity to grow even more in avodas Hashem'.

For example, they would say, 'I made a mistake because I'm a

human being, and humans are intrinsically imperfect. I will utilize this mistake to deepen my awareness that only Hashem is perfect and not people'.

In your case as well, Hashem's message is, 'I want to see that you won't fall apart from your mistake, rather you'll use it as an opportunity to grow'. Tell yourself, 'Now that I see how much chilul Hashem bothers me, I will make an extra effort to make a kiddush Hashem by showing how friendly and considerate frum people are'.

**Q. Last week, when I baked challah, I forgot to be maf-rish challah, and my whole family ate from it. When I realized my mistake, I felt so guilty that I was machshil my family to eat from dough that challah wasn't taken off. What is the emunah and bitachon perspective about this?**

A. How did it happen that you forgot to take off challah? Because you're a human being and not a malach. Thank Hashem for making you a being human and not a malach! malachim don't make mistakes, but they can't grow either. Human beings who are able to fall have the ability to grow. And people are able to reach even higher than malachim. Hashem created the world for people, not malachim .

Next, remember, Hashem

doesn't demand results; He wants to see that we're trying. Do an exercise to remind yourself to take off challah whenever you bake, like hanging a reminder on your refrigerator. This will demonstrate how important the mitzva of challah is to you. And this is what gives Hashem the greatest nachas ruach

Finally, turn your mistake into a business. From now on, taking off challah won't be done by rote, rather with an extra element of zehirus. Now, because of your mistake you'll come out ahead!

**Q. I am a teacher, and there is one student in the class that everyone is picking on. I tried all different methods to prevent it; talking about the importance of acting nice, positive encouragement, punishments, but nothing is helping the situation.**

**As a result, I feel that I'm failing my responsibility as a teacher to care for the welfare of the students. What's the emunah and bitachon perspective about this?**

A. The definition of being successful is: successfully doing what is in your control to help your students. However, what the outcome will be is completely Hakadosh Baruch Hu's department.



# The



# Bitachon Perspective

Continued

What is there left for you to do? Add bitachon to your efforts in helping your students!

Each day before you go to school, say, 'Hakadosh Baruch Hu, I will do my hishtadlus to help my students. But it's You who's in control of all outcomes.'

Once you know that you are succeeding in your responsibility as a teacher, you won't feel bad when you don't see results, because you know that all results are from Hashem. And you can be sure that Hashem is doing a perfect job.

In addition, Hashem's policy is that when a person acknowledges that results are from Hashem, he will see unbelievable siyata dishmaya in his hishtadlus as well.

**Q. I am a ba'al teshuva. Recently, I was interviewed in front of a large audience about what inspired me to become a ba'al teshuva and which lessons I would like to share.**

**One of the questions I was asked was, "what motivates you to continue in your growth?"**

**At the moment, I wasn't able to come up with anything too inspiring and I gave a rather dry response. Looking back, I realize that**

**there was really a powerful message I could have said that would have made a big impact on the listeners. Now I'm so upset at myself that I wasted such a valuable opportunity. The whole interview feels like a flop. What is the emunah and bitachon perspective about this?**

A. The reason you feel crushed is because you think, 'I had a koach to influence people, and now that I didn't utilize the opportunity, those people are not going to be as inspired as they could have been'.

However, when a person truly lives with emunah and bitachon, he understands that when he sets out to inspire people it's not his efforts which brings about the outcome. The results are going to be the way Hashem wants things to turn out.

Hashem is perfect and He's running a perfect world. Hashem will see to it that they receive the inspiration in the way He sees fit.

Therefore, there is no such thing as going out and 'flopping'. Your job is merely to do the hishtadlus of going out and do your best to help people as best as you can.

If you want the audience to receive the positive influence you wished to have given, say: "Hakadosh Baruch Hu. I want-

ed to inspire the audience but you did not decree that the right words should come out. You have many ways of inspiring people. Hashem, give them the boost they need to become inspired".

**Q. When something goes wrong, should I think that it's a punishment for my aveiros and do a cheshbon hanefesh, or should I say, "It's not a punishment; it's actually good because it came from my loving and caring father, Hakadosh Baruch hu and everything He does is perfect?"**

A. Do what works for you. If making a cheshbon hanefesh will make you improve, and help you create a healthier relationship with Hashem, by all means. But for some people, constantly blaming themselves weakens their self-image. In that case, Hashem does not want you to be blaming yourself. In that case, you should know and realize that what happened was really for your good.

To receive the full Bitachon Perspective, please contact [klatzkoshalom@gmail.com](mailto:klatzkoshalom@gmail.com)



Editor's note:  
Some stories  
are from She-  
vat/Adar!

### RAFFLE WIN- NER!

I was in  
school

and my teacher was pick-  
ing out a raffle to see which  
girl she should call up to act  
something out.

I davened to Hashem that it  
should be me, and my name  
was chosen from the raffle!

– A 9 year-old girl

\*\*\*

### HASHGACHA PRATIS IN THE SNOW

Our family went to a cloth-  
ing sale. When we were done  
shopping and ready to go  
home, it was all snowy. My  
little sister had to be held  
and it was going to be a very  
hard walk home.

Just then, someone came to  
the sale to pick up her dress-  
es, and she was able to drive  
us home!

She said that she was plan-  
ning to go to the sale the next  
day, but it was Hashgacha  
Pratis, she came today in-  
stead so that she could drive

us home.

– A Reader

\*\*\*

### HASHEM RETURNS LOST BAG

I want to share a story that  
happened to me.

I went shopping at a store  
and I used the city bus to  
come home.

When I came home, I saw  
that I was missing a bag! I  
was really upset because it  
was after a full day of shop-  
ping, and it was a few hun-  
dred dollars worth of clothing  
that I had bought.

I reminded myself that ev-  
erything is from Hashem. He  
is a Kol Yachol, and can do  
everything.

Baruch Hashem the MTA  
found my bag and I got it  
back!

Thank you so much for such a  
wonderful publication!!

– A Reader, Brooklyn, N.Y.

\*\*\*

### HASHEM IS THE TRUE HEALER

About a year ago, I had an  
infection. Because of my con-  
dition at the time, the doctor  
couldn't give me the stronger  
antibiotic. He gave me an

antibiotic that he assumed  
wouldn't really work.

I took the antibiotic the doc-  
tor gave me. At the same  
time I put in extra effort to  
say Asher Yatzter with Kava-  
na. Baruch Hashem the in-  
fection went away!

– A Reader from Monsey, NY

\*\*\*

### NO NUDGING NECES- SARY

My husband was waiting  
for somebody to take care of  
something. He kept calling  
him to take care of it but to  
no avail.

It was already Erev Shabbos,  
and he didn't want to go into  
Shabbos with the feeling that  
it wasn't taken care of.

He started getting ready for  
Shabbos, and was singing the  
whole time 'Hakol Yachol'.  
When he was done getting  
ready, he saw that he had  
missed a phone call from this  
man. He said he was going to  
take care of it before Shab-  
bos!

– A Reader from Monsey,  
N.Y.

\*\*\*

### GRATITUDE BRINGS YE- SHUA

#### Attention Readers:

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

#### Please keep you stories coming!

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

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

I was giving my children supper, and all of a sudden I started feeling a strong pain. It got worse and worse.

I realized that it probably was a kidney stone. I had it in the past.

I called the doctor, and when he called me back he said that if the pain doesn't go away I should go to the emergency room. I really didn't want to go to the emergency room, it was 6:00 p.m. and I wanted

to stay home and put the kids to sleep.

I went to lie down. As I was lying in bed, I said that if I'm in pain, it must be good for me. I started thanking Hashem for the pain.

Then suddenly the pain went away, from one second to the next! I felt fine and was able to do bedtime with my children!

– A Reader from Monsey

\*\*\*

### THANK YOU HASHEM!

I went out with my toddler. I didn't bring my key along, so I left the side door unlocked.

While I was folding up the carriage, my toddler went into the house and locked me out!

I told him to open the door, but he just started laughing. It was dangerous.

I went around to check the other doors, and even though I am very careful to always keep all the doors locked, it was a Neis, the back door was unlocked!

-A Reader

\*\*\*

### HASHEM LOVES THE SPRING HILL TIMES

I live in London and I get the Spring Hill Times delivered to me from Manchester and I give them out.

I raise money for the printing, and I send it to Manchester to the one who prints them.

At one point, I was getting a bit stressed out and I was wondering if I should carry on with it.

I needed to find somebody to deliver the money to Manchester for me, and I didn't have any idea with whom to send it with.

Manchester is quite a drive from London. It's not around the corner and it's not so easy to find people traveling there.

I went to daven Maariv.

## Sparkle Neshama Wash



**Clean out your Aveiros!**

**Wash away Yesurim!**

**Wipe away all dirt!**

**Save yourself a trip to Geheinom**

*Looking forward to serving you!*

**Mr. Bizyonos**



During Maariv and I said to Hashem, "Please Hashem, show me a sign that You are having Nachas Ruach from this that I'm helping spread the Spring Hill Times.

I finished Davening Maariv and went up to someone familiar and asked him for a donation for Spring Hill Times.

He asked me a question and in answering the question I happened to mention the word 'Manchester'.

Someone heard and they turned around and they said, "By the way, I'm traveling to Manchester this Wednesday. Do you want me to take anything for you?"

I said, "Sure I do," I was so happy. I gave him the money. He even offered to bring back many copies of the Spring Hill Times, free delivery! I usually needed to pay for delivery but now he would bring it back from Manchester for

free! I saw very open Hashgacha Pratis!

Thank you Hashem and thank you for the Spring Hill Times for all your amazing inspiration and Chizuk.

-A Reader from London, UK

\*\*\*

### GIRL FINDS SHOES

I wanted to share a story that happened to my family.

We live in Monsey. There was a shoe sale, by appointment only, for a couple of days for very cheap shoes.

We thought that we might get an appointment for Sunday but we found out that we were not able to go until Monday.

My daughter, a fourth-grader, told my wife, that there would not be any shoes left for us as we were getting a later appointment.

My wife said, the shoes that

are meant to be for her would be waiting for her.

On Monday, my wife went with all the children. B'H we have a large family and she found shoes for everyone, aside from the fourth grader. She needed size 36, but there was no size 36 to be found.

She picked up a box that was size 37, my daughter said, "No, that's too big." My wife pulled out the shoe. By mistake (or not by mistake) there was size 36 shoes in the box of 37, specially put away by Hashem for her!

We walked out and everyone in our family got the pair of shoes that they needed. Boruch Hashem! Thank you Hashem for your beautiful newspaper.

-A Reader Monsey, N.Y.

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**Yum! Yum! Yum!**

**But nothing compared to what Hashem is going to give you in the next world!  
Keep on smiling!**

## Hashem Loves You!

Avi worked in a busy real estate office. He would thank Hashem every day for one hundred things, like 'Thank You Hashem for my eyesight', 'Thank You Hashem for coffee', 'Thank You Hashem for breakfast', 'Thank You Hashem for friends' etc. Every day, he would choose one thing that he felt was extra special to thank Hashem for, and this would be 'thank You number one hundred' for that day.

One day, Avi thanked Hashem for ninety nine things, but could not find the special thank You number one hundred to thank Hashem for.

Finally, Avi decided to thank Hashem that he was born in Argentina and knew fluent Spanish.

This would be his extra special thank You for the day.

The next day, Avi was sitting by his desk at work, and his boss came over and said: "I need your help, because today we have a very wealthy client from South America who would like to do serious business with us purchasing large amounts of investment properties. The problem is that he does not speak English well and he is asking if anyone at our office can speak to him in his native tongue, Spanish."

Avi said, "Sure!" and took the case, which ended up dragging on for a few weeks, while making a few million dollars for the company in real estate sales, and of course plenty of commission for Avi.

Afterwards, Avi printed 2,000 thank You Hashem notebooks and handed them out to everyone at work. They said, "Originally, we were not so interested in your daily Thank You Hashem's. It wasn't our speed. But now that we see it makes you so much money, we would like to join in and be part of this movement."

This true story is printed in 'Say Thank You and See Miracles' by R' Lazer Brody and an entire letter from Avi is printed there as well.

Challenge yourself to thank Hashem one hundred times throughout the day!

You will see a higher level of Chesed in your own life!

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