

The Spring Hill Times

ומלאה הארץ - דעה את ד'



Please note: The next issue will BE"H be for Parshas Kedoshim. There will not be an issue for Achrei Mos.

HASHEM, WE ARE SO EXCITED TO SPEND THE YOM TOV OF PESACH WITH YOU! WE LOVE YOU, HASHEM!

The Spring Hill Times Wishes all of Klal Yisrael a Chag Kasher V'smaeach!

הסכמת גדולי ראשי ישיבות
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Emunah and Bitachon News

AT THE RIGHT PLACE AT THE RIGHT TIME

A Yid from Eretz Yisrael related:

I live in Yerushalayim. I have a friend who made Aliyah to Eretz Yisrael from the States. He was married twenty years ago and has been learning in kollel since then.

His brother, who lived in America, was suffering a lot. He was ill, and his situation became complicated; he needed serious treatment in the hospital.

My friend received an urgent call from his brother's family in America, asking him to come and strengthen his brother physically and spiritually, to give him what only a brother can give.

My friend understood that he was needed in America, so he quickly arranged everything, prepared all the necessary documents, and board-

ed a flight.

When he got there, he met his brother whom he hadn't seen for fifteen years, but within minutes they felt as though they'd been together forever.

My friend did his job wholeheartedly, offering his heart and his words, his advice and his time.

Once, when my friend was in the hospital with his brother, he suddenly had a terrible headache. It wasn't the first time his head hurt, but the intensity of the pain was cause for concern. "Here I am in the hospital," he



thought to himself. "I may as well ask them to examine me."

He was taken in for an examination, and the doctors were shocked. The results of the examination revealed something very problematic, and my friend needed immediate medical intervention.

What would have happened if the same headache had hit him on a routine day in Yerushalayim? He would have said that this was something familiar to him, and

Continued on page 3



PESACH!

8 DAYS WITH HASHEM!!!

GAN EDEN IN THIS WORLD!!

Spreading Hashem's Goodness all Around the World!

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Hashem

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

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לעילוי נשמות:

ישעיה בן משה יחיאל מיכאל זיידא, חוה רבקה בת שלמה זלמן, לבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש, דוד זאב בן משה מנחם, זייטל בת שלום אריה, נפתלי בן יעקב, יעקב לבי בן יוסף, דוד יעקב בן משה אליהו, חי חנה בת בנימין, ביילא בת נתן, גיטל בת דוד, משה בן לבי, אברהם דוד בן נפתלי.
לזכות הבחור משה דוב בער בן אסתר, לזווג הגון בקרוב.

לע"נ ר' שלמה זלמן
בן ר' ישעיה זצ"ל



מכתב ברכה וחיזוק מזקני ראשי ישיבות באמעריקא

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

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

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

Handwritten notes in Hebrew:

ג' תמוז ה'תשס"ג
 ש"ס
 חתום: ר' יצחק ג' תמוז ה'תשס"ג

Nutrition Facts

Enough servings for the entire family

Serving size 1 issue of Spring

Amount per serving	% Daily Value	Amount per serving	
<u>Love For Hashem 20,000g</u>	<u>1%</u>	<u>Ads on Shabbos 0g</u>	
<u>Thinking about Hashem 40,000g</u>	<u>12%</u>	<u>100%</u>	
<u>Upsetting News 0g</u>	<u>100%</u>	<u>Feeling Proud to Be a Yid 90,000g</u>	<u>22%</u>
<u>Blameful News 0g</u>	<u>100%</u>	<u>Talking about Hashem's Greatness 300g</u>	<u>.500%</u>
<u>Happiness 800,000g</u>	<u>25%</u>	<u>Making Serving Hashem Exciting 80,000g</u>	<u>30%</u>
<u>Appreciating Hashem 60,000g</u>	<u>45%</u>	<u>Being Mekdesh Shem Shamayim 950,000g</u>	<u>17%</u>
<u>Emunah 50,000g</u>	<u>10%</u>	<u>Putting Focus on Human Beings 0g</u>	<u>100%</u>
<u>Bitachon 50,000g</u>	<u>10%</u>	<u>Encouragement 150,000g</u>	<u>30%</u>
<u>Love for Torah & Mitzvos 100,000g</u>	<u>15%</u>	<u>Bringing Hashem and Klal Yisrael Closer 50,000</u>	<u>50%</u>
<u>Making Olam Haba Important 1,000,000g</u>	<u>20%</u>	<u>Bringing Bracha to the World 750,000g</u>	<u>10%</u>
<u>Making Olam Hazeh Important 0g</u>	<u>100%</u>	<u>Giving Hashem Pleasure 50,000,000g</u>	<u>25%</u>
<u>Feeling Hashem's Goodness 2,000,000g</u>	<u>1%</u>	<u>Middos Tovos 67,000g</u>	<u>40%</u>
<u>Love for other Yidden 500g</u>	<u>3%</u>	<u>Makes You a Better Person 6,000,000g</u>	<u>50%</u>

Continued from front page there was no need to be concerned. "You don't go to the hospital for this sort of thing." He would simply have waited for it to pass.

But he had this intense headache precisely when he came to help his brother in the hospital – and his life was saved.

Sometimes a person thinks he is doing something with mesirus nefesh to help another, and he doesn't realize that Hakadosh Baruch Hu wants to help him, save him and heal him. [Kav Hashgacha Pratis]

"TISHREI"

For a while we had wanted to begin a seder to learn hilchos Shabbos during all our seudos, and baruch Hashem, we were zocheh to do so. We are learning two halachos at every seudah, and we came to the halachah regarding how Shabbos and Yom Tov expenses come back to you.



That's right, Chazal have said that a person's parnassah is predetermined every Rosh Hashanah, except for Shabbos and Yom Tov expenses. Dorshei Reshumos

even gave an acronym for all expenses that are not calculated on Rosh Hashanah, and they are the initials of the word "Tishrei," which stands for Talmud Torah, Shabbos, Rosh Chodesh, and Yom Tov.

One of the children got really excited.

"What – really? Everything comes back to you?" he asked in disbelief.

"Everything," I said.

"How does it come back?"

"The Ribbono Shel Olam has many ways of providing," I said.

"And can it also happen that someone just gives you money in your hand?"

"Yes, it's possible."

A short while passed, and it was Erev Pesach. We strengthened ourselves in our emunah that Yom Tov expenses come back to you, and we bought what we needed, relying on the open Hand of Hashem, Who took us out of Mitzrayim. On Chol Hamoed, when I went down to the park with the children for a short outing, a car stopped right near us, and the driver called out to one of my children to come to him.

I saw this and I was suspicious. I im-

Good Morning!!!



IT'S ANOTHER EXCITING DAY TO LEARN MORE ABOUT HASHEM!

חסוף ואכול...

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mediately went over to him myself. What does this stranger want from my child? "I have an envelope to give you," he said.

He handed me the envelope, and I could tell that there was money inside. I refused to

accept it.

"Why don't you take it? It's meant to be yours."

"What do you mean? Do you even know me?"

"I'll explain," the driver said, while his wife nodded along, agreeing with everything he said. "We are traditional. There is money here to give to a family with children. We decided that we would go to Bnei Brak and give the envelope to the first family we'd meet. You are the first family we met, so the money belongs to you!"

Considering the incredible series of events, I understood that Hakadosh Baruch Hu had sent me the money, and I took it happily and with thanks.

At home we counted the money, and we saw that the sum equaled the exact amount we had spent on Yom Tov expenses.

Not only that, but for some reason, on the envelope was written one word that explains everything: Tishrei. [Kav Hashgacha Pratis]

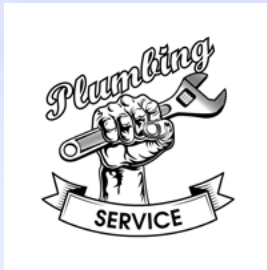
ANT & BUG ASSOCIATES

Our Enemies are ANTS

THEY ARE POWERLESS!!!!

GUARDED MONEY

Eldad from the center of Eretz Yisrael related:



Shortly before Pesach, we found a blockage in our bathtub. Calling in a professional plumber is a big expense, and I tried to save the cost by calling my friend who somewhat understands these things. He listened to my request, and he came over to take care of the problem. He released the blockage, and all he asked as payment was 150 shekels.

I paid him and he left, but then I realized that he'd made a severe error: He had removed the entire pipe; instead of helping, he had made matters much worse. The water started flowing freely under all the tiles, and now we would have to repair the damage and put in a new pipe. I asked experts and plumbers what such work should cost, and it became clear that the lowest price possible was 1200 shekels. This seemed to be a harder-than-average job, because a lot of plumbers hemmed and hawed and told me they were loaded with work and could not come help me. I complained to my friend. I told him about the damage he had caused me, and he argued with me and claimed that he was not obligated to pay for it. We almost went to din Torah, but b'siyata d'Shmaya, I stopped in time. I decided to let it go, with the emunah that one doesn't lose out from letting something go, and I anticipated Hashem's salvation.

Soon complaints started to come in from the neighbors about dampness in their walls. At that point I could not wait any longer. Moisture in the walls meant that the damage would only get worse and the cost would only grow, and what would I do then?

I spoke to my mother, and she recommended wonderful experts – a grandfather and his grandson who do plumbing and installation work together.

"They're good-hearted people," she emphasized, "and they'll definitely want to help you." I called them, and even though it was almost Erev Pesach, they came. Initially, they estimated the work would cost 1200 shekels, but after they start-

ed working, they realized that they would have to drill a hole in the wall to create a new water-supply point and to pull a line toward the main pipe. This would cost 3000 shekels. I told myself that I am privileged to be an avreich kollel, and my money is especially safeguarded by Hashem. Shekalim belonging to an avreich kollel are a type of "shekel hakodesh." They weigh more, and I was confident that Hakadosh Baruch would certainly help. I thank Hakadosh Baruch Hu for the fact that during all the time the grandfather and grandson were working in my house I did not feel pressured, and when the thought entered my mind: What will be? Where will I find the means to pay this big sum, and what's more, on erev Pesach? – I immediately replaced it with the thought that my money is safeguarded, and Hakadosh Baruch Hu knows exactly how I will pay this.

When I asked them while they were working, "How much will this cost?" they responded, "When we finish – we'll talk."

For a full day they worked and drilled and put in and took out until finally, at the end of that long day of work, they finished the job. The new water-supply point was properly installed, and the water began flowing through the new pipe.

The grandfather and grandson washed their hands, straightened up, and stretched. To my query of "How much?" the grandfather answered, "400 shekels."

While I was standing open-mouthed, not knowing how to react, he said, "From the start we decided to do good work and to ask you to pay only for the materials, and we haven't changed our minds."

I realized that this miracle was due to the fact that the entire time I remained strong in my emunah and did not lose focus from the awareness that Hakadosh Baruch Hu would help me. [Kav Hashgacha Pratis]

Mi K'Amcha Yisrael!

Since, b'siyata d'Shmaya, we moved into our new, spacious apartment,

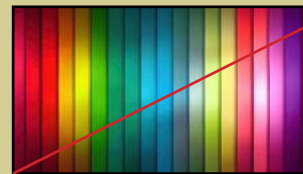


WHEN YOU SEE ANOTHER YID:

Ignore how long his beard is!



Ignore the color of his jacket!



Ignore the size of his wallet!



Ignore which leader he follows!



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





which has a private entrance, we waited for an opportunity to host guests. With this goal in mind we tried to get hold of beds for a guest room, but we did not find any, so we decided to buy them. We went down to a store and ordered beds. They told us the beds would arrive by Thursday.

That week, my brother-in-law and sister-in-law rented out their apartment for Shabbos, and we gladly invited them to spend Shabbos in our home, counting on the beds that would arrive later in the week. However, on Thursday, when we called the store to ask when the beds would arrive, they told us that they would probably not arrive until the following week.

"We'll try to get beds," I said. "There will be beds, with Hashem's help." I knew our guests did not have another place to go at this point, and Hakadosh Baruch Hu would certainly help us. On Friday at 12 p.m., I went to the main entrance of the building, planning to ask the neighbors if we could borrow mattresses, and right there I saw a nice hi-riser bed with two mattresses. I assumed that the bed belonged to one of the neighbors, who gets hold of secondhand furniture from time to time, so I called him. "What can I do for you?" he asked

"Does the bed in the entranceway belong to you?"

"Yes."

"Can I take the mattresses for Shabbos? I have guests."

"You can take the mattresses, and take the bed too. Take, take, no problem. If you need it, it's a sign that it was sent for you. You never lose out from doing chessed."

As soon as he finished talking I heard a dial tone. He had told me he was very busy. This hi-riser was really a great piece of furniture, and thus we were zocheh to host my brother-in-law and sister-in-law happily and comfortably, and we all gained. I went to the store where we had ordered the beds, and they agreed to cancel the order. Every-

thing worked out, and I was amazed by my neighbors' noble behavior.

Before Shabbos Parshas Balak, this same good-hearted neighbor told me, "The Yid who brought me the bed asked if I was enjoying it, and I told him I had given it to you – my neighbor the avreich who hosts guests. He could not understand how I had agreed to give up the bed at a time when I needed it myself. I told him, 'I brought the beds in on a Thursday night, and this avreich needed them urgently for Shabbos. I understood that they were meant to be his, and one never loses out from doing chessed!' This Yid was so impressed by the whole story that he told me, 'Okay, then I'm buying you new beds!'"

This is how I saw that Hakadosh Baruch Hu helps us all, with a chain of gemilus chassadim. We searched for beds because we wanted to do the mitzvah of hachnasas orchim, and the neighbor gave them to us because he wanted to do chessed, and the Yid who gave him the beds had the ability to give him beds again. Ashreinu that we were zocheh to be part of this chain of giving! [Kav Hashgacha Pratis]

After I Decided

Rav Mordechai Malachi shlit"a relates:

Lately, Hakadosh Baruch Hu has pre-



Nine-year-old boy from Chestnut Ridge, New York, Picking Flowers Lekavod Shabbos.



WHEN YOU SEE ANOTHER YID:

Remember that he is part of your family!



Notice his smile!



SEE BEYOND THE SURFACE!

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



Accept him and love him to pieces!



sented me with several nisyonos in financial matters. The nisyonos themselves are opportunities. A life without nisyonos is a boring life. Did I get up early in the morning just so I'd be able to sleep well at night? I want to be someone who is constantly moving forward, learning and growing and



coming closer to Hakadosh Baruch Hu.

One Thursday night I was sitting in front of a list of debts, all of which had to be paid very soon. I had no idea where I would get so much money, and I was trying to find sources of funding. In my mind I went through the people I knew, and then I remembered a friend who owed me a large sum of money. The due date for repayment of that debt had long since passed. Perhaps it was preordained, so that I would have the money now, when I so desperately needed it. I called him up, and we had a friendly conversation; then I reminded him of the debt. I told him I needed the money and would be happy to receive it as soon as possible.

He totally missed the message. Instead of promising to repay the money soon, he started stringing together all sorts of sentences, the underlying message being that he was obviously not planning on paying his debt in the coming days.

The conversation ended uncomfortably.

Was this a friend?! Is this how one acts to one's friends?! I had stood by him in his time of difficulty, and he was turning his back on me when I needed money! Where was his honesty? Where were his good middos?! What sort of behavior was this?! This was not okay! I was angry. This was not the way a mensch behaves.

Aah...a mensch. Nu, what did I tell you? Hakadosh Baruch Hu sends me nisyonos in order to uplift me. If I were stuck without money and without a borrower who was supposed to repay his debt, then I would have had to strengthen myself in emunah and bitachon, to make sure to stay calm, and to hope for Hashem's salvation, for He can do anything!

I told myself: So what if you found someone to blame – does that exempt you from doing the work that you have to do? What does it matter what the process is in this case? Hakadosh Baruch Hu is running His world, and He is transferring funds from one person to the next. If He wants, He will put it in my friend's heart to return the debt to me; and if He wants – the yeshuah will come about from a different source. I made a determined decision that I would bear no grudge against this person. He would still be my friend, just as before! I davened Maariv and asked Hashem to help me cover the debt, "and that I not get angry today, nor anger You," and I hoped for the best.

After Maariv this friend called and said, "Tonight you'll have the money!"

I had no idea what happened to him. What caused him to refuse in the beginning, and what made him pay me now? I saw clearly that Hakadosh Baruch Hu wanted to test me, and once I was zocheh to place my burden only on Him, He sent me His help. [Kav Hashgacha Pratis]

HONESTY AND TRUTH

My friend works as an air conditioning installer and repairman. One night he got an urgent call at 12:30 to repair an air conditioner. He knew the person who called him and decided to answer his call.



When he started puttering with the engine outside in the dark, the bushes surrounding the engine confused him. He mixed up the cables, and the compressor blew.

Now a war was raging inside him. The owner of the home did not understand anything about air conditioners, and he could tell him that the compressor had to be replaced. But he could also tell him the truth – that the problem had happened because of his mistake, and that he would cover the cost of the damage.

That short war ended in victory. My friend told the baal habayis that because of his mistake the compressor had burned out, and he would switch it the next day at no charge. The compressor would cost him about 800 shekels.

When my friend left the building he met his partner, who was sitting in a car. His partner told him that a few minutes earlier a Yid had told him that he had a spare air conditioner engine sitting dismantled on his window. He would be happy to give it away for free.

My friend immediately drove over, took the compressor, and went back to install it on the air conditioner that he was repairing. Within twenty minutes the matter was taken care of, and it didn't end up costing him anything!

It was amazing to see how the nisyaoon of whether or not to tell the owner of the house the truth was only a nisyaoon. What a joy it is to see such he'aras Panim: My friend did the right thing, gained a clear conscience, and did not lose out at all.

[Kav Hashgacha Pratis]





Weekly News Report

By R' Yisrael Meir Ehrenpreis

The Bitachon Button

R' Bloch's clicker for his car was not working. He tried this and that and then he said to himself that he must need a new clicker.



He was about to go get a new clicker, but then he said to himself, "One second. Maybe I just need Emunah and Bitachon. Do I think you press a button, and the clicker works? Maybe I have to press the Emunah and Bitachon button." He clicked the Emunah and Bitachon button, and the clicker started working! He didn't have to get a new clicker; it works with Emunah and Bitachon!

Sefarim From Shamyim

Avishai Berkowitz from England thought that he would love to have the sefer of the Bais Halevi, the Kuntris on Bitachon. The next day, his chavrusa came to him and gave him a present! That exact sefer!



He also heard about a sefer that came out about Reb Chaim Kanievsky zatzal, and he wished he could have it. Someone out of the blue came to him and gave it to him as a present!

Thank You, Hashem!

Rabbi Golombeck didn't know where his landline phone was. He was in the car a block away from the house, and he heard his landline phone ringing in the car!

He couldn't understand how it was ringing, because usually the landline



loses service down the block. Hashem made it ring so that

Rabbi Golombeck could find it in the car!

Hashgacha Pratis

Mrs. Baum* has Reb Kalman Krohn's book of stories. When she has time at the Shabbos seuda, she tells a story from the book. For a few weeks, she was so busy serving and setting up that she didn't have time.



One week it was quiet; everything was running smoothly and easily, so she decided to tell a story. She flipped through the book and chose a story at random. The story she said over was about the Bach.

Her son said, "Did you know that today is the yarhzeit of the Bach? And we are eineklech of the Bach!!"

It's all Up to Hashem!

The Rosenblatt* family from Brooklyn was approved for government vouchers for playgroup. However, they told her that there was a shortage of slots, with 100 families waiting and only 8 slots available.



They told her to look for a different place because there was really no chance of her getting on.

She hung up the phone with them and said, "Hashem, there's no chance al pi teva. But, You're the Kol Yachol! I have all the pull, You're with me." The next day they called her up and told her that they're not sure why, but they're giving her the vouchers!

Everything but Stress

R' Pollack wanted to lose weight so badly. However, no matter what he ate, he was

only gaining weight and not losing. He didn't know what to do. He was thinking of calling Rabbi Yehuda Mandel to ask him for advice and chizzuk, but he couldn't get through.



R' Pollack called 'A Life with Bitachon,' section 6. Rabbi Golombeck was saying over from R' Yehuda Mandel that someone came over to him for advice. They wanted to lose weight, but even after a long time of trying, it wasn't working. Rabbi Mandel told that person to say, "I am so happy with the way I look, and every time I eat I am losing weight!"

When R' Pollack heard that, he said, "Oh wow! That is the best advice! People don't chap that it's often the stress of trying to lose weight that doesn't allow them to lose weight!"

Always Secure in Hashem's Hands

Nechama had a really big scare in her life. She was full of anxiety and trauma and she couldn't fall asleep. She called the question-and-answer section to get chizzuk. The first question was, "What should I do if I get scared? What's the message Hashem is trying to teach me?" The answer was that you should feel loved from Hashem and that He always



protected you and He watched you and He will forever watch over and protect you. So, you never have to worry, just always feel loved.

She was able to go to sleep 1,2,3! There was no more anxiety or trauma!

Passed the Test with Flying Colors!

Mrs. Fischer* from Eretz Yisrael had a

friend who needed cleaning help and she worked very hard to find the perfect person. She had a lot of conditions; she had to be frum, she had to be tznius etc. Right after she worked hard to find her friend cleaning help, her own help quit on her.

She thought to herself, "Here I am working so hard to find someone else cleaning help and then my help just drops me?" Then she realized that it was just a nisayon and that Hashem would show her that she was not going to lose out! "I'm going to get even better help!" And indeed, she got the perfect cleaning lady! Ten times better than the first!



Mrs. Hershkowitz* is part of a Chassidus that has a fund that when someone's son becomes a chosson, they give money to help purchase things for the Chasuna. Her son became a chosson, Baruch HaShem, but they told her that the fund was depleted and there was no money. She said, "Well guess what? It's fine, because we weren't relying on you, we're relying on Hashem and Hashem will come through."



A week before the chasunah, someone came over to them and gave them coupons to all the stores that a chosson needs to go to.

The help came from a totally different place!

R' Dovid* was looking to buy a house. People told him that with today's market it's not affordable. He is not going to find a house in the location he wants with the price he wants. He said, "Okay if nothing makes sense, I'm just going to sit down and be mekabel to learn Chovos Halevavos Shaar Habitachon every day. He made a seder kavua.



While he was learning it, he got a phone call about a house in the perfect location and for the right price! Someone reached out to him! He signed on it and he is moving into it!

It came to him, good location and affordable pricing!

Hashem is the One Who Helps

Chovos Halevavos - the Best Real Estate Agent

IT'S HAPPENING!!!

ומלאה הארץ - דעה את ד'



Reality!!!!



UPDATED DAILY!

- 1: Daily News Update
- 3: Weather
- 4. Shiros V'tish-bachos
- 6: The Spring Hill Times
- 8: Archives
- 9: Leave a Message



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USA
845-400-8584

TIME FOR REVIEW



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

Option 3 from Main Menu.

Klal Yisroel Coming Back Home to Hashem

A group of not yet religious women accepted upon themselves to fast on Taanis Esther as a zechus for the hostages that are still in captivity. They received calls from all over the world from women who are not yet religious, who wanted to fast on Taanis Esther!



Veameich kulam - tzadikim

Family Feels Safe in Hashem's World

The Hirsh family needed to stay in Manhattan for Shabbos. Initially, they were nervous to be around so many goyim, but they remembered what they heard all the time on the "A Life with Bitachon" hotline, that anti-semitism is on the decline. Every non-Jew they passed in the street greeted them nicely with a beautiful smile!



Ahavti eschem - amar Hashem

Throw it on to Hashem

The Green family had a cleaning lady, but she was not doing a good job. They decided to let her go. Mrs. Green turned to her husband and said, "What's going to be? We need a cleaning lady." He said, "Don't worry, Hashem is going to get us a cleaning lady."



The next day, they got a knock on the door. It was a cleaning lady. She asked them, "Did you call me?" They said, "No, we didn't call you." She said, "Oh, I came to the wrong house. I'm here, do you need me?" They answered, "Yes!" She ended up having better hours. She was cheaper. She did a much better job!

Hashleich al Hashem yihovcha Vehu - yichalkilecha

Hashem is Running a Perfect World

Mrs. Klein, from Lakewood, NJ needed to buy an item in a certain store. Someone had given her a gift card for that store. She went to pay for the item and it cost \$38. The amount of money on the gift card was \$38 plus 40 cents. Hashem sent her what she needed!



Thank You, Hashem

Hashem Pays Bills

A youngster by the name of R' Dovid needed to pay a couple of bills. He had no idea where the money was going to come from. Someone came over to him out of the blue and said, "Here's some money to pay your bills!"



Poseach es - yadecha umasbia lechol - chai ratzon

Hashem has the Best Delivery Service

The Berkowitz family from Manchester, England needed to buy drinks for Shabbos. Before they got a chance to go out to the store, their grandfather came by to visit, and he brought drinks for Shabbos!



Einei chol - eilecha yisa-beiru - viata nosen lahem es - achlum beito

Everything is for the Best

The Meyer family from Lakewood, NJ, has a cleaning lady. Last week, the cleaning lady called up and said that she was not able to come on the day that she usually comes, only the next day. Initially, the Meyers were very disappointed. They really needed the cleaning lady that day.



Later on that day, they had an infestation of ants and they needed to call an exterminator. He was able to come only at the time that

BAIS HAMIKDASH CONSTRUCTIONS

Building Together Hashem's Magnificent House!

Love your friend to no end!



the cleaning lady would have usually been there. Hashem orchestrated that she should come the next day!

Kol ma diavid letav avid

Seminary Girl Trusts in Hashem

Chani, a seminary girl, does alterations for people. It was Erev Shabbos and the sewing machine stopped working. She did not know what to do.

She called her mother. Her mother said, "Call the 'A Life with Bitachon' hotline and be meschazeik in bitachon." She called the "A Life with Bitachon" hotline and heard a story of someone who had an oven that wasn't working and was meschazeik herself in bitachon, and the oven started working.



She said to herself, "Hashem is a Kol Yachol and He's the one who can make my sewing machine start working."

Right after that, the sewing machine started working again!

Baruch hagever - asher yivtach BaHasham

Bitachon Seder in a Graphics Store

Mrs. Friedman from Eretz Yisroel needed to do something in a graphics store for an upcoming meeting. The machine was not working properly and was not cutting the papers. There would be no way for her to cut the papers on her own. They kept on trying, but the machine was not working. It was broken.

She started being meschazeik in bitachon and she said, "Hashem is the Kol Yachol, and He can make it work." She told the worker, "I'm being meschazeik that Hashem's the Kol Yachol and bezras Hashem you will see that it's going to start working."



The worker called her boss, and the boss did the exact thing that the worker had done, and the machine worked. The worker told the boss, "Do you know what just happened? I did everything exactly as you did and it was not working. This woman said, 'I'm going to say Hashem is a Kol Yachol, and he can make it work,' and that's why when you came, it started working!"

Vihaboteach baHashem chesed yisovivenu

Klal Yisroel is Coming Back Home to Hashem

A well-known, not yet from comedian announced that he's keeping the coming Shabbos of Parshas Zachar and he requested that a hundred thousand people join him in keeping this coming Shabbos!



Veshavta ad Hashem Elokecha

Boy from Lakewood Trusts Hashem

Moshe, an eleven year old boy from Lakewood, NJ really wanted a soda can. He turned to Hashem and he

said, "Hashem, I'm trusting in you that you're going to give me a soda can."



That night, Moshe's chavrusa brought him a cookie and a soda can.

Baruch hagever - asher yivtach BaHashem

Tefilla Opens Door

Yehuda, a 9th grader from Yeshiva Bais Binyomin in Monsey, NY was collecting for the yeshiva. He wanted to go into a certain building complex, but the door was locked. He tried pushing different combination numbers, but it was not going. He tried for 20 minutes.



Finally, he turned to Hashem and he said, "Hashem, you're the only one who could open up the door for me." He then tried pushing some random numbers, and this time the door opened, and the person he went to gave \$400!

Baruch shomea tefilla

The Power of Speaking Positive

Eli Berkowitz, an eight year old boy from Manchester, England, was on the way to Avos Ubanim together with his father. Suddenly he got a stomach ache. But Eli said, "I don't have a stomach ache, I'm feeling fine."



When he got to the shul, the stomachache disappeared!

Thank You, Hashem!

Hashem is Running a Perfect World

Mrs. Benjamin from Tzfas one morning was clearing off her table. There were scissors on the table. She wanted to put it away, but she was in a rush, so she put it in her pocketbook. About an hour later, she was in her car, and she wanted to use her cell phone. She looked in her pocketbook, and she saw the scissors. She decided that she was going to put it in the glove compartment, and then

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!

later in the day she would take it out.

Later that day she was driving with her married daughter and her granddaughter. The baby was crying and desperately needed a pacifier. Mrs. Benjamin's daughter asked her if she could please stop in a store and buy a pacifier. They went to a store, and they bought a pacifier. The pacifier was wrapped in thick packaging. They really wanted to give it to the baby right away.



Mrs. Benjamin's daughter asked her mother, "You wouldn't have scissors in the car, would you?" But yes! Hashem orchestrated that on that day, there should be scissors in the car!

Hodu laHashem ki tov, ki le'olam - chasdo

Yidden Love one Another

There was a group of girls who wanted their classmate to become a kallah. They said Nishmas for 40 days, but she did not become a kallah. They said, "Hashem wants more from us." Again they said Nishmas for another



40 days, and again, she did not become a kallah. They said, "Hashem wants more from us," and they said Nishmas for a third time, for 40 days.

Then she became a kallah!

Mi ke'amcha Yisroel

Yeshiva Bocher Wants Soup and Turns to Hashem

Chaim, a 10th grade bocher, was by a relative's chasuna. He came to the table, and he saw that the soup was already served. In the past, when this happened, he had to search around the whole hall and work hard until he found someone to give him a bowl of soup. This time he

said, "Hashem is the one who gives soup." As he said that, a waiter came over to him and offered him soup!



Eini chol - eleacha yisaberu, veata - nosein lahem - es achlum - beito

Hashem is Taking Care of Us

A Chashuve Avreich sits in Bais Medrash learning and shteiging, delving into the Torah Hakedosha. As he leaves the sacred walls of the Bais Medrash and heads home his mind fills with worries.

'What's going to be with the rent? Pesach is coming- how in the world will we pay the credit card bill at the end of the month??' The expenses just keep on piling up. He feels lost. One day, he finds in the mail gift cards for clothing, and groceries, he breathes a sigh of relief. That's not all, he sees a letter with warm words of encouragement and chizuk; "We appreciate the fact that you are learning Torah, you're holding up the world and we recognize the greatness in what you are doing."

The Avreich then heads to the Bais Medrash with a light and joyful heart. He feels renewed strength and has Yishuv Hadaas to continue learning without nagging worries and doubts. There are many avreichim like this one, not just one.



This is what Keren Zichron Tzipora does. We provide financial help and emotional support to Yungeleit who are learning Torah full time and not making ends meet. We show them that we care that they are learning and we know that it is they who are holding up the world!

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KI TOV HASHEM NEWS

USA: 845-400-8584 ERETZ YISRAEL: 076-567-0655 ENGLAND: 033-30-327-023

Mrs. Stein from Lakewood, NJ had an urgent question to ask the doctor's office. It was already after hours, and she was not able to get through. It was going straight to their machine. She was at a loss and did not know what to do.



All of a sudden, she received a phone call from the doctor's office. They called her about an unrelated matter, and she was able to ask them the information that she needed!

Tov Hashem lakol verachamov - al kol - masav

15 year old Boy from England Trusts in Hashem

Dovid, a 15 year old Yeshiva bocher, was staying with a family in Manchester for a couple of days. They gave him a key to get in and out of his apartment, but he lost the key. He sat down



and he was mischazek in bitachon for five minutes. He then found a key that looked very different from the key that they gave him originally, it was a different color and a different shape. He was mischazek in bitachon for another 20 minutes, and then he tried the key in the door and it worked!

Baruch hagever - asher yivtach B'Hashem!

The Power of Bitachon

Every time Rivky went to sleep, she would have nightmares. Night after night, she would wake up from scary dreams. She tried different segulahs, but nothing helped.

Someone suggested to her to listen to the "A Life with Bitachon" hotline. Before she went to sleep, she called the "A Life with Bitachon" hotline. Ever since then, the nightmares disappeared. They did not come back, not even once!



Hashem Gives Yungerman Chizuk

Sruly was going through something very challenging. He did not know how to deal with it. He called the "A Life with Bitachon" hotline and went to the archive section of the questions and answers. He pressed a random number. The first question was dealing with the same exact challenge that he was



going through. He heard all the advice and the answers that he needed to hear. He felt the open hashgacha!

Mashgiach min - hachalonos, metzitz min - hacharakim

What An Amazing Nation

Mrs. Goldstein's son came home from cheder really hungry. She sent him to the store to buy his favorite supper that he had been waiting to have for a long time. When he

Continued on page 40

Lo ira - ra, ki Ata - imadi

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 Any-

LIVING WITH HASHEM

By Rabbi Zevy Golombeck

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

FLYING HIGH WITH BITACHON

Moshe* was flying for the first time in his life and he was really nervous about making the plane. He said, "Nu, let me call the Bitachon Hotline and listen to the yesodos." He listened to the Bitachon Hotline and felt 'Hashem is holding my hand and He is with me.' The process of getting on his flight was such a breeze!



YIDDEN MAKE A KIDDUSH HASHEM!

Mrs. Hertzberg's* husband learns in kollel, and there is an organization where she lives that provides a free case of grape juice to kollel families before Yom Tov. When it was her turn, there was only one case left, so she said that her friend behind her could have it. She had bitachon that Hashem would pay her back. When she got home, someone called her up and said, "I heard you didn't get a case of grape juice. I have an extra case. You can have it." Five minutes later, another friend called up and gave her three cases! She gave the extra cases to other families behind her on the line who also didn't get!



HASHEM PAYS BACK!

Baruch Hashem, there is someone who goes around Lakewood and makes eiruvim. This provides many benefits, one of which is that people can carry seforim from their house to shul. He sent out a message that he needed money. I responded that I wanted to give him \$100. While I said that, that second, a man that I never met before came and gave me \$100!



YIDDEN LOVE TO HELP EACH OTHER!

I was outside, watching my baby, and

my neighbor came over to me. "Can we borrow your folding table to serve supper to my guests in the sukkah?" Before I even had a chance to try to think about how to get the table, Mordechai Schor, who's around 14 years old, said, "I'm going to go into your house and get the table for you." Just like that! Everything fell into place. Without me even asking!



ANTI-SEMITISM ON THE DECLINE

Mrs. Epstein was missing her wallet. It had a lot of money and a lot of important information. It was nowhere to be found. She searched high and low; she checked everywhere. Then, after a few days, a non-Jew contacted her. He said, "I found a wallet, and I've been trying to track down the owner. Is it your wallet?" The non-Jew returned her wallet!



HASHEM RUNS THE WORLD

The Cohen* family received food stamps from the government monthly, which they relied on to pay for their food. The rule is that a family that receives food stamps has to report every raise in salary, because usually, the more money the family earns, the less money they are eligible to receive for food. This family just got a raise, Baruch Hashem, but they still didn't have extra money for food. They needed that raise for tuition and other bills. They said, "Aderabah. We believe that when we tell them we got a raise, not only will they not decrease our food stamp money, but they will actually give us more." R' Cohen opened his mailbox after Yom Tov and he found a letter from the food stamp program. The letter stated that they would be getting an increase in their food stamp money!



A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

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

SYSTEM INSTRUCTIONS

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

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Five Boroughs	929-470-5577
England	03-303-502-368
Australia	(3) 99-997-300
Canada	647-498-7700

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

Thank You Hashem for Mechanics! If something needs to be fixed, just come right in and they'll do it for you!



Thank You Hashem for Wine! We can use it for so many Mitzvos and to lift our spirits!



5

Weekly



Thank You's

By: R' Simcha Elefant - Yerusha-

L'zechus that people should feel loved by Hashem!

Thank You Hashem for Tools! We have so many items to help us do things (cut, fix and create)!



Thank You Hashem for Shaimos! We can get all our Torah papers taken care of with proper respect!



Thank You Hashem for Factory Matzah! We can get Matzah in bulk, all the most mehudar!



Then

1800's
and
Early
1900's

Jews were persecuted and ridiculed. They had less rights than other people and their blood was almost valueless. For many it was a sport to hurt Jews. In many places it was dangerous to do mitzvos...



&

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Never before in Golus have we had such wonderful freedom. We can openly serve Hashem, learn His Torah and fulfill His mitzvos in almost every country in the world! Torah is blossoming like never before in the history of the world!

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



Parsha Game

Fun and an interactive way of learning Torah!

PESACH

Q: Where in the haggadah do we find a connection with the pictures below?

ANSWERS ON PAGE 41

1



2



Parsha Delight Question of the Week

פרשת אחרי מות תשפ"ד (5784)

Why is it that with regard to the איסור of bringing a קרבן outside of the בית הקדש, does the pasuk (17:8) state, "וּמִרְהַגְרֵי אֲשֶׁר-יָגֹר" and of the ger "who shall dwell" among them, is also included in this prohibition, while just after that, regarding the איסור of consuming blood, the pasuk (17:10) states "וּמִרְהַגְרֵי הַקָּנִי", and of the ger "who does dwell" among them, is also included in this prohibition. Why the inconsistency?

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

Pesach - Riddle #85:

The roasted egg on the Keara, is symbolic of the Korban Chagiga. Is this something the first night you should remove and eat? Could you save it if anyways the Seder you'll repeat? Know what to do without hesitation! Make sure to find the answer to this question!

To hear the answer to the question, press x14 # 85 on the Chaishek HaTorah Line 845-720-4040

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We will now have Rabbi Eli Scheiner on the hotline Thursday nights from 7:00-1:00

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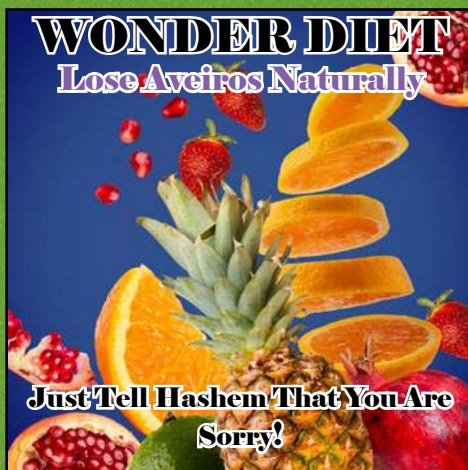
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Patient

I love cleaning and turning over for Pesach. I love eating the Matzah. I love the Seder night with my children. The beautiful songs... I love to eat all the Pesach food. I just can't get enough of the Yom Tov Pesach. I feel like I'm using up from Olam Haba in this world...
Please help!

Dr. Chaim Altzisgut M.D.
I'm sorry but I cannot prescribe medication for you. This is wonderful! You are fulfilling the purpose why you were created: L'hisaneg Al Hashem!
Keep on enjoying Hashem's Torah and Mitzvos! The more the better. You are giving Hashem the greatest pleasure possible!
If possible, spread the joy to others who aren't as fortunate as you are. Invite lonely people to your Seder. Even if they don't accept the invitation, you will make them happy just by showing them that they mean something to you and that you want them. You can call them or send them a message wishing them 'Good Yom Tov.' Help others who aren't able to afford making Yom Tov. Then you will be like Hashem and there is no greater satisfaction and happiness than doing chesed!
Spread your happiness to others. Greet them when you pass them. Smile at them. Give them a compliment. Show them that they exist and that you care about them! Chag Kasher V'sameach!

Ayin Tova

Seeing the good in every situation



CASE OF THE WEEK:

Baruch and Tuvia learn together in Kollel. They both received their stipend at the end of the zman and needed to deposit the check into their bank accounts. Baruch graciously offered to take Tuvia's check to the bank as they had accounts in the same bank. Tuvia was very appreciative.



Later that day, Baruch called Tuvia with the "bad news" that he lost the check. Now, Tuvia had to tell the Rosh Kollel to cancel the check and write a new one. Tuvia was upset as he was expecting to be able to use that money the next day.

Help Tuvia have ayin tova for Baruch and for his 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 Yossi who is getting tired of his friend Pesach who is constantly needing to talk to him for great amounts of time:



- Maybe Yossi can introduce Pesach to other people so that he branches out to more people. In doing so, he may help Pesach become more socially aware.
- Yossi should realize that he has a significant impact on Pesach's life. Focusing on that fact may relieve some of the resentment.
- It will likely be difficult for Yossi to have a conversation with Pesach on this matter, yet he will gain immeasurably in his maturity by doing so.



- Yossi will learn how to be there for a friend and at the same time making sure the person doesn't take over his life. Hashem has given him this opportunity to learn to establish proper boundaries.

his life. Hashem has given him this opportunity to learn to establish proper boundaries.

- At least he's not in Pesach's position with all that baggage.
- Yossi could think to himself that he must be special, as he is needed and is able to be such a source of comfort for someone else.
- Perhaps, he will realize that in certain situations he behaves similarly, and it will be enlightening that another person may have similar thoughts regarding him.

FEELING DOWN?
Look Up!
Bring Hashem into Your Life!

It's the solution to Every Problem!

Ayin Tova Success Stories:

The following is a story that demonstrates both the greatness of ayin tova and how hashgacha pratis is always manifest in our lives.

Shlomo (name has been changed) wished to say birchas HaTorah prior to leaving for shul to daven. He got out his siddur and began reciting the brachos. At some point, one of his children came into the room and made a noise that startled Shlomo momentarily, and he lost track of where he was holding in the bracha. He asked his wife to be motzi him, but she was having stomach trouble and couldn't do it. Shlomo said, "there must be a reason why this happened" and he accepted that he would now have to find someone at shul to be motzi him.

When he arrived, he asked the first person he saw. The man informed him that he had already recited those brachos at home. Shlomo thanked him and continued his search. Not a minute passed before that same man came running toward Shlomo. He exclaimed that on further thought he realized that he had not said the brachos yet that morning as he was wont to do. Had it not been for Shlomo he would certainly not have said them at all that day! Now, it was clear to Shlomo why he needed to get befuddled with his own brachos, and why his wife temporarily couldn't help him out!

The next story happened on the same morning. When Shlomo and his wife woke up, they realized that they had both been so tired the previous evening that they neglected to put away the meat that was cooling off in the kitchen. His wife was saddened by the possibility of both the monetary and time loss that the spoiled meat presented. Shlomo tried to pacify his wife by explaining that everything Hashem does has a purpose. He added that sometimes Hashem reminds us to do important things that we may have otherwise forgotten and sometimes and we don't get any reminders. His wife was only mildly appeased.

When Shlomo went to shul, he noticed a Torah weekly that was on his table. One of the sections related a story about a woman who had spent weeks cooking for Rosh Hashana, and then a blackout caused them to lose all their perishables. She was beside herself with grief and was in a bad mood the entire Yom Tov. She later attested that she experienced a bad year. The moral of the story was that one should always accept all that Hashem sends our way with love. Interestingly, this particular weekly almost never appears in Shlomo's shul and certainly not that early in the week. Even more fascinating was the fact that this was the only copy in the whole shul, and it was on HIS table.

When he later related the whole story to his wife, she was so taken aback that she completely accepted the situation. (The meat ended up okay. as well)

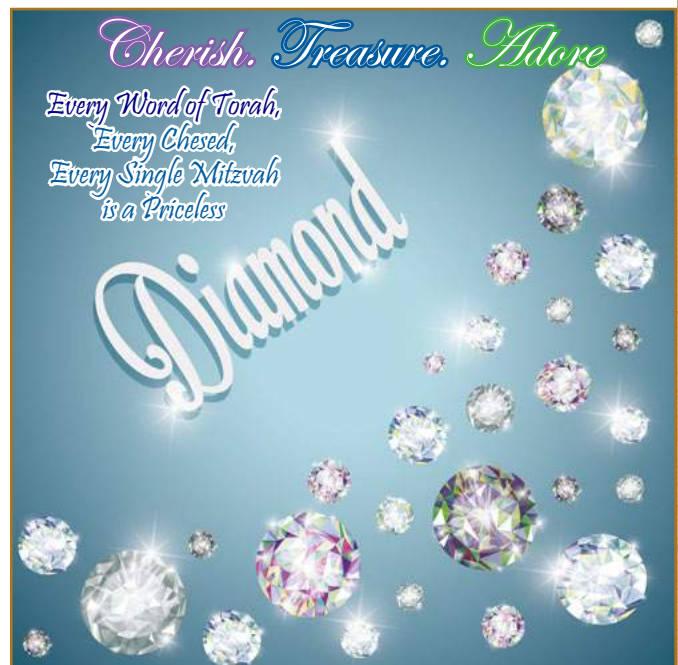
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With Rabbi Label Lam - Monsey, New York

The Longing



How do we know if we had a successful Pesach Seder? I'm sure there are many ways to measure, but one way for certain is if, at the end of the Seder, we have such a strong longing for Yerushalayim we can actually taste it. Because our true selves will have emerged. And Rabbi Pinchos of Koritz said, it's not

natural for a Jew not to long to be in the land of Israel. And Rebbi Nachman said, "Wherever I'm going, I'm going to Yerushalayim"—even if it's a long and circuitous route. And the Amshinover Rebbe said, "Now that I live in Yerushalayim, the only thing I miss is the longing for the land of Israel."



So the next day, when all the children are talking about going to Yerushalayim, and remembering having been there, and saying, "Ima, Abba, when are we going?" I tell my wife, "I think we had a successful Pesach Seder." So my wife asks, "So when are we going, nu?" and I tell her, "The days are coming, but at this point, it might be more important to long to go than to actually go."

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Living With Appreciation

R' Daniel Shasha

A fascinating story is told of a college math student who arrived a bit late to class one morning. He quickly jotted down two questions from the blackboard, assuming they were homework and got to work.

'Hmmm, this homework seems a bit harder than usual', he murmured as he was working in the library that evening. However, not one to be deterred, he rose to the challenge and, after hours of sheer effort, completed both questions. At the next class, he eagerly presented his professor with his work.

'There must have been a mistake, I didn't give any homework last class', remarked the startled professor. 'Weren't those questions on the board homework?' he asked. 'Homework? They weren't homework. They were two math problems that have never been solved! World class mathematicians have toiled for years, yet no one has ever found a solution.' He gasped. He just thought it was a regular homework assignment, that was just a bit more challenging. If he would have known it was unsolvable, he wouldn't have even dreamed of trying.

Curious if he was on to something, the professor shared his solutions with leading mathematicians. They were soon published in a leading mathematics journal. This young student was met with newfound acclaim for giving a reasonable solution to two questions that had never been solved before! He went on to be one of the world's leading mathematicians, making many more contributions in his field, and became the winner of numerous rewards.

The student wasn't held back from suggesting answers to solutions that others deemed 'impossible'. He thought that it was something that was in his reach and no one told him otherwise. He experienced true freedom. Freedom of the mind.

As we celebrate Pesach, expressing our gratitude that we became free people, we should try and appreciate what freedom truly is. There is much more to the fact that we were physically redeemed from slavery, there is

the mental aspect too. The Egyptians not only physically enslaved klal Yisrael, they subjected us to psychological torment. The Hebrew name for Egypt, Mitzrayim, stems from the root of the word, 'meitzar', 'limitation'. This is how the Egyptians wanted us to feel, limited in our ability to achieve. At Yetzias Mitzrayim, we gained a newfound sense of worth and believed in ourselves for the first time, realizing our great potential.

We celebrate the fact that we became free. How Hashem lovingly brought us out of the cruel Egyptian slavery and graciously carried us through the midbar performing many miracles. We mustn't forget to appreciate the mental aspect of Yetzias Mitzrayim. For the first time our minds were 'free' and we didn't feel limited in our ability to achieve.

Each one of us has endless potential and so much to contribute. As our Rabbis teach, 'each person is obligated to say, 'the world was created for me' (Sanhedrin 37a). Everyone has so much importance and so much to give. Each person alone is worthy of the creation of the entire world!

Expounding upon this teaching, Rabbi Shlomo Wolbe writes: "there has never been anyone exactly like you, and there will never be another you until the end of time. You must remember that you are a precise combination of talents... The entire world is waiting for you. No other person in the world can accomplish your mission in life!"

Hashem has given all of us our own resources to be the best that we can be. Pesach is the perfect time to appreciate this. May we be privileged to experience true freedom! Chag Kasher Vesameach!



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Let's thank Hashem for Spring! It's beautiful outside and the weather is so pleasant. It's not too warm and not too cold just perfect! Thank You, Hashem, for taking us out of Mitzrayim in the Spring!



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



חג האביב

is in the spring when the world renews itself and the dead trees wake up and things start blossoming. This is a סימן for us – we can actually become new people. Really believe this even when you are being tested and are feeling worse than usual! Always say אדרבה!

All those sudden appearances of beautiful flowers and leaves are like a נס – look how a dead world suddenly wakes up! These are נסים. Think all day of נסים and talk about them a lot (especially your השגחות and answered תפלות) and watch more and more נסים enter your life!

The discuss the Korban Pesach ראשונים in רש"י and כיצד צולין the insides of the פסח were on top of its head and it looked like a copper helmet of a fierce warrior like גלית הפלשתי. Some say it hung like כלי זיין on the side of the sheep. Either way, this tiny (less than a year old sheep) had the appearance of a soldier with armor. What is a docile sheep doing with armor?

Part II

– וחמשים עלו ממצרים the left מצרים with weapons, and it also says 'יצאו צבאות'. The army of הקב"ה left מצרים. What kind of war was going on? We can suggest בס"ד that it all means מלחמת היצר - and they left with all kinds of tactics to win the יצה"ר. And indeed, the מדבר was loaded with נסיונות. A Yid becomes a Yid with a ק"פ - and as eidel as a Yid should be in his התבטלות to the הקב"ה like a sheep, he still needs weapons.

Part III

There is a time for the most soft type of person to show a tough front, or else he can end up with nothing ח"ו. You can't let רשעים (or your יצה"ר) step all over you, and many people need to learn how to be assertive. Also, even if you are a weak (sheeply) type who isn't from the big 'עובדי ה', but he tries to act like a soldier he's already ideal!

Part IV

Like the person who is in a heavy addiction of כבוד or קנאה תאוה כבוד etc. who makes that phone call to ask for עצות how to improve, or he learns a measly 5 minutes of מוסר since his severe ADHD doesn't allow for more. Or he at least tries to read stories of צדיקים since he isn't into learning בהתמדה.

Part V

Or he kvetches all day: "I wish I could improve" – all these are tiny efforts but are of utmost value in שמים. Leaving מצרים is something we talk about daily and people should always try to escape from their latest new יצה"ר. One of the worst יצה"ר is when you must feel that you accomplish like everyone else.

Part VI

All you need to do is to be a fighter! Or else you're in a מצרים mentality and מיצר means being confined and מצומצום where you must succeed and have the whole world respecting your great בתורה ובחסד. But by the הקב"ה it's:

א' המרבה וא' הממעיט ובלבד שיכוין לכו לשמים.

Part VII Story

There is a story at the end of עמלקי דוד destroyed an א where שמואל א band and he took loads of booty. The 400 men who went to war with him wanted all the spoils since they risked their lives, whereas the 200 men who stayed behind watching the כלים didn't deserve anything. These 400 men are called אנשי רשע ובליעל which is the lowest term בלי עול שמים.

Part VIII

Yet, דוד spoke eidel to them and he called them אחי "My dear brothers" (similar to יעקב who called אחי although they were the worst swindlers). He told them that the 200 people should get equal amounts. We are דוד's heart [and a מלך is a העם]. How he cares for

the underdog, and he did the same as אברהם אבינו who after conquering the 4 kings gave equal booty to those who were על הכלים עומד.

ענר אשכול וממרא.

Part IX

We can suggest בס"ד that all these מלחמות are also a רמז for מלחמת היצר, and those who can't fight full force (and the מפרשים say that those who stayed behind were indeed weak) but do the best they can, are just as good. Look how these people are like the worst רשעים. Those who don't fargin and insist on the highest מדרגות can be downright dangerous, since such an attitude pasuls so many people.

Part X

Perfectionism is similar to בלי עול שמים. Since the הקב"ה only wants you to do the best you can and it's love of כבוד and success that can get a person without עול שמים – just עול בשר ודם or big הצלחות. No respect for trying and wanting to improve – "Just be 100% or else you belong in the garbage ח"ו".

Part XI

During זמן חרותינו a person has to try to become a top 'עובד ה' but in a relaxed manner and with the knowledge that you serve only the הקב"ה who is מלא for not eating blood שבר טעם and even gives את ישראל לזכות את ישראל. Just like the הקב"ה wants to be מזכה, so should you try to be מזכה yourself and be דן את עצמו לכף זכות.

אז ישיר The message of

We say אז ישיר every day and yet, as soon as we finish davening we are still dreadfully worried about our pecklach of פרנסה and health, and relationship issues. אז ישיר is extremely powerful. It smashes, destroys, crushes, and sends your issues to the bottom of the sea never to be seen again, תרוס, תרעץ, צללו בעופרת- במים אדירים

all these are various לשונות of destruction and a Yid should view his serious problems being destroyed by

who has all kinds of ways to give you a ישועה.

Part II

But this takes work on בטחון.

זה קלי ואוהו

etc. are all powerful of making the great in your eyes. This means working on בטחון. There are scary doctors lawyers, personalities, employers, spouses, teenage children etc. that you feel are hurting סוס ורובבו, מרכבות פרעה, אלופי. טוע. are all expressions of scary and dangerous powers in your life.

Part III

Your bad habits and addictions and sins can also disappear if you make the great in your eyes. They will melt and get crushed תהרוס, and sink צללו and drawn all the way down לטבעו. If you really say אז ישיר then you won't be afraid of anyone אילי מואב אלופי were the toughest גוים and they were all terrified when ים קריעת סוף took place.

Part IV

And you sing all this! This is a daily exercise in every Yid's life. יאכלמו. your issues can turn into "cheap straw" and disappear! What a pity that it's so hard to get the message of אז ישיר and apply it to your own life.

Part V

I spoke to an אדם גדול from א"י and he agreed that if people would spend some time learning שער בטחון before מעריב then they would have more feeling in their תפלות and their תפלות would be like learning מוסר and it would calm them down!

Part VI

Look at עזרת אבותינו and אמת – they are super powerful messages of בטחון. People are busy keeping the הלכות תפלה and davening with כוונה but despite this, their present fears are still going strong!

Part VII

Somebody said that if in the siddurim next to the words מואב אלי it would say – your boss who hates you and next to אלופי אדום it would say the giant "impossible" situation, etc. then אז ישיר would hit home and it would ממש be a מוסר סדר.

Story

I couldn't care less!

The more you're involved in בטחון the happier your life will be

I was sitting in the car of one of חתונה who was taking me to a חתונה and he overheard me saying to myself, "I couldn't care less!" He asked me what that was all about, and I told him that I just found out that all my hard work in producing my Bitachon Weekly went to the garbage since 7 hard earned pages that I wrote were lost with all my brilliant חידושי תורה that the עולם desperately needs and it's lost forever.

Part II

And how does a person who always learns שער הבטחון overtime react? "I couldn't care less! And I'm actually happy. I lost it!" My ווינקראנץ רבי ח"מ told me that in the next world we'll be punished for having aggravation since כ"מ דעביד רחמנא לטב עביד ח"מ and having עג"נ is the opposite of having true בטחון! And I say I couldn't care less with a tremendous שמחה and a coldness and laughter.

Part III

In fact, if I hadn't lost those pages it would have been the worst thing for me! (עיינין ב"ק איך מנחמין אבליים שבבבל)

he cares for me and my holy work much more than I care for myself, and if he wants me to make mistakes and lose things "He knows what he's doing! I'm in good hands!"

Part IV

This is what חג הפסח does for me. I love those delicious מצות and מיכלא דמהימנותא סגולה (and רפואה) – food that gives you a רפואה (and plenty of רפואה) sure this includes אמונה ובטחון. I love the most beautiful סדרים and all those חדו"ת I try to be מחדש and the delicious food and relaxed atmosphere together with all those holy Jews and a bonus of having so many super sweet and holy בני תורה in our midst.

Part V

But by far the main messages and accomplishments of חג הפסח is to learn from the most incredible experience of יצ"מ. To learn to have all kinds of בטחון in our real lives. That's why I learn extra מוסר during בטחון during חג הפסח and all the way till the way. Sometimes we have נסיונות חסד to inspire more active מוסר.

Part VI

Last year I discovered that I had

a few days before יו"ט and I was going to Montreal to my relatives for יו"ט. So I spent lots of time working on בטחון till the next time I saw the doctor. He said that my condition improved so quickly that maybe it wasn't even a רויז (this is exactly what I davened for!) My mind was loaded with positive thoughts of ישועות and it came true.

Part VII

I've seen these הנהגות in my ר' גרשון ליבמן ז"ל whose שמחה level during the Nazi Holocaust was even greater than in normal times. He was always super jovial and he was in a constant laughing mode, but in times of difficulty Navardokers learn extra mussar and their שמחה level rises.

Part VIII

I had in mind that my בטחון for myself should help for others as well, and I called up a friend who has crazy difficult wild kids without any עצה for years and years and I guaranteed him a total turn around. This was just before שבת הגדול, and he later told me that beginning שבת הגדול he suddenly had before him the most well behaved geshmaker kids who stayed up פסח night and participated beautifully in יצ"מ.

Part IX

There were also major בית ישועות and nervous people calming down בס"ד.

פסח Montreal

I went to Montreal for פסח and suddenly there was a major blackout and the frum עולם had to spend פסח לילי without electricity. They had to use candles and they had all kinds of hardships. People asked me what my take was about this השגחה מ' but not a נביא. חז"ל say טוב פ"א בצער מק' בלי צער and it could be that the הקב"ה wanted to give us a זכות so he gave us 200 סדרים!

Part II

I need to חזר this hundreds of times that this was my greatest פסח. P.S. Those who had a normal פסח - don't feel so bad – you should look at yourselves as צדיקים for a different reason. You were to a normal פסח and that means you're a tzaddik. הקב"ה wants each person to feel special.

A LIFE WITH BITACHON ON THE PARSHA



Bitachon on Pesach

Every young child knows that Hashem brought ten makkos on the Mitzriyim. This is one of the focal points of sipur yetzias Mitzrayim. They were punished in ways that were completely lema'ala miderech hateva, to show them that Hashem is the One running the world, and nothing else has any koach whatsoever.

Harav Avigdor Miller Zt"l would say, that if the ten makkos were there for the Mitzriyim to realize that Hashem runs the world, then kal vechomer, the ten makkos are there for us, the Yidden, to learn and internalize this message. Because the entire world was made for Klal Yisroel, whatever lesson the Goyim were supposed to take out of the ten makkos, we the Yidden need to learn a thousand times more. So in essence, the makkos were there to teach Klal Yisroel what it means to live with Emuna and Bitachon, more than

anything else.

Let us take a look at makkos dam as an example. Chazal say, that a Yid would be drinking from one half of the cup, and a Mitzri from the other side of that very same cup. The Mitzri would drink disgusting, horrible-tasting blood, and the Yid would get delicious, refreshing water, from the very same cup! This is the lesson of Makkas Dam. You can have two people drinking from the same cup, and each will experience what Hashem wants him to experience, even if it's the complete opposite.

It is worthwhile to mention, the Meforshim say that before Moshiach comes there will be the same type of Nissim. Iy"H, we are going to see this exact episode in front of our eyes. The Goy and the Yid will be standing in the same spot, and the Goy will be affected in the scariest, fiercest ways, and the Yid will have it great.

Makkas Dam taught us that there is no independent power as blood or water. It is all our loving, caring Father, the Ribono Shel Oilam running all forces and objects. Whatever was in the cup was just an illusion. Whatever Hashem decided, that creates the metzios and it doesn't matter if until that moment the cup had water or blood, Hashem is recreating the world brand-new every second. When the Mitzri and Yid were drinking, Hashem said "Dam for him, and water for him."

The more we internalize the message that every second Hashem is recreating the world brand-new, the more Hashem says, "You realize I am running the world, I will show you openly how this is true by giving you so much bracha, chessed and rachamim, and by showering you with yeshuos lema'ala miderech hateva."

A Yungerman shared: "We had a family member who had serious medical complications. His body started to shut down. The doctors said, "His body is too weak to handle any treatments. There is nothing we can do. It is a matter of days at most." I turned to my family that was present and I told them, "I don't believe in teva or in what the doctors are saying. All I know is that Hashem is creating the world brand-new at every second. What does last second have to do with this second? What does last second have to do with now? Hashem is creating a new briya!" I kept on being mechazeik them, and we really felt like anything can happen and we can see an instant yeshua. Suddenly out of the blue, we saw a color change on his face. We called in the doctor, and he responded, "Wow! It looks like there is a drastic improvement. It seems like he may be coming back to himself!" It didn't take too much longer for him to wake up and become well enough to be discharged! Now he is running around completely healthy!

An amazing story was sent in by Harav Eliezer Fried: *When my baby was born, the doctors took a sonogram. I was obviously in shock when they told me the results, "Your baby has four large holes in his heart. It is impossible for him to live for too much longer. We cannot even do surgery to help him as the holes are too large." They told me I should go to another expert for a second opinion. Sympathetically, the second doctor told me that the only thing he can do is give him medicine to alleviate the pain temporarily.*

I told the doctor, "Maybe you don't have anything to do, but I have something to do. I am going to laugh at the prognosis and say, 'who are the doctors to say what my son's situation is?' I have Hakoish Baruch Hu, who is the Kol Yachol. The same Hashem that made four holes in one second, can make those holes close up the very next second. Therefore I have nothing to worry about. Hashem is the only intrinsic doctor, and therefore I am going to go under his care."

The doctor responded, "I don't understand your language. I don't know what you're talking about. That the holes are just going to close up? It is not what goes on over here."

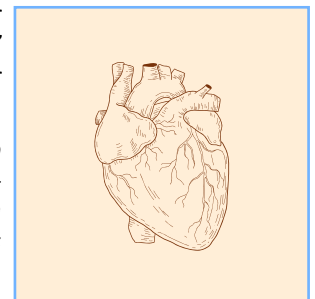
I answered him, "That is true in teva, but with Bitachon there is a different set of laws."

I was mechazeik myself that Hashem is the only intrinsic Power that exists and He is going to renew my son's heart. The next time I went to the doctor they took another sonogram.

They turned to me and asked me, "Are you sure this is the same child? I cant find any holes! They just disappeared. Even if the holes somehow closed up, we would have noticed that there was a hole there, but it just managed to close up. But there is nothing there. We can't figure it out. It makes no sense! It is as if your son has a brand-new healthy heart!"

Well, until today b"H my son has a perfect heart!

Continued on next page



Chizuk Corner

Rabbi Y. Y. Friedman

Every Yom Tov has its theme, and the theme of Pesach is Cheirus. We take out our beautiful possessions and we lean while drinking our wine, these are symbols of freedom.

The Seforim teach us that the ultimate freedom that we are celebrating on Pesach is our spiritual freedom. If not for Yetzias Mitzrayim we would be slaves to our Yetzer Hara. We would be totally disabled from connecting to Hashem, r"l, and what can be worse than that?

Imagine a life void from Yiras Shmayim and Ahavas Hashem... When a Yid walks down the street and he views a stunning sunset that is beyond words, he becomes full of emotion and he bursts out with love "mah rabbu - ma'asecha Hashem". This is after Yetzias Mitzratim. Without Yetzias Mitzrayim this person would just say "Wow it's beautiful," snap a picture and go on with life.



Our primary mission on this world is to praise Hashem, as it says in the Pasuk "am zu yatzarti li tehilasi yisapeiru". Hashem created His nation so that we praise Him.

We say in Hallel "lo hameisim - yehallelu ku" - dead people don't praise Hashem. We see from here that if we cannot praise Hashem then we are considered dead. This was our situation in Mitzrayim. We were sinking into the lowest gate of tumah that we would have turned into robots r"l, where we wouldn't have

been able to leave our spiritual bondage. This would have disabled us from our mission of praising Hashem.

We sit and analyze all the chessed Hashem and we discuss all the Nissim that he did for us in Mitzrayim. We talk about the Makkos and krias Yam suf and the Korban Pesach. We thank Hashem throughout the night, as we get more and more excited and elated over all the chessed that He did for us on this night.

After all this, we burst into a heartfelt Hallel, followed by the tefillah of Nishmas Kol chai that should shake up the very heavens as we are overwhelmed by all the chessed and love that He showed us on this night.

This is how we show our appreciation for the spiritual freedom that we acquired on that night. We are told by our Neviyim that when the Geula comes, Hashem will once again show His tremendous love as He will perform miracles even greater than Yetzias Mitzrayim. Yes, we are looking forward to those days that we will sing a shir chadash to Hashem with hearts full of joy and laughter. As Dovid Hamelech prophesied "Az yemale sechok pinu uleshonenu rina".

We are also looking forward to dancing our way to Yerushalayim... The excitement, the singing and dancing was endless as the multitudes made their way up to the Bais hamikdash. B'mheira B'yameinu Amein!

Continued Without Emuna and Bitachon, when hearing the doctor's report I would have panicked and been terrified. I got the worst report possible. That there is no hope for my child and there is nothing to do. But instead of panicking, I went to the best Doctor, and saw how yesterday's world vanished and my sons heart was recreated in good health!

- What can I tell myself to minimize stress or anxiety when I'm in a situation where it seems that something or someone other than Hashem has power?
- How can I utilize this Yesoid to realize that Hashem is constantly recreating my world with all the Bracha that is in my life?
- Pesach is about giving over Emuna to our children. How can I convey this Yesoid to my children

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שירו ל' שיר חדש!

To Share My Share Of My Daily "Shir Chadash"

R' Moshe Davidson
A Rebbi From Brooklyn, NY

"HASHEM, MATIR ASURIM, HASH-EM, POKEIACH IVRIM"

One Sunday afternoon, I stayed late in Yeshivah. It's the one afternoon each week that I have time available to work in my Yiddish classroom, undisturbed by anybody or anything. I can file away worksheets, or change signs and pictures that are decorating my bulletin board. In the quietness of that empty classroom, I can Be'ezer Hashem plan some new class project, and my mind can conjure up some fresh ideas for learning/behaving incentive programs. It charges me with some energy and excitement for the coming week.

I entered the staff restroom to use the facilities, and when trying to exit I found myself locked in. The doorknob lock had jammed. I try to reason with it, by twisting and turning that 50-year-old solid metal doorknob, but it wouldn't give in to my pressure. The tough internal mechanism was totally stuck. I'd had to find some other solution. I looked at my cellphone. It B"H had one bar left on the battery gauge, and on the reception scale it also showed one small line. Through the thick cinder block, and brick walls, plus the heavy wooden doors of the strongly built Yeshivah building, the phone still showed B"H some hope. I called the main office hoping someone would still be there to answer my phone call. No answer. I called the maintenance guy's cellphone. No answer. Then I tried again the main office, dialing the switchboard code for the Yeshivah's elderly trusted money-man. The Tzaddik who sits in his office, even into extra hours, wracking his brain trying to figure out, how to put together the funds for the next payroll, and to pay all the monthly bills. Sure enough he picked up. I told him what was going on, and he came

with his huge ring of keys, and after ten long minutes got the outer door to open. The inner door however, would not give in to any key. He called the right people and after about a half an hour, the doorknob was sawed off, and I was free to go.

I had a lot of time to think, in that half-an-hour, and I did. Why was I here, locked in? I came up with a few answers.

#1 – I should appreciate being free.

#2 – I should Daven for others to be free.

#3 – I should sympathize with those that aren't free.



We Boruch Hashem live in a country where freedom is taken for granted. We can B"H congregate and Daven uninhibited, we can learn Toirah with no one prohibiting us from doing so. We can dress like ehrliche Yidden without being harassed, and we can B"H go about our day doing Mitzvois and Maasim Toivim, without anyone withholding our right to do so. We B"H have the rights to engage in all types of commerce and business, without being excluded from interacting with anyone, on any level of the financial upper tiers of the wealthy. For thousands of years our ancestors struggled with all of the above rights. We must constantly thank Hashem for our freedom!

We should daven for those who have been incarcerated. In the Toi-

rah which is the ultimate only True Laws set by Hashem, there is no such punishment as incarceration! One of the reasons Chazal give us for earthquakes is because of Yidden locked up in jails. Hashem should help them all to be freed B'kuroiv!

We should sympathize with them, and try to help them in any way possible.

With the ongoing "Matzav in Gaza, we should be "Mispalel" for all the hostages that are still in captivity, they should all come home speedily, in the fastest, and easiest way possible!

GOLUS AND GEULAH

Rashi in the beginning of Parshas Vayechi, tells us that the Parsha is Stumah because the hearts and the eyes of The Bnai Yisroel closed shut (so to speak), at the time of Yaakov Avinu's Petirah. The term "Heart" in the Toirah also means thought. The Heilige thoughts and subsequent feelings of the Bnai Yisroel were sealed shut, because of the beginning of the servitude and slavery to the Mitzriyim.

The Arizal refers to this as Golus Ha-daas. They couldn't think as Yidden. They lost their Yiddishe mindfulness, thoughts and D'veikus relationship with Hashem! Being subjugated to the whims and wants of the king of land of Pharaoh, and to their taskmasters, the Mitzriyim, filled their minds with the constant worry and thoughts of the need to please their masters. Being in captivity, slaving away, every day, in a state of mindlessness, lead them to "losing their mind". Together with losing their Daas, they lost their way of looking at things, in a Yiddishe Toirah'dige perspective! Whatever trials and tribulations, pain and suffering, that were going on all around them and taking place in their personal lives, were all shrouded in darkness as

they couldn't think straight and make sense of anything! Their Toirah'dige mind, heart, and vision was incapacitated.

When I explain this Rashi to my class, I use the examples of the English saying, "Oh I see what you're saying". I then say it in Yiddish too, "Ah! Ich Zeh Vus Du Meinst Tzu Zugen!" In Aramaic it's also used, in the same way. For example in Sefer Zohar "Ta Chazu"-Come and see", and in The Toirah there are plenty of times the word "Va'Yar" means and he understood. I guess we can explain that as the mind seeing something with utmost clarity. In another way we can explain that term to mean, "look around and see things with a true "Toirahdige Emes'e understanding".

When the Geulah came about, with Hashem sending Moishe Rabbeinu to take the Yidden out of Mitzrayim, their Daas was returned to them entirely. Upon seeing the love of Hashem towards them throughout the process of the Makkos, they felt Hashem's love. As Hashem punished those tyrants, and oppressors, and when all the cruel Mitzriyim got their exact calculated punishments from Hashem, they started feeling reunited with Hashem! Chazal teach us that at the same time the Makos went on, any Yid who suffered from a similar pain that somehow was related to that Makkah, was immediately totally healed." Naguf L'Mitzrayim, V'rafoh L'Yisroel" .

With more and more revelations of the "Clouds of Glory", and then the extreme earthshattering, sea-splitting, world-wide known event of the miraculous Krias Yam Suf, where every Yid was able to point at the revealed Shechinah, exclaiming "Zeh Keili V'Anveihu!" until the great climactic event of



Mattan Toirah! There every Yid again was healed, and saw The Revealed Shechinah, and even heard Hashem speaking to ALL OF

THEM! The nations of the world trembled in awe and fear. They asked Bilam if Hashem is bringing a Mabul to the world. "No", he answered them, "Hashem is giving His most precious Toirah to His Nation The B'nai Yisrael!" We received Hashem's Personal Chochmah! We attained the truest form of Da'as that there is in this world!

The Yidden then regained and retained the return of Daas to them. They became known as the "Dor Deiah." The Rebbe who brought it to them was Moishe Rabbeinu, who symbolizes Da'as, in the holy words and terminology of the Arizal. We became subordinate to Hashem's Will. With total submission we surrendered our desires, to do only His! We became attached to The Chochmah of Hashem, Ki hu Chochmaschem U'Vinaschem L'Einei Ha'Amim! We became the smartest people in the truest sense!

The Seforim write that on the night of Pesach every Yid merits to gain this Heilige clarity of mind! "Gadlus Hamoichin!" Let's try to maximize the use of this zechus, and present from Hashem! Let's absorb every moment of clear Toiradige thoughts!

Let's continue this train of thought by serving Hashem as servants, and only wanting to do His Ratzoin. In that fashion we'll be able to continue having our minds think as Hashem wants us to think. If we continue learning Hashem's Toirah, and we think Toiradig, then we will become THE ULTIMATE FREE PEOPLE! We aren't bound to any other desires needs and wants, that disrupt the free feeling of clear heilige thoughts and vision of the world!

Freedom n 1 : The quality or state of being free : INDEPENDENCE 2 : EXEMPTION, RELEASE

The definition given in the basic English Merriam Webster Dictionary doesn't explain what the subject is free to do, or what he can use his independence for. Same goes for the second definition. What is one exempt from, or released from when he's free? Can we do whatever we want to do? From what obligations does one become

exempt and released from? What can he do with his freedom? "Breaking free" to be able to do. . . what?

The true Cheirus-Freedom, is the ability to be free to think emes'dige heilige thoughts with a clear toirah'dige vision, and free to do Hashem's Ratzoin , uninhibited by wanting anything else!

Hashem took us out of Mitzrayim, bondage, and slavery, to be able to experience total involvement, and the ability to have a powerful relationship with Him! No more other "wills and wants" to get in our way, to interfere with our bonding to Hashem. Ultimately that is the greatest S'char in itself, and will lead to an everlasting S'char forever L'Hisaneig Al Hashem, in Oilam Habah!

We must beware not to fill our minds with feelings of needing, and "I must have" with petty things that don't connect us to Hashem. We would then fall back into serving other "wants and needs" which get in the way between us and Hashem. We should never fall back into bondage, and slavery!

To feel free to express anger and rage, or feeling free to pursue all sorts of lust, are actually called in the words Chazal "Eil Acheir" Chas V'Shalom. It's simply because they remove us totally from cleaving to Hashem. That's not freedom! That's Slavery! One then feels tied - bound. His mind, heart, and body are in bondage to a Ratzoin other than Hashem's! Chas V'Chalilah! Hashem Yishmireinu, V'Yatzileinu.

LET'S STAY FREE!

Let's be smart and hold on tight to the loving strongest age- old bond, between us and Hashem!

LET'S CALL THIS AGE-OLD BOND, BOND-AGE, TO HASHEM! ASHREINU!

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

THE JEWISH ADVISOR

The Ben Ish Chai writes an incredibly uplifting story. There was a king whose kingdom had two neighboring countries. Each year, they would meet one another to discuss the political issues with each other. They prepared an extravagant meal for the attending kings.

This was a very high-ranking meeting, and understandingly, no one, under any circumstances, was granted entry.

One of the kings had a personal advisor whom he wanted to attend, who happened to be a very wealthy Yid. The other kings were very disturbed. "How can this king bring along his Jewish advisor? No one, without exception, is allowed into the meeting!" But they couldn't deny him entrance.

At the welcoming of the meeting, every king was escorted in, with a regal escort. The Yid, too, received a befitting escort. As he approached, his escort noticed a group of kids blocking the road, seeking trouble.

As they got closer, he heard that the group of boys were screaming in mockery: "Jew! Jew!"

Realized what was happening, the driver brought the chariot to a stop, entered the chariot confronting the advisor with the dilemma. The Yid reached into his pocket, took out 1,000 golden coins, and instructed the driver to hand it over to the boys. The thrilled kids moved aside, allowing the chariot to proceed. The Yid finally arrived at the meeting and was greeted with great honor too.

One of the kings sparked up a conversation with the Yid and said, "I heard that there were boys in your way. I'm sorry for the inconvenience. I really should punish the children for such improper behavior and such disrespect, but you understand that this is not under my control."

Right then, the Yid understood already

what was going on. The king himself had setup these boys as a protest to his participation, he was blaming the boys to cover up his involvement.

"Don't be sorry," replied the Yid. "Not only did they not hurt my feelings, they actually gave me the greatest present. If I would've had more money on me, I would have given that too. They gave me something nobody had ever given me."

The king was shocked by the response. "What do you mean?" asked the king. "You just experienced great embarrassment and humiliation? What could you possibly be thanking them for?"

The Jewish advisor said: "I'll tell you a story."

MAGNIFICENT DIAMOND

Mr. Saks' sudden passing left his son a very wealthy man. The father had owned an enormous amount of real estate and shares in many different places. Among his assets was one item that out valued everything else: the world's most exclusive diamond. He left it for his one and only teenage son.

The son was a very wild child and didn't treat his new wealth with intelligence. Within a short time, all the wealth had been gambled away, leaving the son penniless. The only thing left was that valuable diamond.

This didn't stop him from gambling. He went to the bank to get a loan. They told him that the only way to get a loan would be by giving them collateral, so they could collect the debt if needed. This would allow them to offer him the loan. He took the loan with

the backing of the diamond.



After a little while, the money he'd borrowed from the bank was all spent. He had again lost everything. So, he returned to the bank and requested an additional loan. He still had more to "spend" from the diamond, and so they gave him an additional loan. However, again he lost all that money from gambling as well.

This time when he returned to the bank to request another loan, they said they would only grant him the loan if he would agree to sell the diamond if he doesn't return the money. "You



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maxed out on your loans, and we can only give you an additional one if you give us the diamond.

"No," he replied determinedly. "I gave up everything of my father's assets, but the precious diamond is the one thing that I can't possibly give up. It is the most valuable thing in the world, and I can't possibly forsake it."

With this, the Yid explained to the king the reason for his rejoice. "I was religious, and I have slipped away, discontinuing any religious customs. I have lost so much, but the very last inheritance that I have I can't possibly give up.

"Now, as I was coming to the glorious meeting with the king, I was reminded about the most precious possession that I have. More valuable than all the power that I was granted is that I am the son of the Creator. At this very time, when I rose to the top, I got this message reminding me of the true inheritance that I have."

No matter where a person is holding in serving Hashem, they can always remember the great present that they were gifted with.

How much more so should we take pride in being the children of Hashem observing His mitzvos. We, baruch Hashem, are His loyal children, and that is our greatest pride.

"AS LONG AS I HAVE HASHEM!"

R' Arieh Schechter was involved in

many conversion processes. When questioning them, he observed how there was a wide range of answers given. Each one has a different story about why and how they wanted to become a ger. There were some who he could tell from their response that their neshamah stood at Har Sinai, while others didn't give off that impression.

One time, present at the Beis Din of R' Nissim Karelitz, there was a lady tentatively becoming a giyores. Right before she was ready to convert, after learning all the halochos, R' Nissim asked her: "If you won't be able to marry the boy you're thinking of marrying once you become a giyores, are you still committing to observe Torah and mitzvos?"

"After I come close to Hashem," she shouted, "and start keeping his mitzvos, I'll be ready to forgo a million desired boys, but I will not to give up on Hashem. That is what I truly desire, and there's no way I'll forsake Him for anything else in the world." (Arieh Sha'ag, Chanukah, p. 25)

THE MISSED BRACHAH

The Berditchiver Rav, R' Levi Yitzchok, would say Birchas hashachar out loud each morning. He would say each brachah so that everyone could answer "Amen" to his brachos. One morning, he said all the brachos but omitted the brachah of "shelo asani goy." This

puzzled the listeners. Why is he omitting this brachah? Should we approach him to inform him about the mishap?

When they approached him to ask why he overlooked the brachah, he answered in a way that can serve as a great lesson for us. "This morning, when I rose from bed, I thought to myself about the great gift that I

was fortunate to receive – the gift of being a Yid. I was so overjoyed that right then I jumped up and said the brachah of "Shelo asani goy." So, when I started saying the morning brachos, I was forced to omit that brachah.

A minority of people were treasured with this. Let's take advantage of this award and appreciate it to the fullest. As R' Shlomo of Karlin said: "A person should be overjoyed with happiness just by the fact that he is a Yid and not a gentile."

THE UNIDENTIFIED SON

The Ksav Sofer's youngest son, R' Shimon Sofer, known as the Erlauer Rav, was an exceptional tzaddik who fasted for days on end, completely detached from This World. As a young man, he married the daughter of R' Chaim Shmuel Birnbaum, the youngest son-in-law of R' Akiva Eiger. R' Chaim Shmuel, a chassid of Peshischa, was the son of one of the wealthiest Jews in Russia.

Right after R' Shimon's marriage, he entered the luxurious home of his father-in-law. R' Shimon, who was not



accustomed to that, felt this hindering his growth in ruchniyus. After a half a year, he told his wife that the comfort level was disturbing him from his growth, and that he must move away. His wife was unwilling to forsake her family, to which he concluded that they must divorce. The decision was made, and R' Shimon returned to his father's house, leaving her with her family.

R' Shimon's wife who at the time was expecting, later married the great gaon, R' Yitzchok Shmelkis, known as the Beis Yitzchok. The child was raised thinking that he belonged to the Shmelkis family, while in truth he was the son of R' Shimon Sofer, and a grandson of the Chasam Sofer.

VENOMOUS SNAKE ALERT

WARNING: This venomous snake seems harmless and innocent. He spreads his highly contagious venom making it impossible to retract.

ALWAYS BE ALERT

Lashon Hara

At marriageable age, the Beis Yitzchok decided that it was time to tell him about his biological family, and that he was from a very principled family, a grandson of the Chasam Sofer and the Ksav Sofer.

Hearing the news, he traveled to Vienna to seek out his family and inquire about them. Needing somewhere to eat during the lengthy trip, he sought a restaurant to have supper. After ordering food, he sought an empty table to eat at, but there were no empty ones available. Second best, he found a table that had only one fellow sitting there, and so he made his way there, asking if he could join him on his private table. The man happily welcomed him to his table.

While sitting there, the man asked him his name, and he felt a bit awkward. He told the man that up until just recently, he'd assumed his name was Shmelkis, from the family of the Beis Yitzchok, but he just found out that his real name was Sofer, the son of R' Shimon Sofer.

The man sitting at the table asked him, "Do you mean to say that you're the son of my father, R' Shimon Schreiber, the Michtav Sofer? He identi-

fied himself as the son of R' Shimon. R' Shimon, however, had never revealed to his family that he was previously married and that he had fathered a son from that first wife.

He sent a telegram to his father, questioning if this man could really be his son. To which his father replied, "I indeed had a son from a previous marriage. Please bring this boy back home to see his family." (R' Moshe Weiss from Yerushalayim heard this from the son of R' Shimon Sofer, who then relayed it to R' Wachsmann)

R' Ephraim Wachsmann concludes this story as a story of someone with exalted lineage who was totally unaware of it. "We are the sons of Hashem, as the pasuk says: 'Banim atem L'Hashem Elokeichem.' We must remember our royal lineage, and make sure we are not missing out on this honorable nobleness."

The Mishnah tells us that Hashem, out of His compassion, informed us

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that we are His children. The reason for this, explains R' Leib Chasman, is because without the knowledge, one can have all the money in the world but cannot access it. We, however, the children of Hashem, were informed about this excessive gift, enabling us to access it, appreciate it, and elevate ourselves with this unduplicable gem.

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4. Someone said something hurtful? DON'T be hurtful back. It's extremely flammable!
5. Laugh it off (inside).



REMEMBER:

Practicing Safety Saves Lives!

בְּקִדְשׁ אֶת שִׁמְךָ!

By: **Rabbi Shraga Freedman**

The Haggadah quotes the pasuk in Yechezkel (16:7), “I multiplied you like the plants of the field.” Rabbi Yitzchak Isaac Chaver points out that plants sprout from seeds that are sown in the earth, but the plants emerge only after the seeds have rotted and disintegrated in the soil. A seed that maintains its form and fails to disintegrate completely is incapable of producing a plant. In a similar vein, Klal Yisrael was capable of becoming Hashem’s chosen people only after they had divested themselves of their own independent nature. The Jewish people serve as Hashem’s representatives to the world, demonstrating the nature of His middos and kedushah. In order to properly represent Hashem, the people had to divest themselves of their own personal agendas and inclinations, distilling their thoughts and emotions until they embodied nothing but the ratzon Hashem. Just as a mirror must be perfectly clean, without any dirt or smudges, in order to generate a perfect reflection, the Jewish people must cleanse themselves of all their personal agendas in order to “reflect” Hashem.

Reb Shimon Galai, a dayan on the Beis Din of Rav Nissim Karelitz, was innocently walking down the street one day when a speeding patrol car plowed into him, sending him sprawling on the nearby pavement and seriously injuring his leg. The alarmed policeman leapt out of his car and ran to help his unintended victim. “How can I help you?” he asked, bending over the prone pedestrian.



Reb Shimon’s body was racked with pain and blood was gushing from his injured leg. It was almost impossible for him to speak. Nevertheless, he managed to utter a few crucial words: “If you really want to help me, commit yourself to observing Shabbos!”

A nonreligious husband and wife were passing by at that moment and were astounded at Reb Shimon’s display of selflessness. They felt compelled to learn his identity, and spent an inordinate amount of time on the telephone with the ambulance service and with various hospitals until they discovered where he had been admitted. Upon arriving at the hospital, they went to see him and identified themselves as eyewitnesses to his accident.

To their continued astonishment, Reb Shimon was still uninterested in speaking about himself and his own condition. Instead, he lectured them about the importance of keeping Shabbos. The irreligious man was deeply moved and kissed Reb Shimon’s hand, exclaiming, “Now I understand that Torah scholars are very different from the other people in the world. This man thinks only about Hashem’s Name, while people who do not learn Torah are concerned only for themselves” (Aleinu Leshabeach).

Even in the midst of his excruciating pain, Reb Shimon Galai did not forget that the purpose of his existence was to bring honor to Hashem. He had truly internalized the lesson that a Jew does not live for himself.

Pesach is the time when we are commanded to remove the chametz from our homes. But we must also remove the chametz from within our souls. When we set aside our own desires in order to perform Hashem’s Will, we become a pure, untainted tzelem Elokim. If we succeed in this, then Hashem will declare about us, “Avdi atah Yisrael asher becha espa’er — You are My servants, Yisrael, and it is through you that I am glorified.”



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

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

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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 Rabbi Avigdor Miller told my Rebbe, Rabbi Yehuda Mandel, that a positive lie is actually Emes? Emes is what Hashem wants you to say, as the Michtav MeEliyahu explains. Hashem wants us to walk around saying

positive lies. If someone is going through a nisayon and challenges, they should say, "Wow, everything is great! Everything is gevaldig. Everything is amazing. Everything is perfect! I feel great. I feel good. I feel amazing!" That's called emes.

Once when my Rebbe was walking with Rabbi Avigdor Miller, they saw a person who was a lo mutzlach, someone who wasted his time and everyone wrote him off. Rabbi Miller said, "Wow. He is so great and has so many maalos! I admire him to the sky!"

Rabbi Yehuda Mandel at first was laughing because he knew who this man really was. He said to himself that he was going to follow this person in his life. Over the years, this person changed, until nowadays he is extremely matzliach.

Similarly, when a person isn't feeling well, they should say, "I'm feeling great. I feel well. I never felt so good." Rabbi Avigdor Miller said that when you do that your body believes what you say and you start feeling healthy physically and emotionally. Also, the zechus of going against your nature will bring nissim geluyim and yeshuos lma'ala miderech hateva. If you see someone not learning, just say, "Wow, such a lamdan, he is learning so shtark.!" Your child is misbehaving? Just say, "Wow, he has so much derech erez, so much kibbud of av v'em!"

Live your life saying positive lie after positive lie! Lie positively and you'll see open nissim!



Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

The main message of Pesach is to learn from the incredible miracles of Yetzias Mitzrayim and to have bitachon in our own personal life.



Most of us live in our own Mitzrayim; people can have all kinds of setbacks, worries, and inhibitions in their

lives. Mitzrayim comes from the word מִצְרַיִם – boundaries, this means being confined and unable to live freely. We have a constant job to have our own personal Yetzias Mitzrayim and have bitachon without fear. The goal of the Pesach Seder is to make you less concerned about life's issues as you were before.



After a real seder experience, a person should feel like he himself went out of mitzrayim, "חייב אדם לראות את עצמו כאילו", "הוא יצא ממצרים". The correct mode of the seder is being calm and feeling cheirus and when we lean we are practicing malchus and bitachon. The message of Leil Pesach is to feel like Hashem loves you so much and that He can spoil you and give you anything you want.

The more you discuss Yetzias Mitzrayim and try to truly believe in these unbelievable nissim, the more your Emunah and bitachon will grow "כל המרבה לספר ביציאת מצרים הרי זה משובח".

MAZEL TOV!

Mazal Tov to Rabbi and Mrs. Avraham Yeshaya Hopher (Spring Valley, NY) on the engagement of their daughter Bassie to Yitzy Katzenstein son of Rabbi and Mrs. Howie Katzenstein!

Mazal Tov to R' Yisrael Kelner and family (Denver, CO) on the birth of a new baby boy!

This column is part of the "ASHER TO THE YATZAR" initiative as a *zechus* for a *refuah sheleimah* for my daughter **Esther bas Sara Miriam** **שרה חולי ישראל**. If you would like to receive the monthly leaflet, please email ashertotheyatzar@gmail.com.

Hashem is My Doctor!

אתה בחרתנו מכל העמים - You have chosen us from all the nations! We begin the special *Yom Tov* section of *Shemoneh Esrei* with this joyful proclamation. The *Siach Yitzchok* (in *Siddur Hagra*) explains that these words are referring to *Pesach*, when Hashem chose us as His special Nation. This exalted status comes with many benefits, one of them being that Hashem became our private and personal doctor. Immediately after *Krias Yam Suf*, Hashem tells Moshe: (*Beshalach* 15: 26) " כל המחלה - אשר שמתי - במצרים לא - אשים עליך - כי אני ד' רפאך " - any of the diseases that I placed upon Mitzrayim, I will not bring upon you, for I am Hashem, your Healer." We have the best Doctor in the world!

Indeed, in the beracha of Asher Yatzar we conclude " רפא כל בשר - Hashem heals all flesh," meaning all of mankind. But in the beracha of רפאנו we end off " רפא חולי עמו ישראל " – which seems to imply that Hashem only cures Klal Yisroel! We can answer based on what we have seen in the past that with Asher Yatzar we thank Hashem for regular bodily functions. In order that there should be a functioning world, Hashem makes sure that all human beings stay healthy, including ensuring smooth digestion of food. But if a person actually gets sick, Hashem only gets personally involved if it is a Yid, as He is our private doctor. The rest of the world will have to be cured through regular human doctors. It is obvious that the difference between when Hashem cures and when a human does (or tries) is infinitely vast, and if we look carefully at the *pasukim* we will see this clearly. Rabbeinu Bechayei (*Shemos* 21: 19) points out that when Hashem heals, it says "*rofecha*" with the soft-sounding letter "פ" (without a dot inside). But regarding a human doctor it says (*Mishpatim* 21: 19) **רָפָא וְרָפָא** with the hard-sounding letter "פ" (with a dot inside). When Hashem cures it is in a soft, easy, and non-invasive way. But when we need to use a human, it may be hard and difficult. It might entail painful surgeries or treatments that have difficult side effects and damage to other parts of the body. In addition, the Shomer Emunim cites the Zohar which says that when Hashem cures it lasts, but when humans cure it may return.

Now in *galus*, Hashem runs the world under the guise of *teva*, nature, so we are obligated to go to the doctor and do *hishtadlus*. But we do it merely as a way to cover over the real act of healing, which is directly from the Hand of our personal doctor, Hashem. If a person goes to the hospital and puts his trust in the doctor, the cure may be difficult and not everlasting. The truth is that it would be foolish to do so. An honest doctor will admit that many times he really doesn't know what to do and is just trying his best. So, even when modern medicine has a "tried and tested method" – don't put your trust in it. Say the special tefillah that we recite before doing an act of *refuah* and then go through the motions!



Continued on next page

Make It Real!

Now, this may be difficult, as the accomplishments of modern medicine are truly dazzling. So many solutions have been discovered for syndromes and diseases that were previously thought to have been "uncurable." The entire approach to many surgeries has drastically changed using state of the art technology such as such as fiber optic cables, miniature video cameras and special surgical instruments that allow minimally invasive surgery. Science certainly seems to be able to pat itself on the back. But in



truth, who is the One who opened their eyes to these discoveries? How many of the most famous inventions and discoveries happened "by chance" or through an "accident"? It is from Hashem!

But it goes further. The Shomer Emunim (Bitachon, perek 15) writes that there are certain herbs and grasses that have unbelievable inherent curing power. We just don't know which ones they are and how to use them. And he quotes one of the tzadikim who said that really their healing power comes from special winds that Hashem blows into them. If a person puts his complete *bitachon* in Hashem, Hashem will cause those very same winds to blow into the bread and meat the person eats and he will be cured without needing any medicines or herbs. He explains with this the pasuk in Mishpatim (23: 25) *ועבדתם את ד' אלקיכם וברך את -לחמך ואת- מימך והסרתי -מחלה מקרבך* – if we serve Hashem properly, He will bless our bread and water with these special winds, and the bread itself will cure us! This was a real eye-opener to me! It means that it could be that the medicine a person is taking cannot really cure him. However, if he put his trust in Hashem, that He is his doctor and curing him, Hashem will blow special winds into the medicine or other food that he eats, and that will cure him. This is a great way to make this concept much more real to us!

Open Wide!

I would like to end off with one more lesson from Yetzias Mitzrayim that can really give us strength to deal with difficult situations in life. It says in Tehillim (81: 11) *ואמלאהו פיה ואמלאהו פיה ואמלאהו פיה ואמלאהו פיה* – I am Hashem, your G-d, who raised you from the land of Mitzrayim; open wide your mouth and I will fill it. I heard in the name of Rav Eliyahu Gutmacher that if you say this *pasuk* and then daven to Hashem it is a very big *segulah* to have your tefillah accepted. Perhaps we can explain that by saying this *pasuk* a person first internalizes the important lessons we learnt in Mitzrayim: 1) We saw that there is no other power in the world besides Hashem. 2) We saw that He loves us and wants only our best. 3) We saw that He can change the very laws of nature if He so desires. Then he opens his mouth wide and ask for whatever he wants! A request made after all that has a different level of power to it.

So, when it comes to health matters – remind yourself that you are in the hands of the best doctor, who cares about you and can heal you easily without difficult treatments. He can change nature and send cures without us knowing it. Just put your trust in Him with knowledge that He can do anything, and ask for a complete and easy cure, straight from Him!

BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau



The Quote – The Lesson – The Story

The Quote: Every person has a נטייה to a certain type of Avoda. Hakadosh Baruch Hu put that feeling in the person in order he should be pulled to that Avoda. Hashem did the same by the animal world, He put in each animal their nature. For example: Hashem gave a cat the טבע to want to catch mice. Hashem created the bodies of the animals in a way that they can take care of their needs. For example: Ducks eat fish so Hashem created with a longer beak, and lions who get "פרנסה" from tearing apart animals and eating them, Hashem gave them fierce teeth and sharp nails. Whereas animals who achieve their "פרנסה" by eating plants, do not have these body parts.

The Lesson: WHAT MAKES THIS IDEA SO INCREDIBLE AND AMAZING, that we see how Hashem gave us built in to us everything we need to achieve what we personally need. We are "Custom made". If Hashem created each animal in a way that they have the instincts and physical capabilities to live. Kal V'choimer that human beings were given everything they need in order to live a happy life!

The Story: THERE WAS ONCE A WEALTHY man who visited Eretz Yisroel to support people who were learning Torah. During his visit, the גביר saw a young man learning with a bren and geshmak early in the morning. He was really impressed and he said, "This is the man I want to support". The גביר found out the young man's whereabouts and someone offered to show the גביר how this man lived.



The גביר was in absolute shock when he saw the living standards of this young man, but what astounded him even more was the happiness that radiated from his home. First, he saw how his family barely had what to eat, all they ate was challah with oil. He saw the father learning by the table with such feeling of peace and serenity, bursting with an overwhelming enjoyment in what he was doing, truly an aroma of עדן... He saw how happy the faces of the little children looked. He was simply affixed to the amazing sight that he was seeing.

The next day, this young man was called to meet with a Gadol B'Yisrael, where the גביר was present and waiting to offer his support. The Gadol told the גביר, before the man came, that he does not think this young man will accept his offers. When the young man entered, it was explained to him that this גביר wanted to support him financially and help him with anything he is lacking. The young man replied "I apologize, but the גביר can return home, as Baruch Hashem I am lacking nothing in the world, I have Torah, I have food and my family is not lacking anything."



Such was the level of הסתפקות of this great Jew. {Heard from Rav Shmuel Blinder who heard it from Rav Shraga Kallus}



ברוך שהחיינו וקיימנו ודהייננו לזמן הזה!

Baruch Hashem, the Spring Hill Times is entering into a new era!

Until now, the printing had been done by dedicated volunteers with office printers in basements, garages, dining rooms and bedrooms, on regular paper, stapled on the side.

We had volunteers spreading them around to different locations for people to pick up.

It was almost impossible for the paper to grow and expand this way. Very often the machines would break. Many weeks the copies needed to be made in black and white instead of color.

At one point, I was stapling copies by hand. Some of the volunteers in Eretz Yisrael are still stapling tens of copies, each week, by hand!

Hashem sent us a businessman who has taken upon himself (L'shem Shamayim, there is no profit involved) to bring the Spring Hill Times up to the next level and make printed copies available for thousands of people across the United States and BE"H in the near future for people in other countries too.

The Spring Hill Times from now on will BE"H, be printed by a major printing company the same way as all other newspapers and magazines are printed.

Hashem's newspaper will be printed on beautiful glossy magazine paper and sold in stores. In addition, the Spring Hill Times will be available to come to your house by mail anywhere in the USA. All location sites will be discontinued.

The Spring Hill Times will continue to be a non-profit Magazine dedicated to spreading Hashem around the world.

The current price to get it weekly in the mail is \$20 a month for the **Tri-State area**. Early Bird Special \$18 a month for first year.

The price for mailing to other States in the USA will be \$24 and Early Bird \$22.

We are setting up on an entire new efficient system.

To subscribe you can either:

1. Call 24/6: 518-831-0977 leave on machine 1. Your name 2. Phone number 3. Complete Address. 4. Credit card information (C.C Number, Expiration, Security, Zip Code).
2. Text the above mentioned info to 518-831-0977
3. Email the above mentioned info: subscribetospringhill@gmail.com

Cards will be billed \$20 monthly. (You will be able to cancel at any time)

Cards will not be charged until the mailing is completely set up and you start getting it in the mail.

Attention! All current payments from subscribers who pick up the Spring Hill Times from the locations in the USA, will need to be canceled. The location sites are going to be discontinued (as soon as we start the mailing). Please call/text/email, to above mentioned number and address, with the last 4 digits of your card to cancel.

HELP WANTED
Join Our Wonderful Team!
We are looking for volunteers to help out with transitioning to the new system.
Please email:
thespringhilltimes@gmail.com

A graphic featuring a blue cartoon bird holding a pink megaphone. To the right is a yellow banner that says "EARLY BIRD SPECIAL SALE".

Sign Up By 10 Iyur 5784 (May 18) and get it mailed to you for \$18 a month for the first year.
Early Bird subscribers from other States will have a special of getting it for \$22 a month.
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Please note: We are in the middle of transitioning. As of now, copies of the Spring Hill Times will still be available by the location sites FOR THOSE WHO HAVE BEEN PICKING THEM UP UNTIL NOW until further notice. Updates pertaining to future issues (Kedoshim and on) will Be"H be announced on the Ki Tov Hashem News Station 845-400-8584 ext 6.

For questions please call R' Shlomo Eliyahu 732-569-4273

Hashem Wants You to
Enjoy His World

A Guide to Discovering Hashem's Kindness
Everywhere You Turn



By R' Yehuda Schonfeld

from Judaica Press

Continued from Chapter 2:

The Torah Obligation to Enjoy Olam Hazei

Even Sinners Should Be Happy!

Even a person who transgresses and commits sins should be happy and positive, because sadness and depression only lead to more sins. We learn this from the very beginning of the Torah, where the pesukim describe the korbanos brought by Kayin and Hevel. Kayin brought an inferior offering to Hashem, so Hashem did not turn to his korban. Hevel brought a superior korban and Hashem did turn to it. This bothered Kayin terribly and he reacted by becoming depressed, as the pasuk says, וַיֵּחַר לְקַיִן, "מֵאֵד - וַיִּפֹּל: פָּנָיו" This upset Kayin greatly and his face fell" (Bereishis 4:5).

So Hashem spoke to Kayin, saying, "לָמָּה חָרָה לְךָ - וְלָמָּה נָפְלוּ - פָּנֶיךָ", Why are you upset and why has your face fallen? הֲלוֹא אָם - תִּיטִיב שְׂאֵת? " Surely if you will improve yourself, you will be forgiven" (Bereishis 4:6-7).

This teaches us that Hashem does not want a person to be depressed, even after he sins. Rather, Hashem desires that one continue to be happy and simply do teshuvah. If one does this, he will surely be forgiven.

This idea appears in Secrets of the Soul:

The optimistic attitude towards teshuvah, "Let him do teshuvah and be forgiven," is an outlook that no other culture in the world possesses. Instead of worrying about your sins and punishing yourself for them, focus on the positive. Lift yourself back up. Find the path to return. (Secrets of the Soul: Conversations with Rav Shlomo Hoffman p. 112).

We thus see that there is no room for either depression or despair in Yiddishkeit — not for tzaddikim nor for reshaim, no matter what day of the year

it is and no matter how difficult life gets. Hashem wants all of us to be happy and positive, all the time.

Chapter 3: The Purpose of Pleasure

In this chapter we will learn why enjoyment and pleasures are such an important part of life

Why Enjoy Life?

We have been saying that Hashem wants every person

to enjoy life. But why is it so important to enjoy life? Isn't avodas Hashem what is truly important? Who cares about enjoyment? A person who recognizes Hashem should serve Him without the distractions of worldly pleasures!

This question goes to the heart of this entire book. We will explain as follows:

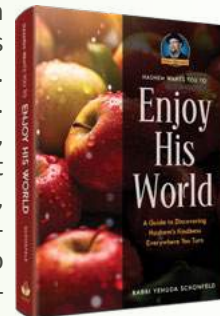
Chazal compare the relationship between Hashem and a person to the relationship between a husband and wife. The husband is a mashal for Hashem and the wife is a mashal for a person. Perhaps the most well-known expression of this mashal is in Shir Hashirim, where Shlomo Hamelech describes Hashem and Klal Yisrael as a man and woman who are deeply in love with each other.

In line with this idea, Chazal teach us that a person's relationship to Hashem in Olam Hazei is compared to the first stage of marriage, eirusin (in which the woman has committed herself to be married to the man). Olam Haba, on the other hand, is compared to the nisu'in stage of marriage (in which the couple can finally live together under one roof). (See Shemos Rabbah, Bo 15.) (In ancient days, the eirusin stage of marriage usually preceded the nisu'in stage by as much as twelve months.)

To understand the dynamics of a person's relationship with Hashem, it's important to ask the following question: Upon whom does the responsibility fall to initiate this relationship? Is it the person? Or is it Hashem?

For an answer to this question, it makes sense to look at the example set by Avraham Avinu. Every frum Jew is familiar with the story of how Avraham Avinu came to recognize Hashem: He looked around at the world. He saw the vast wisdom in all of Creation. He saw all the

people around him worshipping useless idols. He analyzed. He contemplated. And eventually, he concluded that without a doubt, there is one supreme G-d Who controls all of Creation. Then, he dedicated himself to serving G-d with absolute self-sacrifice, to the point where he allowed himself to be thrown into a fiery furnace rather than publicly worship an idol.



Seemingly, Avraham was the one who initiated his relationship with Hashem. With honest reflection, he "found" Hashem. And Hashem reciprocated with open miracles and blessings, establishing Avraham as the forefather of an entire nation dedicated to continuing his dedication and sacrifice.

It therefore would appear that the way to form a relationship with Hashem is by seeking Him out. Only then does Hashem reciprocate.

However, this does not seem to fit with the mashal of a husband and wife. For in Maseches Kiddushin, the Gemara explains that when it comes to marriage, it's the man's responsibility to search for a wife — i.e., to initiate the relationship — and not the other way around (Kiddushin 2b). So, if a person is compared to Hashem's wife, why should he have to initiate his relationship with Him? Why doesn't Hashem initiate the relationship with him?!

The answer is, He does.

In actuality, Avraham Avinu did not find Hashem. He did not initiate his relationship with Hashem. It was Hashem who initiated the relationship. Hashem sought Avraham out, and Avraham merely responded. He simply answered "yes" to Hashem's offer.

How do we know this?

Well, let's ask ourselves the following question: What impressed Avraham the most when he looked around at the world? What was really going through his mind? Was it the awe-inspiring Divine wisdom that proved there is a Creator? Was it the silly idol worshipers all around him?

Continued on next page

Perhaps we

A Kos Shel Bitachon

BS"D

The house is sparkling. The candles are glowing.
The table is regal.
Of chametz, there's not a speck or a crumb.
An unmistakable aroma of Yom Tov is in the air.
The auspicious moment for Pesach has come.

In our finest clothing we gather
but before our seder starts,
we place the special goblet
that is center stage in our hearts.

This is the Kos Shel Elyahu,
our Mevasser for whom we long.
This is the night, he will yH herald our redemp-
tion
and commence the time of kulo song!

Recognized over millennia
by long locks and a belted waist.
Encountered by so many Yidden
when in danger or a nisayon they faced.

Hashem entrusted Elyahu
with keys to Techias HaMeisim and Matar
and, like to Moshe Rabbeinu,
Hashem revealed Himself to Elyahu on His
Har.

For the sake of Limud HaTorah,
Elyahu HaNavi traversed great distances leap-
ing like a gazelle.
Is he a man or is he a malach?
Noone can tell.

To save a Yid, many evil plots
Elyahu managed to foil.
For Nachum Ish Gamzu

he even made gold from soil.

It was Elyahu, in Shushan HaBeirah,
who insured that the right man was hung
and to save a tzaddik;
a Roman rasha, hundreds of miles, Elyahu
flung.

Through the centuries, out of nowhere,
appearing to help at every turn.
Who is he, this Mystery Mevasser,
for whose presence we so yearn?

Elyahu HaNavi,
Zachur L'Tov:
who, dor l'dor, endeavors to bring Hashem's
Children karov.

Elyahu HaTishbi,
Hashem's Prophet MiGilad.
A Kanai for the ruchniyus of his people.
A man of G-d.

The Champion for Hashem's Glory,
The Malach HaBris, The Prince of Peace
who will proclaim the great and awesome day
when all yissurim will forever cease.

So positive that in a few hours,
Elyahu will announce:
the arrival of Moshiach Tzidkeinu,
that we pour for His Herald A Kos Shel Bitachon,
and thank Hashem
from the depths of our souls that Elyahu will
tonight Yavo Aleinu.

As we eat Matza and relive Yetzias Mitzrayim,
Hashem's Hashgacha is crystal clear
and we're sure that Elyahu HaNavi will bring

us news that our final geula is already here.

For the promises Hashem kept when Avadim
Hayinu,
we drink four kposos and lean,
confident that we are about to experience Nis-
sim V'Niflaos even more spectacular than those
ever before seen.

Soon Elyahu will drink the yayin
we poured in his honor,
in that special fifth kos
and bless us, Hashem's Children, Kulanu;
with B'Soros Tovos, Yeshuos, V'Nechamos.

We won't hold our breath!
We won't ask; must we wait one year more?
We have no doubt that any minute we will
greet Elyahu HaNavi, Zachur L'Tov,
as we excitedly open our door!

We trust that this very Pesach, Elyahu will be
a guest at our seder
and seders the world over, as a matter of course;
just as we're certain that Elyahu rose to Heav-
en in a whirlwind, riding in Hashem's fiery
chariot, pulled by more than one blazing horse.

Yidden everywhere will celebrate
as we welcome the Mevasser from Shomayim
who yH will join Klal Yisrael in singing Hallel
and shouting Shana HaZos B'Yerushalayim!

With great and awesome gratitude to He Who holds
all the keys for all the Nissim and Niflaos and
HaKaras HaTov to R. Yitzchok I. Kaufman (The Spring Hill Times); R. Zev
Golombek (The Bitachon Hotline); Artsroll Chumash (Schottenstein Edition;
Haftarah Shabbos Gadol Text and Commentaries); Abraham Yom Tov Rotenberg
(Elyahu HaNavi: The Prophet through the Prism of Tanach, Talmud and Midrash);
R. Yosef Stern (Anthologized and Adapted: The Pesach Haggadah with ideas and
insights of the Sfas Emes) and EK, SW, LI, DD, JF, and RRM.

Continued

can figure out what Avraham was thinking based on his actions. Avraham is called the amud hachessed, the pillar of kindness, because he spent his life imitating Hashem — engaging in a campaign of unparalleled chessed toward others. Avraham did not merely travel around giving speeches to prove there was a G-d. He actually copied Hashem's actions as he perceived them. (See Rav Avigdor Miller, The Beginning, 18:8 (p. 311). See Kiddushin 32b.) And to Avraham, copying Hashem meant giving to others. Giving and giving and giving, as much as he could.

This means that when Avraham looked around the world, he did not just see incredible Divine wisdom. Rather, he saw Someone Who was giving things to him. Giving him life. Giving him eyesight to see millions of colors. Giving him a strong, healthy body. A bright, warm sun and a glowing moon and a panorama of stars. A spectacular earth. Rain and wind and bread and meat and fruits and vegetables — millions of flavors — and trees and flowers and music and parents and a wife and weather and more and more and more.

Not just useful things. Enjoyable things. Gifts of pleasure. For years and years and years, Avraham enjoyed those countless pleasurable gifts. He enjoyed them and he thought about them. And that is how he concluded that without a doubt, Someone was seeking him out! Someone wanted him!

Someone was asking for his hand in marriage!

And Avraham answered, "Yes!"

To be continued...

R' Yehuda Schonfeld can be reached for comments and questions at EnjoyHisWorld@gmail.com



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Continued from page 13

came home, he was about to eat the food. He was holding it in his hand. Someone mentioned that the hechsher might not be to their standard. He put the food down, and he waited for over an hour, until it was verified that he was able to eat it!



Avdi ata - Yisrael asher - becha espaer

Yidden Are Coming Back Home To Hashem

It was Shabbos morning, right before kriyas hatarah, and the gabbai in the shul tried opening the safe to take out the sefer torah, but it was not working. He tried this and tried that, but to no avail. Somebody in the shul got up, and he said that he thinks the reason why the safe is not opening is because there are many people in the shul who talk during kriyas hatarah, and the Torah does not want to come out. The entire shul was mekabel on themselves at that moment to stop speaking during kriyas hatarah. The gabbai tried again, and this time the safe opened!



V'shavta ad Hashem elokecha

Hashem Is Running A Perfect World

R' Binyomin, a yungerman from Monsey, New York, has been learning in kollel for the

past 20 years, and does not have an extra penny to his name. Someone came around selling seforim, and R' Binyomin wanted to buy them. He told the person, "I really want to buy them, but I don't have the money." The person said, "It's fine, buy them now and pay me when you get the money." R' Binyomin said to himself, "I have bitachon that Hashem is going to send me the money this week."



When he came home later that day, he went to his mailbox, and there were two checks from Dirshu. The amount of those checks was exactly the amount that he owed for the seforim!

V'divrei niflaosecha - asicha

The Best Medicine

Mrs. Berger has anxiety and OCD. She told her doctor that the medication that she was taking was causing her to be dizzy. She asked him, "Is there any medication that does not have any side effects?" He told her, "I've been seeing many patients who have told me that once they have started listening to the "A Life with Bitachon" hotline, they don't need their medication anymore. The only side effect is more positivity."



Mrs. Berger decided to try it out, and she's now off her medicine!

V'ani Kirvas eliochim li tov

Anti-Semitism Is On The Decline

Mrs. Cohen, from England, was in the grocery store. A non-Jew came over to her and told her, "We are praying for you Jews all the time. We are thinking about you, and we feel for what you're going through!" He kept on sympathizing!



Ahavti eschem - amar Hashem

Man Turns To Hashem

On Leil Shabbos, the gabbai came over to R' Simcha and asked him if he could please daven for the amud for shachris the next morning. R' Simcha told him that he was hoarse and he was not able to daven. On Shabbos morning during pesukei d'zimrah, the gabbai again came over to R' Simcha and asked him to daven. R' Simcha motioned him that he was hoarse, but the gabbai would not hear of it. R' Simcha felt like he didn't have much of a choice, and he went up to daven for the amud.



When he started, he saw that he was hoarse, and he wasn't able to Daven properly. He tried clearing his throat, but he was not successful. He thought in his mind, "Hashem, I did not have much of a choice. You put me up here. Please help me." From that second on, his voice cleared up!

Baruch shomea tefillah

A Faint Whiff Of Hashem's Unlimited Wisdom and Kindness

Our nose and its sense of smell give us the ability to enjoy all the scents in the air around us. Like the challah baking in the kitchen, the leaves in the forest, or a fresh rain or snow.

But the main pleasure that Hashem gave us with our sense of smell is from the food that we eat. We tend to associate our taste exclusively to our taste buds, but the truth is, a very high percentage of what we taste comes from the sense of smell that we have. Our taste buds work in a partnership together with our sense of smell to give us the huge variety of flavors and tastes that we are familiar with.

Up to 80% or more of the taste that we have is coming from our smell. That means that our mouth and taste buds are only contributing a small part of our taste. The majority is coming from our sense of smell.

It's the sense of smell which picks up all the subtle differences that there are between similar flavors and tastes. So all the various delicious tastes that Hashem gave us and that we receive flavor from - like rib steak, ice cream, salmon and chocolate, we

mainly enjoy through our sense of smell. Such a wonderful gift!

We receive a large part of the enjoyment of our food through our sense of smell.

How does this work?

When we insert food into our mouths, it's very close to the opening of our nose and we get a very direct and focused smell of what we are eating, but this only lasts for one second. After the food is inside our mouths, we actually chew with our mouth closed. And then the opening of our nose is not next to the food and we are not smelling the food anymore. We would think that after the food is inside our mouth, the taste is coming only from our taste buds. But if that would be the case, then our taste would be greatly minimized, because the taste buds only supply around 20% of the taste and flavor.

The answer to this brings out Hashem's masterful design in

Answers for the Parsha Game page 16
Money: חסדו של ה' יגן את כל ימינו
Mountains: הרים רבים ואלים - כאלים...

our creation. Hakadosh Baruch Hu created two different passage ways to the sensory cells inside our nose. One is from the two visible openings that are on our face, but there's an additional hidden internal passage that connects the throat to the nasal cavity. This allows us to smell internally. So the sensation of smell is still working even while our mouths are closed and we are chewing.

Hashem b'chasdo designed our nasal passage and sense of smelling in a way that we can receive maximum enjoyment from our food!

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Pesach in Art
By R' Yehoshua Wiseman
054-844-1131

Hashem's Universe

A Divine Masterpiece!

THE AMAZING STARFISH (Sea Star) Part 3 of 4

In the last article we mentioned how cilia (hairlike structures) are all over the starfish's body, externally and internally. They may be "hairlike," but they are VERY COMPLEX. Below are pictures of them and you can see for yourself that this isn't just a "hairlike" structure. In fact, they are more like a thick cable with many thinner "wires" going through them with an inner mechanism that makes them bend. In fact, there's 22 (11 x 2) thin "wires" in them. 9 (x2) in a circle, on the inside perimeter of it, and 2(x2) in the center.

How the cilia move back and forth, thereby moving forward the water in one direction, is a complex mechanized process, too complex for me to describe. One thing I will say is that they move quickly to one side, thereby moving things in that direction, and then, at a much slower pace, they move back to their original starting point, ending straight up vertically, and then it again moves quickly to the other side, coming

back slowly again, with the process continuing until a signal comes telling it to stop completely.

The reason for this method is simple. If they would move quickly both ways, things wouldn't get anywhere. They would go one way and then go right back the other way! Therefore, the cilia's mechanism is perfectly pre-programmed to go quickly one way, and for the way back it goes just slow enough so that it doesn't cause any backwards movement of the water. Hmm. I wonder WHO programmed the cilia to work at those correct speeds?!

Cilia are found in many of Hashem's creations including in humans as well. In a starfish they are absolutely crucial for the moving about of the water that's in the inner main parts of the starfish, so that nutrition and oxygen gets to the right place, and wastes are moved out as well. The water needs to be moved around by the cilia over the outer surface of the starfish in order to bring fresh oxygenated water to the gills. Being they are so crucial for the starfish's

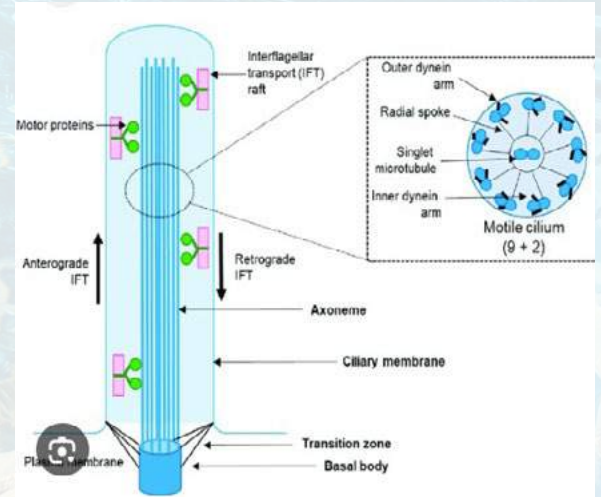
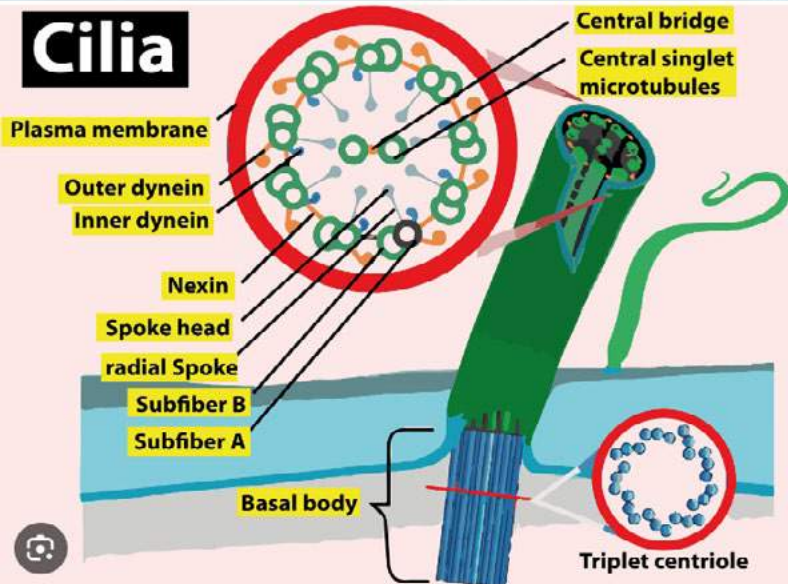
functionality; therefore, I mentioned them. Below are pictures of cilia.

Now, we will discuss a third part of the skeleton: The pedicellaria.

Here too, like cilia, it is something that looks quite simple but it's actually quite complex. Everything in Hashem's world is that way. The pedicellaria are like pliers/scissors that are important for keeping the surface of the skeleton of the starfish clean. This is EXTREMELY crucial since the gills, through which 80% of the gas exchange of oxygen and carbon dioxide takes place, must be clear of any debris.

Since the starfish can often just lay around, going nowhere, there more of a chance that things that can grow on pretty much any surface, can end up growing on them (like Barnacles and the like). So, the pedicellaria can pry them off if they start to grow there. If any dirt gets stuck on it, it will remove it. In some starfish species, where the pedicellaria are quite large, they can actually grab on to smaller fish and then it can become food for the starfish.

Cilia



Simplistic overview of cilia structure and types.



How this works will be explained in the next article. Here too, you need to see the pictures in order to get a better idea as to how it works, and how complex they are.

Here you can see that around the spine (the center of the picture) there's a whole bunch of pedicellariae.

On the bottom center ones you can see clearer that they are shaped like an open plier.

In the picture below, you can see how complex these pedicellariae are. They can stretch out and bend over in order to remove things. Some pedicellariae (and spines) have toxins in them (harmful substances if touched or eaten) as do other parts of the starfish.

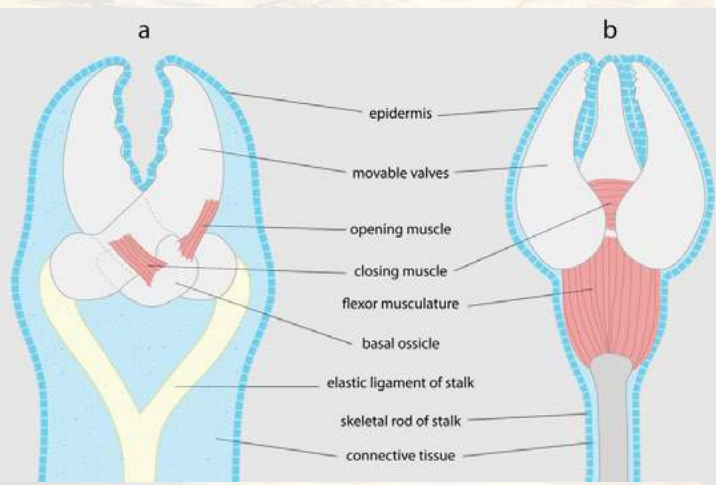
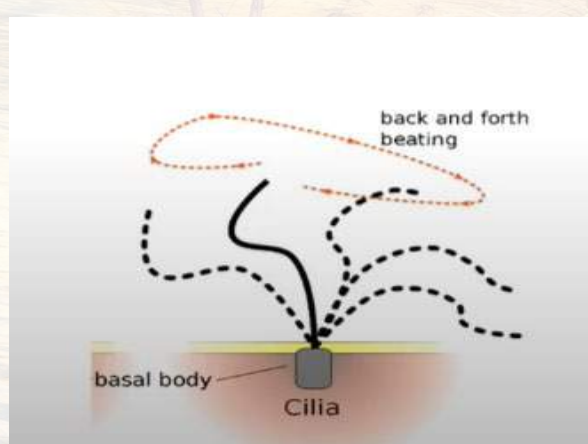
We will finish off by mentioning that the starfish has at the end of its "arms" two things that are important to know. One, in spite of it not having a brain, it still has an eye at the end of each arm. They are somehow connected with the pretty complex nervous system of the starfish. However, they are not able to see anything more than light and darkness. Nothing colorful, or clear is seen by it, nevertheless it helps them move

around. The starfish also has light sensors over the top parts of its skeleton. At the end of the arms are also crucial sensory tube feet, which are different than the regular tube feet that they have. These feet are very sensitive at picking up scents of potential food. The starfish always "follows its nose", in this case being the special tube feet at the end of their arms. The starfish will suddenly change directions if it smells food coming from a different direction.

Note that at the end of the arm, there's a red dot. That's its eye. Also, at the end of the arms are the special feet that are typically NOT used for walking, rather the end of the arms are typically lifted up a bit off the ground and they sway and swing around in the air, trying to pick up all types of signals of what's ahead of them, especially sniffing for food scent.

In the final article we will be

discussing the 2 things that the starfish is the ONLY CREATURE known in the world that is capable of doing. Stay tuned IY" H.



Let Us Imagine

CHAZARAH!

Reprinted Lekavod Yom Tov

Let us imagine for a few seconds what our life might look like if our brains would suddenly start malfunctioning and failing c"v, and we wouldn't know the difference between 1 and 100 or the difference of something large and important or something small and unimportant.

We would speed into our driveways going at 95 mph and crawl on the Garden State Parkway at 2 mph.

We would be pouring gallons of coca cola, seltzer, water and whiskey into a tiny schnapps cup.... Resulting in sticky floors, terrible leaks, horrible smells and people slipping all the time...

Mothers and wives would be serving their children and husbands, one pea, a bean, two kernels of corn, an eighth of a pulka and a 164-ounce container filled with ketchup. Resulting in a terri-

ble worldwide hunger crisis...

Those who love to learn Torah would be trying to put their giant chassan-shases into their pockets so they could learn while waiting on line at the grocery. They would not be able to figure out why it doesn't fit in!

Resulting in many pants and shirts getting ripped beyond repair.

Even those who would manage to get in one pocket a shas and in the other pocket a whole set of Shulchan Aruch, by singing 'Hakol Yachol, Hakol Yachol' a few times, wouldn't be able to walk more than a few feet at a time from the excess hundreds of pounds, turning shopping trips into real horror stories.

People with headaches would be swallowing 10-15 bottles of painkillers chas V'shalom....

Kids would be expelled permanently from school for dropping by mistake a tissue on the floor and the boy who put a dirty sock

in his Rebbi's coffee for the fifth time would just be told "si past nisht"- if even that.

We would be taking fifteen to twenty cups of coffee in the morning, sending many people straight to the hospital!!!



We wouldn't be able to sleep for a week straight... Leading to New York State requiring a five-year training, with tests, to get a special license and master degree to be able to drink coffee. All under strict supervision by the State, with frequent inspections, violations and fines. Eventually, leading to NYS to ban it entirely, with terrible consequences. Teachers and Rebbeim together with the entire class, shluchei tzibbur and the congregation, Daf Hayomi magidei shiur and participants,

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



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

OLAM HABA ESTATES
The Place We Call Home



Serve Hashem with Love!

bus drivers, surgeons, dentists, garbage



collectors, cashiers, waiters carrying soup and kollel yungerleit would all be falling asleep right in middle of what they are doing.

Adults would be buying for themselves shoes meant for two-year-old toddlers and would have no idea why they don't fit.

Mothers would be dressing their 2 months old babies with extra large adult sized pants and shirts...

Not knowing what is a kezayis, people would be eating 10 -15 boxes of matzos for the mitzvah, making the mortgage we take out to buy houses look like child's play compared to the mortgage we would need to take out for matzos mitzvah...

Shuls would be packed with hundreds of people, yet the gabbaim would be standing outside for hours upon hours calling out "a tzenter a tzenter".

Worried mothers and wives, would have no idea why their sons and husbands weren't back from davening and hundreds and thousands of terrified mothers and wives would all be calling "A Life with Bitachon" all at the same time, causing the system to crash c"v.

Bus drivers would be making their rounds, picking up the children to go to school, in two seater cars... 34 kids would be out of class playing outside with only one goody-goody staying in class and the Rebbi wouldn't even notice!

We would be giving the cashier

\$55 or \$550 for a bottle of milk...

Husbands coming back from shopping, would bring home 11 bags of potatoes, 215 seven-layer cakes, 128 challoos, 30 copies of the same newspaper - magazine and 18 bundles of flowers. Bankrupting many families and causing tremendous shalom bayis issues...

We would all be putting on tens of ties all at the same time...

Shabbos morning, the gabbai in shul would be giving about seventy aliyos and five mi shbeirachs to each person and shacharis would not end until 9:30 pm...

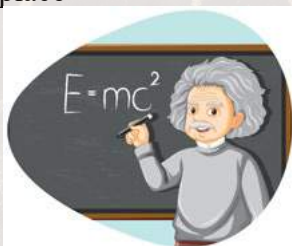
People throwing out their broken refrigerators and dryers, would not understand why - even after trying for hours - they just don't fit into their kitchen garbage cans.



We would come to shul with our talis and tefillin in huge suitcases, causing a massive shortage of space in shul, with only one person per table; resulting in many arguments and fights ...

And worst of all, we wouldn't be able to properly fulfill many mitzvos and we wouldn't be able to recognize the greatness of Hashem and count all His kindnesses, making this world truly a most miserable place

We would run from one mathematician



to another, to try to find a working solution...

But everything would just fail...

Who designed with infinite brilliance that the trillions of things in our world should have all different sizes, each perfect for its purpose???

Who designed with unlimited knowledge the concept of 'a lot and a little'?!?!?

Who manufactured with infinite perfection that our world should have things that have different levels of importance?!?!?

Who designed with unlimited resources and power that our brains should be able to calculate, measure and recognize the size, amount and importance of things?!?!?

Who designed with infinite wisdom that our brains work perfectly without any computer chips and programs???

Who gave us, with unlimited kindness the Holy Torah that teaches us what's important and what's not????

YOU HASHEM, BLESSED BE YOUR NAME!!!

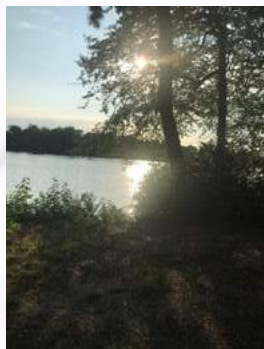
Thank You Hashem for this wonderful, beautiful, life saving, multi-trillion-dollar gift: the ability to calculate and measure, You give us, with endless love and utmost care, every second of the day, 365 days a year and free of charge!

Ahavah Rabbah

Heart's sharing:
Sharing our love with others

I want to give a most warm, heartfelt, and joyous welcome to all the new people who are joining and starting to read this most amazing paper — The Spring Hill Times. Everyone reading this article should be Gebencht with more Brachos than the number of raindrops that fell on the rainiest day of this year! You and your families and all the people you know should have more Brachos than the amount of stars there are in the sky! And all of Klal Yisroel should have more Brachos than the number of tiny grains of sand on the sandiest beach!

On most Shabbos mornings, I B"H walk to visit someone who appreciates visitors. I love the walk, as I pass the most beautiful, stunning creation of Hashem — the Lakewood lake. The lake is a magnificent sight; all year round it has so many aspects of glory including small ripples in the water, beautiful trees, and a path. I



feel like I am in Hashem's Garden.

Above: Pictures of the Lakewood lake in all different seasons!

Many Shabbosim, while I am on my walk, I pass an Ernste Zissh Yiddishe Mama. She walks with her head facing the ground, back hunched, looking at the floor. Weeks have passed and I never saw her lift her head. Five steps behind her, single file, walks her son, a bacheinte Yiddishe boy who has Down syndrome. I would guess he is in his twenties. They walk single file, looking gloomy and sad, week after week. One Shabbos when I passed them, I called out to this Yiddishe Mama "Good Shabbos." At first, she did not look up. I continued and said "Good Shabbos, I want a Bracha!" She immediately turned in my direction. "A Bracha?" she asked. "Yes." I responded. "I want a Bracha from your son. I believe he is one of the Lamed Vav Tzadikim and I want him to

give me a Bracha." She stood up straight. Tears welled in her eyes. She looked at her son. She said, "Please give this girl a Bracha." The boy murmured something and I could not make out the words he said. I said a resounding "Amein." Then the mother said, "Now give her a Bracha that she should become a Kallah." He enunciated every syllable with labored energy and attention until he got the words out "Yo-----u sh----ou----ld bec----ome a K----allah." I answered a resounding "Amein!" And I told them both they made my day so joyous and so happy and I was so thankful! And with that, we parted ways. I turned around and I saw the Mama was no longer hunched; with a straight spine and a smile on her lips she nearly danced back into that single file. And as if in a dream, I saw that bacheinte Yiddishe boy had a smile on his face too!

This column is all about how much love we all have in our hearts and how easy it is to pump people up. This week we want to share ways of pumping people up through bringing closeness between one another. There are so many ways to do this including Bentching people, asking people for Brachos, sharing with people how Mitzvos are worth more than a million dollars, joining people, giving and giving more, connection ideas and having fun!

Bentching people:

When we bentch people, we bring closeness between ourselves and them. All of Klal Yisroel is one big happy family and the more we bentch people the better. On my walk, I make a habit of trying to bentch the people who live on every block I pass. I say out loud, "Hashem should bentch all the Yidden living on this block with millions of Brachos." I learned this from Rabbi Avigdor Miller zt"l. I also bentch people as I pass them. I was walking one Shabbos by the lake and I saw two girls who I could tell had a lot of pain in their hearts. I was not going to directly pass them and I was in a rush to get back before dark so I continued on my way. One second later, I thought to myself — who knows what one 'Good Shabbos' can do? I retraced my steps, pretending that I was going their way to look at the lake from the location they were at. I passed the girls and warmly wished each of them the Bracha of 'Good Shabbos.' Then I turned to the first girl and joyously Bentched her, "You should have a million Brachos." I turned to the second girl and joyously bentched her "You should have a million Brachos!" Then I continued on my little round-about way to look at the lake for a few seconds. I quickly turned to go back to the direction that I was really going towards. As I was about to pass the girls again, they approached me and one of them asked. "Can I ask you a question?" I said, "Sure." She asked, "What makes you have such positive, exuberant energy, so full of love? We have never met someone with this much love in their heart." Without missing a beat, I answered, "I talk to Hashem all day. That's what gives me this positive energy."

She came over to hug me and said, "I am so happy to have met you." She thought for a second and said, "Can I ask you another question?" I said "Sure!" She said, "How does one get close to G-d? I open my siddur and I feel thin air. I feel nothing. I don't feel Hashem at all (R"L)." I looked up at the tree overhead and asked both girls, "Do you see this tree?" They nodded their heads yes. I asked, "Do you like this tree?" They said, "Yes." I said, "Hashem put this exact tree right here especially for you to enjoy because He loves you." I continued, "You see this lake?" They said "Yes!" I asked, "Do you like this lake?" They answered, "Yes!" I said, "Hashem put the lake here for you to enjoy because He loves you." Then I turned to one girl and asked, "Do you see your shoes?" She said, "Yes!" I said, "Do you like your shoes?" She nodded yes. I said, "Hashem gave you those shoes and made them especially for you because He loves you very much!" I turned to the other girl and asked, "Do you see your shoes? Do you like them?" She nodded yes. I told her that Hashem gave her those special shoes, just for her because He loves her! I turned to the first girl and asked her, "Do you like your sweatshirt?" She said "Yes!" I said, "Hashem gave it to you to enjoy because He loves you!" "What about you?" I asked the other girl. "Do you like your sweatshirt?" She said, "Yes, I love it!" I said, "Good! Hashem put it here for you because He loves you."

We hugged again! Then, before I walked off I told them, "Your faces are shining from the Shechina!!"

Giving a simple Bracha of "Good Shabbos" or "Hashem should bench you" can turn a person's whole day around. So many people respond, "How did you know I just needed that!"

Asking people for Brachos

Asking people for Brachos shows that you genuinely believe they are a good person. When we show someone that we genuinely believe in them it builds a deeper connection and is a way of pumping people up! I once heard from a Chashuva Talmid Chochom that every single Yid is 100 times greater than we would ever imagine Rav Yisroel Salanter was (and of course Rav Yisroel Salanter was way greater than that). Every single Yid has a part of Hashem inside of them and is pure greatness. I once met a young woman who was struggling tremendously. At the end of our first meeting, I asked her for a Bracha. She looked surprised so I shared that I believe she is an extremely special person so I want a Bracha from her! She then gave me a Bracha that I should have only good. A few weeks later her mother confided to me that asking her for a Bracha boosted her so much that some of her pain was alleviated. Her daughter shared with her that she didn't realize she had the value to bless someone. If she could bless another person, then she is worthwhile. I genuinely believe in every single person I meet. I love people as they are all my sisters and brothers and we are all joined in one cause of Yisgadal V'yiskadash Shmei Rabba! We all are on this journey and the journey is so beautiful.

Sharing with people how Mitzvos are worth millions:

We spoke in a previous article about how Mitzvos are worth millions and sharing this with others is a way of pumping people up. Recently, I sat with an amazing individual who said she feels worthless. I looked into her eyes and I asked her "Do you believe that there is a Hashem?" She said, "Yes!" I said, "That's two billion dollars right there!" I asked, "Do you believe in Avodah Zarah?" She said, "No!" I said, "That's another two billion dollars!" I asked, "Do you believe Hashem was, is, and always will be?" She answered, "Yes!" I said, "That's another two billion dollars by Hashem!" I asked, "Do you remember Yetzias Mitzrayim?" She said, "Yes!" I said, "There's another two billion dol-

lars!" I asked, "Do you remember what happened to Miriam?" She said, "Yes!" I exclaimed, "There's another two billion dollars." I said, "Right now you are doing the mitzva of V'nishmartam Meod L'nafshosechem. You are taking care of your health by coming to talk to someone so that's another two billion dollars." I said, "You are worth more than 12 billion dollars just sitting here! Hashem is so happy with you and loving you and with you and wanting you and you are doing amazing!" She shared that she felt a very heavy stone roll off of her heart.

Joining people:

I remember reading a story about a boy who was having a very difficult time and was in a lot of pain who went to Rav Moshe Feinstein TZL. Rav Moshe asked him to come back in a few days. The boy came back and when he left, he was a very changed person. Someone asked Rav Moshe why he said to come back in a few days. Rav Moshe explained that this boy loved dogs. Rav Moshe took a few days to learn all about dogs so that he could join with the boy by talking to him about what he likes. This deep level of joining and sharing of heart made such an impression on the boy that he left as a completely changed person.

Every single person has their own language and it's our job to learn it. This includes finding out what the person enjoys. If a person likes a guitar, I will have a guitar set up for them. If a person likes something that I can not have readily available, I talk to the person about what they like. This is a deep level of connecting and pumping people up. We can ask our friends, spouses, children, and students to tell us more about what they like. We can be available to hear the details. We can ask follow-up questions such as "What else about it do you like?" and "Do you wish you had it in many different varieties?" When people feel we really get them, then this close connection is a deep form of pumping people up. A few years back, a nine-year-old child who we will call Moshe came to sessions. I was told he is very destructive and does not communicate with people. He also doesn't share any emotion with his parents and he doesn't want to receive or give love. The first thing I did was I made sure to find out exactly what this precious child likes. It turned out he liked a certain type of comic books. Before he came to me, I bought many of these types of books and labeled a shelf in my bookshelf with the words "Moshe's books." Moshe was so pumped and this opened the door to connect and join. Within a few months the parents reported he had calmed down and was able to give and receive love!

Giving and giving more:

Giving and giving more forms a deep connection and it actually empowers the limits that we do set in limit-setting moments.

We want to give and give more. Whatever we are planning to give, we want to add a little bit more at the end. To give a very basic example, I might have some fun items that I picked up at a dollar store. I have one toy behind my back, and I hand it to the child, saying, "Oh my! Look what I got for you!" Then, a second later, I say, "And.... I also got this!" I pull something else out, and then one more thing. Those two extra things make a huge difference.

Now, they know:

A. I will give and go the extra mile.

B. I give because I really care about them, and want them to get that extra.

Another example: I might say, "You want to just talk before we do homework? Okay. You know what, let's just talk for one min-

ute. Actually, you know what, let's give ourselves two-and-a-half minutes to talk." I will give and then give more. I get a question often, "Does that make a child, teen, or adult then want to go over boundaries?" Actually, it's the opposite. When someone knows that I will give more whenever I can, then when I say no, they know it's a real no and I can't give more this time.

We also use this concept to show that we care and that we're going the extra mile in our care and concern. If I'm with a teenager who is really upset about something, I might say, "I am so, so sorry that that happened to you. And, you know what else? I'm so sorry that that the other thing happened!" When I say, "You know what else?" He is not expecting me to say, "I'm sorry that that other thing happened" again. But I say it, and it shows him that I really care. I care on a deeper level.

When you're ready to leave your child's room, say, "Oh! I really want to stay with you for one more minute." When you give your child a dollar and five cents to purchase something in the dollar store, say, "You know what, I really want you to be able to get two things in the dollar store. Here's another dollar, and another five cents." When you need to leave in the middle of playing a game, say, "Hey! I actually want to stay one more minute because I'm having so much fun with you." Going over the time limit, or giving one more tiny item shows that you want to go the extra mile, and that whenever you can, you will. This is a deep level of pumping people up.

Boxing in time:

Another way to pump people up is by boxing in time! Boxing in is the idea that you want to "box in" time for your child/spouse/friend. You are anyways about to spend time with the person. How can you box in that time and make it more valuable and of greater quality? The first way is leading up to the event with anticipation. If you will be spending time together in two hours, you can verbalize: "Hey, in two hours we will be playing that game and I can't wait." Right before the time that you spend with the person, you want to box in that time to show them that it is just for them. You may say to your child, "Dovid, can you please put my phone in the kitchen drawer. Right now, we will be playing together and we don't want anything to disturb us. I need it completely out of sight as I want to spend a few minutes talking/playing with you, and I don't want to take any calls." During the time we spend together, we want to solidify that time with them and say, "Hey, it's just us now playing this game and I am having a great time with you." After the game is done, regardless if it was for two minutes, five minutes, or a half hour, we want to remember that time. Later in the evening or the next day you want to remind your child what a nice time you had with them. You may say "Dovid, that time we spent before was really fun. I had a nice time with you. I can't wait to do it again soon."

Hang-Up Versus Hold-On Relationships

The deeper the connection the more pumped a person feels! Let's talk about the difference between a hang-up relationship verses a hold-on relationship with people. If you're on the phone with someone and you have to go, you hang up the phone, and you are no longer on the phone with them. But what about if you're on the phone and you just want to do something in your house; you keep them on and say "hold on." The connection is still live. They can continue listening to you and they can continue hearing what you are doing. As soon as you finish your activity you talk to them.

As parents, many times we end up using what we call a hang-up relationship.

The child asks, "Can I tell you a story?" The mom responds, "Not now." Or "Can I show you this picture?" The parent responds, "Not now, go to bed..." How many times a day do we say to a child, "Not now" or "I'm busy?" Are we "hanging up on them" when they are about to tell us something...? What about if we keep our children in a hold-on relationship. We start to say yes. We may say hold on but we don't hang up. The child asks, "Can I play a game with you?" And you answer, "Sure, but first we will eat supper." Or the child asks, "Can I tell you the end of that story?" And you answer, "Of course, after I do this work meeting." Or the child asks, "Can I play on the dance machine again?" and you respond, "Certainly, but first we will go to sleep and in the morning you can play again." This maximizes your relationship with your child, because even when you are not talking to your child, you did not shut them out of the relationship. It is on hold and continuous. This can be done with all relationships and not just children!

Remember, when:

We want to constantly remind people of fun times we had with them; of little affection games we have played with them. For example, "Remember that time when it was late at night, we were out in the country, and we played that game? It was so much fun!" Reminding a person of fun times is always important, and is especially important during challenging times. It pumps people up knowing that you remember about the fun time you had with them.

Having fun by the Seder and over Yom Tov:

We spoke in a previous article about how an important way to increase connection and pump people up is to have fun with them. People of all ages need to have fun. Here are some fun ideas you can do over Pesach:

The wine bottle

Create a large wine bottle out of poster board. Draw lines across the wine bottle in an effort to make a visual of reaching the top. Each time a job is complete, color in one line of the bottle, starting from the bottom.

Room by room

Every child gets to choose a room in the house. Give them a job to start in that room. Every 15-30 minutes, you say "switch" and everyone switches rooms and continues the job that is in the new room they entered.

Music or cleaning

Turn up the music while cleaning. Set a timer for a random time, for example 17 minutes or 43 minutes. When the timer rings, everyone joins in a predetermined room to do a Pesach dance. Any moves constitute a Pesach dance.

Hide the Afikoman

Color or draw a Matza. Play hide and find with the Matza.

Alef Bais Pesach game

The first player says a word that starts with an Alef that has to do with Pesach. The next player says a word starting with a Bais that has to do with Pesach.

Pesach Number game

Think of a number between 1-1000, but do not tell anyone what it is. For younger kids, it can be played 1-10 or 1-100. For added challenge the number can be 1- 1 million! Yes, that is fun! The second player has to try to guess the number. Here is the fun part. You have to tell the player if it's higher or lower without

using the words higher or lower, but using Pesach words such as Haggadah for higher and Leil Shimurim for lower. So, if the number you are thinking of is 888 and the player says 1000 you say Leil Shimurim (meaning the number is lower).

Haggadah Game

All players have a Haggadah in hand, and each person is opened to a different random page. Call out a letter of the Aleif Bais and everyone blurts out 5 words that start with that letter that they find on that page. For added difficulty, try playing that you find 5 words that END with the decided upon letter.

Act out a scene

One person acts out a scene to do with Pesach, and players have to guess what they are doing.

Some examples: Splitting of the sea, lice, cleaning for Pesach, leaning while eating Matza, looking for the Afikoman.

The table of household items

Think of a household item used on Pesach. Describe it in one word. Count to 5 backwards. On zero, everyone calls out their guess of the household item. Anyone who does not guess the correct household item has to go under the table and start doing a silly motion before returning to the game. Caution: this game causes lots of laughter.

We have a tremendous amount of love in our hearts that is readily available to share with others. Pumping up the people around us has so many benefits including: it makes us feel good, it generates a positive atmosphere, it makes the other people feel great and worthwhile, and it can actually change a person's whole life!

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

Song:

Tune: Se'u She'arim Rasheicheim

Low:

Hashem, You are right near me

You're with me every day

I'm relying only on You

To help me in every way!

High:

Hashem, You're my best Friend

I'll talk to You again and again

Tons of Bracha You send

Your kindness never ends!

Low:

Hashem, You always hear me

Every word I say

You are watching and protecting me

Every single day!

High:

Hashem, You're my best Friend

There is noone but You

Ein od Milvado

You always help me through!

Low:

Hashem, You're taking care of me

For all of my needs

I can hear, taste, touch, and see

And feel, and talk, and breathe!

High!

Hashem, You're my best friend

You shower me with love

And I love You so much

Ta'amu Ure'u Ki Tov!

Low:

Hashem, You are my Beloved

My Shepherd leading me

I never have to worry

You are watching me!

High:

Hashem, You're my best friend

I'll say it again and again

Hashem, You're my best friend

And I love You, hashem!

As an adult, I try to sing this song all the time! I try to change up the motions or dance steps as I sing this song. This creates a function called expansion. When we add change to something while we are singing, it helps solidify the feelings associated with it. The more times we sing and add a small change, the more neural pathways we have connected to what we are doing. This helps it become more integrated into our beings.

We are including some of our favorite songs from past issues so you can have them over Pesach!

Song: Tune: Hashem is here, Hashem is there

Hashem is good,

Hashem is good,

Hashem, Hashem is only good.

Hashem is good,

Hashem is good,

Hashem, Hashem is only good.

Yesterday, today, tomorrow,

Thank You, Hashem for joy and sorrow.

Everything is from Hashem,

Hashem is only good.

Song:

Tune: Ohr chodosh, ohr chodosh al Tzion ta'ir

One Two Three (motion: snap and clap)

One Two Three (motion: snap and clap)

Hashem loves me! (motion: snap and clap)

Dance to the beat (motion: dance)

Dance to the beat (motion: dance)

Hashem loves me! (motion: dance)

Wave your hands up high (wave hands up high)

Wave your hands up high (wave hands up high)

Hashem loves me to the sky! (wave hands up high)

Say it again (motion: dance)

And again and again (motion: dance)

I am loved by Hashem! (motion: dance)

Song:

Tune: Yom Zeh l'Yisroel Orah V'simchah
Hashem, I love you
Hashem, yes, I do
Everything that I have is a loan from You
Hu Haitiv, Hu Maitiv, Hu Yaitiv Lanu (Hashem always did good, always does good, always will do good)
All I can say is thank you!

Song:

Tune: Shabbos is coming:

We are so lucky, we're going to sing
We are going to sing and shout out loud
We are the children of Hashem
Hashem loves us and we are so proud!

High:

Let's dance the hora — we love the Torah
Let's spin and spin — we love all the Yidden
Let's dance again — we love Hashem
Tell it to the world — we are a chosen nation!
Let's jump up and down — we love the Mitzvos
Let's turn around — we love Shabbos

Let's clap near the ground — we love Hashem
Tell it to the world — we are a chosen nation!

Song: Tune: V'taher Libeinu L'avdecha B'emes

Hakodosh Boruch Hu — I need You in my day
Hakodosh Boruch Hu — please be with me today
Hakodosh Boruch Hu — my life is up to You
Hakodosh Boruch Hu — I'm relying on You
If you are in pain add:
Hakodosh Boruch Hu — I need You right away
Hakodosh Boruch Hu — please take this pain away!

Tune: high part of Al Tira Ki Yaashir Ish

Hashem is good and only good
Even when we don't see why
My Neshama is smiling from ear to ear
Even if my Guf does cry.
Your Neshama too will be smiling strong
When you believe and you know
It's only Hashem running the show
Ein Od Milvado!

Tune: Ana, Ana, Avda D'kudsha, Berich Hu.

I know I know I know Hashem You are with me
I know I know I know Hashem You love me
I know I know I know Hashem You're sending me loving care
I know I know I know Hashem You're always right here
I know I know I know Hashem You are my best friend
I know I know I know all the good is from You Hashem
I know I know I know I am never ever alone
I know I know I know Hashem You're in my home
I know I know I know Hashem gives me everything
I know I know I know Hashem You're my father and my king
I know I know I know Ein Od Milvado

I know I know I know everything is only You
I know I know I know my heart is beating because of You
I know I know I know I am breathing because of You
I know I know I know I have food because of You
I know I know I know I have a bed (fill in your own) because of You

Hashem You're my best friend every single single day
No matter what no matter when — every single single day
Hashem, I love You so — so so so so so so much
Hashem I thank You so — so so so so much!

Song:

Tune: Dror Yikra Lvein Im Vas Vas Vas Vas

Hashem, You love me so, so much YES YES YES!
Hashem, You give me so, so much YES YES YES!
Hashem, You're watching over me YES YES YES!
Hashem, You're always with me YES YES YES!
Hashem, You made this whole world for me YES YES YES!
Hashem, You are carrying me YES YES YES!
Hashem, You are protecting me YES YES YES!
Hashem, You're taking care of me YES YES YES!
Hashem, You are my best Friend YES YES YES!
Hashem, I'm relying only on You YES YES YES!
Hashem, I thank You so, so much YES YES YES!
Hashem, I love You so, so much YES YES YES!

Feeling Hashem's Love!

Taamu Ure'u Ki Tov Hashem — see and realize how wonderfully good Hashem is and then Ashrei Hagever Yecheseh Bo! Seeing the goodness of Hashem is what helps us to rely on Hashem. Saying 100 things you thank Hashem for shows that you know Hashem is the One giving you every single thing that you have! Rabbi Niehaus in issue #142 of The Spring Hill Times explained that saying Asher Yatzar is not just to help for Refuah it is to help for everything because it shows you know it is Hashem that does everything! Hashem has compassion, pity, and love for us. Thanking Hashem for the good allows us to be fully reliant on hashem!

In Yesod #1825 on A Life With Bitochon, Rabbi Golombek explains how seeing and realizing the beauty in Hashem's world is what allows us to become very close to our loving, caring

Father and best Friend Hashem!

Rabbi Safdieh explains, "When a person is reliant and has no Safek at all, then the Bitochon is the Sibah for the Yeshuah! By Krias Yam Suf, Nachshon Ben Aminadav jumped into the water and then it split. The Yeshuah happens when you are 100 % completely sure of Hashem's Yeshuah and ability to do anything. And Rabbi Golombek has taught us, "Hakol Yochul," everything is easy and possible for Hashem!

A person has to imagine they already got the Yeshuah, and relying on Hashem is an absolute!

Hashem is the only address to go to; there is no one else!

I was singing this song "Ki Tov Hashem L'olam Chasdo V'ad Dor Vador Emunaso." I thought that perhaps you see the Tov of Hashem and therefore it is much easier to have the Emunah, like Like it says in the song KI TOV Hashem and then V'ad Dor Vador Emunaso!

We have to be so sure, like Rabbi Safdieh explained the Posuk,

"The watchman waits for the sun." He knows his shift is over when the sun comes up and he knows for sure the sun will come up. That is how we have to rely on Hashem with certainty.

It says in Ahavah Rabbah, "Hashem loves us, Our Father, Our King. Unify our hearts to love and fear Your Name." Then it continues and says, "Ki B'Shem Kudshecha Hagodaol V'hanora Batachnu, because we have trusted and relied on Your great and awesome holy Name," THEN "Nagilah V'nismichah b'yeshuasecha, we will rejoice and exalt in your salvation." It says it is BECAUSE we trusted in you THEN we will rejoice in your salvation. We all need to be reminded: You did not get better because you went to the doctor, rather it was Hashem's salvation. The shadchan did not make your daughter's Shidduch — it was Hashem's salvation. The money did not come from the person who gave it to you. It was from Hashem's salvation.

It says LaHashem Hayeshua Al Amcha Birchasecha Sela. Hashem in His great mercy sends us the Yeshuah to us, His blessed nation. We are blessed. We are Hashem's child. We are Hashem's sheep. We are being taken care of lovingly by Hashem, our Father. Rabbi Sutton explains in the Bais Halevi on Bitachon that it is better to trust in Hashem than to trust man, as it says, "Tov Lachasos Bahashem Mivtoach Ba'adam" What does this mean? He explains it is better to trust Hashem even if he did not give a promise to you for that specific thing than to rely on a man who gave his word. Hashem is our Rock, as it says "Tzur Chasayu Bo." Just as a traveler will find shelter under a rock in a storm even though the rock did not say so, if we completely and totally rely on Hashem, then Hashem comes through 100 percent, as it says, "Tzuri v'lo avlasah bo." Rabbi Sutton writes that when one completely relies on Hashem, that is when Hashem 100% will come through for him. He gives the following explanation: If a person named Chaim lives in a town, and the one person in town who has a car is R' Dovid. Chaim needed to catch a flight, so he called the one person with the car, R' Dovid. Before R' Dovid had a chance to say that he can pick Chaim up, the phone dies. Chaim knows that R' Dovid is coming to get him because he is relying ONLY on R' Dovid. There is no one else who can help him. And R' Dovid comes through because he knows that Chaim is 100% dependent on him! The same is true with Hashem. If we are relying 100 percent on Hashem and no one else, then Hashem comes through for us! Hashem loves us day in and day out. When we put on our "Hashem loves us glasses" we will see those occurrences by the dozens.

On Shabbos my friend shared a story about how the Ribnitzer Rebbe went to the water to use as a Mikva in Russia. He had to crack the ice to go inside, however when his Talmidim put their hands in, the water was warm! I shared with her that I was at a pool and the water was freezing. I could not swim and I wanted to swim right then. I said, "Hashem, You are in charge of the water temperature," and lo and behold, three seconds later I went back in the pool and the water was completely warm! This reminds me of the time I was in my hotel room on Shabbos on the eighth floor on late Friday night, with the air conditioner blowing. The room was really cold and uncomfortable. My sweatshirt had gotten ruined earlier that week, so I did not have it. I strengthened my Bitochon and said, "The air conditioner is not in charge of the air that comes out of it; Hashem is." A few moments later my room was warm enough to go to sleep!

Mayer'ke, an eight year old boy who lives in Monsey, said he saw how much Hashem is showering him with love! He shared that his toast fell and it spun in the air, and it landed with the chummus-side up. Also, it landed on the baby mat so he was able to eat it still because it was clean! Then he was on time to Cheder

and wasn't late. What a present from Hashem!

Recently I was on a plane and the baby in the seat behind me was screaming. The mother and father were trying to soothe the baby to no avail. This was going on for about 30 minutes. It was really difficult to listen to the screaming. Then I said, "One second, Hashem is the ONLY ONE in charge of the baby's crying." I started to whisper Hakol Yochol and within minutes the crying stopped. In other news, I was at my friend's house and her baby kept crying and not going to sleep. I started to sing Hakol Yochol and within minutes the baby was sleeping peacefully.

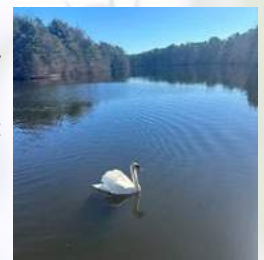
A few months ago, a woman called me up in desperation and asked me for twelve thousand dollars. I told her that I would ask my bank to give her three times that amount by the end of the day. Then I added that my bank was Hashem and I'm going to talk to Hashem and rely on Hashem to send her the money (even though I was not giving her any money at that time). I then showered her with Brachos and words of encouragement. Later that night I got a call from her that, indeed, she had received money all day, way more than ever surpassed her dreams. I was so excited and reminded her that Hashem is our only Bank and we just need to ask Him to wire us the funds and wait peaceful with Menucha for it to come!

I wanted a certain rain jacket that I saw one time when I was in Florida and I wasn't in the mood to spend the \$72.00 on the rain jacket. The next time I was in that area, when I arrived at my hotel, they did not have the exact room I booked available, and they gave me a very similar room (that worked fine for me). However, they gave me a gift card for \$75.00 because they downgraded me. The gift card was only able to be used at their restaurants and bars that were not Kosher and ... at their market. The market was the very place they sold the jacket that I wanted. I felt Hashem just sent me the jacket!

All day long we can find stories to see Zeh Hashem Kivinu Lo. Zeh Hashem: this is Hashem that I see — Kivinu Lo when I hope to Him and only Him and rely on Him! On Pesach many things are different, and in our lives things can constantly change; however, one thing is always the same "Hashem is my best Friend!"

I took this picture on my walk! Can you think of twenty uses for trees?

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



Disclaimer: All information is for educational purposes only. For any medical or mental health advice contact a healthcare professional. Names and identifying details have been changed.

Thank you to my parents and family for always pumping me up and being there for me! Thank you, Hashem, for showering me with daily love and kindness in millions of ways. © 2024 Dr. CFY Phd LCSW Text/call 732-534-2250 to give feedback on Ahavah Rabbah.

A VISIT TO R' DANIEL!

Recap: A most amazing piece of information that is too good to be true, came to our attention. Here in New York lives a very old man, who is the last known remaining living Yid who left Mitzrayim. His name is R' Daniel and he is from Shevet Don. When he left Mitzrayim, he was a 15-year-old boy and today he is 3350 years old! He lives today with his great-great-great-grandchildren in Monsey, New York. The Spring Hill Times has been granted the rare privilege of being able to interview him from time to time.

It was a beautiful spring morning and we set out to visit R' Daniel in his house. We couldn't wait to hear firsthand details about Yetzias Mitzrayim from someone who experienced it.

R' Daniel was so happy to see us! We had a most fascinating interview:

Spring Hill Times: Can you please tell us about the last few days you were in Mitzrayim?

R' Daniel: Sure, I can never forget those days!

Spring Hill Times: Were you excited over the fact that you were going free?

R' Daniel: Sure, we were! But truth is we were much more excited over something else. We just couldn't get over the fact that Hashem chose us to be His nation!

We were so excited to perform our very first mitzvah: the Korban Pesach. I remember how my father couldn't sleep for four nights in a row! He couldn't get over the fact that he would be performing a mitzvah. It was the only thing he was thinking about!

Interestingly enough, in the end he wasn't able to shecht the Korban Pesach himself, he needed to appoint a shaliach to do it.

Spring Hill Times: Why? What happened?

R' Daniel: When he lifted the knife to shecht, his hands were trembling from

excitement! As much as he tried, he just couldn't control them! He tried for over one hour without success... I never saw him so excited in my entire life...

We tried calming him down but nothing worked...

Spring Hill Times: Wow, it must have been so amazing doing the very first korban Pesach!

R' Daniel: Boy it was! And so was every Korban Pesach I was zoche to bring. Unless you experienced it, it's impossible to describe... The closeness to Hashem... The kedusha... The joy of fulfilling His mitzvah... Giving Hashem pleasure... I would give away all my money just to experience it once more...

Spring Hill Times: If only we also would be able to bring the Korban Pesach...

R' Daniel: Don't worry, you will! Very soon!

Spring Hill Times: But the galus has lasted so long...

R' Daniel: Don't ever give up for even for one second! I remember, how out the blue, a man showed up one day and told us, "פקוד פקדתי" and we were in total shock! We couldn't believe it was really happening! It was exciting beyond description!

So, as hard as things seem, and as long as this galus has been, the yeshuah will come soon and it will be so sudden!

From one minute to the next, everything will change! Get yourself ready today! Pack your bags! Put aside a beautiful suit, tie, shirt to put on when you go greet Mashiach!

There is a dream life waiting for all of us, just show Hashem how ready you are!

Spring Hill Times: Wow! This is so exciting to hear! But does Hashem really want us back? Are we good enough for Him?

R' Daniel: First of all, let me tell you

a beautiful mashal I heard from Rabbi Y.Y. Jacobson:

It was supper time and Sarah was cooking a soup for her husband Yitzchok. The delicious smell filled the house. She took the pot off the fire and poured some soup into a bowl. She was about to serve her husband when there was a knock on the door. It was Avraham's business partner. "I have something very urgent to take care of in the business," said Avraham to his wife, "I need to go. I'll be back soon."

Avraham leaves the house to take care of what he needed to do. Things didn't go as fast as he anticipated and days stretched into months. Months into years...

Two thousand years later Avraham finally comes back home. He knocks on the door and goes inside and he sees his wife Sarah standing there still holding the soup, waiting for him!

All Avraham was able to say was, "Wow, wow, wow... I knew what I was doing when I married you!" It made no difference to him that the soup was old and cold.

When Hashem is going to come back to us and we are still keeping His mitzvos, after 2000 years, the only thing He is going to say, "Wow, wow, wow, I knew what I was doing when I chose you," and is going to give us a loving embrace!

There is no doubt that His love for Klal Yisrael is as great as it ever was!

Can you imagine the nachas ruach Hashem has from us? He sent us into exile between the other nations over 2000 years ago. Yet we are still 100% loyal to Him!

We say, "No" to the sweetest, largest, easy accessible and most fun pleasures that ever existed in history and we say, "Yes," to Him!

The world today is full of the greatest tumah in history. Yet Yidden ignore it all! They live their lives the way Hashem wants them to!

Count all the chesed organizations that there are in Klal Yisrael and you most likely will see that we have double, triple or more volunteer chesed and tzedakah

organizations than all the other nations put together!!!

Klal Yisrael today is a shining star that is just getting brighter and brighter by the minute!

The party is all set and ready!

The "Welcome Back Home" signs are already hanging on the doors! The delicious food is all cooked! The cakes and cookies are all baked! The fruit is all cut up and set up on platters! The golden tables studded with diamonds and precious stones are all set! The waiters are standing around all ready. The 100,000 piece band is already playing the introduction song...

The smells are too delicious to describe! The food is too scrumptious! The magnificent chandeliers are too stunning... The plush cushioned chairs are too comfortable... The wine is out of this world... The sweetness of the music cannot be described...

Spring Hill Times: Wow! This is too fantastic to even think about...

R' Daniel: But it's 100% true! This is real!! It's already happening!!!

Spring Hill Times: We can't wait to share this with our readers. This is exciting beyond words...

We had so many more questions to ask, but R' Daniel needed to go. He needed to complete cleaning for Pesach... And we too needed to go clean...

Spring Hill Times: It was so wonderful speaking to you again! We look forward to coming again soon!

R' Daniel: Yes, I really enjoy your visits! Come back again please! Be'ezras Hashem next time in Yerushalayim Habenuya!

Spring Hill Times: Amein!! Chag kasher v'sameach from all of our readers.

R' Daniel: A kasherin & freilichen Yom Tov to you and all your readers!

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



Enjoy & Indulge
 Enjoy Today. Enjoy Tomorrow.

Delicious Reward Waiting for You in the Next World!

Yum...

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

Just Serve Hashem with a Heart Full of Love!

Paradise Sunrooms
 Love Living

Enjoy the beautiful outdoors from the comfort of your home...
...in OLAM HABA!
 Just be Loyal to Hashem!

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!

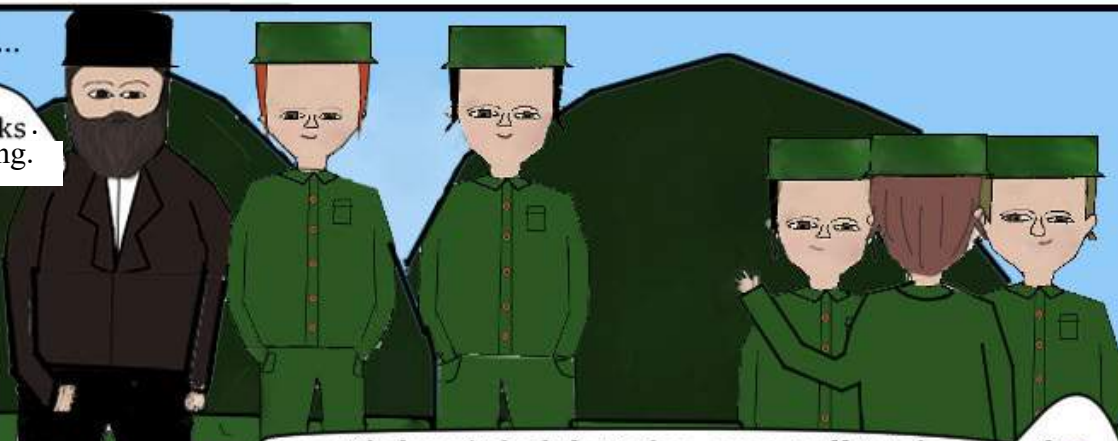
R' Aharon Pietricov was a chaplain in a Polish army camp. It was almost Pesach and they needed potatoes for Pesach. He and the reform Rabbi, who didn't care about having kosher l'pesach food, asked the general who only agreed to give them beans. He went to R' Meir Shapiro to ask him what to do. R' Mir said it's assur

They won't starve, the Heilige Chazal who forbade the beans will feed them. Explain to your soldiers that they are not being Moser Nefesh for kitniyos, they are being Moser Nefesh to not give into the reform movement, who want us to give up our entire Yiddishkeit.



When he got back...

Yiddeshe soldiers come to the barracks. We're have a meeting.



What did Rav Meir Shapiro say?

He said we can't eat the beans! That would be giving in to the reform movement. They'd find out and walk around commenting that the frum Yidden don't care about gezeiros!

Jews, Khelmenitsky left. He has some stuff to take care of - before you respond with loud sighs of relief and excited cheers I need to finish. I'll be taking over AND I'M A LOT WORSE! KHELMENITZKY SAID THAT HE'S GIVING YOU BEANS THE WHOLE PASSOVER BUT I'LL JUST GIVE YOU POTATOES! YOU HEAR THAT POTATOES ALL WEEK! HA HA HA



JUST AT THAT MOMENT...

The End

MR. MIDDOS

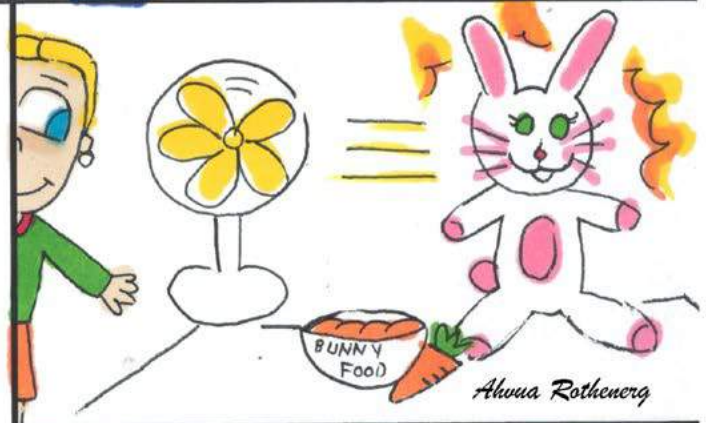
BEEP!

ERTMIDDOSALERTMIDDOSALERTMIDDOSAL

MIRI, AGE 9, BROOKLYN NY



"HEY, THERE'S MUSIC COMING OUT THE HOSE!"
 TUNE: JUMP, JUMP, JUMP (HIGH)
 TZAAR BAAL CHAIM
 PLEASE DO NOT DO
 TZAAR BAAL CHAIM
 BOTH ME AND YOU
 DON'T HURT OR CHASE
 ANY ANIMAL
 TZAAR BAAL CHAIM
 DON'T DO THIS SIN
 AND HASHEM WILL BE PROUD!!! :)



BY AHUVA ROTHENBERG

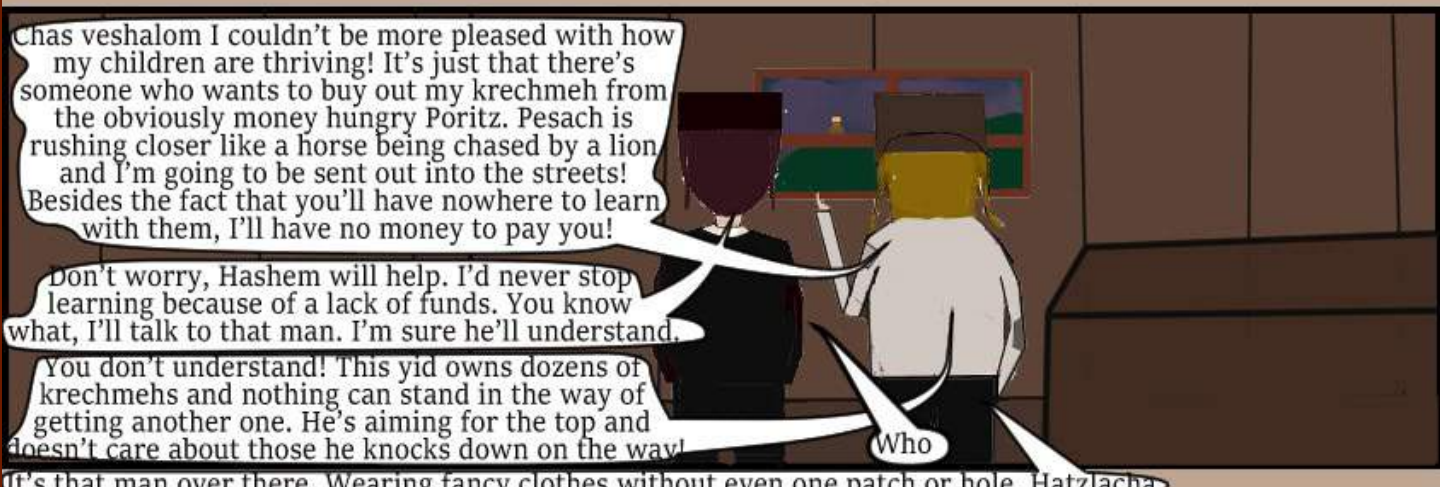


Baruch Hashem, watching my children learn with the Melamed is a taste of gan eiden. I wish it could last forever. They seem excited for him to arrive each day and they learn with such a geshmak!

Kein ayin hara, your kinderlach are learning very well. It's a pleasure to teach these budding Tzadikim! What's the matter?

Enjoy it while it lasts. This might be your last time with them.

You're not happy with my work?



Chas veshalom I couldn't be more pleased with how my children are thriving! It's just that there's someone who wants to buy out my krechmeh from the obviously money hungry Poritz. Pesach is rushing closer like a horse being chased by a lion and I'm going to be sent out into the streets! Besides the fact that you'll have nowhere to learn with them, I'll have no money to pay you!

Don't worry, Hashem will help. I'd never stop learning because of a lack of funds. You know what, I'll talk to that man. I'm sure he'll understand.

You don't understand! This yid owns dozens of krechmehs and nothing can stand in the way of getting another one. He's aiming for the top and doesn't care about those he knocks down on the way!

Who

It's that man over there. Wearing fancy clothes without even one patch or hole. Hatzlacha!



Hey, Melamed what's doing? I'm Dovid!

Shalom Aleichem R' Dovid I'm Yisrael!

Listen to me if you do this, you will come to me crying one day! You hear?

I don't need your hand. As you can see, I already have two. Now, I'm kind of in a rush to go to the Poritz. What's the problem?

You want to take away another yid's home and parnasa right before Pesach and you don't see a problem?

Exactly! You phrased it so well. Any other musser?

Is the Poritz available?



Dovid's here

It's so unfair! Dovid, who barely works and is a Jew, is swimming in an endless amount of Rubels and gold. I on the other hand, work like a dog for a Poritz that eats like an army for no more than a Prutah or two!



I've been waiting all day!



Talking about food, bring me the roast you prepared!



You only woke up a few minutes ago after sleeping for two bagels!

It won't fit through the door- I'll get Dovid for you

I'd like to purchase the tavern we spoke about!



But it's right before Passover. You can't do that! That Jew pays on time, and he needs the money he gets from the peasants!

I'll pay you a lot more than him. I'll go get the money! See you in a little.



That Jew needs to share some of his wealth with poor, me. I know, I'll go tonight, Dovid's in rush to go to the Poritz. He'll be riding through the woods with a lot of cash! I just need to catch him then!



At home..



On the way to the Poritz...

AHHHHHH OWWW Where's my money?



At the Poritz's mansion

Give it to me! Why do you have to tie me up?

So no one will find out about our little encounter. Bye, have fun alone in the dark!

You tied my foot so tight! I feel myself losing circulation!



I'm going to look for Dovid in the woods. I'm worried, maybe bandits got to him?



Oh no! He's unconscious! I really hope he's still alive. Oh there he's awakening.

Where am I? What happened? OUCH MY FOOT! IT KILLS!

Who did this to you?

Your ser- I couldn't really see him in the dark, and I don't usually have any acquaintances who are that type of person...



Come I'll have you carried into my wagon, and I'll bring you home.



Years later

Dovid, you've been in bed since that Pesach so many years ago.

Don't rub it in. What are you suggesting? The greatest doctors and kishuf machers have been coming practically daily. All to no avail!

I've heard about Rav Yisroel Baal Shem Tov, a great Tzadik who lives in Mezhevitch. He is known for his tzidkus and kedusha in all areas. We're not that far. It's worth a try.

If no one helped me till now what are the chances that some Rabbi in the other town will help? It's not worth all the pain my foot will go through by traveling out there!

Dovid! You tried everything in the gashmiyus realm! Trying for a ruchniyus hatzala won't hurt! Anyway the wagon I hired for this is here.

When they arrived

Rebbe, there's a yid here that's having some trouble walking, and would like to be carried in.

Tell him to get up and walk on in!

A minute later...

I - I - I don't believe it! I could walk! It's not perfect, but better than I would've expected! Oy vey! I. I. I. might just faint! I don't believe it! R' Yisrael, the melamed! Rebbe! I'm sorry I should've believed you back then, and not tried to take away the parnasa of another yid before Pesach!

I want you to go and lease the forest from the Poritz, I want you to chop the wood as lumber and give as many yidden parnassa as possible.

Okay, thank you Rebbe for letting me recover here.

When he arrived
Hello, I would like to lease the wood

Dovid, we lost all our connections after that day, and the money got robbed from you! How will you lease the woods from a money hungry Poritz?

You're the one who's so into Emunas Chachamim, Hashem will help!

You sure can!

You know my right-hand man, my servant. He was acting suspicious recently. To make a long story slightly shorter - I caught him and his partner in crime red handed! Wait a second do I have an idea! Would you want two free "workers" to chop down the trees under the eagle-eyed supervision of my guards to guard you from these thieves? I found plenty of money in the criminals' position; the exact money stolen from you on that tragic night!

If this is the punishment that Dovid got

For taking the krechmeh, an inconsiderate plot

Stuck in bed in great pain with no cure in sight

Robbed, injured, and tied to a tree the whole night

Imagine if he would've given him money

The schar he would've gotten for helping an Ani

Now before Pesach we have the special Zecheya

Maos chitim gives our Yom Tov an entire Aliya

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

Hashem told the Yidden in Mitzrayim they should not leave their houses on leil Pesach. Chazal say that once the mashchis has permission to kill, he does not differentiate between a Tzaddik and Rasha. We hear on A Life With Bitachon that everything that happens in the universe, from beginning to end, is coming directly from Hashem, and that everything is perfect. If so, why are we afraid of a 'mashchis' if no mashchis exists? In addition, how could it be that Hashem would just kill tzaddikim for no good reason? This Chazal is also making me very scared that something bad could happen to me....

First of all, to think that there is an independent power to a "mashchis" is a lack of belief in the first of the yud-gimmel ikarim, "Hu borei u'manhig l'chol hab'ruim." It's k'neged the alef-beis of emunah. Chas v'shalom to be scared and think that the world is out of control, to think "leis din v'leis dayan." Before we explain what the p'shat is in this gemara, it's important to note what peshat isn't, what the gemara does NOT mean to say. After you know what it does not mean to say, then we can work on figuring out what it does mean to say. To learn the gemara k'peshuto would actually turn a person into a kofer and apikores. Because if you think that there's an independent koach called a satan, you think there's an independent koach called a malach hameves, that means you don't believe in one of the yud gimmel ikarim. And by not believing the yud-gimmel ikarim, a person loses his status of being a ma'amin in yiddishkeit.

So the first thing is to realize Hashem is Boreh u'Manhig. The Peleh Yoetz says that really you should make your whole life's career to chazer over the first of the yud-gimmel ikarim – Hu boreh umanhig. You have to spend your whole life working and growing and shteiging in Hashem Hu boreh umanhig, Hashem is the only One, there's no koach to the satan, there's no koach to the malach hamaves, there's no koach to baal bechira, there's no koach to teva, there's no koach to anything other than Hashem. Because if you don't chazer it over your whole entire life, your eyes can show you exactly the opposite. Our eyes show us what seems to be cause and effect, our eyes show us the illusion of teva – laws of nature. Our eyes show us that there seems to be a koach to baal bechira.

Similarly, there are chazals and mareh mekomos that make it seem like there's a koach to the satan, to the malach hamaves, to a baal bechira. R' Avigdor Miller says that this is why you need a live Rebbe. A yid whose emunah doesn't come from a live Rebbe and a mesorah can become a kofer and apikores. This is an example... if you learn the gemara according to what it seems to be saying k'pshuto, you have no understanding what chazal actually are saying and now you lost your emunah. R' Avigdor Miller brings from a gemara that when they asked a certain tanna or Amora how do you know this and he said from his rebbe. The gemara says how did his rebbe know? From his rebbe. And how did his rebbe know? From his rebbe! All the way up to Moshe Rabbeinu and all the way to a possuk in the Torah which came from Hashem. So many meforshim ask, R' Chaim Shmuelevitz, R' Avigdor Miller, why doesn't the gemara bring the possuk from chumash right away as the proof? The teretz is, says R' Avigdor Miller, because you can't even learn a possuk in chumash without having a rebbe. You can't learn a maamer chazal without having a rebbe.

R' Chaim Volozhin explains that when you believe 'ein od milvado,' actually what you are doing is taking away the ability of teva, a ba'al bechira, or the malach hamaves to have any effect on you. You say, "Hashem, I don't believe in it," and therefore the koach it seemed to have vanishes and disappears into thin air. That's how ein od milvado works.

You have to make it your life's career to really believe "ein od milvado." It's brought down in the biography of Rebbetzin Kanievsky that she lived in Eretz Yisrael right next to the border of Jordan where the Arabs were. The snipers were constantly shooting, and they hit one of her sisters. She asked her zeidy, R' Aryeh Levin, "How am I supposed to live like this? One of my siblings was already niftar. They're shooting constantly!" R' Aryeh Levin responded, "Just say ein od milvado." Don't believe in the power of teva, of the snipers, of the malach hamaves. In the biography it brings down three instances when snipers shot directly at her and Hashem altered the path of the bullet so it wouldn't hit her! Three times!



You see there's no malach hamaves, there's no satan, there's no baal bechira – there's only ein od milvado. There's only Hashem! There's only Hashem! There's only Hashem!

R' Shimshon Pincus brings down from the Meiri, that ad kedei kach that that's why our emunah can't come from mareh mekomos, can't come from seforim, can't come from chazals. If your emunah comes from sources and mareh mekomos, today someone will show you this source, tomorrow someone will show you that source, and then your whole emunah will be wishy-washy. And emunah, says R' Avigdor Miller, means steadfast. It means I am strong, I am steel. So if your emunah comes from mareh mekomos, and sources and chazal, it's not going to be steadfast. Every day you'll see different mareh mekomos. So don't believe anything kpushuto if it sound kneged emunah! Says R' Shimshon Pincus from the Meiri, so where does our emunah come from? Emunah comes from our Bubbes! You know what our Bubbes said? Altz iz bashert!

So now that we know that altz is bashert and there's no baal bechira, I'm just going to say one more point and then we'll get to what the gemara does mean.

Says R' Chaim Kanievsky, if a person has no aveiros then the malach hamaves can't kill him. When it says eino mavchin m'tzaddik l'rasha – it's not talking about a tzaddik gamur, it's talking about a tzaddik relative to the rasha. But avada if a person has no aveiros then the malach hamaves can't kill him. Just to show you that the malach hamaves really has no koach.

That's just the introduction to get to what the gemara does mean to say. The gemara means to say that whenever there's a dever ba'ir, there's a kitrug, there's a shaas sakana, a makom sakana, so there's a klal that hasatan mekatreg bshaas hasakana. The satan goes to Hashem and he's mekatreg. Why should you save this person if he has this aveira? Why should you save that person if he has that aveira?

Now, remember, as we are explaining what the satan is doing, don't forget that he has no koach and the only reason why he's doing it is because Hashem told him to do it. Hashem sent him; he's just a shaliach. It's all how Hashem runs this world. Hashem has shluchim, but when we see Hashem's shluchim, we know we have to remember and believe that they don't have any of their own power. They're all messengers. It's all just a puppet show. We live in a puppet show! That's why Spring Hill Times advertises every week "puppet shows." People have told me that they learn the puppet show advertisement as mussar bihispailus. They open it up and they chazer it over and over and over. Because that's what infuses them with emunah, that's what makes it sink into their bones, by realizing that it's all a puppet show. It's very important to see that advertisement and learn it over and chazer it over. So whenever we speak about what the satan is doing, remember, go back to the advertisement and remember that it's nothing more than a puppet show.



So, the satan, the malach hamaves, is mekatreg. He says, "Why should You keep him alive? He did so many aveiros." So what does it mean that Hashem gives him permission to kill without differentiating between the tzaddik and the rasha? It means that there's a gezeira that right now there is a makom sakana, and the hishtadlus that's required in order to survive in a makom sakana, for most people without extraordinary zechusim, is to run away. That's what the gemara is saying. The gemara is saying to run inside your house, to do hishtadlus.

Now, "that sounds so scary." So first of all, it's not scary at all, because it's not the malach hameves doing it anyway, it's only Hashem, and whatever Hashem does is because it's soap and shampoo, a tikkun for your neshama. So, if something happens that means it was soap and shampoo and that's the best tikkun, and now the neshama is by the Kisei HaKavod and smiling after getting its final tikkun. But if you still want to live, have no worries, have no fears. R' Chaim Volozhin says, just say "Ein od milvado." Just like Rebbetzin Kanievsky did. So bottom line is, either there's nothing to be scared about because you realize that it's all Hashem's love and the neshama of a person who is niftar is by the Kisei HaKavod, or there's nothing to be scared about because you'll say 'ein od milvado' and nothing will happen!

Story Time

Stories From 'A Life With Bitachon'

#1756 - This story was called in by a very chashuv Yi by the name of Asher Dov Leiberman. In his neighborhood, garbage day pickup is Tuesday. Every Tuesday without fail he makes sure to bring out the garbage. Last Tuesday, he forgot. Tuesday came and went, and he didn't bring out the garbage. Now the garbage was piling up and it was Wednesday already. He was trying to figure out what he should do. The garbage men don't come to his neighborhood on Wednesday, only to other neighborhoods. Then he stopped and said to himself, 'One second. Who's in charge that my day is Tuesday and the other neighborhood is Wednesday? You think it's up to the garbage men? It's up to Hakadosh Baruch Hu, the Ribono Shel Olam! He's Hakol Yachol! He can do everything and anything! I'm going to put my garbage out on Wednesday and say: "Hashem! You're the Kol Yachol! You can do everything and anything! You can make it that the garbage men will come pick up the garbage even though it's not Tuesday."

He put out the garbage. When he came back a little later, it wasn't there! The garbage men took it!



#1757 - This story was called in all the way from London by a very chashuv Yid whose name is Yoel Friedman. He lives in Golders Green. He said over that he got back pain and went to the doctor. The doctor said that he doesn't see anything wrong, but if he wants, he can get it checked out with an MRI.

R' Friedman called up the hospital to make an appointment. They said the earliest appointment is in five weeks. The location was an hour and a half away from where he lived. He asked to go on the waiting list for an earlier appointment, but they told him that there's a very long waiting list. He said, 'thank you so much,' and hung up. He was thinking to himself, "I don't want to wait five weeks! I want to take care of it right away, 1-2-3!"



He called up again and he asked them if there is anything earlier, or any cancellations. The person said, "I see a cancellation for a few days before the appointment I gave you last time. If you want it, you can have it, but you're not going to get anything better than that. You're going to have to wait a little over



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four weeks.”

He told the receptionist, “Do you believe in G-d? Do you know that G-d can do everything and anything? He’s Hakol Yachol! Just because you don’t see any earlier appointments, Hashem is the one in charge!”

The receptionist started laughing, “G-d can do everything and anything?” Then he said, “If it makes you happy, I’ll check one last time.” He looked at his computer and said, “There was just a cancellation, right now, as we speak, in one hour from right now! It’s in a different location. It’s in Golders Green. Will you be able to make it there in an hour?”

R’ Friedman said, “That’s where I live! It’s a few blocks away from me!” The receptionist said, “What! Are you serious? You were telling me that your G-d can do everything and anything! I see it first-hand with my own eyes!”

In no time, everything worked out perfectly!



#1758 - This story was called in by Mrs. Schwartz. Mrs. Schwartz said over that one of her relatives was getting married in Eretz Yisrael. She wanted to go to the chasunah together with her husband. People were telling her all different shticks how to get free tickets with credit card miles and points. She said, “Do you think I need shtick to get two free tickets back and forth to Eretz Yisrael? All I need is one thing and one thing only. Hakadosh Baruch Hu, the Ribono Shel Olam. He’s Hakol Yachol. He can do everything and anything! I’m just going to leave it up to Hashem! From where, from when, from how? I don’t have to give Hakadosh Baruch Hu eitzos how to fly me to Eretz Yisrael and back free of charge. The only thing I have to do is say to Hakadosh Baruch Hu, “I am planning to go to Eretz Yisrael, and You arrange everything else.”



Later that week, the phone rang. The person said, “Mazel tov! You have just won two free tickets to Eretz Yisrael!” She said, “Are you sure it’s me and not some mistake? I don’t know what you are referring to!” They replied, “Your husband donated money to our mossad, and we put all our donors into a raffle for two tickets to Eretz Yisrael, and your husband won! Therefore, you have two free tickets, round-trip, with everything paid for!”



#1759 - This story was called in by Mrs. Lander. Mrs. Lander said that she had a little child who was a very picky eater. It was very hard to get her to eat the proper food. One night, she spent so much time, energy and effort in making a delicious, yummy, scrumptious, hearty, healthy supper. She sat down and tried to feed it to her child, but the child refused to eat. She was thinking, ‘What should I do? I really want my child to eat this supper. I worked so hard, and it is so delicious. It will give her so much koach. But I see that I have no hishtadlus to do.’

Then she said, “One second. Actually, I have the biggest and the best hishtadlus.” She started saying, “Who is in charge of emotions? Hashem. Who is in charge of her eating? Hashem.” She started being mechazek and singing, “Hakol Yachol, Hakol Yachol, Hakol Yachol...”



Right afterwards, her child started eating and eating until she gobbled up every last crumb! Her child was smiling and said, “Yummy!” In no time, she ate up the whole plate, better than ever! ❖

Need Something?

Talk to Hashem!

HE LOVES HEARING YOU!



השמעני את
קולך!

הראיני את
מראיך!

The



Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. My family does not respect me at all. I feel like an outcast. How can I possibly thrive when I am not getting any support from my family?

A. There was another person in history who felt similarly: Dovid Hamelech.

When Dovid Hamelech was growing up, his family did not appreciate him at all. In fact, he was rejected. They considered him to be a mamzer. He was sent to tend the sheep in the wilderness amongst lions and bears.

Dovid Hamelech declared: כי אבי ואמי עזבוני, my father and mother forsook me. הבט ימין- וראה ואין- לי מכיר. Look at my right and see; I have no friends.

Since Dovid Hamelech did not have family or friends, Dovid Hamelech took refuge in Hashem; וה' יאספני, Hashem will draw me in.

And by making Hashem his family, Dovid Hamelech became the happiest person in the world. He rose to the level of ne'vuah and sang songs to Hashem all his life. Until today we get chizuk from Dovid Hamelech's Tehilim. In all situations in life, we turn to the holy words of Dovid Hamelech.

How did Dovid Hamelech become who he became? It was not despite

his challenges. It was because of his challenges. Since he did not have a family who appreciated him, he made Hakadosh Baruch Hu his entire life.

Another point you should realize: the Chovos Halvavos teaches Hashem sometimes puts tzaddikim in difficult situations in order to show the world that a person could be happy and serve Hashem under any circumstance.

You, too, can be a source of chizuk for so many people who have family issues. Teach the world by your example that even in a difficult family situation, a person could still be happy by deciding to live with Hashem, as Dovid Hamelech did.

Q. I have a brother who is extremely sensitive. As a result, whenever I have a conversation with him, I'm scared that he'll take offense to something I tell him.

A. Nervousness comes because people think that events are in their control. And they're scared that things might not turn out the right way.

In your situation as well, when you talk to your brother, you're nervous, 'How will my brother react to what

I say? Maybe I'll say something that he will decide to take offense from, and then he will be upset at me. Who knows?"

But you should realize. Hashem is the one in charge of emotions. He is the one who is going to determine whether or not he will take offense. And if he does get upset at you, it's still not his decision. It's Hashem who wanted it to happen.

Therefore, whenever you talk to your brother, certainly you should do your best to talk to him in a manner that won't hurt his feelings. At the same time, you have to realize that whatever ends up happening, has nothing to do with your sibling.

When you take your brother out of the picture and put Hakadosh Baruch Hu in his place, instead of feeling that you're walking on eggshells, you'll be confident that you're walking on safe ground. You know that you're doing what's expected of you, and Hashem will determine the outcome for your very best.

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Our Readers Share



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

Saved By Hashem!



I got home from school and no one was home. I called my mother, and she said she was in a store that is a 12-minute bike ride away from my house, and I could bike there and meet her.

While I was biking, I got hit by a car and I didn't get hurt and my bike didn't get damaged either!

A Reader

Hashem Helps Baby Fall Asleep



I am calling from Eretz Yisroel and I want to thank you so much for your gevaldige magazine. I want to share a story with you.

On Shabbos, we could not find the baby's pacifier. Our baby only goes to sleep with a pacifier. We couldn't find it anywhere and we didn't know what to do. Then we said, "Ok, it's Hakadosh Baruch Hu Who helps our baby fall asleep and not the pacifier." We were all mechazek in emunah and bitachon and we said that be'ezras Hashem if the baby falls asleep peacefully, we would share the story with Spring Hill Times. And... that is exactly what happened! The baby went to sleep peacefully and had a beautiful nap and even got up in a good mood.

Hodu LaHashem Ki Tov!

A Reader

Attention Readers!

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

Please keep you stories coming!

You are inspiring the entire Jewish Nation!

Please note: The recording time on our machine (385-381-0977) has a limit of 3 minutes, so if your message is longer than 3 minutes just call back and finish your story.

Bitachon Boots



A few days before

Succos, my sister and I really wanted Ugg boots, but they were expensive. My parents weren't really sure if they wanted us to get them. I decided I'm going to have Emunah and bitachon in Hashem that He will

either send boots for my sister and me, or send us the money to buy the boots. I told Hashem that I would tell the story to the Springhill Times if He sends me the boots.

On Erev Succos, my grandparents just "randomly" gave us \$1,000 to spend for Succos! They had never done that before. My parents said that they had already bought most of what they need, so my sister and I could use some of the money to buy the boots we really wanted. Through this experience our bitachon got much stronger, and we are so thankful to Hashem!

A Reader

Hat From Hashem



On Erev Shabbos, Mrs. Greenfield* was lighting candles early as a zechus for the yidden in Eretz Yisroel. Her husband could not find his hat, and he was very distraught, because his other hat was all banged up. He was very embarrassed to wear that other hat. He thought that the hat he wanted must've been left in a store somewhere, and he had no way to get it in time for Shabbos.

She had read in the Spring Hill Times that it is possible to have bitachon for someone else, so she told her husband that she has bitachon for him that he would find it. She asked that he please be mekabel Shabbos early with her. He agreed and then asked a neighbor to check in the car for his hat.

In the meantime, Mrs. Greenfield kept on saying that he's going to find it, and that if he finds it, she would send this story to the Spring Hill Times. The neighbor came back

from the car empty-handed, and she was thinking, "Uh oh. Did my bitachon not work?"

Then she caught herself and said, "This is a test. I am still going to have bitachon that he finds it."

A minute later, Rabbi Greenfield walked out of the kitchen holding his hat! He found it! A big yosher koach to the Spring Hill Times for the constant inspiration and chizuk that you give us every week!

A Reader

Hakol Yachol Playgroup



I am a playgroup teacher and before Rosh Hashana I wanted to develop pictures from the playgroup to put into the project. The problem was that my memory card was not the right shape. I had to use a special adapter that plugs in as a USB into the photo machine. However, the adapter was not so perfect anymore and the connection to the photo machine kept connecting and disconnecting. It would say "error" and then I would have to start all over again. It was happening time and time again and it was very frustrating. I couldn't develop pictures this way.

I said to Hashem, "Hashem, I am going to put the story in the Spring Hill Times if You help me get the pictures for the project." It was either the next try or the second try that I managed to hold the USB adapter in place. Usually, it takes around five minutes until I finish choosing the pictures and check out. Within those few minutes, it is very easy for a finger or hand to move, but it was unbelievable hashgacha pratis that it stayed put the entire time! I was able to choose my pictures.

I saw openly that Hashem loves the Spring Hill Times. I was very excited as a Morah to be able to send home these pictures.

Thank you for helping us remember to always put Hashem into every last detail of our lives. I always use Hakol Yachol a lot during playgroup whenever I need to find anything or to help my baby fall asleep. My whole class sings Hakol Yachol to help my baby fall asleep! They also use it in their own life. At least four mothers already gave me feedback about how their daughter used it in their own personal life and how they were matzliach when they said it!

A Reader



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*Hashem is
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new?'

At first Yaakov and Scott got along perfectly, but as time went on, a major disagreement and Machlokes erupted between them. The office was divided into two groups, those who took Yaakov's side and those who took Scott's side. One day, the fight exploded and Scott began yelling and screaming at Yaakov in front of the entire workplace. Yaakov felt very insulted and embarrassed.

Josh ran over to Yaakov and said, "If you can do the impossible - go over to Scott, say you're sorry and shake his hand in front of everyone, I will finally agree to attend a Kiruv seminar." All of a sudden, Yaakov ran up to Scott, shook his hand and apologized for his part of the Machlokes. Scott, taken by complete surprise, accepted his apology in front of a stunned crowd. Everyone was amazed at how great a frum Yid can behave even when he was publicly ridiculed. Yaakov and Scott once again worked together in peace. Shalom returned to the office.

Josh later shared that he was so amazed how a frum Yid was able 'to go completely above and beyond human nature, to forgo his own ego and his own Kavod', in order to promote Shalom, and this motivated him to explore his own Yiddeshkeit in a deep profound, and unprecedented way, because he realized that there was something exceptionally precious, good and special about being a true Yid.

Josh kept his part of the bargain and attended a weekend Arachim Seminar. He walked away so excited and enthusiastic about how unbelievably good it is to be a frum Yid! He did complete Teshuva, as did all of his children and daughters in law. A total of eight Mishpachos became frum, and Josh now has many frum grandchildren!

This story demonstrates the amazing power we have to rise up to the highest levels in just one moment!

What seems like your worst moment is actually your very best moment!

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אשרינו מה טוב חלקנו - We are so unbelievably lucky to be Yidden!

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Rav Binyamin Prusansky shares that Josh, a not yet frum Yid, worked in an office with Yaakov and Scott. Yaakov was a frum Yid and Scott was his כֹּס אִינוּ יְהוּדִי – worker. Many Yidden worked in that office as well. Yaakov tried encouraging Josh to attend various seminars which would show him how Geshmak, sweet and beautiful it is to be a frum Yid, but Josh always refused, saying 'I'm OK the way I am, who needs anything