

The Spring Hill Times
Times of Mashíach
 ומלאה הארץ - דעה את ד'!

לע"נ אבי מורי ר' שלמה זלמן בן ר' ישעיה זצ"ל ולזכות רפואה שלמה אברהם דוד בן רבקה בתוך שאר חולי ישראל

הסכמת גדולי
 ראשי ישיבות
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ישעיה בן משה יחיאל מיכאל זיידא, חוה רבקה בת שלמה זלמן, לבי הירש בן אליעזר הלל, ריזל אסתר בת דב בעריש, דוד זאב בן משה מנחם, אייטל בת שלום אריה, נפתלי בן יעקב, יעקב לבי בן יוסף, דוד יעקב בן משה אליהו, חי חנה בת בנימין, בילא בת נתן, גיטל בת דוד, משה בן לבי, אברהם דוד בן נפתלי.

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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 ושבבת בשבתו – ואין לו אפשרות לכסות את עצמו – שהרי אין בו שום פרסומת – כי כל כולו נתיסד 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.

ג' תמוז ה'תשס"ג
 ר' יצחק יוסף
 ראש ישיבת ספרינג היל טיימס

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Serving size 1 issue of Spring Hill Times

Amount per serving	% Daily Value	Amount per serving	% Daily Value
<u>Love For Hashem 20,000g</u>	<u>1%</u>	<u>Ads on Shabbos 0g</u>	<u>100%</u>
<u>Thinking about Hashem 40,000g</u>	<u>12%</u>	<u>Feeling Proud to Be a Yid 90,000g</u>	<u>22%</u>
<u>Upsetting News 0g</u>	<u>100%</u>	<u>Talking about Hashem's Greatness 300g</u>	<u>.500%</u>
<u>Blameful News 0g</u>	<u>100%</u>	<u>Making Serving Hashem Exciting 80,000g</u>	<u>30%</u>
<u>Happiness 800,000g</u>	<u>25%</u>	<u>Being Mekdesh Shem Shamayim 950,000g</u>	<u>17%</u>
<u>Appreciating Hashem 60,000g</u>	<u>45%</u>	<u>Putting Focus on Human Beings 0g</u>	<u>100%</u>
<u>Emunah 50,000g</u>	<u>10%</u>	<u>Encouragement 150,000g</u>	<u>30%</u>
<u>Bitachon 50,000g</u>	<u>10%</u>	<u>Bringing Hashem and Klal Yisrael Closer 50,000</u>	<u>50%</u>
<u>Love for Torah & Mitzvos 100,000g</u>	<u>15%</u>	<u>Bringing Bracha to the World 750,000g</u>	<u>10%</u>
<u>Making Olam Haba Important 1,000,000g</u>	<u>20%</u>	<u>Giving Hashem Pleasure 50,000,000g</u>	<u>25%</u>
<u>Making Olam Hazeh Important 0g</u>	<u>100%</u>	<u>Middos Tovos 67,000g</u>	<u>40%</u>
<u>Feeling Hashem's Goodness 2,000,000g</u>	<u>1%</u>	<u>Makes You a Better Person 6,000,000g</u>	<u>50%</u>
<u>Love for other Yidden 500g</u>	<u>3%</u>	<u>Yearning For Hashem 12,500g</u>	<u>33%</u>

Hashem Runs the World!

Reb Dovid* Baruch Hashem has a family and had been out of work for over two years. He was a tech professional who used to make \$200,000 a year but he wasn't able to even get an interview, or get hired for even a fraction of that amount. Those who work in the tech industry, and are not employed for 1-2 months, have a challenging time to get hired again.

However, he did not want to lie on his resume. He would also say that he does not work on Friday past noon, or on Shabbos. Additionally, Chol Hamoed days and Yamim tovim were not work days for him.

Reb Dovid listens to Rabbi Avigdor Miller ztl's shiurim through R. Yosef Mizrahi shlita. He heard that Hakadosh Baruch Hu runs the world and a Torah true Jew should never complain. Rather, he should joyfully accept his yissurum as a kaparah and have Bitachon that a yeshua can come in a blink of an eye!

Reb Dovid worked to overcome his yetzer hara. Over the course of two years, he liquidated his savings of \$36,000 for mitzvah purposes; assisting his fellow Yidden who are impoverished or out of work in Eretz Yisrael. He also helped Torah scholars in Eretz Yisrael and in the United States. He told himself that Hakadosh Baruch Hu runs the world and that He has plenty of money!! His Rav, Rabbi Touitou shlita told him that sometimes all of one's pockets must be emptied before Hakadosh Baruch Hu can fill them again.

In the beginning of this year, right after the Rosh Hashana, Yom Kippur, and Sukkot expenses, Reb Dovid proceeded to give 90% of his last \$4,000 of savings for Matanot L'Evyonim and Kimcha D'Pischa for poor Yidden and their families.

[Editor's note: R' Dovid followed his Rav as to how much Tzedakah to give. Everyone should follow their own Da'as Torah].

Soon afterwards, three miracles happened: 1. Reb Dovid's wife did not ask him for his tzeddaka receipts for the tax declarations. The tzeddaka that he gave became more leshaym shamayim! 2. Then, a week before Pesach his wife told him that an anonymous Jew had given her \$3,600 for Pesach expenses!! This meant that they could buy mehadrin shmura matzah, wine, delicious meats and new clothes for his family. 3. Lastly, someone asked Reb Dovid to join his business startup. He



Good Morning!!!

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

**חסוף ואכול...
Help sponsor copies of the Spring Hill Times for Yidden in Hospitals and nursing homes.
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would be the Research and Development director (his specialty), and in exchange he would get equity in the company. Within a month, through a series of very unlikely events the CEO promoted him to Vice President and gave him five times as much equity than he had to begin with!

Hakadosh Baruch Hu runs the world!!



Bears at Bear Mountain in Upstate New York on Chal Hamoed Pesach

[Heard from R' Dovid]

ANTI-SEMITISM ON TH DECLINE

Story from the Editor:



Thursday night Parshas Achrei Mos, I was in O'Hare Airport in Chicago, IL, with my family. We went on the air train. As we got on, a non-Jew got up from his seat and stood for the remainder of the ride so that we could sit!

In addition, we passed by thousands of non-Jews during the trip and not once did anyone act not nice! To the contrary they were all polite, respectful and helpful!

Thank You, Hashem!

LOST BOCHURIM FOUND

GREAT HAPPINESS IN KIRYAT SEFER

On Wednesday Achrei Mos, many Yeshiva bochurim from Kiryat Sefer went to enjoy themselves at the Yam Hamelech.

During the trip, many bochurim got lost. After hours of searching, Baruch Hashem, all the bochurim were found alive and healthy!

חסדי ד' כי לא תמנו!

HASHEM LOVES YESOMA!

Devora, a Yesoma from New York, spent Yom Tov in Toronto. On Wednesday Achrei Mos she had a flight back to New York. The flight had a three-hour stopover in Montreal.

By mistake she went to the wrong airport. By the time she realized the



mistake she already missed her flight.

The woman at the desk told her, "I have never done this before, but I'm putting you on a flight that is departing right now from this airport to New York. I'm not going to charge you for it!"

Hashem gave her a direct flight for no extra cost!

Another Mitzvah Before the Wedding

Baruch Hashem, I have the zechus to have a house full of good girls. People say that girls are a great find on Erev Pesach, which is true not only for us but for everyone around us. People know to ask our girls for help, and if they can, the girls help out happily.

One day, I got a call from an avreich in the neighborhood. He apologized profusely and explained that the situation in his home was complicated. His wife was not feeling well. She could not prepare for Pesach, and he was really at a loss. In addition, he had a very important guest coming that evening, and they had to get the house organized. He did not have the means to pay for cleaning help, and he wanted to ask, if possible, that I send one of my daughters to make Pesach for him. I told him, "Don't worry. Im yirtzeh Hashem, I'll send someone to help you."

I went over to one of my daughters and told her about the fam-

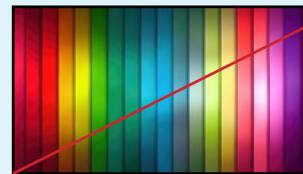


WHEN YOU SEE ANOTHER YID:

Ignore how long his beard is!



Ignore the color of his jacket!



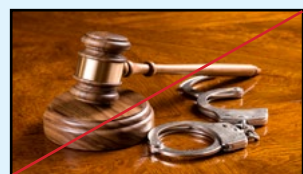
Ignore the size of his wallet!



Ignore which leader he follows!



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



ily that needed help, but she was exhausted. That day she'd worked very hard cleaning parts of our house that demanded a great deal of effort. She was simply unable to fulfill my request.

I saw this and approached my oldest daughter, who is already a kallah, baruch Hashem, and told her, "Come catch a mitzvah before your wedding. There's a family here that's stuck; they're not able to clean for Pesach. Please go over to them, and you'll know what to do there..."

She agreed happily, and she left right away.

As soon as she got there, she understood the situation, and she started working immediately – clearing up, cleaning, organizing, shining, polishing. A few hours later the house was sparkling.



A few minutes before she was to leave, someone knocked at the door. The guest had arrived – a Yid from Antwerp. He greeted everyone, and

he asked, "Who is this girl?" It didn't make sense to him that she was part of the family.

My daughter felt acutely uncomfortable. She wanted to slip away and leave, but the guest was interested in knowing what she was doing there, and the ba'al habayis said she had come to help, and she was the one who had cleaned and shined the house.

Later, I heard the rest of the story. The avreich related to the guest that this "cleaning lady" was a kallah, and her wedding was supposed to take place in Sivan. "If so," the guest said after a brief moment of thought, "I want to give this kallah ten thousand dollars, for hachnassas kallah."

When I heard this, I thought these were mere words.

A dream!

I was amazed to see that, indeed, after Shavuot, just before the wedding, this Yid from Antwerp sent us ten thousand dollars!

Hakadosh Baruch Hu wanted to give this to us, and He brought about the circumstances in such a special way!

[Hashgacha Pratis Newsletter]

ANT & BUG ASSOCIATES

Our Enemies are ANTS

THEY ARE POWERLESS!!!!



WHEN YOU SEE ANOTHER YID:

Remember that he is part of your family!



Notice his smile!

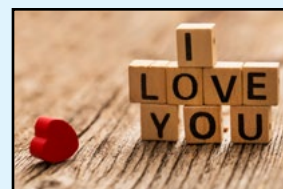


SEE BEYOND THE SURFACE!

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



Accept him and love him to pieces!



Yesterday's Celebration and Today's Refuah

I work as a supervisor in a cheder, walking the hallways, overseeing things, and from time to time speaking with the children. Sometimes when there is a need, I speak to the melamdim about my impressions. Sometimes it's necessary to involve the menahel. My focus is mostly on recess-time, when most of the melamdim are in the teachers' room, and there is a need for supervision.

This was on Taanis Esther. On the pre-



vious day there had been some wild behavior that went beyond the norm of joy during Chodesh Adar, and I wanted to find out details about what had happened. I decided to question a certain boy. This was a good, gentle boy who was probably not connected at all to what had happened.

I went to the classroom and asked some talmidim to call the boy, whom,

for the purpose of this story, we'll call Shmulik.

Shmulik came out to me, and I saw that he was a bit afraid. What does the supervisor want from me? I

imagined that it must be a bit scary for him, so I started making small talk with him. "You have new glasses," I told him. "They're really nice! When did you get them?" He answered pleasantly, and while he was speaking I noticed that he had a cut above his forehead, in the place where one puts tefillin. It looked like a fresh cut, and it was still bleeding.

"When did that happen?" I asked him.

"Before, at recess," he said.

"How?"

"I fell off the chair and bumped into the table."

"And did you take care of the cut?"

"Yes. I put a tissue on it."

I wasn't pleased. The cut looked too deep. I called one of the melamdim who knows first-aid, and he told me, "That cut doesn't look good. Get his mother to come take him to the clinic. A doctor should see this." I called his mother, and she came to pick him up. A few days later I called Shmulik's father to ask how he was doing, and his father told me, "Yasher koach! It's great that you advised us to get to a doctor quickly. The cut was very

deep, and he needed five stitches!" I was very emotional. I thanked Hashem, Who had put it in my heart to call out Shmulik in particular in order to ask him about something that was totally unconnected to him. It's hard to imagine what would have happened if we had discovered the cut much later. The boy is so quiet and takes care of things himself; he doesn't talk much and doesn't complain.

Hashem watches over a boy like Shmulik as well. If he doesn't hurry to tell the supervisor about his cut, the supervisor calls him over and asks him to talk about it! [Hashgacha Pratis Newsletter]

Hashem is Running a Perfect World

R' Nochum* had a yarhtzeit for his mother on Shabbos, but the shul he usually davened in was quite a distance away, and he didn't feel up to the walk. Instead, he went to daven in the shul near his house. He did not feel comfortable asking for an aliyah, but the gabbai gave him shishi, which was the aliyah he would have requested, even though he didn't know about the yarhtzeit!

EPIC PUPPET ENTERTAINMENT

World's Largest Puppet Show



**DON'T BLAME PEOPLE FOR ANYTHING!
THEY ARE JUST PUPPETS IN THE HANDS OF HASHEM!**



You Don't Want to Miss This!

*So Grab Every Mitzvah that
Comes Your Way!*

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- 4. Shiros V'tish-bachos
- 6: The Spring Hill Times
- 8: Archives
- 9: Leave a Message



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TIME FOR REVIEW

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

Option 3 from Main Menu.



There Is Nothing Better Than Feeling Close to Hashem!

Mrs. Shapiro used to have trauma each time she went to the dentist. Now that she follows 'A Life with Bitachon', she went to the dentist knowing she's in the hands of the true doctor – Hashem. Usually, after she goes to the dentist, she needs to go out to eat ice cream to calm down, but this time she felt so good that she told her husband to skip the ice cream!



Vaani kirvas Elokim li tov!

Hashem Is Running A Perfect World

R' Chaim was davening in a shul one morning, and the baal korei found a mistake in the Sefer Torah. They returned the Sefer Torah and took out a different one which was one

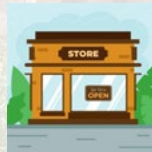


that they did not usually use. They noticed that the Sefer Torah was donated for someone, and that person's yartzeit was on that day! Hashem orchestrated that on his yartzeit they should lein from his Sefer Torah!

V'divrei nifliosecha - asicha

Anti-semitism is on the Decline

Mrs. Friedman from New York was shopping in a non-Jewish store. A non-Jewish worker came over to her and told her she would get extra good service because she was Jewish!



Ahavti eschem - amar Hashem!

What a Nation!

R' Efraim's van broke down, and he needed to buy a new one, but he did not have enough money.



tra van that he could take!

Mi k'amcha Yisroel goy echad baaretz!

Hashem is Our Doctor!

R' Leib was suffering from terrible stomach pains. The pain was unbearable. He decided he would go to the bathroom and then say asher yatzar with as much kavana as possible. He went to the bathroom, came out, and said asher yatzar with more kavana than he ever had in his life. Immediately afterwards, the pain disappeared! The doctor said that it could've been a kidney stone that passed in the bathroom!



Baruch Rofei Cholim!

There Is No Such Thing As Nature

Avi had a credit card that was not working for three months. Something was wrong with the chip. He needed to make a very important transaction, and he didn't know what to do. He said to himself, "One second. There's no nature. It's all up to Hashem, and I'm going with bitachon." Miraculously, this time the transaction went through!



Baruch hagever - asher yivtach baHashem!

BAIS HAMIKDASH CONSTRUCTIONS

Building Together Hashem's Magnificent House!

Love your friend to no end!

Hashem takes care of us!

R' Dovid gave a check to someone. The person told him the date that he was planning on cashing the check.



R' Dovid did not have money in the account. The day before the person cashed the check, R' Dovid received his tax returns! Hashem sent him the money with perfect timing! Thank You Hashem!

Hashem Heals a Yungerman!

R' Dovid, a yungerman from Eretz Yisroel had internal bleeding. The doctor said that they might have to do surgery. R' Dovid said to himself, "Who was the One who made the bleeding? Hashem! He is the One who can stop it." The next day, the doctors took tests and saw that the bleeding stopped on its own! He was perfectly healthy!



Ki Ani Hashem Rofecha!

Hashem Is Pouring His Bracha Among Us

In Monsey, Lakewood and Brooklyn, it has been pouring nonstop for the last three days. Hashem is showering us with so much love and bracha!



"V'harikoisi Lachem- Bracha - Ad Bli - Dai"

The Best Lesson

R' Chaim from Monsey, New York has a daughter in high school. Her history teacher said that the whole point of learning history is to learn that Hashem is running the world and there is Hashgacha Pratis. So any girl who follows A Life With Bitachon every day does not have to take the final, because they already know that Hashem runs the world!



"V'Yadata Hayom - Vhasheivoisa El Livovecha Ki- Hashem Hu H'Elokim"

to the true lawyer, Hashem." She davened and had Bitachon in Hashem. The next day, the lawyer called them up that they were ready to close!

"Ki Vo - Yismach Libeinu Ki B'Sheim - Kodshoi Bitochnu"

Anti-Semitism is on the Decline

The Fleisher family from Chicago, Illinois were coming back from a store, and a Muslim family motioned to them that one of the doors of their car was left open!



"Ahavti Eschem Amar Hashem"

The Power of Bitachon

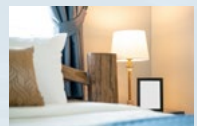
Mrs. Weiss called up Rabbi Golombeck about a month ago. She said that she was expecting a baby, and the doctors took tests and said that the baby would have Down Syndrome as well as many other problems. Rabbi Golombeck told Mrs. Weiss that if she believes that doctors and nature are not in control, and only Hashem is in control, then she can create a new baby with the power of Bitachon. She was michazek in Bitachon. Recently, she called back Rabbi Golombeck to tell him that the doctors took another ultrasound, and they said that the baby was perfectly healthy! They had no explanation for it!



"Matzmiach Yeshuos Borei Refuou"

Anti-Semitism is disappearing

Rabbi Leibowitz came home on Leil Shabbos, and he noticed that the light in the room was left on. He thought to himself, "How in the world am I going



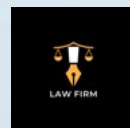
Enjoy YOUR Lunch!
Eat the lunch that Hashem made for YOU with love and care.
DON'T EAT SOMEONE ELSE'S LUNCH!!!



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

Hashem is the Best Lawyer

Shimon Stein, from Lakewood, NJ reported that his grandmother just moved from Brooklyn to Toms River, NJ. For many months they were trying to close on a house, but the lawyer kept on giving them one excuse after the other. Finally, one day, his grandmother said, "I'm going



"I'm going

KI TOV HASHEM NEWS

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to find a non-Jew in this neighborhood?" Then he said to himself, "Hashem is a Kol Yachol, He is going to find me a Shabbos Goy." He went outside and found a non-Jewish couple. He asked the man if he could please come in and help him. The man said "Sure!" The man's wife asked her husband where he was going. He said, "I am going to help the Jewish people. Is there anything better than that?"

"Vehaya Malachim Omnayich V'sorasayim M'nikosayich"

Hashem watches over us

The Fleisher family from Chicago, Illinois were in a car crash. Baruch Hashem they were all fine!



"Hodu L'Hashem Ki Tov - Ki L'olam Chasdo!"

Woman from Bnei Brak trusts in Hashem

Mrs. Pollack from Bnei Brak was wait-

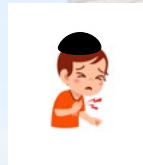
ing by the bus stop to take a bus to Yerushalayim. The busses were full of people, and the bus stops were full of people. She couldn't get onto a bus. She said to herself, "Busses don't get you anywhere, it's Hashem Who gets me places." Right after that, a car stopped, and a woman rolled down her window. She said, "I'm going to Yerushalayim, and I have one spot available, would you like to come?" She said, "Sure!" She got door to door service!



"Baruch Hagever - Asher Yivtach B'Hashem"

Spring Hill Times gives Chizuk to a yeshiva Bachur

Asher, a 10th grader from Yeshiva Bais Binyamon in Monsey, NY was sick and was feeling down. In his house was a copy of t h e

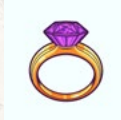


Spring Hill Times and he started reading it and it give him tremendous chiyus!

"V'ani Kirvas Eloykim Li Tov"

Mother and Daughter trust in Hashem

Mrs. Steinmetz put a ring on her daughter's finger but she was not able to get it off. They tried oils, they tried everything, but to no avail. They were getting frightened and nervous. Suddenly they decided to sing Hakol Yachol. They sang Hakol Yachol and the ring just slid off!



"VHaboteich B'Hashem Chessed Yisovivenu"

Girl from New Jersey thanks Hashem

Shani from Lakewood, NJ goes to seminary in Brooklyn, NY. This past Erev Shabbos, a friend came over to her and told her that she was going back to Lakewood in a taxi and she invited her to join, instead of taking the bus. Shani agreed.



She later found out that the bus broke down on the way and everyone on the bus had to wait a long time until the bus company sent a new bus. It was the first time that someone invited her to come in a taxi; Hashem saved her from having agmas nefesh!

Thank You, Hashem!

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- WHEREVER YOU GO

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- Shuls
- Families
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- Kids
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ומלאה הארץ - דעה את ל'



IT'S HAPPENING!!!!



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You are speeding towards a most fabulous destination!

**IT'S GOING TO BE TOTAL BLISS!
 Just keep on loving Hashem and doing His Mitzvos!**

TRAIN STATION



LIVING WITH HASHEM

By Rabbi Zevy Golombeck

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

HASHEM PAYS BILL

I had a bill of \$1,800 that was due on Thursday. The night before I was wondering where I would get the money to pay for it. On Wednesday at midnight I got a direct deposit of \$1,500 from a government program. I don't know where it came from but it was perfect to help me pay my bill!



SHABBOS PROTECTS!

Sholom Landesman* knows a man David* who is not yet religious. David went to R' Chaim Feinstein to get a bracha. R' Feinstein gave him a bracha on condition that he takes on the kabbalah to keep Shabbos for the month of Tishrei. David did not go to the festival that was being held on Shabbos/Simchas Torah because he knew he would not be able to keep Shabbos, and his life was saved!



THRILLED TO BE WEARING TEFILLIN

After davening one day, a 30-year-old youngster came over and told me, "I get a Mazel Tov!" I asked him why, and he explained that it's the first time in his life he's wearing kasher tefillin. He found out that the tefillin he was wearing his whole life was not kasher. He wasn't upset or unhappy about it. He was looking to the future to appreciate the opportunity Hashem gave him now to wear tefillin and understood with emunah that whatever happened in the past was all planned from Hashem. It's a sign that he real-



ly loves mitzvos, he just scored gold now!

A whole new perspective! He understood machshava kemaisa and is excited now that he can wear tefillin!

FIRST TIME WEARING TEFILLIN

Mrs. Fishel, a chassidish woman, had an uncle who left the path of Yiddishkeit as a young boy. He never wore tefillin in his life. For the first time ever, he put on tefillin, because he feels the achdus in the air and wants to be a part of Klal Yisroel!



POSITIVE NEWS IS LIFE-CHANGING

Zevy Friedman* is a ten year boy who lives in Eretz Yisroel. Whenever he had to go to the bomb shelters because of missiles he would get really nervous and shaken up from fear and did not know how to deal with it. He called the Life with Bitachon hotline and heard that he should only listen to positive news and not negative news. He now closes his ears and only focuses on positive news! He says he feels so much calmer!



STAYING POSITIVE

Mrs. Schreiber reported that the positivity of the news from the Spring Hill Times is keeping her so strong in difficult times. She said she tends to go towards negativity and The Spring Hill Times is really changing her life!



A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

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

SYSTEM INSTRUCTIONS

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

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

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

Thank You, Hashem, for Bathing suits! We can go in the water and enjoy without getting our clothing all wet.



Thank You, Hashem, for Zoos! We can go see so many of Hashem's creations safely.



5
Weekly



Thank You's

By: R' Simcha Elefant - Yerusha-

L'zechus that people should feel loved by Hashem!

Thank You, Hashem, for Vans! We can go places with big families, all together.



Thank You, Hashem, for Tailors! If you need something fixed, they can get it to fit you perfectly!



Thank You, Hashem, for Airports! They are so organized and efficient to help us find our planes and get to our destinations.



You needed to wash them out by hand! Many times you needed to go to the river to do the washing! Then you needed to hang up all the clothing and wait until it dried...



&

YOU HAVE DIRTY LAUNDRY?



Just go into your laundry room, put the dirty clothing into the washing machine, press some buttons and it's all done in an hour! Then just transfer everything into the dryer and it's all done in a few minutes!



Thank You, Hashem! We love You, Hashem!

Parsha Game

Fun and an interactive way of learning Torah!

EMOR

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

ANSWERS ON PAGE 41

1



2



Parsha Delight Question of the Week

פרשת אמור תשפ"ד (5784)

Among the p'sukim describing the halachos regarding the animals proper to use for Korbanos, (22:28) states: נשור אוֹיֶשֶׁה אִתּוֹ וְאֶתְבָּנָיו לֹא תִשְׁחָטוּ בְיוֹם אֶחָד - an ox or a sheep, you may not slaughter it and its offspring on the same day. Why is this halacha stated here? It is not a halacha specific to קדשים, animals being used for קרבנות, rather it is a הלכה for חולין as well, for animals being slaughtered for any purpose. So why is it stated here?

Why is it that the Mitzvah of refraining from חילול ה' is located here (22:32) in the context of Korbanos? Is there a connection of these concepts being conveyed?

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

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=

Gan Eden!
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=

Double Gan Eden!

Parshas Emor Riddle #87:

We are now counting each day and each week, until we reach Shavous our peak. It is definitely not a misnomer, that this count is called Sefiras HaOmer. The Omer is a barley offering. The day it must be brought is when we start our counting. Due to the current exile of our nation, we are still unable to fulfill our Omer offering obligation. Does this impact our requirement to count? Is it only Rabbinic until the Bais HaMikdash is restored on its mount?

To hear the answer to the question, press x14 # 87 on the Chaishek HaTorah Line 845-720-4040



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Doctor Dr. Chaim Altzisgut M.D. Date Emor

I'm prescribing 5 medications for you.

Patient

Sometimes I get overwhelmed from my work. I feel like quitting. Please help!

1. There are people who are overwhelmed from running from doctor to doctor. There are people who feel overwhelmed after receiving a diagnosis of the machla r"l... B"H you don't have that!
2. The harder it is for you here the better it's going to be for you there in the next world!
3. Remember Hashem is standing by your side and holding your hand.
4. Wash on bread and then sing Birchas hamazon to Hashem on top of your lungs. It will do wonders to you!
5. Think about Shabbos.

DON'T FORGET YOUR DAILY EXERCISE!



Stay Fit!

Remind Yourself that Hashem Loves You to No End!

WONDER DIET

Lose Aveiros Naturally



Just Tell Hashem That You Are Sorry!

Ayin Tova

Seeing the good in every situation
R' Nesanel Landesman

CASE OF THE WEEK:



Baruch was thrilled to be invited to sheva brachos for his Cousin Meir's son. He would have the opportunity to spend quality time with his relatives. What he didn't anticipate were the long speeches that took place. He had to endure over an hour and a half just of speeches!



Help Baruch have ayin tova for his situation.

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

SOLUTIONS



Suggestions for the case where Baruch lost the check that Tuvia gave him to deposit.

- Tuvia should put his focus on the kindness that Baruch did for him that he offered to take the check. What a thoughtful person! What happened afterwards is upsetting but should not diminish the kindness.



- Tuvia should realize that he did his hishtadlus to get the money to the bank. If Hashem wants him to have the money, he will receive it.

If he isn't meant to have it, then even had he not given the check to someone else, he would have lost the money.

- Tuvia may need to work on his bitachon. He learns all day but may lack in this all- important area.
- Tuvia may need to work on his confidence and his ability to handle uncomfortable situations. Perhaps, approaching the Rosh Kollel to cancel the original check and to request another one will initially be difficult for Tuvia, but he will grow from the situation.
- Maybe, someone, even perhaps his wife or child, needs to see how a ben Torah reacts when they lose a significant amount of money. When Tuvia overcomes his initial frustration and exclaims "gam zu l'tova", he will make an incredible Kiddush Hashem.

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

My Shabbat



Anything that's yours is precious. Whether it's something small or big. Your pencil. It's your house. Your kids. Your parents. The possuk says "[Ish] imo ve'aviv tiro'u," that a person should have reverence for his mother and his father—because they're his. And the verse continues, "ve'es Shabsosai tishmoru," HaShem says, "and keep My Shabbos." How precious Shabbos must be, that HaShem refers to it as His very own, "My Shabbos." Now, we have a Mitzvah of Veholachta bedrochov, to go in the ways of HaShem. And any indication that we have of a behavior or an attitude of HaShem, is an invitation to us to emulate that behavior or attitude. And if HaShem refers to Shabbos as "My Shabbos," then perhaps we're being called



upon also to experience Shabbos not only as "Shabbos," but as "my Shabbos"—that precious. That's a different type of Shabbos.

Good Shabbos!

The Ultimate Mountain Retreat!

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Leave all your worries to Hashem!

EMOR-iyar5784

SUPREME FOUNTAINS

Let the Bracha Flow!



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Living With Appreciation

R' Daniel Shasha

We are holding in the unique period of sefiras haomer. It is called this name, based on the mitzvah of the korban omer that is taught in our Parashah. Each year, on the second day of Pesach we are commanded to bring an offering of barley to the Beis Hamikdash. Only afterwards it is permitted for us to eat from the new crop of grain (12:9-10). What is the reason behind this mitzvah?

The Sefer HaChinuch (302) explains that it is to contemplate the tremendous chessed which Hashem does for us each year, always providing us with such delicious new produce. Therefore, we bring a portion of the new crop as an offering, to recall the great kindness of Hashem for giving us produce, before we benefit. The same idea applies to reciting berachos. Before we enjoy Hashem's delicious food, we must first thank Him for this. However, we are still left with a big question. Why is the omer specifically brought on the second day of Pesach?

Rav Chaim Friedlander brings a beautiful explanation. We know that the purpose of the period of the Omer is as preparation to receive the Torah. The Ramban (end of Parasha Bo) explains that the foundation of the Torah is the awareness that really everything is a miracle and there is no such thing as nature. Sometimes Hashem chooses to perform miracles which are revealed, such as the makkos and krias yam suf, transcending 'nature'. However really what we call 'nature' is no less than miraculous. Being aware of these miracles is supposed to lead us to the awareness that 'nature' itself is no less than miraculous.

The first day of Pesach is designated to focus on the open miracles which Hashem performed for us. How in His abundant mercy, He brought us out of Egypt, performed ten wonderful plagues and miraculously split the sea. However, when we focus on the open miracles, we must realize that really it does not stop there and Hashem performs countless hidden miracles on a constant basis.



One example of a hidden miracle which we experience so often, is food production. Take how such a tiny seed has the potential to produce tons of fruits. The seed first decays until it miraculously begins to sprout, providing us with an abundance of produce. We refer to phenomena like the resurrection of the dead as a miracle. Asks Rav Freedlander, is the production of our produce any less of a miracle? The seed which almost completely decayed, miraculously goes on to produce delicious crops. How rain is formed and then helps our produce grow, is just as miraculous! For this reason, Chazal instituted that we praise Hashem for rain specifically in the blessing of the shemoneh esrei which deals with the resurrection of the dead.

This is why we are commanded to bring the Korban Omer on the second day of Pesach. After focusing on the open miracles of Yetzias Mitzrayim, we should realize that everything is a miracle, including phenomena such as the production of our food. We therefore bring a korban from the first yield of the crop, displaying our gratitude for the fact we are surrounded by miracles. This is the perfect way to prepare for receiving the Torah, since this awareness is its foundation (based on Sifsei Chayim Moad-



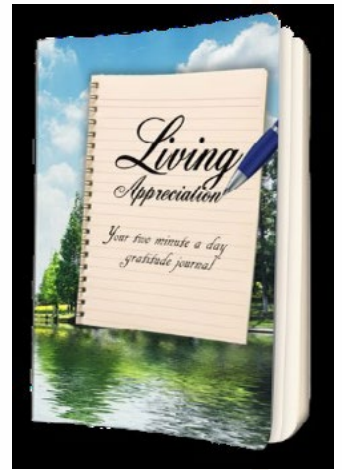
im 3 p. 29-36)

Rabbi Avigdor Miller was absolutely mesmerized

by the incredible phenomenon of seeds. "They are more amazing than finding a free coupon inside an apple for another apple", he would say, "since each seed is ingrained with so much information that it could produce an entire apple tree!" He had a collection of all different types of seeds in his study, in order to contemplate these incredible objects. There was a time when he even carried seeds in his pocket, to be constantly inspired by these wondrous items.

One time he excitedly called over his grand-

children, saying, "look, I have a special gift for you". To their surprise he didn't pull out a chocolate bar or a toy, but rather a bag of seeds and a microscope. "I benefited so much from these" he said "and I have no room to keep them, so they are yours as a gift. To think that each seed is a library and a factory! It has all the information to produce a fruit bearing tree, all in this tiny seed" he exclaimed passionately. (Rabbi Avigdor Miller, His Life and His Revolution p.270)



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4 Weekly Quotes

“

We should contemplate all the incredible gifts that Hashem has entrusted us with. The knowledge that all the things we have are gifts, will motivate us to share them with others. (Rav Shimon, Shkop, hakdamah to Shaarei Yosher)

”

“

Pesukai dezimra is related to the words, zamer aritzim - cutting away evil forces, since songs of praise to Hashem help eradicate evil forces. (Peleh Yoetz, Zemiros)

”

“

One who thanks Hashem becomes so elevated that he clings to the Shechinah. (Maharal, Gevuras Hashem 64)

”

“

Hashem Yisborach performs kindnesses for every Jew. We must remember these acts constantly and never forget them. In the merit of this, we will be saved from the attribute of strict justice. (Imrei Emes, Beshalach 592)

”

Let Us Thank Hashem for...

Air conditioning.
What would the summer be like without air conditioning? No matter how hot it is outside, air conditioning ensures we are always cool. We can easily adjust the temperature to our liking.

What a gift!



Bitachon Gems

Learning the Parasha with Rav Yehuda Mandel Shlita



ערבי נחל

A נחל is a river. When they were a מלך it was done by a flowing river to symbolize that his should continue flowing like a river keeps going. It is interesting that of all the 4 species, the one that lives by the river is the lowly ערבה which neither smells good or tastes good.

Part II

And the last day of סוכות we put away all מינים and we take only the ערבה. The ערבה is the nobody without any זכותים and the חוה"ל says in שער הכניעה that the תלמידים told his עבירות, since a person without עבירות is the worst thing – בעל גאווה.

Part III

ענויים ירשו ארץ שלמה המלך. In the end, an עניו takes over. This is the secret of longevity. Imagine, it's better more עבירות, as long as there is less גאווה! (Don't look for trouble!) Believe it or not, being inadequate can be a great מעלה. It meant that you are forced to make the הקב"ה the main part of your life, since you are so incapable.

Part IV

When your head isn't working well, because of lack of sleep, or כשרון or you feel all depressed. This might be your finest hour! הבונים - מאסו - היתה לראש - פנה זוכה to kill הרשע?

חושים בן דן!

He was deaf and dumb, and he was a generation later than the שבטי קה, yet he was able to do what the 12 biggest צדיקים in the world couldn't do!

Part V

All the שבטים weren't sure what to do when הרשע started

asking for a חלק in the המכפלה, and since he was deaf and dumb, he didn't understand their חשבונות and he was זוכה to kill הרשע. They say בשם גדולים that American Yeshiva boys will bring משיח and שבט דן was ירוד שבשבטים!

Part VI

No more complaints about your incapacities and you חטאים and depressive nature and your unending mistakes. You might דוקא become one day the #1 hero of ישראל. Being deaf and dumb seems to symbolize lack of abilities to the extreme. And destroying הרשע is a sign of the unusual גדלות בן דן, חושים בן דן, that all 12 healthy שבטי קה didn't have!

Part VII

Maybe the זכות of being an inferior עובד with many shortcomings makes a person דוקא greater! Similarly, we have חזקיה המלך, when he said that he had no כח to sing to הקב"ה like his זיידע יהושפט and any other like דוד and אסא did – he was זוכה that in one night the entire world class army of סנחריב was destroyed.

Part VIII

When you're zero minus zero then you throw your entire peckel onto the הקב"ה. השלך אל ה' יהבך! Surprise! Mr. Total Nobody moves the most! It is very hard to value our bad days ובגשם. And especially when we ח"ו sin then we feel it's all over despite our תשובה. The יצה"ר is super strong in these cases, and maybe your low feelings about yourself is exactly what makes you truly great!

Part IX

The משיח בן יוסף say ספה"ק will not be the final ישועה – rather משיח בן דוד.

never sinned, and דוד sinned but did תשובה. People relate more to

(דוד עיין שב משמואל). But this is still very difficult to truly believe. People simply can't fathom the concept of במקום שבע"ת עומדין אין צדיקים גמורים. יכולין לעמוד.

Part X

When דוד שמעי בן גרא cursed, he called him a בליעל which is a supreme גנאי. This was because of חטא! ראש סנהדרין שמעי was a בת שבע. Look how little faith there was in דוד's פלגשים. He actually had his dress up and parade around before him, and he דוקא kept away from them. He said, "You took what was אסור – no you can't have what's מותר to you." (ירושלמי)

Part XI

Still, he remained unforgivable for his horrific sin. And people would tell him to his face what an עבריון he was (and he would answer – אשת אנ – but עוה"ב but you get חייב חנק איש don't פני חברו ברבים). It wasn't till after his פטירה and the doors of the בהמ"ק wouldn't open for שלמה until he said דוד-עבדך and then they opened.

Part XII

The faces of his enemies all turned black when this happened. We can suggest בס"ד that the inability for the רבים to condone the חטא of דוד is a משל – we are all the same, and we can't be מוחל ourselves and others after a sin. It is indeed a terrible נסיון and only in the world of truth is it different. ועליונים למטה ותחתונים למעלה.

A LIFE WITH BITACHON ON THE PARSHA



Rabbi Zevy Golombeck

This is why we bring a korban from the new crop, before we eat from it. It reminds us to show our recognition that Hashem is always looking out for us, providing for us and will continue to do so.

The more a person lives with this reminder, the more Hashem will show him openly how He is caring for him, and showering him with all the Yeshuos in the world.

A Yiddishe Mother shared with us a fascinating story: *I desperately needed a new car, but I could not afford one. Not even the most dilapidated clunker. I didn't know what to do. So I sat down with a pen and paper and wrote a list of all the times the Ribono Shel Oilam showered me with His love in the past. A flood of memories brought me back to all times I was in a pickle and how in the end it worked out in the best possible way. After I finished writing, I felt so loved and cared for by Hashem. I was confident that the same Hashem that helped me up until now would certainly help me again.*

Later that day, my husband came home with some exciting news, "You won't believe what just happened! I was talking to a friend of mine, and he told me that he has an extra car that he really doesn't need. He is glad to lend it to us!" From one minute to the next, we got a car!

A Yungerman related: *I lived in a tiny apartment and B"H the family was growing. It got to a point that we desperately had to move. There simply was no room. The biggest problem was that there was nothing available to rent, and even if we could find something somehow, a larger apartment was way beyond our budget.*

I decided to sit down and think about how much Hashem has taken care of me and my family. Hashem has given me a wonderful home all these years. It has everything I need, from bedrooms to porches, an oven, fridge, freezer, and even a couch. And there's also the beds, cabinets, electricity, running water, sinks. The list went on and on. I own a car, I have what to feed my kids each and every day, Hashem watches over their health and so, so much more. I started feeling so loved and cared for.

I turned to my family and said, "We can start packing up our boxes. I am sure that the same Hashem that has taken such good care of us up until now will help us find a new home immediately." Words turned to action as we slowly started packing our belongings, filling up boxes one by one.

As we packed, I received a phone call from my good friend. He said, "Are you still looking for an apartment?"

"Yes. Why?"

"I think I have something for you. It seems like it is a steal of a deal. Big, centrally located and the price is way below the going rate." I went down to check it out, and couldn't believe my eyes. It was as perfect as can be in every way. I signed right then and there, and hired movers on the spot. Hashem hooked me up in the best way possible!



Say to yourself:

- **How many wondrous ways has Hashem helped me in the past?**
- **When can I make the time to write about, talk about it with my spouse, or be Mechazeik my family?**
- **How much better and happier will my life be if I live with this in mind and act on it?**

Taken from a life with Bitachon, Section 4 (Bitachon on the Parsha), Shiur #253

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Exciting news!! Coming soon! A life with Bitachon on the Parsha in book form! For dedication and sponsorship opportunities, contact R' Yisrael 732-575-0102.

Chizuk Corner

Rabbi Y. Y. Friedman

I would like to share some chizuk about the Mitzvah of Birchas Hamazon which the seforim say contains amazing powers. About six years ago, I attended a shiur by Reb Nissim Kaplan, in Lakewood, on birchas hamazon. He concluded the shiur with a most amazing story.

Before the Second World War broke out, there was a Yid who heard a shiur that elaborated on the Chazal that if one is meticulous with Birchas hamazon, he will always have bracha in his life. This man, whom we will refer to as Reb Chaim, took it to heart, and was very meticulous with the halachos, and put lots of energy into this mitzva.

When the war broke out, he was captured by the Nazis and while waiting on the infamous selection line, a man whispered to him to tell them that he knows how to cook. Amazingly, he landed in the kitchen, and always had an abundance of food.



At one point, a Nazi came into the kitchen, and was angered that Reb Chaim looked healthy and well nourished. He took him outside, and told him that he had one hour to dig a pit in the ground the size of a person – and he wasn't even provided with a shovel! The Nazi warned him that if he wasn't done within an hour, he would be going to the regular part of the camp.

Reb Chaim stood there, lifted his eyes to the heavens, and cried out, "Hashem, we had a deal. I kept my side of the deal, please take care of me!"

Within minutes, a group of Polish soldiers passed by, and noticed Reb Chaim standing next to some food. They begged him for some. Reb Chaim replied that if they would dig the pit, he would give them. Within ten minutes, the job was completed, and Reb Chaim gave them the

food.

A short while later, the Nazi returned, and was shocked to find the pit completed. The Nazi exclaimed that if this is what G-d wants, then he could stay in the kitchen, and he returned to the kitchen with the Chessed of Hashem.

I have a personal addendum to this story I would like to share. When I left this shiur, I was starving, as I hadn't eaten for many hours. When I heard this story, I made a kabbalah to put lots of energy into my bentshing. I would learn the halachos, and would look into a bentcher as well. I then headed over to Satmar Bais Hamedrash on Forest Ave to daven Maariv. I tried focusing on my davening, ignoring the hunger. After Maariv, a fellow I know came out of the blue, holding two oversized pans of chicken and kugel, and he put them into my hand. As if in a dream, I realized that Hashem was already keeping His side of the deal!



I believe that perhaps one reason for this is because when we thank Hashem properly for the food and all the many things that He gives us, we bring down an abundance of bracha to the world. If that's the case, we deserve to benefit from this bracha as well.

May we be zoche together to bentsh with kavana and with hearts full of love for the abundance that Hashem keeps bestowing us. May we merit the ultimate brachos that will be bestowed upon us with the coming of Mashiach, bimiheira biyameinu Amen.

שירו לד' שיר חדש!

To Share My Share Of My Daily "Shir Chadash"

R' Moshe Davidson
A Rebbi From Brooklyn, NY

"SPRING FEVER"

Spring is that time of the year when everyone seems to smile much easier. There's a sense of renewal, a feeling of hope for a fresh restart in our life.

The changeover to longer days, with Hashem sending us on Planet Earth more hours of sunlight, and brighter sunshine, with lots of warmth, in turn wakes up our surroundings from it's cold, dark, wintery slumber. Everything seems to become alive again.

There is a sense of rebirth in the world around us. Looking upward we notice a change in the empty, dark-colored, barren bark, and seemingly lifeless branches of almost all the trees. They're starting to give forth tiny buds! "Where did that come from" people silently wonder. They slowly develop, enlarging and taking on shape as they quietly grow, an unnoticeable slight little more, every passing day. Suddenly and unexpectedly, on one warm afternoon they burst into beautiful, light green, yellow, white, or colorful, tiny tender flowers. It surprises, and shows all the amazed onlookers, the hidden Koichois and potential, that were waiting to be reborn into life! They are now put into motion to be recreated by Hashem, giving forth and unfurling an assortment of different shapes of leaves. The tightly wrapped miniature size leaves start unfolding, together with an array of differing flowering, teeny dainty petals. People sometimes

react in wonder. You can hear some quiet bashful (and sometimes loud) exclams of, "Wow!" or "It's Mamesh AMAZING!" I don't know why people are shy to show their happiness, and appreciation for this gorgeous change. THANK HASHEM!! It actually looks like Techiyas Hamaysim! Mah Rabbu Ma'asecha Hashem!

Looking lower down, our eyes meet the ground. The solidly frozen



brown earth, had no signs of life present, all throughout the freezing months of the winter. It now gradually thaws, and then gets the "growing order" from Hashem. On one sunny, bright warm day, tiny green wisps start appearing. In the next few days, they're followed by some early growing, thick bunches of grass. Soon after that it spreads to larger areas, where plenty bigger patches of greenery abound. Coming on, "right at it's heels" racing and hurrying to arrive as soon as possible, and in no time,

is the happy day of the official beginning of The Season of Spring! The Choidesh Ha'aviv is here! In a matter of just a few days, the dull looking ground once again turns alive, by The Word of Hashem! It's now beautifully carpeted and covered with thousands of bent over, soft blades of green grass. Chazal teach us that each blade of grass has a separate Malach spurring it on grow! "Grow! Grow! Grow!" I guess everyone needs encouragement, and a little firm push to grow, even a simple stalk of grass. And grow they do!

It's a little hard to take it all in, at one time! The enormous turn-about seen at our regular standing height, line-of-sight, looking out across our wide view, and full scope of our sweeping eyesight, it is astounding! All in all, it's a stunning show of Hashem's beautiful world! From the uppermost tree-tops down to the bushes, flowers, and grasses. The various shades of green make our surroundings look so much prettier, and alive, with an expression of life, joy, and happiness. I guess in our psyche "GREEN" symbolizes growth, food, and life! The fact that things are growing means we're living in a place where there is food, and warmth, hence the happiness! We're in a livable, life sustaining environment, being run by Hashem!

"GREEN, GREEN, GREEN", What a scene! From the lighter hues and pale shades, to the darker,

and more vibrant shades. From the more yellowish-green, to the more bluish-green, they all join together, in a collage of Hashem's created beauty. Remember it's all intended for our enjoyment. We'll thereby hopefully, happily thank Him more, realizing His constant Goodness and Presence, and merit S'char for not forgetting about Hashem!

"The Nissim of Nissan"! The Gemara states that oxen literally get wild from excitement upon seeing all the abundance of greenery sprouting forth! How much more should WE get wild from excitement as we enjoy the seasonal change, and profusely thank Hashem! What a Yiddishe Spring Fever!

THE COLOR SPECTRUM

Hashem created certain flowers with an inborn trait of being early bloomers. They're the ones designated to be the first happy "party poppers", heralding and applauding the entry of the spring season! They will be the first at bringing on the even more joyous look of spring in full color. Hashem's gives them the beautiful, flashy, bright, and exciting colors, in different shapes and patterns of petals, set ever so smartly on their dainty leaves, for everyone to enjoy! They call out to the world, and loudly announce "Spring is here!" and "Hashem is here!" Thank You Hashem!

Then comes the second wave of slower blooming flowers, and then at last, the late bloomers. The world then becomes awash in color, splashing all over, but set forth in a perfectly orchestrated, and orderly manner. They're constantly, and continuously being run by Hashem Himself! From the bright red, and dark maroon, to the soft

pink, and clean, pristine white. From the complex purple, the shining yellow, and fiery orange, to the calming peach and light blues. They all blend into a perfectly balanced swirl of colors. Kulam B'Chochma Asisah, Malah Ha'aretz Kinyanecha! In spring it seems as if Hashem lovingly bathes the lifeless botanic world in bright warm sunlight, and brings it back alive dancing happily once again, IN FULL COLOR! All that, just for us!

I recall many years ago, once sitting on a plane, taking a flight to Eretz Yisroel, all buckled up and ready for takeoff. In the meantime, I was being careful not to use the video system at all. Yet El Al had an automatically default viewing show of Hashem's nature. It played on it's own, and it was B"H totally kosher. It was obviously an artistic nature-lover's piece of work. It was an awesome, and amazing Yiddishe idea type of video footage. It showed a very close-up view of plants, flowers, and other greenery, with a magnified view of their subtle movements. The shaking, quivering, swaying, and bowing in the blowing wind, and then their springing back up. It was done so well, that it actually seemed as if the flowers were shaking their heads in unison, or to each other! It looked like a lively conversation! They also seemed as if they were happily swaying and dancing in the wind, or bending over and then bouncing back up, as if doing some acrobatic dancing stunt! I loved it! It was as if I got a chance to see the hidden song and dance of nature, singing their praise to Hashem their Creator!

THE PRECIOUS RAINWATER

The downpours of drenching rain that Hashem sends us in the spring, saturate the ground with

plenty of water. It then will have the form of fluid energy to help the sprouting forth all the assorted growing matter. All that will be take place in synthesis with the warmth and the actual powerful energizing rays of the sunlight, carbon dioxide gases, and the various chemicals and minerals, which were quietly laying, dormant in the earth, throughout the cold months of the winter.

All vegetation soon, start taking root, and slowly begin to miraculously take shape into different sorts and types, of delicious, nutritious, colorful, beautiful vegetables! Hashem with His Words "Toitzei Ha'aretz Deshe Eisev Mazria Zera" continues to create all the luscious vegetation, for so many thousands of years! As R' Avigdor Miller would often say in his Shirim, with his simple but dramatic melodious voice "This is not a simple matter at all!"

These vegetables slowly continue to grow, and with time, they wondrously take on more weight, nutrition, taste, and color, until they're ripe and ready for human consumption! They're fully loaded with a full array of vitamins, minerals, and even with some protein, and carbohydrates, created for you and me to eat. We then miraculously digest it all! Vayomer Eloikim "Hinei Nasati Lachem es kol Eisev. . . . L'achla"! The extracted energy, then gets absorbed and transformed into all sorts of intricate, extremely complex microscopic cells, chemicals, fluids, skin, muscle, hair, and hardened boney living parts of the many wonderful, and wondrous organs, and fascinating functioning systems of our body. We can stay healthy and ALIVE! Let's say that Brocho with passion! Boruch Ata Hashem . . .

.Borei Pri Ha'adama!

RAIN...RAIN...and my BRAIN

I have this interesting behavior, of enjoying to sometimes walk in the rain, without an umbrella! It sounds queer, but I love getting soaked with rain! Some people claim that this is simply my way of dealing with the inconvenience that the rain could sometimes be. In this manner I'm trying to laugh it off, or act totally in denial of the problem at hand! I may agree with their explanation, but only up to a certain point. I actually sometimes leave the house in middle of a rain to just go and "take a walk in the rain"! I feel connected to the powerful blessing, and feelings of hope for growth. Deep down, I some-

how psychologically view the wetness of rain in such a way. The feeling of potentiality for new goods, and growth, that are being set into process, are, (at least for me) the subconscious thoughts that come along with the rain!

I can still hear Rabbi Avigdor Miller's dramatic voice "Gadoil Yoim Ha'Geshamim"! and I always loved this line of his: "When it rains Yiddishe kinderlach are falling from the sky"! He meant to say the food and the continuation of life of future generations, come down from the sky with the rain! What a profound insightful, appreciative, and positive piece of thought!

FRUIT TREES


Here in the City, we don't really get a

chance to witness the growth of edible fruit on the countless types of fruit trees. In these times, day and age, we basically, and for the most part, see the trees that will in the future give forth fruit, in the coming times of Moshiach, hopefully B'Mhaira B'Yameinu. We are used to seeing the fruitless city trees, like The Elm, Maple, Locust, Linden, Sycamore, Oak, with many sorts and kinds of their subspecies, and plenty of Evergreens too. Yet we do have a some small and limited amount of fruit trees. But they're not cared for well enough, to be able to bear high grade fruit, good enough for human consumption.


Fruit trees need lots of fertilizers, watering, and pesticides, to grow a good crop. The Apple, Cherry, and Peach trees that we have on the city streets and yards, along with the city's Plum, Apricot, Pear, and Nectarine trees, do give forth fruit. But they are usually of poor grade, and are bug, and worm infested. YET. . . Interestingly, and ironically, they are the LUCKY FRUIT TREES! They are the fruit trees that have the Zechus to be the one's that Yidden will make a full-fledged complete and entire Brocho, B'Sheim U'Malchus.

Whenever some Yid will come across them and notice their blooming flowers in the Spring, they might just be the first ones that he's seeing this year! Immediately they'll merit having a Yid saying a fervent Brocho standing towards them, to thank Hashem for ALL the fruit trees in the world! They'll serve as the representatives of all the fruit bearing trees in the entire world!

We Yidden Boruch Hashem have the chance to make that famous "once a year Brocho" of She'Loi



Initiative for boys
8-13



תורה שלימה
Shmooze in
Torah
Torah Shleimah

פרשת אמור

פרשת אמור

1. Can a כהן become טמא to a מצוה?
2. Which relative is שארו?
3. How many מלקות does one get if he scratches himself for a dead person in five places at once?
4. Can קדוש בית דין force the כהן to be קדוש?
5. How do we fulfill the מצוה of קדוש יהיה לך?
6. What does לא יפרע mean?
7. If a כהן had a מום and then it went away, can he do the עבודה?

Questions are until פרק כב.

If you would like to submit answers and be entered into a raffle for a \$25 gift card, please call 848 373 5489. Last week's winner was Tzvi Goldstein from Eitz Chaim. To get this Parsha sheet emailed to you every week, send a request to torahshleimah@gmail.com. Sponsorship opportunities available.

לעילוי נשמת ר' בנימין זאב בן ר' נתן ז"ל קאפפעל תנצב"ה

Chisar B'Oilamoi Klum, U'Vara Voi B'riois Toivois V'ilanois Toivois L'hanois Bahem Bnei Adam! This Brocho actually includes thankfulness, for all the countless created matter that were created by Hashem in order to give pleasure, and enjoyment to people so that they should praise Him, and get close to Him! Hopefully we'll be smart enough to use the as a way to connect with Hashem, and make His Presence realized to all of mankind, ultimately developing an everlasting relationship with Hashem!

R' Shloime Zalmen Aurbach Z"L used to happily say in his elderly years: " I Boruch Hashem never once missed out on that special Brocho since my Bar Mitzvah!

We thank Hashem for the millions of types of fruit trees that give forth billions of delicious sweet, juicy, and tasty fruits. They are packed with tons of nutritional good for us. All the vitamins, minerals, and sugars, are there, for us to enjoy, and help us stay healthy! THANK YOU HASHEM! Thank You for their growth, health, photosynthesis, and their amazing flowering and pollination process, to enable all of them to give forth beautiful delicious healthy food!

The gorgeous and beautiful colorful peels, are all perfectly created. Each one has with their specific custom design of thick or thin, tough or soft, bumpy, hairy, or smooth skin. All that points to a purposeful creation of the outer shell of protection by Hashem. Add to that the miraculously designed inner packaging of the fruit. The cells of the fruit's flesh, or thin membranes, and juice are unbelievably somehow mixed, and combined by Hashem. They are then carefully contained within their

inner protective trappings, plus by their non-leaking peel! Let's Praise Hashem! L'oisei Niflaois G'doiois L'Vadoi, Ki L'Oilum Chasdoi!

THE SOLEMN BYSTANDERS

There are some that stand by and solemnly watch the Spring Fever not seeming to be able to show any participation in the Spring Simcha. They are simply in awe of what's taking place around them!



I'm referring to the Evergreens of many types. Pine, Fir, Spruce, Juniper, Cypress, Hemlocks, Redcedar, Redwood and Yew, just to name a few. Same goes for the tough bushes and types of Ivy plants that weren't touched by the harshness of the freezing weather in the winter. They remained the same, staying totally green, full of their spiky, or leathery sort of leaves. They never showed any deadening symptoms due to the trying conditions of the winter months. They didn't fall away in the Fall, or succumb to the dead look of the Winter. Standing proud, perfectly straight, tall, solid, with an impressive show of massive stoic strength, they sailed right through the winter, untouched, and unscathed, by all the hardships being felt and dealt with, by others.

Now in Spring they obviously

don't have any gevaldige feelings of happiness for their own fresh start, since there isn't any for them. They are now humbled by the fascinating scenes of all sorts of Techiyas Hamaysim. They might have thought of themselves as being the high and mighty, in the winter months, but there is nothing that can compare to the strength of seeing trees grass, and flowers, restarting and rebuilding from scratch, after falling apart, in the Fall and Winter months.

The same message goes for all of us. Seeing people rebuild their lives, spiritually, socially, or healing from any sort of mental, emotional, or physical illness. People fixing family issues, overcoming the frustrations of the search for a new job, or a shidduch, or any other tough struggles, and Nisyonos, is literally like seeing a sort of Techiyas Hamaysim! We should rejoice with them for their courage to start anew, and Frei Zich Mit with their Yeshuas Hashem that enabled them to courageously with their bare fingers tenaciously, hold on to the remaining few, unsevered strands of their connecting lifeline ropes to Hashem, in the times of their Nisayoin! The ropes and cables of Emunah and Bitachon! They Baruch Hashem managed to fight fiercely and ferociously with their obstacles and demons, using superhuman strength to pull themselves out of a rut, pick up the broken pieces of the "whatever" in life that fell apart, and put it all back together. All that was only possible with Hashem's help. Boruch Ata Hashem Mechayeh Hamaysim! What an awesome sight to see and personally witness! Ata Gibor L'oilum Hashem, Mechayeh Meisim Atah, RAV L'HOISHIA!

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

INFINITE REWARD

The Rav of Chug Chasan Sofer, R' Shlomo Yitzchok Unger, survived the Holocaust and went to Bnei Brak to start his life anew. He took his unique talent of strengthening others and built a shul there, with most of its congregants also being survivors. True to his nature, he encouraged his fellow survivors to continue with their lives and to not lose their faith.

R' Unger related to R' Yankel Galinsky an incredible story. As is part and parcel with being a Rav, R' Unger fielded many questions from his congregants, but because they were mostly survivors, their questions were more interesting than a Rav of a different shul might get.

One day, one of the fellow survivors, who we'll call Shalom, prefaced his mind-blowing question with a story that took place during the Holocaust, which was the following:

In the same barracks as Shalom, was an inmate from a prestigious family, named R' Chaim'ke. One day, R' Chaim'ke informed Shalom that the next night would be Pesach and that they would need matzos mitzvah. R' Chaim'ke knew how to get them: Next to their work camp was a wheat factory, and R' Chaim'ke knew of a whole bag of wheat that had exploded, leaving stray wheat kernels lying on the floor.

"Let's go and 'steal' some kernels," R' Chaim'ke pressed him, "grind them and bake them, and with that we'll be able to eat them for Pesach." Shalom was reluctant, as breaking out of the camp to grab anything could be the end of them, but Shalom agreed. He ran there, found the sought-after kernels, ground them, and baked the dough on a burning hot tray. The matzos totaled two k'zeisim, enough for the two of them to each eat one

and each fulfill the mitzvah.

Shalom joyfully took the matzos, tucked them under his arm, and headed back to the camp. His excitement was palpable; he was going to fulfill such a precious mitzvah!

As he entered the camp, the guard noticed him smuggling something under his sleeve. He detected the matzos, grabbed them away, threw them to the floor, and trampled them with his thick leather boots. The guard wasn't done, though, and proceeded to give Shalom a beating like he'd never had before, leaving him a hair's breadth away from death. Just then, the guard was distracted by someone else and left Shalom alone. That spared his life.

After the guard left, Shalom mustered whatever strength he had, or didn't have, and collected the remainder of his matzos, a few crumbs that totaled only one kezayis, and headed back to the barracks.

R' Chaim'ke, seeing Shalom's dire sit-



uation, came running to him, inquiring as to what took place. Shalom told him the whole story, and R' Chaim'ke gave him much-needed words of encouragement, lifting his spirit and giving him the emotional support

that he needed to overcome the incident.

Once things calmed down, the question of which of them should eat the lone kezayis arose. R' Chaim'ke claimed that since he was the one who introduced the idea and was the one who motivated Shalom to do it, the matzah should be his. Shalom, on the other hand, claimed that he nearly sacrificed his life for it, and it surely should be his. This was the question.

In the end, Shalom decided that he would give the mitzvah to R' Chaim'ke on two conditions: 1) that R' Chaim'ke says with him word for word the entire Haggadah, and 2) that the s'char, reward of the mitzvah, would be Shalom's. R' Chaim'ke agreed to these conditions.

That night, at the Seder, they got together to say the Haggadah. Many other inmates gathered to partake in their event, even though they wouldn't have any matzah to eat. R' Chaim'ke kept their agreement, R' Chaim'ke got the matzos, while Shalom had the Haggadah dictated to him word for word.

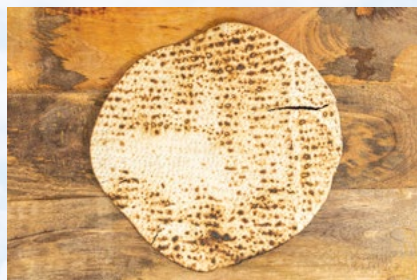
The next day, they got up to go to work. During their work, while no Nazis were looking, they gathered and started to daven. They were so overwhelmed with their emotion that,

HOME SECURITY SYSTEMS
Protection at its best!

Hashem stands guard at your door!
Kiss the mezuzah every time you pass it!

as they got to Hallel, R' Chaim'ke became so enthusiastic that he started to enunciate the words of Tehillim loud enough to be heard by the guards.

When the Nazis heard R' Chaim'ke's heartfelt prayers, they immediately marched right over to him and killed him on the spot. Shalom didn't hear or think about R' Chaim'ke after that, but just last night, he told R' Unger, R'



Chaim'ke came to Shalom in a dream, requesting bitterly for the s'char of that mitzvah he'd agreed to give to Shalom. It means so much to him, R' Chaim'ke told him, and he therefore requested that Shalom change his mind and grant R' Chaim'ke the reward retroactively.

Hearing this question, R' Unger said the question was too much for him to handle, and that it must be brought to "the higher-ups." The question was brought to the Machnifk'e Rebbe, who replied that the s'char should rightfully be given to R' Chaim'ke.

This puzzled Shalom. "Rightfully?"

he exclaimed. "I was the one who endangered my life for it!"

The Machnifk'e Rebbe explained that since Shalom was blessed with children and the opportunity to fulfill the mitzvah many more times since that Pesach in the camp, unlike R' Chaim'ke, whose last chance was that one broken-up kezayis, it should, therefore, rightfully be given to R' Chaim'ke.

The Rebbe then instructed Shalom to head to the shul, open the Aron Kodesh, put his head inside, and recall the whole incident. Afterward, he should enunciate that he, Shalom, grants R' Chaim'ke with the s'char of the mitzvah, and so he did.

Recalling the episode caused Shalom to revisit the old, heavy emotions. Weepingly, he ran home to finish his crying, which led him to a deep slumber. In his sleep, R' Chaim'ke revisited him, his face glowing from joy, thanking him immensely for giving him the reward.

After he awoke, Shalom returned to the Rebbe, and reported the conclusion of the story.

The Rebbe was overtaken by this story. He was shocked not from the fact that his solution worked and that R' Chaim'ke had returned to Gan Eden, but rather that he gained a powerful analogy from the story. "This man had

gone through the war. With all the yesurim he confronted, he definitely got a complete kaparah for anything he needed. Yet, he still makes the trip from the Next World in order to get the reward of just one mitzvah!"

The reward for every mitzvah is infinite, and it was worth returning to This World to reclaim it. How lucky we

are that we can do so many mitzvos, each of them having endless reward. (Heard from R' Ephraim Wachsman)

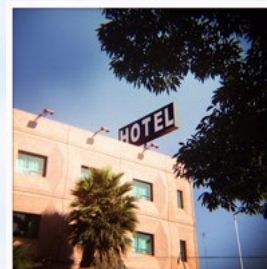
HOLOCAUST SURVIVORS

A shomer-Shabbos hotel in Netanya once had to deal with a difficult predicament with a couple who wished to make a reservation there. After giving their deposit, the couple contacted the hotel and wanted to pay upfront for their stay. The front desk responded that since payment was only due when departing, there was no reason to pay upfront.

The couple then explained that since they'd be continuing their journey on Shabbos, when the front desk would be closed, they wanted to pay upfront to get the matter of payment squared away and dealt with.

Hearing this, the clerk then apologized and told them that their reservation would have to be cancelled, as the hotel's policy was that they only rent their rooms to shomrei Shabbos. Having admitted to planning to drive away on Shabbos, they obviously didn't

fit the hotel's policy



fit the hotel's policy

couldn't stay in the hotel. They pleaded with the secretary to reconsider, but she said she couldn't do anything more than let them speak with the hotel manager, Mr. Schechter.

Mr. Schechter heard their situation, but he repeated to them that the hotel's policy was to only accept reservations from Shomrei Shabbos. They told him that this hotel was the only one in the area that they needed to be in, and that they couldn't go anywhere else. Mr. Schechter didn't acquiesce but said that he'd consult his Rav and get back to them with the final answer.

Mr. Schechter then went and sought

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

the guidance of R' Yosef Shalom Elyashiv. When he got into the room, it took several minutes before he was recognized, but once R' Elyashiv saw him, he presented to him the question. R' Elyashiv replied with his typical several-word response that contained great guidance: "Why should it bother you if they eat kosher for a few days?!" With that Mr. Schechter left the room.

In other words, R' Elyashiv was saying that being in their hotel would be one of the only times that these Jews would be eating kosher. Who knows what they eat the rest of the time? Now that they'd be eating kosher for several days, don't shoo them away. Let them have a few days of eating kosher, and don't let their Shabbos departure disturb that opportunity.

With these few short words, Mr. Schechter took his answer and headed back to the hotel, making an exception for this couple and allowing them to stay in his hotel.

When he called the couple back, he could tell from the other side of the line that they were touched beyond just the fact that they were allowed to stay in the hotel. Mr. Schechter asked them what moved them so, and they went on to explain.

They were Holocaust survivors who arrived in Israel with no family and no support system. Nobody in their new world showed them any interest in doing mitzvos, as they had done when they grew up in Europe, and so they slowly drifted away from their previous dedication. Eventually, they'd drifted so far as to stop observing Torah and mitzvos altogether.

When they heard how R' Elyashiv valued the mitzvos they'd do by eating kosher, enough to advise the hotel to go against their policy, it was the first show of support for their mitzvos that they'd heard in a long time. They saw how he valued their mitzvos, and the empty void they'd felt all those years could be filled yet again.

When Shabbos finally came, something surprising happened. The staff assumed that they'd see the couple packing their bags, making an obvious

departure on Shabbos, but they saw no such thing. Mr. Schechter assumed that they'd definitely be seen violating the Shabbos, but to the contrary, they were seen observing Shabbos and taking in every aspect of it, absorbing it into their bones and cherishing every moment.

This story doesn't end here. Experiencing the uplifting aura of Shabbos left them motivated and inspired to start keeping other mitzvos. One mitzvah led to another, until over time they were observing all the mitzvos, no different than any other Yid. (The Joy of Emunah, p. 259)

By knowing how their mitzvos were cherished by R' Elyashiv, this couple built an inner appreciation toward Torah and mitzvos. We too, by knowing how our mitzvos are treasured by Hashem, we can build an inner recognition, appreciation, and admiration toward the mitzvos we do, leaving us with a strong pride, satisfaction and happiness in being able to serve Hashem.

THE BEST MEDICATION

The sefer Aleinu L'Shabe'ach quotes from the author of the Shomer Emunim, who was speaking about how



valuable guarding one's eyes is. He said, if a person was walking in the street and suddenly there was an immodest scene in front of him, if he would strengthen himself and be careful not to look, at that moment, any request he would ask of Hashem would be received.

Rabbi Zilberstein, author of the Aleinu L'Shabe'ach, proceeded to tell the following story that a young Rabbi told him. The young Rabbi said he learns in a kollel and spends most of his waking hours learning Torah. On one occasion, his wife sent him urgently to Tel Aviv to get a rare, ex-

pensive medication for their daughter who was suffering from a chronic illness. While he was there, a few people dressed immodestly came directly in his eye view.

Immediately, he recalled the words of the Shomer Emunim and closed his eyes tightly. He then utilized his opportunity to make a heartfelt tefillah to please heal his daughter. He said the tefillah with emotional tears and then continued his way to get the medication.

A few minutes later, his phone rang. It was his wife who was at the doctor with their daughter. She called to tell him, a few moments before, their daughter took a drastic turn for the better and the doctor said she no longer needed the medication. This Rabbi's tefillah, after overcoming that test, had an immediate effect on their daughter. When a test comes, it's a glorious opportunity to gain!

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

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By: Rabbi Shraga Freedman

Goal Oriented Yiddishkeit

It has been observed that human beings thrive when they feel they are living for a goal; people who lack a sense of purpose tend to feel worthless and aimless. Many men die shortly after retiring — possibly because without a sense of purpose, they lose their feelings of vitality. Moreover, having a goal is a vital ingredient for success in any endeavor; in fact, it is the key component. A study done in a Yale University in 1953 found that only three percent of the graduates had a clear set of goals and had formulated a plan for achieving those goals. Twenty years later, in 1973, the researchers discovered that the financial worth of that three percent exceeded the combined worth of the other 97 percent.

In the secular world, the same advice is given to athletes, businessmen, students, and anyone else attempting to succeed in any endeavor: Envision your goal as clearly as possible, and you will have a much better chance of reaching your goal. When a person remains focused on a goal, it will be much more difficult for outside forces to distract him from it or prevent him from attaining it.

The same is true, l'havdil, of the spiritual mission of the Jewish people.

What is the ultimate goal of the Jewish people? As we have learned, it is to bring honor to Hashem, to sanctify His Name completely in this world. And Chazal have given us a program, a constant kiddush Hashem awareness campaign, to help us keep this objective steadfastly at the forefront of our minds. This program is our continual yearning for the Geulah, expressed by the words Achakeh lo b'chol yom



she'yavo. If we spend every day truly waiting for Mashiach, and for the tremendous revelation of kavod Shamayim that will take place when he comes, then we can be sure that our energies will be used effectively in a way that is in line with that goal, and we will succeed much more quickly in generating kiddush Hashem

Every successful business and organization needs to have a mission statement. Without a clear focus on that mission statement, they run the risk of failing in their mission. And every employee of the business must be aware of that mission statement. Imagine a hotel whose mission statement is to provide exemplary comfort and satisfaction to their guests. If the chambermaids are unaware of that mission statement and think that their ultimate goal is to maintain the cleanliness of the rooms, they might disturb the guests in order to do so, thereby sabotaging the company's mission.

For the Jewish people, the same is true. If we are not constantly aware of our mission statement — the goal of kiddush Hashem — we run the risk of being caught up in the details and losing sight of the overall objective. Imagine this scenario. A frum woman receives a parking ticket, and two men approach her and offer to lie in court, claiming that the parking meter was broken, if she would give the money she saved to tzedakah. These men are deeply dedicated to some of the details of Yiddishkeit, but they have lost sight of the ultimate goal.

On the other hand, a person who succeeds in remaining focused on kiddush Hashem can achieve amazing results.

Who could imagine that the next-door neighbor of a yeshivah high school dormitory would be impressed and

“

The mission of the Jewish people is to be mekadesh shem Shamayim.

”

inspired by the boys who live there? Recently, the boys in a yeshivah high school dormitory were approached by their non-Jewish neighbor, who wanted, to their surprise, to present them with a gift of several basketballs and softballs. "I really appreciate having you guys as neighbors," the man said fervently. "The boys are polite and respectful. They greet me every morning and are quiet and sensitive to the neighbors at night."

One of the boys mentioned to the neighbor that the yeshivah was considering moving to another part of town, and the man was horrified. "If you guys move, I'm going with you. You guys make the neighborhood!" "Not only that, but if any of you ever needs a job, you can come to me. I am the manager of a hotel, and I don't need any additional staff, but I would hire you guys anytime. I know that if I take care of you, your G-d will take care of me." He paused, then added, "I used to



be a sinful person, but I changed — because of you guys. When I see you boys walking to your school or even playing ball, I feel guilty about my way of life. Seeing you reminds me that G-d is watching everything I do." Because these boys were so focused on the goal of kiddush Hashem, their actions inspired and uplifted others.

We must make kiddush Hashem our goal and dream in life — and only then will it become a reality.

In Review: In Yiddishkeit, the spirit of the law — of the Torah — is defined by kiddush Hashem. The mission of the Jewish people is to be mekadash shem Shamayim. It is vital for us to keep this in mind, for without this awareness, we may end up squandering our time and energies pursuing goals that are not truly ours.



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

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

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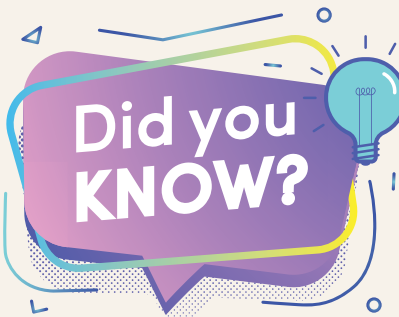
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Yum! Yum! Yum!
 But nothing compared to what's waiting for you in the next world!

By: Rabbi Zevy Golombeck



Did you know that we live in a society and culture that makes you feel like you're married to things such as your phone and wallet? You feel emotionally attached. You feel like you can't manage without it. You feel like you don't have security without it.

If people don't have their phone, they feel lost. Contacts, meetings, important phone numbers. You feel like you're in contact with the world. In case you have to get through to someone or someone has to get through to you. People are married

to their phone. If they don't have their phone, they feel out of place, they feel lost. They feel insecure. They don't feel themselves. They feel they're going out of their comfort zone.

Other things a person has are a wallet, money, a license, insurance cards, birth certificates. All these important documents. People feel an emotional attachment. If you have your wallet with you, you have your license, your money and you feel secure and safe. You have an identity. You feel chashuv, you feel like somebody. You don't have it? You feel displaced, you feel lost. You don't feel yourself. That's what the world offers you.



Really, when you live with Emunah and bitachon it's exactly the opposite. We don't need money to feel secure. We don't need a phone to feel secure. We don't need a birth certificate to feel secure. We don't need a license to feel secure. We don't need a social security card to feel secure. We don't need a phone, we don't need contacts. We don't need anything other than Hashem. If you have Hashem you have security, stability, you have power. You have everything you need. And if you don't have Hashem, then you don't have anything.

Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

Novardakers were focused on breaking their middos and making the best out of themselves. When they were wronged, they took it as an opportunity to go against their nature and to do hatava b'makom hakpadah. A Rosh Yeshiva once sent a very harsh letter to R' Dovid Bleicher (a talmid of the Alter of Novardok). The man who delivered it to him left it on his desk and watched through a crack in the door to see his reaction. R' Dovid entered and read the letter and his face became white. As soon as he came out of the office R' Dovid went over to the one who delivered it and began praising this Rosh Yeshiva in a big way. A short while later there was a meeting of rabbanim and R' Dovid made sure to meet this rosh yeshiva in the hallway. He kissed him like an old friend and schmoozed with him for over an hour as if they were best friends.

R' Mandel says about his rebbi, R' Chaim Halperin, that if there was an uncomfortable feeling between him and another person he would hug the person. When you do such actions, you're ridding your hakpadah and you're making things brighter up between the two of you.

Somebody once told R' Galinsky that he feels uncomfortable with a certain person because of a misunderstanding they once had. He smiled and said "I know exactly what you're talking about; you need to keep meeting him and each time say a few words to him and with time the ice will melt".



MAZEL TOV!

Mazal Tov to R' Yaakov Yehoshua Wicentowsky and family (Lakewood, New Jersey) on engagement of their son Shlomo Zalmon!

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

Mazal Tov to R' Avraham Yitzchok Wicentowsky and family (Lakewood, New Jersey) on the birth of a new baby girl!

Mazal Tov to Rabbi and Mrs. Avraham Yeshaya Rosenman (Chestnut Ridge, New York) on the marriage of their daughter Devora Leah to Lipa Lang son of Rabbi and Mrs. Shimon Lang (Montreal Quebec)!

Mazal Tov to Rabbi and Mrs. Yosef Lapidos (Monsey, New York) on the marriage of their son Baruch to Esti Rosenberg daughter of Rabbi and Mrs. Aharon Zelig Rosenberg (Far Rockaway, New York)



This column is part of the "ASHER TO THE YATZAR" initiative. If you would like to receive the monthly leaflet, please email ashertotheyatzar@gmail.com.

Asher Yatzar – A Preparation for Shavuos

The Gemara in *Shabbos* (147b) tells us that these days in between Pesach and Shavuos contain a special curing power, and remedies performed now have a better chance of working. Even though the Gemara implies that this is due to the special weather of these days, perhaps there is a deeper explanation.

The *Nefesh Hachaim* writes (*Shaar 4, Perek 10*) that the greatest connection to *Hashem* is through Torah, for when we learn Torah we attach ourselves, *kaviyachol*, to Him. This being the case, in order to again receive the Torah on *Shavuos*, we must use these days to strengthen our connection to Him. This is where *Sefiras Haomer* comes in. How? The *seforim* explain that the reason the Torah commanded us to bring the *korban omer* was because after a person worked on his field the entire winter, and now the crop is ready to be harvested, he may begin to think that he did it all on his own. Therefore, we must bring the *korban omer*, where we take the fruit of our labor and offer it as a *korban* to Hashem, to show that everything we have comes from Hashem and really belongs to Hashem.



When a person thinks he is taking care of himself and can manage on his own, he is distancing himself from Hashem. The first step in preparing for Matan Torah is to make sure that there is no separation between us and Him. That is why we count each day from the omer in order to instill in ourselves the reality that without Hashem we are totally helpless. After doing so for 49 days we can once again accept the Torah on Shavuos.

The truth is that if a person credits his success to his own capabilities, Hashem may need to remind him that he really needs Him. This can be through illness *chas v'shalom* or loss of income or other difficulties. In the olden days, says the *Ramban* (*Vayikra* 26:11), there was no reason for a sick person to go to a doctor. A person went to the *Navi*, who told him what he needed to fix in his servitude of Hashem. Once he did teshuva, the illness disappeared. In our times we must go to doctors, but let us not forget the main point of the illness, to bring us to true introspection of our lives.

This is the reason why we say "*Refaeinu Hashem, v'neirafei*," which seems superfluous. Of course, if Hashem heals us, we will be healed. The answer is that we are saying: If You, Hashem do not heal us, all the medical help in the world will not help. The reason we are sick is to remember You, and therefore we now turn to You and beg for a "*Refuah sheleima l'chol makoseinu*." We want to be completely cured from the problem that caused it, mainly being our distance from Hashem. That is why we refer to illness as "*makoseinu*" – a loving "smack" from our Father in Heaven to help us come close to Him.

Perhaps this is why the days of *sefirah* have special healing power. This is the time of the year that we are working on building our awareness that Hashem is the Creator and are trying to live with that idea. This is the greatest step toward bringing a cure to a person's sickness. The more he comes close to Hashem, the less he will need painful reminders. The *Chasam Sofer* points out that *Iyar* (*Alef Yud-Reish*) stands for "*Ani Hashem Rofecha*." The month of *Iyar* gives us the ability to easily realize that Hashem is the true doctor, and there is no better cure than that! And of course, if we live this way, it will prevent the need for sickness in the first place.

----- Internalize It! -----

We can use the *beracha* of Asher Yatzar as a way of preparing for the great Yom Tov of Shavuos. Before saying the *beracha*, bear in mind that we are about to say how Hashem is involved in every aspect of our health, and that we cannot live even one second without Him. This will strengthen our bond with Him so that we can connect to Him through receiving the Torah.

The Blessing of Guarding Your Tongue

Story 1 – (I heard this story Chanukah time 2019)

I have a student in my class whose mother told me 2 great stories that she was involved in. When she was younger and in shidduchim, she wanted to marry a boy who was learning. Her father told her that he was not going to support her. She felt very down since she wanted very much to marry a learning boy.

Her older sister spoke to her and said they should learn together a book on the laws of Lashon Hora from the Chofetz Chaim. They chose the Artscroll – A Daily Companion to use. After about 40 days she was suggested a shidduch with a boy who was learning, and she went out with him. With Siyata Dishmaya she ended up marrying him and he is still learning about 14 years later. B'Siyata Dishmaya she has a great job that supports her whole family.

She told me a second story with her niece. Her niece got divorced and she was depressed. She tried to convince her niece to learn Chofetz Chaim with her, and finally she agreed. They started learning the same book which she herself used which was "A Daily Companion" and about 5 months later she met her future husband. With Siyata Dishmaya she is married now.

It is important to remember to continue learning it after the salvation that Hashem has given you.

Story 2 – (This happened in 2019)

I was talking to someone in shul who had a daughter in shidduchim for a long time with no success. I told him to start learning 2 laws on Lashon Hora a day.

He decided to learn the "DAILY COMPANION" with his daughter and things started improving. About 4 months later she got engaged. The father told me that it was for sure because of their learning about the laws of Lashon Hora that she got engaged.

After they got married I asked the father if the couple was still learning the halachos, and he said that they were learning but using another book.

Story 3 – (Heard in January 2020)

I was at a wedding of my Rebbe's son and I met his brother who I knew a long time ago. I hadn't seen him in over 25 years. He told me something remarkable. When he first got married, his wife had 2 miscarriages. It was a great צער – agony. His uncle from ארץ ישראל called him and told him that he needs to strengthen himself in being more careful with loshon hora. He decided to learn the laws with his wife. He then told me something that I don't think I'll ever forget. He says that now, 11 children later, he never had a problem again. About a year ago, he called me again to ask me to call a couple who didn't have children. He added to me a part of his own story that when his wife was expecting after the 1st 2 miscarriages, she had a problem, but in the זכות of learning it, everything worked out and she had her first child.

You can text me, Rabbi Menache (from Lakewood Cheder and Yagdil Torah) 732-371-0147, for a free USB/ CD with many of the miraculous stories, or for the book, Daily Companion. You can also call the hotline at 641-715-3800; pin number- 419200# to listen to many of the stories. New! Live Chizuk Shiur Sun-Thurs 7:30-7:40 339-207-7874 Previous recordings 605.313.4101 Access# 6575330.



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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 3: The Purpose of Pleasure:

The Strongest Bond

When Avraham Avinu's deliberations were complete, when he finally concluded that there is a G-d in the world, when he finally said "yes" to Hashem, how did he feel at that moment? Did he feel like a gigantic yoke just fell upon him as he took a deep breath and bravely shouldered the burden of teaching the world about Hashem?

It's hard to imagine Avraham felt that way. Avraham perceived Hashem as an endless Giver. That is why Avraham, too, became such a giver! He surely felt excited to do something in turn for the One Who had given him so much good!

The relationship between Hashem and Avraham was healthy and strong because Avraham had learned to enjoy and appreciate all the gifts Hashem gave him. That is why when Hashem asked Avraham to do things, even very difficult things, Avraham jumped to do them!

This, then, is the answer to the question of why a person must enjoy Olam Hazei: If he does not enjoy this world, he is starting off his relationship with Hashem on the wrong foot! And everything that comes afterward will be affected.

If we don't take the time to enjoy the gifts of this world, our relationship with Hashem will be severely lacking. Ignoring all the goodness Hashem is offering us is like saying to Him, "Thanks for the thought, but I'm doing just fine. I'm convinced that You exist,

and I will serve You without all Your gifts."

Does Hashem really want such a response from us? Imagine if a man brought home a diamond bracelet for his wife, and she tells him, "You can take it back to the store. I'm fine being married to you without any gifts." How would that man feel? Terribly hurt! We certainly must not have this attitude about all the wonderful things that Hashem gives us.

Rather, we must take notice of and enjoy all the goodness He showers upon us. The resulting happiness will create the mighty foundation of our eternal, infinitely rewarding relationship with Him.

(See Rav Avigdor Miller, *The Beginning* (2:8, p. 71). "Hashem's original plan was to employ the joy of physical pleasure in the service of the great ideal of Man's pursuit of Perfection (ed-shleimus) and nearness to Hashem." This, Rav Miller explains, is what the *Mesillas Yesharim* calls "kedushah" (the opposite of prishus), which even includes eating, if done for the purpose of coming closer to Hashem.

See Daniel Haberman, trans., *Duties of the Heart—Chovos Halevavos* (Feldheim Publishers, 1996) Sha'ar Habechina, perek 5: ואז יכנס לבורא על – רוב חסדו וטובו עליו ותתגדל הודאתו לו – "And then, when he is aware of all the love and kindness that the Creator has showered upon him, he will feel humbled before Him and exceedingly grateful to Him..."

This purpose of enjoyments is hinted at in the pasuk in Tehillim where Dovid Hamelech says, 'ואני קרבת אללים – לי טוב'. The mefarshim explain that Dovid is teaching us how he draws himself close to Hashem: ואני – As for me, קרבת אללים – [The way I draw] close to Hashem, לי טוב – [is by seeing all the] good Hashem gives me – Tehillim 73:28. - Heard from Rav Yehuda Mandel shlit"a.)

and I will serve You without all Your gifts."

Seeing Beyond the Gifts

We have seen that Avraham perceived Hashem as One Who constantly gave gifts to him. But as much as Avraham saw gifts and enjoyments coming to him from Hashem, he also saw something else. He saw past the gifts and perceived something behind the gifts.

Because to whom does one give gifts? To one whom he loves.

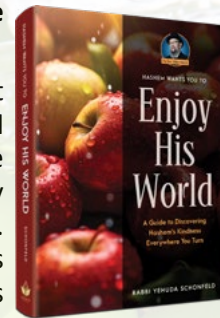
Avraham saw that Hashem was giving him gifts. Amazing gifts! Incomparable gifts! Clearly, Avraham was on Hashem's mind. Hashem was thinking about Avraham. Hashem cared deeply for Avraham. Avraham was important to Hashem.

Avraham understood that Hashem, Who was giving him all those enjoyable gifts, must love him with a very, very great love. And when Avraham understood the love Hashem had for him, he was able to return that love to Hashem and stay loyal to Him, no matter what He asked of Avraham.

In life, there are always challenges that can strain a relationship. If the relationship is based on a strong foundation, it can weather all the challenges. For example, when demands are placed on a person when he is not feeling well, and he is being asked to do hard things, he will do them anyway. He will stay committed to the relationship, no matter what. But if the relationship has a poor foundation, any challenge could cause a collapse, chas v'shalom.

This is the deeper reason for why a person must enjoy Olam Hazei: so that we can fully understand and feel Hashem's love for us. If we do that, then we can reciprocate our love to Him — and stay loyal to Him — no matter what.

Can a person stay committed to his relationship with Hash-



Continued on next page

*Parshas Emor
Nekudas HaKasef*

*BS"O
Challah Mi L'Mallah
By Mrs. S. Mordechai*

*Shabbos to Shabbos fresh and warm:
twelve loaves, Lechem Panim.
Challah Mi L'mallah:
a feast for the Kohanim.*

*There was a scoffer who said
the showbread
was stale and old
and maybe had some mold.*

*He must not have had
a clue about alilosov
and certainly knew nothing about nif-
laosov!*

*What about Yetzias Mitzrayim?
Each plague
was obvious, not confusing or vague!
What about the split Yam Suf?
Wasn't that enough proof?*

*Even b'midbar didn't Klal Yisrael savor
the most delicious fare
with sweet Mon falling from the sky
and juicy Slav birds flying overhead from*

nowhere?

*How could he miss the Shechina
revealed in the pillar, the cloud, and the
eternal flame?
It is clear that, nebach, he did not know
his Father's Name.*

*If these nissim didn't faze him
How did he see? How did he talk, walk,
or each morning awaken?
What nais would it take for his
kofrus to be shaken?*

*Unlike that rasha
we have no kasha.
With many signs for all Yidden
our Father's greatness to us is not hid-
den!*

*Through open miracles
Hashem shows us His love
and sends Bracha M'Ruba
to our table sh'yom yom ochlim alav.*

*Hu Yachid Chai Haolamim;
Every Yid, His Ben Yachid.
Each of us is an entire world.*

Hu Mateev, Hu Yateev for us tamid.

*Soon loaves of bread will be
like Pisas Bar*

*with wheat stalks stretching
from emek to har.*

*From the mountain
will fall shefa to sustain
the whole mishpacha
with a mere handful of grain.*

*In the meantime,
a piece of her dough, a Yiddishle Mama
burns
to show how much for the third and final
Beis HaMikdash she yearns.*

*Then
once again
we will have Challah Mi L'Mallah:
a feast for the Kohanim.
Shabbos to Shabbos fresh and warm:
Twelve loaves, Lechem Panim.*

*Hashem's Cloud of Glory crowned the
Mishkan by day; B'Laila Aish Tihye Bo
for all eyes to see as He led through the
Midbar
Bnai Yisrael, His Beloved Am Karovo.*

With gratitude stretching from emek to har to the Yachid Chai HaOlamim and Ha-
Karos HaTov to R. Yitzchok I. Kaufman (The Spring Hill Times); R. Zev Golombeck
(The Bitachon Hotline); Artsroll (Chumash; Parshas Emor, Pekudei; Text and
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Chapman (The Days of Mashlach and Beyond: An Anthology from Biblical, Tal-
mudic, and Rabbinic Writings); and EK, SN, LI, JF, and DD.

Continued

em if he ignored all the marvelous gifts he received? The gifts Hashem gave him were the very symbol of His love for that person! Those gifts were supposed to generate a feeling that would become the very foundation of their relationship! If the relationship is missing this feeling, can it endure? When there are challenges in the relationship, moments of difficulty, will he persevere and overcome? Will he recall all that Hashem did for him? If there is nothing to remember, how can he?

It's for this very reason that a person must enjoy Olam Hazeh. He must enjoy the pleasures of this world — and he must also see beyond the pleasures. He must recognize the love Hashem has for him. Only then can he see his relationship with Hashem in its proper perspective.

Then, will his service to Hashem feel like a burden? Certainly not! It would feel like the biggest privilege to do anything for Him! Like his forefather Avraham, he will jump to give back to Hashem after all the gifts he received.

It's important to recognize that today, we can more easily feel Hashem's love than Avraham did, because Hashem has given us even more than He gave to Avraham! When Avraham started out, he did not have the Torah. He was not part of a Jewish nation. He certainly did not have all the benefits that we enjoy in this modern, sophisticated world. So, if Avraham felt Hashem's love for him, how much more should we feel Hashem's love for us!

We surely can feel Hashem's love. All we need to do is look around and think about what He gives us! With each precious gift, look at what we have and think about what He is telling us:

"I love you."

To be continued...

The Spring Hill Times Photo Gallery



Designed by Freepik



Hashem's Universe

A Divine Masterpiece!



The amazing Starfish part 4 of 4

We are now at the final 2 part of the amazing starfish. We left the most amazing part of their story for last. Truthfully, there's much, much more to be discussed about each aspect that we have already written about, but that would mean getting into very detailed scientific information which would be a bit above our heads and specifically, it would get pretty boring. But, suffice it to say that Hashem's wisdom that He puts into every one of His creature's is absolutely astounding.

The first amazing thing, that as of today, NO OTHER CREATURE in the world has this function, is the way starfish eat. Their mouths are quite small (only about a quarter of an inch wide) and it lies flat at the center of the bottom of the starfish. However, it gets its food in the amazing way by sending its stomach out of its mouth onto the prey to eat its food. To understand how it works you need to know that there's two stomachs in a starfish. There's the cardiac stomach and on top of it is the pyloric stomach. First, we will discuss the cardiac stomach. Hashem made it that starfish likes to eat the soft insides of shells like clams,

and oysters. When the starfish reaches its prey (food), the clam, there's a problem. The clams have special muscles with which they are able to keep their shells shut together very tight. So, here's the first part of what happens. First, the tube feet of the starfish shuffle over the opening of the clam as close as possible to its mouth. Then the tube feet surround the two sides of the clam by its opening. (See below picture A) It then applies tremendous pressure to pull apart the clam. It always outlasts the clam in this dual of muscle strength, and eventually the muscles of the clam get tired first, so the clam opens up a little bit. It doesn't need to open up all the way, and that might be too much for the starfish to be able to accomplish, but it doesn't need much of an opening. The stomach of the starfish then leaves the starfishes body and slowly crawls to the inside of the clam!! NO OTHER CREATURE KNOWN TO MAN SENDS ITS STOMACH OUT OF ITS BODY TO EAT OUTSIDE OF ITS BODY! (See the pictures.) The stomach looks a bit like the white of a raw egg. It feels something like that as well. Special neuropeptides send chemical signals that cause the stomach mus-

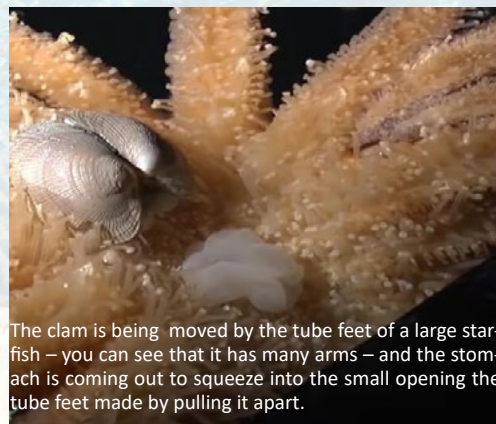
cles to contract and thereby they are able to first crawl out of their small stomach hole and then enter the clam's body. The stomach then surrounds the soft insides of the clam and then excretes very powerful digestive enzymes which liquify the clam's insides.

Once it's liquified, the stomach surrounds the liquid and then it brings it out of the clam back to the inside of its mouth. There are special retractor muscles inside the starfish that are attached to the cardiac stomach for this purpose of pulling it back in once the food has been digested. How it knows when it is finished with the digestion, I don't know. No one explains it. Just another mystery that we don't really know how it works. In passing, once we understand how the stomach works, we can now understand, as we mentioned in a previous article, how when a pedicellaria uses its plier like grip to catch small prey anywhere on the surface of the starfish, the starfish can eat it. Since the stomach can come out, so it can digest whatever food that the pedicellaria has caught! As the stomach re-enters its body through its mouth it sends the liquified

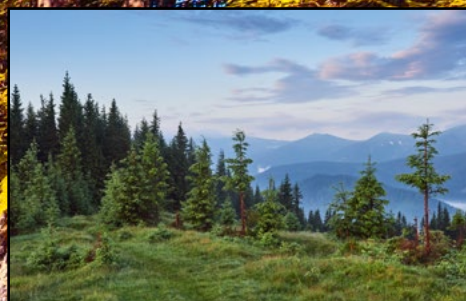
food to the pyloric stomach through cilia action. From the pyloric stomach it is send down the arms also through cilia action. Each arm has two extensions called pyloric caeca. In these structures are the final di-



Here's the stomach starting to come out of its stomach.



The clam is being moved by the tube feet of a large starfish – you can see that it has many arms – and the stomach is coming out to squeeze into the small opening the tube feet made by pulling it apart.



gestive enzymes that absorb the nutrients from the liquid food that the pyloric stomach sends them. From there the nutrients are sent to the appropriate places where they are needed.

Most movement of anything in the starfish takes place by the amazing cilia hairs that are all over the starfish, inside of it and outside of it. There's obviously much more to all this, but again, this is just a simplified version of what happens.

And now for the final amazing feat that also no other creature on the planet can do! We know that there are a number of creatures that can regenerate (like rebuild) parts of their bodies. We know there are many lizards that can actually release their tail when a predator attacks them, giving the predator something to be happy with, and the rest of the lizard runs away. The ability to detach a limb from a body at will is called Autotomy. (We will explain how this works soon.) Then they regenerate the lost limb over time. By many other animals, even though they can't just release parts of their body at will, nevertheless, if parts of their bodies are eaten

or pulled off, they can regenerate those missing or mutilated limbs.

However, there's NO OTHER CREATURE THAT FROM JUST ONE ARM THAT WAS PULLED OFF, OR WAS DROPPED OFF AT WILL, CAN REGROW AN ENTIRE NEW STARFISH BODY!! -It usually needs a small amount of the center of the starfish to be attached to it as well, for it to successfully be able to regrow an entire new starfish.

The basic idea of how it works is as follows.

There are "strategically" positioned muscles near the base of the arm of the starfish. That's where the arm comes out of the central body of the starfish. On top of these areas is the part of the skeleton of the starfish. The full skeleton is made of interconnected calcium plates. They are held together by connective tissues and muscular fiber which is how it remains so flexible and the entire skeleton is covered over by a thin skin. Muscles within the arm contract, which causes them to bulge higher. When you flex/contract your mus-

cles, the muscle goes up higher, right? So, the bulging muscle exerts force against prearranged weak points that are strategically placed over these areas by the base of the arms, so that they can easily break off when necessary. The contraction of the muscles at those points causes the skeleton to break. As it breaks, it also tears the surrounding tissues and the skin around it. That allows the arm to just fall off by itself. This process happens very quickly!

This can be done to keep a predator happy with just a small meal, (one arm) or it can be a way to increase the numbers of starfish in the water. So, that's basically how Autotomy works in the creatures that can do it.

Now, how the starfish is able to regrow an entirely new starfish from one arm is obviously beyond the scope of this article. It's OBVIOUSLY AN EXTREMELY COMPLICATED PROCESS AND AN OPEN MIRACLE. To close up the open wounds and then start the rebuilding process there are special cells called

blastema cells. They help close the wound and then regenerate the needed new skeleton, nerves, muscles, and tissues cells, in order to regrow the starfish. This all happens without the starfish even having a brain!!

How great are your works HASHEM!!

Drawing of the skeleton of starfish made of separate plates of bone like structures, held together by muscles that can tear with pressure being applied by the contracted muscles underneath them.



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



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

Just Serve Hashem with a Heart Full of Love!



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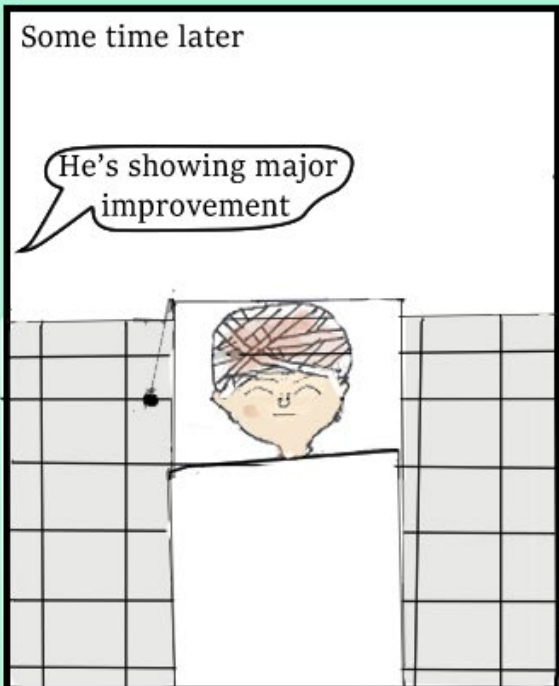
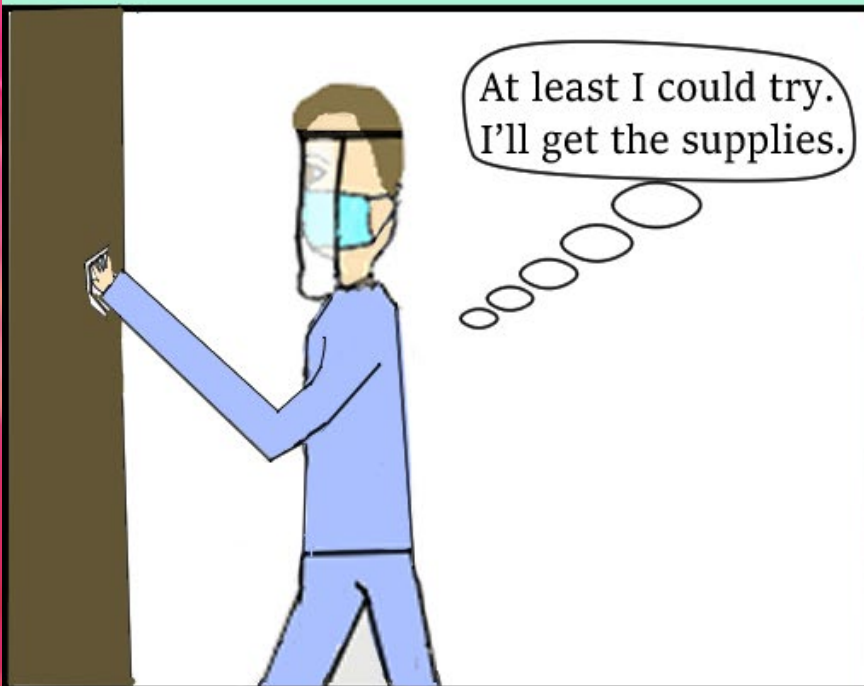
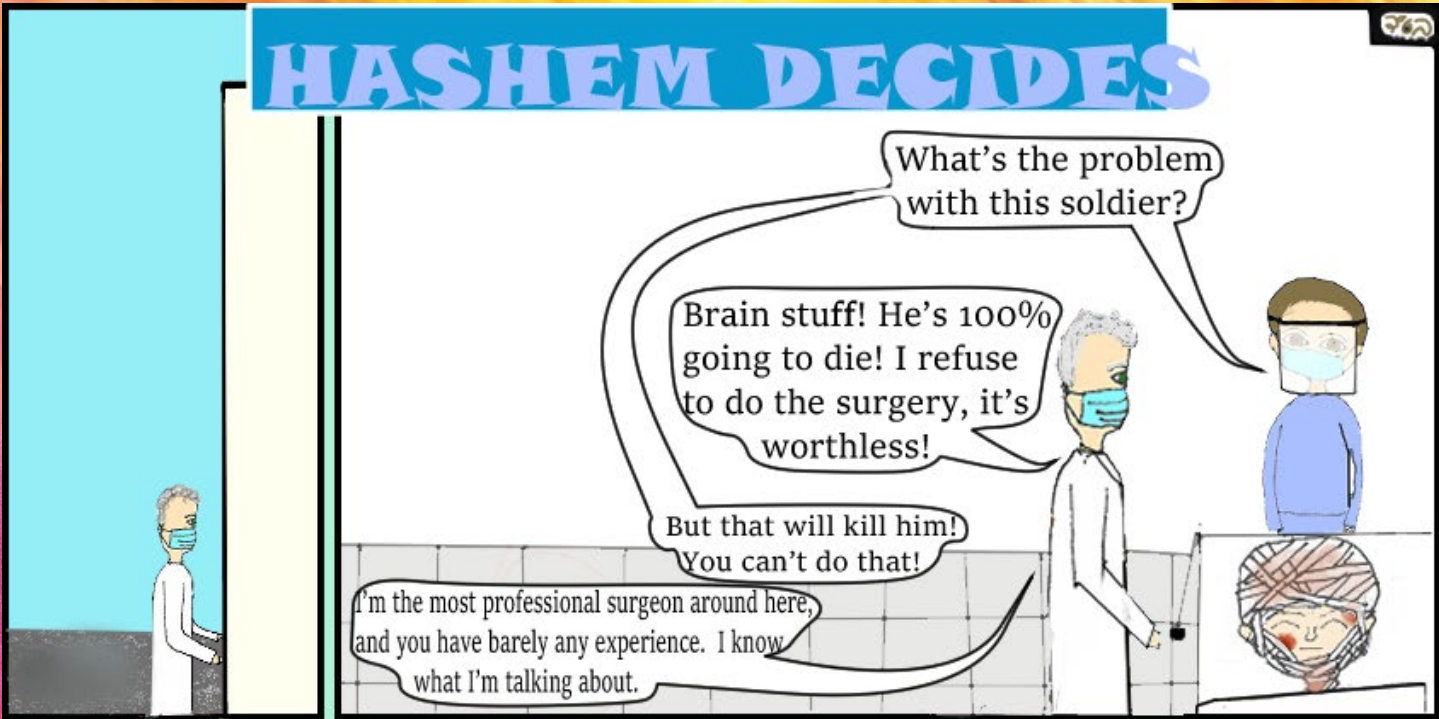


Write nice notes!



Do Hatava B'makom Hakpadah!

HASHEM DECIDES



Hashem's Torah is Candy!

Traveling in the Path of our Gedolim

Rav Shimshon Pincus, the gadol from Ofakim, strongly emphasized that the fundamental bond between a yid and Hashem is forged through mitzvos that are fulfilled from a place of love and desire to fulfill retzon Hashem, just as Hashem Himself desires to shower endless brachos and shefa upon us.

The story is told about an American bochur who was learning in Bnei Brak who approached Rav Shimshon to ask where he should light his menorah on Chanuka. Rav Shimshon showed him the exact spot and suggested that he purchase a glass box so that the flames of the menorah would remain lit outside.

The Bochur hesitated and replied that he wasn't sure it was worth it, as he was only in Eretz Yisroel for this year and would be leaving in the summer. Where he lived everyone lit inside, so he would have no use for a glass menorah box!

Rav Shimshon was completely shocked. He said - "we are not talking about a menorah for this year alone! This is an ETERNAL menorah- your mitzva of hadlakas ner chanuka of this year will escort you forever! Don't you think its worth investing in eternal gains?"

(The life of Rav Shimshon Dovid Pincus)



The Miracles Inside Your Slice of Bread

By: Mordechai Solomon

1. The seed has all the bits and pieces of information to produce more wheat which is needed in the production of bread.
2. The seed stays fresh and does not rot so you can gather them and plant a whole crop's worth.
3. Soil is only found on earth.
4. Soil is the perfect environment for the seed to grow.

5. The soil is a natural habitat for ants to live in and also for the inchworm.
6. The ant is an amazing creature that constantly is making holes in the ground. It tills the ground because Hashem put into its nature to constantly look for food.
7. The inchworm bores bigger holes in the ground which is also a form of tilling the ground.
8. Vegetation grows in the ground.
9. The soil also produces all different types of vegetation.
10. This so happens to be the perfect food for the inchworm.
11. After it eats, the food goes through an amazingly complicated digestive system.
12. The inchworm's body produces waste.
13. The waste is very good fertilizer for the soil to help the growth of the wheat.
14. When the worm dies, it decomposes and is good fertilizer for the plants.

15. Different germs and bacteria grow in the soil to improve the soil for the growth of the plants.
16. The seed reacts with the water to start to decompose.
17. This enables that the water should continue to make the seed rot.
18. Water is made of in the earth.
22. No matter how the seed is placed in the soil, the root goes down.
23. The stem goes up no matter how it is placed.
24. The plant survives on rainwater.
25. The ocean is full of salt water which cleanses the water from impurities.
26. The sun shines on water is so that when it gets hot, it starts to change.
33. The water turns into water vapor.
34. Water vapor is lighter than air, so it rises.
35. The sun sets in order to let the earth have a rest and certain insects work at night.
36. The earth spins in a cycle which causes the sun to set.
37. It is in constant motion never stopping.
38. Everything in the world is stationary and the movement not felt.
39. The moon an orb in the sky.
40. It has a certain cycle.
41. It reflects the sunlight.
42. It has an effect on the moisture of earth which is necessary for growth.
43. The earth spins in an angle so that sometimes it is closer to the sun and sometimes it is further.

44. The sun has a force on the earth.
45. This causes all different seasons and climates.
46. During the cold season the earth stops producing as much giving a rest to the earth enabling it to give off a better crop.
47. There are many dust particles in the air.
48. When the water rises, it leaves over all the salt and dirt from the ocean.
49. The water combines with the dust particles.
50. It starts to accumulate into a cloud.
51. Cold air sinks.
52. Hot air rises.
53. The difference causes air current.

54. The wind blows inland.
55. The Clouds move inland.
56. The cloud gets heavy with water.

57. The cloud releases the water.
58. Gravity brings down the water to the earth.

59. There is a negative cloud.
60. There is a positive cloud.

61. When they rub together they make lightning.

62. Lightning travels to the ground.
63. The lightning has tremendous heat.

64. The air has in it a gas called nitrogen.
65. The lightning makes a chemical reaction with the nitrogen making nitrates.
66. The nitrates are a very good fertilizer to help the growth of the plants.

67. The stem starts to push itself out of the soil.
68. The sunlight has energy.
69. The plants know how to absorb the energy.
70. The plant turns green called photosynthesis.
71. As the plant grows the roots also grow in order that the plant shouldn't fall down.
72. The roots absorb the water.
73. The roots send water to the whole plant.
74. The roots send water to the whole plant.
75. The leaves send energy to the whole plant.

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

76. Carbon dioxide is made up of two different elements.
77. The leaves absorb the CO2.
78. The leaves give off oxygen as byproduct. When all the CO2 in the vicinity of the plant gets used, how does it get more? The wind blows new air with CO2.
79. There is a constant production of CO2 because animals breathe out CO2.
80. When they breathe in oxygen, the byproduct is CO2.
81. The rains come only certain times during the year.
82. These times are beneficial and are the exact time the plants need water.
83. The amount is not too much to drench them.
84. It doesn't come too forcefully.
85. It doesn't come too little for the plants.

86. Sometimes it comes like small needles to penetrate the ground.
87. It doesn't keep on pouring which would also drown the plants.

88. The plant stem starts to rise straight up and it is elevated from the ground enabling it to be cut easier.
89. They grow in a straight line so they don't get tangled.
90. Very bendable to they don't break in the wind. The leaves absorb the nutrients and bring it down to the roots.
91. Each one miraculously knows how much to give to each part of the plant.
92. After the stem reaches a certain height it starts to produce the grain.
93. The grain is on the top where it can get the most sunlight and not be affected by the shade of the stem.

94. They grow in the spring when the sunlight starts increasing because it is necessary to have a lot of sun.
95. The field is full of green stalks of wheat when they become ripe they give a sign changing from green to white what a miracle that the plant knows that a person sees different colors.
96. Now comes the time to harvest and you need a sickle to cut the wheat. A sickle is made of metal, which is found in the earth mixed with impurities.
97. When the metal is heated with extreme heat then the impurities go out because they burn out and the metal is left over. This is a miracle that the metal doesn't burn out and the other stuff does.
98. You can mold metal any shape you want.

99. The metal dries and becomes hard.
100. The stalks are very soft, not hard, so without great difficulty it can be cut, not like a tree that needs a lot of time to cut. (A miracle that these things need to be used on a constant basis are easy to cut or pluck).
101. Metal becomes very sharp in order to cut it.
102. It's also very strong so it doesn't break.
103. The sheaths of wheat are very light in order that you can bundle it and transport it.
104. Flax is a plant that grows from the ground.
105. Their stalks can be used as string.

106. String enables one to tie the sheaths and transports them easily.

107. The sun dries them out and can stay as kernels a long time without spoiling.
108. The kernel is made up of (at least) two parts, the grain and the shell (chaff) which is made to protect the kernel from spoiling.
109. Hashem made the kernel that it can be easily removed by rubbing it vigorously. The way it was done it was put on the floor and you put a piece of wood on top of it.
110. Wood comes from a tree that grows very tall and has a big trunk that is quite strong unlike the stalk of the wheat.
111. The wood can be carved in different shapes without breaking and it is made into ridges to press on the wheat kernels.
112. The man stands on the wood and hold onto straps which hold onto an animal that goes around in circles etc.
113. The straps that the man holds onto are made of leather.
121. Hashem made that the chaff is lighter than the kernel so when it is thrown in the air it gets separated easily.
122. Also, the good stays in one place and the bad part gets blown away.
123. The grain is thrown in the air with the strength of one person.
124. It is thrown up with a pitchfork which is a tool made of metal and wood.
125. Thank Hashem for gravity or they would never land or the wind is not so strong

114. Leather comes from the hide of an animal.
115. Leather is formed by a process called tanning and it is very durable and lasts a long time.
116. Salt is used for tanning.
117. Salt is made of two gases.
118. Eventually it dries and becomes ready for use.
119. It's a big miracle that the animal is domestic and listens to orders and is not wild and doesn't have big demands and is happy to go around in circles.
120. The person is heavy enough to put pressure on the kernels to separate the kernel from the chaff but not to crush it so that you

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

to blow it away.
126. Afterwards, it is taken to a grinder which consists of two rocks that come from mountainous parts of the earth that aren't soft like dirt.
127. To carve out a rock you need a chisel which is metal and when it is shaped a certain way it can penetrate rock.
128. A hammer is made of wood and metal and you hit it on the chisel and it knocks away at the rock.
129. The rock has to be transferred to the grinding place so a wagon is made of a wooden box that is strong enough to contain a big rock.
130. The wagon needs wheels that are carved from wood in a circle.
131. The wheel has spokes which displaces the pressure evenly so it shouldn't break.
132. Horses which are strong animals can pull heavy loads and are easily tamed.
133. The wheat kernel is put in between the rocks and they get crushed by the weight of the rocks since they are a softer material.
134. It doesn't get flattened out like a piece of metal but it gets turned into powder/flour.
135. The flour is then sifted with a sifter which is an apparatus made with thin metal that is a mesh. Even though it is quite thin it is still sturdy and

strong.
136. The person shakes the sifter and through that it gets separated.
137. Due to gravity, it separates.
138. The good part is smaller than the bad so it falls through and the bad stays on top. It is a bit that they aren't the same size.
139. The flour is put in packets of paper which comes from a tree. The bark is taken and transformed into paper—a whole process. Or they are put into sacks of cloth made from cotton or flax.
140. Cotton is a plant that grows. After it grows it has a pod that opens up and you see a white

puffy material.
141. It gets cut down with a sickle.
142. Afterwards it gets combed with a comb that is made with metal teeth.
143. The comb is capable of separating all the unwanted parts leaving the cotton by itself.
144. It gets spun with a wheel made out of

wood that as it turns around it makes the cotton into strands.
145. After that it is brought to a harp and wool which is a machine that has racks made of wood and you put two rows of string through them.
146. Then you have an apparatus that you throw from side to side.
147. You have a pedal which makes the two rows of string move up and down and it catches the string from side to side in between.
148. You have a wheel which turns the string which enables more string to come and the end result is a piece of cloth.

storage house to the store.
153. It is transported by horse and wagon.
154. In the store it is readily available to people living in the community.
155. The store has an owner who is interested in selling his products to make money.
156. It is a very big box that people

give value to a worthless piece of paper.
157. A printing press makes money.
158. It is made from metal. They take ink that is extracted from different plants.
159. They take paper which is made from a tree.
160. The ink gets absorbed in the paper and it doesn't come off

161. Hashem made the sunlight has many dif

149. It is then sent to a warehouse for storage.
150. A warehouse is made from piles of

wood.
151. Wood comes from trees.
152. It is taken from the

ferent colors in it.
162. The paper has a certain color because the sunlight bounces off and gives it a certain color.
163. The person brings the flour to his house.

164. You take the flour and put it into a bowl of wood.
165. You add water which comes from a faucet in the house.
166. The faucet is a hollow tube made of plastic or metal.
167. It goes to the house from under the ground where it connects to very big pipes.

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

168. It goes until a water plant that is connected to a reservoir which is a body of water.
169. The water gets purified.
170. The water gets to the house through pumps.

through metal.
174. It doesn't give off heat when it travels so it doesn't melt the metal.
175. It causes the motor of the pump to move which causes the pump to work.
176. The electricity is made with a turbine which has two different magnets. They move in different directions which cause an electric force to be created.
177. The turbines get moved through a flow of water passing over it.
178. The flow of water is sometimes a waterfall which is a big

with tremendous force.
180. This force causes turbines to move at tremendous speed which supplies electricity to the whole city and factories.
181. There are electric wires connected to the electric company to all places enabling them to use the electricity.
182. The wires are covered with rubber in order to travel in one direction.

water on the floor it has to kneaded so a person has two hands.
185. The hand has 10 fingers to help

171. The pump works with electricity.
172. Electricity is a form of energy

mass of water which is on top of a mountain and it falls off a cliff.
179. It falls down that is very powerful.
173. Hashem made it that it travels

183. Rubber is made from sap of a tree.
184. When you put the knead.
186. Each finger has joints enabling to knead.
187. The hand has a palm to grab.
188. Hashem made a wrist to maneuver the dough.

189. Hashem made a forearm.
190. Hashem made elbows for leverage.
191. Hashem made Biceps to apply pressure.

192. Hashem made shoulders that is where the arms are connected.
193. Hashem made a chest.
194. Hashem made

Baruch Hashem, we found more space....

...in the laundry room!

195. Chest muscles.
196. Hashem made a spine to be able to move back and forth.
197. Hashem made it with these things one can apply pressure to knead.
198. It is a nes that the water and flour form a new entity called dough.
199. There is a bacteria called yeast.
200. This bacteria is able to exist in the air.
201. Hashem made the air a very good breeding atmosphere for all types of bacteria.
202. The yeast grows very well in dough.
203. The yeast makes the dough start to rise which is how bread is made. Without yeast it would be just a cracker.
204. You let the dough sit for some time improving the quality of the dough.
205. Hashem made that the dough is soft, not like cement, so now one can cut it easily in order to make loaves of dough which will eventually be bread.
206. An oven is a metal or stone box that are able to maintain a lot of heat.

207. Heat is a byproduct of fire.
208. Fire is caused by gas which comes from the ground.
209. To get gas from the ground you need special machinery.
210. From the source of gas to the house one needs hollow pipes.
211. Hollow pipes are made from metal and the gas travels through them.
212. The oven has a valve that lets the gas go into the stove.
213. There is a knob on the oven which when it is opened it opens the valve and allows the gas to come in.
214. The knob is made from plastic.
215. In the oven or

216. The spark is made by a certain material rubbing against another material.
217. Hashem made the gas flammable and it starts to burn and makes a fire.
218. Hashem made that the fire uses oxygen in the air to exist so it continues to burn.
219. Hashem made that the fire gives off heat.
220. Hashem made that the heat travels in the air.
221. Hashem made that heat gets absorbed by objects.
222. When the heat starts to get absorbed by the dough - Hashem

223. Hashem made that the dough is not like clay that becomes hard and brittle rather it becomes soft and fluffy.
224. Hashem made the outside get brown so you know when it is ready.
225. Hashem made gloves that are made from cotton.
226. The gloves don't absorb heat so you can take the bread out of the oven and not get burnt.
227. Hashem made that the after the bread is taken out of

228. Thank Hashem for a chair made of metal.
229. and a cushion.

230. Table made of metal.
231. and wood.
232. A plate made of plastic.
233. A knife to cut bread.
234. Eyes to see the food because it enhances the appetite and enjoyment of eating the bread. 235. The sunlight bounces off the bread into the retina.
236. The retinal absorbs the light and transfers it to electrical current.
237. It sends the current to the brain.
238. The brain turns it into a picture.
239. Hashem made the eyes near the mouth so it's easier to see when you eat.
240. Hashem made that the bread

241. This aroma goes into the air.
242. The air makes the smell travel.

243. Hashem made a person with a nose.
244. The smell enters the nose and the person smells the food and it is טוב a desire to eat it.
245. The smell goes to the brain and signals to the body to enjoy.
246. Hashem put the nose right near the mouth in order that the eating is more enjoyable. 247.

This Week's Six Miracles

247. A knife is made of metal.
248. It can cut through the soft challah.
249. We have two hands, one to hold the knife and one to hold the bread.
250. The muscles in the biceps enable you to move the knife back and forth.
251. The fingers bend so you can get a grip on the knife.
252. The elbow bends to leverage the cutting.

To be continued...

Gemach Listing

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

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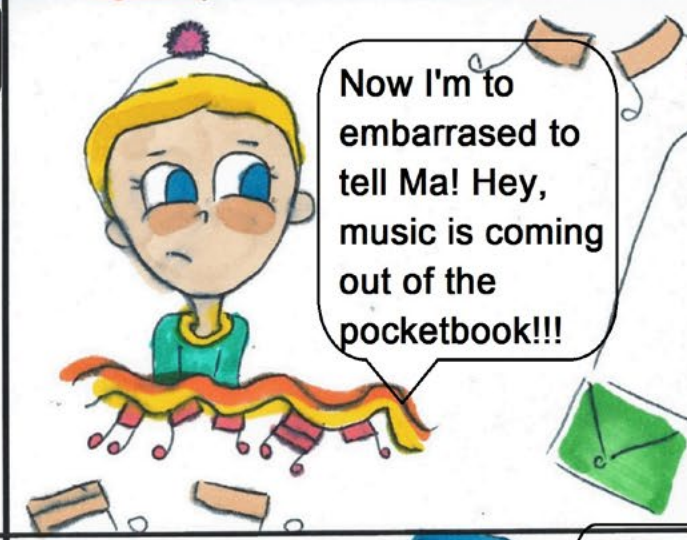
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300

BEEP!! Stealing MR. MIDDOS

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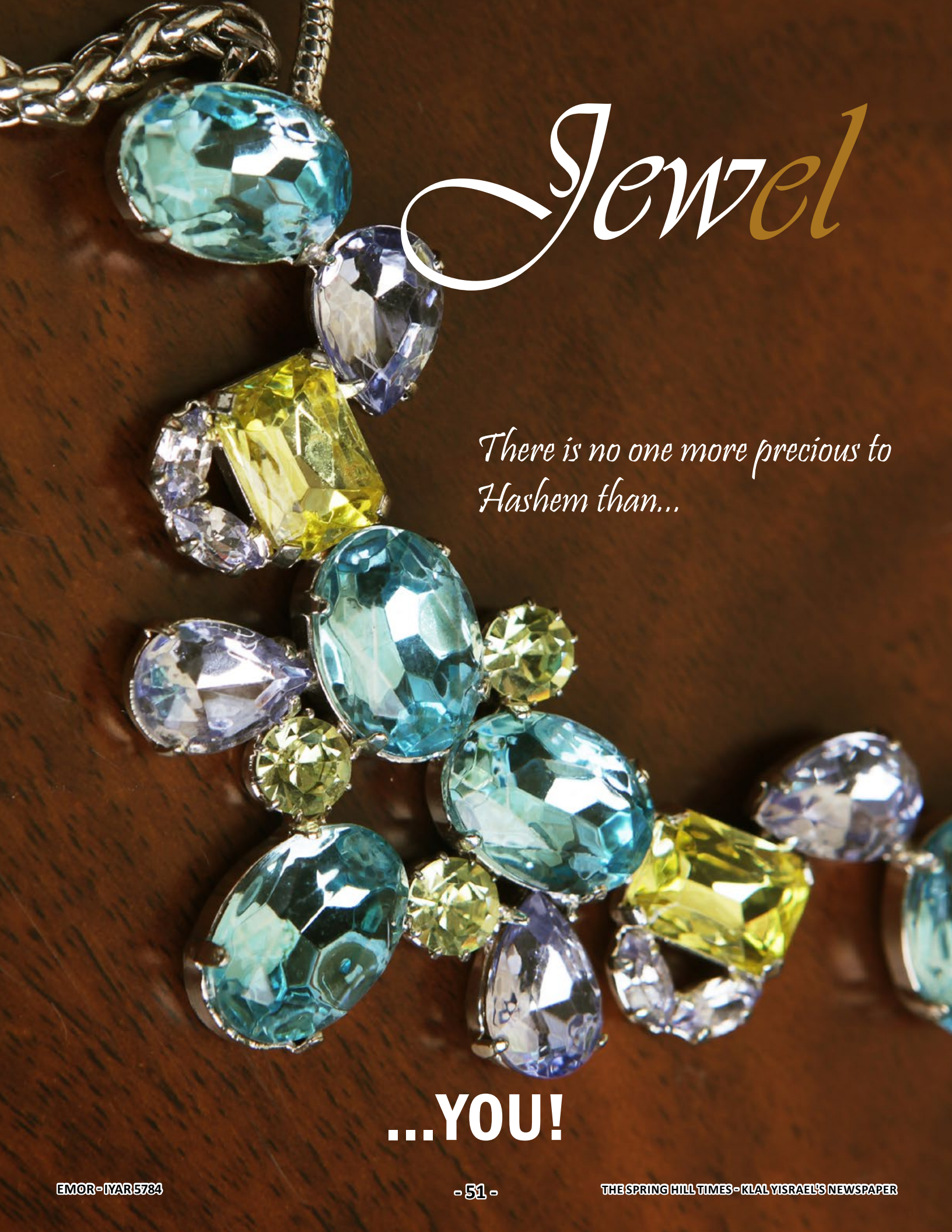
ELI FINE, AGE 10



Tune: Red and orange...
 Whether at home or school,
 Always, remember this rule
 Stealing is wrong, for sure,
 Now let's review this song once more!
 Again: If you see a snack or bag
 That just looks so tempting to grab
 Remember this song and then you'll see
 Stealing is wrong for you and me!!!



By: Ahuva Rothenberg



Jewel

*There is no one more precious to
Hashem than...*

...YOU!

Ahavah Rabbah

Heart Sharing:
Sharing our love with others

Hashem should shower each of you with 100 times more Brochos than the total dollar amount of money spent on all Afikoman presents this year by all of Klal Yisroel!!!!

On Yesod #1842 on a Life with Bitochon, Rabbi Golumbeck says over from the Chinuch that Pesach is NOT a Yom Tov that comes and leaves rather it's a Yom Tov that is here to stay with us throughout the whole year. We have a Mitzva to speak about all the Nissem of Mitzrayim twice a day! Do you know why this is? So that we should remember how Hashem loves us so much, cares about us, watches us and protects us! We have millions of Nissem happen to us each day and Pesach is a reminder of all that!

Rabbi Safdieh talks about how we have to thank Hashem for every meal we had and take with us what we were just showered with! Hashem showered us with vitamin B all Pesach long! Vitamin B - B is for Bitochon from eating the matzah; The Matzah Emnusah! He says over from the Vilna Goan how Pesach to Shavuos is one long Chol Hamoed counting down to our precious and holy Torah!



Hashem loves us so much! He loves all of us and cares about us like a child. We have to cling to Hashem; be Devuk, a real heart connection. We say Bchal Lvuvcvha. Love Hashem with your whole heart. Stay close! And how do we stay close? By talking as it says He'emanti Ki adaber. Talking about all the millions of Chasodim Hashem does and talking about all the Hashgacha Pratis, talking about how when we relied on Hashem, we saw a Yeshuah – this is what brings us closer and closer to Hashem! Hashem is

literally out for our good. In the Little Midrash Says Hagadda I was reading the basic explanation of the 13 Middos Harachamim and I felt so loved cared for and protected by our loving caring father! I was so excited when I read this and I wanted to share it with all of you! It states as follows:

Hashem- I am good to a person before he sins

Hashem- I am merciful even after a person sins and does teshuva

Kail - I am all powerful and use my power to be extra merciful

Rachum - I am merciful to help the poor and oppressed

Vechanun - I am generous even to the underserving

Erech apayim - I am slow to punish even a Rasha

Vrav chesed - I am kind to save a person from punishment even if he has more sins than merits

Veemes - I always rewards those who deserve it

Notzair Chessed - Laalofim - I reward the children of a Jew who does a mitzva until two thousand years later

Nosai Avon - I forgive a person who sinned because of his strong Yetzer Hora if he does teshuva

Vefasha - I forgive even someone who sinned to get me angry if he does teshuva

Vechataah - I also forgive someone who sinned if he was careless

Venakev - if a sinner does Teshuva, I cancel his punishment and am again kind to him.

Hashem is here for us no matter what and wants us to be close to Him!

Ahava Rabba – sharing our love with others to pump them up!

Let's learn from Hashem and try to copy Hash-

em's ways of mercy, kindness, and being Kulo Rachamim and doing Chessed to people. This week we will look at the concept of pumping people up by sharing how "there is more than meets the eye".

There are two parts to this concept:

You can pump people up by pointing out to them who else they are helping as a result of their one action not just the people they see in front of them.

You can pump people up by sharing with them how they are helping the person they are helping and in addition they are helping all the generations that come out of them not just who is sitting in front of them.

I will share two stories to bring out this concept:

I was on my way to the airport and I shared with the driver what my grandfather Zt"l used to share with people. I told the driver that if he has in mind, that he is doing a Chessed, then he gets the reward of the mitzva! And I told him that every person that he drives around he is not just helping them but he is helping anyone else that they help. For example, if he drives someone that makes clothes for Yidden which will make the Yidden feel good about themselves then he is actually helping all those Yidden that will receive the clothes in addition to the person he is driving around. I told him if he drives someone that is in the food business then he is helping all the people that will eat because of the food business. If he is driving a Rav, he is allowing him to then help all the people he will help etc. I told him he is getting (more than) two billion dollars from Hashem. The driver started to cry and I asked him what was wrong. He said he felt so low and so worthless because he lost his whole business and had to become a driver and he felt like driving wasn't such a Chashuv job, but now, he realizes a driver is very chashuva driver is worth a lot as he is the one taking the people so that Yidden can do Chessed with other Yidden. This is one way that you can pump someone up by showing them who else they are really helping!

The second story took place when I was by someone's house for Shabbos. I ate by a Chashuva person's house and they were going to be giving a big Shabbos Hagodal Drasha. It was a rainy day and the winds were blowing strong. When the men came back from Shul the wife asked how many people were at the Drasha. He answered that only 25 peo-

ple were there which was much less than he expected. I told his wife that I once heard a story of a big Tzadik who walked for miles in the deep deep snow to give a Drasha and there was one person in the shul. He gave the drasha with such fire and passion as if he was talking to a hall filled with a thousand people. Later the person asked him why he gave the Drasha as if he was talking to thousands of people. He responded and said "I am talking to thousands. I am talking to this person, his son and his grandson, his great grandson and Dorei Doros. I shared with this wife "your husband didn't give his speech to 25 people he gave it to them, their spouses, their children grandchildren and Dorie Doros. They were pumped. This is another way you can pump people up by showing them who else they are helping!

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!

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

- Remember there is more than meets the eye! Pump people up by telling them that what they are doing is helping others around them. For example, tell the Yiddishe person bagging your groceries "because of your help bagging the ingredients I can make my Challah for Shabbos. It is in your Zechus!"

- Tell the Yiddishe person in the bagel store making your bagel "because of you I will have strength to learn Hashem's Torah and do Mitzvos. It's your zechus!"

- Tell the person who is babysitting your children "because of you I can have Shalom bayis, learn, make Shabbos. It's your zechus!"

- Tell the driver they have the Zechus of all the people you help that day!

Song:

I was wondering over Yom Tov about why it says Shiduchim are Koshe Kkrias Yam Suf hard like Krias Yam Suf. What does that mean? Is anything hard for Hashem? Following the Yesodos of a life of Emunah and Bitochon we realize every single thing is so so EASY for Hashem. So what does it mean Shiduchim are hard like Splitting the sea. Splitting the Sea was Easy for Hashem, Sending our Shiduchim is

Easy for Hashem, sending people money is easy for Hashem. It's all the same EASY as making the complicated human eye work! So what does this mean that it's as hard as splitting the sea. It was Shvie Shel Pesach and all of a sudden I realized that this reminded me of one of the Yesodos of a life of Bitochon: perhaps it means AS HARD AS ONE THINKS KRIAS YAM SUF IS that is how hard sending their shidduch is for THEM. Meaning one who chaps and realizes Hashem is running the show and everything is so easy for Hashem with 100 percent complete reliance on Hashem knowing how easy it is so then that's the Sibba for the yeshuah of the easy shidduch sent! So depending on how easy one realizes Krias Yam suf was for Hashem that's how "easy kvi-yochoil their shidduch will be sent. Depending on their level of Emunah to 100 percent believe and know the shidduch is so easy to come like Krias Yam suf was so easy for Hashem. And I realized that just like Krias Yam Suf was so easy for Hashem so too our shidduchim are so easy for Hashem to send us! I imagined Rabbo Golumbeck in my mind saying, You chap and realize how easy the Shiduch and Yeshuah is you can just sit back and be Shikur with simcha as you wait for your Shidduch to happen!"

Another thought I had on this topic was when I was saying Retzai on Shabbos.

It says Shlo Sehei Tzara Vyagon Vaanacha Byom Menuchaseinu. The literally meaning of the passik is that we should not have any pain on our day of rest which is Shabbos. However, I was thinking that Rabbi Safdieh always says that the test of persons Bitochon is on how calm he is and how much Menucha he has. This Posuk made me think about: On your day of Menucha - Byom Menuchaseinu - when you are completely at peace and feel 100 percent reliant on Hashem THEN there will be no Tzara Yagon and Anacha because you will be Dovuk B'Hashem and it will be a true Yom Munuchasiunu. I hope all of you have many days of Yom Menuchaseinu.

Both of these thoughts remind me of one of my favorite songs: V'amar Byom Hahu. I can sing it again and again and again. The more I sing it the closer I feel to Hashem. In the song it says the words:

Zeh Hashem Kivinu Lo – this is the Hashem we put our hope in. And perhaps it means because we put our hope in only Hashem THEN Nagila Vnismicha Vo – we will sing and rejoice in the salvation that Hashem sends us! The song also says Zeh Hashem

Kivinu Lo. When we say 'Zeh' it usually means we can point with a finger to something as clear as day. It says 'Henu Elokeinu zeh' zeh zeh - Here is Hashem'. How is it relevant today?

Perhaps it is because we actually can "point to Hashem" through seeing millions of his Chasodim to us, we can hear, see, taste, touch, smell, walk and have a bed to sleep on... through reliance on Hashem and seeing open miracles. We can make it tangible. Thank you to Rabbi Golumbeck, Rabbi Kaufman, Rabbi Ashear, Rabbi Waxman, Rabbi Sutton and Rabbi Safdie for helping it become so tangible so that we can POINT to all the chasodim and ways hashem loves us, cares for us, protects us, and watches us.

Tune: Vaamar Vaamar byom Hahu:

Vamar Vamar Byom Hahu

Vamar Byom Hahu

Hinei Alokeinu

Zeh zeh zeh

Kivinu Lo vyoshianu

Zeh Hashem kivinu lo

Zeh Hashem kivinu lo

Nagila Nagila

Vnismicha bshuas ooooo

Hashem your right near me now

I feel you very strong

I call out only to You

And sing and dance bshuas ooooo!

I sing this hundreds of times over and over!

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.

Feeling Hashem's Love!

Hashem loves us so much!!

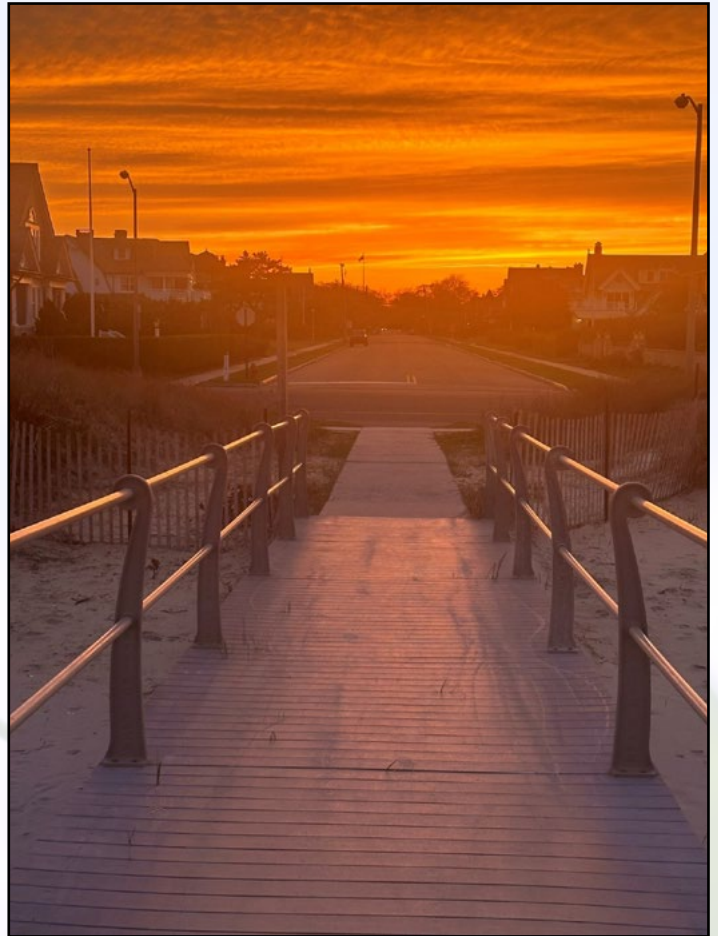
All we have to do is look out for it and we will see it

throughout our day!!!

- I really wanted my brother to come over for a minute to help me with something and all of a sudden, he knocked on the door and said he was passing by and decided to come in!
- I wasn't feeling well and I sent a message to the doctor (who is only a puppet, my real Doctor is Hashem). I said I'm going to have Bitochon that the doctor will answer my message within two minutes and he did!
- I was at someone's house and one of their children did not arrive back home and it was already dark and they were starting to worry. I said, "Let's have Bitochon that she will walk in in the next two minutes," and she did!
- Before Pesach I had a lot that needed to get done and I was really feeling overwhelmed so I called up my brother and I told him that there is a wonderful organization that does everything for Pesach for you from cooking to cleaning to Kashering to Toiveling to errands to paying bills. The name of the organization is Hashem Echud Ushmo Echud. They give you everything you need free of charge. The only one in the organization is Hashem! I decided to only use this organization and I was not overwhelmed at all and all got taken care of by the Hashem Echud Ushmo Echud organization!
- I was having something delivered to me and they said they would deliver it between 8 a.m. – 12 p.m. however I needed to be out of the house until 10:20 am. And they needed me home when they delivered it! I decided I would leave it all up to Hashem as Hashem runs my life. They called that they were there at 10:20 when I was almost home so it worked out perfectly.
- One Friday afternoon I had a Jewish delivery guy bring me my order and he was upset about something. I could see that he must have been in pain so I decided to give him \$100 bill that I had been saving to buy myself something special with. He started to cry and said that just two weeks ago

he started keeping Shabbos and he is living out of his car. I told him that the \$100.00 is a present from Hashem and that keeping Shabbos pays back!

- I decided really close to Pesach to try and get my car cleaned by a car cleaning place. I called up and they said they have no slots whatsoever and it's impossible to get a slot so late and so close to Pesach! So I told him "Ein Od Milvado- that I'm just going to go with Hashem not with what you are saying", and this is what they texted me back "Ein od milvado got you a slot at 8:30 am" and then actually another places called that they have a slot as well!



I took this picture in my walk! Can you look up at the clouds and see how many pictures you can find in the clouds? 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.

Illuminating Words of Chazal

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

Q: The Torah forbids a Kohen to touch a meis. And a Yisrael who touches a dead person can't eat kodshim and can't go into the Beis HaMikdash.

We hear on 'A Life with Bitachon' that everything Hashem does is perfect. So is the Torah considering a dead person as something bad that we need to stay away from? And what is a ruach haTumah. Everything is Hashem. Hashem is kulo Tahor, Kulo Ohr and Kulo Tov so how can there be such a thing as Tumah / negative?



A. To explain what's going on, there are two very important factors to understand. The first thing is, what is a person? The yidden believe and know and understand that a person is a neshama. A neshama is the vehicle that brings us closer to Hashem. Then there's a thing called a body. A body is a coat. When the neshama is the ikar, and the coat is just used to help the neshama, then the coat is an opportunity to grow and shteig, but on its own that coat, the body, brings a person further away from Hashem. The body is made out of all different taavos, desires, it's made out of all animalistic parts, Nefesh habahami. Yidden understand that the neshama is the ikar, and when the body is made into the ikar, it will just bring us futher away from Hashem.

Now, the neshama is what brings us closer to Hashem, and that's the vehicle that brings us more Simcha. The closer you get to Hashem, the more Simcha. The body, which has all the middos of all the animals, because the body is made up of all different animals like chazal say, so it brings you further away from Hashem, and it brings you to less Simcha, less happiness, less dveikus. Hashem's the source of all kedusha, Hashem's the source of all Simcha, Hashem's the source of all bracha, all chesed and rachamim.

So now, Hashem wanted to help us differentiate what is the ikar. When we come to this world, we have to know our purpose why we came into this world. When non-Jews worship the body, there's no more morality, there's no more sense of kedusha, there's no more sense of normalcy. Because if you worship the body, the body's an animal, and there's no chashivus to an animal. The therapists say you have to validate everyone's sins and taavos, because what do you expect? He's an animal, because goyim worship the body, and the body is an animal.

A yid is exactly the opposite. We believe we're a neshama, a chelek Eloka mima'al. We have control over our desires. We have self-control. So how did Hashem show us that we're a neshama and not a body? We know it's very hard to realize that we're a neshama and not a body, because our eyes only see body, we don't see our soul. So in order to differentiate, Hashem made a thing called kedusha and a thing called tumah. Kedusha means anything that brings you closer to Hashem, and anything that brings you further away from Hashem is called tumah.

So now, a neshama brings you closer to Hashem is kadosh. A body brings you further away from Hashem so it's tumah. But by Yidden, when the guf, the body, is together with the neshama, so then the neshama is constantly being moshel over our body. That's why we call Klal Yisrael kedoshim hem, it means the neshama overrides the guf, we are in control of our ta'avos. We see that we don't go after forbidden desires and we don't go to forbidden places, we have self-control, why do we have self-control, because our neshama overrides our body. But Hashem says, when the neshama

leaves, now the body is on its own, how do you look at your body, you have to look at the body as something that brings you farther away from Hashem. Hashem is kadosh, so the body is something that brings you away from kedushah. So you have to view the body as tumah. So by Hashem making a chiluk between the neshama and the guf, that's how you know to serve the neshama and not the guf. Non-Jews, who don't have any sense of kedusha and tumah, they only see the guf, and look what's happening to them. The yidden, on the other hand, have such a strong yetzer hara nowadays and still they're overcoming their Yetzer Hara and becoming kedoshim, like malachim!

So the biggest bracha in the world is when Hashem differentiates what we should be going after and what we shouldn't. How do we know what we should go after? Because Hashem labeled a guf on its own as tamei, so we know, the neshama is mekadesh the guf, and we should go after the neshama. That's why a guf is called tumah.

A second point to understand, which R' Avigdor Miller says, is that leaving a dead body around can lead to kefirah, because it seems as though someone died, he isn't there anymore, it seems like there's a tragedy. Hashem made the body tameh, and made the body smell. A human body rots right away and smells disgusting, so we should bury the body right away, because the body resembles sheker, kefirah. It makes it seem as though something happened, that a person died. The person didn't die, they just went from downstairs to upstairs. The guf is only the coat. That's how we're supposed to view the body. That's how to look at a tragedy. A body is just a coat. If something happens to the coat, it's not a big deal. When a person realizes that a guf is only a coat, he won't give chashivus to the guf. He won't think, "Oy, how could Hashem do you ever get emotionally involved with a coat? Do you start crying when a coat gets ripped and you have to throw it in the garbage? You don't make a big deal out of a coat. Hashem wants us to label the guf what we're in this world for, to get excited over a coat. A guf is just a coat! A guf on its own should be buried right away, it's just a coat, don't give chashivus to it.

“

Hashem wants us to label the guf tumah, to realize that's not what we're in this world for, to get excited over a coat. A guf is just a coat!

”

Everything could be used for good, which means that if the body is together with the neshama, the body is being used for good, but if the body is by itself, without a neshama, we're supposed to look at it that the body on its own brings people away from Hashem. Hashem wants to show that a body on its own is not good, since it brings people away from Hashem. You're supposed to look at it as bad, so therefore a guf without a neshama is tameh. Everything that Hashem makes is good, including the guf, but since a guf that is not controlled by the neshama brings a person farther away from Hashem, a guf on its own is tameh.

for good, everything could be used for good, everything could be used for bad. Everything Hashem created could be

used for good, which means that if the body is together with the neshama, the body is being used for good, but if the body is by itself, without a neshama, we're supposed to look at it that the body on its own brings people away from Hashem. Hashem wants to show that a body on its own is not good, since it brings people away from Hashem. You're supposed to look at it as bad, so therefore a guf without a neshama is tameh. Everything that Hashem makes is good, including the guf, but since a guf that is not controlled by the neshama brings a person farther away from Hashem, a guf on its own is tameh.

Help Spread the Spring Hill Times!

Baruch Hashem, we over 300 people subscribed! We need a total of 2000 subscribers in order to break even and cover the costs.

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עם מתן שכרה בצדו!

Please call today R' Shlomo Eliyahu 732-569-4273

Story Time

Stories From 'A Life With Bitachon'

#1764- This story was called in by Mrs. Mandel. Mrs. Mandel said over that she needed to go shopping in a specific clothing store for her family. Money was very tight and she didn't know what to do. This store had exactly what they needed, but she could not afford it. She wrote a letter to Hakadosh Baruch Hu, the Ribono Shel Olam. She wrote, "Hashem, right now I need \$1000 to buy clothing in this specific store. I'm putting it in the siddur." Then she turned on Hakol Yachol and started singing it.



Later on in the week, she got a phone call from one of her relatives. They told her, "Right now, I'm in a clothing store not too far from your house. I'm shopping here and I see they have the most amazing things for my children. I'm sure you could benefit so much from it. I'm going to put \$1000 on your account!! You can come shopping whenever you like! Free of charge, without paying me back a penny!" It was that exact store she wanted!



#1765- This story was called in by Mrs. Stein. Mrs. Stein said over that she went shopping with her little child. She came home with all her packages. They live on the third floor, and they don't have an elevator. She was

trying to figure out how she was going to shlep up all the packages together with her baby. She didn't have the strength! But who could she ask for help? There was no one around! Then she stopped and she said, "One second. There's no one around? Let me look up to Hakadosh Baruch Hu, the Ribono Shel Olam. Hashem is always around! He's the Kol Yachol and He can do everything and anything!"



Right then, her phone rang. It was one of her siblings who works a couple of blocks away from her house. They told her that right now they had a coffee break and it just popped into their head wouldn't it be a nice time to spend with my sibling? Can they come over and eat lunch by her now? She said, "Are you serious?" They said, "Why?" She said that right now she has to go to the third floor with all her packages and her baby, and she was thinking who could help me! Her sibling said, "I would love to help you! It would be my greatest



**Clean out your Aveiros!
Wash away Yesurim!
Wipe away all dirt!
Save yourself a trip to
Geheinom**

**Looking forward to serving you!
Mr. Bizyonos**

pleasure! I'm on the way! I'll be in there in two minutes!"

Just like that, in no time, Hashem sent her all the help she needed!



#1766- This story was called in by Mrs. Gold. She said over that she had a doctor's appointment and she was running very late. The way it works with this doctor is that even when you come on time, the receptionist always has an attitude and acts very nasty. The doctor acts the same way. Mrs. Gold was thinking, "That's if you come on time! Can you imagine if we're running late?? What attitude they will give us? How nasty are they going to be? They're going to tell us off and who knows what they're going to say! They probably won't give us an appointment!" Then she said, "That's if you go with teva! That's if you go with laws of nature and you think that they're in charge of their emotions. We believe that Hakadosh Baruch Hu, the Ribono Shel Olam, is in charge of emotions and they are all robots and puppets. I believe that Hashem is Hakol Yachol and He can do everything and anything. Because I'm going with Emunah and Bitachon, not only am I going to go with the attitude that they're not going to be nasty, I'm going to do the opposite! I will picture that they're smiley, friendly and nice! They'll say come in one, two, three!" While she was driving to the appointment, that's what she was doing; picturing them being friendly and nice!



Mrs. Gold finally arrived, over one hour late!! She came in, signed in, and the receptionist said, "Wow, thank you so much for coming! We're going to write you down and take you in one, two, three!" Within two minutes, they got called in and the doctor said, "How are you doing?" He started acting all nice and friendly as if they were best friends! Just like that, not only was there no attitude and they didn't get yelled at, the doctor and the receptionist were friendly!

In no time, they got the best service; better than ever!



1767- This story was called in by Mrs. Greifer. Mrs. Greifer said over that one Friday night, one of her little babies crawled to the speaker and pressed the on button. The power went on and it started making a fuzzy noise. It was so loud and it was ringing in their ears. They didn't know what to do! It was Shabbos, so they couldn't turn it off. She was thinking, "Should I cover it with a blanket?" Then she stopped and said, "One second. Who turned the speaker on? You think it's because my little baby pressed the power button so it went on? No! Hakadosh Baruch Hu said



it should go on! The same Hakadosh Baruch Hu that said it should go on, will be the same Hakadosh Baruch Hu that will turn it off! How, where, when, why, what? I don't have to figure it out. I just have to leave it up to Hashem! Just because it's Shabbos and I can't do it, Hashem is the Kol Yachol, He can do everything and anything!"

All of a sudden a few minutes later, they saw that the noise totally stopped! They saw the power button still on, but there was no noise and the house was so peaceful! It was so geshmak! They felt they got the best service on Shabbos Kodesh!



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; ויה' 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 of 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 can 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!

apartments, I would send the story into the Spring Hill Times. Baruch Hashem, before Shabbos came in we were able to have the apartments we needed for our children to enjoy the simcha of the sheva brachos!

Fraidy from Yerushalayim

and we said that we'll write to the spring hill times when her mollescum/pimples go away.. B"H they are mostly gone!!

A reader

Bitachon Goreres Bitachon



Hi,
Thank you so much for your beautiful, meaningful paper.

This year my daughter is learning how to read, and on Shabbos morning she sat down with the Spring Hill Times and read out loud the story "The Best Bitachon Lesson" about how Bluma's teacher couldn't keep the light switch up, so Bluma suggested they say Hashem is the Kol Yochul and after that the light worked.

Later on in the day my daughter had a big smile on her face. She told me she can't find her ring she recently got from the dentist's token machine. She was wearing it earlier and she put it down somewhere but couldn't find it, so she is thinking that Hashem is the Kol Yochul and can help her find her ring, she was very calm. It was time for pajamas as that point so I told her to go get into pajamas and I had in mind to help her look for it after. She was squealing with excitement from her room and ran to tell me she found her ring sitting on her drawers where she keeps her pajamas.

A Reader

Hashgacha Pratis



My husband was looking for his coat in the coat room, and he was having a hard time finding it. He had gone through the racks a couple of times already. He had left his phone in the pocket of his coat, so he thought to himself, "It would be great if someone would call me right now!"

Just then, his phone started ringing, and he was easily able to find his coat!

A Reader, Monsey, New York

Thank You!



Hi, I just wanted to thank you so much for your Ki Tov Hashem hotline And The Spring Hill Times

Newspaper.

In my house, we all appreciate it and different people who come also enjoy it. I just want you to know what an amazing service you're doing for klal Yisroel. My husband doesn't listen to most hotlines because he's very critical but he reads this newspaper. Your newspaper is no-fluff, real and he really enjoys it. My son in elementary really enjoys reading it and my kids enjoy listening to the hotline before they go to bed.

May you have much hatzlacha!

A Reader

Thank You, Hashem!



My son got married and we were doing a joint Shabbos Sheva Brachos with the other side. We

needed 8 apartments and we only had 3 by the time Thursday came. We still needed another 5. On Friday morning we still didn't have enough apartments. I said that if we find

Rain!!!!



Hi, I first want to thank you for all the wonderful things that you do for us and the chizuk that we all get. I wanted to re-

port something to you. I am calling from Eretz Yisroel and I wanted to tell you that today, on Sunday, we were zoche to see rain falling from the sky. We all appreciate it very much and we are so grateful to Hashem. My children came running in to say, "It's raining! It's raining!". They are so excited and happy about the rain. My neighbors and I quickly brought in our laundry that was hanging outside. My son asked me for permission to go outside and jump on the trampoline and he went out and started singing, "Mashiv haruach umorid hageshem!".

Tizku l'mitzvos!

A Reader

Baruch Rofei Cholim!



We really enjoy the Spring Hill Times. My four year old daughter really enjoys it when I read her stories. She's had mollescum and pimples that kept going away only to return again.. Sometime ago you had a story about someone's eczema going away,

Attention Readers!

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

Please keep you stories coming!

You are inspiring the entire Jewish Nation!

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



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**SIGN UP TODAY TO GET THE SPRING HILL TIMES DELIVERED TO YOUR DOOR
SEE PAGE 37 FOR DETAILS. EARLY BIRD ENDS ON 10 IYUR (MAY 18)**



A חסיד חכם shared on the Hashem Loves You Hotline (267 – 833 – 0596) that he was in Yeshiva and someone said very harsh words to him in public. He was completely caught off guard, embarrassed and very hurt. He was about to respond with very strong words of מחלוקת, until he caught himself, because Hashem arranged that the night before he had read the Sefer Hashem Loves You which brings down the following story:

A very great Rebbe was once heard saying quietly, under his breath, the words שמע - ישראל - ה' אלקינו - ה' אחד. He then quietly said, ועד - לעולם - three times. He then said ה' הוא - האלקים seven times with very great concentration and supreme devotion, as if he was ready to literally give up his life for Hashem.

These Pesukim are the very final words which we all recite on Yom Kippur, at the very conclusion of Neila. The Rebbe was saying these Tefilos with intense devotion as if he was literally standing by Neila of Yom Kippur.

Someone overheard the Rebbe's secret Tefilos and was very surprised because, as far as he understood, it was a regular, ordinary day, and it surely was not Yom Kippur!

He mustered great courage and finally asked the Rebbe why he was reciting these tefilos if it was not Yom Kippur. The Rebbe pushed him off and did not answer him. Finally, a long while later, the Rebbe explained what he was doing:

"Someone insulted me and really spoke nastily to me today. I overcame my strong urge to answer him back and instead focused on my love for his Neshama since every Yid is infinitely beloved and precious to Hashem no matter what. This is considered as if I experienced an entire Yom Kippur, according to Rav Chatzel Levenstein and therefore all of my Aveiros are now forgiven completely. I therefore recited the special Tefilos of Neila of Yom Kippur."

This חסיד חכם then stepped outside of the Beis Medrash and proceeded to recite these powerful Tefilos from the very end of the Yom Kippur with very great concentration. He literally felt as if he was giving himself over completely to Hashem. He said that he never felt such a real and deep connection to Hashem in his entire life, and it tasted sweeter than honey. He told over this story to many of his חברים in Yeshiva who were very inspired by his example.

This true story demonstrates how precious Bizyonos are, more valuable than gold!

Hashem sends us Bizyonos in His overflowing love for us, because He is preparing for us the greatest טוב and רחמים beyond our comprehension!

Hashem Loves Us!

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