

Times of Mashiach

THE SPRING HILL TIMES

Issue 172

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Hashem

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May this week's issue be a zechus Refuah

Shleima Yosef Ben Reva Chasha

B'soch Shar Cholei Yisrael!

"טוב ד' לכל
ורחמיו על
כל מעשיו!"

תהלים קמ"ה

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FROM THE EDITOR



For the past half a year, two of my children and a nephew learned, daily, on the phone, with my father-in-law Mishnayos mesechas Shabbos.

My father-in-law bought them the sefer Mishnayos Pnei Shabbos that has illustrations explaining the mishnayos, so that they would be able to understand the learning better.

They got together on Shabbos Parshas Vayeira to celebrate the siyum.

My 11-year-old daughter made a Mazal Tov sign in honor of the siyum.



She decided to take out the Mishnayos that her brothers used and draw on the sign the pictures on the first page and the last page. She made an exact replica.

On Leil Shabbos, after the seudah, my father-in-law sat with his grandchildren to learn the last Mishna of the Mesechta. But his Pnei Shabbos Mishnayos had one page missing, the last page.

They then remembered that my daughter had drawn the last page on the sign!

They ran to the sign to look at the last illustration prepared for them with love by Hashem!

They felt His Hashgacha Pratis and how much their learning meant to Him!

We all experience these flashes of lightning every once in a while where we clearly feel that Someone is looking out for us. They are there to remind us that Hashem, Who knows every single thought we ever had or will have, all our plans, all our physical and emotional needs. Hashem Who feels every feeling we experience, is there behind the scenes working everything out for our benefit.



All we need to do is feel comfortable and secure knowing that He is taking care of us.

One of the differences that we find between Yaakov and Eisav is that Yaakov had, "Shem Shamayim shagur bpiv." Everything was about Hashem. He took everyone out of the picture and put Hashem there instead. He knew that all his successes came from Hashem. And if things were difficult he turned to Hashem.

Eisav on the other hand did not have Hashem in his picture. And when things went different than what he wanted, he blamed his brother Yaakov and wanted to kill him. He lived a life filled with hate and strife.

We can have two people living in the same country. One lives with bitterness in his heart. He puts his focus on the President, Senate, Congress, Governor or Prime Minister, Parliament, Mayor or the media. He is filled with blame and frustration. His life revolves around humans. He places his mood, happiness, sense of security in the hands of human beings.

The other one lives happy, content with no complaints. Because he knows that humans are powerless. He knows that it's all Hashem and that EVERYTHING is for our good. Everything is bright. Everything is love. Everything is wonderful even when things are tough. And if something is bothering him, he looks for no one to blame, instead, he turns to Hashem.

This is the way, Hashem wants us to live!

What a wonderful life Hashem has given us!

HAVE A BEAUTIFUL SHABBOS!

EVEN THE GOYIM KNOW!



A woman who lives in Tzefas, where they constantly have sirens, was somewhere, and an Arab woman asked her where the shelter was. She added that if the sirens go off, she needs to go into the shelter first.

The Jewish lady asked her why she thinks she has priority?

The Arab woman answered, "G-d takes care and protects the Jewish people. I need to go into the shelter!!!"

(A Spring Hill Times Reader)

MANN FROM SHAMAYIM



Many years ago, while working as an Early Intervention therapist, I often did not take food along with me to work. I wasn't hungry first thing in the morning and I was always hurrying to get out of my house so I could get to my first session on time. I usually stopped in at the office of the agency I worked for at some point during the day to do paperwork. Once in a while there was

leftover food from a meeting.

One day, I was feeling really hungry, and I asked Hashem to please send me food. I thought to myself that Hashem could easily provide me with food even if I didn't bring any along.

That day, the therapist who ran the playgroup in the building decided to bring up the leftover food from the playgroup, and I had lunch!

After that, even when she didn't bring up the leftovers, she told me I could go down myself to get. This continued for years.

After Covid, they didn't restart the playgroup, so there were no more leftovers. Not long afterwards, the agency decided to start providing a very generous variety of food for its employees, both "real" food such as crackers and cheese, as well as snacks, pastries, chocolate, and more.

Two weeks ago, I decided it wasn't healthy for me to be eating so many sweet foods, and I decided I wouldn't stop by the office anymore for food so I wouldn't be tempted.

Today I had to stop by the office to take care of something, and I wasn't even planning to go to the kitchen area, but as I walked into the office, I met the same therapist who used to run the playgroup. She told me that the agency had decided to permanently stop providing food!

The food had stopped almost exactly to the day of when I decided I didn't want it anymore! Thank You, Hashem, for providing me with lunch (and every other meal) every day all these years!!!

(A Spring Hill Times Reader)

FREE COAT



I needed a Shabbos winter coat. I had made plans to go get a coat during lunch, in between sederim. But as I was about to go (very excitedly), it occurred to me that most likely, if I went, I would be late for seder. So, I decided to forego the coat, and reassured myself that Hashem can give me a FREE coat if He wanted, so there was no need whatsoever to miss seder!

After seder, When I went to get my coat to go home, Rabbi S. came in and handed me his old weekday winter coat. "It's in perfect condition. It just doesn't fit me anymore. But it's like new."

It was a beautiful, heavy, woolen G&G weekday coat, even nicer than what I would have bought for myself. I tried it on, and it was a perfect fit, and I wore it for years every Shabbos in the winter!

(A Spring Hill Times Reader)

HASHEM ALWAYS HEARS

On one night of Chanukah, we held a wonderful family Chanukah party. Everyone in the family who was living in the area showed up, and while there, we decided to make a family phone book for the entire extended family. I am zocheh to be part of



a large family – aunts and uncles, married cousins, and their sons who are also married, and even their grandchildren. Making such a phone book would mean putting together a list of several generations of the family – truly a complex project.

When we started discussing the details of the phone book, we reached the conclusion that the work was not as complex as I'd initially thought. I needed to simply call each person and wait for him to pick up, to ask him if he had another number and if the address we had was correct. Although this is time-consuming, we didn't have to call everyone in one day. We could do it calmly, speaking to the older adults at their own pace and the younger ones at a different pace. The task was not running away, and the lists would wait patiently for me from one day to the next, from one evening to the next.

I started to call, and everyone answered me happily that they wanted to be part of the family phone book.

Thus, I moved down the list, from one name to the next – uncles and cousins and brothers and sisters, and...Mendy. Mendy is my brother. He hadn't come to the party – not to this last party and not to the previous one. We never see him, and we have no idea exactly where he is and what he's doing. If there is anyone who knew what Mendy's

been up to, apparently, he felt it's better that we not know at all. Now, I was sitting with the phone numbers of the entire family and thinking to myself, should I call Mendy or not? How would he react to seeing my phone number on his screen? Would he pick up, or would he slam down the phone? Would he be happy, or would he grit his teeth? My experience from previous attempts was not very positive, but perhaps, nevertheless, he deserved to feel a part of the family... I decided to call the number I had for him, in the slight hope that it had not changed over the years. I finished dialing, and then, after a few rings, Mendy answered! "Hello, how are you?" I said with brotherly love and affection. He answered appropriately, in a calm, friendly voice. He told me a few nice things, and I also shared some things with him. If someone were listening in, he could have thought that we speak to each other every Monday and

Thursday.

In the end, I told him about the family phone book and asked him if he wanted us to put his phone number in it. "I'm not interested," he told me. "Don't put my number in. I don't want it."

No problem. Not terrible. At least we'd spoken, and that was a lot. It seemed it was worth it to do this more often, so he'd remember his family and his roots, so he would know that he had a place to return to.

The day after that conversation, I went to visit my mother, and then, with a smile, I told her, "Best regards from Mendy!"

My mother heard this, and her faced turned colors. She became pale and almost fell over and fainted. I had not expected such an intense reaction; I had not even planned in advance to tell her about this totally natural, almost casual conversation. It came out spontaneously, without



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a lot of thought.

I went on to tell my mother the background of our conversation and about the phone book we wanted to put together, but the storm did not abate. Ima succeeded in saying only one sentence, "Are you serious? Is it true what you're saying?" I could not understand what was happening here. What was so exciting about this dry news I had brought her? What happened?

And this is what my dear mother told me:

"For so many years I've been davening for him and investing so many kochos in him. Not a day passes that I don't shed tears for him. I go to mekomos kedoshim; I plead for him; whatever could possibly be done, I do.

My mother wasn't telling me news. We knew about the countless tefillos and all the tears she shed. She had called us all to the task as well. From time to time, she would organize all sorts of good kabbalos that everyone would take upon themselves, and she'd divide sefer Tehillim among the family members.

She went on to tell me that recently she'd started going to the kever of one of the tzaddikim, with the goal of completing forty consecutive days at his kever. She did this with mesirus nefesh, in heat and in cold.

Today she felt she was falling apart. She'd been davening so much. A mother's heart only wanted to see her son coming home, at least just to see him. Her heart was broken and shattered. Today she was sitting at home with her Sefer Tehillim, and she cried, "Ribbono shel Olam, I am davening so much and crying so much. Please send me a sign that

You hear, that You are listening, that all the tefillos are not getting lost, that the tears are not being spilled for nothing, but that they are coming to You and that You are gathering them."

This is what my mother told me, revealing her broken-heartedness and the tefillos that were pouring forth from the depths of her neshamah.

In the end she said, "I had just finished davening, and then you came in and gave me regards from Shamayim!" (Kav Hashgacha Pratis)

BARUCH HASHEM! MAZEL TOV! TWO KALLAHS WITH ONE DANCE!



A family had three girls waiting for the longest time to become kallos.

Two years ago, they danced on Purim and one of the girls got engaged.

They danced again on Purim last year and now the second and third girls are kallos!

Baruch Hashem!

(A Spring Hill Times Reader)

A SIGN OF LOVE FROM HASH-EM

U.S. Tennessee Senator Marsha



Blackburn posted:

"I am praying for Israel as they continue to face vicious attacks by Iran-backed proxies and Hamas terrorists."

ANOTHER SIGN OF LOVE FROM HASHEM



On motzei Shabbos parshas Vayeira, I went with my husband to Home Depot to get a pipe and two fittings. On the way back to the car, I tripped and fell. Because of my weight, I was unable to pull myself up.

My husband tried to help me but was unable to. Two non-Jewish people walked over to us and within two minutes I was back on my feet.

With tears, I told them that G-d should bless them for their help and my husband and I were on our way home. Had they not been there, we would have called 911 for help.

(A Spring Hill Times Reader)

THE LOST DVDS

By: David Stiebel

My grandparents z'l had many incredible stories from the 1930s and 1940s.

In the early 2000s, one of our family friends Lenny came over with a camera, and interviewed them, recording almost 4 hours of them telling their stories, family history and other memories. He created several DVDs and gave copies to me and various members of our family. After my grandparents passed away, those DVDs became a family treasure.

After my parents passed away, around 2011, I wanted to turn the raw interview into a watchable set of highlight stories and clips, like a memoir of my grandparents' stories. I reached out to my friend who works in video production and was between jobs, and I sent him my copy of the DVD to edit and turn into a shorter watchable video. He started working on it, but got a job soon after and put the project on pause.

About a year later (2012-ish), I wanted to push the project forward again, so I asked my friend to send me the DVD back. He sadly said he couldn't find it! He had lost the copy I had sent him.

No worries - I reached out to my sister for her copy. She also sadly said that she had lost her copy as well and couldn't find it.

A bit more worried, I reached out to my aunt, and she had also apparently lost her copy as well. I also reached out to the family friend Lenny who had made the DVDs in the first place, and he also could not find a copy.

All copies of the DVD were lost. I was devastated.

A year later, I got motivated to search again, so I reached out to my friend, my sister, my aunt, etc.. - still nothing.

Every year, for almost 10 years, I would try another round of searching, but the DVDs were really gone. We looked in so many places, but they were all lost. I gave up hope of ever finding any copy again.

Around 2020/2021, I got interested in family genealogy and it re-kindled my desire to find those DVDs with all the family history stories. My Rebbe, Rav Eli Yelen, had been speaking about bitachon for many years and how Hashem is Hakol Yachol. So, I sat down one day, and asked Hashem directly to find the DVDs, even though they had been lost completely for 10 years. "You know where they are and You could find them for me!"

A week later, I decided to do another round of hishtadlus to search for the DVDs. I texted my friend asking him if he could look again. (Remember it has been 10 years since he lost my original copy.) No reply. I called my sister; she still didn't know where her copy was. I called my aunt; she still didn't know where her copy was, but suggested I try calling the family friend Lenny.

I called Lenny, who was happy to hear from me as I had not spoken to him for a few years. I told him I was looking for the DVDs again, and he promptly responded, "Yes I have a copy right here in my desk drawer!" I was stunned. The next day I drove to his house to pick up the DVD. It was a real copy, just like I remember, with my grandparents' names written in pen on the DVD label - Ariel and Hanna Stiebel, 2001.

I was worried maybe the DVD was scratched and wouldn't work after all these years, but when I played the DVD, it worked perfectly, and I started watching my grandparents' interview and all their stories. So amazing.

I took a picture of the screen and texted my friend again, who still hadn't responded to my text the day before.

I wrote to him "I found a copy!!". He responded a few seconds later, "I FOUND

MY COPY TOO! I'll send it back to you." I couldn't believe it.



Later that same day, unrelated to the DVDs completely, I found out that a different, very old family friend had gotten cancer and barely survived, but was doing well now. I had not spoken to him in probably 20 years, but I gave him a call to check how he was doing. We schmoozed for a few minutes and hung up. I decided to text him some photos of my kids, since he had never seen or met them. He responded, "David, it's so nice to see you all grown up and with your own family. I actually have a copy of a video of your grandparents that I've been meaning to send you for many years. I'm going to put it in the mail right now so you can have it."

After 10 years and complete despair of ever finding a copy of my grandparents' video, Hashem gave me 3 copies in the span of 24 hours! He's truly Hakol Yachol!

TIME FOR REVIEW

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

Option 3 from Main Menu.



KI TOV HASHEM NEWS

- 1: Daily News Update
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- 6: The Spring Hill Times
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BREAKING NEWS

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Klal Yisroel Trusts in Hashem.



R' Avraham from Eretz Yisroel reported that there was a mother from Achisamach who told her family that if there would be a siren during sukkos, they would not go to the Miklat. They would run to the sukkah, to Hashem's protection. (Please ask your Rav the halacha).

Ki yitzpineinu basuka b'yom ra'ah.

Boy Thanks Hashem



It was Chol Hamoed and Avrohom was by Avos U'banim. They were raffling off a bunch of prizes and there was one prize that

he wanted. He won that prize. He then went into the sukkah and thanked Hahem for it.

Tov l'hodos laHashem ulizamer l'shimcha elyon.

Klal Yisroel is Coming Back Home to Hashem



According to reports coming out of Eretz Yisroel, a group of frum soldiers spent Yom Kippur in the Kibbutz Beit Zerah. For 93 years, the kibbutz existed without agreeing to have a minyan on Yom Kippur.

They sent out a message to the kibbutz that they were making a minyan, and dozens of people came for Kol Nidrei and Neila. Dozens of people came, including children, women and toddlers, and people were moved to tears.

They thanked the soldiers and tearfully asked them to come back the next year!

V'ameich kulam tzadikim

Woman Trusts in Hashem



Mrs. Taub reported that she was driving long distance. She was very tired, and she was afraid she was going to fall asleep. She wanted to turn on the music, but her car has a problem that it only works if the USB is on when you turn on the car and the music turns on with the car. If someone puts the USB in after the car is already turned on, it does not work.

She put in the USB and she tried turning the music on, but it did not work. Then she said to herself, "Hashem is the 'Kol Yachol', if he wants it to go on, he could put it on." She tried again, and the music started working!

Baruch hagever asher yivtach baHashem

Family Feels Loved by Hashem

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Mrs. Friedman from Williamsburg reported that she has a family member who went to shul Leil Yom Kippur, and when she came back, she saw that a candle from the neiros that she lit fell on the table. Baruch Hashem, it burnt out right away. It burnt into the tablecloth and into the table in the shape of a heart.

This family member had a fire a few years ago that destroyed her house. This time Hashem made a neis for her. She felt so loved!

Ahavti eschem amar Hashem

Hashem is Watching over Us.



According to reports coming out of Yerushalayim, there was a bus that lost control and rolled down Bar Ilan street, a very busy street with many people. The bus was rolling down with no way to stop, until it hit a bus stop. The street was full of people and no one was hurt!

Hinei lo yanum velo yishan shomer Yisroel

Hashem is Running a Perfect World



Mrs. Shain reported that one of her sons was missing his Shabbos shoes. It was getting closer to Shabbos, but they were nowhere to be found.

Their neighbor heard of the lost shoe and told them that they just bought new Shabbos shoes for one of their children, and they do not need them. The size of the shoes was size 7, the exact size that her son wears. It fit him perfectly!

Girl Turns to Hashem



Faigy, a girl from Chestnut Ridge, NY was in class, and she really wanted to be a partner with a certain girl in her class for a project. She davened to Hashem and she had bitachon to get that girl.

Her teacher then set her up with that girl. She was so thankful to Hashem!

Baruch shomea tefilla

It's a Wonderful Life Living with Hashem



R' Avishai Berkowitz from Manchester, England reported that this year he worked on two things during Yom Kippur. He was thinking the whole time 1. "how good Hashem is and focused on all of His chessed". 2. He also focused on "how food is not what makes him full, only Hashem". For the first time, when the fast ended, he was not hungry and his feet were not hurting him.

Vihaboteach baHashem chesed yisovivenu

Boy Thanks Hashem



Avraham Lazer lost his money, and a few days later someone found it and returned it to him! ***Thank You, Hashem!***

Yeshiva Bochurim See Hashgacha Pratis

There were four American Ye-

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shiva Bochorim who traveled from Yerushalayim to Bnei Brak to visit some gedolim. They were told that they could stand outside R' Meir Tzvi Bergman's house at 6 o'clock, because he leaves his house every day at 6.

B'hashgacha Pratis they decided to start waiting at 5:30, and he came out of his house at 5:35!

Mashgiach min hachalanos, meitzitz min hacharakim

Hashem is Watching Over Us



Chaim Tabak, a boy from Jackson, NJ reported that he was walking around the block with his father. He was walking ahead, but then he decided to walk back to his father.

The second he started walking back, a huge branch fell exactly where he was previously standing. Hashem was watching over him!

Hinei lo yanum velo yishan shomer Yisroel

Hashem Takes Care of Us



Mrs. Spitzer reported that this year was the first year that her family was going to be staying home for sukkos. They needed to buy a new sukkah, which was going to cost about \$2,000. They had no idea where they were going to get the money from. They barely had enough money for day-to-day expenses. They said that Hashem was going to take care of it, and take care of it, He did!

Not long after that her grandmother called her up "out of the blue" and said that she was sponsoring a Sukkah for them!

V'haboteach baHashem chesed yisovivenu

Hashem Saves Baby That Was Choking

Mrs. Schwartz was in the store when suddenly she had an urge to say some tehillim. She said the kapital of "mizmor lesoda" and "esa einai el hehorim mein yavo ezri" and she left the store. She went to pick up her one and a half year old son from playgroup.

When she got there, the Morah told her that her son had been eating the lunch that she had sent for him, she had sent cut



up grapes. The assistant Morah noticed that he started choking. It was hashgacha pratis that the assistant was there that day and Baruch Hashem, Mrs. Schwartz was able to get it out. They realized that the time she said the tehillim was the time that he was choking!

Baruch shomea tefilla

Hashem is Running a Perfect World

Mrs. Bergstein reported that she

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had a bill to pay of \$700. She had no idea where the money was going to come from.

Suddenly, a neighbor came over to her and said, "We have lots of extra ma'aser money. Would you like some?" Mrs. Bergstein said, "Yes!" Her neighbor handed her an envelope. She opened it up, and it was \$700!

V'divrei niflaosecha asicha

Class Trusts in Hashem



A high school teacher from Lakewood, NJ, reported that someone came to her class to give a pre-Rosh Hashanah speech. An important part of the speech was slideshows of niflaos haborei that she was going to show on her laptop. The laptop screen was not working. They tried many times, but to no avail. The teacher told her class, "Everyone, let's sing together 'Ha-kol Yachol,'" and if it starts working, we're going to call it into the Spring Hill Times."

They started singing, and within one minute, the laptop came to

life, and it started working!

Baruch hagever asher yiftach baHashem

Hashem Helps Boy



Bracha, a girl from Monsey, New York reported that her family was in a park in Massachusetts. Her brother used the bathroom, and when he tried leaving, the door jammed.

They called the front desk and asked them to send someone down. A person came and tried opening the door, but to no avail. At that point, her mother called Chaveiram and asked if by any chance there were any Chaveirim members around?

B'hashgacha Pratis, there was one in the area who had his tools with him. He came down and Bracha said that if he would be able to get her brother out, she was going to send the story into the Spring Hill Times. The Chaveirim member stuck in an airbag and then blew up the bag, and the door opened within seconds!

Thank You, Hashem

You Can Help Us Spread the Knowledge of Hashem!

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LIVING WITH HASHEM

By Rabbi Zevy Golombeck

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

Bitachon Call



This was called in from Ms. Herzog from England. She said whenever she calls America, she has to call with a calling card. She has one calling card and whenever she tried to use it, it wouldn't work. She had to get through to somebody, so she said, "Let me just try this calling card again. I never worked before now, but there's no teva."

This time when she tried it, the calling card worked! Even though it never worked before!

Bitachon Appointment



My talmid, Yehuda Tzvi Kramer, was playing basketball and he broke his foot. He wanted to get an appointment at the doctor right away to see if he had to get a cast. He called up the doctor's office, but the receptionist said, "Sorry, nothing is available until the end of the week."

He hung up the phone and thought to himself, "Who are they saying sorry to? Do they think it's up to them? I just heard on the Life with Bitachon hotline, retzon yireiav yaaseh."

Shortly afterwards, they called him back to tell him that they just had a cancellation and he can come

right away!

Miracle



Eliezer Feigelstock from Lakewood was driving on the highway with his family and he got a flat tire. He had to pull over to the side and figure out how he could get help. It was very chaotic, and he didn't realize that his two-year-old child managed to get out of the car seat and started walking on the highway! Cars started beeping, and when they realized where their two-year-old was, they quickly ran to get their kid.

Baruch Hashem, nothing happened at all! Malach Michoel and Gavriel were holding on to the kid's hand.

They called up their Rav from Cleveland, R' Hirshfeld, and he said, "You have to make a kiddush!"

They made a kiddush!

Loved By Hashem



I was walking by a construction site, which is next door to my house. The man in charge was smiling from ear to ear. He was almost dancing! I asked him, "Why are you so happy?" He answered, "Because I feel like I got such a big kiss from Hashem today!" I asked him, "Why?" He answered, "I was

A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

- 1 Today's YESOD/Vort on Bitachon
- 2 Today's STORY of Bitachon
- 3 ANSWERS to Questions asked (Answers to 4 new questions each day)
- 4 This week's connection of Bitachon to the PARSHAH
- 5 QUOTE from Sefer "Bitachon Weekly"
- 6 Summary of Rabbi Yehudah Mandel's Thursday VAAD
- 7 Today's STORY how Bitachon helped someone through a Nisayon
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waiting for two and a half weeks for a specific worker, and he finally came today. I feel so hugged and kissed by Hashem!"

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

The Nose

We sneeze often and it's considered normal to sneeze 4 times a day. More than this would be a sign of an allergy or a condition. It would be expected that we would sneeze equally at all parts of the day. It shouldn't matter if it's the morning or the night, if we are alert or fast asleep. We would expect our sneezing to be more or less equally divided, after all we are breathing in all types of particles during all hours of the day. Let's think about this for a moment, when was the last time you were woken up from a deep sleep from the sound of an explosion, a sneeze. You were totally relaxed, maybe even enjoying a good dream – then you suddenly woke up to a big boom. You probably don't recall such a situation. That's because it doesn't usually happen. Hashem arranged that when we sleep - we don't sneeze. This is despite the fact that we spend quite a significant part of our day sleeping. Even if we spend a third of the day or more sleeping, no sneezing takes place during that period. All of our sneezing, which is an important health function, takes place during our waking hours.

Let's examine this point a little bit more, why is this important? Why did Hashem create us like this? Additionally let's try to understand a little, how does this work? If we would sneeze during our sleep that would mean that very often our night's sleep would be interrupted once or twice. A night's sleep that is interrupted does not refresh us the same way that an uninterrupted night's sleep does. Besides for that, when we wake up in middle of the night, we have to fall back asleep – for many people it is a process which is not so simple, it can take time.

Anyone who has to wake up a few times in the middle of the night to tend to a newborn baby will identify easily with the difference between sleeping a straight night or having it broken up. Hashem, in His kindness, set up our system in a way that we can sleep undisturbed and rejuvenate our bodies without having our sleep broken up.

The way that Hashem set up this phenomenon is that our sneeze is stimulated by a specific nerve. There is also a voluntary muscle movement that happens when we sneeze – that means muscle movement that we are involved in making happen, for example – the sudden large intake of air that we inhale right before we sneeze and other muscle movement. When we are sleeping, our nerves and muscles are also resting and are inactive, there is nothing to stimulate us to get that sneeze going. So even if many foreign particles are inhaled during our sleeping hours we are able to remain sleeping peacefully and calmly.

Thank You, Hashem!

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Hashem Wants You to Enjoy His World

A Guide to Discovering Hashem's Kindness
Everywhere You Turn

By R' Yehuda Schonfeld

from Judaica Press

Continued from Chapter 6: How to Start Enjoying Life

I Opened Two Gifts This Morning...

I have a friend who used the method of contrasting good with bad in an amazing way to help him appreciate one of Hashem's greatest gifts—the gift of eyesight:

During the Coronavirus quarantine in the spring of 2020, my friend had been thinking about how to appreciate and enjoy Hashem's gift of eyesight. It bothered him that he took such an unspeakably wonderful thing for granted.

One morning his alarm clock woke him up. He had not even opened his eyes when he suddenly had an idea: His family was still asleep. Why not try to experience what life is like for a blind person? Surely that would help him appreciate his eyesight! Quarantine was the perfect opportunity for this, as he could not go to shul anyway and he did not need to help the children get ready for school.

So, keeping his eyes shut, he quietly got out of bed. Crouching down, he slowly felt his way around his room until he found a scarf, which he wrapped tightly around his eyes to make sure

he would not peek.

Then, he began to gather his clothing together. It was not easy. Although he was able to find most of his clothes by feeling his way to the dresser, he could not remember where he had put his shoes the night before. He wracked his brain, trying to remember where he had left them as he crawled around, sweeping the floor with his arms, while trying not to bump into obstacles or wake up his wife.

Finally, he found the shoes and carefully made his way to the bathroom.

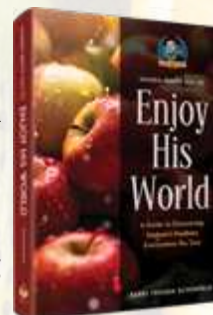
But the challenges continued. He had to feel to find each thing, avoid putting on his clothes backwards, and locate his own toothbrush and use toothpaste—and not, by accident, diaper rash cream.

Finally, he was dressed.

He carefully made his way into the hallway, hoping he would not be noticed. He located his jacket and tallis bag and made his way to an empty room to daven.

After putting on his tallis and tefillin, he began to say brachos by heart. When he reached the brachah of “pokei'ach ivrim”—thanking Hashem for

giving sight to the blind—he removed his blindfold and opened his eyes to the dazzling sunlight pouring in through the windows.



It had taken him forty-five minutes to do what could have taken ten. But he will likely never forget the glorious feelings of happiness and thankfulness that he felt upon opening his eyes that bright sunny morning.

To ingrain this type of appreciation in one's child, one can play a game where the child is blindfolded and then directed to accomplish certain challenging tasks, such as getting a cup and filling it with water or finding his shoes and putting them on the correct feet. This will help him recognize what a phenomenal gift his eyesight is, and greatly increase his happiness and enjoyment of life.

R' Schonfeld is available to speak publicly on the topic of Enjoying Olam Hazeh. He can be reached for comments and questions at EnjoyHisWorld@gmail.com.

Living With Appreciation

R' Daniel Shasha

When Yitzchak desired to bless Eisav before his passing, he asked him: *Bring the delicacies which I love...* (27:4). Surely, this is very hard to understand. After all, these blessings were a prophecy that would have such tremendous spiritual significance in shaping the future. Therefore, one would think that it would be more appropriate for Yitzchak to spend the day with fasting, immersing in the mikveh and reciting Tehillim. Yet instead, we see that he asked his son to cook for him his favorite dish! This is very perplexing. What is the meaning behind all this?

The Ramban (25:34) teaches that Yitzchak knew that asking Eisav to bring him his favorite meat and to go to all the effort to prepare it, would increase his love for him. His gratitude for the great effort involved would motivate him to give a more heartfelt blessing. So, he felt that the most ideal way for him to be in the correct frame of mind to convey these significant blessings, would be through feelings of gratitude. Therefore, he specifically asked his son to go to all the effort of hunting and preparing his favorite dish. Just so he will have feelings of gratitude and then be able to channel it into the berachah. Phenomenal! (Explained by Rav Simchah Zisel Broide, Sam Derech Toldos)

We see this idea, that blessings motivated by gratitude carry more weight, in other times in Tanach too.

One example is in sefer Malachim where the Navi Elisha was hosted by the ishah Shunamis. She went to great lengths to make sure that he was comfortable, to the extent that they built and furnished a room for him whenever he will be visiting the area and needed a place to stay. Unfortunately, the couple were childless for many years and they longed for the day when they will have a child of their own. As a result of Elisha's great gratitude for all they did for him, he gave them a heartfelt bera-

chah that they would have a son in a year. Indeed, this came into fruition and a year later they were blessed with a son. We can make use of this idea too. For example, if someone does us a favor we can contemplate how much we appreciated what they did and then give them a heartfelt blessing. Our Tzadikim were very particular about this, as we see in the following story.

Rabbi Chatzkel Levenstein, the renowned mashgiach of Mir, was extremely grateful to a certain individual who helped the yeshivah escape to Shanghai during WWII. By a series of great miracles, the Yeshivah was able to successfully escape and was the only Yeshivah from Europe that was still functioning during the war. A while later, this man traveled to Eretz Yisrael to ask

the mashgiach for a berachah. Unfortunately, they had been married for 12 years without having children. Rav Chatzkel was so appreciative to this man for the efforts he went to of saving the Yeshivah that he gave him an extremely heartfelt brachah that he would be blessed with a son in that year. Indeed, a year later, they celebrated their son's bris milah!

Rabbi Avigdor Miller teaches that we can also use this idea when we recite berachos to Hashem. Before, we recite a berachah we should try and contemplate Hashem's incredible kindness for giving us this piece of food. Countless steps occurred to produce just one piece of food, and without food we would not be alive. Moreover, Hashem could have just given us a pill with all the nutrients we need, yet in His abundant kindness He gave us a wide array of delicious foods, with different tastes and textures! We should try and feel gratitude when we eat and subsequently channel these feelings into love for Hashem. This will make our experience of saying a berachah far more powerful than just lip service.



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Let Us Thank Hashem for the...



ANIMALS!

As well as many of them being cute, animals provide many of our daily resources such as meat, leather, milk, eggs etc. in addition to having many other important functions. Rabbi Elyah Lopian used to feed the cats out of gratitude that they helped control the mice population in his Yeshiva. (Lev Eliyahu)

Klal
Yisrael are
more beloved than
the angels, since the an-
gels do not praise Hashem
in Heaven until we praise
Him in this world below.
(Chullin 91b)

When
we sing songs
of praise to Hashem,
our sins are forgiven.
(Midrash Tehillim 18)

Inspiring Quotes

3.
Our mouth was
created in order
to thank Hashem and
praise Him.
(Magen Avraham O.C.
60:2)

4.
A person who
lives with a constant
awareness of Hashem's
guiding hand will have a
life of unrestricted happi-
ness.
(Emunah U'bitachon
1:9)



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"נ my daughter אסתר ע"ה בת יבלחט"א אליעזר מנחם

Did you notice that garbage truck driving down the street? It holds a lot of garbage, doesn't it? So, if I told you that you eat that amount of food every year, you might be shocked. I saw recently that an average person eats approximately 4 pounds of food on a regular weekday. On Shabbos we eat much more, which means that we eat around 40 pounds every week. That comes out to be around 160 pounds a month which can fill the garbage container outside your home. By the end of the year, you will have eaten almost one ton of food – the volume of a regular garbage truck. After 100 years of life that will be 100 tons of food, which is literally the size of a mountain of garbage in the local garbage dump.



When I read that, the first thought which entered my mind was how much chesed Hashem is performing on a constant basis. As we say in *bentching*, הוֹן אֶת הָעוֹלָם כּוֹל בְּטוֹבוֹ בָּחַן וּבְחָסֵד וּבְרַחֲמִים – Hashem, in His Goodness, feeds the entire world with grace, kindness and mercy! Hashem is giving this amount of food to over 8 billion human beings! And this is besides the food He gives to the twenty quintillion (= 20 billion billion) known living creatures who need to eat constantly. Many of these species are huge animals that consume phenomenal amounts of food. עוֹלָם חֶסֶד יִבְנֶה – it is a world full of chesed. If we think about this we will be overwhelmed with feelings of joy! The Master of the Universe, Who bestows so much good on the world, is our Father in Heaven, and He cares for each and every one of us personally.

Now the big question is, what happens to that tremendous amount of food that we place in our mouths? Where does it go? In many homes there is a garbage disposal under the sink. You flip the switch and its sharp blades shred and pulverize any junk that may be stuck in the pipes. But like all physical matters, eventually the blades or motor stop working. The average lifespan of a garbage disposal is 10 – 12 years, and it certainly cannot chop up even a fraction of the food that we eat in one year without getting worn out. On the other hand, Hashem created us with a digestive system that churns, chops, pulverizes and breaks down our food to molecular particles! All this is done without motors or metal blades. In most cases, a person's system faithfully digests tons of food for 80 to 90 years without stopping! We don't even feel all that is going on inside of us. This amazing system separates the good from the bad, sending what we need to all parts of the body, and expelling the waste in a respectable manner. So, Hashem doesn't just give us food, He also deals with what has to happen to it.

We all know how careful the medical staff in the hospital needs to be to avoid germs and bacteria. They constantly wipe their hands with alcohol-based hand disinfectants and clean all surfaces with strong cleaning agents. Special gloves are used and many precautions are taken. But when it comes to eating, our food may have billions of bacteria and germs, yet we ingest it into our bodies without a care in the world. Indeed, Hashem has also protected us from these dangers. Our digestive system is lined with mucus to catch the germs, and strong acids to kill bacteria. Not only that, different parts of the food, such as protein and fat, require different chemicals to break them down, and our bodies provide each and every one of them. No need to bring in huge chemical tankers with special precautions and hazardous liquid signs, Hashem has provided us with everything. If we think about this before we say Asher Yatzar, it will take on a new light!

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.

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Just An Example of What's Waiting For You in Olam Haba

Zichru Toras Moshe

Rabbi Moshe Hirschberg

A LETTER TO HASHEM

In the city of Mir, there lived a girl by the name of Chiyenna, whose dream was to marry a ben Torah. However, she was finding the task rather challenging. At a young age, she'd been orphaned from her father, and her family had no breadwinner. They made do with a very meager income, which complicated her prospects at marrying a ben Torah. The years went by, and no shidduch seemed to work out.

One night, while everyone else was asleep, she sat beside the table and wrote a heart-to-heart letter to Hashem, enumerating her pain and what she was requesting of Him. But once she finished writing it, what was she going to do with it? How would she send a letter to Hashem?

She decided that she would wait for a windy day, hike up to the closest mountain, and send it into the air in the hope that it would get to Hashem. When the right day came, she made her way to the mountain, took her letter, released her grip of it, and watched it float through the air until it was out of sight. She was content to believe that Hashem had received her letter, and she climbed back down to await the results.

Lo and behold, the letter ended up falling in the path of a yeshiva bachur, just the type of chosson the girl had been hoping for! He picked up the letter and saw it addressed to "Avi She'ba'Shamayim." He was flabbergasted. "Avi She'ba'Shamayim?" he thought. Who is writing this, and what do they need? He certainly wasn't Avi She'ba'Shamayim, but his curiosity got the better of him, and

he opened it.

After reading it, he ran to his rosh yeshiva, Reb Elya Baruch Kamahi, and asked, "I've found a letter addressed to Avi She'ba'Shamay-



im, and it's a request for a shidduch with a ben Torah. Is this a message that I should consider marrying this girl?"

The rosh yeshiva suggested that he first meet the girl to see with whom he's dealing with. Upon meeting, this bachur, Yitzchok Yechiel, saw how they shared the same Torah values and that they were compatible. Reb Kamahi suggested that he marry her.

Reb Yitzchok Yechiel Davidowitz, eventually became the rav in the Karelitz. Not only that, but they were zocheh to astonishing offspring, including being the honorable grandparents of the Feinstein dynasty. Who hasn't benefited from one of the thousands of p'sakim that Reb Moshe Feinstein enlightened us to?

Reb Yitzchok Yechiel and Reb. Chiyenna (Horowitz) gave birth to Reb. Faye Gittel, the mother of Reb Moshe. Such a lady who was determined to take a learning boy, and turned to Hashem without despair, was zocheh to such well-deserved offspring.

THE IMPOVERISHED PHILANTHROPIST

There was once a wealthy person who was generous with his money, and while he certainly helped the poor, he didn't attribute his financial success to the Source — Hashem. He accredited all his wealth to his own business acumen and intelligence.

One day, he was going to the marketplace to buy oxen when a merchant approached him. "Where are you going?" the merchant asked him.

"To buy oxen."

The merchant reproached him. "Say that you are going to buy oxen 'im yirtzeh Hashem' — if Hashem wills it."

"Why should I say that? I have money, and I'm going to the market. I don't need Hashem's help. If I didn't have money, I would say im yirtzeh Hashem. But I am wealthy and can afford the oxen on my own."

The wealthy man continued to the market. It took him some time to find the oxen he wanted to buy, and when he was ready to purchase them, he discovered that his wallet was missing. He returned home emptyhanded.

STEAL OF A DEAL

Sometime later, he took some more money and set off to the market. On the way, he met up with an elderly person who asked him, "Where are you going?"

The wealthy man said he was going to buy oxen. The old man told him, "You won't be able to buy oxen if it isn't the will of Hashem. Say 'im yirtzeh Hashem!'" But the man refused. He didn't think he

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needed Hashem's help.

The merchant continued on his way and saw a bench. He was tired, so he sat down for a few minutes – and then he fell asleep. When he awoke, he noticed that the money was gone. Again, he returned home disappointed. At home, he thought over what had befallen him and realized he was being punished because he didn't say "im yirtzeh Hashem." At once, he made a kabbalah that he would say 'im yirtzeh Hashem' and fully believe that Hashem is the Source.

He set off to the market to buy oxen a third time. Before he reached the market, he met a young lad seeking work. He spoke with the wealthy merchant, and when the lad heard that he was going to buy oxen, he said, "If you need help bringing the oxen home, you can hire me."

The wealthy man replied, "Im yirtzeh Hashem – if Hashem helps me and I buy oxen, I will hire you."

With almost no effort, the wealthy merchant found good oxen at an excellent price. He hired the lad to help him bring the oxen back to his home.



As they walked, the oxen suddenly ran into the forest, and the merchant chased after them. The oxen stopped right before the stone with his money. The merchant praised Hashem joyously. The merchant and the lad ar-

rived at his home, and then the lad suddenly disappeared.

The merchant understood that all along this had been Eliyahu HaNavi, who came to teach him this lesson. Eliyahu HaNavi took the second bundle of money while the merchant was sleeping and placed it on the stone in the forest, near the first bundle of money that was dropped.

Now Eliyahu HaNavi was returning the money to him after he had come to the realization that Hashem was the Source of his success. (Cited in Chadrei Beten from the Chida, who quotes the sefer Eliyahu HaNavi; it also appears in Otzar HaMidrashim)

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

DID YOU KNOW?

Rabeinu Yona writes in his peirush on Mishlei Perek yud pasuk chaf tes, that every time you turn to Hashem for something that you would want, the answer is always yes. Sometimes yes means you'll get it right away, sometimes yes means the

By: Rabbi Zevy Golombeck

thing that you're asking for won't be good for you now, but I'll give it to you later, and sometimes yes means the thing you're asking for is not good for you bichlal and it would be poison for you, but I'll give

you something bigger and better. But every time you turn to Hashem, your attitude has to be that the answer is going to be yes, and it will bring bracha into your life. It's just that "yes" could have 3 definitions.

It's important to know that this is not only for inyanei gashmyis that sometimes it's not good for you now, or its poison for you but you'll get something bigger and better. It's also for anything ruchniyus. A person could think I'm asking for ruchniyus what do you mean it's not good for me? And the answer is because Hashem made a world that from everything could come kvod shamayim and there are different ways of how kvod shamayim could come out. Sometimes getting the ruchniyus thing you wanted could bring out kvod shamayim and sometimes even when you wanted ruchniyus, you didn't get it because Hashem has a different way of bringing out kvod shamayim which is better than you could imagine.

Just to bring this lesson out with a story, there was a yiddishe mamme who davened that all her children should go in the right drachim of Hashem. One child slipped off the derech and she said it was eating her up, she couldn't eat, sleep or function. Then she said one second, is this the way Hashem wants me to be? Does Hashem want His children to walk around ois mentch?

She decided to throw herself into Emunah and bitachon and to start feeling loved by Hashem and when she grew in Emunah and bitachon she realized that Hashem is running a perfect world, and everything is just to make her grow and everything is a tikkun. Her child's situation made her grow in Emunah and bitachon and realize that when we look through Emunah and bitachon everything is positive and great, gevaldig and amazing. Now, she goes around giving lectures and drashos and teaching people how to deal with struggling children in ruchniyus and she's mechazeik thousands of people all around the world. She's teaching thousands of people how to live with Emunah and bitachon, how to look at everything with the right perspective and to go through every nisayon in a positive way. She took her nisayon and grew from it!



Gold Mines

Based on the teachings of Rav Yehudah Mandel

By: R' Baruch Rosenstock

One who works on changing his thought process to think more positively is making himself a much healthier person.

R' Moshe Blumberg shlita said over a Yerushalmi in



Shabbos עה: דף, that brings down the pasuk in Parhas Eikev "והסיר-ד' -ממך- כל- חולי" - Hashem will remove from you all sickness. The Yerushalmi says, כל - חולי - all sickness refers to רעיון - the thoughts of a person. R' Moshe said over that this Yerushalmi teaches us that a positive thought process prevents כל חולי - all sickness.

Working on this is not just a side thing; your whole life depends on it. When you focus on the bracha that you have, and you talk about how amazing the future will be, you are heading towards a much better future. A person could have so much brachah, but he is still tested. Will he realize all the bracha and enjoy it or will the Yetzer Hara get you with negative thoughts, like fears and guilt etc. A person should develop a fire for working on thinking positive. You are also going against your nature when you think positive, which is the main reason why you are here, עיקר חיות האדם הוא שבירת המדות.

Rav Yehuda Mandel

Bitachon Weekly



והרבתי את -זרעך בעבור -אברהם עבדי

אברהם is mentioned twice in this episode and it shows יצחק that everything is in his father's זכות and not his own. Also, by יצחק it says זבח זבחים לאלקי אביו יעקב and it says וישבע יעקב -בפחד אביו -יצחק. And when שכח שמעון ולוי it says in רש"י that they went בטח

with the זכות of their father יעקב. Look how a parent is the most important part of a person's life and לבן was called a רשע when he spoke before his father did. (רש"י)

Part II

וישב יעקב- בארץ מגורי-אביו פ' וישב And by פ' it says כיבוד אב ואם of the unusual importance of אב ואם.

Nevertheless, we see how יצחק was unlike א"א who was חסד and יעקב was תורה. As much respect as a person has - he needs to realize that in עבודת ה' he might be expected to be very different and go against the דרך of his father.

Part III

מרים went against עמרם and she told him that his גזירה is worse than פרעה when he divorced יוכבד and the whole כלל ישראל followed him. This is despite עמרם being the גדול הדור and Miriam a tiny child. We also have רבקה going against יצחק in making sure יעקב got the ברכות and not עשיו. There is a time that a person has to use his own mind and just like you don't have a מצות כבוד אב when he tells you to sin, so do you have a חיוב to be yourself and be much different than your parents if necessary for עבודת ה'.

Part IV

Of course you need a רבי! Watch how the same אמו who was so much younger than יצחק (when he was 40 she was 3 years old) tricks her husband - yet when she first saw יצחק she was in such awe that she fell off the camel. You may have true respect and even awe for your parent or רבי or spouse. Yet, you may have at the same time a חיוב to be very different.

ורבקה שומעת

רבקה understood the wickedness of עשיו and that's why הקב"ה caused her to be born in ארם which was full of wicked, and tricky people. She knew her brother לבן whose name means "white" i.e. good and pure but it was all a fake. And she חפדה how עשיו had the same שטיק. She also learned how to be tricky לשם שמים and she was behind the trick that יעקב played against his own father by making believe he was עשיו. Part II

She knew the evil of the world better than יעקב and was ביראה הוי ערום מקיים. There are lots of exam-

ples in עבודתה where a person has to appear like an עשיו but really he's a יעקב. Like the bad מדה of עזות. The first words of the טור שו"ע are לעשות רצון הוי עז כנמר לעשות רצון. My rebbeim have taught me that חוצפה can be used in עבודת ה' and it can be very valuable. Part III

There is a גאווה לש"ש which is called לבו יגבה לבו. These psudo-evils are super important and people who don't use them will never become as great as they can. They don't go out and help כלל ישראל because they feel that they aren't ראויו. ענוה פסולה.

Part IV

People who knew R. A. Kotler ז"ל said that they never saw a person who had so many fears who did everything he was afraid to do in order to help כלל ישראל.

told me that חוצפה should be used in עבודת ה' and he kept repeating what הקב"ה told ירמיה' don't put yourself down and say that you're not ראויו. אל תאמר - נער אנוכי.

Part V

A person may need to spend a lifetime always making believe that he's better than he really thinks he is. Slowly, but surely, he starts doing for the כלל things that he never believed he could do. He is a יעקב putting on עשיו's clothes and making believe that he's עשיו.

Part VI

"Yes, I'm a גאוהניק! Yes, I'm an עזות פנים who is daring and courageous, who makes believe that he's better than the whole world. We need to trust יצה"ר who appears to have understood the עולות תמימה who was an אביו יצחק better than תמימה.

ערום to be נחש הקדמוני learn from the והנחש הי' ערום ביראה. בכל לבבך - בשני יצריך! לעולם ילמוד שלא לשמה ואח"כ לשמה!

Part VII

As far as בטחון is concerned, sometimes you may need to be in dream world to succeed. To have בטחון despite your many sins and your past unsuccessful attempts to have בטחון. You are an עזות פנים who forges ahead and like a horse with his blinders over his eyes, you make believe you don't notice all those negative messages.

Part VIII

This is the מעלה of יעקב איש תם - a תם doesn't think so much and he has בטחון no matter what. Yet, there is a time and place for יעקב to appear like an עשיו which the story of יעקב stealing the ברכות can symbolize. Indeed, דוד המלך ע"ה appeared like an עשיו (אדמוני) and he is our greatest success in עבודת ה'.



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Ahavas Yisrael

The Chinuch Chaburah

R' Tzvi Moshe Schultz

Eretz Yisroel and Bavel

-When the first Beis Hamikdash was destroyed by the Babylonians, the Jewish

people were exiled to Bavel for seventy years. However, after this period was over, Bavel was conquered by the Persian Empire, and the Persian king Koresh gave permission for the Jews to rebuild the Beis Hamikdash. Koresh's son, Artachshasta, gave permission to Ezra Hasofer to go there and lead the people in their efforts. When Ezra went to Eretz Yisroel, he brought many Jews with him. However, not everyone returned. Some Jews had become accustomed to living in Bavel and were unwilling to leave. From this point on, there were now two Jewish communities: one in Eretz Yisroel, and one in Bavel. These were the two main Jewish communities for around a thousand years.

- Ezra brought all of the talmidei chachomim with him. Therefore, in his time, the Jewish community in Eretz Yisroel was greater in Torah than the one in Bavel. This continued throughout the period of the Tannaim. However, there were some exceptions. For example, the Gemara Pesachim 66a describes how the chachomim had a question in the laws of Korban Pesach, and nobody was able to resolve it, until Hillel arrived from Bavel, and answered the question. Then, they immediately appointed him as the nasi of the Sanhedrin. However, after the time of the Mishna, things changed. Around this time, the Roman Empire, which controlled Eretz Yisroel, became Christian. They persecuted the Jews, and it was very difficult to live in Eretz Yisroel. Therefore, most of the chachomim moved to Bavel, and during the period of the Amoraim, Bavel was the greater Jewish community in terms of Torah learning. There are two versions of the Talmud: the Yerushalmi and the Bavli. The Talmud Yerushalmi was edited by Rabbi Yochanan, who was an early Amora. Due to the persecutions in Eretz Yisroel, it became difficult to learn Torah there. That's why the Yerushalmi is shorter, and less clear. The Bavli was written many generations later, and is longer, and more clearly edited. That's why the Talmud Bavli is the gemara that's mostly studied today.

- After the period of the Amoraim was the period of the Geonim. There were two major yeshivos in Bavel: Sura and Pumbedisa. The Geonim were the Roshei Yeshivos of these yeshivos, and they were considered to be the leaders of the Jewish people. They were the experts in the Talmud, and also in halacha. However, at the same time, there was also a smaller community in Eretz Yisroel. The chachomim of Eretz Yisroel had a different focus. They were known for their expertise in Tanach. Some of these chachomim were known as the Baalei Mesorah. They knew every word in Tanach, and how it should be spelled. They are also the ones who created the nekudos and the trup notes that we

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use today. The actual pronunciation of the Torah and the notes to sing it are a tradition M'sinai. They only invented the signs that tell us how they should be pronounced or sung.

- A couple of major disputes between the chachomim of Eretz Yisroel and Bavel (in general the opinion of the Chachmei Bavel was ultimately accepted):

1. The Gemara Megillah 29b says that in Eretz Yisroel they had a system where they finished reading the Torah once every three years. It was only in Bavel that the Torah was broken into parshios so that the Torah was completed once every year. Nowadays, everyone uses this division.

2. In the year 921 there was a major dispute in the Jewish world about the calendar. Rav Aharon ben Meir was the head of the yeshiva in Eretz Yisroel. He had a different calculation than the Geonim in Bavel. According to his calculations, the Yom Tovim would be two days earlier than according to the Chachomim in Bavel. He claimed that as the head of the yeshiva in Eretz Yisroel, he was the highest authority, and everyone had to follow him. The Geonim realized that this machlokes could split the Jewish people, as they would be keeping the Yom Tovim on different days. Rav Saadiah Gaon wrote against Rav Aharon ben Meir, and successfully refuted him. After only a couple of years, the dispute died out, and everyone followed the calendar of the Geonim in Bavel.

- Slowly, Jews started moving to other communities, such as in Europe and Africa. However, they still turned to the Geonim in Bavel as their halachic authorities. There is a story brought in the Iggeres of Rav Sherira Gaon that there was a boat with four rabbis, who were traveling to collect money for the yeshivos in Bavel. They were captured by pirates and ransomed by various Jewish communities (one in Spain, one in Egypt, one in Tunisia, and the fourth is unknown). This was the beginning of the period of the Rishonim, when the far-flung Jewish communities started having their own rabbonim and yeshivos, and they stopped turning to Bavel as their authority. Now, the Jewish world became much more spread out.

to be continued

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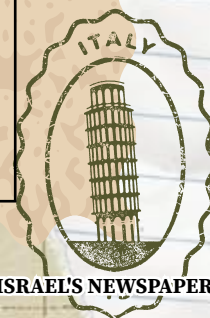
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A BURST OF INSPIRATION

With Rabbi Label Lam



These are the sons of Yishmael, and these are their names in their open cities and in their walled cities, twelve princes to their nations. (Breishis 25:16)

And Eisav said to Yaakov, "Pour into [me] some of this red, red [pottage], for I am faint"; he was therefore named Edom. (Breishis 25:30)



Sometimes when reading these narratives in the Torah we are tempted to focus on the many details of family dynamics between brothers competing for their father's attention. There are valuable life lessons that can have a direct impact on the way we live

our lives and raise our families.

However, let us take a step back. There is a much bigger picture here that is worth trying to grasp. I am always struck when reading about these accounts in the Torah. The picture is so wide and the perspective is so deep that once perceived it's hard not to feel totally enveloped by its profundity. Let me explain!

Here we are being told about a few local personalities and their idiosyncrasies, their quirks, foibles, and faults. These ones opt out of the blessed path and these choose themselves into the Jewish People and the promises granted to Avraham.

Yishmael and Eisav both fathered nations that would be major players till today and until the end of history. Let me ask you, "Which family around today will be important 5 years from now? Whose progeny will be prominent? Who will still be heralded 10 or 100 years from now? No one knows. We don't know about next year or the next political cycle. Some will rise and others will fall and most will be swept away by the broom of history and forgotten, even though they make noise and attract the headlines today. No one can tell, no one! Now take a look at what is being spelled out here with sober eyes.

One evening at the dinner table on a regular weekday evening my youngest son, who was all of six years old at the time, asked without any prompting, "Will Avraham Avinu be known 1,000 years from now?" We chuckled and looked at him with amazement. We laughed because the term, "1,000 years" coming out of the mouth of someone so young seemed way out of proportion. We looked with amazement because it is a very profound question. I told him, "Yes! Avraham has been known for the past 3,700 year and there is no reason to believe that he will be any less important as time goes by." Who could have known all of this back then!? The Torah is clearly not a history book about the past. Out of the realm of history we are treated to current events in a way that no human could have known, predicted, or orchestrated. The Torah is remarkable!

From Yishmael emanated a large nation with a current population of perhaps 1.5 billion people, and from Edom too a largely religious grouping has grown to approximately 1.5 billion people. These from Yishmael would adhere to the Lunar calendar of 354 days in a year while the descendants of Eisav would be obedient to the Solar calendar of 365 ¼ days a year. The Jewish People keep a Lunar calendar that adjusts to the Solar calendar so that Pesach comes out in Chodesh Aviv, the spring. The children of Yishmael rest on Fridays and the children of Eisav moved their day of rest to Sunday. No one disputes that Shabbos is Shabbos. They just backed away from that day. The Jewish People keep Shabbos, as the verse states, "*And the Children of Israel keep the Shabbos, to make the Shabbos for generations, an eternal covenant between Me and between the Children of Israel. It's an eternal sign!*" Can we have a bigger sign than that?

The name Eisav comes from ASU "doing". Eisav is a classic builder, conqueror, and doer in this world. The essence of Yishmael's name is SHEMA, listening. Their focus is very much on the next world. There is a bizarre ideal to martyr oneself and exit this world quickly to discover some imagined pleasure in another realm. The Jewish People have understood that the Next World is called the World to Come. It comes from what we did in this world. It's the explanation and expansion of what we accomplished in this world. If one acted kindly then kindness awaits them but if one caused suffering then that cruelty will be heaped upon them. When the Jewish People accepted the Torah we said, "Naaseh v' Nishma" – "We will do (in this world) and then we'll understand (the ultimate results in the world to come). Thousands of years ago the Torah described the world around us.

Good Shabbos!

Bitachon Power

The Quote - The Lesson - The Story

THE QUOTE: The Rambam in his Sefer Hamitzvos lists among the מצוות לא תעשה (negative Mitzvos), not to have fear when at war. If one did have fear when going to war, he would have to return from the battlefield as it says (Devarim 20:8), "Who is the one who fears and is weak of heart, let him go and return to his house."

THE LESSON: What makes this so incredible and amazing is that Hashem does not want to have to have any fear, to the extent that He made מצוות לא תעשה (negative Mitzvos), not to have fear when at war. The only fear Hashem wants us to have in our life is יראת שמים – Reverence and Fear of Hashem, which will prevent us from doing anything wrong. That is the ONLY fear that Hashem wants to have. All other fears Hashem wants us to get rid of!

THE STORY: The following STORY I heard from HARAV AVROHOM CHAIM FOYER Shlit"a;

In Russia, there was once a Chossid who approached his Rebbe the גר"ר and said, "Rebbe, I need Chizuk in Tefillah!" The Rebbe asked the Chossid "Why do you suddenly need chizzuk in Tefillah?" The Chossid replied with a story. "Seven years ago, I was passing a courthouse and I heard torturous screams coming from inside the building. Curious to see what was happening, I went inside. I saw how there was young gentile there who was getting heavy lashes on his bare back and was bleeding and screaming in pain. I went over to one of the people standing by and asked him why this fellow was deserving of such heavy blows. The one I asked explained to me that the fellow was a soldier in the Czar's army, and when he was on duty, one of his ears got frozen solid from the freezing cold."

Bewildered I asked him, "I do not understand, such loyalty to the Czar that he worked in the ice cold to the extent that his ear froze! I would give this soldier a medal for his devoted work and here he is getting punished for it?!" I could not understand, but he explained it to me.

"You see, he said, when you are working under

the Czar, you have the mindset that you are in such awe and trepidation that your blood needs to be bubbling from the fear of the Czar. If a soldier's ear could possibly freeze while working under the Czar of Russia it is a sign that he doesn't realize and comprehend who he is standing in front of."

The chossid continued, "After hearing this I thought to myself, if this is the attitude one has live toward the czar a king of flesh and blood all the more so I need to have a feeling a trepidation when I stand in front of the Rebbon Shel Oilum when I daven. After this story I had a tremendous chizuk in my Tefillah and when I would daven, I would stand in awe and fear of Hashem, like an eved stand in front of his master. However, now it is already seven years later, and I feel I need chizuk in my Davening again, so that is why I came to the Rebbe to ask for chizuk in Tefillah."

THE LESSON:

What can we learn from this story?

True, our ears don't freeze when we daven. But we face many distractions. A phone, for example, can distract someone, or stam, it is very easy to space out. We learn from this story to try not to space out all the time or be busy with other things while standing in front of Hashem.

This soldier was not even standing directly in front of the Czar, whereas when we daven, we are standing Mamesh in front of Hashem.

A BIG Difference

THERE IS A MAJOR DIFFERENCE to keep in mind between working for the Czar and serving Hashem. Hashem only want to shower us with good and He loves us more than we love ourselves. Therefore, when we stand in front of Hashem in Tefillah it is not just as an eved stand in fear and trepidation in front of his master. Rather it is also like a child standing in front of the most generous, capable, loving and caring Father and Retzono Yisborach L'heitiv



Sparks of Bitachon

PARSHAS TOLDOS | 5785 | ISSUE NO. 6

PARSHA SPARKS

The Zera Shimshon says that when Yitzchak Avinu tells Eisav to find an animal and prepare a meal, Rivka tells Yaakov, "Right here in our yard I have an animal. Go take it quickly and prepare a meal for your father."

When Yaakov Avinu brings Yitzchak his meal, Yitzchak asks him, "How did you do it so quickly?" Yaakov replies, "כי הקרה ד' אלק-ך לפני – Hashem placed the animal in front of me."

The Zera Shimshon asks, "Why isn't this statement a lie? The animal was not placed in front of Yaakov by Hashem- it was living in Yitzchak and Rivka's yard. It belonged to them."

The Zera Shimshon answers that the Possuk is coming to teach us a fundamental lesson. There is nothing "natural" about this world. Teva does not exist! There is no such thing as, "Oh, I had an animal in my yard, so I went to get it, and that's why it's here." If you have an animal in your yard, it's because Hashem put it there.

The Chofetz Chaim explains that when the Torah describes a particular trait of one of the Avos, we understand that Hashem considers it his most exalted Middah. Yaakov is described as an Ish Tam. According to the Pele Yoetz, this means that Yaakov Avinu lived with Emunah and Bitachon throughout his long, confusing, and difficult life. His complete trust in Hashem despite the challenges was his most important attribute in the eyes of Hashem.

The Midrash explains that the reason Yitzchak Avinu became blind is because it was Yitzchak who requested that Hashem give Klal Yisroel some pain in this world. Yitzchok understood that Yissurim cleanse the Neshama like soap and shampoo and the Neshama arrives to the Next World completely pure, ready to enjoy the bliss of Olam Haba.

Hashem was pleased with this request and He fulfilled it, starting with Yitzchak Avinu. Obviously, blindness was the perfect cleanser for Yitzchok's Neshama.

Q&A

I live in a tiny basement apartment. There are hardly any windows, and it feels like I'm in a dungeon. To make matters worse, my neighbor just extended his house, blocking the small amount of sunlight that used to reach me. The overall 'feel' of the apartment is very dark and depressing. What is the Emunah and Bitachon perspective about this?

Hashem has already decreed on Rosh Hashanah exactly how much Tza'ar and Agmas Nefesh you will have this coming year. If your discomfort comes from living in a dark basement apartment, you are being saved from car accidents and trips to the hospital, R"L. If your neighbor's extension blocks your light, it is not your neighbor affecting you. It is all from HaKadosh Baruch Hu, who made it happen for your very best interest.

The truth is, however, that even in your current situation you can find plenty of reasons to be happy. You have a roof over your head; you have an apartment to come home to each night; you are not living in the street. Your home is furnished; you have tables and chairs, a refrigerator and freezer, bookshelves and books, beds and linens, etc. If you put your mind to it, you can learn to enjoy your underground apartment.

Besides, Hashem feels affectionate towards people who take pleasure in His gifts. In fact, Hashem has a policy of rewarding those who appreciate His gifts by giving them even more to enjoy and granting them even more opportunities to thank Him. By being grateful in your current situation, you will enable Hashem to shower you with His open kindness, chessed and rachamim!

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STORIES *with a spark*

Reb Yitzchak Skurnik shared the following story:

“A couple of years ago my father-in-law developed a serious medical condition. They had to do a surgery which compromised his immune system. After the surgery he felt extremely weak. It got so bad that the doctors estimated he had only six months to live.

“Shortly thereafter, my father-in-law came down with a very bad infection. The doctors said he needed a very extensive surgery in order to survive. However, since he was in such poor health, the head doctor ruled out surgery.

“One night I was taking a shift in the hospital with my father-in-law, and we were listening to Rabbi Ephraim Wachsman’s song, ‘I believe in Hashem.’ Then one of the doctors (a big atheist) walked in. When he heard the words, “I believe in Hashem, I trust in Hashem,” he turned to me and asked, ‘Why in the world are you playing these songs? You really think Hashem is going to help you? Sorry, there is no such thing.’ Then he left.

“It was in the middle of the night and I had a headache, so I stepped out to the Bikur Cholim room to get something for the pain. There I met a frum doctor and I described the situation. I told him that I really want them to do the surgery on my father-in-law, even if the other doctors said it was impossible for him to survive. According to Teva, they might be right, but if we went with Emunah and Bitachon, Hashem could certainly send my father-in-law a Refuah Shelaimah.

“The doctor told me, ‘Okay, I will speak to the head doctor on your behalf. Though I must tell you; I really do not think there is any point in doing the surgery. It really is impossible that your father-in-law will come out alive.’

“The doctor was true to his word, and he spoke to the head doctor. The head doctor came in and told me, ‘I’ll tell you the



**... MY EXPERIENCE IS
THAT JEWS DON'T OPERATE
ACCORDING TO THE
LAWS OF NATURE ...**

truth. If your father-in-law were a gentile, there is no way I would agree to do the surgery. But since he is a Jew, my experience is that Jews don't operate according to the laws of nature. Therefore, I'm willing to give it a chance.’

“They did the surgery and it was successful! B'chasdei Hashem, my father-in-law came out of it alive and well!

“After the surgery the atheist doctor who had told us not to operate, came over to me and said emotionally, ‘There is only one reason your father-in-law is alive today: it can only be that there is a G-d. I will never consider myself an atheist again.’

“It is now over two years later. My father-in-law is still with us. He has no immune system. He has been exposed to Covid and other diseases, but he is still alive!”

**Sparks
of
wisdom**

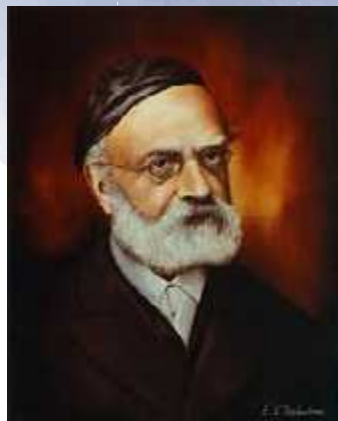
“ It is not easy to have Bitachon because it contradicts Teva, but it becomes easier when we keep reminding ourselves of Hashem’s miracles in the past.”

Adapted from “A Life of Bitachon Hotline” 845.470.5577

Help spread Bitachon. Print copies of “Sparks of Bitachon” for your shul or workplace.

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בשבילי הרב שמשון רפאל הירש זצ"ל



פרשת תולדות תשפ"ה

ויהי כי- זקן יצחק- ותכהין עיניו- מראות ויקרא- את עשו- בנו הגדול- ויאמר אליו- בני ויאמר- אליו הנני וגו' (כז א)

בהשקפה ראשונה סיפור התורה על ברכת יצחק ליעקב ועשיו צריך ביאור. לכאורה קשה מה ראה יצחק להעדיף את הברכה לעשיו על פני יעקב. וביותר צריך ביאור הדרך שרבה לכאורה מתנהלת ברמייה לגרום ליצחק לחשוב שיעקב הוא עשיו. ולגרום לו לברך את יעקב במקום עשיו. רבה מצווה על יעקב להתחפש לעשיו. על אף שיעקב מנסה לדחות את ההצעה באומרו "אולי ימושני- אבי" והבאתי עלי- קללה ולא- ברכה " אבל רבה לא מרפה ומצווה את יעקב " אך שמעבוקלי ",

בוודאי רחוק לחשוב שרבה עשתה מעשה חסר הגיון. אבל בכל אופן צריך ביאור, הרי התוצאה עלולה להיות הפוכה. וביותר איך אפשר לגנוב ברכה. הרי אם ברכת האב מורידה את ברכת ה' על ראש המתברך מה תעזור תחפושת.

הרי רבה בוודאי לא העלתה בדעתה להטעות את ה' שהוא מקור הברכה. ועוד קשה איך יכלה רבה לחשוב שבדרך רמייה תחול ברכה לעם ישראל המכונה ישרון.

על שם יושר ומשפט. בדרך לא ישרה.

ועוד קשה אם חשבה על ירושת ממון. הרי כשתתגלה התרמית הכל יהיה בטל מעיקרו.

כדי לבאר את הדברים נפתח תחילה בביאור כוונת ברכת יעקב ועשיו. ידע יצחק אבינו שעשיו עיקר עיסוקו ומעשיו הם בגשמיות ואף אומרת התורה שהיה ליצחק ורבה מורת רוח ממעשיו. אבל חשב יצחק שהברכות אמורות להתחלק בין יעקב לעשיו. יעקב יקבל את הברכה הרוחנית ועשיו יתברך בברכה הגשמית. וישלימו זה את זה. ומה שיהיה חסר לזה ישלים זה. עשיו הצליח לגרום ליצחק לחשוב שאמנם הוא שקוע בגשמיות אבל גם קשור לרוח. ויש לו מקום לברכת יצחק הממשיך את דרך אברהם. אבל רבה שגדלה בבית לבן והבינה בדרכי הרמאות ראתה שעשיו המעשר את המלח כולו רמאות. עשיו הצליח לעטות עליו את תחפושת עשיו המתוקן עשיו שמש- לב גשמיות עם רוחניות. ויצחק אבינו חשבו לנושא הברכה הגשמית.

ויעקב לנושא הברכה הרוחנית וכל אחד יבורך בברכתו.

אבל רבה שהבינה את עשיו המחופש הבינה שהדרך היחידה לשכנע את יצחק שעשיו מחופש. היא להמחיש ליצחק שלהתחפש כל אחד יכול. ולשליחות הזאת נבחר יעקב לבוא אל יצחק מחופש לעשיו. ובכך להוכיח ליצחק שאם יעקב יכול להטעותו כעשיו על אחת כמה וכמה עשיו יכול להטעותו כעשיו מתוקן.

רבה לא רימתה וגם לא ניסתה לרמות. ידעה יפה רבה את השאלות ששאלנו. וידעה רבה שברמאות לא יבנה בית ישראל.

מטרת רבה היתה להוכיח ליצחק שעשיו לא ראוי ולא מסוגל לברכת יצחק. לא הגשמית ולא הרוחנית.

ורבה בחרה בדרך זו כברירה האחרונה שנותרה בידה לשכנע את יצחק בצידקת דרכה. אבל בטוחה היתה רבה שיצחק יכיר בצדקתה. וכמובן שיצחק הכיר באמת. וראה גיהנום פתוחה לפניו. והתברר שעשיו שייך לשם ולא לברכת יצחק.

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BS"D
Nkasef HaNekudos

CAN YOU HEAR HASHEM PRAY?
(Parshas Toldos)
By Mrs. S. Mordechai

*There was a man who wanted a blessing so much that the whole world could hear his cry.
Another man was honest through and through but for the sake of a blessing he had to tell a lie.
Can you hear Hashem pray when a bracha for another Yid you say*?
Only Simchas! Much Nachas!
A blessing for every Yid we meet.
A blessing for the Bachur wearing Tzitzit while walking down the street.
A blessing to express our heartfelt gratitude and caring.
A blessing for whoever is in the ambulance with the siren blaring.
May you have answers to every Ka-sha.
May you be like Ephraim and Menashe or Sarah, Rivkah, Rachel, v'Leah.
Hatzlacha Rabbah! Refuah Shelaima!
May Sasson v'Simcha Yimtsa Va Todah v'Kol Zimra.
May she grow to Chuppah and Ma'asim Tovim.
May she know with confidence that she is one of Hashem's Precious*

*Banim.
Yispa'air b'Hashem KI Chafeitz Bo
May on his lips always be Ayn Od Milvado.
V'hoo Yihieh Lo l'Ateres Tzvi
and from him much Yiddishe Nachas shall you see.
May his learning be sweet, Geshmak, and may he Shteig with a fire.
May Hashem open up the window of Heaven and rain down your heart's desire.
May the light of Panov always upon you shine.
May your children be around your table like Shteelai Zeisim of the vine.
May Hashem make for you peace.
May your blessings increase!
A Gut Voch! A Lichtige week!
May Hashem open your eyes to whatever you seek.
Mazal Tov! Mazal Tov!
May Hashem Bless them and love them and may they Yidgu l'Rov.
May a Bayis Ne'eman b'Yisrael they build
and with many Heilige children may it be filled.
May G-d give you m'Tal HaShomayim,
u'Mishmanai Ha'aretz and abundant grain and wine.
To safeguard you and protect you in all your ways, may many Malachim for you Hashem assign.
May the Holy One on High grant you Parnasa b'Revach*

*like Mann that falls from the sky.
May you enjoy, with Menuchas Hanefesh, Simchas Hachaim and Arichas Yomim.
May you live Gezunt and Shtark Ad Mea v'Esrim.
May you experience success in all you do and not find too difficult your tests.
May those who bless you be blessed!
Shana Tova u'Mtookak!
May you feel every minute Hashem's love, Bracha, and Hashgacha!
Good Shabbos! Shabbat Shalom!
A blessing for all Yidden to come home.
May we hear only good news for all Jews!
May Or Chadash al Tzion Ta'ir and Nizkeh l'Oro Kulanu!
B'Yomeinu!
For all the Bracha he showers upon me every day, blessings for HaKol Yachol, Yisborach!
May every single Yid join hands with joy
to finally greet Moshiach
as we say to the Abishter: "A Groise, Groise Sh'Koyach!"*

A Groise, Groise Sh'Koyach to the Abishter for His Bracha and Hashgacha and Hakaras HaTov to R. Yitzchok Kaufman (The Spring Hill Times;) R. Zev Golombeck (The Bitachon Hotline;) Artsroll (Schottenstein Editions: Parshas Toldos: Text and Commentaries, Siddurim, Tehillim; Shlomo Katz: (*The Soul of Jerusalem: The Teachings of R. Shlomo Carlebach;) and EK, SN, R, S S., SF, LJ, JF, CYS, AU, MM, DD, CDS, RF, RD, CEG, and CM.

Warm Up Your Home
With the Fire of Ahavas Hashem!

Ahava Rabbah

Heart Sharing: Sharing our love with others

Hashem should Bless each of you and all of Klal Yisroel with more Brochos than the amount of flowers growing in all the gardens!

Ta'amu Ureu Ki Tov Hashem. Ashrei Hagever Yechese Bo. Contemplate and see that Hashem is good. Praiseworthy is the man who takes refuge in him. Hashem is our best friend and father. Nothing is hard for Hashem. You can call out to Hashem with anything you need and Hashem listens. Habitochon Hu Hasiba Layeshua the Bitochon is the reason for the salvation. Poseach Es Yudecha Umasbiah Lchol Chai Rotzon. Call out to Hashem and he will give you whatever you want.

Ahava Rabba! Pumping people up Thought:

Pump people up by sharing about Hashem's glorious world with the people around you. It's a world full of love. This can make a person so happy and feel pumped. This is a concept I talk to clients about "enjoy the ride in Hashem's beautiful wonderful world." Hashem gave us a wonderful ride. Each moment we can stop for a second and think, *Thank You, Hashem, I can walk. Thank You, Hashem, I can see. Thank You, Hashem, for the gorgeous sky. Thank Hashem for the colored leaves. Thank Hashem for the bright sun. Thank Hashem for an interesting bird you pass. Thank Hashem for the waves crashing over the ocean and for the sunsets.*

Story:

There was a young adult who said she never felt the feeling of fun in her life. I took her to see Hashem's gorgeous sunsets. We saw sunsets at the beach with waves crashing. We saw sunsets at the park through the trees and we saw sunsets out of my kitchen window. We checked the trees and ground for all different color leaves and went running through the leaves. We watched the waves crashing and found interesting birds outside. Then we would practice imagining we were at these gor-

geous sights to make the feeling part of us. The young adult said this made her feel alive and she felt full inside and the feeling of fun.

It is such an amazing joyous feeling to feel Hashem's gorgeous world in your bones. No matter where you live you can always look up at the sky and see a clear blue sky or clouds moving or a colorful sunset. And if you're fortunate to live near trees or an ocean sit for a few moments and contemplate how good Hashem is and how glorious the world is. Once you feel joy inside of you- spread the feeling with those around you. Share the joy and Simcha of being alive in Hashem's magnificent world.

And if you are not near an ocean, take a moment to imagine the feeling of being at one. If you are not near trees and flowers, take a moment to image the feeling of being near trees swaying in the wind or near colorful flowers that smell delicious. Feel yourself encased in Hashem's goodness and love every single day!

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

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

- ❖ Pump yourself up by dancing out of appreciation for Hashem's gorgeous world.
- ❖ Pump yourself up by singing to Hashem while imagining you are in your favorite nature scene.
- ❖ Notice the clouds in the sky, the colorful leaves, the sunsets, the rain drops, the snow flakes, the ocean, the trees and feel your bones fill with love for Hashem: The One and only Creator of this delicious world!

❖ Share this delight with your children, spouse, friends, charvusas, neighbors, students, clients, Shul members, and everyone else around you.

❖ Share this delight by sharing how you feel as opposed to telling others how to feel. For example: *I am just feeling so much joy seeing these beautiful clouds Hashem made, and how they are moving with such perfection and fascination.* This makes the person wonder and contemplate and then perhaps decide to get involved in this action and feeling. Telling another person how to feel can make them not as interested. A deep sense of HeartTsharing comes from genuinely sharing about yourself in this way with no pressure for them to follow.

❖ Talk about Hashem's glorious world often.

❖ Spread joy by turning on music in your homes and adding a joyful step to your move.

❖ Talk to Hashem often, as He is our Father and best Friend.

Song:

Every single minute is a new minute and Hashem recreates. So, whatever happened last minute doesn't need to happen now. If someone had pain, now is a new minute. If someone didn't find their Shidduch, now is a new minute, if someone needs money, now is a new minute...And we can ask Hashem and everything is easy for Hashem.

Tune: Yisroel Vioraysah... Torah Orah..

Low:

Hamichadesh Btovo Bchol Yom Tamid,
We can ask for anything from Hashem-
Every single minute is a new minute
It's so easy for Hashem!

High:

Hashem loves me
Hashem loves you
Hashem loves every Jew.
So, lets clap together
let's clap again

We are loved by Hashem!

Low:

Hashem is here

Hashem is near

Hashem is with me every day-

I can ask for

whatever I want

Hashem listens to

Everything I say!

High:

Hashem loves me

Hashem loves you

Hashem loves every Jew!

So, lets clap together

Let's clap again

We are loved by Hashem!

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



Feeling Hashem's Love!

This ocean picture reminds me how much Hashem loves me! It made me feel a strong feeling of Hashleich Al Hashem Yeahuvcha Viho Yechalkilecha. Cast your burdens on Hashem and He will provide for you. I left the ocean feeling like I was able to just throw all my burdens on Hashem and feel fantastic.

It also made me feel like Hashem made this world for me. Bishvlie Nivra Haolum! We need to take time to talk to ourselves and take care of ourselves. This can help us have time to develop our relationship with Hashem. We have a Pirchei Lev program that is filled with bi-weekly lessons to help children expand their thinking and emotional regulation. The program is in the framework of Toradik themes and the level six of the program is all about teaching children Bishvieli Nivra Haoulm.

We want to feel so connected to Hashem and feel this whole entire world was created because Hashem wants me to enjoy and feel good inside. Hashem loves me endlessly.

Cast your burden on Hashem. He will bail you out. This is IF you turn to Hashem and realize there is no one to go to besides Hashem! In Ritzei it says Hashem wants us, He loves us and wants us like a father to a child.

- *My joints were really hurting. I heard Rabbi Bloch when he was on an interview together with Rabbi Eisemann share: Say with your full heart and soul loudly: Hashem Tzevakos Ashrei Adom Botaiach Bach for one hour- for anything you need. I tried this and kept repeating the Possuk as many times as possible and when I was finished, I was in no pain.*

Another time the joint pain was really painful so I decided to say Hakol Yochol very loud and intentionally for three minutes. I set a timer and when it rang, I was still in pain so I set the timer for another three minutes. I did this 4 times for a total of 12 minutes and the pain disappeared!

- *I was on my way to the ocean one day with a leased car and it was making a lot of sounds when I was braking. I said hakol yochel and it felt dangerous to drive so I called Chaveirim and they said I should go to a mechanic. I was not going to have any time after going to the mechanic to go back to the ocean so I said: Thank you Hashem for this disturbance to my day and also thank you that I am alive and well. And also thank you Hashem for the mechanic. I also thought Hashem can give me the same extra peace of mind at*

the mechanic than I would have at the ocean. I felt so calm and relaxed knowing Hashem plans the footsteps of man and this is where I was meant to be. A huge Nes was that at the mechanic, they found a huge "rock" stuck in the brake. He took it out and he didn't charge me and that was it. I went to a park nearby – Thank You, Hashem - and felt Hashem's loving kindness. I felt my neck and back (that were in pain) aencased with Hashem's love starting to get better and better by the second.



I took this picture in my walk! Can you think of your favorite ten places/things in nature that you can thank Hashem for? Creating a game of finding the beauty in Hashem's gorgeous world helps us solidify the experience, thus making it a real part of us.

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

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

The Spring Hill Times Bulletin Board

MAZEL TOV!

Mazal Tov to R' Yehuda Safran and family (Chestnut Ridge, NY) on the bar Mitzvah of their son Shragi!

MAZEL TOV!

Mazal Tov to Rabbi and Mrs. Yakkod Goldberg and family (Chestnut Ridge, NY) on the Bar Mitzvah of their son Meir Simcha

Dear subscriber

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.

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



Smile!
Hashem is taking care of
you!

MAZEL TOV!

Mazal Tov to Rabbi and Mrs. Chaim Kanerik (Chestnut Ridge, NY) on the marriage of their son Simcha to Chayala Feingold daughter of Rabbi and Mrs. Yakkov Feingold (Lakewood, NJ)!

MAZEL TOV!

Mazal Tov to R' Yosef Simcha Weinreb and family (Lakewood, NJ) on the birth of a new baby girl!

MAZEL TOV!

Mazal Tov to R' Zecharya Weiss and family (Lakewood, NJ) on the birth of a new baby girl!

Help the Spring Hill
Times Grow!

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

Dear Subscriber

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

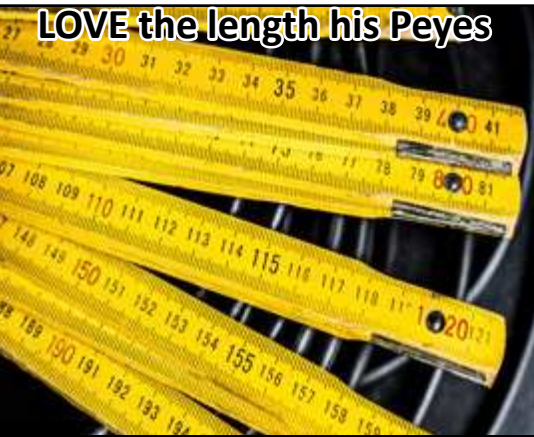
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CRYSTAL CLEAR VISION



WHEN YOU SEE

LOVE the length his Peyes



LOVE his ideas!



LOVE his successes!



LOVE the color of his
shoes



LOVE the leader he follows



LOVE the type of hat he
wears



LOVE the nusach he uses to
talk to Hashem with



LOVE his occupation



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





ANOTHER YID:

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



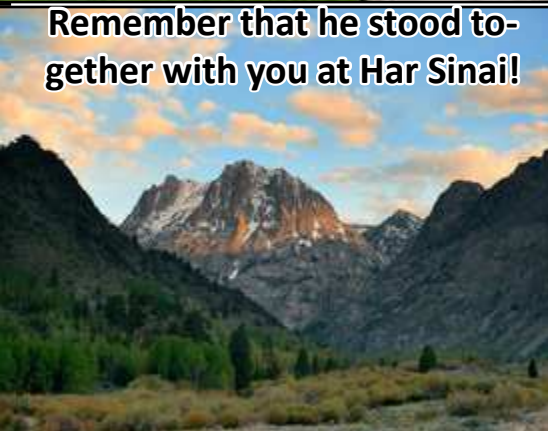
**Remember that he is
your other half!**



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



**Remember that he stood to-
gether with you at Har Sinai!**



**Remember that Hashem
loves him to no end!**



Give him a smile!



**See his chelek Elokei
m'mal his neshama!**



**Hold his hand and help
him through life!**



**Accept him and love him
to pieces!**



Story Time

Stories From 'A Life With Bitachon'

Edited by Sari Grunwald

#1870: This story was called in by Meir Tchaikovsky. He was once traveling together with his father to Eretz Yisrael and they wanted to sit together on the flight.

His father called the travel agent. "Can you please work it out to get me a seat right next to my son? "

The travel agent said, "I'm so sorry, it's a full flight, you're late in the game, and the only thing that's available is two middle seats, which are not close to each other. You're going to have to be sitting in the middle here, and your son will be sitting in the middle somewhere else."

When they got to their boarding gate, Meir's father turned to his son. "Do you know Who's in charge of making sure that we sit next to each other? You think it's a travel agent? You think it's the airline? It's our loving, caring Father, HaKadosh Boruch Hu, the Ribono Shel Olam. I'm going to the desk to ask if we can sit next to each other, and I want you to strengthen yourself in Emunah and Bitachon. As I'm asking, I want you to keep on saying, 'It's all Hashem. It's only up to Hashem.' You'll see how everything will work out so perfect and amazing."

Meir's father went to the desk to make his request, and the clerk answered, "Well, I'll tell you the truth - the seat right next to you is vacant, so yes, it won't be a problem." With that, they were able to fly together sitting right next to each other with the best service, better than ever.



#1871: This story was called in from Manchester, England, by a young man named Avishai Berkowitz. It was very important that he reach a particular person, but every time he tried, the phone didn't even ring. He kept trying and trying, but he couldn't even get to first base. He couldn't even leave a message. There was no one to talk to, and this was going on and on and on.

"What should I do?" he thought. "How am I supposed to reach a person if his phone is not even working? Something must be wrong."

Then he said, "One second, that's when I go with Teva. That's when I go with laws of nature. Who's in charge of making sure I can reach somebody? Is it up to the phone to decide if it's working, if it's on, if it's off? It's up to one thing and one thing only: my loving, caring Father, HaKadosh Boruch Hu, the Ribono Shel Olam. He's a Kol Yachol; He can do anything and everything.

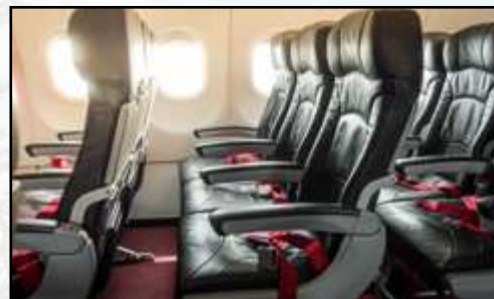
"The next time I try dialing, I'm just going to rely on Hashem. The phone will ring, someone will pick up, and everything's going to be smooth, without any issues, no problems."

Avishai picked up the phone again and dialed the troublesome number. Suddenly, it started ringing! The person he needed answered the phone, and everything went so smoothly. The person gave Avishai exactly what he needed with the best service, better than ever!



#1872: This story was called in by Mrs. Bawal. She needed to drive somewhere, but when she turned on her car, a lot of warning lights went on. This was a job for an auto mechanic.

Her mechanic checked it out, and said, "Yes, this is wrong, and that's wrong. It's going to cost you \$1,000 to fix everything." She said, "Okay, I'll let you know by tomorrow." Then she left.



As she was pulling away, she thought, "Do I really want to spend \$1,000 right now? But what should I do? The mechanic says that's what my car needs."

Then she said to herself, "The body heals itself when something happens. Well, Who made the body heal itself? Do you think it's Teva, the laws of nature? It's only Hashem. So when it comes to a car also, why can't a car heal itself? Why is it different than a body? If it's all You, Hashem, doing everything from start to finish and everything in between, there's no difference between You healing a body and You healing a car."



When she went back to the mechanic, she told him, "Can you just try one more time to see if my car has all those issues and problems that you said will cost \$1,000 to fix?"

"We just checked it out yesterday. What should be different?" they replied.

"Please, do me a favor," she said. "Just check it out again."

This time when they checked it, they said, "Wow, your car is working beautifully! We thought there was a problem and an issue, but it looks like it's all cleared up. Wow! you're good to go!"

And just like that, the car healed itself with the best service ever!



#1873: This story was called in by a Mrs. Snyder who was suffering from a terrible headache. It was going from bad to worse, and it wasn't letting up – and she couldn't find the Tylenol.

"What should I do?" she thought. "My headache is getting worse, and I can't do anything about it."

She decided to call the "Life of Bitachon Hotline" and listen to the Yesod of that day. This is what she heard:

"If someone tells you that they had a headache and took Tylenol and then they felt better, you wouldn't be surprised. You'd say, 'What's the big chiddush? Of course you feel better after taking Tylenol! Isn't that how it's supposed to work?'"



"But if someone tells you, 'I had a splitting headache, and I said to Hashem, 'I'm turning to You. The same Hashem Who gave me a headache can make it go away.' And right after I said that, my headache disappeared.' You would respond, 'What?? Really? I can't believe it worked!'"

"Well, you know why it's like that? Because in most people's eyes, Tylenol is real - it's tangible. It works according to the laws of nature that follow cause and effect. HaKadosh Boruch Hu is more of an abstract concept; it's a name in the siddur, as Rabbi Avigdor Miller says.

"In reality, it's exactly the opposite. The only reason you feel better if you take Tylenol is because Hashem decreed that you should feel better. You're better off going straight to the Source and asking Hashem to heal you directly, without any physical cause and effect."

Mrs. Snyder was shocked! This was exactly her problem, and she felt she was getting a direct message from Hashem!

She began thinking, "What should I be saying to myself? I think I should say "Who cares if I can't find my Tylenol! Hashem, it's You who is in charge of making me feel better. You can take away the pain with or without Tylenol."

Amazingly, after just a few minutes of strengthening herself in Emunah and Bitachon, she suddenly noticed that her headache was getting better. In no time, she started feeling totally perfect, without taking a single pill! ❖

The Bitachon Perspective

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

Q: I suffer tremendously from kaas; I get angry at my family and children. I am working so hard on it and wish I could be a good, loving, caring father, but I am far from it. As much as I try not to get angry, I have such a hard time controlling myself, and I keep on falling. It makes me so upset, and now I feel tzebrachen and tzeklapt. What's the Emunah and Bitachon perspective about all this?

A: The Rebbeinu Yona says that the biggest and most important mitzvah is to appreciate yourself; to hold of yourself; to fargin yourself. To understand that, 'Yes. I am human. Being human means that you fall.' That is how Hakadosh Baruch Hu made you! The point of this world is not to knock yourself. The point is adaraba to say, "I am the best father in the world! My children are so lucky to have me! You know why? Because I'm a father that cares about doing the right thing! I'm working on myself to do the right thing!" Just by working on yourself, that makes you the best father, more than anyone else! Hakdosh Baruch Hu says that He is going to give us flaws. He wants to see if we are working on ourselves and doing our daily exercises. If we are, we are fulfilling the purpose of why we were created!

You want your children to feel loved, watched and protected?

Feelings come from our loving, caring Hakadosh Baruch Hu, the Ribono Shel Olam. He is in charge of how your children feel.

Tell Hakadosh Baruch Hu, that you want your children to feel loved, cared for, watched and protected even though you get angry and scream at them! Turn it into a business. Whenever you get angry, apologize and give them a compliment and affection afterwards! Show them that even though you got angry, you still love them!



**Hashem,
Your World is Glorious!**

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 know Hashem does everything. How could it be that the earth disobeyed Hashem's command and grew trees that the wood didn't taste like the fruit? Was it up to the earth to create something as it chooses? We know that Hashem alone created everything. How do we understand this Chazal?

A: Of course everything is Hashem! Hashem wanted the trees to do exactly what they did. So what does it mean that it was really supposed to taste like the tree and then it didn't?

Hashem is trying to show you what He really wanted, but l'maaseh the world couldn't survive like that. So let's first see what He wanted, why He wanted it like that, and why the world can't be like that.

Hashem wanted the trees to taste like the fruit to show how much pleasure Hashem wants to give us. Hashem wants us to not only be able to eat from the fruit, we should be able to go and start snacking on the whole tree! Hashem is saying, I want the whole thing to be full of pleasure, full of geshmak. You should eat everything. That's what Hashem is trying to teach us. That's why He created this world – for us to enjoy, for us to have pleasure, for us to have geshmak. It says in the Yerushalmi, "asid litein din v'cheshbon" for each type of fruit you didn't taste. Because that's why this world is made, to feel loved by Hashem, to feel cared for.

R' Yehuda Mandel said everyone is supposed to take one Chazal and make it their Chazal. You know which Chazal he chose? The one that says Hashem is going to judge you if you don't taste from all the delicious, yummy, scrumptious food. Because Hashem wants us to have pleasure. That's why it's as if Hashem is saying, "Really I want the tree to taste like the fruit so you should have not just the fruit, but you

should be able to eat from the whole thing.

Can you imagine, R' Avigdor Miller says, if you would have a sefer made out of chocolate? You would eat up the whole sefer! Which is going to bring us to point number two. That is why Hashem made it that a tree couldn't taste like the fruit, because if the tree would taste like the fruit you know what would happen? We'd eat up the whole tree and then there wouldn't be any fruits left... So it's gufa because Hashem wants to give us pleasure, and since if He would give us too much pleasure we would eat up all the trees and then we wouldn't have any fruits, so therefore Hashem couldn't make the tree taste like the fruit.



Chazal mean that really Hashem wanted the trees to taste like the fruit, that's l'chatchila. Why? To give us more pleasure and more pleasure and more pleasure. But, technically speaking, if that happens we're going to run into big problems – there's not going to be any more fruits. If there's no more fruits, then what's going to be? Hashem wants to shower us with so many delicacies.

So therefore, bottom line is that Hashem wants to give us pleasure and more and more pleasure. But if Hashem would give us too much pleasure, then we would end up with no pleasure. So Hashem had to make boundaries. He had to make the tree not taste good. Like this we won't eat the tree, the tree would grow fruits and the fruits would be delicious.

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Attention Readers in Montreal
We started to ship magazines to Montreal

Please contact Mrs. Streicher 651 Av Champagneur, Montreal, QC, H2v3p7
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Hashem Loves You

Rav Joey Haber, a Rav in Deal New Jersey, shares the following story which he heard firsthand from a Sefardi bachur named Yoni*, whose legal name is Jack*:

"As a young teenager, I was not very interested in Yiddishkeit. I just hanged around the streets until late at night. But as I got a little older, I started to understand that this world was created by Hashem and He wants us to connect to Him and have a relationship with Him.

"One time after I started becoming more frum, I was driving along a quiet road when suddenly I saw flashing blue and red lights with sirens behind me. It was a police car demanding that I immediately pull over.

I complied. The officer had a very stern face, took my license and registration, and went back to his car for what seemed like an eternity. Ten minutes passed. Fifteen long minutes. Meanwhile, I felt myself becoming very angry. And just a few years ago, before I learned about Emunah and trusted that Hashem really loves me, I would have remained furious and mad all day and possibly all week. But now, I quickly reminded myself that Hashem is the one giving me this ticket, not the officer. I said to Hashem, *'Hashem, You showed me many times that this entire world is You, and only You. There is absolutely no other power at all. If You want me to receive a ticket, I lovingly accept it. It will help me become a safer and more responsible driver. And if You wish, You can help me even while the cop is writing the ticket. I feel Your love. I feel Your embrace. Thank You Hashem for this Nisayon. It's completely Chesed and pure kindness whether I understand it or not.'*

The cop was in no hurry. I didn't know what he was doing. By now a half an hour already passed. Finally, the officer walked back slowly to my car. I felt my heartbeat racing but again told myself

that it's all Hashem and Hashem loves me. The officer said, *'I was in the middle of writing you a ticket. And then I looked carefully at your license and realized that we share the exact same name, since the name on your license is Jack* and so is mine. And we also share the exact same birthday. I just couldn't get myself to give you a ticket. But since I already began writing the ticket and entering it into the system, I am not allowed to cancel or void the ticket. So I decided to purposely write the wrong license plate number. The ticket will automatically be removed and deleted by the system since it contains a major error.'* I immediately realized that this was extremely unusual and that Hashem was sending me a hug."



Rav Haber concluded that he knows Yoni personally and heard this story from him directly.

Hashem stands behind every circumstance! It's all Him! Keep thanking Hashem non-stop. As we mention in our Sefer Hashem Loves You (available

by pressing nine on the *Hashem loves You* hotline) from Rav Yehuda Mandel Shlita, "Write your own Sefer Yeshuos Hashem by listing the many times when Hashem helped you. Keep adding to this list! You will see more and more Nissim from Hashem Himself!"

Hashem loves us infinitely more than we can imagine!

Keep thanking Hashem! Keep dancing and singing Shira because Hashem loves us! Find new tunes of praise to Hashem and sing a new tune every day! Don't forget Hashem's constant Chesed! Always remember that Hashem took care of you even before you were born and He will continue to do so forever! Hashem loves us!

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

Our Readers Share

Editor's Note: Some of these stories are from many months ago.

The Spring Hill Times

are the Kol Yachol. Please, please - make the machine work. I need the machine. Let me try again." I said if I was matzliach, I will send the story to The Spring Hill Times.

I started singing Hakol Yachol, again and again, and Baruch Hashem, I pushed in the filter really hard, and Baruch Hashem, I started the machine and it worked! Baruch Hashem!

-A Reader

Hakol Yachol Repair



My washing machine wasn't working properly. We didn't know what was going on. It would stop in the middle of a load and I would have to drain it out. So, my husband looked it up in the manual, and it said that either you should check the pipes or check the filter.

So, I decided to check the filter and the pipes. When I checked the filter, I saw that it was stuffed up. It's a very, very hard filter to take out, and a very hard filter to put back in. I really worked very hard to take it out, and then I cleaned it out and tried my best to put it back in.

I started the machine, and all of a sudden, all the water started coming out of the machine. I was thinking, "Oh no, what's going to happen? What am I going to do? I have to do laundry - it's erev Shabbos! Thursday is erev Shabbos for me.

I tried putting the filter in again, but again the water started pouring out when I turned on the machine. I started crying. I said, "Hashem, please, please. You

Baruch Pokeach Ivrim



One time, a few weeks ago, I got bleach in my eye. It was very scary. I rinsed it out, and we went to the doctor. The whole time, I was trying to have bitachon in Hashem. I was trying to believe in Hashem. I was trying to stay calm.

Baruch Hashem, in the end, everything was fine. They put a few drops in my eye and Baruch Hashem, everything was fine. Thank you so much. I really enjoy The Spring Hill Times."

-A Reader

Bitachon Charge



I was trying to get a charger to work for my computer, and the charger wasn't working, so I said I would send in the story to The Spring Hill Times if it starts working. Baruch Hashem, it started working!

-A reader

Hashem Provides Perfect Appointment



I'm just calling to say thank you for your publication, and also, I have a story to share.

I have been trying for a while to schedule a doctor's appointment. The doctor never had an appointment that worked for me. Finally, I decided I'm just going to take the next appointment because it was taking too long. I just booked an appointment.

After I booked the appointment, I realized it was right by Pesach, it wasn't good terrible timing. It REALLY didn't work out for me. But, they had told me that they had nothing else. I decided to concentrate on "Hakol Yachol." Hashem can do anything. He could get me an appointment at a time of day that's good for me, on a good day.

I called back the next day, and sure enough, they had an appointment at the PERFECT time of day, on the PERFECT day that worked out PERFECTLY for me right when I needed it!

-A Reader

REMEMBERING THE MIRACLES, THE CHESSED AND THE TESHUVA

From Last Year - 5784

HOW HASHEM SAVED AN ENTIRE VILLAGE MIRACULOUS SALVATION IN KFAR MAIMON – A HEAVEN SENT ARMY

Rabbi Fohrman (founder of Aleph Beta Academy for teaching and disseminating Torah) was visiting evacuees from Kfar Maimon at a hotel in Israel. One of them told him how it happened that their settlement did not suffer any casualties, even though it is situated back to back with Be'eri and other settlements that came under attack on Shabbat Simchat Torah.

"We were in shul that morning

when we heard the sirens go off with incessant rocket attacks. Our Rav told us to go home, go into the safe room and turn on the radio. We learned that terrorists had infiltrated the communities. At the time, we thought that it was just a few dozen and had no idea that it was an invasion of over 2000 Hamas terrorists.

Although every settlement has a volunteer group to defend itself, for some inexplicable reason the army had taken away the guns from Kfar Maimon, so we were literally were unarmed.

I created a plan with my four sons how to defend ourselves if terrorists come to the door. I took them into the kitchen and told them to each take the longest knife they could find and station themselves near the door. Maybe if one or two terrorists came in we would be able to overcome them and my wife and daughter would escape through the back door.

Meanwhile, news was coming in that a band of forty heavily armed terrorists had gathered outside the Yishuv and getting reading to blast

their way in. We made an emergency call to the army to send us back-up. IDF replied, "We have no-one to send you". All IDF forces were in pitch battle with terrorists in Be'eri, the next-door kibbutz.

At that point, an army helicopter came overhead flying low on its way to Be'eri. The terrorists massed at the gate saw the helicopter and sensed an opportunity. One of them fired an anti-tank missile at the helicopter. It brought the helicopter down, the helicopter crashed to the ground but did not explode, its doors opened and 25 IDF soldiers came pouring out and immediately took up positions as they saw these 40 terrorists. The helicopter exploded without harming anyone. In the ensuing fierce gun battle which lasted four hours, the soldiers eliminated all forty terrorists with no IDF casualties.

That is why my family and I are here to tell the story to you."

Thank You, Hashem! We love You, Hashem!

Shabbos Saves Life

This story was submitted by a



THE POWER OF TORAH

A not-yet-frum soldier in the Israeli army was injured. He died a clinical death.

When he came back to himself, he said that he was in Shamayim and they brought him into a Beis Medrash full of avreichim learning. They told him that the avreichim who are learning Torah are the ones that are fighting for him to stay alive! And that's how he came back to this world! B'zechus Hatorah!

Attention Rebbeim!
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It will be the highlight of
the day!
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reader from Eretz Yisrael:

My friend just told me a story that he heard from the person who heard it from the Jew in the story.

The captain of the fire station in the area near Gaza was chozer b'tshuva. Whenever he had to go to the fire station on Shabbos he had an Arab fireman pick him up with the fire truck.

That Shabbos, the Arab came to pick him up with his wife (with the Arab dress) and kid who were in the back seat of the car. He felt something was suspicious, so he told the Arab that his wife and kid should sit in the front and he sat in the back.

On the way to the station, they were stopped by terrorists who looked inside and saw the Arab and his wife and let them continue.

When they got to the settlement that they were going to, the terrorists told them to get out. The terrorists thought that the Jew was also an Arab. They were shooting all around and the Jew slowly moved to the side. He managed to hide for eight hours until he was saved!

כי אשמרה שבת א-ל ישמרני

HASHEM PROTECTS KAL YISRAEL

According to reports coming out of Eretz Yisrael, A group of soldiers in Gaza, had sat down, after a battle, for lunch.

One soldier was fiddling with his gun and it went off, scaring everyone

He calmed everyone down but then said, "Let's make sure that I

didn't hit anyone outside."

They went outside and saw a dead terrorist. The terrorist had been carrying a RPG Missile and was creeping up on them.

Baruch Hashem, The stray bullet killed him

הנה לא- ינום ולא -ישן שומר- ישראל!

KLAL YISRAEL IS COMING HOME TO HASHEM

According to reports coming out of Eretz Yisrael, a Kiruv Rebbetzin said that in the past whenever she gave shiurim for non-frum people, there were anti Chareidi people outside making protests. Now all those people are coming to her shiur! They are starting to keep Shabbos, tefilla, challah and other mitzvos...

ונתתי לכם- לב חדש -ורוח חדשה- אתן בקרבכם

KLAL YISRAEL IS RACING TOWARDS HASHEM

We reported last week about a mother whose daughter was kidnapped by Hamas. She made a gathering of hafrasha Challah and davened to Hashem. One of things during the gathering she said was, "I love You Hashem."

In response to this, a non-frum Knesset member spoke, in the Knesset, all about Hashem, Emuna, Tefila, Ahavas Hashem and Kidush Hashem!!!

U'malah Ha'aretz De'ah as

Hashem!

CHILDREN IN ENGLAND HELP PROTECT KLAL YISRAEL



On Sunday, 21 Cheshvon, 5784, over 300 children in Gateshead, U.K., came together to "buy" candy floss (cotton candy) and "pay" by each saying 6 Kapitlech Tehilim for the matzev in Eretz Yisroel.

In total, 1604 Kapitlech were said.

Organized by 11-year-old Ari Loebenstein.

Thank you Hatzolah of Gateshead for kind use of their premises!

אלה ברכב - ואלה בסוסים - ואנחנו בשם ד' אלוקינו נזכיר!



THIS WEEK

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

TOLDOS 5783 ISSUE 75

PARSHAS NITZAVIM 5781 ISSUE 21

HASHEM LISTENS TO YOUNG BOY'S PRAYER



A boy from Tzafat asked his father to please warm up supper for him. The father told his son that he would have to wait a while for it to warm up in a pot, because the microwave was broken.

The boy took it a bit hard that the microwave was broken, so the father told him that he could daven to Hashem.

The boy went and davened that Hashem should send them a microwave.

Later that day, a neighbor knocked on their door and asked, "Would you like a new microwave? We have an extra one!" [Kav Hashgacha Pratis]

THE POWER OF FORGIVING

A bachur from Bnei Brak came home from yeshiva on Friday and was told that his mother was just rushed to the hospital. She had a medical condition and needed to be rushed into emergency brain surgery.

Right before Shabbos, he was given an update that she was unconscious and on a respirator. Her situation was very serious.

That Shabbos afternoon, he picked up a paper and read about the importance of forgiving people who hurt you.

He decided then and there that he was going to be mochel all the people that hurt or bothered him as a zechus for his mother.

After Shabbos, he got a call from his brother who was with his mother. He said that in the afternoon she woke up from her coma! He asked his brother what time that happened and realized it was the same



time when he had accepted upon himself to forgive everyone!!! [Kav Hashgacha Pratis]

BOCHUR'S HAT FALLS INTO CHOLENT

A 14-year-old bochur in Beit Shemesh, was sitting by a kiddush on Shabbos Bereishis. There were a group of boys sitting behind him and someone by mistake knocked his hat into a pot of cholent.



The father said that his son's initial reaction was, "Kol ma d'avid rachmana letav avid."

He did not even turn around to see who did it!!!!

His brother asked him, you don't want to see? He said if he was walking on the street and the wind blew his hat off would I get upset at the wind? The same here. What's the difference if it came through the wind or someone else? It's min hashamayim! He was mekabel b'simcha! [Kav Hashgacha Pratis]

HASHEM TAKES CARE OF US

Someone I know was making a chasuna and needed to pay \$2000 for the down payment for the hall. They post-dated the check for a week. The date was looming and they had no money to cover the check. They trusted that Hashem would take care of them.



The morning the check was due – there was an envelope in his mail box with \$2000! (Heard from the ba'al simcha)

Rabbi Eli Yelen - Detroit MI



TOLDOS 5784 ISSUE 123

YIDDEN LOVE EACH OTHER!

A family learning in Kollel for over 20 years asked on the Bitachon Hotline for advice on their situation. They had an unpaid bill of over \$3000 at a local grocery store and no money to pay it. They were seeking advice on what to do in this situation.



Another Yid heard their plight and rose to the occasion. He called R' Golombeck, got their contact details and sent them a check for the total amount. Mi K'amcha Yisrael!

[Heard by R' Zevy Golombeck]

JOB FROM HEAVEN

Mrs. Neuman was looking for a job for a few months. She applied to a few opportunities, but nothing worked out.



On this past Sunday, she decided that she just needed to realize that Hashem is the Kol Yachol and honestly believe that He could get her a job.

As an act of bitachon, she decided to stock her freezer with meals because she would be getting a job this week.

She told this to her sister. Her sister thought she was joking. On Sunday evening she had an interview and got a job! Mrs. Neumann wasn't even surprised! Because she knew that she would be getting a job that week.

Hashem is the Kol Yachol after all!

All You Need To Do is Daven!

R' Yosef* from Eretz Yisrael received a phone call from his friend by the name of R' Dovid. R' Dovid asked him



if he knows of anyone who needed small work in their home, "I have to work because I need to earn an extra 5000 shekel to cover an expense." "By the way," said R' Dovid, "I'm on the way to Kosel."

R' Yosef told him, "Why do you need a job? Just daven to Hashem." "Good idea, said R' Dovid, "I'll daven."

R' Dovid called back R' Yosef the next day and said: "This morning, my grandfather from Chutz la'aretz called me that he wants to give me 5000 dollars!

He davened for 5000 shekel and got 5000 dollars!

ברוך שומע תפלה

CHESED AND TEFILLA JOIN FORCES!

Hadassah had a brother in shidduchim for a very long time. Her friend had a sister who was in shudduchim for a very long time. They made up: "I daven for your sibling and you daven for mine."



On Day 39, Hadassah's brother became a choson. On day 40 her friend's sister became kallah!

ברוך שומע תפלה

PERFECT TIMING!

Mrs. Engel from England was making a wedding. She needed thousands of dollars. She had no idea where the money was going to come from. She spoke to her husband and they realized that they have only one solution, to leave it up to Hashem.



On the day before the wedding, they got tax return from 3 years ago! It was the amount that they needed!

השליך על ה' יהבך - והוא יכלכלך

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DO WHAT'S RIGHT!



DON'T BE AFRAID OF A POWERLESS HUMAN BEING!

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

Parsha Fun



Chayei Toldos
#113

To hear the answer to the question, press *14 # 113 on the Chaishek HaTorah Line 8457204040

Your curiosity I will now pique; in the very first Aliyah take a peek. There is a hint that Yakov was born with a Milah, a clear indication that he was a special Briyah. (Being born circumcised is truly unique, it's a sign that such a person is destined to reach a tremendous peak.) What is the hint?

פרשת תולדות

1. How old was יצחק at the עקידה?
2. Why does it say ויעתר לו and not ויעתר לה?
3. What was the ריצה by the pregnancy of רבקה?
4. Which two people had lettuce and radish on their table the whole year round?
5. Who called עשו his name?
6. In which אהלים was יעקב sitting?
7. When יצחק planted, how much more did the field produce than expected?

שלישי Until

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 ר' ספיר בן יצחק. Sponsored by the family of Yitzchok Ben Yehoshua.

Answers for the Parsha Pictures

Well: Yitzchok dug up the wells that his father Avraham dug.

Vineyards: Yitzchok Benchend Yakov with Rov Dagan Vsirosh.



Hashem's Stunning world!

Thank You, Hashem, for Board Games! We can play, relax and enjoy time together!



Thank You, Hashem, for Yeshivos! We have places where we can develop so beautifully!



5

Weekly



Thank You's

By: R' Simcha Elefant Yerushalayim
Ir Hakodesh

לזכות משה יהודה בן שושנה

Thank You, Hashem, for Cookies! Small and delicious and so enjoyable to snack on!



Thank You, Hashem, for Collar Stays! They keep our collars straight and crisp for a fresh look!



Thank You, Hashem, for Blow Dryers! We can dry hair/other items so quickly & easily!



You never had a freezer to begin with. The only freezer you had was the outside during the winter or even the inside of your house when the fireplace wasn't burning... And you never had so much food!



&

YOUR FREEZER IS STUFFED AND THERE IS NO ROOM FOR ANYTHING ELSE??



Just thank Hashem from the bottom of your heart for the dream life He has given you!





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

Doctor Dr. Chaim Altzisgut M.D. Date _____

I'm prescribing 3 medications for you.

Patient

It bothers me a lot when I see people who don't keep Torah and Mitzvos. It feels like they are messing up Hashem's world. Please help!

1. The number one thing you need to realize is that you are looking at the physical body. The body is just a coat. It's not the person! The person is a neshama which part of Hashem and is above and beyond anything you can comprehend.

2. 99.9% of these people grew up in non-frum homes. Or they grew up in homes where they felt that Hashem hated them c"v. Had Hashem decided to put you in those same families, you would be exactly like them c"v!

Obviously, Hashem has a plan and purpose for everything. And it's not your business to judge and condemn.

3. Show them that you care about them. Show them the beauty of Torah and Mitzvos in gentle manner. Tell them how much Hashem loves them. Draw them closer to Hashem in a pleasant way.

**DON'T FORGET
YOUR DAILY EXERCISE!**



Stay Fit!

**Remind Yourself that Hashem
Loves You to No End!**



Just Tell Hashem That You Are Sorry!

LET US IMAGINE

Let us imagine for just a few minutes that the world as we know it would turn on its head, and people would suddenly have the ability to see invisible things, like germs...

Life would be terrifying! Everywhere one looked, nasty-looking germs would be lurking, ready to spread disease.

People would walk around with full-fledged Corona gear. The more relaxed people would wear masks and gloves. The more fearful ones would be decked out in face shields and HAZMAT suits. Since these suits trap heat, the wearers would be at risk for heatstroke c”v. Additionally, the suits restrict movement, causing clumsiness.

People would refuse to open their mouths in case some germs would enter their throats. This would prevent people from davening, learning, singing, shmoozing, and doing anything else that requires opening one’s mouth. People would literally walk around with a notepad and pen to communicate with others. Of course, smiling requires stretching the lips, which may cause some germs to enter, so no smiling would be allowed either. Then again, people would be wearing masks anyway...

The masses of crawling bacteria found on all foods would disgust people to the point that they would prefer to starve rather than eat it. Despite the fact that many bacteria are beneficial, such as those found in yogurt,

people would not be able to bring themselves to swallow the bacteria. Drinking water would have the same issue, leading to dehydration c”v.

People would be nervous from all the germs on their skin and would spend many hours in the shower futilely trying to rub them off. However, the shower water also contains bacteria...

All this hand and body washing would lead to terribly chapped and bleeding skin, necessitating endless visits to the dermatologist and various expensive creams.

Hypochondria would be the most diagnosed condition in the world; therapists would be busy day and night trying to calm the populace. People would be constantly popping tranquilizers, but every time they would see bacteria, they would be afraid all over again...

Children would sense their parents’ anxiety and would therefore be extremely anxious as well. They would consistently wake up with nightmares of the “big, bad germs” chasing them and making them sick.

People would self-diagnose! As soon as they would see strep bacteria on their skin, they would take medication for strep throat. A few minutes later, they would see other bacteria and take medication for that as well. The antibiotic overdoses would cause major harm to the body c”v.

People would buy Lysol and never stop spraying. This would cause tremendous damage, ranging from throat irritation to chemical poisoning, c”v.

Social life would come to an abrupt halt, as people would be too fearful of contracting their friends’ germs to socialize. Coughing or sneezing without a mask on would be a capital crime. Everyone would berate the poor person for his extreme carelessness and thoughtlessness in spreading germs.

The lack of socialization would be especially harmful to children, who need to play with others for proper emotional development.

In short, if germs were visible, people would not be able to eat, drink, talk, sing, daven, learn, socialize, sneeze, cough, breathe...

Who knew that certain elements needed to be concealed from the human eye in order for people to live healthy, functional lives?

Who, in His infinite wisdom and mercy, ensured that we can see exactly what we need to and no more?

Of course, it’s Hashem, our loving, caring, all-mighty Father, Who constantly bestows endless goodness and kindness on us 24 hours a day, 365 days a year! We love You, Hashem!



Suggestions for Last Week's Case: Hillel is upset that visitors are given preference over himself for aliya's in his small shul

- Since it is a small shul, they rely on donations from visitors who receive aliya's, and give donations as a thank you.
- The ones getting the aliya's are inconsistent and need incentives in order to get themselves out of bed and to a minyan. Hillel should be proud that he doesn't require such motivations, and comes because he does what is right!
- Perhaps, the gabbai misunderstood Hillel in one of their conversations, thinking it's uncomfortable for him to get up and say all those difficult Hebrew words.
- Now, Hillel will learn a life lesson of asking for his needs, and he could approach the gabbai, with middos, and discuss his disappointment.
- Hillel can see it as an opportunity to work on being ma'aveir al midosov and accept the situation.



Baruch and Miri had found what they believed to be the perfect house for their family. Not too big, not too small, and a very fair price. Everything seemed to be falling into place, and they were relieved that several years of searching for a place to live were finally coming to an end. The day before the signing, the seller backed out of the original agreement, and demanded nearly forty percent more! This was not within their means and they were forced to back out. They were feeling really annoyed and cheated.



Help Baruch and Miri have ayin tova for the seller and for their situation.

You can send your suggestions for the AYIN TOVA CASE to: ayintovanewsletter@gmail.com
Or call [Israeli daytime hours only]: USA: 831-244-6019 Eretz Yisrael: 052-760-5409

Yeshivishe Stories

The Chinuch Chaburah

R' Tzvi Moshe Schultz

Rav Yisroel Salanter

Once, Rav Yisroel Salanter was seen outside, having a long conversation with a young woman. It seemed very strange and inappropriate. He was a respected Rabbi, and she was a young married woman. What could they be speaking about? And why were they having the conversation outdoors, where everyone could see them?

Rav Yisroel's talmidim later asked him about it. He explained that this woman had just lost a child. He then saw her outside, heading towards the river. He realized that she was despondent and was going to the river to drown herself. Therefore, he stopped her and engaged her in a long conversation, in which he gave her chizuk and told her that Hashem would help her have more children, and she would still know happiness in the future.

This conversation most likely saved her life!



Once, on the night of Yom Kippur, the entire congregation assembled in shul to say Kol Nidrei, but Rav Yisroel Salanter had not yet arrived. They waited for him, and then, when he still didn't arrive, they sent out messengers to look for him.

He was found inside of a private home, rocking a baby to sleep. Rav Yisroel explained that on his way to shul, he passed a home where the baby was crying. He went inside and found that the baby was home alone. His parents had gone to shul for Yom Kippur and had left their baby by himself.

So, Rav Yisroel stayed with the baby, and rocked him to sleep!



Think about this

A. What lesson can you learn from this story?

B. Have you ever experienced any situations where something seemed to be wrong, but really, it wasn't as it seemed?

A. What priorities do we learn from Rav Yisroel's actions?

B. Is there a difference in how we should treat a baby and an adult? What are some other cases where we can apply this lesson in our lives?

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

THX!!

THANK
YOU!!

TYSM!!

הכרת הטוב

I appreci-
-ate it!

BS"D

TY!!

MR. MIDDOS

WELCOME TO SARA'S BAS MITZVA PARTY!!

HAKARAS HATOV



Mazel tov,
Sara! This is
so exciting!!!

When will I
get a gift?!



Sheifele!! Mazel
Tov, mazel tov!!
This is so
exciting!

Maybe Bubby
has something
for me!!!



Ooh, Bubby! A
gift! My dream
camera at last!!!

Here's a gift
for my favorite
grandaughter!



SNIFFLE

BOO HOO

HICCUP

SOB

Bubby! I didn't
want a necklace!
Not a necklace!!
A camera!!!



THE HAKARAS HATOV!!

TTTO: C'mon and ride the train!

Hakaras Hatov

Being thankful to others

Siblings, friends mothers

You'll soon see how much better they'll feel

Thank your sister for her help with homework,
or your mother for a meal

Hakaras Hatov - those 2 words - not such a big
deal!!!!!!

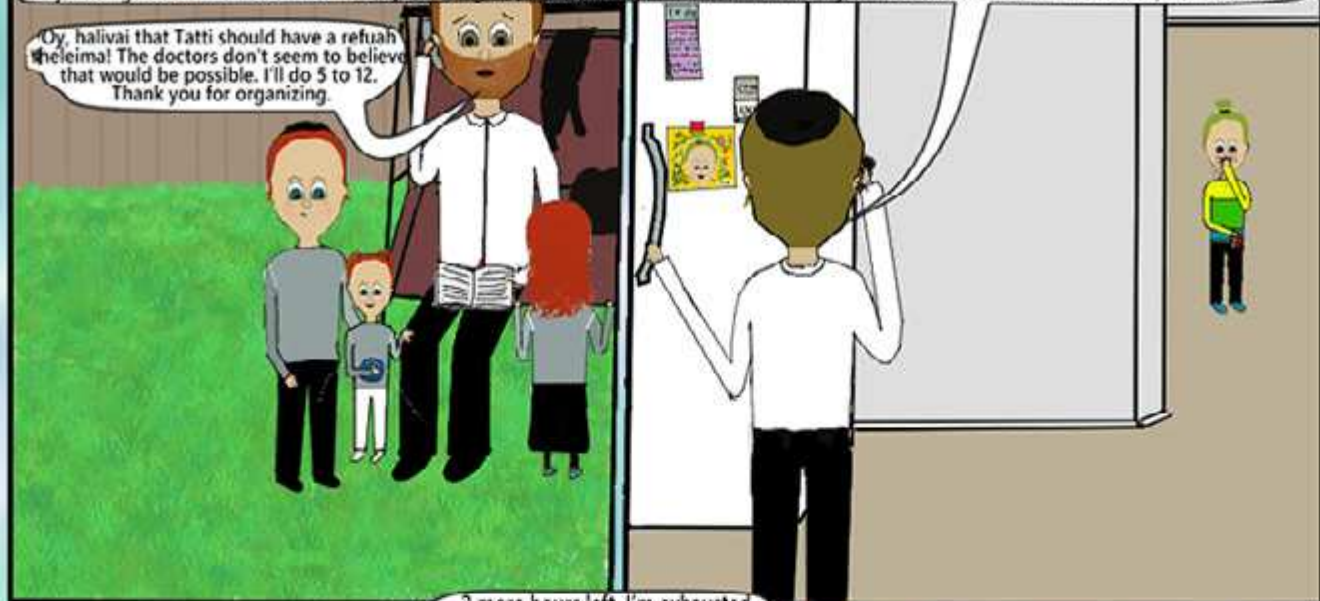


Thank you, Bubby!! I'm so
excited to see what's inside!!

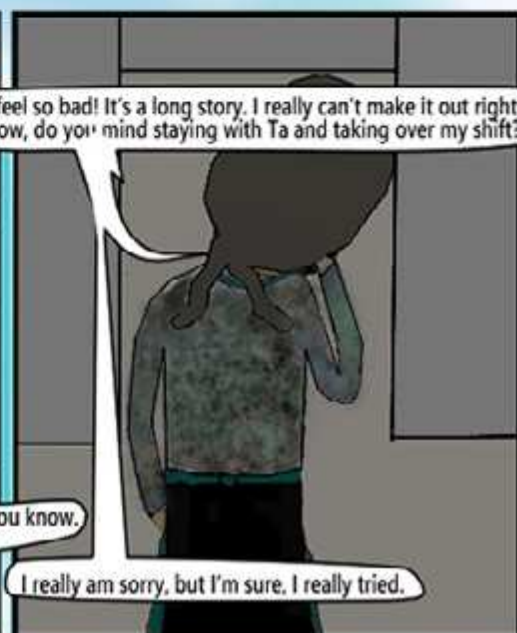
BY: AHUVA ROTHENBERG

A LIFE GIVING ZECHUS


Hi Refael, everyone's taking a seven-hour shift to be with Tatti in the hospital. Someone should always be there, you know. What time do you want to do? Yitzy's doing 10:00 AM till 5:00 PM and Chaya is doing the night shift, from 12AM till 7 AM. Do you want to take the time in between, from 5:00 till 12:00?



2 more hours left, I'm exhausted, and there's nothing to do in the hospital.



2/10/10




Ba'al Bitachon

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

V.S.

Alchemist

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



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

#9: The alchemists skill will not accompany him to the olam ha'emes. All he acquires is being secure from needing peoples help.



Grandpa, you taught me everything I know about alchemy. My whole life of luxury is only because of you. I'll miss you.



I have not been able to eat since grandpa passed away. Usually I try to avoid thinking about death.



How will my gold help me when I die? The soul doesn't need gold! But I have no idea what it does need. Grandpa never taught me that.

One who is Boteach in Hashem will be rewarded for his bitachon in the world to come.



What an amazing idea! The chovos ha'avos says that not only does the ba'al bitachon get what he trusts he'll get in this world. Hashem will reward him for his bitachon in olam haba.



Look at all these bills. I can't wait to see how Hashem will pay them all.



It's amazing how when I know Hashem will pay them all I can be so calm and happy without knowing how He will pay them.



Oh wow! An unexpected tax refund from 2 years ago!!! Not only are my bills in olam hazeh paid, but I will get rewarded for trusting in Hashem in olam haba too!

By: Miri Mincer

*Hashem is
Wonderful!*

*Life is
Wonderful!*

*Klal Yisrael is
Wonderful!*

ומלאה הארץ
דעה את ד'

**SPREADING HASHEM'S
GOODNESS ALL AROUND
THE WORLD**