

The Spring Hill Times

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

Issue 125

Vayishlach

Kislev 5784

SHINING THE LIGHT OF CHESED!

PAGE 9



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

**THANK YOU, HASHEM FOR BEING SO GOOD TO US!
WE LOVE YOU, HASHEM!**

Emunah and Bitachon News

AHAVA RABBAH PAGE 59

EMUNAH AMMUNITION

Rabbi Lieberman,* a Ba'al Tesuva in Eretz Yisrael, used to always try to influence his friend David* who wasn't frum, to come closer to Yiddishkeit. David would listen to his ideas and was respectful towards tradition, but he remained the way he was.

After Simchas Torah, David*

told Rabbi Lieberman how Hashem saved him and his family during the attack.

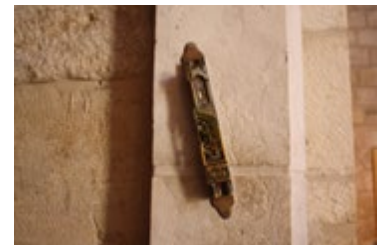
He woke up early in the morning and heard the sirens. He immediately went upstairs and brought all his children down.

The minute everyone got downstairs, a rocket fell on the upper floor; Baruch Hashem no one was there!

David understood that a war had begun, and as a member of kitat kone-nut (the military

guard) he was on the alert. He left his house taking his gun with him.

Before going out, he stood near the mezuzah and said 'Shema Yisrael'. He asked



Hakadosh Baruch Hu to help him; he knew that only He could help. He was certain Hashem would be with him.

He couldn't find his helmet to protect his head, so

Continued on page 3

**Klal Yisrael has the Most Powerful Military in the World!
We Have HASHEM!**



He is Carrying us in His Mighty Arms!

Spreading Hashem's Goodness all Around the World!

Newspaper Topic:

Hashem

Under the guidance of:

Rabbi Zevy Golombeck

Publisher / Editor:

Yitzchok I. Kaufman

Finance Director:

Yoni Kohn

Contributors:

R' Zevy Golombeck

R' Yosef Moshe Mizrachi

R' Label Lam

R' Y. Friedman*

R' Shalom Yedidya Klatzko

R' Nesanel Landesman

R' Moshe Davidson

R' Moshe Hirschberg

R' Daniel Garfinkel

R' Daniel Sasha

R' Baruch Rosenstock

R' Eliezer M. Niehaus

Rabbi Shraga Freedman

R' Chaim Tzvi Blau

Graphics:

R. Berger

Rachelli N.

Comics:

N.L. Ross

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

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לעילוי נשמות:

ישעיה בן משה יחיאל מיכאל זי"ד, חוה רבקה בת שלמה זלמן, לבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש. דוד זאב בן משה מנחם. זייטל בת שלום אריה, נפתלי בן יעקב. יעקב לבי בן יוסף לזכות הנחור משה דוב בער בן אסתר, לוויג הגון בקרוב. לזכות רפואה שלמה: דוד יעקב בן פעשא לאה

לעילוי נשמת:
ר' שלמה זלמן בן ר' ישעיה זצ"ל



Continued from front page he went out without it. He let the other members of the military guard he would help to secure the area from his yard. His house was the last house in the kibbutz, right near the gate.

He went out and saw a van belonging to Hamas. Twelve terrorists came out of it and started cutting through the gate. He immediately called his friend to help him stop them.

There were bombs flying overhead, fire in the air, and they had to stop twelve terrorists! He knew only one thing: He couldn't do anything; only the Creator of the world is all-powerful.

"Hakadosh Baruch Hu, You are with me." That's what he said each time he pulled the trigger again and again.

Baruch Hashem, he and his friend killed them all. Afterwards, he said, "I'm no hero. It wasn't me. It was Hakadosh Baruch Hu."

Emunah is what saved him!
[Kav Hashgacha Pratis]

HASHEM WATCHES OVER EVERY YID

Rabbi Lieberman's* moth-

er's was nifteres when he was a child, and his father's second wife raised him devotedly from the time he was twelve years old.

He was chozer b'teshuva and he kept up the connection with his father and his father's wife. From time to time he would come to visit them in the kibbutz. He would tell them words of chizuk and speak words of emunah. He especially emphasized how Hakadosh Baruch Hu sees everyone and is mashgiach over each and every person. He told stories of hashgachah pratis and said, "If we only delve into things, each person would see the hashgachah pratis."

His words had an influence, and from then on, every time he came, his father's wife had a few things that she had collected to tell him, stories of hashgachah pratis that had happened to her.

Rabbi Lieberman's father passed away a few years ago, and since then his father's wife ("Ima") lived alone.

His sister also lived on the kibbutz, and on Motzaei Shabbos she told him that the kibbutz was attacked. "Come," she told him, "come and give us

chizuk."

Rabbi Lieberman was not able to speak to "Ima" on Sunday. She was not up to talking about anything. The next day, Monday, they met, and then she told him what had happened to her:

"I heard the sirens, and a moment later the booms. A sense of fear grabbed hold of me and my entire body grew hard as a rock. I couldn't move! I tried moving lips, and saw that I was able to do that, so what did I say? I said vidui, and I asked Hashem to forgive me and to watch over me.

I remembered all your good words, and I said, 'Ribbono shel Olam, You love me. You are with me. You're watching over me. I have nothing to

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you pass it!*

fear.’

I said this again and again, until I felt that my body softening and I was able to move.

I got up and took something to eat, and the whole time I was hearing the sounds

DEAR READER!

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of war. I strengthened myself that Hashem is with me, Hashem is watching over me. He is mashgiach on me. I am not alone.

No human being was with me, but I was not alone. It was clear to me that the Creator of the world was not leaving me and that nothing would happen to me. This calmed me down.

In the end, the terrorists did not reach my home. They didn't even enter our row of houses. Tell me, is this not the Borei Olam, who watched over me within the inferno?" [Kav Hashgacha Pratis]

A YID RETURNS TO HASHEM

Rabbi Weingarten* was walking near Tel Hashomer hospital. A Yid came out and saw him with his beard and peyos. He seemed to be looking for someone religious.

"My son is injured," he said. "He is hospitalized here, and he has something to say that will be of interest to you."

Rabbi Weingarten went in to the injured man. He was in pain and he was emotional. It was obvious that he had endured a far-from-simple ex-

perience.

"I was called to a specific place in the South," he said. "A difficult battle was raging there, and they called me to come in and help. I came to the place, close to one of the settlements. There is a memorial monument there on which is written, "It's not the tanks that will win, but only Hashem." There were four of us up against 12 terrorists. I fought under fire from close range.

Suddenly, there was a bullet in my back. It had hit a main artery, and I lost tons of blood. I recalled that in my left pocket I had a tourniquet, but because the injury was on the left side, I couldn't reach that pocket. I lay on the ground and quietly rolled in the direction of the monument, so that no terrorist would notice me. Let them think they had finished me off...

"The monument was round, and I was able to find shelter underneath it. When I got there, I lost consciousness.

During those moments I was not in this world at all. Blue, pure skies spread over me.

I felt enveloped in a profound love, the likes of which I had never felt in all my life.

'I am not so perfect!' I thought.

"Why am I so beloved? What have I done, that this is how I am being embraced?"

As he related this, tears flowed from his eyes, and he continued:

"I felt myself disconnecting from this world, and I understood that I was dying.

'I have a family,' I said, 'I need to go back.'

I sensed that someone was listening to me.

"You can go back,' they told me, and I then regained consciousness on the hard concrete under the round monument.

New strength and vitality rushed through me, and I managed to pull out the tourniquet and stop the bleeding. I felt very thirsty, and in order to survive, I needed to imagine myself taking a canteen and drinking lots of water. It was clear to me that I would be saved, since I had received permission to come back.

"I lay in total silence along with some friends who were also hurt, so that the terrorists would not notice us, and we anticipated yeshuas

Hashem.

"After eight hours of lying there with the tourniquet, a helicopter landed 300 meters away from us. How could an injured person like me tra-



verse this distance? I have no idea, but it's a fact. I got up and ran toward the helicopter, and there was...water!!

"My life was saved. Everyone who was in that structure with me survived.



"I am pained at how I led my life until now. I did not believe in Hashem enough, but today, I believe in Him completely. There is a Hashem! Yesh Elokim! He causes people to die and revives them, He watches over me in the most personal and exacting way.

Do you see me now? Today, I am a believing Jew." [Kav Hashgacha Pratis]

TRUE SIMCHA

R' Simon's* son Yair was thrown out of Yeshiva and spent his days at home. R' Simon thought that was the worst that could happen, but it soon became clear that the friends Yair had found dragged him down even further.

Before Sukkos this year, R' Simon asked him where he would be. "I'll be home," he said. This made R' Simon happy.

Despite all Yair's nisyonos, he tried very hard to respect his parents. He did not do things purposely to anger them. He was quiet; he would come

and go without announcing where, and he would sit though the seudos in the holy sukkah, and R' Simon hoped that the holy Ushpizin would influence him.

Before Simchas Torah, R' Simon asked again about his plans. "For Simchas Torah I'm going South," he said.

"South? What's in the South?"

"My friend suggested that I join him for a huge festival there. He said it's going to be amazing."

"What are you going to do there?" R' Simon asked.

"We'll dance," he said. "It'll be fun..."

"Listen, Yair," R' Simon told his son, "I understand that you're looking for something especially happy and fun, but who says you won't be able to find it here? You want dancing? You have it here in abundance on Simchas Torah. Friends? Bring your friend here too! What do you say? Can you do this for your father?"

Yair respected his parents, and he thought about it.

He decided that if he succeeded in persuading his friend to come, then he'd stay home.

The friend agreed to come.

He came to their home for Hoshana Rabbah, and for the first time ever, he sat in the sukkah and said "al netilas lulav." Since it was the first time he'd taken a lulav, he also said Shehecheyanu, and that

night the two went out to dance at the hakafos in shul.

They danced like Jews, with the holy Torah, and their lives were saved.

When everyone found out what happened to those who attended the festival, Yair understood that he had been spared from an almost certain death.

He was shocked by what happened, and for the first time, he understood what his parents had been trying to explain to him in a thousand and one different ways. One can only truly live as a Jew.

"Abba!" he announced after Yom Tov. "I'm coming back. I'm staying here!"

(Heard from R' Mordechai Malachi) [Kav Hashgacha Pratis]

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came to Eretz Yisrael for Sukkos. After Sukkos, they wanted to return to their home in England, but all flights were

canceled.

It was really not simple for them to stay. They didn't have enough clothing, and they were missing basic items.

They remained in the country for a week and a half, until a flight was arranged for them.

They took whatever was available: a long, thirty-hour flight with a stopover and an overnight stay in Cyprus.

As it was wartime and many flights had been canceled, people from all over England were on that flight. Ordinarily, many of them would have taken a different flight and

landed in a different airport.

On this flight, together with the Altman's, was another frum family. They had a son, a masmid, learning in yeshivah in Yerushalayim. That son did not join them; he remained in the "battlefield," to protect the people of Eretz Yisra-



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***Rejoice over your friend's success!
Show him how much you love him!***

Because YOU are HIM and HE is YOU!

United We Stand!

el by learning the holy Torah. The Altman's had a daughter in Shidduchim, and the other family had the opportunity, for thirty hours, to observe her.

It was enough time to see how she acted, and how she helped her parents and siblings. They were very impressed, and they felt she could be a suitable shidduch for their son. Indeed, the shidduch materialized!

What seemed to be a hardship, turned out to be a chessed from Hashem! [Kav Hashgacha Pratis]

וחי בהם!

R' Stein and his wife were planning to spend Simchas Torah with relatives in a town near Gaza. They were more makpid on Kashrus, and the relatives were less makpid. Therefore, Mrs. Stein was planning to cook all the food.

Since on Simchas Torah there were many other guests that were supposed to come, Mrs. Stein was supposed to cook thirty portions for each meal.

She realized on Chol Hamoed that she didn't have the strength to cook so much.

"I think we shouldn't go to

Kfar Aza," she said.

She called the relatives and said, 'I don't feel up to cooking so much now. We'll come another time.'

They did not lower their standards of kashrus, even though they had been very much looking forward to going.

Their mesirus nefesh saved their lives! The place where that were going to stay by was attacked! [Kav Hashgacha Pratis]

The Spring Hill Times Fire Dept.



Important Safety Tips How to Prevent Fires.

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



REMEMBER:

Practicing Safety Saves Lives!



WEEKLY NEWS ROUNDUP

"Give me 24 Hours"



Chaim,* a very wealthy, prominent man who lost his money, went to his Rav, and confided with him that he did not have enough money to make Shabbos.

His Rav told him to give him 24 hours.

The Rav made a few phone calls, and raised \$50,000 to help him and his large family!

Klal Yisrael is the best Nation in the world!

The Power of Bitachon!



During his daily commute, R' Velvel Zacks* found

that there was a specific spot that when he ever passed by it, he would lose reception; if he were to be listening to a shiur or talking on the phone, the phone would fade out for

a some time. So he said, "Who made it that there shouldn't be a reception? Hashem! I will have Bitachon that the same Hashem could make it that there will be reception." And yes, now he goes past the spot where he didn't have reception, and he has reception!

Nissim V'Niflaos!

[R' Zevy Golombeck]

Free Gluten-Free!



R' David Kruzer* from Lakewood is on a gluten-free diet, which is costly. After Pesach, someone gave him a massive order of cookies, crackers, etc. that he wouldn't be able to sell anymore- for free.

He just ran out them. The day he ran out, someone called him to say that there was someone who had a whole shipment of gluten-free crackers that he wanted to give away! Amazingly, Hashem worked out that so many

months after Pesach, when his gluten-free ran out, out of the blue, he got a call that there was another special Jew who wanted to give him more! [R' Zevy Golombeck]

The Shining the Light of Chesed!



A girl by the name of Tzippy*, asked on the Bitachon Hotline the following question: may she give all of her money to Tzedakah considering the fact that her parents support her?

Rav Golombeck answered in the affirmative.

He then mentioned to her a very needy family who lives near her, and that they would greatly benefit from her help. So she went ahead and gave them tzedakah with her whole salary!

Am Yisrael is so amazing! Hashem's ways are wondrous!

TIME FOR REVIEW



A Taste of the Ki Toiv Hashem News Station

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Hashem is Our Protector

A commander in Gaza told the tank driver to move the tank forward. For some inexplicable reason he moved backwards. Little did they know there was a terrorist right behind the tank trying to attach a bomb. When the driver went backwards, he ran over the terrorist and crushed him!

In other news:

There was a tank in Gaza whose rotating belt malfunctioned so all 12 soldiers abandoned it. The soldiers in the tank behind them saw them jump out so they too jumped out of their tank. The next tank too. As soon as they all reached safety, the tanks were hit by enemy fire and exploded!

The commander commented that this miracle was the impact of the tefilos and learning! He asked that people continue davening and learning.

....

The Grossman family from Be-

itar were driving on the highway and there was a lot of traffic. They heard that the police caught Arabs with a car full of weapons and explosives!

Heinei Lo Yanom Vlo Yishon Shomer Yisrael

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Klal Yisrael is Coming Home to Hashem

A non-frum soldier was hit by a bullet that went into his neck and came out the other side. Nothing happened to him! A total miracle! He now started wearing tefillin and coming closer to Hashem!

In other news;

The Defense Minister of Israel put on tefillin!

ושבת עד ד' אלוקיך!

.....

Every little effort is worth millions!

A Rav in Yerushalayim said that his daughter was trying to be mekarev a girl. She tried

convincing her to dress more b'tznius. The girl said that it was impossible for her. So, she told her friend to add two millimeters to her skirt.

She was at the gathering near Gaza and died al Kiddish Hashem. On the Leil of her shloshim she came to the Rav's daughter in a dream. She was dressed all beautiful like a Kallah. She told the Rav's daughter, "You don't understand what those two millimeters did for me!"

מה רב - טובך אשר- צפנת ליראיך!

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Hashem Wakes Up Mother

Mrs. Adler needed to be by her child's bus stop in 20 minutes. She was exhausted and tired so she just went down to take a little rest. She fell into deep sleep. At the time when she supposed to wake up to go to the bus stop her phone rang. And woke her up! At the exact second that she had to wake up for the bus.

Thank You, Hashem!

.....

Hashem is In Charge!

Mrs. Levine was in a Car accident. Her car that she had bought for 20,000, was totaled. She had borrowed \$10,000 to buy it. Witnesses said that it was her fault. And it was documented in the police report. She only had liability coverage on her car. The insurance company of the other driver said that they are not paying for the damage to her car.

She said, "Hashem it's not up to the police, witness or insurance. It's up to You!" She then took a cup water, made the bracha of shehakl and had in mind that Hashem is in charge. The insurance company called back that they are disregarding the report and the witness and are giving her full reimbursement. Against police and witnesses! They told her that a person in firm pulled out law they never heard before that was in his favor.

Mrs. Levine told the agent, "You should just know it wasn't the law, it was G-d." Well, said the agent Your G-d pulled a lot of strings. I would never have believed such a thing could happen.

ודברי נפלאותך – אשיחה!

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Lakewood Boy Misses His Bus

Chaim, a boy from Lakewood, could not find his coat in the

they can't give him a loan now. He didn't know what to do!

He tried calling a few friends, and each said that they couldn't help him. He felt that there was no more hishtadlus for him to do; no one to turn to.

So, he took out a sefer tehillim and he told his wife to daven as well. They both davened to Hashem; with their whole hearts. Then they continued on their day; and the yungerman went to night seder.

After night seder, he got a phone call from a relative that he didn't even speak to before. This relative didn't know about the loan. The relative told him, that today he got a huge grant from the government. He knew that this yungerman needed help, so he gave him the whole huge grant!!! It was a huge amount of money! More than what the yungerman had to pay for the loan!

Baruch Shomea Tefilla!

.....

Miracles in Yerushalayim

According to Reports coming out of Yerushalayim:

There were four car accidents involving children in Yerushalayim. Two of them 'major.' Yet all four children are walking around

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BREAKING NEWS

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morning. He searched all over the house but he couldn't find it. Finally, his mother gave him a different coat. He ran out but he was too late. He missed the bus. They were disappointed. Chaim's father came home and said that Chaim had a dentist appointment! B"H he missed the bus!

כל מה דעביד רחמנא לטב עביד!

.....

You Daven and Hashem Listens!

Kav Hashgacha Pratis Reported that there was a yungerman in Kiryat Sefer who owed someone a huge amount of money.

It was the day before he had to pay back the loan, and he still didn't have the money. He called a gemach but they told him that

now alive and healthy!

One of the accidents happened in Sanhedria Murchevet:

It was Rosh Chodesh Kislev and Mrs. Goldring was leaving to go to gan. Everyone was all dressed in white for Rosh Chodesh. She was standing by the edge of the parking lot, with a double carriage and her 4-year-old daughter on the side. One of their neighbors was leaving the parking lot at the same time. They had just said goodbye to her and watched her back out of her spot.

Mrs. Goldring's husband was on the other side of the parking lot throwing out the garbage. The 4-year-old daughter saw her father and broke away from the stroller, running to him excitedly- exactly as the neighbor was driving out of the parking lot, turning onto the street. It happened so quickly - her daughter was in her path in a flash, and before the driver was able to stop, her daughter was knocked over. The car drove over her and then stopped. The mother saw this all happening. She left the stroller and ran.

Her daughter gave a cry from under the car, so they knew she was alive.

She frantically pulled her out from underneath. She was on her back. Her white Rosh Chodesh shirt was all black. Her tik was dirty and ripped, but it protected her back. She fell- not

....

Another accident involved a young boy, riding home on his bike. He was carrying bags on his bike and was starting to cross at the crosswalk, when a bus turned in and knocked him down. Part of his bike was crushed, and his foot was two inches (!) away from the wheel. He came out of the accident with a scratch on his ankle. That was it. But that's not the end of the story.

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on her face, which would have been much worse.

Her face was black, but she didn't even have a scratch. She was run over in between the wheels exactly, and none of her hands were sticking out! The ambulance took the girl for observation, and she was released later that day. Her mother asked the girl later on, if anything hurt her, she pointed to a mosquito bite that she got the day before!!

Afterwards, the Goldrings checked out the cars in the parking lot. The car that ran her over had the lowest front in the entire lot. They're not even sure how there was room for a child underneath!

The Hatzalah member who was on the scene related that he speaking to the father of the boy after his son was taken to the hospital. He told the Hatzalah member the following:

"You're the first person I'm telling this to. An hour ago, someone was giving it to me for something that was not my fault. He really laid it on thick and embarrassed me. However, I made the decision that I was not going to answer back, and stood there quietly.

An hour later, I got a call that my son was in a major accident- and here he is, walking away with only a scratch on his ankle!"

Chasdei Hashem Ki lo Samnu Ki lo Chalu Rachamuv!

LIVING WITH HASHEM

By Rabbi Zevy Golombeck



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

COST OF CAMP COVERED

For each child in camp, it costs hundreds or thousands of dollars. Each year, I wait to see how Hashem, who orchestrates this delicious world, would work out to give me money to be able to pay for camp.

Every year, I have stories of how Hashem orchestrated it. So I was waiting to see



how Hashem would do it this year.

All of a sudden, my sister called me up. She said, "Our mother was niftar five years ago. We just closed her last bank account and all the children are getting some of the money."

I got \$1,300!

I never even knew about this account. Hashem sent me the money right when I was thinking about how I'm going to pay for camp. Hashem was showing me that it was taken care of it!

**BITACHON EN-
ABLES SIYUM HA-**

SHAS

A yungerman invited me to his Siyum Hashas. He left me a message that he's thanking the bitachon hotline for his Siyum Hashas.

I called him back and said, "What is this about?"

He said, "When I first started shas I thought there was no way I would be in the right frame of mind to go through it. I had so much going on. But because I follow 'A Life with Bitachon', I was always calm through every situation, and I was able to learn. Otherwise, I would have never been able to finish shas.

I dedicate this siyum to 'A Life with Bitachon!'"

BITACHON BRINGS BUS TO THE DOOR

R' Dovid brings his kids to the bus stop to go to ched-*



LIVING WITH HASHEM

By Rabbi Zevy Golombeck



er. The stop is all the way down the block at the cor-



ner.

One day, he was running late. He said, "Hashem, I have bitachon that when I walk out of my door I will find the bus waiting there."

He opened his door and he saw that there was a huge traffic jam and the bus which usually stops all the way down the block was... right in front of his house!

He waved to the bus driver and the kids got right onto the bus!

HASHEM PAYS BILL

I had a bill to pay. When-

ever I have a bill, I say, "Hashem, You are the One Who pays my bills."

A yungerman came over to me and said, "Did you have bitachon that you would get money today to pay a bill? I want to be part of your bitachon stories so I'm going to give you the money you need, here it is!"

HASHEM RAISES SALARY

Mrs. Bressler asked Hashem to make it that her boss should please give her a raise.*

Shortly afterwards, the boss said, "You know, you're doing such a good job. I'm going to give you a raise." She thought,

Wow! Hashem answered my te-

fillos.'

The boss said that he would come back to her the next day to tell her how much of a raise he would give her.

He came to her the next day and said, "I thought I was paying her much less, but really I'm paying so much already. So I'm not going to give you a raise."

She called up 'A life with

HASHEM'S FULL TIME SECURITY SERVICE!
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Adults
and anyone else



LIVING WITH HASHEM

By Rabbi Zevy Golombeck



Bitachon' and said that it felt like such a tease from Hashem. She didn't know what to do or think.

I put this question on the question section of the hotline, and I said, "You're looking at it as a tease because you think you need your Fisher Price play dough boss. Hashem is trying to teach you a lesson that raises comes from the real boss, Hashem, not from Fisher-Price people. Hashem can give you a raise – He can even give

you double!"

After hearing that, she thought to herself, "Wow! Not only was it not a tease, it's a sign of love that Hashem is going to give me double, because I'm going to rely on Hashem to give me a raise, and not on this Fisher Price person."

Right after this, the boss called her up and said he reconsidered it, and he was going to give her whatever she wants!

A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

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

SYSTEM INSTRUCTIONS

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

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 Five Boroughs929-470-5577
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 Canada647-498-7700

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



L'zechus that people should feel loved by Hashem!

5 Weekly Thank You's



By: R' Simcha Elefant - Yerushalayim Ir Hakodesh

Thank You Hashem for Pizza!

Such a delicious meal and so easy to eat.



Thank You Hashem for Traffic Lights!

They keep traffic flowing smoothly and safely in all directions.



Thank You Hashem for Cribs!

Our babies can sleep so safely and peacefully!



Thank You Hashem for Mattresses!

We can sleep so comfortably to re-energize ourselves to serve You, Hashem!



Thank You Hashem for Rubbers!

We can just pull them over our shoes to stay dry!





Dr. Chaim Altzigut M.D.

I'm prescribing 4 medications for you:

1. This is a good reminder that while we all enjoy feeling appreciated, ultimately, we aren't here on this world to serve people.

We are here to serve Hashem!

2. It's a good reminder never to do this to Hashem, kv'yachol. No matter the weather he gives you, hot or cold, sunny or rainy, never ever complain! Just thank Him to no

end!

3. Now you will get 1000 times more sechar for your mitzvah! Every ounce of agmas nefesh that you get from this will give you thousands of tons of gold in the next world!

4. Daven to Hashem and trust in Him that he will make everyone happy! Everything is in His hands!

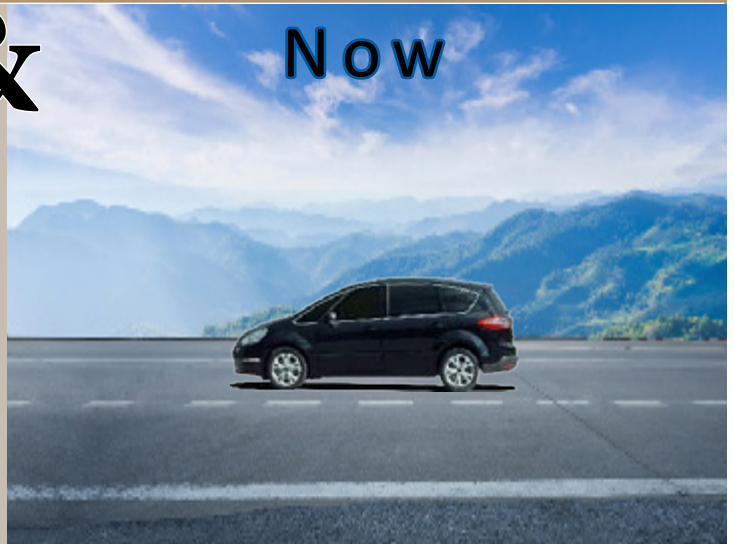
Patient

I'm the one in charge of setting the a/c and heat in my shul. No matter how hard I try, there is always someone complaining. Many times one person will complain that it is too hot and another that it is too cold, both on the same Shabbos! Please help!

Then

&

Now



Want to show your children that you love them and want to buy them a gift?

1800's

You didn't have that many choices. Perhaps some nuts sweetened with honey. If you were wealthy enough maybe a nice piece of jewelry.



Today:

There is so much to choose! Hundreds of beautiful seforim and books! Toy stores that are loaded with thousands of different toys and games! Engraved pens, tehillims, siddurim and what not... Chocolate bars



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



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 15 Kislev

Low 24°F
High 36°F



Partly
Cloudy!!!
Yay!!!!

It will be a wonderful day to enjoy Hashem's beautiful weather!

Wednesday 16 Kislev

Low 27°F
High 36°F



Partly
Cloudy!!!
Yay!!!!

There will be perfect weather to thank Hashem for the gift of gravity!

Thursday 17 Kislev

Low 34°F
High 47°F



Mostly
Sunny!!!
Yay!!!!

Perfect day to realize that there is no one in the world who is closer to Hashem's heart (k'vyachol) than you are!!

Erev Shabbos 18 Kislev

Low 37°F
High 47°F



P.M.
Showers!!
Gorgeous!!!

Perfect day to prepare for Hashem's holy Shabbos with helping in the house with a smile!

Shabbos Kodesh 19 Kislev

Low 36°F
High 47°F



Mostly
Cloudy!!!
Yay!!!!

Stunning weather! Perfect day to thank Hashem for making you a holy Jew!

Sunday 20 Kislev

Low 40°F
High 46°F



Rainy!! Gor-
geous!!!

Beautiful weather! Will be a great day to see Hashem's wonderful miracles!!

Parsha Game

Fun and an interactive way of learning Torah!

PARSHAS VAYEITZEI

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

ANSWERS ON PAGE 46



1



2

Parsha Delight Question of the Week

פרשת וישלח תשפ"ד (5784)

Rashi in Pirkei Avos (5:21) and in Maseches Nazir (29b) states that the source that a boy becomes Bar Mitzvah at the age of 13 is from the pasuk (34:25), ויקחו שני-בני יעקב-שמעון ולוי ... איש חרבו, And two sons of Yaakov, Shimon and Levi, took ... each man a sword. Since they were 13 years old at the time, and the Torah refers to them each as a "man", it is inferred that it is at that age that he is deemed an adult. Why would the Torah choose this incident which involved an act termed כעס - anger (see 34:7) to indicate the point at which a boy becomes a בר דעת, a cognitive thinking person, when it would seem that כעס anger is the very antithesis of דעת - thought and deliberation?

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



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

LOVE TORAH LIVE TORAH LEARN TORAH

CHEISHEK HATORAH

Riddle #65 Parshas Vayishlach

Yakov Avinu fought his very best, after an angel attacked him with great zest. His night went by without any rest, until he won the struggle without even having a bullet proof vest! Why did the struggle need to end at the conclusion of the night?

To hear the answer to the question, press x14 #65 on the Chaishek HaTorah Line 845-720-4040

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

845-720-4040 Ext 6

Updated every Motzaei Shabbos!

Ayin Tova

Seeing the good in every situation

CASE OF THE WEEK:



Nossi Silver was a responsible and well liked gabbai. In his yeshiva of a hundred students, it was a privilege to serve in this capacity. On the first night of Chanukah, Nossi got ready to announce the addition of "al hanisim" in shemona esrei. At the appropriate time, he clopped on the bima and called out loudly, "ya'aleh v'yavoh!" Amid a hundred muffled giggles, Nossi returned to his seat, wishing the floor would open and swallow him.

You can send your suggestions for the AYIN TOVA CASE to: ayintovanewsletter@gmail.com
Or call [Israeli day-time hours only]:
USA: 831-244-6019
Eretz Yisrael: 052-760-5409.

Help Nossi have ayin tova for this embarrassing situation.

Suggestions for the case where Rochel is placed with Aliza, rather than Miriam, to do the mitzvah project in school:



- The teacher saw leadership qualities in Rochel and wanted her to have a positive influence on Aliza, with the hope that she would motivate her.
- Rochel can look at this as an opportunity to get to know Aliza better and make a new friend.
- Maybe Rochel will realize that Aliza is not lazy but something else is causing her to give off that impression.
- Rochel will have to go beyond her comfort zone through the process of doing the project.
- There must be some lessons that Rochel is supposed to be taking from this, i.e., lessons in patience or in judging favorably. So instead of being annoyed, Rochel can look for ways to grow from working with Aliza.
- Perhaps the teacher saw that Rochel needed to work on becoming more independent and be the one who leads the project and now she will gain a new level of confidence.
- Rochel will think about her situation and realize she is working on a Mitzvah project. She has been given an opportunity to work on her ahavas Yisroel and other Mitzvos bein adam l'chaveiro!

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

Not Too Much



When my older boys were younger, one of the things I used to do on a daily basis was to take phrases from the Talmud and repeat them with them one hundred and one times. The Gemara in Chagiga says אינו דומה שונה פרקו מאה פעמים לשונה פרקו מאה ואחד פעמים: there's no comparison between when someone learns something one hundred times and when they learn it one hundred and one times. And whatever we repeated is etched into their psyche until this very day—especially if it was accompanied by some kind of a clear, visual story.

I asked them one time, “Can somebody come up with an example for תפסת מרובה לא תפסת?” If you grab too much, you don't grab anything.

One of my sons said, he remembers in Yeshiva they were having a Chanuka Mesiba, and somebody took so many donuts on his plate that everyone thought it was the serving tray, and they passed it around, and everyone else got donuts, but he got none. מרובה לא תפסת, if you grab too much you don't grab anything.



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Birchas HaMazon with a Geshmak Inc.

Living With Appreciation

By: R' Daniel Shasha

Our parashah opens with Yaakov sending malachim to Eisav, in an attempt to make peace. Chazal explain that Yaakov sent actual angels, though the word malachim can also mean messengers. Rabbi Moshe Feinstein asks, why did Yaakov choose to rely on miracles by sending angels when he could have sent humans? Was he not afraid that by relying on miracles it would take away from his zechusim? Didn't Chazal teach that we are not allowed to rely on open miracles?

Rav Moshe answers with something beautiful. He explains that there are two types of miracles. There are open miracles, such as the makos and krias yam suf. Also, there are hidden miracles which we experience each day, under the veil of 'nature'. The Ramban explains that really there is no such thing as 'nature' and everything is a miracle. The fact that Hashem, in His kindness, sustains the world and we have so many blessings, such as being able to breathe, walk and see is nothing less than miraculous. So really, we are constantly surrounded by miracles, and they happen all the time. As we say in modim, "we are grateful to You... for Your miracles which are with us every day." However, we need to try and remember that they are miracles and not just 'nature'.

Rav Moshe explains that Yaakov was on the level at which it was so ingrained in his mindset that everything is a miracle, that it made no difference to send angels or humans. Therefore, this would not detract from his merits! (Kol Ram)

This explanation helps answer a famous question. Why is Chanukah eight days, since the oil burnt for seven days extra? The Alter of Kelm explains that really the fact that oil burns is miraculous! We are just used to this, and so don't perceive it as being a miracle. Yet the fact that oil burns, giving us light, helping us cook and being used for fuel, is solely because Hashem wills it. We see this in the following fascinating story.

One time, Rabbi Chanina Ben Dosa observed that his daughter looked rather sad one Friday evening. "Why do you look so sad?" he asked her. "I mistakenly lit my Shabbos candles with vinegar instead of oil and they will be extinguished soon" she told her father. Rabbi Chanina Ben Dosa told her, "Why does it make a difference? Surely the One who decreed that oil burns, can make vinegar burn as well." Indeed, the vinegar burned the entire Shabbos! (Taanis 25a)

Even though relying on open miracles can subtract from one's merits, Rabbi Chanina ben Dosa was also on the level at which he perceived everything that happened as a miracle. Therefore, it made no difference if oil or vinegar burned! (Ben Yehoyada)

Chanukah is really a great time to thank Hashem for all the miracles we constantly experience. As we specify in al Hanissim, 'Bazman Hazeh'. The Levush teaches that this refers to the miracles that we experience nowadays!

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

Bitachon Gems

Learning the Parasha with Rav Yehuda Mandel Shlita

Part V

יוסף's actions (of deciding to stand in front of his mother) fit in perfectly with his future actions in parshas וישב. First, he relates a dream to his brothers in which they are all bowing down to him. And when they are upset with him, he comes back to tell them a new dream where not only are his brothers bowing down to him, but also his own father and mother! And we see his unending רוממות later also when he tells אשת אננו גדול בבית הזה ממני פוטיפר that

Part VI

In פ' מקץ we see tremendous tough עבדך with all his brothers (and when he heard them say אבינו, he wasn't מוחה and he was punished by losing 10 years of life!) A true independent thinker who has his own mind and who doesn't care about public opinion. A true בעל בטחון only in הקב"ה and not people (including his own parents!)

Part VII

א - וישראל אהב- אותו מכל- בניו a special love can cause this גאווה or it could be that the special נחת that יעקב had from him was precisely because of his independence. יעקב himself was always struggling for the top פעמים

and getting the בכורה from his older brother - and he was even born in a position of trying to overcome his brother עשיו בעקב - וידו אוחזת- so יוסף saw his own תכונות in יוסף and therefore he loved him especially.

Part VIII

However, we see a certain הנהגה of רוממות in יוסף which we don't find in יעקב at all. יעקב appears to always be struggling and aiming upwards, but יוסף goes around as if he is on top of everybody. Perhaps this is why only יוסף is considered עשיו של עשיו and only he will eventually destroy יוסף-להבה and עשיו - בית יעקב - לאש ובית יוסף-להבה etc. This is similar to עשיו upon whom it says את עשיו יצחק-.

Part IX

A person who is loved more than everyone else becomes a בעל גאווה (P.S. you can't compare יעקב since the עיקר of the house is יצחק). So both יוסף and עשיו appeared to have a similar נסיון of גאווה - just עשיו became



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The Spring Hill Times

Bitachon Gems



Learning the Parasha with Rav Yehuda Mandel Shlita

עברתו and he hates others גבה לב wicked and anyone who challenges his position is in סכנה.

Part X

And 'ויגבה לבו בדרכי ה' uses his יוסף to become a מלך first over himself i.e. control over his own base (אשת פוטיפר רצונות) and later over מצרים. And then he saves the world from starvation.

ישתחו ארצה

Looking up to people, which we all do, isn't always the healthiest thing. You can easily become

uncomfortable and afraid. People habitually look up to each other and adults can even look up to children if the children have something over them. This is the opposite of בטחון - you have faith in people instead of הקב"ה. You need them and חנפה them, and admire them inappropriately.

Part II

And like ר' ירוחם ז"ל says - if you look up to them or bow down to them, then you'll have to continue doing so and all kinds of trouble is what such a person is heading for (צדיק מט מפני רשע) because יעקב bowed down to עשיו, and עשיו was מצליח with מלכות before us. Being מכניע to people is ממש a

קללה and a Chilul Hashem.

ארור הגבר - אשר יבטח - באדם

Enjoy Your Gifts!

Your talents! Your strengths! Your feelings! Your intelligence! Your family!



Eat the lunch that Hashem packed up for you with love and care.

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

Fulfill YOUR Mission!

Part III

We all need to look up to הקב"ה and look down at people and stop "worshipping" them. They can't hurt you or help you אין התועלת והנזק טעו. מן הנברא אלא מהבו"ע. These are the famous words of חוה"ל. You may relax and enjoy and respect humans, but people get carried away and lose their אמונה in Hashem. Who cares what people think!

Part VII

Those who work on their מדות make it their business to shteig with every encounter with those who scare them and they play down the unhealthy חשיבות and build themselves up. With time and regular practice, they become new people בס"ד.

ואביו קרא - לו בנימין

בנימין the same name as Rochel - אביו except she meant (מלשון אנינות אבילות) and יעקב meant של כח

Bitachon Gems



Learning the Parasha with Rav Yehuda
Mandel Shlita

(like by ראובן ראשית- אוני), so he called him בנימין which means בן הכח והגבורה כי בימין יש גבורה והצלחה.

The מדרש says that:

שמיתתה של רחל היתה קשה על יעקב מכל הצרות שבאו עליו כל ימי חייו

(רות רבה ב' - ז').

Part II

Look how יעקב reacts to the worst tragedy of his difficult life! Look how he changes the sad name of בן אוני into total positivism. We know that

the ביהמ"ק was ביהמ"ק - בחלקו של בנימין - perhaps we can suggest that this is exactly what the ביהמ"ק is - a place where the worst tragedies turn into the biggest ישועות. Like it says in הגדה של פסח that the final and greatest accomplishment is being in the עוונותנו ביהמ"ק - לכפר על כל עוונותנו.

Part III

The worst tragedy is a sin and the ביהמ"ק converts a sin into the greatest שמחה.

במקום שבע"ת עומדים אין צדיקים גמורים יכולין לעמוד.

Indeed, a חטא is like מיתה (הנפש החוטאת היא תמות חטא) and doing תשובה is the hope and the life of every human. We wonder - how did יעקב אבינו become so positive despite so much evil that he experienced in his life.

Part IV

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!

For sure he lived a life of בטחון and he always said גם זו לטובה. Notice how as soon as עשיו starts hating him (וישטמהו עשיו) he runs away and he has the most unusual התגלות of השרת and a מלאכי השרת and a גוואלדיגע נבואה. And then comes the most beautiful family with 12 שבטים.

Part V

Right after לבן chases him, again he meets מלאכי אלקים. And when עשיו is actually at the verge of killing him (וארבע מאות- איש עמו) he again encounters a מלאך and overpowers him! He gets a new name ישראל which is the most incredible accomplishment and עלייה of his life! No wonder he sees only good at the birth of בנימין. And the fact that רחל was נפטרת which was his worst pain - only means that the most unusual goodness is forthcoming. The ביהמ"ק was ביהמ"ק בחלקו של בנימין.

Part VI

I have many stories where I saw loads of sadness and insisted in saying אדרבה and I saw great ישועות.

Chanukah is rapidly approaching and our excitement is mounting. We are all looking forward to an uplifting Chanukah. A Chanukah full of thankfulness and love.

Chanukah is a time when our neshamas shine brightly with so much kedusha.

Rav Meilich Biederman tells over that many years ago there was an informer that was causing his fellow Yidden much distress and heartache.

One Chanukah a few people approached the great Chozeh of Lublin to express their anguish.

The Rebbe told them to write the name of the informer on a paper. The Rebbe looked at the paper



and exclaimed that at this time the informers Neshama is glowing with a heavenly glow illuminating through the darkness.

These people were bewildered that they assumed that he had done Teshuva. However, when they looked into it, they realized that at that time this informer was lighting Chanukah candles.

What we see is that the light of the Chanuka candles has the ability to illuminate even the Neshamos that were plunged into the greatest darkness [which is a Yid that's an informer r"!].

The essence of Chanukah is thankfulness. It's a time to review all the things we are thankful for each and every day.

When we wake up we say a joyful Mode Ani, thanking Hashem for re-

turning our Neshamos. After we use the bathroom and we make a meaningful Asher yatzar, we thank Hashem for the convenient tap water. We thank Hashem for

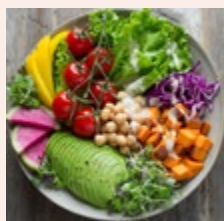
indoor plumbing as well. Then we thank Hashem for the washing cup and our hands.

We thank Hashem for the comfortable pillows, blankets, and linen. Then we thank Hashem for our shirts, pants and all the different articles of clothing. When we exit our rooms we thank Hashem for the door and the door knob.

When we meet our families we thank Hashem for giving us a family. When we sit down to breakfast in addition to the brachos that we say joyfully, we thank Hashem for the nutritious and delicious food. If we use a toaster, we thank Hashem for the toaster. When we go to the fridge we thank Hashem for the wonderful fridge.

We thank Hashem for the vast abundance and

**WONDER DIET
Lose Aveiros Naturally**



Just Tell Hashem That You Are Sorry!

variety of foods that Hashem has bestowed upon us. It's simply mind boggling.

All this is just a small example, but we think you get the idea.

This way of life brings us much joy. Someone who is constantly thanking Hashem, lives a life full of joy as he is full of appreciation and positivity.

This is a small taste of the days of Moshiach as we explained in the previous article. Moshiach is a



cles as well. In the past two months we have been seeing open miracles in the world, especially in Eretz Yisroel.

Hashem will show us miracles once again this Chanukah like he showed us during the first Chanukah with the wars and the Menorah. May we be zoche to see the lighting of the Menorah in the Bais Hamikdash this year with our souls aflame with the fire of love for Hashem and our fellow Yidden Amen.

time when we will be able to thank Hashem non-stop on the highest level for all the chessed that He does for us every second of our lives.

Chanuka is a time of miracles as we say "bayamim haheim bazman hazeh". This means that this time we will be zoche to mira-

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Stay on the Road!



Your Destination:

HASHEM

Your driver:

HASHEM

Just sit back and enjoy the ride!

**J a k o b ' s
W o r m
S t a n d F i r m !**

I was teaching my class and I had just started the post lunch recess, afternoon session. I noticed my talmid

Tuli raising his hand with a pained expression on his face. "Tuli," I said, "what's the problem?"

"My tooth hurts," he answered. I sympathized with him and then instructed him to rest his head on his desk hoping that his toothache would pass soon. After about 10-15 minutes, Tuli still was in pain. I called him up to my desk, to clarify and assess the situation. "Do you think that you maybe have a cavity?" I asked.

"Did you just eat some candy?" I added. He shook his head while answering "No". I probed further "so what happened, did you get hurt?" He nodded affirmatively and explained. "I was biting my Lego toy pieces to separate them, and then my tooth started hurting. OH! I said "I guess you strained

שיח לד' שיר חדש!

*To Share My Share
Of My Daily "Shir Chadash"*

R' Moshe Davidson
A Rebbi From Brooklyn, NY

your tooth. Relax for another few minutes."

Suddenly I noticed a ... WORM crawling slowly across my nice, neat, and clean teacher's desk!! I was



horrified! Where did this come from? I wondered. I did away with it pretty fast with no unnecessary ado, and just continued on with my reassuring Tuli that the pain would soon abate.

The weird incident did not leave my mind so quickly. My teachers desk is B"H al-

ways orderly and clean I Boruch Hashem have a few sectional caddies on my desk with all the supplies that a teacher can dream of using through the

day. Colorful highlighters and pens, white-out, scissors, staple removers, push pins, paper clips, Post- It notes, band-aids, erasers, sharpeners, extra pencils, etc. and even a microfiber wipe cloth for glasses. It's a mechaya! Thank You Hashem for all those supplies! So again, where did that worm come from? More than that, "Why did Hashem send that worm to crawl across my desk JUST THEN? I kept on thinking about it. It took a day until Hashem sent this amazing thought.

In the Haftorah of Parshas Lech Lecha we had recently read, Yeshaya Hanavi says in the name of Hashem "אל תיראי -תולעת יעקב"

Rashi explains the Posuk with the well-known

Chazal. "Do not fear Family of Yaakov, who are weak as a worm, whose only strength is with his mouth. Klal Yisroel's strength is in our mouths with the most potent and powerful prayers in the world!"

the Pesukim continue to reassure Klal Yisroel that Hashem is with us to help us in our salvation!"

אני עזרתיך -נאם ה' וגואלך-
! קדוש ישראל !

Now this past Shabbos I had to catch up on saying my portion of Tehillim that was allotted to me when my family divided תהלים to finish each day for a Zechus of שמירה and ישועה for כלל ישראל. I had fallen behind through the week and I decided to "pay up" on Shabbos. I did my 35 Kapitlech 4 times over שבת. I did them slowly trying to put in as much Kavana that I was able to muster. "I over did it"

Sunday morning I told my family that I couldn't keep up my commitment to say my daily portion of Tehillim. I did however, say some Tehillim here and there through the coming days but not "My 35". So Hashem sent me this worm on my table in middle of speaking to Tuli. Tuli has used his teeth as a last resort to help him



disengage his Lego. When his hands failed to get the job done his teeth managed to exert that extra strong pressure and pull apart his toy pieces. His mouth was hurting.

Now back to me, I used my mouth to say 35 Kapitlech תהלים four times over Shabbos to exert the powerful force only our Yiddishe mouths can produce! My tired mouth "hurt" so to speak. so..... in walks the Great Powerful Worm with the great mouthful of Koiach! Hashem was showing me don't give this up! Don't stop your Tefillos!

אל תירא-
תולעת
יעקב...אני

עזרתיך- נאם ה', וגואלך
! קדוש -ישראל

Thank You Hashem for that slow crawling messenger, I got the message very fast!

I'll be restarting Bli Neder my share of daily תהלים.

P.S.

As an added note, since I learned that week Rashi's explanation of the word 'Naftali' to mean: continuous begging and pleading in prayer to Hashem, I'm now even more convinced of my understanding and my self assumed message Hashem was sending me.

You see, remember, the boy in the story was Naftali!



Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

THE LOST DIAMOND RING

A repairman came to work in the home of R' Baruch Ber Levovitz. R' Baruch Ber respectfully greeted him with a warm "good morning" in Polish, as the repairman didn't have any outward signs of being a Yid. Had he thought he was a Yid, R' Baruch Ber would've instead greeted him in Yiddish.

The man told R' Baruch Ber,

"I'm a Yid, and you don't have to greet me in Polish." R' Baruch Ber felt terrible that he had greeted him as if he thought he was a gentile and asked her forgiveness.

R' Baruch Ber pulled up a chair and sat there for a full hour, while the repairman was working. For the entire hour, R' Baruch Ber talked with him about the chashivus of a Yid.

At the end of the job, R' Baruch Ber revisited the initial, mistaken greeting, and asked him forgiveness for not addressing him respectfully as a Yid.

He responded: "I've already told you that I forgave you. There's no reason to appease me further."

R' Baruch Ber went on to explain his actions with a story:

There was a wom-

an who hadn't had children many years into her marriage. Eventually, she gave birth to a single daughter. When the daughter was older, her mother took out a ring that she received from her grandmother and gave it to her daughter, the great-granddaughter.

Sometime later, the great-granddaughter's neighbor asked to borrow the ring for a simchah she was attending. She was happy to lend it to her, and so she did.

The next day, the neighbor came and informed the lender that the ring had been misplaced and was nowhere to be found. "Not a problem," she said. "I got the ring from my mother, who got it from her grandmother, who didn't have a lot of money. It probably wasn't worth very much, so don't worry about it."

The next day, the mother heard that it was lost. She said: "That ring had been passed down to me from my grandmother. It was very valuable. Please ask your neighbor to search better for it."

Continued on next page

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

The daughter returned and asked her neighbor to look for it again because she hadn't known its real value. The neighbor looked, but to no avail. The neighbor returned to tell her that the ring was nowhere to be found and ask for forgiveness yet again.

"I already forgave you," the lender said. "You don't have to ask again."

The neighbor responded very logically. "The first time you forgave me, you thought the item was very cheap. But once you knew that it had more value than you'd originally thought, maybe you wouldn't

be so quick to forgive me. That's why I ask again."

After relating the whole story, R' Baruch Ber said to the repairman, "Till now, you hadn't known the value of a Yid, and therefore when you forgave me, it was an easy forgiveness. Now that we've spoken and you've heard all about the value of a Yid, I have to ask you again for your forgiveness." (Zichrono Li'bra-chah, p. 411)

"TLL PAY \$5,000,000"

R' Arie Shechter was one of the founders of Arachim Seminar, a program that works to return Hashem's chil-

dren to the right path.

At one of the seminars, he noticed a person leaving the building very emotional with tears in his eyes. R' Shechter approached the man and asked, "What was said that touched you so? Is there something that I can help you with?"

Without responding, the man pointed to the hall he had just left. "Go there. That's what touched me!"

R' Shechter went into the lecture room to see what was going on. There, the man's wife, a giyores, was speaking by the podium. She was relating how she'd recently become Jewish, and how she cherishes it. "Would I have five million dollars, I would happily give it up for the opportunity to be born a Yid. Its value is so great that I would do anything to merit that wonderful gift! How can it be that you were given this gift for free and you aren't making good use of it?!" she asked. The man replied, "That question is what touched me so. It truly moved me to tears."

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HASHEM IS IN CHARGE!



Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

Years later, the great tzadik, R' Yosef Yagen, met several of the participants of that seminar. He asked them what part of the seminar kept them strong, and many of them confided that it was the speech given by the giyores. Appreciating the gift of being a Yid protects us and gives us the ability to use that great gift and bring forth the most kavod shamayim.

We, B"H were privileged to be the chosen children of Hashem, how lucky are we. Thank you, Hashem!

CHASHIVUS OF EVERY MAN!

Hashem cherishes the avodah of every Yid, despite his level; similar to a father who cares for each of his children, no matter what state he is in. Hashem cares and has an interest in the Torah and mitzvos of every individual, no matter where he's holding. There's an inspiring episode that clearly illustrates this point:

In 1960, the Emunas Avraham from Pittsburg was traveling on a plane. On his jour-

ney, he was accompanied by eight individuals. On the way, the plane encountered a mechanical problem and the pilot had no solution for the problem. They were informed to expect the worst; they weren't sure if they would even make it to the closest airport.

At the last moment, they were able to land and they were saved, Baruch Hashem. It was time to daven, so they sought a place to daven at the airport they'd landed in. They found one of the people who worked there for and asked where they might find an appropriate place to daven. Upon hearing their question, the man became pale, fainted, and fell to the ground.

After he was revived, the Rebbe asked him what had prompted him to faint. He responded, "Although I seem to be a non-Jew, I nevertheless am Jewish. I was brought up in a religious home, but over time I dropped out, and moved far away from a Jewish community where no one knows me.

"Last night in a dream, my father came to me and instruct-

ed me to say Kaddish for him, as it was his yahrzeit. 'What's my Kaddish worth?' I asked him. 'I'm so far from anything.' But my father insisted that I say Kaddish.

"I questioned him how I would say here, so far from any Jews. 'If I send you ten people, would you say Kaddish?' he asked me. I replied yes, and then I woke up. Now I see you nine men here. That is why I got so emotional."

The end of the story is that the man returned to Yiddishkeit and started serving Hashem once again. What he took from their arrival is that even the Kaddish of a frei Yid still has value, and this gave him the motivation to continue on.

PERSONAL IDENTITY

The grandchildren of a survivor once made a grand party for their grandfathers' ninetyeth birthday. At the birthday party, each of the grandchildren brought a present to their grandfather.

The grandfather was enjoying the gifts of each of his grand-

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

children and showed each one personal affection.

The grandchildren bringing the presents lined up in age order. At the end of the line was a young child who took the present he had been holding in front of him and put it behind his back. When it was his turn, he hesitated to give it to the grandfather.

"Why are you hesitating?" the grandfather asked him.

"I just saw how my cousin made the exact box that I made, and I thought that you really don't need another one, so I'm hesitating to give it to you."

"It's true that I just got a box, but I don't have a box from 'you.' The box that your cousin gave me is not a box from 'you,' and therefore I'm happily waiting to receive this box that you're holding."

This applies to serving Hashem.

Hashem has many Yidden doing mitzvos; yet he wants "our" mitzvos. What He needs is that "we" should do the mitzvos. He wants it from us. It's the connection that He wants, and that He can't get from anyone else.

It may seem

at times that there are so many more people that are serving Hashem. It may seem that "they are serving Hashem better than me...", so why should I bother doing mitzvos?" But this will only bring us to a new understanding. We know that Hashem wants our mitzvos, and the fact that others also do mitzvos doesn't undermine the value of ours. It will allow us to properly cherish our mitzvos.

If Hashem is looking for the mitzvah itself, then the most special one is valued and the rest not. But since Hashem seeks to have a connection with each of us, the fact that He has a connection with one doesn't undermine the other. Each of them is greatly admired. (Heard from Mr. Charlie Harari on the Stories to Inspire Hotline)

R' Moshe Hirschberg is the author of the popular "Zichru Toras Moshe - Heartwarming Stories for the Shabbos Table." To receive the Weekly Zichru Toras Moshe please call 732 569 8111 or email: the.zichru.toras.moshe@gmail.com

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Picture.
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Just a Smile

About one year after the passing of Rabbi Moshe Sherer, the legendary president of the Agudas Yisrael of America, his son Reb Shimshon entered the towering office building that housed the organization's headquarters. Near the entrance sat a nonJewish receptionist. Rabbi Sherer stopped by her desk to wish her a good morning and inquire if she had known his father.

"Did I know him?" the woman repeated emotionally. "I certainly did! When your father was alive, he would come into this building every morning in a hurry and rush to push the button for the elevator; it was clear that he was very busy. But while he was waiting for the elevator, he would come back to my desk and wish me a good morning with a huge smile. And I could tell that he meant it!"

Indeed, Rabbi Sherer recalled from his own childhood that his father was in the habit of greeting every Jew they met on Shabbos morning as they made their way to shul through the streets of Boro Park.

A simple smile, a friendly greeting, or even a word or two of encouragement are all easy ways to rake in the merits of the mitzvah of kiddush Hashem. With almost no effort, and no expenditure of time, money, or other resources, a person can accomplish a tremendous amount and make a deep impression upon others. Often, we will never know just how farreaching are the effects of these simple actions.

In Aleinu Leshabeach, Rabbi Yitzchak Zilberstein relates that a baal teshuvah once admitted that his return to Torah and mitzvos was triggered by the congenial behavior of a religious neighbor. He lived in an apartment building in Haifa that was occupied by an overwhelming majority of irreligious families; only one of his neighbors was religious. Yet that religious



neighbor was always particular to greet the man warmly every time he encountered him in the stairwell. Eventually, the man realized that if his religious neighbor could constantly radiate such joy,

it must mean that his life was filled with meaning and fulfillment. He resolved to explore that life for himself, and that is how he became a baal teshuvah.

In Pirkei Avos (1:12) Hillel states, "Be among the disciples of Aharon, loving peace and pursuing peace, loving people and bringing them close to Torah." Avos d'Rabbi Nosson explains further that whenever Aharon encountered a wicked person, he would extend a greeting to the person. The next time the person was about to sin, he would remember the greeting he had received from Aharon and be too ashamed to commit a sin. Thus, Aharon's habit of greeting everyone he met served to "bring them close to the Torah." The Tiferes Yisrael infers from the wording of the Mishnah that Hillel's admonition is to love all human beings, even nonJews. By addressing them in a warm, pleasant way, one can draw them close to the Torah, as well. (Tosfos Yom Tov adds a note of caution, however. Although Aharon extended warm greetings even to evildoers, he still maintained a rigid separation from them so that he would not be influenced by their ways. We must remember the importance of preserving our kedushah even as we strive to grow in this area.)

Why is a smile such a potent force? The Torah prohibits a judge to demonstrate partiality to either of the litigants in a din Torah. Rashi explains that if a litigant observes that the judge is partial to his opponent, he will become flustered and lose the ability to argue his case. Rav Wolbe (Ale Shur vol. 1 p. 191) points out that a litigant generally engages in painstaking preparation before a court case; how can he become so flustered that he will forget his arguments?

The answer is that the demonstration of disfavor from another human being can be so disheartening that it can throw even the most organized thoughts into disarray.



even adults are sensitive to the emotions others display. Every human being thrives on positive interactions. A smile can go a long way, and it can certainly generate untold waves of kiddush Hashem.

If this is true of a negative disposition, imagine the impact of a positive disposition. It can easily be seen that babies are extremely sensitive to other people's facial expressions. A smiling face can immediately evoke delighted laughter, whereas a mere frown can bring them to tears. The emotional nourishment from positive interactions such as a parental smile may be even more important for a child's development than physical nourishment. Certainly, a baby who is not regularly exposed to such interactions cannot grow up to be emotionally healthy.

For those of us who live in large cities or heavily populated areas, it may not be practical to greet everyone we see or even smile at them all. However, we can at least attempt to make some improvements in this area. We can commit to smiling at a stranger at least twice a day. We can at least resolve to be pleasant and congenial to everyone with whom we interact — bus drivers, cashiers, storeowners, employees, clients, and the like. Even by taking a small step in this direction, we will demonstrate the inner joy that accompanies a true life of Torah, and we will truly be able to bring honor to Hashem.

What we may not always realize, however, is that



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 for a free file of sefer Mekadshei Shemecha and other resources and to sign up for our weekly Kiddush Hashem email.



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Rabbi Yosef Moshe Mizrachi

The other day, I was outside Yeshiva when a Bochur approached me and asked, "The Pasuk says, 'Va-meich Kulam tzadikim.' What does that mean? Are all Yidden really tzadikim?"

Absolutely! We Yidden are tzadikim!

In an enlightening Shiur by R' Daniel Kalish (Torahanytime Shiur #738), he emphasizes how every Yid possesses a holy Neshama, deeply connected and thirsty for Hashem. While this holiness may be readily apparent in some, in others, you might need to look a bit harder - but it's there! Every Yid is a piece of Hashem, a fiery soul yearning for Hashem! Though we all have areas to improve, those imperfections do not define our true essence. To the contrary, our mistakes occur when we forget and lose touch with our inherent holiness. The Yetzer hara tricks us into missteps, whereas the Yetzer tov gently guides us to embrace our genuine meaningful selves.

It is important to firstly recognize this Kedusha in ourselves and then we will be able to see the kedusha of every Yid as well! Allow me to share two recent examples of where I witness this.

During a casual conversation with a friend, he expressed to me his anticipation for Mashiach Not only because he personally will be happier and safer etc. But because he earnestly desires to witness Emes being upheld worldwide and in the media. He told me "This resonates with me on a more profound level right now!"

Another bachur shared a personal struggle. He admitted that sometimes, when it's time for Seder, fatigue tempts him to linger in bed. However, when the Rosh Yeshiva comes to wake him, he immediately springs into action and heads to the Beis Medrash. He told me how it bothers him that for Hashem, he struggles to rise from bed, yet for his Rosh Yeshiva, it's done effortlessly.

I was so blown away by this bachur's close relationship with Hashem! The more we look, the more we'll find remarkable Yidden everywhere!

Shabbat Shalom U'mevorach!

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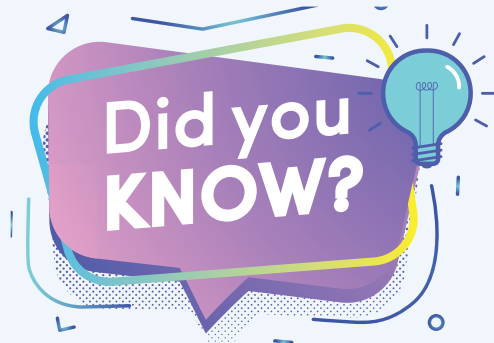
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Yum! Yum! Yum!

Just a Mashal for what's waiting for you in the next world!

By: Rabbi Zevy Golombeck



Did you know? Did you know that Hashem loves every single Yid equally? (Meshech Chochmah in Parashas Bo.) Hashem loves you as much as the biggest Gadol Hador. Hashem loves you as much as the biggest tzadik hador. Hashem loves you as much as the biggest kadosh hador. Hashem loves you as much as the biggest chassid hador. Think of the top ten most chashuv people you know, whether they are mekubalim, admorim, Rebbes, a chacham; Hashem loves you just as much as them, with unconditional love!!

If you would feel that love, you wouldn't be able to stop dancing from joy. Therefore, that has to be your life's career. The foundation of a Yid is feeling Hashem's love. If it takes you a lifetime to feel it, then get to work!! Start now! If a person realizes that Hashem loves them unconditionally, they won't be walking around thinking, "Hashem is angry at me; Hashem is upset at me; why is Hashem doing this to me?" When you feel Hashem's love, you don't have any questions. When you're in the middle of getting hugged and kissed, and your father is squeezing you while he's hugging you, are you going to say, "Totty, why are you squeezing me?" No! You don't feel a squeeze, you feel a hug and kiss! If you feel loved, you won't feel any squeezes, you'll only feel cared for. That's why you have to make it your life's career to feel loved by Hashem!

(Based on the Meshech Chochmah, a Zohar, and the Gemara in Makkos, that we have to make our focus the mitzvah of Emunah and Bitachon, and the Chovos Halevavos who says that the yesod of Emunah is to feel Hashem's love!)

Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

The essence of a Yid is to be thankful, that's why



he is called a Yehudi, meaning someone who thanks. The 'thank you' mentality is super healthy. You become a whole new per-

son and your whole *מלך* changes.

Thank Hashem for everything! Thank Hashem that you're alive. Thank Hashem that you're breathing. You'll always be looking for more things to be thankful for.

Sometimes a person may need to take a break from asking Hashem for everything he wants and needs to start thanking Hashem, because a relationship is not just asking, it needs thanking too and that can bring yeshuas.

R' Mandel says over about the Kapitznitzer Rebbe: Everyone has their struggle and the Kapitznitzer Rebbe said that his struggle is, "How can I thank Hashem properly after so much never ending goodness going on in my life".

MAZEL TOV!

Mazal Tov to R' Avraham Dovid Hirschberg and family (South Fallsburg, N.Y.) on the birth of a new baby boy!

Mazal Tov to Mazel tov to R Moshe Steinhaus and family (Chestnut Ridge, New York) on the birth of a new baby boy!!!



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. (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.

Personal request: My daughter Esther bas Sara Miriam needs lots of tefillos. Can you please accept upon yourself *bl'n* to say Asher Yatzar for one week from a card or poster as a *zechus* for a *refuah sheleimah* for her? Thank you so much!

What Do The Words Mean? Part 6

גלוי וידוע לפני כסא כבודך שאם יפתח אחד מהם או יסתם אחד מהם אי אפשר להתקיים ולעמוד לפניך

"It is revealed and known before Your Throne of Glory that if but one of them were to be ruptured or if but one of them were to be blocked it would be impossible to survive and to stand before You."

Why do we seemingly say the same thing twice, just in different words - that it is *revealed* and that it is *known*? And why is this only known to Hashem? Rav Yitzchok Pinchos Goldwasser in "*Avodas Leivav*" explains that the word "revealed" refers to a situation when you don't actually know what will happen, but you can understand from what you see what the result will probably be. On the other hand, "known" means something that happened already and is a fact of life. Only Hakadosh Baruch Hu sees everything that is going on inside in our bodies in such a clear manner that firstly, it is revealed to Him what is going to happen based on what He sees. But it doesn't stop there – since Hashem knows everything that will happen, it is crystal clear to Him what will happen if one of these holes or cavities would open or close. Therefore, it is a given fact, as if it happened already!

Until recently, much of the wonders of the human body remained hidden not only from the average person, but also from the greatest doctors and scientists. Now, even in the 21st century, where the modern medical field has made colossal discoveries in understanding the wonders and intricacies of how our bodies work, they have only found the tip of the iceberg. Only Hakadosh Baruch Hu knows how much wisdom is in our bodies, and what everything is needed for.

Let us take, for example, the tonsils. It used to be that the medical world believed that they were unnecessary, and that they should be taken out. However, recently they realized that the tonsils are actually very important and are part of the lymph system. Rav Avigdor Miller *zt"l* compared this to bringing your car into a garage to be fixed and the mechanic opens the hood and starts rummaging around. After a few minutes he pulls out a part of the engine and exclaims with joy: "I found the problem! This part here must've been put in by mistake – I can't see any reason why the manufacturer installed it." Needless to say, you will quickly find a new mechanic. Obviously, if they put it there, it has a purpose.

This is what we are saying. We dare not say that we understand even a fraction of the wisdom and purpose of everything in our bodies – that is only revealed and known to You, Hashem. Therefore, we thank Him even for what we don't know!

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

BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau

This week's Topic: "Hashem Cares about YOU!!!"

The Quote – The Lesson – The Story

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



The Quote: "One who has Bitachon Knows that Hashem cares about him to no end and therefore Hashem has a tremendous desire כביכול to fulfill all his needs and all requests!

The Lesson: What makes this so incredible and amazing is that we know that when we really care about someone we want to give and give to them. We want to shower them with whatever they may need and even give them extras. Now, whatever care we can ever have for someone else, Hashem cares for us a million times more, so we can be sure that all our needs will be taken care of by our MOST loving and caring Father Hakadosh Baruch Hu!

The Story: YOSEF KARLENSTEIN just had a new baby and everyone was overcome with joy. It was a baby boy after all, and who wasn't happy? When their son was a few days old, Yosef noticed that something was not right and he and his wife rushed to see a doctor. The doctor said it was a medical emergency and immediately sent them to the Hospital. They went to the Hospital and after thoroughly examining their baby, the doctor told them that there was little hope for him to survive. The only thing they could try was to fly to America and perhaps a specialist there could help them. Yosef arranged emergency flights to America, and borrowed tens of thousands of dollars from gemachim to help pay for the expected medical expenses. Once they arrived in America they headed straight for the big Hospital in Manhattan where an arrangement had been made for them to meet the doctor.

It was quite difficult for Yosef to get around since he did not speak any English and was not familiar with him surrounding. They arrived at the Hospital and after the doctor finished examining their baby they were told by the secretary that the doctor said it was an emergency situation that had to be taken care of immediately. However, being that the surgery was more complicated than was originally expected, the doctor said that he would not go ahead with the surgery unless he would receive an additional one hundred thousand dollars up front. The secretary concluded that the doctor needed an answer within the next few hours, since he had a planned two-week vacation and if the parents would wait too long, he would be away. Yosef could not believe what he was hearing. "Where in the world was he going to get such an exorbitant amount of money?" He did not know what to do next. He thanked the secretary and asked a fellow Jew if he had any ideas of any wealthy people who could help him in his situation. The Yid told him that there was one gvir who lived near-by, and he suggested that Yosef see what he would give. Yosef got the address, his wife began to say Tehillim, and Yosef was on his way through the busy streets of Manhattan. Yosef arrived at the address and rang the doorbell. A butler came to the door and asked what he needed. "I am a Yungerman from Eretz Yisroel" he said. Yosef waited while the butler went inside. What were the chances he would receive anything? But Yosef had no choice. The butler soon returned and told him to come inside. After walking a bit, Yosef entered into the wealthy man's office. Yosef sat down and began to tell his story, "I

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



am a Yungerman from Eretz Yisroel and..." Suddenly, the gvir stopped him short and told Yosef, "I am so sorry, I am late for a very important meeting and I do not have time to hear stories – HERE! Take this folder and I must run..." Yosef could not believe what was going on when he opened the folder and saw the exact amount of money that he needed

for the emergency surgery. He thanked Hashem from the depth of his heart with tears in his eyes. Suddenly he realized that he did not have much time to return to the secretary with his answer. He dashed out of the gvir's home and made his way as fast as he could to the Hospital. Baruch Hashem, Yosef did make it on time. The doctor did the surgery and B'chessed Hashem all went well. Yosef, his wife, and his baby returned to Eretz Yisroel.

AT THE SEUDAS HODA'AH THAT took place in their Shul, Yosef got up to speak. He told over his entire story, and how Hashem helped him, in great detail. There was a person in the audience who was noticeably moved and could not stop crying. After Yosef finished his story this fellow told everyone the other half of the story. He said, "My father-in-law lives up north and has been trying to raise money to build a shul. Somehow or another, he managed to get connected to this gvir in Manhattan and he arranged to have a meeting in with him in his home. On his way to the meeting my father in law got stuck in heavy traffic and arrived extremely late. When he arrived at the



gvir's home, they told him that he was not home any more since he had to run to an important meeting, but if he wants he could come back later. My father in law waited until the g'vir returned. When he told him who he was the gvir shockingly told him, "I am

so sorry but didn't you come already? I thought I gave you the money!" My father-in-law could not imagine what had happened, yet the g'vir apologized and told him that he had given the money already. My father-in-law traveled back to Eretz Yisroel

and even inquired by the great Gaon Harav Yitzchok Zilberstien as to what the Halachic status of that money was. He accepted upon himself that whatever the P'sak was, he would be Mekabel B'ahava. The question was brought to MaRan HaRav Chaim Kannievsky זצוק"ל and the final P'sak was that the money belongs to the one who received it. Little did my father-in-law know that Hashem had chosen him to be a Shliach to help save your child's life. And the fact that you mentioned in the story that Hashem put into your mind to tell the g'vir that you are a "Yungerman" from Eretz Yisroel, well, the last name of my father-in-law is none other then – "Yung'eman.

NEXT WEEKS TOPIC: "Hashem has it ALL and He knows BEST!!!"

Dedicated to the soldiers of Klal Yisrael, Our Bnei Torah who are sitting and learning Hashem's Torah: May Hashem always be with you and protect you.

BS"D

It had been thirty-four years since Yaakov Avinu left his birthplace.

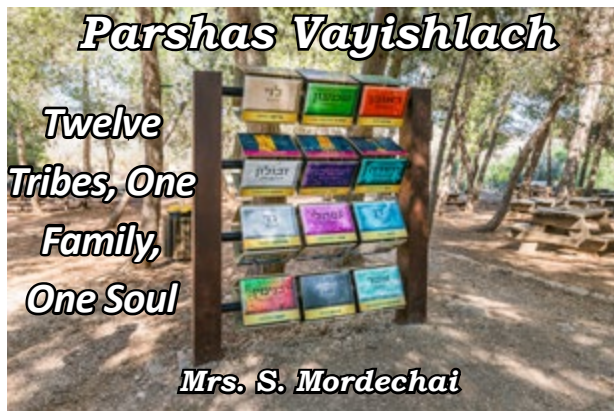
Now he went up to the land with his four wives and eleven shevatim in tow; where he would face Aisav HaRasha his enemy, his brother, his arch foe.

Named for wild grass, thick hair, and the red lentil soup he took as payment for the birth-right he sold, Aisav lived on Mt. Seir, in Edom. After all this time, would a grudge against his brother he still hold?

Yaakov Avinu sent messengers with instructions to say: "To my lord, Aisav, so said Yaakov, Avdecha: I have sojourned with Lavan until this time. I'm sending these gifts to tell my lord to find chein beinecha."

Yaakov Avinu's messengers came back with a frightening report. "Whether he's right or wrong he doesn't care. Aisav's still hungry for revenge. He has an army of four hundred generals and he's loaded for bear."

At first, Yaakov Avinu was afraid. Where was his trust in HaKail Elyon?



Then he was afraid that he was afraid. Where was his bitachon?

Yaakov Avinu separated his people and livestock into two camps and dressed his family in white. If my brother wants shalom, we'll have shalom.

If he wants war, we're ready to fight.

"G-d of my Father Avraham and G-d of my Father Yitzchok," "G-d who told me: Return to your land, to your birthplace and I will do good with you: I crossed this Yardain with my staff and now my camps number two.

I am not worthy of all the chasdim and emes that, with your servant, you have done. Rescue me, please, from the hand of my brother, Aisav," Yaakov beseeched G-d, The Holy One.

Yaakov sent his servants with a lavish tribute. His hope was to calm the wrath of his brother and avoid any dispute.

Goats, sheep cattle, donkeys, and camels with nursing calves; Yaakov Avinu sent five hundred and fifty animals in drove after drove;

knowing his brother would be impressed by the sheer numbers, the rov.

At the ford, Yaakov Avinu brought his family across the Yabbok River that was wide.

Then he went back alone to retrieve what he owned, not aware of the danger that he would encounter on the other side.

In the dead of night a stranger accosted Yaakov and they wrestled until dawn. Yaakov Avinu was as strong as ten men but this fight was not about brawn.

This was the ultimate war that only Yaakov Avinu could fight. His opponent represented evil in all its forms. Yaakov Avinu embodied Torah and all that is right.

Yaakov kept his concentration on G-d and didn't let go. That was the key to victory, he knew. Repeating over and over in his mind: "Ayn Od Milvado."

His adversary taunted Yaakov about his descendents who would sin. For an instant Yaakov's focus was lost. Then his opponent was able to injure his hip, but not win.

With a tight grip still on the ish, at the first sign of light, c'mo

*shachar yaffa;
the malach pleaded with
Yaakov Avinu
to release him.
It was time to sing Shira.*

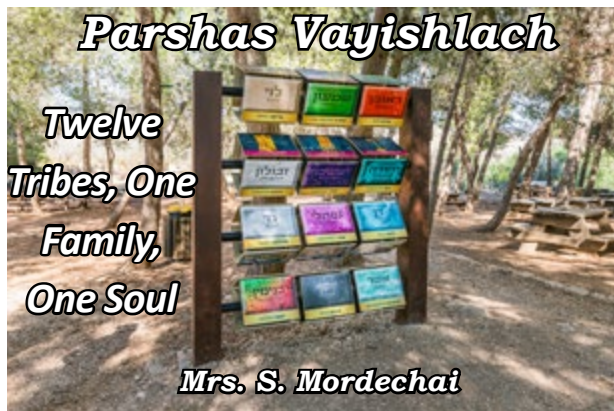
*Yaakov demanded the mal-
ach bless him first,
then he could sing praises
to HaKail Ha Tov.
"Ma Shemcha?" the
stranger asked.
Yaakov Avinu responded:
"Yaakov."*

*His rival blessed Yaakov Avinu af-
ter saying:
Yaakov will be your name no lon-
ger.
You have struggled with the Di-
vine and with men
and you have been found to be
the stronger.*

*Aisav, with his army, was march-
ing toward Yaakov Avinu and his
family,
Yaakov saw when he raised ain-
ov.
He placed his precious children
with their own mothers,
then bowed to the ground sev-
en times as he approached his
brother, Aisav.*

*Aisav ran toward Yaakov
and upon his brother's neck Aisav
fell.
Aisav embraced Yaakov and
kissed him.
Both brothers wept, although
what each was thinking it's im-
possible to tell.*

*Aisav at first refused the gener-
ous tribute
as if getting more wasn't the
greedy Aisav's goal.
"Keep what is yours, my brother,
yesh li rav."
"Al na, if now I have found favor*



*my lord's eyes ..
please accept my gift since G-d
has been kind to me and yesh li
kol."*

*Yaakov told his family and those
with him to purify themselves.
They would go up to Bais Kail
where he had slept and dreamt
under the night sky;
where twelve stones had joined
as one and guarded his head;
where he had found the House of
Prayer and met Kail Shakai.*

*"Now G-d commanded me to
build an alter to the G-d who ap-
peared to me.
He is the G-d, who on the day of
my distress, answers me
and who, on the road I traveled,
was imadi."*

*The Shechina rested upon Yaakov
Avinu when G-d appeared to him
again.
G-d blessed him. "Yisrael shall
now be your name.
Be fruitful and multiply. I am Kail
Shakkai,"
G-d said to him then.*

*"You'll be a congregation of mul-
titudes
and kings from you will descend.
I will give you the land I promised
your fathers.
Our covenant will never end."*

*As they journeyed, Rachel
Imeinu's soul departed
during labor with the
twelfth shevet.
She called her second son
Ben-Oni,
since she would not live to
raise him to her sorrow and
regret.*

*Yisrael named his
twelfth son Binyamin:
the only tribe born in the Holy
Land;
the son of Hashem's might;
the son of Hashem's right hand.*

*Rachel Imeinu was buried on the
road to Bavel,
outside Beit Lechem; along the
way.
She continues to cry out to Hash-
em for us, her children
and she's called Mama Rachel to
this very day.*

*Now Yisrael's family was com-
plete:
each Shevet with its own tafkid,
it's own role:
Twelve sons serving Hashem;
Twelve tribes, one family, one
soul.*

*We are a blessing.
We are blessed!
We are a great nation;
a light to the rest.*

To Be Continued ...

With gratitude to HaKail HaTov for all the Chasadim and Emes and Hakaras Hatov to R. Yitzchok I. Kaufman (The Spring Hill Times); R. Zev Golombeck (The Bitachon Hotline); Artscroll Chumash (Shottenstein Edition: Parshas Vayishlach and Haftarah: text and commentaries); Artscroll Siddur and Tehillim (Shottenstein Editions: Text and commentaries); R. Moshe Weissman (The Midrash Says: Parshas Bereishis); R. Shmuel Yerushalmi; Translated and Adapted by Dr. Zvi Faier (The Torah Anthology: Yalkut Me'Am Lo'ez- The Book of Shir HaShirim); and EK, LJ, DD, and RM.

Just Look At What Hashem Made For You!

It's a Stunning World!



It's Full of Love!



It's a Wonderful World!



A Faint Whiff Of Hashem's Unlimited Wisdom and Kindness

There's a whole different area that our lips play a central role in - the world of music. Hakadosh Baruch Hu created a whole world of Shirah and Zimrah, which adds a lot of richness, flavor and happiness to our lives. An event that we would like to make special or lively, for example a wedding, we do so by

providing live music. Even the enjoyment of recorded music is only possible from live music.

A large piece of the live music we enjoy is only possible because Hashem gave us lips. Almost all of the wind instruments are based on the grip we hold onto it through our lips.

for example, flutes, clarinets, saxophones, trumpets etc. This would greatly compromise the world of music that we are familiar with and that we enjoy.

Likewise, our lips play a role in our Avodas Hashem. Not only without lips would we be missing a major part of the Shiras HaLeviyim in the time of the Beis HaMikdash, we would also be missing an important Mitzvah today. We would be missing the important Mitzvah of Tekias Shofar. For anyone familiar with the hands on of blowing a shofar, it's only possible through placing it in the exact tight place on our lips.

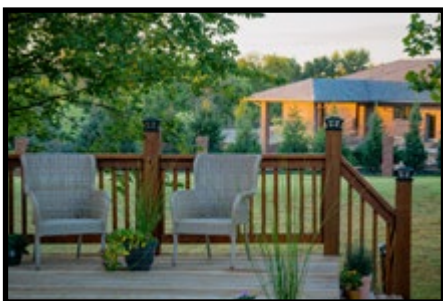
Our lip tightly grip the instrument to create an air tight environment which enables us to produce the music.

With our mouth and teeth alone this would not work. Without lips, we would not have any of the wind instruments,

Our lips also serve as a scout and a guard. It's very important for our health that we don't swallow anything which is dangerous or inedible. Even a food or a beverage which is too hot can cause damage or pain,

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Haba have a deck?**

*Now is the perfect time to
build one!*

Do Mitzvos!



A Faint Whiff Of Hashem's Unlimited Wisdom and Kindness

like burning our tongue. HKB”H B’Chasdo created a built in protection system to pick up if there’s something harmful about to enter our mouth. The detection system is our lips. Our lips are the most sensitive part of our body.

Hashem also made our fingertips very sensitive – they are much more sensitive than other parts of our body- but their sensitivity is incomparable to the amount of feeling that we have in our lips.

The simple reason for this is that the sensitivity in our fingers is there to help us perceive and pick up

our surrounding through the sense of touch. As opposed to the sensitivity in our lips - which we need for our safety and protection which is much more vital.

Our lips contain more than a million tiny nerve endings which give them their special sensitivity. If anything sharp, jagged, pointy or too hot touches the lips, we realize imme-

diately. Even if something foreign that we shouldn’t be eating like a piece of silver foil or a small piece of plastic touches them, our nerve endings let us know.

What a special shemirah!

Answers for the Parsha Game page 20
Precious Stones: Yaakov gave them to Eisav
Stream of Water: Yaakov went over the Yabok Stream.



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More Amazing Carnivorous Plants

Hashem has made a whole bunch of different types of amazing carnivorous plants. One of them is called the *Roridula gorgonias* (Rg). It is in many ways very similar to the Sundew plant that we discussed last week. It too has numerous tentacles, small sticks, coming out of its vertical stems. It also has VERY sticky "glue" that comes out of their tips and it can catch very large insects because of its strong stickiness. However, there's one big difference. While the Sundew plant (and most other Carnivorous plants) have special digestive enzymes that digest the insects that they catch, thereby getting the necessary nutrients that they need, the (Rg) does not have any digestive enzymes at all. So, what good does it do them that they can catch insects

if they can't digest them? Aha! So, that's where Hashem made another amazing miracle! Hashem put on it a special Insect called *Pameridea roridulae* (Pr), otherwise known as the assassin bug. (See pictures.) So, even though the plant is full of the very sticky glue all over it, this bug can miraculously walk all over the plant without getting stuck. (We will get back to this point later.) Now, this bug lives on this plant its whole life. It is born there and dies there. This bug lives by eating the bugs trapped on the plant. That's its whole diet. It has a special fang that is like a long tube with a very strong, very pointy tip. When not in use it folds up under its head. When in use it is unfolded and brought down as a long stinger. It stings (pierces) the insect that is stuck on the glue and it has special enzymes that first paralyze the insect and other en-

zymes that then digest the insect. The enzymes turn the insides of the insect into liquid and then the bug sucks up the liquified "food". The tube works like a straw to suck up its meal. Very interesting, but how does that help the plant? The plant needs the nutrition that the



Roridula gorgonias plant with insects stuck on it.

caught insect can provide, but it can't digest it. So, here is the Continued on next page



The Universe

A Divine Masterpiece

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

place to explain a big difference in regular plants and carnivorous plants. Regular plants typically have the ability to take nutrition out of the ground/soil where they are growing. Specifically, they need a good amount of Nitrogen. However, carnivorous plants are often found in areas that do not have fertile soil so they are lacking the crucial nutrient Nitrogen. That's why Hashem made them have amaz-

ingly different ways that enable them to catch in-



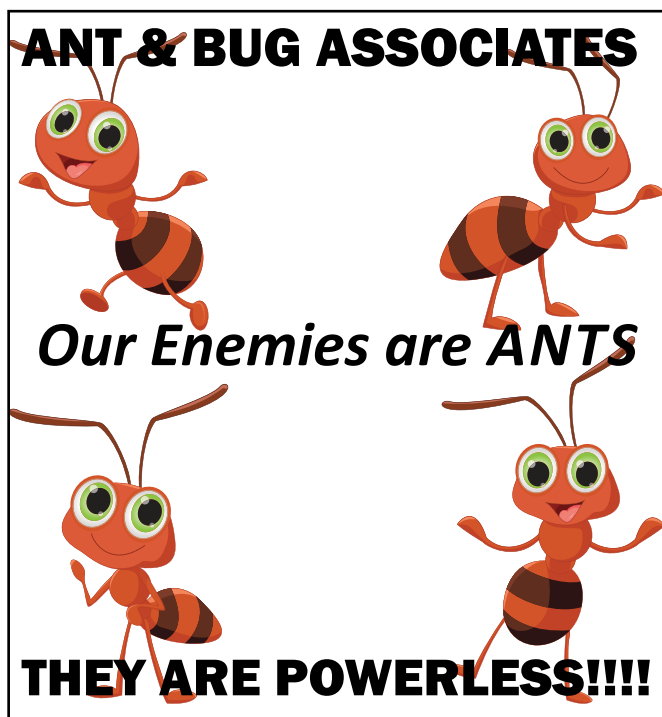
Assassin bug – here its fang tube below its face.

special assassin bug, *Pameidea roridulae*, that is only found in this plant and nowhere else, should eat the insects. (There are similar types of assassin bugs, but they aren't this special type that only lives on this plant.) But how does that help the plant?

The answer is that after it eats the insects, the bug then excretes a liquidly excretion (which came from eating the insects) onto the stem of the (Rg) plant. Then the excrement is absorbed through the plants thin outer layer of its stem! In the excretion there's a lot of Nitrogen! This Nitrogen is then transported through the plant to where it is needed.

Now, lets go back to the big question that we had before. How is it that this bug is able to avoid getting stuck to the very

Continued on next page



sects thereby getting their needed Nitrogen from the insects. However, we are still left wondering how this (Rg) plant can exist in this low-quality soil if it can't digest insects? So, Hashem made that this



The Universe

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strong glue on the plant, different than all the other bugs that do get stuck? So, this question bothered scientists for quite a while. Different answers / guesses / assumptions were given. However, they were all proven wrong over time. Finally, a very detailed experiment was done in a high-tech laboratory. There they found the difference between this assassin bug and all other bugs. The difference is that all bugs have a very thin layer of some sort of grease that comes out of their "skin". They don't have skin, they have what's called a cuticle, or an exoskeleton instead of skin. That layer is quite thin. The assassin bug was specifically given by Hashem

an extra spe-

cial thickness of a grease layer all over its body. Its



Here with fangs opened up and sucking out the insides of the fly.

layer is THIRTY times thicker than all other bugs. Therefore, the sticky glue can't connect with this bug at all! The bug just moves around

freely. It doesn't try to avoid bumping into the glue, it can bump into the glue all it wants and nothing will happen!

This is NOT a coincidence. Hashem made that this one bug, from ALL the bugs in the world, should have this unusually thick layer of grease all over it. This one bug is the only bug that lives its entire life on this plant. Hashem also made it that the excrements of this bug

should have the necessary nutrients that the plant needs and thereby is kept alive through it.

More amazing plants in the next article BE"H.



It's Morning Again?

IT'S ANOTHER DAY TO LEARN ABOUT HASHEM!

The author can be reached at emunahexplained@gmail.com

THE MIRACLES INSIDE YOUR SLICE OF BREAD

By: Mordechai Solomon

Recap: *The many miracles that's 10. 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

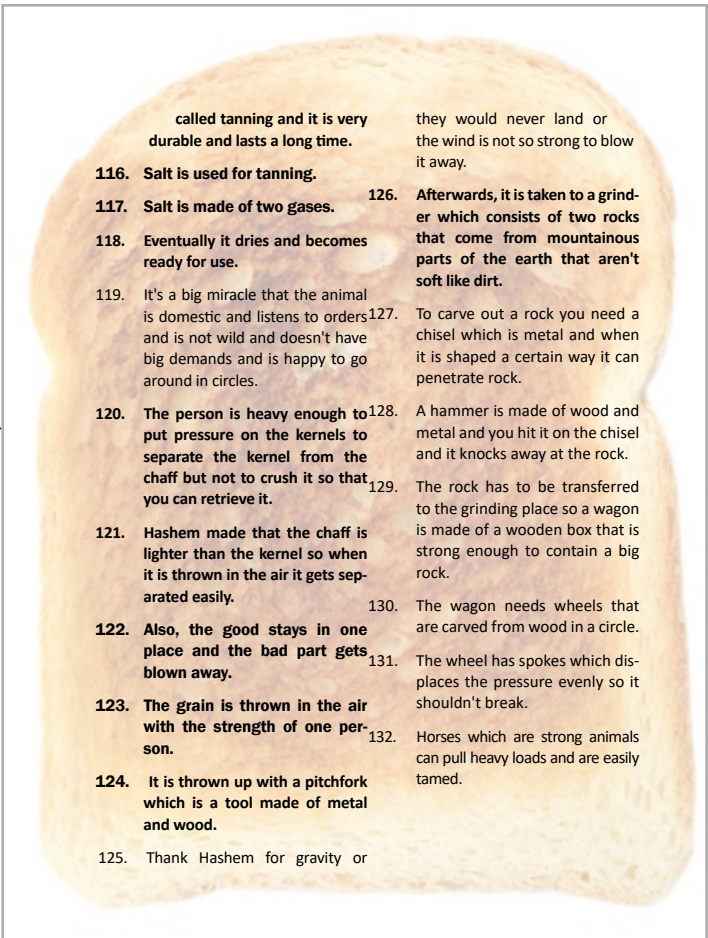
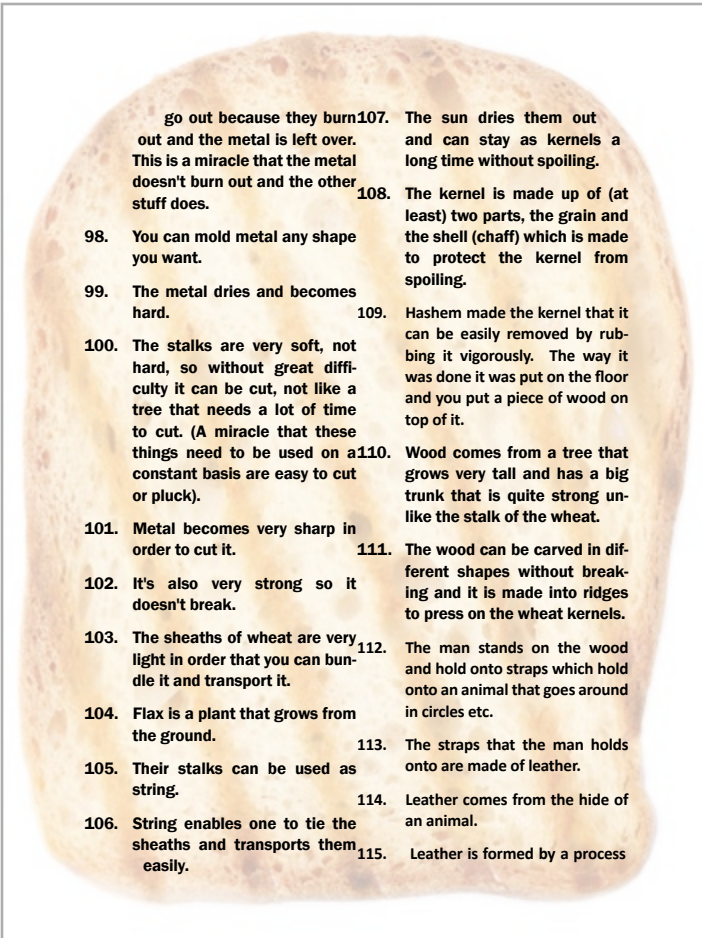


22. No matter how the seed is placed in the soil, the root goes down.
23. The stem goes up no matter how it is placed.
24. The plant survives on rainwater.
25. The ocean is full of salt water which cleanses the water from impurities.
26. The sun shines on the water.
27. The sun is millions of miles away 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.
43. The earth spins in an angle so that sometimes it is closer to the sun and sometimes it is further.
44. The sun has a force on the earth.
45. This causes all different seasons and climates.
46. During the cold season the earth stops producing as much giving a rest to the earth enabling it to give off a better crop.

47. There are many dust particles in the air.
48. When the water rises, it leaves over all the salt and dirt from the ocean.
49. The water combines with the dust particles.
50. It starts to accumulate into a cloud.
51. Cold air sinks.
52. Hot air rises.
53. The difference causes air current.
54. The wind blows inland.
55. The Clouds move inland.
56. The cloud gets heavy with water.
57. The cloud releases the water.
58. Gravity brings down the water to the earth.
59. There is a negative cloud.
60. There is a positive cloud.
61. When they rub together they make lightning.
62. Lightning travels to the ground.
63. The lightning has tremendous heat.
64. The air has in it a gas called nitrogen.
65. The lightning makes a chemical reaction with the nitrogen making nitrites.
66. The nitrites are a very good fertilizer to help the growth of the plants.
67. The stem starts to push itself out of the soil.
68. The sunlight has energy.
69. The plants know how to absorb the energy.
70. The plant turns green called photosynthesis.
71. As the plant grows the roots also grow in order that the plant shouldn't fall down.
72. The roots absorb the water.
73. The roots send water to the whole plant.
74. The roots send water to the whole plant.
75. The leaves send energy to the whole plant.
76. Carbon dioxide is made up of two different elements.




77. The leaves absorb the CO2. they don't get tangled.
78. The leaves give off oxygen as by-product. When all the Co2 in the vicinity of the plant gets used, how does it get more? The wind blows new air with CO2.
79. There is a constant production of CO2 because animals breathe out CO2.
80. When they breathe in oxygen, the by-product is CO2.
81. The rains come only certain times during the year.
82. These times are beneficial and are the exact time the plants need water.
83. The amount is not too much to drench them.
84. It doesn't come too forcefully.
85. It doesn't come too little for the plants.
86. Sometimes it comes like small needles to penetrate the ground.
87. It doesn't keep on pouring which would also drown the plants.
88. The plant stem starts to rise straight up and it is elevated from the ground enabling it to be cut easier.
89. They grow in a straight line so
90. Very bendable to they don't break in the wind. The leaves absorb the nutrients and bring it down to the roots.
91. Each one miraculously knows how much to give to each part of the plant.
92. After the stem reaches a certain height it starts to produce the grain.
93. The grain is on the top where it can get the most sunlight and not be affected by the shade of the stem.
94. They grow in the spring when the sunlight starts increasing because it is necessary to have a lot of sun.
95. The field is full of green stalks of wheat when they become ripe they give a sign changing from green to white what a miracle that the plant knows that a person sees different colors.
96. Now comes the time to harvest and you need a sickle to cut the wheat. A sickle is made of metal, which is found in the earth mixed with impurities.
97. When the metal is heated with extreme heat then the impurities




♪ הזן את העולם כולו בטוב!!! ♪

133




The wheat kernel is put in between the rocks and they get crushed by the weight of the rocks since they are a softer material.

134




It doesn't get flattened out like a piece of metal but it gets turned into powder/flour.

135




The flour is then sifted with a sifter which is an apparatus made with thin metal that is a mesh. Even though it is quite thin it is still sturdy and strong.

136




The person shakes the sifter and through that it gets separated.

137



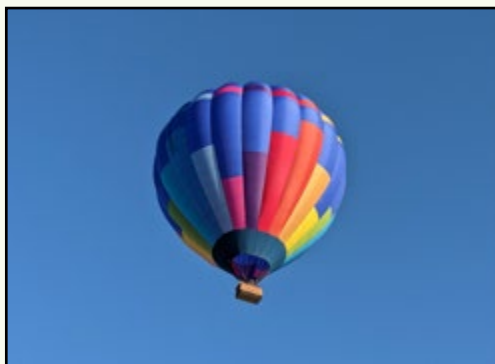
Due to gravity, it separates.

138



The good part is smaller than the bad so it falls through and the bad stays on top. It is a **סל** that they aren't the same size.

Fly Higher



Lift yourself way above all your 'problems'!

Just realize that it's all Hashem!

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Thrilling!
Melt from Pleasure!
Pure Bliss!

Just Serve Hashem with a Heart Full of Love!

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real pleasure
the neshama is
going to have is
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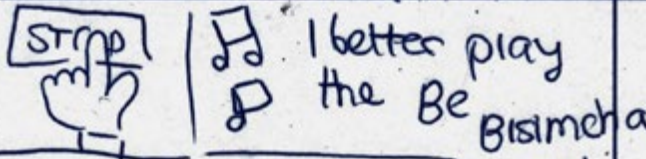
MR. MIDDO'S

202

BEED

T! MIDDO'S ALERT! MIDDO'S ALERT! MIDDO'S AL

DAILY AGE 6



I better play the Be Bismicha song!

Be Bismicha x 3
 Always look around & live ur life w/ Simcha - look around & appreciate gifts we have b4 its too late we should focus on the good, as we all we should



Chanukah



ROLL CALL!
I WANT ALL
MY SOLDIERS
HERE! NOW!
NO
EXCEPTIONS!



Your royalness!
um um um

What
happened
to you?



3 soldiers went
into a house to
ransack it - as
you commanded
and they've
become
completely
paralized!
They're
like
statues!



Who's
house?

The jew
R' Yaakov
Yosef.



Let me see
for myself!



In the Toldos Yaakov Yosef's house...

Tatti's menorah is so fancy
I can't wait for him
to come home from
shul, and finally
light it!

It's not just pretty.
Tatti got it as a yerusha
from his Zaidy who was
a huge tzadik!

I know!

Suddenly...



Wow! What a treasure, the silver with the carvings -

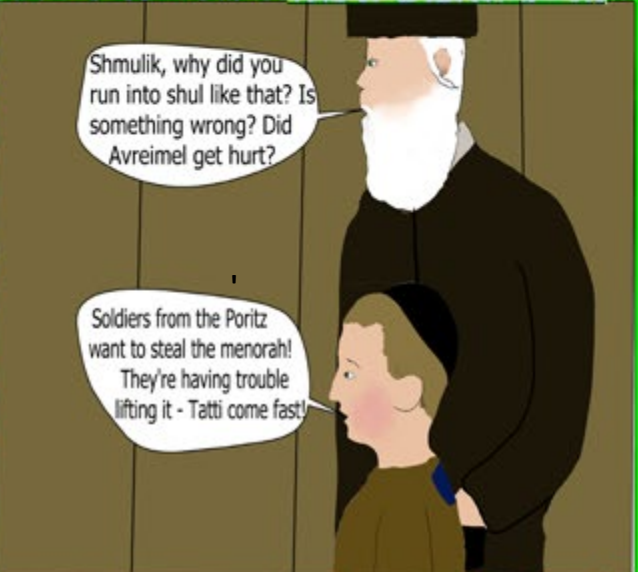
Just take it! stop admiring!



It's too heavy for them to lift! I'm running to get Tatti before they manage to steal it!



When they arrive home...



Shmulik, why did you run into shul like that? Is something wrong? Did Avreimel get hurt?

Soldiers from the Poritz want to steal the menorah! They're having trouble lifting it - Tatti come fast!



What happened Avreimel? why arn't they leaving?

They can't! They've become nothing more than statues!

To be continued B'eZRas Hashem!

By: E. Jungreis

ארץ חמדה טובה ורחבה!

Hashem's Wonderful Land



Me'aras Hamachpeila

Dear Readers! Please share with us your beautiful pictures that you have of Eretz Yisrael.
Please email them to: thespringhilltimes@gmail.com

BEAUTIFUL QUOTES

"When you are happy, when you are enjoying yourself, that is the best opportunity to recognize the kindness of Hashem. From happiness a person can become great"

Rav Avigdor Miller Speaks Vol 1, Page 126

"This world is full of meshalim. We are given many things in this world for the purpose of making us aware that there is something more important..."

Ibid. Page 149



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"The Ribnitzer loved children... Talk to me. Sing the alef beis with me..."

The Ribnitzer Page 390



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"Do you know what gets me

to grow and shteig? When I look at the most delicious yummy chocolate cake..."

Rabbi Zevy Golombeck - A Life with Bitachon (Quoting a listener)



Did you read or hear something nice and inspiring? Please share it. Text 845-327-5041 or call 385-381-0977 email: thespringhilltimes@gmail.com

I want to start this week's column by giving every single reader and their extended family and friends a Brocha: Hashem should shower you all with more Brochos than there are stars in the sky!

Thank you for reading this column. It is a great Chizuk and much appreciated to have you as an audience sharing in the ideas that I remind myself about! Thank you!

As we started to discuss in previous weeks, Ahava Rabba is all about pumping people up! Who can we pump up? We can pump up every single human being. This week, we will highlight the importance of employers pumping up their staff, teachers pumping up their students, and family members pumping up each other.

If you are an employer you can pump up your employees in so many ways. You can leave them notes about how amazing they are. This can be done with paper, through text or through email. You can shower your staff with compliments and Brochos every time you see them. You can tell them how they are helping you do whatever it is that you are doing. You can share with them how they are actually doing a Chesed. For example, if they are running the bookkeeping department of your clothing store explain to them how it is because of them that the store runs smoothly. And it is because of them that Yidden have nice clothes to wear; so, their job is a real Chesed.

My grandfather zt"l used to say to people who were working, that if they have in mind they are doing a Chesed, even if they are getting paid, they get the Schar of a Chesed. You don't have to be an employer to share this concept with someone; I say this to people at many different types of jobs and they are pumped. Any yid who is doing any job that eventually helps another yid function better is doing a huge Chesed.

If you are a Rebbi or teacher you have many opportunities to pump up your students. You may be changing their life forever with just one smile

or one compliment. Even just one time of saying to your student that you believe in them can change their life. You can make it a habit of telling every single student what a

shining star they are and giving them a lot of internal compliments such as: you are compassionate, kind, wise, friendly, fun, energetic, and you persevere. You can pump up your whole class by saying how they are the best class by far and their Achdus is amazing.

Preschool Morahs can pump up all children by sharing with them how amazing they are. If you do this with any child over a few months of age, you will watch their face light up. If their face doesn't light up, keep going because they may need more compliments or may need to be pumped up in another way.

If you are a therapist, mentor or coach, see how many times a session you can pump up the child, parent, teenager, spouse, or adult that you are with. A mom was observing the session with her 12-year-old. Later the mom reflected that during the session she counted 40 times that I pumped her child up! I told her that she is the best parent in the world for noticing. This child had an immediate turn around B"H!

If you are seeing couples, make sure to pump each one up 100's of times and tell each spouse how the other spouse loves them. (I learn from Ahron Hakohen.) We see miracles happen when we find the good in spouses and teach them ways to communicate with each other.

If you are a parent, pump your child up all the time by telling them how you love spending time with them; that they are like a shining star, compassionate, kind, thoughtful and pure sweetness.

Rabbi Golumbeck has shared many times: If you



are married, pump up your spouse by finding every single מעלה and telling them about it". In addition, share how your spouse makes you so happy and that you love what they just did for you. Share how you love a specific thing they did last month, last year or ten years ago. It is really important to point out the good and the fun times from the past as well as more recent times. Write your spouse positive notes outlining the things about them you like and hide those notes for them to find around different places in the house.

If you are a student you can pump up other kids in your class. We have a Pirchei Lev Program that we give out in schools. It shares with students Social Emotional and Thinking skills through the lens of Emunah, Bitochon, Veahavta L'reiacha K'mocha and Ma Rabu Maasecha Hashem. This week's Pirchei Lev lesson is all about how we can pump our friends up. Here are a few examples:



Hold the door open for someone.

Smile at a friend.

Tell someone in your class that you had fun playing with them.

Share your toys.

Let your friend go first.

Play the game your friend's way.

Compliment someone by telling them they are so kind, thoughtful, fun to play with.

Let someone go ahead of you on line.

Write a kind note to a friend.

Invite a friend over.

Help someone clean up their stuff.

Daven that your friend should have an excellent day.

Give your friend a brachah that they should have a great day.

Say to a friend: You are such a good friend.

Say to a friend: I like playing with you.

Say to a friend: I like your shoes.

Say to a friend: You are a kind person.

Say to a friend: Thank you for playing with me yesterday.

Say to a friend: I had fun playing ball with you yesterday.

Say to a friend: You brighten my day.

Pass a friend something they need.

Share with a friend something you have.

Offer to play with a friend.

Story: It's Not the Mom

Boruch Hashem every mother

that I ever met is an amazing person. Every client that I ever met is an amazing person. I learn so much from each person that I meet. There are so many parents that call to have sessions with children that cry to me saying that the past therapist said whatever is happening with their child is their fault (the mom's fault).

One of my biggest jobs is reassuring the mothers that it is not their fault. From an Emunah perspective Rabbi Golumbeck teaches us how results are in Hashem's department. The mother can't do or say anything that will affect her child without Hashem willing it to be.

I explain to the moms how they sound like the most amazing mother in the world! (Every single parent I ever met is amazing). Only once the mom hears this and believe that I really feel it, can any of the therapeutic work happen! Telling moms it's their fault doesn't have a place in helping build relationships with moms and children or helping moms learn how to build the development of their children.

Many years ago, I got a call from a clinician who said she wants to send me a mom who is dysfunctional and really is not a good mother. She said because of the dysfunction the children were all doing very badly. Before I could continue to listen to another word, I interrupted and asked her to stop for a second, "Can you please tell me one good thing about this mother?" To my utter shock and disbelief, the clinician said, "No." I said "OK I will find the good things when I meet her."

I hung up the phone and davened to Hashem to talk for me when this mother would arrive at her appointment the next week.

The second I met the mother, I realized she was in a tremendous amount of emotional pain. During the first meeting I found so many מעלות of this amazing mother and told them to her. I told her she loves her children and I pointed out to her

how I realized this. I told her that she is sensitive and kind to people and how she is such an amazing person. I didn't see dysfunction in this mother

at all, I saw an amazing Yiddisha mama who also had pain and suffering and we had to help her. B"H within a few months this mother had a great relationship with her

children and felt much better overall.

At school meetings, I start every meeting where everyone goes around the table saying something they enjoy about the child or progress they see in the child we are talking about. Once in a while I get some push back saying "we don't have time for this" - but I say "this is the most important part of the meeting."

Idea: It's so easy to share love with other people.

- Mail your parents a letter telling them how amazing they are!
- Call people in Eretz Yisroel that you know and say you are thinking of them
- Tell someone how much fun you have when you are in their company
- Tell someone how you love spending time with them
- Give people endless Brochos!

Song: Tune: Yom Ze L'yisroel Oohra Vsimcha

Hashem, I love you

Hashem yes, I do

Everything that I have, is a loan from you

Hu Haitiv, Hu Maitiv, Hu Yaitiv Lanu

All I can say is thank you!

As an adult, I try to sing this song all the time! I try to change the motions or dance steps as I sing this



song. This creates a function called expansion. When we add change to something while we are singing, it helps solidify the feelings associated with it. The more times we sing and add a small change, the more neural pathways we have connected to what we are doing. This helps it become more integrated into our beings.

Feeling Hashem's Love!

There was a car in front of my mailbox for over five days. The mail man wasn't picking up our mail and he wasn't delivering our mail. I was waiting for a very important piece of mail and didn't know what to do. Then I said "wait the car is not in charge of the car. Just as it would be ridiculous to think the car can move on its own- it's ridiculous to think the owner is in charge of the car. The owner of the car is not in charge of the car. Hashem is in charge of the car. Hakol Yochol - Hashem can do anything and everything." And right then just like that after five days of the car sitting there the car moved that second!

One night I hardly slept. In the morning I was worried I would be tired. I said "the same Hashem who makes oil burn makes vinegar burn (As the story from the Gemorah with Rabbi Chaneina Ben Dosa) and the same Hashem who makes you have energy when you sleep can make you have energy when you don't sleep. I B"H, had so much energy all day. Another time, I had a skin infection and the doctor said to use vinegar and soak the area. However, I am allergic to vinegar so I said "the same Hashem who makes oil burn makes vinegar burn and the same Hashem who can make vinegar heal can make Listerine heal. I used Listerine on the skin infection and it disappeared immediately. Then this past Friday I was supposed to make eight salads for a Shabbos get together. I was working and I got busy and only started making the salads at 3:30 pm when Shabbos was 4:20.

So I said the same Hashem who makes oil burn makes vinegar burn and the same Hashem who gives time can give

me an extra hour now. I don't have to help Hashem give me more time, Hashem is in charge of the time. With that I raced around and

finished in no time at all- I felt like I had major Kveitzas Haderech with the salads. This story doesn't end here! It has an amazing ending to it.

Shabbos morning, I awoke and wanted to visit a nice person who loves visitors and who lives an hour walk each way. I was about to leave the house but it was already 10:10 am and I was worried I would not make it back on time for the Shabbos Seudah. I was deciding what to do back and forth and finally decided I'll walk there, and get there 11:15 and stay for 5 minutes and get home at 12:20. It would be hard to walk two hours with only a five-minute break however I knew how much it meant to this person. As I was leaving, I caught a glimpse of the clock hanging in the dining room and it said 9:15. It was an unreal moment- I suddenly realized Hashem had given me the extra hour that I Davened for the day before.

How could it be that 10:15 turned into 9:15? Hashem is great and can do anything. It turns out that this watch that I was wearing I only use occasionally and had not switched the time a few weeks back on this watch. The same Hashem who makes oil burn makes vinegar burn and can give me an extra hour and can give me anything I ask for. All we have to do is RELY on Hashem! Ein Lanu Al Mi Lehishan Ala Aveinu Shebashamayim!



AHAVAH RABBAH

HeartTsharing:
Sharing our love with others

Dr. C.F. Yakoby PhD LCSW



I took this picture on my walk!

Can you think of twenty uses for water to thank Hashem for?

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

Thank you for all the feedback.

Text your story of how you pumped someone up to 732-523-4824. Texting means you give permission to have your story included in this column. Texting does not guarantee your story will be in the column. Disclaimer: All information is for educational purposes only. For any medical or mental health advice contact a healthcare professional. Thank you to my parents and family for always pumping me up and being there for me! Thank you, Hashem, for showering me with daily love and kindness in millions of ways.

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Rabbi Zevy Golombeck

illuminating Words of Chazal

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

Q. It says in the Chumash that Yitzchok Avinu was afraid that the plishtim would kill his wife Rivka, and therefore, he said that she was his sister. We find the same thing by Avraham Avinu.

We always hear on 'A Life With Bitachon' that we should never be afraid of people. They can't do anything. So what was they afraid of? Why did they need to do the hishtadlus of saying, "It's my sister."

A. The Netziv writes, and R' Yaakov Kamenetzky also brings this down, that there are two ways to serve Hakadosh Baruch Hu. One mehalech is to say, "Hashem, I'm going to leave the world up to You,

You do everything, I'm going to sleep, You don't need me to do any hishtadlus whatsoever." That is one derech in avodas Hashem Yisborach.

The Netziv explains that Shevet Binyamin went with that mehalech; that's why with Mordechai HaTzadik, when everyone said do hishtadlus and bow down to Haman, he said, no, I don't do any hishtadlus, Haman can't get angry at me, he can't do anything to me. That's why with Mordechai's bitachon the whole Klal Yisrael got saved, because Mordechai was from Shevet Binyamin, and Shevet Binyamin went with the derech of no hishtadlus.

On the other hand, the Sandhedrin paskened that it was proper hishtadlus to bow down, so obviously there was another derech of doing hishtadlus.

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So we have to figure out, what's the point of hishtadlus?

R' Yaakov Kamentesky writes in the beginning of Parshas Bechukosai that the whole point of hishtadlus is to place yourself in a makom nisayon, to go through the actions of hishtadlus and still believe that it was all Hashem. You take medicine and feel better, but you say the medicine was just an illusion. You eat food and feel nourished, but you say the food didn't do anything, it was just an illusion. You believe that all your hishtadlus was just an illusion. That's the purpose of hishtadlus, to give you schar by doing all your actions of hishtadlus and saying that it's not me, it's Hashem. This is the second derech in avodas Hashem.

The Michtav M'Elياهو explains that the reason why Hashem wants us to go with derech of doing hishtadlus and still attributing everything to Hashem is because this is a tikkun for the chet of Adam HaRishon. Adam HaRishon, at his level, thought that there was a possibility of him being

Rabbi Zevy Golombeck

illuminating Words of Chazal

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

when he went to battle, he went with weapons and warriors, with all the hishtadlus. At the other extreme, Chizkiyah went to sleep in his bed and said, "Hashem, You fight the war." (Yalkut)

These are two different ways of having bitachon. There's the kind of bitachon where you go to sleep, (which is actually one of the purposes why we go to sleep, to show Hashem I'm not doing anything in this world, You're doing everything, You're watching me, protecting me and the world will go on while I'm sleeping) and then there's the derech of doing all the hishtadlus and believing it was all Hashem.

So the answer to the question is that the Netziv says there are two ways of serving Hashem, there's a way of doing no hishtadlus and there's a way of doing hishtadlus but believing it's all from Hashem anyway. Either way, the point is to connect to Hashem. Some people connect to Hashem by just thinking about emunah and bitachon, and some people connect to Hashem by putting themselves in a makkom nisayon and saying, "It wasn't me, it was Hashem."

Practically speaking, we have to learn out from here that there are two different mehalechim how to serve Hashem, to focus on either bitachon alone or bitachon together with hishtadlus. Everyone should serve Hashem however it makes them into a bigger, better, happier, healthier person. Whichever mehalech brings them more menuchas hanefesh and simchas hachaim and whatever brings them a healthier connection to Hashem. There's no one right derech. Like the Netziv says, there are different derachim in how to serve Hashem and everyone should do whatever works for them.

able to effect the briyah. Therefore, Hashem wants us to go to the opposite extreme by doing actions of hishtadlus but believing it's nothing.

That's why Avraham and Yitzchok did hishtadlus, to create a situation where it seemed like their actions saved them, but to believe despite everything that their actions were meaningless and it was all Hashem. That is the point of hishtadlus. Hishtadlus is to give you an opportunity to believe it's really all Hashem despite the hishtadlus, and thereby give you zechusim.

There were four kings who used different levels of hishtadlus to fight their enemies. David Hamelech,

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Stories From 'A Life With Bitachon'



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#1668- This story was called in by Mrs. Rubin. She said over that one day, she was ready to make supper.



She really wanted fresh salmon. She was going to call her husband and ask him if he could do her a favor and go to the Fishing Line store and pick up fresh salmon for supper. Then she started thinking, "Why do I have to call my husband? I could just call Hakadosh Baruch Hu, the Ribbono Shel Olam; He can do everything and anything. Therefore, if I want fresh salmon, I'll just leave it up to Hashem!"

A couple of minutes later, the phone rang. It was her friend. Mrs. Rubin said, "How are you doing? What's going on?" Her friend said, "Well, right now I'm at the Fishing Line. I'm picking up an order for my family. Do you want me to pick up anything for you?"

Mrs. Rubin said, "Are you serious?" That's

Story Time

Stories From 'A Life With Bitachon'

exactly where I would like to be at this present moment; I need fresh salmon from the Fishing Line!" Her friend said, "Sure! Tell me whatever you want and I'll deliver it to your house, door to door service!"



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#1669- This story has been called in by a very choshuve yid by the name of Shloima Waldman. He said over that one of his children was looking for a teaching job in the beginning of the school year. She wanted to become a kindergarten teacher. Her friends all told her, "It's very late in the game. Whoever has jobs has them, and whoever doesn't, sorry you'll have to look for something else." She told her father what her friends were telling her, and he said, "Let's sit down and let's contemplate and think for a second. Who is in charge of giving you a job? Do you know who?" He said, "I'll tell you who. Your loving, caring father, Hakadosh Baruch Hu, the Ribbono Shel Olam! Do you believe that?" She said, "Yes, of course!" Shloima said, "I know that you believe it, but do you really, really, really believe it?" She replied, "Yes. I really, really, really believe it." Shloima said, "Okay. I see you really, really, really believe it, but do you really, really, really, really, really believe that Hakadosh Baruch Hu can give you a job right away 1,2,3, exactly the job you're looking for?" His daughter said, "Yes! I really, really believe Hakadosh Baruch Hu can give me the most perfect gevaldik job right away, exactly what I'm looking for!"



The next day, the phone rang. It was a school reaching out. They said, "We heard you're looking for a job. We're looking for a kindergarten teacher. Are you willing to come to our school? We know it's very late to ask you, but we heard so

Story Time

Stories From 'A Life With Bitachon'

many good things about you, and we want you to come so badly.” She said, “Of course! It's exactly what I was looking for!” In no time, she got the best job!



#1670- This story was called in by Mrs. Strohli. She said that one day, she really wanted a cleaning lady very badly. The problem was, it wasn't a day that her cleaning lady usually came. Why in the world should her cleaning lady come just because she needed her? She thought, “Maybe she has a cancellation, I'll call her.” She called, and the cleaning lady said, “Sorry, no cancellations today. I'm filled up to capacity today. Nothing doing, I won't be able to come.”

Mrs. Strohli hung up the phone thinking, “One second. The cleaning lady said that she has a full house today. She doesn't have an extra minute for me. But is she in charge? Or is Hakadosh Baruch Hu the Ribbono Shel Olam in charge? I'm just going to go with Emunah and Bitachon, that Hakadosh Baruch Hu is Hakol Yachol, and He'll work it out! How, where, when, why? I don't have to figure out



eitzos! I'll just leave it up to Hashem!”

COMPLAINT CONTROL

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At the end of the day, all of a sudden, the cleaning lady knocked on her door! She says to Mrs. Strohli, “You wanted me to come? Even though I don't usually work now, I usually go home now, I'll stay and do you a favor. I'll give you one hour. After one hour, I go home.” Mrs. Strohli said, “Of course, thank you so much!”

As the cleaning lady was cleaning up, Mrs. Strohli was thinking to herself, “I really need her more than one hour. I really need her to do a couple more things after she finishes the hour. So should I ask her? Let me try.” She asked her cleaning lady if she was able to do the floor, and this and that. She said, “Sorry, sorry! I'm already doing you a favor! One hour and nothing more!” Mrs. Strohli was thinking to herself again, “Who made the cleaning lady come for the first hour? You think she decided? It was Hashem! The same Hashem



will make it that she'll do a full job."

After the hour was over, Mrs. Strohli saw that the cleaning lady kept on working and working until everything was so perfectly gevaldik and amazing! She got the best service, better than ever!



#1671 Mrs. Gross's children were trying to make something in the Betty Crocker. However, when they plugged it in, the light didn't go on, and it wasn't working. She came to try to help out the situation. She tried this way and that way, but to no avail. Everyone in the family was trying to see what they could do. For over two hours they tried to get it working!! Nothing helped.

Then she got the whole family together and she said, "You see, our Betty Crocker is broken. It's not working. We already tried every last thing. But do you know really, we didn't try the most important hishtadlus, more than any other hishtadlus in the while entire world. Who is the One who makes Betty Crockers work? You think it's the plug? You think it's the outlet? You

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think it's the machine? It's our loving caring father Hakadosh Baruch Hu the Ribbono Shel Olam!! Let's all be mechazek and sing together. "Hakol Yachol..."

Then she turned to her family and said, "Okay, now try to plug it in again." They plugged in the Betty Crocker, and this time, it started working!

The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. I try to be mechanech my children to the best of my abilities. I try to transmit the importance of emunah and yiras shamayim. However, when my husband speaks to the children, he conveys the opposite message. He communicates to the children that what I say is not so important. It feels as if all my efforts are being undone by my husband. What is the emunah and bitachon perspective about this?

A. The reason you feel frustrated is because you think that chinuch works with cause and effect; if your children get a strong chinuch, they will come out good, and if they get a poor chinuch they will

come out weaker.

You have to understand that when Hashem assigned to you that task of being mechanech you children, He did not demand of you results. Your obligation of chinuch is to do the actions which are in your control to have a positive effect on your children. However, the way your children will turn out is not determined by the quality of chinuch they got. The impact your chinuch will have on your children is entirely in the control of Hakadosh Baruch Hu.

Understanding this, you'll realize that your husband is not undoing your chinuch. It's only possible to undo an effort when the purpose of the

effort is to achieve results. However, since the mitzva of chinuch is to do the actions of chinuch, it's impossible to undo an action that was already done. Certainly, as far as the result of your children's chinuch, your husband is not affecting them. They will be influenced exactly the way Hashem wants them to be influenced, and your husband can't negatively affect them one iota.

If you want to do a hishtadlus to help your children turn out the best way possible, turn to the One who is really responsible for results.

Say, "Hakadosh Baruch Hu, I know that You are in control of all results, and I'm turning

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The



Bitachon Perspective

Continued to You to make my children turn out to be ehrilche yidden and yirei shamayim."

Hashem will say, "Because you are turning to me, and you understand that I am the One in charge of results, I will show you how I am in charge of how your children will be affected. In this z'chus, you will see tremendous yiddishe nachas from all your children."

Q. Recently I was having a discussion with my married daughter regarding a certain issue she is going through.

During the course of the

conversation my daughter told me, "All my anxiety and other emotional issues are all because of you", and she went on a diatribe blaming me for all her issues. And after hearing a mouthful from my daughter, I feel like I utterly failed in my role as a parent.

A. The reason you feel so guilty and upset is because you think that you're in control over results, and if your child has an issue, it's because of you.

You have to internalize, there's no such thing as a human being affecting another human being. All results are

from Hashem. Whatever happened to your child is exactly what Hakadosh Baruch Hu wanted for your child.

If there is something that you should be doing differently for the future, that's not a reason to feel bad. We're human beings. Hashem made humans intrinsically imperfect. If your daughter has good advice to offer, you would be happy to hear and learn what you could do in the future. That's why we are in this world – to learn and grow!

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Our Readers Share



Editor's Note: Some of these stories are from Iyur-Sivan!

Mi K'amcha Yisrael & Hashgacha Pratis



I was checking out of the All Fresh Grocery located in Monsey, New York, and I went to the shortest line which was by the first register. There was a lady at the front of the line who was finishing to ring up her order.

Once the cashier finished and tallied the bill, she looked briefly to see if she had money to pay. She didn't.

So she turned to the next person waiting in line asking if he could please pay for her groceries.

He asked how much it was. She said about \$60. He said that he would be able to contribute \$20.

So she then turned to the next person who had just arrived in the line. He smiled

and warmly answered "Of course!" He did not even ask how much the bill was!

Once outside, someone gave her money for the taxi! Mi K'Amcha Yisrael!

To highlight the Hashgacha Pratis involved, the second person arrived right after the first person offered to pay \$20. And right after he swiped his credit card to pay his share of \$40, he looked at his purchases and realized that he took the wrong kind of meat and went to the back of the store to replace it! Hashem orchestrated that he should come at the per-

fect time, with the perfect attitude to help this lady, even though it was not yet the perfect time for him to check out!

A Reader - Chestnut Ridge, New York

EVERY MINUTE IS PERFECTLY PLANNED



I wanted to finish something at 12:45 on the dot. Hashem made it that what I was doing ended exactly at 12:45! Thank you Hashem!

A Reader

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.

HASHEM IS IN CHARGE!



I needed to go a government office to pick up

something, and I was told that it closes at 3. I left with just enough time to make it there with a few minutes to spare.

As I was driving, traffic built up, and I saw that I would get there late.

I thought to myself, "Everyone who follows 'A Life with Bitachon', and reads the Spring Hill Times, knows that it's Hashem who does everything and anything."

So I said to Hashem, "You are in charge of when they close, not them! So I'm just going anyway!"

I got there, and the lady had told me the wrong times! The office was open for another half hour!

Then, I left something in the car, so I had to go back out. It was raining and very cold outside. When I came back with what I needed, holding my baby, the lady met me at the door and opened it for me! She handed me what I needed at the door without me having to even walk a step further! Hashem gave me amazing service! Thank You, Hashem!

A Reader

HASHEM LOVES EVERY YID MORE THAN WE CAN IMAGINE!



There was a leak in

my ceiling and the contractor was supposed to come and fix it. He said he would come between 12 and 1, but I had to put my baby to sleep then. I said, "Hashem, who is in charge of when they come? YOU! So I will have Bitachon that they come later, at 3." When did they come?? You guessed it! At around 3! Thank you Hashem! Then I had Bitachon that they would leave at a certain time, because my baby needed another nap. Guess what?? They left at the time I needed! Hashem loves me!

A Reader - Monsey, New York

Nisayon Strengthens Emunah and Bitachon



I saw a mouse on Shavuot night, and I watched it run from the bathroom to the bedroom. This incident pushed me to strengthen myself in bitachon. I kept saying "Ein Od Milvado' and 'Hakol Yachol' and that Hashem is the One Who keeps these creatures out of our house and outside our whole apartment building. Every time I walked into the bathroom and bedroom I kept chazering, "I'm walking in with Hashem, and Hashem is going to make sure that the creatures are out of my apartment." Baruch Hashem, for two days we didn't see any-

thing.

One night, out of the corner of my eye, I saw something moving from the bathroom and again to the bedroom; the same exact route. At first, I felt very down that my bitachon wasn't working. Then, I first remembered to thank Hashem that I wasn't in the bathroom when it came out, and second, I told my husband to look for the mouse and he looked and saw it. I told him to catch it, but it was already gone by then. We took out stuff from the room, and a few seconds later, the mouse went right back to its original route to the bathroom. My husband went to find it, but again it disappeared. We noticed that there was a hole right near the toilet by a pipe so it looked that was where the mouse had gone in and out of. Hashgacha pratis was that the mouse went right back to the bathroom which meant it went into the hole and my husband was able to close up the hole knowing it was out of our house.

I can't stop thanking Hashem for His amazing chessed, and I saw that the bitachon worked, just not right away. First, it was a letdown that the mouse was there, but then we saw a yeshua that yes, Hashem loves every ounce of Emunah and Bitachon and He took care of the mouse

clearly before our eyes to let us know that He is with us all the time!

A Reader

No Mistake!



My grandfather was not doing so well and he was having a surgery one day.

For bentching with my school, the bentching teacher allows a girl to dedicate bentching as a zechus, liluy nishmas or for a refuah sheleima, if she keeps a kabbalah for a week. I decided that I wanted to do it on the day of my grandfather's surgery, so I asked the bentching teacher if she could read it on Tuesday.

The bentching teacher said my grandfather's name, but she thought that the "Sheleima" from "Refuah Sheleima" was the name "Shlomo," so she said the wrong name.

I went over to her afterwards, and she said she would do it again the next day. When I came home, I found out that the surgery was pushed off a day, and I was able to have it done on the right day and the exact time my grandfather was in surgery. Baruch Hashem the surgery was successful!

A Reader

Cooking with Bitachon



I was cooking on erev shabbos, and the knobs weren't working to make the flame lower. I was worried the food would get burned. I told Hashem, "I'll publicize this story with the Spring Hill Times if it goes lower," and Baruch Hashem it did! I also had a hard time lighting a flame and I even tried lighting it with a match. I said I would publicize it if it worked, and after a few times it lit with a match. Then by mistake while I was trying to lower the flame, I turned it off. I tried again, it was sparking but it wasn't lighting, and I said I would publicize it, and Baruch Hashem it lit!

A Reader

Thank You, Hashem!



To the Amazing Spring Hill Times,

I have a couple of amazing thoughts that I would like to share, maybe it will help other people.

1. One evening I was very upset at something. It really bothered me. When I woke up in the morning, I felt much better. I still thought about it but it didn't disturb me that much. I realized: Thank You Hashem for the gift of sleep! I never realized that we become not only physically

rested but also mentally and emotionally. I get back my kochos. My feelings get sorted out and rested. Wow! Thank You, Hashem!

2. One Shabbos, I was drained. I had a hard week, something really bothered me. The whole night Seuda I was upset and did not sit happily at the table as usual. Maybe I was even grumpy through the Seuda and I went to bed at my first opportunity.

In the morning, I was looking for a way to make myself happy. I wasn't in the mood of serving, cleaning and kids fighting. I was waiting for something/someone to make me happy, but then I realized that I might have to be the one, Im Ein Ani Li Mi Li? But I still couldn't find that push I was waiting for till I thought, imagine somebody would offer me \$10,000 for every minute that I am happy by the Shabbos Seuda! Would I accept the offer? Hashem wants me to be happy, especially by the Shabbos Seuda surrounded by my husband and kids. That thought helped me push myself. It was hard but I did it!

I was sure that Hashem was happy to see the Simcha by our Shabbos table!

I am sure my husband and kids were happy to have a calm, nice Seuda, and who

benefited the most? Me, myself!

I was able to enjoy the Seuda and the rest of Shabbos. I was not enslaved to my emotions. A Yid is higher than that.

I am sure Hashem put away lots of money (Schar) for me for what I did today! Maybe this thought can help others in a Nisayon.

BUT how did I think to thank Hashem for sleep and to try to be happy? Because I started reading the Spring Hill Times!

It opens my heart and mind to see Hashem, to thank Him, to be a happy Yid, to see the good, to know that Hashem wants me to enjoy Shabbos, to enjoy the Seuda and to enjoy my family! Hashem loves me/us!

All this insight I got from the SPRING HILL TIMES! I am a dif-

ferent Yid! I am so LUCKY!

THANK YOU HASHEM! THANK YOU SPRING HILL TIMES!

A Reader- Monsey, New York



Dear Editor. First of all I would like to thank you and everyone that involved in making this a most beautiful paper. Hashem should give all of you the strength to keep up on your avodas hakodesh.

I would like to tell you an amazing story of Hashgacha. Recently, I joined a Kollel and I noticed that there wasn't a paper and pen Gemach. So I decided to donate one. I went over to a few people and told them that they should spread the word that there is a paper and pen gemach. One of the people that I told mentioned that he happens to have a lot of plain white copy paper.

Two days later, I needed a tremendous amount of legal sized paper, which is very costly.

As I started heading toward a local store, I suddenly remembered what that person offered with the copy paper. I called him and asked him if he has any legal sized paper. Yes, he responded: I have fifteen thousand pieces. Take how much you want for free.

At that point I realized that it was all because of the Gemach that I was able to obtain all that paper. This serves to teach us that when we do a good deed it's accounted for, and sometimes we can see it openly.

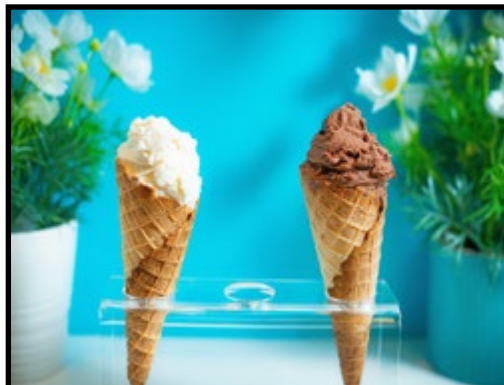
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Hashem Loves You!

R' Duvi Bensoussan shared that when he was in Yeshiva, there was a Bachur named Refael who was very nervous about germs, to the extent that it was hard for him to maintain a normal learning schedule. R' Duvi decided to learn with him as a Chesed.



Once, after learning, R' Duvi went back to the dormitory and saw many Hatzala ambulances and paramedics racing to Rafael's room. They rushed him to the Emergency Room. Rafael told them that he was having very blurred vision and everything appeared super blurry to his eyes. Rafael feared the worst, and began self-diagnosing his condition with very dark colors (This was before they had the Spring

Hill Times Urgent Care column...) The hospital began a series of tests and scans to figure out the cause of his symptoms.

The next day, the Yeshiva payphone rings, and a man asks for Refael, saying it's urgent. When they told him that Rafael was not available, he insisted that it's an emergency. R' Duvi took the call and told the caller that Rafael was in the hospital. The caller, named Avi*, told R' Duvi to come to his eyewear shop immediately. R' Duvi went and Avi handed him a pair of glasses. "These are Rafael's glasses", explained Avi, "and he took the wrong ones when he left my shop just two days ago."

R' Duvi raced to the hospital and found Rafael all worried, discussing his condition with a team of doctors and specialists. R' Duvi handed Rafael his glasses, because "you mistakenly took the wrong pair".

Rafael took off the wrong pair that he was wearing until now and put on his real glasses, and within a few minutes, his eyesight was clear as day! Everyone thanked Hashem that they discovered the true diagnosis Rafael's blurry vision.

This true story demonstrates that when things appear like everything is going wrong and the vibrant colors of life are all blurred, we can simply remove the 'wrong pair of glasses' that we have been wearing and put on real glasses. Our perspective and outlook are the lens and the glasses with which we view and interpret everything that happens

Hashem is taking watching and caring for us every moment!

This is the true lens, the real glasses!

Hashem loves us!

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