

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 138

Ki Sisa

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!

HASHEM CHEERS US ON

PAGE 5

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This week's issue has been dedicated Leiluy Nishmas
R' Dovid Zev Ben R' Moshe Menachem
Zatzael



**THANK YOU, HASHEM FOR GIVING US ANOTHER WEEK FULL OF JOY!
WE LOVE YOU, HASHEM!**

Emunah and Bitachon News

**BITACHON POWER
PAGE 35**

HASHEM SENDS YESHUA



Rav Moshe Zilberman shlit"a related:
Several year ago, an entire family made

aliyah to Eretz Yisrael and settled in Kiryat Sanz in Teveria. Unfortunately, the father passed away, leaving behind a widow and orphans who lacked their most basic necessities. The gabbaim of the tzedakah fund in Teveria became deeply involved, and they are doing everything possible to give the family crucial financial support.

The widow and her family lived in a rented apartment, and the rental money was a heavy burden for them. Upon the advice of one of the askanim from America and of the tzedakah fund in Eretz Yisrael, they concluded that the

best solution would be to purchase the apartment. What did this entail? **Only** raising the sum of 600,000 shekels.

They managed to raise 400,000 shekels, and they needed another 200,000.

One generous sponsor promised to give 50,000, but only if they would get hold of the rest. Where would they get it? The owner of the apartment threatened that if he did not receive his payment by Tuesday of the following week, he would throw the family out of the apartment!

The threat was Continued on page 3

HOME SECURITY SYSTEMS
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Publisher / Editor:

Yitzchok I. Kaufman

Finance Director:

Yoni Kohn

Contributors:

R' Zevy Golombeck

R' Yosef Moshe Mizrachi

R' Label Lam

R' Y. Friedman*

R' Shalom Yedidya Klatzko

R' Nesanel Landesman

R' Moshe Davidson

R' Moshe Hirschberg

R' Daniel Garfinkel

R' Daniel Sasha

R' Baruch Rosenstock

R' Eliezer M. Niehaus

Rabbi Shraga Freedman

R' Chaim Tzvi Blau

Graphics:

R. Berger

Rachelli N.

Comics:

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518-613-0140**

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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, זייטל 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 very serious. Reb Chaim, one of the askanaim of the tzedakah fund, understood that there was no choice but to fly abroad and knock on the doors of potential donors. He already had a list of addresses in hand, had gotten a brachah from his Rav, purchased tickets, and was preparing to fly.

The morning before the flight, Reb Chaim got up early in order to daven with the 6:40 a.m. minyan, and there he saw a young avreich, one of the widow's sons, walking calmly, holding his tefillin. "How come you look so calm?!" Reb Chaim asked him. "The landlord wants to throw



your mother out of the apartment, and you look like this has nothing to do with you?" The avreich stopped short, shocked. "What do you mean?"

Reb Chaim told him about the pressure and poverty that his mother was dealing with, and how the askanim from the tzedakah fund were being moser nefesh in order to help her, and how he was about to fly abroad in order to collect money urgently for her.

"What could I do?" the avreich asked.

"What do you mean, what? Hakadosh Baruch Hu is the Father of orphans and the Judge of widows. Cry out to Him, daven to Him, do something!"

The avreich took these words literally. He davened with all his heart over the situation of his mother and his orphaned siblings, and

he anticipated the yeshuah.

That very afternoon, a major philanthropist in America called this married son and innocently inquired, "What's doing with you? How are you managing?"

"Don't ask," the avreich responded. "They want to evict my mother from her apartment. We already have 400,000 shekels, and the askanim thought at first they'd be able to get a mortgage for the remaining 200,000. The problem was that my mother has no income, and with all the ideas they tried, they were not successful in getting a mortgage approved, and we need to find the money by Tuesday."

The man on the other end heard, and after a moment of silence, he said, "Look, within an hour you'll have 100,000 shekels in your account. How do you want the money? In shekalim or in dollars?" The avreich contacted Reb Chaim and told him about the surprising developments. Reb Chaim was amazed. He would not need to travel! He could cancel the tickets!

He was excited, and he could not stop thanking the Creator of all worlds, Who

hears the sighs of every Jew from the depth of their hearts, and sends His yeshuah speedily, in ways that no one could even dream of. "It is not to be believed, but it's the truth," Reb Chaim told his friend in America, where he intended to stay for several days. "If I hadn't met the son on the way to Shacharis, he would not have known about anything and would have told the philanthropist who called him that everything was okay with his family. Look at the Hand of hashgachah here!"

The friend rejoiced with him, and Reb Chaim continued. "There is only one problem with my canceling the flight," he said half-jokingly. "I promised my daughters that I'd buy them dolls in America, and they're really waiting for them. I think I'll have to disappoint them."

"No, you won't disappoint them," his friend said. "As part of my business I sent a shipment of dolls to Israel, and there's an extra carton there. I'll call right away to have them send the carton over to you!"

This is a true story. It happened in 5784. A genuine tefillah from the depth of the heart brought about an incredible yeshuah.

[Kav Hashgacha Pratis]



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FRIENDLY REMINDER

A Yid related:

On Monday night of Parshas Vayechi, I had a dream: A Yid I had known several years earlier appeared to me. He reminded me of his name, and he spoke to me strongly. "You're holding my money!" he said.

I woke up in a terrible state. My heart was beating wildly; I felt these were not simply words. I asked my wife, "Do you remember so-and-so? Do we owe him money?"

"Yes, yes," she said. "We owe him a large sum of money, I don't recall exactly how much, but I remember that it's close to \$10,000."

With a little more probing, the picture became clear. Several years ago I was in very difficult financial straits, and my business was collapsing. I declared bankruptcy. This was a very difficult time – I wouldn't wish such an experience on anyone. The



last person I bought merchandise from on credit was that Jew who appeared to me in the dream. In all the confusion, I had neglected to add him to my list of creditors. I forgot about him and about the debt entirely, and now he had come

to demand his money back.

Immediately after Shacharis I called his factory, but the factory was closed. I reached him only after a long series of phone calls.

"Do you recall that I owe you money?" I asked him after I'd identified myself.

"Yes," he responded, and he said, in the exact tone he had spoken in the dream, "You're holding my money!"

"I want to repay the debt," I told him. "Can you calculate how much I owe you?"

He made a quick calculation and came to the sum of \$7,800. I could hear a sigh of relief in his voice. "You called at the very last minute," he told me, and he instructed me to give the money to his father, who lived in my area.

I did everything I had to do in order to return the debt. The fear that had engulfed me ever since I woke up from that dream finally loosened its hold on me. I was thrilled that I'd been able to return the old debt. I



didn't know what merit stood by me that enabled me to receive such a clear reminder in my lifetime.

Otherwise, there was no chance that I'd have remembered it on my own, and thus I was saved from ending my life as a debtor, chas v'shalom.

After I gave his father the money,



WHEN YOU SEE ANOTHER YID:

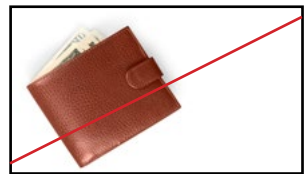
Ignore the size of his peyes!



Ignore the length of his jacket!



Ignore how large his wallet is!



Ignore which leader he follows!



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



I called to inform him that the debt had been paid, and I asked, "You said I called just at the last minute – what did you mean by that?"

"I'll tell you," he said. "My situation is very difficult now. Yesterday I broke down, and I felt I couldn't handle it anymore. While davening Minchah, I screamed out to Hashem from the depths of my heart that He save me. I concluded my davening with the thought that Hakadosh Baruch Hu had certainly heard me, and indeed, today you called me to return the debt!"

Even now, as I retell the story, I get the chills. There is nothing as clear as this. Hakadosh Baruch Hu heard the tefillah of the poor man, and he sent me a dream to arouse me to return the money to where it belonged. [Kav Hashgacha Pratis]

HASHEM CHEERS US ON!

Mrs. Lowy* took on a Kabbalah in tznus that was very hard for her. After eight weeks of keeping this kabbalah, she was thinking how she just wanted to go back to the way she was before she took it upon herself, but she knew it was the right thing and that it was making Hashem happy.

Another challenging aspect with this specific Kabbalah, is that she needed money to buy more tznus clothing.



She sent a message to her sister on a Thursday night telling her how she didn't even have a few hundred to buy new tznus clothing, and she was telling her about her challenges with it.

Within 40 minutes of sending the message to her sister, Hashem sent Mrs. Lowy \$350 dollars to her bank account!!! Two different people decided to send her money, each for a different reason!

She felt that Hashem was telling her not to regret her kabbalah and that He loves her.

She felt that Hashem was saying to her,

"Here, my beloved daughter, please go buy yourself whatever you need to feel good with this Kabbalah. I love you and I am listening to you all the time!"

BITACHON AND MORE BITACHON

Harav Eli Yelen related:

R' Chaim, A choshuve Talmid Chochom told me on Leil Shabbos, that his brother and his family had come to visit him.

On their way back home they had a 9 a.m. flight to catch. They left and R' Chaim noticed that his brother forgot his suit bag. R' Chaim took the suit bag and got into his car to try and catch him. He called his brother but he didn't pick up.

He returned home and saw a woman getting into her car and asked her if she was going to the airport? She said, "Yes!" She was on the same flight and gladly took the bag!!

At ten to nine, his brother called that he missed the flight. The gate was already closed as they close the gate fifteen minutes before the flight.

However he didn't know that there was a couple on the plane who saw that he didn't make it. They said, "Hashem is the HaKol Yochol." They kept repeating HaKol Yochol.

Then the husband heard the flight attendants saying, "The door is closed and they are not opening it for anyone." He said, "Oh, okay it's not going to happen."

But his wife said, "No, HaKol Yochol Hashem can do anything and we'll be mechazek in bitachon."



At 9:20 – the door opened and they came on the plane!!!

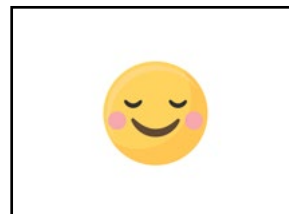


WHEN YOU SEE ANOTHER YID:

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!

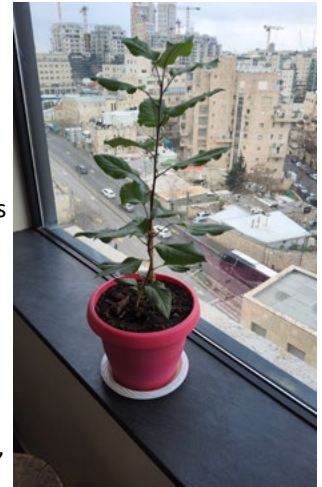


Accept him and love him to pieces!





Baruch N. From Yerushalayim was eating an apple that was shipped all the way from America. He noticed that one of the seeds inside was sprouting! He put the seed in dirt and now he has an apple tree growing! Thank You, Hashem!



A Reader Shares:

My son has an eye condition in his left eye called lazy eye. Because of this he wears glasses with a high prescription in his left eye only. He was missing his glasses for a while and we searched high and low for them to no avail. After a month, we went to the glasses store and chose new frames. They said it would be ready for pickup in a few days. The next day we found the glasses.



We called the store to cancel the pair but they said it was too late as they had already sent in the frames and couldn't retract.

The day after that, another kid with the same exact eye condition in the same eye (left eye) with the same exact high prescription came into the same glasses store and chose the same exact pair that my son had chosen.

Of course the store let them buy the pair that we had originally bought and we didn't end up needing to buy an extra pair of glasses. Thank You, Hashem! If you make a cheshbon how much hashgacha is in this story you'll be blown away. And yes, this is a true story that happened to me a few years ago.

The Spring Hill Times

The newsletter of Emunah, Bitachon, and Hashgacha Pratis

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WEEKLY NEWS ROUNDUP

Hashavas Aveida with Bitachon

R' Kaplan's* wife always listened to the hotline, and she always tried to convince him to listen. She kept telling him, "Listen, listen, listen, you'll be a happier person and it will help you." He never had time, and he always pushed it off. Two weeks



ago, he said to himself, "One second. I really need to help myself. I want to be happy in life." He started listening to the hotline and he said, "Wow. I never heard these concepts. It's a game changer." He said that after a few weeks later, he saw how it changed his life. He gave an example.

He went by a store, and he saw that somebody left his tefillin bag on the bench outside. He wasn't familiar with the name. It was a bachur's tefillin, and he didn't know how he was going to return it to him. Then he said, "I'm having Bitachon. Within a couple minutes, either the one

who lost it or somebody who knows him will come by and I'll be able to return it to him."

A minute later, a father walked by with his son, and they saw him standing next to the tefillin. They asked him, "Whose tefillin is this?" The yungerman told them that he doesn't know. They said, "We

know this person, and if you want we can return it to him!" Just like that! Hashem orchestrated it!

Hashem is in Charge of Impressions

Mrs. Shapiro* had a house full of kids. Somebody who was not religious wanted to eat by the Shapiros' for the Shabbos



seudah. Mrs. Shapiro was worried that the kids would fight by the seudah and it would be a chillul Hashem. Then she said, "You know, Hashem is in charge of emotions. Hashem can make everything work out."

This non-religious person came, and the kids were fighting the whole seudah non-stop.

Despite that, the guest said, "Wow. I'm so impressed with your children. They are so well behaved. You have such a nice family! We have no family, we live for nothing. We die for nothing. You have a purpose, you have children. They're so sweet!"

The Perfect Spot

Rabbi Golomebeck is printing a book by BP Graphics and he wanted to go through the book to fix the mistakes and make corrections before they would print it. He wanted to find a spot to park right in front of the store so he could take care of it one, two, three. It's a small parking lot, and the spots are usually taken. When he



got there, there was one open spot right in front of the store!

Bitachon Extermination

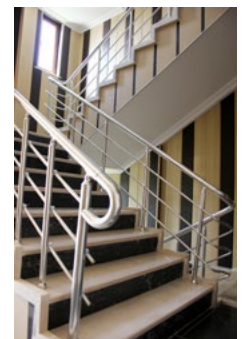
Mrs. Weiss* woke up one morning and she saw ants all over the counter. In the past, she had to try all different eitzos and hishtadlus to remove the ants. It took a long time. This time she said, "One second. Let me just go with Bitachon. Hashem is the Kol Yachol He can do everything and anything!"



Since then, she never saw any more ants! They just disappeared and vanished into thin air! The power of Bitachon!

Hashem Answers Tefilla

Mrs. Gross* went shopping. She came home with many packages, and she wasn't sure what to do. She lives on a very high floor of an apartment building, and she doesn't have an elevator. She looked around, but there was no one to help her. She thought, "What should I



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HASHEM'S MIGHTY ARMS!**

do now?" She said, "Okay. Hashem, there is no one here to help me, but You are always here to help me. I have no koach. I have no strength. I'm worn out."

Then she looked up, and one of her neighbors was there. The neighbor said to her, "You know? You're carrying so many packages. Can you do me a favor and let me carry them for you?"

Just like that, she took all her packages and carried them up! Klal Yisrael is amazing!

A Perfect World

The Greenberg* mishpacha went overseas and they were sleeping in a hotel. They left their hotel room and closed the door behind them, and they realized that they had locked the keys inside the room. They only had one set of keys. They were trying to

figure out what to do. Just then, they saw



a Yid walking by. He said, "I'm a mashgiach here in the kitchen, anything I can help you with?" They said, "Yeah, our key is locked in the room." He said to them, "Oh sure. I know exactly who is in charge of where the second key is." He was able to help them find the right person to help them! Hashem organized everything perfectly!

Hashem's Chesed

An einkel of R' Avigdor Miller's called me up to ask what Kabbalah she could do to bring more kavod shamayim to the world. She was already doing so much, but I told her to tell one person a day how she saw Hashem that day. She said she's been doing it, and people love it and have been asking for more! She shares stories with them, and they share with her. She has a hotline, and she said over this story:

She went from store to store shopping. After she finished, as she was walking out of one of the stores, she stuck her hands in her pocketbook and she realized

that there were no keys. She usually doesn't even check in her pocketbook ahead of time if she has her keys. When she gets to her car, she looks for them. Hashem just put it into her brain to check, and she saw she was missing her car keys. She had no idea where it was, and she had a lot of packages with her. Then she remembered the last place she had them. She is a teacher and she went to the candy store to get candies for the kids. She had her keys in her hand as she was counting out the candies. She went to check, and it was right there on the counter in the candy store! She saw the chesed Hashem! If she would have gone to her car without checking for her keys ahead of time, she would have carried all those bags to the car, then she would have to go back inside.

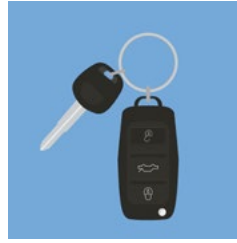
Also, Hashem reminded her where it could have been! She didn't remember that she had her keys then. It was just Hashem putting everything in her brain. She said that Hashem showed her chesed after chesed, that He is taking care of her..

Bitachon Hitch

Mendy,* a yeshiva bachur, was waiting with his friend for a hitch. Every car was passing by, and no one was giving them a ride. They needed to go to Yeshiva. He told his friend, "You know what the problem is? We're being Boteach in cars. Let's be mechazek in Bitachon and start singing Hakol Yachol. You'll see that the next car will pick us up."

The next car passed them and just kept on going.

His friend asked him, "What happened with your Bitachon?" He answered him, "Bitachon can make it that it will come around!" Just like that, the car backed up, and the driver said, "So sorry, you know, I noticed you were waiting. I should have picked you up. Wherever you



need to go, I'll give you a ride!"

Klal Yisrael is amazing! Bitachon is incredible!

Positive Power

R' Halpert* used to work with somebody, and he was very jealous of that other person. He felt that he was more successful and more matzliach. Then he said, "One second. I listen to a Life with Bitachon, and they always say to speak positive. Lie straight through your teeth."

He started saying, "I'm not jealous! I'm so happy for that person. Wow! I have everything going for me!" All he said was positive lies.

He found that ever since he started speaking positively, he is able to fargin that person. He's happy with himself and he was happy with them. It's a different world!



"A Different Child"

Mrs. Meisel's* daughter was diagnosed with bipolar. She was going through many issues and struggles in school. Her mother got very down about it and her friend told her all about Rabbi Yehuda Mandel, Bitachon Weekly, Spring Hill Times, and the Bitachon Hotline. She got totally involved in Emunah and Bitachon and she started listening to all the yesodos that say; "Never say a label." "Laugh it off." "Don't believe anything."

She started thinking and saying, "My daughter is perfect, with no issues. My daughter doesn't have any problems. She's doing very well in school." Only positive, positive, positive.

Since then, her daughter's a different daughter!! A different child! Mrs. Meisel's said she can't even recognize her child. She is just flourishing and doing amazing!



TIME FOR REVIEW

Hear the forecast for Hashem's weather for Monsey, Lakewood, Brooklyn Yerushalayim and London!

Option 3 from Main Menu.



KI TOV HASHEM NEWS

- 1: Daily News Update
- 3: Weather
- 4. Shiros V'tish-bachos
- 6: The Spring Hill Times
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Klal Yisroel Is Coming Back Home to Hashem

Elchanon Orbach of Lakewood, NJ, reported that the daughter of one of the hostages who was freed on this past Sunday



night was mekabel the prior Tuesday to start lighting Shabbos candles on Erev Shabbos. Her husband, the hostage's son-in-law was mekabel to start wearing tefillin. They also bought tefillin for the hostage to start wearing when he would be freed. A couple of days later, the hostage was freed!

"V'shavta Ad Hashem Elokecha"

Hashem Is Running a Most Perfect World

Zalmy, a bachur learning in yeshiva in Yerushalayim, was in the candy store

on Erev Shabbos to buy candy L'Kavod Shabbos. He was planning on spending only 10 or 15 shekel, but when it came to pay, the cashier said it was 29 shekel. Zalmy wasn't sure if he should spend so much money, but then he thought to himself, "Everything that I buy for Shabbos is free - Hashem is going to pay me back." He bought the candy.



Two days later, on Sunday, Zalmy got a phone call from his old dira that he used to stay in, and they told him that they made a cheshbon, and they saw that he overpaid. They wanted to give him back 29 shekel – not a shekel more, not a shekel less!

"Vidivrei Niflaosecha - Oshicha"

Hashem Answers Tefillos Before Man Davens

R' Nissan Friedman, from Lakewood, NJ was driving on Mon-



day, from Lakewood to Philadelphia. Every time he passed a billboard he looked

away. He davened to Hashem that in this zechus he should hear good news that a hostage was freed.

On the way back from Philadelphia to Lakewood, he called the Ki Tov Hashem news station, and the first news he heard was that Hashem freed two hostages!

"V'hoya Terem - Yikrau - V'ani E'ene"

The Best Purim Shtick

R' Yitzchak, a rebbe in a yeshiva in Monsey, NY, told his talmidim that now that it's Chodesh Adar, if they feel the need to play shtick, they should use their energy for something good. They should learn Mesechetes Megillah bein hase-darim and make a siyum on Purim by the seudah. R' Yitzchak shared with them that he has been doing this for the last 4-5 years. He learns Mesechetes Megillah, and he finished it by the Purim suedah, and it changes his whole Purim.



At least three of his talmidim started learning Mesechetes Megillah, and plan on finishing it by the Purim Suedah!

"Mah Ahavti - Toresecha Kol - Hoyom Hi Sichosi"

Anti-Semitism On The Decline

BAIS HAMIKDASH CONSTRUCTIONS

Building Together Hashem's Magnificent House!

Love your friend to no end!

R' Moshe Yoel, a yungerman from Lakewood, NJ, went to get an oil change. When he came, the non-Jewish worker gave him a blessing. He told him "G-d be with you."



And when he left, the

non-Jewish worker again gave him a blessing!

"Ahavti Eshchem - Amar Hashem"

Hashem Is Running A Perfect World

R' Yisroel bought a set of dishes for eight people. He went to toivel them. As he was toiveling them, one plate fell out of his hands and shattered. He then noticed that everything in his set came as eight, besides for that specific plate that had bro-



ken. That came with nine pieces. So now that one broke he was left with eight – the exact amount that he needed!

"Vidivrei Niflaosecha - Oshicha"

Yeshiva Bachur Trusts In Hashem

Sruly, a bachur learning in yeshiva, wanted to sign up for camp for the upcoming summer, but his parents couldn't afford it; it was too expensive. So Sruly said, "Hashem is a Kol Yachol. I'm having Bitachon that Hashem is going to pay for my camp."



A few weeks later, a random person came over to him and said, "I want to sponsor camp for you."

"V'haboteiach B'hashem Chessed Yisovivenu"

Money Comes From Hashem

Mrs. Klein needed to buy something that cost \$500. She did not have the funds for it. One night, before she went to sleep, she said "I'm having Bitachon that Hashem is going to take care of it for me, and He's going to give me the money."



The next morning, she saw a message on her phone from her brother. He said, "I just want to show you that I care. I wired \$500 into your

account."

"Poseiech Es -Yodecha U'masbia L'chol Chai- Ratzon"

Hashem Is Our True Doctor

R' Yossi's kidneys were failing. He went on dialysis, and the situation kept on deteriorating. The doctors told him that they were going to have to put in a permanent implant. As R' Yossi was scheduling the surgery, he thought to himself, "This is all if I go with teva. But Hashem can change everything from one minute to the next. He can make a vinahapach hu."



The doctors took one test before they were going to put in the implant, and they saw that the numbers went up. His kidneys were in perfect condition. He was able to go off dialysis. His problems disappeared!

"Ki Ani Hashem Rofecha"

Just Leaving Everything Up To Hashem

Mrs. Simon used to have a cleaning lady that was perfect for the job. From one day to the next, she just left. Ever since then she was just trying one cleaning lady after the next, but it was just not working out. So one day she said, "That's it, I'm not doing any more hishtadlus; I'm leaving it up to you, Hashem."



Later on that day, she got a message from her old cleaning lady saying that she wants to come back to her!

"Thank You, Hashem!"

Enjoy YOUR Lunch!
Eat the lunch that Hashem made for YOU with love and care.



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

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

The Spring Hill Times Makes Shalom!!

There was someone in Meir's class who was bothering him and getting on his nerves. Meir reads the Spring Hill Times and he remembered seeing the fight-buster ad. Instead of getting upset and angry at the boy, he gave him a compliment, he smiled at him and he gave him a treat. They are now best friends!



"Sur Meira - V'asei Tov - Bakeish Shalom V'Radfeihu"

Anti Semitism Is On The Decline

Mrs. Schwartz was flying out of Detroit. The way it works is that if you have a baby, but you don't have a seat for the baby, then you have to wait on a separate line. She was waiting on that line, and it was a very long line, so her husband waited on the regular,

shorter line. She saw it was getting late, and the gate was about to close. Baruch Hashem they let her through, and right after she went through, they closed the gate.

She noticed that there were about ten other frum women with their babies who were left behind. She thought to herself, "How can I enjoy my trip knowing that there are ten other families who are going to be separated, because their husbands were already on the plane?"



She went to the pilot and said she has a bunch of sisters outside who are going to be left behind. The pilot said, "I have to help out these Jews." He came out and he let on all those frum women!

"Ahavti Eschem - Amar Hashem"

"Baruch Hagever - Asher Yivtach B'Hashem"

Non-Jew Is Nice To Yid

R' Zevi, a yungerman from Lakewood, NJ was trying to turn into a grocery. The traffic kept on flowing, and he was not able to make the turn. Suddenly, a non-Jew came and stopped the traffic so that R' Zevi was able to make the turn!



"Thank You, Hashem"

Hashem is Running a Perfect World

Mrs. Kraus was looking for a cleaning lady, and she called everyone she could think of. She was not able to find one. Before she went to sleep one night, she turned to Hashem, and she said, "Hashem, that's it. I'm not doing any more hishtadlus, I'm leaving it up to You."



The next morning at 9:00, she received a call from a neighbor of hers down the block whom she hadn't spoken to in five years. The neighbor said that she has a cleaning lady, but she is too expensive. She wants to share her with someone. She asked her if she knew of anyone who wanted a cleaning lady.

"Vdivrei nifliosecha - asicha!"

Bitachon Brings Up Blood Pressure

Rabbi Weinberg from Eretz Yisrael was in the hospital with low blood pressure. His son played the yesod on a Life with Bitachon. As Rabbi Weinberg was listening, the numbers started

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- LIVE WITH NO ANXIETY
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- Schools
- Yeshivos
- Shuls
- Families
- couples
- Kids
- Adults
- and anyone else



Yeshiva Bachur Feels Safe In Hashem's World

Dovi, a bachur learning in yeshiva, used to have anxiety every time he walked in the street. He was scared that a non-Jew would attack him, and he was constantly looking back. But ever since he started listening to 'A Life With Bitachon,' and he hears that anti-Semitism is on the decline, he feels much calmer; he feels safe, knowing that Hashem is protecting him!



going up steadily. Then his son played Hakol Yachol, and the number shot up to what it was supposed to be!



"Ki ani Hashem rofecha!"

Anti-Semitism On the Decline

Mrs. Stein was walking down the street. A non-Jew came over to her and said, "I like



you Jews. You stick to your tradition and your religion. You are on the way up. Look at everyone else; they don't keep anything, and they are on their way down!"

"Ahavti eschem - amar Hashem!"

Yidden Love One Another

Reb Chaim was shopping in a store. When he came



to pay, he realized that he only had half the amount of money that he needed. He asked the owner if he should put some stuff back. The owner said, "No. I'm mochel the other half!"

In other news,

Mrs. Blau has a daycare. She noticed that one of the parents, on her own, took

her garbage can from the street and brought it back to the house after the garbage was picked up!



"Mi k'amcha yisrael goy echad b'aretz!"

Ki Tov Hashem News Station Puts Baby to Sleep

Mrs. Friedman's baby had been waking up many times throughout the night. She tried many different things, but nothing helped. It was Leil Shabbos and she was reading the Spring Hill Times. In the Ki Tov Hashem section, she read a story about a mother whose baby was not sleeping. She had Bitachon and the baby fell asleep! Mrs. Friedman said to herself, "That's it. I'm not doing any more hishtadlus, let me just leave it up to Hash-



em!" Motzei Shabbos, the baby sleep through almost the entire night! He only woke up once!

"Haboteach b'Hashem chesed yisovivenu!"

The Best Bitachon Lesson

Bluma's teacher walked into the classroom and tried turning on the light. Every time she flipped the switch, it kept on falling down. She tried again and again and then asked the class how to turn the light on.

Bluma, who listens to a Life with Bitachon and the Ki Tov Hashem News Station, said, "All you need to do is say that Hashem is the Kol Yachol."



Then she thought to herself, "What did I just do? What happens if my teacher tries it and it doesn't work? I'll be proven wrong!"

Bluma's teacher said, "Hashem is the Kol Yachol," turned on the light, and this time it stayed on!

"Baruch hagever - asher yivtach b'Hashem!"

Everything Hashem Does is For the Good

It was Motzei Shabbos, and Baruch, a bachur learning in a yeshiva in Eretz Yisrael, decided he was going to go to the pizza shop after he finished learning, to buy pizza for Melaveh Malka. The pizza shop he planned to go to charged 20 shekel, and he only had 19. He asked his friends if they had an extra shekel, but nobody had. Baruch had a 100 shekel bill that he did not want to

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LIVE A LIFE WITH ENJOYMENT AND PEACE!

LIVE A LIFE WITH BITACHON!

break up, but he had no choice, so he took it along with him.

When he finished learning, he went to the pizza shop, and he saw that they had already closed! He needed to go to a different pizza shop that charged 30 shekel. Had someone lent him one shekel, he would not have brought along the 100 shekel bill, and he would not have been able to buy the pizza!



Thank You, Hashem!

Hashem Gives Girls Supper

The Goldberg family from Brooklyn, NY were eating pitas for supper. Their daughter Chani wanted another pita, but there was none left. Her mother told her to call the neighbor

and ask her if they have an extra pita. Chani thought to herself, "What's the chance that my neighbor is going to have a pita for me?" She davened to Hashem that He should please make sure that she gets a pita! She called the neighbor, and the neighbor said, "Sure! It's actually in your freezer!" What happened was that the Goldbergs sometimes keep their neighbor's food in their freezer. The Goldbergs once had extra pitas, and they gave it to their neighbor. Their neighbor told Chani that she doesn't have to give her back the pita! Hashem set it all up so that Chani should have a pita right there in her house!



"Einei chol - elecha yisabeiru, - v'ata

nosen lahem - es achlam b'ito!"

Ki Tav Hashem News Station Gives Chizzuk to Yungerman

Reb Dovid, a yungerman from Lakewood NJ, was going through a challenge with his parnasah. It was occupying his mind. Then he heard a story on Ki Tov Hashem News Station that gave him tremendous chizzuk. He realized that parnasah is up to Hashem! He was able to go into seder happily and with a spring in his step!



"Nosen lechem - lchol basar - ki l'olam chasdo!"

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.

THE BEST SLEEP STUDY

Shlomo Greenberg*, a choshuve yeshiva bochur, was having a hard time falling asleep one night. Shlomo felt anxious that he wasn't falling asleep, because he was worried that he would be tired the next day. This made it even harder to fall asleep! He decided to listen to the song of Rav Don Segal singing "Ein Od Milvado."



As he was listening, he understood that if there is no teva, sleep doesn't give one strength- it's all Hashem! With the knowledge that it's not the sleep that gives him strength, rather it's only Hashem, he was able to relax. Since he wasn't anxious anymore, he soon fell asleep!

HASHEM SUPPLIES EVERYTHING WE NEED

Mrs Lefkowitz* needed to buy school supplies for her children. However, she did not have enough money to buy the supplies. R' Lefkowitz was doing a favor for someone who owned a store, and the store-owner gave him a gift card to his store.



The Lefkowitz family was able to buy all the school supplies they needed!

NO COINCIDENCE!

Mrs Sherman* from London needed to get somewhere urgently. She went to the bus stop, but the bus left just as she was getting there. Just then, a yid passed by and offered to give



her a ride! It was free, and much faster than the bus.

In the car, they were in middle of listening to "A Life with Bitachon" hotline!

YIDDEN LOVE DOING CHESSED

Shloimy Stein* needed a car and was schmoozing with his friend, Shmuli* and told him of his need.



On the spot, Shmuli offered him his extra car that he wasn't using!

HASHEM REVEALS LOST ITEMS!

Rivky Berkowitz* misplaced her camera and a USB. She looked all over, but she could not find them. They were very sentimental to her, and she really wanted them. She was listening to the Kav Hashgacha Pratis hotline, which told a story of a yid who lost his hearing aid worth \$10,000. He was in shul, and a small child found it under a bench!



This story reminded her that Hashem knows where everything is, and Hashem can make even a small child find something valuable.

A couple of minutes after hearing this story, a child was looking in the bookshelf and moved over a sefer and found the camera, and another child found the USB on the counter!



A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

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

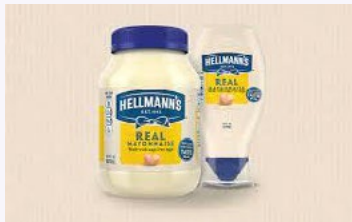
SYSTEM INSTRUCTIONS

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

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Thank You, Hashem, for Mayonnaise! What a delicious condiment to add flavor to our foods!



Thank You, Hashem, for Graters! We can grate food into small pieces so easily!



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 Hotlines! We can call to hear stories/chizuk all the time for free!



Thank You, Hashem, for Crackers! Such a yummy snack that can be so nutritious and filling!



Thank You, Hashem, for Wire Transfers! We can send money to people so easy and conveniently!



TRANSFER MONEY



What's a phone?
Why would I want to sell my phone?
Why would I sell it by my ear?



&

TOO HARD TO HOLD YOUR CELL PHONE BY YOUR EAR?



Just buy a wireless Bluetooth device that fits comfortably into your ear! Or put your phone on speaker! And speak to your friend or relative from around the globe!



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.



Patient

When I was younger, I thought I was going to be the next Rav Akiva Eiger. I'm close to forty years old and I'm still very far from being anything close to greatness. I feel like I failed my mission in life.

Please help!

I'm prescribing 4 medications for you:

1. Hashem did not put you in this world to become somebody else! He put you in this world so that you should become the best you! You used the idea of becoming like Rav Akiva Eiger as a way to help yourself develop and you were successful!
2. The way you measure greatness is not the same way Hashem measures greatness. You are a lot greater than you think you are. Your neshama is a piece of Hashem!!
3. Great people appreciate small things! Great people appreciate the way Hashem created them. Start appreciating all your 'small' mitzvos...
4. You are Hashem's child. He loves you regardless of how great you are. All He asks of you is to reciprocate and serve Him with love!

Parsha Game

Fun and an interactive way of learning Torah!

PARASHAS KI SISA

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

ANSWERS ON PAGE 40

1



2



Parsha Delight Question of the Week

Refuah Shelaima Ronen Chai ben Leah & Moaz ben Varda Devorah (2 soldiers in critical condition)

פרשת כי תשא תשפ"ד (5784)

The pasuk (31:13) states, וְאַתָּה דַּבֵּר-אֶל-בְּנֵי-יִשְׂרָאֵל... אַל-תִּשְׁבָּתוּ-תִּשְׁמְרוּ, and you (Moshe) speak to Bnei Yisroel ... However, you should keep my Shabbos. Rashi first explains that it is from the word "וְאַתָּה, and you", that it is derived that one cannot transgress Shabbos to build the Mishkan. But then Rashi explains that it is from the word "אך", however" that it is derived that one cannot transgress Shabbos to build the Mishkan. In addition, the terminology that Rashi uses to describe the issue of melacha changes from the first explanation to the second. Vos iz der p'shat?!

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

 **ShiurEnjoyment**

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

LOVE TORAH LIVE TORAH LEARN TORAH

CHAISEK HATORAH

Riddle #78 Parshas Ki Sisa

The Ketores had a certain spice, which required cleaning to appear nice. It also needed soaking so its scent would be strong. I hope you won't get the following question wrong. What is the name of the above spice?

To hear the answer to the question, press x14 #78 on the Chaishek HaTorah Line 845-720-4040

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

845-720-4040 Ext 6

Updated every Motzaei Shabbos!

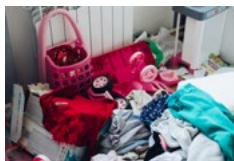
Ayin Tova

Seeing the good in every situation



CASE OF THE WEEK:

Mr. and Mrs. Epstein wished to go to a wedding and called a babysitter to come watch their four children. The girl they called, 18-year-old Malky, had come before and had always been reliable and responsible. When they left to the wedding only their oldest daughter was still awake. When they returned, the house was flying, all the kids were jumping around and Malky was talking on her cell-phone, oblivious to anything around her. She just slipped out of the house, with a weak wave and no explanation.



Help the Epsteins have ayin tova for Malky and their situation.

R' Nesanel Landesman

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

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Suggestions for the case of Rabbi Lewis's students do not appreciate the shiur that he spent time preparing for:



- Sometimes we think that we are communicating with people but they aren't getting our message. It's helpful for us to put ourselves in our audience's shoes so that we hear how we are coming across. Rabbi Lewis can gain great benefit from trying another approach with his talmidim.



- Even though he prepared so much, he realized that he must daven for siyata dishmaya that the delivery should go well.

- He will have ayin tova for other rabbeim when their shiurim are over people's heads.
- Perhaps, the food served in Yeshiva the night before had food poisoning c"v and the students were not in the proper position to follow the shiur.
- Perhaps the talmidim prepared the wrong piece and had no idea what was flying.
- It could be there was an emergency the night before and no one had a good night's sleep.
- Rabbi Lewis could focus on the fact that he was able to prepare an intricate piece of Torah, and that he is zoche to teach Torah.
- Perhaps the talmidim did understand some of the shiur and it only appeared that they were not getting it. Rabbi Lewis will learn to read his talmidim differently.
- Rabbi Lewis will learn that his job is not to give an intricate shiur, but rather to give over to the talmidim what they need to hear.

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

The Big Rock



Somebody once said, "Nostalgia is not what it used to be."



That's the type of conversation I was having yesterday with a friend, and we were sharing about how things that we thought, when we were young, were larger than life, later on we realized how small they actually were.

I told him that when I was a kid, all the children used to meet at the corner of Caldwell Place, and there was a rock there, and we called it "the big rock." And decades later I came back, and I saw that it hardly reached my knee.

Hopefully, as our understanding of the true depth of life increases, so too does our appreciation of Tzur Chayeinu, the Rock of our lives increase. And the older we get, the Greatness of the Tzur Yisrael - Rock of Israel, veTzur Olamim - the Rock of the worlds/of Eternity, only grows in our minds.



Good Shabbos!

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Parashas Ki Sisah discusses the precious mitzvah of Shabbos. We all love Shabbos. It is such a tremendous gift from Hashem



and a day of immense holiness. We get to take a break from the busy week, eat delicious food and spend more time with family and friends. Yet what exactly should our avodah be on this day?

The answer to this is found in the perek of Tehillim dedicated to Shabbos. This perek begins, "mizmor shir - leyom Shabbos" and right away says, "tov lehodos LaHashem," it is good to thank Hashem. The Radak explains that this juxtaposition sheds light on the essence of Shabbos, a day to thank Hashem! He explains that during the week, when we are so busy with work, it is very hard for us to pause and to reflect on our countless blessings. However, being that Shabbos is a day when work is forbidden, it is the perfect opportunity for us to reflect on our many blessings and express our gratitude to Hashem.



Rabbi Avigdor Miller said that a famous violinist will achieve much more recognition when he plays in a concert hall as opposed to when he plays in a subway station, where people are busy and will not stop to appreciate the beautiful music. So too on Shabbos when we abstain from work and have a slower paced day, it is just the perfect time to appreciate our blessings.

How exactly do we utilize Shabbos as a day of appreciation? One suggestion is to fix a time during the Shabbos meal to express our gratitude to Hashem and to possibly go around the table asking those present to say what they are grateful for. Another way is through the mitzvah of Oneg Shabbos. The Ramban

- *When we praise Hashem with a pleasant voice and intent, we merit to enter Gan Eden. (Ohr Zarua, Shabbos 42:7)*
- *Appreciation enhances our joy of life. Without it, one goes through life like a person in a drunken state, not feeling the pleasure and enjoyment of our many blessings. (Kuzari 3:16)*
- *When Klal Yisrael speak about the wonders and awesome phenomena of Hashem...the angels praise Him for having such a precious nation. (Zohar vol. 2 p. 40b)*
- *Mankind was created to praise and to thank Hashem as well as to serve and fear Him. Those who do so are upholding the world. (Shitah Mikubetzes, Berachos 6b)*



teaches that to eat the food we enjoy on Shabbos is a mitzvah from the Torah! When we partake of these enjoyable foods, we should pause to appreciate the delicious tastes and textures that are a gift from Hashem solely for us to enjoy.

Furthermore, we praise Hashem by singing, such as through zemiros and during kabbalas Shabbos. Singing on Shabbos has tremendous power. In fact, the Midrash teaches during the week the malachim sing praise

to Hashem but not on Shabbos since we sing to Hashem in their place. Each time we sing on Shabbos we replace the malachim! This is truly incredible!

We also express our gratitude to Hashem on Shabbos when we recite nishmas kol chai. This beautiful tefilah describes our heartfelt gratitude to Hashem, with phrases such as "if our mouth was as full with song as the sea...we wouldn't accurately be able to express our thanks to You and 'it is the obligation of all creations ...to thank and praise You.'" Saying Nishmas is very powerful. In fact, there is a very old tradition from Rav Yehudah HaChassid that anyone who needs a yeshuah should pledge to recite Nishmas with a minyan.

A boy exploring the countryside with his friend innocently entered a pool of water, unbeknown to him that it was quick-sand. As he fought to get out, he sunk deeper and deeper, until his face was almost submerged and he thought his end was near. When this was happening, his mother was attending a seudas hodayah and recited nishmas kol chai out of gratitude that her son was healthy and doing well. The boy saw out of the corner of his eye that his friend was throwing him a stick, he grabbed onto it and by no means short of a miracle his life was saved. When his mother heard about the miracle, she asked "What time did all this happen", "at 4:30 he replied". His mother exclaimed in disbelief, "this was exactly the time I was reciting Nishmas Kol Chai our of gratitude that I was blessed with you as a son!



Let's thank Hashem for: Refrigerators.

Without these useful appliances, we would be unable to preserve many of the foods we eat. With relative ease we can keep many foods fresh that would otherwise spoil quickly.



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

Keeping שבת comes right before מעשה עגל.

העגל says that שבת means going against the טבע - that a person wants to always do and accomplish and be in charge – and on שבת you sit back and let the run His world. The מלבי"ם says that keeping שבת makes you have a taste of עוה"ב. By the מעשה עגל it says יקומו לצחק to have a good time.

Part II

And this is what upset משה so much when he said אנכי שומע – he heard their rejoicing. Those who have a גשמק in evil and עוה"ז obviously aren't having enough enjoyment in a sweet שבת and in ת"ת. In Navardok they learned with such a גשמק that had no place in their lives.

Part III

The entire story of פורים starts off with the tremendous feasts and fake fun that כלל ישראל were נכשל in and מסעודת אחשוורוש begged them not to. The גר"א ז"ל says that אסתר המלכה started off being יפת תואר but being involved with אחשוורוש turned her into an ugly ירקרקת and only her חן made her become queen.

Part IV

We see

what a good חינוך מרדכי gave her and just like her ugliness was a סימן of her hatred of being married to the fake world of a רשע – so her unusual יופי was a סימן of how גשמק it was to be married to מרדכי (יהודי) who was the real Yid who knew how to be a true Yid who had a life loaded with unreal שמחה.

Part V

The whole מגילה is a story of ר"ל tasting the fake fun and אסתר pulling them out of their הבל and giving them the true

שמחה. ליהודים-היתה אורה- ושמחה וששון ויקר.

תורה, is אורה (מגילה טז) say חז"ל תפילין ויקר and מילה יו"ט, ששון is שמחה. The שפ"א asks why doesn't the מגילה say openly, יו"ט, מילה, תפילין?

Part VI

We can suggest בס"ד that since the main יסוד of the מגילה is מחיית עמלק and מזלזל in our דרך – so we show that we have all the גשמק in the world of עוה"ז only in the proper way. People who learn תורה are indeed full of light and חכמה and גשמק. Ask anybody – there is nothing more delicious than a גמ.

Part VII

The reason for עמלק is מת"ת. People who don't learn are open to all the הבל and evil of עוה"ז, and עמלק ר"ל has a מקום by them. יו"ט means שמחה – we don't need סעודת אחשוורוש which is treif fun – we have a beautiful בחגך and ושמחת בית השואבה לא ראה and שמחה מימיו.

Part VIII

And it's known (ויזנב אחריו) how the cruel עמלקים were against מילה and people who are careful with שמירת היסוד have a happier life and without the danger of עמלק.

יקר means respect. This is a word used throughout the מגילה since אחשוורוש and כבוד were both crazy.

Part IX

בהראותו- את יקר- תפארת גדולתו. הנשים יתנו- יקר לבעליהן. ככה- יעשה לאיש- ושתי killed אשר המלך- חפץ ביקרו. אחשוורוש and מרדכי only because they didn't get כבוד from him. אחשוורוש's whole gigantic סעודה was only for כבוד to be a show off. And המן needed the whole world bowing down to him because he was obsessed with his love for כבוד.

Part X

המן wanted to wear the king's crown because that's the peak of כבוד – אשר המלך- חפץ ביקרו.

is תפילין של ראש every Yid and it is called תפארת (glory). The גמ' says about תפילין של ראש – וראו כל עמי הארץ- כי שם ד' נקרא עליך- ויראו ממך. So a Yid gets all the fun in a true way. When we say עוטר we kiss ישראל בתפארה תפילין של ראש.

Part XI

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Bitachon Gems



Learning the Parasha with Rav Yehuda Mandel Shlita

According to the Gra, אסתר started off being the winner because of her physical beauty – but in the end it wasn't her looks (since she became a ירקרקית) but her looks (since she became a ירקרקית) but everyone, even the גוים loved her because of her חן and good middos.

Part XII

Beauty is mainly a major medium for כבוד (and a beautiful woman can have major גאווה issues). So the מגילה starts off with גשמיותדיק fun and in the end the true beauty and שמחה like חן and good middos takes over. Just like מרדכי takes over ה'המנ place.

Part XIII

מרדכי ואסתר were loved and respected by all, including גוים – just like תפילין.

וראו כל עמי הארץ - כי שם ד' נקרא- עליך Wearing תפילין reminds the person to be humble and nice, and it is a source of a קידוש ה'.

Part XIV

RSRH says that the העגל was caused by the lower elements in כלל

ישראל (like the ערב רב) who viewed yiddishkeit like a difficult burden. How important it is to constantly daven that we appreciate the truth about our תורה ומצות – and with time we'll feel the light and ששון and respect of all these מצוות. And we won't fall into wickedness like the עגל and תאות עוה"ז.

Part XV

All our yiddishkeit is נועם דרכי but אורה seems to have a special place in bringing happiness and replacing תאות עוה"ז in a positive way. כלל מרדכי was the person who warned ישראל not to partake in אשורוש. He saved כלל ישראל from being destroyed and it appears that he also taught them how a Yid really has pleasure!

Part XVI

A conscience free שמחה which gives loads of סיפוק and also gives עוה"ב. But these are pleasures that need to be worked on since הקב"ה gives שכר for effort, (since in עוה"ב it can't be נהמא i.e. free reward which wasn't earned). Navardok (and I'm sure many other מוסר Yeshivos and חסידים) was unique in achieving so much satisfaction that the יצה"ר couldn't "get his foot through the door".

Part XVII

It was largely because they worked on themselves in groups and groups don't fool themselves and they give each other the best ideas. Our דור has to realize that for many of us just davening for שלמות and trying all kinds of עצות can be our biggest זכות – despite the

fact that we aren't the kind of "מלאכים" that they were.

impatience! - חטא העגל

If they had only been patient and waited for משה. Patience is a יסוד גדול in 'עבודתה. A נבכי needs instant gratification like עשיו, and you can't tell him that there is another world עוה"ב to wait for. A general יסוד – even thought you feel compelled to do something that you shouldn't do, try to hesitate! People who work on תאות, just hesitate for one minute till they eat.

Part II

And this makes a major difference. That one minute wait makes them no longer a תאוניק. בעל תאוניק. They have control! When the Steipler ז"ל was in the army, he was once faced with an איסור of taking pelts off a tree on שבת in order to stand guard all night at the border. Without wearing the pelts he would freeze to death ח"ו in the Russian winter.

Part III

So he decided to wait 10 minutes before putting them on since 10 minutes wouldn't kill him. And after 10 minutes he decided to wait another 10 minutes, etc. until he ended up not taking the pelts all night and he survived! Waiting and hesitating and taking things one step at a time, is a holy מדה like מנוחת הנפש.

Part IV

And this was the official reason told עשיו why he didn't want to go with him and I have to go לאט. A Yid goes slow and doesn't become מגילת and panic. Notice how often אסתר is loaded with תמרוקיה and ויבהלו להביא-המן.

הרצים יצאו דחופים בדבר-המלך. They're running and flying and getting צוטומאלט. Indeed חז"ל say that Persians have no מנוחה like a bear.

Part V

A person can always think that a person like המן is not guilty for his actions since he can't help himself. However, when המן became angry at מרדכי it says ויתאפק – he restrained himself, and he went home first. Showing self-restraint was perhaps the proof that המן would get killed soon.

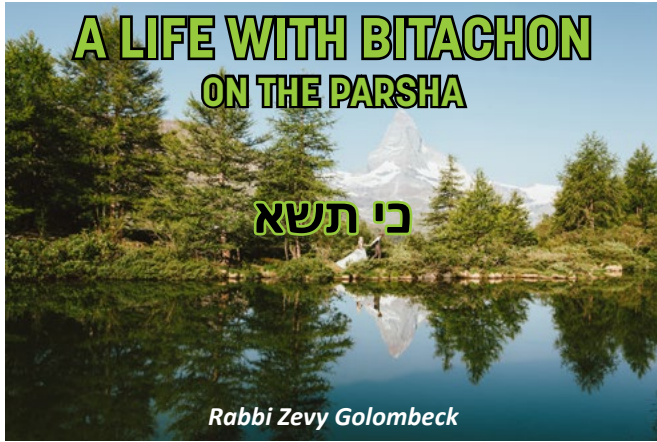
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In this week's Parsha, Klal Yisroel did the worst Aveira in their history, the Cheit Ha'egel. The Meforshim are bothered; we are talking about a generation in Klal Yisroel that was the Dor Deah. They were Zoche to see the Nissim of Mitzrayim.

They were surviving in the Midbar with Nissim Gluyim, including the Mann falling from Shamayim. How can we understand that they fell so low, that they did the Cheit Eigel? How can our brains comprehend such a concept?

Let us answer this with a Mashal.

Let's say you want to talk to the president. So you need his phone number. Do you think in your wildest dreams that you will be able to get it? And lets say you somehow manage to get his personal number; do you think he will pick up for you when you call? Not in a million years. Who is able to talk to him? Maybe the prime minister, mayor, governor or the president of a different country. But for the simple plain person like you? Why would the president ever pick up the phone for you?!



With this we can understand the explanation of the Meforshim to answer this question. They write that the mistake of Klal Yisroel was, that yes, of course they saw the Nissim Gluyim going on during the Makkos in Mitzrayim, on the Yam Suf, and now in the Midbar. However since they understood and realized that Hashem is so great and perfect, and we are small imperfect human beings, they thought to themselves, do we have a direct line to connect us to the Almighty? Who are we to do that? How can that be? We aren't Choshuv enough for that. Therefore, they thought that a mediator was needed. They felt like they needed someone as great as Moshe Rabbeinu to bring their requests to Hashem. Because we are simple people, and we can't go straight to Hakadoish Baruch Hu. We aren't on that level. So that is why, when they saw that Moshe Rabbeinu was gone, they got scared. What is going to be? We need someone to help us get through to Hashem. With this in mind, they made another mediator r"l, and the terrible Cheit Ha'egel came out of it.

So the Meforshim say, that the message for us is loud and clear. We need to realize who we are. We're the children of Hashem. He thinks about us at every moment. His love for us is endless. Each and every one of us is a Ben Yachid by him. He is our loving caring Father. Therefore he wants a personal Keshet with you! He wants you to turn to him. He prefers you go directly to him, as you are his precious child.

Don't just look for someone else to be your spokesman. He wants you to feel so loved, so cared for, and watched over. He wants you to feel such a real tangible connection. To feel like when you need something, you can go directly to Him.

They asked Harav Nosson Wachtfogel Zt"l, the Mashgiach of Lakewood, if he can say over an encounter that he had with the Chofetz Chaim. Reb Nosson shared, "I was once by the Chofetz Chaim when someone came to him for a Bracha. This man was desperate for a Yeshua. The Chofetz Chaim responded, "I am happy to give you a Bracha, but before I give you a Bracha, I want you know that the first thing you need to do is turn to Hashem yourself. You should go straight to the boss. He wants to hear from you, his precious child."



We see from this story, how a person should never think, that who am I to go to Hashem. He is your Father, Who loves you unconditionally, and He wants to hear from you. The more a person realizes he can turn to His Father the Ribono Shel Oilam, on a direct line, the more Hashem will show him openly how He is his true loving caring Father that truly cares for him, and He will give you all your needs on a silver platter.

A Yid called up and shared: *We own a house, and at first we started off in the basement and rented out the home to a family. After a while we B"H had our fifth child, and the basement was getting way too cramped. We decided it was time to move upstairs. I notified my tenant that we would like to move upstairs as soon as possible, and he should please find himself a new place to live.*

He responded by telling me that he is happy to work on this. They started looking for a new home to move into, but they weren't successful. Weeks turned to months and they still had not found anything. We started putting pressure on them, explaining





to them that we really want to move in already. We gave them a deadline to move out, but the deadline came and went and they still weren't out. This was dragging on and on, with us being desperate to move upstairs. We felt so lost, we didn't know what to do.

Two years went by, and they were still parked upstairs. Our parents started telling us how ridiculous this was, and that we must take care of this at once. They were insisting we literally throw them out, by changing the key. One sibling was pushing us to go to a Din Torah. Another one wanted us to hire a lawyer to evict them. But one great-aunt had a whole different perspective. She said, "You know that when you are angry at them, then it means that you are angry at Hashem.

Because He is the One that runs the world, and is making this happen. So take my advice and take people out of the picture. Turn straight to Hashem, and nobody else, and tell Him you want to move upstairs."

We realized that this piece of advice is more beneficial than all the advice that we had heard from everyone else the past two years. I turned to Hashem, and asked him to take care of it.

A couple of days later I got a phone call from the tenant. He told me that they B"H found a new home, and they would be moving out immediately. For two years I couldn't get them out. I tried all different avenues, but to no avail. But as soon as I turned to Hashem, he showed me how he took care of it chick chock, and that very same week they moved out.

A Yungerman shared: I invested some money by someone that I thought I could trust. After a month, I contacted him to ask him for some of the money. But he turned it down. At that point I realized that he was not a trustworthy person at all.

I was trying to figure out, what should I do now? I realized that Hashem was sending me a message. The only trustworthy and reliable thing in the world, is my loving caring Father Hakadoish Baruch Hu. He is in control of everything from beginning to end. He wants me to realize that he is running the show, and He is in charge. He wants me to turn to him, and only him! I worked on taking this person out of the picture, and I put the burden on Hashem. I davened and turned to him to help me.



A couple of days later, this person called me back, and told me that he has all the money for me, and I can come pick it up.

How do we understand this? What changed? The answer is, if we realize that our only pull is by Hashem, and we truly have all the pull in the world by Him, then anything can happen. No matter what the situation is, he can help us out, 1-2-3.

Internalizing the message: How would my life look like, if I pictured Hashem as my loving caring father, who loves me, and is available for me at any time? What can I do in order that it should be more tangible to me that he is a true father, full of care, that is happy to do anything for me? How much greater will I become if I invest in the effort to reach this level?

Taken from A Life with Bitachon, connection of Bitachon to the Parsha (option 4) shiur #245
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"The Rubik's Cube"

When I was a child about 40 years ago, the Rubik's Cube made its debut. It was the talk of every child in town. Our family B"H received it as a gift from our aging uncle. He ate supper at our house most nights, so he would buy us presents to show his appreciation.



We had a book that came along with the toy cube, to help us step by step, to solve the confusingly look of the cube's colors all mixed up, in the wrong place. It really simplified our frustration, but it lessened the challenge of "doing it on our own" too. The challenge was less, so consequently the satisfaction of completing the process, was also minimized.

I personally very much liked that book. To me it was simply the key to the solution. I didn't see the point in taking on the challenge and facing all the feelings of confusion and frustration. It seemed pointless to try and figure it out on my own. "Just follow the steps, and you are done", I would think to myself. Others would argue that "There's no point in just following the book, there's no more challenge, or thrill"!

Children really like this toy. They enjoy turning, twisting and rotating each side of this amazing cube, to return all the mixed-up colorful squares on the cube back to their correct place, faster, and faster!

"Let's go boychick, quick! the seconds tick, as you pick, the colored cube brick, of Mr. Rubik, to turn & click, 'til you finish your shtick and trick".

IN REAL LIFE

The truth of the matter is, that in real life, both of those, same, above-mentioned principles, tend to be true. Sometimes we are too overwhelmed, and confused to try and figure things out, on our own, to reach our own de-

שירו לד' שיר חדש!



cisions, on how to deal with various situations. We would like it "plain". We want it to be "clear cut". It's much easier to simply follow the Toirah and Mitzvois, along with our Chachamim with their Daas Toirah and to have peace and sanity in our ongoing daily challenges of life. We want things to go easy and simple. We really don't want the struggle with adversity.

On the other hand, we also want to feel like we're climbing our ladder of Avoidas Hashem, to give a Nachas Ruach to Hashem, and to gain S'char for our Avoidah. That's only gained by overcoming a challenge.

This all sounds like some sort of contradiction and paradox, for us to want to have both: "The Easy Solution, and The Challenging Struggle".

Hashem, however, for our benefit set our lives up, in a special way. It's in fact sort of, amazing. Even with the solutions, and clear guidance of the Toirah at hand yet the challenges still remain intact, waiting for us to overcome them. We still have the Nisayon, of listening to and obeying His commandments, and not chas v'shaloim, doing things our own way. As Chazal teach us, explaining the words V'hinei Toiv - Meoid- "Zeh Yetzer Horah!" That challenging adversity, is for our benefit, and reward!

Hashem set it up in such a perfectly balanced way, all for our ultimate satisfaction and well-earned Schar Toiv! Boruch Hashem, for both, our challenges together with the guidance

of our Toirah! In this fashion, we can progress and shteig in our Avoidas Hashem, and earn S'char Toiv in this world, and in the coming world- Oium Habba!

Thank You Hashem for both, Your Toirah, our Heilige Solution Sefer, and for the ongoing challenges of living up to and putting into practice, what we learn from, the Divinely guiding words of Hashem's Toirah!

When things are challenging, and seem like, "they are not making sense", in our life, act obedient, submissive, with subservience to Hashem. Just follow the Daas Toirah! You'll turn out to be a winner! You'll even "come in with flying colors!"

THE CUBE RETURNS

Lately The Rubik's Cube has made a huge comeback in its popularity amongst the school children.

Remembering my affection for that solution book, I searched and found one at one of the local toy stores. I bought it for my younger children to ease their frustration when playing with this challenging toy. I find it interesting to watch how they use it.

My children take some practical advice from the solution book, and follow their step-by-step instructions. They however don't want to give up on the challenge totally, so they continue on their own trying to figure out how to get the colored boxes in the right place without messing up what's in place already. They still want to get

the thrill of accomplishment by figuring it out on their own!

This Solution Book doesn't leave you with any challenge of obedience and subservience. There isn't any Yetzer Hora struggle! Either you follow the rules or you don't. Finished! Therefore, by following the book, you blow the thrill of reaching the aim, and end goal of this toy/game.

Not wanting to miss out on that pleasure, they flip-flop, between peeking for hints of correct moves, and then shutting the book and continuing on their own!

Hashem gave us the chance of having both: the solutions, and the challenge at the same time!

"A Gram of a Parallel= A Parallel o' gram= A Parallelogram"

A parallelogram in the shape of a cube?! This sounds interesting and amusing.

I found an interesting parallel between using the Rubik's Cube Solution Book, and L'Havdil, following the guidance of Hashem's Heilige Chochma, His Toirah.

THE TURNING CUBE

Upon looking at the pages in the solution guide, there are steps that seem to be taking you in the opposite direction, and down the wrong path to your goal. They seem different than you would rationally think to be the correct way to go. By twisting and turning, rotating the slabs of colored cubes clockwise, or counterclockwise, to the right, to the left, forward or in an inverted turn toward yourself, you can really think, "This makes no sense at all". It may seem as if you're moving things away from where they are intended to be. It looks like things are going to be winding up, in total disarray.

In the end you realize, that you had to turn away from your destination that you wanted to reach, for the ability of the cube piece to regain its correct position and then you can return it perfectly to its correct place that you originally wanted to bring it to.

LIFE'S TURNS



We may tend to sometimes feel frustrated, by being turned in a certain direction in life, that seems counter to the intended, planned goal, and destination we wanted to reach. Hashem



with His Great Unfathomable Chochmah is rearranging things to be in their correct place. As a result, we are going to reach our end goal, in a better way.



#1- When you're on top, with things seeming okay the way they are, we're sometimes met with an overturn of our position, and we are turned down, finding ourselves underneath! We then may also feel as if we're being twisted and turned around, for no apparent reason! Bear in mind that it's all From Above! When we will be turned back on top, we are going to be in a much better position than we were before that overturn! Only when being on bottom were we able to be realigned, toward something better.

#2- When we're clearly instruct-

ed by Daas Toirah to take a seemingly left/wrong turn in life, OBEY! and do so! Rely on Hashem! It'll turn out to be only for the best!

#3- If The Shulchan Aruch states something to be an apparently correct move, i.e. a turn to the right/correct, just OBEY! Not because we decide it to be the right thing to do, but because the Word of Hashem says it to be so! It might look like, "these things we anyway understand on our own to be correct," but the Way of the Toirah, is the safest way to go! It'll definitely get all the pieces into the right place! With no mistakes!

#4- When we are instructed to turn clockwise/forward in time - to look or think ahead, just OBEY! Look, think, move, and forge ahead!

#5- If we are commanded to do a turnaround counterclockwise/returning to something in the past, just OBEY! It won't mess you up! It'll bring you closer to your destination!

#6- When an outward turn/towards others, when caring, sympathizing or helping is recommended and commended, OBEY! You won't lose out a bit! You'll have enough time for yourself too!

#7- When The Toirah advises an inverted twist/ towards yourself, just OBEY! It'll ultimately bring the all, and the everything, into their correct position.

IN REAL LIFE

That stern, tough turn, can make my stomach churn and my face burn. It looks like a U-turn, or a downturn. Oh! I thought I'll learn, Oh!! I thought I'd earn. To understand it all, I yearn. Then, I discern that when things return to an upturn, the outturn is with no more concern of life's "sunburn", or "windburn", for eterne. Hashem caused the whole overturn, to situate me now with serene unconcern!

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

“STOP THE TRUCK!”

R' Meir Abuchatzaira would generally avoid riding in cars, but one time, when he happened to be on the highway, he did something peculiar that carried a deep lesson. When the car he was riding



in came behind a Coca Cola truck, R' Meir instructed his driver to speed up so that they could pass the truck and bring him to a stop.

The driver hesitated. “Doing that would be very dangerous,” he explained to R' Meir. “It not only endangers the car, but it endangers our lives and anyone behind us.” But R' Meir insisted that he must do it; and so the driver sped up until he was in front of the Coca Cola truck. Then he slammed on the brakes, causing the truck behind him to suddenly stop just short of hitting their car.

As you can imagine, the driver of the Coca Cola truck was not so happy. “Why did you brake right in front of a racing truck?” he demanded to know. “It's unsafe and unlawful!”

R' Meir was sitting in the passenger seat, and so he answered. “I told him to do so. I am dehydrated and I'm in need of a drink. Could I have a bottle? I'm offering you to buy out the truckload, because of my dehydration.”

The driver was flabbergasted. “That is not the way to ask for a Coca Cola! No matter how thirsty you are, rabbi, you don't stop a speeding truck!” He angrily jumped back into his truck and sped off.

Very soon after, the truck got into an accident from which the driver did not come out alive. That's the last thing we know about the driver.

R' Meir later explained himself. When he had first seen the Coca Cola truck, he saw the malach ha'maves hovering over the driver. The only thing that would spare his life would be to do a mitzvah, so R' Meir offered him a zechus to be saved. By giving him a drink, an act of chessed, the driver could've saved himself. Unfortunately, he declined, forfeiting his chance, and thus he was taken to the Next World.

This story shows us how one kind act can save one from a grave ending, and how stubbornness could otherwise take away this opportunity. (Miracles of the Baba Sali, P. 263)

THE TWO-MILLION-DOLLAR KADDISH

R' Binyamin Cohen is a rabbi in a community in Eretz Yisroel, which has both



religious and non-religious Jews. At one of his nightly classes, R' Cohen noticed a young man standing outside, peeking his head in the window to see when the shiur was over. As it were, when the shiur finished, the man came inside, put on a yarmulka, said Kaddish, and then disappeared.

When this happened consistently for a few weeks, R' Cohen ran after the young man and asked what was going on. The man explained himself: “My father passed away recently and left an inheritance of twelve million shekels. In his will, he gave two million to me, his

son, and two million to my sister. The remaining eight will be mine on condition that I say Kaddish during the entire year. But, if I miss even one day, then my sister and I split the entire 12 million evenly.”

Determined to get half of the full amount, the sister hired a private detectives to catch her brother missing his daily Kaddish. However, a few months into the year, they reported back that her brother had yet to miss one day!

Realizing that she was dealing with a very determined brother, she approached R' Cohen and offered him a deal. If the Rabbi would somehow arrange that her brother would miss one day of Kaddish, she would give 400,000 shekels toward any of R' Cohen's needs, either to any of his tzedakah purposes or for his own personal use.

R' Cohen didn't know what to do. He knew he could do a lot of very good things for the community



with that money, things that would have an impact much more than the brother's single Kaddish. Anyway, he reasoned, the young man saying Kaddish wasn't doing anything else spiritually. Still, he brought the matter before R' Aharon Leib Steinman zt"l to ask him what he should do. R' Aharon Leib didn't agree with R' Cohen's logic at all. “If one day of Kaddish is missed, their father won't have a Kaddish said for him. You don't know what the father would prefer - a Kaddish or all that 'honor' from the tzedakah you give. Since you don't really know what is preferable, you can't do it.”

R' Cohen suggested

Continued on next page

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

that perhaps the man saying Kaddish and nothing else is an embarrassment to Torah. After all, he doesn't keep any other mitzvos or learn a word of Torah, so just this one act of saying Kaddish actually makes him look very bad in Shamayaim. R' Aharon Leib responded with sharp words. "Are you the Torah? Do you know that the Torah would rather - 400,000 shekel over one Kaddish?"

R' Cohen was convinced and left it at that. He never tried to foil the brother's Kaddish.

One day, the brother didn't run away after Kaddish but instead approached R' Cohen and asked, "How is it that you are so kind to let me sit outside every night, not partake in any of your classes, and yet you don't chase me away?"

Knowing that the young man was only coming to the shul to secure his extra eight million shekels, the rabbi responded, "I'm offering precious stones, gems and diamonds. If you don't want them, it's your loss, not mine."

"Diamonds?!" the boy asked, his interest piqued. "What kind of diamonds?"

"I'll tell you what," answered R' Cohen, realizing that this just might be the "hook" he needed. "Come to our next class tomorrow evening, and you'll see what type of diamonds I'm talking



about."

The man did just that. The newcomer was warmly welcomed, heard the rabbi's "diamonds," started attending more frequently, and as a result, relates R' Shlomo Farhi shlita, he renewed his commit-

ment to Hashem. He began to become observant and fulfilled many more mitzvos. In the end, he made it through the entire year and never missed a Kaddish for his father, thus earning the remaining eight million shekels. Now, no one could foil his plans anymore.

Indeed, R' Aharon Leib's lesson stands strong and firm: we don't know the value of even one Kaddish. We cannot decide the value of one mitzvah. In this case, that mitzvah began the boy's journey toward Torah and mitzvos. (Heard on Stories to Inspire, R' Shlomo Farhi)

SAVED THE GADOL HADOR

The yeshivos in Europe were unlike the yeshivos in our days. Today, the yeshivos take full care of all the needs of the bachurim, but it wasn't so in Europe. The yeshivos didn't have dormitories; most bachurim were away from home, and so boys would sleep on the benches in the local shul. Even then, the benches weren't enough for all the boys; often only the older bachurim had the privilege of sleeping on a bench(!), while the younger bachurim slept on the floor.

One particular thirteen-year-old boy, who was having a hard time sleeping on the floor and was thus getting tired of yeshiva, got a telegram from his elderly uncle. It read: "We are offering you to take over our successful business. We don't have any descendants to continue it, and you're the most capable relative to continue it, so please come and we'll set you up."

The boy was very tempted by the offer. Sleeping on a cold stone floor on a wintery night wasn't so enjoyable, and with uncomfortable sleep every night, he asked himself what he was really getting out of yeshiva. "I can't continue like this, enough is enough. I'm going to take him up on the offer."

The night before he left, the door of the shul opened, and a woman who'd just lost her husband walked in with a stack

of blankets. Her late husband owned a blanket shop, and she was giving the bachurim what she hadn't sold from her business. All the bachurim, especially this boy, happily took her gift.

Many years later, in 1976, the Rosh Yeshiva of Ponovezh, the great Rav Elazar Menachem Man Shach, called his grandson into his office. "We need to go to Haifa today," he told him. "There's a woman who passed away, and I want to be at her levayah."



The grandson complied, and they drove through the rain to the cemetery in Haifa. However, the grandson was surprised to see how few people were there; R' Shach and he completed the minyan. This perked up the grandson's curiosity. "Why is he partaking in this levayah?"

The rain persisted through the levayah, and after she was buried, everyone



quickly made their way back to their cars. The grandson brought R' Shach to the passenger seat, but R' Shach didn't immediately get in, instead he stood out in the rain for more than a few moments. Eventually, he **Continued on next page** got back into the

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

car, and they drove back to Bnei Brak.

R' Shach was aware of his grandson's wonder, and so he explained himself. "This woman was responsible for making me who I am. If not for her, I wouldn't have continued in yeshivah, and I wouldn't have become 'the Rosh Yeshiva.'

"This lady was the woman who gave us the blankets that night when I was ready to leave the yeshiva. I had been so cold, so fatigued, and was ready to take up my uncle's offer. When she arrived and gave us those blankets, it gave me the courage to stay on, and I declined my uncle's offer."

"But what was the reason," asked the grandchild, "that you stayed out in the rain when we'd gotten back to the car?"

"I wanted to remember how it felt laying on the stone floor every night during those cold wintery nights, and what her gift had spared me from feeling. That way, I could properly appreciate what she did for me." (R' Joey Haber)

There are several lessons to take from this story. First is the way R' Shach showed his hakaras ha'tov, going all the way to Haifa amidst his busy schedule. Also important is how R' Shach wanted to feel the discomfort of the cold and rainy day to properly appreciate the chessed that she did. But what I want to bring out is the effect of her good act. Her chessed had an unbelievable effect that saved the entire generation.

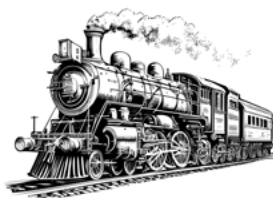
The mitzvos that we do have unbelievable power to them. Sometimes we're given a picture of the effects, and sometimes not, but the effects are regardless. (Heard on Stories to Inspire)

SNUFF OF TABAK

Sitting on the train, the great tzaddik, the Divrei Shmuel, noticed a commotion in the first-class compartment. He asked his gabbai to inquire what was happening there that was making every-

one so excited.

After inquiring, the gabbai returned to tell the Divrei Shmuel that there's a certain non-observant Yid, a former chassid of the Divrei Shmuel, who had become



a great philanthropist. Everyone was coming to seek him, whether

for advice, guidance, or money.

The Divrei Shmuel told the gabbai to call this former chassid over. The gabbai nervously approached the philanthropist, not knowing what his reaction would be, and told him that the Rebbe insisted that he come to talk with him. Initially, the former chassid was hesitant, but out of awe and respect for the Rebbe, he came to him. After the initial greetings, the Rebbe asked him how much he was worth.

"For what reason do you ask?" asked the philanthropist. "I'm no longer an observant Yid, and I therefore have no intention of giving you any donation."

The Rebbe answered that he's not looking for any donations. After persisting, he responded that he was worth 2,000,000 golden coins.

The Rebbe smiled upon hearing that. The philanthropist then restated that he had no intention of giving the Rebbe any money, so why was the Rebbe grinning?

"Listen here," said the Rebbe. "In your youth, we learned together, and even back then you weren't so religious. Your mitzvos weren't worth to you a snuff of tobacco, and yet, the yetzer hara had to give you this enormous wealth to distract you from continuing the minimal mitzvos that you were performing. You see for yourself how great your mitzvos

are valued.

"Had they not carried much value, he wouldn't have to give you so much wealth to distract you. But since they were so special, he therefore has given you so much money to distract you and prevent you from that minimal amount. From this itself, you should see how much value your mitzvos hold and start a new commitment to perform Hashem's mitzvos."

Baruch Hashem, our lives are loaded with many mitzvos. Each one is a goldmine unto itself. Hashem, with His infinite love, gave us endless opportunities to do them. Thank you, Hashem, for so many privileges! (Reprinted with permission from Mechon Be'er Haparsha)



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In the Midst of Bnei Yisrael

We all know that the halachah requires us to give up our lives to avoid transgressing one of the three cardinal aveiros. There is another case in which the principle of yeha-reig v'al yaavor applies — when a Jew is being publicly coerced to violate any prohibition, even a minor one. The definition of “public,” for the purpose of this halachah, is that ten Jews are present. Even a much greater number of non-Jewish witnesses, however, would not trigger the requirement to give up one’s life for kiddush Hashem. This halachah seems to suggest that a kiddush Hashem that takes place in the presence of Jews is even greater than one that takes place in the presence of non-Jews. Why is this so?

Meshech Chochmah explains that a kiddush Hashem performed before other Jews teaches them how to be kedoshim so that they too will be mekadeish sheim Shamayim. This will result in much greater kavod Shamayim than a kiddush Hashem performed before non-Jews. The benefit of a kiddush Hashem witnessed by a non-Jew is limited to the increased emunah of that one person. On the other hand, when a Jew witnesses a kiddush Hashem and is moved to improve his own ways, he himself is transformed into a vehicle for kiddush Hashem. He will observe all of the 613 mitzvos and will go on bringing honor to Hashem over and over again in



powerful reasons to attempt to influence others. The Chafetz Chaim (Sefer Chomas Hadas) cites the mitzvah of hashavas aveidah, as well as the concept of arvus, responsibility for our fellow Jews, as additional reasons. Chovos Halevavos (Shaar Ahavas Hashem, ch. 6) speaks very highly of a person who motivates other Jews to improve their service of Hashem. “Even if a person were to reach the ultimate level of perfection of his soul in its service of Hashem, and even if he were to be close to the angels in their refined character, their praiseworthy ways, their efforts to serve the Creator, and their pure love of Him, this is not like the merits of a person who guides people on the proper path and redirects the wicked to serve Hashem. A person who perfects only his own soul will have a few merits, but a person who perfects himself and many others will have his own merits multiplied in accordance with those merits of all those whom he has brought closer to Hashem.”

A prominent kiruv professional who often consults with Rav Aharon Leib Shteinman shlita once approached the gadol on Erev Yom Kippur to ask for mechilah for taking up so much of his time. Rav Shteinman dismissed his concerns. “With what can I come before Hashem on Yom Kippur?” he asked rhetorically. “I’m an old man, and it’s hard for me to learn. This,” he said, pointing to a thick tome containing the names of all the students who had been registered in religious schools that year by the man’s organization, “this is our sefer hachaim for this coming year. With this I can come before Hashem!” (Jewish Observer, Oct. 2003



Of course, there is an important balance that must be struck. A person must spend time building his own foundations; otherwise, he will not have anything to give over to others. Thus, when a young man once asked the Chazon Ish whether he should leave yeshivah for half a year to take a teaching position, the Chazon Ish instructed him not to do so. The more he learned, the Chazon Ish explained, the greater would be his ability to influence others. On a different occasion, the Chazon Ish told a student, “The Chafetz Chaim learned for many years to become the Chafetz Chaim. After those years, he changed the world in a very short time” (Pe’er Hador 2:207).

At a certain point, however, the time comes to give of one's time to others, and when that happens, the Chafetz Chaim promises us that Hashem will not allow that to come at the expense of our own personal growth: "Make His Will your will, and He will make your will like His Will. He will fill your soul with knowledge of perfection, and the small amount of time will be sufficient for you to make great, sublime achievements beyond the abilities of your own intellect."

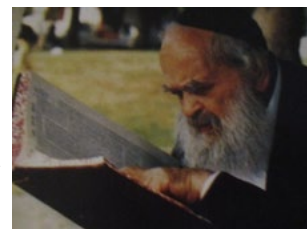
Rav Avraham Chaim Feuer was once returning from a Bar Mitzvah with Rav Yaakov Kamenetzky zt"l. Rabbi Feuer, who had recently become the principal of a Mesivta, lamented the fact that his new position had come with a host of added responsibilities, including attending every simchah to which he was invited, that left him little time to learn. Rav Yaakov responded with a smile, "In America, there is an expression: 'The customer is always right.' The lay people, the masses, are the customers, and we, the rabbis and teachers, are the salesmen."



We are selling them Hashem's Torah and mitzvos, and we must do whatever it takes to make our customers happy and satisfied. For that reason, we must participate in all of their simchos. But we must never forget that we are not really working for our customers; we are working for Hashem Himself, Whose

Torah we teach. What a tremendous privilege, and what endless opportunities for kiddush Hashem!"

Rav Yaakov often commented that a person who creates a kiddush Hashem earns such immense merits that Hashem rewards him even when his kiddush Hashem results from improper motives. On this note, a man who was considering establishing a kollel in Denmark once consulted with Rav Yaakov because he was afraid to remove his children from the positive influence of Jerusalem. Rav Yaakov told him,



"Haman's descendants became talmidei chachamim as a reward for the kiddush Hashem that was created when his plan was thwarted, even though his intent was evil. Certainly, the children of a person who intends to create kiddush Hashem will become Torah scholars."

There are endless opportunities to earn a share in this great mitzvah. Rav Yosef Shalom Elyashiv zt"l once remarked that every generation possesses a mitzvah that is especially significant for its time. Our generation's mitzvah, he explained, is "to let the Name of Hashem become beloved through you" (heard from Rav Asher Weiss).

In Review: It is a greater mitzvah to be mekadash shem Shamayim in a way that affects other Jews than it is to impress a non-Jew. This is because of a number of mitzvos that obligate us to influence other Jews to serve Hashem properly, including the mitzvos of hashavas aveidah, arvus, and "lo saamod al dam reiecha." A person who helps others achieve perfection earns spiritual merits that cannot be compared to the merits of a person who works only to perfect himself.



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

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

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



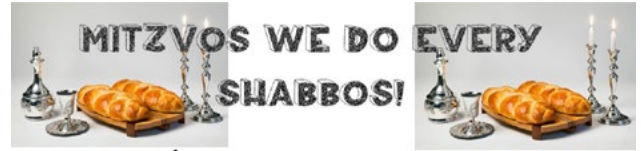
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Amen!
Amen!*

1. Answering Amens throughout Shabbos!

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Every mitzvah we do on Shabbos gets us much more schar than the rest of the week!



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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?

Did you know that the number one way to be healthy is to live life one step at a time, with menuchas hanefesh and simchas hachayim?

My Rebbe said over a story about someone who lived well over 100 years. They interviewed him and asked him, "What do you attribute your long life to? Did you have a special diet and eat healthy?" He said, "No. Actually I ate all kinds of unhealthy food. But I never got angry. I never rushed. I was always calm. I was always relaxed."

Reb Avigdor Miller says that Hashem made it that the more you're calm, relaxed, smiling and b'simcha, the healthier emotionally mentally and physically your body is. Even a fake smile puts the body in a good mood; even fake laughter. Fake it till you make it.



If you're into health, and you want to do hishtadlus to live a long life, it's not so much about what you eat. It's about taking life one step at a time and never rushing. Did you

know that not only does being relaxed and calm make your body healthy, but you actually accomplish much more? Whenever you're in a rush going from one place to the other, your body, mind and sechel can't function properly. If your sechel isn't functioning properly, you're not able to accomplish anything. That's why people that are nervous can't concentrate. When you rush, your body is getting tense and nervous. Just be calm, relaxed, and always think positive thoughts. It will make you healthy emotionally, mentally and physically. It will do more than all the healthy food in the whole entire world.

Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

Yosef Hatzaddik was the one who paved the way for Midas Hayesod, giving Klal Yisroel the ability to overcome the



temptation of arayos. There's what to learn and apply from the story with Eishas Potiphar. Yosef replied to Eishas Potiphar "איננו גדול"

"there's no one bigger than me around here! I can't do such a thing!" When you feel good about yourself and know your greatness, the Yetzer Horah has a much harder time getting you because you don't have a void that needs to be satisfied.

We also know Yosef saw a picture of his father Yaakov Avinu and that stopped him from sinning. R' Mandel says over from his rebbi, R' Chaim Tzvi Fogel zt"l, that what he saw was the love his father had for him "מכלי את יוסף - מכלי ישראל אהב - את יוסף מבניו." When he saw and felt his father's love, he was empowered and he didn't need the fake loves of the yetzer horaah.

True love had so much power in Slabodka. They said that true love can move mountains and having a loving environment is wonderful. At the same time if a person doesn't have such a situation, that's also great because he can always bypass it by building a close relationship with Hashem.



MAZEL TOV!

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

Mazel Tov to R Zevi Wenger and family (Chestnut Ridge, New York) on the birth of a new baby boy!!!



By: 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. (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.

What Do The Words Mean? Part 10

Since we say Asher Yatzar several times a day, we must make sure to avoid the pitfall of saying it robotically without feeling. As we mentioned in the past, a very good way to avoid this issue is to take a moment before saying the beracha to think about a different wonder of the body. Another useful method is to learn the various commentaries on this beracha. You will discover many different explanations for the very same words - and they are all true! When the *Anshei K'neses Hagedolah* established the words of tefillah, including this beracha, they had in mind many different ideas and concepts. Every once in a while, let us bear in mind a new meaning of the words and continue to do so until we feel that it has lost its freshness. Then we can switch to a different understanding, thus making sure that we are really expressing our gratitude for a healthy body.

In this light, I would like to cite the explanation of the Aruch Hashulchan (O.C. 6: 3) on what we have seen so far in this beracha. He writes that we say נקבים in order to refer to the openings needed for ingesting our food and for expelling the waste. Then we say it again to include the other openings such as the nose and ears, which are so crucial for daily living. However, the main intent is on the ones related to digestion. We then continue and say חלילים to refer to the stomach, small intestine, and large intestine which hold the food while it is being broken down into its various components. Then we say it a second time to refer to the other vital cavities such as the heart. Here again, the main thrust is on the ones needed for the digestion of our food.

We saw in the past that the Levush (O.C. Siman 6) explains that for us to digest food Hashem created us with three complex systems: 1) The Receiving Tract: This refers to the mouth where the food is prepared for digestion. 2) The Digesting Tract: Here the food is broken down into microscopic parts that can be absorbed into the blood stream and carried throughout the body. 3) The Expelling Tract: Here the body gets rid of the waste products and harmful toxins that would damage our magnificent body. We therefore continue and say שאם יפתח אחד מהם או יסתם אחד מהם אי אפשר להתקיים. If they were to open, meaning, if the openings or cavities would be even slightly larger, or if they were to close, and the openings and cavities would be even a drop smaller, we would not be able to function normally. Hashem created these openings and cavities in an exact manner and size in order to facilitate these three systems so that they can interact in perfect tandem. The design and plan of even the smallest part of one of these limbs is a great testimony to the endless wisdom and kindness of our Creator!

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

BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau



The Quote – The Lesson – The Story

33

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

The Quote: IT IS a דבר ידוע that it is not so effective to appoint two people to fulfill the same job. As the גמ' says in עירובין ג - קדירא דבי שותפי לא קרירא ולא חמימא - AL ACHAS KAMA VKAMA - when it comes to בטחון – if one is in Hashem and also others, so his בטחון is very impaired, and this may be a reason alone that he would be unsuccessful."

The Lesson: WHAT MAKES THIS SO INCREDIBLE AND AMAZING, one may ask "what's the big deal to rely on Hashem and a human? [Chas V'Shalom] The answer is that we see here that reliance by definition means that I am relying on one! There is no such thing as fully relying on two. קדירא דבי שותפי לא קרירא ולא חמימא. The job won't get done properly! Therefore, to rely on Hashem means that we ONLY and ONLY rely on Hashem because there is no one to rely on but Hashem anyway.

The Story: If we rely on Hashem, we are able to be moiser nefesh for Toras Hashem. THE VILNA GAON HAD A BROTHER, Rav Avrohom, who lived in a town near Vilna. After Rav Avrohom's children got married, they moved to Vilna. As Rav Avrohom and his Rebbetzin got older, naturally, they needed their children's help more often. Their children tried to help as much as they could, but it was hard as there were no taxis or easy way of transportation. Their children begged them to please come to live with them in Vilna. Their father was almost convinced, but their mother would not agree to move. They asked, "Why?" and she finally agreed to reveal her reason. She explained as follows, "When I was זוכה to get married to Tatty, my father was a rich man, and he bought us a big nice house, and he also gave us money for all our expenses to live on every month.

The years went by and the family got bigger, and my father wasn't able to support us anymore. Tatty was learning Gemara all day. What should we do? And I thought to myself, 'What can I do so that Tatty can sit and learn תורה?' And then I thought of a great idea, 'We have this big, nice house, we can buy a small house and sell our big house. I don't need such a big house, and with the money, Tatty can sit and learn Torah.' Tatty asked me, 'Are you sure you are ready to lose the house that you got from your father?' And I answered, 'I'm not losing anything, I am making the best business deal of my life, because, I'd rather a husband who is a big תלמיד חכם, and a small house, than a big house and a husband who is a small תלמיד חכם.'



The mother continued, "Sure enough, we sold the house, and put the money aside, and Tatty sat and learned, day and night, until he became one of the biggest תלמידי חכמים of the generation" Their mother continued to explain, "We are at the age where we don't have appetite, we eat because we need fuel. Sleep. We get up every hour. We don't live עולם הזה anymore. But every morning, I go to shul, and on my way home, I don't go straight to our house. I take a detour and I go passed the street where the big house that we once owned, and I stand in front of that house and tears of joy come to my eyes. And I look up to שמים and I say, "רבוננו של עולם, Thank You for giving me the courage and the brains to give up this house so that Tatty could sit and learn Torah. I wanted to have a husband who is a big תלמיד חכם and have a small house, rather than having a big house and a husband who is a small תלמיד חכם.' So dear children, this house is what gives me the chizuk and the כח to go on. You want me to leave this town?!" [As heard from Rav Shlomo Miller, Kiryat Sefer]





The Parashah in Poetry

By Mrs. S. Mordechai

**Parshas Ki Sisa
BS"D**

With "Arms" Always Open

Moshe prepared to rejoin his people from within the Shechina's Cloud, holding the precious luchos with which he thought B'nai Yisrael would soon become endowed.

The Tablets of Testimony were "engraved" with the Divine "Finger," twin witnesses from heaven and earth of limitless value and immeasurable worth.

They contained all the guidelines for life that Hashem wants us to follow placing equal weight on Bein Adam l'Makom and Bein Adam l'Chaveiro.

The Holy One, The Ribono Shel Olam perceives and knows all. From His Kisai Hakavod, He was aware of His Treasured Nation's fall.

"The people you took out of Egypt have Our Covenant betrayed. They bowed and sacrificed to a golden calf, soon after the vows that to Me they made."

Moshe Rabbeinu met Yehoshua at the bottom of Har Sinai, carrying the luchos with letters carved by G-d on sapphire rock.

What is that noise? What are the people doing? When Moshe saw Am Yisrael, his people, he was distressed and in shock.

The letters that Hashem had inscribed on the luchos fled back to shomayim with all that mattered. Then the stones became blank and unbearably heavy. Moshe Rabbeinu threw the luchos down and they shattered.

B'nai Yisrael were startled when the tablets for which they had been yearning were smashed. Most could not believe what had happened and were ashamed and abashed.

Moshe Rabbeinu beseeched Hashem and offered his life on B'nai Yisrael's behalf so that Elokim would not start a new nation from Moshe who had no part in the golden calf.

From shaar hamachane, Moshe said: "Mi l'Hashem ailay!" The men of Shevet Laivi, who had never suffered slavery were willing to initiate reparations with yirah and bravery.

Sustained only by Torah, the rules of repentance, and G-d's ways; Moshe ascended the mountain to daven and advocate for his people for forty more days.

Hashem Yisborach "donned" His Tallis and showed Moshe the knot of His Tfillin: The Yud. Humbling himself on Har Sinai B'Chagvai HaSela, while G-d's glory passed before him Moshe, in awe, stood.

The display of Hashem's devotion to His Chosen Nation could not be clearer. The Tfillin Yiddin wear proclaim their love for Hashem. The Tefillin HaKadosh Baruch Hu "wears" express His love for us, a perfect mirror.

Hashem taught Moshe that He does not expect perfection. The outcomes of our efforts are His affair. Turn to Hashem, Who is abundant in chessed and emes, admit mistakes and grow as much as you dare.

Slow to anger and gracious, Avinu Malkainu's gift of forgiveness and trust with endless rachmanus HIS lense; will, for the sincere repentant, absolutely absolve and cleanse.

The punishment for the chait ha egel, had the power of a winter waterfall but in His infinite mercy Kail Rachum V'Chanun metes it out drop by drop, through millenia, so we never feel the full brunt of it all

No matter how far we stray,

from the sin of the golden calf we learn that with "arms always open" Our Father, longs to embrace us and to help us return.

HaKadosh Baruch Hu sent Moshe Rabbeinu back with new luchos on the holiest day, Yom Kippur, to show that Hashem's unconditional ahava for us, His children, will forever endure.

When Moshe was born the home of his parents became filled with light. Now, after immersing in G-d's wisdom, in the presence of His glory, Moshe's face was radiant and bright.

Hashem called Moshe "My Servant" and said "B'Chal-Baisi Ne'eman hu." Moshe spoke with his Maker, his Master, his Rebbi: panim el panim. With no peer, even among prophets he will aday-ad be Moshe Rabbeinu, Ish HaElokim.

When Moshe Rabbeinu passed their tents; the Children of Israel, out of respect, would rise and as he approached the Ohel Moed, they saw the Shechina's Pillar descend in a cloud before their eyes.

Due to sin, the Ohel Moed was now pitched outside the camp, but B'nai Yisrael knew that Moshe Rabbeinu was always ready and waiting to ozar v'oneh any Yid who sought Hakadosh Baruch Hu.

We are a blessing!
We are blessed!
We are a great nation!
A light to the rest!

To be continued iyH next week with: "The Epilogue: A Letter to Our Generation from Avraham Avinu, the First Jew."

With tremendous gratitude to Our Father, for His endless rachmanus and HaKaras HaTov to R. Yitzchok I. Kaufman (The Spring Hill Times); R. Zev Golombeck (The Bitachon Hotline); R. Shimshon David Pincus Z"L (Shiur: Bitachon and Tefillah II); Artscroll Chumash Schottenstein Edition (Parshios Ki Sisa, Beha'aloscha, and Devarim: text and commentaries); R. Moshe Weissman (The Midrash Says: The Book of Shemos); R. Shmuel Yerushalmi; Translated and Adapted by Dr. Zvi Faier (The Torah Anthology: Yalkut Me'Am Lo'ez- The Book of Shir HaShirim); and EK, SN, LJ, RRM, DD, AU, and SV.



CHAPTER 2

The Torah Obligation to Enjoy Olam Hazei

In this chapter we will prove that Hashem wants and expects every person to enjoy his life, and that enjoying life is a Torah obligation.

The Desire to View Judaism as Hard

One of the tricks of the yetzer hara is to convince a person that a life of true avodas Hashem means a life without gashmiyus pleasures. The yetzer hara causes people to think that Hashem does not want them to enjoy this world. The yetzer hara does this by pointing out stories of tzaddikim who constantly fasted or statements from Chazal that seem to indicate that Hashem wants us to live a life of pure prishus. The yetzer hara hopes that a person will despair because such a lifestyle is nearly unattainable for most people.

For example, the mishnah in Pirkei Avos (6:4) says, "This is the way of the Torah: Eat bread and salt, drink water in measure, sleep on the ground, live a life of suffering, and toil in Torah." When a person reads this, he may despair, thinking to himself, is this what Hashem wants of me? I can't even imagine living this way for two days, let alone an entire life!

So, he gives up. I know logically that ruchniyus matters are a better investment, he thinks, but I cannot possibly control myself for so long. I am certainly going to fail. I cannot earn a place in Olam Haba. At least let me enjoy Olam Hazei!

Some people may have a different feeling about life in Olam Hazei. They think that life here is intended to be unpleasant, full of challenges and difficult people. In their belief, only Olam Haba is a place of pleasure and enjoyment. Although they recognize that this world is valuable (since it provides the "ticket" to Olam Haba), they think it's like a necessary evil — compa-

rable to an unpleasant job that one does to receive a paycheck. Neither of these attitudes are correct. We will soon see that Hashem wants us to enjoy life very much! Hashem wants us to view His world as a marvelous place to live and He desires that we greatly enjoy our lives. Stories about tzaddikim or teachings of Chazal are no contradiction to this. They just need to be understood

properly.

(Regarding the above mishnah, Rashi explains that it's not telling wealthy people that they should live a life of suffering. Rather, the meaning is that if one is so poor that he only has bread and salt, and is forced to sleep on the ground due to a lack of bedding, still he should not refrain from laboring in Torah, for eventually he will [merit to] labor in it in wealth.

It's clear from Rashi that this mishnah is directed toward a poor person. If one can learn Torah and enjoy physical pleasures, he is certainly allowed to do so.)

If a person would recognize the truth, that being frum is not a contradiction to enjoying the pleasures of life, the yetzer hara would lose a great deal of his leverage. This book was written to help overcome that yetzer hara.

Not an Aveirah

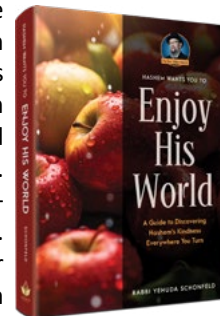
So, is it wrong to enjoy the pleasures of this world? No!

The following ideas are not true:

- Hashem created the pleasures of this world to test us, to see if we will avoid them or not.
- All physical pleasures lead a person down a path of materialism and away from Hashem.
- A person should only desire ruchniyus. Any gashmiyus one enjoys stems from human weakness, is sinful, and will decrease his Olam Haba.

Concepts like these may arise logically from seeing that the Torah stresses the value of ruchniyus pursuits over gashmiyus ones. These ideas can then be "proven" by stories about the prishus of gedolim (most of them from previous generations, who were far above our level), who regularly fasted or lived on "bread crusts and water."

It's critical to realize that statements from Chazal or stories about holy tzaddikim must be understood correctly, in context. They should be studied in great depth. We cannot draw our own conclusions on these matters.



We must realize that gedolim, especially those in past generations, were on extremely high levels of kedushah. Even the average frum Jew a few generations ago was far more elevated than we are today. There was also much less materialism available in those days. Fasting every Monday and Thursday may not have been as difficult a challenge for a gadol from a hundred years ago as it would be for us nowadays. It's not fair to compare ourselves to them. Doing so may cause more harm than good.

The idea that in order to be holy, a person must totally separate himself from gashmiyus is not a Jewish one. In fact, a quick calculation reveals that a frum Yid is commanded to have at least 235 seudos every year, not including kiddushim, shalom zachars, chasunahs, siyumim, or other seudos mitzvah! (Shabbos—208 (52 seudos x 4—including melaveh malkah), Pesach—8, Shavuot—4, Rosh Hashanah—4, Erev Yom Kippur—2, Sukkos—8 and Purim—1) These are in addition to the very "gashmiyusdik" mitzvos of buying wine and nice clothes for Shabbos and Yom Tov (and jewelry for the women). And these are the mitzvos! Permissible areas of physical enjoyment extend much further. The following quote from Rav Avigdor Miller disputes the idea that all gashmiyus is a nisayon:

The Chovos Halevavos says that love of Olam Hazei is a rival to the love of Olam Haba; you cannot have them both in one heart. That doesn't mean you shouldn't enjoy life — you can enjoy everything. But when a man puts effort toward materialism, so much love for his home, so much love for luxuries, so much love for expensive things, then there's no place left for Hashem. (Ohr Avigdor Mesillas Yesharim, Vol. 1, p. 352.)

To be continued...

R' Y. Schonfeld can be contacted at enjoyhisworld@gmail.com

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The Parsha in Art
By R' Yehoshua Wiseman
054-844-1131

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

Singing is not only nice and enjoyable, but it's also healthy and therapeutic. There is so much bracha contained in this gift that HKB" H gave us. Let's take a closer look at the benefits that can be reaped from singing.

Slow singing has been found to reduce people's level of stress and create a state of calmness. It's not just an abstract idea, but when we sing the body produces a hormone called anderson which reduces stress. Today in our fast-paced world with so much going on, many people suffer from stress on various levels. Singing is one of the tools Hashem gave us to help navigate these hard situations.

Singing can even reduce one's blood pressure level. This is something that can have very far reaching effects on a person's general health.

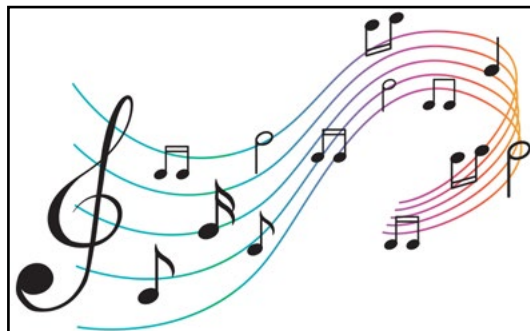
When people sing in a group, there's an additional advantage that it creates a sense of togetherness and belonging. Singing together with family or friends is an action of bonding. The importance of strengthening these relationships is self-explanatory and quite vital in our day and age.

Let's take advantage of this special gift that Hakadosh Baruch Hu gave us - the gift of singing, which is good for our guf and nefesh.

In addition to singing, Hakadosh

Baruch Hu granted us a similar ability - the ability to hum. Hashem gave us the option to produce sound through two different cavities. We can produce sound through our mouth and through our nose. Primarily, we use our mouth for singing and for speaking. Humming is usually done through the nose with our mouth closed.

You might have never thought about this difference. Why do people hum instead of singing?



Humming has certain advantages that singing doesn't have. People often prefer humming to singing because it's quieter; it does not project your voice to a distance. Sometimes people want to quietly hum to themselves without being heard and making a scene. Because Hashem gave us the ability to hum through our noses,

Answers for the Parsha Game page 17
Working: Hashem told us that 6 days we should work and on the 7th we should rest.
Spring: Hashem took us out of Mitzrayim during the Spring.

we have this extra option.

Humming also helps singers and musicians find the correct note even when they are in a crowd. When we hum internally, we are more focused on the sound that we are producing as opposed to the sounds around us which can be loud and distracting.

The advantages that we listed by singing also applies to humming. Humming helps stress levels, calmness and blood pressure, to mention a few of the advantages. So the next time you feel stressed out, before you lash out at someone or book an expensive vacation, why don't you first try to hum a niggun? It's safer, cheaper and healthier.

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The Amazing Constructing Beavers.

Part 3 of 3

In the last article we mentioned how beavers have all the knowledge and ability to be able to stop (significantly slowdown) moving streams. The idea was for them to be able to raise the water level high enough for them to be able to make themselves living quarters called a lodge. These abilities are 100% instinctive. Many experiments have been made where beavers were taken away from their parents at birth. When old enough to go out to build a dam they were released into the wilderness. They knew how to knock down (fell) trees with their specialized teeth as well as any experienced beaver. Even more, they built a perfect watertight dam in moving water without any mistakes. They also went on to build a typical lodge without having ever seen a dam or lodge since their birth! Amazing!

Once the dam is built, the beavers immediately go on to build their lodge. There's tremendous "wisdom" and planning that goes into these lodge structures.

First, they build a huge mound of sticks, twigs, rocks, leaves, branches, and vegetation that looks like a littler isolated island in the pond. Then, they hollow out the living area and the entrances from the water.

The walls can end up being two to three feet wide! Then the outside and inside of the walls are plastered over with mud and other debris that dries out and makes for great insulation and a very strong, safe, and protecting wall and roof! However, low and behold, at the very top of the roof, they don't plaster it shut. Why not? This is to leave over a small lose pile of twigs and branches at the top of the lodge. This acts as their ventilation source since the walls are so thick and properly insulated that no

air enters through them! Do you think they could figure all this out by accident and thereby leave over a ventilation source in the roof? Of course not! This and everything else wondrous that they

up onto the first level and dry themselves off. The floor is covered with grasses, some fresh and some dried out, and wooden chips are also on the floor covering. There they will groom



do is all through instincts that Hashem pre-programmed them with.

If you look carefully at the drawing, you will see that on both sides of the bottom of the lodge there's underwater entrances. As we mentioned, the idea of the lodge is to have a safe place from predators who can't go underwater. The beavers swim up these entrances which are somewhat long tunnels. (They are longer than the picture indicates.) Since the tunnels get a lot of wear and tear with the beavers constantly going in and out of these tunnels, therefore they are lined with lots of mud, which solidifies into a strong clay, so that they can go up and down without it breaking. There's usually one entranceway that is much wider than the others. That's because they always need to bring in food, which are branches, so they need a wider space for that transfer. They will trim down the branches once they are in the lodge.

As they enter the lodge there's basically two levels. The first level is just a little above the water level. There they come

themselves. It's also where they eat. On a slightly higher level is the sleeping quarters. They make a bed out of the wooden chips and shredded particles that are all by-products of their previous hollowing out of the mound. There's usually plenty of room so that they can even stand straight if they want to.

The beavers also plan ahead for the winter. In the fall time, right near the lodge, they will store away a very large amount of tree branches with leaves on them. From this stash of branches, they will bring some into their lodge every few days to eat from them. They typically shove the stick branches deep into the mud and put things on top of them in order to hold them down for later use. This is great planning skills put into their instincts, of course by Hashem.

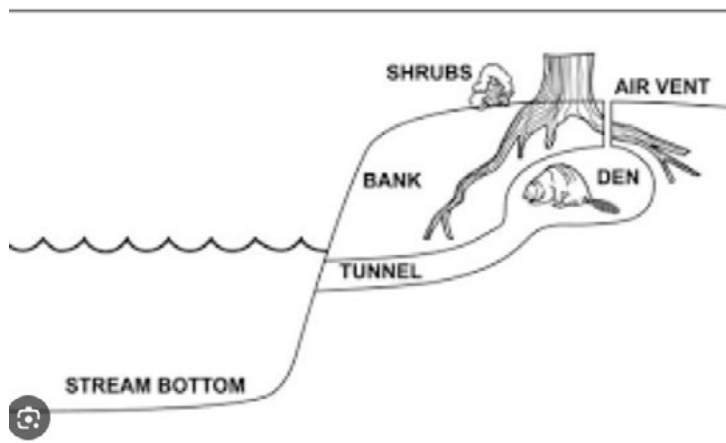
Okay. So, these are the main points about the beaver that I wanted to write about. The amazing construction knowledge, and water regulating knowledge that they have is IMPOSSIBLE to have come about by accident!



That's common sense. The instructions to all these abilities are clearly put into their brains by Hashem!

However, I must briefly discuss three more things. One is that as the below picture shows, sometimes beavers will make their homes in the banks on the side of the river and they won't make a lodge. If the water of the river is high enough, they will make these bank burrows. The idea is similar to a lodge, and a lot easier to make! The "plan" is that the beaver has to be able to have enough depth in the water that it could easily dive in and swim around AND be able to have enough depth to also be able

to drag large logs and branches underwater to make the dam and the lodge. If there's not enough depth in the river as is, that's when they are "forced" to make a dam in order to raise the level (depth) of the water in the river. That will also lead to needing a lodge.



The tunnel is from under water and it goes many feet up into the bank of the river. There too they will have two levels or perhaps two separate rooms, one for the eating and grooming and one for sleeping and a little air vent as well.

The next point to know is that when they knock down trees and they are a bit too far from the edge of the river, then in that general area they dig out of the ground a thin canal, about two feet deep and one to three feet wide. This gets connected to the river, which fills them up with water so that once the tree is broken into pieces, they can easily transport those pieces of wood by

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!**





floating them through the canal into the river. This helps them avoid the unnecessary dragging of the heavy pieces of wood to the river. Once again, we see planning and creative work being carried out, all pre-programmed into the beaver by Hashem!!

The final point to be made is about their ability to stay up to 15 minutes under water! [The average time they stay under water is three minutes, but when escaping a predator, they want to hide under the water for as long as possible, and they can stay under water for up to 15 minutes. How are they able to do this? Only a few animals are capable of staying under water for such prolonged time.

This is due to several factors. First, when these animals dive in the water, they slow their heart rate and — obviously — stop breathing. Their bodies also adjust how their blood flows, keeping it away from their extremities and instead concentrating blood flow mainly around their brains, hearts and

muscles, thereby providing more oxygen in the blood for the main organs that need it.

More importantly, these animals have proteins called myoglobin, which binds with oxygen in their muscles. Humans have myoglobin too, but not in the quantities that aquatic mammals do. The high levels of myoglobin in their muscle tissue give beavers a larger supply of oxygen to draw from while under water, allowing them to stay under for longer. In diving mammals like beavers, myoglobin is 10 times more concentrated in muscle tissue than it is in humans. All these processes help them have greater usage of the oxygen in their blood.

Now, how do they “slow their heart rate”? Do you know how to slow your heart rate? It is clearly pre-programmed by

Hashem that when they dive in the water their heart should slow down. This is IN SPITE of the fact that they are swimming underwater, and usually quite vigorously, which as we know would usually cause the heart rate to quicken quite a bit. Nevertheless, Hashem made their heart slow down for its survival.

מה רבו- מעשיר ד'!



The author can be reached at emunahexplained@gmail.com

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Diamond



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 **03** 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

146. You have a wheel which turns the string which enables more string to come down and it catches the string from side to side in between.
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.

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 wagon.
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.

174. It doesn't give off heat when it travels so it doesn't melt the metal.
175. It causes the motor of the pump to move which

**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 wagon.
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.

174. It doesn't give off heat when it travels so it doesn't melt the metal.
175. It causes the motor of the pump to move which

**Baruch Hashem, we found more
space....**

...in the laundry room!

causes the pump to work.
176. The electricity is made with a turbine which has two different magnets. They move in different directions which cause an electric force to be created.
177. The turbines get moved through a flow of water passing over it.
178. The flow of water is sometimes a waterfall which is a big mass of water which is on top of a mountain and it falls off a cliff.
179. It falls down with tremendous force.
180. This force causes turbines to move at tremendous speed which supplies electricity to the whole city and factories.
181. There are electric wires connected to the electric company to all places enabling them to use the electricity.
182. The wires are covered with rubber in order to travel in one direction.
183. Rubber is made from sap of a tree.
184. When you put the water on the flour it has to kneaded so a person has two hands.

185. The hand has 10 fingers to help knead.
186. Each finger has joints enabling to knead.
187. The hand has a palm to grab.
188. Hashem made a wrist to maneuver the dough.
189. Hashem made a forearm.

190. Hashem made elbows for leverage.
191. Hashem made Biceps to apply pressure.
192. Hashem made shoulders that is where the arms are connected.
193. Hashem made a chest.
194. Hashem made chest muscles.

195. Hashem made a spine to able to move back very well in dough.
196. Hashem made it with these things one can apply pressure to knead.
197. It is a nes that the water and flour form a new atmosphere for all types of bacteria.
198. There is a bacteria called yeast.
199. This bacteria is able to exist in the air.
200. Hashem made the air a very good breeding

201. The yeast grows
202. The yeast makes the dough start to rise which is how bread is made. Without yeast it would be just a cracker.
203. You let the dough sit for some time improving the quality of the dough.
204. Hashem made that the dough is soft, not like cement, so now one can cut it easily in order to make loaves

This Week's Six Miracles

205. An oven is a metal or stone box that are able to maintain a lot of heat.
206. Heat is a byproduct of fire.
207. Fire is caused by gas which comes from the ground.
208. To get gas from the ground you need special machinery.
209. From the source of gas to the house one needs hollow pipes.
210. Hollow pipes are made from metal and the gas travels through them.

To be continued...

Gemachim Listing

אלו דברים שאדם אוכל פירותיהן בעולם הזה והקרן קיימת לו לעולם הבא.... גמילת חסדים...

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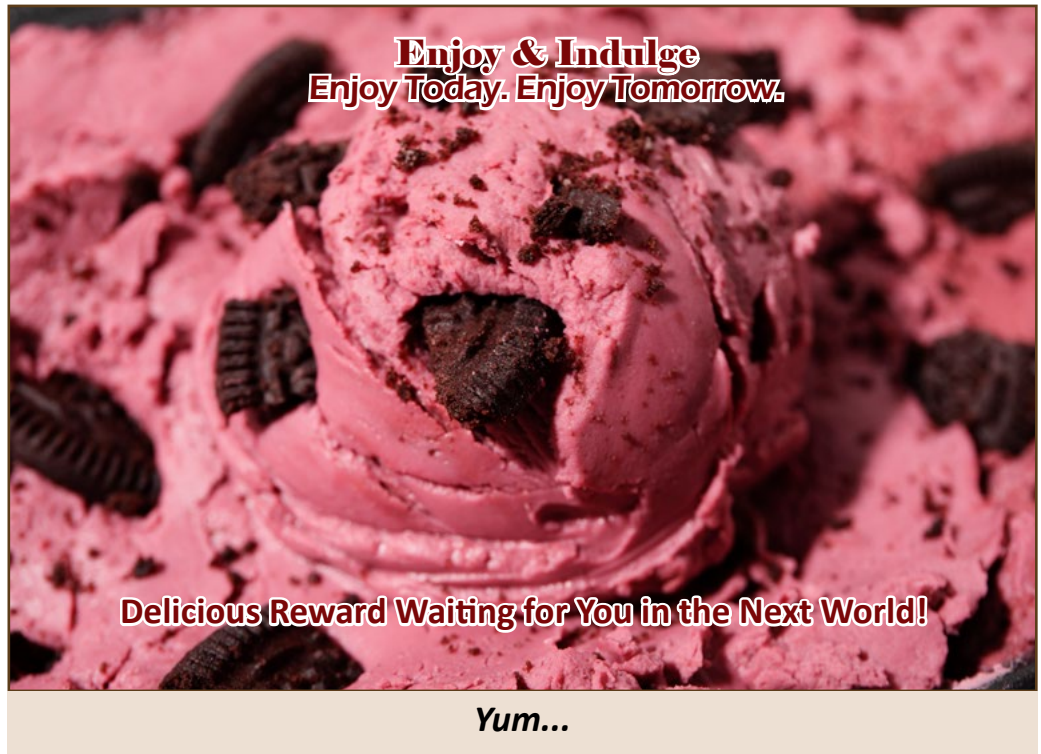
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The Fight Busters!

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! The doctor told him to go to Florida. A Yid greeted him and invited him to his house for shabbos.



The next day right before Shabbos...
 The shower was not stam! Where's the shul?
 DON'T GO! My family and I daven in the house!
 Why? You know it's a mitzva to daven with the klall
 That is true, unless they don't have a mechitza...
 I guess I'll be davening here...

At the Seuda...



Where do you live in Europe
 Radin! Have you seen the Heilige Chaffetz Chayim before?
 What did the Gadol tell you?

You probably never heard of it, the city's "Radin"
 Of course I did! I was in his home many times. I actually was there on the way to the port!

My Rebbe informed me that he is trying to put out a Sefer called Sefer hamitzvos hakatzir on all the basic mitzvos that every yid should know. The only problem is that the printing costs 1000 American dollars. **He** gave two conditions that the donor must meet. The first-

I want to sponsor the entire amount! I want zero kavod for the mitzva, make sure my name is nowhere! Now continue, what are the two conditions?



What appears almost tragic is simply, hashgacha
 The worst time in our lives brings the biggest bracha
 Getting sick on a ship, in a distant, new place
 By the end of the story seemed like a great neis

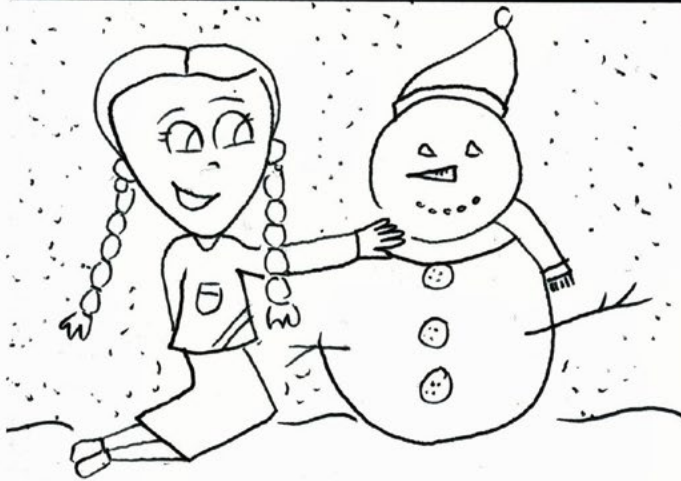
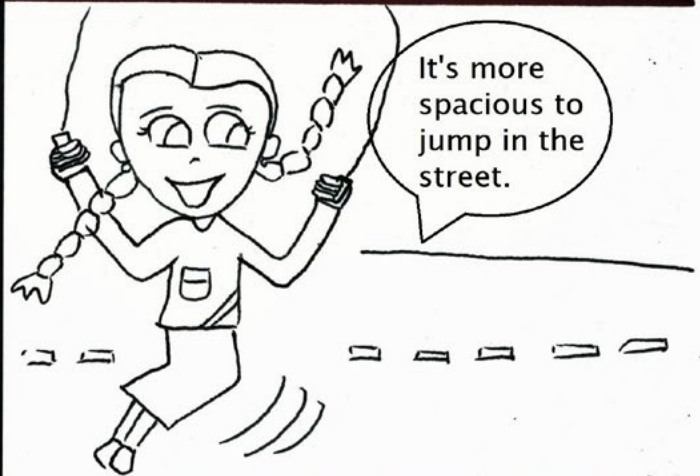
 There's a nation in this world, and I won't exaggerate
 Yidden are extraordinary, special, amazing and great
 Not one people on the globe can even try to compare
 Each yid for another, filled with generosity and care!

MR. MIDDOS



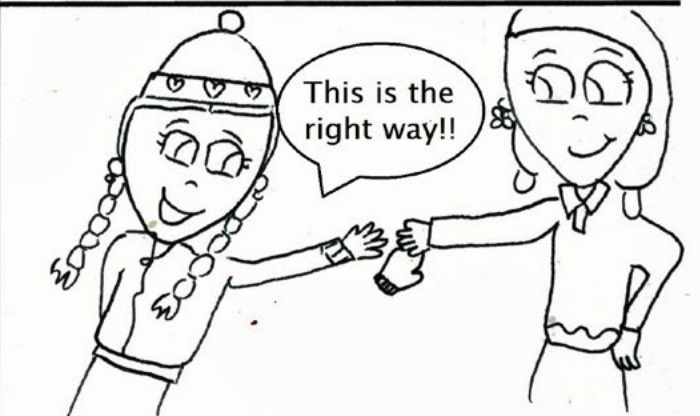
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SHAINDY GLUCKENSTEIN, AGE 11

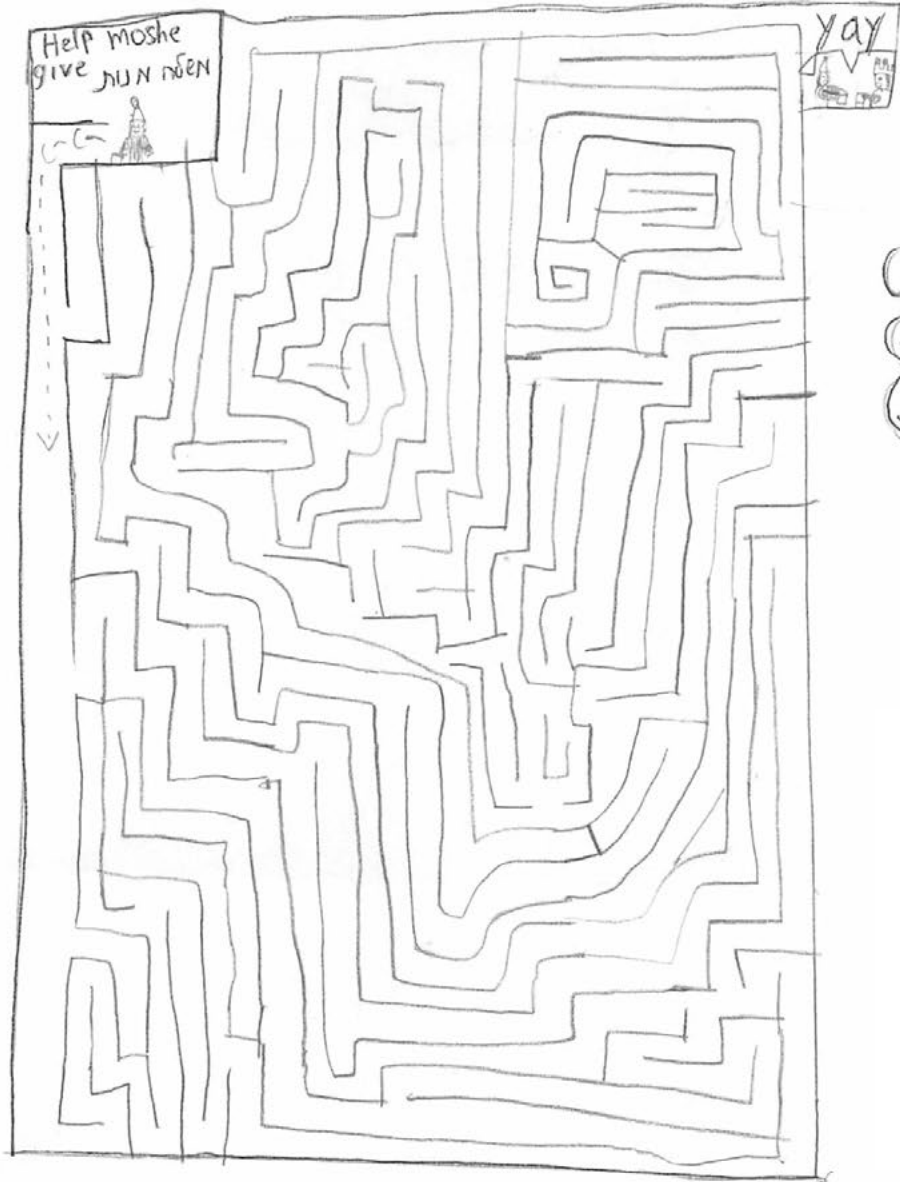


"Hey, there's music coming out of my boots!"

TTO: Old Mc. Donald...
 Safety is the way
 We should start our day!
 No jumping in the street
 We should wear boots on our feet!
 Safety is the key!
 For you and me



By: Ahuva Rothenberg



Help moshe
give נון נון

yay

3'0?

Unscramble

- ① i u m p r
- ② d r a a
- ③ g l m h a e i

③ מגיח
② אדר
① פומ
answers

Find the
5
differences



By. anyeh Rosenfeld

ארץ תמדה טובה ורחבה!

Hashem's Wonderful Land



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

BEAUTIFUL QUOTES

"But a piece of bread is much more exciting; it has locked in it the energy of sunlight that traveled 83 million miles away."



**Rav Avigdor Miller Speaks
Vol 1, Page 94**

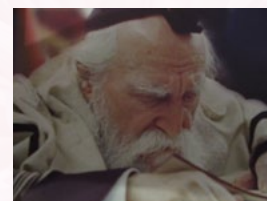
"When you sit down on Shabbos at the seudah... Get busy seeing how good everything is, how good the challah is..."

Ibid. Page 50

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"Rav Moshe says that a person should never think it's mesiras Nefesh to serve Hashem... Rather our attitude has to be, "It's so sweet so geshmak." Because you never lose by listening to Hashem...!"



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

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

why Chazal want us to have that attitude? It's to show our chashivus! To show our gadlus! Can you imagine a president of the most powerful country, he feels like Mr. Macho. He can press a button and activate all kinds of nuclear bombs chalila. He says the word war and all the soldiers go to combat. He feels like he has all the power. Just one word – can you imagine? A ruler like Putin says one word and it gets carried out that minute. Someone with that kind of power feels like a million dollars. They feel like I'm it! I'm everything! I'm where it starts! And that's why Chazal tell us these things. Our attitude should be that we should be machshiv our actions. We should be machshiv ourselves. And that will motivate us because everything can be used in a healthy way to motivate us to see how much kochos we have and how much good we have and how much we can accomplish.

At the same time, the truth is that everything that happens in this world is ratzon Hashem and dvar Hashem. The truth is that emunah and bitachon means that Hashem created the world already knowing everything that was going to happen in the world. Hashem is perfect and everything He does has to be perfect and will be perfect and therefore whatever happens in the

Q: The seforim (Nefesh Hachaim and others) are full of how our actions words and thoughts have a tremendous affect on the on the olamos elyonim and on the entire creation. We hear all the time on 'A Life with Bitachon, to take people out of the picture because they do nothing.

It would seem from the seforim that a person has tremendous influence on the world.

A. The answers to these questions is when it comes to avodas Hashem Yisborach, a person has to be a juggler, he has to know how to live with two seemingly contradictory concepts at the same time.

Chazal want people to have the attitude that if a person does a mitzvah they're building worlds, and if a person does not do a mitzvah then they're bringing churban to the world. You know



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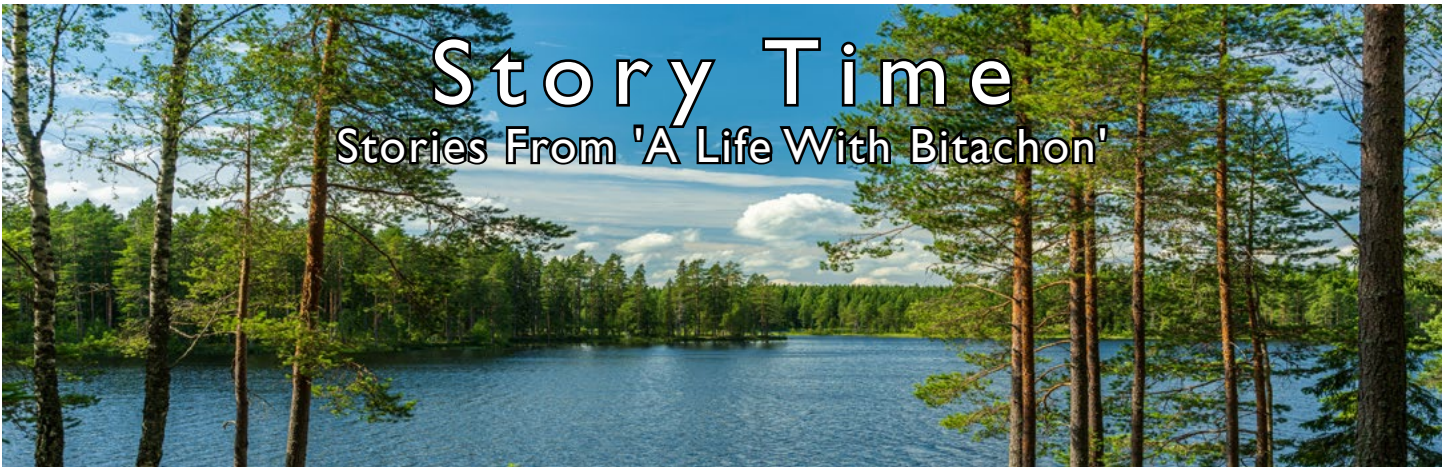
world is exactly how Hakadosh Baruch Hu wanted it to play out. It's all part of Hakadosh Baruch Hu's master plan. Everything is merumaz in the Torah. Torah means Dvar Hashem. It's all the ratzon Hashem and dvar Hashem. Therefore you have to believe that everything you do, Hashem wanted it to happen. He knew it's going to happen, and it's perfect. Because everything we do is ratzon Hashem and dvar Hashem. Whether we see it in the open or we don't see it in the open, that's the emunah and bitachon perspective. We have to know the metzius to live with emunah and bitachon.



So do our actions destroy and build? Of course they do, but Hashem planned and wanted it like that. So whatever you do, you should feel that you're building or the opposite, in order to motivate yourself. On the other hand, everything would have happened anyway. This is the contradiction between bechira and yedia mentioned by the Rambam. They're both true. We have to look at it as if we are building and destroying. We also have to know that we're not affecting anybody else, because it would have happened anyway, but our attitude has to be that we are affecting others, in order to motivate us.

Story Time

Stories From 'A Life With Bitachon'



#1728- Avrumi Goldring, a very choshuve yungerman, said over that his wife wanted to do a couple of loads of laundry. She went down to the laundry room in her apartment building, and someone told her, "Sorry! We just tried doing a load, but the slot where you put the quarters in is all jammed. It's not working. We tried every thing. When this happened the last time, we had to call the management, and that's what we're doing now!" She looked and she saw that there was nothing to do. She called her husband down to see if he could try. He pushed this way, that way; in and out; back and forth. He said, "There's nothing to do. It's stuck! I'm not getting anywhere; there's no point in trying anymore!"



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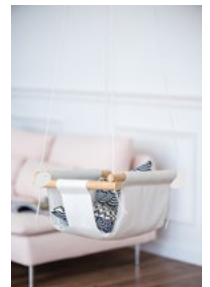
Then his wife said, "One second. If we can't do it, so let's just say, "Hakadosh Baruch Hu, the Ribono Shel Olam, You're the Kol Yachol! You can do everything and anything! Let's be mechazek!" He started singing, "Hakol Yachol, Hakol Yachol, Hakol Yachol..." Then he said, "Let me try one more time!"

With that, the quarters just slid through one, two, three, and the washing machine started working!



#1729- Mrs. Rosenberg recently just had a baby. She wanted to get a baby swing for her child, but she saw that it was too expensive. She was trying to figure out where she is going to get a baby swing from. Then she thought to herself, "Why do I have to figure out where it's going to come from? Hakadosh Baruch Hu, the Ribono Shel Olam, is the Kol Yachol! He's the one who takes care of me! I'm just going to leave it up to Hashem!"

Later on that day, she got a phone call from her cousin, who told her that her daughter works in a kimpeturin heim. Whenever they get a new shipment of furniture for the new babies, they have to give away all the old ones that are just sitting there. They





Story Time

Stories From 'A Life With Bitachon'

had extra baby swings that were in perfect condition; they never used it! Now they had to give it away to make room for the new shipment. They asked us if we know anyone who needs a baby swing. I was thinking that you just had a baby recently, maybe you would like it. Would you enjoy it?"

Mrs. Rosenberg said, "Are you serious? That's exactly what I was looking for!"

In no time, she got a brand new baby swing, free of charge, without paying one penny, with the best delivery service!



#1730- This story was called in by my very chashuve talmid, whose name is Shlomo Eliyahu Warshavchik. He said that he wanted to pick up his recorder from the shul that he davened in that day. But he knew that there was never parking near the shul at the time that he wanted to go pick it up. He didn't have the time to park far away. He needed to be able to pick up his recorder one, two, three. He was trying to figure out how that could work. Then he said, "One second. Why do I have to figure out solutions, options, or eitzahs? Let me just leave it up to Hakadosh Baruch Hu! I'll leave it up to the Ribono Shel Olam; He's Hakol Yachol; He can do everything and anything! I'm just going to drive there; I'll do my hishatdlus, and let Hashem do the rest!"

With that, he drove up next to the shul, and all of a sudden he saw his friend, Avrumi Goldring, going into the shul! Avrumi said, "Shlomo Eliyahu! Is there anything I can help you with?" Shlomo Eliyahu said, "I need my recorder, but I couldn't find parking, and I'm trying to figure out how to get it!" Avrumi told him, "What's the problem? I'm going into the shul right now. I'll be out with it in a matter of seconds!"

Just like that, in no time, one, two, three, he got his recorder with the best service!



#1731- Mrs. Goldstein said over that she woke up in the morning, and she was trying to get her children dressed so they could make the bus to school. However, child after child were not cooperating. They were giving her attitudes and being fussy. Whatever she tried, they just fought with her. She saw that she was getting nowhere, and she didn't know what to do. She felt so frustrated. Here she was trying to get them dressed, and they weren't behaving. They weren't listening.

Then she said to herself, "One second. Who's in charge of emotions? It's Hakadosh Baruch Hu, the Ribono Shel Olam! And who's in charge of my children behaving? Hakadosh Baruch Hu, the Ribono Shel Olam! So I'm just going to leave it up to Hakadosh Baruch Hu and say, 'Hashem! You're the Kol Yachol! You can do everything and anything.'"



Just like that, one kid after another said, "Mommy! I'll get dressed all by myself!" They didn't need her help! They didn't even need her to look for their clothing!



Within a couple of minutes, they were all ready for the bus, ready to go on their way! She never saw them do everything so b'zrizus, with such smiles!

In no time, she was able to bring them to the bus, better than ever!❖

The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. My husband and I are making a simcha, and I asked my husband if he has any friends whom he would like to invite. My husband replied, "not really".

This left me thinking negatively about my husband, 'what's wrong with him? Why doesn't he have any friends?'

Also, now that he doesn't have friends to invite, the simcha will be very empty. How can we celebrate if only a few people will attend? What is the emunah and bitachon perspective about this?

A. As far as your husband not being a 'people person', you should know, every personality type has ma'alos and has chesronos. Your job is to focus on the advantages of your husband's quality of not being very sociable.

- When the husband is a 'people person', oftentimes he's busy with all sorts of people, and he doesn't have time for his wife and family. When someone is not very sociable, the less time he spends with other people, the more time he has for his family.
- When someone is not always around people, he saves himself from machlokes, ona'as deverim, lashon

hara, and other interpersonal issues that sociable people struggle with.

As far as your concern that only a few people will join your simcha, you should know that there are two ways people can enjoy making a celebration:

One way is by showing off to others



what a beautiful simcha you're making, how many people attended, which Rabbanim came etc.

However, when the focus of your simcha is on the impression you're making on others, your happiness is artificial. It's nothing more than enjoying the kavod that people are giving you.

Such simcha is not really satisfying. And in fact, it's actually not possible to achieve full simcha in this manner. No matter how hard you try to impress

people, people aren't going to give you as much kavod as you would like, and that will tarnish the whole simcha.

However, the true way of enjoying a simcha is by zeroing in on the reason for the celebration. Find a quiet corner and let your heart be filled with joy. Say, 'Baruch Hashem I have children. Baruch Hashem I have a reason to make a simcha. 'Baruch Hashem I have so much good in my life. Hashem, You love me so much. Your care for me is endless.' This is the deep inner simcha that we should aspire to attain when making a simcha.

Therefore, instead of feeling bad about not being able to have a large superficial simcha, the type that you won't walk away feeling happy about anyway, go for the true simcha! Rejoicing in appreciation of how good Hashem is to you, and thanking Hashem for your being able to celebrate.

And in this true simcha, the less people that attend the less distracted you will be, and the more time you will have to spend time with Hashem.

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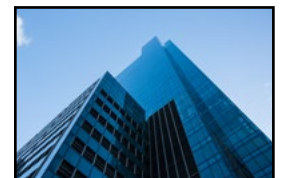
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Our Readers Share



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

What a Nation!

Thank you Hashem that I am part of the Jewish nation! I live in Monsey NY, and one Friday I pulled out of my driveway to drive to Lakewood for Shabbos. Right then, my tire light went on and I saw that my tire had very low pressure. I pulled over and I tried calling the remote tire person. They were closed so I called someone else who referred me to Chavivim! (They are like Chaveirim). I called them and within a half hour my tire was fixed in my driveway for free! I didn't even have to leave my house!!!

It was Hashgacha that it happened to me on that Friday because then I was able to call them to come fix a different tire! (On a day that it snowed a lot!) They came so quick and fixed it for me! They even filled up my other tires!

Klal Yisrael is amazing!!!!

A Reader - Monsey, New York

Bitachon in the Airport

On the way back from eretz yisroel to Newark airport we went to check in our luggage. That's when the airport personnel informed us that 1 piece of luggage was accidentally not given a tag like the rest of our luggage. We would have to go back to the original man who labeled our suitcase

to get a proper label. I went back with my daughter as my husband loaded the rest of the suitcases onto the conveyer belt. When we explained what we needed, the original man who labeled our things said he would need to put the label directly onto our unlabeled suitcase, which was still with my husband. The man followed me and my daughter back to our family so he could put the label on himself. My husband couldn't find the unlabeled suitcase and then realized that he accidentally put it on the conveyer belt with the rest of the luggage.

Oy- the lady at check-in told us they would never allow an unlabeled suitcase on the airplane but it might take hours and might not make it on our flight. After a moment of panic, we strengthened our bitachon and realized that only Hashem would get our suitcase on our flight and that it had nothing to do with the airport employees. The original man told us he would do his best and ran off with our luggage tag.

We kept going and on the way to the gate asked someone who would be able to let us know that the suitcase got on the flight. He pointed to an office, and just a few minutes after the whole saga, it was confirmed that our suitcase would - of course- be on our flight home!!!

A reader - Monsey, New York

Hashem Still Loves Me!

I went somewhere with my child who drives a big bike. I don't drive, so I had to take a special big van taxi. When it was time to go home, a friend was coming along, and I knew it would be a long wait for

the special big van taxi, so I figured I'll just call a regular car so my friend shouldn't have to wait so long. I would ask my husband to go back at night to pick up the bike. We called the taxi, and when it arrived, we saw it was a van! I got so excited. I said, "Look what Hashem sent us! Hashem really loves me! He sent me a van!"

As the van pulled up, I started putting the bike in. He said, "No, I'm not taking the bike, it's my friend's van." I offered another 5 dollars. He still refused to take the bike. We had to go home without the bike, but what's amazing is that I said to my friend, "Even though the taxi didn't take the bike, I know that Hashem still loves me!"

I felt this way because I read the Spring Hill Times!

A Reader

Baruch Rofeh Cholim

I had a very strong stomachache and it really bothered me. It was hard for me to go about my day and do what I needed to do. I was reading stories in the Spring Hill Times, and I started saying to Hashem, "Hashem, please, please take away these aches and make it go away! Once it goes away I'll leave a message for the Spring Hill Times." Then, it just went away! But, I forgot about what I said.

Two days ago, I got the pains again; such crazy stomach pains that I couldn't stand. I reminded myself that I had said that once it goes away I would leave a message for the Spring Hill Times. I said, "Please Hashem! Please take it away from me and I'll leave a message in The Spring Hill Times!" This time I called in my yeshua right away! I'm so amazed by your wonderful work!! It really is mechazek; thank you so much!

A Reader

Attention Readers!

Didn't see the story you called or sent in? Don't worry, BE"H your story will be printed in the paper.

Please keep you stories coming!

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Yitzchok I. Kaufman
56 Spring Hill Terrace
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Hashem Loves You!

R' Zev Smith Shlita shared that he knows a great Talmid Chacham and well respected Marbitz Torah by the name of Rav Goldberg* who said that his entire Hatzlacha was because of one dime! He asked Rav Goldberg, "What do you mean?" and Rav Goldberg explained: "Years ago, when I was in Yeshiva, my family experienced a very serious and difficult challenge. It was very personal and I was uncomfortable sharing it with anyone. I walked around carrying this heavy burden inside. Then, at one point, I felt so lonely and hopeless that I decided to pack my bags and leave Yeshiva. At that exact moment, I received a telephone call at the Yeshiva payphone. In those days, there were no cellphones. Telephone calls were ten cents each, which was a lot of money back then. I ran to the phone, curious to see who it was. It was Doniel*, a friend in my shiur. He said, 'You should know that I have been looking at



you the past few weeks and I noticed that something is really bothering you. Your usual smile and Simchas HaChaim appears missing. So, for the past two weeks I saved up money until I had a full ten cents available to make this phone call (keep in mind that even five cents could buy many things back then, all the more so ten cents!) I just wanted to share that I am thinking about you and that we all care about you. We are together with you and you are not alone. We are your friends. We are your family. You have full friendship and complete support with us. We do not need to know the personal details – we just want you to know that we are together with you.' I thanked Doniel for his kind words, went back to the Yeshiva dormitory, and unpacked my bags. The next morning I was surprised that I was actually able to concentrate and understand the learning. A few days passed and my usual Simchas HaChaim returned. I felt like a new person. And I have been learning ever since. It's been over forty years since that fateful phone call, and I now thank Hashem that I have thousands of Talmidim, all because of a dime and a friend who understood the meaning of the Torah's Mitzva to be נושא בעול עם חבירו , to share the burden with your friend.

I once visited HaGaon Rav Shmuel Kamenetsky Shlita in his Yeshiva, in Philadelphia. After the meeting, as I was walking out of the building, a Bachur ran after me and said that the Rosh Yeshiva would like me to please return to his office. I was very curious! I couldn't figure out why the Rosh Yeshiva was sending me a special message and asking me to return! Upon returning to the Rosh Yeshiva's office, it all became clear. The Rosh Yeshiva said, "You have been here waiting all afternoon and didn't yet eat supper. Please go down to the Yeshiva dining room and eat supper with the Yeshiva." I learned a priceless lesson that day of true אהבת ישראל, and the Rosh Yeshiva's genuine care remains with me to this day.



We see from these stories how precious every single Yid is to Hashem!

And we also see how priceless every Mitzva that we do is! With just a phone call, or a few kind words, we are transforming worlds!

We have no idea how valuable every word of Torah and Chesed is in Hashem's eyes!

Hashem loves our Torah!

Hashem loves our Tefila!

Every single word of our Torah and our Chesed are precious jewels on Hashem's crown!

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