

The Spring Hill Times

Times of Mashiah

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

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AHAVAS
HASHEM

GREATNESS
OF HASHEM

BEAUTY OF
KLAL YISRAEL

AMAZING
HASHGACHA
PRATIS

EMUNAH &
BITACHON

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Hashem

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Spreading Hashem's Goodness all Around the World!

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The Spring Hill Times is a non-profit organization that is dedicated to spreading the goodness of Hashem around the world.

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לעילוי נשמות:

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

נתנדב לזכות רפאיה שלימה
פרומט צירל בת בלומא בתוך
שאר חולי ישראל



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
 מנהל הוצאה לאור
 ספרינג היל טיימס

Nutrition Facts

Enough servings for the entire family

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

THANK YOU HASHEM AND ANTI-SEMITISM ON THE DECLINE

A Reader from Monsey shared:

We were driving home from Philadelphia, and while we were driving on the highway, about two hours away from home, our tire suddenly blew out. The car did not spin out of control, and my husband was able to pull over to the side of the highway without hitting anything or any cars hitting us. Baruch Hashem!!!! We had a spare tire, but we didn't know how to change it. We were very far from any frum neighborhood, so even though Interstate Chaveirim took our information, there was nobody available to help us. Two frum yidden stopped to see if we were okay, and one was passing not too far from Monsey and offered to drive us home, but we told them we were waiting for someone to come change the tire and were okay. Mi k'amcha Yisrael! (A non-Jew also stopped!!) We called the police, and since it was Sunday, the regular roadside assistance wasn't available, but they called a tow company that also did tire changes.

While we were waiting, a non-Jewish off-duty policeman noticed us at the side of the road, and stopped to make sure we were okay. When he found out we were waiting for



someone to come change the tire, and that it would be a half an hour before they arrived, he decided to wait with us with his lights flashing to make sure we would be safe from the cars speeding past, even though we were pulled over to the side, and even though he had just come off-duty after a long shift!!

When the tow-truck driver finally arrived, he was very nice. When he finished changing the tire, and I took out my checkbook, he said really they're not supposed to take checks, but he'll do it for me! I told him it's fine, I also have a credit card. He told us he was charging us less than usual, and in fact it was a lot less than I was expecting it to be, especially considering that he had driven 45 minutes to get to us!!

Thank You, Hashem!!

BARUCH ROFEI CHOLIM!

Rabbi Freidman from Eretz Yisrael had a 17 year-old-daughter who needed a kidney transplant.

The Yidden in his neighborhood were mispallel and she Baruch hashem had a succesful transplant.

HODU L'HASHEM KI TOV!!!

HASHEM TAKES CARE OF EVERYONE!

A Reader from Eretz Yisrael Shared:

I wanted to share an incredible story of yad Hashem.

A few years ago we needed to move apartments. The apartment we were living in was a fully furnished apartment and the apartment we were moving into had no furniture at all. We didn't have any idea how we would be able to buy all the furniture we would need.

Baruch Hashem we already had three children and were expecting another one. We needed a fridge, oven, sefarim shrank, beds, closets, couch, table, chairs and something for the toys. There was no way we could afford to buy everything. But Hashem had His ways!

Hashem made it that a relative of ours moved back to America (after living in Eretz Yisrael for over 10 years!) exactly when we need-

ed to move and they decided to give us all their furniture for free!



We even got extra stuff like a shelf for the candles, hooks, beds for a guest room, and more!! We didn't have to pay another time for movers because we moved the exact same day and the mover was able to make two stops! CHASDEI HASHEM!

PAID BY HASHEM

In the home of a certain avreich, the sefarim were weighing heavily on the shelves, which were on the verge of collapse. Several shelves had in fact fallen apart, and the sefarim were then placed ceremoniously on the dining room table. Other sefarim were in cartons, and the woman of the house came to the conclusion that she could not go on this way. They needed a new bookcase.

She went to a furniture store and found a simple bookcase that suited their home. At the register she opened her checkbook and asked to pay in as many installments as possible. "We don't take checks," the seller told her. "You can pay by credit card or cash."

She had neither cash nor a credit card, and so she called my wife and asked her if perhaps she had a credit card and would be able to help her by paying for her in installments. Obviously, she wasn't asking for money, just for a means of payment. She had every intention of giving us the sum we would pay for her on our card.

When I heard what she needed, I

told my wife to tell her we would see what we could do. My credit card could not make the type of payment the company wanted, but Baruch Hashem, a Yid is never left alone, and there are many Yidden who want to do chessed. I thought about who I might ask to pay with his credit card, and I called a Yid whom I know to be someone who loves to help. He heard my request, and he was excited by the offer: "Tell them," he told me, "that I have cash for them. This is ma'aser money that I wanted to give to a talmid chacham. And I see that this is the perfect address for the money." I was so happy to be the agent to connect the giver with the receiver. I saw tangibly how when a Yid needs something, Hakadosh Baruch Hu provides it. [Hashgacha Pratis Newsletter]

WHATEVER IS MEANT TO BE YOURS WILL BE YOURS

Shlomo from Bnei Brak relates: One morning I was invited to a bris. On my way to the hall I noticed a nice-looking chair in good condition set out on the curb in a way that indicated it was hefker. Someone had obviously decided he no longer needed the chair in his home and had placed it outside so that someone else would take it. We have this type of chair at home, and this chair would be a perfect match. I decided to take it home.

As I was walking toward the chair, I saw a young avreich who also seemed to be interested in the chair. I thought to myself, If another Yid wants this chair, then I won't take it. I don't want to cause him agmas nefesh or the feeling that he lost out. Let him take the chair and enjoy it in good health. I gave in, even though I knew I had seen the chair before him.

I continued walking in the direction of the bris, and baruch Hashem, I

was zocheh to participate in bringing a baby into briso shel Avraham Avinu.

On my way back, I saw that the chair was not there where it had been before, and I understood that the avreich had taken it.

I turned onto another street, where I met up with an old acquaintance.



He came over and asked me, "Are you perhaps interested in a nice chair?" "Yes," I answered,

surprised by the question. "I saw an abandoned chair on this street, and I was afraid the garbage collectors would take it away, so I took it into my building and left it in the entryway. Do you want to see it?"

I followed him, and there, standing before me in all its glory, was the chair that had caught my attention

when I was on my way to the bris. It seems the avreich hadn't ended up taking it after all.

"I really am interested in this chair," I told him. "Thanks so much."

I went over to take it, but he stopped me. "Why should you take it by yourself?" he said. "I have a car."

He loaded the chair onto his car, invited me into the air-conditioned vehicle, and took me and the chair home.

It was exciting to see: Whatever is decreed that a person will receive will come to him. By giving in I had only gained, and I had gotten the chair home in a respectable way, without any exertion at all on my part. [Hashgacha Pratis Newsletter]

Thank You Hashem for the Gift of Teshuva!
Last week's issue contained something that should not have been in Spring Hill Times. It was a mistake!



Call in to the Spring Hill Times and leave us your Emuna Bitachon/Hashgacha Pratis or any good news story. 24/6 answering machine
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Weekly News Report

By R' Yisrael Meir Ehrenpreis

Just Turn to Hashem!

The non-Jews who lived next door to the Friedman* family were blasting their music one Shabbos. It was hard for the Friedman family to enjoy Shabbos with non-Jewish music playing so loudly. R' Friedman didn't think they would be receptive if he asked them to turn it off. Instead, he said, "Hashem, I know I can't tell them, but I can talk to You!" A couple of minutes later, the music went off!



Mi K'amcha Yisrael!

Mrs. Cohen* from Eretz Yisrael really wanted to sign up her kids for swimming lessons. She couldn't pay for it, but she felt that her kids needed it.



Her neighbor came over to her and said that she had a lot of extra money that she could give to her if she needs help paying for expenses for her children. Mrs. Cohen told her that she needed to pay for swimming lessons, so her neighbor said, "Sure! It would be my pleasure!"

The Best Sleeping Pill

One night, Mrs. David* was tossing and turning, and she could not fall asleep. Usually, she didn't have difficulty falling asleep, so she was wondering why this night was different. Then she realized that usually she listened to



the Bitachon Hotline before going to sleep and it calms her down. That night she hadn't done that.

She called the hotline, and within five minutes she was fast asleep! Ayom V'nora!

Hashem Helps

Dovid,* a talmid of Rabbi Golombeck, was trying to get something to work, but it wasn't going. He kept trying for the next few weeks, but he had no success.



Finally, he remembered to ask Hashem to help, and the next time he tried, it worked!

Hakol Yachol

Mrs. Brecher* called a government office to take care of an important matter. She kept getting put on hold and then transferred to someone else, until eventually the call disconnected. She tried again another day, and the same thing happened. This went on for a couple of weeks. Then she said, "I see I can't get through to them. This time I'm going to say Hakol Yachol before I call."



She said Hakol Yachol, and then she dialed. This time, the first person she spoke to was able to help her with everything she needed!

Bitachon Goreres Bitachon

Mrs. Lefkowitz* was trying to get through to someone for the longest time. Eventually, she gave up. Then

she heard a story on the bitachon hotline about someone who was trying to reach someone and they couldn't get through, but just then the person walked by! Mrs. Lefkowitz said, "It's Hashem who gets me through to people!"



She tried again, and this time the person picked up right away and helped her one, two, three!

Raise in Salary

Mrs. Gluck* worked very hard at her job. She wanted a raise, but she knew that many of her coworkers complained that when they asked the boss for a raise, he gave them a hard time. She decided, "I am going to have Bitachon that the boss will come over to me and tell me that since I am a hard working employee, he wants to give me a raise!"



That is exactly what happened!

Hashem is Running a Perfect World

Mrs. Epstein* went shopping for Shabbos. When she got to the checkout line and took out her money to pay, she saw that she was short \$25. The cashier said that they would have to take the next person while she looked for the money.



She said, "Hashem, You are Hakol Yachol. Hashem, You are Hakol Yachol." Then she looked in her purse again, and she saw an old gift card from years ago. She didn't know if there was money on it. She tried it, and there was exactly \$25 on it!!

UPDATED DAILY!

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



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TIME FOR REVIEW

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

Option 3 from Main Menu.



Klal Yisrael is Coming Back Home to Hashem

Elchonon Auerbach from Lakewood NJ reported that there is a not-yet-frum Yid in Eretz Yisrael who has long hair and wears jewelry. He was recorded saying that people in Eretz Yisrael are not hungry for food or money. They are hungry for ruchniyus!



"Veshavta ad Hashem elokecha!"

Hashem Loves Our Tefillos

Reb Chaim from Eretz Yisrael traveled back to Lakewood for Pesach. They stopped over in Poland on the way, and they wanted to go daven at the Warsaw Bais Hachayim. When they



got there, the guard was locking the doors. They asked to be let in for a few minutes, but he refused. He locked the gates and drove away. Reb Chaim and his family were left there by the locked gate but they did not give up. They were mekabel it b'ahava. They waited there hoping that Hashem would help them get in.

All of a sudden, they noticed construction going on inside the Beis Hachaim. They motioned to them that they wanted to come in. A construction worker came over to them and asked them what they needed. Reb Chaim told them that they wanted to go into the Bais Hachayim. The worker said, "Sure, come right in in." He asked him where they wanted to daven and he showed them all the kevarim they wanted to go to!

"Harini es marayich, hashmini es koleich!"

turned to Hashem and said, "Hashem I am turning to you, please help me pay this debt!"

Sometime later, someone knocked on his door and handed him an envelope. In the envelope was the exact amount of money he needed to pay the debt!

"Vidivrei nifliosecha asicha!"

Anti-Semitism is on the Decline

This past Shabbos, former president Trump spoke at a rally in New Jersey. He said that if he would be president, he would not take money from anti-Semites, and he would send all the anti-Semitic students back to their countries! The tens of thousands of participants cheered him, and clapped on and on!



"Ahavti eschem amar Hashem!"

Rosh Kollel Turns to Hashem

Reb Shalom, a rosh kollel in



Eretz Yisrael, owed a lot of money. He had no idea how he was going to pay it up. He

Hashem is Our True Doctor

Someone picked up the Cohen baby and pulled his arm out of its socket. The baby was in terrible pain. The parents took the baby to the hospital.

On the way, they said to themselves, "Let's go to the real doctor, Hashem." They turned



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to Hashem and said, "Hashem, You could put the baby's arm back in the socket."

Immediately afterwards, they saw that the baby had stopped crying and was moving his arm regularly! The arm went back into the socket on its own!

"Ki ani Hashem rofecha!"

Non-Jew in Nice to Yid

Reb Zevy Golombeck from Lakewood NJ was in the bank. He had a check that was



written out to Zevy Golombeck. However, on all his accounts and identification, it says his name as Yitzchok Golombeck. The teller did not want to allow the transaction through.

Another teller overheard and said, "I'm fine with it. I trust him. I can do the transaction."

Thank You, Hashem!



**Start Today!
Study the weekly Parshah!
Shnayim Mikra V'Ached Targum**

**=
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With Rashi too
=
Double Gan Eden!**

Girl Thanks Hashem

Chana needed a certain paper for school, but she could not find it. She searched all around, but to no avail. She turned to Hashem and said that if He helps her find it, she was going to announce it on the Ki Tov Hashem News.



In school, she opened her cubby and saw a folder. In the folder was the paper! It was a random folder and there was no reason why the paper should have been there!

Thank You, Hashem!

What an Amazing Nation

Reb Aryeh Leib Zareibin from Staten Island New York, was listening together with his 7-year-old daughter to section 7 on a Life with Bitachon. They were listening to a story of a family that had no money for Yom Tov and they happily accepted the situation. Reb Aryeh Leib's daughter turned to him and said, "Totty, please give them the money you would have given me."



Reb Aryeh Leib called up Rabbi Golombeck to ask him if he could please contact that family and send the money to them.

**"Mi Kamcha Yisra-
el!"**

Anti-Semitism is on the Decline

A fire broke out in the Gross house, and they all ran outside.

A non-Jewish neighbor saw and said

that she was going to call the fire department for them and make sure that they were safe!



Thank You, Hashem!!

Woman Does Not Get Angry

It was right before Yom Tov in the Stein house, and there was no money. Mrs. Stein was waiting for her husband to come home from work. He had told her that he would come home early to help her for Pesach. For some reason, he was late. She was about to get upset, but she controlled herself and she accepted the situation.



Her husband then walked in with a big smile on his face! His boss had kept him late at work and then gave him a bonus of \$15,000!!!

"Vihaser kaas milibecha, Vhaaver raah mibisarecha!"

Hashem Takes Care of Us

Mrs. Shapiro needed lots of money to pay for Yom Tov expenses, and she asked one of her relatives for assistance. Her relative told her that her husband only gets paid by his boss once in a while when he comes into the office. He hasn't come in in a long time.



Mrs. Shapiro gathered her family together and they were michazek themselves in Bitachon. They started singing Hakol Yachol. In the meantime, her relative called her husband.

As she was talking to her husband,

his boss walked in. He overheard the conversation that someone needed money. The boss said that he has an envelope full of cash; \$4,000! He had no idea who to give it to. Now he heard that they have a relative who needed money. He told them to tell them to come right over to pick it up!

"Hazan es haolam kulo bituvo, bchein, bchesed, uvrachamim!"

Hashem is Watching Over Us

Avromi from Cherry Hill NJ, was walking to his friends chasunah. He was wearing a brand new suit. While he was walking, a bird made his pants dirty, and he got very upset. He looked down at his pants.



As he looked down he noticed that the sidewalk was cracked. Had he not

looked down, he would have tripped and fell Chas Veshalom! Hashem was watching over him!

"Ki malachav yitzaveh lach lishmar-cha bchol dirachecha!"

Woman Trusts in Hashem

Mrs. Berkowitz from Far Rockaway NY, wanted to go shopping. She was in a rush and she wanted to get to the store quickly. The light turned red. She thought to herself that everything Hashem does is for the good. Maybe He turned the light red so that when she pulls up to the store she would be able to get a spot right in front.



The light turned green, and she drove to the store. Right when she got there, a car pulled out of the spot right in front of the store, and she was able to park there!

"Kol mah d'avid rachamana litav avid!"

Hashgacha Pratis

Chaim, a boy from

Monsey NY, goes to Yeshivas Bais Dovid. The sgan menahel owed him an ice cream, so Chaim went to get it. For the first time, he decided



he wanted an ices instead. Then he remembered that he had just eaten fleishigs!

Hashem had saved him from eating a milchig ice cream!

"mashgiach min hachalonos, meitzitz min hacharakim!"

Yeshiva Bachur Thanks Hashem

Two bachurim were trying to find parking in Brooklyn, and they were having



a very tough time. They promised that if Hashem helps them, they would send the story to the Spring Hill Times.

Right then, someone pulled out and they had a place to park!

Thank You, Hashem!!

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Hashem's Wonderful

The Spider's Microphone

Hashem granted researchers an incredible discovery that spiders use their webs as highly sensitive, long-term sound detectors!

The spiders respond to sound waves that push their webs, making them potentially useful for remote sound detection.

The study's team verified this by opening a window and playing sounds while measuring the spiders' responses.



מה רבו מעשיך ד'!!!!

Emergency Hospital

The Indian air force, with Hashem running the show behind the scenes, successfully tested the BHISHM Cube, a mobile hospital designed to provide rapid on-the-spot treatment for up to 200 casualties during mass casualty incidents and emergencies.

The cube is part of "Project BHISHM," aimed at enhancing medical services with advanced equipment, AI, and data analytics. The portable hospital, weighing 1,500 lbs, is equipped with solar-powered medical devices and can be easily transported by hand, cycle, or drone.



ברוך רופא חולים!

Hashem's Healing Power in Vitamin D

In a large study in Denmark, Higher vitamin D levels were linked to a lower risk of cancer. Researchers are exploring how Hashem's vitamin D supports a healthy microbiome and its role in cancer immunity.

Vitamin D has been found to help gut bacteria elicit cancer immunity, potentially improving the response to cancer treatment.

Additionally, researchers in Japan found that Hashem's vitamin D could play a key role in preventing ovarian cancer by reversing a process in the metastasis of the cancer.

Sunlight can help the body produce vitamin D and it

can also be obtained through diet and supplements.



Thank You, Hashem!

S Incredible World

Hashem's Bracha is Pouring!

Hashem's incredible rains in Australia's Queensland have ended a decade-long drought, turning the red outback soil into lush green terrain crisscrossed by swollen rivers. At its peak, 88% of the state was affected by the drought, but now the number has fallen to zero as Diamantina and Bulloo shires had their drought status changed.

With water holes, creeks, and rivers full, it, Be'ezras Hashem spells a good 2024 for the cattle and the tourists, two staples of the state's economy. Ranchers are relieved as the cattle have fattened up, and the water has dispersed across the flat region, greening the land as it went.

82% of all land in Queensland is used for either farming or ranching, with the driest areas in the ranchland to the south and west.

This follows a year in which California was declared drought-free for the first time in three years due the

wonderful rain Hashem has given it.



הגותן מטר - על פני - הארץ!

Hashem Reveals New Way to Detect Stroke Early On.

Researchers at Brigham and Women's Hospital have developed, with the wisdom Hashem has given them, a new test to accurately identify patients experiencing large vessel occlusion strokes (LVO).

This innovative tool from Hashem aims to ensure that stroke patients receive timely and critical care. The test targets specific proteins in capillary blood, such as glial fibrillary acidic protein (GFAP) and D-dimer, and uses scores observed during field assessment to distinguish LVO ischemic strokes from other conditions.

In a diagnostic accuracy study, the test demonstrated 93 percent specificity and 81 percent sen-

sitivity in detecting LVO strokes within six hours of symptom onset while ruling out brain bleeds. This gift technology from Hashem has the potential to improve treatment outcomes for stroke patients globally.



כי אני ד' רופאך!

ומלאה הארץ - דעה את ד'



IT'S HAPPENING!!!!

WCBA NEWS ON THE EIGHTS.
Breaking News Coming out of Jerusalem...
Eyewitnesses have said to have seen the 3rd Temple descend from Heaven.
Let's go to our reporter Jim who is at the scen to hear more about this incredible news...



Ride the Train!

You are speeding towards a most fabulous destination!

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

TRAIN STATION

LIVING WITH HASHEM

By Rabbi Zevy Golombeck

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

HAKOL YACHOL CHINUCH

Every day, Mrs. Greenfield repeats the stories from 'A Life With Bitachon' to her three- and six-year-olds. She wasn't sure if they understood, but she decided to start giving them chinuch, so they should get the feel of it, and because she wanted to do her hishtadlus. She was blown away at how they used it practically.



Her three-year-old was playing with a toy which stopped working, and he came crying to her. The six-year-old told him "What's the problem? Let's go to Hashem; Hashem is in charge of making it work, not Mommy. He's a Kol Yachol." She said she never had such nachas before in her life.

BITACHON IS THE BEST THERAPY

A therapist said that she can only cope with all her issues and problems because of the Bitachon Hotline. She tells all her clients to follow the Bitachon Hotline. The next time they come back, she can tell a difference if they're following the hotline or not. There's a clear distinction between those that follow the hotline and those that don't.



BITACHON BRINGS SIMCHA

Rabbi Steinmetz from Chicago said that on Simchas Torah in shul, everyone heard the news, and someone requested that everyone should say Tehillim. Rabbi Steinmetz said, "No, it will cause everyone to have anxiety and be frightened and nervous.



I'm going to give a schmooze on Bitachon and Simcha." He said that if not for the schmooze, everyone would've been broken and depressed. Instead, they were able to grow. Rabbi Steinmetz also told everyone not to listen to the news. He heard back from someone that he saved his life – he was so obsessed with the news that he couldn't eat or sleep. Now he feels like a new person. Rabbi Steinmetz started giving a shiur every day to his mispallelim on Emunah and Bitachon, and they grew a lot from it!

LIVING WITH HASHEM

Yossi,* a talmid of Rabbi Golombeck, was brought up by his father that whenever there's an off-Shabbos, rather than inviting his close friends to come home with him, he should invite the bachur who might not have a place to go, the bachur who might not have friends or the bachur who wants someone to invite him. "Look out for those bachurim."



Can you imagine, that's the chinuch he was brought up with?

BOCHURIM GET RIDE

Three bachurim were waiting on the side of the road this past summer in the Catskill Mountains. They were waiting to get a ride home from a place a 15-minute drive from their house. They were waiting for a while and no cars were stopping or coming. One of the bachurim said, "If the next car stops for us, I'll send in the story to The Spring Hill Times."



Sure, enough the next car pulled up! It was an empty passenger van with enough space for all the bachurim to sit

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

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

Thank You Hashem for Mechanical Pencils! Just click for more lead. No sharpening or running out!



Thank You Hashem for Gas! So convenient to fill up for our cars, also helps us cook food, heat houses!



5 Weekly



Thank You's

By: R' Simcha Elefant - Yerusha-

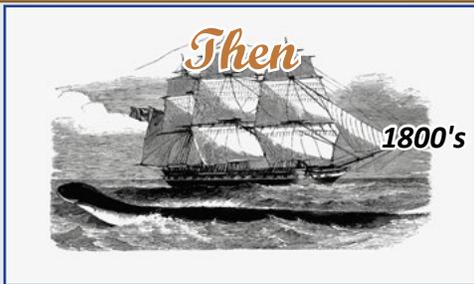
Thank You Hashem for Chairs! We have a place to sit and rest ourselves when we want!



Thank You Hashem for Bunk Beds! We can safely save space for more people to sleep!



Thank You Hashem for Liver! A delicious healthy food we can enjoy!



Oy vey. It was a deadly disease! Needed to daven to Hashem with all your heart that your family should be protected...



&

CHOLERA GOING AROUND?



What's Cholera? Is that what we put into Swimming pools? Is it a cleaning agent? Is it a name of a woman...?

Thank You, Hashem! We love You, Hashem!



Parsha Game

Fun and an interactive way of learning Torah!

NASO

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

ANSWERS ON PAGE 41



Parsha Delight Question of the Week

פרשת נשא תשפ"ד (5784)

Does a סוטה make a ברכה on the מאררים?

- - - - - אשהכל נהיה בדברו?

A אשר קדשנו במצותיו וצונו לשתות מי סוטה מי ברכת מצוה?

Or perhaps מי סוטה לשתות מי?

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



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

LOVE TORAH LIVE TORAH LEARN TORAH

פרשת נשא

1. How many lower ירעות did the משכן have?
 2. Towards which direction was the opening of the משכן?
 3. What are the names of two musical instruments used in the משכן?
 4. What age did the לויים need to be to serve in the משכן?
 5. On what day did Hashem command Moshe the פרשה of sending the תנא people out of the מחנה?
 6. Which camp did somebody that was תנא get sent out of?
 7. What reward would one get if he gives the מתנות to the כהן?
- Questions until רביעי

If you would like to submit answers and be entered into a raffle for a \$25 gift card, please call 848-373-5489. Cheder Bnei Torah. 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

Shavuot Naso - Riddle #91:

If someone had a scary dream, asap go to a Bircas Kohanim. That's the opportune time to say a special Tefila, to thereby restore your spirits of Simcha. Be careful at the Kohanim not to stare, as you're busy destroying your nightmare. Why is Bircas Kohanim an opportune time to pray that nightmares shouldn't come true?

To hear the answer to the question, press x14 # 91 on the Chaishek HaTorah Line 845-720-4040



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

Doctor Dr. Chaim Altzisgut M.D. Date Emor

I'm prescribing 5 medications for you.

Patient

I live alone. Everyone else has family and friends and it bothers me that I have no one who cares about me...
Please help!

1. The lonelier you are in this world the better it's going to be for you in the next world! Every pain and discomfort that you experience in this world will come to your side and help you in the next world!

2. Accept your situation with love! Thank Hashem for it. Love Him for it and you will be giving Him great pleasure!

3. Thank Hashem that you have much less of a nisyaoon to say or hear lashon hara!

4. There is no such thing as a Yid, human being or even an animal not being cared for! Hashem is constantly taking care of everyone in the universe. The love He has for you is beyond description! There is not one moment in your life that He is not thinking and caring for you!

5. Thank Hashem for the people that you do have in your life! Thank Him that you are not cut off from society sitting in prison c"v...

DON'T FORGET YOUR DAILY EXERCISE!



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:

Mr. and Mrs. Golding were excited to attend the wedding of their close friend's oldest child. The wedding was to take place in a beautiful hall on the top of a mountain with a breathtaking view.



As Mr. Golding got out of the car, he felt a strong gust. He reached to save his hat a split second too late and it flew to the nearby ground, rolling over and over collecting dirt and mud. When someone finally caught up with the hat, it was in miserable condition, which mirrored well the feelings of Mr. Golding.

Help Mr. Golding 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 of guests coming, and Yael's boys didn't clean their room as they were told:

- Boys will be boys!
- Perhaps when Yael cleans the room, she will find something she thought was missing forever.
- Yael could work on her middos, and while she would ordinarily give her boys an earful about responsibilities and such, instead she could focus on how lucky she is to have such fine children. When they turn up, she could gently mention that she cleaned their room for them, and she assumes they innocently forgot to take care of it.

got to take care of it.

- Yael discovered new quick ways of cleaning that she will be able to put to good use in the future.
- Perhaps she was not clear in her instructions, and what she "knew" she told them to do, they did not hear.
- Perhaps, they thought she meant they should clean their room before Shabbos but didn't realize that the guests were coming in the middle of the week.
- She will learn that if you want to ensure that kids hear things you deem important, you should have them repeat back what you told them.
- Maybe she will think about how it may be difficult for the boys to be displaced from their room, and discuss with them the tremendous zechus they are getting from doing this chessed.

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

Mood Food



It may be easier than we think to improve our mood even when things do go exactly the way we want. The Sefer HaChinuch gives most often as a reason for Mitzvos, “Odom nifal achar pe’uloso,” a person is affected by what he does.

Mesilas Yeshorim writes, “Tenu’os hachitzoniyos me’oreros es hapenimiyos,” that outward actions awaken inner feelings.

The world says, “Fake it till you make it,” and I saw a line like this: “It’s easier to act your way into a better way of feeling, than to feel your way into a better way of acting.” So even if you’re not in the mood, if you throw your shoulders back and put a smile on your face, it’s hard to remain sad when you’re



smiling, or doing jumping jacks, or clucking like a chicken. Just give it a try!

Good Shabbos!

The Ultimate Mountain Retreat!

Be on Vacation all year round!

Leave all your worries to Hashem!

NASO SIVAN 5784

SUPREME FOUNTAINS

Let the Bracha Flow!



Birchas HaMazon with a Geshmak Inc.

Living With Appreciation

R' Daniel Shasha

We know that the Torah is quite sparing with words. It doesn't use any unnecessary words and many times we can learn out laws from just one extra letter. Therefore, it is surprising that our Parashah has so many verses dedicated to the offerings brought by the Nessi'im during the Chanukas HaMishkan. The twelve Nessi'im brought identical gifts, yet instead of speaking about the first and having one verse stating how the others followed suit, the same passage is repeated twelve times! This for sure needs an explanation.

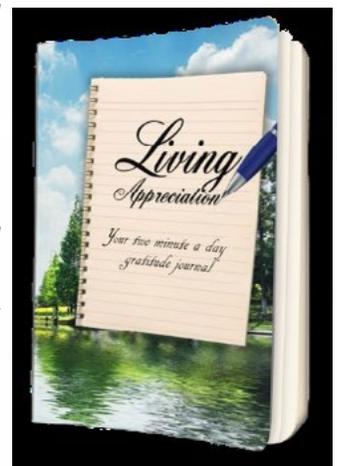
The Ramban (7:2) answers that Hashem has a great desire to honor those who fear Him, as the verse says "those who honor Me, I will honor" (Shmuel 1, 2:30). The Nessi'im were such great tzadikim that Hashem wanted to accord them sufficient honor. It would be unbecoming to only mention the passage of one of the Nessi'im and to mention that the others followed suit. Therefore, the offering of each one is singled out.

Elaborating on this idea, Rabbi Shlomo Wolbe (Alei Shur, vol. 2 p. 278) teaches that there is an additional facet to the trait of gratitude. We all know that we are supposed to feel gratitude to Hashem as well as towards people who help us, but there is also Hashem's gratitude towards us! Rav Wolbe explains that Hashem really appreciated the righteous Nessi'im, and as an expression of gratitude, gave them each an individual passage describing their gifts. This also applies to us. When we try our best to do the right thing, even though it isn't always easy, we can't understand how much Hashem appreciates it and how much nachas ruach it gives Him. Each mitzvah we do, each word of Torah we learn, is just ever so cherished by Hashem.

This idea, that Hashem also expresses His gratitude to us, is really a key theme of the holiday of Shavuot. We commemorate that Hashem chose us from all the nations to be His treasured people and gave us the biggest gift, the Torah. In what merit were we chosen? We know that our forefathers ex-

celled in Avodas Hashem, reaching very high spiritual levels. Hashem really appreciated their numerous good deeds and steadfast commitment, such that their descendants were singled out to be His chosen nation. We mention this three times daily, in the first berachah of the shemoneh esrei, when we say zocher chasdei avos, "Who remembers the kindnesses of our forefathers". We are praising Hashem for appreciating the good of our forefathers, for in that merit, we are fortunate enough to be His chosen nation. Rabbi Yaakov Emden (Yaaros Devash) teaches that we must try and emulate this trait of Hashem: to focus on the good in people, and display our gratitude by not only showing favor to them, but to their descendants as well.

A young couple sat opening envelopes from their wedding, and saw that they had received a check for \$500 from Rabbi Moshe Feinstein. This was a small fortune in those days and they were certain it was a mistake. They approached Rabbi Feinstein and he said it wasn't a mistake; and that if he had \$5000, he would have given it to them. The couple were very surprised. The Tzaddik explained that the chassan's grandfather was Rabbi Pesach Prushkin, his Rebbi from many decades earlier. He was so overwhelmed with gratitude to his Rebbi and for how much he benefited from him that so many years later he wanted to give his grandchildren a respectable gift!



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Packed with inspiring quotes, short ideas on the Parsha and more. Endorsed by leading Rabbanim.

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BITACHON GEMS

Learning the Parasha
with Rav Yehuda Mandel Shlita



כי נדר אלקיו על ראשו

The נדר isn't a person who is just restricted. He is a super holy person who is afraid that he can't control himself and therefore abstains from wine (1-543 ביהמ"ק of the כלים 3). By the 3 (שול"ת מהרי"ט) we have a סביב by the נדר – כתר מלכות. כהונה. The כתר מלכות. And by the נדר – כתר תורה. ארון – כתר תורה (דר) but the נדר's very name is a crown and an extra נדר.

Part II

If a person wants to remove himself from זרע and avoiding a situation – it's extremely difficult since human nature is loaded with treif lusts and desires. The only way out is when you lift yourself into a different mode like learning תורה on which it says ומגדלתו ומרוממתו על כל המעשים. You're too big and too high for lowly garbage.

Part III

The נדר is flying high and sees himself too big to fall into השטותים. הבלים ושטותים. His very name is a crown and 3 משכן – and his is one big נדר with a נון – זרים – and his is one big נדר with a נון added to his (דר) name. Mr. Crown! You already feel different when they call you a general or a שר or מושל or מלך or ruler etc. How did יוסף overcome his יצה"ר? By saying גדול בבית הזה ממני. The more you blow yourself up that you're top top, the easier it is to overcome your passions.

Part IV

Notice how the הל" spells רמב"ם which is similar to שוטה. שוטה with a שין which is similar to שוטה. Not only do you have to build yourself up - but you also have to play down your foolish יצה"ר – stupidity! Sometimes lots of daily brain-chatter telling you "I'm way above those stupid low life's" and similar will in time cause major results. "Who wants to get involved in such ridiculous wicked sins!"

Part V

The truth and the רוחניות of your life always needs to be glorified and enhanced and appreciated and built up. For

good reason do we say every day about "Make it sweet!" תלמוד תורה – והערב נא. Notice how the מנורה which symbolizes גביעים כפתורים ופרחים תורה שבע"פ. All kinds of beautiful details. The שלחן which symbolizes גשמיית and eating (לחם) had a מסגרת a fence to remind you to step back and control yourself.

Part VI

My dear Talmid, Avi Ludmir נ"י said a beautiful פשט why the מנורה had the best oil unlike the מנחות. The מנורה is תורה and תורה needs to be beautified like with גביעים וכפתורים so it also gets the best oil.

ואת האיל יעשה זבח שלמים

ואת האיל יעשה זבח שלמים says that the reason why a נדר has to bring a קרבן שלמים is to show his contentment and joy since he was זוכה to fulfill his vow. Look how an עובד ה' has to always be happy over his accomplishments in עבודת ה'. You don't just make a קבלה and keep it. You make a special party thanking הקב"ה for our success! Human nature is to kvetch over מצוות but being happy over מצוות isn't always so common. Kvetching over sins is the יצה"ר and not the יצה"ט! Believe it or not!

Part II

I was told that in Navardok they made a big party when they kept their קבלות. Notice how a נדר has such a fancy name as if he has a crown on his head. (נדר מל' נדר) When you call yourself a מלך, you feel good about yourself! And growing long hair symbolizes your superiority to other people who don't control themselves! RSRH ז"ל says that hair symbolizes the body's insulation against the outside world since it protects the skin against the elements.

Part III

By letting the hair grow, the נדר creates a barrier against the outside world. (ז"ל RSRH) The נדר also brought a רמב"ן and בבשה לחטאת. The רמב"ן says that the חטאת is for not doing more

נזירות (self control). Notice how the חטאת is just a sheep and the שלמים is a more expensive איל. Make sure your happiness level for your מצוות is much higher than your regret level for your עבירות.

Part IV

Look how much שמחה and dignity and good feelings surround the עובד ה' – being called a מלך and feeling superior to others with his long hair and with bringing an איל לשלמים to show his שמחה for completing his קבלה.

Part V

This is how a Yid should work on himself: Surrounding himself with שמחה and feelings of superiority (in the right way). No wonder the תוכחה says תחת תוכחה – אשר לא עבדת ה' אלקיך בשמחה and you aren't always partying and praising בעל חסד – or a בן תורה for being a הקב"ה, or a בעל יסורים which is sometimes the biggest מעלה. Like it says by the – ברכות – you'll stand upright with confidence (RSRH ז"ל).

Part VI

Like דוד הע"ה sang 1/2 a night after 1/2 a night of learning תורה and ר' זונדל מסלנט ז"ל says that the singing was in thankfulness for the תורה he had just learned. Every Yid should always be in an mode and if he isn't, then it's a sign that he isn't learning the right מוסר.

Part VII

Notice how when a person gives away a גשמיית שמחה by becoming a נדר (ויין ישמח לבב אנוש) – רוחניות שמחה – by being called a (נדר מלך) and eventually bringing a beautiful שלמים and feeling good about his long hair which lifts his status among people.

Part VIII

So every time you look away and watch your eyes or refrain from לה"ר or control your anger, etc. you should know that you are trading this גשמיית pleasure for a much better רוחנית pleasure.

Chizuk Corner

Rabbi Y. Y. Friedman

I would like to discuss one of the amazing gifts that Hashem has bestowed to mankind, and that is the gift of music.

It's told over that the famous Alexander the Great that conquered most of the world used to fall into depression. Once he would fall in he had a hard time climbing out.

Once he chanced upon a shepherd who was playing his flute with much joy and Alexander sensed that perhaps this shepherd could help.

The shepherd was brought to him and indeed he would cheer up the the emperor with his music and his happy attitude.

Once when the King needed to go to the battlefield he called the loyal shepherd and told him that he needs to leave to the battlefield and he doesn't want to endanger the shepherd's life. "Now that I will be on my own," said the emperor, "please give me something to take along so that I can bring gladness and happiness to my heart."

The shepherd responded that this was impossible, because happiness comes from within the person. In other words happiness has to come from somewhere.

One could say that music has the power to create happiness. However, we can suggest that perhaps music can create a superficial happiness, but ultimately as the shepherd said, true happiness comes from within us.

Dovid Hamelech tells us that Torah and Mitzvos bring us happiness. I believe that the power of music is to bring out the happiness that is buried within us, similar to wine.

In every person is buried feelings of yearning and love for Hashem. Whether it's the natural love that a Yid has or from the Torah or Mitzvos

as we explained, or it's from the recognition that Hashem is constantly showering us with so much goodness. Music has the power to bring out those feelings of love and yearning.

Music has the power to bring out the feelings of Bitachon and serenity, Many people say that when they sing songs of Bitachon it soothes them.

Music can bring out joy and elevation that a Yid has buried within himself. You can see it come out at a wedding or a hachnasas Sefer Torah.

We know that in the Bais Hamikdash during the Avoda the Leviim would sing and play music.

The entire experience of the Bais Hamikdash was to serve Hashem and to elevate everyone that was present. For example it's brought down in Chazal that anyone that smelled the Ketores did Teshuva.

The Bais Hamikdash was the home of Hashem, and when one leaves the Home of Hashem he is a changed person forever. The Vilna Gaon famously said that he had an idea of the greatness of a Tana, but the greatness of a simple Yid in the time of the Bais Hamikdash is beyond his hasaga.

The holiness and love that a Yid felt in the Bais hamikdash is beyond our wildest imagination. We can only imagine how the music brought out all their deep feelings at that time.

I would like to conclude with a Bracha that all of us Yidden should be zoche very soon to feel and experience all the feelings that the Bais hamikdash will offer us. We should dance our way to the Bais hamikdash singing the famous words "somachti b'omrim li beis Hashem neilech" Amein.



שיורו לדי' שיור חדאש

To Share My Share Of My Daily "Shir Chadash"

R' Moshe Davidson
A Rebbi From Brooklyn, NY

FIRE EXTINGUISHERS (part 2)

Recap from previous issue: *Controlling Ka'as is only possible when one's mind is still in control. The knowledge in one's mind that everything is from Hashem, and that it's always for the best, is the best antidote for anger. Da'as is however limited, and therefore needs a very strong amount of Emunah to uphold that knowledge. When the things that are happening and impacting one's life, are far beyond human comprehension, beyond the capacity of "just knowledge" to be a sufficient tool, to be able to help one accept them as being good, we must have Emunah! Keep on taking those potent Emunah pills!*

OVERHEATED ELECTRIC CABLES

It was in the middle of a hot summer night in N.Y.C. I was thinking "Ah! Geshmack! Boruch Hashem all the A.C.'s, are running full power, cooling all the homes and their inhabitants". Suddenly I heard a Boom! Lights start flickering and then it was BLACKOUT! The doors of all the houses on the block were instantaneously thrown open by curious and worried people. We were all late to witness the blowing off and then the flying cover, of an underground electric station. The heavy metal covering over the manhole had gone flying ten feet up into the air! But we were on time to smell the fumes spreading in the hot air, from the burning overheated cables lying underground. The thick cable wires were trying to serve and deliver enough electric energy to everyone's air-conditioning systems

at once! The overload of too much electricity running through those insulated wires overheated the insulation, and resulted in an underground explosion, burning out the precious electric delivery system of those cables.

Immediately, the fire trucks arrived, Boruch Hashem, and surveyed the scene making sure that everything was safe. Not long after that the Con Edison Electric Co. emergency trucks showed up on the block. It took those workmen some time, but the problem got resolved. Within a short time, B"H the entire



block received electricity, temporarily pulled from the streetlight cables. It then took some more time thereafter, to return and rerun fresh permanent cables under the ground. Everyone was saying: "Boruch Hashem for all that special 24-hr. service, and for the Gevaldige electricity that we have, and which we constantly enjoy using"!

Everyone realized that the system couldn't handle that much energy flow which resulted in "Burning up, and Burning out".

"COOL IT"!

Getting heated up, and then mad, is a situation when one can Chas V'Shaloim, actually lose his power of his "mind over emotion" and "mind

over body". There are different methods to change the course of going down the slippery road, not to slip and slide, towards losing one's temper, Chas V'Shaloim!

"REGULATING TRANSMISSION STATION"

Point #1- We have Boruch Hashem Gevaldige transmission stations that regulate the voltage, i.e. the speed of the electricity entering our homes. It must be controlled so that it won't burn up our electric appliances and machinery.

Eitzah #1- Low voltage- Keep your energy flow regulated. Don't let too much to happen, too fast! With high voltage of fast flowing energy things happen faster, and you can easily lose control of the situation. SLOW DOWN!

Buy some time, stall for time, slow things down. The slowing down Be'ezer Hashem can help one regain his mindfulness and reroute his thoughts to gain control over his fiery emotions. Before getting too emotionally involved in a situation, stall for time, in order to be able to stay in control of your upset feelings. Give yourself that little extra time before you react, for your mindpower to stay intact. Thank You Hashem, for Eitzah #1 from the Vorka Rebbe, regarding his using anger even in a productive manner. He would say, "I have time to do that later". By the time "the later" comes one is ready to accept the situation and make peace with it!

Point #2- WATTAGE- The transmission stations, also regulate the

amounts of watts, i.e. the amount of actual electric power, that is entering our homes.

Same goes for the gas that is flowing through the gas lines into houses. That is also carefully controlled by intricate controls to regulate the amount gas energy, it should never be too much! Boruch Ata Hashem Choinen Ha'da'as!

Eitzah #2- Low wattage- Keep



the actual amount of energy, within your control. The holy Ramban in his famous letter that he wrote to his son "The Igeres Haramban" mentions that speaking softly, and calmly to others, is the method he suggests to his son to practice, and [in his words] "be saved from Ka'as".

Practicing this preventive measure pretty much ensures a person not to get heated up in the first place. A relaxed, cool discussion or conversation with others, usually remains calm. It's bound to stay within the parameters of one's mindful control. The soft-spoken words, will most probably not let one's emotions take control of his reactions. What's being discussed will be filtered through calm thoughts, before reacting with emotional heated impulses.

"Cool, Calm, and Collective" is an old saying, and it holds to be true! If you're cool and calm, you'll most probably be able to keep your thoughts collective, and not "lose yourself".

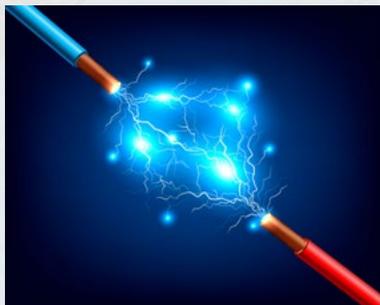
The Toirah'dige behavioral-therapy that the Ramban puts forth, is to keep your way of interacting with

others is to keep your socializing with others in a relaxed way of verbal interaction, i.e. speaking in a relaxed manner. "Take it easy!"

Add to that the words of the Orchois Tzaddikim: Speaking in a low tone of voice helps keep one, stay calm. The quieter, lower voice tone, is calming for the one that's speaking, and in the course of general social interaction, it'll help others too!

Thank You Hashem for giving us Eitzois Toivois from the Heilige Ramban! That letter has stayed with us through Galus for hundreds of years! B"H The Heilige words of the Orchois Tzaddikim has survived to stay with us, and guide us for at least a half a century!

Point #3-WIRING INSULATION- Insulation along the wires, and insulating caps, help keep two electrically charged wires from touching each other. They would spark a fire, if they're charged energy would combine, and touch off "head-to-head". Don't try to somehow pair up one charged wire with the positive electric charge of another wire! Keep them apart! Each one should stay with their own positive charge, separately. Hashem set up electricity, that way.



Eitzah- #3- The Orchois Tzddikim also suggests that "When getting upset at someone, continue talking to him, but look away from that person's face, and the Ka'as will be gone instantaneously"! Somewhat disengage, but not entirely.

Two wiry friends might both be

very smart with bright sharp minds. They must keep that insulating "head-cap", screwed on tight! Too much positive energy might spark things off! Keep talking but in an insulated fashion. Don't let your facial expression interact with the other's facial expressions! In essence, you should keep the interest in the other person going, but with sharing less expressive energy, and emotions, by not interacting through eye contact. "Keep the insulation intact, but still interact"! Ah!. Chochmas Hatoirah!

#4- FIRE RETARDANT MATERIALS

Using fire retardant materials when building a house, is a great precautionary measure to protect a building from going up in flames Chas V'Shaloim. or wearing clothing made with fire retardant materials, can save a child's life. Boruch Hashem for these special protective materials!



In the olden times people knew of a certain creature, who's blood was a fire retardant. The Midrash states that Chizkiyahu Hamelech's life was saved as a child, by his mother smearing this protective fire-retardant blood on him!

#4- The Sefer Hamidos writes that "By looking at people that have the Middah of Emes is a Segulah to remove Ka'as from one's heart. It'll serve as a protective fire retardant! [Maybe since the truth is the Emunah, that everything is good!]

Thank You, Hashem for the Eitzois Toivois from the Heilige Sefer Hamidois!

A LIFE WITH BITACHON ON THE PARSHA

ביום שנים- עשר יום-נשיא לבני- נפתלי אחרע-בן עינן (ז: ע"ח) בס"ד

The 'אור החיים הק' explains that the name 'אור החיים הק' means 'he had a bad eye to whatever his brother had.' This obviously needs an explanation. Was he really that negative of a person? A Nasi of Klal Yisroel? Chas veshalom to say such a thing!

The 'אור החיים הק' addresses this question based on what the Torah says to describe Naftoli in Parshas וזאת הברכה. The Torah says "נפתלי שבע- רצון", he felt satisfied. How does a person feel satisfied? Don't we know that רוצה מאתים, מי שיש לו מנה, רוצה מאתים?

The 'אור החיים הק' explains, that a person who lives with Bitachon knows that everything is perfect. He never asks why someone else has something good while he doesn't. He knows that the reason he doesn't have it is because for him, it would be poison. He says to himself, "Having that would be the worst thing for me. If I would have that, it would be terrible.

That's what it means that 'אור החיים הק' looked at what others had with a bad eye. He would say, "That thing that my neighbor has, I really don't want any of it. Precisely what I have is satisfying."

So we have to keep this in mind when we see a neighbor with a better paying job, smarter children, a larger house, part of a worthier community, better Chavrusos, a flashier personality, a nicer voice. Even in Ruchniyosdike matters, there's always someone else who Davens better, has more patience, better Middos, is a bigger Masmid, Talmid Chochom, is a more successful Marbitz Torah. Let's constantly remember Naftoli's message, that the tools Hashem has given me, is just right for me and whatever our friend has is perfect for him and poison for me. If it would be any different, we wouldn't be fulfilling our purpose, and we would never get to our proper destination. Each one of us are on our own journey, with a unique role to play in Hashem's plan. If we take someone else's voyage, we would wind up in completely the wrong country!

That would be the greatest disaster ever, to come upstairs without having accomplished "my" mission.

If we would have this in mind, we would constantly thank Hashem that we don't have what the other person has. Thank you Hashem for not giving us poison!

A Yiddishe Mamme shared: *I live in a very small apartment and bli ayin hara my family is growing. I look around and see my friends that have large, nice houses for their families. I can't afford what they have. I wonder why am I different then my friends? But then I realize, that whatever I have is perfect for me. And even more so, because of this, perhaps I will be the one with the biggest house in the next world. Less Olam Hazeh means more Olam Haba! Focusing on this helped me turn my attitude around one hundred and eighty degrees! Now every time I pass by my friends' big houses, I feel thankful to Hashem for not giving it to me, as it is poison for me. Now I am so happy, and my home, even though it's not full of the gadgets and space that my friends have, is full of simchas Hachayim and thankfulness to Hashem! Our little abode is now full of light!*

A Yid shared: *I have a child that is struggling, and was thrown out of school. I am looking far and wide for an appropriate new school for him, but haven't found one yet. I was thinking to myself, why do I have to deal with such a child, while others have such Nachas from their children? I was becoming very down, full of resentment and feelings of jealousy. Then I realized, that I am in this world to accomplish a mission, and this is what it is: to deal with this child. That's what will bring me the brightest gan eden. The less Nachas down here, means less kavod here, and more kavod and Koras Ruach up there, in the real world! Slowly, I changed my attitude, and instead of being jealous and thinking about the unfairness of it all, I think about how this is tailor made for me. I am the lucky one here, and I walk around full of pride and Simcha!*

- Is there someone that I am jealous of, because he has something I am lacking?
- Am I struggling with a middah while someone else seems to have it easy?
- What about a child who isn't on the level we wanted from him/her?
- What is a good personal plan for me to reach the level of being satisfied with what I have and everything else is poison?

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Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

CANCELED SHIUR

The highlight of the day in the Volozhin Yeshiva was the shiur. The whole day surrounded the shiur that the roshei yeshiva gave. One day, right before shiur was about to begin, the Netziv, then the rosh yeshiva, informed the talmidim that that day's shiur was canceled. No explanation was given.

This news was a shock for the talmidim. "Why did the rosh yeshiva cancel shiur? There seemed to be no reason for the cancellation." They were baffled.

Even more bothered than the rest of them was R' Issur Zalman. Why? R' Issur Zalman was known for his geonus.

Already as a young boy, he was called the "Illui of Mir" (where he was born). Every day, he would prepare the day's shiur with the Netziv, and they'd already prepared today's shiur the day before. It was an exceptional shiur; the kashos, questions, and the rayos, proofs, were extra special. "Why then was the rosh yeshiva canceling this shiur?" R' Issur Zalman wondered.

R' Issur Zalman thus approached the Rosh yeshiva with his question, and the Netziv told him that the reason why he canceled was not because it wasn't a good shiur. "On the contrary, I canceled the shiur because it was a good shiur!"

"What?" R' Issur Zalman ex-



claimed. "Why is that a reason not to give shiur? That should be the reason why you should give shiur!"

The Netziv explained himself. "Before every shiur, I'm not fully convinced that what I'm going to say is completely accurate. The doubt therefore gets me to cry and request from Hashem that what I'll give over to the talmidim be correct.

"With this shiur, however, I didn't feel that insecurity. I felt convinced that this was the accurate p'shat, and I thus I didn't feel the urge to cry and ask Hashem for siyata d'Shmaya as I generally do. So, how can I go to shiur without having cried to Hashem that I give the Torah over in the right fashion?! That's why I was forced to cancel."

THE RIGHT PLACE

One Purim, Reb Yankele Galinsky zt"l, was collecting money for poor yeshiva bachurim so they could buy clothes and other basic needs. At the home of an elderly, wealthy person, the rich man's children stood at the door, ensuring that people didn't come more than once. Their father was old and forgetful, and he wouldn't notice if someone came twice. They didn't want people taking advantage of his generosity.

Reb Yankele went to this home and re-

ceived two thousand rubles — a very large donation. Before leaving, Reb Yankele intentionally left his umbrella behind.

Later that day, Reb Yankele returned. At the door, the wealthy man's children told him, "You were here once today. You can't come again."

Reb Yankele replied, "I just came to pick up my umbrella."

"OK," they replied. "You can take your umbrella, but don't ask for money."

"I won't ask for money," Reb Yan-



kele repeated. "I will just take my umbrella."

When he was inside, he told the old man that he had come to pick up his umbrella. "And what about money?" the old man asked. "Don't

HOME SECURITY SYSTEMS
Protection at its best!

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

you need money?”

Reb Yankele said that he does. He said to himself, “I promised that I wouldn’t ask for money, but I didn’t say that I would lie. He asked if I need money, and I need money.”

He received another two thousand rubles. When he came to the yeshiva, Reb Yankele spoke with the bachurim and showed them the four thousand rubles he received from this wealthy person. “Placing things in the right place can get you good money,” he told them.

R’ Yankele used this as a vital lesson. “You must put your trust in the right place,” he said. “You can gain immensely if you put things in the right place. Understandably, I’m not only referring to the philanthropist. Rather, I’m using him to bring out that by putting things in the right place can grant more success. By placing your trust in Hashem, you’ll get good things.” (Reprinted with permission from Mechon Be’er Haparsha, Torah Wellsprings, Tazria, p. 10)

WATCH THE SALVATION

The Vilna Gaon zt”l would go to galus, self-imposed exile. Once, at the home of a simple innkeeper, the Vilna Gaon became very impressed by the tranquility that this person exuded. How did he detect this in him?

The innkeeper couldn’t keep up with his rent. He didn’t have a penny to his name. He’d tried every different way he could to cover his debt, but he failed in every attempt.

The Poritz had warned him that if he didn’t pay the rent by a specific date, he and his family would be thrown into a dungeon, which was basically a death sentence. This was not a joke; the Poritz meant business. There was no getting away

from the Poritz.

The Vilna Gaon was in their home when this situation arose, and he was surprised to see how relaxed and tranquil his host was carrying himself. The “scary-looking” challenge didn’t faze him the slightest. He trusted that Hashem would help somehow.

The day the debt was due, the man still hadn’t come up with any money, and yet he remained calm. The Vilna Gaon followed the innkeeper as he went to the Poritz, as he wanted to see what miracle Hashem would perform for the innkeeper.

They waited outside the Poritz’s home for his turn. The previous appointment extended for a while. Finally, the man came out and immediately told the innkeeper, “The Poritz offered me an outstanding deal, but he refuses to settle to my terms. And just as he didn’t want to bend to my terms, I refused to agree to his terms, although I know that even with his terms, it is a good investment. It isn’t my way to bend and break under pressure, so I couldn’t agree to his terms. Nevertheless, I want you to speak to the Poritz and work as my intermediary. Agree to the Poritz’s offer, and I will pay you a percentage for making this deal. I will even give you a down payment now.”

Although the innkeeper never saw this person before, he accepted the deal. On the spot, he offered a down payment before closing, which equaled the amount that he needed for the rent. He trusted in Hashem, and Hashem helped him. (Reprinted with permission from Mechon Be’er Haparsha, Torah Wellsprings, Tazria, p. 8)

MORE VALUABLE THAN MONEY

Reb Sholom Tzvi Shapiro was mak-

ing his first child’s chasunah. As the chasunah was approaching, he was short five thousand pounds, a significant amount of money. Un-



sure where to turn, he turned to his rebbi, Reb Chatzkel Levinstein zt”l. He told R’ Chatzkel what he needed for the upcoming chasunah, hoping that R’ Chatzkel would give him an honorable donation.

That was not the case. Reb Chatzkel was pensive for a few minutes, and then said, “Hashem knows that you need five thousand pounds.” That was the end of the conversation. In so many words, Reb Chatzkel was implying, “Hashem knows what you need. Trust in Him. He will help you.”

Years later, Reb Sholom Tzvi told his youngest son, Reb Aryeh Leib, “When I told Reb Chatzkel that I need five thousand pounds, I hoped he would give me money. He didn’t give me money, but he gave me something far more valuable. He taught me to trust in Hashem.

“If he would have given me five thousand pounds, it would have helped me for that chasunah, but it wouldn’t help me for all the other chasunos I made. Reb Chatzkel taught me to have bitachon, and that counsel helped me pay for all the chasunos!”

“WHY ALLOW YOUR CHILDREN TO DIE?”

Some people feel they are unworthy to daven. “Am I worthy of Hashem listening to me?” But everyone

must know that Hashem listens to whomever turns to Him in prayer.

There was a Yid by the name of R' Avraham Cohen who suffered many tragedies in his life. His children fell ill, and as time passed, they passed away — a heartbreaking situation. He'd sought out endless ways to resolve the problem, whether it was with doctors or with Rabbanim, but ultimately was unsuccessful. His last stop was a visit to Rebbe Pinchas Koritzer zt"l.

Surprisingly, R' Pinchas told him: "My friend, I plead to you: Why do you allow your children to die?"

The man was in total shock. "Allow my children to die?"

"Yes," responded R' Pinchas. "You had the ability to prevent these tragedies, and you're not utilizing it."

"What are you referring to?" asked the man. "I've done everything that can possibly be done!"

"Don't you believe that when one davens sincerely to Hashem, even if he is the greatest rasha, he will receive anything he wants from Hashem?" (Imrei Pinchas, Toras HaAdam 50)

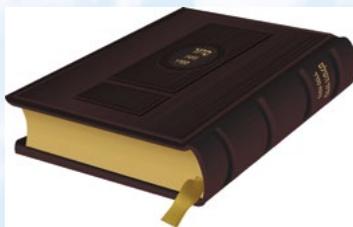
Rebbe Pinchas Koritzer understood that he wasn't davening sufficiently for his children's health, because he didn't think his tefillos would help.

Rebbe Pinchas Koritzer explained that Hashem listens to everyone's tefillos, even those tefillos of the greatest rasha, and Hashem will grant everyone those requests. And just as Hashem listens to everyone's tefillos,

A SIDDUR FROM HEAVEN

Many shuls in Eretz Yisrael have the woman's balcony hovering the men section. One lady had her siddur on the ledge of the balcony when her rowdy son came and pushed it over

the ledge. You can understand that



she was devastated to see her siddur flying into the men's section, but as there was still more to the davening, she headed to the sefarim shank to get another one and waited for the end to go get her siddur back.

After davening, she went downstairs trying to retrieve her siddur. When she located the person who'd found it after it dropped, she noticed that the finder seemed very emotional. She expressed her remorse for bringing her child, who had shoved the siddur down and caused it to fall to the men's section, but the man consoled her and told her that he wasn't bothered by that.

"I am from Tzefas," he began, "and recently I became a ba'al teshuva. Tonight was my very first-time attending shul. Understandably, I had mixed emotions. On the one hand, I was overjoyed to speak with Hashem, and this was my first time doing so in a public setting. On the other hand, I was concerned attending a new crowd. I've never met these people, and I was worried as to how they would take to me.

"The last several months, I've been avoiding shul out of embarrassment, but now, with the Pesach motivation, a time of renewal brought me to shul.

"When I came to shul, I was faced with my first dilemma. I'd come late and couldn't find a siddur. Sitting through Maariv without a siddur wasn't something I was looking forward to on my first time in shul. No one likes to be without a siddur, and it's especially embarrassing for

a newcomer.

"Ashamed, I snuck to the back, quietly hoping no one would notice me. I told Hashem, 'If You really desire my davening, please show me outright that my davening is worthwhile. Show me that You want it.'

"As I was sitting down siddur-less, I heard a loud bang. In front of my nose, a magnificent leatherbound siddur landed on the table. It was custom orchestrated by Hashem, showing me how my davening is wanted and treasured. I perceived Hashem's lesson, and it's left a deep impact on me and my attitude toward davening and avodas Hashem. This direct message of appreciation has left me gratefully in debt to Hashem and His mitzvos.

"Therefore, now that you know what that siddur's done for me, you can understand why there is nothing to apologize for. You were the one chosen to awaken this awareness and bring forth this connection between me and Hashem." (R Yehoshua Nissan, on Stories to Inspire hotline)

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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נקדש את שמך!

By: Rabbi Shraga Freedman

Voyage to Eternity

Now that we have explored many of the underlying principles and applications of the mitzvah of kiddush Hashem, we will turn our attention to a historical overview of how the Jewish people became the nation charged with the mission of kiddush Hashem, and how that mission will ultimately be fulfilled. This discussion will have the added benefit of providing a review of many of the basic principles that we have learned. We will present this historical perspective in the form of an allegory based on a much shorter mashal taught by Rav Elchanan Wasserman Hy"d.

The Destination. *There was once a king of a far-away land who wanted to open his kingdom to many new immigrants. He was a benevolent, even magnanimous, ruler, and anyone who accepted the offer to live in his kingdom would be guaranteed a life of unending contentment and prosperity. In his great kindness, the king wanted to make this ideal existence available to as many people as possible. The problem, however, was that the kingdom was very far away from the rest of civilization and could only be reached by a grueling ocean voyage of many years that would be fraught with perils and difficulties. The king made the trip from his land to try to convince people that the destination would be well worth the effort involved in traveling there, but his words fell largely on deaf ears. Many people refused to believe that such a utopian kingdom existed, and many others were not willing to undertake the difficult voyage or sacrifice the pleasures of their regular lives long enough to travel there.*

Ramchal teaches us that Hashem created the entire world and its millions of inhabitants in order to enable everyone to bask in His goodness (represented here by the utopian destination). That goodness can be attained only by believing in Hashem and by serving Him and connecting with Him by exercising our free will properly (the difficult journey). According to the Netziv, until the generation of the Mabul, the entire human race had the ability to achieve recognition of Hashem. As the world began its descent into immorality and sin, Hashem tried to guide them back onto the proper path by creating a drought in response to their sins. This was a manifestation of hashgachah pratis of the sort that only Klal Yisrael experiences today. But the people of that era refused to heed the warning signs and persisted in their evil

ways; in fact, their spiritual state declined further as they began stealing from each other in addition to their other sins. This period ended with the Mabul, when Hashem removed that level of hashgachah from the world.

A Few Agree to Sail. *A few people were swayed by the king's promises and expressed their willingness to undertake the long, difficult journey. But the benevolent king was not satisfied; he wanted to share the riches of his land with a much larger group of people. Finally, he devised a plan. He arranged for the construction of a fleet of massive cruise ships that would be equipped with every imaginable amenity. The cruise ships would be large enough to accommodate vast numbers of passengers, who would travel in such luxury that they would be spared the difficulties of the trip. This would encourage far greater numbers of people to undertake the journey. But the ships would also have to be manned by competent sailors who could navigate the vessels and contend with the rigors of an ocean voyage. This task was naturally given to the people who had been interested in the journey all along.*

After most of the world failed to recognize Hashem and perceive His guiding hashgachah, Hashem removed His special hashgachah from the rest of the world and chose to bestow it upon the one nation that would be interested in being the purveyors of kiddush Hashem in the world. That nation (the sailors in the parable) would be Hashem's chosen nation and would be responsible for causing the rest of the world (the passengers) to recognize the truth, thereby allowing the entire human race to become worthy of basking in Hashem's goodness (based on Ramban in Parashas Haazinu (32:26)).

To be continued

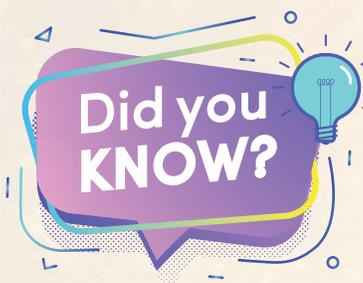
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Rabbi Shraga Freedman is the author of Sefer Mekadshei Shemecha, Living Kiddush Hashem, and A Life Worth Living.

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

Living
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By: Rabbi Zevy Golombeck

Did you know that Rabbi Yehuda Mandel said that people like to walk around saying, "This person is not oisgehalten. This person is upgifregt." It is very easy to pasul a person. The yetzer hara makes you think that everyone is supposed to be perfect. Then when they do something wrong, you think they are pasul. This is the trap of the yetzer hara! The biggest tzar to a parent is to pasul his children. So too, Hashem doesn't want us to go around pasuling his children. Therefore, we have to go to the opposite extreme and have zero expectations of anyone! Then we will go around and say, "Wow. He is chashuv for this."

This is for ourselves also. We should not pasul ourselves. We should hold of ourselves and say, "Wow! I davened Shacharis today!" You have to blow yourself up! We have to realize that it gives Hashem the greatest nachas when we appreciate ourselves and others! When you hold of yourself, then you will have an ayin tova for everyone else! Only because you don't hold of yourself, do you have to pasul everyone to feel better. Be happy with yourself; tell yourself that Hashem loves you! Hashem loves everyone!

The Chafetz Chaim says that the way you view and judge other people, that's how Hashem will view you! When you have zero expectations of other yidden, that is how Hashem looks at you! It is a straight ticket to Olam Haba!

Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

R' Dovid Bleicher (a talmid of the Alter of Novardok) calls a Baal Bitachon a "מקורב למלכות"-someone who's close to the king. He is always calm because he has the best pull into whatever and wherever he wants. When an employee is close to the boss it's a different story and he gets different service. The Sefer Ha'ikrim writes about bitachon, that Hashem wants to give

a person all his wishes. Our job is to realize this, and to never think we are not deserving of it. He writes that when we realize how much chessed Hashem is willing to do, then we would see it more and more. Realizing how much chessed Hashem wants to do should make you feel close to Hashem. Bitachon is a medium to connect you with Hashem and getting close to him. It's mainly about building a relationship with Hashem, not just about getting your yeshua.

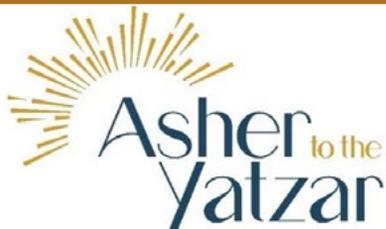
When a ba'al bitachon's yeshua is not coming, he doesn't become down. Hashem is giving him the opportunity to have more bitachon and get even closer to him. The Ramchal writes that baal bitachon is alive because he has the ability to hope to Hashem in every situation to keep him going.

MAZEL TOV!

Mazal Tov to R' Dov Kaufman and family (Brachfeld) on the birth of a new baby girl! Special Mazal Tov to the Grandparents Rabbi and Mrs. Yisrael Eliezer Kaufman (Kiryat Sefer)!

Mazal Tov to R' Zevy Strauss and family (Jackson, NJ) on the birth of a new baby boy!

Mazal Tov to R' Yaakov Adler and family on the Bar Mitzvah of their sons Dovid and Uri!



By: Rabbi Eliezer M. Niehaus

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. I would really appreciate it if you accept upon yourself *bl"n* to say Asher Yatzar for one week, from a card or poster as a *zechus* for a *refuah sheleimah* for my daughter **Esther bas Sara Miriam**, at least once a day.

Message from R' Yossi Hecht, Founder of Asher to the Yatzar:

During the weeks of Sefira we said each day, "*Hayom yom ploni la'omer*" when counting the days of the Omer. Rav Meilech Biederman points out that there is a great underlying message in these words. When trying to work on ourselves it's important to just focus on one day at a time. For example, if someone gets angry easily and he feels it is insurmountable to improve, he should tell himself – "*Hayom!*" Just today! I'm going to be a little better. If we do that, suddenly it seems feasible to overcome. Eventually all those days turns into weeks, months and years!

This is true regarding all facets of life. Thanking Hashem day in and day out for all the gifts He bestows upon us can become habitual. A possible solution to prevent this can be using this concept from Rav Meilech. Let's focus one day on Modim. Just today I'll thank Hashem for giving me life. Just today I'll focus by Asher Yatzar, on thanking Hashem for making sure my body is working properly.

In that *zechus*, may Hashem in return shower us with limitless *hatzlacha*, health, *parnassa* and only good things!

- Yossi Hecht

A Year of Serving Hashem with Health

This past week was Shavuos, and before it becomes a distant memory, let us see what we can take with us for the rest of the year. Chazal tell us (Bamidbar Rabba 7:1) that before Matan Torah, all the sick people were healed. That was not a one-time event. Rav Eliyashev zt"l once told a sick person to go to shul on Shavuos to hear the reading of the *Aseres Hadibros*. He explained that just as all the sick people were healed at Matan Torah, it happens again each year.

But why was this miracle needed? I heard a beautiful explanation from my *chaver* Harav Reuven Schwartz *shlit"a*. The Rambam tells us (Teshuva 9:1 and *Da'os* 4:1) that when a person is not feeling well, it is very difficult for him to serve Hashem because he can't be involved in learning Torah and doing *mitzvos* in that state. Based on this we can say that Hashem healed everyone at Har Sinai so that they could serve Him properly. The same happens each year when we once again accept the Torah on Shavuos. Hashem heals us so that we can carry through with this new commitment.

Besides for thanking Hashem for the Torah we just received on *Shavuos*, let us make sure to thank Hashem for this past year of learning Torah and *mitzvos* that we were able to perform because we weren't hospitalized or inhibited by various sicknesses, colds, or viruses. Showing appreciation will itself be a reason that Hashem will give us another year of health so that we can continue to serve Him. Of course, saying Asher Yatzar with feeling is a great way to express this gratitude to Hashem.

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

BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau



The Quote – The Lesson – The Story

The Quote: "DON'T MAKE A MISTAKE by thinking to yourself that your livelihood is dependent on a specific form of hishtadlus and if it will not be successful, you will not have פרנסה. Rather, rely only on the One Above, and trust in Him for everything. Trust Hashem that He will send you פרנסה through a different way because in truth, all forms of פרנסה are exactly the same by Hashem. Hashem can choose whichever way He decides for you to receive your פרנסה as well as the precise time that you will receive it. As the posuk says, (כי הוא הנותן- לך כח לעשות חיל (דברים ח, יח)). And it also says, "לא בחיל- ולא בכח- כי אם ברוחי - אמר ה'". צבקות."

(זכריה ד, ו)

The Lesson: WHAT MAKES THIS SO INCREDIBLE AND AMAZING, is that if we understand and realize that it makes no difference to Hashem WHAT we do to bring in a livelihood, we will be calm even if we are only able to do minimal hishtadlus, knowing that our loving caring Father the Ribono Shel Olam will give us all our needs!

The Story: THERE WAS A YERUSHALMI YID who was a tremendous masmid; all he wanted to do was learn. The name of this Yid was Rav Chaim Yakov Klafholtz זצוק"ל. When his first daughter reached the age of marriage, Rav Chaim Yakov decided he has no choice and he will have to travel to America to collect money. Rav Chaim Brim זצוק"ל took him to the Chazon Ish זצוק"ל. The Chazon Ish listened to his whole story, told him to go and gave him a bracha. Before Rav Chaim Yakov left, he stopped by the home of the Tchebiner Rov זצוק"ל. The Tchebinner Rov told him, "The Chazon Ish never told you to collect in America he just said 'go!' So listen to my advice, go there, go to shul and continue doing what you do in Yerushalay-

im – just sit and learn and trust that Hashem will take care of everything!

Rav Chaim Yakov traveled by boat to America and went to Williamsburg. In Williamsburg Rav Chaim Yakov parked himself in the Bais Medrash of the Heilige Satmer Rebbe. There he stayed and slept on a bench, toiling in Torah and avoida day and night. He ate pas Shacharis that was given in the morning in the shul. This went on for a little while. He even talked in learning with the Satmer Rebbe until one time the Satmer Rebbe asked him "Tell me, it does not make sense that you travelled all the way from Yerushalayim just to learn in our Bais Hamedrish, why did you really come here?" Rav Chaim Yaakov explained the entire story to the Satmer Rebbe. The Satmer Rebbe told him that every so often he calls a meeting of gevirim to his house to raise money for different causes and the coming time he would arrange it for his need.

The next day the mashbak of the Satmer Rebbe approached Rav Chaim Yakov and told him that two miracles happened yesterday. Firstly, usually only a portion of the gevirim show up to the meetings bid'erch klal and for some reason this time every single one showed up. Secondly, each and every one of them donated very generously and here it is, I am giving it to you now. This is enough money for you to marry of this daughter plus you will have leftover toward your next child!"

We see from this story what the bracha is that is showered on someone who trust in Hashem with minimal hishtadlus! VHABOTECH BAHASHEM CHESED YESOIVIVENU! [Rav Beiderman Shlita]

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:

All Your Deeds for the Sake of Heaven

We are learning that Hashem greatly desires that people enjoy life in Olam Hazeah and that it is an important way for us to connect to Him. However, this seems to be contradicted by the Shulchan Aruch, which states:

... regarding all that one enjoys in Olam Hazeah, one should not intend for his own pleasure, but rather for the service of the Creator, blessed is He, as it is written, 'In all your ways, know Him' (Mishlei 3:6). And the Sages said: All your deeds should be for the sake of Heaven, even permitted matters such as eating, drinking, going, sitting, standing, relations, talking, and all needs of your body, should all be done for the service of your Creator or for something that leads to His service. Even if one is thirsty or hungry, if he eats or drinks for his own pleasure, this is not praiseworthy. Rather he should intend to eat and drink according to his needs, to be able to serve his Creator... (Shulchan Aruch, Orach Chaim, Siman 231:1)

It seems from here that enjoying Olam Hazeah is not something to be encouraged. So how can

we say that a person is supposed to enjoy this world?

But actually, there is no contradiction.

Every person should certainly enjoy his life in Olam Hazeah. However, he must enjoy it for the right reason. A person should have pleasure because Hashem wants him to have pleasure — not simply because he desires to indulge himself. (And of course, one may never partake of prohibited pleasures.)

This idea was taught by Rav Miller who said:

Think about going to sleep for the purpose of preserving your health in order to get up in the morning to serve Hashem. This



doesn't mean that you don't also enjoy sleeping and that you aren't primarily fulfilling your desire to sleep, but by adding the idea that Hashem wants you to sleep because it will enable you to be more capable of serving Him, then it also becomes a mitzvah to sleep. After adding this thought, you won't lose your desire for sleep; you'll continue to have pleasure when you sleep. This pleasure, however, is now turned into a service of Hashem, because Hashem wants you to have the pleasure of sleeping. If you didn't have pleasure from

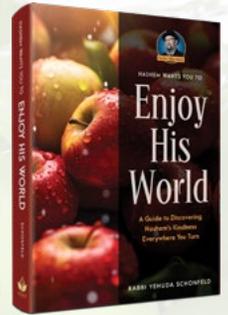
sleep, it would be hard to fall asleep. If you didn't have pleasure from eating, it would be hard to swallow the food... .. Hashem wants us to function as normal people. But He also wants us, little by little, to add the motivation of wisdom to all of our physical, mental, and emotional instincts. To do things because they are wise to do, and because they are the right thing to do in the service of Hashem.

This is not meant to be a contradiction to the body, but rather an elevation of the body. When we do this, we become people who do all the same things that everyone else does, but our actions are motivated by wisdom and fear of Hashem. And at the same time, our enjoyment of life is no less than anyone else's. (Ohr Avigdor Mesillas Yesharim, Vol. 3 (Simchas Hachaim Publishers), pp. 94-95)

A careful reading of the Shulchan Aruch can support this, for it states, 'בְּכָל מְה שִׁיְהֵאָה, 'בְּעוֹלָם הַזֶּה, לֹא יִבּוֹן לְהִנְאֻתוֹ', "Regarding all that one enjoys in Olam Hazeah, one should not intend for his own pleasure." The Shulchan Aruch is not forbidding all pleasure, it is simply telling us that one must enjoy pleasure for the correct reason.

To be continued...

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



BS"D

Dovid: Beloved Servant,
Beloved King; Chai V'Kayam

by Mrs. S. Mordechai

Dedicated to Dovid HaMelech, Zechus
Yagen Aleinu,
The Father of Moshiach.

Like the stone despised by builders
excluded and alone,
Dovid would become the flesh and blood
king the rosh pina, the cornerstone.

In a time when stature, appearance, and
yichus were the rule
his own family considered him
a katan, a mamzer, a fool.

The Sweet Singer of Israel
with roots in Moav and Sdom;
noone expected Yishai's ruddy,
eighth son to become the Father of
Moshiach from the pastures of Beit
Lechem, his home.

Gifted by Adam HaRishon
with a span of seventy years,
Dovid dedicated his life to singing Hodu
V'Halle, which flowed directly from Dovid's
lips to Hashem's ears.

From the devotion and mesires nefesh of Rus
to the bitachon of Nachshon Ben Aminadov,
Dovid embodied the best middos of his fore-
bears revealed only by the Melech Kayam
Above.

Both Avraham Avinu and Dovid HaMelech,
marveled at the majesty Hashem had made.
They found shelter behind Magen Avraham
and Magen Dovid
and comfort under His Wings; His Shade.

Basking in the aroma of the Machpaila,
Yitzchak Avinu established the mincha
prayers.
"Israel's eyes are raised to me in hope..."
Dovid davened to Hashem, "If You hear my
tfilla, it's as if you've heard theirs."

Talmidae Chachamim, immersed in learning
all their days from youth;
Yaakov Avinu was known for
honoring emes. Dovid HaMelech was a righ-
teous judge; whose judgements were based
on Torah and truth.

With gratitude, Leah Imeinu defined the
nation when she thought she had received
more than her share.
"My Lord," pleaded Dovid, "open
my lips that your praises, my
mouth may declare."

A leader, a model of courage and integrity
when put to the test.
Daled for Dovid joins Yud Kay Vov Kay
hinting that with the scepter of
eternal malchus, Shevet Yehudah
would be blessed.

Humble shepherds of their nation and
flocks. Dovid was the Ner Yisrael; Moshe Ish
HaElokim,
Moshe Rabbeinu brought us five books of

Chumash;
Dovid HaMelech gave us five books of Tehil-
lim.

Not a weak Sycamore sapling,
but an Olive tree, confident and secure;
His arms were like marble, but his strength
was in his yiras shomayim and dveikus;
That's why Dovid's kingdom will forever en-
dure.

When Israel's first king, Shaul, disobeyed
Hashem's orders sparing Amalek and miss-
ing the point;
Hashem directed his prophet, Shmuel,
"Fill your horn with oil. A King for Me you will
now anoint."

One by one, Yishai's sons came forward all
looking fit for the role,
but the One Who Sees All perceived any
flaw. His vision penetrates through the man
to his soul.

"There must be another son," proclaimed
Shmuel HaNavi. "All fine men are these."
"But," said Hashem, "They are not
suited to lead My Nation. None are
the one with the character that will,
Hashem, please."

"You only take in the external.
Your eyes can't see past there.
My vision exposes man's heart
where I measure the depth of his chesed for
his fellow, his care."

So Yishai summoned his outcast son
from where he was tending sheep in the
field.
With Moshe Rabbeinu's Shemen HaMish-
cha the fate of the monarchy would now be
sealed.

Even before Dovid arrived
the oil heard the sound of Dovid's heilige
voice
and frothed and bubbled in the horn
recognizing royalty, Hashem's
Beloved, Hashem's choice.

As pearls and gems glistened
where the oil hardened on Dovid's brow,
those who had despised Dovid
were forced to see their terrible folly now.

Soon, Hashem's Nation was taunted and
threatened by Golyas who was covered in
armor head to toe.
He was two cubits and a span taller than an
average man: a daunting, six-cubits plus, foe.

Dovid was sure he would defeat Golyas.
Nothing would go wrong.
All the copper in the world could
not protect this heathen, with Dovid's trust in
the Creator of Heaven and Earth so strong.

To save his flock,
Dovid had battled lion and bear;
but from where his prowess truly came, not
from armor or weapons, Dovid was always
aware.

With five smooth stones,
his shepherd's sack, Dovid filled.
One for Hashem, one for each of the Avos,
and one to avenge Chophni and Pinchas;

the sons of Eli the Kohain Gadol, whom
Golyas had killed.

A sling of a stone and Siata D'Shamaya was
all it took.
The giant warrior fell forward, dead.
In a great Kiddush Hashem, Dovid was now
the owner of the haughty, Pelishti's head.

Later, Dovid HaMelech was a victorious war-
rior, resisting impulse and pressure, come
what may.
"If we attack, we'll die; if not they'll kill us, but
we'll die righteous. At all costs Hashem's
command we must obey."

David HaMelech conquered
Hashem's enemies and taught us how to
win the most important fight.
By vanquishing the enemy within
a repentant can hope to reach the loftiest
height.

Distraught that Hashem's Presence
did not yet have a permanent dwelling
place,
Dovid HaMelech slept on the floor
until chatzos, from then to dawn, Torah
shined on his face.

Dovid HaMelech prepared
every detail. He sanctified
Yerushalayim, Ir HaKodesh and the
intended Har HaBayis site.
He gathered gold and silver from
the spoils of war so that his son,
King Shlomo, could build the Beis
HaMikdash when the time was right.

Eager to make the festival pilgrimages,
some longed for the Temple and
Shlomos's reign, Dovid heard.
"One day of your Torah study means
more to Me, than a thousand
burnt offerings [of] your son Shlomo ..."
Hashem assured.

Whether in triumph and elation
or turbulent waters and tzoros,
Dovid praised the Tzur Yisrael and His
Unlimited Yad;
with shir and zimra, always striving to
gladden The One Living G-d.

With clean hands and a pure
heart, Dovid HaMelech, danced with
abandon and made music to glorify
Hashem's name.
The seventh Ushpizi, the fourth leg of
the Merkava; after Dovid's 70 years,
the world was never the same.

Dovid HaMelech reigned over Am
Yisrael with justice, strength, prayer,
joyous song, and love.
In harmony with He Who Enables
Man's Footsteps, Dovid walked on
Hashem's path, with Hashem always
l'fanov.

When Hashem deems the time has
come and when from the arrogant we
have suffered enough bizayon and
enough buz,
only Dovid HaMelech will merit to raise
the Cup of Yeshuos and only Moshiach
Tzidkeynu will merit to fill David
HaMelech's shoes.



Jewel

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

...YOU!

Uplifting Shabbos

Rabbi Yehuda Schonfeld
& Rabbi Daniel Garfinkel

It was Friday afternoon and once again, Eli and Chaim were walking home together from Yeshiva.

“Hey Chaim,” Eli said, “Remember the conversation we had last week about the different mitzvos a person can do while preparing for Shabbos?”

“Sure, Eli” responded Chaim. “It was really great!”

“Yeah!” said Eli excitedly. “And you know what? This past erev Shabbos was an amazing experience! It was incredibly uplifting to fulfill all those mitzvos with kavana. I never felt that way before!”

“That’s great!” said Chaim. “It was very special for me too!”

“Yes” said Eli. “Anyway, it got me thinking that in addition to Erev Shabbos, there are probably some Shabbos mitzvos that I’m not aware of. I wanted to find a sefer that discusses the mitzvos of Shabbos and their kavanos.

“So, I went to the local sefarim store and asked the owner for a sefer which discusses the mitzvos of Shabbos and their kavanos. He said, “Sure, I have the perfect one for you! It just came in. It’s an English sefer named Ka’asher Tziva Hashem and it’s about all the mitzvos and their kavanos. It discusses many of the mitzvos of Shabbos.””

“He handed me a blue sefer, and as I was paying for it, he said that when buying a sefer, a person should have in mind to fulfill the mitzvah of Kesivas Sefer Torah, writing a sefer Torah!”

“What?” exclaimed Chaim “I thought the only way to do that mitzvah is to actually write a Sefer

Torah or pay someone to write one!”

“I know” said Eli excitedly “I was so surprised - and happy! Anyway, as soon as I got home I started reading it and let me tell you Chaim, it was like an entire new world opened up for me! I was astounded to see a ton of mitzvos I never even knew about!”

“Yikes” said Chaim. “I think I need to get myself a copy!”

“You definitely should,” said Eli. “So, anyway, I found the Shabbos section and right there was a listing of many mitzvos I’d never heard of.”

“Like what?” asked Chaim.

“Like did you know there is a Torah mitzvah called ‘Tosefes Shabbos’? It’s a mitzvah to add extra time to Shabbos, by accepting Shabbos a bit early and ending Shabbos a bit later. A few minutes before Shabbos a person should accept Shabbos and have in mind to fulfill the mitzvah of Tosefes Shabbos, Ka’asher Tziva Hashem. And after tseis hakoachvim he should also have this kavana. Then, presto he just fulfilled two Torah mitzvos! Now, isn’t that amazing?”

Chaim was stunned. “I never knew about that mitzvah! You know Eli, do you realize that you just stumbled on a gold mine! A mitzvah is worth more than millions of dollars! It’s a reward that lasts for eternity! That sefer is priceless! Quick, tell me some other mitzvos you learned about!”

“I know” said Eli excitedly “It’s unbelievable! Incredible! We’re going to be rich in Olam Haba!” He began dancing down the street.

to New Heights

“Hey, get back here!” Chaim shouted and he started to chase after Eli. “You can dance later! Now tell me what other mitzvos you learned about.”

“Ok, ok.” Eli stopped dancing and started to think. “Ok, so there’s a mitzvah of Shevisas Shabbos which means that we stop doing melacha when Shabbos begins. Of course, we all fulfill that mitzvah but obviously, when Shabbos begins, a person must have kavana in mind so that he fulfills the mitzvah properly.”

“Hey Eli,” said Chaim. “You just reminded me of something!”

“What’s, that?” asked Eli.

“Well,” Chaim said, “I was talking to friend of mine about mitzvos, and he told me something that completely blew me away! He told me that the Shelah Hakadosh says that the reason we say, “Gut Shabbos” on Shabbos instead of the regular, “Have a good day”, is so we can fulfill the mitzvah of ‘Zachor es yom HaShabbos’, remembering the Shabbos!

“Seriously?” exclaimed Eli. “Where did your friend see that?”

“He said the Mishna Berura brings it down in Siman 307, sif katan 5!”

“Hey Chaim,” Eli said excitedly. “Do you realize what this means?”

“What?” asked Chaim.

“It means that every time you wish someone, “Good Shabbos” you can have kavana to fulfill the mitzvah d’oraysa of Zechiras Shabbos! A mitzvah d’oraysa with two words! Chaim, we’re going to

earn eternity with every single ‘Good Shabbos!’ Is that amazing or what?”

“You’re right, that is incredible” said Chaim enthusiastically. “I can’t wait for Shabbos! And don’t forget to have that kavana before Kiddush on Friday night since that is also a fulfillment of Zechiras Shabbos! Ok, now can you please tell me some more mitzvos you learned from the new sefer?”

“Sure” said Eli, “Did you know that the three seudahs we have on Shabbos are a mitzvah? A person should have in mind at each one that they are fulfilling this mitzvah, Ka’asher Tzivah Hashem? Also, while enjoying the good food at the seudah, you should have in mind to fulfill the mitzvah of Oneg Shabbos which means enjoying Shabbos - and that kavana also applies when having Shabbos party or taking a Shabbos nap. And it also says that when you sing zemiros by the meal it’s a fulfillment of the mitzvah of Kavod Shabbos, honoring the Shabbos!

Chaim whistled. “Wowie! Ok, I must buy that sefer! You said it’s called ‘Ka’asher Tziva Hashem’?”

“Yep” said Eli. “You really need to get it. You know what, if I stop at the store, I can pick up a copy for you. There are so many mitzvos discussed there. Shabbos is only one section. Anyway, it is getting a bit late so let me leave you off with one last idea. The author brought down the Chaya Adam who writes that a mitzvah performed on Shabbos is rewarded with much more reward than one done during the week. It’s similar to what Rebbi always tells us, that Torah learned on Shabbos is worth much more than during the week.”

“Eli,” Chaim said “Thank you so much for sharing all this with me! I’m going to the store pronto to

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והריקונוי לנפש - ברפח עד - בלי דולר

A Faint Whiff OF Hashem's Unlimited Wisdom and Kindness

The Nose

Answers for the Parsha Game page 15
Grapes: Hashem said that a Nazir must abstain from Grapes and wine.
Golden Spoon: The nes'lim brought a golden spoon filled with Ketores.

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Strong odors can smell repulsive and be very disturbing. When we are exposed to such situations our reaction is usually to rectify them, like covering, removing or cleaning the source of the offensive smell. But sometimes, occasionally, we cannot change and rectify the situation. The odor is there to stay and so are we. Are we doomed to suffer for an extended period of time in such situations?

Hashem, in His kindness, set up a phenomenal system that takes care of this issue. Hashem created our sense of smell and other senses with sensory adaption. This means that the clear and strong message that we receive from our senses fades away until we are not conscious of its existence. This does not take a long time, in a few minutes it can totally block out and disconnect us from the strong stimulation that just took our full focus. The repulsive smell that greatly disturbed us is quickly forgotten.

The explanation as to why Hashem set it up this way is quite straight forward. Hashem gave us these powerful odors to wake us up and get us to take action. After that point Hashem does not want us to suffer. The disturbing smell is no longer necessary so Hashem removes it from our senses.

Let's take a look at some examples of when this incredible design of sensory adaption comes into play. We will see the significance and importance of this gift. If there is a fire in a home the powerful odor it releases is vital to grab our immediate attention. Afterwards the smell can linger for days, weeks and even months. If not for sensory adaption we would be stuck long term, irritated by a disturbing smell. Thanks to sensory adaption, shortly after our exposure to the smell, we are not conscious of it at all.

Another example is the smell that permeates hospitals and medical facilities. They have a very strong sent of cleansers and various chemicals. This is important to keep the area clean and safe. If not for sensory adaption it would be quite uncomfortable for the people who are there for an extended period of time – doctors, nurses, patients and visitors. Likewise there are many jobs that involve being exposed to sharp sent for a long time. Some example would be - pumping gas, collecting garbage and many various lines of production. Their work is vital for a functional society and we need them. The gift that Hashem gave us of sensory adaption helps many people in many different situations.



Hashem's Universe

A Divine Masterpiece!

THE AMAZING AND MIRACULOUS LIFE CYCLE OF THE MONARCH'S BUTTERFLY THROUGH CATERPILLAR CYCLE PART 3

Molting- An amazing life-giving process in ALL insects

Every single insect in the world molts. What is molting? This is a process that even many adults are unaware of. Molting is the process that the insect sheds its outer skin. Why is this necessary? Well, picture a young child locked up in a suit of metal armor. After a while, it would outgrow the armor, and if the armor isn't replaced the child will suffocate. Why? Because it's couldn't breathe anymore. Its lungs wouldn't be able to expand anymore and thereby it would suffocate.

Well, the same is with insects. As opposed to fish, reptiles, animals, and lehavdil, humans, which have their skeletons on the inside of their bodies, at the center of their bodies, surrounded by its organs, insects have their skeleton on their outside. (That has many benefits for the insect, but that's not the subject of this article). The problem is that the insect must be able to get rid of its outside skeleton called the Exoskeleton (we



will abbreviate it as EX) otherwise it will die of suffocation because it keeps growing and the EX gets too small to continue to contain the growing insect.

There are two problems with this issue. 1: how to detach the current EX and 2: it must have an EX at all times for various reasons. So how will it accomplish removing the old EX while at the same time having the next new larger EX ready to re-



place it? What's Hashem's plan?

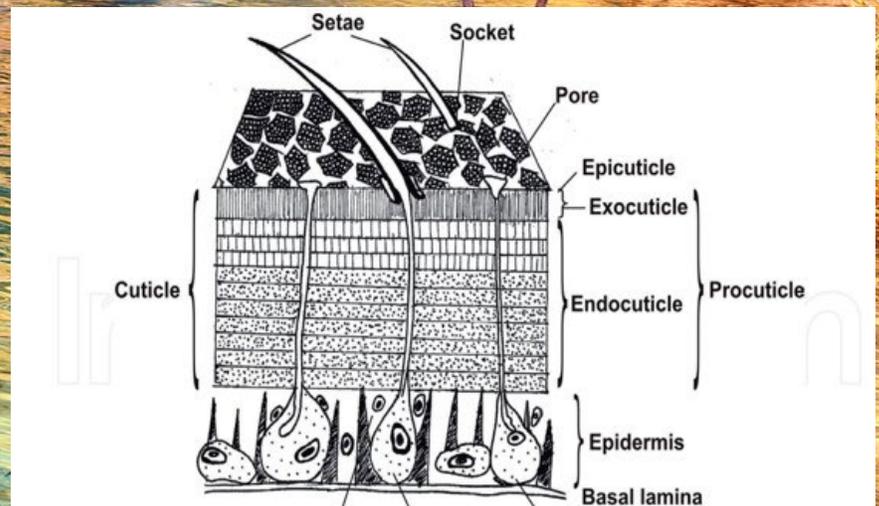
To understand things properly we need to see the below picture. ↓

This whole structure is called the EX. The main parts that we will be focusing on is the top part called the epicuticle. Then below that, for our purposes is the procuticle, which is the exocuticle and the endocuticle combined. Then, comes the extremely important epidermis at the bottom. It's amazing how this single- cell wide layer can be involved with so many parts of the molting process, as we shall explain.

The molting process has a few important hormones that are involved. What's a hormone? Hormones are chemical substances that act like messenger molecules in the body. After being made in one part of the body, they travel to other parts of the body where they help

control, in different ways, how cells and organs do their work. (Hormones, like enzymes, that we will soon mention, are VERY COMPLEX CHEMICAL STRUCTURES used in basically all the molting processes.)

So, after the body recognizes that the insect has gotten too big for its current EX, the first steps of the molting process be-



gins0. It's not 100% clear what the signal is. Some say that the body SOMEHOW recognizes the shortness of breath by detecting a lower oxygen level in its system, or maybe it has some triggers that recognizes when the body has completely filled up the available space inside it.

When the signal registers, the brain produces a hormone called PTTH, and it goes into the insect's blood, (called hemolymph) where it meets up with the prothoracic gland. This triggers off the important Ecdysone hormone. Even if it never molted before, it seems to "know" that something going to happen. Therefore, at this point the insect stops eating, and it finds itself a good, protected area to molt. This hormone enters the epidermis where it is converted into its active form, called 20-hydroxyecdysone (we will call it ecdysone – it's easier).



At this point all the action starts to take place.

The first thing to happen is the very important process called Apolysis. The ecdysone hormone in the epidermis causes the cells of the epidermis to increase in size. This puts pressure at the top of the epidermis and the bottom of the cuticle where the two layers are attached. It soon breaks apart the bond between them and it opens a gap between them. This space is called the exuvial space.

Once that happens, the epidermis secretes an INACTIVE special molting fluid (in some insects it's more like a gel). Then the epidermis secretes a new epicuticle. This epicuticle will be the beginning of the new EX. This epicuticle will not yet have all its layers. An epicuticle when fully developed has 4 parts. It has the cement layer that's all the way at the top. That's followed by a wax layer. These 2 layers will first be laid down later on in the process.

Below that is the outer epicuticle – and that's the layer that the epidermis is now secreting. It plays a very important role. It will be the barrier between the molting fluid that's now

on top of it, and the rest of all the future new layers that the epidermis will soon secrete, that will go below it. Eventually it will finally form the full, new EX. This outer epicuticle layer will be formed in a unique way. It will be formed with many folds to it, similar to the letter "S". These folds, will unfold later on (and straighten out) during the actual molting process.

Then comes the inner epicuticle. It's a much tougher layer and it's not expandable at all. This is the main layer that makes molting necessary since it's inelastic and it can't grow. Eventually the epidermis will also secrete the material for the next lower layers – the exocuticle, followed by the endocuticle, and also the cement layer and wax layer will come about later as well, through pores, which will spread them out on top of the new epicuticle layer. So, at first the molting fluid is inactive, once the outer epicuticle is in place, a bunch of complicated enzymes and a few hormones, mainly the ecdysone hormone will trigger the activation of the molting fluid and it will start to break down the old EX. It will break everything down except the old epicuticle. That somehow remains protected from the molting fluid below it. To be continued...

**KEEP ON MOVING
AT FULL SPEED!**

**Don't get fazed by
life's ups and downs!**



**HASHEM IS CARRYING
YOU IN HIS ARMS!**

FUN PAGE

By Shimon Chirodea

Can you unscramble the parshah words?

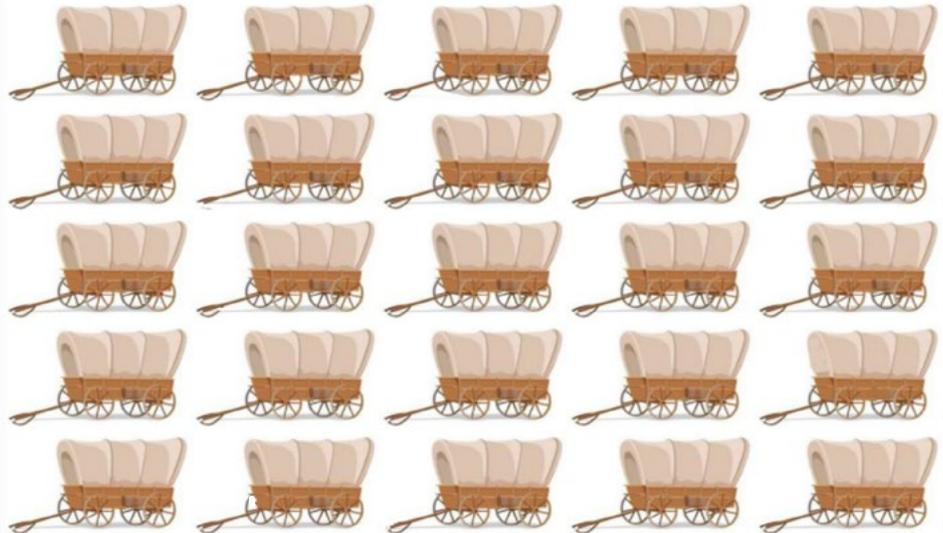
- 1-ARNZI
- 2-KANIMSH
- 3-SHONGER
- 4-RAREMI
- 5-VIEL
- 6-SONAS

THANK YOU HASHEM FOR -

Light bulbs! When it's dark, you just press the light switch and the light bulb goes on! In the olden days, you would need to light a candle or a fire, and it wasn't even as bright as light bulbs!

How many wagons can you find that shouldn't be there?

CHALLENGE: Can you figure out how wagons are related to the parshah?



Parshas Naso Review

The parsha begins with a census (count) of the Merari and Gershon families and their jobs in the mishkan. It also discusses Nezirus, and the halachos of Nezirus. The haftorah mentions the birth of Shimshon, who was a nazir his entire life.

Parshah Challenge Riddle (answer next week)

The first got two of us, the second got none of us, the third got four of us. I am mentioned in this week's Parshah. What am I?

1-What does the word Nasso mean?

2-What did the family of Merari do for the Mishkan?

3-What is a Nazir not allowed to do?

4-What did the family of Gershon do for the Mishkan?

During the Bar Mitzvah of R. Yisrael Ruzhiner, one of the guests asked him, "How were you able to stand against your yetzer hard until now? You didn't have help from your yetzer tov as you just received it now!" "Its simple," the boy answered. "Whenever the yetzer hard came to me, I would tell him that both sides need to be present at a ruling, so I just kept pushing him off."

STORY - PART 2

After a few minutes, the taxi stopped at a red light, and the bochur was able to catch up with the car. The driver opened his window and asked the bochur what he wanted. The bochur replied that he had forgotten to pay, and handed over the money due. The driver was shocked! Around 40 years later, the bochur, who was now over 50 years old, saw an advert for a shiur on Kiddush Hashem and decided to attend.

Previously - A yeshivah bochur went on a taxi and after he arrived, he realised that he forgot to pay, so he started chasing after it!

Stories to Inspire

To Be Continued...

1-NAZIR 2-MISHKAN 3-GERSHON 4-MERARI 5-LEVI 6-NASSO

SOLUTIONS

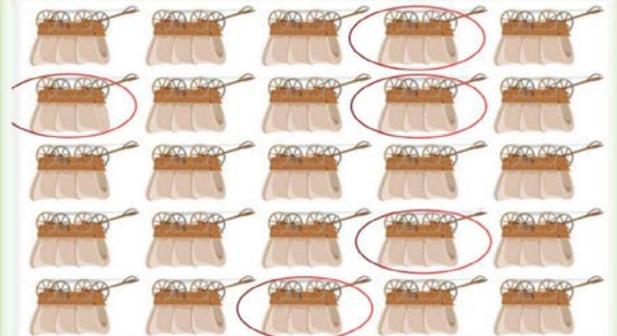
1- Lift the head, Meaning to take a count (census).

2-Moving the sockets and heavy beams of the mishkan.

4. Moving the Mishkan's curtains and drapes.

3-A Nazir is not allowed to cut his hair, drink wine or grape juice, or become tamei through contact with a dead person.

Nasso. Hamishi



Make Shabbos Geshmak!

Exciting Program!

Show your love and excitement for Shabbos!

Do something Special for Shabbos to show Hashem how grateful you are for His wonderful gift!

You can do anything, just do it with a GESHMAK!

Examples include: Saving a treat for Shabbos, baking a Shabbos dessert or even shining your shoes.

It is less about WHAT you do and more about HOW you do it.

Doing it with a GESHMAK includes (but is not limited to): Doing it with

- A SMILE
- While singing Shabbos songs
- Saying Lekovid Shabbos Kodesh with enthusiasm

For the next 3 Shabbasos: Bamidbar, Naso and Behalosecha. 1 entry per Shabbos.

.....
Entries should be in by Erev Shabbos Shelach, כ"ב סיון (June 28).

Please include in your entry:

1. Name
2. Age
3. Number
4. Address
5. What you did
6. How you made it GESHMAK

.....
Email: funatthespringhilltimes@gmail.com

Or Mail to

T. Katz

41 Park Ave.

Passaic, N.J. 07055

You will be entered into a raffle to win a GESHMAKE Shabbos package delivered to your home!

The Woodville Mitzvah Boys Club

Shoshana Raizel Kaufman

Episode 2

Recap: Chesky thought of a great idea: He and his friends would go to visit people in the nursing home to cheer them up on Shavuos. They find a strange name on a door. They ask the manager who he is and find out that he is a new resident and is not frum. They knock on the door not knowing what to expect.

"Come in!" an elderly voice calls out. Gedalya opened the door and the boys gingerly step inside. "What brings you boys here on this nice sunny day! You should be out playing ball!"

"We're Jewish." Mendy explained. "We came to visit and bring flowers and cheesecake." "Oh! That's so kind of you!" exclaims the elderly man, "I'm Mr. Smith. Who do we have here? "I'm Gedalya Stern." "I'm Mendy Greenberg." I'm Chesky Fisher." "What did you say your name is? Smith?" Gedalya asks. "Yes" ' answers Mr. Smith. "Why is that important?"

"Well you see my great-grandmother's maiden name was Smith. And during the war, her younger brother ran away to America and she hasn't heard from him since!"

"By any chance was your great-grandmother's name Rochel?" asked Mr. Smith, "Oh yes! That

was her name, how do you know?" asked Gedalya.

With tears streaming down his face, Mr.

Smith answered in a choked voice "I-I-I remember her. She was the kindest older sister I ever had. We lived in Poland she she tried convincing me not to go to America. She kept saying that it wasn't good for my neshama. I didn't listen, but now I deeply regret it. I didn't see her ever since but I was hoping to sometime be reunited with her."

To be continued...



Cashem's Torah is Candy!

Traveling in the Path of our Gedolim

Reb Shmuel Greineman related the following anecdote about Harav Chaim Kanievsky ZTZL:

A chosson who lived near Rav Chaim made up to learn the relevant halachos with him every shabbos morning after davening.

Rav Chaim's regular routine was to make kiddish right after davening and eat a piece of kugel. At the same time, he would share a Dvar Torah from the Dubno Maggid. He had a dish of salt near him and would add salt to the kugel as long as spoke. The amount of salt depended on the length of the dvar torah- for three minutes, or four, or five, he would add more and more salt.

When the chosson arrived, Reb Chaim asked the Rebbetzin to give him an extra large portion of the heavily salted kugel. The bochur ate until he couldn't handle it anymore, but the Rav said - Nu, finish your kugel! Having no choice, he somehow forced himself to eat the whole portion.

The next week, he approached the Rebbetzin and told her he didn't have such a large appetite, and wanted a smaller piece of kugel. Rav Chaim made kiddush and said his Dvar Torah while adding salt to his kugel all the while. Then he noticed the bochur's portion. He immediately transferred his own salty slice of kugel to his plate and asked the Rebbetzin for another slice. Now, not only did the bochur have to eat a double portion, but he had to swallow all the additional salt!! He soon literally couldn't take another bite.

"Nu- finish your kugel!" Rav chaim kept telling him. Finally he mustered up the courage and asked- why is it so important to the Rav that I finish that large portion of kugel- and with all that salt!?

Rav Chaim explained: "You are engaged to the daughter of an almana (a widow). After the wedding, you are going to spend time at your mother-in-law's house. Oy v'avoy if you don't eat every crumb of food she serves you, regardless of how it tastes! I am training you!!"

ג'ון

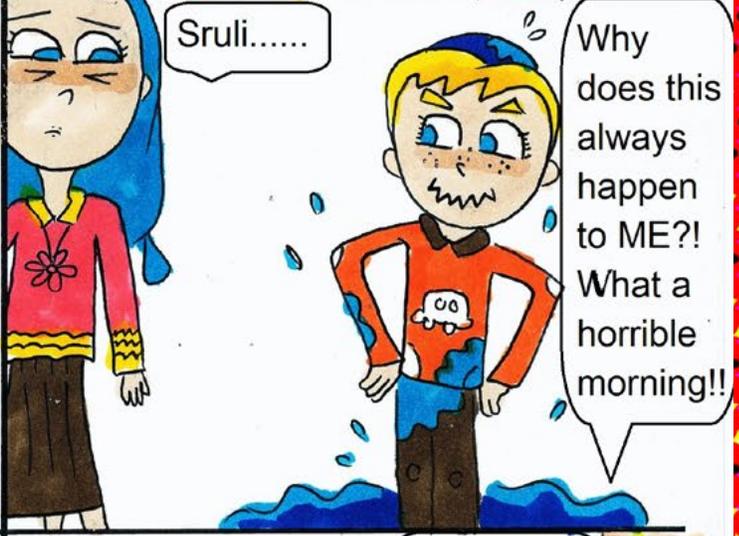
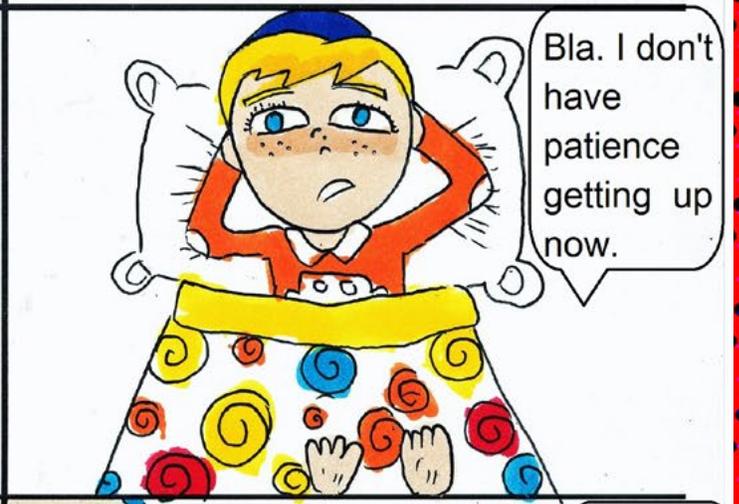
BEEP!!!

MR. MIDDOS

AYIN TOVA

ERT!MIDDOSALERT!MIDDOSALERT!

SRULI KATZ, AGE 10



Tune: Old McDonald
 Ayin tova is the key
 to always feel happy
 Being happy is the way
 We should start our day
 So turn you mouth up, up
 Even if you just woke up ;)
 Ayin tova is using your kup!!



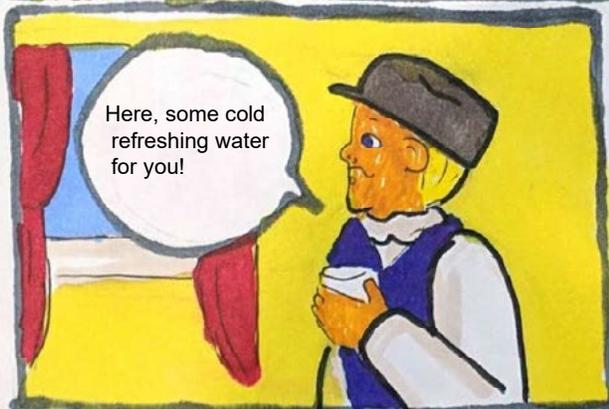
BY AHUVA ROTHENBERG

THE PORITZ GONE MAD

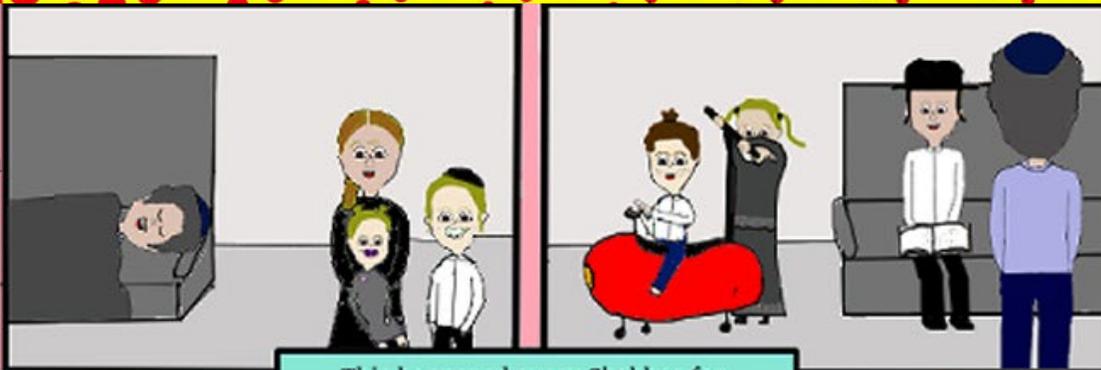
By Esty S.



Earlier that day



Recap:
R' Yosef Wilhelm brought home a man with no family named Itzik Lubatkin from shul one Shabbos for the seuda. He was very pleasant and liked it there. After Shabbos R' Yosef brought him home!



This happened every Shabbos for the next 10 years



After Shabbos



Now during sefira one thing I suggest
Is respecting each yid
not on request
Even something that may seem pretty small
Even if it's close to nothing at all
There isn't a time when it doesn't pay
Mitzvos are eternal, they always stay

Real Living

There is no place like home!

Olam Haba Realty

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. We just lained the tochecha in parshas Bechukosei. We hear all the time on 'A Life with Bitachon' that Hashem loves us unconditionally and is always good to us. How do we understand that Hashem will cause so much pain to Yidden, something that a human father wouldn't do to his son? In addition, why is the language that the Torah uses to describe the punishments harsh and scary sounding? It almost sounds as if Hashem is chas v'shalom getting back at us. How do we understand this? In addition, in many places, the ba'al koreh reads the tochachah quickly and in a low voice, which also makes it seem scary and frightening.

As a hakdamah to answering this question, R' Chaim Vital brings down that the heilige Arizal used to run to get the aliyah of the tochachah. Not only did he get the aliyah, he read it b'kol ram, out loud, vibrant, slow, with geshmak and neimus. When you look at everything with the right perspective, you view everything in a positive light. When you look at everything in a negative way, then you look at everything in a negative light and you'll feel negative about it. So it's all about our attitude and our perspective.

Now that we said that hakdama, so now let's get to how we're supposed to view the tochacha in a positive light and not in a negative light. There are many reasons and ways to do so.

The first way to look at it as positive is by realizing that we are a neshama. Whenever the tochacha talks about anything is going to happen to anybody, it's talking about the guf of the person, it's not talking about the neshama of the person. The neshama stays pure, the neshama doesn't get affected. To the contrary, it's the opposite, when anything happens to the guf, which is the coat, then the neshama is smiling and sparkling. That's



how you clean the neshama. The neshama gets cleaned when the guf goes through a nisayon and a challenge, that's what helps the neshama shine.

Now just like if you would see a coat on the floor getting ripped up or someone stepping on a coat, you don't get emotionally involved. You don't say, "oy, did you hear the groisse tragedy, the groisse tzara? There was a coat that got run over..." You don't make a big deal out of it. A coat's a coat. Well, if you realize that the body is just a coat then you don't make a big deal out of it. A human being who doesn't live with emunah

and bitachon, he just sees the body so he gets emotionally involved. When he sees that something happened to the body, he says, "Oy, tragedy, tzara..." But a yid who lives with emunah and bitachon, he sees the neshama smiling and happy. The neshama is very happy because whenever anything happens to the guf, the neshama gets cleaner and cleaner.

It's just like when a mother takes a little baby who's dirty from top to bottom and puts him in the bathtub, and he starts crying. An onlooker would say, "Wow, the mother cares so much about the

child. She's cleaning the child, even though he's putting up a fuss, the mother has rachmanus and continues giving him a bath so that he'll be clean." Even though the baby doesn't want to take a bath, we know that's good for the baby. So too, whatever happens to the guf, it's rachmanus from Hashem.

It's very important to know, the Chofetz Chaim says, that Hashem never gets angry at Klal Yisrael. He never does anything because He's upset, He never does anything because He's angry, He never does anything because He's frustrated. He only does everything out of love. And because of that, says the Chofetz Chaim, everything Hashem does is love.

That's what the Arizal chapt, that everything Hashem does is love, and because he chapt that everything is love, the Arizal actually got excited over these pessukim. "Es asher -- ye'ehav Hashem -- yochiach," whoever Hashem loves He makes sure they're clean. The tochacha was given only to Klal Yisrael; it's a sign of Hashem special love for us! So the tochacha shows the extent of Hashem's ahavah towards us! Hashem loves us and that's why He's doing all these things.

If Hashem loves us, why does he make the tochacha sound so scary?

Let's say your child is running in the street, are you going to say, "Shaifela, don't go in the street," or are you going scream in a voice that sounds scary, "Don't go in the street!!" This way, he'll get the message! Someone who you don't care about so you let him go in the street. So anything that sounds scary it's just a way of showing how much Hashem loves us by making sure that we don't get into anything that would be dangerous for our neshama.

Now, it's very important to know that that's why the parsha of eruchin is right after the parsha of Bechukosai. Why is that? The parsha of eruchin right after Bechukosai? It's coming to teach you that we can give our value to the Beis Hamikdash. No matter what we do, no matter what happens to us, Hashem has the same love for us and we still have the same value. Because it doesn't show that Hashem doesn't love us, it's exactly the opposite, it shows our value, it shows how much Hashem loves us. And that's why He's doing this to us be-

cause He cares for us.

An additional point regarding the tochachah is that the meforshim say that by just getting scared of the tochacha, Hashem considers the fear you felt as a kaparah in place of actually receiving yisurim that you were supposed to get. That's the pshat of why it says in Nitzavim after Klal Yisrael heard the tochacha and they got pale, they got scared, and then Hashem said look, atem nitzavim hayom, you're still around, nothing happened to you. Why? Because just by getting scared alone a person can get a kiyum of all the tochacha. So that's the biggest bracha. So anyone who has anxiety, they're scared of this and that happening to them, just being scared alone can make it that they'll get all their kaparos.

Just to end off, when a person has bitachon, his neshama is able to get clean without going through the challenges and nisyonos that really he should have been going through, because Hashem is like aish, a fire, so the more you think about Hashem, it's like you're kashering yourself and you're cleaning yourself and you don't have to go through the

whole tochacha and you don't have to go through the whole Parshas Ki Savo. So by just doing exercises of living with Hashem, that spares a person from needing any of what it says in Parshas Bechukosai and Parshas Ki Savo, the tochacha, because you get snow-white clean by just connecting yourself to Hashem. Hashem's a fire and the closer you get to Hashem, the more you think about Hashem. That cleans you snow white clean and you don't have to go through anything.

In summary, a person should realize that first of all everything is all coming from love. Second of all, just being scared alone serves as an atonement. Third of all, we have to know that we can bypass the whole Ki Savo and Bechukosai by just thinking about Hashem and doing daily exercises of living with emunah and bitachon, and by speaking over hashgacha pratis stories and thinking how much Hashem loves us. That itself is the biggest soap and shampoo that cleans us, and we'll get a straight ticket to Olam Habah, and be spared from the biggest onshim.

“

Everything Hashem does is love.

”

Story Time

Stories From 'A Life With Bitachon'

Story #1781: This story was called in by a very chashuve yungerman, Chezky Zeffrin. He said that when lunchtime came, he was in the mood of a very delicious scrumptious lunch. He was learning a gemara where a poor man came to Rava, and Rava asked what he would like to have for supper? This person said he wants a certain kind of fattened chicken and wines. Rava asked him where he expects him to get all that from. The man responded that with bitachon you can get what you want.



Right then, Rava's sister who hadn't seen him in 30 years walked into the door with delicious scrumptious fattened chicken and wines. Rava said to the poor man, it's from your bitachon so it's all for you. Chezky was thinking that he really wants delicious yummy sushi for lunch. "I don't have to figure out where, when and how. I just has to leave it up to Hashem." Right then, the phone rang and he got a call from one of his relatives that they are having a vort right then. They asked that he please come since it would be a tremendous kavod if he shares in this simcha. The relative told Chezky that there's delicious sushi waiting for him at the vort! With that, he got the most amazing service, better than ever!



Sparkle Neshama Wash



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

Looking forward to serving you!
Mr. Bizyonos

Story #1782: This story was called in by Mrs. Shafer. It was Thursday, and she had to take care of paperwork on the following day, Friday. She had to go in to a certain office to do the paperwork, and she wanted to do it with a specific person. This person would work in a timely, quick, professional manner. She called up and asked if she could make an appointment with that specific person. They said they're so sorry because he takes off once a week and Friday is his day off. They said there was nothing they could do to help her.



She hung up the phone and thought. "They said they can't do anything to help me, but Hashem is the Kol Yachol. He can do everything and anything. With that, I'm just going to go tomorrow." She came in the next day, and she didn't see the person that she wanted to have an appointment with. Then she remembered, "One second.

Who is the One who decides if he'll come in on Friday? Hashem! He's the Kol Yachol and can do everything and anything."

Suddenly, she saw the office door open, and in walked that person who she wanted to make an appointment with!

In no time, he took care of all the paperwork that she needed with the best service, better than ever!



Story #1783: This story was called in by Mrs. Kay. Mrs. Kay said she was traveling with her husband overseas. Her husband always likes to sit in the back of the plane. This way he has his privacy, is near the bathroom and doesn't have to ask anyone to move... They asked the travel agent if they could reserve that seat for him, but they were told that they were booking the flight too late so they couldn't pick a seat. The travel agent told them that when they would get to the airport, they should ask for the seat they want. When they came to the airport they told the man what they wanted and that it would mean a lot if they could get it. The man said there was nothing he can do but they could ask by the gate. They asked by the gate but they said no because it was a full flight and the only empty seats were in the middle. With that, she turned to her husband and said, "They can't seem to help you. It's a full flight. But Hashem is always able to help you. He's the Kol Yachol and can do everything and anything. It makes no difference to Hashem if it's full or empty. With that, we boarded the plane, and I realized that my seat was in the back row! I realized that the seat near me was empty, so I was able to tell my husband that he got the most perfect seat, with the most amazing service, better than ever!"



Story #1784: This story was called in by a very chashuve youngster, Shmuel Kramer. He was flying overseas together with his family. They were waiting in line to board the plane, and the line was moving very quickly. Soon he was sitting on the flight together with his five children, and then came the time to close the doors of the airplane. The boarding gates were already closed. He saw a yid who was sitting near him turn to the staff member and told him that his wife had gone to register their little baby and she didn't make it onto the plane. He wanted to know if it would be possible to open the doors. How could he fly without her and their baby? The staff member said, "Sorry, nothing doing." The yid began begging and pleading, but the more begging he did, the more stubborn the staff member became. It became a whole commotion and the staff member said, "A rule is a rule!"



As this was going on, Shmuel started being mechazek in emunah and bitachon. He said, "Hashem, You are the Kol Yachol. You are going to make it that they're going to let his wife with the little baby fly on the plane." It was already almost ten minutes of back and forth, but the airplane staff wasn't budging. R' Kramer started to let go of his bitachon, thinking it wasn't working. He

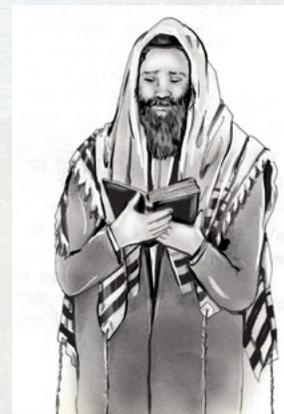
told his wife, "Do you think they're going to let his wife on the plane? Look how stubborn and mean they're acting!" His wife answered, "Well, I'm still going strong with my bitachon. I'm not giving up. I'm going to have bitachon until the last second." He said, "You're sure? Look what's going on!" But she did not give up her bitachon. It was already ten minutes back and forth and the airplane staff were screaming "No and no and no and no!!" The more they were screaming, the more his wife was mechazek in her bitachon.

Finally, the person in charge said, "Okay, there are exceptions to every rule. We'll let her in." With that, they opened the door and allowed this man's wife and baby onto the plane! ❖

Need Something?

Talk to Hashem!

HE LOVES HEARING YOU!



השמעני את
קולך!

הראיני את
מראיך!

Q&A WITH R' ZEVI GOLOBECKI

The Bitachon Perspective

WRITTEN BY: R' SHALOM YEDIDYA KLATZKO

Q. Each Erev Shabbos, I work to my bones cleaning and preparing for Shabbos. In the meantime, my children are standing around and don't lift a finger.

I try asking them to help. I tell them, "Don't you see that I'm working so hard; why can't you help out a little? Do I have to do everything for you?" But my kids don't budge.

When this happens, I grow very frustrated. It feels like I'm serving them a whole day, and they think they could just stand by and watch me do all the hard work. What is the emunah and bitachon perspective about this?

A. Whenever something is bothering you, try to discover the root of your problem, "Deep down, what's really bothering me?" Once you uncover the source of your frustration, you can work on gaining the right perspective towards that issue.

On the surface, it seems that what's bothering you is the fact that your children are not doing the mitzva of kibbud av v'eim, "How could it be that my children are disregarding this basic mitzva?"

However, if your children's kiyum hamitzvos mean so much to you, it should follow, that whenever your children are doing mitzvos, you should become full of joy!

Your children are incessantly doing mitzvos; they say brachos, daven, bentch, learn Torah, do chessed, wear tzitzis, dress with tznius, wash netilas yadayim, do chessed etc. and the list goes on. You should be in

a constant state of ecstasy because of your children's mitzvos!

If this is not the case, this indicates that this is not where you are holding and what's bothering you must be something else.

Likely, what's bothering you is that you feel, "If only my children would help out, I would have an easier time managing. All because they refuse to help, I have to work much harder."

The antidote for this is to internalize the words of the Chovos Halvavos [Sha'ar Habitachon Perek 4]: התועלת והנזק לא יהיה בן אדם, כי אם ברשות הבורא יתברך, Benefit and harm do not come from people, rather from The Creator.

We learn from here that no human being can affect your life one iota. You will end up working the exact amount that was nizzar for you on Rosh Hashanah, and it's not up to your kids to make your life easier or harder.

Additionally, what's probably bothering you is your kavod, "Am I a slave who has to serve other people?!"

The remedy is to remind yourself the words of the Mesilas Yesharim [Perek 22] הכבוד הבל הבליים, Kavod is foolishness of foolishness.

Kavod doesn't give you anything at all! It doesn't make you happy. It doesn't make you calm. It doesn't make you live longer. It doesn't give you Olam Habah. Kavod is one big illusion. What others think of you

makes no difference at all.

The only issue that should concern you is: "What does Hashem think of me? Am I doing what Hashem wants from me?"

What does Hashem want from you? He wants you to think of ways to be mechanech your children to help in a positive and healthy way.

- Complimenting your children for helping.
- Tell them how much you appreciate it when they help.
- Avoid assigning them tasks which may be too difficult.
- You can give them small rewards as an incentive to help.
- Show your enthusiasm in getting the house prepared to greet Shabbos, and your excitement will spill over to your children.

Once you've done whatever you could to motivate them, you've done what Hashem wants from you to be mechanech your children. Whether or not you get the desired result is irrelevant, and there is no room to get frustrated. You are doing your responsibility of mitzvas chinuch and the way you are affected is controlled by Hakadosh Baruch Hu.

Additionally, when you take care of your family, you are going in the ways of Hashem. Hashem is taking care of His children, and you are taking care of your children. And when you emulate Hashem you are bringing only brachah into your life.

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*So Grab Every Mitzvah that
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Our Readers Share



Editor's Note: Some of these stories are from *The Spring Hill Times*

water bottle! It was even slightly cold, just the way I like it. Ready for me to drink! I was once again blown away by the simplicity of it all. Hashem just wants us to believe in Him and to love Him and to ask him for ANYTHING whatsoever! Even if we feel silly doing it.

- A Reader from

ished just a few minutes before I arrived at her school to pick her up! If not for the delay, she would have missed almost the whole event.

In addition, my husband had a long stopover, so he didn't even arrive any later due to the delay! I also learned an important lesson: that really I should treat every apparent delay as though I have a stopover that is just getting shorter with each minute I am delayed, and I won't lose any time in the long run! It was so amazing to see how everything was truly perfectly planned!

-A Reader

THE SECRET TO HAPPINESS

A non-Jew at the gym came over to me and said, "How in the world are you so happy? You are always friendly to everyone. You're the friendliest and nicest person in this gym.."I told her that I'll tell her my secret: "Every morning when I wake up, I thank G-d for 40 things that He had given me!!" She said, "40 things?????" I said, "Yes! 40 things: My liver, my lungs, my spleen, my heart, the ground, my car, my job...." She was floored!!!

- A Reader

HASHEM PROVIDES COLD DRINK

I was driving home from Lakewood to Monsey Sunday night. As those of you who do the drive know, it takes an hour and a half at the least. I stopped at a gas station on the way out of Lakewood to fill up on gas. I was feeling very thirsty; I had not had much water the whole day. I debated going into the gas station store and buying some drinks and snacks for the way. It seemed like a waste of money.

I drove towards the highway and started thinking to myself how Hashem could somehow make a water bottle come to me during the trip if He really wanted to. Then I was laughing, thinking about a water bottle just coming from the sky and appearing in my car. I continued driving, and after a couple of minutes, I suddenly remembered something! Earlier that day, I had made space for my nieces' iced coffee in my cup holders, and I had put a fully closed water bottle into the spot by my door! I reached down while I was driving, and there it was! A yummy, closed

Monsey

BARUCH HASHEM FOR THE DELAY!

My husband had a flight to a relative's simcha. He wanted to leave after first seder, and the flight he had booked did not give him enough time to daven mincha with a minyan before he left to the airport. That morning, before he left to yeshiva, he asked me to please check on the flight later that day, because maybe the flight would be delayed, and then he would be able to daven with a minyan before leaving for the airport. Within a few minutes, we received a text message that the flight was delayed by an hour, giving him just enough time to daven mincha before leaving!!

Also, one of our daughters was flying with him, and her school had a special in-school event planned for that morning. It got delayed because of the rain, and she fin-

Attention Readers!

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

Please keep you stories coming!

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

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Hashem is Wonderful!

Life is Wonderful!

Klal Yisrael is Wonderful!

Hashem Loves You!

It was Erev Shabbos, I hurried to the grocery to buy last minute items for Shabbos. On my way in, I met a Chosheve Yid from Eretz Yisroel who was collecting Tzedaka. He asked if I could buy him takeout food for Shabbos. Takeout food usually costs around \$15 to \$20, but right before Shabbos the price gets sliced in half, since the store cannot sell items from one week to the next. I said "Sure!". He handed me his choice of Take – Out, I went around the store finding various other food items and proceeded to check out. The cashier rung me up, and I tried swiping my credit card. It didn't work. The card was a perfectly good card, yet somehow the system couldn't read it properly. I tried using the chip, which also didn't work. I then pulled out another credit card which received an error beep because it had just expired a very short time ago. I then tried giving him a third card but just then a Yid who was standing behind me on line said "It's already taken care of! I already swiped my card for you and covered the entire expense!"

אשריכם ישראל! How lucky we are to be Yidden!

A yid shared with me that he planned a trip to Eretz Yisroel with a few friends and really wanted to "have fun". So he and his friends went from neighborhood to neighborhood visiting the local Makolet, the local grocery store. They then quietly and discreetly went over to

the owner and said, "Shalom, I'm visiting from America and would like to help, are there any local families who have a large unpaid grocery bill and can't afford to pay it?" The grocery owner then printed out the largest unpaid accounts, and they paid off the 3 largest ones IN FULL, with the grocery owner then calling the family and saying "Hello, I just wanted to let you know that your grocery bill was paid in full by a generous Yid from America who doesn't know you at all but deeply cares about you." The grocery owner then conveyed how absolutely shocked, happy and ecstatic the family was! They were stunned, speechless and felt like they had a new lease on life! What a geshmak way to have real fun!

I also saw that R' Shlomie Gross ZT"L who did Chesed at every waking moment and is the subject of the Artscroll book 'Shlomie!' did the exact same thing and secretly paid many grocery bills and then asked the owner to inform the family that their bill was paid but to keep his identity completely hidden.

Hashem loves when Yidden do Chesed for one another, no matter how big or small the Chesed may seem.

Every Yid is full of goodness beyond what meets the eye. If you can't find anything good in another Yid, simply LOOK DEEPER. And then LOOK DEEPER. AND THEN LOOK EVEN DEEPER.

Every yid is so precious and cherished by Hashem and is overflowing with greatness beyond understanding!

Hashem loves every single Yid UNCONDITIONALLY with the greatest love!

Hashem loves us!

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