

# The Spring Hill Times

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## KLAL YISRAEL'S NEWSPAPER

לזכות רפואה שלמה הינדא בת מרים רבקה בתוך שאר חולי ישראל

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### SO MANY CHOICES!



Mr. Weider\* from Brooklyn, New York, sent his son Chezky to the supermarket to buy crackers. When Chezky got to the store, he called his father to ask him a question.

Mr. Weider told Chezky "I'm busy right now. I only have two minutes to talk. Is it a quick question, or would you rather that I call

### MAN LISTENS TO HASHEM AND GAINS 25,000 SHEKEL

Reb Elchonon Wax\* needed to go to the bank to exchange a very large amount of shekalim for dollars.

It was in the beginning of the week and he saw that the dollar was going up, so he wanted to make the exchange right away before it went even higher. But he didn't want to take off from learning.

Reb Elchonon had **Continued on page 7**

**Continued on page 10**

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# The Spring Hill

**Newspaper Topic:**

Hashem

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 לזכות הבח' הח' 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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# 1

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# WEEKLY NEWS ROUNDUP

Continued from page 1

two options. Either he could borrow someone's device, and sign everything on the phone, or he would have to push it off until Friday, when he didn't have Kollel, and then go to the bank.

He decided that Hashem wouldn't want him to use the device so he pushed it off until Friday.

On Friday, the value of the



dollar versus the shekel dropped!!!

In the beginning of the week it was 3.7 and at the end of the week, it dropped to 3.5!

He was able to get much more dollars for his shekalim. He gained about 25,000 Shekel!!!

**Attention Shomer Shabbos Readers!**  
B"H, we have had recently a sponsor who sponsors 70 copies each week.  
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The next week, the dollar went right back up!

Reb Elchonon saw that in the zechus of not wanting to take away from learning and not using a device that he knew Hashem doesn't want him to use, Hashem showed him so much bracha.

[Kav Hashgacha Pratis]

## DISEASE DISAPPEARS

Reb Hershel Lowy\* had a very serious disease in his mouth r"l. He went to Reb Chaim Kanievsky Zatzal for advice.



Reb Chaim told him to accept upon himself not to speak Lashon Hara.

Even though it was very hard for R' Hershel, he was mekabel on himself. Baruch Hashem the disease disappeared!

[Kav Hashgacha Pratis]

## HASHGACHA PRATIS!

Reb Chaim Klein\* went to Reb Gershon Edelstein's levaya in Bnei Brak.

After the levaya, he went into a bakery to pick up some food.

Kav Hashgacha Pratis  
1518-613-0140

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While he was in the bakery, he saw his friend. He noticed that his friend and the cashier looked alike.



His friend told him that it was his father.

Reb Chaim took what he needed and went to pay. The cashier asked Reb Chaim if what he took was from the Pareve container. He said, 'Yes'. So the cashier told him the price and he paid for it.

Later on, when he came to his home city, he realized that one of the things he bought was really milchigs. That meant

# WEEKLY NEWS ROUNDUP

that he had to pay more for it. But he didn't live in Bnei Brak so he didn't know how he would go back to pay for the milchig danish.

Then he remembered that the owner is his friend's father.

So he called up his friend, and his friend spoke to his father who was mochel him.

He saw what Hashgacha Pratis it was that he met him there!

[Kav Hashgacha Pratis]

## YIDDEN LOVE EACH OTHER



Two Yidden had to take out a mortgage. One of them davened for himself and for his friend that they should get approved.

Finally, this Yid got approved. He called his friend to tell him the good news and his friend said: "Wow! So interesting. I

also got approved today!!!"

He saw that in the zechus of davening for himself and his friend they both got helped on the same day!! [Kav Hashgacha Pratis]

## YES! HASHEM HEARS EVERY SINGLE PRAYER!

Reb Shaya Rosen\* had to pay a bill. But he didn't have the money for it.

He davened to Hashem that he shouldn't have to take out a loan.

When the deadline came to pay the bill, he didn't have the money. The only option was to ask one of his relatives for a loan. So, he asked him and the person lent him the money.

Reb Shaya felt bad that Hash-

חכם לב - יקח מצוות!!

The Spring Hill Times thanks the 3 generous sponsors who jumped at the opportunity to help us send, for the next 3 months, 40 copies of the Spring Hill Times to our brothers in prison! The first shipment is already on the way! שרכם הרבה מאד!

## Yeshiva Shel Ma'aleh Torah Without Boundaries



**IMPORTANT NOTICE**  
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### 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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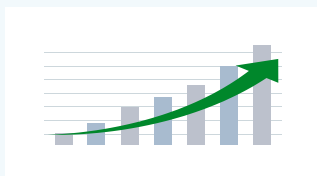


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em didn't listen to his Tefillos that he davened that he shouldn't have to take out a loan.

A couple of days later, the relative who lent him the loan called him up and said: "I just did a business deal. You can keep the money I lent you. It will be Ma'aser money."

Now he saw Hashem did listen to his Tefillah! It wasn't a loan, it was a present! No Tefillah ever goes to waste!!! [Kav Hashgacha Pratis]

## EVERYTHING IS FOR THE BEST!

Young Shulamis Kaufman\* from Kiryat Sefer woke up one morning with fever.

Her mother called up the health clinic to get an appointment with the pediatrician. The secretary told her that there were no appointments available in her area. They would have to go to a different area, Brachfeld, to see the doctor.

So, R' Kaufman and daughter traveled to the Brachfeld neighborhood.

When they got to the appointment the secretary said that the doctor was not there yet.

They waited a half an hour and the doctor still didn't come.

R' Kaufman went back to the secretary and the secretary realized that the doctor wasn't going to come to the office that day. He went to the other clinic in Kiryat Sefer!

R' Kaufman was very confused and frustrated because he had been specifically told to bring his daughter to the Brachfeld clinic!

He felt very bad that he came all the way there for nothing.

Then, the secretary told him that there was a different family doctor at the Brachfeld clinic who could check the child.

The doctor gave the child an exam and performed a rapid strep test. The test came out positive. This branch had a pharmacy so he was able to get the medication right away.

He saw the Hashgacha Pratis. Because in the local clinic in Kiryat Sefer they didn't have rapid strep tests and they didn't have a pharmacy! It was Hashgacha Pratis that Hashem sent him to this clinic! [Kav Hashgacha Pratis]

# News that Hashem Wants us to Talk About!

Continued from  
Front page

you back?"

"I think it's better if you call me back," said Chezky.

When Mr. Weider called back his son and the conversation took quite a while.

Chezky didn't know which crackers to buy! There were so many choices! Melba toast, sesame, or garlic? Toasted, Italian, or gluten free? Crispy, long or round? Salted or plain? Multigrain, spelt, regular or whole-wheat? Thick or thin? Fried, or baked with toppings? Low fat or savory with oil?

Mr. Weider chuckled and thanked Hashem for the abundancy we enjoy!

## RAIN IN LONDON!

After a relatively dry few weeks



in London, UK, Hashem made it rain.

Mrs. Miller\* was so excited! She was so appreciative of Hashem that He was watering the grass and flowers and giving them free drinking water! She called into the Spring Hill Times all the way from London to publicly thank Hashem!

But she wasn't finished...

## MILK IN LONDON!

Milk in London might be a bit expensive but that didn't deter Mrs.

Miller\* to make an international call to the Spring Hill Times to publicly thank Hashem that she has more than enough milk in her house!



## HASHEM POURS HIS CHESED ON COUPLE.

B'chasdei Hashem, the Greenbergs, a Kollel couple living in Yerushalayim, had their first



baby after waiting for a few years! Thank You Hashem for this great gift!

Their finances were tight and they were not covering their monthly budget.

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One day, the wife was informed that some employees at her work would be entitled to a certain raise.

They were not sure if she would be eligible. The Greenbergs davened to Hashem and pledged that if she would get the raise, they would send it to the Spring Hill Times.

B'Chasdei Hashem she got the raise and their financial situation became a bit easier.

They then found out they were eligible to a certain discount which made a big difference in their expenses.

Thank You, Hashem for always looking after us. A Jew is never lacking. You are always taking care of us and everything is for our best. We really love You.

[As heard from R' Greenberg]

## MOTHER GRATEFUL TO HASHEM

On Shabbos afternoon, Mrs. Weinstock from Williamsburg, New York, put her two little children into bed for a nap.

When it was time to wake them up and take them out of bed, she realized that the door was locked. The



two-year-old had fiddled with the door knob and locked it.

She didn't have the key to that door and she couldn't call Chaveirim be-

cause it was Shabbos.

[Editor's Note: There are instances when one may be

Continued on next page

# News that Hashem Wants us to Talk About!

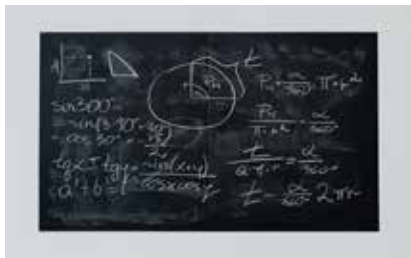
*mechalel Shabbos for a child stuck in a room. Please speak to your Rav.]*

Her husband suggested that they look in the closets as the key to that door might be there.

She then realized that the kids had played on the windowsill that morning (which they never do) and she opened the lock. She thought to herself, "As a last resort someone can go in from the window." This calmed her down.

Although they eventually found the key, Mrs. Weinstein was so grateful to Hashem for the open window. This way she was able to be calm while her two young children were locked in the room!

## THANK YOU HASHEM FOR OUR BRAINS!



Mrs. Shimanowitz\* was proctoring an eleventh grade Algebra 2 regent in a Heimishe high school in Boro Park.

She noticed many of the girls sighing due to the heavy brain strain and the enormity of the challenge.

She remarked "Girls, I noticed that this is a select group from the grade...

I want you to realize that every girl sitting here has a superb functioning brain and is very smart, which is a supreme bracha in life."

They resumed taking the exam

with glowing smiles on their faces.

## GRADUATES FROM YEAR 2023 LAND JOBS!

Many girls who have just graduated have already found jobs!

Baruch Hashem for the variety of Yiddishe businesses out there which employ our girls in the best most kosher environment possible!

## A CLEAN SHIRT

Mrs. Green\* took five-year-old Yossi off the bus. She saw him and



she cringed inwardly. His whole shirt was coated in an unidentified red substance.

She planned to treat the stain before washing it but promptly for-



got about it.

How amazed she was a few days later when she took the shirt out

of the washing machine. It was spotless and scented fresh from the aromatic detergent!

Thank you Hashem for presenting man with the idea of washing machines! They are convenient, fast and wonderful!

## EFFORTLESS MOVEMENT!

The Goldberger\* family from Beit Shemesh were charmed by their 14-month-old brother who learned the concept of giving. He kept on finding all sort of objects around the house and giving it to anyone in his path, while saying his baby version of 'Here' and glowing with pride.

Mrs. Goldberger, who had worked with developmentally delayed kids, was especially joyful over this milestone. She knew that it should never be taken for granted!

## YESHIVA BOCHUR PLAYS BEAUTIFULLY

The Rosh Yeshiva of Yeshiva V'Dibarta Bam,\* Lakewood, New Jersey, married off his daughter.



The yeshiva made a beautiful Sheva Brachos with a Seudah and danc-

ing.

Daniel Klein\* from 11th grade did an amazing job playing the keyboard! What's even more amazing is that instead of taking the credit for himself Daniel said, "Thank You Hashem that I played so nicely!!!"

# LIVING WITH HASHEM

By Rabbi Zevy Golombeck



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

## A NATION OF CHESED

Mrs. Rosen\* needed to do an errand but she didn't have time to take care of it.

She was trying to think who would want to help her.

All of a sudden, a friend of hers called up and asked her if she needed any errands done. She was able to do it for her!

It's amazing how Klal Yisroel is always there to help each other and it's amazing how Hakadosh Boruch Hu sends help when people need it!

## THANK YOU HASHEM!

*I want to thank Hashem that I have a wallet. Everything is in order: my credit card, my bank card, my license, each one in their own pocket.*



*As a result, I feel so Mesudar. It*

*makes life so much more convenient!*

## BITACHON - THE BEST DESTRESSER MACHINE

Mrs. Adler\* married off a child.

People commented to her, that she made many Chasunahs in the past and she looked nervous, tense and stressed out. "Now you're at your Chasuna, and you look like you're enjoying yourself! What's different with this Chasunah?"

She said, "I'll tell you the truth. When I made the other Chasunahs I wasn't following the Bitachon Hotline. I thought I was making the Chasunah, so it was very stressful. This didn't go the way I wanted, that doesn't go the way I wanted... I was running behind schedule..."

Now that I follow 'A Life with Bitachon', I realize that Hashem is making the Chasunah. I'm coming as a guest, so I'm able to enjoy myself!!!"

## HOSPITAL TRIP IS A BREEZE

Mrs. Singer\* had a big medical scare. She had to travel to a hospital to check it out.

Normally, she would have had anxiety the whole way thinking, 'uh oh, what will the doctors find,



what's going to be...'

But now that she's following the Yesodos of 'A Life with Bitachon', she was thanking Hashem and focusing on all the Bracha He has given her!

She had such a pleasant ride!

P.S. Boruch Hashem, she got back the results and the whole thing was nothing! The whole episode happened just to strengthen her relationship to Hashem, and Boruch Hashem! She passed with flying colors!

## KLALYISRAEL - THE MOST

# LIVING WITH HASHEM

By Rabbi Zevy Golombeck

## BEAUTIFUL NATION EVER!

The Fremmel\* family went away for Shabbos. They stayed in someone else's house. There was a combination lock on the door and they forgot the numbers. They stood there not knowing what to do.

Then the family next door and came outside and asked "What do you want?"

They said, "We're trying to get into the house, but we don't know the combination."

So they said, "What's the problem? Come sleep in our house!!!"

**Only Klal Yisroel!** We are Hashem's biggest Nachas in the world!

## FAMILY SCORES 100% ON NISAYON!

Mrs. Weinberg\* does not usually buy salmon for Shabbos because she can't afford it.

One week, she scrimped and saved up money to make salmon in honor of Shabbos.

**[Editor's note:** This reminds me of a story that took place sometime ago. We ran a story about a yungerman from London, UK, who was struggling to afford fresh salmon. His wife decided to switch over to frozen. However,

it didn't taste the same. They next week B'hashgacha Pratis the store sent them fresh fish by 'mistake'.

A yungerman from Chestnut Ridge, New York, read that story and was inspired to start buying fresh salmon for Shabbos. He told me that he goes to the store and picks out the largest fish he can find!

When I heard that, I too became inspired to start buying fresh salmon as opposed to frozen even though it cost more!

P.S. An interesting hashgacha pratis. I wanted to find the story with the yungerman from London but I had no idea which issue it was in. I randomly chose to check issue 60 and there it was!]

## 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

### The Spring Hill Times

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Issue 60      ארץ ישראל      תרגום (תעתיק) מן התנ"ך      שבתות פורחות באתר      שבתות פורחות באתר      תמונה 5782

**Reading positive news will help you:**

- Love Hashem more
- Do more mitzvos
- Be a happier person
- Be a healthier person
- Be a calmer person
- Be a better parent
- Be a better friend
- Live longer!

**This week's English edition is sponsored in honor of the Bar Mitzvah of**  
**Chaim Yehoshua Neuman**  
From Lakewood New Jersey  
Maal Teva

**Exciting news!**  
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865-720-4040 Ext. 6  
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**טעג**  
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איך דערעלען קען זיין...  
Hashem, please come back to us! We are waiting so desperately...

**WHAT AN AMAZING NATION!**

A businessman living in Lakewood, New Jersey retired recently. He now learns Hashem's Torah most of the day. A grandchild of his was getting married in Eretz Yisrael. He didn't know what to do. On the one hand he realized he wanted to go. But he also didn't want to stop his my chavrusa in with me!" And that's exactly what he did!

**MAN HONORS SHABBOS**

Sruil\* from London, England, loves to honor Shabbos with fresh fish. Recently, Hashem they couldn't afford fresh fish. Sruil was disappointed but didn't want to hurt his wife's feelings so he didn't say anything. The next week, they got a delivery of fresh fish right to their door! The same thing re-peated the next week.

Again, a week later, they got their delivery of fresh fish. They called the grocery and asked why they were still getting fish. The manager told them, "We made our system and somehow we forgot that you canceled!" Sruil got the message that Hashem was telling him: "You want to honor my Shabbos so much by buying fresh fish. I'll make sure you will get it!"



# LIVING WITH HASHEM

By Rabbi Zevy Golombeck

have experience making salmon, it flopped. They wouldn't be able to eat the salmon after all.

That Shabbos, Mrs. Weinberg and her family talked about how the whole purpose of serving fish in honor of Shabbos, is to celebrate Hashem's delicious world. The best way of showing how delicious it is, is by saying, 'Hashem, I know that everything You do is perfect and amazing. That means that it was perfect that it came out as a flop. And there's no such thing as a flop!'

Mrs. Weinberg said that it was a wonderful experience! Everyone had such a positive attitude, and they never had such a nice Shabbos!

## HEALTHYTWIN'S DESPITE DIRE PROGNOSIS

R' Lieberman's\* wife was expecting twins. Due to complications, the doctor said they had to be born prematurely via surgery, but he warned that the babies would be blind and suffer from various handicaps.

They called up Rav Shmuel Kamenetzky, Shlita, and he said to just go ahead with it, and everything would work out perfectly.

They did surgery, and Baruch Hashem, the babies were born perfectly, no issues and no problems! 100% healthy! They can see, and they have no handicaps.

The Koach of Emunas Chachamim, the Koach of living with Hashem!

## WHAT A RAV!

Rabbi Friedman\*, a Rebbi from Lakewood, likes to Daven by a Shtender on Shabbos day. It is a longer Davening, and he feels that he can have more Kavana that way.

The Shabbos of Vayakel-Pekudei, which was a double Parsha, was also Parshas Hachodesh, which meant an extra-long Davening, and he really wanted to Daven at a Shtender.

Unfortunately, when he got to Shul, all the Shtenders were taken.

Suddenly, the Rav came over to him and asked, "Do you want to sit in the front next to me?" Rabbi Friedman said he would rather not.

The Rav said, "Okay, but at least I'll get you a Shtender!" and walked around until he found a Shtender so that his Mispallel would be comfortable while Davening!!

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
4 1 min. back	5 Raise volume	6 1 min. forward
7 3 min. back	8 Lower volume	9 3 min. forward
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# THE SPRING HILL TIMES

## URGENT CARE

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### Patient

It's now the 3 weeks. I don't feel like I'm really sad enough over the Churban Beis Hamikdash. I don't feel like I'm missing anything.

I feel like I'm completely failing to fulfill the Mitzvah of aveilos on the Churban.

Please help!

### Dr. Avi Giggle M.D.



### I'm prescribing 2 medications for you:

1. In today's generation, when the Tumah is so great, every tiny act of aveilos that you do is worth millions by Hashem! You are doing wonderful!
2. A big reason why you aren't feeling like you are missing anything is because Hashem made it so good for you here in Galus!

So start noticing all the millions of good things He showers upon you every second and you will slowly develop a loving relationship with Him. The more you appreciate Hashem the more you will yearn for Him and feel the pain of separation.

One can only cry over something that he appreciates!

One can only mourn over being far from Hashem only after he feels the joy of being close to Hashem!

If one doesn't get excited beyond imagination when he hears the word "Hashem" how will he be sad that we were sent away from Him?

Start focusing 24/7 365 on how much Hashem loves you and then you will be able to feel His pain (k'vyachol) of being separated from His beloved children! All you need to work on is one step at a time. Hatzlacha!



### IMPORTANT HEALTH TIPS TO REMEMBER

As much as you love Hashem that's how much you will miss Him!

## A STORY FOR THE PARSHA

By: Tzvi Blaser- Lakewood, New Jersey

**"Do not pollute the land in which you are ..."**

R' Chaim Ozer Grodinsky was once sent to prison as a result of a vicious libel. When he was in jail, the lawyer who had been appointed to defend him visited him.

The Lawyer told R' Grodinsky that he was capable of having him released. But then the lawyer suddenly noticed that R' Grodinsky was not even looking at him.

"Why are you not looking at me?" he asked.

Rav Grodinsky answered:

"I am not looking at you because it is forbidden to look at the face of a wicked person."

The lawyer was amazed at the prisoner's trait of truthfulness and he related to the judge what had occurred.

"Think about it" he told the Judge. "Here I am and I have the power to save him from imprisonment, yet he refuses to look at me. Such an honest person certainly cannot be guilty of the vile slander said about him!"

The judge took the lawyer's word to heart and released the Rav immediately.

**Good Shabbos!**

## SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

### Shabbos - a Day On!

We used to have a sign hanging on our refrigerator that read "Shabbos is not a day off, it's a day on."

Even though we don't do certain activities on Shabbos, it's not entirely freestyle, and it might be helpful to have a different type of to-do list, and a different set of goals.

What would be goals worthy of Shabbos?

How about, "This Shabbos I'm going to try to get along with ev-

erybody, and even if I mess up, I'm going to continue to try to get along with everybody."

"I'm going to look for two opportunities to give people words of encouragement."

"I'm going to whisper, quietly, ten times, 'I love You, HaShem,' and I'm going to shout in my mind, ten times, 'I love You, Hashem!'"

Now that's a different type of Shabbos.

**Gut Shabbos!**





# Our Reporter From Baltimore

Nesanel Chaim Burkom

**Nesanel Chaim Burkom is eight-years-old and lives in Baltimore, Maryland.**

**He, Baruch Hashem, has Cerebral Palsy.**

**Nesanel Chaim utilizes a computer to communicate with others. He manipulates the cursor with his eyes using eyegaze technology.**

**He listens to 'A Life with Bitachon' almost every morning on the way to school. He types it up to share as a Dvar Torah with his family by the Shabbos table.**



*I have a story from the bitachon hotline, and I'd like to share it with you.*

The story goes like this: A father was trying to put his child to bed and the child was not listening. The father started to get a little bit angry and upset. But, then the father stopped in his tracks. He thought for a minute: I follow the life with bitachon. And instead of being angry, he started thanking Hashem that he has a child which has a head, ears, tongue, etc.

I have another story from the Bitachon Hotline I would like to share it with you. It goes like this:

A mother was in her house, upstairs, and she said, "You know, I am going to go downstairs, and get a drink from the fridge."

When she went downstairs, she went to the fridge, and saw that the fridge had been left open!

Thank you Hashem!!!!!!!!!!!!!!



**Good Shabbos!**  
*Nesanel Chaim*

## Attention Children!

**You can become a reporter for the Spring Hill Times!  
Be the one to send us the GOOD, HAPPY & EXCITING news that's  
happening in your school or neighborhood!**

**Please call/text today: 845-327-5041**

**Please note: All news items will need to be sent in as editable text (by your parents,  
through text or email).**



## A Faint Whiff Of Hashem's Unlimited Wisdom and Kindness

We mentioned that the average amount of pressure that our molars can exert is 162 pounds per square inch. Even though this is a substantial amount of pressure, we find many animals that have much stronger bites.

An average dog has 230 pounds of pressure, a lion – 650 and the championship goes to the hippopotamus, who has 1,820 pounds of pressure per square inch. That is more than 11 times the pressure that a human has!

You might ask, since the stronger our teeth are, the easier it is to eat hard food, why didn't Hashem make our bite stronger? Perhaps we can suggest that excessive strength would be dangerous for people. The bite of a dog, which is just 70 pounds of more pressure than a human, has the ability to break bones. This is an important feature for animals that kill and hunt, they have to take apart raw meat for their meals. For a person, not only is this unnecessary but it could be very dangerous. If a person had this potential, he would be able to bite off a finger, c"v. It occasionally happens that a person bites his finger or his tongue and if we had excessive pressure in our jaws this could have tragic consequences c"v.

This can also be applied to young children, who sometimes bite other children. Hashem protected us by not giving us excessive power in our jaws. Rather, Hashem gave us sufficient pressure that we need in order to

eat the types of food that we need.

When we compare the amount of pressure we can exert with our teeth to the amount of pressure that is necessary to bite and crush our food, Hashem's intelligent design stands out very visibly. If all our food was created very soft, like watermelon and cottage cheese, all the powerful pressure that we have in our teeth would seem superfluous and unnecessary.

On the other hand, if our food was created very hard and tough, and the pressure in our bite would not suffice to crush it, we would have a major problem eating.

Hashem arranged that all of our food is not too hard and is chewable within the range of pressure that our jaws provide. This is despite the fact that many of our foods are quite hard.

From all the thousands of different types of natural food that we have – fruits, vegetables – can you think of any food that is just too hard to eat in its natural form? I can't.

They are all soft enough for us to eat. We don't have to cook them, grate them or blend them to make them softer and edible. We are able to eat them and chew them as is. Hashem made our food tailor made, to match the pressure our teeth supply.

Thank You Hashem!

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# Chizuk Corner

*The unbelievable power of a good word*

*By R' Y. Friedman*

As we find ourselves in the three weeks it's crucial that we speak about the the importance of yearning for the Bais Hamikdash. I hope that this article won't be needed and we will be celebrating the three weeks with dancing in the Bais Hamikdash.

As I am writing this article, I am visualizing all of our readers dancing in the streets of Yerushalayim, as they are heading to the Bais Hamikdash to celebrate. However, just in case Chas V'shalom this is not the case I am here to give some chizuk [The truth is that working on tzipisa l'yeshua visualization is a good exercise].

The Navi tells us that when Moshiach comes, the day of Shiva Assar B'Tamuz will be transformed into a Yom Tov and Tisha B'Av will also be transformed into a great Yom Tov. The Seforim add on that the days in-between will be Chol Hamoed [that's three weeks of trips - to the Bais Hamikdash of course. Where else?]

Now this needs to be explanation. These weeks are weeks of Aveilus, weeks of sadness. These days represent the Churban Bais Hamikdash. They also represent two thousand years of pain and suffering in Galus. We could understand that when Moshiach comes the three weeks of aveilus should disappear. But of all days of the year, why should these days become days of joy? A Yom Tov no less.

So to this question there are different answers. We will take one amazing approach that will

give us chizuk in the great Mitzva of Tzipisa l'yeshua.

Recently, I was at a Yartzeit Seuda. It was a nice meal. At that Seuda the family of the deceased and many of his friends attended. I was asked to speak and I agreed.



When I got up to speak I posed the following question. I said that I understand the simple reason why we have a delicious meal at a Yartzeit Seuda. Because we need to get together, and this is how we get friends and families together. However, the question is what is the reason why we get together on the Yartzeit.

I believe that we can say as follows. Chazal tell us that after one year, a person starts forgetting. During the first year, people learn Mishnayos and do things l'iluy nishmas the deceased, and we don't want this to taper off. Therefore, after the year is up we get together and we bring the memories back to life, so we will continue to do things l'iluy nishmaso.

On that note we can say that the day of Tisha B'av and the three weeks that precede Tisha B'av, are the days that we refresh ourselves in regards to the Bais Hamikdash and

Moshiach. At this time we talk a lot about the Churban and the Bais Hamikdash and we yearn for it intensely.

Moreover we keep three weeks of Aveilus commemorating the great loss that we had. The point is that as we say "im lo eshkocheich Yerushalayim" We don't want to forget Yerushalayim. Therefore, every year we get together at this time for remembrance, but the goal is to remember all year.

The GR"A writes famously that the Churban Bais Hamikdash was like the death of the Jewish people. Just like death represents the separation of the soul and the body, the Bais Hamikdash is like the soul of the Jewish people. When we lost it, it was like we lost our soul. He says that since then, the process of the body withering began and there is very little left.

In sync with this theme, the GR"A writes that he could understand what a Rishon is about. He can understand what the Gaonim were about, and he can even understand the Amoraim. He could even grasp what a Tana is about. But a simple Ehrliche Yid in the time of the Bais Hamikdash that he can't fathom. That's because they had the Bais Hamikdash, our Neshama.

This in in sync with the famous words of the Arizal that says that before Moshiach comes we will enter the fiftieth level of impurity which is even further than Mitzrayim.

Now when one hears such words of the GR"A on one hand we can become depressed. "I

# Chizuk Corner

*The unbelievable power of a good word*

*By R' Y. Friedman*

thought that I was an amazing Yid but we are so far away from where we should be as the GR"A teaches us. We are like dead people r"l."

But in truth we can get chizuk that will bring us to tremendous heights like never before.

I will give a Mashal. There was a mighty king that had a spoiled crown prince. He was so haughty and spoiled that if not for his age you could have mistakenly thought that he was the king.

One day, due to his haughtiness he did something extremely naughty that almost triggered a rebellion in the kingdom. When the king heard about this he was furious and he banished his son from the country.

When the prince refused to leave, he was banished by force to a far-away land. Secretly, the king sent a spy to check up on the prince every now and then.

The prince didn't know where to go or what to do as he wasn't accustomed to a lifestyle of taking care of himself. He started wandering around telling people that he was a prince. Everyone laughed and mocked him.

After a while, he started begging for food and he became a broken person. He became a beggar like everyone else, and he used to live in the homeless shelter. He almost forgot that he was once a prince.

One day he was in the homeless shelter. The poor people were drinking some wine and they started a discussion about

the king. One beggar started saying what a mean king he was. Another started mocking the king's way of talking. Another was saying how greedy the king was.

The prince was lying on his bed when realization hit him that they were talking about his father the king. He got up from his bed and started shouting on top of his lungs that they were liars and they dare not speak about their beloved king like that.

When they heard him say that they started beating him up. They said that if he doesn't take back his words they would kill him. He responded, "I will never say anything bad about my father the king."

All of the sudden the door burst open and the King and his entourage appeared and the prince ran into the embrace of his loving father, "you have passed the test". "Long live the prince," and all the beggars bowed down to the king and to the Prince.

The Nimshal is that we the Yidden lost our Holy Bais Hamikdash and we are almost not recognizable as the crown prince. Hashem has put us into a Galus where we live amongst the non-Jews. We are broken and have been beaten and we are so far away.

However, despite all that we stay strong and we stand up for Kevod Shamayim. We show Hashem that despite how far we are we still love Hashem our father. This creates the greatest Nachas Ruach to Hashem. This has the power to bring us home to where we belong, into

our Father's arms.

Another point is that when we hear such words from the GR"A our hearts should be swelling with yearning. Can we imagine that we can enter an era that the heilige Vilna Gaon who was from the biggest Gaonim to say that he cannot fathom us. When we are Zoche to Moshiach then we will be like that Yid who the Gaon could not fathom.

Even greater. The Vilna Gaon seemed to be referring even to a simple Yid that wasn't so learned. When Moshiach will come the Rambam tells us that every Yid will know tremendous amounts of Torah and this includes the secrets of the Torah. How can we not yearn for this time? When it comes to money we all want to be a billionaire or at least a millionaire, so why should our Ruchniyus be any different?

Getting back to the original question we can understand why these weeks are going to be transformed into days of great joy. That's because these days kept us connected to Yerushalayim. It's these days that kept us from forgetting about the Bais Hamikdash. It's through these days that we can constantly be Metzape l'yeshua.

May it be His will (which it is) and our will that Moshiach should come speedily and the three weeks will be transformed into the longest and biggest Yom Tov ever, Amein!

# *Living With Appreciation*

**By: R' Daniel Shasha**

Parashas Masei opens by listing all the places where Klal Yisrael encamped during their forty year in the midbar.

Rashi brings a parable of a king whose son became sick, and had to travel to a distant place to cure him. On their way back, the king affectionately recounted, 'here we slept, here we were cold, here you had a headache'. We are Hashem's beloved children, and He affectionately recounts all the places we encamped on our journey to Eretz Yisrael

Elaborating on this, the Gur Aryeh explains that 'here we slept' refers to the good times when the Jews encamped in serenity without challenges. 'Here we were cold', refers to the times when they thought they were lacking. 'Here you had a headache' refers to when they were in potential danger. However, at every stage of the journey, Hashem, in His great kindness, took care of us with incredible love and concern. The list of places mentioned serves as a testimony of Hashem's tremendous care for us and helps us express our gratitude for this.

The Ba'al Shem Tov teaches that the 42 encampments signify the journeys that each person goes through during his life. Just as the Torah describes the journeys of Klal Yisrael to serve as a remembrance of Hashem's great kindness, we must strive to always be aware of the great goodness that Hashem kindly gives us. In addition to the blessings which we experience constantly, such as the ability to walk, see, and breathe, we also experience blessings at different junctures in our life. For example, the privilege of becoming bar/bas mitzvah, being accepted into the institution we wanted, getting married, finding a place to live, having children etc. These constitute our personal 'encampments'. We can learn from the Torah, the importance of recording the blessings which we experience.

Many find that a particular meaningful way of doing this, is to record them in a journal. Those who observe this practice notice that their lives have been infused with greater happiness.

A young chassan whose family was under great financial pressure for the necessary funds took upon himself to provide \$5,000, removing some of the strain from his family. However, he had no idea how he would come up with this money. He resolved to start recording in a journal all the incredible blessings which he had experienced in his life. No matter how busy he was, each day he reflected upon the incredible kindnesses he had witnessed and carefully recorded them.

After 2 weeks he received a call from a family friend whom he had not heard from in a while. "I understand you are getting married soon," he said, "is there any money you are still missing?" "Well, I took upon myself to provide \$5,000" remarked the chassan, "and I have not yet come up with the money".

"Don't worry," replied the man, "our families have been friends for many years, I would be more than happy to help you come up with this sum!"

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

R' Moshe Davidson  
A Rebbi From Brooklyn, NY

*Continued from last week...*

**Recap:** I had gone from 11 flying high summers at my counselor/lifeguard job in the Catskill Mountains, to being a (חשוב'ע) injured melamed here in the city day camps. In all the pain and suffering (גם זו לטובה) I was trying to get my act together, i. e. sending off 4 children to sleep away camp and at the same time, balance my budget and start off the summer teaching job normally.

So... here we were. It was the night before I sent off one of my sons to the airport for his flight to his Eretz Yisroel'dige summer vacation camp (his Yeshiva goes there for the summer). We finally finished the last minute touch ups with his packing and the reassuring emunah and bitachon shmuz at about 2:00 am.

We both fell into an exhausted deep sleep. My son was sleeping on one recliner and me on another. We had set the alarm for 4:00 am.

We awoke two hours later a little bit recharged and on time.

Still groggy, I took my son to the Yeshiva, where the coach bus-

es were waiting. Half asleep, I waived to him good-bye, and returned back to my house.

On the way home, I had to report some common crime of someone using an electric grinder to cut off the locks of a bunch of bicycles. I waited for only a few minutes until the heimishe patrol came by. I finally got home and then davened shacharis. My head was spinning but I had to be at my day camp teaching job soon!

**IT WAS MY FIRST DAY OF DAY CAMP.** I hadn't properly prepared for "The Day."

I started to regret taking this job. I just wanted to get into bed, sleep well and unwind from the whole tumultuous year. I was feeling overwhelmed.

Suddenly, I remembered a great mashal for the lesson I was going to teach that would help the children understand the concept of "chukah."

It involves a story of a bet, between two rival kings, to prove or disprove how loyal the king's son was to him.

Basically it teaches and brings home the point of listening to Hashem and doing His mitzvos even when we don't understand or comprehend the "why" and "what for."

I got this feeling that Hashem was at my side. Then I figured, "Hey I've taught this parsha lots of times." It was Parshas Chukas, which is sometimes taught at the end of the school year, if you teach chumash by the order of Parshas Hashvua.

I told myself "Be'ezras Hashem it will be fine."

I arrived on time, and the day started well. Hashem helped me with that great mashal on the idea of "chukah" and I continued on feeling that siyatta diShmaya. But I still felt tired and deep down I was really unsure if I really belonged in a classroom.

Then it happened.. something surreal...

I was explaining the halachos of Para Aduma and I wanted to liven it up for the children.

I was speaking about the color red that is mentioned in the passuk as.. "not the same red color as.. kinderlech, you're used to.. like.. ummm.. (I paused) like the red crayons you use."

I then turned motioning to-

Continued on  
next page

ward the crayons box on the shelf, and I continued "like..." And then I got the shock of my life. There on the floor next to the shelf was a large almost lifelike size of a rubber inflated... RED COW!!!

Still shocked and amazed at the Heaven-sent prop that I desperately needed, I just continued speaking naturally "like this red cow but it's more orange - brown."

I then continued explaining the other halachos of totally Red, and again referred to the inflated cow "not like this cow that has a few white spots" "and no missing ear" (like this... I put on a bandaid..).

I even put a boy's bag on the back of the cow to demonstrate the next halacha.

All the while, as I was speaking, I kept on thinking about the hashgacha pratis, and that Hashem knows that it's hard, and is still showing me "I'm with you."

It was like receiving a reassuring hug and kiss from Hashem, by the means of that 'Red Cow'.

There is no denying that feeling when you live through such a story.

That inflated tube was a single remnant from the previous summer, when the head counselor gave out all types of inflated animals to all the children. This single one was an extra, sitting in that room surviving an entire school year!

It was waiting for me!

Well, now two years later, I'm starting to see some of the benefits of the whole story especially the fact of staying in the city versus going up to the mountains..

First of all, the city has plenty of goods to offer, over being in the mountains. It's tick free, and there are less mosquitoes, hornets, wasps, and spiders. There are no field-mice, bats, or skunks.

There is better water drainage for rain, better electrical and gas supply. There is better, easier, more accessible and cheaper shopping. We have better major appliances here. There are more shuls and yeshivos available. They are air conditioned at all times of the day.

As a result of my new summer teaching job, my son took some observing lessons sitting in my class, and got himself a teaching job as well.

I learned much more Toirah here in the city.

I had the opportunity to get more heimish with lots of neighbors who are way too busy, to be able to socialize throughout the year. I started seeing people that I knew for so long already, act in a much more pleasant way.

I don't have to go through the yearly readjusting to the city life. The sudden change was a big struggle, and hurdle, to overcome at the end of each

summer.

One major improvement to my life is very obvious to me. It's the regaining, and the gaining more of the correct positive perspective on my daily life.

I find myself appreciating a lot more the simple things: My surroundings, my job, my family, food, davening, learning, everything...

It all takes on a new special meaning. In a way, this type of summer does so much more for me. Being able to see life in a more relaxed, slowed down, style and speed of life, leaves a lasting impression on my life for the coming year and hopefully... years!

Now I'm positively sure that there is sooo much more good that has already occurred to me as a result of all this. I'm just not tuned in enough to see it all. I'm also sure that many more good things are on the way as a result of the seemingly tipsy turvy tumblesauce.

From Hashem only comes good. We hope and pray to be "zoiche" to see it with our "fleishige oigen." Like that red cow!!!

P.S. As an added note maybe the red cow was a message from Hashem. To accept whatever "goings on" that I haven't yet been granted permission to understand. Maybe Hashem is telling me "It's a chuka in the meantime, but I'm here with you!"

# Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

We are eagerly waiting and yearning the ultimate redemption. When Mashiach comes, we will have the most awesome and splendid experience ever. We will also be zocheh to live amongst the many Tzadikim from the previous generation.

It will be a breathtaking experience.

Rav Biderman is bothered by a question: "Aren't we going to be very overawed,

intimidated and overwhelmed by their presence? They are so much greater than us. Once they appear we aren't going to be valued properly, so why are we so eager for that day?"

He gives a thought-provoking and inspiring answer:

No, we won't feel intimidated or worthless by their presence; to the contrary. We will be heroes because we have been in galus for so many years, and yet we are still learning Hashem's Torah and doing His Mitzvos.

Our mitzvos - are so valuable to Hashem that we won't feel less worthy.

We will be the ones who win and triumph the final battle - the Yetzer Hara.

We are the ones who keep the Torah and mitzvos despite the challenges that we were faced in galus. This is the

reason for even greater reward. Our keeping strong in a time of challenge makes our mitzvos worth loads more!

The dividends of our investments are so much greater, because of the situation!

Every mitzvah we do, adds up. Being in a later generation only gives our mitzvos more significant value!

"Based on this," says Rav Zev Smith, "that the common conception is, that when Mashiach comes we will be waiting in line to see the tzaddikim of yesteryear, and we will admire their great accomplishments - but in truth, the great tzaddikim will be awaiting, anticipating and look forward to seeing us! We are the ones that withstood the great challenges, and we will therefore be the center of attention!"

There's an unbelievable story that brings out this point.

Shuey, a religious soldier stuck in the military, was unable to perform mitzvos. Had he been Continued caught doing on next page any of them

## Bais Hamikdash Constructions

Building Hashem's Magnificent House Together



**Love your friend to no end!**



# Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

he would be severely punished. His deep yearning to fulfill Hashem's Torah and mitzvos didn't allow him to be at ease with the situation. He therefore, every Friday, would sneak away to learn and daven throughout the night, and, would return, early morning.

One Friday night, R' Chaim Sanzer overheard the voice of this boy learning and it touched him, so. He inquired whom this boy

was, and what he was doing.

After hearing the story behind him, R' Chaim Sanzer remarked: "It's for this reason that Hashem is prolonging the galus! Hashem has such enjoyment from this soldier's mesiras nefesh that Hashem doesn't want to forsake it, and therefore is prolonging the ultimate redemption. Its enjoyment, pleasure and satisfaction are so great that Hashem doesn't want to forgo it.

There's a great chizuk that we can take from

here. If – or when – we're faced by difficult challenges, we should just remember that withstanding this challenge may be the cause that "Moshe Rabbeinu" and "Avraham Aveinu" will come and seek you, - yes YOU - when Mashiach comes!

Thank you Hashem for giving our generation this wonderful gift.

Thank you for giving us the opportunity to show you our devotion in a time of challenge!

Have a wonderful Shabbos!!

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and anyone else



Rav Chaim Kreiswerth visiting the Novominsker Rebbe in Camp Rayim, summer of 5759.

# Ayin עֵינַי תּוֹבָה Tova

*Seeing the good in every situation*

*Suggestions for the case where Naomi sees an elderly lady sitting on a park bench. She decides to give the lady some chizuk and her skirt gets bubble gum all over it.*

- Naomi should focus on the wonderful mitzvah of keeping Mrs. Goldstein company. It is far more satisfying than a new garment which won't stay new for long anyway.
- She can take to heart that anything physical doesn't last forever.
- Also, she can learn new washing techniques on how to get gum out of clothes!
- She just had a satisfying conversation in a peaceful park and sometimes going outside means getting dirty.
- Before getting frustrated she can try to clean the skirt. Maybe the gum will come off in the freezer or at the cleaners. Not everything that seems bad is a permanent situation.
- Instead of getting upset at the person who left the gum you can realize that this is what happens when there are a lot of children and overworked mothers. You can take the opportunity to clean up a bit and maybe you will find helpers who want to join the mitzvah.
- After Naomi calmed down it dawned on her that she may also inadvertently do some things that could hurt other people, and she took it to heart.

## CASE OF THE WEEK:

It was the end of the summer and Rochel Braun had just finished booking her ticket to Eretz Yisrael for the coming December. She was looking forward to spending time with her two married children and visiting many friends and family.

Just then the phone rang, and her best friend Tova Weiser was on the line sounding very excited. Her daughter Rivky, who Rochel was very close to, got engaged and was getting married....in December

Help Rochel have ayin tova for her situation.

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



Rabbi Eliezer M. Niehaus

This column is part of the "ASHER TO THE YATZAR" initiative, and is written as a *zechus* for a *refuah sheleimah* for my daughter (**Esther bas Sara Miriam**) a young mother who is undergoing treatment for the *machalah*, and for R' Yossi Hecht (**Yosef Chaim ben Devorah Leah**), founder of [ashertotheyatzar.com](http://ashertotheyatzar.com). (Please take a moment to say a *perek Tehillim* for them.) If you would like to receive the monthly leaflet, please email [ashertotheyatzar@gmail.com](mailto:ashertotheyatzar@gmail.com).

### What Do the Words Mean?

Birchas Asher Yatzar - Part III

"בַּחכְמָה - אשר יצר את האדם with wisdom"

Last week we saw that the basic understanding of the word "*b'chochma*" is that Hashem created the human body with unbelievable wisdom and then we go on to delineate those wonders. However, many *meforshim* give a different explanation and say that we are thanking Hashem for giving man wisdom. At first glance this seems difficult – what is the connection of our wisdom to the rest of this *beracha* which addresses the wonders of the physical human body?

The Eitz Yosef (Otzer Hatefillos) explains that when we look at the human face and see the signs of human intellect, and we see that he stands upright, speaks, and thinks, it shows that he is not a two-legged animal – he is something else entirely! The *meforshim* say that man is really a "miniature world." All the wisdom of the universe is found in some form in the human being. This encourages us to delve into the body and study the infinite wisdom contained in it.

Rabbeinu Manoach (on the Rambam) explains differently. We thank Hashem for the wisdom He gave us, for without it we would not be able to grasp the wonders of the digestive system and the other phenomenal aspects of our bodies. We can take this further. The Rokeach writes that we are referring specifically to the wisdom of Torah. Indeed, if we spell out the letters of "*chochma*" as ח-י-ח it equals 613 – representing the Torah. We thank Hashem for creating us in a way that our human physical mind can grasp the Torah, which should be impossible, since it is the Wisdom of Hakadosh Baruch Hu. Perhaps the connection to the rest of the *beracha* is that Torah literally means "teaching." The Torah teaches us how to live our lives in a way that we are constantly connected to Hashem. It is because we have the Torah that we do not live like most of mankind, who eat, digest their food and expel the waste with nary a thought about the kindness they are experiencing from their Creator.

This week, when we say the word "*b'chochma*", let us bear in mind the fact that Hashem instilled in us endless fountains of wisdom and taught us how to use it through the wisdom of the Torah.

---

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



Once, Rav Shlomo Zalman received an invitation to a bar mitzvah that he could not attend, due to a wedding scheduled for the same night. He sent an apologetic note to the parents in advance of the simchah, explaining that he would be unable to attend the bar mitzvah. They were quite surprised, then, when Rav Shlomo Zalman arrived in the hall on the night of the event.

In response to a query from the father of the bar mitzvah boy, Rav Shlomo Zalman said simply, "I remembered that I had attended the bar mitzvahs of both of his older brothers, and I was afraid that your son would be insulted if I didn't attend his bar mitzvah as well. For that reason, I felt that I had to be here."

On another occasion, Rav Shlomo Zalman was approached by the parents of a fourteen-year-old boy who was mentally disturbed and was causing great hardships for his parents and neighbors. The famed Rosh Yeshivah managed to convince the boy's parents to place him in a specific institution, but then he surprised them by asking to speak with the boy himself. He insisted that it was crucial for the boy's emotional well-being for him to go willingly to the institution, rather than being forced into it. Rav Shlomo Zalman met with the boy and cleverly offered him a "position" as the "rabbi" of the institution. The boy enthusiastically accepted the offer, proud to be playing such an important role.

Long after that conversation, he was still performing the functions of a rabbi, monitoring the kashrus standards in the institution and helping others with their tefillin, while his own mental health steadily improved.

Every human being, young or old, has a deep-seated desire to feel important. When we show respect to others, regardless of who they are, we are essentially giving them the most valuable gift they could possibly receive — the priceless sense of self-importance that brings out the best in every individual. Ultimately, this will play a major role in promoting the revelation of Hashem's honor as well.

*Takeaway: Giving kavod generously to other people is a powerful means to increase kevod Shamayim. When people are treated with respect, it is like oxygen for their souls, and it makes it possible for them to realize their full potential.*

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

## A Personal Favor:

Based on a story told over by Rabbi Zecharia Wallerstein ZT'L

There was a man who had dedicated his life to studying in kollel, while his wife worked tirelessly to support their family for over three decades. Their lives were turned upside down when his wife was unexpectedly diagnosed with cancer. The doctors delivered a devastating prognosis, giving her a mere three months to live. In a state of desperation, he sought solace and guidance from his revered Rebbe, R' Shmuel Birnbaum ZT'L, pleading for some miracle to save his wife.

Moved by the man's heartfelt plea, R' Shmuel agreed to intervene. The following week, a ray of hope emerged as his wife was presented with a unique opportunity to undergo a groundbreaking chemotherapy treatment. The treatment had been administered to ten individuals, and miraculously, half of them had fully recovered, while the other half tragically succumbed to the disease. With trepidation and anticipation, his wife courageously opted for the procedure.

To everyone's astonishment, immediately after the treatment, his wife's health began to improve dramatically. Her recovery seemed almost inexplicable. Filled with gratitude and a deep curiosity, he returned to R' Shmuel and beseeched him to reveal the secret behind this miraculous turn of events.

R' Shmuel, with a gentle smile on his face, proceeded to share his extraordinary experience. He explained that he had opened his Gemara to a profound dispute between two sages, Abbaye and Rava. Turning to the pages, he addressed the ancient tannaim directly, pouring out his heart in a heartfelt conversation. "I speak to you throughout the day," he said, "we are chavrusas, learning partners, and I have never asked for anything. Please, go before Hashem, the Almighty, and beseech Him for the refuah, the healing, of this woman."

R' Shmuel continued to recount how, in that moment, he felt an incredible connection to the wisdom contained within the pages of the Gemara. It was as if he transcended the confines of time and space, engaging in a dialogue with Abbaye and Rava themselves. Through the power of his words and his unwavering faith, he implored these ancient sages to intercede on behalf of the ailing woman.

And so it happened. The refuah, the healing, that his wife received was not merely a result of medical intervention; it was a profound manifestation of the living Torah. R' Shmuel had not only studied the words of Abbaye and Rava, but he had engaged with them on a spiritual plane, living and breathing the essence of the Torah.

Overwhelmed by the Rebbe's account, the man was awestruck by the deep connection between the teachings of the Torah and the real world. He witnessed firsthand the transformative power of sincere prayer and the living nature of the sacred texts. From that moment on, he vowed to live his life as a testament to the Torah, embracing its teachings and living them with every fiber of his being.

Inspired by the miraculous recovery of his wife and the spiritual journey he had witnessed, the man returned home with a newfound appreciation for the profound wisdom of the Torah. He dedicated himself not only to its study but also to living its principles in every aspect of his life. The couple, now bonded by their shared experience, embarked on a journey of gratitude and spiritual growth, cherishing each moment as a testament to the miracles that can unfold when one lives the Torah.

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FOREMOST RABONIM AND SPEAKERS

# The Miracle of Bread

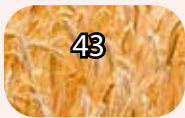
By: Mordechai Solomon



**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 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.

הזן את העולם כולו בטובו!!!



The earth spins in an angle so that sometimes it is closer to the sun and sometimes it is further.



The sun has a force on the earth.



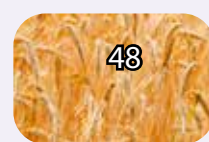
This causes all different seasons and climates.



During the cold season the earth stops producing as much giving a rest to the earth enabling it to give off a better crop.



There are many dust particles in the air.



When the water rises, it leaves over all the salt and dirt from the ocean.

To be continued BE"H



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Kiss the mezuzah every time you pass it!**

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**Take Yourself Out of the**  
**Picture.**  
**Put Hashem there instead!**

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*A life of comfort*



***Sit Back and Relax!***

***Have No Worries & Have No Fears!***

**Hashem is Taking Care of You!**

## **Ride the Train!**



You are speeding towards a most  
fabulous destination!

It's going to be total bliss!  
Just keep on loving Hashem and doing His Mitzvos!



## Fly Higher



**Lift yourself way above all your problems!**

*Just realize that it's all Hashem!*

## Fantastic Decks

Live to Enjoy!



**Does your house in Olam  
Haba have a deck?  
*Now the perfect time to  
build one!***

**Do Mitzvos!**

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*Be on Vacation all year round!*

***Leave all your worries  
for Hashem!***

## Shalom Lighting™

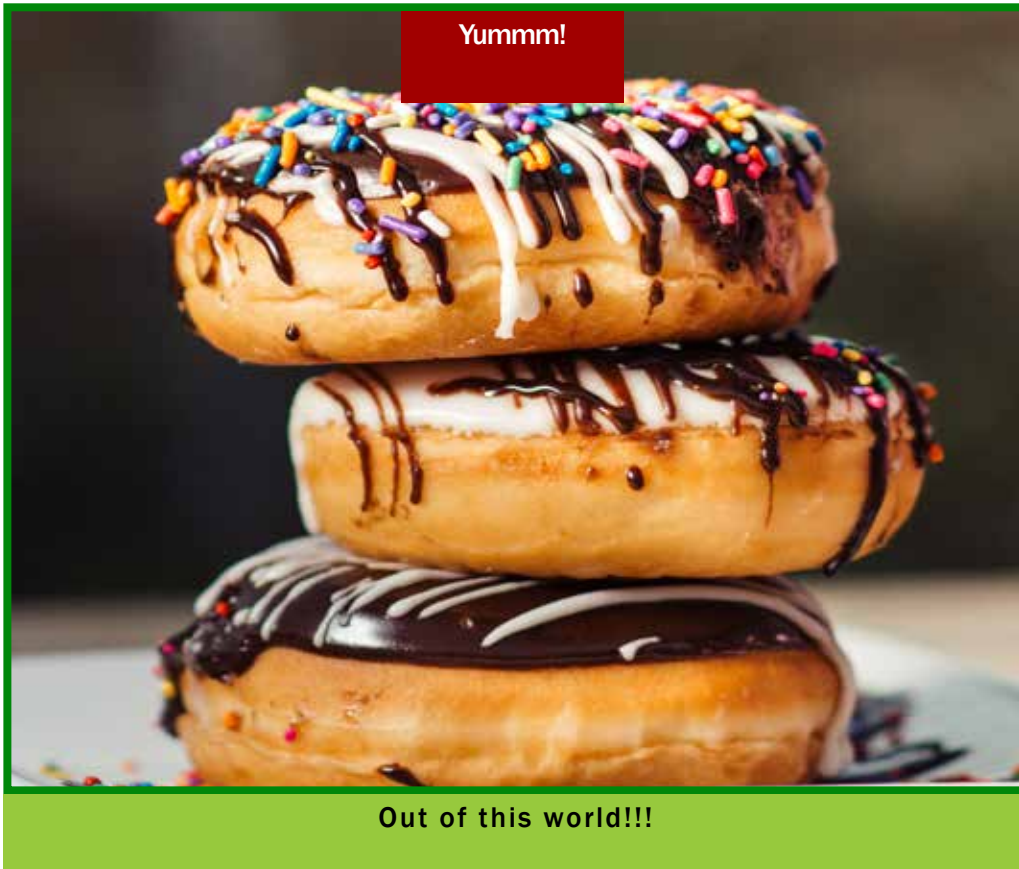


Light up your house with Hashem's Shechina!

**There is nothing more beloved to Hashem than a house full of peace!**

# **Taste. Enjoy. Relish.** **Enjoy Today. Enjoy Tomorrow.**

**PREPARE FOR THE NEXT WORLD!**



Its pleasure cannot be described or put into words!!!  
All reward is 100% safe!! Guaranteed by Hashem!!!  
Everlasting! Will never get used up! Will just get better and better!  
Pure bliss!!!  
Thrilling!

**Just Run as Fast as You Can After Hash-  
em's Mitzvos!**

Disclaimer:  
All pictures  
and descrip-  
tions are just  
mashalim. The  
real pleasure  
the neshama is  
going to have is  
indecipherable!

# 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 22 Tamuz**  
 Low 69°F High 88°F  **Mostly Sunny! Yay!!!**  
 It will be a wonderful day to give tzedakah to a poor man with a smile!

**Wednesday 23 Tamuz**  
 Low 71°F High 91°F  **Partly Cloudy! Wow!!!**  
 There will be perfect weather to enjoy learning Hashem's Torah!

**Thursday 24 Tamuz**  
 Low 71°F High 88°F  **Scattered Thundershowers!!! Yippie!!!**  
 Perfect day to remember that Hashem took us out of Mitzrayim!

**Erev Shabbos 25 Tamuz**  
 Low 70°F High 85°F  **Scattered Thundershowers!!! Yum!!!**  
 Perfect day for your heart to melt from pleasure while saying V'yechulu at the Shabbos table!

**Shabbos Kodesh 26 Tamuz**  
 Low 70°F High 84°F  **Scattered Thundershowers!!! Yippie!!!**  
 Stunning weather! Perfect to celebrate Hashem's Shabbos with delicious drinks!

**Sunday 27 Tamuz**  
 Low 71°F High 84°F  **Scattered thundershowers Gorgeous!!!**  
 Beautiful weather! Will be a great day to leave Galus!

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

Tehilla Berger, Chestnut Ridge, N.Y.



Chana Perl Neuman 8  
Lakewood, New Jersey

My Mashiach traveling kit list:

- |                        |                      |
|------------------------|----------------------|
| 1. Shabbos dress       | 8. Spring Hill Times |
| 2. Shabbos shoes       | 9. writing material  |
| 3. snack bag           | 10. sleeping socks   |
| 4. gum                 | 11. night gown       |
| 5. lollipop            | 12. flashlight       |
| 6. 3 books in one book | 13. water bottle     |
| 7. blanket             | 14. ponytail         |

Yehudis Raizel Neuman Almost 10  
Lakewood, New Jersey

- |            |               |
|------------|---------------|
| Snack bag, | Pillow,       |
| Gum,       | Pen,          |
| Clothes,   | PJ's,         |
| Shoes,     | Pony,         |
| Papers,    | Mincha/maariv |
| Napkins,   | siddur        |
| Blanket,   |               |

# 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!

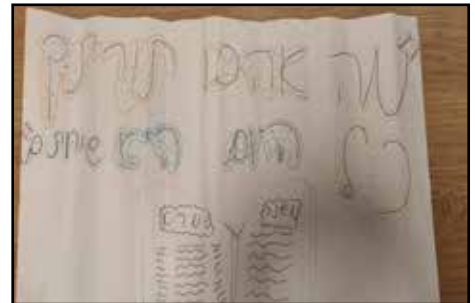
*Yosef Hayim Aykelin - 4 yr old  
Monsey, NY*



*Simcha Yom Tov*



*Chagit*



← Here is Simcha Yom Tov learning with his father, whilst Chagit has created ↑ a special sign. Please pay special attention to the sign, where she has even changed the words of the possuk to show that the Torah is for the men and boys to learn - whilst the women do the holy work of supporting them.

*Adina Tova Aykelin - 8 years  
old from Monsey NY*



*Nechama Liba Ross  
Oak Park, MI*



*Yaakov Ze'v Rand Age 9  
Chestnut Ridge, NY*



I made this cake for my father who learns Daf Yomi. He finished Sota which talks about Yetzias Miztraim. The cake has the mitzri chariots sinking into the water with the Yidden and their animals walking through.

# CHAPTER 2



## Recap: YESHIVAS TORAH V'DAAS!

R' Binyamin Wilhelm lived in the Lower East Side with his family, and only agreed to move to Williamsburg (Which didn't have yidishe schools) if he would build a frum school there.

Welcome to Williamsburg, beautiful Williamsburg!

And does that beauty spread to your family? Do your children go to yeshiva?

Of course they do! After public school for the whole morning, they go to Talmud Torah for a little in the afternoon!

How do you expect them to stay frum like that? If I make a frum school will you send your sons?

This is America it's different here! You'll never be able to start that type of school here, it's impossible!

Some time later

You've been spending less and less time in the store, and more and more time on the yeshiva, How's it coming along? It's almost Rosh Hashana, so when are you opening?

Meanwhile...

We can't do this for next zman. We don't have enough money or Rebbeim. We practically have nothing for this Yeshiva.

What does R' Binyamin think about this?

I got a few friends to help me, and we Baruch Hashem have 45 boys! We also rented the building on the corner of Marcy Ave., that used to be an afternoon school called "Yeshivas Torah V'daas." We're B'ezras Hashem starting after Sukkos!

To be continued B'ezras Hashem...

The next day:

Papa and I wandered around the area early in the morning looking for a sheep. We eventually found someone selling sheep. All the sheep were roaming around a small carriage. Papa and I chose the perfect sheep. We surveyed it for a moment, and then announced that this would be our korbon. I grinned real wide. I was so excited. I ruffled the sheep's wool, and helped Papa bring it back to our tent. Later, we would bring the korbon. Mama served us a small lunch of bread and cheese. I didn't think I could eat. I gave a little peek out of the tent and saw the Beis Hamikdash from afar. It stood so proudly and so beautiful basking in the shechinah of Hashem – Hashem's resting place. Tears sprang to my eyes, the moment felt like a dream – too good to be true.

Later:

We headed toward the Beis Hamikdash with Papa at the lead. We walked with friends, neighbors, and brothers, for all of Klal Yisroel are related. We jogged until we reached the beautiful building. I gasped as my family entered, the sheep hurdling along with us. We head for the Azarah. I am taken aback by

the beauty of each passing second. The Kohen Gadol is strolling around; making sure everyone's korbon is kosher and ready for the shechting process. I think our sheep looks excited. He's being our matanah to Hashem, so that makes sense. We shecht the korbon joyfully, the Kohen Gadol lingers nearby. The Kohen sprinkles the blood. All my avieros are forgiven. It's over. We hobble back to our tent, the experience still tingling our hearts. I'll forever remember this day. I must leave my diary here now, under the saddle of my camel. Some day maybe someone will find you, and hear about my experiences. Maybe you'll also find some of my previous diaries, or some of the diaries that I will write in the future, for now I must go.

## *The Kid Who Brought a Korbon in the Beis Hamikdash*

**MAY WE ALL BRING KORBONOS TO THE BEIS  
HAMIKDASH VERY, VERY SOON!**

*By Ahuva Rothenberg*



# Thank You Hashem for...

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

Monday	<input type="text"/>
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Tuesday	<input type="text"/>
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Friday	<input type="text"/>
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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 Mendel Zaks Zatzal.*

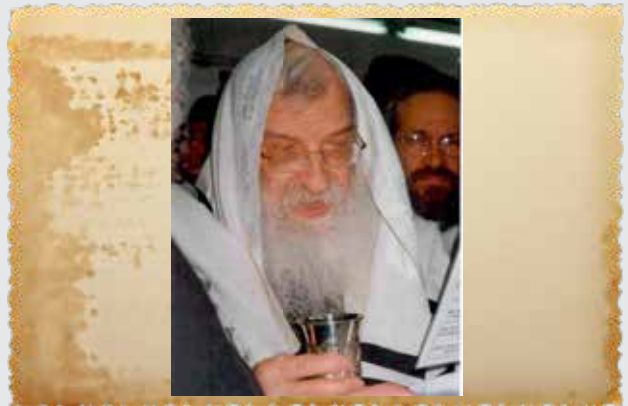


*Rav Leib Malin zatzal*

By: Amrom Weinstein - South Fallsburg, N.Y.



*Rav Shmuel Berenbaum zatzal.*



*Rav Dov Schwartzman Zatzal*

# Just Look At What Hashem Made For You!

By Leiby Berger - Jackson, New Jersey

It's a  
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 Sugar!**

A delicious natural sweetener to sweeten all our foods/drinks.

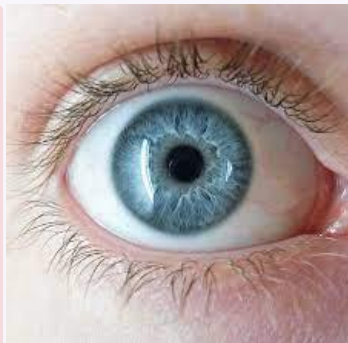


**Thank You Hashem for the ability to Change!**  
We don't have to be stuck in our ways. We can always change and grow!



**Thank You Hashem for Eyes!**

Such highly sophisticated cameras that can see with clarity and have so many features!



**Thank You Hashem for Locks!**

We can secure things and protect them from unwanted visitors.



**Thank You Hashem for Sponges!**

They make it so much easier to clean our dishes!





THEN & NOW

Need a break and want to go on vacation?

1800's :

You couldn't go that far. Unless you wanted to spend most of your time traveling...



Today:

You can go anywhere in the world in a day or two! There are inexpensive motels/hotels all around! You can find kosher food in so many places! There is even a free service that tells you where you can find the closest minyan! You can travel around (for the right price) in a mobile home! 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

Being positive is a nice thing but it's much more than



that. Being positive has real power! We find that Hashem told גדעון to take his power of being positive and speaking in defense of Klal Yisrael to save them with it.

Positivity has such power that you can change things around and even heal physical, mental and spiritual issues. The mind has such power that people can be their own author of their condition. Doctors will all say that without a question a positive attitude can heal a situation.

R' Mandel often advises those who need a yeshua to get involved in positivity. Speak positive and think positive and this will help them. This can even be used to help someone else out without that person even knowing. People who know someone in a problematic situation should get together and speak positively for a couple of minutes every day about the person's specific situation. Go into detail and say how great everything is and how there is nothing to be concerned about, even if it's not all true. This has brought yeshuas to many people.

## Rabbi Yosef Moshe Mizrachi

Mr. Cohen had a large family and worked hard buying fabric in bulk in order to sell them to all the local tailors.

One day, Mr. Cohen saved up a lot of money to purchase more fabric. Usually, he would travel himself to the big fabric factories and make the large purchases but he injured his foot and couldn't go.

His wife Rivka knew that he needed someone trustworthy to go in his stead so she volunteered to go herself.

Shockingly, as soon as she arrived in the next town she checked her wallet and all the money was gone! Rivka was distraught. What were the chances that someone would return to her such a large some of money? And she didn't even have any siman...

She went to local Rav and told him what happened. The next day after Shachris, before anyone left Shul, the Rav announced that this Rivka lost a huge amount of money and if anyone finds it they should return it to her.

After everyone left the Shul, one person stayed behind. He walked over to the Rav and from his coat pocket proceeded to takeout the exact amount of *Continued on page 51*

# Mazel Tov!

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

**Mazel Tov** to Rav Tzvi Moshe Langer and family (Chestnut Ridge, New York) on the marriage of their son Eliyahu to Nechama Bauer, son of Rabbi and Mrs. Lazer Bauer!

**Extra Extra Special Mazel Tov** to R' Avraham Menachem Kraus and family (Airmont, New York) on the engagement of their son Ari to Kreindy Furst, daughter of R' Isser Furst and Family (Montreal, Ontario)!

**Mazel Tov** to Rav Yossi Kaiser and family on the Bar Mitzvah of their son Eli Meir!

# BITACHON POWER!

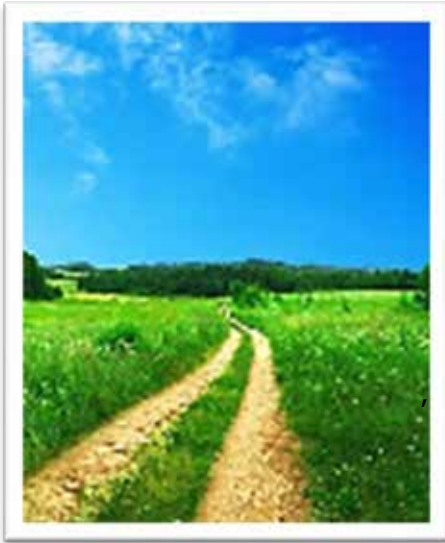
BY: Rabbi Chayim Tzvi Blau

This week's Topic: " *Bitachon Vs. Counterfeiter Part 4* "

## The Quote – The Lesson – The Story

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

**The Quote:** " The *Counterfeiter* can enjoy his labor only in this world, whereas the בעל הבטחון will gain pleasure from his reliance in Hashem in this world and in עולם הבא. Furthermore, the *Counterfeiter* who is constantly עוסק in forgery, which is a capital crime, will eventually be caught and they will put him to death, whereas the בעל הבטחון will live a life as a respectful individual, good in the eyes of mankind, and not only that but he brings goodness to his city and protects them from all צרה."



**The Lesson:** What makes this quote so incredible and amazing is that one who does not rely on Hashem everything is very very temporary! Whereas one who relies on Hashem so then nothing is temporary, everything is real and permanent! The Chovos Halevavos is teaching us that a life with putting Hashem into the picture is a life of eternal happiness and YOU are the one who brings a tremendous abundance of Bracha and protection to the entire UNIVERSE! Just by being a Ba'al Bitachon!

**THE STORY:** SOMEONE TOLD ME THE FOLLOWING STORY that RAV ELIMELECH BIDDERMAN



once said over – There was a young bochur who was becoming religious and studied every day with a choshuvah Rebbe. One day his Rebbe told him that if someone spends money for Shabbos, it is not part of his yearly השבון and Hashem pays for it. This bochur heard the words and took them to heart. The following Shabbos a friend asked him if he wanted to join him and a couple of other guys of a trip to Tzfas. (they wanted him to chip in). The boy agreed, but he did not have the money to pay for it right then. However, since his Rebbe told him that Hashem pays, so he agreed happily to join in. After Shabbos, they told him that the total he was to chip in was 388.60 NIS. When they asked him how he was going to pay, he told them that he was not concerned since his Rebbe told him that Hashem would take care of it. They said no problem, he could pay as soon as he has the money. The following day a relative decided to give him a birthday present. What was the birthday present? He placed one type of every bill and one type of every coin into a pouch and gave it to him – I will let you do the math it was the exact amount

of money he owed to the shekel!

**Next week's Topic: " MY PIKADON "**

# *And I Will Dwell Among Them* Shemos 25:8

By Mrs. S. Mordechai

BS"D

Part Two (of Three).

The Divine Presence appeared to him in a sneh engulfed by flames.

"Moshe, Moshe," Hashem beckoned near Har Sinai, Mount Horaiv.

"I am the G-d of your forefathers. I have heard the cries of My People.

The Children of Israel We will now save."

When Moshe Rabbeinu led B'nai Yisrael to freedom out of Egypt, they sang a shir as they crossed the dry Yam Suf:

"Ashira l'Hashem: my might and my praise.

His Kingdom shall stand forever.

The Sanctuary He builds ... will be proof."

His Heavenly Presence surrounded Yisrael's Children and protected them,

as Our Most High Redeemer had vowed and guided them through the wilderness with pillars of fire and cloud.

Moshe Rabbeinu climbed into a thick cloud atop the Mountain of G-d to receive the luchos.

To make a covenant with the Creator of All Souls, every Yid who would ever live was blessed.

Each neshama was a throne where the Divine Presence would rest.

The sin of The golden calf, their elevated level, cost;

The Shechina joined Moshe in a pillar near the Ohel Moed, outside the camp, and our opportunity to seek Hashem was never lost.

"Vasoo Lee Mikdash and I will dwell among them." Kel Chanun v'Rachum commanded Moshe Rabbeinu.

I will sanctify the entrance with My Glory.

There I shall meet with B'nai Yisrael and there I shall speak to you."



By day with a cloud, by night with fire, Hashem's Holy Presence filled the Mishkan. When His Shechina rested above, like a crown, B'nai Yisrael camped. When the cloud lifted it was a sign for them to move on.

The Shivtai Ka carried banners with the letters

of the Avos' names, as they traversed the midbar by legion and formation.

An image of the Cloud of Glory above the Mishkan replaced the Hay in Avraham to display the honor Hashem's presence bestowed on His Chosen Nation.

The Ark of the Covenant within the Kodesh Kadoshim was made of Acacia and gold.

The luchos were stored inside, but not seen.

Two Keruvim sit on top, panim el panim, as if learning.

Hashem spoke to Moshe Rabbeinu

Continued on  
Next Page



from shomayim through a cloud in between.

With golden staves resting on their shoulders,  
walls of water rose and washed to the side.  
The Aron HaBrit carried Levyim across the River  
Yardain.  
and B'nai Yisrael entered their Promised Land, at  
the divide.

In Eretz HaKodesh, B'nai Yisrael was blessed with  
the Shechina through merit.  
When they followed Ratson Boreinu the Divine Pres-  
ence was earned.  
The Shechina left when B'nai Yisrael failed to trust  
in Him and forgot the Torah and Mitzvos they had  
learned.

The Tent of Meeting had temporary sojourns at Gil-  
gal, Nov, and Giv'on.  
The closest to the Mikdash was the Tent of Meeting  
in Shilo  
with a roof of skins and walls of stone.

When the Nation strayed the Aron was, Chalila, cap-  
tured.  
His Cloud of Glory abandoned the Mishkan along  
with Oozo and Tifarto.  
For now, Hashem would no longer dwell in their  
midst, after 369 years at Shilo.

Eli HaKohain, was instantly niftar when he heard the  
Aron was in enemy hands.  
Without the Shechina, it seemed there would never  
again be the light of dawn.  
His grandson was named Eechabod, meaning Hash-  
em's glory has left us, is gone.

The Pelishtim were punished with a painful plague  
and their idol, Dagon, fell on its face when they stole  
the Aron HaBrit.  
To end their suffering, they let the Aron take itself  
back to Eretz Yisrael, with gifts,  
while the thieves realized Who was behind this mi-

raculous feat.

With music, dancing, sacrifices, and shofar blasts;  
Dovid HaMelech hoped to bring the Aron to his Holy  
City to wait for the Everlasting Abode.  
The procession was halted when Uzza offered the  
Aron help  
that lacked the proper respect and kavod.

Dovid Hamelech wanted with all his heart to build  
the Mikdash for Hashem's Shechina.  
He brought the Aron to Ir Dovid,  
accepting that his son King Shlomo would have that  
honor, as Hashem had decreed.

Through Gad HaNavi, Dovid HaMelech was com-  
manded to erect an altar  
"in the place that Hashem will choose."  
He purchased property on the Mount of Our Heri-  
tage,  
for 500 gold shekels from the twelve tribes, repre-  
senting all Jews.

Nearby had been the altars built by Adam HaRishon  
and Noach  
when seeking forgiveness, Dovid Hamelech found.  
This was the same heilige place where Yitzchak  
Avinu, at the Akaida, had been bound.

Dovid HaMelech discovered the Center of the World,  
where all life began;  
by measuring from the site of the ancient altars due  
west.  
Here is Heaven's Gate where all tefillos gather and  
rise,  
where Yaakov Avinu had been blessed.

This is where the Beis HaMikdash would be built on  
the threshing floor of Aravna, the Jebusite;  
Here, at the Kodesh Kadoshim on Har Tzion; the  
Even Shetihye, the Ark of the Covenant, and the  
Shechina would unite.  
To be continued ...

## Learning From Our Gedolim

By: Amrom Weinstein - South Fallsburg, New York



Harav Nosson Wachtfogel Zt'l was once in Eretz Yisroel. One night after a Chasunah, when he came back to the apartment where he was staying, he had no strength to go up the stairs to his bedroom. He told the grandchildren who were with him that he would sleep on the couch. His grandchildren wanted him to sleep in a comfortable bed but he sat down on the couch.

A few minutes later his grandchildren started singing a song about Mashiach, and Rav Nosson stood up and started dancing with them with all his strength until they reached his bed!

## Stories of Our Great Tzaddikim

By: Bracha Stein

### R' Chaim of Tzanz

It was known that when one was in need of something, he could always go to R' Chaim of Tzanz. He always gave money to the poor and helped people out.

A yid by the name of R' Shmuel, went to R' Chaim to ask for help marrying off his daughter. He was really surprised when R' Chaim didn't give him anything!!

"I've got one piece of advice for you," he said, "I'll give you a letter. Go to Vienna and give it a man called R' Nachum ben Yosef and you should get from him five hundred rubles. Make sure not to get anything less."

"But how would I find him in such a big place?" R' Shmuel complained.

"Go into a shul, give someone five silver coins, and ask him to take you to him."

The way from Galicia to Vienna was long, but R' Shmuel finally arrived.

He walked in to a shul and found the shammes there. He told the shammes where he wanted to go. The shammes took him there in exchange for five silver coins.

When R' Nachman saw the letter he said, "Does the rav have five hundred rubles to give me so that I can give it to you?! I can give you two or three rubles but certainly not five hundred."

R' Shmuel refused to accept that. The man relented and said, "Okay I'll give you fifty rubles."

But R' Shmuel still refused,

"I won't take anything less than what the Rebbe said."

"Okay so I'll make it one hundred."

"But I can't budge from the rebbe's instructions."

And so they carried on until they reached three hundred. R' Shmuel was still not satisfied so the man went to ask his wife.

After she read the letter, she surprised him by saying, "Don't hesitate. Give him everything. And I'll explain why."

When we were in Budapest, a certain wedding was supposed to take place. But none of the Rabbis wanted to officiate because they didn't know the bridegroom.

The Tzaddik of Tzanz agreed to attend. When he arrived he asked the bride's parents, 'Did you have any other children besides the bride?'

'I did have a boy but he drowned in a nearby river and was lost.'

'Did you have any distinguishing sign to identify him?'

'Yes, we actually did. On one leg just below the knee, there was a scar.'

The Rebbe told the bridegroom to roll up his trouser and sure enough, there was the scar.

The parents and son embraced and both the bride and the bridegroom were saved from marrying a sibling.

People heard about this and many people came to give the Rebbe donations for the poor.

I, too was one of them. He said that one day I would have the opportunity to make up for what I had not given him at that time."

She paused a moment and then added, "the bridegroom is none other than our own son in law-the husband of our daughter!!!"

**Rabbi Yosef Moshe Mizrachi**  
Continued from page 46

money Rivka lost! But before the Rav could take the money the person closed his coat and said 'I found this money on the floor and it was probably Rivka's but I need the money too! The Halacha states that money does not need to be returned to its original owner, since they probably noticed it's absence and being that they have no Siman the owner most likely gave up on ever retrieving it! Sorry but the money is now mine!' The Rav smiled and responded 'you gave a good argument but you made one mistake. The money is really Mr. Cohen's! His wife is nearly acting as his messenger. True Rivka gave up hope but the owner, Mr Cohen, never even knew it was missing! He surely did not give up hope! And with that the person was forced to returned the money Mrs Cohen.

Sometimes we find ourselves in difficult situation and we feel lost. Sometimes we wonder 'Why did Hashem make me with this flaw; it's to difficult for me to fight my Yetzer hara!' In these times we must remind ourselves that we are simply messengers of Hashem to carry out his mission. It doesn't matter if we give up hope since Hashem Did not! Hashem is Perfect and So too are his creations! Each one of us are perfectly formed by our loving caring father to be able to carry out His most amazing mission. To play a Crucial role that only Hashem can truly comprehend!!

**Shabbat Shalom U'mevorach!**

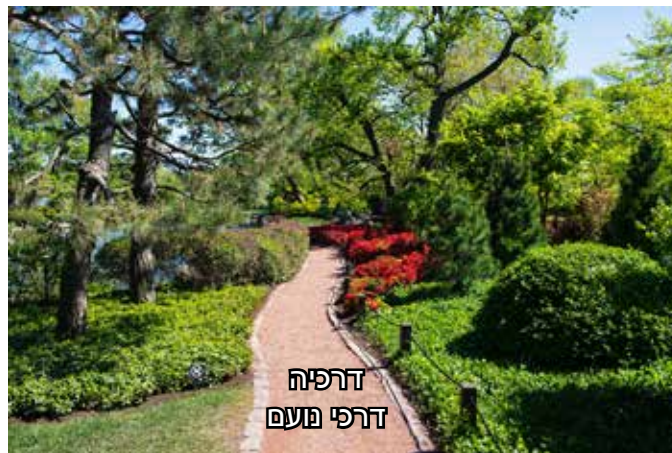
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Selflessness  
Patience  
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Compassion  
Forgiving*



*Love Hashem  
Live with Hashem  
Live for Hashem  
Thank Hashem  
Peace of Mind  
Considerate  
Kedusha  
Emunah*

**The Torah - your companion in this world and in the next world!**

# A Week in Review



## Boy Gives Hashem and His Mother Much Pleasure

Mrs. Weiss\* listens to 'A Life with Bitachon'. She told her son Shloimy\* about what she constantly hears on the hotline that money doesn't get a person anywhere in life. Money doesn't make a person happy. Money is just a messenger of Hashem.

One day, Shloimy came home, went over to his mother and handed her his money. He said: Since money doesn't get me anywhere and everything is from Hashem, please take all my money and give it to tzedakah. Hashem will surely pay me back!!!

What nachas! [As told by Mrs. Weiss to Rabbi Z. Golombeck]

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## Hashem Sends Man Fruit For Shabbos

It was Erev Shabbos Chukas-Balak and R' Chesky Green\* wanted a platter of cut-up fruit for Shabbos.

He went to five different stores but he could not find what he wanted.

When he got home, he saw a beautiful fruit platter delivered to his house as a present from his daughter! [Heard from R' Chesky]

## Rav Hutner's Sensitivity

By: Miriam Balsler - 11, Lakewood, New Jersey

Rav Yitzchok Hutner zatzal was very warm and simchadik when he said 'Mazal Tov' to another person. One time, a fellow called Rav Hutner to tell him that he finally had a baby after many years of waiting. After he hold him his simcha, he waited for Rav Hutner's warm encouraging reply and he was shocked when Rav Hutner didn't answer him enthusiastically.


Afterwards, he found out what happened. Rav Hutner had been standing next to a man that had no children and he did not want that person to feel bad!

How smart a person has to be in order to prevent another person from feeling bad or embarrassed!



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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)

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## **Cheishek HaTorah**

### **Riddle Corner # 46 Matos-Ma'asei**

*The cities of MIKLAT are like a shield at their entrance the Goel HaDam must yield. There is a type of a blemish called KALUT, it and MIKALT have the same root! KALUT is when hooves are not totally split, for a Karbon such an animal is unfit. MIKLAT also translates in a similar vein. Do you know how, are you able to explain ?*

To hear the answer, press x14# 46 on the Chaishek HaTorah Line 845- 720-4040

To hear the answer, press x14 #45 on the Chaishek HaTorah line 845 720 4040

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

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Updated every Motzaei Shabbos!

## *Parsha Delight Question of the Week*

### פרשת מטות - מסעי תשפ"ג (5783)

The pasuk (31:6) says that Pinchas was also sent to war, and Rashi explains that it was in order that he finish off what he had started. He killed the Midyani princess, צור בת כזבי, therefore he should continue killing the rest of the Midyanim. Was it in fact permitted for Pinchas, being a Kohen, to kill the Midyanim and subject himself to מת?

Why does the pasuk (34:25) list the Nasi of Zevulun before the Nasi of Yissochor, contrary to how it appears in the rest of the Torah?

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



**\$5 Weekly  
Raffle!**

Contact Michoel 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

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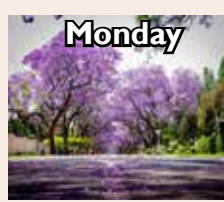
## Sunday



Someone who #1579  
wrote letters  
against R' Chaim  
Kanievsky's Derech Emunah lat-

er came to ask him questions in learning. When R' Chaim was asked why he treated him so nicely, he said, "Bizyonos are so Geshmak! Just as wine may taste bitter, but once you develop a taste for it, you can't get enough. I forgave him right away!"

## Monday



If you're wait- #1580  
ing anxiously for  
something to hap-  
pen, the best Hishtadlus is to  
stop worrying! Instead, con-

centrate on "Ein Od Milvado," and remember that everything that happens is coming from Hashem and is perfect!

## Tuesday



A Yid called a Yid- #1581  
dishe repairman to  
fix his oven. The  
repairman offered to explain  
what to do over the phone, for  
free. The Yid responded, "I have

enough money for the repair, I'm happy to help another Yid with Parnasah." The repairman responded, "Hashem is the one who supports me. I won't lose the money by telling you what to do over the phone for free. Hakadosh Baruch Hu has many ways to pay me back!"

## Wednesday



R' Eliyahu Lopian ex- #1582  
plained that whenever  
a person suffers any  
pain, the main suffering is from  
the emotional pain. Therefore,  
when a young child gets hurt, a

mother is able to help her child feel better and stop crying. Similarly, we have to feel so loved and cared for through every challenge, and with this mindset, a person will be able to go through every situation feeling upbeat.

## Thursday



Someone who gets #1583  
emotionally involved  
when another per-  
son seems to be affecting  
him negatively, is like a per-  
son who gets upset at a stick

and pleads with the stick to stop hitting him. If a person remembers that everything is really coming from Hashem, he will feel calm no matter what the circumstances.

## Erev Shabbos



Shevet Levi did not re- #1584  
ceive a portion in Eretz  
Yisrael. Instead, the rest of Klal  
Yisrael had to support them by  
giving them a tenth of their pro-  
duce. Chazal ask, what if most

of the produce goes to the "popular" Levi'im and some Levi'im don't receive any? How does the system make sense? Actually, Hashem specifically designed the system so that it wouldn't work strictly according to Teva. He wanted the Levi'im to rely on Emunah and Bitachon.



# Story Time

## Stories From 'A Life With Bitachon'



**This** story has been called in by Mishpachas Taub. Her son came over to her and said, “My bike is broken. Can we call the repairman to fix the bike? I really want to ride it right away.”



I called the bike man, and he said “I’m so sorry, I’m backed up, there are lines out the door, it’s going to take me between 2-3 weeks to get to you. So many people want me to do the same thing that you’re asking.”

She hung up the phone, and she told her son, “I’m so sorry, but the bike man said it’s going to take at least a couple weeks, because there are lines out the door.”

Her son said to her, “Mommy, I don’t go with Tevah, I go with Hakol Yachol. That’s what I hear all day, that Hakadosh Baruch Hu can do anything and everything. I’m just going to go with Bitachon that the bike man is going to be able to do it 1-2-3.”

The next day, she woke up in the morning, and the phone was ringing. It was the bike man, and he said, “If you bring the bike over right away, I can do it.” Without even having to wait 24 hours, the bike was fixed!



**This** story has been called in by Mishpachas Applebaum. She said over that she was still looking to get her child into a kindergarten. Everytime she called someone to see if they had any room, they said, “Sorry, not Nogea, we’re full. And on top of that there’s a waiting list.” She was trying every last person that she thought could help her, but to no avail.



Then she said, “One second, why do I have to look for a kindergarten for my child? Let me just leave it up to HaKodosh Boruch Hu, the Ribbono Shel Olam. Hakodosh BoruchHu is Hakol Yachol; He can do everything. What does it make a difference if they are full, they’re not full? When it comes to Hashem, there are no rules and regulations!

On top of that, once I’m going with Bitachon, I really need till 3:00 o’clock and therefore, I’m going to have Bitachon that Hashem will work that out, too.

With that, she called up the most perfect kindergarten Morah that she thought would do the best job. She said to herself, “Even though she is for sure going to be full, I’m going with Emunah and Bitachon. I’m going with HaKol Yachol.” She called and the Morah picked up the phone.



# Story Time

## Stories From 'A Life With Bitachon'

She asked, “Do you have an extra slot to sign up my child for kindergarten?” The Morah responded, “Are you serious? Are you joking? Right now I'm on the phone - a parent just called up who already reserved a slot months ago, and she said that she realizes her child is not ready for kindergarten; she's keeping her back in nursery, and she wants to know if she could cancel the slot. Really, I have lines out the door; every week, people are calling me. But if you called me while she's in middle of canceling, it must be Hashgacha that I should give it to you. So I'm just in the middle of finishing up with her. Call me back in five minutes.”

Five minutes later, she called back, and she got the best slot! And on top of that, the Morah said, “You want to go till three? For sure. No problem. That's exactly what I do!” She got the best location, the best hours, and the best service!



*I walked into my yeshiva, and a very Choshuve Talmid by the name of Sholom Tzvi Meir came over to me and said, “I have the most amazing Bitachon story that I just experienced first hand.*



*One month ago, I went over to a younger Bochor, and I wanted to give him an incentive because it was coming closer to the end of the Zman. I told him that if he learns for 45 minutes straight through, B'retzifus, without any interruptions, every day during first Seder, then at the end of the Zman I'll give him \$50.*

*At that point, I had no idea where I would come up with the \$50.*

*It was coming closer to the end of the month. He came over to me and said, “I have a couple of days left and I'm still doing it. I'm so excited for my \$50!”*

*I was thinking “Oh-oh, where am I going to get that \$50 from? I don't have an extra 50 dollars right now.” Then I said, “One second, just because I don't have an extra \$50, HaKodosh Boruch Hu has an extra \$50. Hashem has all the money in the world! I'm going to leave it up to HaKodosh Boruch Hu, up to the Ribbono shel Olam - From where? From when? From how? I don't have to figure it out, I'm just going to throw it up to HaKodosh Boruch Hu!”*

*Later on that day, a Bochor who took over his bed from last year came over to him and said, “I just picked up my mattress, and I found a wallet. You must have left your wallet under the mattress a year ago. Do you remember anything about it?” I said, “Well, I have my wallet on me. Which wallet could it be? Oh, it must have been my very, very old wallet. I can't imagine there's anything inside it anymore.” He said, “Well, I'll tell you the truth. There's one thing that's inside it, and that is a \$50 bill! Would you like it? Because here it is; it's yours.”*

*And in no time he got the \$50.00 to be able to pay the Bachur, with perfect timing!*



**This** story was called in by Mishpachas Shamrut. She was walking towards the bus stop because she needed to make the bus to go where she wanted to go right away. She was a few steps before she got to the bus stop and she saw the bus going right by the bus stop. He didn't stop. He didn't open the door. He just continued going.

She was just a few steps away. Instead of getting mad, upset, or frustrated, rather

# Story Time

## Stories From 'A Life With Bitachon'

she said, "Who takes me places? The bus? You think it's the bus driver? It's my loving caring father Hakadosh Baruch Hu, the Ribono Shel Olam. If I missed the bus, it means that Hashem has a bigger and better way to get me to my destination. Therefore, I'm just going to leave it up to Hashem. He's a Kol Yachol. He can do anything and everything.

Right then, she looked up. A car stopped, and said, "Would you like to go somewhere?" She said, "Yes, this is where I need to go." They said, "Okay, wherever you want, we're going to give you door-to-door service." With that, she got the best ride, without even having to pay one penny.



## *Every Person is a World!*

R' Yehaya Shonek

We are so precious in the eyes of Hashem! Each person is obligated to say Bishvili Nivra HaOlam, for me the world was created.

This means that Shloimie Finkelberg can wake up in the morning and say that all the stars, blades of grass, molecules of water, shades of color, strands of hair, leather couches, airplanes, government leaders, hospitals, skyscrapers, every issue of the Spring Hill Times – all of these things – exist FOR HIM! Hashem created all of these things with the intent of them being for this Shloimie! Because Shloimie and all of his actions are unimaginably precious to Him.

The question is, that how can every single person in the world say this: if when Shloimie Finkelberg said it, it was true, how can it be true when you or I say it, as well?

As tough as the question sounds, the answer is quite simple. Each and every person has their own unique perspective on the world. How I would look at something, is not exactly the same you would look at it. Hashem, in his chochma, created millions and millions of people, each one different from the rest.

If you showed a picture of a boy smiling, while holding a ball, to a class of twenty fourth grade boys, and asked them to write down two sentences to describe why the boy in the picture was happy, you would get twenty different answers. One might write because he just won the ball as a prize. Another might write, because he just thought of a new game to play with the ball. A third boy might think that the boy is happy because his rebbi finally let him to go out to recess. And so on and so forth.



Every person provides their own unique flavor of avoda, and nobody else, in the history of mankind, from Adam Harishon to now, can bring nachas to Hashem in the way that you can.

We all think differently about the same things, because we are all our own separate worlds.

When one person davens, it isn't the same thing as another person davening.

There was never another person that was the exact same as you. Nobody can take your place! How fortunate we are and how meaningful is our every act to the King of Kings!

# The



# Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

**Q. For a long time I've been working on acquiring menuchas hanefesh, but after all my efforts, I feel that I haven't really gotten anywhere. What's the emunah and bitachon perspective about this?**

A. Working on middos is part of avodas Hashem. What Hashem wants from you is not results. Results aren't in a person's control. What you can do, however, is 'exercises' in trying to gain menuchas hanefesh. Success in avodas Hashem is measured on how much effort you put in into trying to succeed.

Additionally, Rav Chaim Volozhiner teaches, that when a person accepts a difficult situation Hashem gives him, in that z'chus he will see a yeshuah in that area. Therefore, if after trying you best, you don't see results, be mekabel your situation without טענות, and in that zchus Hashem will help you acquire true menuchas hanefesh.

**Q. I have a medical condition in which the doctor said that there's nothing to do. Since I live with bitachon, my attitude is: okay, the doctors might not know what to do. But I have bitachon in the 'Head Doctor', Hakadosh Baruch Hu.**

**But when I speak with family and friends and tell them that I have bitachon that everything is going to work out, they ask me, 'Are you sure that your attitude is coming from real bitachon? Maybe your calmness is coming from optimism and you're just calling it bitachon'. After hearing that, I started second-guessing myself; maybe my bitachon is not really**

**sincere, and I'm just trying to be positive?**

A. True your bitachon may not be one-hundred percent pure, but practically, it doesn't really matter.

Why not? If there would be hishtadlus to do, certainly Hashem wants you to do it. But if there's nothing for you to do, Hashem wants us to be calm and relaxed. Hashem is our father, and every father wants his child to be calm and relaxed.

From a ruchniusdik standpoint as well, a person who's full of anxiety is not able to serve Hashem properly.

Therefore, of course, the best form of calmness is when it comes from bitachon. However, even if it's not coming completely from bitachon, rather from optimism, positivity or naivety it's still very valuable. And the attitude of positivity itself has power to create a positive effect.

**Q. About the previous response, what's the source positivity alone, without bitachon, can cause positive results?**

A. Chazal teach us [Makkos 10B]: בדרך שאדם רוצה לילך בה מוליכין אותו. The Maharsha explains a person's desire creates a malach to help him see to it that he succeeds.

Based on this concept, Rav Avigdor Miller teaches that when a person wants to be positive, even if it doesn't come bitachon, he will have special assistance to uphold his positivity, and will receive extra bracha from Hashem to maintain this ideal.

This holds true even with goyim. If

a goy chooses to work on being happy, Hashem will make him healthy and hearty. It's well known that laughter is the best medicine.

**Q. Whenever I hear that something tragic happened to someone I know, such as illness in the family or issues with their children, it throws me off and I start getting scared. What's the emunah and bitachon perspective about this?**

A. What generates anxiety? We are dreading that something terrible might happen.

It's important to be aware: realistically, the extent of our worry is extremely disproportionate. The facts are, Hashem's kindness is ten-thousand times more widespread than pain.

Instead of magnifying the few who are ill, just look all around and see a world full of healthy people walking around. And the same applies to all other misfortunes.

Just, the Yetzer Harah has a way of taking negative news and giving the impression that tragedy is commonplace. Newspapers hardly mention positive news because people don't find it to be 'exiting'; people find morbid news much more 'sensational'. Therefore, the newspapers collect all the tragedies from around the world into one place, which creates a notion that misfortunes are commonplace.

We have to recognize that it's nothing but the trap of the Yetzer Harah who's trying to pull us down.

If you recall all the things you were



# The

# Bitachon Perspective

Continued

what ended up happening, you will notice that your fears have a very poor track-record. Of all the things you were so nervous about, one out of a thousand did not come to fruition. This can help us realize the fallacy of our groundless fears.

Furthermore, the abundance of brachah we have in our lives doesn't happen by itself. It's coming from Hashem who is constantly taking care of us. This should help us realize that Hashem is our father, and He is constantly taking care and protecting us.

And in the zchus of recognizes that all the good that's in his life is from Hashem, Hashem will continue demonstrating His protection and save us from any misfortune.

**Q. I went to a bungalow colony for the summer because I thought I would enjoy myself. But now that I arrived, I see that the families here are not my kind of crowd. I don't feel comfortable around the people here, and I'm simply not enjoying myself.**

**What I planned out to be an enjoyable vacation is turning out to be a big disappointment, and this is making me feel very down. What is the emunah and bitachon perspective about this?**

A. If you're looking to enjoy yourself, you should know that enjoyment does not come from bungalow colonies, and it doesn't come from going to the mountains.

The key to enjoyment is in using

concerned about, and remember

your mind properly. If you train yourself to think correctly, you will be able to enjoy yourself in any situation you find yourself in. And if you don't learn to think correctly, you'll remain miserable no matter where you are.

Happiness is the state of mind of noticing the good which you already have, and taking pleasure in them.

Whatever situation in life a person finds himself in, he can always find something positive to focus on.

Instead of agonizing over that one thing that isn't exactly the way you would like, fill your mind with all the gifts you have that can give you so much joy.

- Are you on vacation?
- Are you together with your family?
- Do you have food to eat?
- Do you have a roof over your head?
- Are you sick in the hospital?
- Are you alive?

If you focus on how much good you have, you will harness the happiness you have within you, and you will always be full of joy in every circumstance.

And a person who lives with Hashem can take it one step further. In addition to enjoying the goodness that he has on a material level, he will enjoy it in the context that it's coming from his loving father who gave him all those gifts for him to enjoy!

But if you choose to focus on what you don't have you will never be truly happy. No matter how good your situation is, it'll never be perfect, and you'll always find reasons to complain.

Even if you don't necessarily feel full of joy and there are things that still bother you, don't verbalize your negative feelings. When you complain and kvetch about your problems, it just makes them bother you even more.

Instead, choose to speak about the good points about your situation, even if you don't feel it. Say, "This vacation is so much fun" – even though you don't feel it. Say, "It's so geshmak to get away for a few weeks" – even though you don't really think that it's geshmak at all. Say, "I love meeting new people" – even if you are naturally shy.

The words you express will have an effect on your brain and your body will react in a positive way. Your attitude will be influenced, and you will find that you actually will begin to feel happier.

Therefore, if you're looking to enjoy life, you don't have to go anywhere and you don't have to buy anything. The tools to lead a happy life are already in your hands! And you'll get s'char for it too!

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

# Our Readers Share



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

## YIDDEN LOVE EACH OTHER



I have a story that I would like to share with the Spring Hill Times.

I was looking for the Spring Hill Times in Yeshiva, in Beis Medrash Gavoha, and there were no copies.

I didn't know what to do, my wife really wanted the Spring Hill Times and I wasn't signed up for the email. I looked in one of the old issues for a pick-up location and I went to pick up a Spring Hill Times, but there was nothing there.

The lady of the house told me, "Oh, I'm so sorry, the Spring Hill Times is not making any copies right now due to lack of funds. But if you want, I can print one out from my email."

I said, "It's Erev Shabbos, I don't want to bother you."

She said, "No, it takes two minutes." She went back inside and made me a copy of the Spring Hill Times, with a smile, as if I was doing her the biggest favor.

She handed me a copy and asked, "Is one copy enough?" I said "Yes, that's perfect." She said, "If you know anyone else who wants a copy, send them right over to my address." I saw Mi KiAmcha Yisroel, and such Hashgacha that I Davka went to her house. Kol Tuv.

S.Z.A - Lakewood, N.J.

## THANK YOU HASHEM!



I was missing an important paper that contained information that I needed for my job. It wasn't with my other work papers, and after looking in a few places, I went to check my car.

I didn't find it in my car, but as I was looking through the car, I realized that I had forgotten to fin-

ish packing up the car so that I could get an early start the next morning.

After I finished packing up the car, I came inside and said, "Thank You, Hashem, for the reminder to pack the car at night instead of feeling rushed in the morning and being late to work. Now that I got the reminder Hashem was sending me, I am sure I will BeZH be able to find my paper."

Sure enough, a few seconds later, I thought of one more place to look, and it was right there!

A Reader - Monsey, N.Y.

## MOTHER HAS BITACHON



My daughter wanted me to drive her to sleepaway camp. I was happy to do so, but I told her that I didn't want to leave work more than a half hour early. So she would get to camp a little later than the buses, and she wouldn't get first choice of a bed.

I told her, in a way it's

### 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.

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.

better like that, this way you won't be pressured when you get there to try to figure out which is the best bed, and you won't feel like you have to run ahead of other girls to try to grab a bed.

She still wanted me to drive her, and she agreed that she would be happy with whatever bed she got. I tried to have Bitachon that she would end up with a bed that she would be happy with.

When she called me from camp that Friday, she told me that her bed was amazing!

Her mattress is very comfortable, much more so than a typical camp mattress. It turned out that of the three girls in the bunk that she knew, one of them was sharing her bunkbed and another one was in the bed next to her!

A Reader - Monsey, N.Y.

#### HASHEM HELPS BACHUR GET TO SEDER



I'm a Bachur in Lakewood, New Jersey, who

reads your Bitachon stories every week.

A few weeks ago my mother scheduled an appointment for me for an annual well-visit by the doctor, during Bein Hasedarim so I wouldn't have to be Mevatel Seder.

The nurse called us in right away and she told us to go into the room and wait for the doctor. We were waiting and waiting, but he wasn't coming. I looked at the clock, and I said, 'I don't have time for this.'

I said, 'Hashem, You can bring the doctor in.' Right when I said that, the doctor came in, and I got back to Yeshiva on time for Seder.

A Reader

#### BITACHON BEATS GPS



Our family was going on a trip on the highway and we saw the gas was low. We decided to get off at the exit to go to a gas station. It was in the middle of the night, so most gas stations were closed. We went to a few, but they were all

closed. We started singing Hakol Yachol. Suddenly, we decided that we would put in the GPS to look for a gas station. We put it in the GPS and we started going. We ended up going to the wrong one, and it was open!"

A Reader - South Fallsburg, N.Y.

#### HASHEM HELPS MAN



I live in Eretz Yisrael and work in a store opposite a laundromat.

Someone came into the store asking to exchange a 100 shekel bill into coins for the laundry machines.

I didn't have the ko'ach to start counting out coins for them. I was trying to figure out what to do, suddenly someone came and put down a cup and said, "There is 100 shekel worth of coins in this cup. Can you give me a 100 shekel bill."

Hashem put the solution right into my hands!

A Reader - Yerushalayim

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## Hashem Loves You!

Baruch\*, an enthusiastic follower of the 'Hashem Loves You hotline', shared that every summer he buys large cases of water-bottles for ten cents a bottle. He keeps them in his refrigerator so they stay cold. Every time he passes a bus stop filled with people who are sweating in the heat, he hands out ice-cold refreshing water bottles. He gains tremendous happiness and satisfaction from doing this. He also gives cold water bottles to the mailman, outdoor construction workers, crossing guards, policemen, and anyone who can benefit. In addition to the great Chesed, he enjoys creating a real Kiddush Hashem by demonstrating how kind and thoughtful Torah Yidden are. [Editor's note: Please ask a shaila when and where Lo Sichaneim applies]

One time, a husband called him to share that his wife was expecting and had been standing in the ninety-five-degree sun for over an hour because their son's camp bus never showed up. She felt like she was on the verge of fainting from heat exhaustion. His ice cold water bottle literally saved her life.

Another thing that Baruch enjoys doing is putting vanilla/chocolate sandwich cookies and orange juice in shul after a Taanis, so that Bachurim, Meshulachim, and others whose home might be far away have food, drink, and proper nourishment after fasting an entire day.

One can never know the power of a seemingly simple and inexpensive act of Chesed!

A great Rebbe writes that some people are holding great pain and worries in their hearts. Giving them a genuine smile or a kind word releases them from their inner pain and literally gives them life!

Hashem gives us so many simple ways to do meaningful Chesed and brighten up someone's day!

The reward we will receive in this world and in the next world is unlimited!

Hashem loves us!

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