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KLAL YISRAEL'S NEWSPAPER

לזכות רפואה שלמה הינדא בת מרים רבקה בתוך שאר חולי ישראל

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Notice: The next few issues might be a bit smaller than usual. BE"H, we will back to regular size soon.



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ANTI-SEMITISM IS DOWN!

The Gabbaim in Bais Medrash Govoha, Lakewood, New Jersey, were preparing the Sifrei Torah for the new Minyanim for Bein Hazmanim.

They brought the Sifrei Torah into a room where the non-Jewish janitors were. As they

were bringing them in, one of the janitors said to another, "It's their Bible. We have to stand up." And all twenty-five janitors then stood up!

A tiny taste of Yemos HaMashiach:

ויאתיו כל לעבדך
וויברכו שם כבודך

[Rabbi Zevy

Golombeck

Continued on page 8



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The Spring Hill

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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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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
מעם, צייטל בת שלום אריה, נפתלי בן יעקב.
לזכות הבר' הר' משה דוב בער בן אסתר, לזוג הגון בקרוב. דוד יעקב בן פעשא לאה לרפא'ה שלמה

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

HARAV SHMUEL KAMENTSKY SHLITA

AND

HARAV ELYA BER WACHTFOGEL SHLITA

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

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

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

שמעון קאמנטסקי
על שם קאמנטסקי
ד' תמוז תש"פ

CANDY CLIMB

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Dear Subscribers,

Baruch Hashem, the Spring Hill Times is growing by leaps and bounds.

We are racing towards Hashem and our readers are racing along!

We cannot thank Hashem enough for giving us this wonderful zechus!

At the same time the cost to print an issue has dramatically increased!

We would love to go back to the way it was when we started, to distribute the Spring Hill Times free of charge, but as it seems like right now, Hashem has other plans and we need to charge to cover the costs.

Baruch Hashem, due to its growth, we currently aren't able to cover the budget.

Starting from the issue of Parshas Ki Savo (Elul 5783), the cost for monthly printed copies will be \$10 (\$2.50 per issue). Be"H that should cover the cost and give us room for a little growth too.

You also have the option to sign up to get it by email which is free and you can then print it on your own.

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Thanks you! Gut Shabbos!

WEEKLY NEWS ROUNDUP

Continued from
page 1

MAN TRUSTS IN HASH-EM

R' Meshulem lent someone a few thousand Shekel.

The person was supposed to pay him back in a week or two. The week or two went by, but he didn't hear from him.

R' Meshulem tried reaching out to the person but he kept pushing him off.

Before he knew it, it was already three months later. All his bills came in at once: his water bill, his electric bill, his Arnona (property tax) bill. He didn't have enough money to pay them. He knew that if that person would pay him back, he would have the money for it. He didn't know what to do; he had tried so many times...

Then he realized, "One second, who's going to pay this bill for me, is it me? It's the Ribono Shel Olam! Instead of relying on people, I have to rely on the Ribono Shel Olam. If the Ribono Shel Olam wants, He could pay the bill right now."

A few hours went by, and the person called him and said, "Baruch Hashem, I worked it out and I'm coming right now to you to give you the entire sum."

He saw the tremendous

power of "Habote'ach BaHashem, Chessed Yesovevenu."

HASHEM BLOCKS BUS WITH GARBAGE TRUCK

R' Schwartz* from the Bais Yisrael neighborhood hosted his nephew from Beit Shemesh for Shabbos.

Shabbos ended late so they decided that instead of him going home on Motzei Shabbos, he would take the bus Sunday morning.

The bus would be leaving at 9:00 in the morning and would get him to Beit Shemesh in time to get to Cheder which started at 10:00.

However, R' Schwartz's nephew woke up late. When he came out of his room, it was already a few minutes before 9:00.

R' Schwartz told him that the bus comes at 9:00 on the dot because they are the second stop.

His nephew quickly grabbed something to eat and got his stuff together. R' Schwartz looked at his watch and saw it was already 9:00. He told his nephew, "You probably missed the bus, but if

Kav Hashgacha Pratis
1518-613-0140



you wait for the next bus, it doesn't come until 10:20, and then you'll be very late for Cheder, so let's try. Maybe we will make the 9:00 bus.

They got to the bus stop, and they saw that the bus had already come.

Even though it was against all odds to try to catch it by the next stop, since it didn't look like there was any traffic, and a bus goes much more quickly than they could walk, they decided they were going to try.

As they were walking to the next stop, they saw that a garbage truck had come out of nowhere and blocked the bus! They were able to catch the bus without even running!



LIVING WITH HASHEM

By Rabbi Zevy Golombeck

Editor's note: Many of these stories are from Adar - Nissan!

HAMOTZI LECHEM MIN HASHAMAYIM

Mrs. Gelb* usually makes fresh-baked Challah for Shabbos. Her kids really love it. One week, she was busy collecting money for a widow and she didn't have the time to bake Challah.

She thought to herself, "One never loses out by doing the right thing. My job is to help out another Yid, Hashem will help me out."

It was Erev Shabbos, and she still didn't have Challah.

Then her mother called her and said, "Bubby just baked fresh Challah, and since it's right before Pesach, she can't keep it all. She's looking to give some away. She already called up a couple of grandchildren, but no one wants them. Would you want them?"

"Of course," answered Mrs. Gelb.

She was more than happy to take them, and she had enough Challah left to last until Pesach.

BRACHOS FROM A CHOLEH

R' Leib* went through heart surgery.

He was listening to the Yesod section on "A Life With Bitachon," and he heard that when someone is sick, the Shechina

rests on him, like in the Bais Hamikdash.

He took advantage of the fact that he was like a Bais Hamikdash, and he started giving Brachos to many people for Shidduchim, Parnassah, Nachas...

At least ten people came over to him to tell him that they saw a Yeshua after he gave them a Bracha!

SEFER TEHILLIM – THE BEST SEGULAH

Moishe Stein* said that his friend, Chaim*, told him that if one says the whole Tehillim, he will see Yeshuos in their life.

Moishe, who needed a place to live, said the whole Tehillim, Right afterwards, someone came over to him and said, "You can live by me rent free and I'll give you free food!"

Moishe also said the whole Tehillim on Ta'anis Esther, and on Purim when he looked at his bank account, he saw that nine payments that the government had owed him from many months ago finally came through!

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

A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

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

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1 15 sec. back	2 Pause	3 15 sec. forward
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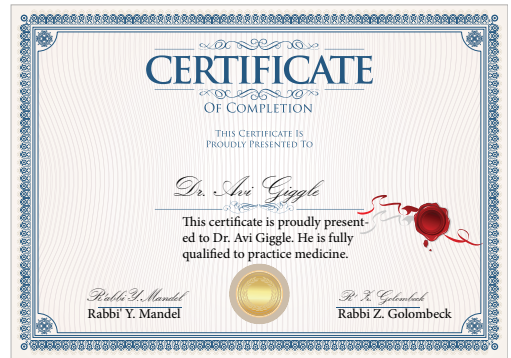
When I go into my car in the summer, the temperature is well over 100 degrees.

It takes a few minutes until the a/c kicks in.

Until then, it's so hot and uncomfortable.

Please help!

Dr. Avi Giggle M.D.



I'm prescribing 5 medications for you:

1. Thank Hashem that you are able to sense heat. If we wouldn't, it would be life threatening!
2. Thank Hashem for making the world spacious and airy. Imagine if every time you go outside it would feel as stuffy and hot as in your car! Thank Him for the delicious breeze that He gives us!
3. Thank Hashem that it's only for a few moments! For the rest of the ride you have geshmake, blasting cold air!
4. Every second in that hot car is saving you from so many tzaros and from a trip to geheinim. Accept it with love!
5. Thank Hashem that you have a working car!
6. Call 'A Life with Bitachon (732-719-3898) press 8 then 1 then 1614 and listen.

**IMPORTANT HEALTH TIPS
TO
REMEMBER**

There is so much good in every situation!

All we need to do is open our eyes.

A STORY FOR THE PARSHA

By: Tzvi Blaser- Lakewood, New Jersey

You will return to Hashem your G-D and listen to His voice. shoemaker, "it is possible to repair."

Rav Yisroel Salanter was returning home very late one night. As he walked through the dark alleyways, he suddenly noticed that a light was still on in the home of the shoemaker.

He knocked on the door and entered the home.

"Why are you still sitting and working at such a late hour?" asked Rav Salanter.

"As long as the candle burns," replied the



Those words made a great impression upon Rav Salanter and from then on, he repeated them on many occasions.

"Do you hear?" Rav Salanter would ask, "as long as the candle burns, it is still possible to repair!"

As long as a person is alive and his soul is within him, he can repent and rectify his deeds."

Good Shabbos!

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

Richer Than...

"No."

There's an old joke that goes like this: *If I'd be as rich as Bill Gates, I'd be even richer. How so? I would do a little extra tutoring on the side.*

The truth is, that we are all capable of being much richer than even Bill Gates.

I asked a young fellow the other day, and I don't mean to be gruesome, "If someone would give you a million dollars but they would remove your hand, would you accept that deal?"

He said no.

I said, "Five million?"



I asked, "If you had five million dollars in the bank, and you didn't have a hand, and someone could put a functional hand back on, would you pay all five million dollars?" He said, "For sure."

So we know we have at least—if not more than—five million on this arm. And another five million on the other arm. And then we have two eyes. If you add it

all up, and we appreciate that it all comes from HaShem, then not only are we richer than Bill Gates, we're richer than rich!

Gut Shabbos!



A Faint Whiff Of Hashem's Unlimited Wisdom and Kindness

Our teeth are uniquely strong and durable. They are the strongest part of the human body – even stronger than bone. Perhaps the reason that Hashem created our teeth so strong is based on a different unique attribute that our teeth have that differentiates them from bones.

All of our bones that get broken or fractured – they self heal. Hashem set them up in a miraculous manner that new cells are made that recreate the broken bone and that gets them ready for many more years of use.

The only bone like material in our body that does not self restore – is our teeth.

If a tooth gets broken or fractured, or even if it gets a small cavity, a small hole – it is there to stay. Time, creams or vitamins are not going to change that.

Since the damage to our teeth is irreversible, Hashem created our teeth from a special strong substance that does not break easily and does not need the self healing process. This is as opposed to the rest of our bones that are softer. They can break more easily and the self healing is vital.

The reason Hashem created our teeth extra strong is in addition to the simple reason that we already mentioned – they are constantly being used to apply a lot of pressure.

Hashem created our teeth uniquely strong with the ability to do their powerful job for

a lifetime. But despite the fact that the outer layer is as strong as steel, surprisingly it can be easily destroyed by its small and almost invisible adversary.

Plaque gathers on the tooth and it contains bacteria. This bacteria creates acids that if left on the tooth will eat away and erode the tooth. Just like acids that we are familiar with that can erode very strong substances, so too the acids in the plaque can erode and destroy the tooth. The main destructive acids come from sugar. Sweetened foods and drinks leave over bacteria that can be very destructive if they remain on our teeth. Not only can it eat through the hard layer of the teeth it can even attack the root inside the tooth which can be extremely painful.

This is why it is extremely important to consistently brush and floss our teeth to ensure that there is no bacteria that is parked on our teeth.

Remember, teeth do not self heal, if we are not responsible and we allow bacteria to devour our teeth, the damage or hole that develops is there for life. Our teeth are a gift, a very special, important and useful gift. If we value this gift and we want to keep it, we must take the time to take care of it, protect it and preserve it.

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Living With Appreciation

By: R' Daniel Shasha

'And now Yisrael, what (mah) does Hashem ask of you, only to fear Hashem your G-D ...' (Devarim 10:12) Chazal (Menachos 43b) teaches do not read the verse mah, meaning what, but rather meah, 100. This is the source that one is obligated to recite 100 berachos each day.

The Chida teaches that when we recite berachos correctly, it is considered that we have brought all the korbanos listed in sefer Vayikra! He explains that each day we recite 100 berachos plus saying the word Baruch 11 times in Baruch She'amar which has some semblance of a berachah. This equals 111, the same number of verses in parashas Vayikra. Isn't this phenomenal! Every day we recite many berachos, such as birkas hashachar, when washing our hands, before eating, drinking, smelling etc. When these are recited correctly, it is like we have brought a korban in the Bais Hamikdash! What's more, there is a Midrash that teaches: not only are the berachos we recite like the korbanos, they are actually even Holier!!

What is the connection of korbanos to saying berachos? A korban is an expression of one's inner desire to express devotion to Hashem, creating a certain closeness. Hence the name korbanos, from the word kirvah drawing close. Each berachah we recite expresses our tremendous appreciation to Hashem for all He does, thus bringing us close to Him. We receive countless benefits on a constant basis and reciting berachos is the ideal way to express our appreciation. So before taking a bite from a scrumptious apple we stop and think, this delicious food is a gift from you Hashem, I really appreciate it, thank You! Then we recite Baruch atah... before indulging from this delicious food. These few seconds of contemplation helps us appreciate the gifts we experience on a day-to-day basis that we often take for granted, thus strengthening our relationship with Hashem.

This idea is echoed by the Rambam (Hilchos Berachos 1:3) who teaches that the reason why we recite so many berachos is in order that we continually think about Hashem throughout our day. So, each time we say a berachah we bring ourselves closer to Hashem, just like bringing a korban. The Sfas Emes adds that the verse regarding bringing the Korban Tamid states 'Reyach Nichoach LaHashem'. Nowadays when we don't have a Bais Hamikdash, when we say berachos and thank Hashem it is considered like Rayach Nichoach, a pleasing aroma before Hashem!

Towards the end of his life, Rav Shach suffered greatly from a severe illness and his doctors told him that he would not be able to eat normally again. When he heard this, he cried uncontrollably, refusing to be comforted. He explained, "how can I not weep when I have been told that I could never make berachos on food again, I would not be able to feel the incredible joy of this constant interaction between me and Hashem."

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

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 does not rot so you can gather them and plant a whole crop's worth.
3. Soil is only found on earth.
4. Soil is the perfect environment for the seed to grow.
5. The soil is a natural habitat for ants to live in and also for the inchworm.
6. The ant is an amazing creature that constantly is making holes in the ground. It tills the ground because Hashem put into its nature to constantly look for food.
7. The Inchworm bores bigger holes in the ground which is also a form of tilling the ground
8. Vegetation grows in the ground.
9. The soil also produces all different types of vegetation.
10. This so happens to be the perfect food for the Inchworm.
11. After it eats, the food goes through an amazingly complicated digestive system.
12. The Inchworm's body produces waste.
13. The waste is very good fertilizer for the soil to help the growth of the wheat.
14. When the worm dies, it decomposes and is good fertilizer for the plants.
15. Different germs and bacteria 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.
31. The sun constantly gives off heat by chemical reactions.
32. The molecular structure of water is so that when it gets hot, it starts to change.
33. The water turns into water vapor.
34. Water vapor is lighter than air, so it rises.
35. The sun sets in order to let the earth have a rest and certain insects work at night.
36. The earth spins in a cycle which causes the sun to set.
37. It is in constant motion never stopping.
38. Everything in the world is stationary and the movement not felt.
39. The moon is an orb in the sky.
40. It has a certain cycle.
41. It reflects the sunlight.
42. It has an effect on the moisture of earth which is necessary for growth.
43. The earth spins in an angle so that sometimes it is closer to the sun and sometimes it is further away.
44. The sun has a force on the earth.
45. This causes all different seasons and climates.
46. During the cold season the earth stops producing as much, giving a rest to the earth enabling it to give off a better crop.
47. There are many dust particles in the air.
48. When the water rises, it leaves over all the salt and dirt from the ocean.
49. The water combines with the dust particles.
50. It starts to accumulate into a cloud.
51. Cold air sinks.
52. Hot air rises.
53. The difference causes air current.
54. The wind blows inland.
55. The clouds move inland.
56. The cloud gets heavy with water.
57. The cloud releases the water.
58. Gravity brings down the water to the earth.
59. There is a negative cloud.
60. There is a positive cloud.

♪! הזן את העולם כולו בטובו! ♪

61

When they rub together they make lightning.

62

Lightning travels to the ground.

63

The lightning has tremendous heat.

64

The air has in it a gas called nitrogen.

65

The lightning makes a chemical reaction with the nitrogen making nitrites.

66

The nitrites are a very good fertilizer to help the growth of the plants.

To be continued BE"H



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Important Safety Tips How to Prevent Fires.

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

REMEMBER:

**Practicing Safety
Saves Lives!**



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this World and in the Next World.**

News From the Classroom

Stories sent in by a class in Bais Sheindel, Lakewood, New Jersey

*The Klein family were on their way,
Traveling from far away,
As they were speeding along,
Listening to the latest song,
Creak, squeak, the car broke down.
Oh my! How would they get to town?!?
With the tremendous Hashgacha of Hashem,
Two other cars with cousins were right behind them.
The Klein family was not defeated,
Because the extra seats in their cousins' cars were
the exact amount needed.
Baruch Hashem, oh what a win!*



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More people are needed to report to the world how good Hashem is. Volunteer today: thespringhilltimes@gmail.com

CHAPTER 5



Recap: YESHIVAS TORAH V'DAAS!

R' Binyamin Wilhelm is making a frum school in Williamsburg called "Yeshivas Torah V'daas." People don't believe he could do this in America. "Yeshivas Torah V'daas." he's planning on starting after Sukkos! On Yom Kippur he goes from shul to shul to ask people to send their kids there. After he remembered every boy's name and wrote them down!

So, we're closing Yeshivas Torah V'daas for now?

Why would we close Yeshivas Torah V'daas?

You said that after Sukkos we could close it for now.

That's if we had 45 boys. We Baruch Hashem have 105 yidische kinder!

100 AND 5! NOT 40 AND 5! YOU CAN'T BE SERIOUS!

When did you do that! it was Yom Kippur! There was no...

Exactly like I said, we have 105 boys. I went on Yom Kippur!

The very 1st day of Yeshivas Torah V'daas 12 boys arrived. People were reluctant to believe it actually would start.

The next day 50 boys came.

The next day 30 boys showed up.

Just 1 week after Yeshivas Torah V'daas. 100 boys arrived to this very 1st yeshiva!

To be continued B'ezras Hashem...

Just Look At What Hashem Made For You!

By Leiby Berger - Jackson, New Jersey

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Stunning
World!



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World!

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5

Weekly Thank You's

I'zechus that people should feel loved by Hashem!



By: R' Simcha Elefant - Yerushalayim Ir Hakodesh

Thank You Hashem for Elevators!

With the push of a button you can be twenty floors higher!



Thank You Hashem for Socks! They keep our feet comfortable, warm and clean.



Thank You Hashem for Wheels! They make cars, bikes, scooters, mechanisms all move quickly and smoothly!



Thank You Hashem for Doctors! We can have someone check us to make sure everything is okay.



Thank You Hashem for Pillows!

What a bonus gift to show us Your love, to make our sleep so comfortable and enjoyable



Mazel Tov!

Mazel Tov to R' Yaakov Mordechai Warshavchik (Lakewood, New Jersey) on the birth of a new baby boy!

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

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

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

Special Mazal Tov to R' Shlomo Eliyhau Warshavchik and family (Lakewood, New Jersey) on the birth of a new baby girl!

Extra Extra Special Mazal Tov to the grandparents, Rabbi and Mrs. Avraham Cohen (Lakewood, New Jersey). May they see much nachas!

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Round #2
STARTING THIS WEEK!



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

At the end of the summer we will have a raffle and for every round that you were part of you will receive one raffle ticket.

Bonus Tickets

Anyone that is part of all 3 rounds will receive a 5 bonus tickets. (This is instead of your 3 tickets) Whoever never makes up her Yom because she forgot to say it one day will receive 2 bonus tickets per round. So, each participant can have up to 11 tickets!!

Round #1: June 26-July 23 • Round #2: July 24-Aug. 21 • Round #3: Aug. 22-Sept. 20

Please email us to be part of Summer Program • TehillimEveryday@gmail.com

לזכות רפואה שלמה: שושנה מלכה בת דבֶרָה, ירוחם בן יהודית, חיים יחאל מיחל בן רבקה רחל לעילו נשמת: יהודית פנינה בת אברהם צבי, בת'שבע בת יואל מנחם ירחמאל, גענענדל בת פסח

Attention girls and boys:

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

כיבוד אב ואם

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

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



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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Chazal

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Niflaos Haborei Riddle

by: T. Bauman

I'm a hard worker
I'm muscular and lined.
I do my work without a fuss-
If to me, you are kind.
I can grow and shrink
and you like me to stay small.

But my size is in your hands (and
mouth)
So it really is your call.
I use the aid of juices-
No, not the type you drink!
Though, those also get to know me

Pretty well, come to think!
some people say I 'twist in knots'
Or that there are "butterflies" inside me.
But cannot be literal -
So who can I possibly be??

Find the answer somewhere on the
last page.



Cheishek HaTorah

Riddle Corner # 49 Eikev

Work performed by the heart, is a priceless
art.
Rashi brings two sources- Mekoros, that Avo-
das Halev means Tefilos. Do you know both
proofs?

To hear the answer, press X14 #49 on the
Chaishek HaTorah Line 845- 720-4040

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stories from
the Spring Hill
Times being
read on the
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Updated
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Parsha Delight Question of the Week

Refuah Shelaima Moshe Zeleg ben Rachel Devorah (רפואה שלמה משה זעליג בן רחל דבורה)

פרשת עקב תשפ"ג (5783)

Why is it necessary for the pasuk (9:15) to say that Moshe Rabbeinu had the לוחות in his "two hands," and in pasuk (9:17) to say that he threw them from his "two hands"?

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



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

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Bitachon Gems

Learning the Parasha with Rav Yehuda Mandel Shlita



מה ה' שואל מעמך

The *נציב* mentions that there are 4 types of *Yidden* and from each type *הקב"ה* asks for a different kind of *עבודה*. It can be *חסד*, *זיכוי הרבים* or simple *ענינים* etc. He adds that it's *כמעט אסור* for one type to get involved in the other type. Mind your own business! Enjoy your own *כוחות* without envy for those who "made it into the newspapers!"

People were once discussing who was greater from the old *Mirrer* *בחורים*: R' Leib Malin ז"ל or R' Yona Minsker ז"ל.

R' Aron Kreiser ז"ל remarked that whoever gets involved in such a thing is like a teller counting other people's money and gets paid minimum wage.

Keep sitting on your own *מעלות* and appreciate yourself! Count your own "money".

"Envy is ignorance, imitation is suicide." It's daily hard work to sit on yourself and to insist how you are the luckiest despite all those millions of distractions that the *יצר הרע* causes.

For good reason in *Navardok* the #1 *מדה* they worked on was *אמיצות*. To meet the world without fear of *הבריות* - now you can be yourself. So many of us never realize our potential because we are "drowning" in public opinion.

בעל תשובה is discouraged and full of *יאוש* so he needs an incentive. Indeed, the *רמב"ם* elaborates in encouraging a *בעל תשובה* and he says a long *mussar Shmuzz* that the *בעל תשובה* shouldn't think he is *מרוחק*, *מתועב*, *שנאוי* - the opposite is true, he's *מקורב* a *ידיד* and much loved by *הקב"ה*.

ובמקום *שבעלי תשובה* עומדין אין *צדיקים* גמורים יכולין לעמוד

In the precious *אלול*, *Hakadosh Baruch Hu* wants us to make a big *shpiel* about even our slightest *רצון* for *תשובה* and *חזוק חזוק* is called for without end. To value *אלול* is #1 and value yourself and the sweetness of coming close to *Hakadosh Baruch Hu*. Don't be fooled when everything goes wrong during *אלול*!

Rav Chatzkel Levenstein zatzal says that it's always like that! *עקשן יצליח*! Don't be impressed with your failures. When you feel that you're not *מצליח* - you constantly say: "*אדרבה! The יצר הרע only starts up with the best people - like me!*"

"The more I mess up with *תורה*, *ביטול תורה*, *קדושה*, *כעס* or not being involved in *תשובה* during *Elul*, the more I am sure that I'm *דווקא גוואלדיג מ'!*"

Not being *מיאש* despite all kinds of unfortunate *ירידות* is the biggest *זכות* in the world!! So hold on!

P.S. Don't look for trouble!!

I was told in *Navardok* by R' Elya Rotnemer ז"ל that a *צדיק* is a person who falls and yet he keeps going! *שבע יפול - צדיק ושם*.

"I had a great *אלול* this year! Even though I got worse and worse and everything went wrong - I still wasn't *מייאש*! - what a success!"

Excerpts from Bitachon Weekly 5782. To sign up for the weekly full version please email: bitachonweekly2@gmail.com

A Review of the Yesodos

that make our days!

A Life with Bitachon

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Sunday



Someone who lives #1597
with Emunah and Bi-
tachon will not have
to worry about getting their
hopes up and then being dis-
appointed. If something doesn't work out as they
wanted, they realize it would have been poison for
them, so they will still be happy.

Monday



There's no compar- #1598
ison between the
quality of life with
and without the Yesodos of
Emunah and Bitachon. With
Emunah and Bitachon, a person still does Hishtad-
lus, but he does not suffer from fears, anxiety, and
stress.

Tuesday



When a person who #1599
lives without Emunah
and Bitachon tries
to achieve something and fails, he
will feel like he wasted his efforts.
A person who lives with Emunah
and Bitachon realizes that every-
thing we do is exactly what Hakadosh Baruch Hu wants
us to do, and He wanted it to turn out this way. When
we recognize that each step we take is what Hashem
wants, each step becomes a Mitzva, regardless of results
and outcomes. Therefore, there is no such thing as "get-
ting nowhere" or "going around in circles" or "hitting a
brick wall."

Wednesday



Yiddishkeit is a rela- #1600
tionship between Klal
Yisrael and Hakadosh
Baruch Hu. Hakadosh Baruch
Hu does not need our Torah and
Mitzvos. It is all for our own ben-
efit.

By attaching ourselves to the source of Bracha and
Simcha through serving Hashem, our lives will be-
come full of Bracha and Simcha. It's impossible to
lose out in any way by serving Hashem.

Thursday



During the Holocaust, #1601
as the Belzer Rebbe
was about to escape
Germany, he paused
for a few minutes. He explained
that Hishtadlus is just a test.
Hashem wants to see, do you think that you're
the one helping yourself, or do you realize that
it's really Hakadosh Baruch Hu taking care of ev-
ery step. Only if you do Hishtadlus without feeling
rushed or getting emotionally involved are you
doing proper Hishtadlus.

Erev Shabbos



What lesson is the To- #1602
rah trying to teach us
by naming all the different plac-
es where Klal Yisrael camped
out in the Midbar throughout
the forty years? Anybody that
knows anything about laws of nature will re-
alize that millions of people, including women
and children, would not be able to survive in the
Midbar for so many years. This teaches us that
when Hashem is taking care of us, nothing has
to make sense.



Story Time

Stories From 'A Life With Bitachon'

This story has been called in all the way from Eretz Yisrael by a very Choshuve Yungerman by the name of Shmuel Sholom Greenberg who lives in Afula. It was Erev Shabbos, and he had to go to Beitar for Shabbos. He said that from Afula to Beitar it's over a three hour bus ride. When he went to his local bus stop right in front of his house, the bus that was supposed to take him to his destination just flew right by. It was a fully loaded and packed bus. The bus driver didn't even stop, and that was the last bus going before Shabbos. He was at the bus stop with his family, trying to figure out how in the world were they going to get to Beitar for Shabbos. The last bus had already arrived and left.

He made some inquiries, and he saw that there was one more bus leaving from Bayit VeGan, which was about two hours away from his house. If he went to Bayit VeGan right away, he could make that bus from Bayit VeGan to Beitar. "But how in the world are we going to get to Bayit Vegan right now? We have to leave at once to be able to catch the bus. We can't wait a second. But... how are we going to get there?" Then he said, "One second, who's running this world? You think it's the bus company? You think it's the bus drivers? It's HaKadosh Baruch Hu, the Ribbono Shel Olam. He is HaKol Yachol. He can do everything and anything."

Right then, a different bus stopped by the bus stop. A Yerushalmi Yid got off the bus and asked him, "Do you need a ride anywhere? Could I bring you somewhere?" He said, "Well, we're going to Bayit VeGan. It's around two hours away from here." He said, "Sure, I have a car right down the block, and I have room for you and your whole family. I'll take you, door to door service."

Within two minutes of saying, "Hashem, it's You!" they got a free ride, door to door!



This story has been called in all the way from Eretz Yisrael by Mishpachas Benjamin from Tzefas. She asked one of her friends if she could do her a very big favor. The friend said, "Right now is not a good time, but come back to me in a couple of days." She came back a couple days later, and again her friend said, "Right now is not a good time either. I'm so sorry to push you off, come back in another few days."

She stopped in her tracks and said, "One second, why do I keep going over to her and asking her

Story Time

Stories From 'A Life With Bitachon'

for the favor? Where is the source of all favors, where do favors come from anyway? Not from her. It comes from my loving, caring Father, HaKadosh Baruch Hu, the Ribbono Shel Olam. And with that, let me just rely on Hashem who is HaKol Yachol and He'll work everything out."

All of a sudden, out of the blue, someone came over to her, "Do you need me to help you? Can I do you a favor?" She said, "Are you serious? Of course; it's exactly what I need!" And in no time, she got the favor she needed, with the best service!



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

This story has been called in by Mishpachas Klein from Montreal. She is making a Chasuna very soon ly'H, and even though she knows that HaKadosh Boruch Hu is the real One taking care of all the preparations from start to finish and everything in between, but she's the one doing all the hand motions of Hishtadlus, of doing her part in getting the Chasuna ready. She said that in one area she felt she had no Koach: to go and do all the shopping that her Kallah needed. She felt like she really needed a personal shopper.

So she said, "HaKadosh BoruchHu, Ribbono shel Olam! Right now, I don't have the Koach to go shopping in all the stores that the Kallah needs to go to. Therefore, I'm throwing it up to you. You're HaKol Yachol, You can do everything and anything!"

Later on that day, the phone rang, and she picked it up. It was an old friend of hers, and her friend said, "Right now, I'm training to become a personal shopper. By any chance, do you have a Kallah in your house that needs shopping to be done? Because if yes, I would like to take care of all the shopping needs from start to finish and everything in between."

She said, "Are you serious? That's exactly what



I'm looking for!" **And in no time she took the Kallah to every single store, with the best service!**



This story has been called in all the way from Eretz Yisrael by a very Choshuve Yungerman by the name of Shmuel Oliason from Afula. He said that he traveled from Afula to Migdal Ha'Emek to buy a very big and heavy item. After they finished buying it, his whole family was carrying it up the hill to the bus station to bring it on the bus. As they were schlepping it up, they realized and noticed that the bus was already at the bus stop, and it would be leaving any second. It was still going to take them a couple of minutes to get to the top. It was boiling hot and they were shvitzing. They were really getting tired and kvetchy. His family said, "Oh, what's going to be? The bus is leaving. The next bus going from Migdal Ha'Emek to Afula is in another half hour. There's no way we can wait that long." He said to his family, "You think that it's the bus that gets us places, and therefore you're worried? Really, it's our loving caring Father, Hakadosh Baruch Hu, the Ribono Shel Olam

that gets us places. Therefore, when we arrive at the top of the hill, HaKadosh Boruch Hu will give us a ride, special for us!

His children said, "Tatty, yeah? Where is it going to come from?" "Oh, you want to know where? Let's look. We'll see a surprise, what Hashem sends us."

They got to the top of the hill, with that heavy big package, boiling hot and shvitzy. They wanted to get home already.

All of a sudden, a car stopped, rolled down the window, and said, "Today I'm interested in doing a Mitzvah. Is there any place that I could bring you?" They said, "Well, we're going to Afula, which is a half-hour away from here."

"So what's the problem? Get right into the car with your whole family, bring all your packages, and you will be getting the best ride, door-to-door, with the best service!

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We Make Your Day!

**Put Yourself in a Good Mood
Right From the Start!**



**Start Your Day with a
Hearty Delicious Davening!**

The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. I have a quiet personality, and I'm inclined to keep to myself. Should I try to break my nature and be around people? Or should I preserve my nature, because being shy has its advantages as well?

A. My Rebbe, Rabbi Yehuda Mandel Shlit"a said about himself:

"I used to be shy and scared of crowds. I would never speak in public, and I was even afraid to daven for the amud.

It was at that time that I went to Yeshivas Nevardohk in France. I arrived on Rosh Chodesh Elul, and the Rosh Yeshiva, HaGaon Reb Gershon Liebman Zatzal, asked me to daven for the amud.

I told him, 'I never daven for the amud; I'm too shy. I don't know the nusach. I'm going to make so many mistakes!'

Reb Gershon countered, 'those are all reasons that you should daven for the amud! You can't go around being scared of people! The more you fear people the less you fear Hashem. And the more you fear Hashem the less you are intimidated by

people'.

That Rosh Chodesh was the first time I davened for the amud, and it was the beginning of breaking my fear of people. Today, I can speak in public with confidence and I'm able to reach out to so many people'.

This is an example of someone who fought against his natural shyness, and thereby unleashed tremendous kocho's.

On the other hand, we find Gedolim who used their natural shyness to climb to unimaginable heights.

Most dominant was Maran Rav Elyashiv Zatzal. He was extremely shy by nature. He was very intimidated by people and always preferred to be by himself. Therefore, he stayed alone and learned *יומם ולילה*, and emerged as the posek of Klal Yisroel.

Here we find someone who used his quality of bashfulness to his advantage.

We see that there are two ways a person could deal with his shyness. The common denominator of both instances is that each one dealt with his nature to harness

his unique potential.

Therefore, if a person finds himself thriving by means of his bashfulness, there's no reason to break it.

But if one recognizes that his bashfulness is holding him back from bringing out his best, he should do exercises to free himself from the fear of people.

Q. Baruch Hashem, I have talents and believe that I can be a great rebbe. However, what's holding me back is, the fear of rejection. I'm concerned that some people won't appreciate me and I will feel very hurt. What is the emunah and bitachon perspective about this?

A. What is your underlying fear? You believe that you could be an excellent rebbe. But you're scared that people will point out deficiencies that you have, and this will make you look down at yourself. You'll think to yourself, 'so, I guess I'm not the perfect rebbe I thought I was'.

The truth is, a truly successful person is not someone who is flawless. Hashem made every person with strengths

The



Bitachon Perspective

Continued

and
weak-
nesses.

The criteria to being successful is when a person serves Hashem to the best of his unique abilities.

When you learn to feel comfortable with the qualities you have, you won't suffer from the fear of rejection.

Whenever someone tells you a discouraging remark, his negativity is because he is highlighting your shortcomings. However, don't believe the lashon harah about yourself! Tell yourself, 'Aderaba! I believe that I'm a fantastic rebbe'. And start focusing on the areas that you excel in. When you identify yourself with your virtues and work on developing your good qualities, you will bring the best out of yourself.

Q. I suffer from various emotional issues. Until now, I was trying to get techniques to overcome my difficulties. But recently, I visited a famous expert, and he concluded that I possess a certain emotional disorder. Now that I'm diagnosed 'emotionally disturbed' I feel helpless, and I have very

little motivation to try to work on my issues.

A. Biologically, you may have a certain condition. But the way it affects you, is in your control. If you label yourself 'emotionally disturbed', you're likely to feel the effects of your condition.

But you also have the ability to adopt the mindset that you're perfectly fine. If you have the self-discipline to adopt such a mindset, your body will react accordingly, and the condition will begin improving. This is a well-known fact in the world of medicine. And it holds true in regards to physical ailments and emotional issues alike. If a person tells himself that he's healthy, the body can have the power to repair physical ailments. This is a phenomenon Hashem put in the briaah to encourage and reward having a positive attitude.

Q. When someone compliments me, should I be concerned that it will turn me into a ba'al ga'ava and therefore dismiss the compliment by telling myself, 'it's not really true', 'I have so many other bad traits'. Or should I look at

him like a שליח of Hashem who's giving me a boost in knowing my value?

A. For some people, perhaps taking pride in the compliment will bring out their bad middos and turn them into a ba'al ga'avah. For such people, the right thing is to downplay the compliment, and not let it get to their heads.

However, most of us suffer from underappreciating ourselves. We have a low self-regard, and therefore don't tap into our true potential.

Oftentimes, when we receive compliments, we feel encouraged to utilize our strong points and bring the best out of ourselves.

When this is the case, the advantage of taking pleasure in the praise far outweighs the risk of becoming a ba'al ga'avah. Therefore, when someone gives you a compliment, appreciate it, enjoy it, and squeeze out all its positive energy to help you grow.

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

Our Readers Share



Editor's Note: Some of these stories are from Shevat-Adar!

A NATION OF CHESED



It was right after Rosh Chodesh Av, and I popped into a 'Bais Medrash'/Yeshiva Gedolah in my neighborhood in Lakewood, with some fruit and chocolate that I try to bring on a weekly basis. As it was already bain hazmanim, only several bochurim were left – bochurim from out of the country, who were going up to camp.

They had a common area in their dorm house with a table where the chevra sat around, and stuff was piled on the table (including copies of the Spring Hill Times!). Some items were already spilling onto the floor (not the Spring Hill Times 😊).

Now, I thought I might help clean up a little, as I know it is nice when an outsider helps out,

but I was a bit uncomfortable to do it in front of them.

Just then, we heard sirens outside, and a friend of one of the bochurim called him that there was a fire, several blocks away. He said that B"H everyone had been able to get out, but that it was quite an intense fire. The two bochurim who were there decided to drive over. By the way, several minutes later, one of them drove back to pick up another one, who had still been upstairs. That was a nice chesed on his part!

So I was able to stay to clean up and leave before they re-

turned!

Their going out to something interesting reminded me of what the Vilna Gaon says on the Mishna in Avos perek 6. It discusses 48 ways the Torah is acquired, and that one of them is מיעוט שיחה; minimizing shmuzing. Says the Gaon, that included in this directive, is the connotation from Chaz"l that some shmuzing is good!

For example, one can say 'good morning' to his chavrusa, and then ask 'how did you sleep last night; did you sleep last night? 😊

So, going out to something like this during bain hazmanim, can be a fulfillment of the dictum of 'miut sicha' too!

N.S. – Lakewood

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.

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Yummm!

Being close to Hashem is way more delicious!

Stomach

Hashem Loves You!

A follower of the 'Hashem Loves You Hotline' shared that she felt like she really wanted to change and grow but just didn't know what can possibly be done in today's world. She felt very stuck in her place because she felt that she lacked the tools to overcome the daily challenges.

Then she heard HaGaon HaRav Yehuda Mandel Shlita say that 'It is precisely in our generation, with all of its gigantic challenges, as well as all of our daily worries and stresses – that we continue to show Hashem how much we love him, by learning Torah and doing Chesed and fighting nonstop for His Torah even under the hardest of circumstances! WE ARE THE BEST AND MOST PRECIOUS GENERATION TO HASHEM! WE ARE ALL CHERISHED AND BELOVED IN HASHEM'S EYES MORE THAN EVER BEFORE IN HISTORY, BECAUSE WE NEVER GIVE UP NO MATTER WHAT!

She then called the 'Hashem Loves You Hotline' and heard that there is a מקדש של מעלה and a מקדש של מטה, a lower Beis HaMikdash which corresponds to the Beis HaMikdash in Shomoyim. There is also a higher Yerushalayim, the ירושלים של מעלה, as well as a higher version of ourselves, called the אדם העליון. We can access the infinite light of our Neshama by thanking Hashem every day and listing at least one hundred ways of the endless Chesed He does with us, as well as by writing a list of our best qualities, talents, and the way we bring joy and Chesed into the world.

We can also use the great power of Shira, of singing to Hashem and the awesome power of music to elevate ourselves and reach a high level of Simcha which will help us RISE ABOVE all of the challenges we face.

Hashem cherishes all of our efforts and struggles to keep His Torah more than anything!

Hashem is going to bring Mashaich BeDavka in OUR GENERATION!

Hashem loves us!

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