

The Spring Hill Times

Times of Mashiach

ומלאה הארץ - דעה את ד'

לע"מאב מורי ר' שלמה זלמן בן ר' ישעיה דצ"ל ולזכות רפואה שלמה אברהם דוד בן רבקה בתוך שאר חולי ישראל

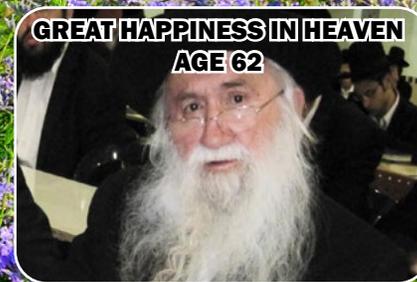
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Hashem

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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.

Handwritten signature and text in Hebrew, including the name "אברהם" and other illegible words.

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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%
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FROM THE EDITOR

YOU ARE LIVING A DREAM LIFE!



What a week it was! Non-stop Chesed Hashem, from morning until night.

Recently, I was driving down the road and I thought about the good things in life and I said to myself, "Wow. I'm living a dream life."

The amount of kindness and love that Hashem gives us on a daily basis is overwhelming. He gives us everything we can

imagine of having plus more!

Just walk down the street and you'll notice Hashem's love emanating from each and every tree and every blade of grass.

When you think into it you will realize that every single thing in the universe has a message from Hashem written on it. In His Handwriting.

It says:

Dear.....

I Love You.

Hashem

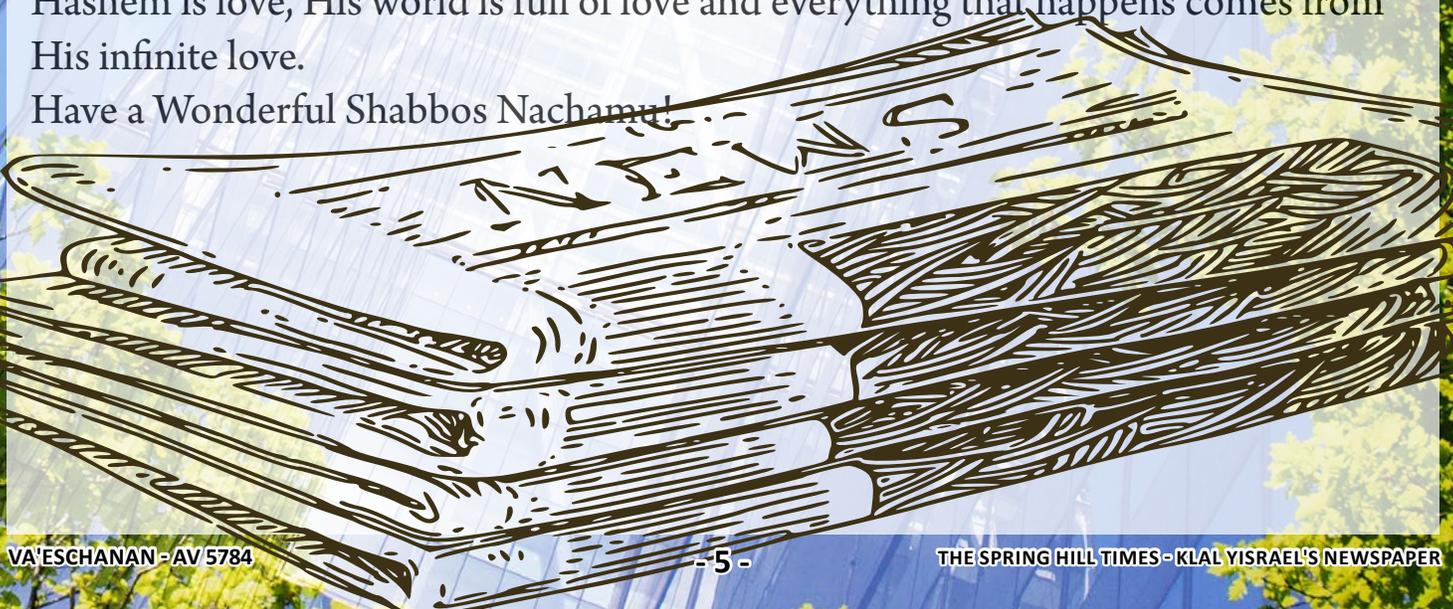
This is the news that Hashem wants us to talk about. The only news.

The stories you read in this magazine are just an example of the billions of good stories that are happening every day all over the world that nobody is talking about. Yet...

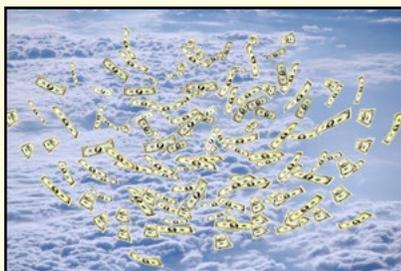
The day is not far off when every media outlet will announce:

Hashem is love, His world is full of love and everything that happens comes from His infinite love.

Have a Wonderful Shabbos Nachamu!



HASHEM LOVE US



We wanted to share with you an incredible story that just happened to us

We are a kollel family living in Eretz Yisroel. This past Erev Shabbos I asked my husband for money to pay our cleaning lady. He told me that we had no money, not even one shekel! It was extremely painful and hard. We needed to borrow from a neighbor.

I had a thought of reaching out to a relative but didn't feel comfortable to. I decided to go straight to the source: Hashem.

On Monday, I turned to Hashem and said, "It's an illusion that there isn't enough for what we need. You, Who put in the world every neshama, also gave all its needs with it. I turn to You, my Father and trust in You."

The rest of the day I was thinking of the pask קוראים אל ד והוא יענם it's as simple as that.

That afternoon, out of the blue, my mother-in-law sent us money.

To top that, my brother, who had never done this before, called that evening to ask for our account info, he too wanted to wire us cash,

Surprisingly, that same day, the dollar rate jumped in an abnormal manner which increased the amount that came in, since it was all in dollars!

In addition, that morning I got the long awaited phone call that we had been approved for a large discount on the property arnona-tax, which we have been long awaiting for!

This was all a tremendous chizuk for us that Hashem is our loving Tatte, and will always take care of us. He has everything!

We can rely and trust in His endless love and kindness and rachamim

He loves us

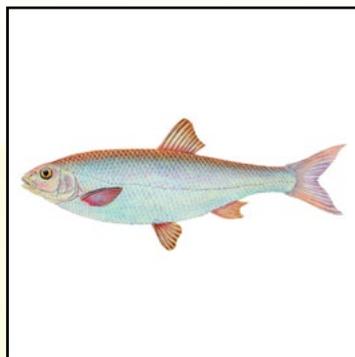
He wants to give us tremendous Shefa

קוראים אל ד והוא יענם

It's as simple as that!

-A Spring Hill Times Reader

FISH FROM SHAMAYIM



Baruch Hashem, we had a baby boy on Erev Shabbos in the morning. My wife was in the hospital and I needed to make Shabbos on my own. It was a huge behala getting everything together and sending out some children to where they needed to go.

A half hour before Shabbos I realized that I did not have fish for Shabbos! I try to be makpid to eat fish by every se'uda and was a little disappointed that I would not have

fish. I tried both of my immediate neighbors and they were both not home for Shabbos. Someone was coming by to my house to drop something off and I asked him to stop by the store but he said the store was closed.

Fifteen minutes before Shabbos, a neighbor came to drop off something for the Shalom Zachor. I asked him, "Would I be able to Schnor a piece of fish from you for Shabbos?" I figured maybe I could get all the kids in the car and drive over to his house and still make it back before Shabbos.

But he said, "Sure!" and pulled three pieces of ready-made gefilte fish out of his car!

I asked him, "Do you always happen to drive around with extra pieces of fresh gefilte fish in your car?" He said, "No. I *happen* to be on the way back from my shvigger and she loaded me up with extra fruit platters and gefilte fish. On the way back, I *happened* to stop by shul to pick up my talis that I *happened* to have forgotten there this morning and someone *happened* to have been there who *happened* to have mentioned that you're making a Shalom Zachor. So I stopped by to drop off the fruit platter and it turns out that you needed the gefilte fish too!"

-A Spring Hill Times Reader, Jackson, New Jersey

THE POWER OF NOT TALKING BY DAVENING

Rav Dovid Kletzkin shlit"א gives the weekly shiur in Shaar Habitchon on the Hashgachah Pratis phone line. On Thursday of Parshas

Chukas, he spoke in a voice saturated with emunah and hope. He related how his dear son, the avriech Reb Yitzchak ben Basha, was seriously injured in a car accident. May he live for many long, healthy years, and may Hashem send him a complete recovery. This was shiur number 362, which can stand for the words se'arah b'chasdei Shamayim, "A storm, [but] with Heavenly mercy."

Before Reb Dovid began the shiur, he planned to dedicate several moments at the beginning of the shiur to ask his listeners to daven and commit to fulfilling extra kabbalos for his son's refuah sheleimah. Indeed, a person can plan, but his words come from Hashem. Somehow, while asking his listeners to take on kabbalos, Reb Dovid started emphasizing the greatness of keeping quiet during davening and krias haTorah. The words spontaneously rolled off his tongue as he brought an example about a Shabbos aufruf, when women fill the ezras nashim and throw peckelach toward the chassan after his aliyah.

The problem is that sometimes as the women participate in the simchah with all their hearts, they also wish each other mazal tov and talk among themselves, to the point that one could think they are in a simchah hall and not in a shul.

This phenomenon, which, baruch Hashem, doesn't exist everywhere, needs to be corrected. Women are also obligated to maintain silence during tefillah and krias haTorah, and to respect kedushas beis haknesses. Clearly, it is important not to disturb the men, who are straining to hear the voice of the baal korei and to hear chazaras hashatz.

Reb Dovid concluded by asking anyone who could to do something to correct this problem and to encourage his family members to do the same.

Reb Yisrael Meir listened to the shiur, his heart pounding. For six years he'd been listening to the shiurim – from the 6th of Tammuz 5778 to the 6th of Tammuz 5784, may he continue to do so in good health. And he has an agreement with his wife: Whenever there is something suitable for her to enjoy as well, from which to gain chizuk, he lets her know and recommends that she listen on her own. Thus, his wife has heard dozens of shiurim and hundreds of stories. The whole atmosphere in the house has changed. Rav Yisrael Meir felt he owed a debt of gratitude to the Hashgachah Pratis phone line, which brought the light of emunah and bitachon to his home. "Listen to the last shiur," he recommended to his wife Rochel on

Thursday night, and then he went out to the nearby beis midrash for Maariv and a shiur in Ohr Hachaim. Rochel listened. She heard the pain, the emunah, and the request, coming from the depth of Rav Kletzkin's heart. The words impacted her deeply.

When Reb Yisrael Meir came home, she greeted him, and they discussed which kaballah to take on as a result of hearing the shiur.

"After hearing many shiurim from



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Reb Dovid on the importance of being careful not to speak during davening and krias haTorah,” Reb Yisrael Meir commented, “Baruch Hashem, I have been able to do this for several years, but I still allowed myself to speak between aliyos. Now I decided to maintain total silence in between the aliyos as well.”

Rochel related how at that moment she made a decision: For the next two weeks, she would not go to shul. On the upcoming Shabbos, her youngest brother-in-law, her husband’s brother, would have his aufruf. And the following week, her chashuveh nephew, an older chassan, would have his aliyah. She knew how important her presence was, how her mother-in-law would be pleased if she stood nearby while they threw the peckelach, but she also knew the severity of speaking during krias haTorah.

“I have no chance,” she explained to her husband. “I can’t see someone turning to talk to me and not respond. I like to speak to people and meet them, and this nisayon will be too much for me. I imagine people will later ask why I didn’t come, and I intend to answer truthfully – that I decided not to speak during krias haTorah and tefillah, and that is why I stayed home.”

She asked him when the tefillah would be over, so she could come only to the kiddush after Mussaf. “You have nothing to come for before 11 o’clock,” her husband informed her.

On Shabbos morning her husband and sons left for shul, and the house was quiet. Knowing what a nisayon awaited her in shul, she preferred to daven at home, slowly and calmly. When she finished, it wasn’t yet

11. She opened a Tehillim and davened for the complete recovery of Yitzchak ben Basha. Suddenly, she realized this name was familiar to her; it was similar to the name of her ten-year-old son. Her full name is Basha Rachel, and her son’s name is Levi Yitzchak.

Levi Yitzchak! How many times had she mentioned his name, how many tears had she spilled for him! A sweet boy, he’d been suffering for several years from a heavy stutter. Sensing how his friends laughed at him and the adults were losing patience for him, he spoke less and less. He was like a mute, cast aside socially, lonely and in pain.

Rachel continued saying Tehillim for the refuah of Yitzchak ben Basha among all the other cholim of Am Yisrael, and she also asked for a yeshuah for her son, Levi Yitzchak ben Basha Rachel. Her kabbalah, she felt, was significant enough to bring more than one yeshuah. “Ribbono shel Olam,” she burst out from the depth of her heart, “I took upon myself to fix my speech, to stop speaking and schmoozing about nonsense on Shabbos kodesh, and to refrain from desecrating the kedushah of the beis kenesses. In Your great mercy, please repair the speech of my son Levi Yitzchak!”

Eleven o’clock came. The kiddush was beautiful. Everyone asked why Rachel hadn’t come, and they accepted her truthful response. Shabbos passed pleasantly.

On Sunday Levi Yitzchak returned from cheder, and his father Yisrael Meir noticed that his speech had improved a little bit. He was stuttering about 25 percent less! On Monday, both his parents discerned that Levi Yitzchak’s speech was even

more stable – another 25 percent less stuttering. On Tuesday as well, they noted significant additional improvement, and on Wednesday the miracle was revealed in all its glory: Levi Yitzchak was speaking fluently! He didn’t get stuck even once! This is a simple truth that doesn’t require any leap of faith; it is something you can see and hear. B’chassdei Shamayim merubim, Levi Yitzchak was completely cured of his stutter! Reb Yisrael Meir got hold of Reb Dovid’s personal phone number, called him up, and in the presence of his wife and his dear son, told him what had happened to them since the previous Shabbos. “Come, Levi Yitzchak,” he said, calling his son over, “come and say a perek of Tehillim for the recovery of Yitzchak ben Basha, and let his father hear you.”

Thus Reb Dovid heard the sweet voice of a ten-year-old boy, fluently reciting “Shir hamaalos, esa einai el heharim...,” and not getting stuck even once.

While this story is being told, over two weeks since the accident, we have received the good news that Reb Yitzchak ben Basha’s life is no longer in danger. He is still in an induced coma and on a respirator, and he needs tefillos and good kabbalos. Keep davening, keep committing to kabbalos. There is reward for all your efforts!

Toward the end of the shiur Reb Dovid recited the Mi shebeirach of the Ba’al Tosfos Yom Tov: May all the brachos and yeshuos descend upon those who safeguard their mouths during tefillah; amen.

[Hashgacha Pratis Newsletter]



Weekly News Report

By R' Yisrael Meir Ehrenpreis

Royally Dressed



Yitzchok Aharon Sternfeld was on vacation in Arizona. He is Chasidish, and he was wearing Chassidische clothing. A non-Jew came over to him and said, "I'm blown away that the Jews look so amazing and dignified in the clothing that they wear! It's amazing that you are so proud that you're Jewish even during these times; you're not hiding that you are a Jew. It makes me proud that there are such people like you in the world!"

Hashem Sponsors New Car



R' Fried,* a yungerman, had to travel every week from Monsey to New York City. He wasn't able to use his car for this commute, because it wasn't up to travelling such a long distance, but he couldn't afford to buy a better car. He couldn't ask his parents for help, because they didn't have much money either. He said, "I'll go to my real Tatte in sha-

mayim."

Shortly afterwards, his great-grandmother called him up and said that she wanted to sponsor a brand-new car for him to make him happy! Just like that!

Waiting for Mashiach



Mrs. Landau's* son, Yossi,* loves to hear about Mashiach. Whenever Rabbi Golombeck speaks about Mashiach on the hotline, Mrs. Landau makes sure to let her son know. Recently, Rabbi Golombeck spoke about Mashiach on the hotline, but Yossi was away in camp, so she couldn't tell him about it. The next day, Yossi called her. She told him, "Yesterday, Rabbi Golombeck spoke about Mashiach on the hotline." Yossi said, "I had a feeling yesterday that I should listen to the hotline, so I called in and heard the whole thing!"

Mi K'amcha Yisrael

R' Lerman* from Eretz Yisrael owns a business that was affected by the war. He desperately needed to borrow thousands of dollars from the bank to keep it going, but the bank wouldn't lend him the money. He didn't know what to do.



In the elevator in his building, a yid came over to him and asked him how the war was treating him. The man said, "Can I give you money, babysitting, anything?" R' Lerman answered him, "Actually, my business is not doing so well, and I do really need money." The yid said, "I have \$4200 in my bank account that I don't need. You can have it!"

Mi K'amcha Yisrael

What a Beautiful Nation!



R' Goldberg from Eretz Yisrael was making a siyum for his kollel, and he was at the local supermarket buying a lot of stuff for the siyum. He told the cashier what he was buying the stuff for. The cashier said that he wants the zechus so that he would pay for it! He just swiped his card and paid for everything! What an amazing nation!

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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.



Third Grade Boy Trusts in Hashem



Chaim Sanders, a third grader from Wycliffe, Ohio, was in Cheder, and he had a substitute teacher. The substitute teacher gave out points to all the children. At the end of the day, he made a raffle. The number of points corresponded to the number of tickets each student would have and could be used in a raffle to win four prizes.

Chaim thought to himself, "I'm having bitachon in Hashem that I'm going to win a prize." The substitute teacher made the first three raffles, and Chaim did not win.

Even though there were other boys who had more tickets than him, Chaim still thought to himself, "I'm still having bitachon that Hashem's going to make me win."

Chaim won the fourth raffle,

which was the best prize!

Kavei el Hashem chazak v'am-eitz libecha vekavei el Hashem

Six-year-old Davens to Hashem



The Taub family was planning on spending Shabbos in Monsey. They were planning to leave early on Wednesday night, but then they heard that there was supposed to be a big rain storm. They told their children they may not be able to leave early. Then it started raining.

A few minutes later, the six-year-old, Yisroel Mordechai, came running in and said, "Mommy, the rain stopped, I said, 'Mizmor l'soda' twice, and the rain stopped right afterwards!"

Mi K'amcha Yisrael

Woman Trusts in Hashem

Mrs. Lowy's daughter was mak-



ing a camp in her basement. Mrs. Lowy wanted to turn on the air conditioner, but she had no idea how to turn it on. She pushed all different buttons. She tried for a very long time, but to no avail. She called her husband. Her husband tried explaining it to her, but it was not working. She called the previous tenant that had lived in the basement and they also tried explaining it to her, but she still could not get it to turn on.

She finally said, "Hashem, You're Hakol Yachol, you can make it work, and if You make it start working, I'm going to call it into the Spring Hill Times."

Thirty seconds later, she got the air conditioning to start working!

Baruch Hagever Asher Yivtach baHashem

Non-Jew is Nice to Yid

R' Yitzchok Ahron Sternfeld went



on the train and did not have his metrocard on him. He told the conductor, and the conductor said, "No problem, just enjoy the ride!"

Thank You, Hashem

Family has Bitachon Seder



The Gold family from Lakewood, NJ, had a problem with their awning. It was stuck. Rabbi Gold said, "I know what the problem is." He climbed up on a ladder and was trying to unscrew a screw, but it was not budging. He tried everything, but to no avail.

He came down, and told his wife, "I'm going to have to have someone saw off the screw in order to re-screw it properly." She then suggested, "Let's sit quietly for a few minutes and be mischazek that Hashem is the Kol Yachol," and that's what they did.

He then climbed back on the ladder, and he was able to unscrew the screw 1, 2, 3. He fixed the problem!

Vehaboteiach baHashem Chesed Yisovivenu

Mother from New Jersey Trusts in Hashem



The Jasolevsky children from Lakewood, NJ wanted to go sprinkling. Their mother tried attaching the hose to the sink, but it was not working. She tried this and tried that, but to no avail.

She turned to Hashem and said, "Hashem, You're the Kol Yachol. You could make it turn on." She tried again, and this time it went on easily!

Baruch Hagever asher yivtach baHashem

Girls Davens to Hashem



Chani was in camp playing an arcade game with her friends. There was one spot where if you get the ball in there, you would earn a lot of tickets. Chani's friend kept on getting the ball in there.

Chani asked her what her secret was, and she said that she said tehillim. Chani and her friend said a kapitol of Tehillim, and they got the ball in twice!

Baruch Shomea Tefilla

Bank Turns into Shul



R' Chaim from Lakewood, NJ, was at the bank with his friend trying to deposit a check in the ATM machine. The machine did not accept it.

He tried again, and this time, R' Chaim said, "Hashem is the Kol Yachol. He could do it." His friend, at the same time, was quietly davening to Hashem that the check should be accepted. Baruch Hashem, the check was accepted!

Thank You, Hashem!

New Jersey man Bentshes with Kavana.



Chaim, a businessman from

Lakewood, New Jersey, was struggling with Parnassah. His business was not doing well. He saw the ad in the Spring of Times, how when one Bentches with a Geshmak, then there's a Shefa of Brocha. So he was Me-kabel upon himself to wash every morning for breakfast and Bentch with Kavana.

It's now three months later, and his business is doing so well that he has an overflow of money!

Veachalta Vesovata Uverachto Es Hashem Elokecha

Anti-Semitism is on the Decline



Mrs. Weiss was driving on the highway and she was coming to a toll booth. She did not have her ez-pass on her; all that she had was cash. But the machine only takes exact change, and all that she had was dollars and no coins. She told the driver of the car behind her, who was a non-Jew, that she doesn't have exact change.

The non-Jew said to her, "I'm happy to help you," and he gave her the money that she needed!

Ahavti Eschem, Amar Hashem.

Hashem Takes Care Of Us

The Rosens were struggling with



Parnassah. They needed to buy certain items, but they had no money. In addition, they owed people money, and they were very embarrassed to meet those people. So they turned to Hashem. They davened to Hashem for help. They had Bitachon in Hashem who was going to help them, and they already started thanking Hashem for the Yeshua. This went on for a couple of weeks.

Then Hashem sent someone, who unexpectedly gave them a large amount of money, and they got all the money that they needed!

Einei Chol Elecha Yisaberu V'Ata Nosen Lochem Es Ochlom B'ito.

Hashem Is Running A Perfect World.

Mrs. Stein usually keeps the air conditioning in her bedroom over Shabbos on energy saver mode. This past Leil Shabbos, her husband forgot to put it on energy saver. She said to herself, "Fine, Hashem wants the bedroom to be cold, and I accept it."



Then she realized that the noise machine that she put on for Shabbos stopped working, and her baby is not able to sleep without a noise machine. Had the air conditioning been on energy saver and gone on and off, her baby would not have been able to sleep. Now that the air conditioning was working the entire time, she was able to put her baby to sleep.

Mashgiach Min Hachalonos Meitzitz Min Hacharakim.

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and anyone else

Hashem's Wonderful & Incredible World

Titanium Maglev Heart Implanted Successfully in a Patient for First Time. With Hashem's Help, May Help Others Waiting for a Transplant

In a highly-anticipated world-first, the Texas Heart Institute, with tremendous s'yata d'shmaya, has successfully implanted an artificial titanium heart that uses the same technology as bullet trains to pump blood mechanically throughout the body.

Called the Total Artificial Heart (TAH), the feat is seen as a major step in keeping people alive for longer and longer periods while they wait for heart transplants.

Texas Heart partnered with the medical tech company BiVACOR to create the TAH. It's a titanium-constructed biventricular rotary blood pump with a single moving part that utilizes a magnetically levitated rotor that pumps the blood and replaces both ventricles of a failing heart.

The benefit of using magnetic levitation is that none of the moving parts ever scrape or slide against each other, reducing friction, and dramatically increasing the longevity of the device. But what's really cool is the TAH can pump blood at a rate of 12 liters per minute, enough to allow an adult male to engage in exercise.

The first-in-human clinical study, overseen closely by the FDA, aims to evaluate the safety and performance of the BiVACOR TAH as a bridge-to-transplant solution for patients with severe bi or univentricular heart failure. Following this first implantation completed at Baylor St. Luke's Medical Center in the Texas Medical Center, four additional patients are to be enrolled in the study.

BiVACOR founder and CTO Daniel Timms

tests the artificial heart – credit BiVACOR

“The Texas Heart Institute is enthused about the groundbreaking first implantation of BiVACOR's TAH. With heart failure remaining a leading cause of mortality globally, this marvelous gift from Hashem, the BiVACOR TAH offers a beacon of hope for countless patients awaiting a heart transplant,” said Dr. Joseph Rogers, President and Chief Executive Officer of The Texas Heart Institute and National Principal Investigator on the research.

The successful implantation of BiVACOR's TAH highlights the potential of innovative technologies to address critical challenges in cardiac care, such as long transplantation waitlists. Baruch Hashem!

Hashem put together this wonderful team, and gave them the wisdom and tools to achieve their goal.

“This achievement would not have been possible without the courage of our first patient and their family, the dedication of our team, and our expert collaborators at The Texas Heart Institute,” said Daniel Timms, founder and CTO of BiVACOR.

Thank You, Hashem!



News source from GNN.org



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LIVING WITH HASHEM

By Rabbi Zevy Golombeck

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

Relaxing with Bitachon



Leah,* a high school girl, needed a procedure done. Her mother brought along a phone to listen to bitachon songs. It was very soothing and calming. She remembered hearing a story on A Life With Bitachon that a lady was having a baby and she was listening to the songs of bitachon. They calmed her down and the nurses too! So she thought to herself, 'Oh, maybe my nurses would also like it.'

Before starting the procedure, they put Leah* to sleep. After she woke up, her mother told her that even after she fell asleep, the doctors and nurses said, "Don't turn off the music!"

It was making them feel calmer and more relaxed hearing about bitachon."

Bitachon GPS



Mrs. Horowitz* from Eretz Yisroel said that her daughter was walking in a neighborhood all by herself. She didn't know where she was. She was lost. She called her mother and asked, 'Mommy, I don't know where I am. What should I do?' Her mother answered, "Just sing 'Hakol Yachol.'"

Within 50 seconds, all of a sudden,

one of her friends showed up and said, 'Oh, I'll take you where you need to go!'

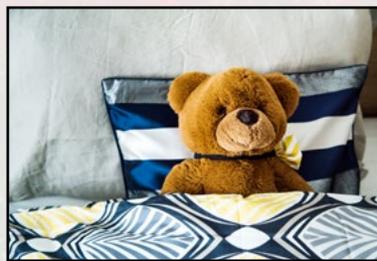
The Best Job



R' Kahn* and his friend were both looking for jobs. R' Kahn told his friend about a job he was looking into. In the end they hired his friend instead of him. Instead of feeling bad that they hired his friend instead of him, he said to himself, 'Obviously, Hashem has a bigger and better job for me!'

Baruch Hashem, he ended up getting a better job with more money, better location, better hours, better everything! One never loses out by doing the right thing!

Bedtime with Bitachon



Mrs. Jacobs* was trying to put her children to sleep, but they weren't falling asleep. She didn't know what to do. Maybe she should use melatonin? Then she had an idea that she'll sing, "Hashem puts babies to sleep. Hashem puts children to sleep." She sang it with a nigan.

They fell asleep shortly afterward, in a calm and relaxing way!

Now Baruch Hashem, the children

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 Yisroel079-704-0068
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A Life with Bitachon in Yiddish
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go to sleep with emunah and bitachon.

Where in the Parsha do we find a connection with these pictures?

Parsha Fun



Veschanan-Riddle #100:

To hear the answer to the question, press #14 # 100 on the Chaishek HaTorah Line 845-720-4040

Only three Cities of refuge were separated in this week's Parsha, the remaining three are not until Sefer Yehoshua. To one of the above locations a murderer without intent is confined; the City's boundary he must observe and stay behind. In regards to Techum Shabbos, 2000 Amos outside a City are part of its GVul. In regards to the boundaries of the above six Cities, what is the rule?

Parsha Delight Question of the Week

In memory of David Harris (לעילוי נשמת דוד בן יחיאל יהושע)

פרשת ואתחנן תשפ"ד (5784)

In the pasuk (4:7) it states, כי מי גוי גדול אשר לו אלקים קרובים אליו, for which is a great nation that has a G-d Who is close to it? Why is the term "קרובים", close, in the plural? We know that the name of Hashem "Elokim" means the "Master of all powers", so we can somewhat understand the plural form. But in almost all other appearances, the singular form is used in the context of Elokim. ויאמר אלקים, וירא אלקים. Why is here an exception?

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



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

LOVE TORAH LIVE TORAH LEARN TORAH

פרשת ואתחנן

1. What's the referring to?
2. What did משה tell the baton?
3. What are the examples that רש"י brings for the עבירה of לא חוסיפ?
4. What makes the Yidden appear like שוטים?
5. What does it mean that Hashem designated the sun and moon as a portion to the גוים?
6. What does נור הברזל mean?
7. When did the Yidden see ה' הוא האלקים?

Questions are until שלישי

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.

Money: Love Hashem more than you love all your money!

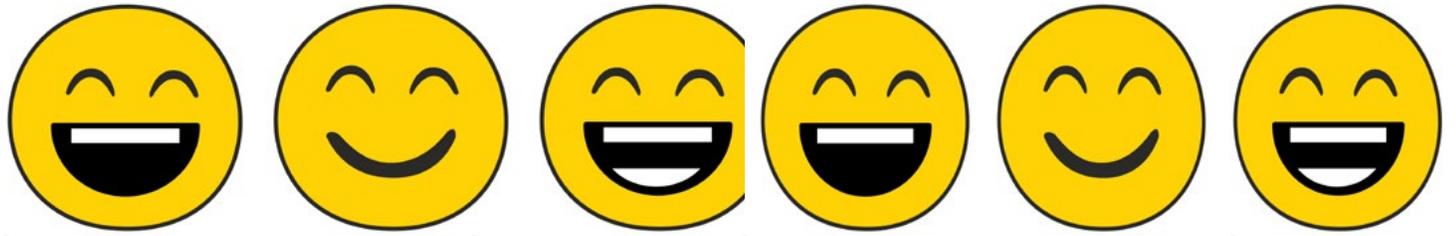
Shabbos.

Barbed Wire: Hashem freed us from Egypt therefore He gave us the Mitzvah of

Answers for the Parsha Pictures



Passing by someone?



SHOW HIM A SMILE! GREET HIM NICELY!

Traveling in the Path of our Gedolim

When we live with emunah, we know that everything that happens, big or small, happens only because Hashem wants it to happen. The more a person looks for the Hand of Hashem in his life, the more he will see it. In the words of Harav Moshe Feinstein Ztzl, "if I drive somewhere and arrive at my destination safely, it is only because Hashem, in His great kindness, kept reckless drivers away from the path that I traveled." Nothing should be taken for granted.

Reb Moshe placed his bitachon in Hashem in every situation, and in this way remained calm even when others would become tense.

One Friday, as he was about to enter the beis medresh to give shiur, someone from the office approached him to say the bank manager just called and said that if the yeshiva did not make a \$2,000 deposit that day, the checks it had sent out wouldn't be covered by the bank.

The person thought Reb Moshe would leave the beis medresh, pick up the phone, and begin fundraising from donors to cover the deficit. But Reb Moshe would not postpone the shiur. Without a hint of worry, he headed into the room.

As he was completing the shiur some 2 hours later, a man who did not appear to be wealthy entered the beis medresh. He approached Reb Moshe and handed him a donation of \$2,000!



Thank You Hashem for Hearing! We can hear all different sounds clearly and understand one another!



Thank You Hashem for Generators! We can have backup power when there's no electricity!



5
Weekly



Thank You's

By: R' Simcha Elefant - Yerushalayim Ir Hakodesh
לזכות משה יהודה בן שושנה

Thank You Hashem for Balloons! They are cheap and add so much fun and color!



Thank You Hashem for Cardboard! A very lightweight useful material that is so useful for packaging!



Thank You Hashem for Candles! They give warmth and peaceful light!



Then

1800's

Needed to buy material and bring it your local Tailor. It took him many weeks or months until your suit would be ready!



&

NEED A NEW SUIT?



Now

Today

Go to your local suit store and choose from the tens of beautiful styles and designs! Tailor in store!





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 _____

I'm prescribing 5 medications for you.

Patient

I'm going from one minor illness to another. Every few days I'm again not feeling good. I wish I would feel well all the time! Please help!

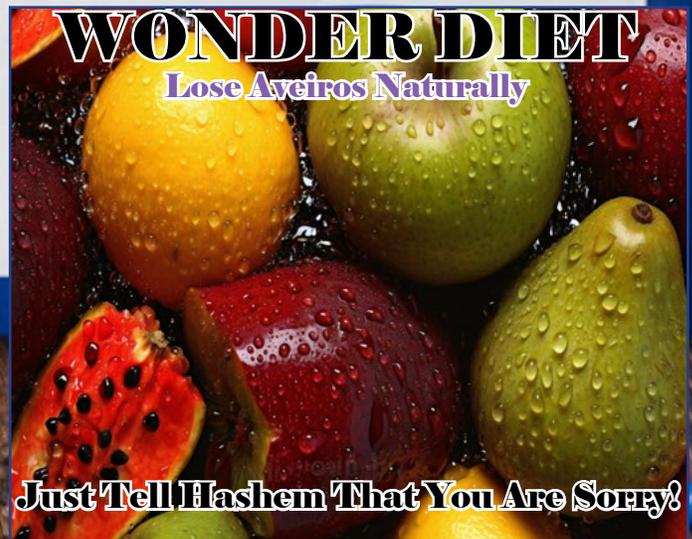
- 1. The sicker a person is in this world the healthier he will be in the next eternal wonderful world! It's the best thing for your neshama.**
- 2. There are people who are no longer able to feel sick. Thank Hashem that you are alive!**
- 3. When you accept it with happiness and love you are giving Hashem immense pleasure and you become a greater person.**
- 4. There are people who are suffering with serious illnesses. Thank Hashem from the bottom of your heart that your minor illnesses go away on their own.**
- 5. Thank Hashem that the rest of your body feels well!**

DON'T FORGET YOUR DAILY EXERCISE!



Stay Fit!

Remind Yourself that Hashem Loves You to No End!



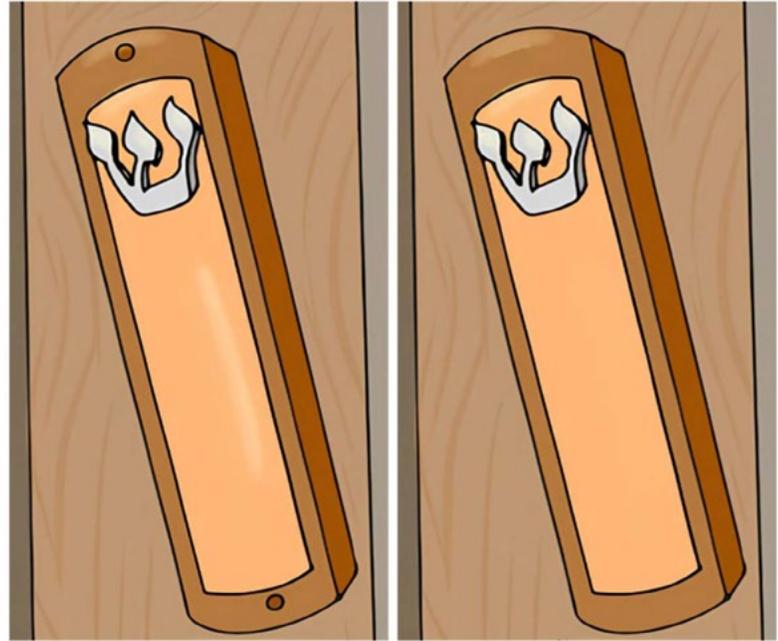
Just Tell Hashem That You Are Sorry!

FUN PAGE

PARSHAH POINTS

In this parshah, Moshe continues telling the Yidden about what happened during the time he led Bnei

Can you find 4 differences between these two pictures?



Yisroel. He tells them about how he asked Hashem to let him go into Eretz Yisroel, and about how Hashem refused but let him see the Eretz Yisroel from a mountain. He reminds the yidden of when they left Mitzrayim and of the day when they received the Torah at Har Sinai. Moshe also repeats the Aseres Hadibros and the words of the Shema.

It also mentions various mitzvos including the mitzvah of putting on tefillin and of putting a mezuzah on the doorposts of our homes. Moshe tells Bnei Yisroel not to have, make or worship statues.

Parshah Quiz

1-Which avodah zara is mentioned by name in this week's parshah?

2-What is the fourth of the aseres hadibros?

3-What is the reward for honoring your parents?

DID YOU KNOW?

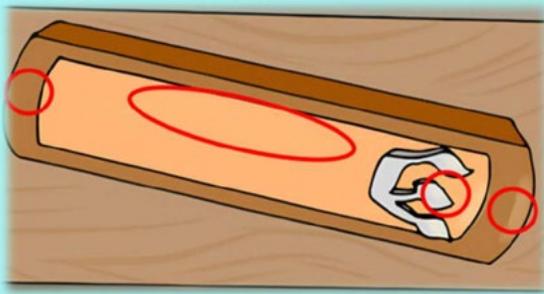
A person is not allowed to take away from the mitzvos or to add to them.

R. Moshe ben Maimon zt"l (Rambam) writes:
"Even if the chances of success and failure are the same, why worry about failure when you can just as easily hope for success?"

DID YOU KNOW?

Moshe davened to Hashem *515* times to be allowed to enter Eretz Yisroel. The gematria of Vo'eschanan is 515!

- 1-Baal Peor
- 3-A long life
- 2-To keep Shabbos and to make it holy.



SOLUTIONS

Ayin Tova

Seeing the good in every situation

R' Nesanel Landesman

CASE OF THE WEEK:



Donny and Moishy were talking outside, where they witnessed the following incident. A car pulled up to a Shul, and the driver tried unsuccessfully to parallel park. He kept hitting the front of the car in back of him. When he finished his “park,” he got out of the car and went directly into the Shul without even surveying the damage he may have caused! Donny and Moishy were shocked!



Please help Donny and Moishy have ayin tova for this seemingly inconsiderate driver.

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 where Dina bought items based on “erroneous sale ad.”



- She can choose to stay calm and buy some of the items and not all of them and say, "Thank You, Hashem that this is my Nisayon today," and not get annoyed at this person who is at fault.
- Maybe she could think that had the things been on sale then they would have already been sold. So, although it will cost her more, she'll have the things that she wants without having to go all over town.
- As frustrated as Dina is, the owner of the store is probably more upset that the real ad didn't get printed, and now some customers are suspicious of his motives.
- Hashem orchestrated that she should be in this store at this time. Perhaps, she was meant to meet someone that she needs to see.
- If, instead of getting upset, she speaks to the owner in a composed tone, she may be surprised that the owner might offer her the items for a reduced price.
- Dina should realize that these types of mistakes really do happen, and the store may not be at fault.
- Perhaps she was meant to lose a certain amount of money, and she should be thankful that it wasn't on doctor bills, or the like.
- She could think to herself that although it would have been nice to purchase these items on sale, at least she is providing more parnasa for this storeowner.

LOOK AT ALL
THE CHASADIM
HAPPENING ON
SPRING HILL TIMES RD.

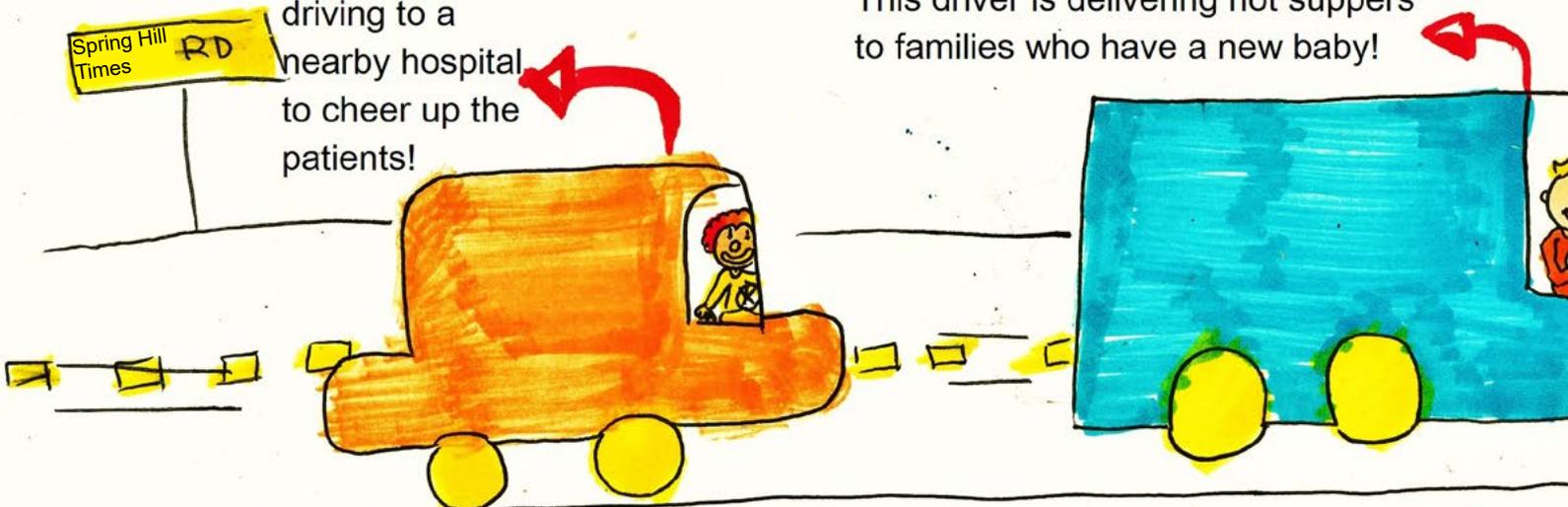
ש רון אסיר ש

ל"ו

This clown is
driving to a
nearby hospital
to cheer up the
patients!

This driver is delivering hot suppers
to families who have a new baby!

Spring Hill
Times
RD



This girl is inviting a
new neighbor to
come play catch with
her!

He is helping
his mother by
watching the
baby!

She is bringing in the
groceries so her mother
shouldn't have to do it!



BY: AHUVA R

A Faint Whiff **OF** **Hashem's Unlimited** **Wisdom and** **Kindness**

The Nose

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Hashem created man with around 9-16 million neurons. Neurons are the cells that send the odor information that they receive to the brain where they get processed. The more neurons a person has, the more sharp and accurate the message will be. 9-16 million neurons are a lot of messengers, but it doesn't nearly compare to the amount of neurons that Hashem created dogs with, especially bloodhounds. Bloodhounds have around 300 million neurons - many more times than the amount of neurons that humans have. This gives bloodhounds a very sharp and heightened sense of smell which can be harnessed for various uses, like finding lost objects or people, or detecting intruders or suspicious activity.

Why did Hashem create man with an inferior sense of smell than bloodhounds? Wouldn't it be good if people would also have this super heightened sense of smell? Perhaps the reason is that Hashem did not want people to be over-focused on the sense of smell. Hashem wanted man to primarily use their intellect to perceive and find things. Man was created to understand, man is defined by his brain and not by his nose. Therefore man was given a wonderful sense of smell that helps him enjoy the world. The heightened sense of smell was reserved for other creatures.

Not only do odors get processed in our brain, they also connect to previous odors. Like we already mentioned, our sense of smell has a special attachment to our memory. Due to this, when we smell an odor that's already been stored in our memory, we recognize it in a millisecond. Along with that recognition comes the emotion that we previously associated with that smell, like pleasure or relaxation, or on the other hand - like fear or revulsion. This all happens in an instant. Hashem created us with a large organized library in our brain that has all the different odors that we previously smelled waiting in our memory to be referenced to. It is quite an impressive size library. We can have around 50,000 different odors stored in our memory. That's a very large variety. And they are all ready to be accessed immediately. We recognize the smell in a split second, a lot faster than it takes us to remove a book from a library shelf. And it's important to stress that many of the odors that we smell are very similar to each other, yet our brain picks up these subtle differences and notifies us. Additionally there are many things that we smell that are comprised of multiple odors, like processed foods. A good example of this is coffee which blends many different odors together. The brain miraculously is able to easily process even this information.

Exactly how it works is not completely understood by man. Hashem's computers are far superior than our understanding.

BITACHON MIGHT



**Trusting in Hashem smashes
through everything!**



Hashem's Universe

A Divine Masterpiece!

The Miraculous Monarch Butterflies

3,000-mile Migration

The Miraculous Monarch Butterflies
3,000-mile Migration

Now we will talk about an absolutely amazing phenomenon that many scientists call a miracle. This miracle is found by birds as well, but there's really no comparison. A bird's brain is over 5000 times larger more complex than a butterflies. (A human brain is about 150 times larger and more complex than a bird's brain.) Even by birds some call it the Miracle of Migration, so with a butterfly, it's a thousand times more so when it's found in this tiny, tiny brained butterfly. An entire butterfly itself weighs about half of one gram. (Its brain weighs on average half of one milligram, and there's 1000 milligram to one gram, and there's 28 grams per ounce, and its brain is half on one millimeter! A bird's brain is on average from 5-20 grams depending on the size of the bird, and an average brain of a human is about 1,350 grams. There's a little over 28 grams per one ounce, and 16 ounces per pound, so it's about 3 pounds.

Migration is done as winter approaches, with the purpose being for the butterfly to get to warmer climates. Now, long story short, Monarch butterflies make the longest migration trip of all migrating but-



terflies. They can go from way up north in Canada, all the way down south to Mexico. It's a 3,000-mile trip done over about 2 months' time, so they averaging flying 30 - 40 miles a day. By the way, it's important to know that all migrating species will always first fatten themselves up, by eating much more than usual, before embarking on these long trips, so that they have the extra weight to burn off during their long trip. They end up arriving at a very precise area in Mexico, called the Neovolcanic mountains of central Mexico, located 200 miles west of Mexico city. There are 13 sites there, all located somewhat near each other.

Two things you must know. 1- Monarch butterflies fly all by themselves. They DO NOT FLY IN A GROUP. 2- In addition, they never saw this place before. Any butterfly coming from the North, mi-



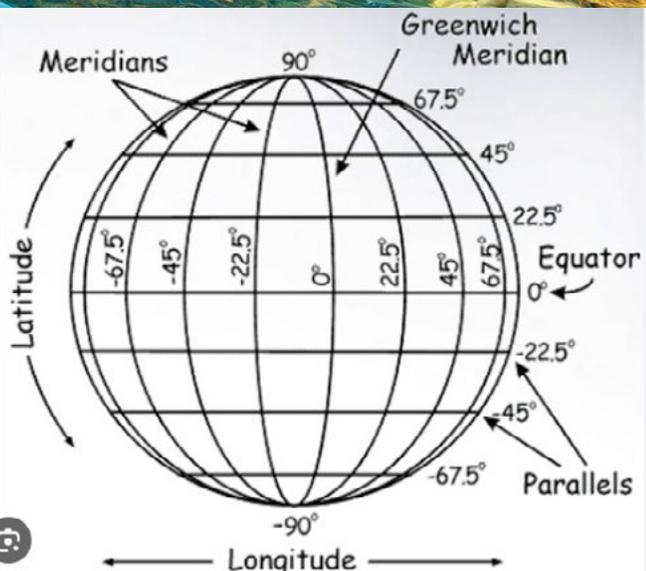
grating South, was never at this location. It was born up north and now is its first time going south. Millions of other Monarch butterflies go there as well. Now, here's where it gets amazing and miraculous.

As we all know, for us humans to get around, we need either a map, or a GPS, or Waze, or a compass, to tell us the directions how to get somewhere far, otherwise we would get lost. But why can't we just look up at the sun and figure out exactly where we are, and where to go? At night, why can't we figure it out where we are and where to go from the position of the stars? On cloudy days, why can't we follow the Sun's polarized rays (whatever that is)? And why can't we just tune in to the Earth's magnetic field and figure out which direction to go? Well, that's obviously because most people have no idea how to tell direction from the sun, nor from the stars, and especially not from polarized light (we can't see polarized light) nor from the earth's magnetic field. And even if we could, how would that get us to a very precise place 3,000 miles away from us?! Well, guess what? We are not able to do this but, "Somehow", butterflies, with their tiny pinhead brains can use ALL OF THE ABOVE METHODS TO ACCURATELY GET TO THEIR PRECISE, 3,000 MILE AWAY DESTINATION!!!

Most migration research has been done with birds, but plenty has been with butterflies as well. Birds can fly as far as 12,000 miles one way (the arctic tern) going from the extreme north pole to the extreme south pole. Scientists have put in a huge amount of research to figure out how birds can arrive with such pinpoint accuracy to their places of migration (just as butterflies do).

To understand this a bit better, we must know how scientists and navigators divide up the area of the globe in order to determine where they are and where they want to go to. It's divided by lines each representing a certain amount of distance. Going around the entire center (the equator) of the globe is 360 degrees, a complete circle. They make lines going from East to West (longitude), and then 360 degrees going from North to South (Latitude). They use certain set points as a reference point with which to measure how far away one is from that point. The main point used is the Greenwich Meridian.

See picture one.



With such a map, one is able to define an exact position on earth.

However, to figure it out without the map, one must know the sun's position where you are, and the difference between his time and Greenwich time. The latitude can be figured out by knowing at what time the sun rises on each particular date of the year. This changes a little daily. There's much more knowledge needed to be know before you can figure out exactly what your position is (Latitude and longitude combined).

The butterfly would be able determine its latitude on earth if it had the ability to figure out the time of the sunrise AND the date on the calendar.



To figure out its longitude position it needs to know a lot more and it would involve some COMPLEX calculations before it can figure it out! Did you know that butterflies know how to do complex calculations?! How in the world it can figure all this out is mind boggling! The bottom line is that there's an amazing amount of information stored in their brains and scientists have absolutely NO IDEA how it's possible! WHO put all that information in its brains? It seems as if there must be some type of magnetic and transistor memory disk, like found in a computer, where all this information must be stored! It's HASHEM!!!!

Now, to help things out, it has been determined that the special compound eyes of the butterflies are able to see polarized light, (humans can't see this light) and thereby they are able to determine where the location of the sun is, even when it's completely cloudy and you can't see the sun! Without this ability, if there were many cloudy days, it would really prolong the migration process, which could be dangerous for them. OK, so you know where the sun is, and somehow you can figure out where you are now. But just because you know where the sun is, and where you are, how does that help you get to the exact location that you want to migrate to. Where is that place? It never saw this place, so how does it even know where to go with such accuracy?

There MUST be "built in" into their brains the location of the migrating area that it needs to go to, and it has built in some type of a navigational computer that tells it how to get there! Again, the sun's position in the sky changes with the time of day, the latitude, and the season and to figure all that out is extremely complex even for humans with navigational instruments! Each butterfly migrates from different places, so

it must have put into its brains the exact path that it must travel, in order to get to the correct location. Even if the butterfly is blown off course by many hundreds of miles, it knows had to redirect itself and get right back on track! ALL HASHEM'S INFINITE WISDOM!!!

In addition, although it's not our discussion right now, but the following fact is too fascinating to ignore, so I am mentioning it. It's amazing to note that it's proven without a shadow of a doubt that birds [who fly at night as well, but butterflies don't] know how to read stars and understand where they are by reading them, with regards to the longitude and latitude position of the stars, and thereby they are able to navigate correctly through viewing the stars at night. Can you read stars? Would you know where you are and where to go by reading stars???

In addition, there's also the proven fact that birds AND butterflies have magnetic particles in them called magnetite, through which they are able to detect the earth's magnetic field! That would at least give them an idea which way is north, and they then understand that they need to head south, so it would help it keep it on its course. It can perhaps give them even more detailed information than that, but scientists aren't sure about it.

These true navigational skills have been called "incredible", "unbelievable", "wondrous", and even "miraculous" by different scientists!! It's completely unfathomable, as to how their tiny, tiny brains can have all this information in it, and how it has the ability to figure out how to navigate to their specific migrating area.



See picture two

So, migration is until today something that blows the mind of any scientist that studies it. How can a tiny butterfly know how to navigate a hundred times better than any human who must use sophisticated satellites and other such machinery in order to be able to navigate as well as they can. It's all part of the tremendous wonders and wisdom of Hashem that enables this to happen!!

See picture three.

This is a diagram of how no matter where the butterfly takes off from, it will head to the same area in Mexico!

Last week we spoke about the fact that butterflies have special compound eyes can see ultra-violet light (humans can't). How is that beneficial to them? The answer is that flowers have special colors that pinpoint where their nectar is, and similar markings that look like arrows, that can only be seen by ultra-violet light. These colors and special markings, that are sort of pointing in the direction where the butterfly can find the nectar, can only be seen if you can see ultra-violet colors.

Without going into details, you just need to know that for the benefit of the growth of the flowers, it's very important that the butterflies (and other insects) come to their flowers, in order for them to transport the pollen from their flower, to the pollen of a different flower of their kind, since that's the only way flowers can continue to exist. The ultra-violet colors and markings help with this process.

It would almost seem as if 1- the flowers "knew" that butterflies, and other insects exist, 2- they know that butterflies need nectar (which they have) and that they would some-

how be a good way to transport their pollen to the other flower. But we all understand that this is another one of Hashem's amazing ways He works with nature!

See Picture four below





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. Please try to say Asher Yatzar from a card or poster as a זכות לע"נ בת אסתר ע"ה for my daughter יבלחט"א אליעזר מנחם

This week is Shabbos Nachamu, and we breathe a sigh of relief. Finally, the three weeks of mourning have finished and the seven-week period of *nechamah* — comforting, has begun. Life goes back to normal. But wait a minute — it doesn't seem like anything has changed! We still do not have the Beis Hamikdash or the extreme closeness to Hashem that we so yearn for! So why do we switch over to a process of comforting?



The answer is that yes, we are still in *galus* and must continue mourning. However, we cannot stay in the past; we must start the process of rebuilding! Therefore, in order that we should not feel forsaken and that there is no hope of redemption, Hashem commands the Navi Yeshayah: “*Nachamu nachamu ami* — Go comfort My nation!” Tell them that I am with them in the *galus* and that all their trials and travails are for their good — to bring them closer to the special days that will be very soon. Knowing this will help us to continue to hope and strive for the *geulah* and to work on fixing the problems that prevent Mashiach from coming.

But how can we truly feel this closeness when we are surrounded by so much darkness? The answer lies in this week's Parsha (*Va'eschanan* 4:39) where Moshe Rabbeinu tells us, וידעת היום והשבות אל לבבך כי ה' הוא האלקים. "You shall know this day and take to your heart that Hashem, He is the G-d." Rabbeinu Yonah (*Sha'arei* Teshuva 3:17) writes that this is a Mitzvah to contemplate and discover the greatness of Hashem. When we take the time to look for His greatness, the actual act of searching will make Hashem's presence more of a reality and we will feel how He is involved in everything. Then, once we open our eyes, Hashem's greatness will be so clear and obvious.

The Chovos Halevavos (*Sha'ar Habechina*, beginning of Perek 5) writes that the first place to look for the greatness of Hashem is in the human body, as it says in *Iyov* (19:26) "ומבשרי אחזה אלו-ק – I see Hashem from my flesh." One of the aspects he tells us to study is that Hashem gave us "a mouth to eat with, teeth with which to chew, a stomach to cook the food and a liver to purify it. We have tubes to carry off the wastes, and pockets (the bladder and colon) to temporarily hold them." In order to do justice to the topic, we really should spend weeks on each one of these wonders. However, there is also what to gain from just looking at the process superficially. When we are hungry and need to give our body fuel, Hashem equipped us with a seemingly simple process. He created an opening in our body that can be closed or opened as needed, to allow entrance of the food. In that space there are teeth that can neatly break the object into smaller, swallowable pieces. Next the food needs to be cooked (i.e. digested) and purified so that it can safely spread throughout the body and give us energy to continue living. Finally, the waste is carried away, but isn't expelled immediately. First, that would be quite embarrassing, and second, it would be impossible to learn Torah and say *berachos* if the waste was constantly flowing.

Let us say Asher Yatzar not only with gratitude, but also with a proudness, that Hashem who is so great, is our personal *Elokim* and is so close to us, as it says earlier (*pasuk* 7) כי מי גוי גדול אשר לו אלקים קרבים אליו כדי אלקינו בכל קראנו אליו!

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.

Life is Wonderful!

By: R' Moshe Hirschberg - Lakewood, New Jersey

DANCING AT THE FOOT OF THE JAIL

During the summer months, many yeshivos in Brooklyn bring their students to the Catskills Mountains. The boys experience a pleasant atmosphere where they learn and at the same time enjoy Hashem's fresh air, rejuvenating for the upcoming school year.

The Satmar Yeshiva is no different. All the students of the yeshiva move up to the yeshiva's private campgrounds for the summer months. In the summer of 2018, one of the yeshiva's rebbeim, R' Eliezer Steinberg, was impressed with their learning and wanted to reward them by taking them on a daytrip. He arranged a special outing to an amusement park.

The day came, and the boys excitedly boarded the buses. After an hour-long bus ride, they were very disappointed to discover that the amusement park was closed that day! But, having come so far, R' Steinberg didn't want to just go straight back to camp. He knew that there was a prison close by, so he told the driver to bring them there. Unfortunately, there are Jewish inmates there, he thought, so they'd try their luck — maybe the jail would grant them admission, and the yeshiva boys would pay them a visit.

Hearing the plan, the boys were once again cheered up. Visiting a jail wasn't something that many of them had done, and they were excited over the adventure.

Thinking that they weren't going to be granted entry too easily, the rebbi instructed the driver to pull up to the prison's fence, hoping that they would be able to at least greet some of its Jewish inmates from the other side. However, there were no inmates in sight; they were all indoors.

R' Steinberg then noticed that the prison gate was open. He told the driver to proceed in, hoping that they might get a chance to greet some of the inmates.

Within a half a minute, they heard sirens from straight in front of them. It was a police jeep, heading their way. They knew they were in trouble. The jeep stopped right in front of the bus, and a corrections officer got out, and started screaming, "Why didn't you obey the rules? The entrance clearly stated 'No entrance!'"

Seeing the officer's anger, the rebbi knew he would have to step up and explain himself. R' Steinberg invited the officer onto the bus. There, he explained to the officer what brought them here.

Pointing to the group of boys, the rebbi explained, "We traveled a long way, only to find that the amusement park we were traveling to was closed. It's obviously a big letdown for all these boys,

and I was simply trying to cheer them up. Bringing them to the jail is certainly a different adventure for them, and that's all I was trying to do."

Hearing their plight, the officer's heart softened. "You have two minutes," he told them. "But two minutes is two minutes! You are to leave right after." With that, the rebbi agreed, and the officer got off the bus.

As the bus drove up closer to the prison building, the rebbi turned to the boys and asked them how they should utilize their two minutes. On the spot, they came to the same conclusion—they would give words of chizuk to the Jewish prisoners there, however they could.

The boys were thrilled with the



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plan. When they were within ear-shot of the jail cells, the yeshiva students started shouting from the bus windows, “Yidden, don’t be afraid! Yidden, strengthen yourselves with Emunah in Hashem...!”

While they were screaming this, they saw many Jewish inmates peeking out of the windows. In particular, they noticed a Jew marveling at them from the third floor, cheering them on. Seeing his reaction encouraged them to start singing. They spontaneously formed into a circle and sang the world-famous song, “Nor Emunah, nor Emunah...”

From the little they could see, they realized how all the Jewish inmates — and especially the fellow on the third floor — were taking it all in. In the mere thirty seconds of dancing, they saw how many inmates were uplifted and inspired.

The corrections officer, on the other hand, was not as inspired. Seeing what was going on, he zipped right back in his jeep and screamed at them, “This is not why I granted you permission! Leave!”

They obeyed his instructions and left without hesitation. The boys were thrilled with their experience and were ecstatic over the fact that they were able to encourage other fellow Jews. It had been a trip of a life-time. They certainly wouldn’t forget so quickly.

But the story did not end there—it only got better.

JAIL’S AFTERMATH

Thirty-six months passed, and at one of the Satmar camps, a fellow Yid came to give an inspiring talk. He was traveling from camp-

to-camp, inspiring audiences with his story. He spoke about his challenging youth and all the troubles he’d faced. He had, unfortunately, grown up non-observant, and somewhere along the line he’d gotten himself into trouble with the law, to the point that he’d gotten convicted to prison with a ten-year sentence.

“My upbringing was completely removed from Yiddishkeit,” he explained. “I was so removed that even when the prison chaplain would invite me to join the minyan, I declined. I had nowhere else to go, but I still felt so removed from Yiddishkeit.

“The chaplain tried every day—for years—to get me to come. ‘Give it a try,’ he’d say. ‘You’re not going anywhere anyway. What do you have to lose?’ But his argument fell on my deaf ears every time.

“One day, I heard my fellow inmates calling me to the window. A commotion was taking place; someone was calling to the Yidden from the road, and the other inmates figured they’d call all the Jewish internees to see what was going on. I didn’t know what the commotion was, but as soon as I got to the window, I felt it. Some kids were giving us positive words and expressions of courage and trust; knowing that I was a Yid, they wanted me to partake.

“Seeing their enthusiasm evoked in me my inner spark. It lit the fire, and I wanted to connect to Yiddishkeit with a passion after that.

“The next day, when the chaplain came around, I took him up on the offer. After davening, the chaplain was very happy about me coming and attending, and he approached me to talk. I asked him

the question on my mind: What was the song that those boys had sung?

“The chaplain explained that the song had been composed by the heilige Kaliver Rebbe. He had written it during the Holocaust. He’d lost everything then: his wife, his children—even his very own beard, which had been brutally yanked out.

“And yet, despite all that, he set his life’s mission to strengthen and encourage others. He would uplift them by strengthening their relationship with Hashem and implanting in them the fundamentals of Yiddishkeit.

“One of the Kaliver Rebbe’s many unique talents was music. He was very musical. He used his talent to bring Yidden back to Yiddishkeit through his heartwarming nigunim. Through his heartfelt songs, he would touch the core of many Yidden and bring them from their broken state of mind, leaving them with a passion for Torah and mitzvos.

“The chaplain went on to explain the meaning of the song ‘Nor Emunah.’ Through Emunah, he said, a person can achieve a pleasant life in This World and in the Next One. That touched me. I’d always thought that keeping Torah and mitzvos was only good in the Next World, albeit at the price of ‘sacrificing’ one’s enjoyment in This World. But now, I was being told that living by the Torah gives a person a meaningful life in This World as well as the Next World.

“That night, I twisted and turned unable to fall into even the slightest sleep. That encounter had left me with food for thought. I became obsessed about Yiddishkeit. Why had those boys shown so much interest in Jewish prisoners

like me? They don't know us at all, and in all likelihood they'll never know. I realized that they did it because all Yidden are part of one happy family, and they therefore cared for us.

"From that day on, even before the chaplain started his rounds, I was waiting to partake in the minyan. Experiencing that sense of courage and unity, I asked the chaplain for sefarim so that I could research more about Yiddishkeit, and slowly I became more informed about it.

"My three remaining years in jail were filled with learning all about observing Torah and mitzvos and listening to many insightful classes. When my ten-year term was up, I left as a fully observant Yid.

"I entered jail as a non-observant Jew, and I left as a fully observing one."

After his speech concluded, R' Steinberg called him into a side room, sharing with him some of the yeshiva's pictures from previous years. The former prison inmate was delighted to discover that he'd found the very rebbi who'd given him that inspiration. The yeshiva boys had never known what their trip to the prison had led to, but now they saw firsthand how much of an impact it had. (L'romeim p. 196)

We never know how far our actions can go. The impact of several words can change the mindset of someone — and can change him for LIFE. His mindset toward Yiddishkeit can be impacted with merely a few positive words. At the time, it isn't visible as to what the impact will be, but its impact can be very far and great.

Words have power! Words are powerful!

THE STREET CLEANER



Yehudah Arush, a Yerushalayim street cleaner, would make his rounds early-morning, cleaning the streets. He did this at the crack of dawn to spare himself humiliation and embarrassment. Once people started walking on the streets, their glances would break his self-image and his inner respect.

One quiet morning, before anyone was on the streets, R' Aryeh Levine came walking by, heading to vasikin, a custom that he held to very strongly. Passing Yehudah, R' Aryeh, with his radiant smile, warmly greeted him: "Boker tov, Yehudi yakar" — Good morning, precious Yid!

Noticing R' Aryeh, Yehudah tried hiding his broom behind him before returning his good morning to R' Aryeh. But R' Aryeh detected that Yehudah was trying to hide something, so R' Aryeh approached Yehuda and gave him an embarrassingly big hug (something that was not astonishing for R' Aryeh's ahavas Yisrael). Sure enough, R' Aryeh felt the broom, and understood immediately: "This man is holding a broom and is feeling uncomfortable with it."

Instead of continuing on his way, R' Aryeh took some time to address him. "Yerushalayim is the most special place in the world," he told Yehudah. "You're granted the opportunity to maintain it. What an astonishing zechus that is. I wish I had such a job for

myself. I envy you. How are you zocheh to such a special job?"

"You are jealous of me?" Yehudah asked R' Aryeh. "Rabbi, you sit all day and learn, going through many mesechtos, but for me, the entire day is zavel, zavel, v'zavel, dirt, dirt, and more dirt!"

"Chalilah," said R' Aryeh. "You're a cleaner of Yerushalayim, and that shouldn't be looked at in that light. You must ask yourself why you're doing your holy work, and I'll tell you why: You're enhancing the appearance of Yerushalayim. That should be done with the proper mindset."

Twenty years later, on R' Aryeh's yahrzeit, Yehudah, now a grandfather of many grandchildren, remarked how those few words were what kept him strong during that whole tekufah. "Those words kept me feeling respectable; they kept me going. Ever since, I view my job as an honor, and I gained self-respect from then on."

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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Ahavah Rabbah

HeartSharing:
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Ahavah Rabbah! Pumping People Up

There are so many ways to pump up the little things we do and make people feel amazing. We can do this by adding an element of gratitude or a mitzvah to something we are doing anyway. This gives the action a joyous feel. For example, when kids are singing “Head, shoulders, knees, and toes,” I add in “Thank you, Hashem for head, shoulders, knees, and toes, thank you, Hashem for head, shoulders, knees, and toes, Thank you, Hashem for eyes and ears and chin and mouth and nose.”

Story:

Pumping people up by connecting what they are doing to a Mitzvah can bring joy and connection. This is because we all have a Tzelem Elokim as our essence, and therefore what makes us happy is being close to Hashem. A woman called me and said that her 5-year-old has no concept of time. Every single day, he thinks it’s Shabbos and every day he is worried about touching muktzah. (Look at Klal Yisroel. Look at Yidden. The level of a 5-year-old living in 2024 is worried to touch muktzah each day because he is worried about Shabbos! Yiddish kinderlach are so amazing — like a beautiful rose flower that smells and looks so delicious).

I shared with her that she should make a visual chart together with him. Have him draw the seven days of the week so he can see each day in how many more days is Shabbos. I explained, “Don’t just make a calendar; rather count down to Shabbos and make it so exciting. He does need to learn time and degrees of difference (how far something is from its relative whole — how much further away Shabbos is from the current day). And the good news is you can do this by counting down to Shabbos. So, on Sunday you will say, ‘It’s six days to Shabbos so it’s still a few days away!’ By Wednesday you will say, ‘It’s three days to Shabbos. We are halfway there!’ and by Friday you will say, ‘It’s one day



to Shabbos. We are almost there and we are so excited!!”

You can use this concept of pumping people up because they are doing the right thing in other ways as well. I consult in a lot of schools. At times, when I see students during recess, I tell them about all the millions they are getting for the many mitzvos they are doing. For example, “You are getting a million dollars — I just saw you are including girls, smiling at girls, giving off a positive vibe...” They are pumped!

Another example of pumping people up this way happened when I was in shul. There was a child that had a very difficult situation running around the shul. People were trying to get her to be quiet and settle down to no avail. When she passed me, I looked her in the eye, pouring lots of love straight to her and said, “Today is Rosh Chodesh Bentching which means we have to ask Hashem for a great month. I also point in my siddur so kids can follow along. She sat with me and said Rosh Chodesh Bentching. Afterwards I told her, “You are going to have a fantastic month.” She was beaming and felt pumped.

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

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

- Bentch each guest as they walk into your house.
- Tell people how they just radiate warmth, kindness, and compassion and you love being around them.
- Notice how special people look and tell them that you see the Shechinah radiating from their face or home.
- Connect what people are doing to mitzvos. For example, “Wow, you are radiating joy and making everyone around you happy. Wow, you are getting millions by Hashem.”

Song:

Rabbi Golombeck said, "Everything that happens to us is a brachah. Sometimes we see it openly, and at other times we don't see it so obviously. However, when we realize that even hard situations are really also a brachah, we will merit to see straight out how it will be openly good."

On a similar note, whenever someone had a dream, my grandfather zt"l used to say, "Say it's a good dream because then it becomes a good dream." It's what you say it is, that's what it becomes.

Rabbi Golombeck says that we do not believe in Ayin Hara or any other power besides for Hashem. We only believe that Hashem is the power. And everything is what you say it is. I was thinking about these concepts and sang this song. Please feel free to adapt the words to fit your situation. The point of this song is to say that specifically your situation, your chal-

lenge is indeed a brachah! It's whatever you say it is. There is no siman in anything except for brachah! And It will become more brachah and more brachah!

Tune: Shabbat Shalom to everyone I see

Everything is a brachah
Everything that we see
Everything is a brachah
Everything surrounding me.
Everything is a brachah
Everything that we see
Everything is a brachah
Everything surrounding me.

High:

My life is a brachah
My health is a brachah
My situation is a brachah
Everything that I see.
My job is a brachah
My situation (fill in your situation) is a brachah

My eyes are a brachah.
Everything surrounding me.
Everything is a brachah
Everything is a brachah
Everything surrounding me
Everything is a brachah
Everything is a brachah
Everything surrounding me.

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

Feeling Hashem's Love!

Hashem loves me so, so much. I once took someone to the aquarium, and in the car I realized that I didn't have my bank card. I wasn't sure if I should go back in, because I was pressed for time, but I did go back in and asked if anyone saw my bank card. I said out loud, "Hashem will help find the bank card and give it back!" I left my phone number in case they would find it, and I just kept saying, "Hashem will find my card." Lo and behold, a guy came to the counter — while I was still there — with a card that he had found. And it was mine! Hashem arranged that he should bring it to the counter while I was still there. Wow!

I really wanted a certain item, but the store was out of them. There's nobody like Yidden. They gave me their competitor's number so that I could try to get the item from the competitor.

It was two minutes to candle-lighting and we could not find the candles. We quickly said, "Hashem, please help us find them; we're relying 100% on you." And we found the candles.

One Shabbos I was singing Ein Ein Kadosh KaShem V'ein Ein Biltecha V'ein Tzur K'Elokeinu and I was thinking about how it says Tzur K'Elokeinu. Hashem is our rock (A rock is a

symbol of protection like Rabbi Sutton explains in the Bais Haleivi on Bitachon) and protects us even when He is K'Elokeinu, doing Din with us. This gave me much Chizuk. After Shabbos I was trying to remember the song but just could not remember it. Then one of the kids asked me to turn on the Jewish radio station and this song was playing so I was able to remember the song!



I took this picture on my walk! What is your favorite part of this picture? Can you go out in nature and thank Hashem for twenty things today?
Creating a game of finding the beauty in Hashem's gorgeous world helps us solidify the experience, thus making it a real part of us.

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

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

Living With Appreciation

R' Daniel Shasha

Our parashah opens with Moshe's heartfelt prayers to be given the great privilege to enter Eretz Yisrael. The Ba'al Haturim notes that "va'eschanan - I implored" is the gematria of 515, the same gematria as the word shirah. What's the connection?

Chazal teach that the ideal way to daven is to first praise Hashem and only then ask for what we need. This is because gratitude is so powerful that it opens the gates of blessing.

Rashi (Berachos 4b) explains that this is the reason why Chazal instituted that we are somech geulah letefilah, we reference Yetzias Mitzrayim before we daven shmoneh esrei. He explains that someone who isn't somech geulah letefilah is comparable to a friend of the king, who knocks on the king's door, and then leaves. The king would be insulted and would leave too. So too, when we speak to Hashem, it is first appropriate to appease Him with praises, recounting how He miraculously brought us out of Egypt, performing great wonders. This brings us close to Him, then when we are close to Him, we could ask Him whatever we need.

Similarly, the Seder Hayom explains that this is why the berachah of sim shalom has so many requests. We ask for peace, goodness, blessing, life, favor, kindness and mercy; even though the last three blessings are not really dedicated for requests. Since during modim we thank Hashem for His unlimited goodness, the gates of prayer are opened. It is therefore the ideal time to request from Hashem.

We now understand why va'eschanan is the gematria of shirah. Moshe sung shirah to open up the gates of blessing as this is the most effective way to beseech Him. We also see this idea in the following two stories:

- *A childless couple spent years researching different options to help them have children, unfortunately to no avail. They met with a world expert who told them that he thought*

that they were medically incapable of having children. The husband was extremely distraught and didn't know how he could go home and break this news to his wife. When he finally told her, he was surprised to see that his wife pulled out their finest tablecloth and started preparing a lavish meal.

When he asked for some explanation, his wife exclaimed that for many years they had done all the hishtadlus they could to help them have children. Now they possibly couldn't do any more, so it was appropriate to make a celebratory meal to focus on all the good Hashem has bestowed upon them throughout their lives.

As they ate this lavish banquet, they spent a long time focusing on all the good Hashem had given them and thanking and praising Him. Not long after, they received a surprise call from the doctor they were in contact with who told them that he felt he made a mistake with the results of one of the tests and really there was a chance that they could have a child. Procedures followed and less than a year later, the couple celebrated the birth of a healthy baby! (Adapted from Living Emunah 3, p.65, Rabbi David Ashear)

- *Rav Yitzchak Dovid Grossman, grandfather of the renowned Rabbi of Migdal Ha'amek, was once returning from a trip from Poland, back to Eretz Yisrael. Unfortunately, the small ship he was travelling on collided with a big ship. The hostile crew decided it was only possible to save certain passengers by placing them on the big ship, and only wanted to save the non-Jewish passengers. The Jewish passengers, they figured, would be left on the small ship, which would shortly capsize. All the members were petrified, except for Rabbi Grossman, who opened his siddur, and, since the event occurred at the advent of Shabbos, began to recite Kabbalas Shabbos with tremendous serenity and pas-*

sion. He subsequently got up to dance out of gratitude to Hashem for all the goodness He had performed for Him and for all that He does. Fueled by gratitude, he danced with remarkable enthusiasm, despite the precarious situation. By no means short of a miracle, their little boat did not capsize, and sailed to safety to the shores of Eretz Yisrael. However, the bigger ship wasn't as fortunate and it capsized. (Adapted from Living Legend, p.222, Rabbi Dovid Grossman)



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Inspiring Quotes

1

Hashem created man so that he would recognize his Creator and thank Him. (Ramban, Devarim 32:26)

2

Since gratitude is such a fundamental trait, our yetzer hara works extra hard to distance us from this precious quality. (Ohr Hachayim, Devarim 8:18)

3

Hashem only redeemed Klal Yisrael and performed miracles so that we recount these wonders. (Midrash Tehillim 70)

4

The word קללה – curse, when reversed spells ק הלל – praising Hashem with a hundred (blessings). When we praise Hashem by reciting a hundred blessings daily, we have the power to reverse any curse into a blessing! (Arizal quoted in Sefer HaGan)



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Get yourself ready
Young and old
Soon so soon
All tzaros will pop like a balloon
We'll be flying to Yerushalaym
Like the stories we were told

©By CL chayala2630190@gmail.com

Thank You, Hashem, for the gift of the present
 I am going through my camera, reminiscing...
 I am picturing me and my newborn lying in bed
 and sleeping through the nights in dreamland.
 Thank You, Hashem, for my precious baby you
 granted me!
 Thank You, Hashem, for the 'gift of the pres-
 ent'.....the memories I am lucky to have!
 I am lovingly placing his light blue spoon, full of
 dark brown piping hot cholent, into his mouth.
 I am watching steam come through his pitsy per-
 fect formed lips.
 Its painting clouds of his smiling face with fluffy
 cheeks.
 I see light blue eyes with contrast dark long eye-
 lashes floating around my kitchen.
 I'm brought back to realty with his soft voice
 calling 'more, more!'
 Thank You, Hashem for the precious 10 month
 old you bestowed me
 By: Avigail Rockove
*Printed as a Z'chus for all those who are
 waiting for children.*

The human brain is thinking thoughts all day; it just keeps on going with thoughts and perspectives
 about everything including our own self. Sometimes these thoughts in our brains can be harsh on
 ourselves for all the stuff we think we did wrong or because maybe we could be doing better. R'

Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

Mandel says that it's human nature for
 a person to be harsh on himself, יצר לב
 יאדם רע מנעוריו. However, do you know
 that most of the time these thoughts are
 nothing more than fake news?

We have to make sure that our
 thoughts are not broadcasting fake news about ourselves. Our thoughts are very much part of us and it's
 hard to change the thought process, but we have to make sure our brain is reporting real and honest news.
 Did we ever notice all the good things we constantly are doing? A person should take a few steps back and
 ask himself are the thoughts I'm thinking building me up or doing the opposite. The more we change our
 thoughts, the better our life will become. "Tracht gut vet zein gut". Think positive thoughts, thoughts that
 encourage us, thoughts that make us feel good, thoughts that give us pride and thoughts that bring a smile
 to our faces. At the end of the day, our brain is the only news station we really listen to, so let's make sure
 it's broadcasting thoughts that bring out the best in us.

שירן לד' שיר חדש

To Share My Share Of My Daily "Shir Chadash"

R' Moische Davidson
A Rebbi From Brooklyn, NY

"M'CHAYEH MEISIM"

Get to know all about these people, and what you can learn from them. They're a group of characters, that Chazal speak about.

There's Mendel, Yankel, Feivel, Fishel, Hershel, Getzel, Nosson, and Alter. There's also Simon, Kalman, Berel, Shloimke, Sheftel, Avraham and Sarah. Wow! That's a lot of names! So, let's begin.

One morning as Mendel was making his way through his town, huffing and puffing up a steep incline. He suddenly heard a familiar voice from behind him: "Mendel, you seem to be losing your physical strength. Where is your stamina, and energy?! I remember you as a strong man!" As Mendel turned around, he met face to face with Yankel, a close friend of his, from previous younger years. "Wow! Good to see you, Yankel! Yeah, it's these winding roads, going up and down all the hills in this town. The strain of it all is taking a toll on my health. But ye' know Gam Zu L'Toivah, I believe that it is surely for my best!" Yankel answered "well 'yenowat? I'm also aging prematurely. It's from all those steps that I must climb up and down, to and from my upstairs apartment. I think I'll learn from you how to accept it lovingly from Hashem. Thanks! It's really good that I met you here today!"

Feivel was a very squeamish type who was sensitive to anything not perfect in looks, smell, or taste. He naturally was easily nauseated and disgusted by things that others weren't bothered at all. "Feivel! What a life!" his friend told him one day. "You're always so finicky! I really feel so bad for you!" Feivel just sighed, and then added it's not my choice, it's my nature. Hashem chose my nature, and I know Hashem has only good intentions in mind for me. If Hashem decides that this is good for me, then what have I to say differently? Who am I to disagree?! This is truly the best way my life should be going!"

Fishel was a hot-tempered young man. He had to use a lot of self-control to remain composed, and to stay calm. His family and friends felt his pain and frustration, and openly sympathized with his struggles. All Fishel would say is "I know that somehow in some way, this is the ultimate top choice that Hashem Himself chose for me. My temperament was set exactly this way and handpicked by Hakadoish Boruch Hu! How can I dare to complain?! I must be only gaining by this type of character trait, that I was born with!"

Hershel was an extremely overly compassionate person. He was always bemoaning the plight of others. You'd hear his voice from afar: "Oy Vei! What can I do to help Shmeryl the pauper? How can we eat supper if he is going hungry?" And, "how can I sleep at night if Sheftel is

sick? Oi! I can't bear to see that little boy down the block looking so sad and forlorn! How can that Rebbetzin deal with the job of raising so many children?" And, "Gevald! That Teiere Melamed looks so washed out, and wiped out from his teaching! Oi Yoi Yoi! That other man doesn't even understand the simple Gemara Shiur!" On, and on, and on, he went, empathizing with everyone's hardships. He couldn't enjoy his own life at all. He would constantly berate himself, by saying: "Hershel, get a hold of yourself! You can't go on in life this way!" Hershel would shake his head agreeing to his inner voice. He would explain his nature to himself "This is the way Hashem wired me up! I try my best to look away and distract myself from other people's problems. I know that would be the right thing for me to do. Hashem wouldn't want me to keep hurting myself too! It's my struggle, yet, if Hashem made me this way, I'll accept it without even saying one more word about this! No complaints" he told himself.

Getzel was a happy, simple, poor shepherd. He took care of his herd of sheep and goats with utmost care. He had to keep on moving from one area to the next to find free pasture for his animals. So, he and his family lived in a makeshift temporary hut. They had a really rough and tough time living in there. There was never enough water needed for washing or bathing. Every now and then he would go into town to wash up and have a hot shower. His simple dwelling would get blown around in the wind, and the heavy rains poured in easily through the ramshackle, rickety hut's rooftop. There was barely anything there, to protect and shade them from the sun's strong rays and intense heat.

He shared all those rough going issues with his neighbors "The Nomads". He would frequently speak with his friendly neighbor Nosson. Appropriately, he had nicknamed himself Nosson the Nomad. He lived with his family in the hot desert with other friends and their families. They too, also had problems dealing with the winds, rain, and with the constant desert heat, baking down on their tumbledown houses, tents and huts. They too had no running water for regular washing and bathing, and lacked the basic comforts of life.

His family used to complain about their dire situation. Getzel, however, would stick to his simple pious view of his life. "I didn't plan my life to be this way" he would often say. Hashem is The One and Only One Who decides what kind of living conditions one will have!" He would add "Hashem Is Good, and He does only good. So, this must also be good!" With time his friend Nosson, learnt that lesson well enough from Getzel, to go ahead and teach his family the same!

Alter had an extremely hard time getting along with his super controlling wife. Alter would woo himself to sleep

with songs of faith. He sang songs of Emunah that reminded him who's really in control. Not his wife, but Hashem! These songs of Emunah and love of Hashem were like a healing balm on his hurt soul. He would fall asleep with a smile on his face, while saying "Hashem, I love You!"

Simple Simon had only one shirt. Simon simply wouldn't be able to get his shirt washed regularly since he only had one. He would often get bitten by his lice infested shirt. "It's simple" he would say. Hashem wants it to be this way, and therefore so do I!" Simon didn't sigh. Laughingly he would often quip, "It's A Good Tzip!" A Tzip from Hashem, for some good reason!

Kalman's body was racked in pain. Painkillers didn't help, and neither did any home-made remedies. He would scream out in his pain "Hashem I love You!" Kalman would add to his shouting "Hashem You love me, so I love You too!" Many people would say "That man Kalman! What a Heilige man!"

Berel was covered with Tzaraas, he shared living quarters with Shloimke, a blind man. Together they were Mechazek each other to continue loving Hashem, despite their plight. They would repeatedly rehearse the famous line from Reb Akiva "Everything that Hashem does is for good"! Over and over, every day and night, in the winter or summer, at the end of each piece of conversation that they shared, that was their refrain! Again and again, they repeated: "Everything that Hashem does is for good!"

Sheftel was penniless. He was so poor that he literally had nothing to eat. His next-door neighbor, Avraham and Sarah, a childless couple, literally kept him alive by sharing their food with him. They enjoyed his company, and they were happy to sustain him with the extra food that they had, and thus keep him alive! They would learn together portions of the Toirah that taught them about loving Hashem, The King that runs everything perfectly for the best benefit of all humanity, and especially for His Beloved Nation and Children, The Bnei Yisroel!

Once, they all met. Mendel, Yankel, Feivel, and Fishel, showed up first. They were soon joined by Hershel, Getzel, Nosson, and Alter. Not long after that, along came Simon, Kalman, Berel, and Shloimke. As they all sat down for their meeting, in walked Sheftel, Avraham and his wife Sarah holding their newborn baby. They'd all come to celebrate a special and unique Seudah together. It was a Techiyas Hamaysim Seudah!

Y'see, things had changed dramatically in their lives, for the better! Mendel had happily moved to a city situated on a flat piece of land. Yankel had also moved to an upgraded walk-in apartment and now shared his happy feelings with his old friend. Feivel had reached a normal state of mind as he had learned to overcome his sensitive nature. Fishel somehow rerouted his hot temperament for good use! The new version of Fishel, was a calm, collective person.

Hershel had taken some lessons on how much compassion is the right amount, and not to overdo it. Getzel and Nosson moved into a full-fledged, modern-day city, along with their overjoyed families. They now had all the services that large cities provide! Alter B"H was Zoiche to have his good-hearted Shaloim Bayis restored, and Simon was now able to afford many sets of clothing enabling to have them

washed clean regularly. Smiling, he said "no more Tzips".

Kalman was miraculously healed from his terrible pain. No one knew exactly how! He was now quietly humming a happy tune. Berel's skin had returned to being healthy and fresh as a young child. He joyfully sat next to his friend Shloimke and stared at him stupefied, and open-eyed. "Do you really see me?" he asked Shloimke. "Amazingly YES!" came the answer. "Berel, I can even see your healed skin!" he added. Richy Rich Sheftel was now fully employed. He was wearing a nice-looking suit of a businessman. He wished his old benefactors Avraham and Sarah with a hearty "Mazel Toiv!" and he added with a chuckle, "I still owe you a newborn baby present! I gotta get you something really nice."

Boruch Ata Hashem, M'chayah Ha'meisim!

Chazal mention the different people that Chayehem Einum Chayim- Their life is not a real total form of life. Some are even considered K'Meis- as if they're somewhat dead! Why would Hashem do that?! The answer is "only for GOOD!" Let's delve a little more into the Heilige words of Chazal, and try to understand this.

Chazal say, "Those that are constantly strained from laborious stressful walking, and those living in flimsy huts without certain necessities, and protection from the elements, are missing at least some small amount of a relaxed state of mind needed for total applying oneself to learning Torah, Davening, and Avoidas Hashem. The overly finicky and sensitive type, together with the overly compassionate character, along with the hot-tempered personality, are all missing somewhat a bit of a mindful life. Same is with one with an unbalanced married life, someone living with unabating physical pain, Tzaraas, or those suffering the discomfort of being bitten by lice. Also, those pained with the pain and pangs of going hungry, or living lonely in the darkness of the blind, or those with the feeling of futility in their pursuit of fertility, while remaining fruitless and childless. They are all quoted as missing some clear-headed mindfulness needed to fully apply oneself to Avoidas Hashem with total enjoyment.

So, where lies the "hidden good" of Hashem, in all this seemingly life of misery?!

Reb Tzadoik Hakohein of Lublin quotes all those Chazal's in one sweep, and he says the following. "Hashem somehow makes the ones that are Chas V'Shaloim Chayev Misah for some reason, that Hashem knows, (that maybe happened in this life or in some previous Gilgul), to stay alive and not actually die, but to have a life that's missing clarity of mind for Avoidas Hashem, which is actually the most REAL LIFE. A life of feeling close to Hashem!

With that partial loss of some of his Life of Avoidas Hashem, the person avoids losing his life totally. Hashem considers that enough, of a sort of loss of life, to be able to absolve the person from total Misah, Chas V'Shaloim. So, Hashem keeps all those Meisim alive! He gives them just a smaller version of that punishment. It's Chasdei Hashem! And, when the time comes that Hashem returns to this person his fully relaxed happy life for Avoidas Hashem, then it's considered as if the person actually re- started life from anew!

Continued on page 43

BITACHON POWER!

BY: Rabbi Chayim Tzvi Blau



The Quote – The Lesson – The Story

The Quote: The Chovos Halevavos writes: "We find by שמואל הנביא when Hashem sent him to go and anoint Dovid Hamelech, Shmuel said to Hashem, "How can I go? שאול will hear about it and he will kill me" (שמואל טז: ב). Now, this statement of שמואל was not considered a lack of בטחון at all on his part. To the contrary, from the answer of Hashem one can comprehend that שמואל's carefulness was actually praise-worthy since Hashem answered him (שמואל טז: ב), "Bring cattle and you will tell him that you are on your way to bring a קרבן to Hashem etc." Even though שמואל knew he was a צדיק גמור, he would not be an iota lenient to put his life in danger, even the smallest danger. And even though this mission was coming from a ציווי of the Ribbono Shel Oilam!!!! Therefore, all the more so, us people who were not commanded by G-D to do acts of danger, it is wrong to put our life in danger ה"ו."

The lesson: What makes this quote so incredible and amazing is that we see to what extent one has to be shoimer himself from all danger. Even Shmuel HaNavi who was commanded by Hashem would not put his life in danger even though he was one of the greatest men to ever walk the face of the earth!

After all the hishtadlus we do to protect ourselves from danger we have to understand and realize that ultimately it is Hashem Who is protecting us and performing thousands of miracles every second. He is being shoimer aleinu. Most of the time we are never even aware of the mir-

acles!

The Story: There was once a man who saw a thief about to burglarize someone's car. He screamed and yelled at the thief. The thief got scared off and ran away. The following day, the same man saw the car's owner get into his car and start driving away. He ran after the car as fast as he could to relate to him what had occurred the day before. However, the car drove away and disappeared out of sight. The car owner never knew anything about the entire incident.

ועל נסיך שבכל יום עמנו – With these words in שמונה עשרה, one can also have in mind to thank Hashem for the many miracles that we will never know that He did for us.

Story 2: I WAS A BOCHUR LEARNING in one of the Yeshivos located in the state of New Jersey, and I was once returning home on a large yellow school bus, early one afternoon. The way the school buses work in the USA, is that a flashing stop signal sticks out of the bus upon its arrival at each stop. This bus driver did not rely solely on the red flashing lights, he would swerve the bus and block the road as an added safety precaution, to ensure that no cars would disobey the flashing red lights.

There was one area where his idea could not work; it was by an unusually wide street where he was unable to block traffic completely by swerving the bus. On this particular afternoon, I was making my way off the bus at that wide-road. What was scarier was that the stop was right next

to a major intersection where cars would blindly turn into the road, only noticing the bus, just a “little bit” too late to properly stop.

As I crossed over the street, a car did just that - it turned into the road at FULL SPEED. A friend of mine started screaming “Hey, WATCH OUT – TURN AROUND! LOOK WHAT’S COMING AT YOU!!!” I turned and saw a white car coming toward me at full speed.



My heart dropped. Before I could even think, with Ha-shem’s mercy, the car miraculously came to a complete short stop right in front of me, literally touching my foot, and leaving me with not even a scratch, Baruch Hashem. If the car would have stopped even 2 seconds later, I would

have been sent flying high up in the air! I am very thankful to Hashem for the open miracle He did for me that day!

Continued from page 41 כי אורך ימים ושנות חיים יוסיפו לך, "אלו שנותיו של אדם שמתהפכין עליו מרעה לטובה"

Mamesh Tchiyas Hamaysim! [see Sefer Divrei Soifrim, Ois Vav]

I would like to humbly add my own thoughts to this. If one can overcome the disturbance of these discomforts and despite his suffering he still clings with love to Hashem, Hashem loves him too! He can thereby draw renewed Chiyus from Hashem together with great Schar, by his Dveikus to Hashem despite his uncomfortable situation.

In this sense we can add a new Teitch to the words “Hashem is Mechaye Hameisim”. We can say “Hashem gives life and the full Chiyus to those that are still in a miniature state of Meisim, if they choose to still stay close and attached to Him! While they are like Meisim, Hashem grants them Chayim since they stayed close to Him!”

הנעלבין ואינן עולבין, שומעין חרפתן ואינן משיבין, עושים" מאהבה ושמחין ביסורין, עליהם הכתוב אומר ואוהביו כצאת השמש [בגבורתו!]" [שבת פח

In this light I thought to explain the words of the holy R' Yosef in the Gemara. He said, “And I have all of those three.” [overly sensitive, overly compassionate, and a hot temperament] R' Yosef The Great Sage, had this famous Heilige partnership with Rabbah. They were called “Sinai and Oiker Hurim”! Yet, The Chachamim chose him, “Sinai”, to become the Roish Hayeshiva in Pumpedusa!

R' Yosef also made a Seudah when he reached the age of sixty. He rejoiced that he lived past the age of Kareis/ a shortened life, Chas V'Shaloim.

Maybe he was celebrating the fact that he had been absolved from an early untimely death, since he had suffered through his lifetime from those three bothersome characteristics.

Or, maybe we can add even more than that. It's possible to say that he was celebrating his overcoming even the minutest amount of an early death. Since, even those disturbing characteristics that he had, he The Great Sage, managed to somehow overcome, and overpower, and to finally even conquer those traits fully. He wasn't bothered by them at all, so he was able to live all the years of his life with the fullest maximum Chiyus D'Kedusha!

Alternatively, we can say that even in midst of his suffering he clung and stayed attached and close to Hashem! He thereby with great Zechusim and Dveikus, drew new vitality and a complete total Chiyus from Hashem into all the sixty years of his life!

There are a tremendous amount of important lessons that we can all learn, from all of this!

The author's email address is articlesbymoishedavidson@gmail.com

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BITACHON GEMS

Learning the Parasha
with Rav Yehuda Mandel Shlita

פן תשחיתון- ועשיתם פסל – והשחתם- ועשיתם פסל

Twice the תורה calls ע"ז השחתה. When you get carried away by the greatness of certain people and other fascinating creations of הקב"ה, you are destroying yourself ח"ו. You are a צלם אלוקים and when you focus your mode on scary or important or talented people or the fascinating sun and moon and stars and any creation, then you diminish your self worth.

Part II

ארוך הגבר- אשר יבטח- באדם. Getting impressed and worshipping anything outside הקב"ה is a form of ע"ז and it pulls you down and makes a person cheap since he forgets הקב"ה who created everything and the person himself is the נדר הבריאה and is מחוייב to respect himself. Birds, animals, fish, people, celestial bodies can all become forms of ע"ז. Just because you enjoy "nature" doesn't mean that it's giving you יראת שמים.

Part III

The evil Germans were fascinated with "nature" and look what they did to the world! When you see the greatness of הקב"ה inside all his creations then you grow. They were meant to give us יראת שמים, but if you focus only on them, then you've got symptoms of ע"ז. This includes those fascinating trees and amazing, delicious foods and everything! Including those wonderful airplanes and skyscrapers and anything interesting in this universe.

ואכלת ושבעת- ושכחת את ה' אלקיך "Having it all" can be a grave danger and being inadequate is a ברכה in disguise

Coming to א"י is loaded with unending goodness. Taking over homes and cities and vineyards and all kinds of loads of goodness that we didn't have to produce. The כנענים did the work and we just moved in since it was all ready-made for us. This is a major danger when everything is spoon-fed to you and you are loaded with חלב and you

and you lose that "broken soul" side of you which brings you closer to הקב"ה.

Part II

Look how the תורה has to warn ושכחת.

ערל שפתים, וכבד פה, וכבד משה רבינו לשון

3 different major חסרונות in speech. In the area that every leader must have! Such a person is broken and he relies on הקב"ה more and more.

Part III

You feel like a nebech! You're full of anxiety you had bad relationships back home. You're lacking in כשרון or you have "rough edges" in your personality. You are weak physically or mentally. You're suffering with your פרשה of שולום בית or aggravation from your kids. You have a mental block in your learning. You're too quiet and depressive.

Part IV

You have no friends. People aren't מחשיב you. You aren't as ehrlich or honest or אויסגהלטן in your business dealings. Your family wants you out. You're that black sheep. You're forgetful. You aren't מסודר. You have a bad reputation. You have an issue with כעס or jealousy. You eat too much. You aren't "one of the boys".

Part V

You're too frum or too rigid or too modern. You're in the wrong community. Your physical appearance makes you self-conscious. You have no self esteem. You never really became what you could have become and all kinds of difficulties – believe it or not these are examples of leadership qualities since they bring you close to הקב"ה. Look at דוד, משה, יוסף, דוד – all were away from home because they got into trouble.

Part VI

And יהושע was very weak in learning (ילקוט משלי) and they called him a טפש! One of the famous shortcomings these days is not being מסודרדיק. And it can cause havoc on your productivity. People are annoyed with you and they

are right! Do you know who was 100% מסודרדיק The cruel, wicked Germans! By them everything was done with efficiency and order and professionalism. And Hitler ימ"ש was a fantastic speaker!

Part VII

And they were very intelligent and capable ימ"ש (P.S. This doesn't mean that you shouldn't try to improve!)

(Remember how משה רבינו had constant difficulties. איך אשא and עוד מעט וסקלני. טרחכם ומשאכם. This is the normal mode since משה is an example for the כלל so don't think that there is something wrong with you. On the contrary! It is a מעלה to have those unwanted issues and weaknesses. They save you from becoming an arrogant עמלקי type ר"ל!

אנכי ה' אלקיך

Notice that the entire עשרת בט"ד is בלשון יחיד. We can suggest that this is a message that we keep the תורה with אחדות and without קנאה and competition. We fargin each other and are happy with other people's הצלחה in ה' עבודת. For good reason it says prior to יחן ישראל נגדהר – לשון that מתן תורה and רש"י says it means אחדות and without מחלוקת. Everything we do should be with a togetherness – it's "us" - not "you" and "me".

Part II

We can also suggest בט"ד that חייב כאו"א לומר is because לשון יחיד. You imagine that you are the only person who is חייב בכבוד אב and to keep ש"ק and not to desire what's not yours etc. This makes you feel super important. There are many other important פסוקים which are "בל" יחיד.

אתה הראת לדעת כי ה' הוא האלקים אין עוד וידעת היום והשבות אל (אתם) מלבדו (וידעתם) לבבך כי ה' הוא האלקים.

Home is...



...IN OLAM HABAAA!!!

A LIFE WITH BITACHON ON THE PARSHA

In this weeks' Parsha we encounter how Moshe Rabbeinu approaches Hashem to Dav-en. Before he states his personal bakashos, he praises Hashem. Only after this does he make his personal requests.

The Gemara learns out from here that before we make our own requests by Davening, we are to first give praise to Hashem. This is what we do during the first three brachos of shemone esrei which precedes our personal bakashos, which starts afterwards.

The Rashba explains that it is not because Hashem needs our tributes before we can ask Him for our needs. Hashem is lacking nothing, and He does not need us to praise him. Rather the reason for starting off our tefilos in this format is for our own benefit. Because in the first three Brachos we are expressing how Hashem is full of mercy, is the source of all our needs, and how He can bring us any yeshua in an instant. By doing this we are building our reliance on Hashem and growing in Emuna and Bitachon. With this we are activating Hashem's tremendous chesed and rachamim. Therefore, before we ask for our requests we praise Hashem. By doing so zoom into His endless chesed. We are turning our reliance towards Him and all our needs will be granted on a silver platter!

When we go straight to The Source and mekor of it all, our loving caring father Hakado-ish Boruch Hu, the more Hashem will shower us openly with tremendous chesed and rachamim.

A Rebbi from Far Rockaway Harav Chaim Gershon Davis Shlit"a shared: *I learn with a Talmid the Kuntrus of the Beis Halevi on Bitachon each and every day. I was explaining to this Talmid how Bitachon works, and how all you need to do is rely on Hashem.*

The Talmid came back to me to tell me the following story: "The shiur was setting up Chavrusos for next zman and I really wanted to learn with the biggest metzuyan in the shiur. I thought I would really gain a lot from learning with him. The problem was that I was sure he could get someone better than me, and he for sure has many other Bochorim that requested to learn with him. But then I decided that I could just rely on Hashem to take care of it and make it that he should ask to learn with me. I turned to Hashem and put my reliance completely on Him. A few minutes later, this top Bochor came over to me and said, 'I really want to learn with you next zman. Are you interested?'

With that my Talmid got this top Bochor without doing any hishtadlus on his end! This is the Koach of Bitachon!



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

BS"D

Nachamu, Nachamu Ami

By Mrs. S. Mordechai

Nachamu, Nachamu Dear Dreamers,
the mercy of your Father runs deep.
It's time for us to gather.
The hour has passed for sleep.

My Crown of Glory, our Chupah;
the Samech, your wedding ring.
On the fifteenth of Menachem Av
Kol Sasson v'Kol Simcha We will sing.

The prayers you utter with your mouth
have become a pure, white klee.
I will answer with affection.
Over is My harsh judgment and decree.

Now will be an end to the dying.
Abandon your grave.
The road home with forgiveness and renewal,
we will start to pave.

The gates have opened. The way to Tzion, too
long has been closed.

Fragrant blossoms have replaced the sentries
and the king, who your King Above, opposed.

Wormless wood is rare as short
and dark overtake daylight.
Exchange your ax for Divrei Torah.
I will be your Chavrusa through the night.

After seven years, still unblemished
and whole; your deceased you may
now bury.
With jubilant Niggunim we will renew our
vows. Today we will remarry.

Daughters of Tzion go forth
in your borrowed Livush Lavan.
With Rena and Gila on your lips,
your smile of Tehilla don.

Dance in a Chug of joy.
Look up to Kel Rachum v'Chanun.
He'll bless you with Siata D'Shamaya

and your Zvug Hagun.

Young men put your best foot forward.
From any Shevet choose a bride,
with Achva and Reyus. The Holy one, Blessed
Is He, will be your Guide.

Harei At Mikudeshes Lee
Eem Tabat Zoo
remember the love between His Am Kodosh
and HaKadosh Baruch Hu.

Our covenant N'Chadaish.
Witnesses will be the Kochavim.
With Kol Chasan, Kol Kalla, and Kol Shofar;
His bride, His Am Karovo, He will redeem.

We'll celebrate the Geula Sh'laima.
HaYachid will send Moshiach soon.
We'll travel B'Yachad up to Har Tzion
under the full, white moon.

Achim v'Rayim will ascend in Achdus
to the House of Kehilas Yaakov.
In Yerushalayim Ir HaBanuya,
we'll express boundless HaKaras HaTov.

We'll draw water from the Spring of Salvation.
We'll raise Zimra with drum and lyre.
Our Bashert, Hashem Yisborach,
and His Shechina will always and forever be
near.

We'll celebrate the Geula Sh'laima.
HaYachid will send Moshiach soon.
We'll travel B'Yachad up to Har Tzion
under the full, white moon.

With Boundless Hakaras HaTov to HaYachid,
Yisborach, for His Siata D'Shemaya and much
gratitude to

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Zev Golombeck (The Bitachon Hotline;) Artscroll
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JF, RRM, AU, CYS, DD, MM, AG, and R. SS.

SIXTY SECONDS OF INSPIRATION

With Rabbi Label Lam - Monsey, New York

Heaven on Earth



I have to admit that I don't know what "heaven" means. But the word in Leshon HaKodesh is "Shomayim," and the Gemara in Chagiga tells us that Shomayim is a combination, a contraction of two words: eish—fire, and mayim—water.



What does that tell us?

Usually, fire and water don't get along, they cancel each other out, and yet somehow, in Shomayim they harmoniously co-exist. Therefore, Shomayim is the place where the irreconcilable is reconciled, where arguments end, where peace prevails. "Oseh Sholom bemromov, Hu yaaseh Sholom aleinu," and our job on this planet is to bring a little bit of that heaven down to earth.

Good Shabbos!

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The Spring Hill Times Bulletin Board

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MAZEL TOV!

Mazel Tov to Rabbi and Mrs. Yaakov Yehoshua Wicentowsky (Lakewood, NJ) on the marriage of their son Shlomo Zalmon to Sarah Zaltz!

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**Smile!
Hashem is proud of You!**

MAZEL TOV!

Mazel Tov to Rabbi and Mrs. Zevy Golombeck (Lakewood, NJ) on the Bar Mitzvah of their son Avromi! ALL ARE INVITED!

Please see page 60.

Dear subscriber

Each week, we give the magazines to a mailing company. The mailing company puts it in the mail. In order for you get it in time for Shabbos, it goes in the mail over a week before Shabbos.

However, we can't control the USPS and sometimes a magazine won't reach its destination. Even if you never get it, we paid for printing and mailing it.

If you don't get your magazine please let us know and we will extend your subscription.

MAZEL TOV!

Mazel Tov R' Yehuda Bakst and family (Chestnut Ridge, NY) on the birth of a new baby boy!

Dear Readers

Please note there will not be an issue for next Shabbos, Shabbos Parshas Eikev. Thank you!

MAZEL TOV!

Mazel Tov to Rabbi and Mrs. Moshe Rabinowitz (Chestnut Ridge, NY) on the Bar Mitzvah of their son Meir Yaakov!

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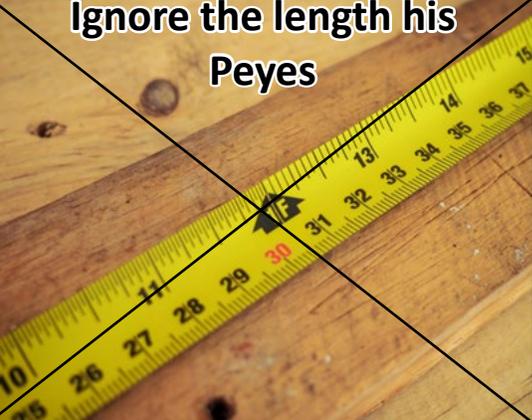
**LOVE YOUR FELLOW JEW TO NO
END!**

CRYSTAL CL

WHEN YOU SEE



Ignore the length his
Peyes



Ignore the style of his
Shoes



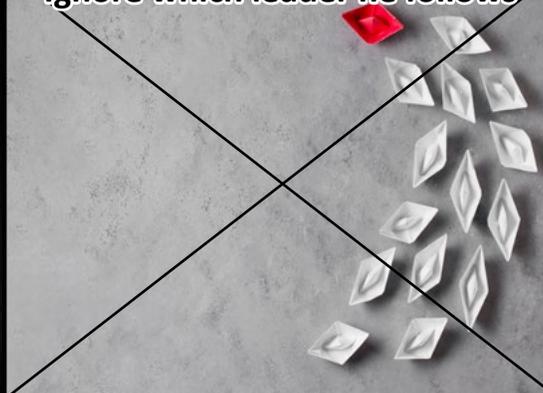
Ignore the type of car he
drives



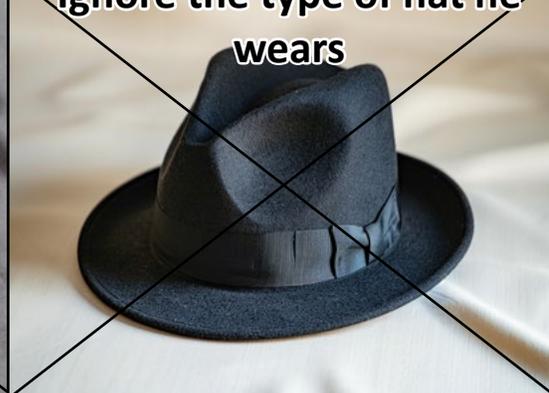
Ignore his mistakes

$$1+1=3$$

Ignore which leader he follows



Ignore the type of hat he
wears



Ignore the nusach he uses
to talk to Hashem with



Ignore his occupation



Don't Accuse!
Don't Judge!
Don't Convict!



WEAR VISION

BE ANOTHER YID:

Remember that he is part of your family!



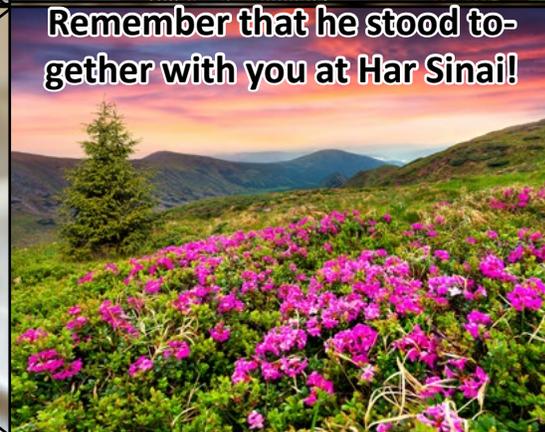
Remember that he is your other half!



Remember that Hashem created the world just for him!



Remember that he stood together with you at Har Sinai!



Remember that Hashem loves him to no end!



Give him a smile!



See his chelek Elokei m'mal - his neshama!



Hold his hand and help him through life!



Accept him and love him to pieces!





From Texas

A fascinating true acc journey to Shamayim a

Recap: Ben felt his Neshama soar up to Shamayim. He was overwhelmed with the fact that he when he wanted to be a certain place he was immediately there with one step.

I had a feeling that I had been in this place before (before I was born). I felt that my whole life of 18 years, was only five minutes long. I found myself standing in front of my Creator and I knew that all the world and all space and all time is always filled with Hashem. The way I can describe it best is if you imagine a child born blind. He knows his father's voice, his love, his presence, and then suddenly, he can see- and when his father enters the room, he knows right away that it's him. I realized that I was only a tiny piece of Hashem (since then, I've learned that this is called Bitul bemitzius, nullifying my existence before my Creator).

"I called out in English, 'Is this my time to leave?' I heard the word, 'אל.' All of my senses: seeing, hearing, smelling, tasting, touching, were combined into one, and I saw the letters lamed and alef painted in what looked like huge white lights. The word אל was breaking through the letters. I heard it, I saw it, I felt it, I experienced it. The word אל was like the size of a skyscraper in front of me. Although I did not speak Hebrew then (I don't yet speak Hebrew now, either), I did know the word אל. The word came closer to me, and it said that it was also the language of ל-א, (alef lamed) mercy, that Hashem was dealing with me with kindness.

It became smaller and smaller and closer and closer to me, and it came into my right hand, and, although I couldn't see my right hand, I felt it, as if my eyes were closed. Then it turned itself into seven things simultaneously: 1) the word אל,

2) a kind of crystal ball, a sphere, an olam. Inside (the crystal ball) was 3) myself, a little odom, inside of 4) a little Bais Hamikdash next to 5) a little menorah of fire next to 6) a golden scale, which was next to 7) a golden eitz chaim in fire.

s to Heaven

ount of a young man's nd then back to Earth.

The golden scale had listed in the front of it all the mitzvos I knew about: Chanukah, gemilus chasodim, kibud av v'em, ahavas reim, tzedaka.

On the back of the scale were listed all the mitzvos I didn't know about: kashrus, tzitzis, teffilin, shabbos, yom tov. However, I knew that the scale was telling me that I wasn't chayav for those mitzvos which I didn't know about, but only those that I did know (and neglected). Also, those mitzvos that I had done, even though I didn't know they were mitzvos, they were to be counted in my merit (although, I did not know that until later).

“The golden scale showed me my entire life from the moment I was born until the moment I came to this place, and every moment in between.

I saw every thought I had, every word I said, every action I did, how it affected myself and others, and every time I did an action it was either counted towards the good or ch'vsh towards the side of not good. Although I had many things on the side of good, having even one time something counted on the other side was incredibly scary and incredibly painful and difficult to watch. I was begging and pleading with myself ‘please do not do this thing that you're about to do! You know it's wrong!’ Nevertheless, I could not change it. My life had already been done, and it had been counted on the side of not-so-good (Ben speaks at length about how painful this was).

Thank G-d, I was only eighteen and I had not done that much damage, and I had more good than not-good. There were many things at the end that came to pile themselves on that I had not realized would weigh so heavily. For example, the time that I had accidentally kept Shabbos, when I didn't use electric things, or when I was sleeping and therefore not being mechalel Shabbos, as well as all the kosher things I ate or drank in my life, such as water, or food with a hechsher, even if only eating it unintentionally, not knowing anything about kashrus, still, all were counted on the side of good. To be continued...

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The Bitachon Perspective

Q & A with Rabbi Zevy Golombeck
Typed by R' Shalom Yedidya Klatzko

Q. My husband runs an organization of such a nature that he constantly needs to be on call. Whenever my husband's phone rings, he stops whatever he's doing and makes himself available to the person who needs him.

I understand that my husband is doing amazing work in helping out other people. But I keep telling him that chessed starts at home, and that he must make it a priority to set aside uninterrupted family time.

However, my husband tells me that as much as wants to focus on the family, he must be available to answer every call because he is the only one.

I came to the realization that there is no to'eles in trying to make my husband change and there is no hishtadlus I can do to change the situation. It happens so often that our entire family is together enjoying each other's company – until my husband's phone rings, and then everything falls apart. What can I do so as not to feel resentment towards my husband?

A. The reason you feel resentful is because you believe that the reason your husband is not available for the family is because he insists on being constantly on call. If only your husband would agree not to answer his phone, you would have more family time.

You must understand that Hakadosh Baruch Hu is the One controlling all results. Therefore, although your husband has the responsibility to prioritize his time, your husband's decision can't affect your life or the lives of your children one iota.

If you tried everything you could to change things, and you see that there is no more hishtadlus for you to do, you should understand that Hashem sees that this situation is best for you.

Once you realize that the reason your husband is unavailable is because that's what Hakadosh Baruch Hu decreed, view it as a chessed from Hashem that your husband is busy helping people.

Realize that there are so many other ways that Hashem could have made a person not be with his family: parnasah could be tight and he would have to work extra hours, he could be sick in the hospital chas v'shalom, he could simply not be interested in spending time with his family, he could be running away from the police, etc. Realize how lucky you are that Hashem made your husband busy with doing mitzvos and not through other reasons that you wouldn't even want to imagine.

When you adopt the mindset that it's not your husband's decisions which are affecting you, rather it's coming from Hashem, Hakadosh Baruch Hu says, "Since you realize that I am the One who is conducting the world, and I have your good in mind, in that z'chus, I will show you how things will turn around, and your husband will decide to make himself available to give your family all of their needs."

Story Time

Stories From 'A Life With Bitachon'

1817: This story was called in by Mrs. Walter. She was having a lot of company for Shabbos. She called the fish store to see if she could order a fish for all her guests. The store apologized but said they were out of fish. It was erev shabbos, and she was trying to figure out what to do, because she really wanted to serve fish. She knew how they would all enjoy it, but the fish man said there were no more fish.

Then she said, "One minute, just because the fish man doesn't have any more fish doesn't mean a thing. Hakadosh Baruch Hu is a Kol Yachol. He can do anything and everything. So for Him, there's no shortage."

While she was being michazek with emunah and bitachon, she heard a knock on her door. It was a person from a tzedaka organization that had hakaras hatov to this lady's husband, who gave a lot of tzedaka to this organization. He brought them a fish platter! Not only did it have enough fish for her whole shabbos company, but it had so much fish and different types of fish, and it was set up royally, that it was better than she could have done herself!



1818: This story was called in by very chashuva youngerman named Tzvi Kahn. He said over that he was talking to with his friend and explaining how bitachon works. That Hashem loves you and He wants to give whatever will make you happy. You can rely on Hashem for whatever you like, for whatever you could imagine. His friend responded, "Are you serious? Just because you want something Hashem is ready to change the whole world just for you? There's no rule, no exception, you get whatever you want?" Tzvi Kahn responded, " Yes! That's how it works."

So his friend responded, "Well right now, its cloudy, it's rainy. I want you to make it sunny for me. If that's how bitachon works that Hashem will change everything and anything for you, let me see it happen." Tzvi said "Sure. Let me first take out my camera and take pictures of the sky. You'll see! Look at the sky before I have bitachon, it's cloudy and dark. Now let me be mechazek in bitachon. Hashem, You're a Kol Yachol! Hashem, You love me. Hashem You want to give me whatever I like, whatever will make me happy. Well, right now, the sun shining forth would make me so happy. It will lighten and brighten my day."

Then all of a sudden, after a few minutes of being mischazek in bitachon and reminding himself how Hashem is a Kol Yachol, he told his friend to look up into the sky. The clouds started to disappear and the sun started shining brightly. His friend looked in amazement. They took pictures



before and after the bitachon!



1819: This story was called in by Mrs. Neuman. She said she was making a bar mitzvah for her son Yitzchak. They were looking to book a hall and found one for a couple hundred dollars. After they booked it, her son said, "Mommy! This hall is too small. They aren't going to have enough dancing room for everyone. I'd rather have something more on the newer side, with more spacious, more dancing room." She turned to her son Yitzchak and said, "The hall that you're looking for is going to be very expensive. It's going to be double or triple the price, but Hashem is a Kol Yachol. He can do everything and anything. We'll leave it up to Hashem. How Hashem is going to arrange it isn't our business. 'Hashem - we're going to throw it all on You. We want a new and spacious hall. Roomy with a nice dancing floor.'"



As it was coming closer to the bar mitzvah, they got a phone call from an organization saying, "Did you book a hall for your son's bar mitzvah on such and such a date and this and this place?" They responded, "Yes, why do you ask?" The organization told them, "We need to make an event in that exact location and time, and therefore we are asking you to book another hall, any hall, and we will pay the difference no matter how much it costs. You pick the hall and we'll pay the price." The family asked, "Are you serious?" The organization said, "Absolutely."

With that, Mrs. Neuman found a brand new, spacious, beautiful hall, and they got it without having to spend one extra penny, with the best service, better than ever!



1820: This story is from Mrs. Golombeck. It was before Pesach, and she wanted to make a day camp for little kids in order to let the mothers clean their houses. She was thinking to herself, "Where am I going to get the kids from? Do I want to start looking for and recruiting kids for my daycamp?" Then she said, "One second, why should I worry about where to get the kids from? Hakadosh Baruch Hu is a Kol Yachol, and He could do everything and anything. He could just send them my way, instead of me having to look for them, they'll look for me!" She wondered if she was really on that level of bitachon, but then she remembered that she heard on A Life with Bitachon, 'faking it is making it.' Just say, "I have bitachon! All the kids will be running to me."



After thinking all these positive thoughts of bitachon that Hashem is a Kol Yachol and He can do everything and anything, all of a sudden the phone rang. On the line was a day care. They said that officially they were supposed to go all the way until erev pesach, but they don't want to go all the way until erev pesach. They want to stop much before that. So they were asking if she'd be interested in taking all the kids. She couldn't believe it! That's exactly what she wanted. And in no time, she got with one phone call, a full day camp with the best service, better than ever! ❖



our development and then they put me on hold and I was saying Hakol Yachol and if they let me change it to our block I will send the story to the Spring Hill times and just like that she came back on the phone and said Ok I just changed your bus stop to your block.

Thank You, Hashem!

-Anonymous

Best Parking Spot

My husband and I were driving into the city late at night. During the day there are very few parking spots in the city, at night there are even less, because everyone is usually parked for the night. We got to our destination and couldn't find parking and

were circling around for over 20 minutes but had no success finding a spot. In the meantime, we were davening to find a spot and I said if we find a spot I will publicize it on the Spring Hill Times. Thank You Hashem, we ended up finding a free spot exactly in front of the place where we needed to go!!

Thank you for your publication!!

-A Reader

Rain!

Thank You, Hashem, for the great rains we have had for a month, and that all the grass is green! We even got a call from the water company, about a week ago, not to water grass, and a day or two later, they called back that the restrictions were lifted!

-N.S., Lakewood, New Jersey

Thank You, Hashem!

Hi I have two stories

1, I had a 4 year old girl who had been acting difficult for some time already and was causing our house to be full of tension. I saw somewhere posted that if you turn to Hashem through the segula of R' Masya Ben Charash and promise to publicize it then Hashem will help. I did it and my daughter is already much calmer.



2. I had a fire in my oven. B"H, I caught it right away and right before Shabbos started and was able to put it out. If it would've started earlier or later the story would've ended differently...

A lot of nissim that no one got hurt and my kids were sleeping so they aren't traumatized and the sprinkler didn't go off...

Thank You, Hashem!

-A Reader

Hashem is the Kol Yachol

Our bus stop last year was a few blocks away instead of being right in front of our house and the whole year it was very frustrating for us to drive the kids over to the bus stop and we called up many many times to ask them to change it and they said no. Just now we called to ask them to change our bust stop for the upcoming year and first they said they will only stop one time in

ברוב שבח והודאה להשי"ת מתכבדים אנו להזמינכם להשתתף בשמחת הבר מצוה של בנו היקר

אברהם AVROMI

ביום ראשון, אור לט"ו באב תשפ"ד
SUNDAY, AUGUST 18
DESSERT RECEPTION AT 8:30 PM
KHAL BNEI TORAH
304 MONMOUTH AVENUE
LAKEWOOD, NJ

העלי לתורה תתקיים אי"ה
בש"ק כ' עקב, כ' באב תשפ"ד
בית מדרש תורת חסד
901 MONMOUTH AVENUE
שחרית בשעה 8:30
קידוש אחר התפילה לגברים בלבד
יצחק זאב גאלאמבעק ורעייתו
נתן משה הכהן שטיין ורעייתו

**No One Would Dare Attack a Lion Cub
that Is Being Lovingly Cradled by its
Powerful Mother.**



**REMEMBER: YOU ARE BEING
LOVINGLY CRADLED BY HASHEM!**

This Week

Stories Reported in The Spring Hill Times from Previous Years' Issues

PARSHAS VA'ESCHANAN 5781 ISSUE 17

HASHEM' BLUEBERRIES



A family in Chestnut Ridge, New York enjoyed delicious, frozen bug free blueberries.

Besides being scrumptiously refreshing, blueberries fight cancer, lower diabetes risk, boost brain function, help blood pressure and cholesterol, reduce risk of macular degeneration and repair aging skin!!! Thank You, Hashem for this wonder fruit candy!

PARSHAS VA'ESCHANAN 5781 ISSUE 64

A NEW PERSON!

A tenth grader from Lakewood, New Jersey, told someone that he is three months old. Because it was three months since he first started reading the Spring Hill Times! The newspaper had changed his entire outlook on life!

ANTI-SEMITISM ON THE DECLINE

A yungerman from Chestnut Ridge, New York, was shopping at the local Costco store. While on line, a Non Jew turned to him and started describing in detail how much he respects Jews. He told

him that he knows from the Bible that when one helps the Jews he gets blessed. He went on to tell the yungerman how he helped a Yid in the past.

We don't have to go that much back in history to know how goyim can act towards Yidden... Thank You, Hashem for putting it in the hearts of goyim to be nice to us!



PARSHAS VA'ESCHANAN 5781 ISSUE 64

GREAT HAPPINESS IN HEAVEN

R' Moshe*, who was close to Rav Dov Yoffe z"l related the following story.

One night R' Moshe had a strange dream in which he was walking with Rav Yoffe and they passed by a park bench. Sitting on the bench was a former talmid of Rav Yoffe by the name of Chaim. As they approached the bench, Rav Yoffe bent down,

kissed Chaim, and continued walking. He then stopped, returned to the bench and gave Chaim another kiss before continuing on his way.

When R' Moshe woke up and told his wife about the dream he had just had, she advised him to tell Chaim about it. R' Moshe waited until the morn-



in History

ing to call Chaim. However, he was unable to reach Chaim, so he left a voicemail for him detailing the dream.

About a half hour later, R' Moshe received a return call from Chaim, who was crying and seemed unable to speak.

After a few minutes, he calmed down and was able to explain what had touched him so much. Chaim said that the previous night he had been by a big gathering with some friends when one of the speakers at the event embarrassed him publicly. His first inclination was to answer back, and tell the person off for what he had done. But he stopped himself by remembering the way Chazal explain the greatness of a person who is embar-

assed but does not respond. Instead of lashing back at the person who had humiliated him, Chaim kept quiet.

He left the event feeling upset about what had happened, and it took him a while to finally fall asleep.

When he woke up in the morning, and heard the voicemail R' Moshe left for him, he couldn't believe it! He realized that Rav Yoffe z"l must have come down to show him what a wonderful thing he had done by not answering back the previous night.

Chaim was so comforted by this that he called the person who had embarrassed him and was mochel him b'lev shalaim!

PARSHAS VA'ESCHANAN 5783 ISSUE 109

It was Thursday, 24 Tamuz, 5783, and R' Nachman Welder* from Brooklyn, New York, was driving up to the country. He stopped at a pizza store in Monticello to pick up pizza for his son who is in camp.

He left the pizza store and went back into his car. The car B"H turned on but the center screen that controls the a/c was dead. It was about 100 degrees outside and it was even hotter in the car.

R' Nachman called Volvo and they told him to try this and try that, but nothing worked. They then told him that he would have to bring the car to the shop.

That would have been very challenging for R' Nachman because he had a busy day ahead of him.

Later in the day, he started driving back to the city and it was extremely hot. He couldn't open the windows because it's hard to drive with open windows when traveling on highway speed.

He drove for 45 minutes and the entire time he was tapping the screen and pressing buttons but nothing helped.

Then he remembered the Spring Hill Times that he reads to his kids at the Shabbos Seuda

each week, and he said: "Hashem you are a Kol Yachol." You can make anything happen. You are not limited by the screen or technology. I believe with Emunah Shlemah that You can make anything happen. I thank You for this challenge."

THAT VERY SECOND the a/c started blasting with the screen still blank!!!!

30 seconds later, the screen rebooted and it started working!!!

Thank You, Hashem!!!

[Heard from R' Nachman]

Indeed, there is no such thing as a working a/c or a broken a/c. Everything in the universe is Hashem!

P.S. R' Nachman was so overwhelmed and awed by seeing and feeling Hashem and His love so clearly, that he choked up the first few times he said over the story!



**Hashem is
Wonderful!**

**Life is
Wonderful!**

**Klal Yisrael is
Wonderful!**

Hashem Loves You!

Rav Yeochiel Spero shared that HaRav Yitzchak Dovid Grossman Shlita is known for his tremendous Ahavas Yisroel which permeates every essence of his being. Many people wonder how he came to such a high level of pure אהבת ישראל? One reason of many is that Rav Grossman himself had a Rebbe named Rav Yisroel Yitzchak Meshi Zahav who was on a very elevated level of Ahavas Yisroel and demonstrated time and again what true love for another Yid means. One time, Rav Grossman asked Rav Meshi Zahav how he reached such a high מדרגה. Rav Meshi Zahav explained that many years ago, when he was very young, a not – yet frum Yid shared with him that he was just sent out of his house and now he and his family must live in the streets. Rav Meshi Zahav and his wife invited this Yid and his family to their tiny home to live together with them. Rav Meshi Zahav also helped this Yid by sending customers his direction to help his Parnasa and caring for his basic needs. There was very little space, so they put up a curtain to divide the house for the two families, so that each family can have a little privacy. That ליל שבת, when Rav Meshi Zahav was enjoying the Shabbos Seuda with his family, this Yid started blaring goyish music! Rav Meshi Zahav's family was shocked at the lack of respect and basic הטרט הטוב! They



asked their father to politely ask this Yid to turn off his music. But Rav Meshi Zahav said, 'Let's leave this Yid alone, and not demand that he turn off his music, because we don't want him to feel uncomfortable or unwelcome.' The blaring music continued week after week, and each time Rav Meshi Zahav refrained from saying anything to him.

One day, this Yid opened the curtain and asked Rav Meshi Zahav for a pair of Tefilin! He said that he used to have such a deep hatred for frum Yidden, and that's the real reason why he blared his music, because he wanted to see if they would get angry or upset at him. But everyone just showed him so much caring, love and sensitivity! Not only did no one get upset, they even helped him by sending him customers and being so nice to him! He said that

he wants to become frum. But the story doesn't end here. This Yid's entire family became frum, and his son is currently one of the major Roshei Yeshiva U'Mar-beitzei Torah in Eretz Yisroel!

Every Yid is special! Every Yid is Heilig! Hashem loves every Yid beyond all understanding!

The secret power of Ahavas Yisroel is so incredibly strong!

As The Spring Hill Times advertises, 'When you see another Yid, don't look at the color of his jacket... or at any externals. Instead, look at his/her pure Neshama!'

Hashem Loves Us!

Taken from The Hashem Loves You Hotline 267-833-0596