

לעילוי נשמת ר' שלמה זלמן בן ר' ישעיה זצ"ל

INTERVIEW WITH
RABBI OSHER EISEMANN 40



Times of Mashiach

THE SPRING HILL TIMES

Issue 167

Yom Tov Succos

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Hashem

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FROM THE EDITOR

כי יצפנני- בסוכו



The Sukkah we sit in reminds us of the Ananei Hakavod that Hashem surrounded us with in the Midbar, protecting us from harm.

Interestingly, while we have a mitzvah to live in the Sukkah, we are still partially living in our houses. First of all, half of our families: the women and little children are exempt from Sukkah. There are many activities that we are allowed to do and must be done in the house. Furthermore, there are many situations that come up that a person is patur from Sukkah due to "Teishvu Kein Taduru."

As much we are living in the Sukkah, we are still living in our houses!

The message is loud and clear. The Sukkah we sit in is not just the physical Sukkah we built. Every protection and every sense of security we have in life is Hashem's Sukkah. Be it our houses, the governments with powerful weapons, the police force, the communities that we live in, our families, the health system, the economy and all the organizations that we know we can turn to in time of need. They are all messengers of Hashem. In reality, it's Hashem taking care of us and watching over us with His Ananei Hakavod - His loving Hands!

It makes no difference whether Yidden are living in peaceful countries or in a place of war where hundreds of missiles are falling daily with almost no harm (each missile a miracle in itself)!!! We are being lovingly carried by Hashem. We are completely surrounded by Him, like a child in his father's arms and no one can touch us.

Even when something happens, c"v, and it appears as if our enemies have succeeded against us, in reality it's all Hashem, it's all love, it's all kindness and it's all to bring us closer to Him.

What a wonderful loving world we live in!

Have a beautiful Yom Tov!



HASHEM HAS HIS ARMS WRAPPED AROUND KLAL YISRAEL



On Tuesday night, 29 Elul, Eretz Yisrael time, Iran launched over 180 Ballistic missiles towards Eretz Yisrael.

Many were shot down and even those that did fall in Eretz Yisrael missiles caused almost no harm! According to reports, there was only one confirmed death from the attack, an illegal Palestinian!

Chasdei Hashem Ki Lo Samnu!

"SO MANY MIRACLES"



On the night of Shabbos, shortly after Nasrallah was eliminated, Tzfat was bombarded with rockets. It was an intense barrage, and one rocket struck just about 120 feet from my house (3 houses down). The explosion was massive, shaking the entire area. Windows were blown out in some homes, and while some people were in tears or went to the hos-

pital from the shock, thankfully, no one was hurt. The family living in the house that was hit had gone away for Shabbos, so they were unharmed—another miracle. There are daily miracles here in Eretz Yisrael, and Hashem is truly with us.

So many miracles, ALL the time!

Debris from the house was scattered in the street. I picked it up as a reminder of the miracle. It serves as a reminder of how good my life is and how kind Hashem is to all His creations. As I took pictures, I noticed that it kind of resembles a shofar. (See photo)

Throughout Shabbos, people came and went to see the place where the miracle occurred. For me, it was a Shabbos filled with gratitude that my family, I, and everyone around us were safe and alive. It was a close call, but those who live with Emunah understand that it wasn't by chance that the rocket missed—Hashem made it miss. And it was Hashem who guided that family to go away for Shabbos.

Also included is a picture of the backside of that piece of metal. It's a thick, heavy piece. Would have taken anyone out c"v. And it has a burnt, gunpowder kind of smell to it.



(Akiva - A Spring Hill Times distributor in Tzefat)

A PILE OF SHMATTAS



It was not long ago when Hezbollah was feared as a mighty terrifying terrorist group with tens of thousands of powerful missiles.

In a matter of two weeks, Hashem, using the Israeli army, gave them one devastating blow after another and in front of the entire world they turned into a pile of shmattas.

They try to hurt Klal Yisrael by shooting thousands of missiles, yet time after time Hashem makes them miserably fail.

It's clear to the entire world how we are Hashem's beloved nation and how He is watching over us!

NEWS FROM YERUSHALAYIM



On Motzei Shabbos a rocket was sent to Jerusalem and passed the Neve Yaakov neighborhood and landed in a field near Yishuv

Adam. Chasdei Hashem no one was hurt and nothing got damaged. My family and I heard the boom.

On other news, I was at the Kotel just now, motzei Shabbos and there were many women who were dressed as though they were not yet frum and many were davening at the kotel with a siddur. I was so moved by how Hakadosh Baruch Hu's children are all yearning to come closer to him.

Michal Litwin
-Neve Yaakov

HASHEM LOVES THE EHRLICHE YESHIVA BOCHURIM AND CHANGES NATURE FOR THEM



This summer in a Camp the hanhala wanted to take the bochurim on a trip to a local park. The park had a little beach with a lake and the hanhola wanted to make sure it would be an appropriate place for the bochurim so they visited it for a few days in a row to check it out. When they saw that no one came there, they arranged the trip. On the day of the trip, the hanhola went to the beach before the boys came and to their dismay it was filled with people! What were they going to do? There were busloads of ehrliche bochurim already on their way! Rabbi P, the head counselor, said

if Hashem sends them a yeshuah he's going to tell all the bochurim the hashgacha pratis. Just then the sky began to get dark and not just a little dark but very gray. It looked like the sky was about to open with a huge downpour. Quickly the people at the park gathered up their things and began to leave. The last people left just as the first bus pulled in. The bochurim all got out to a beautiful empty park. And what about the downpour? The sky completely cleared up and the sun came out! The bochurim had a great time! Hashem loves ehrliche yeshiva bochurim and changes the teva for them! Thank You Hashem!

(As told from a bochur who was there)

IF ONLY I COULD BE SOMEONE'S MIRACLE

There are many stories about



good people whom Hashem chose to be His messengers. I think it's important to publicize the story I'm about to tell, so that we will understand that the zechus of being able to help others is not a given.

In our kollel there's an avreich who has difficulty with parnasah. He learns b'chavrusa with an avreich of means, but he usually does not ask for his help, since this chavrusa has a rule: He loans money only to someone who knows clearly how he is going to return it. Since this avreich is not in that category, he doesn't even try to borrow money from his



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chavrusa.

Last Thursday he got into a bind, and although he knew his chavrusa's rule, he told him, "I don't have a way to buy food for Shabbos. Can you please lend me 350 shekels?" Unexpectedly, his chavrusa answered, "You know that in general I don't lend money to someone who has no foreseeable way of returning it, but you are accustomed to miracles, and from time to time you've told me how Hashem sent you your needs in incredible ways. Therefore, I'll lend you the money." The chavrusa took 350 shekels out of his pocket and gave the money to his friend as a loan.

The chavrusa who gave the loan related the end of this story:

Before davening Minchah that day, a spirit of generosity came over me. I thought to myself: So many miracles happen to my friend! Today I will be his miracle. I planned on taking an additional 350 shekels out of my pocket, giv-

ing it to some other avreich, and asking him to give the money to the borrower, so that he'll immediately have a way of returning the loan.

I decided to hurry and do this right after Minchah, but to my surprise, right after Minchah the borrower came over to me and returned the money he had borrowed before Minchah. "Someone already gave me money," he told me.

I stood there, amazed. Hakadosh Baruch Hu took care of my friend and sent him the money through another messenger. And I probably need to strengthen myself in order to be zocheh to be someone else's miracle. (Hashgacha Pratis Newsletter)

HASHEM SENDS REFUND

My grandfather suffers from a certain health issue for which he

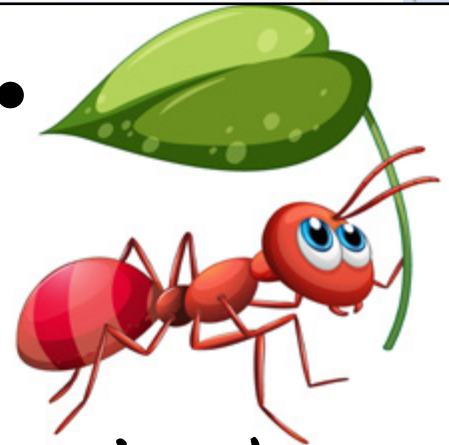


requires a type of medical apparatus that costs 440 shekels. The members of the family started looking into this equipment and checking whether it was possible to be reimbursed by his health insurance. When I asked if they had bought it, they told me that we probably would not get a refund, and they were thinking about what to do.

"What's there to think about?" I said, "Saba is suffering; we have to help him. If there's something else to be done, you do it. I'm buying the machine."

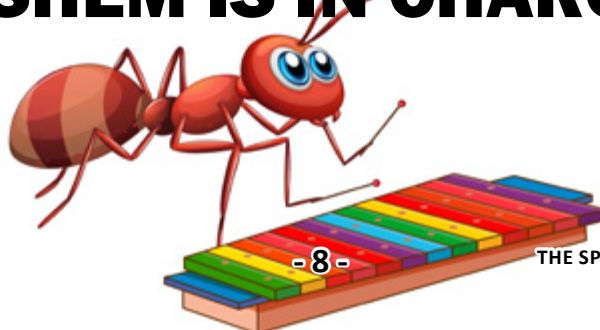
At that specific time, I had the money, and I purchased the ma-

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chine. The money was meant to be used for the needs of my home, but I understood that this was not a time for making cheshbonos. I felt that buying the machine was the right thing for me to do, and regarding the near future - Hashem would help, at least like He had helped Saba and sent him the machine through me.

Yesterday, a Yid came over to me and gave me one hundred dollars, which, according to that day's exchange rate, is worth 370 shekels. Another Yid gave me 200 shekels, and thus, after I took off a fifth for ma'asros, I had 440 shekel in hand, plus an additional fifteen shekels - the sum I had paid the delivery man to bring the machine to Saba's house.

So exact. Such hashgachah.
(Hashgacha Pratis Newsletter)

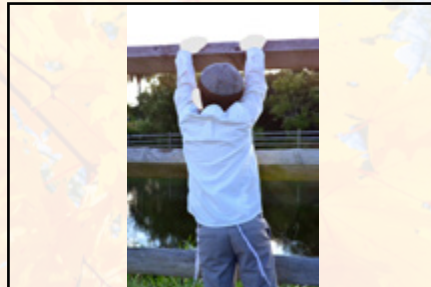
SAFE AND SOUND!



A bus full of children coming home from a trip encountered a lot of traffic on the Tappan Zee Bridge (now known as the Mario Cuomo Bridge). The non-Jewish bus driver followed Waze, which directed him by mistake to drive in the opposite direction of the traffic!! Baruch Hashem, they got home safe and sound!

(As told by a boy who was on the bus)

ANTI-SEMITISM ON THE DECLINE

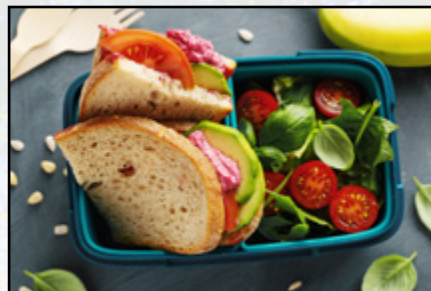


Chaim,* an 11-year-old boy from Lakewood, NJ, went on a trip with his school and some boys lost their yarmulkes. A non-Jewish worker saw a yarmulke and picked it up and returned it to them.

In other news,

Yossi,* a 6-year-old boy from Monsey, NY, was on a trip with his family, and his yarmulka fell off. A non-Jewish worker climbed over a fence to retrieve it!

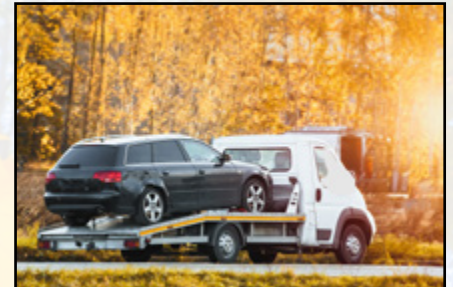
NOSEN LECHEM L'CHOL BASAR



Mrs. Solomon* was rushing to work in the morning and realized that there was no bread in the house, and she had no food to take for lunch. Then she remembered that her office was going to order lunch for everyone that day. She realized that on the exact day that she had no food for lunch, Hash-

em would be giving her lunch at work! (As told by Rabbi Solomon)

ROAD-SIDE SERVICE!



We were on the way home from LaGuardia Airport in very heavy traffic. While driving, we felt there was something wrong with the steering wheel. After about an hour and a half of sitting in bumper-to-bumper traffic, we went off an earlier exit in order to avoid a toll. After driving for a few minutes in the residential neighborhood, the car came to a complete halt with a scary screeching sound! There were so many hashgacha pratis that happened in this story.

Number 1, the car stopped at a small dead-end street causing no traffic.

Number 2, a wonderful Chaveirim volunteer came to help us.

Number 3, a not-yet-Frum Yid, who was passing on the other side of the road, turned around and came back to see if we needed any help. When we saw 100% how he really wanted to help, and was not a danger, my husband allowed him to bring my two older sons home.

Number 4, the Chaveirim volunteer drove me and the rest of my kids home. My husband stayed behind to wait for the car to be towed.

Number 5, though normally towing a car can cost hundreds of dollars, I vaguely remembered read-

ing the manual of a credit card I had that one of the benefits was that it offered free roadside assistance. I wasn't completely sure, so I called the company to confirm. They said that it was one of the benefits that they offered. Also, the towing company came in less than an hour later and the driver even took my husband to his kollel to pick up his car free of charge! (A Spring Hill Times)

ROSH HASHONA HACHANOS



I'm a baal tokeah, but I'm not happy with any of my shofars (except one, but every baal tokeah has at least one back up, many have two). I always wanted a shofar that sounded like the one the Rov of my old shul blows. It has a HUGE sound. That's the best way to describe it. It shakes the walls. So, I asked Hashem if I could have a shofar like Rabbi W. The next day, I was looking in a sefarim store, trying out each and every one of the shofars, looking for something that shook the walls. Nothing came close to the sound I wanted. I gave up, and decided to settle for a regular shofar that sounded good enough. Then, still in the store, I got a phone call. My old friend was on the line, and he asked me if I was interested in a "natural" shofar. I didn't know what he meant. He said he has a

huge shofar, with a huge sound, that shakes the walls!

"Where are you?" I asked, fully aware that Hashem was giving me a great present!

"In BME (Beis Medrash Elyon)."

"Do you have the shofar with you?"

"Yes! Come check it out!"

"I'll be there in 3 minutes!" and off I went.

The shofar was indeed huge, and it indeed shook the walls!

But the asking price was high, and really, I couldn't afford it. I just didn't know if that was a reason to turn down Hashem's present... I didn't know what to do.

As the day went on, I became more and more attached to the shofar, and more and more convinced that Hashem wanted me to spend more than I can afford on it... There was only one thing that bothered me. As it spiraled around in a full circle, it ended up with the large end (where the sound comes out) pointing straight down. This is not meakiv, but it bothered me a little, because it's a hidur for the shofar to point upwards, towards Hashem.

I knew I'd have to clear the shofar with Rabbi S, the Rov of the shul where I blow on Rosh Hashanah. I prepared to bring it to him in the evening, but I predicted trouble, because he's very particular that I only blow a shofar with a hechsher, and this strange looking shofar had none. That was a difficulty, because this shofar looked very different from the regular shofar you see in stores. It looked like it just came off the ram, without any sanding, polishing, etc. and, of course, it's huge. Without

a hechsher, Rabbi S was sure to be skeptical.

I showed it to him with an anxious smile on my face, hoping that would sway him to also appreciate my amazing weird shofar. He'd never seen such a thing, and he didn't seem to be too excited for me to use it. I knew what to do. I blew it for him so he could see how amazing it sounded. "It's loud," he said, and walked away, shaking his head. I didn't hear what he was thinking, but "Why does he have to do this to me...?" was sure what it seemed like. Then, on the way out of the beis medrash, he delivered the death blow.

"Does it have a hechsher?" he asked. I didn't have to answer. I just raised one eyebrow and looked, defeated, at the floor.

Oh well.... I guess it wasn't bashert...

But, Hashem gave me a present...!

By Maariv, I remembered the Spring Hill Times tried and true motto: Hashem is kol yachol!

"Hashem," I davened, "thank you for the shofar. I love it, but Rabbi S doesn't like it. Can I please have a different HUGE shofar that shakes the walls like Rabbi W's shofar, but one that has a hechsher, and, if it's ok, one that faces upward instead of straight down?"

That was azus dkedusha (I nervously told myself).

I decided to call my friend who originally offered the shofar to me to get more info on the Kashrus of the shofar, hoping to appease Rabbi S.

It wasn't his, my friend said. Somebody was getting rid of it, and my friend contacted me to see

if I wanted it.

“Does the person you got it from know where it came from?”

“The person I got it from got it from someone who got it from someone else who made it himself!”

“Great! How can I reach him?”

“He’s not alive anymore.”

The nail in the coffin.

“But, if you’re interested,” he continued, “I just spoke to a guy in Brooklyn who has about thirty of these types of shofros, and he said we can take a look. They’re \$100 cheaper too. Do you want to go to Brooklyn to take a look?”

WOW!

“Of course!” I said, “Right away!!!”

THANK YOU, HASHEM!!!! (A Spring Hill Times Reader)

TEFILLIN FROM SHAMAYIM

R' Kraus,* a Talmid Chacham, was orphaned of his father when he was eleven. One of the hardships he endured was the feeling of loss that his father was not able to get him Tefillin.

As a bochur in Telz, the Mashgi-



ach told him a story about his father. His father was from Europe, and when the war broke out, he ended up in Paris. He didn't have the proper papers, and he didn't know how to get out of the country. He befriended some frum American soldiers. They were returning to the U.S. and smuggled him in a chest with air holes onto the ship. Upon arrival in America, he enlisted in the army and was granted citizenship. He was sent back to Europe and eventually he became a translator for General Eisenhower as he knew many languages. One time, they came upon Yidden. The Yidden begged for Tefillin, and R' Kraus's father arranged they should get Tefillin.

This story was bittersweet for R' Kraus, as it made him feel even worse in a way, that even though his father made a special effort to get those Yidden Tefillin, he had

not been able to get his own son Tefillin.

That Elul, while he was still in Telz, an expert came and checked the boys' tefillin batim for “devek” (glue). His tefillin did have glue. He was told that they were kosher, but it was better to get new batim if he could. He told his mother, who was moser nefesh to provide for the family, and she said, “We'll have to try our best to procure new batim,” which at the time was 300-400 dollars.

He went home for Yom Tov, and one day a neighbor spotted him and brought over a jewelry chest. “Your father gave me these ring settings from diamonds. You're his heir, so I want to give them back to you. They're really out of date, but go to so-and-so who works in the Diamond District in Manhattan, a friend of your father's, and see if he can use them.” R' Kraus brought them to his father's friend, and the man said he could melt them down, and he gave R' Kraus their value, which was \$350!

R' Kraus felt a great nechama from this. It was as though his father had just handed him the \$350 for new batim for his Tefillin! (Rav Eli Yelen)

EPIC PUPPET ENTERTAINMENT

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THEY ARE JUST PUPPETS IN THE HANDS OF HASHEM!**

TIME FOR REVIEW

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

Option 3 from Main Menu.



KI TOV HASHEM NEWS

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

UPDATED DAILY!



ENGLAND

USA

**ERETZ YISRAEL
0765670655**

Anti-Semitism on the Decline



Mrs. Shapiro was walking with her baby in the park, and the baby fell and hurt herself. A non-Jew came to help out, and another non-Jew saw the baby crying and came over and gave the baby a kiss!

Ahavti eschem Amar Hashem

What A Beautiful Nation



11-year-old Yaakov Zev Rand from Chestnut Ridge, NY, was in Woodridge, NY, for Shabbos. There was a very strong rain storm on erev Shabbos, and there was a power outage. The grocery and the sefarim store told all the peo-

ple that they could buy whatever they want and come back after Shabbos to pay!

Mi K'mcha Yisrael

Girl from England Trusts in Hashem



10-year-old Esty Berkowitz from Manchester, England was in day camp and they were making a raffle. She wanted to win, so she sang Hakol Yachol, and she won the top prize!

In other news, my son Moshe Yehuda had a raffle in school by his Rabbi to see which boy could come with him to the store. My son wrote on his ticket Beis Samech Daled and he won the raffle! The Rabbi then made another raffle for another

boy to come and my son put in his ticket for a different boy and he also wrote on that ticket Beis Samech Daled. That boy won the raffle too!

v'Haboteach BaHashem chessed yesovevenu

Anti-Semitism is on the decline

Mrs. Rosen went in a taxi to go to the park. When she got to the park, the taxi driver said he loves seeing Jews enjoying themselves

ETERNAL \$ BANK

Keep your money safe forever!

Just transfer it to any צדקה cause



at the park.

Ahavti Eschem Amar Hashem

Woman Thanks Hashem



Mrs. Fisher called and left a message to order the Spring Hill Times for her children. She did it as a zechus that Hashem should perform a miracle for her for something she really needed. Before she even got a call back, she had a yeshua!

Thank You, Hashem!

Boy from Lakewood thanks Hashem



11-year-old Yehuda Neuman from Lakewood, NJ was in camp

and they were trying to show a slideshow, but the sound was not working. Yehuda Neuman said that if Hashem makes the sound work he's going to call into the Ki Tov Hashem news station to thank Hashem. Baruch Hashem the sound then started working!

Thank You, Hashem!

Anti-Semitism is on the Decline



11-year-old Yaakov Zev Rand from Chestnut Ridge, New York reported that the garbage man came to his house to pick up the garbage. They usually have locks on the garbage cans to keep the animals out but they forgot to open the lock before the garbage truck came. So the garbage men came and were trying to open the locks but they were jammed.

His father went over to them and asked them why they didn't just rip open the lock, and they said "No, we don't want to ruin the lock for you." They kept on trying until they finally opened the lock!

Thank You, Hashem!

Anti-Semitism in New York on the Decline

Dovid, a yeshiva bachur from the Woodridge yeshiva, reported that there's a non-Jew who lets the bachurim use his property as a shortcut to get to yeshiva. Now that the



bachurim came back for the new zman, the non-Jew said that he's going to make it nice. He's going to put up lights and make it nice so that the bachurim can walk by!

Ahavti Eschem Amar Hashem

Mother Trusts in Hashem



Mrs. Rosen was expecting a baby. The doctors told her that the baby was going to have many problems, and he was going to be autistic. She then called a life with bitachon, and she heard that we're supposed to picture that the yeshua has already happened. She pictured that she had a healthy baby, and baruch Hashem the baby was born one hundred percent healthy!

V'Haboteach B'Hashem Chessed Yesovevenu

Our Default Thinking Is Changing

Mrs. Schapiro from Yerushalayim reported that she was talking to her seven-year-old son Dovid, and she was telling him that the baby was cranky the whole day



and wasn't happy. The first thing Dovid said was, "Why didn't you sing Hakol Yachol?"

V'Ani Kirvas Elokim Li Tov

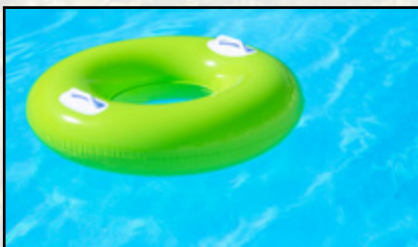
Anti-Semitism is on the Decline



R' Yitzchok Aron Sternfeld went shopping in Rockland Kosher in Monsey, New York. He met a non-Jew who was telling him that in the world there are givers and takers, and the Jews are givers. He went on and on, praising the Jewish nation.

Thank You, Hashem!

Boy from Eretz Yisroel Trusts in Hashem



Mrs. Baum bought a new swim-

ming pool. She was trying to pump up the pool with her pump, but it was not going. She was trying and trying to no avail. Her five-year-old son started singing Hakol Yachol, and within a few minutes, the pool was fully blown up!

Baruch Hagever Asher Yivtach B'Hashem

Man from Eretz Yisroel davens to Hashem



R' Avraham needed to go somewhere. He was walking, it was a very hot day and he was running late. So, he turned to Hashem and said, "Hashem, You can get me there in minutes." Just then, someone with a car stopped, and he was going to the exact place R' Avraham was going to!

Baruch Shomeia Tefillah

Yeshiva Bachur Turns to Hashem



Meir, a yeshiva bachur, reported that he has a hard time falling asleep and taking

naps. This summer he davened to Hashem and had a lot of bitachon. Baruch Hashem it was much better!

Thank You, Hashem!

Anti-Semitism is on the Decline



Shira, a girl from Monsey, New York, went in a boat on a lake with some other girls. They got stuck and did not know how to get back. It was already closing time, and they were getting nervous. They davened to Hashem. They then saw some non-Jews passing by in a boat. They asked them for help, and they said, "Sure!" The non-Jews tied their boat to the girls' boat and pulled them back!

Thank You, Hashem!

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LIVING WITH HASHEM

By Rabbi Zevy Golombeck

Editor's note: Many of these stories are from AdarNissan

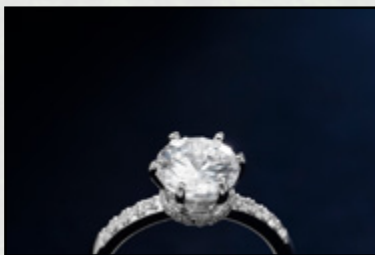
Gratitude Pays!



R' Weiss,* a Hatzalah member, needed a lot of money urgently. He asked a few people if they could help him out, but no one had money for him. He didn't know what to do. Then he called the yesod section of the bitachon hotline, and it said that if you have a challenge, even though we don't choose our challenges, we can choose how to deal with them. So he decided, "Okay. Let me thank Hashem for all the bracha I have in my life."

Right after he finished, a yid walked by and said, "You do so much chessed for the world, how can I help you?" R' Weiss said, "Are you serious? I need this amount of money." So the man answered, "Of course I'll give you that, and I'll give you even more! I don't want you to just get what you want, I want you to feel like I'm taking care of you!" And he give him a lot of money!

Never Give Up!



Mrs. Kohn* had a relative who was 40 years old, an alter bachur, and everyone gave up on him. She said, "I know what I'm going to do as a zchus for him, I'm not going to give up on

him!"

Baruch Hashem, they just had his Sheva Brachos, a beautiful simcha!

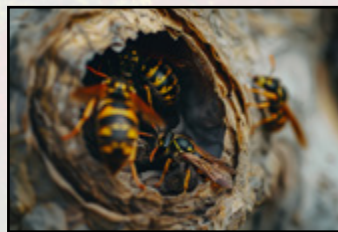
Hakol Yachol



Chani* was brushing her teeth with a waterpik, you press a button and it shoots out water, but it wasn't working. She tried this, and she tried that, and she said, "Oh, it's broken."

Then she said, "One second. That's if you go with teva, if you go with Hakol Yachol, anything can work," and she tried again, and it worked!

Saved from Wasps



Miri* from Eretz Yisrael asked her mother if she could go swimming in their wading pool. Her mother said, "But you weren't even feeling well today, you were lying on the couch!"

Miri said, "Mommy, can you just fill up the pool in case I feel well," so they went out to the porch to get the pool.

They saw a wasp going into a hive. Quickly they called an exterminator, and he came right over. He said, "Wow, this is a brand-new hive. It's still easy to get rid of it. If you would have waited one more day, it would have been much, much bigger with a

A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

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

SYSTEM INSTRUCTIONS

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

Eretz Yisroel	0797040068
Lakewood.....	7327193898
Monsey	8454705577
Five Boroughs	9294705577
England	03303502368
Australia	(3) 99997300
Canada	6474987700

A Life with Bitachon in Yiddish
Eretz Yisrael: 0723701912
USA: 845 2625115
UK: 03303251260

hundred wasps in it, and it would have been very dangerous, and much harder to get rid of. Now it's easy," and he got rid of it 1-2-3!

Hashem's Wonderful & Incredible World

Hashem's Hidden Goodness!

Moderate Coffee and Caffeine Consumption Is Associated with BS'D Preventing Onset of #1 Killer

Hashem's Regular coffee or caffeine consumption may offer a protective effect against developing multiple cardiometabolic diseases like coronary heart disease and stroke, the most common killers in human society today.

Detailed in new research published in the Endocrine Society, three cups of coffee per day were associated with those in the study cohort who had a lower profile for a novel risk marker called “new-onset cardiometabolic multimorbidity.”

Cardiometabolic multimorbidity (CM) refers to the coexistence of at least two cardiometabolic diseases.

Coffee and caffeine consumption could play an important protective role in almost all phases of CM development, the researchers from China and Sweden found.

“Consuming three cups of coffee, or 200-300 mg caffeine, per day might, b'syata D'Shmaya, help to reduce the risk of developing cardiometabolic multimorbidity in individuals without any cardiometabolic disease,” said the study’s lead author Chaofu Ke, M.D., Ph.D. at Suzhou Medical College of Soochow University, in Suzhou, China.

The study found that compared with non-consumers or consumers of less than 100mg caffeine per day, consumers of a moderate amount of coffee (3 drinks per day) or caffeine (200-300 mg per day) had a 48.1% or 40.7% reduced risk for new-onset CM.

Dr. Ke and his colleagues based their findings on data from the UK Biobank, a large and detailed longitudi-

nal dietary study with over 500,000 participants aged 37-73. The resulting pool of participants included a total of 172,315 individuals who were free of any cardiometabolic diseases at baseline for the analyses of caffeine, and a corresponding 188,091 individuals for the analyses of coffee and tea consumption.

The participants’ cardiometabolic diseases outcomes were identified from self-reported medical conditions, primary care data, linked inpatient hospital data, and death registry records linked to the UK Biobank.

Coffee and caffeine intake at all levels were inversely associated with the risk of new-onset CM in participants without cardiometabolic diseases. Those who reported moderate coffee or caffeine intake had the lowest risk, the study found. Moderate coffee or caffeine intake was inversely associated with almost all developmental stages of CM.

“The findings highlight that promoting moderate amounts of Hashem's coffee or caffeine intake as a dietary habit to healthy people might have far-reaching benefits for the prevention of CM,” Ke said.

Numerous epidemiological studies have revealed the protective effects of coffee, tea, and caffeine consumption, some of which GNN has reported on before.



Chasdei Hashem!!!

Happiness in Hashem's World Protects Against Strokes and Heart Attacks

The analysis of health records of more than 120,000 adults in the UK with an average age of 57 found that people who are happy with their lives in Hashem's world are significantly less likely to suffer a heart attack or stroke.

They were less likely to develop coronary artery disease, suffer a heart attack, heart failure, or have a stroke

than those with lower levels of well-being, according to the study published in the Journal of the American Heart Association.

The study found that, compared to adults with a low sense of well-being, the overall risk of developing cardiovascular disease was 10% to 21%—being lower for people with the highest well-being scores.

Compared to adults with a low sense of well-being, peo-

ple with the highest well-being scores had a 44% lower risk of coronary artery disease, a 45% lower risk of stroke, a 51% lower risk of heart failure, and a 56% lower risk of heart attack.

“Our findings support a holistic approach to health care, where enhancing a person’s mental and emotional well-being is considered an integral part of preventing heart disease and stroke,” said study senior author Professor Wen Sun, of the University of Science and Technology of China.

“Health care professionals might consider including strategies to improve life satisfaction and happiness as part of routine care, such as recommending regular physical activities, social activities or stress management techniques as effective ways to enhance personal well-being.”

It is well-known that life satisfaction, or well-being, can increase mental health.

But, until now, the influence of well-being on cardiovascular health was less clear.

After reviewing questionnaires from more than 120,000 participants in the UK Biobank database, the Chinese research team assessed well-being as it related to satisfaction with family, friendships, health, finances, and general happiness.

They analyzed the potential connection of well-being with the development of four major cardiovascular dis-

eases: coronary heart disease, heart attack, heart failure, and stroke.

The study also examined the impact of well-being on lifestyle factors and inflammatory markers.

“These results underscore the profound impact that emotional and psychological health can have on physical well-being, shedding light on intricate biological mechanisms that were not fully appreciated before,” Professor Sun said.

“They add to the growing body of data that psychological health can impact cardiovascular risk,” said Professor Glenn Levine, of Baylor College of Medicine who was not involved in the study, said of the findings. “Much of the focus on psychological health has understandably been on negative factors such as depression and stress.”

“This study emphasizes the importance of positive psychological health, including the more global factor of a person’s sense of well-being.”

Mitzvah
Gedolah Le-
heyos b'Sim-
cha!



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

Parsha Fun



Sukkos
Riddle #108

To hear the answer to the question, press *14 #108 on the Chaishek HaTorah Line 8457204040

Shach from glass is not found, since it is invalid for it doesn't grow from the ground. Glass is made from sand, which is abundant on our land. The fact that glass doesn't produce shade, is surprisingly not the reason for its failing grade! Do you know why?

I'm a twin and we are busy
All day and all night.
My twin sits on the left
And I am on the right.
We expand and we contract
As we welcome and let go,
All controlled by a muscle -
Which lies right below.
We are vital for survival,
But can be mimicked by machine,
You also need our service,
To even talk or sing.
So take a deep breath and concentrate,
I'm sure you'll guess our name,
We are referred to in plural,
Cuz we are two parts of the same.
Who are we?

Lungs



Hashem's beautiful world!

Answers for the Parsha Pictures
Chanukah: Moshé Rabbéinu davened for the success of the Chashmanaim, יחמך
מגמה - חמך
ליון - חמך - חמך

Thank You Hashem for Water! It sustains us, is so refreshing and is available everywhere!



Thank You Hashem for Sukkah Decorations! They enhance and beautify our sukkah's I'chovid Yom tov!



5
Weekly



Thank You's

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

Thank You Hashem for Arbah Minim! They are so readily available for us and we can get such enjoyment from using them!



Thank You Hashem for Electricians! They can safely wire up all our electricity making sure everything runs so smoothly!



Thank You Hashem for Grabbers! We can pick things up off the floor so easily without having to bend down!



What's a 'trip?'

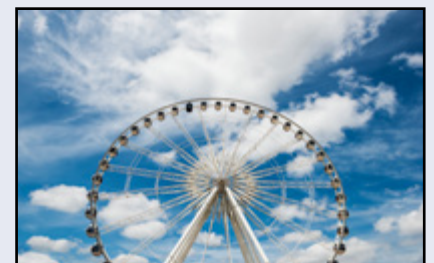


&

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Doctor Dr. Chaim Altzisgut M.D. Date _____

I'm prescribing 2 medication for you.

Patient

I don't feel like I truly love the Torah. I'm not that excited and feel strange dancing on Simchas Torah.

1. You are not your body! You are a neshama temporarily living inside a physical body. You are limited to your physical senses but in truth your neshama dearly loves the Torah. It goes crazy over every word of Hashem's Torah.

2. An advice to start loving Torah, realize that Hashem is pure love and every word of His Torah is pure beautiful love. It's all kindness and goodness. The purpose of the Torah is to connect you to Hashem which is the best thing possible and to make you the best person you can be.

Once you start feeling the goodness of Hashem and His Torah you will become addicted to them!

DON'T FORGET YOUR DAILY EXERCISE!



Remind Yourself that Hashem Loves You to No End!



Ayin Tova

Seeing the good in every situation
R' Nesanel Landesman

Dovid and Gila were excited about their upcoming trip to Eretz Yisroel for Sukkos. They packed ahead of time and were all ready to go. They arrived at the airport early and anxiously

waited at the gate for boarding. They were ill prepared for the announcement that came. They were told that due to technical reasons the plane they were meant to be on couldn't currently make the trip. The flight therefore was cancelled! Since there was only a short window of time to arrive before Shabbos, they would unfortunately not make it to E"Y for Sukkos.



Help Dovid and Gila have ayin tova for their situation.

You can send your suggestions for the AYIN TOVA CASE to:

ayintovanewsletter@gmail.com

Or call [Israeli daytime hours only]: USA: 8312446019 Eretz Yisrael: 0527605409

SOLUTIONS

Suggestions for the case where Sruli the veteran baal tokea in shul is asked to step aside for a superior one.



- Sruli could focus on the fact that the community obviously invested much time into figuring out the best way to deal with the situation, and didn't just "dump" him.
- Sruli should be thankful he had the honor and mitzvah of blowing the shofar. But since Sruli himself admits he is not the best he should realize that

maybe this new guy will enhance everyone's davening experience with his better shofar blowing skills.

- Sruli could be thankful that the congregation didn't decide one way or another without his opinion and on the contrary could be quite pleased that they trusted him enough to make a decision for the community at wide without any input from others. Sruli could look at this decision as a seal of approval as an upstanding member of the community as opposed to a responsibility thrust on to him to deal with.
- Sruli will now take the opportunity to discuss this matter with a Rav or his Rebbi and see how Daas Torah approaches this situation.
- Sruli has the chance to make a tremendous kiddush Hashem. The way he responds and moves on will leave an indelible impression on his peers and the whole kehilla as well.



Ba'al Bitachon

A person who knows that everything comes from his loving, capable and reliable father.

vs.

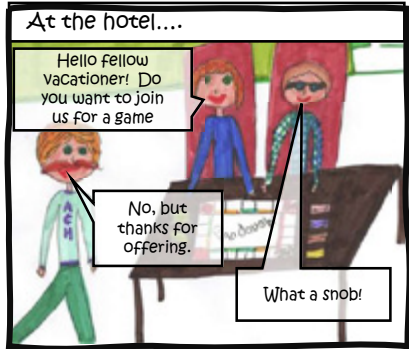
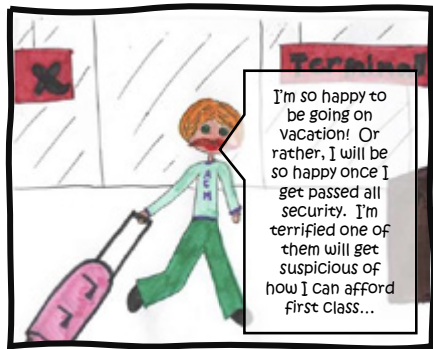
Alchemist

A person who can take plain materials and turn them into gold using a chemical process.

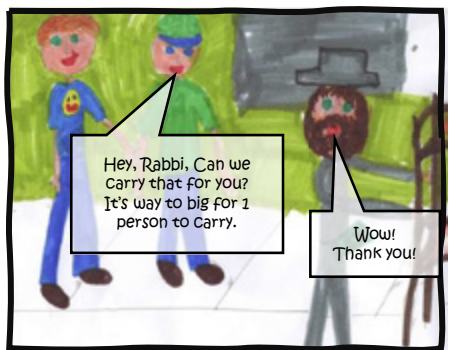


One would think that an Alchemist is always assured to have whatever he wants. However, in the sha'ar bitachon we learn 10 ways that the ba'al bitachon is superior to an alchemist.

#5: The alchemist lives in fear and dread of everyone. From the powerful people to the weak, he is always scared they shouldn't be the ones to report him.



One who is Boteach in Hashem will be treated with respect by everyone.



PASSING BY SOMEONE? SHOW HIM A SMILE! GREET HIM NICELY!

From - The story of Reb Baruch Ber

Hagaon Rav Baruch Ber Leibowitz's love of Torah was matched only by his affection for every Jew. He would often say, "When I stand before the heavenly court and they ask me, 'what merit have you brought with you?' what shall I answer, 'Torah?' Is my Torah knowledge worthy enough to be mentioned? 'Fear of heaven?' Are my deeds worthy of that description? There is only one thing I can possibly claim - that I loved every Jew with all my heart. Whenever I walk in the street and I see a Jew, one thought comes to me - a blessing on his head!"

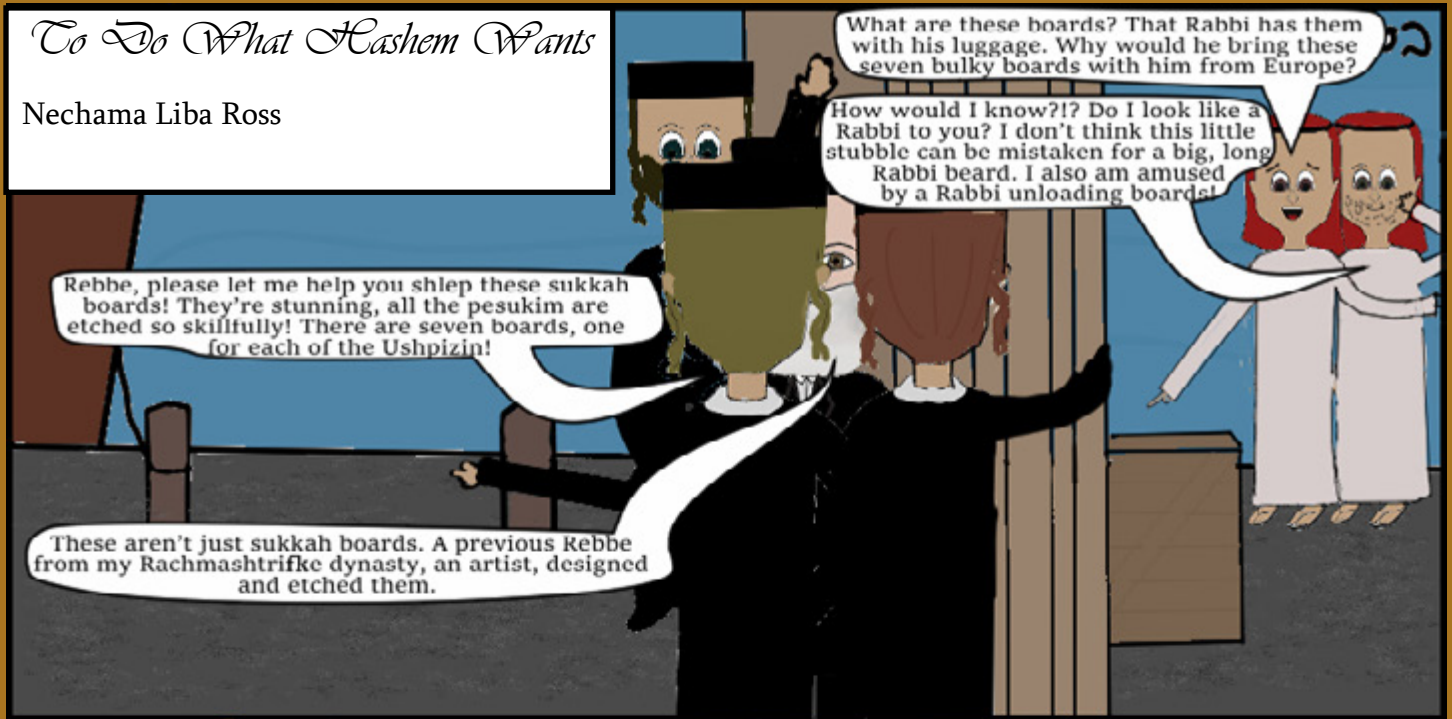
Once, while traveling on a train, he sat down next to a bare-headed Jew. Embarrassed at the thought of sitting next to a tzaddik with his head uncovered, the man immediately put his hat on. The Rosh Yeshiva then struck up a conversation with him and talked to him for about an hour. When they parted, Rav Baruch Ber embraced him warmly.

Having observed all this, Rebetzin Leibowitz was amazed! "You didn't even know the gentlemen, and you are usually so careful not to waste a second. Why did you spend such a long time talking to him?"

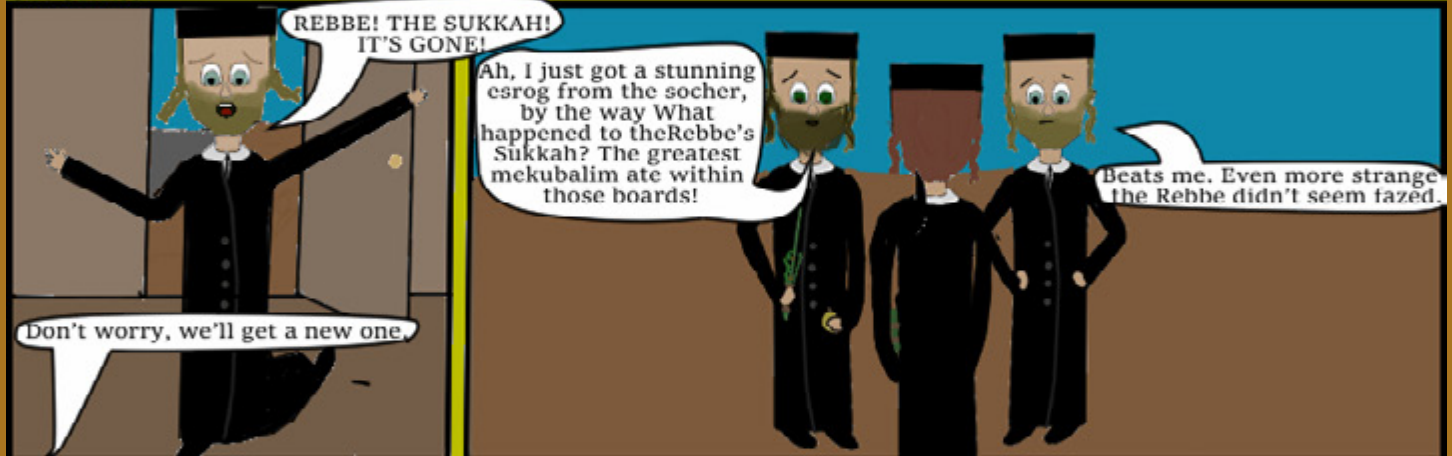
Rav Baruch Ber answered, "Did you see how he was ashamed to sit bareheaded next to me? This indicated a spark of warmth in him. When one detects such potential in a Jew, he must do his best to fan that spark and hopefully it will burst into a large flame."

To Do What Hashem Wants

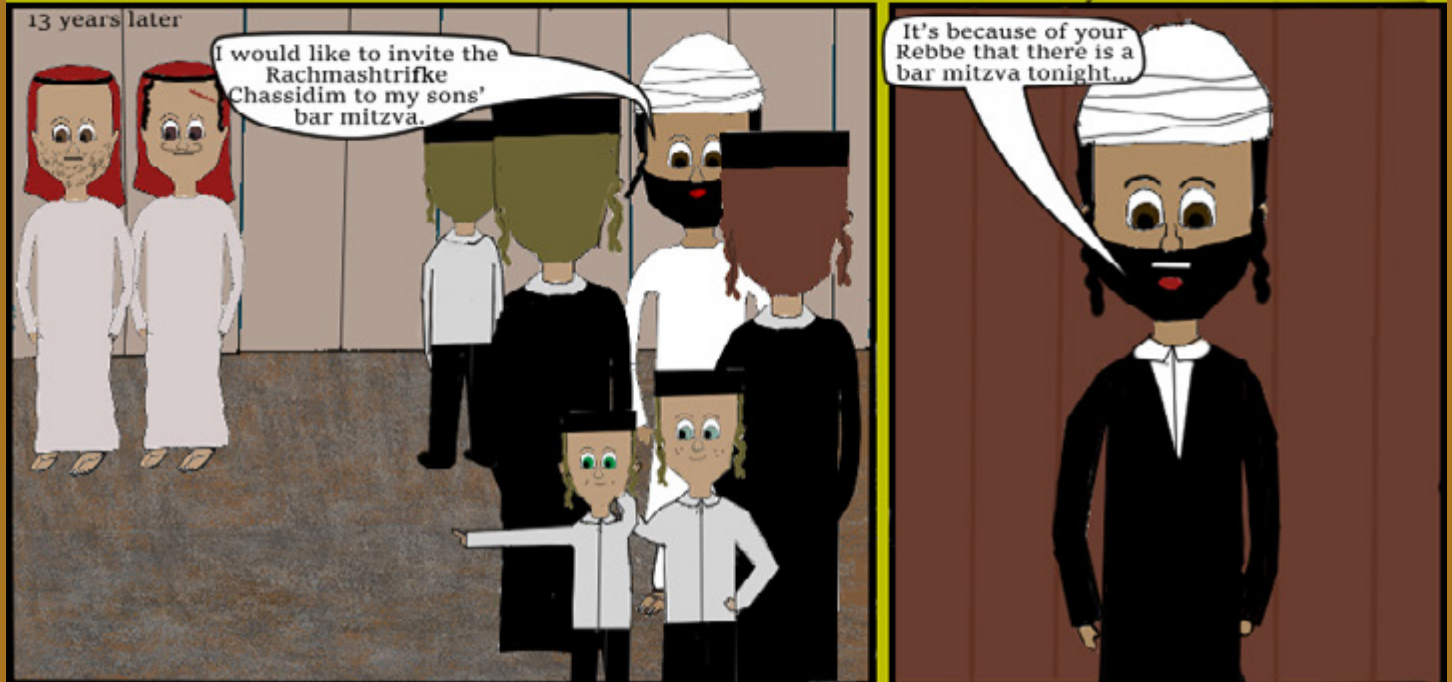
Nechama Liba Ross



One Sukkos



At the sfardishe yids' sons' bar mitzva



Your baby has Typhus; the only cure would be hot baths. For that you would need wood to burn. That's impossible as you I'm sure due to the fact that the Turks need all the wood for the soldiers. That being said I guess your baby will have to die, there's nothing to do.



Rebbe, my baby caught on to the epidemic! He needs hot water, but there's no wood. The Turks don't care if a Jewish baby needs wood! What should I do?

Wait here.

Are these seven boards enough? Let's burn them quickly and save the yiddeshe child! Don't worry about the gesukim, I shaved them off.



The end of the story is standing right here!



Mitzvos aren't necessarily the things we do that get wowed

It's the maisim tovim yidden do just to make Hashem proud.

In some cases what's right can lead to some physical busha

Or completing a mitzva with seemingly less kedusha

Hashem put us down here to serve Him. It's our tafkid here

We need to do what He wants, it's perfectly clear!

Why do we have such old fashioned food on succos?



NEGATIVE SIDE:



POSITIVE SIDE:



Ma! Why is Yanky's nerdy project from nursery hanging here?



Ma! Moshe smashed my finger off with a hammer!



Ma! It smells heaven in here!! What's cookin'?

And Tatty said we could do the decorations together!!

Yes!!

Oh my! Is this Yanky's project from nursery hanging here? So cute!



Whoa.



THIS IS THE WAY TO DO IT!! - MR. MIDDOS

What a beautiful Succos this is!!



BY: AHUVA ROTHENBERG

והביאנו לציון עירך ברינה

By R' Moshe Miller

This Korbon Mincha is intended to get people thinking about life with a daily connection to Hashem . . . in another modality, different from Tefilla, Chesed, and Learning . . .

With a physical sample within our visual periphery, as we go about our day to day rhythms, it is meant to remind us to be thankful and grateful for the continuous food in our pantry and on our tables.

Below is the text, written on the presentation board. This Mincha is inside a small model of the Bais Hamikdosh, which sits on a custom made table, intended to replicate the Aron with Keruvim and Badim.

This exterior exhibit is located on a wooded path near Ner Israel Yeshiva, in Baltimore MD.

Is your Mincha Ready?

A Korbon brought in the Bais Hamikdosh often included Flour, Oil, and Wine.

Salt was added to the meat, before going on the Mizbe'ach.

Water was used to pour on the Mizbe'ach, rinse the meat, and wash the hands and feet of the Kohanim.

These five food items can be

found

as a basic staple in almost every kitchen pantry.

They do not spoil like yogurt, fish,

or fruit.

They are stable.

They are the foundation of our food

reserves, enabling us to feed ourselves, our families, and our guests.

Bringing a portion of our basic resources to Hashem, elevates us to a level of thankfulness for the blessings in our life, and builds good character of Hakoras Hatov and Ayin Tov.

May we have the opportunity again, very soon, to immerse in the energy of the Third Bais Hamikdosh...



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

The Nose

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Hashem created us with mucus which lines our nose in order to filter the air that we inhale from bacteria, germs and foreign particles. Let's continue examining this point.

Due to the fact that the mucus lines the walls of the nasal passage, it would seem that its effectiveness is limited. Because it would seem that only the exterior part of the air, which has contact with the walls, gets filtered. All the inhaled air, which is in the center of the passage, and does not have contact with the walls and the mucus, remains unfiltered. This would mean that a high percentage of our inhaled air is not being filtered.

The Master Designer took care of this issue as well. We are all created with our nasal passage filled with hair. There are more than 200 hairs that crisscross from one side of the passage to the other. These hairs are also lined with mucus, like the sides of the walls. This ensures that all the oxygen gets filtered, not only the part of the air that goes along the nasal walls but also the air that is in the center. These hairs are like the bristles of a brush and the bacteria and germs that are in the air get removed. The air that comes down to our lungs is clean and pure.

The mucus that Hashem created has special qualities. We compared it to fly-paper that traps insects. The mucus is much better than fly paper – it is in a totally different league. Let's think about this for a moment.

The oxygen that we inhale contains tiny germs, bacteria and viruses. Now it's wonderful that these harmful components do not enter our lungs but do we want them parked in nose? Hashem prepared for this a solution. Our mucus contains proteins which are anti bacterial and anti viral. In addition to these proteins which are positioned in the mucus, whenever bacteria enters the nose there is an immediate mass secretion of additional anti bacterial cells that attack the bacteria. This neutralizes the bacteria and viruses that we breathe in. Our mucus is not just like sticky fly paper, it is more like a filter lined with antibacterial cream.

TORAH IS DELICIOUS!!!



Chazarah!

LET US IMAGINE

Let us imagine for just a few moments, what life would look like if our bodies would malfunction and when we would go to sleep we would continue being active c"v...

We would go to sleep in the Sikkah and wake up in the morning in the kitchen sitting in front of an open fridge, finishing off a potato kugel...

We would be taking the baby out of the crib and walking down the stairs during our sleep... We would be falling down the steps causing ourselves injuries c"v...

Those who would make it down the stairs in one piece, would be taking their keys to walk outside to their cars. They would start the car and start driving to the grocery while asleep... On Shabbos and Yom Tov too, r"l...

The road would be full of sleeping drivers...

Causing horrific accidents...

Hospitals would be overwhelmed with millions of daily patients due to all the falls, bruises and burns peo-

ple would have...

Resulting in a total collapse of the entire health system...

The cost for auto insurance would skyrocket. Bankrupting many families...

Due to the extreme danger, the government would forbid anyone from owning a motor vehicle... We would have to walk, each and every day, miles upon miles to shul, kollel, school work and store...

Women would be cooking and baking in their sleep, resulting in nightly treifa kitchens. They would, c"v, be putting chocolate milk into the Shabbos cholent and meatballs into the noodles and cheese...

We would be busy on a daily basis, from morning to night, kashering the entire kitchen...

Children and adults alike, would be making a bee line in their sleep to their favorite part of the house: the pantry. They would dump out all the cookies, cakes and nosh and

eat them while sleeping!!

They wouldn't even brush their teeth afterwards...

We would wake up every morning with our houses turned upside down. Everything dumped out and everything in the wrong place...

We would spend hours looking for our socks and shoes...

We would have to spend hundreds of dollars a day on cleaning ladies to clean and rearrange our houses...

Many people would go out on walks during their sleep and wake up, in their pajamas, in Shul, in the middle of the street, waiting by the bus stop for the bus or in a row boat in a lake...

We would need to spend hundreds of dollars to hire people to sit and hold us while we sleep. We would need to sit and watch our children and babies while they sleep and as a result we would not be able to get anything done in the house...

Many people would have to be tied to their beds... They



LET US IMAGINE

would not be able to get out of bed until someone would come in the morning and untie them...

We would be talking bob-stop about the weather, the upcoming Yomm Tovim or the future summer plans, all while asleep...

Many people would have an impossible time sleeping due to all the noise and activity around them.

We would be saying silly and embarrassing things in our sleep things that we would never say when we are awake....

The anxiety of getting hurt during sleep, would prevent everyone from falling asleep! As a result, it would be impossible for us to function during the day.

We would be walking around all day tired and exhausted, grumpy and upset.

We would each drink between 90-150 coffees each day in a futile attempt to battle sleep!

The price of coffee would skyrocket as a result... The gov-

ernment would have to start rationing it out...

We would be standing from morning to night on long lines waiting to get a few ounces of precious coffee...

Worst of all, we wouldn't be able to serve Hashem properly...

We wouldn't be able to appreciate His greatness.

We wouldn't be able to feel His wonderful kindness.

We would run from one doctor to another for a solution.

All sleep professors in the world would get together for an emergency meeting...

The greatest scientists and inventors would be working day and night to figure out a solution but everything would fail miserably!

This world would be in complete chaos and would be a most terrible place to live in...

Who has the infinite knowledge to know that human beings (and animals) need time to be active and time to sleep and recharge and thereby cre-

ated day and night?

Who designed with unlimited wisdom the concept of sleep????

Who manufactured with infinite perfection that we should feel tired when our body needs sleep?!?!?

Who designed with infinite brilliance that our brain and body should re-energize with sleep???

Who has the unlimited knowledge to know that the body needs to shut down while it's sleeping???

Who designed with unlimited resources and power that the body should be able to wake up on its own when it completes sleeping?!?!?

You Hashem, BLESSED BE YOUR NAME!!!

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The Quote The Lesson The Story

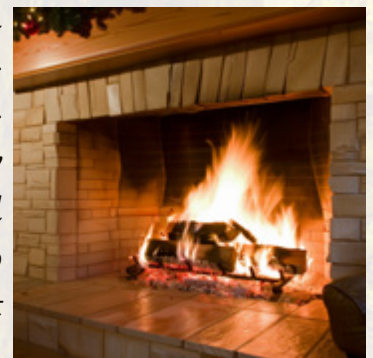
A Meaningful "QUOTE" BASED ON THE SEFER CHOVOS HALEVAVOS "SHAAR HABITACHAN"

THE QUOTE: "If one becomes ill, Chas V'Shalom, they should understand and realize that they must put their complete reliance in Hashem. Yet at the same time they must do whatever they can to get better and take the proper medicine to get healed. However, never I"n think that all these different forms of hishtadlus is what is healing. It is not the medicine, and it is not the doctor, it is only Hashem! None of these things have any intrinsic נ, Chas V'shalom rather it is Hashem giving נ to everything!"

THE LESSON: What makes this so incredible and amazing is that people sometimes say "The advil made me feel great," however it's not the advil. It is Hashem. Hashem in His kindness gave us the advil. And it was HASHEM WHO MADE US FEEL GREAT "ו the advil. This is indeed a great lesson to keep in mind since it is something that we can easily forget.

THE STORY: *The Tosfos Yomtov wrote a magnificent peirush on the Mishnayos. When he completed writing the peirush, before going to publish the manuscripts, he found out that his son was deathly ill. His son was in a coma for a few weeks and the doctors said that it was only a matter of time... The Tosfos Yomtov rushed to his son's room and everyone left the room.*

In the room, the Tosfos Yomtov closed his eyes and began to contemplate what aveira he might have done to deserve this oinessh. After much pondering, the Tosfos Yomtov came to the conclusion that he was being punished because of his peirush that he wrote on the Mishnayos. Perhaps he wrote too strong when arguing against other chachomem who were much greater than he was. Therefore, the Tosfos Yomtov declared, "As a teshuva for what I have done, I am going to take my manuscripts and throw it now into the furnace." Just as the Tosfos Yomtov made his way with his peirush to the fire suddenly his son woke up and saw what his father was about to do. The son began screaming "No Papa don't throw it away!" The Tosfos Yomtov could not believe that his son who was "out" for so long suddenly miraculously woke up with energy to scream!?!? Slowly over the next few weeks the son had a refua Shleima.



The son told the Tosfos Yomtov (his father) that he had gone to the oilum haemes and suddenly the great Tanna Reb Yehuda HaNassi came into the Beis din and said if you take this boy you will be removing from the world the heilige peirush of the Tosfos Yomtov!! It was in that merit that they let me live and return to life on this world."



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 *zechus* ל"ע"נ my daughter אסתר ע"ה בת יבלהט"א אליעזר מנחם

The following beautiful *dvar torah* from Rav Shimshon Pincus zt"l was sent in by one of our readers. Please feel free to send in any articles or *chizuk* that has to do with Asher Yatzar so that we can share it with other people.

Everyone understands that a mitzvah brings health, happiness and satisfaction, and an aveirah brings tragedy, sickness and pain. However, each mitzvah has a special quality, a special segulah, that helps in a certain area. For instance, mezuzah has the quality of protecting the home from thieves. Chazal say that Hashem stands at our doorway to protect us, so to speak. The Divine Name Shadda-i written on the mezuzah parchment stands for שומר דלתות ישראל, "He guards the doors of Yisrael." Thus, someone who is smart will check his mezuzos from time to time, rather than investing in locks and bolts. So too is the case with other mitzvos. They have special qualities that help in specific areas. Whatever the situation, we should search for the part of Torah and mitzvos that is especially pertinent to it.

In this spirit, we need to think about what we can do in our regular daily lives that will protect our health. What spiritual "vitamin," what aspect of Torah and mitzvos, does Hashem offer us to keep us healthy? We indeed have the blessing of Refa'einu in the Amidah prayer. However, this is a prayer for people who are already sick. It is more comparable to antibiotics. We are looking for a spiritual form of preventative medicine. In my opinion, the special blessing for preventing illness is Asher Yatzar. It ends with the words רופא כל בשר ומפליא לעשות – "He is the Healer of all flesh and works wonders." It doesn't say that Hashem "heals the sick," but rather that He is the Healer of all people. It begins ברוך אתה ה' – You, Hashem, are a בריכה, a "pool," a fountain of healing power. This blessing does not mention sickness. On the contrary, it praises Hashem for protecting our health: אם יפתח אחד הם או יסתם אחד מהם. It seems to me that people do try to recite the Refa'einu blessing in the Amidah with kavanah, but the blessing of Asher yatzar is not always recited the way it should be, and sometimes people don't even say it at all. The proof is how many sick people there are. If we would recite this blessing properly, there would not be so many illnesses. (Harav Shimshon Pincus)

I would like to suggest that Sukkos is an excellent time to take this spiritual vitamin for good health for the upcoming year. First of all, we know that whatever we do in the beginning of the year has an effect on the entire year. This is why it is so important to put in extra effort during the Yomim Hanoraim to do our best. Since Sukkos is very much part of these *heiligeh* days, saying Asher Yatzar word by word during this Yom Tov can have a good effect on our health for the year 5785. But there is an even more important reason. Sukkos is called חג האסיף – the time of the year when we bring in the harvest and celebrate. We thank Hashem for all that He gave us during 5784, and that fills our hearts with joy. Saying this beracha with *kavana* is the best way to thank Him for the fabulous present of health that we enjoyed. Showing appreciation is the greatest way to receive a healthy happy new year!



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.

Living With Appreciation

R' Daniel Shasha

'You shall dwell in Sukkos for seven days' (23:42).

What is the reason behind this mitzvah? Why do we leave our comfortable houses and live in wooden booths for a week? Rebbi Eliezer holds that we remember the fact that Klal Yisrael were surrounded by the ananei hakavod in the midbar, giving them a special Divine protection. However, Rebbi Akiva holds that we read the verse literally and we remember how Klal Yisrael dwelled in booths in the midbar. According to Rebbi Akiva why do we have a chag for all generations to celebrate this? Surely the fact that they dwelled in wooden huts isn't as supernatural as the fact that they were surrounded by ananei hakavod? After all, these clouds gave them protection from the heat, cold, dangerous animals and enemy nations; as well as the fact that it miraculously laundered their clothes! Why do we need to leave our houses each year to commemorate that Klal Yisrael lived in huts in the desert?

The Rashbam explains that it is essential that we express our gratitude for the fact that Klal Yisrael were able to have shelter over their heads, especially in such a barren wasteland. Therefore, we leave our comfortable homes and live in a wooden booth for a week, displaying how grateful we are that we have a roof over our heads. This helps us appreciate our homes and everything we have, leading us realize how it is solely due to Hashem's great kindness. We find that the things we need the most, we take for granted the most, such as air, water and shelter. Sukkos shows us how everything we have is

a gift and nothing should be taken for granted. After all we cannot begin to describe the discomfort of living without shelter. For this reason, explains the Rashbam, we follow the opinion of Rabbi Akiva and the mitzvah of Sukkos is to show how us how everything is a gift. When we focus on our constant blessings, we will live a life of unrestricted happiness.

Not only is the purpose of the mitzvah of Sukkah to express our appreciation to Hashem, but this is also the purpose of the arba minim. The Midrash explains that after being forgiven on Yom Kippur, Klal Yisrael are so full of simchah for this priceless opportunity, that we take our arba minim as a way of expressing our gratitude to Hashem. Our Sages teach that by shaking our arba minim in all four directions, we are acknowledging the fact that really everything belongs to Him. Hashem is in control of every aspect of our lives and in His great mercy He is constantly protecting us from harm and bestowing us with goodness. Shaking our arba minim in each direction is a great expression of this. Rabbi Avigdor Miller notes that each time we shake the arba minim we bring it back towards us. He explains that this is symbolic of the fact that when we express our thanks to Hashem, we receive more in return! Through expressing our heartfelt appreciation to Hashem through the mitzvos of Sukkah and arba minim, it is incomprehensible how much we can gain. This fascinating story is but one example.

A Jew who lived in a skyscraper in Manhattan asked permission to build his Sukkah on the roof. However, the



owner asked for a hefty fee to rent out part of the roof to him for a week and insisted that a contract be signed in front of a lawyer. He was a bit surprised. No one used that area of the roof and it was only for a few days; yet he was determined to fulfill this precious mitzvah, so he agreed.

It turned out that the area was completely abandoned and there was a years' worth of junk that he had to tidy. Out of the corner of his eye he noticed something protruding out of an old pipe. Upon closer inspection he realized that there was a bag and when he opened it, was shocked to see that it contained very valuable looking diamonds! Immediately he told the police about this

find, in order that they could locate its rightful owner. After a few days, they told him that the original owner had passed away so since he found it, he got to keep it.

The owner of the skyscraper was furious. 'I own this building' he screamed, 'it was on my roof so the diamonds are rightfully mine!' After the matter went to court, the judge ruled that since the roof was legally lent out with a contract and a lawyer, the Jew got to keep it since it was currently on his property. The power of the mitzvah of Sukkah!

May we be zocheh to make the most of this chag, thanking Hashem for His countless blessings.

The 'Living Appreciation two minute a day gratitude journal', is now available!

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Let Us Thank Hashem for...

Our skin!

Every square inch of skin contains around 4 million cells, 3 yards of nerves, 4 feet of blood cells, 120 sweat glands, 30 nerve glands and more... Our skin has many vital functions such as waterproofing our body, producing vitamin D and containing our nervous system.



Inspiring Quotes

1

Even when Hashem has given us a large number of possessions, we must never forget to thank Him for each small thing. (Drash Moshe p. 26)

2

The righteous praise and thank Hashem constantly for everything they eat, drink, see or hear. (Midrash Tanchuma, Vezos Habrachah 7)

3

Gratitude is the foundation for serving Hashem. (Ale Shur vol. 2 p. 283).

4

We are obligated to thank Hashem for everything. (Berachos 46b)

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Bitachon Protection

Words of Inspiration with Rabbi Osher Eisemann

A few months ago, all of Klal Yisroel had been celebrating the news that our beloved Rabbi Osher Eisemann, from Lakewood, New Jersey, had been fully exonerated by a New Jersey judge. This has come after eight years of the state completely making up stories and trying to misjudge a completely innocent Tzadik.

Rabbi Eisemann, has always been my role model in Torah, Avodah, and Gemilas Chasudim. His dedication to Torah and his Dveikus BaHashem and Emunah Pshutah stood out to me, over the past thirty years. I got to know him more closely when I worked at the SCHI school. I saw firsthand his Chessed and boundless Ahavas Yisroel. He was an address for anyone that needed anything, at any time of day or night.

About eight years ago, he was put through a difficult Nisayon, of the state making up complete fabrications against him. These past eight years his Torah, Avodah, and Gemilas Chasudim has continued to soar. He's been an example of what it means to go through a challenge with Emunah and Bitachon. At the same time, he continued to give his full heart to his family and the greater klal as well. His rock solid Bitachon and Emunas Chachamim left so many inspired. I sat down to talk to him, so you, our dear readers can gain Chizuk from him.

Bitchu BaHashem Adai Ad:

What kept you going?



Rabbi Eisemann: When I was a bochur, my great, father

Rav Moshe Eisemann Zatzal, a Talmid Muvhak of Rav Ahron Kotler Zatzal, gave me a letter. He wrote that if I'm ever in trouble, I should read the first Rambam from the beginning until the words Anochi Hashem Elokecha- Hilchos Yesodei Hatorah 1:1- 1:6. This is where the Rambam expounds on the meaning of Ein Od Milvado. In my father's letter, it said that even if I don't understand the words of the Rambam, but I know it's true, Hashem is going to help me. I should just read it, and Hashem will help me. I said the Rambam over and over and over. I found this letter before the first trial. So, I would have a Rambam and a Chumash Bereshis on the table, in court. I also learned Rav Chaim Voloshin in Nefesh Hachaim, where he talks about Ein od Milvado. In addition, I had the Shisha Mitzvos Temidios in my head.

Everything is a Brocha!

Rabbi Eiseman continues: "The Eibishter is always doing Chessed. You see everything is a Brocha and everything is for the good. I looked at everything as a Brocha and this helped me through my situation! I looked at the whole thing as a Brocha and when you look at things as a Brocha from Hashem it doesn't bother you. Throughout the trail, different things came up and people asked me "Are you worried about this? Are you worried about that?" and I answered "Everything is a Brocha from Hashem. It is a scary thing to go into a fire, but you have to thank Hashem and realize it's all a brocha. Everything is Yad Hashem. Everything was a neis."

Ein Od Milvado:

How did you grow through the situation?

Rabbi Eisemann: "The Mesilas Yesharim says if you don't have the foundation of knowing the Eibishter runs the world than you can't do it. We have to know the Eibishter runs the world. We need to thank Hashem, every day, for all the good things that we get. When a person is learning Torah the more they do for Hashem



the better. I'm not talking about doing things that you are not up to. I didn't do things that I wasn't up to doing."

Habitachon Hu Hasiba Layehosha: Complete reliance

Rabbi Eisemann continues: There was once a man walking a tightrope. He was going back and forth between two buildings on a tightrope that was 100 feet high. Then he took a wheelbarrow across the tightrope. As he continued walking with a wheelbarrow back and forth across the tightrope, he called down and he asked "Who wants to come in my wheelbarrow?" No one wanted to come, except a little girl. She readily piped up and said "I'll come in your wheelbarrow." The girl had a bag of popcorn in her hand and she was eating the popcorn like nothing scary was happening. The man walked the tightrope back and forth between the two buildings, as she was laughing and contently eating her popcorn in the wheelbarrow. When she got down people asked her "weren't you scared?" She answered NO because HE IS MY FATHER! The man pushing the wheelbarrow is my father! My father is pushing the wheelbarrow so why would I be scared?"

Why would we be scared? Hashem is pushing the wheelbarrow. I always felt like I was in Hashem's wheelbarrow and Hashem was taking me wherever I needed to go.

Emunas Chachomim:

What did Rav Chaim Kanievsky Zatzal tell you?

Rabbi Eisemann: I went to Rav Chaim twice. The first time I wrote my name Osher Ben Chana Frumet on a paper. I wrote the government is making a Bilbul (making up stories). He said "You will be patur from the rashaim". And then I asked him, "Should I go to court?" and he answered, "yes, go to court."

Before the trial, people did not understand why I was going before a jury, because it was a dangerous thing.

I went again to Rav Chaim. I explained to him it could be 60 years in jail. The choice is going in front of 12 Binei Chom or making a plea bargain, which could close down the school. Rav Chaim's gabbai, wrote down the question in two parts: alef- take a plea bargain or bais- go to court. Rav Chaim said "bais" in a definite tone. He then told me I should learn Masechta Brochos and I will have Brocha and I will be Patar from everything. I had Emunas Chachomim and knew the judge will rule Patar like Rav Chaim told me."

Shehakol Nihyeh Bidvaro



Rabbi Eiseman shares: “When I was in court, before the sentencing of the first trial, I took a drink of water and said the Brocha Shehakol. This Brocha means everything is from the Eibishter and I had this in mind before the sentencing.

Waiting for the Yeshuah to happen at every second:

Were you surprised by the ruling?

Rabbi Eisemann: “I was not surprised by the ruling because I knew that everything that was happening was from Hakadosh Burch Hu and everything was Yad Hashem. I also knew I had not done anything wrong. The prosecutors also knew that I had done nothing wrong and they just wanted to use this as an opportunity to allege that a rabbi had done a crime. The lead detective was very upfront from the beginning of the second trial, that there was no crime and he had no idea why there was even a court case. I knew Hashem would save me, so I was not surprised. After the ruling, I said Nishmas, thanked Hashem and I realized everything is a Kiddush Hashem.

Kiddush Hashem:

Rabbi Eisemann explains: “This whole story made a big Kiddush Hashem because they wanted to say that a I did something wrong, even though I didn’t, and then say, "Look, a rabbi did the wrong thing," and it would be a Chilul Hashem. When the judge ruled that I was free, it made a kiddish Hashem, because everyone saw that Hashem watches over the Yidden no matter what.”

Chizuk for others:

How can people work on Emunah and Bitachon?

Rabbi Eisemann: “A person always needs to thank Hashem. A person should always think he is in this world to thank Hashem, that brings you Emunah. Thank Hashem for everything that you can do...Being very positive and thanking Hashem at every single moment....

Whatever happens, say, “This is the way Hashem wanted this to be," and learn Shaar HaBitachon”. A person has to believe in Hashem and to trust in Hashem. Everything that happens from Hashem is a Brocha. Hashem is doing Chessed with us all the time.”



Ahava Rabbah

Heart Sharing: Sharing our love with others

Everyone reading this, should be showered with a million extra Brachos to their day every single day, starting today and forever! You should have more Brachos than there are stars in the sky at night and more Brachos than leaves that fall down in the fall! Everyone reading this, should greet Mashiach in good health and have all their Tefillos answered!

Hashem is showering us each day with sunshine, warmth, kindness and compassion. Hashem protects us and provides for us. We want to try to get in touch with Hashem's Chessed and Rachamim as often as possible.

When I see people who are going through different challenges, one of the modalities I use is sound. This includes playing different sounds to help a client that is going through a hard time. (Hashem made a Nes that through hearing certain patterns of sound there are many benefits including creating new neural pathways through expansion, calming the nervous system, and presenting safe auditory information to the brain). In the beginning of the sound session, I take them through a Heart Sharing process. Here's a shortened synopsis. I have them imagine their favorite place. Then I ask them to envision what they see there, hear there, taste, touch and smell. I ask them to take a moment to tap one thing they are grateful for into their heart, by taking deep breaths and gently tapping on their heart with their palm.

Then I ask them to think about one thing they like about themselves however small and tap that into their heart as well. This is done by taking deep breaths and tapping on their heart palm facing inward. Next, I have them think about one thing they have done for someone else, however small it is by me and tap that in. This is a show of love to themselves by filling themselves with love. Next, they can add love into their whole body by tapping their hands and feet, putting in love.

We go through a few more things in this practice. At the end we send love to others by davening for them. We think about as many people as we want to daven for and send love to and then we give ourselves a big hug by putting each of our hands on our opposite shoulder. Hashem wants us to be happy, to feel loved, and take such good care of ourselves.

The Mitzva of Venishmartem Meod Lnafshoseichem includes the word Meod which means a lot. Perhaps, this is to include our mental and emotional health as well. This is a practice I try to do myself as well as often as possible while I'm outdoors in nature listening to Hashem's majestic music- such as the wind, the birds... etc.

Ahava Rabba! Pumping people up!

It's so easy to pump people up! Here are some examples of opportunities I enjoy. When I'm in the park, I Bentsh random women who

pass by saying “Hashem should shower you with a million Brachos.” People’s face’s light up afterwards. Everyone loves getting these Brachos. When I walk on Shabbos, and pass groups of women sitting and talking in front of their house I stop and Bentch all of them saying “you should have a million Brachos!” Once in a while people ask me if I learnt this from Rabbi Avigdor Miller Tzatal as he used to Bentch people as he passed them.

One Shabbos I was walking with a friend who lives out of town and came to join me for Shabbos. In the afternoon we went for a Shabbos walk. I passed groups of women and said “Hashem should send you millions of Brachos.” Everyone’s faces were lighting up, beaming and breaking into huge smiles.

After doing this a few times, my friend turned to me and said “you’re a clown” because you are stopping random people and bentching them, it is not an acceptable thing to do.” I turned to my friend and I said “you literally just made my day, my month my year, my life! I am ecstatic with the compliment of being a clown. I feel like dancing right now!”

I told her, “A few weeks ago in the Spring Hill Times issue #159 on page 64, the Hashem Loves You article quotes the Gemara in Tannis where an Amora met Eliyahu Hanavi and asked him “Who in the marketplace is ready to enter Olam Haba?” Eliyahu Hanavi pointed to a few clowns who were making people happy and said they are Bnei Olam Haba. The article ended by saying, “Every time we make people joyous and bring them simcha is a direct ticket to Olam Habba!”

I thanked my friend to no end for sharing this exciting compliment with me! I will continue Bentching people all over with Brachos and I hope to continue making people happy! We want to bring Simcha to all Yidden! You never

know what’s really going on in someone’s life behind their closed doors.

Some ways to bring people Simcha is to give them endless Brachos and to pump them up. Other ways are to really listen and ask them to tell you more about what they are saying, and to talk about things they are interested in. Another way is to show how very deeply you are thinking about them.

Story:

Many times, in the beginning of the year I am given the privilege to speak to some of the teachers of various schools, at their teacher’s orientation to give them Chizuk and tips for some of the challenges that particular school is facing. This year I started one such lecture with the following story “This past Motzei Shabbos I got together with a friend who wanted to watch one of the Jewish girls play. Since I’m emotional by nature I had many tears as I was really relating to the emotional pain of the characters in the play.

I paused the recording and I turned to my friend. I said “I don’t want to waste these tears on these fake characters. I am going to use them to daven for the teachers in this school who have a long year ahead. I’m Davening that they have an easy year and are able to bring the students Simchas Hachaim, and growth in Ruchnius, and do well socially, emotionally, and academically.”

From the faces of the teachers, I could tell this story was a big boost of chizuk and brought them Simcha.

Simcha doesn’t always mean just a smile. Simchas Hachaim is feeling joy and also feeling peace and cared for. It’s the feeling of ‘people are on your team’. This is what we’re trying to spread.

I just love to try to give people support and Chizuk. As a side bonus: Doing for others makes ourselves feel so good and fills our own emotional bank account!

Idea:

It's so easy to share love with other people. This week we're going to talk about making people feel cared for by thinking about them on a deeper level. Here are a few of my favorite ways to do that:

- When you have tears, use it to Daven for someone in need and if they would appreciate it, you can tell them!

- On the airplane I love to find ways to pump people up and make them smile. I told a woman that her son has beautiful Middos and that she should have a million Brachos!

- When you're making an order you can ask your neighbor, or sister-in-law etc. if they want to add some items to your order.

- Go over to influential people and thank them for their service/ helping the public even if you don't benefit from their service. *I was in Miami and I saw a Jewish comedian. Even though her comedy is not something I specifically watch, I went over to her and I told her that Hashem should send her a lot of Brachos, for working to make people happy. She was pumped to the sky.*

- If a child or student talks to you about a random topic, show interest by asking them to tell you more about it and listen deeply. This makes them feel cared for.

- Send a kind message to a friend telling them you are thinking of them and wishing them millions of Brachos.

- Write a letter to your spouse, child, friend, neighbor telling them how much you enjoy spending time with them.

- Give people heartfelt Brachos, wherever you may be.

Song:

Mr. Safdie said a story about a five-year-old girl who asked her grandmother for a necklace. The mother who was standing right there turned to the girl and said, "It's not your birthday or a holiday." The girl responded, "But she is my grandma!" and the grandmother got her the necklace. He went on to say Kal Vchoemer to Hashem, when we turn to Hashem we don't need to be deserving. Any day we can ask for anything because "HE IS MY FATHER!" this idea made such an impression on me. I listened to that recording over and over and over. And then this song came to me.

But she's my grandma:

Tune:

Vesamachta Bechagecha

(low)

A five-year-old girl

Approached her grandma

Can I have a necklace

She asked with eyes so wide.

(low)

Her mother turned to her

It's not your birthday

It's not a holiday

Maybe another time.

(high)

The girl turned to her mother and said

*But she is my grandma
I can ask whatever I want
Because she is my grandma.*

(low)

*Hashem is at our side
Wherever we go
Protecting and provides
Ki L'olam Chasdo.*

(low)

*We are so close to Him
No matter where and when
Whatever happens to us
We can turn to Hashem!*

(High)

*We can turn to Hashem all day
He is our father
He hears every word we say
He is our father!*

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 is our best friend and is there for us at each step. He gives and gives and gives more.

This very special time of Sukkos is when we're hugged by Hashem and surrounded by His special love, Chessed, and Rachamim. Perhaps when we take time to notice it and realize this, we become freiliech and mikuyim Vesamachta Bechagecha- then Hashem continues to shower us with open Bracha, Chessed, and Rachamim. "Vehuyisa ach Sameach" - we'll feel loved, cared for, watched, protected, and only happiness.

Rabbi Golumbek said on yesod #1961 "Rav Avigdor Miller tzatal says Mitzva Gedola Lehiyos Besimcha Tamid. The Torah says "Vesamchta Bchol Hatov Asher Nason Hashem Elochecha." Hashem wants us to think how many Chasodim He does for us every single minute. Hashem is providing us 24/7 nonstop 365. When we realize, Hashem is constantly giving to us, it makes us feel good inside and full of Simcha. The Kuzari says this mitzva, is the biggest from Taryag Mitzvos and the whole yesod of yidizshkeit. It saids "Olam Chesed Yibaneh"- Hashem wants to give us more and more and more. Our job is to realize how much Hashem is doing for us day in and day out.

Mr. Safdie shares "Ki Vo Yismach Libeinu Ki Bshem Kodsho Butuchnu: our hearts sing and rejoice when we call out to Hashem with Bitachon. This leads to the Yeshuah. It has nothing to do with whether the person is deserving or not.

I heard from a very Chashavua Talmid Chochom that we say in brachos- Pokeach Ivrim- Hashem is opening our eyes. Why is it present tense? Our eyes are open. The Answer

this Talmid Chochom Amush explains it's because it says "Hamechadesh Btuvo Bchol Yom Tamid". Hashem is recreating every single minute. Every single minute is a new minute. Hashem is opening our eyes at every single second. This is so profound and means that just because someone had for example depression last minute, they can ask Hashem to take it away this minute because it's A NEW MINUTE WITH A NEW Briah. Just because someone didn't have money a minute ago, they can ask Hashem for money this minute. This minute is a new Briah! We can ask for anything and everything we want from our loving caring Father. Remember everything is easy for Hashem!

Let's try to see how many ways can we feel Hashem's love over Sukkos:

Here are some examples that I have had recently.

- ❖ We can see with our eyes
- ❖ Our heart is beating

❖ *I wanted one of my clients to get into a certain Rebbetzin in Eretz Yisroel to get counseling. The secretary said there is no room and a very long waiting list. I told my client that I would just focus on saying Hakol Yochol and Ein od Milvado and they said they would do the same. The next week they got a call that they were in.*

❖ *I was driving to a playgroup to go observe a child and my tire low pressure light went on. I realized I needed to go to a tire shop. Instead of thinking that my whole day would run late, I realized that it was the best thing that happened to me and I was being saved by tons of trips to the hospital. I was so thankful for the nail going into my tire! It also only took 5 minutes so I wasn't that late to my job. Afterwards*

I realized I had accidentally left 15 minutes early, thinking I had to be there 15 minutes earlier than I really did. I ended up running perfectly on time.

❖ *I was in a restaurant and we were pressed for time. There was a minimum hour wait for the food to come out. I turned to the person I was with and said "that's if we go with Teva but let's go with Hashem. Hashem can make our food come out within 5 minutes." Four and half minutes later all our food was brought to our table.*

❖ *Whenever I go shopping, I adopted a mindset of 'I'm using Hashem's gift card to pay. It's never my money, it's all-gift cards from Hashem'. This makes me feel so thankful for everything I get. For example, in the grocery I'm using Hashem's gift card to buy the food even if I'm swiping a credit card. It's all Hashem's money and Hashem is paying for my food.*

❖ *A closet wasn't opening so we said Hakol Yochol- Hashem can do everything and it immediately opened.*

□ *I was taking medicine for a regular type of infection and I started not feeling well. I was wondering if I was having a reaction to the medicine. I was having swelling and the doctors didn't know what it was from. I did the Hishtadlus my Rav said to do and the swelling was still there. Hashem loves me so much and is my best friend and I figured the pain and swelling are just making my Neshoma very clean! I remember that years ago I once had the same symptoms and a healthcare professional told me I was having a reaction to a medication I was taking. The doctor said to get rid of the reaction I should drink celery and lemon every day. Hashem healed me then (don't try this without speaking to your healthcare provider). I thought perhaps I was having a reaction to the recent medication I was*

on and I wanted to try to drink the celery lemon now as well (as a joke because Hashem doesn't need me to take anything to heal me). I was in Miami so I went to one place that makes drinks but they said they can only make me celery juice not lemon juice. Then I was in different a restaurant eating breakfast and I asked an unusual question but since Hashem is my best friend I said "can you pls make me a container with plain lemon juice fresh from today to take home" this is a very unusual request but he came back and said "sure we squeezed 100 lemons today and you can have ten squeezed lemons in a container to take home for \$2.00!!!! I felt so loved and cared for by Hashem!

❖ Hashem really loves me! I was going to a dolphin show. It's not my type to come to this show early. It started at one o'clock. This time I decided to go a few minutes early which is not my personality. After me, they stopped letting people in because it got full. I got one of the last seats. I felt like Hashem carried me to the show to make it there on time.

❖ My suitcase was really heavy and I didn't know how I would bring it in from my car. So, I said "Hashem you are Kol Yochol and you can make someone pass to help me with my bag. But no one passed. So, then I turned to Hashem and I said "You are Kol Yochol, you can just carry my bag in" and with that I lifted the suitcase and it all of a sudden felt much



I took this picture on my walk! Can you imagine yourself in your favorite nature scene? Can you think of twenty ways you see Hashem right now? 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.

lighter. On another occasion I needed to take my suitcase off a conveyor belt at the airport and an AINU Yehudi offered to take it off for me and hand it to me. Hashem is taking care of us and carrying our "suitcases" wherever we go.

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.

Chizuk Corner

Rabbi Y. Y. Friedman

I write this in the hopes that our readers are sitting in their orchards and vineyards in Eretz Yisroel, preparing to be oleh regel, and we have just finished a beautiful Yom Kippur in the Bais Hamikdash – seeing the avodah and hearing the Kohen Gadol say the Shem Hameforash.

Every yom tov is special, but there is something special about Succos that isn't by any other yom tov, and that is the simchas Bais Hashoeva. This special simcha included great dancing, music and the pouring of the water – the water libation. It was unbelievable!

The posuk of v'samachta bechagecha is said about Succos (although it applies to all yomim tovim), and there is tremendous simcha on Succos. The reason for this increased simcha over other yomim tovim is explained in the gemara as due to the kapara of Yom Kippur. The fact that Klal Yisroel is clean and pure of chet, and we feel the love of Hashem that He forgave us, and just the fact that we are able to do teshuva! As we discussed in a previous article, teshuva means coming closer to Hashem; even closer than one was before! And if one does teshuva me'ahava, his aveiros become zechusim – thus he is even closer!

Chazal say additionally that 'Bais Hashoeva' connotes 'she'misham sho'avim ruach hakodesh' – they received ruach hakodesh there. They were zoche to this due to the

tremendous simcha, and it says that the shechina does not rest on a person unless he is in a state of happiness. Thus, simcha is something we should work on, even in galus.

It says that when Mashiach will come, the yomim tovim will be abolished (meaning that they will not stand out as they do now). The reason is because the simcha that we will have daily will be so great that

it will surpass even the periodic simcha we have now on the yomim tovim. We will have such great hashraas haShechina. The simcha will come from all the chesed and love that we will feel coming from the Ribbono Shel Olam at that time. As the posuk says 'az yemalei sechok pinu – then, when Mashiach comes, our mouths will become full of laugh-

ter'.

This simcha will in turn bring about a great resting of the shechina on Klal Yisroel, as it says that the Bais Hamikdash was masos kol haaretz – the source of happiness of all the land. We will walk around at that time full of joy and happiness forever and ever.

Hopefully we are reading this there now, but in case not, in the zechus of bitachon and simcha we should be zoche to the ultimate simcha of az yemalei sechok pinu!



Did you know, R' Yehuda Mandel said over from the Chofetz Chaim that being litvish, chassidish, sefardi, is just a wrapper, that's not who we are. What connects yidden with each other is that we are all Hashem's children, we're all brothers.

By: Rabbi Zevy Golombeck

When you look at someone and he looks different than you, and you think there's a difference, there's a separation, that's because you're focusing on a wrapper. That's not what defines

a person. What defines a person is that he lives with Hashem, he's Hashem's child, we're all Hashem's children, so we're all brothers. That's what we have to work on b'zman hazeh.



My rebbe said over that litvish people should hang up pictures of Chassidish Rebbes in their house, and chassidish people should hang up litvishe gedolim and sefardi gedolilm. It's

not a competition. We each serve Hashem differently because that's what's good for our neshama, but the different ways we serve Hashem is all external, the common denominator is that we're all serving Hashem.

Recognizing and giving kavod to other people's ways of serving Hashem shows that you're thinking about Hashem's kavod and not your own kavod, and will give Hashem the greatest nachas ruach!

Gold Mines

Based on the teachings of Rav Yehudah Mandel

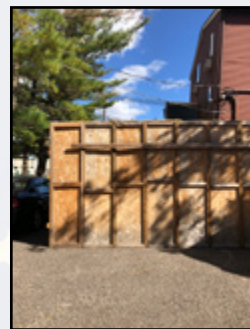
By: R' Baruch Rosenstock

and dry to stay.

When a person is not sure if he should work on bitachon, the answer is clear. A world without bitachon is a life of worries and frustrations. Why should you stay outside and get all wet? Why don't you come inside, into Hashem's shelter, into Hashem's open arm and stay safe with all your needs taken care of? The yom tov of Sukkos teaches us to come inside, into the sukkah, into Hashem's arms; it comes to teach you to place your trust in Hashem. Don't stay all alone in this world and don't go anywhere else when you're offered protection from the King of the world, so come on in!

On Sukkos we enter the דמיהמנותא we sit under the open sky and we enjoy Hashem's loving protection. We realize how lucky we are to have such protection and we feel so loved and cared for.

When it's cold and rainy outside, you wouldn't stay out in the cold and get sopping wet. You're going to rush inside and get under a roof, otherwise you're going to get drenched; you may even get sick. You're going to make sure you find somewhere warm



A LIFE WITH BITACHON ON THE PARSHA

Succos, a hug from Hashem

Halacha requires the succah to be built of two full walls, and a third wall a minimum of a tefach. The Arizal says that these requirements symbolize an arm, elbows and palm in the shape of a hug. The succah symbolizes how Hakadoish Boruch Hu is kaveiyachol sticking out his hands and hugging us. Hashem is telling us, "I want you to feel so loved, watched and protected!" This is what Succos is all about!

In truth, this is not just a message that comes and goes on Succos, but it is something we can take with us for the long winter and for a lifetime. Our lifelong mission is to go through every day feeling Hakadoish Baruch Hu hugging us and knowing how much Hashem loves and cherishes us.

We need to realize that whatever benefit we get in this wonderful world is to give 'me' pleasure and enjoyment. That beautiful sunset? Hashem created it for me to enjoy. This comfortable couch, hot drink, or child's smile are all gifts from Hashem for our pleasure. We should constantly walk around thinking, "Where did Hashem give me a hug today? Where is He showing me open rachamim?"

Living with this mindset is the only way to gain true, intrinsic simcha. The more we bake this into our bones the truer happiness we will acquire!

A Yungerman shared with me: *A friend told me of his attachment to a specific type of coffee. Anywhere he goes and everywhere he travels, he always has this coffee with him. That is what helps him wake up and stay energized, refreshes him and keeps him going. "But," he told me, "I have one family that when I go there for Shabbos, I don't need to bring my coffee. That is by you. Here I am so appreciated, you show me how much you cherish my presence and enjoy my company, that I don't need my coffee. The feeling of being loved is so special, I don't need anything else to keep me going.*



After hearing this from my friend I learnt a tremendously powerful lesson. If we tap into the fact that our Loving, Caring Father, Hakadoish Baruch Hu is looking out for us and taking care of us with such love and Rachmanos, we would get the most Geshmake feeling ever! We won't need anything else to keep us going! We will be spilling over with simcha from this alone, without needing any other outside satisfaction to bring us happiness.

A Yiddische Mamme shared: *We were getting ready for my son Yossi's Bar Mitzva, anticipating and excited about his big day. A beautiful event was scheduled in a large hall where our entire extended family would come together to celebrate this momentous occasion.*

However, things didn't go as planned. The day of the Bar Mitzva, Yossi really wasn't feeling well. Concerned, we schlepped him to the doctor with his last ounce of strength. The doctor examined him, and exclaimed, "Somethings seems really wrong and you should rush to the emergency room. We hurried to the hospital where after some tests, we were notified that Yossi was suffering from dehydration. It would take several hours until they replenish him and he fully recovers. The clock wouldn't stop ticking and the time for the bar mitzva came, but we were stuck in the emergency room.

But instead of thinking, "Oh, we should really be by the bar mitzva singing and dancing, what a pity we are stuck here," my husband and I had a very different attitude. We looked around and saw how people were stuck in the hospital with serious illnesses r"l. We were so thankful that my child overall is so healthy. This dehydration will be taken care of and we'll be home soon. Others, r"l are lingering here in pain for days, weeks or months. This one has a problem with his lungs, that one with his heart and the other with his liver r"l.

Having these thoughts made me feel so good. I felt hugged and kissed by Hashem! I never felt so good and Geshmak in my life! I realized that this visit to the hospital brought me much more intrinsic pleasure than any other bar mitzva in the world. Because I felt how much Hashem loves me, and I saw in the hospital how much can ch"v go wrong, and how b"H my son was really fine!

Let us take the message of the succah and apply it to our personal lives! With this we will be shikur from simcha in every situation! We will be able to be mekayeim v'samachata bichagecha with tremendous joy and carry it through the entire year.

May we all zoche to a chag kosher and true sa'meach!



זמן - to the extreme שמחה שמחתינו

If the very name of the שמחה then its very essence is שמחה and you need to go all out for the מדה and not just be יוצא. Every שבת and יו"ט are days of שמחה but they have other names. Like פסח is called זמן חירותינו and a big person said that he should avoid eating with people who cause him stress be-

cause on פסח you need to be extra relaxed and feel free (חירות).

Part II

The גר"א ז"ל speaks about the difficulty of not having any דאגות on סוכות which isn't so much of a problem on other יו"ט. Although it's always a big ענין on שבת and יו"ט - but on סוכות it's a whole new dimension. The הקהל was done on סוכות של יו"ט א' and we have said בס"ד that since the מלך reads תורה which is full of תוכחה it must have a super happy background.

Part III

So only סוכות which is total שמחה right after a year of total (זמן שמחתינו) בטחון, is the time for תוכחה. And reading קהלת which is heavy מוסר can only be שמחתינו just like the משנה reading תורה במצות הקהל. So be careful before you start mussarizing. Make sure you're loaded with שמחה.

Part IV

Some people may have to spend a lifetime with working on lots of שמחה and loads of learning ספרי בטחון and writing השגחות and the מעלות of themselves and their situations. It's brought down that שלמה המלך first was מחבר שיר השירים and later משלי. Notice how first comes an unusual amount of שיר השירים - שמחה a song of songs, before we can have קהלת.

Part V

In Navardok they were experts who knew how to learn tough מוסר and become דוקא happy since they were trained to love מוסר. Yet, I heard that R' Nekritz ז"ל once needed to learn lots of חסידישע ספרים for a period of time since at that point he needed a boost in שמחה.

Part VI

go all out for שמחה with whatever works for you and you always get שכר mainly for trying even if you remain a grouchy "sad sack" despite your efforts. I know a certain chassidus which has loads of רוח and spirit, and I was told that they train their children to dance as much as possible ("והגית בו יומם ולילה").

Part VII

Just like the very name שמחתינו requires extreme שמחה, every yid needs extreme הודיה since our very name יהוד means thankfulness. This is a big mistake

that many people make when they feel they are thankful enough with very tiny efforts. very name נחום איש גם זו and therefore he was able to have his filthy dirt to be used by the Caesar to win battles.

Part VIII

We know that ר' עקיבא נחום איש גם זו was rebbie in אמונה and it's possible that he was totally involved in that and it's possible that he was totally involved in that 'סוגי, like we find תנאים who davened many hours a day and חז"ל wondered about their learning.

Part IX

But these נסים were חסידים to זוכה that great גדולי עניני נדיקין weren't to זוכה. Indeed, they knew only תורה while חז"ל knew much more. Every person is different. Some people can balance their lives with plenty of תורה and מוסר and חסד and זיכוי הרבים. But many people can lose tons if they try to be so "balanced".

Part X

Indeed, I know plenty of nervous wrecks who try to do everything right. Many of us need to resign ourselves to be just the הלכה type, or just a lamden or a בקי or a בעל חסד where we focus our main energies on what we specialize in and at the loss of all kinds of שלמות.

Part XI

Now here comes a true story: I know a person who used to learn תוס' גמ' plenty hours every day, and he also spent lots of time on מוסר. He had somewhat an "edge" over his friends because of his extra מוסר but it didn't amount to much until he decided to make #1 מוסר and טפל a גמ'.

Part XII

His whole life turned around and is able to accomplish tons more for the כלל. This could be קודש מהלך but it could also be יצה"ר ח"ו. Lots of שימוש ת"ח and a רבי who knows you are mandatory.

Part XIII

I'm told that one of the גדולים of the last דור said that this is a major חורבן for the כלל when so many גדולים give the כלל very little because they want to be a כל בו and do "everything". The good old יצה"ר of wanting to be like everyone else and the concern of הבריות has destroyed many of our best כחות.

Part XIV

Story

Your שיטה might ח"ו destroy you! I know a true story of a boy who wasn't doing well until an אדם גדול from his own שיטה told his parents to send him to a school with an opposite שיטה. The boy thrived! Till today he looks different than his background but he is a credit to ישראל in his own way.

BS"D

Nkasef HaNkudos

THE RIGHT TREE

By Mrs. S. Mordechai
(Parshas Bereishis)

The decisive moment came:
day six, hour ten
that changed the course of history
for all creatures. women, and
men.

It happened in Gan Eden
shortly after Bereishis Bara
Elokim,
with repercussions
that lasted forever, l'Olamim.

An eloquent tongue
led the first couple astray.
They ate from the wrong tree
during the world's first week and
their first day.

Adam and Chava were tempted
by the tree with the luscious look-
ing fruit
and inadvertently sent us all on
a treadmill of mundane pursuit.

It's called the Tree of Knowledge.
If you take a bite what you will
know
will bring into your life
extreme insecurity and sorrow.

A feast for your palate;
A feast for your eyes;
Each mouthful of this tree's fruit
will pull you deep into a mirage
of lies.

In all its intricate details,
the world you will believe
is a house with no owner
a tapestry with no weaver to
weave.

Eating from that tree called
Eitz HaDaas Tov v'Ra,

will make you think everything is
in your own hands so there's no
need for hoda'ah.

Ends will seem like beginnings
and beginnings like ends.
and friends will seem like ene-
mies;
enemies, like friends.

You'll be convinced that with
more effort, more you will earn.
For extra minutes in a day
you will constantly yearn.

Relying on the laws of cause, ef-
fect,
and teva; you'll dream big for ev-
ery goal while your reality will fit
snugly in a small fish bowl.

Not only for bread
will you be forced to sweat and to
strive
but to answer the question
you will often ask yourself: Why
am I alive?

Doesn't all this seem like
a scary roller-coaster ride?
Don't even go near that tree!
Leave a gap far and wide.

I'm the Tree of Life.
Come and find me.
There is no ra for
those who machazikim bi.

If you enjoy my bounty
you'll know ONLY emes and good.
If Adam and Chava had chosen
me
they would surely have under-
stood.

I won't lure you with a peel
that's neon or glow in the dark.
I offer no fruit, only what appears
to be a lackluster bark.

With illusions of grandeur,
I won't tease your ego.
Under MY canopy,
there is only Hashem, Elokim,

Ayn Od Milvado.

You'll cling to HaChonain Ha-
Daas,
when you taste my sweet bark.
Lifted from your shoulders
will be the burden of doubt and
dark.

L'mala m'derech ha'teva you'll
soar with your limit above the
sky.
"HaKol Yachol will do anything
for you"
is the only law of nature that will
apply.

You'll be grateful for the intricate
tapestry and the Master Weaver
who will never tire.
You'll be certain that the Baal
HaBayis
is home even when, Chalila, the
house is on fire.

Partake of The Tree of Life
and the eloquent tongue you will
tame.
Your heart will be free
to trust in your Loving Father's
Name.

I'm in the garden that The Kail
Chai grows. Come and find me.
Chesed will surround you!
I am Etz Chaim: The Right Tree.

With extreme Hoda'ah to the Kail Chai
for the chesed that surrounds us and
HaKaras HaTov to
R. Yitzchok Kaufman (The Spring Hill
Times);
R. Zev Golombeck (The Bitachon Ho-
tline);
R. Pinchas Winston (The Tenth Hour;)
Artscroll: Schottenstein Editions (Par-
shas Bereishis: Text and Commentar-
ies;) Siddurim and Tehillim; and EK,
SN, SF, LJ, RD, JF, AU, CYS, DD, MM,
AG, SS, CDS, RLC, and R. SS.

A BURST OF INSPIRATION

With Rabbi Label Lam

A Heart that Wants HASHEM



Now it came to pass at the end of days, that Kayin brought of the fruit of the soil an offering to HASHEM. And Hevel he too brought of the firstborn of his flocks and of their fattest, and HASHEM turned to Hevel and to his offering, but to Kayin and to his offering He did not turn... (Breishis 4:2-5)



Kayin started something amazing and profound. He brought a gift to HASHEM. That is certainly an awesome matter. His brother Hevel surpassed him, gaining the favor of HASHEM. What was the difference in their offerings? Where had Kayin fallen short? What were the essential ingredients of each gift and most importantly, what can we learn about how to best serve HASHEM?

Why did Kayin bring his offering? Does the verse give us any indication? Perhaps it is in those introductory words, “It was (literally) from the end of days”. I saw translations that it was after a period of time. That makes it readable, but what are those words teaching us?

Why does it matter that it was after a period of time? What time lapse motivated his action? The literal meaning, “It was from the end of days and Kayin brought a gift to HASHEM” may prove more helpful in explaining the heart of Kayin.

Up until that point in history no person had ever died, but since the sin of Adam and Chava man was now made to face his mortality and return to the earth. The candle of life would inevitably burn down. Kayin understood this reality and his thoughts wandered correctly to the end of his days. Even if a person would live 1,000 years after that he would spend eternity with HASHEM. I once heard from my Rebbe zatzal that “any number no matter how large is still infinitely shy of infinity”. That’s a long time. I had better begin to groom a relationship with Whom I will spend eternity. So, it was from considering the end of days that Kayin brought an offering to HASHEM. Sounds noble!

What did Hevel add? How did he improve upon this action? That Hevel brought an upgraded sacrifice is no secret. Hevel brought... from the first born of his flocks and of the fattest.” Here the quality of the gift is explicitly stated but by Kayin no description of his gift is mentioned. So, for sure he exceeded him in that area, but there is another potent ingredient hinted at here that may be the big difference maker.

The verse tells us in a slightly awkward way that he also brought a Korbon. It says, “V’Hevel haivee gam hu”, again literally, “Hevel brought also he... from the first born of his flocks and of the fattest.” Why after mentioning Hevel in the verse is it necessary to refer to him again immediately with a pronoun “HU” –“he”?

The Kotzker Rebbe detects this seemingly extra word and explains, “Hevel brought himself”. He did not just bring an improved offering but he brought himself. The proof of this is that the verse continues to describe that HASHEM turned to Hevel and his offering but to Kayin and his offering He did not turn.

We see clearly from here that there are two parts to a gift, the gift itself and the sincerity of the giver. I was told explicitly by my teachers in preparation for marriage that when you give a gift to your wife write a note. The note is the Neshama, the Soul of the gift. The necklace may break or get lost or go out of style but the note will be cherished forever.

Both are necessary. The quality of the gift is a demonstration albeit a token of what the heart wants to express. A beautiful note won’t help the husband if his anniversary gift is wooden nickel, and neither will a diamond necklace do much to enhance a relationship if it is presented with a sour face. When the gift itself is worthy and the heart is congruent, that combination creates an everlasting bond between the giver and the receiver.

Kayin considered HASHEM, it would seem, as an afterthought. He got a clear message that he could do even better but he didn’t.

What does HASHEM want? The Talmud in Tractate Sanhedrin tells us, “Rachmana Liba Boye” – “HASHEM wants the heart”. It occurred to me recently that this Talmudic statement can be read the other way as well. What does the human being long and yearn for most? What is the deepest desire of the soul? The human heart wants Rachmana, our heart wants HASHEM. Now, with both of these approaches in mind, we can begin to appreciate that what HASHEM wants most, and perhaps the greatest gift we can give is our heart, especially so, if ours is a heart that wants HASHEM.

Good Shabbos! Gmar Chasima Tova!

The Spring Hill Times Bulletin Board

MAZEL TOV!

Mazel Tov to Rabbi and Mrs. Yitzchok Keren (Chestnut Ridge) on the engagement of their son Shlomo Yaakov to Liba Kolt daughter of Rabbi and Mrs. Mordechai Kolt!



Smile!
Hashem is at your side!

MESSAGE TYPING

The Spring Hill Times is looking for volunteers to help with typing up messages.

Email:
thespringhilltimes@gmail.com

Help the Spring Hill Times Grow!

We are looking for someone who is willing to sit outside Shteiblach in Lakewood and Boro Park and get more people to sign up.

Help the Spring Hill Times Grow!

We are looking for a volunteer to help manage the subscription system.

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.

Dear Subscriber

We try our best to make sure all our charges are correct.

It is

possible that by mistake the Spring Hill Times charged you too much or perhaps you donated money and it got lost. Please say that you are moichel if it never gets discovered.



Yum!!!!

***But Nothing Compared to the Pleasure
Awaiting You in Olam Haba!***

CRYSTAL CL WHEN YOU SEE

LOVE the length his Peyes



LOVE the style of his Shoes



LOVE the type of car he drives



LOVE his mistakes



LOVE the leader he follows



LOVE the type of hat he wears



LOVE the nusach he uses to talk to Hashem with



LOVE his occupation



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



WEAR VISION

ANOTHER YID:

**Remember that he is
part of your family!**



**Remember that he is
your other half!**



**Remember that Hashem cre-
ated the world just for him!**



**Remember that he stood to-
gether 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!**



ושמחת בחגך!

Celebrate Chal Hamoed with Your Family!

ושמחת בחגך!

Celebrate Yom Tov with Hashem!

Be A Trillionaire...

In OLAM HABAAA!!!

**The Entire Creation is
Singing to Hashem**

JOIN ALONG!!!

**Everything in Life is
DELICIOUS**

**With
Bitachon in
Hashem**

**Because It's All From
HASHEM!**

**NOTHING
IS TOO
HEAVY**

The Bitachon Perspective

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

Q: My husband learns full time and brings home a kollel stipend. Baruch Hashem, we have our basic needs – but not too much more than that.

I look around at some of my friends whose husbands are in business. In general, they are very well to do, and live a far more luxurious lifestyle.

Now, I know that money comes from what was nigzar on Rosh Hashana. Does this mean that even if my husband would have chosen to be a businessman, we still would have very little money, and if my friends would be married to kollel-men they would still have a lot of money?

A. When a family decides to dedicate themselves to living a Kollel life, their decision will certainly not cause them to get less money than they were decreed to receive on Rosh Hashana.

However, there is another consideration that we must consider.

What if wealth is decreed for person, but Hashem knows that too much money won't be good for him, will Hashem give him the money anyway?

Many times, instead of giving him the actual money, Hashem will give him 'the benefits of money' without the 'harmful aspects' of money. In the terminology of the Chovos Halvavos, this idea is called having the תועלת הממון while at the same time being spared from טרדת הממון. It comes out that he is just gaining on all fronts.

Therefore, when a family is striving to lead a true torahdik life, having a lot of money can be a big test. With all the worldly pleasures available, they can become overly involved in olam hazeh, and it can disrupt the menucha necessary for Torah and avoda.

What does Hashem do? When such a family is supposed to receive a lot of money and have a great year, many times, Hashem will do them a favor, and instead of granting him a lot of money to enable to him to have a good year, Hashem will give him his needs directly without first receiving the money.

Instead of having money to buy expensive toys for his children, Hashem will make it that his children should be happy and content with the simple toys they already have. Instead of having money to take his family on vacation, Hashem will make it that his family should feel refreshed simply by enjoying each other's company at home.

Moreover, Hashem may replace the 'wealth' in its material form (such as getting enjoyment from gourmet food and a fancy home) and instead Hashem will grant him a wealth of nachas from his children and a great shalom bayis.

Additionally, when living a Torah life, true, the family may not make as much money, however, Hashem will often spare them from many expenses which people end up spending their money on. For example, instead of family members getting sick and having to pay for medical expenses, Hashem will make it that they should not fall ill to begin with.

Ultimately, we must realize that the totality of a person's happiness and needs being fulfilled is determined on Rosh Hashana, and cannot be altered whether he chooses to work or to sit and learn.

Story Time

Stories From 'A Life With Bitachon'

#1850: This story was called in by a very, very choshuva yungerman, R' Chaim Levin. He needed to bring his suit to the cleaners before they closed. In his past experience, even if a customer came one minute late, the door was locked and they wouldn't let you in. Even two minutes before closing they would start shooing people out, telling everybody that they're about to lock the door.



He was on the way, doing his best to get there, but there was a lot of traffic, and he saw it was getting later and later. After a few more minutes in traffic, it was already past closing time. "There's no way I'm going to be able to bring my suit to the cleaners if they're already closed," he thought. Then he said to himself, "One second- do you think it's the cleaners who are the ones in charge?" He began singing, "Hakol Yachol..." strengthening himself in Emunah and Bitachon.

When he got to the cleaners, he saw it was already closed and locked, and the lights were out. At first, he was disappointed, but then he said, "It's not up to them, whether or not they take my suit to clean. It's up to Hashem. Let me try the back door."

As he went around to the back, R' Chaim suddenly saw one of the store workers walking out of the store. When the worker saw R' Chaim, he said, "Oh, you need your suit cleaned? Sure, I'll take care of it for you, even though we're closed and we don't usually do this. But there are always exceptions to the rule!"

With that, the worker took R' Chaim's suit, and gave him the best service, better than ever!



#1851: This story was called in by Mrs. Lepner. One afternoon she was in an office building. She was very hungry, and she was happy to see a vending machine in the hallway that sold healthy snack bars. Then she noticed that the machine had a sign that said OUT OF ORDER. Mrs. Lepner asked the receptionist if she had a key to the machine.

The receptionist said, "Sorry, you'll have to wait until the machine is repaired."

"One second," thought Mrs. Lepner. "What's really standing between me and that snack bar? It's only Hashem. So, I'm just going to say, 'Hashem, you're a Kol Yachol. You can do anything and everything.'" With that, she put in her money, and suddenly, the snack bar came out!

It was so delicious, yummy, and scrumptious that she said, "I'm still hungry. I think I need another one." She put in money again, but this time the snack bar stayed inside, and her money came out in the coin-return slot.

She thought to herself, "One second. Why did it work the first time and not the second time? Because the first time, I realized I needed Hashem. The second time, I thought that maybe the machine was really working after all. Now I see the machine really doesn't work. Let me try again, but this time with Bitachon."

She put the money in again, and this time the snack bar came right out, with the best service, better than ever!



#1852: This story was called in all the way from Gateshead by Mrs. Newman. She was on her way to the airport, and she was really nervous about all the extra luggage she was trying to bring with her. "The airport people are not going to give me an easy time with this. They're going to want to charge me a lot of money."

Then she said, "One second, who decides whether the airport people will be happy? Who's in charge of my suitcases? It's up to HaKadosh Boruch Hu, the Ribono Shel Olam. He's a Kol Yachol. He can do anything and everything. I'm just going to say, 'Hashem, there's only one Kol Yachol- You and no one else.'"



Mrs. Newman arrived at the airport and brought her luggage to check in. The person checking in the luggage looked at her and said, "You have a lot of extra luggage. Usually that would cost a lot of money, but I guess there are exceptions to every rule. You can just enjoy your flight."

With that, Mrs. Newman boarded the plane with the best service, better than ever!



#1853: This story was called in by a very, very choshuva yungerman by the name of R' Shmuel Pohrille. He was in a very, very big gathering - thousands of people - and he was looking for one specific person. R' Shmuel searched high and low for over 45 minutes, but the man was nowhere to be found.



Then R' Shmuel stopped in his tracks and told himself, "One second, why do I have to be busy with this? I'm just going to go with Bitachon. I'm going to stand in one place and Hashem will make him walk to ME."

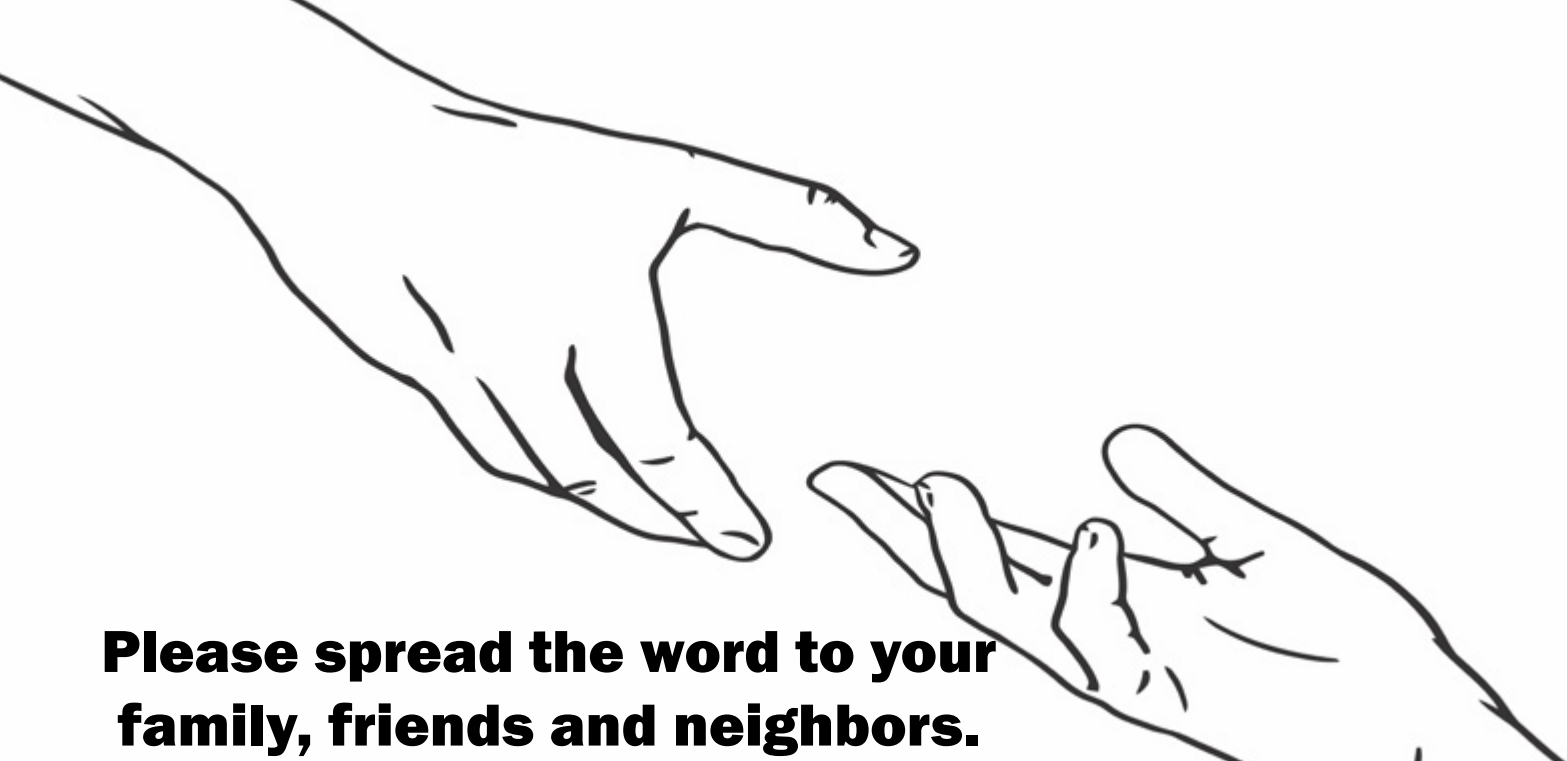
Within sixty seconds, R' Shmuel looked up, and there was the person he had been looking for! He was able to ask him exactly what he needed! ❖

Best Leaf Blowing In Town

Blow Away All Your Enemies



JUST TRUST IN HASHEM!



Please spread the word to your family, friends and neighbors.

Dear Spring Hill Times Readers in England,

If you are interested in getting copies to your local community, to your local grocery, or for any questions please call/text R' Boruch Dovid Berger 07989380279 Email: boruchdb@hotmail.com

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Stamford Hill	Breuer & Spitzer

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Stamford Hill	Kosher Spot
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Exciting News!!

**Attention Readers in Toronto
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Exciting News!!

**Attention Readers in Montreal
We started to ship magazines to Montreal**

Please contact Mrs. Streicher 651 Av Champagneur, Montreal, QC, H2v3p7 Call/Text: 5166510178

Our Readers Share



Editor's Note: Some of these stories are from KisleyShevat

be able to go to kollel;



it was really bothering me. Then, I was getting ready to daven and right before shachris I thought "C'mon, let's be mechazek in Bitachon."

Bitachon Zipper

Once on Shabbos, I was trying to zip up my coat which was not working. Then I thought of thinking and singing Hakol Yachol and it went up in the blink of an eye!



-A Reader

Bitachon Starter

One Friday, my father wanted to drive somewhere but the car didn't work. We ended up working it out somehow. On Motzei Shabbos he wanted to go to a shiur. We were about to call chareivim when my younger brother said "Just try it and we'll have Bitachon." My father tried it and it worked!



-Shragi Adams, 11, Lakewood, NJ

Bitachon Medicine

One day, I woke up with a BIG headache. I doubted whether I would

I sang to myself "Lo haya D'varim Mei'olam to the tune of Hakol Yachol." And I said that if I see a yeshua, I would tell it to Spring Hill Times. About ten minutes later my head was feeling about 80% better, Baruch Hashem! I went to kollel and everything was amazing.

-R' Dovid, London, UK

What you Do for Others...

I had a bag that needed to be returned to my cousin for a while already. One day out of the blue I called her and asked if I could drop it off. She shared with me that she was stressed out because she was coming back from the country and needed her cleaning lady but all her contacts recently got deleted. She had no way of tracking her down.



I answered, "I have her number," and gave it to her right away! What happened was that she had done a chesed to me one day when I was desperate for a cleaning lady. She had sent me hers and I had saved her number! As the quote goes: What we do for others

we do for ourselves! It was also such hashgacha that I randomly called her and that she chose to share this with me!

-A Reader

Hashem is Our Doctor

Baruch Hashem, I am expecting my first and Baruch Hashem everything has been going wonderful. Lately, I have been waking up with occasional leg cramps. One morning, I was in a lot of pain and could not move my foot or ankle at all, and in that short time, it seemed like no relief was in sight.



My husband asked, "How can I help?!" and, in agony, I shouted, "Only Hashem can help!" - and mid-sentence, I was, baruch Hashem, able to move and flex my foot and all the pain went away immediately!!

Thank You, Hashem!!!

-A Reader

Money Found!

Hi,

I would like to share a story that I promised to publicize.



I was looking for an envelope that had about \$1,000 in it. I searched everywhere but it was nowhere to be found. I told my husband that I had looked in every possible place but couldn't find it. He said he would look in one more place that I had not thought of, but was doubtful that it would be there.

While he went to look for it, I said, "Hashem is a Kol Yachol and He can help us find it instantly," and I sang the song "Hakol Yachol". I said if the envelope is found, I will bli neder share the story so that other people can be inspired.

Baruch Hashem, my husband called me two minutes later that he found it! Thank You, Hashem!

-A Reader

Attention Readers!

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

Please keep you stories coming!

You are inspiring the entire Jewish Nation!

Please note: The recording time on our machine (3853810977) has a limit of 3 minutes, so if your message is longer than 3 minutes just call back and finish your story.

Illuminating Words of Chazal

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

Question: How come Moshe Rabeinu davened 515 tefillos to get into Eretz Yisrael? Hashem knows what's best. If Hashem is telling him after tens and hundreds of tefillos that he can't come into Eretz Yisrael, then obviously it's best for him. Actually, we can ask this every time we daven. If Hashem brought upon us a situation then obviously it's best for us so why do we have to change it? Why don't we just say 'Kol ma d'avid Rachmana...' and trust that Hashem knows what He's doing...?

A: The Mabit asks this question in his sefer. He says that if the purpose of tefillah is to get what you want, then it would be a bizayon to keep on asking the King for the same thing; if he isn't answering you, why do you keep on nudging? You don't want your kids to nudge, so why are you nudging?

The Mabit answers that the point of tefillah is not to go with a shopping list telling Hashem, "I want this and this," and then plead and beg. That would be like a little child who comes to you, nudging and nudging, "Mommy, I want this, I want this." And you say no, and no, no, no, no, till you're at your wits' end. That's not what tefilla is all about. It's not about changing Hashem's mind.

The Sefer Ha'ikrim brings that Hashem really wants to give us everything we want – hakol, bakol, mikol. It says by the Avos, they had hakol, bakol, mikol. So, the same way that all the Avos had hakol, bakol, mikol, zagt the Sefer Ha'ikrim, Hashem wants to give us hakol, bakol, mikol. So why don't we have everything? The answer is because we need tikkunim. We need kapparos. For the situation that we're in, it's not good for us to have everything, it would be poison, because a person has to be in the right

situation in order for him to have hakol, bakol, mikol. You have to be on a certain level. If a person has mechitzos and separations between him and Hashem as a result of certain things he did, so by not having things that he wants, that serves as a kappara, that serves as a tikkun, and that cleans

him to become closer to Hashem. So anytime you don't have something, it's serving as a kappara, it's serving as a tikkun.

So if tefillah is not a shopping list, what is tefillah about? The purpose is first of all to connect to Hashem. Every time you connect to Hashem, that itself serves as a kappara, that itself serves as a tikkun. That's the point of tefilla. Zagt the Ramchal, Tefillah means you get closer to Hashem. Tefillah is connecting to Hashem, and Hashem is like a fire. Just like when you

have a keili you have to kasher it and you put it in the fire and it becomes kosher, it becomes clean. So, every time you talk to Hashem and connect to Hashem, you are getting cleaner and cleaner. That takes away your mechitzos and separations between you and Hashem, and now you're deserving much more bracha. Because the only reason why you didn't have it until now is because the thing you were missing was serving as a kappara, it was



-serving as a tikkun to bring you closer to Hashem, but now by just talking to Hashem you're automatically closer and then that serves as a kappara, and now you're deserving of more brachah, now you're deserving of more chesed, now you're deserving of more rachamim.

That's why it says Hashem didn't give Avraham and Sarah children for ninety years, a hundred years, because Hakadosh Baruch Hu loved to hear their tefillos. What does that mean? Hashem doesn't need their tefillos! It was for Avraham and Sarah's benefit, to bring them closer and closer to Hashem. The more they became closer to Hashem, the purer they became, and that's why they had a son Yitzchok Avinu who lit up the world. And to have a son like Yitzchok, to be zoche to a son like Yitzchok, came after being so pure.

A second purpose of tefilla is to be makir that Hashem is running the world. When you recognize that Hashem runs the world, that opens all the pipelines. Every time you acknowledge that Hashem runs the world, boom! You get a shefa. You get more bracha in your life. So that's another point of tefilla which enables you to be more deserving of more bracha, more chesed, and more rachamim.

So it comes out that we're not here to nudge, we're not here to force Hashem to give us something. No. If Hashem didn't give it to us, it's because it was poison for us, because in this situation that we're in we need tikkunim, we need kapparos, it's not good for us to have the thing yet. Every time a person davens that itself takes the place of tikkunim, that itself takes the place of kapparos, and now they're deserving of more bracha and yeshuos.

When Moshe Rabbeinu kept on asking, "Please can I go to Eretz Yisrael," he was becoming closer and closer and closer to Hashem. He was connecting more with Hashem. He was accomplishing tikkunim. And every tefilla brings brachos into the world, because the whole point of tefillah is to connect to Hashem. Hashem is the Source of all bracha, so every time you daven it automatically brings bracha. If it's good for you to get it the way you want, Hashem will give it to you. If it's poison to get it the way you want, Hashem will give it to you in bigger

and better ways.

For Moshe Rabbeinu it wasn't good for him to go to Eretz Yisrael, it was actually poison. It says in the medrash (Devarim Rabba mahaduras Lieberman p. 48) that Moshe Rabbeinu wanted to go into Eretz Yisrael and build the Beis Hamikdash, but if Hashem would have allowed it, then when Klal Yisrael did aveiros, Hashem would not have destroyed the Beis Hamikdash, and then Hashem would have let out His anger on Klal Yisrael. So actually, the reason why we're still existing till today is because Moshe Rabbeinu was not allowed to go to Eretz Yisrael and build the Beis Hamikdash. But at the same time, every time Moshe Rabbeinu davened to Hashem, it connected him to Hashem, it brought brachos into his life. That's why he was zoche to see Eretz Yisrael, even though he wasn't zoche to go in. You know what happened when Moshe Rabbeinu saw Eretz Yisrael? He was being mekadesh the makom, bringing more kedushah to Eretz Yisrael that lasted until today. That's why Klal Yisrael is continuing to shteig and thrive in Eretz Yisrael like never before!

So mitzad echad it was poison for Moshe Rabbeinu to go into Eretz Yisrael, but mitzad sheini his tefillos paid off in many ways. First of all, he got connected to Hashem, he did his tafkid, he did his tikkun, he got closer to Hashem, and second of all, Hashem answered him that he could see it and we're gaining that Moshe Rabbeinu was able to see Eretz Yisrael.

So the bottom line is that the point of tefilla is not a shopping list. It's to connect to Hashem and recognize Hashem is running the world. It's a growing opportunity. And every tefilla brings brachos, yeshuos and hiskarvus to Hashem. The more you become closer to Hashem, the happier you will be. Because the happiest thing in the whole entire world, even when you daven for something that's not really going to bring you happiness. What brings you happiness is your connection to Hashem, a kirvah to Hashem. And acquiring a kirvah to Hashem is actually the biggest geshmak; more than any other geshmak is the geshmak of being able to talk to Hashem 24/7 365.

Rav Nosson Wachtfogel

Succos

Taking Shelter in Hashem's Shade

The Gemara says (Bava Metzia 85a), "There was a calf on the way to be slaughtered. It tucked its head into the edge of Rabbi's [Rabbi Yehudah Hanasi] coat and cried.

Rebbi said to it, 'Go [to be slaughtered]; it is for this that you were created.'" It was decreed in Shamayim that because Rebbi didn't have mercy on this calf, he would be beset by suffering. Why should Rebbi be criticized here? After all, we have a rule that, "sof beheimah l'shechitah — domestic animals, in the end, are meant to be slaughtered" (Berachos 17a). Is every person who slaughters an animal going to suffer?

While it's true that animals are meant to be slaughtered, and that whoever slaughters them isn't doing anything wrong, if a calf runs to you for protection, the middah of rachamim obligates you to protect it. You can't just push it away.

This same idea applies to sitting in the succah. Chazal call the succah "tzeila d'mihem-nusa," taking shelter in Hashem's shade (Zohar, vol. 3, 103a). When a person sits in the succah he merits special protection, even if he's completely unworthy of it. When we enter the succah, we're taking shelter in Hashem

and asking for rachamim. Even if a harsh judgment was made against us on Yom Kippur, chas v'shalom, if we run to Hashem for protection He can't send us away because of the middah of rachamim. "Ki Atah, Hashem, machsi — for You, Hashem, are my shelter" (Tehillim 91:9).

Hoshana Rabba

The Midrash (quoted in Match Moshe) says, "Hashem said to Avraham, 'I am one, and you are one. I shall give your children a special day to atone for their sins, and this day is Hoshana Rabba.'"

Just like Yom Kippur is "Hashem's day," as explained earlier, Hoshana Rabbah is "Avraham Avinu's day." On this day, Avraham Avinu can rescue himself and all of his descendants.

It's a day of geulah, when we can be rescued from all our suffering. Whatever we failed to merit on Yom Kippur, we can merit on Hoshana Rabbah. What do we need to do in order to be successful? We need to daven with feeling, at least a little bit! If we take the right actions, our hearts will be awakened.

Excerpts from R Nosson Wachtfogel on Elul and Yamim Noraim with permission of the copyright holders, ArtScroll / Mesorah Publications, Ltd.

HASHEM 'HUGS' HIS BELOVED NATION

The Dramatic Sukkos of Year 5784

A Year Later

A Dramatic Story How Hashem Changed the Weather and Put a Massive Rainstorm on Hold So His Yidden Could be Mekayim Mitzvas Sukkah Undisturbed

SPECIAL COVERAGE

OUTPOUR OF LOVE COMES FORTH FROM KLAL YISRAEL

It had rained for seven days straight in Lakewood, New Jersey (Except for a few hours on one day - enough time for people to put up their Sukkos). On Friday Erev Shabbos and Yom Tov it *mabuled* all over New York and New Jersey and a record amount of rain fell, flooding streets in Monsey, Brooklyn and Lakewood. Weather Forecasts predicted that it was going to continue to rain non-stop the entire first night of Sukkos and first day of Sukkos until noon...



Yidden in Brooklyn, Monsey, Lakewood and all over the Tri-State area were extremely worried. The way things seemed, they would not be able to be mekayim the Mitzvah of Sukkah on the first night. They couldn't entertain the thought that Hashem did not want their mitzvah.

Over fifty people reached out to Rabbi Golombeck for chizuk on how to deal with the crises. One woman told Rabbi Golombeck that she davened to Hashem that it shouldn't rain, by saying the entire Sefer Tehillim!!!

A man told Rabbi Golombeck that he could not cheer up his wife. She was devastated. He said 'It was Pikuach Nefesh' that Rabbi Golombeck give her Chizuk. A man told me that the day before Yom Tov he kept on repeating to Hashem, "We love You and we love Your Mitzvah of Sukkah!!!"

Yidden all over New York and New Jersey stormed the Heavens with prayer and Bitchon.

I said to myself, as many other Yidden did, that there was no way Hashem was going to make it rain on the first night. It just can't be. I kept on checking on Erev Yom Tov the weather app (on my kosher flip-phone) but nothing was budging. It kept on predicating

non-stop rain till midday the first day of Yom Tov.

On Erev Yom Tov, about 2 p.m. I went with my children into the Sukkah, in the pouring rain, to hang up the decorations. We hung them up with such Simcha! The rain dripped into our eyes, nose, ears and mouth but we never had such a fun time hanging up Sukkah decorations! It was such a pleasure showing Hashem how much we love his Mitzvos!



Boys from Chestnut Ridge, New York, helping hang up decorations in the rain.

At about 4 p.m. the Shul sent out a text message with instructions from the Rav what to do Leil Sukkos in the rain.

I kept on checking again and again waiting to see some improvement in the prediction. Baruch Hashem something changed and it said that it was going to be dry about 5 p.m. - 6 p.m. Still not a Yeshuah but an improvement!

OUTPOUR OF LOVE COMES FORTH FROM HASHEM

Suddenly the weather forecast showed that it was going to stop raining for a couple of hours until about 9:00 P.M. What a simcha!!! We went crazy with joy. It was a dream come true. I texted Rabbi Golombek that things started looking better here in Monsey and He told me that in Lakewood too! At that point my bitachon kicked in and I said to myself, "That's it! Hashem is not going to make it rain. For sure!"

I told my wife that I wasn't going to take my raincoat to shul. "It's not going to rain." Even though it looked quite threatening outside.

Before Ma'ariv, the Rav spoke about how to make kiddush and start the Seudah in the rain. I whispered to the guy next to me, "It's good to know the halachos but it's not going to rain!"

After ma'ariv, it was not raining. I ran home to quickly make Kiddush and Hamotzei in the Sukkah. There was such an excitement in the air!!! We kept on singing 'Chasdei Hashem'. We couldn't believe that we were actually able to make a Leishev and be me-kyaim the mitzvah!

The meal proceeded. I kept on waiting for the rain to come back but it didn't! Chas-dei Hashem!

When the meal was over I told my wife, "Hashem deserves a double as-good-bentching from me."

I was sure that by the time we went to sleep it would be raining again. But no! It stayed dry! It stayed dry the entire night! Until around 7:35 a.m. when we had to get up for Shacharis! Then it started raining lightly!

The Rav by his weekly drasha before mussaf spoke about the open love Hashem showed us with withholding the rain the entire night! Against the weather forecast, up until right before Yom Tov!

By the time Shacharis was over it was dry again!

A very similar story repeated itself in Brooklyn and in Lakewood, New Jersey! It was the talk of the town everywhere!

Hashem made it pour buckets before Sukkos and then made it stop in time for the mitzvah! There is no greater sign of bracha!

And of course we also cannot forget the beautiful warm days of Chal Hamoed Hashem gave us!

People everywhere felt so clearly Hashem's open love! It was so clear and so obvious!

There is No Such Thing As Hashem Doesn't Want Our Mitzvah!

Chazal seem to indicate that if it rains on Sukkos it is a siman klalah - a sign that Hashem isn't interested in our Mitzvah. However this is impossible, because a person has a Chiyuv Min HaTorah on Yom Tov to be happy. Understanding Chazal this way, will destroy a person's Simchas Yom Tov and cause him to not fulfill a Mitzvah Doraisa! In addition we say every day: אוהב עמו ישראל. Hashem always love us.

הלל קללה backwards is 'הלל ק'. It is something that we need to thank Hashem 100 times for! It's Love and Bracha but just hidden! When Hashem makes it rain on Sukkos, He **makes it appear** as if He isn't interested in our Mitzvah so as to test us to see our reaction: Will we show a longing for the Mitzvah or not (like the Goyim Le'asid Lavo). But in truth, His love for Klal Yisrael and their Mitzvos is something that will never ever diminish, Chas V'shalom. [Rabbi Golombeck]

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THE MIGHTY POWER OF BITACHON

The following story is not just a one-time occurrence; it is the tale of a life of emunah and bitachon, related by the Rosh Yeshivas Tiferes Avigdor in Cleveland, a grandson of Rav Avigdor Miller zt”l, Hagaon Rav Yisrael Brog shlit”a:

I would like to relate the story of my life, in order to bring honor to the Borei Olam and to give chizuk to Yidden, so they know what a wellspring exists for them, a wellspring from which they can bring forth blessing and success in every endeavor. A person who lives with bitachon sees great yeshuos; he understands nature differently. Don't think that these are empty words. I will tell you what happened to me regarding one of the most difficult sugyos that a person goes through in life, which is marrying off children. Everyone knows it is a big nisayon, especially in Eretz Yisrael. Mechutanim who were zocheh to have their sons or daughters engaged told me how they thought this was a time for simchah, but the burden of huge sums of money necessary for the wedding and apartment expenses was so heavy, they could not feel any joy, and the pressure threatened to break them completely. The mechutan, who ought to be rejoicing on the day of his child's wedding, comes to the chuppah bent over in pain and worry. I am turning to those mechutanim to tell them my incredible story.

I received ten daughters as a gift from Hashem Yisbarach, in addition to the dear sons He bestowed on me through His mercies. Immediately after my own wedding, I understood that this was the way: In order to merit a son-in-law who is a talmid chacham, you have to give huge sums. I said to myself, A wise man thinks ahead. Every month I'll put aside money, so I'll have a sizable sum saved for weddings. And indeed, every month since the birth of my oldest daughter, I put a sum of money aside and invested it with a friend. Altogether, I gave him a lot of money, in the hope that this hishtadlus would help me when the time came. The sum reached a few hundred thousand dollars. My daughter got engaged, b'shaah tovah, and two weeks before the wedding, this friend called me and asked: "Are you sitting or standing?" "I can stand," I told him. "What do you want to tell me?" "All the money you gave me is gone." I asked him: "What happened? You made a deal that went sour?"

The conversation became more and more painful, for his answers hurt far more than if he had told me he'd made an unsuccessful deal. He sounded like a real nebach when he told me, "No. There was no business problem here. I simply stole all your money. All the 'profits' I gave you were actually from the sum you had given me." I didn't ask what he had done with the rest of the money. It was clear. Many people invested huge sums with him, and he lived royally at the expense of those who trusted him. There is much room to pity him, no room at all to be jealous of him. It is also possible to get angry at him, but this will not help me. There is no reason for anger, as anger will not get me my money back.

It was two weeks before my daughter's wedding, and I was penniless.

Baruch Hashem, I understood immediately that this was a nisayon. Until that point I had thought that I had to take care of myself. Now the Ribono shel Olam wanted to show me that He could take care of me even without my efforts. He showed me that he could be mesader everything for me. I don't think I did something wrong. It's okay for a person to save money for the future, but he needs to know that this is not the reason he will have the money when the time comes to marry off his children. The only reason he'll have the money for the wedding expenses, the bar mitzvah, or anything else, will be: If Hashem wants him to have, he will have. Hashem is the only One who will send him the money.

He and no one else.

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Twenty years of preparations were behind me. For twenty years, I was zocheh to learn inyanei bitachon from my grandfather Rav Avigdor Miller zt”l, and from my great rebbi Rav Meir Halevi Soloveitchik zt”l. They implanted within me the knowledge – not only in my mind but also in my heart – that no person can move a finger down here in this world if it hasn’t been announced in Shamayim that he will do so.

At the time of this nisayon, these good words of chizuk came back to me. They were like the provisions that Yosef Hatzaddik had gathered in the years of plenty to prepare for the years of hunger, and now they came into full use. I put down the receiver and said: “Ribono shel Olam, You are here with me now. Help me. Be mechazeik me. I don’t want to feel lost and worried, as the yetzer hara wants me to feel. I want to feel Your strong and powerful Hand. I want to lean on You completely. You know it all. This is the way You wanted it to be, and I am certain that You have already prepared for us everything we need for the wedding and everything else it entails.” This was so clear to me that I was truly calm.

When the story exploded, people called and asked me what I had to say. “This is what Hakadosh Baruch Hu wanted,” I told them. They could not understand how I was answering so calmly and patiently. “Don’t talk nonsense,” they said. “If you’re continuing to live with such menuchas hanefesh, it’s a sign that you got the money from him and you aren’t telling anyone.”

“I didn’t get a penny from him,” I answered forcefully. “What would be the point of storming in anger? If I kill myself, will it get me my money back? No!”

The other investors wanted to go to secular courts, but I withstood this nisayon as well. This is not the Torah way.

The days passed, the wedding came, and the question that you are certainly asking is: How was the money parshah resolved?

For my first daughter, I had taken upon myself to support the couple for ten years. I said to the mechutan: “I can’t give the money ahead of time, but im yirtzeh Hashem, the couple will get what I promised each month.”

“Where will you get the money?” my wife asked. I told her, “The Creator of the world knows that I need the money. Do I doubt that He will give me what to eat? What to live on? I haven’t yet seen anyone who doesn’t have bread to eat. He will take care of this as well.”

Baruch Hashem, I was able to fulfill my hischayvus, and everything went well.

The next year, our second daughter got engaged. The mechutan had very clear demands. “My son is a talmid chacham,” he said. “I want him to live peacefully. The first thing I am asking is that even before the wedding, you put down \$100,000. Not shekalim. I don’t want checks of Emunah and bitachon. I want cash!

“Don’t worry,” I told him. “You’ll have all the money before the chuppah.”

We set the wedding date for six weeks later, and he told me, “Remember, it needs to be before the chuppah.” “Of course you’ll have the money,” I responded.

My wife sat there and kept motioning to me, as if to say, “What are you doing? Where will you get the money?” She wanted me to tell the truth – that we were not capable of fulfilling such a demand. “There will be money,” I told her. “You’ll see.” “Will you collect money?” my wife asked. She was really feeling the stress.

“No. I do not collect money and I will not collect.” I explained to her that this shidduch was made in

THIS WEEK



heaven. Did we choose him? The shidduch came, in a heavenly ordained way, and so would the money.

My son was learning in a very chashuveh yeshivah, and when he came home for Shabbos I asked him, "Who is the best bachur in yeshivah?" He told me the name of a bachur, and this rekindled a memory. When I was a bachur, I had learned with someone with the same last name. "Ask him if his father's name is such and such," I told my son.

My wife wondered why I was interested in such matters. It is not my way to ask about other bachurim. The words had come out of my mouth thoughtlessly.

A few days later my son came back and told me, "Yes, this bachur is the son of your childhood friend." I enjoyed hearing about it, and then I forgot the whole matter.

Three years later, a shadchan called me and said, "I have a shidduch for you, a top bachur, one who has all the maalos, worth looking into." I asked for the bachur's name, and he told me the name of the bachur my son had described three years earlier. I told the shadchan, "This is it. This is our shidduch."

"What's this?" the shadchan wondered. "Is this how you respond? Don't you want to look into it first?" I told him, "I know without a doubt that this is the shidduch.

Three years ago, Hashem put a question into my mouth that I had never before asked in my life – not before and not since." It was so clear to me that when my son wanted to travel to Eretz Yisrael I told him not to go, because then he would miss the vort. He insisted on going, and the engagement was closed without him, exactly as I promised.

"After such a miraculous series of events, do you still have doubts about money?" I asked my wife. "Hashem sent the chasan. Don't you think He will also send the money for the dowry and other financial arrangements?"

I asked my wife not to worry. This burden was mine, and there was no reason for both of us to worry. "Forget about the money, and prepare for the wedding calmly and with joy," I instructed her.

I knew where to get \$40,000. I had an insurance policy in Switzerland, from where I could get that sum, but I had no idea how to get hold of another \$60,000.

Thus four weeks passed by. We traveled to New York to shop for the wedding, and on the way back, my wife asked where we were holding with the money.

"Didn't we have a deal?" I responded.

"I'm just asking out of interest," she said. "We're holding by nothing," I told her truthfully.

Two weeks to the wedding, and we were holding by zero. We went home after five days in New York, and we found a large pile of accumulated mail waiting for us. I opened an envelope and saw a check for \$20,000, written out to me. I opened the next envelope and saw another check for \$20,000. And in the next envelope, another \$20,000.

I called to my wife, "Come see what's going on here! The money arrived! All the money arrived! Even earlier than anticipated, two weeks before the date, and the money is already here."

I called my mechutan and told him, "I am signing on all three checks and sending them to you as is, so you can be calm."

After the wedding, I began looking into things. What was this company that had sent me the checks?! I set up a meeting with the owner of the company and asked him: "Did you send the \$60,000?" I told him

IN HISTORY



that I had received three different checks totaling \$60,000.

“Aah! It was you who received the money?!” “I hope it wasn’t a mistake,” I told him, “because the money’s gone and I have no way of returning it.”

“No, no, there was no mistake,” he assured me, and he told me his story:

“Several weeks ago, we moved into new offices and decided to computerize all our paperwork. So we were scanning all the documents, until I found a document dated four years ago. I had made a small deal with someone then, and he told me that he wanted all the profits from the deal to be sent to his Rav, Rav Yisrael Brog in Cleveland. He gave me the address, and that was it.

“For four years, I forgot about the deal and the agreement, and now that I found the document, I started to look into how much profit the deal had made. I made an initial calculation, and I reached the conclusion that my partner’s profits were \$20,000, and I wrote a check. Two hours passed. I looked into the matter more, and I realized his profits were higher. I wrote another check for \$20,000. At the end of the day I looked into it again, and I realized there was another \$20,000 profit. These are the checks that I sent you.”

I was amazed. The Ribono shel Olam had prepared the money for me and had organized for the partner to move into new offices so that he would remember exactly three weeks before the wedding, so the money would reach me on time.

These are only two stories regarding what I experienced in marrying off my children, may they all be well. For each child’s wedding the story was more wondrous than the last. I would like to say something to every father, every mechutan: Think and know and feel that these are not your children, these are the children of the Ribono shel Olam. This is not your money, it is His money. He only wants to test us, for He is our Father in heaven. We are only His workers, His messengers. A messenger has no need to worry about anything. All the responsibility lies on the one who sent him. When the messenger thinks that he is the baal habayis, our Father in heaven says, “You think you’re so capable? Nu, come, let’s see. If you want to tire yourself out, go ahead!”

Hakadosh Baruch Hu takes care of all His children and brings them everything they need – money, tuition, clothing in the summer and the winter, travel expenses... All the money they need, He provides for them. Will He not take care of their weddings as well?! It is His will that they get married. He will send the shidduch and the money. What is there to worry about?!

This can be compared to someone whose mother invited him for Shabbos. He calls before Shabbos and asks tensely, “Ima, are you sure there’s cholent? The mother assures him that there is, and he asks again, “Are you certain there is?” “Of course I’m sure,” she tells him. “For decades you’ve been eating at my table. Was there ever a time that you didn’t get your portion of cholent?!” Hashem is inviting you for Shabbos, inviting you to the wedding of His children. Do you think He’ll bring them to an empty hall? How can our hishtadlus create such huge sums as are necessary for a wedding? Can we possibly do hishtadlus for sums of this sort?! We do hishtadlus when it is plausible, but here it is not plausible at all.

Here we need to collect checks of bitachon, to connect to the wellspring of bitachon, the wellsprings of successes and yeshuos.

May all of you rejoice in the simchos of your offspring with all your heart and with menuchas hanefesh. It is possible, for you are children of Hashem!

Trust in Hashem, and “rejoice, all who are of upright heart!” (Kav Hashgacha Pratis)

THIS WEEK

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

SUKKOS 5783 ISSUE 70

BOCHURIM TURN TO HASHEM

Three Bochurim in Lakewood, New Jersey,* were trying to hitch a ride for Mincha. They tried for ten minutes but no one stopped for them.

Finally, they turned to Hashem and said some Tehillim.



Within a minute they got a hitch! [Heard from one of the Bochurim]

The following incredible story happened about two weeks ago during Bein Hazmanim here in Eretz Yisrael. One of our readers heard it firsthand from Shani. (Names have been changed)

JUST A LITTLE LOVE

Shani Benedict had just come home from a fun yet exhausting summer outing with her kids. She put the youngest to bed while the other kids were playing outside on the porch. Shani was looking forward to taking a long and relaxing shower. That's when the drama began.



First it was the doorbell which was being pushed long and hard. Then it was the kicking on the door which was getting more and more aggressive. Next the water stopped running and the electricity went out. This got Shani out of the shower, and she went to investigate.

Her kids were beside themselves with fear. They explained that someone had thrown an egg on a car down below. The driver, whom we'll call Nili,

emerged, looked up at them on the porch and started screaming. The kids ran inside, and she came bounding up the stairs determined to take revenge.

Shani, confident that her children would not do such a thing, opened the front door. Nili, a young woman with five girls in tow, was in a rage blaming Shani's kids for almost causing her to get into an accident. She threatened that she would call the police.

Shani calmly said, you don't know us. The Benedict children would never do such a thing. If you'd like I can try to help you get to the bottom of this.

But Nili wouldn't hear of it and she called the police.

At that point Shani did the most amazing thing. She turned to Nili and waved her inside, saying: young lady, there is much more than an egg that is bothering you. Something must be wrong. Perhaps you are widowed or divorced?

Nili burst into tears. "How did you know?"

Shani replied "First of all, you know how to turn off the water and electricity, so I assume there is no man at home. Secondly, your reaction was so out of proportion, I knew you were suffering deeply."

This brought a fresh stream of tears to Nili's face. She went on to explain that her husband abandoned her and their kids. In addition, she had to leave her job to care for one of the girls who had some medical challenges, and she had no reliable source of income.

Shani immediately called Yad Eliezer and arranged for Nili to get credit in the local supermarket. Next, she called another organization that supports single moms and arranged for a substantial grant for Nili for the upcoming yomim

IN HISTORY



tovim.

Nili was floored.

In a letter she later penned to Shani, she wrote, "To be able to look past my atrocious behavior and find the good and judge me favorably, in such a natural manner, is simply incredible. I wish the same for myself and my girls.

In addition, I learned a lesson for life, a lesson in emuna that Hashem runs His world in unbelievable ways, and he is truly looking out for all His people. I wish I would have met you under different circumstances, but I am glad I met such a person. Please accept my sincere apologies."

Many people are carrying around a lot of pain. When we encounter people acting negatively, if we endeavor to look past their actions, judge them favorably and show them love and care, we will see amazing results!

THE RIGHT AMOUNT OF MONEY



Bochurim at the yeshiva where I teach, like to run gemachim. One bochur has a gemach for cough drops. He has a pushka where the bochurim can leave donations.

One day, he needed to restock the gemach. He took all the money from the pushka without counting it and went to the store.

When he came to pay, the cashier told him that the total was \$77. He took all the money he had from the pushka and it was \$76. He opened his wallet and he had one dollar in it. He had the exact amount he needed: \$77! (Rabbi Zevy Golombeck)

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GREAT HAPPINESS IN HEAVEN

The Hirsch* family moved into a new building. They soon discovered that the Weiss* family who live on the floor above them and the Braun* family who live beneath them, were not on speaking terms.

One week, the Weiss family was making a kiddush for a granddaughter of theirs. Mrs. Hirsch decided that she was going to buy two platters to give them. One would be from her and the other would be on behalf of the Brauns. She called Mrs. Braun and told her, "I'm giving to the Weiss family a platter with a nice note in your name." "Ok, just make sure it's not too big," said Mrs. Braun.



Mrs. Hirsch didn't listen and bought a huge beautiful platter and gave it to Mrs. Weiss together with a nice note.

When Mrs. Weiss got it, her heart melted. She went downstairs to thank Mrs. Braun, and invited her and her family for the kiddush! And indeed the whole Braun family came to the kiddush!

For over twenty years the families were in a fight over a comment one of them said to the other. With one little gesture of giving in, peace was restored!!! (Rabbi Zevy Golombeck)

**Hashem is
Wonderful!**

**Life is
Wonderful!**

**Klal Yisrael is
Wonderful!**

Hashem Loves You!

HaGaon Rav Zevi Golombeck shared on A Life with Bitachon that a Rebbi recently had a young Talmid whom we will call Asher* who was not davening at all. While the rest of the class davened a real lebedige Shmone Esrei, Asher simply flipped through the pages saying nothing at all, or just mumbling a little gibberish every now and then. This Rebbi was at a loss, because he had absolutely no idea what to do for Asher. He had already tried everything under the sun, and nothing worked. Absolutely nothing. Zero success. Things were going downhill very quickly.

His wife had Bitachon for him that Hashem is the one who placed him in this situation and therefore Hashem and only Hashem had the power to find a meaningful and effective solution to help her husband reach Asher's Neshama.

The next day, davening began as usual. The entire class davened beautifully. And Asher did the same thing he always did, flipping pages and mumbling a drop here and there.

Hashem placed a novel idea in the Rebbi's mind.

He went over to Asher and said, "Everyone in the class who davens receives S'char, reward, for their davening. But for you it's much harder to daven. For you it takes extra effort and real Mesirus Nefesh to daven the entire Shmone Esrei. Therefore, your Tefila is worth millions of times more than everyone else's Tefila."

The Rebbi then took a real twenty dollar bill out of his pocket and handed it to Asher.

"Can I please purchase your Shmone Esrei for twenty dollars?" Rebbi asked.

"I'm really sorry Rebbi, but it's not for sale. If it's really so precious to Hashem that I try so hard to daven with the class, then it's too valuable to sell", replied Asher.

Rebbi then took out a real, genuine hundred-dollar bill from his wallet. Crisp and fresh with the turbo blue line down the middle.

"Here is one hundred dollars, can I please buy your Tefila?"

"Rebbi, I really feel bad, but I can't accept even a hundred dollars for my Tefila. It's too precious to sell", Asher replied.

The next day, an astonished and shocked Rebbi watched as Asher davened with real Kavana, better than every other Talmid in the entire class. Rebbi started crying tears of joy! His dear Talmid was connecting to Hashem in a deep and profound way. He was not just davening, he was really speaking to Hashem, His loving caring father.

Just a day earlier, he had felt so stuck and so hopeless. Now, Hashem turned the impossible into a dream reality.

We learn from this story to appreciate how valuable, cherished and precious our efforts are to Hashem. Precisely when we feel like we failed and accomplished nothing, at that exact moment Hashem says, "I do not care about outcomes or accomplishments. I care only about your efforts. And your Mesirus Nefesh, trying to do the right thing when it's super hard, is worth millions of times more than other people's easy successes."

Hashem loves us!

Taken from The Hashem Loves You Hotline 2678330596