

# The Spring Hill Times

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

## KLAL YISRAEL'S NEWSPAPER

לזכות רפואה שלמה הינדא בת מרים רבקה בתוך שאר חולי ישראל

ISSUE 111 | RE'EH | MENACHEM AV 5783

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Notice: The next few issues  
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The Spring Hill Times

## CHERRY HILL COMMUNITY MAKES GREAT HAPPINESS IN HEAVEN

R' Avromi Kolkowitz\* from Brooklyn, New York,\* arranges trips for camps in the Tri-state area.

On Thursday morning, 22 Tam-muz, 5783, he was at Clementon Park & Splash World located in Clementon, New Jersey, to make sure everything was running smoothly. Many camps were going to be spending the day there.



At around 9:00 a.m., a girl came out of a car, walked to the ticket counter and asked for a wristband to go into the park. R' Avromi told her, "The park is closed to the public. It is only open today for camps."

She said, "I'm part of Camp Chava-ya."

He said, "Okay, so please go and get a wristband from

your counselor."

She told him that

Continued  
on page 8

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# The Spring Hill

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Hashem

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לעילוי נשמות:

ישעיה בן משה יחיאל מיכאל זיידא, חוה רבקה בת שלמה זלמן, צבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש. דוד זאב בן משה מעטם, צייטל בת שלום אריה, נפתלי בן יעקב. לזכות הברך הרה"ק משה דוב בער בן אסתר, לזווג הגון בקרוב. דוד יעקב בן פעשא לאה לרפואה שלמה

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

**HARAV SHMUEL KAMENTSKY SHLITA**

**AND**

**HARAV ELYA BER WACHTFOGEL SHLITA**

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

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

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

שמעון קאמנטסקי  
אליהו ב"ר וואכטפוגל

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Dear Subscribers,

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

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

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

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

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

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

Starting from the issue of Parshas Ki Savo (Elul 5783), we can only give printed copies to those who have signed up for a minimal monthly donation amount of \$10. Be"H that should cover our costs and give us room for a little growth too.

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

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Thanks you! Gut Shabbos!

**Please note: Subscribing does not mean we are selling you a copy. Rather we are giving a free gift to those who sign up for the minimal monthly donations. We try hard to make sure everyone gets their copies but we aren't able to guarantee it.**

# WEEKLY NEWS ROUNDUP

she lives in Cherry Hill, New Jersey, which is about fifteen minutes from Clementon. Every day she travels in to Camp Chayava which is located in Lakewood, New Jersey. The ride takes an hour and fifteen minutes. But that day, since there was a trip in Clementon, it didn't make sense for her to go all the way from Cherry Hill to Lakewood and then back to Clementon, so her parents drove her straight to the park.

R' Avromi asked her for her name, and she said: Serebrowski. He recognized the name. He knew of a Rav in Cherry Hill by that name. He gave her a wristband.

She took the wristband and went back to the car in the distance. She then came back with the wristband on her hand and went inside to wait for her camp.

Many hours later, at 9:00 that night, the last shift of camps were leaving the park. The bus for Camp Oros just wouldn't start. The driver tried this and that, but the bus just wouldn't turn on. They got a tow-truck to come over and give it a boost, but it didn't work. The only option was for a 'rescue bus' from Lakewood to come and pick them up. But at that time of night it wasn't easy to get through to the bus company. At first they thought a bus from Lakewood was sent but then they heard it wasn't sent. Then they were told that it was on its way and would be there in 45 minutes, then they were told that the bus was still in Lakewood... They didn't know if the bus would ever arrive...

The park was already closed, so the girls were in the parking lot

outside. It was dark. It was hot and there was no air conditioning on the bus. They had no water and there were no bathrooms. They were in the middle of a non-Jewish city at 10:30 at night. They weren't even sure if the bus was coming.

The girls were on the bus, singing kumzits songs, but something had to be figured out.

R' Avromi started wracking his brains to figure out who he knows in the neighborhood.

He tried calling Chaveirim in Philadelphia, but they were too far away. He knew of a Rav in Cherry Hill who he had spoken to a couple times. He called his cell phone but there was no answer, he was on vacation.

Then he realized, "One second, this morning there was a girl here in Clementon - Serebrowski from Camp Chayava, her father is a Rav here in Cherry Hill!" So, he called up the camp, and asked them for the Rav's phone number. They gave him his phone number. R' Avromi called and the Rav picked up right away. R' Avromi introduced himself. The Rav said, "Yes, I saw you in the distance while I was sitting in the car when my daughter came to get the wristband from you."

R' Avromi explained the problem. The Rav said, "Don't tell me anything else. I'm going to load up my car with food and drinks and bring it to the girls."

Kav Hashgacha Pratis  
1518-613-0140



R' Avromi said, "Thanks so much. Good to know we have that option. Let me speak to the camp and I'll call you back."

After speaking to Light Up's director, they realized that it didn't make any sense for the girls to stay in the parking lot any longer. It was hot, dark, and there were no bathrooms.

Rabbi Serebrowski, eager to help, didn't even wait for R' Avromi to call back – he called him three minutes later. "What's the story, I'm ready to get going already."

R' Avromi told him that the girls really need to be taken to a place to stay where they can wait for the rescue bus to come.

Rabbi Serebrowski said, "You know what we're going to do? I'm going to send out a text message to my community. Everyone will come and pick up the girls."

He sent out a message to his community. Many of them were already in bed, but they were all so excited to help!



# WEEKLY NEWS ROUNDUP

## LONG DISTANCE CONNECTIONS

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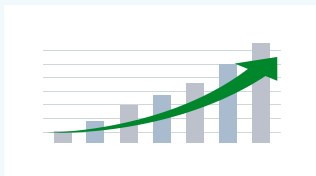


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## FUTURE WORLD INVESTING

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Before you knew it, 12-15 cars came rolling up to the Clementon parking lot, with Yidden of all different levels of Yiddishkeit. They picked up the fifty tired and hungry Lakewood girls and brought them to the Shul in Cherry Hill. The Shul was air conditioned, it was lit up, there were bathrooms, there was food and drinks.

Rabbi Serebrowski made a barbecue with a hundred franks. Each girl got two franks. They roasted marshmallows, and they were able to make phone calls to their parents, whatever they had to do.

They stayed there until the bus from Lakewood finally came to pick them up.

Baruch Hashem, the girls loved the trip, they had a great time, it was an amazing water park, then they had a kumzitz on the dark bus, then this amazing Bar-B-Q.

But the most amazing thing is the Hashgacha. In the past many years, R' Avromi and his father have brought tens of thousands of kids to Clementon. This was the first time he knew of a kid from Cherry Hill coming to Clementon, and it happened at 9:00 that very morning. It was Hashem being makdim the refuah l'makkah. Hashem knew that later on that day they were going to need someone from Cherry Hill to help out. So, He arranged that that person, who was going to be the Shaliach to help the strand-

ed girls, would have his daughter come and speak to R' Avromi, so that R' Avromi would remember later that day about the girl from Cherry Hill.

When R' Avromi spoke to Rabbi Serebrowski, Rabbi Serebrowski told him that there was even more Hashgacha in the story.

Their plan in the morning was to meet the camp at Clementon, and his daughter would have gone in together with her camp. But they got confused with the timing so they got to Clementon Park a half an hour early. Only because of that did R' Avromi see his daughter when she came to the ticket window. Otherwise, she would have gone in with her camp and he would never have known about her!

Further adding to the hashgacha, his Shul had scheduled a barbecue for a few days prior. They grilled chicken, and burgers, but when it came to grill the franks, it started pouring. They had to stop the barbecue. The Kehilla was a little dissatisfied, but a week and a half later, he knew why they had so many extra franks in his freezer, to give to these girls!

Rabbi Serebrowski said that it was an amazing experience for his Kehillah. They were all so happy to mobilize and rescue the girls! People even from the other side of town jumped out of their beds and came to help out their fellow Jews in their time of need. They were thrilled to do it, and it was an experience they would cherish for years to come.

Mi Ke'amcha Yisrael! [Heard from R' Avromi Kolkowitz]



# LIVING WITH HASHEM

By Rabbi Zevy Golombeck

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

## YESHIVA BOCHUR LOVES HIS FRIEND

Binyamin, a bochur learning in yeshiva,\* saw a different Bochur\* engrossed in learning on Erev Shabbos afternoon at 2:00. He was very impressed so he took a picture of the Bochur learning and gave it to him so that he should feel good about himself.

A few days later, early one morning, Binyamin was learning in the Bais Medrash. A different Bochur, who didn't know about the Friday afternoon picture, came and took a picture of Binyamin to make him feel good!

Middah K'negged Middah!

## YIDDEN MAKE A KID-DUSH HASHEM

Reb Yitzchok\* a Rebbi from Baltimore said that an African-American taxi driver told him, *"You know, Rabbi, I see why you're the Chosen People. You act like real nice people."*

He said that he heard this from many African-American taxi drivers: *"You are the Chosen Nation!"*

## YID LOVES HASHEM

R' Ziskind\* was traveling with his family to Eretz Yisrael for Pesach. They were in an airport, waiting to transfer to a connecting flight. It was time to daven and he wanted to daven in the airport rather than waiting to daven on the plane.

*"But,"* he thought to himself, *"the plane might leave at any minute, I might miss the connecting flight."*

Then he said: *"Right now, I'm thinking about davening to Hashem, I'm not going to worry about connecting flights."*

So he davened!

P.S. The second he finished davening, he went to board, and they were about to close the doors. He was the last one they let on!

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

## A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

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

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1 15 sec. back	2 Pause	3 15 sec. forward
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## A STORY FOR THE PARSHA

By: Tzvi Blaser- Lakewood, New Jersey

*"And now, Israel, what does Hashem your G-D ask of you?"*

A former Talmid of the Netziv (R' Naf-tali Tzvi Yehudah Berlin of Volozhin) came to visit him. "What do you do?" asked the Netziv.

"Baruch Hashem, Rebbe," answered the student, "I am healthy and make a comfortable living." In fact, the man had become very wealthy over the years.

The conversation continued until the Netziv asked once again, "but what do

you do?"

"Baruch Hashem," repeated the student.. "I earn a comfortable living and my health is good."

"I am asking you what it is that you do" explained the Netziv "and you keep responding with what Hashem is doing for you. Let me ask you again: What do you do for Hashem? Do you set aside time during the day to study Torah? Do you give the proper amount of Tzedakah...?"

**Good Shabbos!**

## SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

You can climb to the top of the tallest mountain, or find yourself near Niagara Falls, or even witness an atomic explosion, but nothing in this world will approximate the grandeur and the G-dliness and the majesty that is on display on a human face. Because a human being is made BeTzelem Elokim, in the image of G-d. And there's nothing more interesting, or nothing deeper, than a human countenance.



If you happen to have the opportunity to gaze into the face of an authentic Tzadik—Vehoyu einecho ro'os morecho, and your eyes should see the face of your teacher—then you're in for a really gigantic treat.

The Hebrew word for face is 'panim', and it's the same letters as the word 'penim' because a human face is a window into eternity.

**Gut Shabbos!**

# *Living With Appreciation*

**By: R' Daniel Shasha**

We are told in this week's parashah, "you are children to Hashem your G-D... a treasured nation" (14:2). We see from here that the term a "treasured nation" comes as a result of the fact that we are Hashem's children. One of our biggest privileges is that we are Hashem's chosen nation, and are ever so treasured and endeared to Him. We were given the Torah and are fortunate enough to have a relationship with Hashem and lead meaningful spiritual lives! Although we comprise less than 0.2% of the global population, we are handpicked to be Hashem's treasured nation. What an enormous gift; out of billions of people the King of the universe chose us to be His representatives on earth! A parent cares so much about his children and loves them unconditionally and will do anything for them. So too, Hashem is our loving caring Father and is always looking out for us. We always need to remember that we are a child of Hashem, and strive to appreciate this tremendous privilege.

One time, a father took his children to receive berachos from the world renowned gadol, Rav Aharon Laib Shtainman. After he affectionately gave each child a sincere berachah, the father asked for a berachah also. 'You are one of the children too', Rav Shtainman responded. The father looked confused; he really didn't understand what the gadol meant. Rav Shtainman, then went on to explain that he was Hashem's child, so he was included in the berachah that he gave 'to the children!'

One great way we can appreciate the gift of being chosen by Hashem, is to have kavanah in the places in davening when we discuss Hashem's love for us and how He chose us from the nations. For example, during Birchas HaTorah, when we say asher bahar banu mikol ha'amimm and during ahavah rabah where we discuss Hashem's great love for us and how He chose us to receive the Torah, Ki banu baharta micol am velashon.

Furthermore, each morning during birkas hashahar we say "shelo asani goy", expressing our utmost gratitude to Hashem for handpicking us. Reciting this berachah with kavanah is a very meaningful way to start our day, reminding us of how fortunate we really are.

One morning, the Chassidim of Rav Levi Yitzhak of Berdichev listened to their Rebbi recite birkas hashahar; to their surprise, they noticed that he omitted shelo asani goy. They were puzzled by this behavior. After all, their Rebbi was known for being very scrupulous in performing every aspect of each mitzvah properly. When asked, he explained 'I woke up this morning so full of happiness and gratitude that I was created a Jew and handpicked by Hashem to be His representative on this earth, out of so many people. I was so full of joy and appreciation that I couldn't hold myself back, and recited this blessing right away!'

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)



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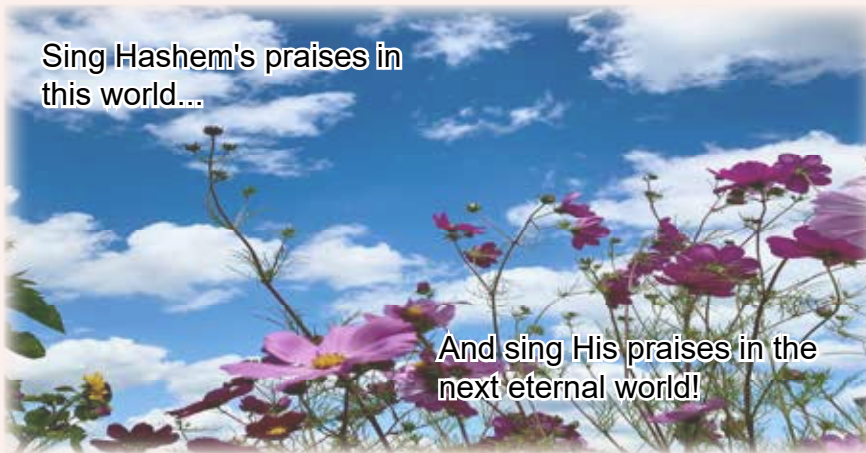
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1. Flee, as far and as fast as you can, from a fight.
2. Maintain a safe distance from fights - a minimum of 1000 miles.
3. Drown yourself in all the good Hashem gives you and be as uninterested as possible in anything else.
4. Someone said something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

## REMEMBER:

**Practicing Safety  
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# News From the Classroom

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

*Last summer, my family spent a few weeks in the country. One day, our neighbors' car broke down. Their father was in Lakewood at the time, so they didn't have a second car. One of the boys needed to get to an important appointment.*

*They knocked on my family's door and asked if they could borrow our car for the day.*

*My mother gave them permission to use our car and went back inside to get the keys, but they were nowhere to be found. We searched the whole house for a while, but we couldn't find them.*

*Finally, we thought to look in the garbage, and there they were! It was amazing Hashgacha that we let them borrow our car, because the garbage truck was going to come that day, and our keys would have landed up in the dump. Since we were in the country, there wouldn't have been any way for us to get a new set of keys. My family clearly saw that a person never loses out from doing a Mitzva!*



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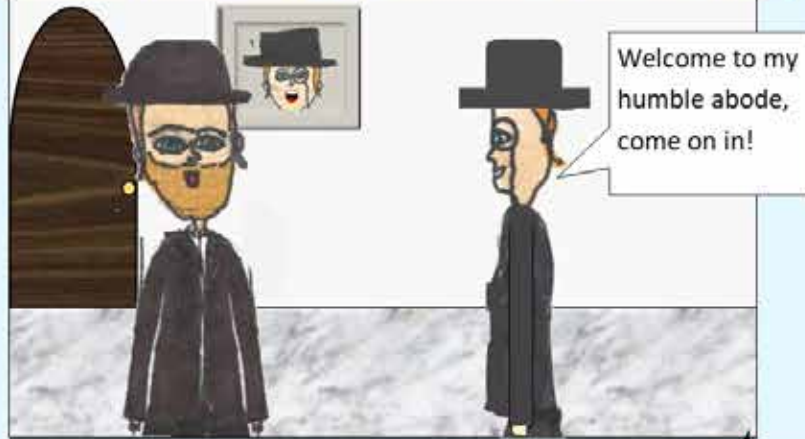
# CHAPTER 6

## Recap: YESHIVAS TORAH V'DAAS!

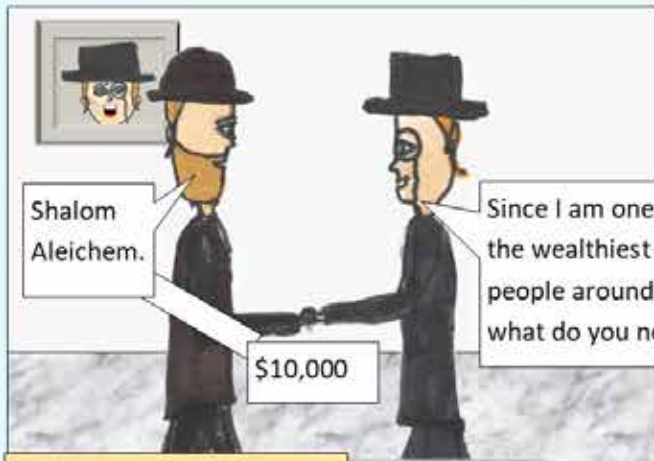


Once R' Binyamin went to a big gevir to collect for Yeshivas Torah V'daas.

R' Binyamin Wilhelm is making a frum school in Williamsburg called "Yeshivas Torah V'daas." People don't believe he could do this in America. "Yeshivas Torah V'daas." He was planning on starting after Sukkos! On Yom Kipper he went from shul to shul to ask people to send their kids there. Afterwards he remembered every boy's name to write them down! The very 1st day of Yeshivas Torah V'daas 12 boys arrived the next day 30 the next 50 the end of that week 100 boys came!!



Welcome to my humble abode, come on in!



Shalom Aleichem.

\$10,000

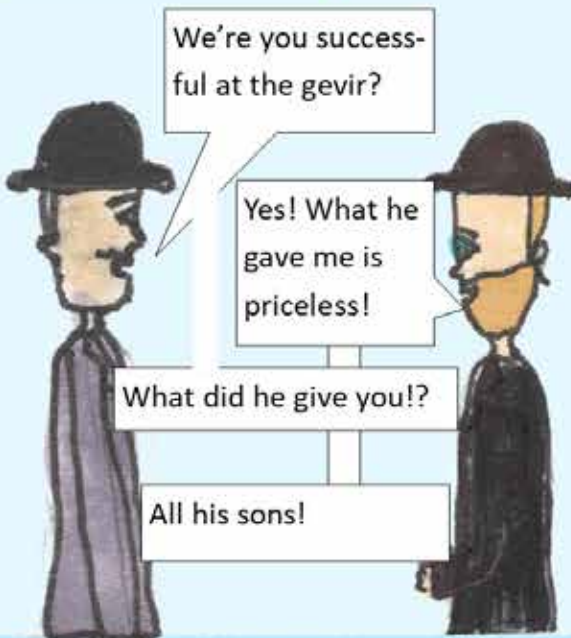
Since I am one of the wealthiest people around, what do you need?



\$10,000!! In that case I'll escort you to the door!! NO WAY! Any thing else?

Back at Yeshivas Torah V'daas.

I heard you have 5 sons. Can you give me them for Yeshivas Torah V'daas!

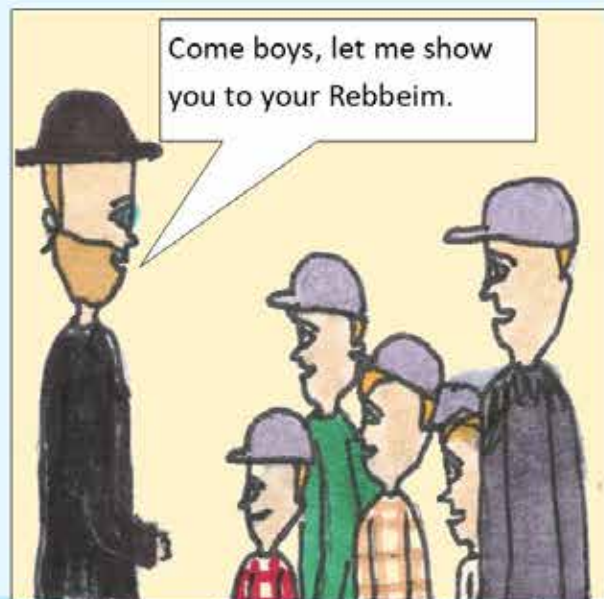


We're you successful at the gevir?

Yes! What he gave me is priceless!

What did he give you!?

All his sons!



Come boys, let me show you to your Rebbeim.

To be continued B'ezras Hashem...

# 5

## Weekly Thank You's

I'zechus that people should feel loved by Hashem!



By: R' Simcha Elefant - Yerushalayim Ir Hakodesh

**Thank You Hashem for Ladders!**

We can easily get to high places to fix stuff/get things.



**Thank You Hashem for Sweat to control our body temperature in such a cool way!**



**Thank You Hashem for Melons! So refreshing and sweet, juicy, nutritious and delicious!**



**Thank You Hashem for Shoes! They give us support and we can walk around on all surfaces so comfortably.**



**Thank You Hashem for Glasses!**

They come in so many shapes and sizes to help us see clearly. We can take them off when we don't want to see.



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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

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

### Bonus Tickets

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

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

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

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# The



# Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

**Q. Sometimes when people give me mussar, I agree that I need to improve. However, after hearing how deficient I am, I feel very low about myself and lose any motivation to improve. What is the emunah and bitachon perspective about this?**

A. In order to work on any area of growth you have to be emotionally healthy – you have to feel very good about yourself. In our generation people are very fragile, and any bit of criticism crushes their self-esteem. In such a state, a person is not able to improve. First, he needs to restore his self-image.

Therefore, the first thing you have to do is to blow yourself up like an elephant! Think of all your ma'alos. Think: if that person who criticized me would know how special I really am, they would respect me to no end. Tell yourself that you don't care what other people think about you; you know that you're gevaldig!

Only after you're feeling good about yourself, can you think about what the person said, and if there is any room for you to improve.

**Q. I have eczema all over my**

**face. I'm very self-conscious about the way I look and it's also very embarrassing. How should I handle my situation from the perspective of emunah and bitachon?**

A. Hakadosh Baruch Hu is the 'Master Artist', and He is the one who designs each person's face. Therefore, the way you look is actually magnificent! If someone has an issue with it, he simply does not have good taste!

The only thing a person has a right to be embarrassed for, is doing an aveira. But about looks?! There's nothing to be embarrassed about displaying Hashem's beautiful portrait.

And when a person begins to appreciate the way he looks, not only will he feel good about himself, it will actually enhance his physical appearance!

This is a well-known fact that has been proven by studies; when a person enjoys the way he looks, the body begins to produce enzymes to make him look more handsome.

**Q. I am a teacher. During the course of the year, I invested all my energy to help my students in the best pos-**

**sible way, and I was certain that everyone was advancing.**

**However, at the end of the year the principal approached me and said that although many students moved forward, some students became weaker.**

**Now I feel terrible; not only did all my efforts not help some students, but I even caused them to reverse their progress. How should I deal with the disappointment?**

A. The Yetzer Harah tries to trap us by making us focus on minor failures and ignore the major accomplishments. Don't fall for his trick. Take pleasure in all the students who grew through you.

Regarding the minority of students who receded, why do you feel bad? Because you think that you were the one who made them fall back.

However, we know that their lack of success has nothing to do with you. Your job is to do your best to help your students, and all results are from Hashem. Whatever happened would've happened anyway, and nothing could have changed it.

The truth you still accom-





# The

# Bitachon Perspective

Continued

plished.

This is because, our success is not determined by accomplishments. It's measured by our efforts. Thus, doing everything in your ability to help your students is actually the definition of accomplishment. And since you wanted to help them the best you could, you get the s'char of מחשבה כמעשה.

Even in this world of lma'aseh you accomplished. Hashem has a policy that in avodas Hashem no effort goes to waste. If you tried to help a certain student, and Hashem saw fit that nonetheless he should not succeed, Hashem will cause a different student to succeed because of your hishtadlus. And that other student's achievement will be accredited to your efforts.

**Q. I suffer from panic attacks and social anxiety. Recently, I was in a store and I saw a friend I hadn't seen in a long time. I felt awkward and I was overcome with a panic attack right in front of my friend.**

**I so desperately want to free myself from these embarrassing panic attacks. What is the emunah and bitachon perspective about this?**

A. What generates panic attacks? It's built on 1] worshipping the opinion of other human beings, 2] having a low self-image.

Someone who suffers from these two attitudes can feel uneasy when in the presence of other people; 'what are they thinking about me?' 'What if I'm making a bad impression?'

Combat this by doing exercises in changing these two mindsets. Instead of viewing others like elephants and looking at yourself like an ant, reverse the roles.

Know how incredibly choshuv you are. You have an exclusive tafkid which no one else in the world can fulfil. You were endowed with a set of unique kochos which no one else has. Think about the fact that you're a soldier in Hashem's ranks. Recognize how much you are accomplishing with every mitzva that you perform and every word of Torah that you learn. Realize that the whole world was worth creating just for you.

Then, contemplate how unimportant it is to make a good impression on people. Who cares what human beings think about you? It's ridiculous to allow the worthless opinion of a

mortal hold you back from realizing your true greatness.

Remember though, your job is not to have the result of being cured from panic attacks. Your duty is just to do exercises in trying to heal yourself.

Regarding whatever embarrassment you undergo until you master the art of not being an impressionist, tell yourself: the only time a person should be embarrassed is when he does an aveira. There is nothing else in the world which should make you feel embarrassed.

Suffering from panic attacks is not an aveira. It is the way Hashem created you; you did not choose this condition. There is no reason to be embarrassed for being the way Hashem made you.

Tell yourself, 'Hakadosh Baruch Hu is the perfect engineer. And if He made me this way, this is perfect. And only in this way will I be able to achieve my tikkun haneshamah. And whatever emotional pain you are undergoing is serving as a kappara for your aveiros.

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



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## Hashem Loves You!

On Erev Shabbos Nachamu, I was in a Shul and I heard someone singing loudly, “Nachamu, Nachamu Ami... Nachamu, Nachamu Ami...” His voice, energy and passion were growing louder and louder by the minute.

I looked and looked and couldn't figure out the source of this energetic singing.

Finally, I bumped into the Mexican worker who was mopping the floors of the Beis Medrash Le’Kavod Shabbos, and it turned out...

Yes! You guessed correctly – This worker was the one who was singing so enthusiastically!

I asked him how he knows this song and he replied ‘Of course I know it! I listen to Carlbach all the time!’

He then shared with me, “I may not be a yid, but The King is in HERE! (Pointing energetically to his heart)”

I was very inspired by these words. Hashem is our King, our Loving Caring Father, and we can learn from this worker to place Him on our hearts at all times.

I was also very inspired how this worker ‘sang to Hashem’ throughout the day. Moshe Rabeinu davened 515 times to enter Eretz Yisroel, corresponding to the Gematria of ‘שירה’ which is 515. The highest and most elevated form of Tefila is to sing and thank Hashem nonstop.

There was a Cheder Rebbi who wanted to teach his class about the power of davening. In front of his class, he dialed the White House. “Can I please speak to the president?” he asked the secretary. “I am sorry, but the president is not available” he was told. He persisted and told the secretary that ‘it’s urgent and I MUST speak to the president right now’. He received the same cold response.

Yet if we want to speak to Hashem, the King of All Kings, He is available and eager to listen to our Tefilos.

HaGaon Rav Yehuda Mandel says that it helps very much to have a notebook where you write down all of the times that you felt stuck beyond help and then sometime later experienced help from Hashem. He has notebooks and notebooks of how Hashem helped him and took care of him through every challenge and every situation.

Hashem is with us at all times, holding our hand!

Keep singing and thanking Hashem nonstop and you will see more and more Yeshuos in your life!

Hashem loves us!

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