לע'לו' נשמת ר' שלמה זלמן בן ר' 'שע'ה זצ"ל

RAV BELSKY DURING THE CHUPAH 58

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Parshas Lech Lecha

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Kiss from Hashem 6 What a Beautiful Nation 11 Let's Sing to Hashem 26 The Essence of Shabbos 32

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Thank You, Hashem, for the Beautiful LifeYou Give Us !

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מכתב ברכה וחיזוק מזקני ראשי ישיבות באמעריקא

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

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

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

13/17/10/ AIDCH 25

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Thinking about Hashem 40,000g	12%	Feeling Proud to Be a Yid 90,000g	22%
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FROM THE EDITOR



"Lech Lecha...."

Before we came down to this world, we were all in the Olam HaNeshamos where we were blissfully enjoying the Ziv HaShechina. Until Hashem told us.:

"I have a mission for you. I want you to go down to the physical world..."

"להנאתך "For YOUR good."

It's in this world, while in we are our physical body, that we are able to grow through the process of bechira. As wonderful it is for the Neshama in that world, there are levels that it can only reach through this world.

The entire world that we see was created and set up for one purpose: So that it should be a place for us to achieve our fullest potential.

Our level of intelligence, middos, and family circumstances, friends, neighbors and every single detail in our lives was mapped out before we were born. It was tailored made for each neshama.

In fact the neshama, before he is sent down to this world, sees his entire life and agrees to it! Because he clearly sees how everything is for his growth.

What happens in our lives in not in our control, only in Hashem's control. How we react is in our control and is what is important.

If we complain, or are bitter and blameful about things then we are failing in our mission. When we accept, thank Hashem and praise Him unconditionally, we are growing and succeeding in our mission.

In fact, our good thoughts, feelings and deeds bring more goodness to the world while our negative thoughts, feelings and actions bring more negativity.

Rav Eli Yelen sent me this amazing story that was told over by Rav Aryeh Shechter zt"l:

Sara,* a ba'alas teshuva, was having difficulty sitting through a class in seminary one day. She simply wasn't in the mood, and she didn't feel like she was learning much, anyway. Finally, she just walked out of class. After she left, she suddenly regretted what she had done. She was worried she had insulted the Rabbi who was teaching the class by walking out on him. She couldn't decide if she should go back into the class, but in the end she didn't. She went to her room feeling terrible about what had happened and decided she would never do it again. She fell asleep, and she dreamt that an older woman came to her and introduced herself as her great-grand mother. She said she was sent to reveal to her what was happening in Shamayim. Hashem summoned malachim and extolled her behavior. She did something wrong, acknowledged it without giving any excuses, and resolved to never repeat. In that merit, Hashem was going to heal ten sick people she knew, and this merit would additionally prevent another ten people who were destined to get sick from becoming sick!!

The girl woke up and went to tell her mother about her drea<mark>m. Her mother didn't believe her. "How could you</mark> know it's your great grandmother? You've never seen her!"

Her mother went searching and found some old pictures. She spread them out and asked Sara to point to the one she thought was her great grandmother. Sara immediately pointed to the right picture! Sara's mother was so shaken up by this that she herself became a ba'alas teshuva!

All due to a "simple" act of teshuva - of coming closer to Hashem...

The closer we get to Hashem, the more we thank Him. The more we realize how good He is to us the more bracha He will bring into our lives!

What a wonderful world we live in!

Have a Great Shabbos!

אשרי איש שלא ישכתך ובן אדם יתאמץ בך!

KISS FROM HASHEM! EXCEPTIONALLY BEAUTIFUL SUKKOS CELBERATED



Hashem gave the Yidden in the Tri-State area a magnificent Yom Tov. It was sunny every single day and it was dry throughout the entire Yom Tov! The temperatures were pleasant and enjoyable. There was almost no wind during Sukkos. It was as perfect as can be!

People didn't remember having such a Sukkos! According to reports, similar beautiful weather was in Toronto, Baltimore, and other places in the United States.

Over the Atlantic, in Eretz Yisrael, there was also beautiful weather and according to Spring Hill times readers in Manchester and in London, the weather there was beautiful with very little rain. They were able to eat all the seudos in the Sukkah and make a Leishev every day.

We love You, Hashem!

YOM TOV EXPENSE PAID!

Mrs. Stein* called her motherin-law on Erev Sukkos, and during the conversation she mentioned that she had made a pickled roast for Yom Tov.

"A pickled roast?" Bubby Stein said. "Our family's minhag is that we don't eat pickled roast from Rosh Hashana until after Hoshana



Raba."

Mrs. Stein quickly went to the store to buy a new roast, but the roast she found was very expensive; it was almost \$74! She called her husband and asked him if she should buy it.

"Yes, it's Hotza'as Yom Tov," he reassured her.

Meanwhile, R' Stein went to a seforim store where he spent \$40 and change on additional Yom Tov purchases, and then spent \$66 on sukkah decorations. So far, he and his wife had spent \$180 that day on Yom Tov related expenses.

Just then, he received a phone call. It was a non-Jewish worker who was about to do a job on the front of his house for which R' Stein had agreed to pay \$200.

"Rabbi Stein?" the worker said. "Someone just stopped by, and he's willing to do the same job for just \$20. I can give him \$20, and you'll pay me back when you get home. Okay?"

"Yes, thank you!" Rabbi Stein agreed.

Rabbi Stein was shocked that there was someone willing to do such a big job for just \$20, and that the original worker was not only giving up on doing the job himself, but was even laying out the money for the other worker!! It was clearly Yad Hashem. Rabbi Stein was amazed at the incredible way that Hashem had immediately paid him back \$180 for his Yom Tov expenses! (Harav Eli Yelen)

HASHEM'S MASTERPIECE

Yidden in the Tri-State area couldn't get over the stunning colors of the Fall trees.





The mixture of yellow, red, orange, maroon and green leaves was magnificent!

A small mashal of what Gan Eden looks like...

The children also immensely enjoyed playing in the leaves.

Thank You, Hashem!

EVERYTHING IS FOR THE BEST



We had a small porch off our back door that was sagging, and the railing on one side had fallen off. I asked my husband to ask one of our neighbors, who sometimes does small handyman jobs, if he would be able to fix it. I had in mind that he would screw the railing back on and prop up the porch somehow from underneath, since it was only a couple of feet off the ground. When I came home from work the next day, I found this neighbor in the backyard, in the process of taking apart the porch! I was taken aback. It turned out that he assumed we wanted to actually fix the porch for real, and he started to work so quickly that I didn't have a chance to even discuss the price. I thought to myself that it's for the best, maybe Hashem is saving us from someone getting hurt if the porch would suddenly break one day.

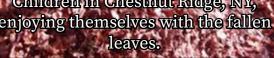
Meanwhile, in the process of taking apart the porch, the neighbor discovered that a main supporting beam of the porch, which was attached to the house, was rotten. He said that it was too hard for him to replace; we had to get a professional. When we called a professional, the man took out a small piece of the rotten beam, and showed us that the wood behind that was also rotten! This beam was part of the structure of the actual house!

The situation was looking worse and worse. This man started talking about jacking up the house to re-

אשרי איש שלא ישכחך ובן אדם יתאמץ בך

place the rotten beam! The potential cost of this "small" project was skyrocketing rapidly! Baruch Hashem, we found a different viddishe contractor who had the experience to know how to replace







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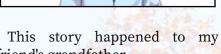
the beam in a less complicated way and for a relatively reasonable price. At this point there was no way for our neighbor to rebuild the porch, and it wasn't worth it for us to build a whole new porch from scratch professionally, so we asked the contractor to put in a few steps down to the ground from the back door instead of building a whole new porch.

It seemed like that was the end of the story, and we figured that Hashem had helped us discover this rotten beam before the problem had a chance to get worse.

Meanwhile, the area where the porch used to be had to be fixed up somehow, and we decided we would put in concrete pavers to make a patio. A few days later, it rained very hard, and I saw that the water from the rain was collecting right near the house, under where the porch used to be. Despite a sump pump, our basement had a flooding problem for years, which had over the last couple of years gotten even worse. Hashem put an idea into my head that maybe if I could somehow get the water to flow away from the house. I bought a bunch of bags of dirt, and before I put down the pavers, I made sure that the ground right near the house was higher and sloped very gradually away from the house. We put in the pavers, and not long afterward it poured for a long time, exactly the kind of rain that usually caused our basement floor to get wet, but this time it stayed perfectly dry!!

Again, a week later it rained so hard that many areas nearby flooded, and again our basement stayed totally dry! It has been a few months, with quite a few big rainstorms, and Baruch Hashem, it looks like our basement is now dry!! This was a huge benefit, worth much more than the amount we spent on fixing the rotten beam (and actually my in-laws helped us out with part of the cost, so the cost was even lower) and Baruch Hashem we saw how the whole chain of events was truly for our own best interest! (Spring Hill Times Reader)

A DIFFERENT SET OF RULES



friend's grandfather. Mr. Baum* was seriously ill and

went to Manhattan to visit a top non-Jewish doctor in his field. The doctor examined him and prescribed a certain medication but explained that the medication would not cure him of his illness, it would only delay some very serious conditions. He explained to him all the statistics and everything there was to know about the medication.

Mr Baum and his family were davening very hard and got many berachos from gedolim for a complete refuah shelaima.

Six months later, Mr. Baum's condition was better and he returned to the doctor for a checkup. He asked the doctor to explain how this could be, as he had told him earlier that the medicine would not cure him. The doctor responded, "In my experience, I see with

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the Jews there are no statistics!" (Spring Hill Times Reader)

YOU WON'T MISS OUT....



I am Aharon from Bnei Brak. My friend from the South related an amazing revelation of hashgachah pratis:

Last Yom Kippur I accepted upon myself not to remove my tefillin before the final Kaddish. I was zocheh to keep to this kabbalah day after day. Then, during bein hazmanim of Av, I was tested. I had arranged with my brother and a friend to leave for Yerushalavim using public transportation. This is a bus line that doesn't run very frequently. The first bus leaves at 7 a.m., and the next bus doesn't leave until 1 p.m. That morning, I davened earlier, but by the time it was almost 7, they still hadn't finished davening. My brother hinted to me that the bus was going to come, and I motioned with my hands to show him that I would continue davening with the minyan. My brother and friend waited a bit more, but I knew that the final Kaddish would not be recited for several more minutes, and afterwards I would have to remove my tefillin properly. So, I motioned to them to leave without me.

In the Sephardic nusach the end of davening takes longer, and thus the nisayon. My brother and

friend both left, and I knew I'd missed out on a trip.

Davening concluded at 7:02. I removed my tefillin calmly, knowing that no one was waiting for me; but when I went outside, I discovered my brother and friend waiting.

"Why didn't you go?" I asked.

"Because we didn't want to go without you."

"But you missed out. I didn't want you to miss out because of me!"

This was really unpleasant for me. I'd taken this kabbalah upon myself, but they? Why did they have to suffer because of my kabbalah? I was really upset.

"Let's go anyway," my brother said. "We'll wait at another bus stop, and we'll try to see if there are other bus lines that could take us to Yerushalayim."

We were standing at the bus stop while my brother called to see if there was some other way of going, when suddenly we saw "our" bus coming. The driver stopped at the bus stop, and when we got on he told us, "Nothing like this has ever happened to me before! I missed the exit from the city, and I had no choice but to redo part of the route so that I'd be able to leave!"

Our "natural" chances of getting on the 7 a.m. bus in the direction of Yerushalayim were nil. That bus was supposed to be well on its way on the highways of Eretz Yisrael, far from the bus stop where we stood, but Hakadosh Baruch Hu changed the way of the world for me, so I would be able to remove my tefillin properly, after the final Kaddish, and also to go on the trip. This was an amazing he'ara, and it showed me how important my small, consistent kabbalah was on High. (Hashgacha Pratis Newsletter)



IT COMES BACK TO YOU EIGHT-FOLD

This is Moshe from the South. On a Thursday night, in the middle of the month when the moon was full, I saw that I had only 300 shekels left in my bank account. This sum would be fine for buying what we needed for Shabbos, but if you think about Sunday of the following week, it's less exciting. If I were to use up the 300 shekels then, I had no idea where I'd get the money I would need for the following week.

The truth is that I don't need a lot - only bread, milk, diapers, fruits and vegetables, and a few expenses that weren't yet deducted from my account - small but vital expenses that would amount to more than 300 shekels. I thought about what to do. Should I borrow? Should I make do with less? Should I spend less on oneg Shabbos - using one hundred shekels instead of three hundred? I struggled within myself until finally I decided to buy my Shabbos needs and to do what Hakadosh Baruch Hu commanded - "My sons, borrow on My account, and I will repay it." I came back from my shopping trip, and the phone

אשרי איש שלא ישכחך ובן אדם יתאמץ בך!

in my pocket rang. The Yid on the other end of the line didn't say much. He was only calling to remind me that he used to give us money every month consistently, and now he checked his account and discovered that the monthly sum allocated to us hadn't been transferred in several months. "So, first of all, I'm transferring 300 shekels to your account," he informed me.

This was an immediate and exact yeshuah, but my benefactor did not stop there. At the end of that week, he made up for all the previous months when that payment hadn't come in. Thus, it turned out that I got eight times more than what I'd spent on the Shabbos expenses. When Hakadosh Baruch Hu repays, He gives back more than what you gave.

(Hashgacha Pratis Newsletter)

ANTI-SEMITISM DOWN IN



MANHATTAN

We were looking for a parking spot in Manhattan. We started singing Hakol Yachol and not only did we find a spot on the street in Manhattan only one block away from where we needed to go to, but also it was free!

In addition, a non-Jewish man helped us park! (A Spring Hill Times Reader)



Boy from New Jersey Thanks Hashem



Yehuda Newman, an elevenyear-old boy from Lakewood, New Jersey, was playing basketball. The ball was a very heavy ball, and it hit a boy in the head. Baruch Hashem, that kid was wearing a helmet, and nothing happened to him!

In other news, Yehuda was riding a bike and he fell off the bike on his stomach. Baruch Hashem, nothing happened to him!

Thank You, Hashem!

Non-Jew is Nice to Yid

Dovid Krohn, a boy from Chestnut Ridge, New York, went to a Kiddush on Shabbos. On the way back, he needed to cross a busy street. As he was crossing, he noticed a car approaching, so he stopped. The person driving the car was a non-Jew, and he



honked and motioned to Dovid to cross the street!

Thank You, Hashem!

Woman from England Trusts in Hashem



Rabbi Avishai Berkowitz from Manchester, England reported that his wife went to a chasuna. It was pouring rain before the chuppah, and his wife had bitachon that Hashem was going to make the rain stop during the chuppah. During the chuppah not one drop fell!

Baruch Hagever asher yivtach baHashem

Hashem is Running a Perfect World



Naftali, a yeshiya bachur, reported two stories that happened where he saw clear Hashgacha pratis. One time his mother started choking. It was hashgacha pratis that he was home at the time and remembered the Heimlich maneuver. He performed it successfully, saving his mother's life!

Once when he was eleven years old, he was swimming in a pool and he started drowning. It was hashgacha pratis there was someone there who witnessed it and ran to call the lifeguard who saved his life!

Hodu laHashem ki tov ki l'olam chasdo

Hashem is Running a Perfect World

Yechiel, a boy from Monsey, New York, used to listen a lot

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to news hotlines. His parents thought that it was not good for him, and they told him that he needs to cut it down. He was afraid that he was going to be bored. It was hashgacha pratis that on that day, someone left a sample of the Spring Hill Times in the mailbox. He now has what to read and is able to follow the real news!

Mashgiach min hachalomos umeitzitz min hacharakim

Yeshiva Bachur Feels Hashem's love



Moishy, a 21-year-old yeshiva bachur, went home from learning. The second he reached his house, it started pouring outside. He felt Hashem's love!

Ahavti eschem amar Hashem

Hashem Loves Our Tefillos

R' Shmuel Dovid Falk had a baby. The baby was in the NICU for a few weeks and every night



the baby's level of oxygen would go down. His family members decided to say the entire tehillim. One night they divided the whole sefer tehillim between themselves.

The next morning, when R' Falk arrived at the hospital, the nurse told him that that night was the first night that the baby's oxygen level did not go down!

Baruch shomaya tefilah

All You Need to Do is Thank Hashem



R' Chaim was reading a story in The Spring Hill Times about someone who had a toothache and thanked Hashem for the times that his teeth did not hurt, and he then felt better.

On Shabbos, R' Chaim had a virus and was feeling very sick. He started thanking Hashem for all the time that he feels well. As he was thanking Hashem, he started feeling better!

Tov lehodos l<mark>aHashem ulezam</mark>er lishimcha elyon

What a Beautiful Nation



R' Zevy Golombeck reported there was a Yid whose business burned to the ground.

The first thing he did was to call up all his yiddishe workers. He told them that he was going to give them their paychecks until the business would be rebuilt!

Mi k'amcha Yisrael

Woman Trusts in Hashem



Mrs. Stein had a relative who was supporting her family, but they stopped providing support. It came the day she needed to make a payment for the mortgage, and she had no idea where the money was going to come from. She said: "The same Hashem that took care of me until now is going to continue taking care of me."

She then called up the bank to hear her balance, and there was a deposit of \$5,000. She got her

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tax returns on the day that she needed to make the mortgage payment!

Sutton davened to Hashem, and right afterwards, they found the floafers!

Vihaboteach baHashem chesed yisovivenu

.....

It's a Different Life Living with Hashem



Somebody lent Mrs. Cohen The Spring Hill Times. While she was reading The Spring Hill Times, an emergency happened in her house, and she needed to go to the hospital. She said that she is the nervous type, but because it happened while she was reading The Spring Hill Times she was in the "emunah and bitachon mode" and she was much calmer!

V'ani kirvas elokim li tov

Boys Daven to Hashem



One of the children in the Sutton family was missing his floafers. They were looking for it for two days, but they were not able to find them. Yonason and Shalom

Baruch Shomea tefila

Boy Trust in Hashem



Yeruchem Newman, R' Zevy Golombecks neighbor, was playing basketball with some friends. One of the boys, Tzvi Kaplan, noticed that the glass of his watch popped off while he was playing. They looked all over for it, but they were not able to find it.

Yeruchem started singing "Hakol Yachol" and right then Tzvi looked in his shirt pocket, and he found it sandwiched between the covers of his cell phone!

Baruch hagever asher vivtach baHashem

Boy Makes Kiddush Hashem

.....



Shimmy Weiss from Chestnut Ridge, New York, was in Detroit for the summer. He was in a store, and he bought a slurpee. He tried putting the cover on the slurpee, but it was the wrong size and it spilled onto the counter. He asked the worker for the right size cover and he found the right size in the back of the store.

Shimmy, on his own initiative, went to bring paper towels to clean up the mess!

Anti-Semitism is On The Decline



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R' Yitzchok Aron Sternfeld reported that his friend was walking on the street when a non-Jew came over to him and asked him if he could please take a picture of him, because he wanted a picture of someone of the Chosen Nation on his phone. He then told the Yid, "You must be so happy that you are part of the Chosen Nation."

Ahavti eshem amar Hashem

Hashem is Watching Over Us



In the past two days, thousands of Hezbollah members were either killed, blinded, or wounded by explosions from their beepers and walkie talkies!

Kein yovdu kol oivecha Hashem

Family in Eretz Yisroel Thanks Hashem



The Bess family from Beit Shemesh had a power outage. The children started thanking Hashem and singing His praises.

After a few minutes, the power went back on, and they started

singing and thanking Hashem even more!

Tov lehodos laHashem ulizamer lishimcha elyon

Hashem is Running a Perfect World



R' Rabinowitz from Monsey, New York went to the bank to take out money to pay his cleaning lady. Once he was there, he decided to take out an extra \$5 in singles in case he needed to give tzedakah.



a non-Jew who told him that he used to be Catholic, but he realized that it was nonsense and then he became an atheist. He then read a book about the Jewish nation, and he realized that they have the right religion. He said that he would himself become Jewish, but his wife doesn't let him.

He said that he goes to the synagogue just to see the Jews praying to their G-d!

Ahavti eschem amar Hashem

When he was in shul, he gave \$1 to an ani. He came home and his wife asked him if he had, by any chance, any extra money because the clean lady stayed a little extra. He asked her how much money she needed, and she said, "\$4.00!"

Vidivrei niflaosecha asicha

••••••

Anti Semitism is on the Decline

R' Yitzchok Aron Sternfeld reported that he went traveling somewhere. He met



Hashem's Wonderful & Incredible World

CBD from Hashem's Hemp Kills Mosquitoes, Inflicting 100% Mortality Rate on Pesticide-Resistant Insects

Hashem's Hemp leaf extract rich in CBD was recently shown in a study to kill both species of yellow fever mosquito in their larval phase, including one that had developed insecticide resistance.

The study demonstrates yet again how many different things hemp products can be used for, but unlike anything discovered so far, use as an insecticide could literally save millions of lives.

"Hashem's Mosquitoes are one of the deadliest animals in the world, mainly because as adults they serve as vectors of disease," said Erick Martinez Rodriguez, lead author of the study and a graduate student in entomology at Ohio State University.

Much like infectious bacteria, the rampant use of insecticides to control mosquito populations has led to some populations developing robust resistance to these poisons.

Inspired by previous Ohio State research which discovered that the bark properties of a plant native to Madagascar worked as a natural mosquito insecticide and repellent, and using the wisdom Hashem gave him, Rodriguez sought to determine if hemp could act as a viable and safe alternative to current biopesticides.

Baruch Hashem, Larvae are far more easy to target than adult mosquitoes which can fly and travel long distances.

To test hemp's toxic effects against mosquito larvae, Rodriquez and his team took air-dried hemp leaves, pulverized them into a fine powder, and soaked that in methanol for a few weeks to reach the desired CBD concentrations.

The methanol was later removed from the solution to make it easier to chemically analyze, resulting in an extract that was eventually given to the larvae with their food.

Depending on the concentration of hemp ex-

tract used, the team discovered that the hemp leaf was potent enough to be equally toxic to both strains of mosquito larvae. What surprised Rodriquez was the small amount needed to be so deadly.

"If you compare the amount of hemp extract needed to kill 50% of the population to other synthetic conventional insecticides, it is on the high side, but when you compare it side-by-side to other natural extracts we have tested in our lab, only a relatively low amount is required to produce high mortality values in larvae," Rodriguez told Ohio State's press team.

While CBD eventually led to 100% mortality for the larvae, different concentrations of the hemp extract caused different mortality rates in the hours leading up to that time.

Cannabidiol, or CBD for short, is one of many active compounds in the hemp plant that's non psycho active. Hemp is just one kind of the Cannabis sativa plant, and one which typically contains low amounts of THC, the compound that gets us all high.

Hashem has given CBD, and hemp more generally, many medicinal and household uses, some of which GNN has reported on before. Among those uses are veterinary care products, which raises interesting questions about the toxicity of CBD to other animals, for example, insects we don't want killed like butterflies or honey bees.

"CBD is a compound that appears to be safe for people and our companion animals to ingest," said Peter Piermarini, co-author of the study. "It'll be interesting to learn more about how CBD interacts with various proteins in mammals and

insects to understand why it's safe for people but not insects."

Chasdei Hashem!!!



News source from GNN.org With permission.

- 14 -

Hashem's Holographic 3D Printing Has the Potential to Revolutionize Multiple Industries, Researchers Demonstrate

Researchers, using the wisdom given to them by Hashem, have developed a novel method of 3D printing that uses acoustic holograms, and while it's a little technical and difficult to understand, the discovery might be a paradigm shift.

The researchers say it's quicker than existing methods and capable of making more complex objects as the sound waves help cancel out certain limitations imposed by gravity and form the object at a continuous rate rather than "voxel by voxel" (a voxel is the 3D equivalent of a pixel, though perhaps should have been called a 'boxel.')

The process, called holographic direct sound printing (HDSP) builds on a method introduced in 2022 that described how tiny bubbles create extremely high temperatures and pressure for trillionths of a second to harden resin into complex patterns.

Now, by embedding the technique in acoustic holograms that contain cross-sectional images of a particular design, polymerization occurs much more quickly.

In order to retain the fidelity of the desired image, the hologram remains stationary within the printing material. The printing platform is attached to a robotic arm, which moves it based on a pre-programmed algorithm-designed pattern that will form the completed object.

Muthukumaran Packirisamy, a professor in the Department of Mechanical, Industrial, and Aerospace Engineering at Concordia University in Montreal, believes this can improve printing speed by up to 20 times while at the same time using less energy.

"We can also change the image while the operation is underway," he told the Concordia press team. "We can change shapes, combine multiple motions, and alter materials being printed. We can make a complicated structure by controlling the feed rate if we optimize the parameters to get the required structures." According to the researchers, the precise control of acoustic holograms allows it to store information of multiple images in a single hologram. This means multiple objects can be printed at the same time at different locations within the same printing space.

As a result, acoustic holography will be a launching pad for innovation across any number of fields: it can be used to create complex tissue structures, localized drug and cell delivery systems, and advanced tissue engineering. Real-world applications include the creation of new forms of skin grafts that can enhance healing, and improved drug delivery for therapies that require specific therapeutic agents at specific sites.

He adds that, as soundwaves can penetrate opaque surfaces, HSDP can be used to print inside a body or behind solid material. This can be helpful in repairing damaged organs or delicate parts located deep within an airplane.

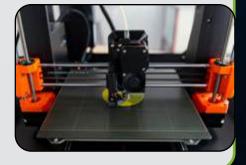
Chasdei Hashem!

The researchers believe that HDSP has the potential to be a paradigm-shifting technology. He compares it to the advancement light-based 3D printing technology saw with the evolution from stereolithography, in which a laser is used to harden a single point of resin into a solid object, to digital light processing, which cures entire layers of resin simultaneously.

"You can imagine the possibilities," he says. "We can print behind opaque objects, behind a wall, inside a tube, or inside the body. The technique that we already use and the devices that we use have already been approved for med-

ical applications."

Ma Rabu Masehca Hashem!!!



But Nothing Compared to What's Waiting For You in Olam Haba!

Yum! Yum! Yum!

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By Rabbi Zevy Golombeck

Editor's note: Many of these stories are from months ago

At Just the Right Time



One week, R' Klein decided to order ten copies of the Spring Hill Times for his whole extended family. He was looking in the story section of Rabbi Zevy Golombeck, and there was a story of the Klein family of Philadelphia, who are his in-laws! This was a story that was called in 7 months ago! Just the week that he ordered it for his family, the story was there!

Bitachon Fix



Mrs. Goldberg* borrowed a camera and accidentally put the SD card in backwards. She tried popping it out, but it was stuck. She tried this way and that way, but it wasn't coming out. She said, "Wait, let's call A Life with Bitachon and listen to a story to get chizuk."

After listening to 30 seconds of the story, she tried again, and the SD card popped right out!

Hashem Provides Food



Mrs. Gold* used up the money on her food stamps card, and she literally didn't have money to buy food. She didn't know what to do. She said "Hashem, You're forever taking care of me."

She called the number on her food stamps card, and they just put more money into her account, out of the blue, with no rhyme or reason, in middle of the month! It was just enough for her to buy what she needed!

Hashgacha Pratis Brainwashing



This story was called in by a Chassidishe Yungerman who reads the Spring Hill Times. He had a child that was R"L slipping off. During the Shabbos seudos, he started telling stories of Hashgacha Pratis from the Spring Hill Times.

Recently, his son started telling him his own stories of Hashgacha Pratis! He asked his son, "What, where did that come from??"

His son said, "This comes from you brainwashing me every Shabbos!"

Now they just schmooze about Emunah and Bitachon, and he's seeing lots of nachas from his son, Baruch Hashem!

Hakol Yachol



It was almost Shabbos, and someone called me asking me to return an item that I had borrowed from them. I honestly did not know where it was and that person needed it right then. I said, "Hashem, You're the Kol Yachol,

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By Rabbi Golombeck

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- 4 This week's connection of Bitachon to the PARSHAH
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- 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
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Lower	3 min.
volume	forward
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You can help me find it. Please help me find it!" I was looking for about 1 ½ minutes, and then in the second spot I looked, I found it! Coff Off Heshem's Onlimited Wisdom and Kindness

The Nose

This Niflaos HaBorei 2-Minute Audio Shiur is sent out 6 days a week. No need to call, the Shiur will call you. Choice of six times (EST): 8:45 am 1:15 pm 2:45 pm 6:15 pm 7:45 pm 9:15 pm To receive this daily Shiur Call or Text: 313-NIFLAOS (313-643-5267) To hear a sample call: 908-280-4488 Our mucus gets pushed down and out by tiny microscopic hairs. This is a constant process but it is also a very slow one. Sometimes, we cannot afford to wait for this snail paced process to happen. For example, if our mucus receives an overwhelming amount of germs and bacteria or if it simply has a big buildup of foreign particles like dust.

For this Hashem created a different alternative that takes care of this issue in an instant. Hashem created the sneeze. Sneezing is like a sudden explosion that clears up the nasal passage. It takes a grand total of 1/7th of a second and the problem is solved. In this tiny period of a split second your body can clear out a hundred thousand germs. That is a lot of germs!

We can compare these two ways of clearing out the nose to two different war strategies. Sometimes you have hand to hand combat slowly clearing out enemy territory house by house. And sometimes you just drop a bomb. The explosion of a sneeze is like a bomb – it has a very strong, immediate effect. It clears out the whole area in a second.

Let's take a closer look at this unique phenomenon of a sneeze. A sneeze does not only involve our nose, rather there is a large portion of our body which is involved in making this happen. Right before a sneeze, we inhale strongly, suddenly taking in a deep breath of air. After that, our chest muscles compress strongly which puts pressure on the lungs which squeezes them and all the air that we just inhaled. It gets shot out; it's like stretching back a rubber band before you release it.

Another part of our body which is moving when we sneeze is our eyelids. We may not be aware of it, but when we sneeze, in that split second, the eyes close shut. Perhaps the reason for this is because when we sneeze there are a lot of germs that are being expelled from the nasal passage. In order to protect the eyes, which are very delicate, they close shut to ensure that none of these dangerous germs and bacteria enters into the eye.

LECH LECHA - CHESHVON 5785

HaShem's Wonderful World:

TURTLES:

By Tzvia Ehrlich-Klein, Jerusalem

Turtles are a good way to remember that HaShem gives everybody and everything exactly what is needed to live a successful life. How?

There are more than 200 different species [kinds] of turtles around the world. Some are very small, like the Speckled Tortoise, which weighs less than one-half of a pound (220 grams). Other turtles are very, very big, like the Leatherback Turtle, which can weigh up to 1500 pounds (680 kilograms).

Though HaShem made a few kinds of turtles that can live both on the land and in the water (they are called semi-terrestrials), there are basically three different types of turtles. Each of these different types of turtles lives in a different kind of environment, and so it looks and acts very different from each of the other types.

FRESHWATER turtles live in streams, lakes, and ponds, where the water is not salty. However, even though they live in the water, they still need to breathe air. HaShem therefore created them in a way that they need much less oxygen in order to breathe than regular land turtles and/or other land animals need. This makes it possible for these freshwater turtles to stay under the water for hours at time, without breathing!

Freshwater turtles also have flat shells and webbed feet. Because of their webbed feet, they are able to walk on logs and on rocks — and it also helps them to swim well.

SEA TURTLES, on the other hand, live in the ocean.

Since oceans are much *much* bigger than the biggest lake or river, HaShem made their legs with flippers instead of with webbed feet. These flippers are very strong and perfect for swimming fast and far. In fact, some sea turtles are such good swimmers that they can swim 15 miles per hour (24 kilometers per hour)!

Because sea turtles live in oceans, the water that they drink is very salty. Yet, if they get too much salt inside their bodies, they will die. Scientists could not understand how the sea turtles were able to live in such salty water — until they figured out that sea turtles cry big, salty tears. It is by means of these big, salty tears that the sea turtles get rid of the extra salt that their bodies do not need and cannot use!

The third kind of turtles are called **TORTOISES**.

TORTOISES live on land. Since they need to walk everywhere they need to go, HaShem made them with thick, strong legs, and without any webbing between their toes.

Most tortoises have high, domed shells. All tortoises have heavy, thick scales on their front legs. This way, if a tortoise is in danger, he can use these heavily scaled, thick, strong legs to cover his face like armor. Since the shell of a tortoise does not cover his face, this is very important.

What a beautiful, amazing world HaShem created! And how perfect is everything He does! [Material was based on Zoobooks, Wildlife Education, Ltd. series.]



Tzvia Ehrlich-Klein is the author of HASHEM'S WONDERFUL WORLD: CLOUDS [Adir Press], the 4 Menucha books: I LIVE WITH MY MOMMY; WORD FUN FOR EVERYONE: KOSHER WORD GAMES; YOU"RE JOKING! THE KOSHER JOKE BOOK and YOU'RE JOKING AGAIN; A CHILDRENS' TREASURY OF SEPHARDIC TALES (Artscroll), and the 4 Feldheim books ON BUS DRIVERS, DREIDELS AND OR-ANGE JUICE; ON CAB DRIVERS, SHOPKEEPERS AND STRANGERS; ON BUS STOPS, BAKERS AND BEGGARS, and HAPPY HINTS FOR A SUCCESSFUL ALIYAH. She has also edited several books including COPYRIGHT IN JEWISH LAW (Feldheim) and TO DWELL IN THE PALACE (Feldheim), an anthology on life in Israel. Ask for her books at Jewish bookstores. She made aliya in 1971, and lives in Jerusalem.

HASHEM'S Amazing Universe

The Amazing Construction of the Honeybees Honeycomb (all done while in the dark!) Article 42

This article will focus on the miraculous construction of the honeycomb in which all processes of the bee's life take place, from birth until death, and it's also where all their honey (and bee pollen) is stored. When one looks at the honeycomb one can't but wonder how such perfectly shaped hexagon cells (the singular boxes of the honeycomb) could have been formed. It's a work of perfection made pretty much in the pitch dark! (The hive only has a small opening, typically on the bottom of it, so there's no "window" from which sunlight can come in).

The honeycomb is something that has been extensively studied and what these studies show is mind-bogglingly complexity. It truly shows the amazing abilities that Hashem put into the tiny bee's brain!

Here are words taken from scientific writeups. "The honeycomb structure is a testament (witness) to the mathematical genius of honeybees. Its efficiency, strength, and adaptability have in spired countless innovations (which means improvements) in engineering and design. Next time you see a honeycomb, take a moment to appreciate the intricate mathematical principles behind this remarkable natural wonder. Here's another quote from a different science article entitled The Mathematical Genius of Honeycomb Design. Have you ever wondered why honeycombs are built with hexagonal cells? It's not just a matter of chance; it's a testament to the mathematical brilliance of honeybees. The hexagonal shape, with its six equal sides and angles, is the most efficient and strongest way to build a structure, especially when it comes to maximizing space and minimizing materials. Here's another quote from a very well-known scientist. He described the bees' ability to build perfect honeycombs as, "the most wonderful of all known instincts." Each hexagonal cell is so precisely constructed and so neatly arrayed that a [honey]comb is a visual treat. See picture 1.



So, we have scientists calling honeybees "mathematical geniuses" and having "mathematical brilliance". Well, I don't think the bees have any way of becoming geniuses or brilliant, however, their CREATOR HASHEM certainly is capable of putting into their tiny brains, these amazing mathematical processes with which to make the perfect honeycomb (while in the dark)!

Now, in order to make sure that we will notice Hashem's amazing talents that He gave to the honeybee, He made its construction in a more complicated way then would have seemed necessary.

Hashem made it that no single cell is made completely by one bee. Each cell is started by one bee and finished off by another bee. In fact, many bees are employed in the building of each individual cell and they often relieve each other at intervals of no more than half a minute or so. Apparently, each bee immediately comprehends what stage the construction has reached at the place where she starts to work and continues accordingly. Nevertheless, the job is finished off with perfection as if one bee did it all by itself.

Not only that, but the honeycomb as a whole is usually started off from three different places, with all three parts eventually joining together - seamlessly.

Researchers write that the bees have the ability to manipulate the comb cells' size and orientation so craftily that their ability can be considered "a true architectural skill."

THIS IS INCREDIBLE!

Now, we will embark on explaining what the amazement is all about.

Firstly, Why Hexagons? Why did Hashem program the bees' brain to shape their wax into hexagons? So, it's important to know that it takes bees eating 8 oz of honey for the bees to produce one ounce of wax. So, the better they make usage of the wax, the less honey they need to consume.

Maximum Space, Minimum Material: Imagine a flat surface covered with identical shapes. Triangles, squares, and hexagons can all fit together without any gaps. But, hexagons use the least amount of actual material to cover the most amount of space. This is crucial for honeybees, who need to build a strong and efficient home with limited resources so the hexagon utilizes the least amount of material for the same space than if it were squares or triangles. Strength and Stability: Hexagons distribute weight evenly across their structure, making them incredibly strong. Think of a honeycomb – it can withstand significant pressure without collapsing. This is why honeycombs are often used as inspiration in engineering, from aircraft parts to building materials.

The Math Behind Honeycombs. Let's delve into the math behind this fascinating structure. Angles: Each angle in a hexagon measures 120 degrees. This consistent angle allows the cells to fit together perfectly, creating a strong, even and stable structure. The next two calculations I have absolutely no idea what they mean, but it's the mathematical reason as to why the hexagon is THE BEST shape to use. These calculations could only come from Hashem Who could come up with these amazingly efficient calculations.

Area: The area of a hexagon is calculated using the formula: Area = $(3\sqrt{3}/2)$ * side². This formula highlights the efficient use of space in a hexagonal structure.

Perimeter: The perimeter of a hexagon is calculated using the formula: Perimeter = 6 * side. This formula shows that hexagons have a shorter perimeter compared to other shapes with the same area, making them more efficient in terms of material usage. So, these calculations explain (not that I understand them) why the hexagon IS the best shape to use, providing the maximum strength with the least amount of material. So, even though the hexagon is surely the more difficult of the three optional shapes to form (between triangles, squares, and hexagons), Hashem made the bees use that shape because of the extra strength it provides, and the minimum amount of material needed to make it.

MINDBOGGLING? READ SOME MORE!

LECH LECHA - CHESHVON 5785

So, now, we must delve into the amazing, almost impossible task of the bee being able to shape each wall at an exact 120-degree angle to the wall next to it, and each wall with its exact length, AND EACH WALL WITH ITS EXACT THICKNESS!

The bees need the ability to manufacture extraordinarily thin walls. In addition to that, the cell walls are built in a way that they have a gradient (slant) of about 13 degrees from their base to their opening. This is enough of a slant to prevent the thick honey from running out. Now, since there's a vertical wall so the cells can be built on both sides of the comb! Then Hashem made the bees make the back-to-back cells in a very particular way. The make the cells with all the cells on one side of the wall being a little offset from the cells on the other side of the wall. This makes it that the center of the bottom of one cell on one side of the wall, has as its base from the cells right behind it on the other side of the wall, THREE partial walls of the bottom of three partial cells that are right behind it. This works the same way on the other side as well. They are NOT FORMED with one cell exactly behind the opposite cell on the other side of the wall, as one would have thought the bees would have done on their own, without Hashem putting instructions in their mind to set it up differently. This gives it MUCH MORE STRENGTH!

How's that for economical usage!? See picture 2.



WOW! WOW! WOW!

MA RABU

MASECHA!

Living With Appreciation

Tes Moto

with words. Therefore, it is very sparing with words. Therefore, it is very interesting that when the Torah recounts Avraham's journey from Mitzrayim to Canaan, we are told that 'he pitched his tent in the place where it was originally' (13:3). Why does the Torah go out of its way to teach us this seemingly superfluous comment? Rashi explains that on his way to Mitzrayim, Avraham spent the night in a certain inn. On the way back he specifically chose to lodge in exactly the same place as before. This comes to teach us a great law in derech eretz: one shouldn't change their lodgings.

lesson which we can learn. No matter how prosperous we become, we should be careful to remember the kindnesses that others have done for us. It is important to note that this law of Chazal, that one shouldn't change his lodgings applies to many other ideas too. When we have benefited from someone in the past, no matter how long ago and no matter how much our financial position and reputation has changed, we still need to show them gratitude. As we see in the following story.

One time, the illustrious gadol, Rav Elyashiv, was

change their lodgings.

A great deal had changed since Avraham last stayed there. He was originally poor and not so well known. In fact, Chazal (Beraishis Rabbah 41:2-3) teach that he didn't even have enough money to pay for his stay in the inn and had to borrow. Subsequently, Avimelech was punished for taking his wife and Avraham was

honorably escorted out of Mitzrayim by Pharoah with many riches. His name spread throughout the land and gained an honorable reputation yet he still decided to return to the place he lodged before. Avraham had the opportunity to express gratitude by offering the owner more business and showing that he was satisfied the previous time. This is really a great lesson for all of us of the extent of the obligation of gratitude. Even if our benefactor is being paid and we are in a position to go somewhere else, it is proper we express our appreciation and return next time.

What's more, Avraham's newfound wealth and fame didn't lead him to forget the kindnesses that the innkeeper did. This is also a very important



waiting to be driven home from a certain venue. Those present really wanted to have the great privilege of driving home such a great gadol and each one was claiming that he should be the one. What a zechus would it be to have in his car such a venerable gadol proficient in all areas of the Torah! Yet when Rav Elyashiv observed all this, he indicated to one particular man that he would

be the one to drive him home. He explained that this man had driven him once in the past many years ago, and Chazal teach that one shouldn't change from one's lodgings. This law applied in this instance too, and gratitude dictated that he should be the driver. (Chashukai Chemed Bava Metziah 2a)

Another area where we see that Avraham was meticulous in remembering the kindnesses that others did to him was during his selfless rescue of his nephew Lot, who was captured. Why did he put himself in so much danger, going to war against an extremely powerful army? After all, these were four mighty kingdoms which formed a coalition and were able to defeat an alliance of five kingdoms. There must have been thousands of well- trained soldiers with cavalry and ample weapons. Yet according to Chazal, Avraham only had 318 soldiers, and one opinion states that he only had his servant Eliezer, the gematria of 318 (Nedarim 31a). He clearly placed himself in grave danger and was extremely outnumbered. Why did he do this?

The Ramban explains that he had a lot of gratitude to Lot for accompanying him on his journeys! Travelling alone can be very unsettling, yet Lot accompanied Avraham wherever they went. Due to his heartfelt appreciation for this, he waged war with these mighty armies, putting himself in grave danger. Chazal teach that Lot gained so much from travelling with Avraham and just the impact of being in the presence of such a Tzadik, gave him much wealth. Yet this didn't absolve Avraham from the obligation of gratitude. Moreover, Lot conducted himself differently from Avraham; for example, his shepherds didn't muzzle his animals in other people's fields and he lived in Sedom, surrounded by evildoers. Yet Avraham chose not to focus on these differences and was so appreciative that he accompanied him on his journeys that he selflessly went to war to rescue him!

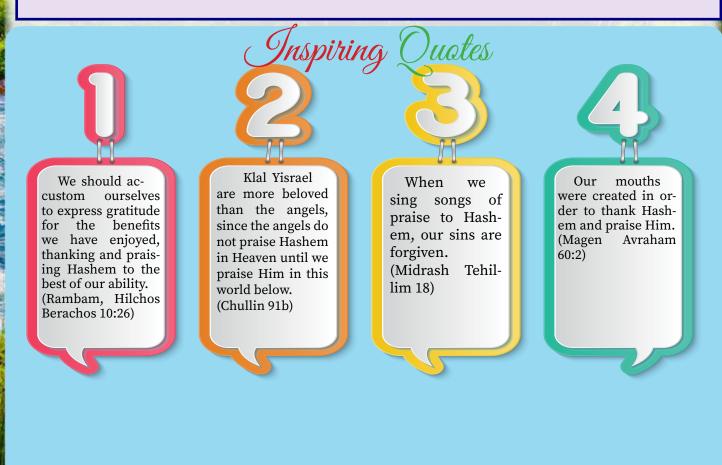
The 'Living Appreciation two minute a day gratitude journal', is now available! Packed with inspiring quotes, short ideas on the Parsha and more. Endorsed by leading Rabbanim. To order, please contact us: livingappreciation@gmail.com

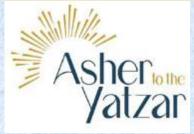
Let Us Thank Hashem for...

Sefarim

We live in a generation where there is a wide array of affordable sefarim available on a whole manner of topics. This helps us become knowledgeable in all different areas of Torah.







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* לע"ג my daughter לע"ג אסתר ע"ה בת יבלהט"א אליעזר מנחם

Give Hashem Tzedakah

What can we do to ensure that we live long? Thank Hashem for what He has given you, as we see in the following fascinating Medrash (cited in *Orchos Yosher, Gemilas Chasadim*).

A *Talmid Chacham* and another person were once traveling for business purposes. As they were leaving the city they met a blind man, and the *Talmid Chacham* gave him *tzedakah*. He then turned to his escort and encouraged him to also give. The man answered, "obviously, you know him, so it's good that you gave him, but I don't know him, so I won't give." They continued on their way and suddenly the *Malach Hamaves* revealed himself to them. When they realized who he was they

fell on their faces out of fear. He turned to the *Talmid Chacham* and said, since you gave *tzedakah* before you traveled, you have been redeemed from death and shall live another 50 years, as it states (Yeshaya 58:8) - your righteous deed will precede you, and the glory of Hashem will gather you in. Then he turned to the other man and said, since you didn't give any money, you are in my hands; the day of death has arrived. The man begged, "allow me to give *tzedakah* now." The *malach* answered, "Fool! If a man has a broken boat, and doesn't repair it on the shore, when he goes out to sea and meets waves and storms, can he fix it then? If a person doesn't rectify himself while he is alive, it is too late once he has died. What you have done is done, now there is nothing to do, as your time to die has arrived!" The man answered, "if so, please allow me to go and praise Hashem for all that He has done for me in my life!" The *malach* answered: "Since you have asked to praise Hashem, years have been added to your life, as it says אין לפניך צדקר לפניך צדקר and to go and every hour!"



This amazing Medrash is teaching us that praising and thanking Hashem is considered to be an even greater form of *tzedakah* and saves us even more than giving money! Perhaps we can explain as follows. We know that it is hard for people to part with their

money, even when it is for a good cause. A person must realize, just as the bank doesn't refuse to transfer your money to a third party when you ask them to do so, so too, we must view our money as a deposit that Hashem has given us to watch until He "tells us" what to do with it. Therefore, when a person is presented with an opportunity to give *tzedakah*, he will do so with joy.

The same is true on a greater level in regards to thanking Hashem. A person who constantly praises Hashem shows that he is aware that not only is his money from Hashem, but also every aspect of his life! Every breath, swallow, step, thought, idea, heartbeat, movement is a present from Hashem! Caring parents, wonderful *rabbanim*, loving spouses, healthy children, steady jobs, secure homes, supportive communities, comfortable cars – these can not be taken for granted! A digestive system that works perfectly, a head clear of aches, muscles and bones without pains, kidneys that filter the blood, lungs that breathe perfectly – every moment is joy! One who does so, shows that he appreciates the gifts Hashem bestows upon him, and will be granted more life. But perhaps there is another reason why. The gemara says (Berachos 58b) that groaning breaks a person's body. We see that complaining is not good for the health. So, a person who feels that he is being showered with gifts will be a happier person, and that itself grants life! Let's sing to Hashem!

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

ATTACH YOURSELF TO HASHEM and don't let go of Him!

CAL

HE IS THE SOURCE OF ALL GOOD AND HAPPINESS!

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Ahavas Yisrael

The Chinuch Chaburah R' Tzvi Moshe Schultz Introduction:

The Mitzvah of Ahavas Yisroel



Z

אהבת לרעך- כמוך says: ויקרא יט" יח. and you should love your friend as yourself. This is the mitzvah of Ahavas Yisroel, which is one of the Taryag mitzvos.

- There is a famous story brought in the Gemara (Shabbos 31a) about a non-Jew who came to Hillel and asked him to convert him to Judaism while he's standing on one foot (in other words, to teach him the entire Torah very briefly).

Hillel said to him: דעלך סני לחברך לא תעביד זו היא כל התורה כולה ואידך פירושה הוא זיל. That which you hate do not do to your friend. This is the entire Torah. The rest is commentary. Go learn it! Hillel was saying that Ahavas Yisroel, treating your fellow Jew properly, is the basis for the entire Torah. How is this so?

There are two types of mitzvos in the Torah: mitzvos bein adam la-Makom, mitzvos between man and Hashem, and mitzvos bein adam lachaveiro, mitzvos between man and his fellow man. It's clear that loving and respecting your fellow Jew is the basis of all of the mitzvos bein adam lachaveiro. But how is it the basis of the mitzvos bein adam laMakom?

Perhaps the explanation is that the mitzvah of Ahavas Yisroel is based on the understanding of tzelem Elokim, that each person is created in the image of Hashem. Therefore, by respecting other people, you're demonstrating a belief in Hashem, who created man, and also a belief in the importance of man, because he was created to fulfill Hashem's mitzvos. So, the ideas behind the concept of Ahavas Yisroel really are the basis of all mitzvos bein adam laMakom as well.

- The Maharsha on the Gemara Shabbos points out that Hillel phrased the mitzvah in the negative (don't do to others what you don't like done to yourself), instead of in a positive formulation. He explains that the full possuk is: לא תקום -ולא תטר- את- בני עמך -ואהבת לרעך -כמוך אני ד'. Do not take revenge or bear a grudge against the people of your nation. And you should love your friend as yourself. I am Hashem. It's included together with the negative commandments of taking revenge or bearing a grudge. This is because, fundamentally, this mitzvah can only be completely fulfilled in a negative sense. It's not possible to actually love your friend as yourself.

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LECH LECHA - CHESHVON 5785 L*

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THE SPRING HILL TIMES - KLAL YISRAEL'SINEWSPAPER

TAL



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C E

In fact, the Gemara Bava Metzia 62a says that if you're traveling with a friend and you have one bottle of water that's only enough for one person, and whoever doesn't drink will die, you should drink it yourself, and not give it to your friend. This is because of the principle of קודמים, that your own life takes precedence. So, we see that in a positive sense, it's not possible to treat your friend exactly the same as yourself. Sometimes he has to get less than you. However, in the negative sense, to not do anything to him that you wouldn't like done to you, it is possible to treat your friend equally to yourself.

- The Talmud Yerushalmi (Nedarim 9:4) explains the connection in the possuk between the prohibition of taking revenge and loving your fellow Jew. It gives a mashal: if you're cutting something and accidentally cut your hand, would it ever occur to you to take revenge on the hand that did the cutting, and to cut it back? Of course not, because both hands are part of the same body. Similarly, all of Bnei Yisroel are united, like one body. So, taking revenge against a fellow Jew doesn't make any sense, because it would be like hurting yourself.

- The Rambam (הלכות דעות ו" הלכות דעות ו" clearly says that the mitzvah of Ahavas Yisroel is a positive mitzvah, not a negative one. He says you should honor your friend and protect his money, just like you care about your own honor and your own money. This mitzvah is a general mitzvah, without specific details. There are many different things that you can do that would be a fulfillment of Ahavas Yisroel.

In fact, the Rambam (הלכות אבל יד") writes that various mitzvos of gemilus chasadim, such as bikur cholim, nichum aveilim, being misameach a chosson v'kallah, etc. are all only mitzvos miderabanan. Nevertheless, doing them is a fulfillment of the mitzvah mideoraysa of Ahavas Yisroel. Any kindness that you do for a fellow Jew is a fulfillment of this mitzvah.



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

- 31 -

id you know what is the whole yesod and point of Shabbos, and the reason why there is an isur melacha on shabbos? We can figure what Shabbos is all about by figuring out why we get a neshama yesera.

By: Rabbi Zevy Golombeck

Rashi says the neshama yesera we get on Shabbos is so that we will have more of an appetite and be able to eat



more and enjoy our food more. Shabbos is all about food. Why is Shabbos all about eating and food? The answer is because the whole point of Shabbos is to think about that Hashem created the world.

Now why did Hashem create the world? For what reason? Olam hazeh was created so that we should enjoy and have pleasure. What's the greatest pleasure? To feel loved by Hashem. How do human beings feel loved by Hashem? By eating food. The more a human being eats and enjoys eating food, the more he will feel loved. And that's why when a person has a choice of which food to make a beracha on, he should make it on something delicious, because the more you realize how delicious the food is, the more you will feel loved.

I have a talmid who just called me up last night and he said one day he was busy the whole day and didn't have a chance to eat. Only at night did he have time to eat a delicious sandwich, and he said he felt so so loved. Usually we take it for granted when we eat breakfast lunch and supper...

Eating helps us feel loved, but we need to appreciate it in order to feel loved. That's why there's an issur malacha. Because when you're busy doing melachos, when you're on the phone, when thinking that you have to go here, you have to go there.. you'll never enjoy your food. We're always on the go. Goyim don't have Shabbos, so they're busy on their phones, busy talking, busy here, busy there... there's no family time, there's no real enjoyment. Shabbos has an issur melacha so that you should be able to just sit down and enjoy your food, be calm and relaxed and have a paid vacation. Hashem says, there's no need to work, I'll pay all your bills, just enjoy enjoy!



Based on the teachings of Rav Yehudah Mandel By: R' Baruch Rosenstock

There is an important ad that's featured every now and then in this wonderful paper that forewarns; machlokes is like a fire, stay far away. Just like a fire, you'll stay far away and use caution, so too if there might be a fight you must stand back and use caution.



There may be people that you come across that have different opinions or hashkofos than you. When you meet them, it might look tempting to find something to tell them that offends them and brings out why you're right, or you might want to answer back when they confront you. Realize it's not safe, you're much better off just finding something mundane and enjoyable to talk about instead.

You're not in this world to win arguments; you're not here to change

the people around you (unless you're out for their good and you know for sure you can benefit them). A person should always stay safe and positive and use the people around him to let him grow and to enjoy their company.

Rav Yehuda Mandel

Bitachon Weekly



Avraham Avinu- תורה or תורה?

The נצי"ב says that א"א ע"ה was and he has loads of רעיקר תורה proving it. (He says that יצחק was יצחק and יצחק So why do we find א"א being the so why do we find א"א being the wherever you turn. First of all, they say that his main החש רוחניות אות

(ואת הנפש -אשר עשו -בחרן) - i.e. the true בן תורה wants others to

share in his תורה. Part II

כמעט no שבט is known for הורה as much as שבט אבט 'יהוד

(שערי ירושלים המצויינים בהלכה) and we find ואת יהוד' שלח - גושנה

עקב אבינו sent יעקב אבינו. to build a yeshiva in לזכות" the Alter from Navardok ז"ל in his classic את הרבים את הרבים, says that the עיקר זיכוי הרבים is the responsibility of בני תורה, and he brings a בני תורה that says that the reason for the horrific story of שלאש בגבעה was because the נפש דור that says that the the other and the the term. Part III

A true בן תורה is in general involved in caring for כלל ישראל, and during WWII R' Aron Kotler and R' A. Kalmanowitz were seen on מוס"נ being מוס"נ save the yidden in Europe. They gave away their time and their in Europe. They gave away their time and their time use the stronomical yeshivos in the world are Lakewood and Mir.

Part IV

By the way, ר' קלמנביץ ז"ל was a big עילוי and his father wanted him to just learn for himself so he could שטייג אויס, but the שטייג וnsisted that he get involved in כלל work. Imagine if he didn't! And כלל was responsible for rescuing the Mir ישיבה from the Nazis שיבה.

Part V

One of the reasons the חפ"ח gave was because if you work for the כלל, then you end up with much more מורה since all the תורה that the כלל belongs to you! אחרי הפרד- לוט מעמו

איש wouldn't speak to הקב"ה wouldn't speak to איא while או was with him. Look how much איא ע"ה gave away from himself to be others! (And in the end we have מקרם who was a descendant of לוט).

Part VI

Also, the נצי"ב says that the reason why שרה was greater in נבואה א"א was because she was at home while he was outside being involved in Kiruv. Notice how ר' אהרן קוטלר ז"ל was always on the move to help כלל ישראל and to build Lakewood. Part VII

And notice how ר' ישראל סלנטר ז"ל took a trip all the way to Paris to be מקרב them. He also went to Amsterdam to be מקרב the people to keep שבת. The Alter from Kelm ז"ל didn't want to build Kelm because he said that first he needs to perfect himself בתורה ועבודה. Part VIII

יצה"ר told him that "if you don't build it now, it'll never happen." There is a major יצה"ר a person to put things off in יכוי הרבים and by the time he wakes up he's stuck in a lifetime stationary mode and he'll never achieve the greatness of his full potential. (Yet, this is fine for those who don't have a חינוך for the importance of חינרי הרבים איס מיל told me this story when he tried to get me to leave BMG for an out of town position. But those days I didn't have the Navardok חינוך and wouldn't dream of leaving BMG. Part IX

Story

Recently, a yungerman asked me if he should go to a top כולל which can upgrade his מדרגה in learning, or else he can help his רבי get started in building his own ישיבה. Normally, I would say keep ישיבה, since becoming great in תורה makes you a "canon" instead of a simple "rifle" and כלל ישראל ends up getting more power for תורה.

Part X

However, I told him to help his רבי because if he doesn't develop a taste for זיכוי הרבים now, then he'll end up never getting involved with the ישראל will lose tons, and he will never become his full potential.

Part XI

You fall into a selfish mode and live for yourself basically. However, since I never left Lakewood, despite ר' נתן ווכטפויגל ז"ל and ר' שנאור קוטלר ז"ל ging me and loads of my friends to leave, I can't be ging me and loads of my friends to leave, I can't be n. The worst מוסר שמועס is something that you simply can't do despite its glaring truth, especially since you never got such a חינוך.

(לי נתן ז"ל) told me that ארי אהרן קוטלר ז"ל was מבטיח some one that his children will be ok if he goes out of town for אהרן ז"ל And ר' אהרן ז"ל told this to many, many people.)

Part XII

Being שמח בחלקו is by far the #1 issue for all of mankind and never put yourself down - it's all מעשה So if you are staying put anyway, always feel like you are לכתחלה.

I have several friends who have recently gone out of town and all are super happy and are "turning over worlds". I was told that my campaign for האדם and believing that you "own the world" has done wonders for them, "It's all in your mind"! Nothing better than גאוה דקדושה and nothing as dangerous as ענוה you share my שיטה frespecting a לב then you are happy no matter what).

LECH LECHA - CHESHVON 5785

ר' אברהם יצחק ירום

בשבילי הרב שמשון רפאל הירש זצ"ל

פרשת לך לך תשפ״ה

זאת בריתי- אשר תשמרו- ביני וביניכם -ובין זרעך- אחריך -המול לכם- כל זכר : ונמלתם- את בשר- ערלתכם והיה- לאות ברית- ביני וביניכם (פרק י״ז פסוקים י י״א)

יש להתבונן בשינוי לשון התורה בתיאור מצוות הברית. בפסוק י׳ מצווה אותנו התורה **זאת בריתי -אשר תשמרו ,**מתוארת המצוה כשמירת הברית. ואילו בפסוק י״א **והיה- לאות ברית** מתוארת המצווה כאות ברית ,

מה הוא ההבדל בין שמירת הברית לבין אות הברית?

לביאור העניין ננסה להעזר במשל לשני שותפים שחתמו חוזה על כל ענייני המס־ חר שביניהם וחלוקת הרווחים שווה בשווה. החוזה נכתב ונחתם לשביעות רצון השותפים.

הרי פשוט לכל בר דעת שאין תכלית החוזה הוא החתימה על הנייר ושמירתו. תכלית החוזה הוא לסדר את ענייני המסחר העתידי בין השותפים. ואם לא יהיה עסק פעיל או שיופרו כללי החוזה. החתימה על החוזה תאבד את כל ערכה.

חוזה ללא הפעלת העסק. או הפעלת העסק ללא חוזה מגלה למפרע. שההתקשרות בין הצדדים היא ״רק על הנייר ״ ללא שום ערך ,

ציווי התורה על הסרת העורלה ושמירת מעשה הברית הוא החוזה החתום באות ברית קודש.

שמירת אות הברית הוא קיום ההתקשרות בין היהודי לבורא העולם שמעורר אותנו תמיד לעבודת ה׳ ולש־ מירה וקיום הברית.

ואז המילה הופכת לסימן של הברית. אות ברית קודש.

מעשה הברית היא התחלה בסיסית של ההתקשרות שנמשכת על פני כל חיי היהודי.

מזהיר רבינו לבל יחשוב אדם לחצאין.

די לי שאני מהול. או לחלופין די לי בהבנת הרעיון של שמירת הברית מבלי החותם. שלמות הברית מורכ־ בת מחתימת ההסכם ומקיומו.

וזהו שאמר הקב״ה לאברהם **התהלך לפני- והיה תמים, ואתנה בריתי- ביני ובינך.** בעצם זהו לבו של החוזה בין הצדדים.

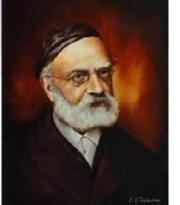
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The Spring Hill Times Bulletin Board



Mazel Tov to Rabbi and Mrs. Yosef Cohen (Chestnut Ridge, New York) on the birth of a new baby boy!

CORRECTION

In the Noach issue we wrote that Hashem permitted Noach to eat meat.

A reader commented that it seems that Adam was also permitted to eat meat, he just wasn't permitted to kill an animal to eat its meat.



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

Sometimes a magazine won't reach its destination. Even if you never get it, we paid for printing and mailing it.

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Smile! **Hashem ALWAYS loved** you and will FOREVER

love you!

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MESSAGE TYPING The Spring Hill Times is looking for volunteers to help with typing up messages. Email: thespringhilltimes@gmail.com

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We try our best to make sure all our charges are correct. We make mistakes and the system sometimes has errors. Please check over your credit card statements and make sure everything is okay.

Please say that you are moichel if a mistake never gets discovered and taken care of. Thank you!

CRYSTAL CLEAR VISION

WHEN YOU SEE LOVE how off tune he

LOVE-the length his Peyes

LOVE his mistakes



LOVE the nusach he uses to talk to Hashem with

LECH LECHA - CHESHVON 5785

LOVE the leader he follows

sounds!

LOVE his occupation

-36-

LOVE his successes!



LOVE the type of hat he



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

THESPRING HILL TIMES - KLALVISRAEL'S NEWSPAPER

ANOTHER YID: Remember that he is Remember that Hashen

Remember that he is part of your family!

Remember that he stood to-



See his chelek Elokei m'mal his neshama! Remember that Hashem loves him to no end!

your other half!



Hold his hand and help him through life!

Remember that Hashem areated the world just for him!

Give him a smile!



Accept him and love him to pieces!

IVYOU

#1858: This story was called in by a Mrs. Gleiberman who had a newborn baby girl. When Mrs.

Stories From 'A Life With Bitachon'

Edited by Sari Grunwald

Gleiberman had to return to work, she made arrangements to send the baby to daycare. But they said in order for them to accept her, the baby has to take a bottle nicely. The issue and problem was that her baby was NOT taking a bottle at all.

She spoke to many friends, and one said try THIS type of bottle, and another said try THAT type of bottle. Mrs. Gleiberman tried every single type, but her baby was not taking to any of them. Other people suggested that the baby might be more comfortable if someone else – not the mother – would give the bottle. Mrs. Gleiberman tried having



other people feed her baby, but to no avail. Nobody was able to get the baby to drink. "What do I do now?" she thought. "This feels so complicated. What a big issue! What a problem!"

Then, she was listening to "A Life with Bitachon" – the Bitachon Hotline, and she heard that a person should never make anything into an issue or problem or label anything 'complicated.' Rather, a person should say that everything is easy - because for HaKadosh Boruch Hu it really is! For Hashem nothing is complicated; nothing is a big deal; nothing is hard. When a person does that, Hashem says, "If you realize everything is easy for Me, then I'll make it easy for you."

Mrs. Gleiberman started saying (totally insincerely), "Wow, it's so easy to get my baby to drink a bottle! My baby LOVES the bottle. It's so easy, 1-2-3, no issues or problems; no big deal." Then she tried bottle-feeding her baby, and she was amazed to see her baby drink it up smoothly and easily!

G8 80

#1859: This story was called in by Yitzchok Aaron Sternfeld who brought his car to the mechanic. A short time later, the mechanic called him up. "Your car

is ready; yo<mark>u c</mark>an come pick it up."

"How am I going to pick it up?" he thought. "I don't have an extra car for someone to bring me there, and I don't want to take anyone out of their way by asking for a ride. I think I'll just start walking regular without even looking to see if I can get a hitch, while saying to Hashem, 'You're a Kol Yachol. You can do anything and everything. You're the One in charge of rides. You can have someone call out to me asking if I need a ride so I know I'm not inconveniencing them."



He started walking, and suddenly a car pulled over. The driver lowered his window and asked, "Do you need a ride?" "Yes, I'm trying to get to the mechanic."

"That's exactly where I'm going," the driver said. "Come in! I'll give you door-to-door service!"

CR 80

#1860: This story was called in all the way from Gateshead by a very, very choshuva yunger-

man, R' Avraham Schwartz. As he was driving a friend to a car rental, his friend told him that he had ordered a regular car (Car A) because it's much cheaper, but he really wished he could get a more comfortable car (Car B) without having to pay more.

R' Avraham told him, "With Emunah and Bitachon and believing that Hashem is a Kol Yachol, you can get whatever type of car you want, without paying extra. When we get to the rental place, you point out any car you'd like, and say, 'I believe that Hashem is a

Kol Yachol, and He can give me this car (Car B) at the regular price. I don't even have to ask them for an upgrade. All I have to do is ask Hashem."

They arrived at the car rental, and R' Avraham's friend pointed out Car B, a more expensive car that he really liked. When they went to the counter to finalize the rental, and the clerk said, "I know you reserved Car A, but we're going to give you a different one at no additional cost." With that, the clerk pointed to Car B, the exact one R' Avraham's friend had chosen, with the best service, better than ever!

63 80

#1861: This story was called in all the way from London by a Mrs. Brown. She was cooking a

lot of food Lekovod Shabbos and one of her stove top burners was broken – and hadn't been working for the longest time. "Oy vey, do I need to call a repairman AGAIN?" she thought. "O.K. I'll call. But first I'll call A Life with Bitachon and listen to a story."

As it happened, the story that day was called in by Mishpachas Greenbaum who said that she'd had a problem with her washing machine. She kept trying to turn it on, over a dozen times, and it was not working. "The only way to get this fixed is through a repairman," she thought. "Unless I can think of a better



REN

idea. Do I really want to spend the money now? Do I really want to call a repairman now?" She really didn't feel like starting with that whole hassle. "I know! Let me just reach out to Hashem. He's a Kol Yachol. He can do anything and everything. Hashem," she said. "I'm leaving it up to You." This time when she turned on the washing machine, it started working perfectly.

After listening to the story, Mrs. Brown said, "Let me do the same thing as the lady with the washing machine. I'll turn off all the burners, and then I'll turn them back on. But this time I won't just use the knobs. As I'm turning them, I'm going to say out loud that I'm using the knob of Kol Yachol." With that she turned on stove, and amazingly, every single flame on her stove-top was working - better than ever! �

The Bitachon Perspective

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

Q: I was looking for a job that would have a very good hashpaah; I wanted a good environment that I would grow and shteig from. The issue and problem is that I wasn't able to find what I was looking for. Now I work in an office where I'm the frummest one around. It makes me so upset. I wanted to grow from my working environment, but I'm not growing one iota. What's the Emunah and Bitachon perspective about all this?

A: There are two ways to grow. One way to grow is to surround yourself with friends who are on a higher level than you so that you will be influenced to become a better person.

The other way to grow, as the Chasam Sofer says, is the way we see from Avraham Avinu. Avraham Avinu was mikarev other people; he showed the world what an amazing place we live in. The Chasam Sofer says that Avraham Avinu gave up a lot of his ruchniyus and shteiging because he was busy doing kiruv. The Chasam Sofer said that you know what Hashem enjoys much more? Hakadosh Baruch Hu enjoys more than anything else, when you inspire more people!

The Chovos Halevavos writes in Shaar Habitachon, that actually your ikur Olam Haba is based on how many people you brought closer to Hashem. If you go to work every day with a smile, and you make a good impression; you show how a yid who lives with Emunah and Bitachon is supposed to act and look. Then you're going to have talmidim galore! You're going to have the biggest Olam Haba, more than anybody else! You'll be making the biggest kiddush Hashem and that is the most important thing to Hakadosh Baruch Hu!

Hashem, Your World is Magnificent!

LECH LECHA-CHESHVON 5785

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THE SPRING HILL TIMES - KLAL YISRAEL'S NEWSPAPER

Rabbi Zevy Golombeck

Illuminating Words of Chazal

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

Q. We always hear on A Life with Bitachon how it's normal to fall and how Hashem is understanding of our mistakes. How come by Adam Harishon Hashem didn't give any room for mistakes? It was immediate punishment. "If you eat from the Etz Hada'as you will die." What didn't Hashem give him a chance or two to err? Why did He go straight to punishment?

A. It's a big, big sugya how to understand Adam HaRishon. R' Elchanan in Kovetz Maamarim starts off the sugya by saying that Adam HaRishon did teshuva and therefore Hashem erased his aveira and really Adam HaRishon wouldn't have died. This that he died was not altz onesh, but for a totally different reason. And he brings from a Gra and from a Ran. The Ran and the Gra both say that Adam HaRishon didn't die because of the aveira, he died for a totally separate reason.

And now we're going to get to the reason why he died. It wasn't a punishment; it actually was Hashem's love. It was Hashem's bracha, chesed and rachamaim. And the Gaon says that the biggest proof that it wasn't a punishment was because look Hashem said the day you eat from the fruit you're going to die, and then when he ate, Hashem said now you're go-

ing to have to work hard and now thorns are going to grow and this and that... One second – what changed? Hashem said you're only going to get one punishment and now all of a sudden it turned into nine? It wasn't a punishment, that's what the Gra learns. It wasn't a punishment, it was Hashem saying that this is the bracha and the chesed that you need, and you also need a lot of other brachos and chesed and rachamim.

We associate dying as negative, but actually even though we make Hatov v'HaMeitiv on wine and Dayan HaEmes when someone dies, but Chazal say in the gemara in Pesachim, really a person should make Hatov v'HaMeitiv when a person dies because it's equivalent to drinking wine. Just like when you drink wine you become shikar from simcha, dying also should make a person shikar from Simcha because it brings a person straight to the Kisei HaKavod, no mechitzos. But because we human beings don't see it in a positive light, so therefore in our eyes we look at it as a tzara, so therefore we make Dayan HaEmes, that we know that it's a good thing, even though we don't feel it. So that's just to bring out that you see really dying is a positive thing. It's a good thing, it's a great thing, it's a gevaldik thing. We punkt associate it as not such a positive thing, which our avoda is

> to have the emuna and bitachon perspective and to focus on it that it's positive.

> So we just shtelled avek and explained from R' Elchanan, the Ran, the Gra, that Adam HaRishon did teshuva and he would have lived forever mitzad the onesh. So yes, Hashem was mochel the onesh, there was no

onesh. The onesh disappeared. R' Elchanan said that with teshuva the onesh disappeared. This that he died was not because of punishment and all the klalos was not really punishment. The Netziv speaks about this. He says, Adam HaRishon went after his desire of eating from the Etz HaDaas, and he went from being ruchni to a gashmi. Before Adam HaRishon ate from the Etz HaDaas, he was a shtik ruchni. When a person is a shtik ruchni, the ruchnius is sholet so there's nothing to be worried about, he'll never get into trouble. When Adam HaRishon ate from the Etz Hadaas, so then he became from a ruchni to a gashmi. Obviously Adam HaRishon's chet was microscopic and was a chet at his level, but we're talking about it the way our brains can comprehend it. So he became from a ruchni to a gashmi. Now what happens if some-



body is gashmius? He can get into trouble. We all know when people go after their taavos they can get into biiiiiig trouble, they can end up doing bad things.

So Hashem said okay, first of all, that's why you're going to have to work hard – b'zeas apecha tochal lechem, and it can't be just okay you work the land and finished, no, I'm going to make it thorns, I'm going to make it hard physical labor. It's going to be time consuming. Because do you know that the more a person works physical hard labor, the more a person toils, it keeps him busy, it keeps him out of trouble. It also makes it that he doesn't go after his chomer. Chomer is lazy, you just want to sit in bed all day. When you go to work, you're breaking that midda. So working makes you break the midda of laziness. So after Adam HaRishon's chet, the teva became that person is naturally lazy, you see that's why we just enjoy sitting on the couch and when we get to work that breaks the midda. Every time you go to work you're breaking the midda of being lazy. [recording

After Adam HaRishon's chet, a person's body was no longer just a coat, it became something schleps us after taavos. So that's why a person has to die. You know why a person has to die? Because that is mekadesh and metaher his body that's causing him to go after taavos, and when he goes back to the ground and it disintegrates or whatever happens, so that makes it that now he doesn't have any separation, any mechitzos, between him and Hashem. So dying is the biggest bracha in the world, because after Adam HaRishon's chet, which made his body a part of him, now it served as a separation between him and Hashem, and dying makes our neshama able to connect back to Hashem.

Therefore, the answer to all your questions is that Hashem was not harsh with him, actually Hashem was full of love, compassion, chesed and rachamim. And even what so called looks harsh that Hashem said he's going to die, even that R' Elchanan said, Hashem says I'm going to rip up that gezeira and now b'etzem he should have lived forever. The only reason not was not because of a punishment, rather because Hashem loves him and Hashem didn't want separations, Hashem wanted to connect with him, and as long as a person is alive that is a separation.

And that's why the medrash says tov meod, zeh misah. Whenever someone dies, that's a good

thing. It's not a tragic thing. It's not a tzara. Now he's able to connect to Hashem! As long as we're alive, we have a separation, havdala, a mechitza between us and Hashem. Once a person dies there's no more havdala, there are no mechitzos.

Now, I just want to bring out a very important point. We associate dying with negativity, with tzara and tragic, and some people are even scared of dying. And my natural instinct is also, before I was into emuna and bitachon, and I was full of anxiety and dying was one of the things that was always making me worried and fearful. So bottom line, because we don't view dying as a positive thing, and we view dying as a negative thing, so what I tell people and what I do myself, is that right now, as R' Chaim Kanievsky paskened, we live in the tekufah called zman haMashiach. That means that he changed the name from Ikvisa DeMishicha to Ketz Megala and he changed it from achishena to b'ito. That means that up until R' Chaim Kanievsky it would have been that Mashiach was close, but it would have been before its designated time that he would have revealed himself. Now, he officially came and he's waiting to reveal himself - any second he's going to reveal himself! And when he reveals himself at any second, then we're going to all be zoche to Mashiach! The point is that we're holding by zman haMashiach and tekufas haMashiach by the designated time and it's by when all the simanim of Mashiach already happened. So by us we should just tell ourselves that we're going to live to see Mashiach. Because this is the tekufa the Brisker Rav said that Mashiach is coming in the taf shin peh's. R' Moshe Sternbach said Mashiach is already here and he's waiting to reveal himself. So therefore, we all have to believe that we are holding by the zman of Mashiach and the tekufah of Mashiach and we're going to live to see Mashiach. During the tekufa of mashiach, we're going to go back to way it was by Adam HaRishon kodem hachet, and then we won't have to die anymore. U'macha Hashem dimah me'al kol panim, there's not going to any more crying, no more tzaar, no more agmas nefesh. And therefore, we don't have to be worried about dying anymore. Rather we should just say we're going to live to see Mashiach in good health because we are holding by the dor that's going to see Mashiach and we have absolutely nothing to be worried about!

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

Dear Readers in England,

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FOUND PARKING

We live in Boro Park and it is

very hard to find parking. We were on the wav to our grandparents for the seudos



hamafsekes and there was no parking nearby. We went around and around in circles trying to find parking but to know avail since it was Erev Yom tov.

Once again, we passed our grandparents, and to our great surprise, the person right outside our grand parent's house backed out and we were able to park right out side, with the best service, better than ever.

-T. and F. Spitzer

JEWISH TEARS

There's a special tefila that we sav in neilah, "May it be Your will, Hakadosh Ba-



ruch Hu, who hears the sound of crying, that You place our tears in a special cup and save us from tragedies "

My husband volunteers to straighten up our Shul which serves at least 800 people.

On motzai Yom Kippur in the ezras nashim there were 5 industrial oversize pails with damp tissues. What a kiddush Hashem that em for the

most beautiful weather and allowing us to be mekayem Your Mitzva of yeshivas Sukkah.

-Mrs. G., Kiryat

Thank You, Hash-

THANK.

YOU

Lessons and Simcha that one can get from the traffic and congestion before Yom Tov. B"H Klal Yisrael is growing! Thank You, Hashem, for being mekayem Your havtacha of vhirbavsi es zaracha kchol hayam. Its so nice to see how everyone is so eager and busy preparing for Yom Tov. The congestion helps us remember the tens of thousands of yiden who were traveling together to Yerushalayim to be Ole Regel.

-A reader, Money, New York

TOV LEHODOS L'HASHEM

I read in the Spring Hill Times a story of a 9-yearold who had a pain and had emunah that it



would go away and said he would publish it in the Spring Hill times when it does. This happened twice and the pain went away!

That night, I had a terrible headache that didn't allow me to sleep. I davened and got chizuk from the child that publicizing HaShem's Chesed is a big zechus and gives chizuk to others. I said that I too will publicize this story, and right then the intense pain left and I fell asleep! This was after medication didn't help!

Thank You, Hashem!

-A Reader

BIG DECISIONS

A man was asked by his friend: In your household who does tend to make the decisions about life Is it you? Or your wife? His response was quite a shock Listen to this major hock The big things are for me to decide But what ever's small and on the side My wife is free to call the shot Whether I agree or mamash not But what is big and what is small? Is there a way to explain at all? Sure there is, said the spouse I'll tell you how it goes in our house The big things that I get choose Are relevant to the world news Should Russia go out to war Should Israel kill Yachya Sinyar Should America go and bomb Iraq? Should Ukraine Stand up and fight back? Those are things that I get to call In these my wife has no say at all But the small things in life, are her choice

In those I really have no voice Where to send the kids to school And where we daven, in which Shul What will be that night for dinner issues like that I can "fargin" her I'm far to busy to deal with such For An important guy like me, it's just

too much! This husband sounds quite crazy And maybe also a bit lazy But here's a lesson we ought to take too often we make that mistake "Who will win the election "?

We ask with concern

If it's her... the world will overturn ! But we forget that it's Hashem who calls every shot

No matter if Donald Trump wins or not He has it all planned down to the last detail

His will comes true each time without fail!

So let's sit back and relax

No need for fear or panic attacks Calmly do what you do, keep on thriving Enjoy the ride, Hashem is driving!

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REMEMBERING THE MIRACLES, THE CHESSED AND THE TESHUVA

ANTI-SEMITISM DOWN

Yisrael had a book overdue to a library. The Librarian told him he needs to pay \$18. A non-Jew standing in line behind Yisrael took out a twenty-dollar-bill and and said, "I want to pay for it." It's the least I can do for the Jewish people!

Thank You, Hashem!

NON-JEW GIVES YID CHIZUK.

Mrs. Cohen was shopping in Walmart and a non-Jew came over to her, "We feel for you. We care for you. We are standing behind you."

In related news:

R' Zevy from Lakewood, New Jersey, was walking down the road. A non-Jew rolled down his window and said to him, "You are my buddy. You are my friend."

Thank You, Hashem!

HASHEM RELEASES TWO HOS-TAGES!

On Leil Shabbos Parashas Noach, two Yidden, a mother and daughter, were released from captivity to be reunited with their family! Thank You, Hashem! We love You, Hashem!

As the same time, Klal Yisrael continues to daven to Hashem for the safe return of all the other Yidden held in captivity.

SHABBOS - THE BEST PROTEC-TION

Rabbi Yosef Mizrachi, lives in America and travels to Eretz Yis-

rael every few months to give lectures and seminars to people who are not yet Shomer Torah u'Mitzvos. At the end of each trip he makes a big Shabbaton in a hotel somewhere in Eretz Yisrael. At the end of Shabbos many people decide to start keeping Shabbos.

At his last Shabbaton, there were two girls there who decided to start keeping Shabbos. These girls went to the festival which started on Thursday, but when Shabbos came they realized that they had taken upon themselves to keep Shabbos and that they had to leave. They also convinced three of their friends to leave with them.

The next day when they heard what happened, they realized that in the Zechus of Keeping Shabbos their lives had been saved!!

KLAL YISRAEL LOVES HASHEM - MITZVAH ELIMINATES TER-RORIST

The following amazing account was sent in by a reader from Eretz Yisrael.

My son was at a sheva brochos in Kiryat Sefer last Thursday night where Rav Zaid spoke and told the following incredible story:

This week one of the girl's from Ohr Hachaim seminary contacted me and said she had 6000 shekel saved up, which she wanted to use to help Klal Yisroel. She asked me to buy 6000 shekel worth of tzitzis to distribute to soldiers in the south of the country.

I tried to dissuade her from giving away all her savings, telling her there's a limit to how much one is allowed to give to tzedaka, but she was adamant.

Finally I found a way of acquiring 6000 shekel worth of tzitzis without her having to pay the entire sum.

After I got the tzitzis, she said to me, "Wonderful. Now I would like you to go with my brother to the south and distribute them."

"You've got to be kidding. I helped you with buying the Tzitzis, but look for someone else to do the rest."

But this girl was persistent. She said, "You can do it. You have protektzia."

"You can't go any further," they said, As much as we explained and argued, they wouldn't give in. Eventually they told us that three terrorists had infiltrated nearby. Two were intercepted, but one got away and was somewhere in the vicinity, so no civilians were being allowed into the area.

After waiting about an hour,

Tel Aviv-Yafo

I approached the officer in charge and used all my powers of persuasion to get him to let us through. He agreed to try to see what he could do.

He made some phone calls and then came back and told me that they would arrange for a convoy to accompany us to the base - a few jeeps in front of us and a few behind us.

A תת אלוף (high-ranking officer) got into my vehicle and we set off.

As we were driving, he said to me, "After this is over the government will certainly appoint commissions to investigate all the mistakes and מחרלים that took place on Simchas Torah morning. But I already know what the conclusions will be. It's as clear as day: מאת ה' היתה זאת. It was the hand of Hashem."

We traveled until we reached the base, where we got out of the car and started giving out the tzitzis.

I saw a soldier standing a little distance away and wanted to go over to him to give him a pair of tzitzis, but he motioned to me not to come closer. So I rolled the tzitzis up into a ball and threw them to him. It was windy, and a gust of wind blew the tzitzis ball away from the soldier towards a bush.

Suddenly, someone stood up from behind the bush. It was the terrorist. He saw something flying towards him and it startled him. The soldiers shot at him והוא עלה מים עטוף בטלית (and the terrorist went up to Shomayim wrapped in tzitzis!!!)

Blessed be Your Name, Hashem!

ANTI-SEMITISM CONTINUES TO PLUMMET

A Korean woman on Long Island, who works to support her husband and three children as a cashier in Shop Delight supermarket in Great Neck, donated a week's wages, \$600, to her Jewish/Israeli manager.

Shocked, he asked "What's this?"

She said, "This is for your country."

He asked, "What do you mean?"

She said, "This is for Israel. I know they are going through a war."

She said donating her paycheck was the right thing to do, to help ease the suffering in Israel.

She said, "Money is not the most important [thing]. The most important thing is we need G-d's mercy."

THANK YOU HASHEM!

The Berger* family thanks Hashem for helping them get back home safely from Eretz Yisrael through Madrid.

Their flight was delayed eight hours. They stayed waiting / sleeping in the airport overnight. They re-booked a connecting flight for the next day after calling the airlines five times. They got a direct flight from Madrid to New York. Other people from that same flight still needed to take another two flights to get home!

HEAVENLY PROTECTION

A Zaka Volunteer, who was on the scene near Gaza, said that he noticed a pattern. Houses that didn't have mezuzos on their doors the terrorists gained entry. Houses that did have mezuzos on their doors were spared!!! [Editor: Heard from my brother who heard it from the person who heard it from the Zaka volunteer]

SPREADING HASHEM EV-ERYWHERE!



25 copies of the Spring Hill Times were delivered to the Ibikur Army Base In Tzefat!

Klal Yisrael is Racing Towards Hashem!



YIDDEN ARE RACING TO-WARDS HASHEM!

Yisrael a yungerman from Afula noticed that ever since the war began, non-frum Yidden starting to come to shul to daven!

In related news

A non-frum man approached a yungerman and asked him "Please show me where the seforim store is. I want to buy yarmulka!"

Chaim's neighbor, a non-frum Yid, told him: "I'm becoming frum. I see I can't rely on army. I can only rely on Hashem.

KLal Yisrael is coming home to Hashem!

GREAT HAPPINESS IN SHA-MAYIM!

A few years ago, one of the girls in the Baum family from Eretz Yisrael became entirely frei. She cut off all contact with her family.

On Hoshana Rabba, someone publicly embarrassed the Baum Family. Instead of answering back, they kept quiet and davened that it should be z'chus that their daughter return.

On Simchas Torah, she was at the festival near Gaza. The terrorists tried shooting her but they missed every time. She saw that Hashem miraculously saved her and she was chozer b'teshua

Klal Yisrael is coming back home to Hashem!

KLAL YISRAEL IS RACING TOWARDS HASHEM

Sent in by a reader:

My brother-in-law is part of a group where many of his friends don't usually keep Shabbos. He says many, many of them are keeping Shabbos this week! And people across Eretz Yisrael! Thousands in his estimation!!!

Editor's Note: Many many messages were sent in to Rabbi Golombeck from parents all over the world that their daughters were throwing out any clothing that wasn't modest enough.

And that stores are sponsoring free modest clothing!

It's not to believe the teshuva that is going on.

I mentioned to Rabbi Golombeck that if Hamas would find out what a good thing they did to Klal Yisrael with causing thousands of Yidden to return to Hashem, they would all immediately commit suicide!

"I'M LEARNING B'CHAVRUSA WITH HAKADOSH BARUCH HU"

Noam Elimelech Rotenberg, a non-frum Yid, was one of the people who had the z'echus to be killed Al Kiddush Hashem, on Simchas Torah.

It was Sunday night after Simchas Torah and his parents didn't know yet what had happened to him.

His father, said that Noam Elimelech appeared to him in a dream and told him: Father

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Adda Hall

Tel Aviv-Vafo



don't worry. I'm in Shamayim. I'm in a good place. I'm learning Torah b'chavrusa with Hakadosh Baruch Hu!!!!!!!!!!

Noam Elimelech's face was shining and he was holding a Gemara made out of gold!

A NATION OF CHESED

A family in America was shop-

ping for families in Eretz Israel who, from one second to the next, lost everything and needed food and basic amenities. Their shopping cart was overflowing with goods.

A Yid saw their cart and asked, "Is this for Yidden in Eretz Yisrael?" When they answered in the affirmative, he said "I'm paying the bill!" The bill came out to \$500 dollars!

What an amazing nation Am Yisrael is!

from Eretz Yisrael traveled to America to have a baby.

They received notification that there was a family from the South that was displaced and needed a place to stay. The Cohen's offered that the family move in to their new house, free of charge.

A brand new house without asking for anything in return!

Mi K'amcha Yisrael! [Heard by R' Zevy Golombeck]

[Rabbi Zevy Golombeck]

On machal 28/30 old city jerusalem Kids selling cotton candy, you pay by saying tehilim, not with money

What a special people



Avreichim and Bochurim Tying Tzitzis for Israeli Soldiers

CHESED AM YISRAEL IS REACHING NEW HEIGHTS

The Cohen family*

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

LECH LICHA 5782 ISSUE 24

YIDDEN LOVE TO BE KIND



A mother in Lakewood, NJ* went to her daughter's orientation on Tuesday night.

When she was leaving and got back to her car, she

tried getting the ignition started but to no avail. Finally, after a few minutes she got the car to start. But then she noticed another problem, that someone had parked behind her in way that it was very difficult to get out. At the brink of despair, she just started davening to Hashem to just get her home already.

She went out of the car to survey the area to attempt and figure out how to get the car out, when suddenly a chassidishe man walks by and asked, "Is there a problem?" This kindhearted stranger then offered to back the car out. He spent a couple of minutes maneuvering it back and forth until he finally succeeded!

This is another reminder that whenever we feel stuck, we can just turn to Him and He will surely help.

LECH LICHA 5783 ISSUE 72

DOING FOR ANOTHER IS DOING FOR YOURSELF!

A Yid in Eretz Yisrael had two older daughters in

shidduchim. One was 29 years old and the other was 25. Not only was the 29 year old mevater to allow her sister to go ahead with shidduchim, but she actu-



ally suggested the shidduch for her younger sister! The day that the younger sister was to get married, the older one got engaged! (Heard from Rav Binyomin Finkel shlit"a, Chol Hamoed Sukkos)

WOMAN LOVES HASHEM

After attending the Nikadeish event, I made some

real and life-altering changes in my internet use habits. Aside from the Internet that I use for work related items, I obliterated all other as-



pects of my internet use that were for entertain-

ment or relaxation. That is, everything besides one site that I just could not get off. I kept on trying to make Kabbolos, but after a day or two they just didn't hold.

This Rosh Hashona I davened to Hashem to please give me S'yatta D'shmaya to help me with this site. Two days later, I received help in the most unexpected way.

I work in a real estate office where one oversight can translate into thousands of dollars. Two days after Rosh Hashona, I realized that I had overlooked something so important, that it had caused over \$100,000 dollars of interest charges. I did not know what to do. I spent three sleepless nights agonizing over it, and trying to rectify what had happened to no avail. I was up against a wall.

It was then that I decided to make a significant kabbala. I decided that by hook or by crook, I WOULD NOT EVER GO ON THIS SITE AGAIN. I also gave Tzedaka and davened very hard, and decided that whatever happened, I would publicize my story. Within 24 hours, by a true Neis that had to have come straight from Hashem, all interest

was waived.

I left out most of the details, as I don't want to be identified by anyone, but rest assured that this was a true miracle with what and who I was dealing with.

I have not been on the site since, which is a very big deal for me. In retrospect, the supernatural ability of holding myself back from this site is worth well over \$100,000. (And I'm not that wealthy monetarily speaking!)

I want to publicize this amazing neis that happened to me in order to be michazeik others in this area as well as in Emunah and Bitachon in general. Anonymous - N.J.

LECH LICHA 5784 ISSUE 120

MIRACLE IN LAKEWOOD

Chaim* from Lakewood, New Jersey needed to leave his house. His older kids were babysitting the younger ones.



Chaim returned home and pulled into his driveway.

Suddenly, he heard a neighbor shriek.

He abruptly stopped his van.

Two neighbors ran to his driveway to pick up Chaim's twenty-month-old toddler who he had hit and had fallen.

Baruch Hashem nothing happened to the child! Not even a scratch!!!

The lady who shrieked, lives down the block from Chaim and is not usually there at that time!

Chaim couldn't see his child since he was short. And he didn't know that his child ran outside to run to greet him.

Thank You, Hashem!

HASHEM GETS WOMAN OUT OF A PICKLE!

Mrs. Spinner* from Eretz Yisrael had a dilemma. Her son wanted a pickle so badly, but she didn't have the time or energy to go to the store to buy pickles.

But her son wasn't letting up; so she said to him, "Go and ask Hashem for a pickle!!"



A couple minutes later, her neighbor knocked on the door and said, "We have a lot of extra pickles, would you like some?" [Heard by Rabbi Zevy Golombeck]

OPEN HIS'GALUS HA'SHECHINA!

Mrs. Houseman* of Eretz Yisrael was on a gluten-free diet. With Shabbos approaching, she realized that she wouldn't have enough



time to bake all of the bread, cakes, and pastries that she normally bakes. So she thought to herself, "Only Hashem can help me."

A short time later, an organization that distributes food called her and asked "Do you know anyone who wants gluten-free food? We are closing up before Shabbos and we still have Gluten-free that no one has taken."

Hashem worked everything out to the tee! [Heard by Rabbi Zevy Golombeck]



aRav Yitzchok Aryeh Epstein shared a story that he heard firsthand from everyone involved:

A bachur named Eli* was twelve years old and was eagerly anticipating becoming a Bar Mitzvah in only one year. He asked his father to reserve a hall a year in advance because he knew from his friends that the halls fill up very quickly and slots are completely booked many months in advance. His father agreed, booked a major Lakewood hall and gave them a nice sum of money as a deposit. Their hall was secured.

A year passed and it was the night before Eli's Bar Mitzvah. He went to Shul and saw in the Mevaser, a local publication, that someone named Englard* was making a vort, and it was scheduled to take place in the exact hall that he booked, the night of his Bar Mitzvah! He ran to ask his father what

to do. His father said, "Don't worry about it, it was probably a misprint or a typo." But only a few hours later, his father received a phone call from a friend. "Mazel Tov! Are you making your Bar Mitzvah together with the Englard's vort as a combined celebration at the same hall?" His father quickly realized that this was a real mistake that needed immediate attention. He called up the hall, and Mr.Klein*,

the executive director of the hall, checked the schedule, and realized that indeed they had mistakenly double booked the same night for two different simchas! Mr. Klein called another hall that was around ten blocks away and booked it for a higher price, paying the difference at his own expense.

The Englards spoke with Eli's father and offered to move their vort to the second hall by putting a sign on the door of the first hall, asking their guests to kindly relocate. But when Eli heard of this, he said, "It's okay! I will allow them to have the hall, and will happily move my Bar Mitzvah to the second hall. A vort has many more guests than a Bar Mitzvah because there are family and relatives on both the Chosson's side as well as on the Kalla's side." Eli's father agreed and put a sign on the door of the first hall telling all of their guests to kindly

relocate to the second hall.

Hashem Loves You

The next day, HaRav Epstein called Eli and asked him for a Bracha on behalf of people he knew who needed Yeshuos. Eli couldn't understand why he should give anyone Brachos, especially a Chosheve Rav. Rav Epstein told him, "Yesterday you had every right to keep the hall for yourself, yet you chose to be Mevatair. Your zechus of yielding to another when you are clearly right is enormous. Please give me a Bracha to help these Yidden."

We learn from this story many things.

Firstly, how unbelievably great the Zechus of being Mevatair is!

Secondly, we learn how incredibly bright the light of your Neshama is. Eli had no idea that



he did anything special, yet he did a Mitzvah on a very high level. The light of your Neshama is from Hashem Himself, glowing and very strong, yet many people don't even realize how bright their light is! HaGaon Rav Yehuda Mandel teaches from his Rebbeim that it's a great Mitzvah to

keep telling yourself and others how amazing they are! We have the greatest treasure ever, the best power in the world – our Neshama from Hashem!

You are special unique and amazing! Your light is brighter than ever! Keep thanking Hashem all day for making someone as great as you! And keep pumping up everyone who is fortunate enough to meet you! Notice the good in yourself and in others and keep talking positive positive and more positive! Your great light from Hashem can brighten up every situation and turn it into pure goodness.

Hashem loves us!

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

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

Rarsha Jun

Hashem's beautiful world!

Lech Licha Riddle #110 To hear the answer to the question, press x14 # 110 on the Chaishek HaTorah Line 8457204040

Towards the end of this week's Parsha, we have the Mitzva of Milah. If your neighbor had a baby boy earlier today, and you have one subsequently on that very same day. Both babies will share their eighth day of circumcision, and perhaps also it will take place in the same shul (if this is each family's decision). One baby is a drop younger - could that fact matter? If each family requests to be first - is there a custom that dictates who should be the latter?

פרשת לך לך

1) Why didn't Hashem tell Avrohom where to travel to?

What does it mean when it says 'ואת הנפש אשר'

What did Hashem show Avrohom at אלון
מורה?

4) Why did Avrohom build a מזבח at שכם?

5) Why did Hashem make a hunger only in ארץ כנען?

6) Why doesn't the Torah say 'כבואם מצרימה'?

7) Why did Hashem only speak to Avrohom after

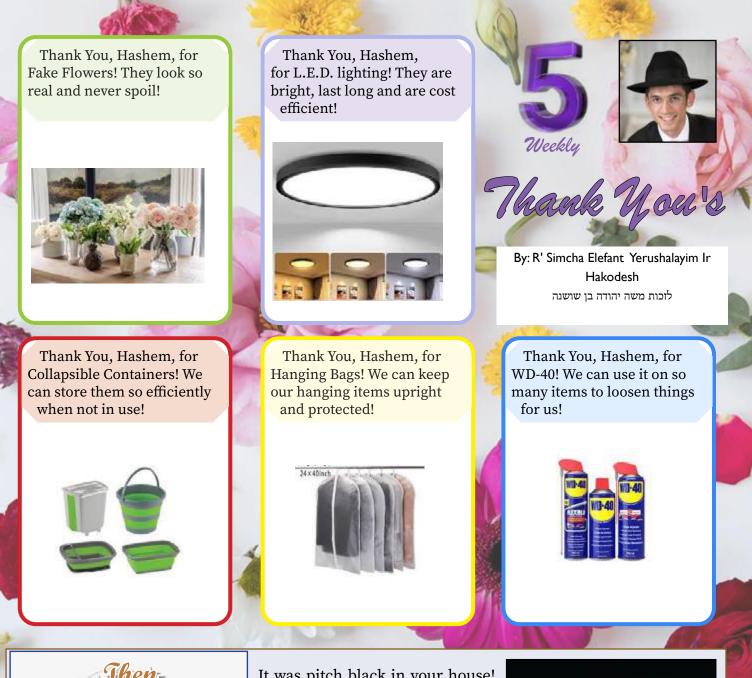
לוט departed?

If you would like to submit answers and be entered into a raffle for a \$25 gift card, please call 9294964093. Cheder Bnei Torah. To get this Parsha sheet emailed to you every week, send a request to torahshleimah@gmail. com. Sponsorship opportunities available. לעילוי נשמת ל לעילוי נשמת ל Sponsored

Answers for the Parsha Pictures

Hotel: Proper to go back to same Achsanya.

Goat: Hashem told Avraham to take a goat for the Bris Bein Habesarim.





It was pitch black in your house! Even if you did have a candle still lit, you weren't able to learn or read by its light unless you had someone watching you, so you wouldn't accidentally fix the ner...





£

IT'S 11PM ON LEIL SHABBOS?

Enjoy the bright lights that are set on a timer to go off at a time that is convenient for you! All the while thanking Hashem for the DREAM life He has given you!



LECH LECHA-CHESHVON 5785

THE SPRING HILL TIMES - KLAL YISRAEL'S NEWSPAPER



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

CARE IS HERE

THE SPRING HILL TIMES URGENT CARE

Doctor_____Dr. Chaim Altzisgut M.D.____Date

I'm prescribing 2 medication for you.



I try to be positive but I often find myself thinking and feeling negatively. It bothers me. Please help **1.** According to studies, over 80% of our thoughts are negative! We have THOUSANDS of negative thoughts pounding in our brains each HOUR! And we repeat them again and again! It is not our fault that we are like this but it's something that Hashem wants us to try to change.

Keep on reading and listening to positive news. Keep far away from anything that smells of a hint of negativity. It's poison for your body and for your soul!

Be positive about yourself, about other people and about everything Hashem does.

2. Picture yourself attaching yourself to Hashem Who is the source of all goodness. It will flood you with positive, good feelings!



Just Hell Hashem What You Arre Sorry

YONIDIER IDIEM

Loss Avenos Naturally



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.

#7: There may be times where the alchemist will be unable to get food despite having enough gold to pay, because it can happen that there is no food in the city.



One who is Boteach in Hashem, his food will not be withheld from him at any time and in any place until the end of his life. The fact that he trusts in Hashem is a reason why Hashem will favor him and give him food.



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

TRAVELING IN THE PATH OF OUR GEDOLIM

arav Chaim Yisroel Belsky was one of the contemporary gedolim of our generation. A towering talmid chochom, he was also very approachable and down to earth. I spoke with his daughter, Mrs. Devorah Presby, who gave us a glimpse of her great father.

Rabbi Belsky was a genius in all areas. Besides his all encompassing Torah knowledge, he was very well versed in Math, Science, Engineering, Biology, Anatomy etc.

When he would inspect things for Kashrus standards, he would actually climb into the machinery! He knew exactly what he was looking for, because he studied each thing until he understood it. Mrs. Presby once asked a question in Navi class and her teacher got very upset at her. When she came home, she asked her father the same question and he said, "This meforash asked that!" He never got upset, they could ask him anything. He was humble and patient to everyone and most importantly to his family. His granddaughters were once playing in his home and made a really big mess. Some important people came home with him, but he didn't flinch. He gently told his granddaughter Chana, "Please clean up and you will get a prize." And then he remembered to get her a prize! She felt so special, loved and cared for!

When the yidden wrere allowed out of Russia, he was so excited! Our Russian brothers! It was a joyous time in his home, and he taught himself Russian so he could speak to them, because he loved every single yid. He went many times to Russia, to give Chizuk, Matzos etc.

Here is a story that really illustrates his humbleness and care for every yid.

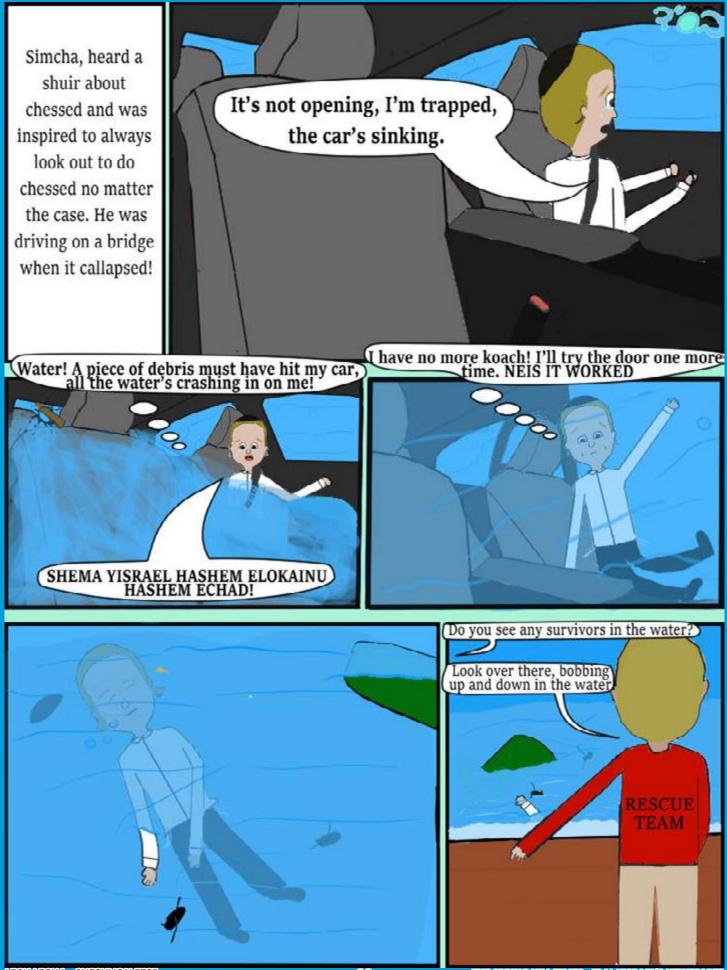
Yosef, a talmid, related that he was at a friend's chuppah when he saw Rav Belsky sit down in the row in front of him. He watched Rav Belsky notice that the

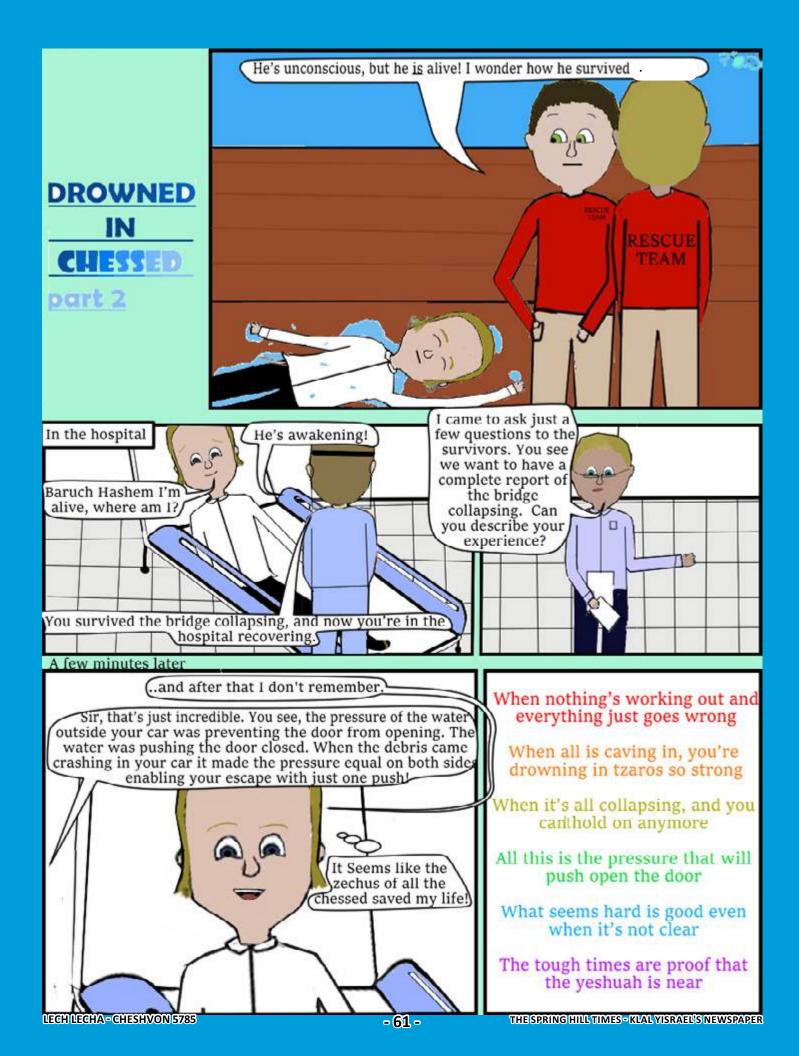
plug for the photographer's equipment was loose and that it kept coming out of the outlet. Rav Belsky silently slipped out of his seat and moved to a seat that was closer to the plug. He pushed the plug in and kept his hand on it the entire chuppah. When Rav Belsky was called up for bracha acharita, Yosef quickly jumped up and moved to that seat so he could take over Rav Belsky's "job!"

LECHLECHA - CHESHVON 5785

THE SPRING HILL TIMES - KLAL YISRAEL'S NEWSPAPER







Yeshivishe Stories

The Chinuch Chaburah

R' Tzvi Moshe Schultz

he Vilna Gaon was the great masmid of the Torah world. He wasn't a Rav or a Rosh Yeshiva. He just sat in his home and learned all day. And all night. Literally. That was all he did. He spent his entire life learning Torah every moment. It's said about him that he only slept for two hours every night. And it wasn't even two consecutive

The Vilna Gaon

hours. Rather, he slept for four half-hours, and woke up to learn more Torah in between.

On Erev Yom Kippur, when Jews traditionally make a din vecheshbon about their sins, he would review the entire year in his mind, and count up how many seconds he had wasted from Torah learning. It's brought down that one year he made a Cheshbon and determined that in the entire preceding year, he had only wasted a total of three minutes. And after coming to this realization, he sat down and bitterly cried!



Think about this

A. Is it possible for us to follow in the ways of the Vilna Gaon? In what way? B. Why did the Vilna Gaon cry if he had such a tiny amount of bittul Torah?

Yeshivishe Stories

Rebbe. When the Vilna Gaon heard that he was there, he sent a messenger to him to summon him to his house at once.

Rav Chaim rushed to the Vilna Gaon's house, assuming there must be some sort of emergency. When he arrived, he found the Vilna Gaon's family distraught. They said he had not come out of his room for three days, and he

Think about this

The Vilna Gaon

had not eaten a thing. They were very worried about his health. Rav Chaim rushed into his Rebbe's room and found him sitting with a towel wrapped around his head. He was deeply engrossed in a volume of Talmud Yerushalmi. "I have been studying this

difficult passage for three days, and I still do not properly understand it! Perhaps you could help me?" asked the Gaon. Rav Chaim looked at the passage, gave it some thought, and then said: "Perhaps you could explain it as follows"

When the Vilna Gaon heard his explanation, his face lit up, and he declared: "How great are the words of Chazal, who said ומתלמידי יותר מכולם!"

More Chinuch Opportunities:

For Mechanchim: Join the Chinuch Chaburah, and share ideas and materials with rebbeim from around the world.

Send the message "subscribe" to: chinuchchaburah@gmail.com

For Parents: Join the Parent Chinuch Group, and ask your chinuch questions from a panel of almost 100 mechanchim from around the world.

Send the message "subscribe" to: parentchinuch@gmail.com

For Everyone: Choose from a wide variety of Shabbos Table Sheets, like the ones included here.

Send the message "catalog: to: shabbostablesheets@gmail.com

A. Why was the Vilna Gaon so upset that he couldn't understand the Yerushalmi?

B. How was is possible that Rav Chaim of Volozhin could come up with an explanation that his Rebbe didn't know?



ומלאה הארץ, דעה את ד'

SPREADING HASHEM'S GOODNESS ALL AROUND THE WORLD

- 64 -