

# The Spring Hill Times

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

Issue 136

Teruma

Adar 1 5784

This week's issue is 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!

## MIRACULOUS RECOVERY

PAGE 6

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**YOU ARE SO WONDERFUL TO US, HASHEM!  
WE LOVE YOU, HASHEM!**

### Emunah and Bitachon News

**AHAVA RABBA  
PAGE 50**

#### BREAKING WONDERFUL NEWS FROM ERETZ YISRAEL!

#### HASHEM HAS FREED ANOTHER TWO HOSTAGES!

Israeli forces in a raid rescued two Yidden! One sixty years old and one seventy years old!

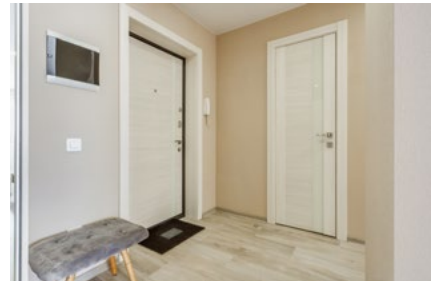


*Thank You, Hashem! We love You, Hashem!*

#### DOUBLE RESCUE

A Yid from Eretz Yisrael related:

It was four a.m. The late sleepers had already fallen asleep, and those who rise for vasikin hadn't yet woken up. Everyone was sleeping, and I woke up to the sounds of knocking on the door, knocking and knocking without letup. It seemed someone needed me desperately. This was not a normal time for a neighborly visit, so I realized it must be pikuach nefesh and I must get up.



When I went out of the room, I saw a light on in the kitchen. What was happening there?

First, I went into Continued on page 3

**NOBODY HAS EVER DEFEATED KLAL YISRAEL!  
AND NOBODY WILL EVER DEFEAT  
KLAL YISRAEL!**

**We Are Safe and Secure in  
HASHEM'S MIGHTY ARMS!**

**OLAM HABA ESTATES**  
*The Place We Call Home*

**Serve Hashem with Love!**

# Spreading Hashem's Goodness all Around the World!

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Hashem

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

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לעילוי נשמות:

ישעיה בן משה יחיאל מיכאל זיידא, חוה רבקה בת שלמה זלמן, לבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש. דוד זאב בן משה מנחם, אייטל בת שלום אריה, נפתלי בן יעקב. יעקב לבי בן יוסף. דוד יעקב בן משה אליהו. חי חנה בת בנימין. ליבות הנחור משה דוב בער בן אסתר. לזווג הגון בקרוב.

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





**Continued from front page** the kitchen and saw my one-and-a-half-year old Shimale was standing on the counter,



ment for him, and he apologized. "We had heavy traffic on the way from Bnei Brak to Yerushalayim, and instead of the drive taking an hour, it took two hours. I wouldn't



a kettle of hot water in his hand, trying to pour water from the kettle into his bottle! The kettle is heavy, the bottle light; Shimmy was almost losing his balance, and in another second he was liable to end up with a severe burn from boiling-hot water!

The minute I saw this, I caught him, saving him from a fall and a burn, and perhaps also saving myself from a court order due to parental negligence. This Shimma'le of mine – he should be well and use all his strengths and great creativity to serve Hashem yisbarach. It seems I'm raising one of the great kochos, who will light up the world in coming years. He was saved by a miracle.

That whole process took mere seconds, and then I went to the front hallway to solve the mystery of the knocks on the door. I opened the door of my home, and before my eyes stood an entire family, wearing Shabbos clothing, looking tired and be-dragged.

"We rented the apartment upstairs for two weeks," the father said. "The door locks with a combination. I wrote the code on a piece of paper and put it into the pocket of my everyday suit. The problem is that we just got back from a wedding and I'm wearing a Shabbos suit. The code is inside the house, and I have no idea how to get in. You have the code. Can you possibly give it to me?"

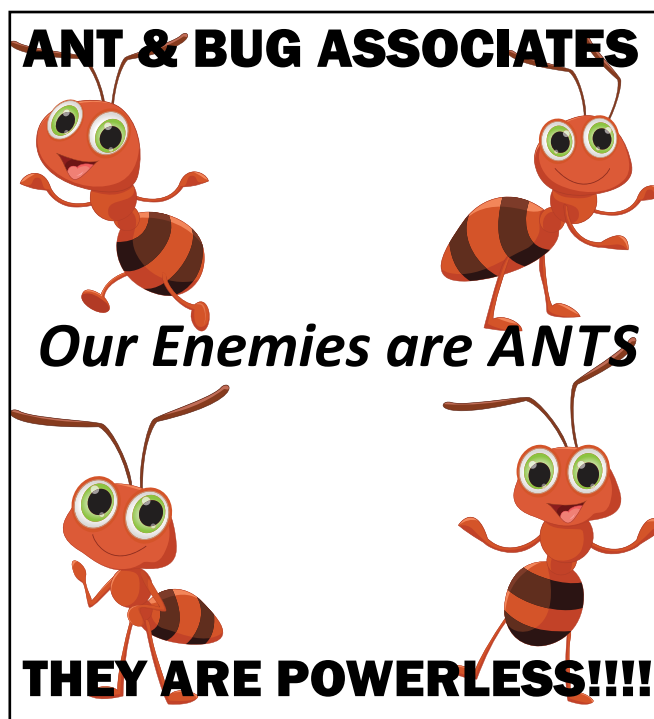
I readily gave him the code, which would open the apart-

wake you up now, but I saw the light was on and heard someone schlepping a chair, and so I realized someone was awake anyway and would open the door." "May you be blessed from Above!"

I told him. "You were a Divine messenger to save my son!" I was so amazed by the incredible hashgachah pratis; how Hakadosh Baruch Hu arranged that they would arrive exactly when my son was in danger and wake me up, and that this family would be able to get into their rented apartment to get some sleep. Wondrous are the ways of Hashem!

[Kav Hashgacha Pratis]

**THE TRUE DOCTOR**



We were a young couple, barely out of yeshivah and seminary, and we were new parents to a sweet baby. Something about her behavior didn't seem right to us, and we took her to the doctor. The doctor examined her and he announced, "You must go to the hospital immediately! She needs emergency surgery. You don't have to take an ambulance, but it's urgent that you get there ASAP!"

We walked out of the doctor's office shell-shocked. We had never imagined that this is what we would hear. Not long before that, we'd been holding on to our parents' apron strings! We called them up immediately. My parents were away on a long trip, and they didn't have their cell phones with them. My wife's parents were not available at the time to answer our call, and we understood that there was no one else who could take responsibility for the decision. We were the parents, and now the responsibility was ours alone. What to do?

I remembered that there was a family with a similar story, who had taken a private doctor, but the surgery was not so successful. My wife called her aunt, who told her that it was very important to take care of the problem, lest such and such occur, and we should hurry up. Which hospital? Perhaps it was really critical to take a private doctor? There was no one to answer our questions, and at that point I told my wife, "I decided to take a private Doctor – the best and

biggest Doctor there is: the Ribbono shel Olam. He will be our daughter's Doctor." I reminded her of the Nefesh Hachaim's segulah, concentrating fully on the words "ein od milvado."

We took a sefer Tehillim, and we prepared to go. We went home, packed a few items, and went downstairs to the main road. There an avreich from the neighborhood called out to me from his car, "Do you need to get to Yerushalayim?" This was special hashgachah pratis. Never before had he offered me anything like this, and here he was offering something I had not even asked for.

He took us to the hospital, and there the emergency room experience began. We waited for about three hours, and I saw that it was almost shekiah. I went out to a nearby shul to daven Minchah, and my wife, seeing that the baby was asleep, stood up to daven as well.

One cannot compare a Minchah uttered when life is peaceful to one uttered in times of difficulty. She davened from the depths of her heart, slowly and patiently, before the great Doctor on High, and it was just then that the nurse finally called our family name; the doctor had arrived. My wife heard the nurse calling her, but she said to herself, We decided that we're taking a private Doctor. I'm talking to him now; it makes no sense for me to stop a discussion with the big Doctor in order to speak to a flesh-and-blood doctor. She continued her tefillah without hurrying, and when she finished, she asked the nurse what was happening.



"The doctor was here. We called you and you didn't come. Wait now until he comes by again." We waited. Three more hours passed, and finally, the doctor arrived.

He looked at the girl, examined her, and said, "She really needs surgery, but now it's already late. Come tomorrow."

"But they told us it was urgent."

"If it's so urgent, how is it that you didn't come over to the nurse the minute she called you? I came especially for you, and you didn't come. Because of this, you'll have to wait till tomorrow."

He had decided to teach us a lesson, and I saw this as a nisayon to see whether we would regret having davened Minchah slowly.

We stayed at our parents' home in Yerushalayim overnight, and in the morning we ordered a taxi to take us to the

hospital.

Ordinarily the taxis arrive quickly, but this time there was a serious delay. We waited and waited until it finally arrived, and we went to the hospital.

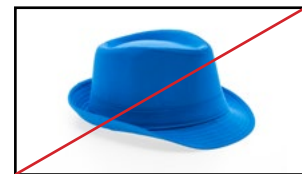
This time we were greeted by a friendly doctor who was wearing a kippah. He checked the baby, and he cried out in surprise. "Listen – the problem has been resolved. You can see how most of what needs to come out already came out on its

own. Let's wait a bit more and see that everything that's left comes out as well. I don't think you need surgery." In the meantime, we were called in to the operating room

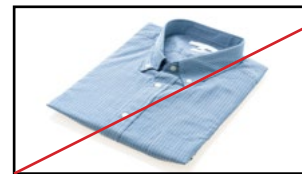


**WHEN YOU SEE ANOTHER YID:**

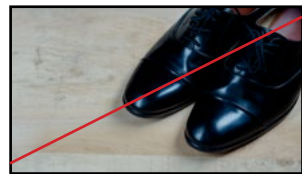
Ignore his type of hat



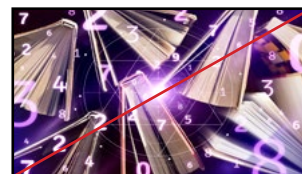
Ignore the color of his shirt



Ignore the style of his shoes



Ignore his level of intelligence



Don't accuse! Don't judge! Don't convict!





to prepare the baby. I told the nurse, "The doctor said we don't need surgery," but they responded, "It says here that she needs surgery."

I ran to call the doctor, and he came in at the last moment, reexamined her, and said, "We don't need surgery. Your baby is healthy. Go home."

It was clear as daylight: All the setbacks were meant to bring us to the point when the doctor would say that everything was okay. Throughout all this time that we had to wait, our daughter was being treated by the greatest private Doctor. Hakadosh Baruch Hu healed her without any surgery. [Kav Hashgacha Pratis]

**YOU ONLY GAIN FROM DOING WJAT'S RIGHT!**

Rav Eli Yelen related:

A member of the comminty told me he had to take off from work. He already used his vacation days.

He though to himself: *I could give in my hours and count the four hours I need to take off. And I would make up those hours a different time.*

He realized this was not the pure truth, so he said to himself, "Hash-em has other ways of providing me.

I'm going to be totally honest."

This was at end of December.

After January first, when he received his new year's allotment for vacation days – he saw that he received forty more hours (Ten times more than what he "lost"!!!



**My grandfather of Boro Park, Brooklyn NY was niftar a few weeks ago. My cousin and his sons once interviewed him. Here is amazing story that he said happened to him.**

Right after World War II, before Succos, my late grandfather a"h, R' Shloima Yechiel Michel Steinmetz of Boro Park, who was a teenager at the time, was in Prague, and there were no esrogim to be found.

There was a 'World's Fair' - with booths from countries around the world showing unique items of their respective countries. He went with his brother Kivi, as they were curious to see it.



When they came to the pavilion of the Albania (a country in tropical climate, situated next to Greece and Italy), they saw several esrogim! Of course, they were beautiful esrogim - the ones that had been chosen to represent the country!

(And I guess they were most likely not grafted, since they grow wild in tropical climates. This is the reason that Teimani esrogim have a certain yichus.)

So, they asked the fellow if they can buy one. He said 'sorry, they are not for sale; we need them to show!' They offered a nice price, but nothing doing! Then someone realized that the last day of the fair was on Erev Succos! They came early in the morning, before it opened, while it was still dark outside, to make sure they would not miss him, and when it opened, they asked the fellow if they could buy one then. He said 'you can take them - we don't need them anymore, we are returning home!'

They took them back their father, R' Asher Zelig 'Opapa'. One of the esrogim he gave to the rav of Prague, Rav Rappaport, one, to another person, and one he kept!

What hashgacha!

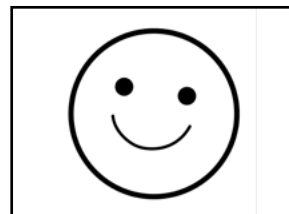


**WHEN YOU SEE ANOTHER YID:**

Remember that he is part of your family!



Notice his smile!



**SEE BEYOND THE SURFACE!**

See his holy Chelek Elokaï m'ma'al- his glowing Neshama!



Accept him and love him to pieces!





**ONE FAMILY**

*My son (a Kollel youngerman living in Lakewood, N.J.) was in upstate N.Y. for his wife's family's Shabbos Chanukah get-together.*

*Late Thursday night my son and his cousin stopped to help a frum man stuck with a flat tire on the side of a dark rural road. A police officer stopped as well.*

*After my son and his cousin spent about 45 minutes helping fix the stranger's car they introduced themselves to the stranger and wished him well.*

*The police officer's jaw dropped and incredulously asked, "You didn't know each other?!?!?!"*

Rabbi Shraga Freedman - Living Kiddush Hashem Foundation



**MIRACULOUS RECOVERY**

*A reader shares:*

*My 4 year old niece was standing on a tall chair in playgroup learning forward, when without warning, another child pulled out the chair from under her. She fell off the chair hitting her head on the concrete floor. She wasn't responsive.*

*She was taken to Jersey Shore Medical Center and tests showed that she crushed her eye and the bone under it. Her eye was in danger.*

*They took her to CHOP for urgent surgery and for an implant. The doctors said that her eye would probably never be the same.*

*While this was happening, someone wronged me. I was really upset. But I decided to swallow my pain and told Hashem in the merit that I keep quiet and accept the embarrassment and fully forgive her, Hashem should please make a miracle and heal her and that she should not need the surgery...*

*She was already in the operating room under anesthesia.. as soon as they were about to start, the doctor noticed her eye moving. They re-read the x ray tests and found no fracture! They decided she didn't need the implant and the surgery. The doctor came out and said that no surgery was needed. She then woke up for the first time in 14 hours! They were fully discharged a couple hours later! Baruch Hashem she is now talking and walking and fully okay. All she has is a bruise under her eye!*

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By R' Yisrael Meir Ehrenpreis

# WEEKLY NEWS ROUNDUP

Money was very tight and he was struggling to figure out how to pay rent on the first of the month.

The day before the rent was due, his brother called him up and said, "You know, my business is doing well. I want to give you money for rent." So far, this has happened

for the past 3 months!



He had no idea how he was going to pay rent. But it all worked out! One month, his brother even gave him more!

(Rabbi Zevy Golombeck)

### Bitachon Handyman



R'

Chaim Gross\* just bought a new bike

lock. He set up a combination number and he locked the bike. Later on, when he was trying to open it, he realized that he had forgotten the combination that he had just set, and he didn't know what to do. He was fiddling and playing with it, but it wasn't opening.

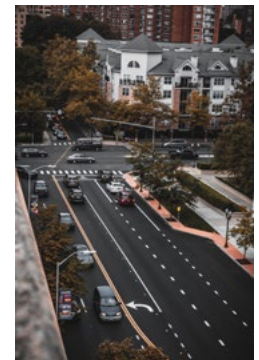
R' Chaim's wife made a suggestion: "I will sing Hakol Yachol." He tried a code, but it still didn't work. So his wife said, "Oh, I probably need more Bitachon!"

She started singing again 'Hakol Yachol,' and halfway through, the bike lock opened up!!

(Rabbi Zevy Golombeck)

### Hashem Sends Friend

Mrs. Rosen\* was feeling down and really wanted a particular friend, who always gives her chizuk, to come and schmooze with her. It was Shabbos, and her friend normally didn't come by on Shabbos to visit her. Mrs. Rosen didn't have the strength to go over to her friend; she was at a loss of what to do.



Then she realized, "One second. Hashem is in charge. Hashem could put in her mind that she'll want to come to me!"

A few minutes later, her daughter came running over and said, "Mommy! I just looked out the window; your friend is coming!"

Just like that, out of the blue, her friend came to visit her!

(Rabbi Zevy Golombeck)

### Klal Yisrael is Amazing!

R' Green\* was traveling with his son on a bus. His son got very, very thirsty, and he badly needed a drink. R' Green didn't have any water with him. He asked Hashem, "What should I do? I have my son here, and he needs water; we're

### What a Nation!

The Rothman's\* were marrying off their daughter, and they didn't have a penny to their name. They had no idea how they were going to make a chasunah. An organization in the city where they live called them up and said, "We heard that your daughter became a



kallah, and you're making a chasunah. Someone just called us up and said that they want to sponsor a chasunah. Would you like to be part of this?" They said, "Are you serious? This is surreal!" Just like that, the whole chasunah was paid for!

Hashem is running an amazing world!

(Rabbi Zevy Golombeck)

### A Nation of Chesed!

Mrs. Adler\* was feeling under the weather with a virus, leaving her feeling weak. She needed good delicious chicken soup.

She found out that there is a Yid in her neighborhood who has a chicken soup gemach! He makes chicken soup, and he gives it out to whoever needs it! Klal Yisrael is amazing! (Rabbi Zevy Golombeck)

### Rent is Paid!

R' Chezky Weiner\* is Rebbe in a Yeshiva.



going to be on the bus for a very long trip."

A few minutes later, a Yid came over to him and said, "I have a couple of extra bottles of water. Would you like any?"

Just like that, one Yid shared a water bottle with another Yid.

(R' Zevy



Golombeck)

**Anti-semitism on the Decline**



Ushi Sofer\* was flying overseas back to his Yeshiva. He arrived at the airport 45 minutes before his flight, and found a very long line. It seemed like he was going to miss his flight. But then, the non-Jew who was in charge came over to him and said, "Come right here. Come to the front of the line." He brought him straight to the front of the line. They took him in on the flight one, two, three!

The Chesed Hashem on his journey didn't stop there.

He hadn't arranged a ride to his Yeshiva when he was going to land. While he was on the plane, a Yid came over to him and asked him where he was going. He told him he is a bachur going to Yeshiva, and the Yid said, "You can come with me. I'll give you a free ride to Yeshiva!"

(R' Zevy Golombeck)

**Janitor Sees Miracle**

Yeshiva Toras Chesed has a sprinkler system. Whenever something is smoking, it spritzes water from all directions. It puts out the fire right away.

There was a fan that a bachur left on for a little too long and it overheated. It made lots of smoke, triggering the sprinkler system and caused everything in the Yeshiva to get wet.

They called the janitor to clean up the mess. The janitor said, "I see your G-d was watching you and protecting you." He was cleaning the Otzar Sefarim and he saw that the sprinkler in the Otzar Haseforim

did not work! If it would have, it would have drenched all the sefarim! It actually did spritz but it went straight to the floor and not to any sefarim!"



Usually the sprinkler is supposed to spray on all the sides. The janitor saw that it was a nes! Instead of all the sefarim getting drenched, there was just a little puddle on the floor.

Every other sprinkler spritzed from all directions and everything got wet! Hashem protected the sefarim and the tefillin! Nissim geluyim!

(R' Zevy Golombeck)

**Like Avraham Avinu!**

Baruch Keriger learns in Mesivta and they had an off-Shabbos. He and another nine bochurim made arrangements to go upstate.



On Thursday, the plans fell through. The person who was going to host them realized that family was coming and he didn't have any room for the 10 bochurim.

They said, "Okay. Let's go anyway! We'll have Bitachon, and Hashem will work it out. We'll have Bitachon, and someone is going to invite us for Shabbos!"

They went Thursday night, and they had no place to go, so they slept at a hotel on Thursday night.

Friday morning, they went to the mikvah, and a Chassidish man asked them if they had any place for Shabbos. When they said no, he said, "Come to my house!"

Klal Yisrael is amazing!

(R' Zevy Golombeck)

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**TIME FOR REVIEW**



Hear the forecast of Hashem's weather for Monsey, Lakewood, Brooklyn Yerushalayim and London! Option 3 from Main Menu.

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- 1: Daily News Update
- 3: Weather
- 7: A taste of the Spring Hill Times
- 8: Archives
- 9: Leave a Message

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**What a Beautiful Nation**

The Living Kiddush Hashem Foundation reported that there was a Yid in the Target parking lot in Howell, New Jersey, and an African American woman approached him. She wanted to know if there was an option to convert to Judaism.

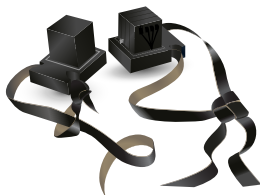


He told her there is an option, but that it's hard as there are lots of rules. She then explained that she works with Jewish people, and she's so amazed how the children behave so respectfully to their parents. Seeing that made her feel that this is the religion that she wants to be part of.

*"V'halchu goyim l'orech umelachim l'noga zarchech"*

**Klal Yisrael Coming Back Home to Hashem**

According to reports coming out of Eretz Yisroel, there was a religious commander in the Israeli army who one day was fighting all day and did not have time to put



on tefillin. It bothered him terribly.

The soldiers under him saw how much it bothered him, and the next morning, all the soldiers, including the not yet religious soldiers, lined up to put on tefillin!

*"V'shavta ad Hashem Elokecha"*

**Hamas is the Best Kiruv Organization**

For many years, Mrs. Fried has been trying to be mekareiv an old classmate of hers who had gone "off the derech." She always bought her different presents. This year she decided to buy her neiros for Shabbos.



When she gave it to her, the woman said, "How did you know? Ever since the attack on Simchas Torah, I was mekabel to light neiros for Shabbos!"

*"V'ameich Kulam Tzadikim"*

**Anti-semitism is on the Decline**

Reb Dovid's driveway was full of snow and ice. His non Jewish neighbor, on his own, went, shoveled the driveway and spread salt



over it.

In other news, Mrs. Berger was shopping in a non-Jewish store in Patterson, New Jersey. When she finished shopping, she was leaving the store with a loaded wagon. When she got to the door, a non-Jew ran to open the door for her.



*"Ki Ani Hashem Elokecha, Machzik Yiminecha"*

**Hashem is the Kol Yachol**

Harav Eli Yelen reported that there was a yungerman traveling with his family on the highway. The salt from the road was accumulating on the windshield, and his washer fluid spritzer was not working. It was frozen.



He told his wife that he's going to have to pull over to the shoulder because he cannot see the road.

He decided that he's going to try one more time, after they say that Hash-

em is the Kol Yachol. They said, "Hashem is the Kol Yachol!" He pressed the spritzer and it cleaned the entire window.

He later tried the spritzer again and it did not work. It was frozen!

**"Yishlach Devaro V'yamseim"**

### Yeshiva Bachur Trusts in Hashem

An 11th-grade bachur from Yeshiva Bais Binyomin in Monsey, New York, was walking into the yeshiva building. The door was locked with a combination. He tried the combination, but it was not working. He tried a few times, but to no avail. Then he said to himself, "The lock is not in charge, the combination is not in charge. Hashem is the one in charge!" Then he tried it, and it worked!



*In other news,*

### Family Turns to Hashem

The Rabinowitz family were trying to make a smoothie, but the machine was not working. They tried again and again, but to no avail. So the entire

family started singing together, "Hakol Yachol," and the machine started working!



*In other news,*

### Bitachan Finds Shoes

The Gold family was about to leave to a Simcha. One of their children could not find their shoes. They searched all around, but they could not find it. Mrs. Gold decided she's going to have to go to the store to buy him new shoes.



Then she said, "One minute, let's bring Hashem into the picture." She said, "Hashem, you know where the shoes are. I'm going to rely on you that we're going to find the shoes." She then searched once more, and there she found it, under a bed!

*In other news,*

### Boy from Eretz Yisroel Trusts in Hashem

Ephraim, a boy in Eretz Yisroel, was

time I'm going with Bitachon that I'm going to win." And he won!

**"Baruch Hagever Asher Yivtach Ba-Hashem**

### Woman Goes Shopping With Bitachon

Mrs. Katz needed to go shopping, but she did not have a penny to her name. She said "I'm going to do my job; I'm going to go through the motions, and I'm going to fill my shopping cart with what I need to buy, and Hashem will pay the bill. I have no idea how, but He will take care of it."



She went to the store and she started shopping. She saw there her mother. Her mother lives at the other side of the city, and she never shops in this store. She never saw her there before. Her mother was so happy to see her, and she offered to pay the bill!

**"Baruch Hagever Asher Yivtach B'Hashem"**

### The Baba Sali says Thank You

Motzei Shabbos Parshas Vaira was the yahrzeit of the Baba Sali. A yid from Elad made a suedos hilula and made a siyum on a masechta liuli nishmas the Baba Sali. The Baba Sali's great-grandchild came to the suedos hilula.



*Photo credits: Sruli Yelen*

Three days later, the great-grandchild of the Baba Sali told the one who made the siyum that the Baba Sali came to him in a dream and said that

**Enjoy Your Gifts!**  
**Eat the lunch that Hashem packed up for you with love and care.**

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

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



davening to win the raffle that his Rebbi was making. He davened and davened, but he lost. He then heard in "A Life with Bitachon" in section four, that Bitachon is a stronger power than te-filla. The next time his Rebbi made a raffle, he said, "This



he had a tremendous nachas ruach from the suedos hilula and the siyum masechta.

**"V'Bishalechecha Tancha Os-uch B'shuchbecha Tishmor Alecha V'hakitzoisa Hi Tisechecha"**

.....

### Hashem Sends Challos

Mrs. Hirsch was hosting a sheva brachos. She had been planning to make the challos, but she did not have the strength to do it. She did not know what to do.



Suddenly, she got a phone call from a woman who said she is part of an organization that does hafrashos chal-lah. She offered her to make challos for the sheva brachos!

### Thank You, Hashem!

.....

### Parnassah Comes From Hashem

R' Yisroel, a yungerman from Yerushalayim, used to get support from his father-in-law, who gave him money every month.



Six months ago, his father-in-law's business wasn't doing well, and his father-in-law told him that he won't be able to continue the support. Ever since then, R' Yisroel started saying Parshas Haman ever day, and every month somehow money comes to him from all different ways! He clearly sees how parnassah is from Hashem. Just like the mahn came from Hashem, money comes from Hashem!

**"Nosein Lechem L'chol Basar Ki L'ol-am Chasdo"**

.....

### Yidden Love Each Other



R' Eli lent his friend \$50,000 to help him with his down payment. His friend was struggling to pay back the loan, and R' Eli was mochel the \$50,000!

**Mi K'amcha Yisrael!**

.....

### Chosson has Dream Chasuna

It was the day of Ari's

wedding, and he started feeling nervous, so he took a pen and paper and started writing down all the things that Hashem does for him. He thanked Hashem for everything. He felt so loved and cared for by Hashem. He came to the chasuna feeling calm, relaxed and amazing. He said that it was a dream chasuna!



**"V'ani Kirvas Elokim Li Tov"**

.....

### Hashem is Running a Perfect World

Mrs. Rosengarten from Kiryat Sefer has a playgroup. One of the children in the playgroup was scheduled to leave



at the end of Chodesh Shvat. Another child was going to come in to take over the slot, but the new child was supposed to arrive in the middle of Chodesh Shvat, on Sunday.

She was discussing with her husband what to do for the two weeks that they were going to overlap. Should she have an extra child in her playgroup, or should she ask the mother of the child who was leaving if she can take the child out two weeks earlier?



Two minutes after she was discussing this with her husband, she got a phone call from the mother of the child who was leaving. The mother asked if she would mind if she takes out her child

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- LIVE WITH NO ANXIETY
- WHEREVER YOU GO

**Security for:**

- Schools**
- Yeshivos**
- Shuls**
- Families**
- couples**
- Kids**
- Adults**
- and anyone else**



from this coming Sunday!

### ***"Mashgiach Min - Hachalonos, Meitzitz Min - Hacharakim"***

#### **Yeshiva Bachur Davens to Hashem**

Baruch, a bachur learning in yeshiva, wanted to meet a certain Rosh Yeshiva. He knew that it was very hard to get through to him, so he decided he was going to first say a kapital Tehillim and then call. He said Tehillim, and then he made the phone call. He got through to the Rosh Yeshiva right away, and he was able to meet with him!



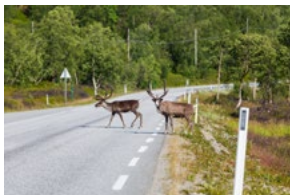
People who heard the story were shocked; they said it takes weeks until one can reach this Rosh Yeshiva.

Hashem heard his tefillah!

### ***"Boruch Shomeia Tefillah"***

#### **Hashem is Running a Perfect World**

R' Rubin has a shul for balebatim. One of his balebatim gave him a few thousand dollars. That night, he was driving down the road, and he hit a deer. It caused a lot of damage to his car. He brought his car to the body shop, and the cost of fixing his car was the exact amount of money, to the



dollar, of how much the balebos had given him!

### ***"V'divrei Niflaosecha asicha"***

#### **Hashem Loves our Learning**

Tzvi, a yeshiva bachur from Monsey, NY wanted to look up a passuk in Shmuel about the story of Dovid and Batsheva. He took out sefer Shmuel and opened it up, and he opened it exactly to the place that he needed.



### ***"Gal Einei V'Abita Niflaos Mitorasecha"***

#### **Anti-Semitism is on the Decline**

Moishy Jakel reported that there's an Italian construction



worker from Boro Park that sent out a message to the yidden that if any non-Jew starts up with you, I'm here to protect you.

### ***"Al Tira - Ki Itcha - Ani"***

#### **Bitachon Brings Shechina into the House**

R' Chaim from Eretz Yisroel was having a problem. Many times, his wife would get angry, and he too would get angry at her. The situation in the house was becoming difficult.

He recently started listening to A Life with Bitachon, and he realized that Hashem loves him and is always on his side. Now whenever his wife gets angry, he remains calm. The atmosphere in the house is now calm and peaceful!



### ***"Hamevorech Es Amo Yisrael Basha-lom"***

#### **The Power of Bitachon**

R' Dovid suffered from anxiety for many years. He listens to 'A Life with Bitachon,' and he tells himself



"There's no such thing as anxiety – it's all Hashem. Hashem is in charge of my emotions." He told himself other positive messages that anxiety is good, and "Hamachadesh B'Tuvo B'chol Yom Tamid" – Hakadosh Baruch Hu

**GUARANTEED TO SOLVE ALL ISSUES, BIG AND SMALL!**

**LIVE A LIFE WITH ENJOYMENT AND PEACE!**

**LIVE A LIFE WITH BITACHON!**



renews everything every day. Just because I had anxiety yesterday, doesn't mean I'll have it today."

He now reports that his anxiety disappeared! He feel calm and relaxed.

**"V'Haboteiach B'Hashem Chessed Y'sovivenu"**

### Hashem Helps Woman

Mrs. Katz was alone at home, and she got stuck in her bedroom. The door was jammed, and she could not get out. She did not have her phone with her. She did not know what to do.



Suddenly, she heard her sister walk into the house, and her sister managed to open the door and get her

out. Her sister told her that she was walking by, and she felt like something was pulling her to come visit her.

**"Mashgiach Min - Hachalanos, Meitzitz Min - Hacharakim"**

### Hashem is in Charge of Our Parnasah

The Goldberg family from Monsey, N.Y. wanted to go shopping on Erev Shabbos to buy food for Shabbos, but money was very tight and they did not know if they should use the money for Shabbos or use it for other things that they needed.



They remembered that when one

spends money for Shabbos, Hashem is going to pay them back.

When they came home, Mrs. Goldberg was going through old mail, and she found a SNAP card that she had received months ago from the government. On it was money, more than double what they spent for Shabbos!

**"Einei Chol - Eilecha Yisabeiru - V'ata Nosein Lahem - Es Achlam - B'ito"**

### GEMACH LISTING

Dear Readers! Do you have a gemach? Please list it with us. Text the information to 845-327-5041 or email: the springhilltimes@gmail.com

### TRAVEL

**What:** Luggage Gemach - To borrow short term.

**Where:** Brooklyn, New York

**Contact:** 718-734-8102



## Ride the Train!



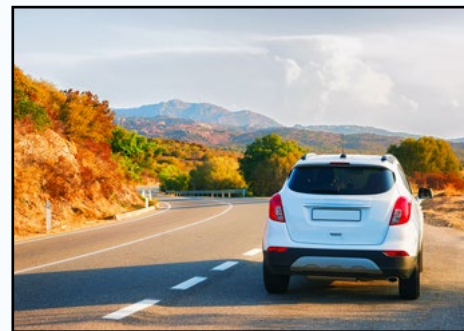
You are speeding towards a most  
fabulous destination!

It's going to be total bliss!

Just keep on loving Hashem and doing His Mitzvos!

## Bitachon Automobiles

Travel Through Life in Comfort



Put Your Trust in Hashem!  
It's the Only Way to Get Anywhere!

# LIVING WITH HASHEM

By Rabbi Zevy Golombeck

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

## FRUSTRATION FIZZLES OUT!

There was a group of women who were playing a game. One would provide a scenario, and the others would pour drops of water out of their cups based on how frustrated they would feel in that situation.



The more frustration, the more drops of water. Mrs. Lesser\* realized that although everyone around her was pouring out their water, she still had a full cup!

She attributed it to all the lessons she learned from the "A Life of Bitachon" hotline! By playing this game, she realized how much she had gained since she started listening to the hotline!

## SHALOM SAVES PROPERTY FROM FIRE!

A choshuve Rabbi in Lakewood, R' Lefkowitz\* follows the "Life with Bitachon" hotline.

His neighbor was doing construction that infringed on his property. His natural instinct was to be upset and try to stop it, but he remembered that it's not worth it to start a machlokes. Hashem loves shalom. A little while later, a fire broke out near his property. It came right up to his property, but did not touch it!



## ANTI-SEMITISM IS ON THE DECLINE

R' Avrohom Yitzchok Teitelbaum, a Rabbi in Lakewood, was on a boat

ride with his family, and he realized his wallet with lots of important documents was lost! When he got off the boat, a non-Jewish man came over to him to return his wallet!



## BITACHON VACATION

R Shlomo Shulman\*, a youngerman from Eretz Yisroel, felt that his family really needed a vacation. However, he did not have enough money to pay for it. He decided they would drive to the city where they wanted to vacation, and have bitachon that Hashem would work it out. They arrived at the city of their destination without any plans.



A stranger came over to them to inquire if they needed any help. He explained his situation, and this yid offered this family to stay in his house for free!

## HASHEM SENDS PERSONAL SHOPPER!

Mrs. Strauss,\* a mother of a large family, needed to go shopping. However, she was having a hard time getting out. She strengthened herself to rely on Hashem that He was going to help her.



Her neighbor called and explained that she was going to the store and offered to get her whatever she might need!

## 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

- Eretz Yisroel .....079-704-0068  
 Lakewood.....732-719-3898  
 Monsey .....845-470-5577  
 Five Boroughs .....929-470-5577  
 England .....03-303-502-368  
 Australia .....(3) 99-997-300  
 Canada .....647-498-7700

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



Thank You Hashem for Vents! The heat and a/c can gently blow out the air all around the house.



Thank You Hashem for Car seats!  
A secure and safe way to fasten our children while traveling.



5

Weekly



# Thank You's

By: R' Simcha Elefant - Yerushalayim  
Ir Hakodesh

*L'zechus that people should feel loved by Hashem!*

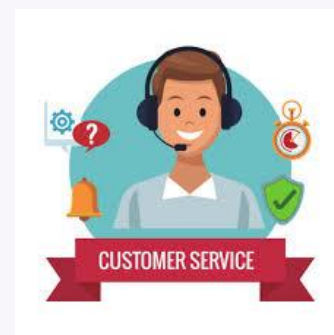
Thank You Hashem for Child Locks!  
We can keep items in our cabinets and drawers secured safely.



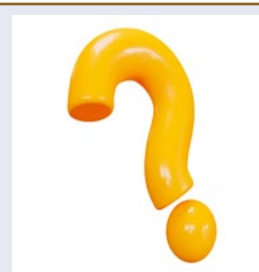
Thank You Hashem for Electricity!  
It makes so many things in our daily lives so smooth and comfortable!



Thank You Hashem for Customer Service!  
We have someone to speak to when issues arise.



What's a snack??



&

**WANT TO EAT A SNACK?**



You have plain, BBQ, Hot sauce, Ketchup, Onion & Garlic potato chips, corn chips, BBQ Corn chips, Chocolate bar, Fruit leather, Pop Corn, Pretzels, Super Snacks, Danishes, Chocolate Chip Cookies, Marble Cookies, Honey Cookies, Sandwich Cookies and not what?!




**Thank You, Hashem! We love You, Hashem!**



At our Urgent Care: Pain becomes Gain. Aches turn into Cupcakes. Worries become Snow Flurries. Annoy turns into Joy. Flu becomes a Peanut Chew. A Cold turns into Gold. Hurt becomes Comfort.

**WONDER DIET**  
**Lose Aveiros Naturally**



**Just Tell Hashem That You Are Sorry!**

**Stay Fit!**  
**DON'T FORGET**  
**YOUR DAILY EXERCISE!**



**Remind Yourself that Hashem Loves You to No End!**

**Patient**

I just recently started listening to 'A Life with Bitachon' and reading the Spring Hill Times. I keep on hearing and reading that when a person puts his trust only in hashem he has a different shulchan Aruch.

What makes me down is that a while ago, before I started being involved in 'A Life with Bitachon,' I was with my father in the hospital and he passed away. I feel that I had put too much trust in the doctors not in Hashem. This makes me feel down because perhaps if I would put more trust in Hashem then my father would still be around.

**I'm prescribing five medications for you:**

1. Life is one hundred percent in Hashem's hands, How long a person lives and when and how he will die is Hashem's business. We are not supposed to mix into His business.
2. Hashem does ONLY good. If your father passed away, then it was the most wonderful thing for him and for everyone around him. If he would have lived longer then it would have been poison!
3. For the future, your job is to have Emunah and Bitachon because that's how you become closer to Hashem. But for the past, whatever happened would have happened anyway regardless of your level of bitachon.
4. If you are feeling down then you know it's 100% coming from the Yetzer Hara. Torah and Mitzvos will never ever make you feel down or give you any negative emotion. Negativity is pure Yetzer Hara! Judging yourself harshly is from the Yetzer Hara.
5. Even if you did make mistakes in the past, it's okay. This is why you were put on this world. To struggle, to fight, to fall and to learn. As long as you are learning and on the way up you are perfect in the eyes of Hashem! You are going exactly according to His plan!



# Parsha Game

**Fun and an interactive way of learning Torah!**

## PARASHAS MISHPATIM

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

ANSWERS ON PAGE 40



### Parsha Delight Question of the week

#### פרשת תרומה תשפ"ד (5784)

In the pasuk (25:6) it states, "שמן למאור בשמים לשמן המשחה" "Oil for illumination, and b'samim for the anointing oil". Why does the pasuk state that oil was needed only for illumination, when clearly it was needed for anointing as well?

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

 **ShiurEnJyment**

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

LOVE TORAH LIVE TORAH LEARN TORAH

### CHEISHEK HATORAH

#### Riddle #76 Parshas Mishpatim

*I am sure that you are well aware, that the corners of Tefilin must be a perfect square. They must be guarded with the utmost of care, and occasionally inspected to see if they need repair. There is a square object mentioned in this week's Parsha, that is identical to Tefilin in regards to the above Halacha. Do you know what it is?*

**To hear the answer to the question, press x14 #76 on the Chaishek HaTorah Line 845-720-4040**

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

**845-720-4040 Ext 6**

**Updated every Motzaei Shabbos!**

# Ayin Tova

Seeing the good in every situation



R' Nesanel Landesman

## CASE OF THE WEEK:

Rabbi Lewis was excited about the shiur he was to give the following morning. He spent hours building a piece of Torah, delving into the intricacies of the Gemara. He planned how he would deliver it and was excited about how much his students would gain. He was disappointed when the next day, his students looked at him with blank faces as he tried again and again to explain to them his shiur.



Help Rabbi Lewis have ayin tova for his situation.

**Shabbos Financial Inc.**

**Don't worry about spending money for Shabbos!**



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



Suggestions for the case of the Elbaums found mold in their apartment

- Baruch Hashem, they found it now and can take care of it or move before it becomes worse for the baby.
- Eretz Yisrael nikneis b'yissurim.
- The house was falling apart in some other places, and finding the mold led Mrs. Elbaum to realize that, so now they can find a nicer place to live in.
- They can be grateful that they are only renting the apartment and didn't buy it.
- They can use this bad rental experience to help them ask all the right questions and find out all the important information when it comes time for them to buy their own place.



- It can also help them recognize that when they are in the position of being the ones on top- the landlord, the owner- how honest and open they need to be. It can teach them how to behave properly when they are in their shoes.
- The landlord probably had no idea of the mold problem, or he thought it was under control.
- Perhaps, he even mentioned it to them, but in their excitement to procure such an inexpensive apartment, they subconsciously pushed that fact out of their heads.
- It could be the landlord was aware of the mold, but didn't think it was such a serious issue as the previous tenants didn't complain.
- They will learn that if something is cheap... it's because it's just that: cheap!



# SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

## An Invitation



Right at the beginning of Creation, the possuk says, “VeRuach Elokim merachepes al penei hamayim, and the spirit of HaShem was hovering above the waters.” Since then, HaShem has been in search of a port, a safe haven—an invitation to this world. And HaKodosh Boruch Hu let that secret be known to the Jewish people when He said, “Ve’ossu Li Mikdosh veShochanti besochom”—make for Me a place, and



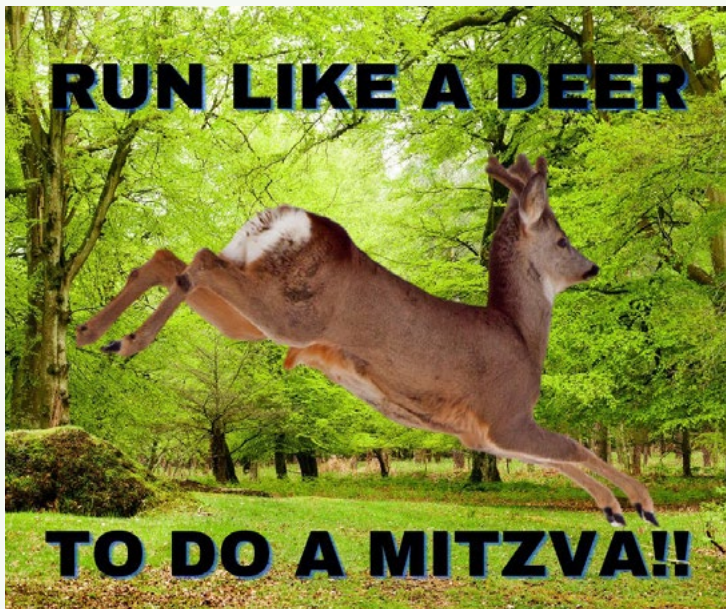
I’ll come join you. Invite Me, and I’ll be there in your midst. And, remarkably, the Jewish people responded by employing the best of their abilities and the entirety of their resources for one singular purpose—to invite HaKodosh Boruch Hu to this world.

This is similar to Shabbos: Through our cooperative efforts



in cooking and cleaning and preparing the house, we’re inviting HaKodosh Boruch Hu to come join us, at this time and in this place.

**Good Shabbos!**



## SUPREME FOUNTAINS™

**Let the Bracha Flow!**



**Birchas HaMazon with a Geshmak Inc.**

Rav Avigdor Miller asks a very interesting question. Our parashah goes into such tremendous detail about the construction of the Mishkan. Pesukim upon pesukim,



discuss how to make it's Keilim and the correct dimensions of its structure. Yet why is it a mitzvah to build a

Mishkan in the first place? What is the purpose of the Mishkan?

The answer to this question lies in the chapter of Tehillim, mizmor shir chanukas habayis. Although this mizmor opens with the dedication of the Beis Hamikdash, the actual mizmor contains no mention of the Beis Hamikdash. It is devoted to David Hamelech thanking Hashem for all the good He has bestowed upon him. Why is this so? Rav Avigdor Miller explains that this is because the purpose of the Mishkan, and what would later be the Bais Hamikdash, is a place to thank Hashem!

This is the essence of a Mikdash and the underlying theme behind its unique Halachos. For example, the bread should constantly be on the Shulchan, to the extent that even when last week's bread was changed, the new bread should be placed first. Rabbi Miller explains that this is to remind us of the fact that we constantly have food on our table! It is such a great gift that we have all the food we need. He points out that although Chazal tell us that there were 250 miracles that occurred at krias yam suf, there are really thousands of miracles that occur during the production of our food! Every bite we eat consists of so many miracles.

The Menoras Hamaor, one of the Rishonim, records a fascinating account of a certain Tzaddik. Each time he used to eat, he wore an elegant piece of clothing and gathered all his students together who also wore their finest clothing. They then used to sing songs of praises to Hashem. The Tzaddik was asked why he made this ceremony each time he ate, it was just a meal. He explained

- *There is no individual in Klal Yisrael for whom hidden miracles do not occur each day. (Rabbeinu Bechayah, Shemos 30:12)*
- *Even though Hashem has thousands and myriads of angels who praise Him, He only desires the praises of Klal Yisrael. (Midrash Mishlei 14:28)*
- *With every breath that we breathe, we should praise Hashem. (Bereishis Rabbah 14:11)*
- *The first rule in serving Hashem is to thank Him - that is the basis of everything. (Rabbi Avigdor Miller, Ohr Avigdor Shaar HaBechinah)*



that if he was imprisoned or traveling and lacked sufficient food, he would be willing to pay a large amount just for a bit of bread and water. Baruch Hashem, he lives in peace with such a wide variety of food available. "If I would need to plant and harvest, he continued," how much would I need to work, as Adam Harishon did. Now when I arise in the morning, I have everything I need. I am so appreciative that I want to ensure that it is a meal of thanksgiving to Hashem".

Another aspect of the Mishkan that expresses our appreciation, is the Menorah. The mitzvah to keep the light of the Menorah burning is to remind us to be grateful for the tremendous gift of light that we constantly enjoy.

Rabbi Miller points out that the longest berachah that the anshei knesses hagedolah enacted was to be grateful for light, yotzer ohr. This berachah contains references to the angels and how they recite kedushah. Why is this relevant to this berachah? The malachaim are just in complete awe of the amazing phenomenon of light and are constantly praising Hashem for this.

The sun is a glowing ball of energy which sends us its rays with tremendous power; The light travels at a speed of 186,000 miles a second and even though the sun is 930 million miles away the light gets to us in minutes! Hashem positioned the world in the exact place that we can benefit from the sun. If the world was any closer it would burn and any further it would freeze.



The benefits we receive from the sun are truly immeasurable.

Rabbi Yisrael Salanter was once seen gazing at the sun with tremendous awe and excitement. He was overwhelmed with appreciation of the miracle of sunlight and was able to feel happy for the world at large, since everyone benefits from this amazing gift.

This week let us appreciate: Silverware. Many foods are very hard to eat with our hands. We can get burned and it would be very messy. Fortunately, we have silverware to help us eat in a safe and refined way. We have the option of knives, forks and spoons, perfectly adapted to help us eat with ease.



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

### זר זהב- סביב

Every human is super special in a way that no other person can come near him!

RSRH ז"ל says that נזיר means raising a person who is striving to be alone with the הקב"ה and others have to keep away from him. His closeness to the הקב"ה makes him higher and aloof compared to others. The same with the ציץ of the נזר הקודש which is called כה"ג. The זר. מזבח and ארון, שלחן. We can suggest בס"ד that they are all messages that כתר תורה כתר are all מעלות which are exclusive to those who were זוכה to them.

### Part II

A כהן has to know that he is special and nobody else can be like him. Look what happened to עוזיה מלך עזיהו when he wanted to do עבודה in the ביהמ"ק – he became a מצורע and he had to spend the rest of his life outside ירושלים. And this is despite his being a big צדיק! And look how the חשמונאים were all killed out even though אלמלא חשמונאים נשתכחה תורה מישראל!

### Part III

No matter how great you become – you have to realize that being שמח בחלקו is before

anything else! And even though כתר תורה is הפקר לכל – still whoever got too close to the ארון was killed ר"ל. A loud and clear message – the different forms of קדושה are all exclusive to whoever is שייך to them.

### Part IV

Around the ביהמ"ק there was a latticework fence called a סורג which was there to limit entry. A טמא מת and a נכרי weren't allowed to go past the סורג. We have a general message for every יחיד: My עבודה is only for me and nobody else. This makes everyone feel special.

### Part V

And notice how those who weren't כהנים were called a זר.

והזר הקרב- יומות.

והזר כהן לומר בשבילי נברא העולם

since each human is a world by himself which nobody else has any שייכות with. The משמואל (בשם חז"ל) says שם משמואל that at מתן תורה the מלאכים kissed each individual and each person had his own private fence around him!

### Part VI

There is a משלי in פסוק:

לב יודע- מרת נפשו- ובשמחתו- לא יתערב זר. I have my own unique form of suffering in this world which others may not understand and/or appreciate and therefore I suffer in silence. Yet בסוף it says – ובשמחתו לא יתערב זר – when the time for my reward will come, then all of it will be just for me without anyone else mixing in.

שלחן מלכים (Rashi)

What do kings have to do with tables? And why did דוד (the true king) have to be a person with an unusual רצונות and to be a "מלך" over your own מושל (אדמוני בעשיו להבדיל) יצה"ר. The idea of מלכות is to be מושל on your own רצונות and to be a "מלך" over your own רצונות. If you don't have a strong יצה"ר then you aren't really a מושל over your own רצונות.

### Part II

The עיני מלכות רמב"ם calls מלך goes to war against his true enemy – the מלכות. And a table symbolizes תאות which have to be restrained and/or conquered. Therefore, the זר had a מסגרת besides the שלחן.

### Part III

\* We can suggest בס"ד that the שלחן can include anyone - even besides מלכות בית דוד since every human can become a מושל over his תאוות. From we see that the בחינה of מלכות can extend to others besides מלכות בית דוד.

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# Bitachon Gems



Learning the Parasha with Rav Yehuda Mandel Shlita

doesn't allow a מזבח אבנים to have any metal touch it since a מזבח was created to make a person live long and metal shortens the lives of people. So how is there a מזבח that is totally נחושת! Actually, גלית הפלשתי was covered from head to toe with נחושת and we see how נחושת is used for battle.

## Part II

However, it also says that he had a spear made out of ברזל. It appears that only ברזל iron is the real culprit used in warfare to actually kill. Copper seems to be there to protect a soldier so he shouldn't get hurt. Indeed, דוקא makes sense that a מזבח should be made of copper since protecting yourself from harm is מאריך ימי של אדם!

## Part III

Also, we have plenty of זהב throughout the משכן. It seems that הקפדה isn't on metal – rather it's on iron.

Copper is actually a symbol of חוצפה and it symbolizes an inability to bend

and to give in – like a חוצפהדיק who doesn't listen and shows his bold unyielding face.

## Part IV

We can suggest בס"ד that this is a big מעלה – when a Yid remains tough in the face of his difficult issues, and doesn't get impressed by danger,

etc. He isn't נתפעל and this is ideal for a מזבח which will symbolize holding strong against adversity. הוי עד כנמר and a נמר has חוצפה.

## סוככים בכנפיהם

Wings symbolize flying upwards and striving for greatness and coming close to the רוחניות world of שמים and הקב"ה. Some say they symbolize מלאכים. Why do they have to be סוככים i.e. be a protection (like סכך)? Whom do they have to protect? We can suggest בס"ד that this could be a רמז that all those who strive for greatness in תורה should know that ultimately, they are expected to be a protection and a help for ישראל כלל.

## Part II

Notice how ברכת התורה is loaded with concern for a person's children and his grandchildren and the children of other Jews as well. וצאצאי עמך בית ישראל. When a Yid learns תורה he has to realize that he isn't there only for his

own שטייגן, but he has to have in mind others – you learn in order to teach others.

## Part III

Notice how the רמב"ם starts הלכות off with: קטן אביו חייב ללמדו תורה שני ולמדתם

את בניכם. And a woman isn't חייבת to teach her children ללמוד חייב. This is a powerful יסוד: Whoever is חייב to learn תורה is also ללמד. And just like you need to teach your son, so do you have to teach your friend's son.

## Part IV

Learning תורה means giving to others! And notice how the קה"ק has images of babies. It sounds like thinking of others is the עיקר and you learn in order to help others learn. The ברכה says it all. Every time a Yid makes ברכת התורה he is heavily involved in זיכוי הרבים!

## Part V

People think that זיכוי הרבים is a sideline and if you're good at it only then do you get involved. From ברכת התורה we see that your own תורה is meant to be an opportunity for helping others. First, your own children, and then the children of others! וצאצאי מערך בית ישראל כולנו יודעי שמך.

## Part VI

When you say ברכת התורה you are having in mind that the whole כולנו יודעי שמך! כלל ישראל should learn! הקב"ה in mind is the real reason or ת"ת – to know and become close to him. Recently there was an article in Mishpacha Magazine about a מלמד ירושלמי.

## Part VII

### Story

He had been teaching פ' שמות for many years, and one year he stopped. That year he decided to teach משפטים instead (of course learning פ' is also (!קה"ק) and he got sick. He had a dream and those פרשיות, complained to him that since they are loaded with basic אמונה he did an עוולה by stopping to learn them.

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Increasing Happiness In Adar  
משנכנס אדר מרבים בשמחה



When teaching the young students in my second grade class about happiness, I usually find that the children have a hard time understanding and explaining the definition of the word "Happy," and the general concept of "Simcha-Happiness."

If I would let them act it out, to try and show me what they think "it" is, it would look something like this:

Tzvi starts off with dancing and singing. Dovid is meanwhile, twirling wildly and clapping his hands. Pinchos joins them, while begging me for some music, and to use my microphone. Here comes Aron following suit with making loud, weird noises, wild gestures and motions. Check out Shloimie, as he bangs his chair and desk. Simchi is over there, jumping up and down, and shaking a large box of plastic jungle animals. Okay, now Shabsi grabs a hold of Dovi and they start running around the room. Ari is going from making a headstand, to doing cartwheels between the isles. Shmuel heaves a pile of cards up into the air, spreading them like confetti, all over the room. Elimelech starts chasing Kalmy with the broom, and Eliezer trails in back of them carrying the garbage can. On the side, watching, looking, and cheering on, are Yehudah, Naftali and Mordechai, all roaring from laughter!

It would be a pretty hilarious, and chaotic scene, to watch, but, what really is that thing, called "Simcha?!"

We are accustomed to hearing anallytically that "Simcha is a state of

mind." The question is how do we reach that. How do we get our mind to be in a state of Simcha?

In class with my students, we together go through a process of backtracking step by step, to the root source of being happy. We then return forward, towards a clear explanation of what happiness means.

I ask them, "What is happy?" Laughing? Acting silly or wild? They agree that the answer to that, is definitely "no."

Is simcha Dancing? Is it Smiling? The children usually say "yes."

"Well then," I ask, "is it the actual dancing & singing, or is Simcha some sort of feeling, that causes you to smile, or dance?"

We then go in reverse to the beginning of all this. We try to delve a little deeper into the inner workings that drive and turn the human's emotional gears towards happiness.

I ask them "When do we feel happy? When do we smile, or dance?"

We retrace our steps further, until we all agreeingly reach the realization that "feeling satisfied" is the root.

The simple fact of realizing, and focusing on the good things that we have, and constantly enjoy in our daily life, is the first step towards feeling satisfied. When we appreciate what we have, simply just the way they are, we gain a state of mind of satisfaction.

Now we can move forward, towards acquiring Simcha.

We then start off, going full force, full speed, full throttle, and full blast, on our journey to Simcha, with speaking about the seemingly simple things in life that we usually take for granted.

Family, friends, food, clothing,



house, heating & cooling, fresh water, plumbing, electricity, health, doctors, medicines, cars, buses, toys, games, Seforim, Limud Hatoirah, Tefilah, Mitzvois, Neshama, Shuls, Yeshivos. etc.. on and on.

We together come to the conclusion of this practical application of Marbim B'simcha to start thinking and speaking more about the good things we do have, and start feeling more satisfied with them. We have to Realize, Appreciate and Thank Hashem!

Our Family's "Thankfulness Mentor."

Our family loves when Reuvain Chaim joins us for the Shabbos meal. He makes sure to compliment and show his appreciation to every family

member, regardless of their age, who helped out prepare the Seudas Shabbos.



This one is thanked for peeling the soup vegetables, the other is praised for mashing, or salting the eggs. Whoever helped out in the process of making the kugel from beginning 'til end, or with spicing the cholent to perfection, will also get a special thanks.

He thanks for the D'var Torah or story that someone said. For the Zemiras, this one gets his recognition for his loud rendition, and that one for his harmony and the third for singing along quietly. He even spends time to carefully read my article, printed in The Spring Hill Times, always finding some nice things to point out, and then to compliment me on them. He's a genius in looking at anything, and seeing something positive to say, in an appreciative way.

Reuvain Chaim always points out the good side of things. If the food is more spicy than usual, he'll say "Oh that was exciting." If the salad is seasoned simply, he'll say "Oh that tasted so healthy." The Challah, the soup, chicken, salad, side dishes, dessert, nothing goes unnoticed, or unappreciated, everything is just perfect. He even takes note of what topping was used on the Challos. Was it Poppy seeds, Sesame seeds, or was it the Everything topping? He takes the time to look, taste, and thank. If he didn't manage to thank a certain family member attending the seudah he'll ask us to relay his thanks when we get a chance. This man is a living lesson, that Hashem sends us, for our entire family. A lesson in thankfulness, and realization of everything good, that is all around, and always

## שירו לד' שיר חדש!



surrounding us.

The more thankful we are, the happier we can be!

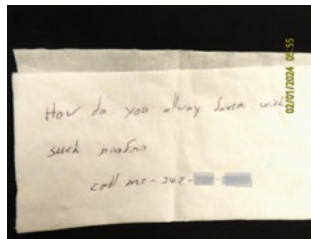
However, the best happiest feeling we can possibly have, is "Feeling close to Hashem!" That'll give us the most simcha, ever possible! The most well-known phrase, from the Sefer Messilas Yesharim, is "Ha'adom Lo Nivrah Elah L'Hisaneig Al Hashem U'leihanois Miziv Shechinasoi!" Loosely translated as, "Man wasn't created, only for, this one and only purpose: For him to have pleasure from being close to Hashem, and His Divine Presence!"

When we praise Hashem, we start developing a stronger and closer relationship, which is a great pleasure for our Neshama. The more, the merrier! We must take note, and learn from others, who have already established this special type of emotional, and spiritual pleasurable relationship, with Hashem.

### THE INTERESTING NOTE

Last night when I was in Shul to daven Maariv, I noticed an interesting note written on a tissue, lying on the table. With great interest I took note, of this note of interest. Someone had purposefully left it on that table, at that place.

It read as follows: "How do you al-



ways Daven with such Hislahavus? Please call me at 347-\*\*\*-\*\*\*\*

Obviously someone had been davening at that table with great Kavanah. The one who wrote the note wanted to learn the secret of such a pleasurable davening experience, that he had witnessed!

Ah! L'Hisaneig Al Hashem! What a geshmack!

I guess the person it was intended for didn't notice the note, when he finally finished his intense davening. I actually found that precious note the next night still lying under the table, waiting for me to pick it up, and share that note and message, from a heilige searching soul, with you!

Now, back to my classroom.

For a better understanding of this lesson, I also use and apply the flip side of Choidesh Av, when we lessen our feelings and expressions of happiness, by thinking of what we don't have, i.e. the Bais Hamikdash, Geulah, Kirvas Eloikim, etc. That helps in our understanding of how we go about gaining Simcha, when we turn back to clarify the opposite approach in the Choidesh Adar.

The Gemara actually uses that difference in parallel, when it mentions the increasing happiness in the month of Adar. "Just like we lessen our happiness in the month of Av, so do increase our happiness in the month of Adar."

I then finish my lesson in class, with saying, that, "YES! Singing, smiling, and dancing are all ways of expressing happiness and joy, but it is not Simchah by itself, without the inner happy feeling."

### DAYS OF NISSIM

Rashi Hakadoish in his commentary on the Gemarra of "Mishenichnas Adar Marbin B'Simcha," says, "These are days of Nissim for Yidden, Purim, and Pesach."

Hashem showed us in the past, great Nissim in this time of the year, the coming Chodoshim of Nissan, and Adar.

It's the time of the year that The



Great Geulah-Exodus of Yetzi-as Mitzrayim took place! With all the wonderous Makkos for the Mitzriyim our oppressors, and all the best of everything for the Yidden!

Years later, at the time when the story of Purim took place, Hashem showed us His great love, by saving us in a wonderous way, hidden within natural looking events. All that went on, step-by-step, was perfectly planned by The One Above, until the final great downfall of Haman Harasha together with the other evil Reshaim. The Teshuvah, and tremendous salvation for all the Yidden with Mordechai and Esther at the lead



## שירו לד' שיר חדש!



was awesome and astounding! All this eventually led to the rebuilding of the Second Bais Hamikdash!

What a great showing of love from Hashem, to His Chosen Nation, the Bnai Yisroel!

This leads to a feeling of closeness to Hashem, resulting in the powerfully explosive feelings of happiness that can be felt, and seen, in these days of the year.

Of course, those feelings are shown, with an outburst of joyful singing, and dancing to the

MAX!



May we all be zoiche to feel, and be able to express that special joy!

We must be very wary, not to worry. As a warrior we must declare war against worry! That can be detrimental to our happy state of mind. It can rob us of our Simcha. (Orchois Tzaddikim)

Our defensive most effective secret weapon of warfare against worrying, is Bitachon! We must trust Hashem that He'll do the best for us! He'll warrant and guarantee our security.

## BAIS HAMIKDASH CONSTRUCTIONS

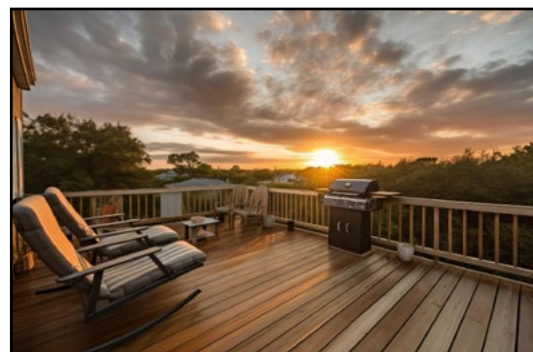


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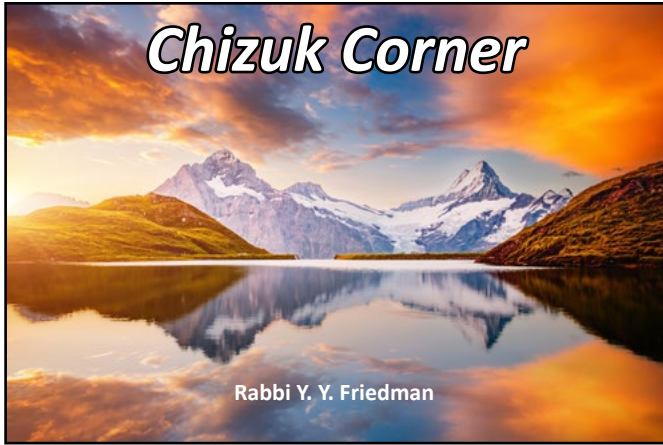
## Fantastic Decks

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**Do Mitzvos!**



A few weeks ago we discussed how every person has a twenty four seven organization which is our family life.

Last week, we discussed that in addition to our families we are busy doing Chessed all day every day. This is whether we are learning or working.

This week I would like to take our chessed to the next level, but before we do I will preface it with a story that I heard from Rav Eitan Feiner Shlit" a who heard it from the one of the children themselves.

The story was that when Rav Moshe Halbershtam zt"l was Niftar there were a lot of money laying around that belonged to Yesomim and the children did not know where to find it.

The children were very pained by this, and they went to their father's Kever to daven that he should reveal to them the whereabouts of the money. (Editor's Note: please discuss with your Rav if and how one may make requests of Niftarim)



Sure enough, Rav Moshe appeared to one of his children in a dream, and revealed the

whereabouts of the money.

After he finished, Rav Moshe zt"l told his son that since he was given permission to come down to this world, he was given permission to reveal something important. He told him that there are three things that he will tell him.



1. That this world is upside down and we don't realize who and what is chashuv in the eyes of Hashem. Some people may think they are at the bottom, but in reality they may be at the top and visa versa.
2. Hashem has a tremendous joy when his children come together with achdus to do a Mitzva together. Especially for Tefilla and even more so on Shabbos and Yom tov.
3. We cannot fathom the tremendous nachas ruach Hashem has when one Yid does a chessed for another Yid with love and mesiras nefesh.

After relaying these precious messages from heaven, Rav Moshe Halbershtam returned to his place in Gan Eden.

When his son awoke at first he wasn't sure if the dream was true, but when he found the money in the exact location he knew that the dream was for real.

Rav Eitan concluded as follows. "What can be a sweeter thing in the world than bringing a nachas ruach to our Father in heaven, and now we know how to do it. That is Chessed with love and mesiras nefesh.

There is an ancient story of a Rebbe that arrives in a town and he smells a very strong aroma of Gan Eden. He follows the smell, and he arrives at the house of an old Yid by the name of Reb Chaim.

He knocked on the door and he was ushered inside. The Rebbe told the Reb Chaim that he smells an extreme smell of Gan Eden emanating from this house.

Then the Rebbe pointed to a closet and said that it's coming from there. The Rebbe asked Reb Chaim what's inside? Reb Chaim then takes out clothing of a priest. Ah! "Yes said the Rebbe this is where the smell is coming from". The Rebbe asks the elderly Yid for the story behind it.

To make a long story short Reb Chaim recounted that when he was a young man he was a Gabbai Tzeddaka and he would raise funds for many different causes.

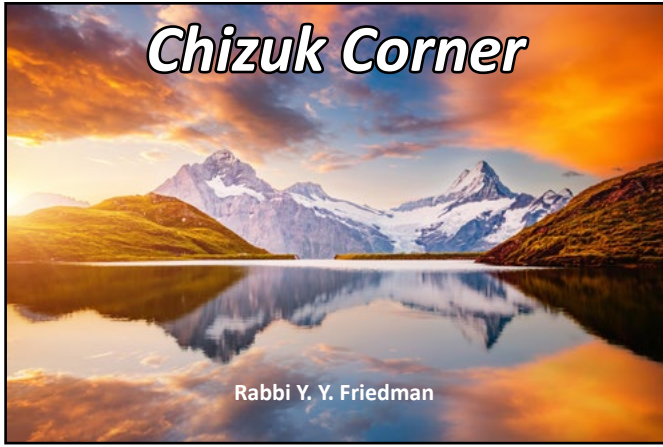
Once, after he had collected money for a certain cause from his town someone approached him with an urgent cause that money was needed as soon as possible [I believe it was hachnasas Kallah or pidyon shevuyim]. However, he was at a loss because he had just raised money from his town and he knew that they wouldn't give him twice within the same week.

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R' Chaim walked through the streets wracking his brains for an idea. He passed by an inn and he saw a Yid that was far removed from Yiddishkeit and he was partying with his friends. Reb Chaim knew that this man was well to do.

Seeing no choice Reb Chaim went over to this fellow with much trepidation and asked for a donation. At first the fellow burst into laughter at this joke, but then this fellow had an inspiration. He said, "I will give you clothing of a priest to wear. If you walk around the town with us wearing these clothing then we will give you the full money." His friends nodded in agreement.

With iron clad feelings of love and mesiras nefesh, Reb Chaim agreed. They put on him the priest's clothing and led him through the streets. To add salt to his wounds this story took place right before Yom Kippur.

Imagine the horror and dismay the people had when they saw Reb Chaim walking around in the priests clothing with the so called Jew and his friends laughing at him.

True to his word, the fellow gave Reb Chaim all the money he needed and Reb Chaim brought the money to the Yid that was waiting.

The Rebbe said "now I understand why these clothing have the fragrance of Gan Eden. It's through these clothing that you did tzeddaka and Chessed for another Yid on the highest caliber."

My friends we must admit that this story seems to be beyond our reach. However, the truth is that many times we do chessed with extreme love and mesiras nefesh, and we should be pumped and full of joy, because we are bringing a tremendous nachas ruach to Hashem.



Let me give one example. When someone makes a wedding many relatives will come all the way from over seas.

They drop everything and they come running.

Then they come to the wedding and they sing and dance



throughout the night. When one is dancing and singing at a wedding he is performing chessed with his entire body and his neshama. He dances with his body, and he

sings from his Neshama.

Bringing up children is loaded with love and mesiras nefesh as we explained a few weeks ago.

In the zechus that we are Misameach and give chizzuk with so much love and mesiras nefesh to everyone, and especially a Chassan and Kallah, Hashem should bring to fruition the nevua of "Yasis alayich Elokayich kimsos chassan vikallah" bikarov Amen.

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# Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

## THE ROLLER COASTER

RETURNING HOME FROM SHABBOS OUT OF TOWN, our family was traveling down the Outerbridge Crossing. For those that don't know, the Outerbridge is very narrow. At one point, the van gave a little jerk that caused us to swerve, somewhat dangerously. B"H we



got back in our lane and continued on our way safely.

While this happened, my two-year-old burst into an uncontrollable laugh. He thought that the swerve was the funniest thing. Here we were, returning from a Shabbos away, and he got a free roller-coaster ride! I could only imagine his thoughts: "This is so much fun. We drive. We swerve. We continue on. What bliss!"

And then the lesson hit me. My two-year-old doesn't know much. He knows that his father is driving, and although the drive may have swerves and unsettled moments, nevertheless, as long as Totty is driving, he feels safe.

I took a profound lesson from here. Hashem, our Creator, the "driver" of our ride through life, sits in front at the wheel. We are like the innocent child trusting that Hashem, our "driver" will bring us to good places and will ensure us great menuchah, serenity, and peacefulness.

## MOBS OF PEOPLE

Pushed around among the mobs of

people, waiting for the Rebbe's tisch to begin, R' Shimshon Pincus attempted to make his way up to the head table, trying to be next to the Rebbe. This, however, didn't last too long. As soon as the Rebbe entered, R' Shimshon was pushed to the side, having to find himself a seat amongst the "regulars." While he was being pushed, he saw a young child being pulled in and placed at the head table. This bothered R' Shimshon. "Why is this boy granted entry, while I'm being pushed away? Is he better than me? This isn't fair!"

He then heard that this boy was the grandson of the Rebbe. Once he heard that, all questions were answered. We all understand that the grandson of the Rebbe deserves to be up close to the Rebbe, and so R' Shimshon controlled himself.

With this, R' Shimshon explained the concept of being the "son of Hashem." The child understandably deserves different treatment. Hashem, too, gives us different treatment because we are considered His son.

## THE GREATEST PROOF!

The royal prince sought the best wife, though no woman found favor in his eyes. He called in the top matchmakers in the land, but nothing transpired. His fruitless search stretched into weeks, months, and even years, but the prince remained without a princess.

Eventually, he settled on the daughter of a provincial shoemaker. She felt honored, privileged, and flattered to be chosen for the royal prince, getting to live in the large mansion provided by the king. Never had she dreamed of living amidst such wealth while growing up in her humble father's home.

As the years passed, though, the princess began to feel that the palace life wasn't for her. She complained to her husband



about how she would prefer living a simple life in a modest house among the people. It suited her better to be there rather than the opulence of the palace.

After much thought, the royal prince told her that despite his status and lifestyle, he nevertheless agreed to downgrade for his wife's honor and move into a smaller home in the town.

This comforted his wife. Not only was she flattered over being chosen by the prince to be his wife, but by downgrading his lifestyle, it showed her how much he treasured and cared about her. Until now, this aspect of their relationship wasn't apparent, but now that he so-to-say lowered himself for her sake, it displayed the greatest sense of care for her.

Why was this so? Having married her didn't really show his affection for her, as he could have simply been acting for his own sake. However, when he gave up on his due honor and comfort to move down to her level, that showed his real feelings toward her.

The sefarim bring that this is the greatest proof of how much Hashem loves us and cares for us. Hashem has endless numbers of malachim in Shamayim, and yet he lowers himself to care for us and our needs. He leaves His kingdom in Shamayim in order to attend our needs.

This is greater than the fact that He chose us as a nation, because choosing us shows that He liked our commitment. But by nev-

**Continued on  
next page**



# Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

ertheless attending to our needs during this long galus, that shows the great care Hashem has for us.

At whatever level we are holding, Hashem caters to us on an individual level, disregarding His great glory in Shamayim.

## THE MISTAKEN VISIT

There are many chessed organizations that each help people in their



unique way. One is an organization that voluntarily goes to hospitals to sing and dance for sick patients. One time, they received a request to come sing for an elder, unresponsive patient who would appreciate the company and the music. The caller explained that the patient's mood was boosted by music, and so they agreed to come over to cheer up the patient in room #809.

The day they came was particularly cold, and yet when they came into room #809, they saw a responsive, old Russian man. He questioned them why they had come, to which they responded that they had come because Hashem had sent them.

"Really, how did you know to come?" asked the ill man.

"We got a call to visit you!" answered the crew.

"I think you should double check the request," the man told them. "It doesn't make sense that someone requested a visit for me; I'm in this world with no one knowing me; from morning to night I am here with no visitors, so how could it be that anyone would call about me?"

The crew went and rechecked the address, and while they had been correct about room #809, they were incorrect over which building to go to! But, since they were already there, they decided to play for him nonetheless.

After a few songs, the Russian man stopped them. "That was amazing," he told them. "I'm recovering from recent invasive surgery, which has been rough, to say the least. I turned to Hashem and said, 'Please help me. I don't have the emotional strength to rebuild my energy. Please send me what it takes to regain my original vigor and strength.' A few moments later, I heard a knock on the door, and there you were, singing and playing music and lifting my spirits. Yes, Hashem, I knew you'd be there for me. Thank you, Hashem!"

This fellow had no one in the world to care for him, but Hashem showed him l'maalah mi'derech ha'teva how He cares for him. (R' Meir Simcha Sperling)

## THE TWENTY-FIVE-YEAR SENTENCE

At a talmid's simchah, a mechanech approached R' Ephraim Wachsman, telling him a story that happened with one of his grandchildren. His grandson is a rebbi during the day who at night teaches a group of older wealthy individuals.

Over the course of a year, his evening group learned through an entire mesechata, and it was time for the siyum. They arranged a grand siyum, with plenty of food, main dishes and sides, wine and whiskey, etc. The festivities got a bit out of hand, and while one of the attendees was a bit tipsy, he made



his way up to the front and started to tell the crowd his story.

He was raised by Holocaust survivors, who unfortunately were resentful toward doing mitzvos. All his parents had done for him in terms of Yiddishkeit was to give him a bris, but nothing more than that.

In his twenties, while he was unaware of religion, he got connected with a group of big investors, making him very well-to-do at a very young age. One day, he was invited to a meeting that could have potentially brought in a big profit. He met in a restaurant with these potential investors, and as they discussed the possible project, they also asked him about his other investments and his dealings.

Little did he realize that the "investors" were actually federal agents out to catch him for certain illegal investments he'd made, of which he'd just confessed to. He was put into handcuffs, brought to jail, and was only released after being served a sizable bail and a court date.

He left the jail in Manhattan in tears over the potential twenty-five-year sentence he was facing for his mistakes. He immediately consulted expert lawyers in the field, but they weren't too promising.

While he was returning home, he stopped in a restaurant to grab a coffee. As the tears were dripping into his coffee, he got a tap on his shoulder, and an elderly-looking man was standing over



him, asking how he could help.

**Continued on next page**

# Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

"There's nothing you can do!" was the response.

"Look here," the elder man said while pulling up his sleeve. "You see this? This is a number from the camps that I experienced. People that went through the camps know how to deal with situations. So, my brother, please tell me, and I'll do anything in my capacity."

Out of despair, the young man told him his entire story. The survivor immediately responded that such a situation is not in the hands of lawyers but in Hashem's hands. "We must seek the advice of Torah rabbis to see how to proceed," he told him, and thus they headed out to the Sekulya Rebbe.

The Rebbe heard the whole story, and

told the young man, "Try your best, but you should know that your lawyer is going to come late. Don't be too worried, though, because you'll still win the case."

So, on the day of this trial, he showed up at the courtroom at nine-o'clock, and, sure enough, everyone was there except for his lawyer. When they finally got in touch with him, he explained how he was out of town after he'd missed his flight, and that one of his "colleagues" was on his way.

Several minutes later, the "colleague" showed up, and the defendant was none too happy. "I'm paying top dollar for my top lawyer," he thought, "and here he sends me a twenty-three-year-old upstart? Is this what I planned?"

With no choice, he decided to see what would happen. The young lawyer got up and argued the case. Without any further discussion, the judge dropped the case and the investor was free to go.

Everyone was amazed. How was the young lawyer able to successfully argue and win the case so quickly? What was his trick?

"The judge is my grandfather!" the young lawyer declared. "Knowing that this was the first case that I was presented with, he judged it

favorably."

When the boy returned to the Rebbe, to tell him the yeshua, the Rebbe said that all I ask of you is to start putting on tefillin, and so he did.

There are many lessons we can take from his story. But what's relevant to our topic here is to remember that when the judge is our grandfather, salvation is automatically closer. Connections with the authorities turn the impossible into reality.

Hashem, our loving Father, sends the salvation to our challenge within our reach, as there's direct access to the judge. Understandably, the more the son turns and relies on the father, the more that awakens the father's compassion toward the son, causing it to be closer and easier to access. (R' Ephraim Wachsman)

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Years ago, a craftsman from the Jewish community in Yemen was hired by the royal family to perform some work on an extremely valuable pearl necklace. Due to the necklace's great value, instead of sending the necklace to the craftsman's workshop, the crown prince summoned the craftsman, Rabbi Avraham Badichi, to the royal palace and assigned him a room where he could carry out his task. In that room was a large metal urn, which had clearly been standing there for many years and had accumulated layers of rust and dirt on its surface until its original color was no longer visible.



One day, while Reb Avraham was hard at work, one of his tools fell and struck the urn. The experienced craftsman instantly recognized the sound that the tool made

craftsman. "It's yours."

Reb Avraham understood that the prince would never have offered him the priceless urn, had he truly believed that it was made of gold. His sense of integrity did not allow him to take the prince up on his offer. Instead, he brought some powerful cleaning supplies from his home and worked hard to remove the thick layers of dirt that had covered the urn's surface, until it became clear that he had been correct and it was truly made of gold, making it valuable beyond measure.



When the prince who had hired Reb Avraham finally ascended to the throne, he invited the Jewish craftsman to his coronation and gave him a place of honor — despite the discrimination against Jews in Yemenite law, which forbade Jews to own property and even prohibited them to sit in the presence of a non-Jew. In response to his subjects' shock, the newly crowned king shared with them the incident of the golden urn and then added pointedly, "Would any of you have done what this man did and refrained from taking the urn for yourselves?" On that day, Reb Avraham Badichi's integrity made it clear that the Jewish people were completely unlike the nations around them (Aleinu Leshabeach, Parashas Shemini, quoting Sefer Yehudei Teiman).

Just before Yetzias Mitzrayim, Bnei Yisrael were commanded to approach their Egyptian neighbors and ask for their gold, silver, and other valuables. The Torah relates that the Mitzrim's response was the product of a miracle: Hashem caused them to develop feelings of affection for the Jewish people and to willingly give up all of their valuables to the Jews. The Midrash, however, teaches us that during makkas choshech, the plague of darkness, the Jewish people entered the homes of the Egyptians and located all of their valuables, so that if the Egyptians would later deny having an item, the Jews would be able to retort that they had seen it and even identify its location.

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It is difficult to understand why it was necessary for Bnei Yisrael to search through the Egyptians' belongings. If Hashem planned to make the Mitzrim miraculously predisposed to give away their wealth to the Jews, why did He also instruct the Jews to prepare for the eventuality that they might deny owning certain valuables? Ultimately, the Mitzrim freely relinquished all of their possessions, and the Jews had no need to use their knowledge of where the Mitzrim's valuables were hidden.

The Sifsei Chachomim offers a powerful answer to this question: In truth, it was Bnei Yisrael's actions during the plague of darkness that caused the Mitzrim to be so generous to them. When the people of Mitzrayim saw that the Jews had been inside their homes while they sat helpless during the plague of darkness, they realized that Bnei Yisrael had had a perfect opportunity to rob them of all their



possessions but had not stolen a thing, even after they had suffered bitterly at the hands of the Mitzrim for so many years. The Mitzrim were profoundly impressed by Bnei Yisrael's integrity, and this caused the Jewish people to find

favor in their eyes.

With these events, Hashem conveyed a simple, unequivocal message to the Egyptians: Hashem had chosen the Jewish nation for good reason, and their sterling character was what made them deserving of the many miracles that Hashem performed for them.

Our redemption from Mitzrayim and the resulting kiddush Hashem, then, was contingent on our maintaining

absolute integrity and an ironclad commitment to truth. And just as this was the case in Mitzrayim, it is the case in our current exile, as well. We must do our utmost to be truly upstanding people who act with absolute integrity, in order to ensure that we are worthy of being the beneficiaries of Hashem's miraculous redemption.

***In Review:*** Immediately before the Jewish people's redemption from Mitzrayim, Hashem tested their integrity to make the Egyptians see why they were worthy of being redeemed. Today, we are on the verge of experiencing our final Geulah, as the long galus is coming to a close. It is of vital importance for us, just like our ancestors of millennia ago, to resist any temptation for dishonesty. By doing so, we will be worthy of being the she'airis Yisrael who survive to see the return of our people to Eretz Yisrael.



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

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

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





## Rabbi Yosef Moshe Mizrachi

Proactive vs Reactive. Stiff vs loose. Some people are naturally very proactive. They make to do lists and plan out their day well in advanced. If they have the option of pushing off an errand they still do it right away for they won't feel relaxed until the task is completed. These people are very practical and timely etc. The other type of personality (I'm like this) is an expert at reacting well to a given situation. They don't feel the importance of completing their errands and tasks. They have a hard time planning ahead. Instead they are more flexible and live in the moment making the best of any current situation. Procrastinating is a tempting idea because I can enjoy the present and adjust when the need comes up! These are just some of the ways that the two personalities differ. So who's right?

R Kalish said that on the board for his Shul he made sure to have a mix. If the Shul was made up only of the reactive go with the flow people then the Minyan would be lacking. Shachris would be called for 9 am and would only start at 9:30 or 10... And if there were only the timely people, the Davening would be dry and cold. By appreciating both types of people you're able to have a wholesome Kehila!

Something incredible happened to me. I was talking with my friend Avi\* and we noticed how different our tendencies are. I mentioned how it's difficult for me to arrive on time to Shachris and he said that he's always there on time but has a such a Yetzer hara to leave early! He said that his day is so calculated that it's difficult for him to adjust to things.

I said for me it's easy to adjust but it's takes an effort to plan ahead.

He then said that if he had sesame chicken and rice for supper he would eat the rice first and then the chicken since he always saves the best for last but I would eat the chicken first and then the rice, and he was correct!



I was impressed by how put together my friend was and he was equally impressed by how chilled I was!

That night I found myself making a whole to-do list and I asked myself why did I all of a sudden feel so comfortable being proactive!? Then I realized that since Avi really listened and appreciated my flexible personality I no longer needed to use it at every given situation. I would use it when the necessary and beneficial. If I would feel unappreciated for being flexible then I would not want to make a to-do list and be timely because doing so would further prove that my flexible personality was not important. And that's not so. For the truth is that Hashem created all of us with a specific unique nature so it must be a Holy and important drive! And nobody would want to lose that!

**Shabbat Shalom U'mevorach!**



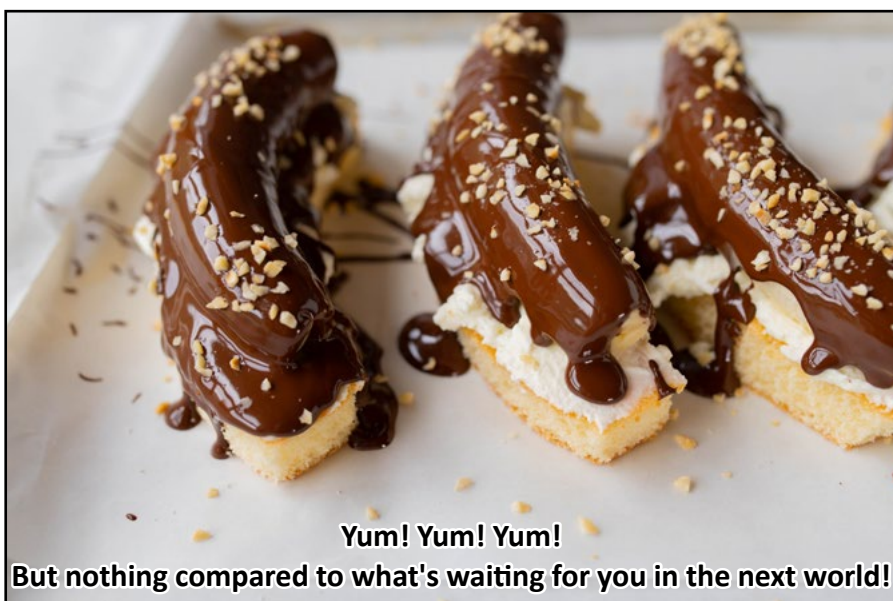
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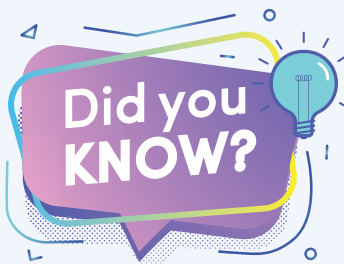
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**Yum! Yum! Yum!**

**But nothing compared to what's waiting for you in the next world!**

By: Rabbi Zevy Golombeck



Did you know that human nature is that whenever you look at another person, the first things you see are his flaws. Human nature is that we focus on the negativity.

If that's human nature, then Hashem gave it to us in order that we should go opposite of our nature. The Gra says that it's for Sheviras Hamiddos. We have to go to the opposite extreme. The opposite extreme is that whenever you see a Yid, you should speak about his ma'alos.

It can be even the smallest thing, "Wow, he is wearing a yarmulka and tzitzis!" Instead of saying, "He's walking into Shacharis late again," say "Wow, he makes sure to daven with a minyan!" Just like no parent wants anyone to criticize their children, Hashem doesn't want us walking around criticizing HIS children! The biggest nachas a parent gets is when someone compliments their child! Hashem wants us to compliment His children.

When you talk about people in a positive light, you are getting three benefits.

1. You are giving Hashem the biggest, greatest pleasure.
2. However you look at another Yid, that's how Hashem looks at you.

The Chofetz Chaim says if you look at another Yid negatively, that's how Hashem c'v will look at you. However, if you look at everyone positively, you'll get a straight ticket to Olam Haba, because that's how Hashem will see you! Hashem wants to make Yiddishkeit very easy and very geshmak. This is a freebie! No gehenom! That's why it says "Dan es kol Haadam l'kaf zechus." What does it mean to judge the WHOLE person l'kaf zechus?



It means to look at the whole person even if he does something wrong. Focus on the fact that every Yid wants to do good and is malei mitzvos k'rimon.

3. You'll be helping the other person. Hashem put into creation that if you look down or up at someone they feel it. If you think positively about someone, it reinforces those aspects of that person, and helps them be mechazek in that area. And vice versa, so make sure not to look at people negatively, because it will make them feel and act like a nothing! Instead, start appreciating other people.

R' Yehuda Mandel adds, "Appreciate yourself; be dan l'caf zechus yourself!" That will motivate you to become a bigger, better, happier, healthier person, and it will bring out your full potential! The real war is to go k'neged our nature! (Based on R' Yehuda Mandel)

# Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

People can sometimes feel resentment to different people in their life that they feel may have mistreated them. They



may point fingers "that person didn't understand me" or "that person ruined my life."

They may have a point; maybe there were no excuses for what they experienced. However R' Mandel says that in Novardok they went the other direction. Dovid Hamelech who was harshly ridiculed said קלל לו- אמר לו- "Hashem told him to curse me - it was all Hashem! It wasn't your parent, rebbi, spouse or anyone else, it was all from Hashem.

Hashem wants you to work on your middos to bring the best out of yourself. When you live with Hashem, you'll realize that a challenging person or experience in your life is a goldmine, you can skyrocket.



You have the opportunity to constantly change yourself to become better and better. In the end you may even come to understand them; realizing their background and the struggles they experienced.

# MAZEL TOV!

Mazal Tov to R' Avraham Yeshaya Rosenman and family (Chestnut Ridge, New York) on the engagement of their daughter Devorah Leah to Lipa Lang!

Mazal Tov to R' Yaakov Mordechai Rosenwasser and family (Manchester, New Jersey) on the birth of a new baby girl!

Mazal Tov to R' Yonah Simon and family (Chestnut Ridge, New York) on the birth of a new baby girl!



Rabbi Eliezer M. Niehaus

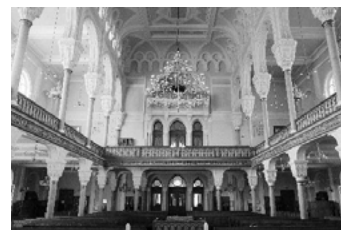
This column is part of the "ASHER TO THE YATZAR" initiative, and is written as a *zechus* for a *refuah sheleimah* for my daughter (**Esther bas Sara Miriam**) a young mother who is undergoing treatment for the *machalah*, and for R' Yossi Hecht (**Yosef Chaim ben Devorah Leah**), founder of [ashertotheyatzar.com](http://ashertotheyatzar.com).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

A few years ago, Rabbi Y. A. shlit"a started giving a daily 2-minute audio shiur by phone about the wonders of the human body. (To hear it call or text 313-NIFLAOS [313-643-5267]). The reason was that his grandfather, Rabbi Nosson Appelbaum zt"l, had always spoken about how Hashem created our bodies with such wisdom and was so full of gratitude to Him for his good health. When he was *niftar* at the ripe old age of 98, after a life of unbelievable good health, his grandson wanted to continue his legacy. Here is his story, based on an interview by Rabbi Yoel Gold (as printed in the *Vechol Maaminim* leaflet, issue 340). Rabbi Appelbaum related:

"I was drafted into the United States Army during World War II and was sent to serve on the island of Guadalcanal, in the Pacific Ocean. One evening, Japanese bombers suddenly appeared on the horizon. It was brief and brutal: they showered their bombs onto the base where I was serving, and then disappeared. Six American soldiers died in that attack; dozens were injured, myself among them. I lay in the ruins of the building I had been in, seriously injured and only partially conscious. The world around me was burning, and I felt like I was losing the sensation in my hands and legs. It's hard for me to describe what I felt like when I looked in horror at my hands, which were hanging at my sides like two burnt pieces of flesh. It was a sense of mounting dread, a fear for my existence. I nearly choked on the dust that I inhaled, and coughed incessantly in an effort to gasp a bit of oxygen into my lungs. In the interim, I found myself talking to the *Ribono Shel Olam*, for the first time in my life, from the depths of my heart. I cried tearfully, soundlessly: "Please, Hashem! Give me back my hands! Please...I can't feel my hands, please restore the sensation to my hands!" From the depths of the pain I added, "I promise that after I get out of this inferno, I will dedicate my life to serving You as a loyal servant!" To this day, I have no logical explanation for the miracle that occurred a few seconds later; after I was sure that even if I would be spared, I'd remain crippled for the rest of my life, I suddenly got back the sensation in my hands and legs."



A few weeks later, after extensive rehabilitation, Rabbi Appelbaum was released to his parents' home. He did not forget his promise... When he entered the shul in his area for the first time in his life, the first thing he encountered was the bulletin board, which had a sign posted with a list of Torah *shiurim* that were regularly given at the shul. Rabbi Appelbaum decided at that moment to join one of the *shiurim*, and to this day, he has not stopped learning.



Rabbi Appelbaum's day began early in the morning, when he awakened with gratitude to Hashem for giving him life. He recited "*Modeh Ani*..." with a special niggun that he and his family used for many years. When Rabbi Appelbaum was asked about the secret of the special *brachah* he had merited - such a long life with good health - he modestly pointed to a colorful placard hanging over the sink in his room. It had on it the words of *Asher Yatzar* in large letters, with beautiful illustrations that depict the remarkable miracles that accompany the proper function of the body, for which we thank Hashem in this *brachah*. He declared: "**In the last fifty years, I have never, even once, made the *brachah* of *Asher Yatzar* by heart - I say it only from the text!** I recognize the tremendous miracles Hashem has done for me and my body and I try to thank Him for it at every opportunity, with utmost sincerity."

# BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau  
This week's Topic: "Sheifos!"



## The Quote – The Lesson – The Story

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

**The Quote:** "Man must know and it must be crystal clear to him as day is day and night is night, that the בורא is looking at him directly and that nothing and nothing is hidden from Him at all, not what he does openly and not what he does in secrecy. The בורא knows if a person is completely relying on Him with a whole heart or not; as the possuk says "ה' יודע" (תהילים צד:יא) and it also says "כי אתה ידעת - לבדך את לבב - כל בני אדם" (מלכים א כ:לט).

**The Lesson:** WHAT MAKES THIS SO INCREDIBLE AND AMAZING, is that WE are so important to Hashem that Hashem gives us personal attention to our bitachon and He sees how much we really believe in what we're saying and living. Hashem sees right into our hearts and sees how hard we are all working on our bitachon in Him and how hard we are trying to build a close connection with Him. He sees our sheifos and how much we are trying to become closer and closer and how we are constantly putting more and MORE of our trust and reliance ONLY in Him. There is nothing that can be possibly hidden from Hashem and we do not want to live in any way that we would even think that we have reason to have anything to hide in the first place!

**The Story:** The Chofetz Chaim once asked the אמרי אמת by the first גדולה רש"י. כנסיה גדולה רש"י says that anytime it says the word "אחרי" in the Torah, it means it is distanced. If so, asked the חפץ חיים, when it says אחרי ה' in the Torah, what is the explanation to stay distant when going in the ways of Hashem?

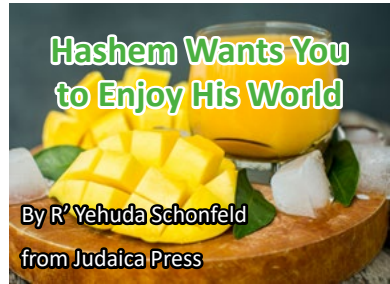
The אמרי אמת answered, "Someone who feels that he is distant from Hashem, it is a סימן that he is close to Hashem. Whereas, someone who thinks that he is close, it is a סימן that he is not." עכ"ל

These words need explanation. The אמרי אמת did not mean that frum Yidden don't feel a closeness to Hashem. What the אמרי אמת meant is that a frum Yid is always feeling "I wish I could feel closer, I feel so small compared to what I could do. What the אמרי אמת was saying was that the fact that we feel small and we may not feel that close connection to Hashem as much as one who is in truth less close, is not coming from a חסרון in us, but it is the biggest מעלה in the world! The very fact that we don't feel that close connection to Hashem is a סימן that we are in truth so close to Hashem!

**The Story 2:** THERE IS A WELL-KNOWN story about a choshuve Yid who was looking for a shidduch for his daughter. He approached the Rosh Yeshiva and asked him to point out the best bochur. The Rosh Yeshiva told him, "This one is the smartest boy, that one is the biggest מתמיד, that one..." Then he pointed to one bochur and said, "This one is the biggest מבקש." The father of the girl said, "I want the bochur who is the biggest מבקש". That bochur grew to be the Steipler Gaon, one of the greatest people of his time. The lesson from this story is that the secret to greatness is not talents or anything else, rather to become great, the main thing is to have the ביקוש. The מבקש will climb way higher and exceed all of his peers.







**True Goodness**

When a person desires something new, he tends to “oversell” it to himself, exaggerating its value and importance. Then, when he finally gets it, he quickly forgets about it and moves on to the next thing.

It appears like his imagination tricked him; what he wanted was not that great, after all!

However, perhaps that is incorrect. Perhaps the things we want really are great! The reason we quickly forget about them is because it’s simply too hard to enjoy what we have. It sounds funny, but it takes effort to enjoy something. We must focus and pay attention — and there is a good reason why it’s hard to do that.

Enjoying life is an important part of avodas Hashem, and therefore the yetzer hara fights hard to prevent it. He tries to get us to forget what we have. He makes our mind lazy, unable to focus on the good in our lives. He convinces us to spend all our time chasing after the “next thing.”

So, in reality, our true perception is before we get something. At that time, the yetzer hara has not begun to fight us. He is happy when we obsess about what we don’t have!

Isn’t it incredible how easy it is to think about what we lack? A person can focus on something he wants for years with barely any effort. But as soon as he gets it, it takes a lot of effort to focus on it for just a short while! This proves that a person is fully capable of paying close attention to things, if not for the yetzer hara’s sneaky tactics.

Before a person gets something, he can accurately assess its value. If he would lose it afterwards, he’d no longer have the yetzer hara fighting him, so again he would remember how good it was — even though he didn’t enjoy it when he had it!

This is why the cycle of infatuation/disinterest takes place even with things that are immensely and objectively valuable, such as a spouse or a home. Regarding a wife, the pasuk says, “[One who] finds a wife has found good.” Everyone acknowledges the value of a good wife. Yet, because of the yetzer hara’s tricks, a man might have no appreciation for his wife, even if it took him many years to find her! If he would lose her (chas v’shalom), he would regain his perspective and greatly mourn what he lost.

We must fight back against this yetzer hara! The way to fight back is by learning how to focus on what we have right now. It takes some effort, but we must do it because that is the way to become happy and the way to true service of Hashem.

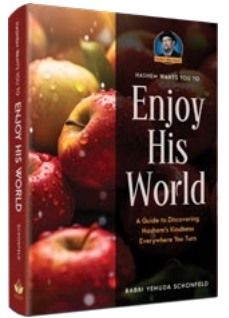
This idea is far more than just a change in outlook. It creates an entirely different view of life. Instead of seeing a world full of things that appear wonderful but reveal themselves as worthless, we can discover a very good world

that is full of true wonder. We just need to push back against the yetzer hara to realize the immense goodness in our lives!

**Benefits of Learning to Enjoy Life**

When we learn how to enjoy life, we will see the following positive changes:

1. Our days will be filled with happiness and contentment.
2. We will wake up each morning and look forward to the pleasures that the day will bring.
3. We will feel settled and stop our frenzied search for the “next thing.”
4. We will save our money instead of spending it on artificial “mood boosters” such as dining out, retail therapy, and vacations. In turn, this will lead to less financial strain.
5. Fewer financial problems will lead to more harmony in one’s home.
6. Depression and anxiety levels will decrease, leading to improved general health.
7. Our problems will diminish in significance, eclipsed by all the visible good in our lives.
8. Best of all, we will begin to form a close bond with Hashem — which is the true purpose of Creation



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*If Only*

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By Mrs. S. Mordechai

*If Only "borrowed" our future  
And he won't give it back.  
He keeps our options piling up  
In one big, messy stack.*

You must keep moving forward.

He's greedy. He's a crook.

Every time you turn your back,  
He'll scratch another black mark  
in his book.

*By day If Only watches.  
By night If Only waits.  
Always seeks the easy way out;  
A challenge If Only hates.*

Don't pay If Only any mind.

Don't give him one inch of room.

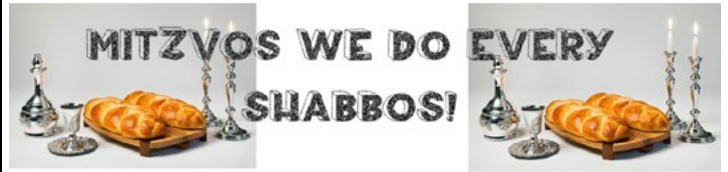
*He counts our losses; logs them  
in;  
Sure If Only to the core  
That once he's claimed all we've  
got*

Or else, If Only will "borrow"  
your today  
And make it tomorrow's tomb.

**The Glow of Torah!**

By: Amrom Weinstein - South Fallsburg,  
New York

Harav Aharon Kotlerzt"l was once giving a shiur on motzai Shabbos, and in the middle, the lights went out. Harav Elya Ber Wachtfogel was there and he said that the only thing he was able to see was Rav Aharon's face, because it lit up!



**1. WEARING OUR SPECIAL SHABBOS CLOTHES!**

We get a mitzvah for every single second of Shabbos that we are wearing our Shabbos clothes! That's many many seconds, minutes and hours of mitzvos!



**2. SMILING!**

Even smiling for one second you get a tremendous mitzvah! (Even if you don't feel like it!)




**ALWAYS IN YOUR LOCATION!  
RENOWNED  
SHADCHAN**

Has made every shidduch since Adam and Chava and continues to do so!

Is mishadeich people who...

- Have medical conditions or are completely healthy
  - Have unique or typical family and personal backgrounds
  - Live in town or out of town
  - Experienced challenges or have not
  - Have דין or don't have דין
  - Are wealthy or not wealthy
- IT DOESN'T MAKE A DIFFERENCE TO HIM!**

Contact HASHEM any time any place

 Tefilla and Tehillim

 Bitachon

 Maasim Tovim

**WE ARE  
BACK**

**ACHEINU KOL BEIS YISROEL  
TEHILLIM CAMPAIGN**

FOR EVERY TWO PERAKIM OF TEHILLIM THAT A GIRL OR BOY SAYS S/HE CAN EARN A TICKET FOR EXCITING RAFFLES!!

TICKET AMOUNTS FOR THE WHOLE WEEK CAN BE TEXTED TO 845-521-2912 AT THE END OF THE WEEK (BY SUNDAY 10AM) TO BE INCLUDED IN THAT WEEK'S RAFFLE.

WINNERS WILL BE NOTIFIED BY TEXT.  
PLEASE SHARE WITH YOUR FRIENDS!!



Just Look At What Hashem Made For You!

It's a Stunning World!



It's Full of Love!



It's a Wonderful World!

Sruly Yelen  
Lakewood, New Jersey

A GLIMPSE INTO THE PAST





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

Hashem gave us the ability to scream loudly and catch people's attention even when they are not standing next to us. Let's take a closer look at this special ability.

When a person speaks in a regular voice, it can only be heard clearly if you are standing close to him. Every meter you distance yourself from the speaker, dramatically decreases the amount of decibels – which means, the volume of the sound. If you stand 10 or 20 meters away from the speaker, you can barely hear anything at all. We would expect that if we have the ability to raise our voice, then the sound would travel a little bit further, maybe 30 or 40 meters. Yet, Hashem gave us the unique ability to scream very, very loudly, which carries the sound quite long distances.

A person's voice can be heard from a powerful scream, on an average of 180 meters. That's very far, and it's many times more than regular speech. Let's also add and remember that a person can also focus the direction of his voice. He can direct his scream to the north, south, east or west – whichever direction he feels will be the most effective, this serves as an important protector from damage which can rally to his defense and help people who are far away.

Until now we discussed the ability to scream loudly and protect ourselves from dangerous people

and dangerous situation. This is something that we do quite rarely. There is another application of raising our voices which is a tool which we use quite often. Whenever we see somebody about to do something unintentional that will cause some small damage or disturbance, we call out to him in a raised voice. "Watch out!" "Be careful!" or



"Watch your step!" – to grab his attention.

For example, if he's about to brush a glass cup off the table, or tip over a container of milk or close the door on someone's finger, etc. it's important to get his attention immediately. The way we do

**Answers for the Parsha Game page 17**  
**Fire:** Hashem showed Moshe a menora of fire.  
**Planting:** Yaakov Avinu planted Arazim in Mitzrayim for the mishkan

this is by raising our voice. We are only able to do this because Hashem gave us the ability to change the volume of our voice. Since we change from our usual tone, this serves the purpose of grabbing his attention, getting him to stop for a second and avoiding pain or inconvenience that was prone to happen.

Often the chessed of calling out is two-fold. It protects somebody from getting hurt and it also helps the potential hurter from hurting others. It's distressful to know that you unintentionally caused another person pain. Even though this is not a vital function and life will go on even if the milk spilled or the glass broke, it's a chessed Hashem we all benefit from numerous times and it deserves our recognition.

**This Niflaos HaBorei 2-Minute Audio Shiur is sent out 6 days a week.**  
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**The amazing Beaver construction company**

In many ways the Beaver does some amazing feats not possible without Hashem being behind them, as we shall see. But to accomplish those feats their anatomy (their organs and limbs) also has to have unique features rarely, if ever, found in similar creatures. Put together by Hashem in this most uniquely structured animal.



Beavers are large brown furry rodents with small eyes, small rounded ears, large orange teeth, and a large flat, scaly tail. They weigh between 44 to 60 pounds. They are about 3-4 feet long. Beavers live in ponds, lakes, rivers, marshes, and streams all across North America.

Beavers have long, sharp teeth known as incisors that are used for gnawing and chewing. These teeth are always growing so it is important for the beavers to keep them trim by continuously gnawing on trees and branches. The incisors on beavers can grow as much as 4 feet per year! Beaver teeth are so strong that they are able to chew through large tree trunks.

Beavers have tremendous cutting pressure with their teeth because of the unique shape of their skulls and the muscles attached to the jaw. These exert a powerful lever action, at least twice as powerful as the jaw strength of humans. Their front teeth grow continually and are kept worn down by constant gnawing. The front surface is very hard enamel that wears down slowly. The backs are of a softer material that wears down a little faster. This somewhat unequal wear gives the teeth a chisel-like edge, great for cutting the bark, and beneath



the bark, of trees. The sixteen molars (back teeth) used to grind the beaver's woody food seldom show any sign of wear. The molars are uniquely shaped to be able to grind the wood into digestible fibers.

Beavers mostly love to eat the bark, and right beneath the bark, and the leaves from the trees that they help knock down by chewing through the tree trunk. At times they'll also eat plants, grasses, and some aquatic plants as well. However, they don't eat the actual wood of the trees. With the leftover wood they create dams and lodges. Although they are found in or around water most of the time, they do NOT eat fish. They usually prefer trees between 2-6 inches in diameter. A busy beaver can chew through a 5-inch willow tree in 3 minutes! A pair of beavers take down about 400 trees per year!

The beaver has several special waterproofing devices that go into operation as it submerges under water. Special valves in the ears and nostrils can be snapped shut to keep out the water. Even though we humans also swim, but we don't stay underwater for too long. Beavers typically stay under water 3-4 minutes straight and when fleeing from predators they can stay under water for as much as 15 minutes straight! Therefore, they need these extra protection valves. They also have special see through eyelid membranes (called nictitating membranes which is like a third eyelid) that slide over the eyes like goggles to protect their eyes from all the dirt in the water, and it helps their underwater vision. Very few mammals have this special eye protection.

They are also able to gnaw and chew underwater without swallowing water because of the specialized design of their mouths. Behind the incisors, their furred lips form a loose flap that is able to close shut behind these teeth, leaving them exposed for use but stopping water from entering the mouth. Another unique breathing feature is the passage from their nose to their throat. This important airway connects directly to the upper lungs, permitting the beaver to chew and swallow, and breathe through its nose at the same time. We can't do that. When we swallow, we can't breathe at the same time that we swallow.

They also have a very unique digestive system.

Although many other kinds of animals can digest the cellulose found in plants, beavers are more dependent on it than most other animals. Beavers are able to digest about 30 to 35 percent of the cellulose contained in the woody material they ingest (which is a very high percentage) partly because of special digestive secretions in their stomach and partly because of colonies of special digestive bacteria that are found in their gut. They also have an especially long and extended lower digestive system that is thereby able to handle the woody material that passes through it.

The front and back feet of the beaver have 5 digits/fingers which enables them to hold on strongly to branches and other material. The back feet are webbed. They are from the very few mammals that have that. This enables them to swim much faster and with much more power per movement of their feet.

A unique "feature" that is found on the first two digits of their rear feet is a unique double claw, sometimes called a split nail. Here, a thin second nail lies closely next to a larger main nail, creating a narrow slit. Beavers are able to move these double claws like a clamp and this feature has at least one important function—it gives a beaver added efficiency when combing and grooming its fur.



This action also helps spread oil over the fur, which is crucial for helping repel water from their fur.

The two sets of double nails differ slightly in construction. The inner nail is larger and rougher along the edge, forming what beaver experts call a "coarse comb." The outer nail is smaller and has a finer, minutely serrated edge. This nail is called a "fine comb."

Beavers are known for their thick, heavy fur which encases the beaver and it gives it a remarkable advantage in its watery environment. This warm outer blanket also helps it survive in extremely cold weather. Beneath the fur is a thick layer of fat that is crucial for keeping them warm in the winter.



Like many heavily furred mammals, beaver fur consists of two coats. An inner, or undercoat, consists of extremely fine, soft hairs that form a dense pile over the entire body except for the feet and most of the tail.

Growing through the underfur are longer guard hairs that extend up and beyond the inner layer. In adult beavers, guard hairs are typically about two and one half inches in length and these hairs are much thicker and coarser than the hairs found in the undercoat.

Beaver's guard hairs are normally shiny, a condition enhanced by the spreading of oil on to the fur, produced in their oil glands. This is not the same fluid that is produced in their castor glands (which have a special unique scent unique to each family, and it's used as a marker to show that this is their families territory). Both sets of glands are found close together under the tail. Because of the oil spread on to the fur, their hair has a slick, smooth feel to it, just the right texture for gliding through a

wet environment. If not for the water repellent oil, the waterlogged heavy fur would be a huge drag on their swimming capabilities.

Finally, we will discuss its completely unique tail. It is wide and flat and it is basically hairless, and it has a layer of dark, tough skin.

No other creature has anything like it (with the exception of the platypus). The tail is used for a few important functions. Firstly, it acts as a rudder helping it steer the beaver while in water. The tissue in the tail is a fatty substance that is important to the beaver as a source of stored energy in times of food shortage. The densely, concentrated network of blood vessels in the tail also helps the beaver control its body temperature, radiating excess heat when it is too warm and limiting heat loss when the outside temperature is too cold.

On land, it forms a sturdy base, creating a stable tripod in conjunction with the two hind legs

when beavers are standing to gnaw on trees, a common activity.

Beavers also rely on their tails to create loud slaps on the surface of the water, the standard beaver alarm.

Now, if you were paying attention, you would have noticed that just about every part of the beaver is SPECIAL, it's unique. How can an accident put together so many uniquely, special parts of this amazing beaver? Review the article and you will see how every step of the way there's tremendous uniqueness to this animal.

We will see in the next article what amazing things this unique beaver is able to construct with its unique body structure that Hashem gave it.

*The author can be reached at [emunahexplained@gmail.com](mailto:emunahexplained@gmail.com)*

## **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!**





# The Miracles Inside Your Slice of Bread

By: Mordechai Solomon

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 to decompose when you put the seed in the earth.  
18. No matter how the seed is placed in the soil, the root goes down.  
19. The stem goes up no matter how it is placed.  
20. The plant survives on rainwater.  
21. The ocean is full of salt water.

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.

26. The sun constantly gives off heat by chemical reactions.  
27. The molecular structure of water is so that when it gets hot, it starts to change.  
28. The water turns into water vapor.  
29. Water vapor is lighter than air, so it rises.  
30. The sun sets in order to let the earth have a rest and certain insects work at night.

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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 nitrates.  
66. The nitrates 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.

**No more space in the kitchen!  
Let's go to the dining room.**

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.  
78. The leaves give off oxygen as byproduct. 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 they don't get tangled.  
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 go out because they burn out and the metal is left over. This is a miracle that the metal doesn't burn out and the other stuff does.  
98. You can mold metal any shape you want.  
99. The metal dries and becomes hard.  
100. The stalks are very soft, not hard, so without great difficulty it can be cut, not like a tree that needs a lot of time to cut. (A miracle that these things need to be used on a constant basis are easy to cut or pluck).  
101. Metal becomes very sharp in order to cut it.  
102. It's also very strong so it doesn't break.  
103. The sheaths of wheat are very light in order that you can bundle it and transport it.  
104. Flax is a plant that grows from the ground.  
105. Their stalks can be used as string.  
106. String enables one to tie the sheaths and transports them easily.  
107. The sun dries them out and can stay as kernels a long time without spoiling.

108. The kernel is made up of (at least) two parts, the grain and the shell (chaff) which is made to protect the kernel from spoiling.  
109. Hashem made the kernel that it can be easily removed by rubbing it vigorously. The way it was done it was put on the floor and you put a piece of wood on top of it.  
110. Wood comes from a tree that grows very tall and has a big trunk that is quite strong unlike the stalk of the wheat.  
111. The wood can be carved in different shapes without breaking and it is made into ridges to press on the wheat kernels.  
112. The man stands on the wood and hold onto straps which hold onto that goes around in circles etc.  
113. The straps that the man holds onto are made of leather.  
114. Leather comes from the hide of an animal.  
115. Leather is formed by a process called tanning and it is very durable and lasts a long time.  
116. Salt is used for tanning.

**No more space in the dining room!  
Let's go to the living room.**

117. Salt is made of two gases.  
118. Eventually it dries and becomes ready for use.  
119. It's a big miracle that the animal is domestic and listens to orders and is not wild and doesn't have big demands and is happy to go around in circles.  
120. The person is heavy enough to put pressure on the kernels to separate the kernel from the chaff but not to crush it so that you can retrieve it.  
121. Hashem made that the chaff is lighter than the kernel so when it is thrown in the air it gets separated easily.  
122. Also, the good stays in one place and the bad part gets blown away.  
123. The grain is thrown in the air with the strength of one person.  
124. It is thrown up with a pitchfork which is a tool made of metal and wood.  
125. Thank Hashem for gravity or they would never land or the wind is not so strong to blow it away.  
126. Afterwards, it is taken to a grinder which consists of two rocks that come from mountainous parts of the earth that aren't soft like dirt.

127. To carve out a rock you need a chisel which is metal and when it is shaped a certain way it can penetrate rock.  
128. A hammer is made of wood and metal and you hit it on the chisel and it knocks away at the rock.  
129. The rock has to be transferred to the grinding place so a wagon is made of a wooden box that is strong enough to contain a big rock.  
130. The wagon needs wheels that are carved from wood in a circle.

131. The wheel has spokes which displace the pressure evenly so it shouldn't break.  
132. Horses which are strong animals can pull heavy loads and are easily tamed.  
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 bit that they aren't the same size.

139. The flour is put in packets of paper which comes from a tree. The bark is taken and transformed into paper.

140. Cotton or flax.  
141. Cotton is a plant that grows. After it grows it has a pod that opens up and you see a white puffy material.  
142. It gets cut down with a sickle.  
143. Afterwards it gets combed with a comb that is made with metal teeth.  
144. The comb is capable of separating all the unwanted parts leaving the cotton by itself.  
145. After that it is brought to a harp and wool which is a machine that has racks made of wood and you put two rows of string through them.  
146. Then you have an apparatus that you throw from side to side.  
147. You have a pedal which makes the two rows of string move up and down and it catches the string from side to side in between.  
148. You have a wheel which turns the string which enables more string to come and the end result is a piece of cloth.  
149. It is then sent to a warehouse for storage.

**No more space in the living room!  
Let's go to the steps.**

150. A warehouse is made from piles of wood.  
151. Wood comes from trees.  
152. It is taken from the storage house to the store.  
153. It is transported by horse and because the sunlight bounces off and gives it a certain color.  
154. In the store it is readily available to people living in the community.  
155. The store has an owner who is interested in selling his products to make money.  
156. It is a very big town that people give value to a worthless piece of paper.  
157. A printing press makes money.  
158. It is made from metal. They take ink that is extracted from different plants.  
159. They take paper which is made from a tree.  
160. The ink gets absorbed in the paper and it doesn't come off.  
161. Hashem made the sunlight has many different colors in it.  
162. The paper has a certain color.  
163. The person brings the flour to his house.  
164. You take the flour and put it into a bowl of wood.  
165. You add water which comes from a faucet in the house.  
166. The faucet is a hollow tube made of plastic or metal.  
167. It goes to the house from under the ground to a reservoir which is a body of water.  
168. It goes until a water plant that is connected where it connects to very big pipes.  
169. The water gets purified.  
170. The water gets to the house through pumps.  
171. The pump works with electricity.  
172. Electricity is a form of energy that is very powerful.  
173. Hashem made it that it travels through metal.

**Oh no! We got stuck!  
We don't have any more space to continue hanging up the rest of Hashem's kindnesses!  
Stay tuned...**



Out of this world!  
 Too good to describe!!  
 Everlasting Enjoyment!  
 Thrilling!  
 Melt from Pleasure!  
 Pure Bliss!



*Disclaimer: All pictures and descriptions are just mashalim. The real pleasure the neshama is going to have is indescribable!*

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**Paradise Sunrooms**  
 Love Living



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*Eradicate Machlokes!*

**Did someone hurt you?**

Shower him with non-stop compliments!



Give him gifts!



Write nice notes!



**Do Hatava B'makom Hakpadah!**

A relative of the Chafetz Chayim went to the tzadik for a bracha for his trip to America. The gadol said to find a sponsor, for his sefer in America. On the ship there was a storm, and he got very seasick!

This is the ship's infirmary, you fainted and have been unconscious for a while.

How do you feel now?

Baruch Hashem, much better *than* before! I still have difficulty breathing, and my stomach pain is unbearable! Is the storm over?

Yes, we're out of danger, and almost in America. I suggest that you don't go to New York.

You mean to say that there are other places in America other than New York?

Of course there are! New York is just one state out of many! I suggest you go to South Florida where the air is better, I'll bring you to the train station!

Thank you so much for all your help.

When he arrived in Florida

Shalom Aleichem! Welcome to Florida!

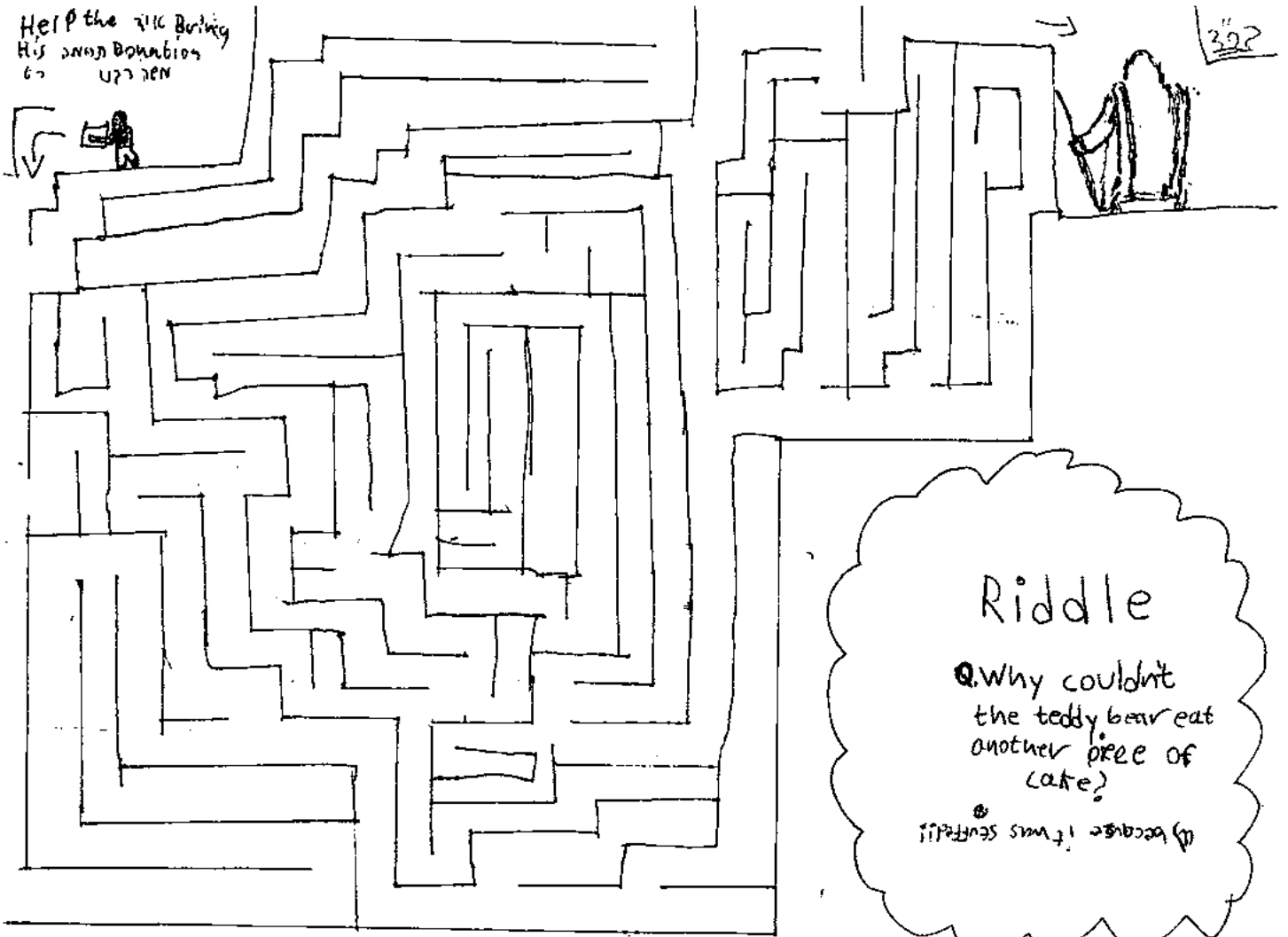
Aleichem Shalom! How did you know I was coming? I didn't even know.

I come to the train station every Friday, in order to warn all the yidden about that sign over there.

I come to the train station every Friday, in order to warn all the yidden about that sign over there.

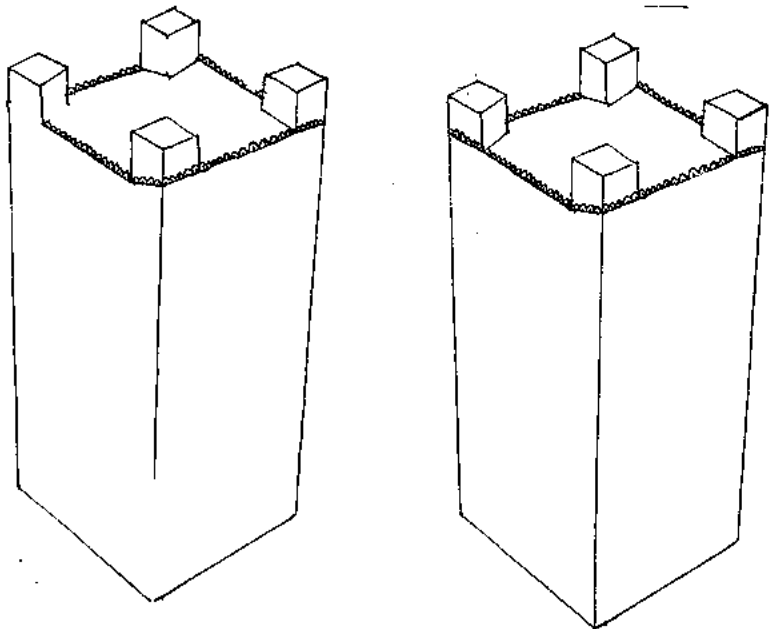


Help the 311 bring  
His 3000 Donation  
60 123 456



Riddle  
Q. Why couldn't  
the teddy bear eat  
another piece of  
cake?  
A. Because it was selfish!

Find 5 differences between the  
two pictures ( 2000 1000 )



- 1) b m z c i a h
- 2) m r n h e o a
- 3) c s u n b a n t
- 4) k s m n a i h

1) mizbech  
2) menorah  
3) shulchan  
4) mishkan  
5) kishron

By: Arieh Rotinfeld

# MR. MIDDOS

300

ERTMIDDOSALERTMIDDOSALERTMIDDOSA RACHELLI AND SHIRA

BAS BREINDA'S LUNCHROOM:



Hey, there's music coming out of my sandwich!!

TTO: L'CHAI OLAMIM... (HIGH)  
 DAN LAKAF ZCHUS, IS SOMETHING WE MUST  
 THINK ABOUT,  
 SO BEFORE AT SOMEONE YOU BEGIN TO  
 SHOUT,  
 DAN LKAF ZCHUS, THINK OF WAYS IT COULD  
 BE THAT THEY REALLY DIDN'T DO IT, AND  
 YOU AND THEY WILL BE HAPPY!!  
 D-D-D-D-AN LFAF ZCHUS....



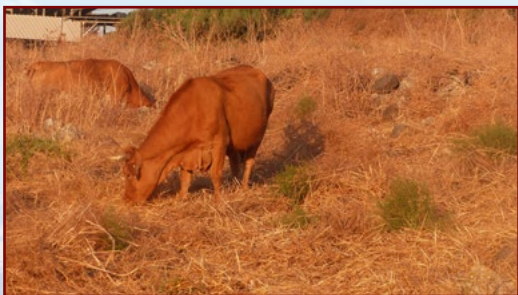
By: Ahuva Rothenberg





ארץ תמדה טובה ורחבה!

# Hashem's Wonderful Land



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## BEAUTIFUL QUOTES

*"Teach them how good snow is. Snow is a great blessing... The earth drinks in more of the water from the snow than it does from rain."*



**Rav Avigdor Miller Speaks  
Vol 1, Page 201**

*"Whenever you have an occasion to make joyous occasions in the house, utilize it."*

**Ibid. Page 210**

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*"Do you know that this world has a haskama...."*

*Hakadosh Baruch Hu describes the world in two words: Tov Me'eod."*



**Rabbi Zevy Golombeck - A  
Life with Bitachon**



Did you know that encouraging others is a form of pumping people up?

There are so many ways to encourage people!

We can:

- Share with people how much Hashem loves them!
- Share with people how exciting it is to do Mitzvos!
- We can dance and sing because we are the chosen Nation!
- We can remind people how internally good they are!
- We can share how Hashem is, was, and always will be. Hashem neither sleeps nor slumbers and is always watching over us and showering us with Ahava Rabba – lots of love!

A few months ago, I was eating by my brother for the Shabbos day meal. Right before Benching he said how exciting it is to Bench and how we should really dance when we Bench because Hashem gave us such delicious food. Before Benching, my brother turned to his two-year-old saying "Thank You, Hashem for the delicious \_\_\_\_\_ (fill in the foods that you just ate). Since then, my appreciation for Benching has sky rocketed. I literally love to sing and dance by Benching. I listen to the words I am saying in Benching and realize how much of a gold mine it is. Some of the gems are when we say "Hashem is good and Hashem is our Shepard...He has done good for us...He is doing good for us and He will forever do good for us. He has bestowed, He bestows, and He will forever bestow upon us Chein, kindness, and mercy; relief, salvation and success.... livelihood and sustenance; compassion, life, peace, and all goodness... it's such a gorgeous Brocha! I love washing for bread now because my brother pumped up benching, and now I feel so pumped when I Bench! Before I Bench, I also love saying what my two-year-old niece says "thank you Hashem for the delicious \_\_\_\_\_ (and naming foods I ate) ....

This is an example of pumping people up by sharing how exciting a Mitzva is!

Story

It is important to pump people up by showing them they can be successful and we get excited by small efforts. Anything small is really huge! I have the privilege to be in meetings with principals, teachers' educators and professionals discussing Hashem's precious children.

One of the things I make sure to share is how we need to set the child up for success. Whatever chart you want to give that child, split the requirements in half and then in half again and then again. Then pump the child up and make sure they will be successful. We usually find a way to bring automatic success to the child.

My father Amush shares this concept from Rav Yisroel

Salanter in relation to ourselves as well. Before Rosh Hashana, he shares whatever Kabbala you are thinking of doing, cut it in half and then in half again.



I was at Rabbi Gamliel Rabinowitz Shlita about a year ago. The way it works is that if you want a Brocha from the Rav, you need to write on a paper a Kabbala you will do Bli Neder and write it down together with your name so the Rav can daven for you. We

were waiting in the waiting room for hours. I noticed that many people were very nervous to write a Kabbala down. I too wasn't sure what to write down as I was worried, I would not be able to do something long term.

I went over to the Rebbetzin and asked if it can be a onetime Kabbala and very small. Her face lit up as she said it indeed could be. I went back to the waiting room and announced to the women that the Kabbala could be very small and it could be ever a one time thing. I shared that I would be writing that I would say Asher Yatzar inside for six times! Everyone felt very pumped and I noticed many women then took the paper to write the Kabbala because it was no longer a weight rather it was so freeing. Everyone felt so pumped!

Klal Yisroel is so amazing and we all just want to be so close to Hashem. Many times, I see clients who feel badly about themselves. One of the things they feel badly about is because they say they don't feel like their relationship with Hashem is good R"L.

I share with them how sometimes I have one spouse come in that says they don't feel so connected to the other spouse. In each case it's because of something different that is going on that gets in the way of the old connection they used to have. Let's take the example of when there is a big stress of finances and the spouse feels that is what is in the way of their connection. Of course, there should be no stress because Hashem provides everyone and Hashem is our bank account and Hashem has unlimited funds for all of us! I say let's do an exercise: Imagine it was right after Sheva Brochos and everything felt amazing. Imagine you had no financial stress, or fill in whatever the stress between the two people is. would you feel more connected to your spouse. I usually get a very positive response such as "yes sure I would feel so connected" Then I say okay great so you REALLY are connected, you feel connected, except the stress is just blocking you from seeing how connected you really are. It's blocking you from remembering how internally good this other person is. It's blocking you from seeing the REAL them, from remembering who they really are. After this realization, we work on igniting the connection.

And this is what I share with people in regard to their rela-



relationship with Hashem. I ask “why don’t you feel connected, loved, cared for, watched and protected as Rabbi Golumbeck describes?” They say things like they did Aveiros or they see pain in the world etc. etc. I say okay let’s do an exercise. Imagine you didn’t have whatever stress was in the relationship. Do you see Hashem’s goodness? For example, you are breathing, seeing, eating have a place to sleep and on and on and on.



When they respond yes, I say let’s just remove those blocks for a few moments that you can feel good and feel close and connected to Hashem. Let’s just remove those bricks so you can feel how Hashem loves you no matter what, no matter who, no matter when, and no matter where! Once a person feels Hashem’s love then everything changes. Once they realize they can just remove whatever is blocking the relationship and they can get as close as they want because Hashem is our best Friend and always there for us, it changes everything.

When we were born before we had anything blocking us, we were purely connected to Hashem and we “saw” Hashem for what Hashem really does for us. It’s only the blocks that make us forget “who Hashem is”. Once they see it was all just something blocking their getting to know WHO HASHEM REALLY IS, THE MASTER OF KINDNESS TO US ALL, then they can FEEL Hashem’s LOVE ! It’s so amazing how Yidden love Hashem! Once a person feels Hashem’s love the person feels their whole relationship with Hashem is so different. In this way we can pump people more and more and more.

I just love to give people support and Chizuk. As an aside: Doing for others makes us feel so good ourselves and fills our own emotional bank account!

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

- Whenever someone walks into the room we can think: “We are so lucky to be part of such a shining nation. Evey yid I meet is so full of Chein and love and a shining gemstone Neshoma!” Thinking this will pump the other person up. Yes even thinking it, how much more so saying it will pump someone up!”
- If someone doesn’t yet know about giving their burden straight to Hashem, I ask them to hand me some of their pain or burden by making a physical motion of handing it to me. Then I take the brick and throw it up to Hashem. This brings people a lot of relief.
- Dance and sing and be joyous while you talk about a specific mitzva to pump up your family and friends about doing that mitzva. For example, you can say “wow I am eating Challah on Shabbos. I feel so so lucky because it’s a mitzva and a mitzva is worth more than a million dollars!” You can have

the kids each say the highest number they know and share with joy how a Mitzva is worth ever more than that. Our joyous attitude is contagious! You don’t have to be shy about being

joyous because you are building a gorgeous house in Olam Habba.

- When you cook or bake you can think about who you can share what you are making with be it a neighbor or friend!
- Text a random person a kind message to pump them up!

- Tell the musician at the next Simcha you go to what wonderful music it is.

Song:

I was in a preschool yesterday to model and share “Twelve ideas of how to enhance your preschool playtime”.

I was observing the beautiful circle time when the children were davening. Then it was time to give Tzedakah, and some children did not bring a penny for tzedakah that day. Whoever brought a penny had a song sung for them. Moishy brought a penny, a penny... for Tzedakah today... The children who did not bring a penny were completely devastated. They looked so sad. I asked the Morah if we can add a song for the children who did not bring a penny. She asked what I meant. I said if Chaim has no penny instead of singing “Chaim brought a penny” we can sing “Chaim loves Hashem, Hashem, Hashem. Chaim loves Hashem and got a Mitzva today”. And in this way those children who did not have a penny also get a mitzva. We tried this on the spot and all the faces of the children lit up. One child still said “but I still don’t have a penny!” I said a mitzva is worth more than a billion pennies to Hashem and then his face lit up as well and he was pumped! Please share this idea with any playgroups you know!

Here is a song that I sang to myself one year when I was on the way to say a Brocha on the trees. I had not been feeling well that week so I was giving myself Chizuk to go out and say the Brocha by singing this song and my whole attitude changed!

Tune: Don Poni ma Barie... Tedabei udaba shenemar:

Let’s dance and sing and clap today

Because we got so rich today

We do Mitzvos every day

We have a million dollars!

Clap with me

Clap with me

Dance and dance

Dance around

We will tell the whole town

We have a million dollars!  
 A mitzva is a million more  
 Thank you, Hashem,  
 Hurray Hurray!  
 I am getting rich today  
 Because I do Mitzvos  
 all day!

Ohhh I'm going to get a  
 million dollars  
 Oooh I'm getting a mil-  
 lion dollars

I can do it you can too  
 We can all because we are Jews  
 I'll say Amein you do the same  
 We get a million dollars!  
 I can do it you can too  
 We can all because we are Jews  
 Kibbud Av Vaim you can do the  
 same  
 We get a million dollars!  
 I can do it you can too  
 We can all because we are Jews  
 Benching loud and Benching clear  
 We get a million dollars!  
 I can do it you can too  
 We can all because we are Jews  
 (fill in the Mitzva)  
 We get a million dollars!

As an adult, I try to sing this song  
 all the time! I try to change up 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 associat-  
 ed with it. The more times we sing  
 and add a small change, the more  
 neural pathways we have connect-  
 ed to what we are doing. This helps  
 it become more integrated into our  
 beings.

Feeling Hashem's Love!



There are so many  
 ways to feel Hashems  
 love. Hashem showers  
 us with Ahuva Rabba!  
 Here are a few exam-  
 ples:

I was just so in the  
 mood of a nice fruit  
 platter one day while I

was working. All of a sudden, a client walked in with a beautiful fruit platter and said her mother sent it for me as a gift because it was her last time coming.

Whenever my neck and shoulder and back are in pain I keep repeating: Hashem is encasing my neck with love. Hashem is encasing my shoulder with love. Hashem is encasing my back with love... and the pain eases I keep on doing this until the pain is getting less and less. One night the pain was still there

so I said "ok I think I'm relying on Bi-tochon instead of relying on Hash-em. I said over and over "Hashem it is only me and you. No one else and nothing else" and the pain disappeared.

The next morning, I was literally drunk with joy, thanking Hashem as my full range of motion improved. I can move my neck. I can move my hands without pain. It's unreal. I love Hashem so so much. He's literally my best friend. As I am writing this article my knee has been hurting for about a week so I decided to say (as I learned from, Rabbi Golumbeck):

"Hashem is great, I love you Hash-em my feet are great my feet are healthy my feet are fine! And immediately I felt some sort of click in my knee as something went back into place and it feels much better!"



**I took this picture in my walk! Can you say twenty things you thank Hashem for and do a different motion while you say each one? 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.**

Disclaimer: All information is for educational purposes only. For any medical or mental health advice contact a healthcare professional. Names and identifying details have been changed. 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. © 2024 Text/call 732-534-2250 to give feedback on Ahava Rabba. Dr. Jacoby PhD LSCW



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.** There were many tzaddikim who were on the highest level of bitachon yet painful things happened to them. There were many great people who were tortured and killed by non-Jews. There were many gedolim who lost children during their lifetime. There were many tzadikim and talmidei Chachamim who never had children or at some point of their lives didn't have parnasah.

- 1.** How come their bitachon in Hashem didn't help them?
- 2.** We hear on 'A Life with Bitachon' how we are supposed to feel safe and secure in Hashem's Hands. How am I supposed to feel secure and safe relying on Hashem when I see that so many tzadikim, even with their highest level of bitachon, were still affected? Are we supposed to be malachim and ignore what we see?
- 3.** In addition, we say in Bentching, "Hazan es Haolam kulo btuvo.... val yechsar lanu mazon l'olam va'ed." There were many times when people (Yidden and non-Jews) died from starvation. Even today there are many people who suffer from undernourishment and many die from starvation. How are we supposed to understand all this?

**A.** The Leshem and the Beis Halevi speak about this question. There are different levels of bitachon. The lowest level is that Hashem says, you have wants and needs, I want to make you happy. Rely on me, and I'll give it to you. That's what we talk about on A Life of Bitachon. Then there's a higher level for Tzadikim. They see everything positive in the first place, so they don't care about what seems to us to be nisyonos. The Chazon Ish said, "I'm the happiest person in the world." That's despite the fact that he had no children or money. He told R' Shlomo Lorincz, "I'm richer than Rothchild." Where does happiness come from? A relationship with Hashem.

There's a famous story that brings out this point. There was a certain person that went to a Rebbe and said, "I have this nisayon and this tzara, how am I supposed to be mekabel it besimcha? So many issues, so many problems?" The Rebbe said, "Go to R' Zushe, he knows the answer to this question." He went to him. He looks in his house. He didn't have a penny to his name. His house was falling apart, their clothing was falling apart. His wife wasn't well. He had every issue you can imagine.

He asked him, "With so many issues, how could a person be happy?" He said to him, "I don't understand the question. I never had anything bad in my life. Everything is so good. I only know what good is. I don't know what bad is." So we see from there, that if a person lives on the highest level, so their simcha comes from living with Hashem, their enjoyment comes from living with Hashem. Hashem is the source of all simcha, the source of all enjoyment. The closer you get to Hashem, the happier you'll be.

R' Chaim Kanievsky had no money, he lived in a little tiny house.

He lived in this old two bedroom with 10 kids. And they mamesh lived in a hole in the wall. And when people wanted to buy him a new oven, a new refrigerator, new mattresses, he said, "I don't want it. I don't want anyone to think that I need these things to make me happy. I don't need it to be

happy." R' Chaim Kanievsky was the happiest person. He used to joke around. He used to laugh. He was always smiling, always happy, never under pressure. So bottom line is, that real happiness comes from living with Hashem. So Tzadikiim loved to go through nisyonos, they loved to go through challenges. They don't need money, they don't need children, they don't need anything, all they need is Hashem. Because of that, that's why



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A life of comfort



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

**Hashem is Taking Care of You!**

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

zugt the Beis Halevi, they don't need bitachon to get what they want because they already have what they want. But we're not on that level. We're not so connected to Hashem. So Hashem says: OK, so we're not so connected. So what do you need to make you happy? You need food, you need money, you need a house, you need children, you need all these things. Ohh, that's what you need, then rely on Me and that activates the bracha. Now there's also a third level, the highest level. R' Chaim Volozhin explains that even by Tzadikim that don't need anything, you'll still find that they daven to Hashem. R' Chaim Volozhin explains from Nefesh Hachaim that even though they don't need anything on a personal level, but since they know that Hashem wants to give to them, because Hashem wants to be meitiv, so they'll still daven.

So the bottom line is that Tzadikim are the happiest people in the world. They have everything they want, and if they ask for

anything, it's because they know Hashem wants to be meitiv. But we're not on that level, so we could ask Hashem for whatever we feel will make us happy, and the more we focus on how much Hashem took care of us in the past, the more we focus on feeling loved by Hashem, that activates the open bracha, chessed, and rachamim, and then Hashem will give us more and more and more.

Regarding people dying from starvation. Actually nobody died from starvation. There's no such thing because food is not what keeps a person alive. People don't live off bread. You know why people live? Because Hashem says that when a neshama comes to this world, it's supposed to do a certain Tikkun. While it's doing this tikun, they'll be alive. When they're finished with their Tikkun, it will be time to leave the world. And when the body's shavach and weak, that means their neshama is getting their Tikkun, and that's how they're fulfilling their Tafkid. So therefore every person has exactly what they need for their Tikkun. The more we focus on Hashem's love, that activates all the open bracha, open chessed, open rachamim.

Mrs. Holstein from Cleveland just called in that her mother was very sick. They couldn't even put an IV into her. They couldn't give any food or drink. And she lived over 14 days without any food, without any drink. Mrs. Holstein from Cleveland, her mother lived over 14 days without any food and drink. What do you mean? Doesn't a person need food



or drink to live? The answer is no, they don't need. You need Hashem. If He wants you to live, then you live. If not, not. Nothing to do with food, nothing to do with drink. People don't die from starvation. When Mrs. Holstein's mother finished her tafkid, that's when she left the world. You see clearly in our generation. This story just happened a month ago in our generation, and there are many other similar stories of people that didn't have food for a long time and still lived. The bottom line is that we have every last thing that we need that's good for our neshama, and the more we focus on it, the more we get open bracha. There's nothing to worry about.

לזכות רפואה שלמה  
משה -ן בילא

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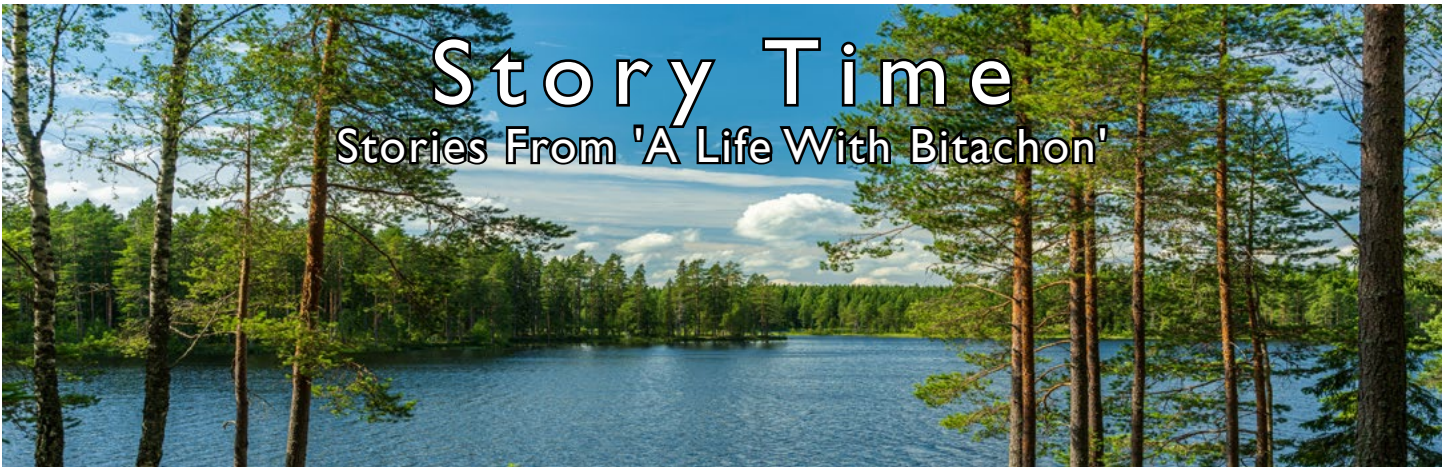
- ✓ only positive about others and to others
- ✓ only positive about the world in general
- ✓ only positive about your personal life
- ✓ only positive about your day

POSITIVE hour changes your perspective and turns you into a HAPPIER person. The more we focus on the good, the better it will be! Try it and you'll see how just one hour a day can literally change your life!



# Story Time

## Stories From 'A Life With Bitachon'



#1720- Mrs. Rosenbaum had a doctor's appointment for one of her children at 4:00. They left the house with plenty of time to get to the appointment, but when they got on the road, they realized that they were facing bumper-to-bumper traffic. Nowhere to move, nowhere to go. She knew that this doctor's office doesn't play games. If you're late, you miss your appointment. She called the doctor's office just to check. She said, "Right now, we're running a half hour later than expected. We're going to arrive a half hour late. Can we still come? They said to her, "Sorry,

nothing doing. The appointments are scheduled back-to-back. There's nothing we can do for you, sorry!" With that, they hung up the phone.



She told herself, "You think I need them to give me an appointment? I get my appointments from Hakadosh Baruch Hu, the Ribono Shel Olam. He's Hakol Yachol! He can do everything and anything!" With that, she continued on her way.

She arrived at the doctor's office at 4:30. As she walked into the office, the receptionist said, "Rosenbaum! Come right in!" She said, "Wow! Baruch Hashem! Why are you letting us in?"

The receptionist said, "I'll tell you the truth. We never had this before, but the 4:30 appointment came at 4:00, when you were supposed to come. When we heard you were coming late, we gave them your appointment! Now, the 4:30 appointment is for you!"

Hashem arranged the appointment for her at just the right time!



#1721- Tzvi Tesser said that whenever he travels and he's on the phone and passes by a certain spot, there is such poor service that without fail his phone just hangs up on him. He always has to wait for a minute or two and then call back. One day, he was passing by that spot, and he was listening to a story on a Life with Bitachon. He was smack in the middle of the story! He wanted to hear the ending. He



## Sparkle Neshama Wash



**Clean out your Aveiros!**

**Wash away Yesurim!**

**Wipe away all dirt!**

**Save yourself a trip to Geheinom**

*Looking forward to serving you!*

**Mr. Bizyonos**



# Story Time

## Stories From 'A Life With Bitachon'

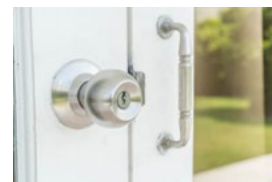
thought to himself, "I don't want my phone to shut off like it shuts off every other time!" Then he said, "One second, that's if you go with teva, that there's such a thing as poor service, good spots and bad spots. I'm going to go with Bitachon that Hakadosh Baruch Hu is Hakol Yachol! He can do everything and anything!" As he passed that spot, he saw for the first time that his phone didn't shut off! Then he told himself, "Look! It has nothing to do with a spot! It has to do only with Hakadosh Baruch Hu, the Ribono Shel Olam! From now on, whenever I pass this spot, I'm going to believe that it's not the spot that's in charge of my service. It's Hakadosh Baruch Hu!"

The next day, he passed by that spot again, and he saw four Verizon trucks at that spot. He didn't know what they were doing there, but he had the clearest, most amazing service, better than ever!



**#1722-** Reb Moshe Blomberg davened every morning in the same shul, so he kept his tefillin bag in shul. This shul is very makpid to lock up when the last person leaves. There is a night kollel there, and there is one man specifically in charge of closing the lights and locking up. There are just a few people that know the combination.

One night at midnight, Reb Blomberg suddenly remembered that he had a bris the next morning, and he needed to leave to the bris very early, before the shul would be open. Therefore, he needed to get his tefillin bag now. He said to himself, "Uh-oh. The shul doors are already locked, its 12:00. I remember that every time I've tried to get in in the past, it was always locked. Who should I call now at 12:00? Everyone is already sleeping!" He walked towards the shul and he saw the lights were off. He was thinking, "What should I do now?" Then he said, "One second. Who's in charge of making sure that the door of the shul is locked? Do you think it has to do with the person who turns the lock and the knob and now the door is locked so that's why I can't open it?? The only reason why a door doesn't open is because Hakadosh Baruch Hu doesn't want it to! Well, I believe that Hashem is Hakol Yachol, and He can do everything and anything! Therefore, I'm just going to go with Bitachon that everything is going to work out!"



With that, he went to the shul door and he opened it up! Just like that! Something that never happened to him before! Many times in the past, he tried to get in but it was always locked!

This was the first time that he was able to open the door. In no time, he was able to get his tefillin bag!

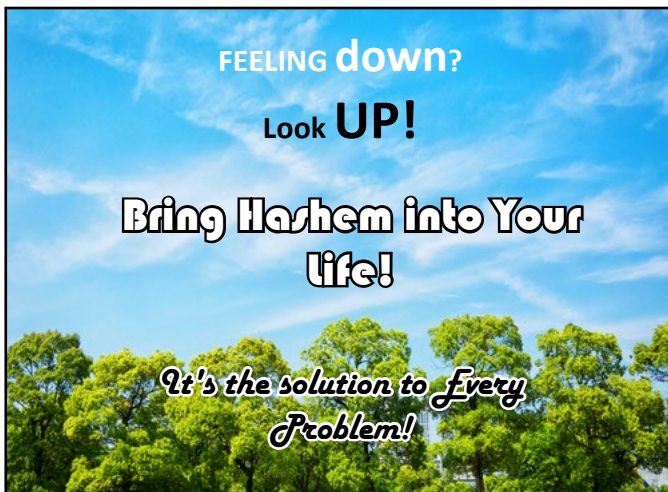


**#1723 -** Morah Goldstein from Eretz Yisrael had to record a lesson on the phone for her class to listen to the next day. She only had time to prepare when it was already after 12:00 midnight. The school had given her a password to use in order to be able leave a recording on their phone line. However, the password that she had written down was the wrong number. It wasn't working.

She tried all different numbers; she went through 12 different options. None of them worked! She thought to herself, "Who can I call now? It's so late at night, it's already after midnight. Who can help me at this hour? Who is still up?"



She said, "I know! Hakadosh Baruch Hu, the Ribono Shel Olam! Hinei lo Yanum, v'lo Yishan! Hashem doesn't go to sleep; He's always there taking care of me! Therefore, I'm going to have Bitachon that Hashem is Hakol Yachol, and He can make it that the next numbers I press will be the right numbers!" With that, she pressed three numbers, and it let her right in!! She was able to record the lesson, and everything worked out! ❖





# The



# Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

**Q. My daughter is in the parsha of shidduchim. However, she has numerous middos issues which need to be rectified, such as ka'as and patience. On one hand, my duty as her parent is to help her get married. On the other hand, if I help her get married, her husband will suffer from her poor middos?**

**A.** Rav Yisroel Falk responded: If you are capable of helping your daughter perfect her middos and prevent her future husband from suffering, certainly, you should help her.

But if there is no hishtadlus you can do to help your daughter, for example, if she is not interested in receiving help, you should still help her find her shidduch. Everyone has their bashert, and your duty as parent is to help her find her zivug. And as far as her middos are concerned, turn to Hashem and daven that she should have a special siyata dishmaya to live in harmony.

**Q. I feel that my husband does not really understand me. As a result, I feel that my emotional needs are not being fulfilled. I tried different techniques to help him understand me, but nothing is working. What should my perspective be about this?**



**A.** It's definitely very frustrating not to feel understood by your husband. However, Hakadosh Baruch Hu certainly understands you. He created you, and He fashioned your emotional needs.

Realize, Hashem is conducting your affairs in the way that's best for you and He's catering to all

of your needs. He is the one who gave you the perfect husband for you. This is what Dovid Hamelech writes: ומשביע לכל- חי רצון – and is satiating all living with their needs.

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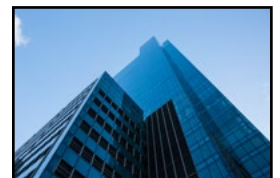
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# Our Readers Share



**Editor's Note: Some of these stories are from Av-Tishrei!**

## Hashgacha Pratis Stories



Thank you so much for an amazing newspaper and everything you do; we love it! Especially the past couple of weeks, you have all the beautiful ads on how you could fix your neshama, tefillas haderech and all these cute little things. It adds so much to my bitachon, my emunah, and my Shabbos seudos. So thank you! I'd like to share a few stories.

1. Recently, my parents booked tickets to come visit me in California. They like to go away with the kids after camp finishes, before yeshiva starts. They called to ask me, "Did you book a place?" My Rav (from when I lived in Lakewood, and with whom I still learn over the phone; Rav Simcha Bunim Cohen) always used to say that during the three weeks, you shouldn't take children on vacation. I was mekabel to bli neder not take the kids during that time, and to only book things for after Tisha B'av (if Mashiach chas veshalom didn't come before then). On the other hand, Kibbud Av Ve'em; my parents want-

ed to go away and they wanted me to book a place. I didn't know what to do.

My mother asked me again, "Did you book a place?" I said to her, "Let's do it after Tisha B'av." She said, "You're right. Let's wait until after Tisha B'av." I said to myself, "Wow, it's a Neis!" I knew they really wanted to go away; they wanted to rent a home with a pool, and they wanted to go somewhere with the kids. But Hashem saved me! I was able to avoid booking a vacation for the three weeks and still keep Kibbud Av Ve'em. Than you so much Hashem!

2. One night last week, I was going to bed. My phone has my alarm for the morning, so I keep it by my bed. Then my phone fell on the floor. It never falls. I thought, "Wow, thank you Hashem that it didn't fall on my negel vasser cup! It didn't get all wet." As I thought that, I picked up my phone and felt something on the floor. It was an earring. I put it on the dresser. The next morning, my wife was looking for her brand new gold earring. I said, "Wow, I know where it is! I found it last night when my phone fell on the floor!" Now

I know why Hashem made my phone fall on the floor. I thanked Hashem that it didn't fall into the water and I found my wife's earring. I probably would not have found it otherwise.

3. Last week, I was driving on the street and I got a little too close to the lane next to me of the parked cars. Someone was opening their door and I hit him lightly. I pulled over and I said to myself that whatever it is, I have to be honest. I could have driven away but I wanted to make a Kiddush Hashem. I thought, "Whatever happens, thank you Hashem. Eitzim V'avanim! Whatever it cost."

The man was looking at the car and I was sitting in my car waiting to see what would happen. I walked over to his car and I said to him, "Did something happen to you?" He pointed to my car and he said, "Yea, that guy hit me!" I said, "That was me."

He looks around his car again and he said, "Nothing happened. You don't owe me any money." I said, "Okay, great!" He said to me, "L'ihitraot, yom tov!"

I was so surprised to realize that he was Jewish, and I was so happy that besides the fact that Hashem saved me from paying money for damaging his fancy BMW, more importantly I was able to make a Kiddush Hashem! This man was able to see how a frum Yid pulled over and was honest!

Thank you Hashem! Thank you the Spring Hill Times for sharing all these amazing stories with us! Hashem should continue giving you koach and Siyata Dishmaya.

A Reader - California

### 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!**

**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.**





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# Hashem Loves You!

A Menahel shared that it was Thursday before the upcoming start of the new school year on Monday, and his third grade English teacher called and said “I have good news and bad news. The good news is Mazel Tov! I’m a Kalla!” “That’s amazing, I’m so happy for you,” replied the Menahel. “The bad news is that I therefore am canceling my teaching job for the upcoming school year. I’m so sorry that’s its three days before you begin the year, but I am too busy now to teach.” “Don’t worry, Hashem runs the world, and He can take care of it” replied the Menahel.



This Menahel shared that although in his stomach he felt very uneasy with worry almost overtaking him, he kept repeating ‘Ain – Od – Milvado - Hashem is the only One in charge, and there is nothing besides Hashem, and Hashem surely will help’, and this calmed him down.

He then received a phone call. “Hello. It’s the Board of Education, and we will be coming down to your school on Monday for an inspection, to make sure that the students are all learning properly with their assigned teachers, and that the school environment is suitable for learning.” This new pressure added salt to his wounds, but he again repeated that Hashem can easily turn this around into a benefit.

That Monday, English was scheduled to begin at one thirty, and the Rebbe asked him at one o’clock ‘Who will teach my boys in half an hour?’, to which the Menahel replied ‘Hashem will surely help!’

At one twenty five the Menahel heard sounds outside his office. A mother was walking with her middle aged daughter and saying, “My daughter has a prestigious degree and many years of experience, and was hired to work in the Yeshiva which rents downstairs, and the board of education just disqualified the school’s English funding. The principal now told my daughter that they will no longer be able to hire her for the school year! Now what will she do? Every upstanding normal school surely has all their teachers set up by now!”



“Would you wish to work for our third grade class?” asked the Menahel. “Class starts in five minutes, come right in!”

I heard this story from the Menahel himself, who shared with me how this experience enlightened him as to the power of real Bitachon. He had been saying ‘Ain – Od – Milvado - Hashem is the only One in charge, and there is nothing besides Hashem’ the entire time and Hashem sent him a complete ישועה with only five minutes left until class began. Additionally, the Board of Education inspection initially seemed like added pressure, until Hashem turned it around and made the ישועה

come precisely from the Board of Education inspector herself who now made this teacher available for his school! Hashem also worked it out for the renting school and they were successful in fixing all of their inspection issues.

We see how Hashem is the One in charge and the Only One with any power. He easily turns around and overturns everything for a positive and good outcome for those who really trust in Him. Now that we are in the happy month of Adar, let us sing and dance all month long with the great Simcha that Hashem loves us, cares for us, and makes a real הוא – ונהפוך – Turning around everything ‘EXACTLY THE OPPOSITE’ from what it seemed with הנהגה של חסד למעלה מדרך הטבע!

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