

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

HASHEM IS  
SO GOOD TO US  
10



# The Spring Hill Times

*Positivity On Every Page*

Issue 174

Parshas Vayishlach

13 Kislev 5785

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**Thank You, Hashem, for  
Protecting Us ! We Love You, Hashem**

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Hashem

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*The Spring Hill Times is a nonprofit organization that is dedicated to spreading the goodness of Hashem around the world.*

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May this week's issue be a zechus Refuah

Shleima Yosef Ben Reva Chasha

B'soch Shar Cholei Yisrael!

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ורחמיו על  
כל מעשיו!"

תהלים קמ"ה

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Making a simcha? Have a Yartzeit or just want to tell Hashem how much you love Him?

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# FROM THE EDITOR



קטנתי -מכל החסדים

Yaakov Avinu expressed to Hashem how He had given him so much good even though he wasn't deserving.

As hard as Yaakov Avinu's situation seems to us, he had no complaints to Hashem. To the contrary he felt that he owed Hashem the world.

A Yid always has what to thank for.

Because there is no such thing as something bad happening to us!

Three years ago on Parshas Vayishlach I printed this amazing story:

## **"ALL THE SUFFERING HELPED ME"**

*R' Yosef Mizrachi (Lakewood, NJ) called in with a most amazing story. A few weeks ago was the third yartzeit of his grandmother. She did not have an easy life. For almost half of her life she was sick. At the age of 55 she had a stroke and was wheelchair confined for the next twenty years. The last ten years she was in a nursing home bedridden.*

*Their relatives who aren't that frum, would always ask them, "Why would G-d do such a thing and make her suffer so much?"*

*One night, two weeks before the third yartzeit, R' Yosef's brother had a dream where his grandmother appeared to him completely healthy with a shining face. She said, "All the suffering helped me, and if it would be possible, I would do it all over again!!!"*

*This is just a reminder of what we all know, that everything Hashem does is good!*

The story says it all. All of our challenges are there for our growth. There is never a reason to complain. In fact, the 'hard' times we experience are better for us than the 'good' times!

Many times Hashem gives us the ability to see how things were for the good.

A reader sent in the following story:

*Some time ago, the bank that I use closed the branch that was right near me. The closest branch is now 25-30 minutes away. Being a follower of 'A Life with Bitachon' and a reader of the Spring Hill Times, I accepted it with love without a single thought of complaint.*

*It turned out that the 25-minute-drive became a time for me to connect to Hashem in a deep way. With no distractions, I'm able to focus on Hashem, on His love, on His kindness and how He is found everywhere. I'm able to talk to Him in the privacy of my car. It became for me a session of connection to Hashem. It's the highlight of my day!*

Hashem is good!

Everything He does for us is good!

Don't stop thanking Him!

What a wonderful world we live in!

**HAVE A GREAT SHABBOS!**

A big thank you to our professional volunteer graphic artist for redesigning the front page.

We are constantly working on more upgrades, to make Hashem's magazine the best possible. We are also working on an exciting new comic column!

A tremendous thank you to all those helping support this wonderful magazine and to all our amazing volunteer writers and typists.

You are partners with Hashem.

You are telling the world Who Hashem really is!

Ashriechem and Ashrei Chelkechem in this world and the next world!



## BITACHON PAYBACK



Rabbi Moshe Radner related:

It was shortly before Yom Tov, and Mr. Goldstein,\* a lawyer, found himself in a difficult financial position. His business was not doing well, and he could barely hold out a few more months on his regular budget. He really could not afford Yom Tov expenses. On top of that, he was expecting a large family for company over Yom Tov. He couldn't bring himself to cancel his guests, and even his wife was not aware of his dire financial state.

He told his wife to spend whatever they normally would for Yom Tov, including food, clothing and accommodating the guests. He had no idea how he was going to pay for it without going into debt, but he had bitachon that for hotzo'os Yom Tov, Hashem would pay him back.

During this time, R' Goldstein was involved in litigation, on a case where his profits at best would be very minimal. The other side was aggressive and throughout the entire litigation only offered a nominal amount in settlement. They told him they were willing to go to trial rather than pay anything more than a nominal amount. Even if he would win a trial, his percentage of the proceeds would be minimal, and the defense could tie up

the verdict for years in appeals before he saw any money from it.

There was one last hearing before the case would go to trial. R' Goldstein arrived, and to his total shock, the defense did a complete "180" and wanted to settle the case at far above what the case was actually worth! His percentage was even more than his expenses for Yom Tov!

Mr. Goldstein was sure that the sudden offer of this settlement was only due to his bitachon that whatever he spent on Yom Tov was covered by Hashem. There was no other explanation! (Harav Eli Yelen)

## DREAMS



I was learning with my chavrusa, Yechiel, in night kollel. I don't remember why, but I told him about a dream I had. He said, somewhat emotionally, "I never have real dreams. I only dream nonsense."

I felt bad for him. He looked at significant dreams as an important thing, and he seemed so sad about missing out.

We davened maariv, and I suddenly started crying to Hashem for him to have real dreams.

The next day, for no apparent reason a friend in yeshiva, Yonah, called me over and showed me in the sefer Tana D'Vei Eli-

yahu that if you learn the sefer before going to bed, and then say seventy-two times 'Eliyahu HaNavi, Eliyahu...' it's a segula for having good dreams! I told it to my friend Yechiel that night in kollel.

The following night, he gave me a big Yasher Koach- he said he learned the sefer before bed and said seventy-two times Eliyahu HaNavi, and fell asleep. Then he began to dream that he was talking in learning with Rav Moshe Feinstein!

Then Rav Moshe suddenly stopped talking to him, and told him to check the room for something dirty. Then he woke up.

He immediately looked around, like Rav Moshe said in the dream, and found a dirty diaper on the floor next to his bed!

I looked in the sefer, and it says that before you can have the dreams, you first have to make sure there's nothing "dirty" in the room!!

Boruch Shomeah Tefilloh! (A Spring Hill times Reader)

## AT THE RIGHT TIME



I want to tell an amazing story of completely revealed hashgachahh pratis – may Hashem's Name be blessed forever.

A property offered to me was



a steal. An excellent location, a truly low price. The seller was under pressure, and he compromised regarding the price, but on one condition: that the property be sold in a hurry. I understood that this was an amazing opportunity, and I set up a meeting with a lawyer to sign a contract and purchase the apartment.

In the meantime, we began the process with the bank in order to get funding for the deal, and, as everyone knows, things take time in the bank. I wondered, along with my family, whether it was Hashem's will that we forge ahead, or whether doing so was in the category of "one does not depend on miracles."

I could barely have imagined the answer to this question.

Quite some time ago, I lent a large sum of money to the principal of a Torah institution. He said he would return the loan shortly, but when I reminded him, he said, "Look, I'm dealing with large sums of money all the time, but at the moment I don't have any cash on hand."

The next time I reminded him, he told me, "Come over right now. There's money here now." I didn't make it to him at that moment; I arrived at his office only several hours after the conversation.

"Too bad you didn't come when we spoke," the principal told me. "I had money then, but now the money has already moved on to someone else."

This happened time after time, until I stopped trying. The principal had borrowed the money, and I knew he would return the loan. It was a waste of time and energy to keep calling him.

Suddenly, without any prior warning, the principal called and told me, "I have the money to return the loan. I'm transferring the money to your account right now."

The next day came, and the lawyer's secretary called. Along with reminding me of the meeting that was to be held the next day, she informed me that I was to bring along enough money to cover the sum of 7 percent of the deal.

That was a huge amount of money. How had I not anticipated that I would need it? My head started spinning with possibilities, names of friends and acquaintances past and present. Then I quickly recalled the principal who just transferred money to my account. I called the bank, but there was no dramatic announcement; the money was not in the account.

I called the principal, and he

told me, "Don't worry. I made the transfer yesterday; tomorrow you'll see the money in your account."

What happened the next day? On the exact day that I needed it, the money became available, and I had the entire sum I needed to pay the lawyer for everything that was necessary in order to complete the deal. This is not just a nice story, it is a he'arah from Above, that one does not lose out from doing mitzvos. I lent money, and thus it was saved for me for the exact time when I would need it. This proved to me that Hashem wanted me to make the deal even though the money to back it had not yet been approved by the bank. A few hours later, the bank approval was in place. Hodu laHashem! (Hashgacha Pratis Newsletter)



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## MA'ASER MESSAGE



Shlomo Zalman Eisman tried to turn on his hot plate on Erev Shabbos, but it wasn't working. He tried a different plug and a different outlet, but it still didn't work. Then he opened up the hot plate to check that everything was connected, and he saw that everything was okay.

He was trying to figure out what Hashem might want from him. He remembered that he didn't make cheshbonos of how much maaser he owed for a while. He kept on pushing it off. He decided that he would make the cheshbo-

nos right then.

He made the cheshbon, and he put the money away in an envelope. He said a kapital of tehillim, plugged in the hot-plate, and it worked! [Kav Hashgacha Pratis]

## EVERY STEP IS PERFECTLY PLANNED



I was trying to get to shul early before the z'man minyan, so I could learn a little bit and have some time to say some tehillim before davening, but things kept coming up that I had to take care

of. I was finally ready to leave, and I saw I would still have an extra twenty minutes before davening. Just then, a glass jar fell down from one of the closets and broke into little pieces. We have little kids, and my wife needed help cleaning it up, so I got delayed about another ten minutes.

As I was finally leaving, my yingeleh called to me from the deck upstairs. I saw that he was standing on a folding table very close to the railing. It was very high up, and he could chas v'shalom fall right over the railing! I immediately told him to get down, and while I waited there, my wife ran to get him down.

If the glass hadn't been broken, and I would have left earlier, then chas v'shalom something could've happened! (A Spring Hill Times Reader)

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## Quiet Returns to Northern Eretz Yisrael



After fourteen months of fighting, Hashem orchestrated a ceasefire between Eretz Yisrael and Hezbollah. Thanks to Hashem, many residents from the north have returned to their homes.

May Hashem continue to watch over Klal Yisrael!



## Hashem Brings Fighting to Syria

At the same time that Hashem brought peace and quiet to Northern Eretz Yisrael, on the side of the border with Syria, Hashem orchestrated fighting between the Syrian army and rebels.



## Rosh Yeshiva Goes to the World of Bliss



Hashem has taken Harav Mordechai Zev Jofen zt"l, Rosh Yeshivas Bais Yosef in Brooklyn, NY, to be near Him in the eternal wonderful world.

יהי זכרו ברוך



## Hashem Polishes Eight Neshamos in Ariel



On Erev Shabbos Kodesh Toldos, Hashem, using an Arab terrorist with a gun, gave tikkun neshamos to eight Yidden who were on a bus in Ariel. Some of them sustained more serious injuries and some less, each with the exact tikkun their Neshamos needed and wanted so that can shine.

Hashem, using IDF troops stationed nearby as His messengers, neutralized the terrorist.

May Hashem send them all a Refuah Shleima!



## Hashem Protects Eretz Yisrael from Missile



In the early morning hours on Sunday, 30 Cheshvon 5785, Sirens sounded in Beit Shemesh and surrounding areas.

A ballistic missile launched out of Yemen was knocked out of the sky by Hashem using the Israeli Air Force.

Thank You, Hashem!



## Hashem Puts into President-elect Trump's Heart Extreme Compassion for Jewish Hostages



In a firm message to Hamas, President-elect Donald Trump, warned that if the hostages are not released prior to January 20, 2025 when he enters office, there will be severe repercussions for those in charge who perpetrated these atrocities against Humanity. Those responsible will be hit harder than anybody has been hit in the long and storied History of the United States of America. **RELEASE THE HOSTAGES NOW!" A Kiss from Hashem!**



## TIME FOR REVIEW

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

Option 3 from Main Menu.



## KI TOV HASHEM NEWS

- 1: Daily News Update
- 3: Weather
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- 6: The Spring Hill Times
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- 9: Leave a Message

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### Hashem Is Running A Perfect World



R' Chaim, a yungerman from Eretz Yisrael, needed to pay a bill one day for \$1,000. He had no idea where he was going to get the money from.

He opened up his mailbox and there was a check for \$1,000 from his grandmother. She usually gives him money once a year, but usually she gives it to him six months later. The stocks went up and she decided she's going to give it to him earlier, and he got the exact amount of money that he needed!

**Vidivrei niflaosecha asicha**

### The Power Of A Tzadik's Bracha

A yungerman from Brooklyn reported that his son was waiting for many years to have children. He went to Rav Don Segal for a



bracha, and Rav Dan told him that he was going to have a baby within a year.

They had a baby five hours before the year was up!

**Tzadik gozer v'Hakadosh Baruch Hu mikayeim**

### What A Beautiful Nation



A yungerman from Lakewood reported that he ordered something from an eatery. When he came to pick it up, they told him that it was paid for already. He asked them, "How did that happen?"

They answered, "There's someone that comes in every day and randomly pays someone's bill!"

**Mi k'amcha Yisroel goy echad ba'aretz**

### Hashem Is So Good To Us



Dov Ber, a bachur learning in yeshiva, reported that a couple of bochurim in his shiur bought a sandwich for one of his friends. Dov Ber was very hungry, and he also wanted a sandwich.

Within a minute of his friend getting the sandwich, his father, for the first time ever, pulled up to his yeshiva and brought him a sandwich from that very same store!

**Einei chol eilecha yisabeiru via-ta nosen lahem es uchlum biito**

### Hashem Is The One In Control

R' Zevy Golombek wanted to



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park in a certain parking spot near his house, but he saw that someone put their double stroller there. He wasn't in the mood of getting out of the car and moving it and then getting back in.

Right then, Hashem brought a strong wind that blew the stroller onto the sidewalk!

***Viruach seara oseh devaro***

### Hashem Is Watching Over Us



Mrs. Friedman from Williamsburg reported that her 10-year-old son came home from cheder and said that a light bulb fell on him. Baruch Hashem nothing happened to him!

***Hino lo yanum vilo yishan shomer Yisroel***

### Woman from Eretz Yisroel Trusts in Hashem

It was before Yom Tov, and Mrs. Braun from Eretz Yisrael wanted



to have guests for Yom Tov. Her children are married, and they all had different arrangements, and they were not going to be by her for the first days. She started singing "Hakol Yachol" that she should have guests for Yom Tov. Then she thought to herself, "Maybe Hashem wants me not to have guests," and she was mekabel it b'ahava.

Right after that, one of her sons called up and asked if he could come for Yom Tov. Later on that night, another son called and asked to come as well. Baruch Hashem she had a wonderful Yom tov!

***Baruch hagever asher yivtach baHashem***

### Paranasa Comes From Hashem



Mrs. Cohen is the breadwinner of her family, and she was out of a job. She tried looking for a new job, but to no avail. She was mischazik herself in Bitachon,

that money does not come from a job, it comes from Hashem.

Not long after that, Hashem made her find a dream job with excellent pay!

***Ant hu zan l'chola umifarneis l'chola***

### Tzedakah Saves Lives



Mrs. Shapiro has a neighbor who does not have a lot of money. She decided that she was going to help her neighbor pay for her gas bills. The way it works in that building is that each person has a gas tank and every time it gets empty, they get a refill. Mrs. Shapiro noticed that her neighbor's tank was getting empty very often and figured that there must be a leak. The neighbor did not have enough money to pay for the leak. Mrs. Shapiro decided she was going to take an extra job to pay to fix her neighbor's gas leak.

Not long after that, it was about two a.m. and Mrs. Shapiro woke up and was thirsty. This is something that usually does not happen. She went downstairs to take a drink and she noticed that there was a gas leak in her apartment. She quickly called the emergency services and they



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came down.

They told her that had she not noticed it then, in another few moments, her house would have exploded. She saw clearly how, because she helped her neighbor with her gas leak, Hashem watched over her family!

**Tzedakah tzatzil mimaves**

**Hashem Is Our Judge.**



Mr. Moskowitz was in court through zoom for a ticket and he was facing a lot of points. He thought to himself, "Hashem is the Judge. Hashem is Hakol Yachol."

The judge came on and said, "Today is your lucky day. The officer wants to let you go scot-free!"

**Baruch hagever asher yivtach baHashem**

**Woman Feels Loved by Hashem**



Mrs. Weiss was trying to figure out the spelling of a certain un-

common word. She knew that a certain book had that word in it. She had a book in that same series that was next to her. She thought maybe that book would also have the word.

She opened up the book, and she opened up to a page that had that word on it!

**Mashgiach min hachalonus mitiziz min hacharakim**

**The Bitachon Switch**



Mrs. Hertzberg had a machine that would not turn on. The machine was broken. She told her children, "Until now we were trying to turn it on with the button, now we're going to turn it on with Bitachon. Hashem is the one in charge to turn on the machine."

She then tried and the machine went on!

**Vihaboteiach baHashem chessed yisovivenu**

**Klal Yisroel Loves Hashem's Torah.**

Mrs. Berger from Eretz Yisrael reported that her son was trying for 10 days



to get into a kollel. She was mekabel on herself that if he gets accepted, she was going to say Nishmas, and she's going to call it into the Ki Tov Hashem news station. Baruch Hashem, he was accepted!

**Thank You, Hashem!**

**Girl from New Jersey Trusts in Hashem**

12-year-old Naomi from Lake-



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wood, NJ was looking for a certain credit card that she needed to take to a store. She looked all around but she was not able to find it. She then remembered that it's up to Hashem for her to find it and she started singing "Hakol Yachol."

As she started saying the words, her mother found the card!

**Baruch hagever asher yivtach BaHashem**

Hashem Gives Yungerman

### Chizuk



Rabbi Golombek reported that there was a yungerman by the name of R' Yehoshua who was feeling down. Things weren't going so well, and he needed some chizuk.

He went to davening and he got an aliyah. The Ba'al Korei leined "Vayomer Moshe el Yehoshua chazak v'ematz." He felt that Hashem was talking to him!

**Chazak v'ematz libecha v'kavei el Hashem**

### The Power of Bitachon



A girl named Raizy reported that her mother was trying to open the trunk of the car to put something in. She kept on pressing the button again and again and again, but it was not opening. Finally she said, "I'm going to try one more time, but this time with Bitachon. Hashem is the Kol Yachol and He could open the trunk. If it opens, I'm going to call it into The Spring Hill Times."

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## ואשפך את - נפשי לפני ה'

# I Poured Out My Soul Before Hashem

### The Least Important Person

Even the least important person is a fountain of tefillah, chachmah, and da'as. He just needs to know how to make use of his potential.

When a person davens, he stands before Hashem, the King of kings; the closest hiskarvus to Hashem. He can achieve anything. Throughout history, anyone who ever accomplished anything did so only through the power of tefillah. Every person has this power. We just need to know how to take this potential and make it into a reality!

The Mashgiach elaborated that the key to accomplishing this is by having the proper respect for tefillah.

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When a person runs a business that his livelihood depends on, he knows he can't just wander the streets all day. He must look after his business! He must worry about his customers! He must be meticulous about his store hours! He must manage his store with chashivus!

If he doesn't take his business seriously, you would wonder whether something is wrong with him. If he cares so little about his business that he closes down his store, you know something is wrong with him!

What is the business of the Jewish people?

nei'B — 14:10), "בְּנֵי-יִשְׂרָאֵל אָל-ה'", Shemos (says pasuk the ,Suf Yam Kriyas Before Yisrael cried out to Hashem." Chazal comment (Yalkut Shemos, 14:231): "They [the Jewish people] took hold of the craft of their forefathers and davened!" Tefillah is our profession. Tefillah is the "business" of Klal Yisrael.

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# LIVING WITH HASHEM

By Rabbi Zevy Golombeck

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

## What's Meant for You Will Come to You



Mrs. Greenbaum\* really wanted two couches, but she didn't have enough money. She saw someone giving away couches that she liked, so she called up, and they said, "Sure, we'll give them to you." She called back to ask when she could pick them up, and they said, "Sorry, there was a miscommunication, someone else picked them up." She said, "No problem, if they're meant for me, I'll end up getting them."

A few months later, the person who took the couches advertised that they were giving away the couches. She called up, "Can I have them?" They said, "One couch you can for sure have, but the other one is for a chosson kallah." She picked up the couch, and she said, "If the other one is meant for us, we'll get it."

The next month, her husband

was walking by their garage, and he saw the other couch. He said to them, "Oh, that's the couch that we wanted!" They said, "Oh, you would be doing us the biggest favor if you take it! It was supposed to be for a chosson kallah, but they changed their mind, they don't want it."

They ended up with both of the couches!

## Hashem Furt de Velt



*I live in Monsey, NY, and I had to get to Main Street at a certain time to meet my niece and go shopping with her. I had to take a car service, and I would be taking my six-month-old baby, who is quite heavy, along with me. The problem was that my husband asked me to make a stop along the way to drop off an envelope, and the envelope had to be delivered to the second floor. I didn't want to leave my baby alone in the car service with the driver while I went up with the envelope, but I also didn't want to schlep him up to the second floor. I couldn't think of a solution, so I figured, I'll have to schlep him. But Hashem had a better plan for me.*

*When the car service arrived, to my shock, it was a heimeshe, yiddishe lady! She said she was from the car service company. I don't remember the last time this happened - that they sent a heimeshe, yiddishe lady driver. I asked her permission if I*

## A LIFE WITH BITACHON HOTLINE

By Rabbi Golombeck

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*could leave the baby a minute to run up the steps, by the stop. She agreed and it worked out beautifully from Hashem.*

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

## **The Nose**

**N**ot only does our nose serve as an important centerpiece in the nice look that a human face has - our nose also gives us our unique individual look. Even though there are billions of people in the world and the basic build and shape of their bodies and faces are the same - Hashem created subtle differences in people's faces that give them their unique, personalized identity. The primary place that a person is distinctly recognized from is his nose. There is something very distinct about the nose in particular more than his other organs that can help you clearly and absolutely identify someone that you are familiar with. Now, there are definitely many other factors that also contribute to identification - for example - the height, the weight, the smile, the hair and eye color and the way they walk and present themselves. But the single organ that gives the clearest identification is the nose. It's for this reason that robbers and other criminals cover their noses - they don't want to be identified. You probably bumped into this phenomenon during the thick of Covid - when everyone was wearing masks that covered their noses. You couldn't recognize your neighbors and even you close friends. Likewise - electronic devices that work through facial recognition - do a very poor job when the nose is covered. Our nose gives us our distinct, unique look.

From this we can understand an additional reason as to why Hashem situated our nose in the center of our face. We discussed in the past how it's important for the nose and its ability to smell to be in the center of the face - opening directly on top of the mouth. This increases the pleasure that we receive from our food - before it goes inside our mouth we already begin to enjoy it. It also picks up the unpleasant odors of foods which are rotten and should not be eaten.

We can now add an additional reason: the place which is the most convenient and helpful in facial recognition is in the center of the face. It's the person's face that you see when the person faces you to talk to you, to listen to you or to see you. And it's the center which naturally grabs your attention - more than the sides. Let me give you an example to bring out this point.

Imagine what it would be like if Hashem would have created our noses on top of our heads - how would a short person see the nose of a tall person in order to recognize him? Or how would a tall person, who is seated, recognize someone who is standing - his nose would not be visible.

Hashem, with His unlimited wisdom, created the nose in the most useful place for us.

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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



### The Good World

The rest of this book is about the many things that make our world so good, starting from the very first moments of Creation until right now.

As we saw in Chapter 5, we often forget about all the good we have. Reading about the many wonderful benefits and pleasures we enjoy every day and throughout the year will help us reclaim our positive outlook on life.

Of course, not every person merits everything listed in the coming chapters. It goes without saying that one should try to pay more attention to the things he has and less attention to what he lacks.

### Chapter 7: The Good Beginning

In this chapter we will see that Hashem initiated world history by introducing Adam Harishon and Chava to a life full of enjoyments. We will also discuss many of the pleasures in our lives that are often overlooked.

### The First Lessons in Happiness

When Hashem first created Adam and Chava, He gave them a life that was truly amazing. But as good as it was, Hashem was not content. He wanted to make sure that they enjoyed their lives to the max!

Rav Miller explains that

Hashem didn't give Adam his wife right away. First, Hashem showed him all the animals. Adam saw that the animals all had mates and he understood that he needed a mate as well. Only then did Hashem give Chava to Adam to be his wife. Hashem had delayed giving Adam a wife so that Adam would truly

appreciate and enjoy the benefit that he was receiving.

(Perhaps for this very reason, we too must wait to get married. In this way, every person experiences life without a wife or husband, which makes us appreciate our spouse much more. How sad it is when we forget the experience of those early days of happiness, when we had found and married our spouse after all those years of waiting).

The Chizkuni (2:8) points out that Hashem created Adam and Chava outside Gan Eden. Only later did He bring them into the garden, so they would compare Gan Eden to the world outside and recognize what a wonderful gift they were being given.

We see from here that Hashem taught man right from the beginning these two principles:

1. It is Hashem's desire that people should intensely enjoy life, and this is a foundation of existence (since this wonderful life was Adam and Chava's introduction to the world).
2. To maximize enjoyment, a person must use his mind to think, observe, and contrast his situation with other situations that are not as good.

### A Commandment to Enjoy Life

Even though Hashem did everything possible to help Adam and Chava enjoy their lives, it wasn't enough. He didn't just allow them to enjoy life, He com-

manded them to do so, with a mitzvas asei! On the pasuk that says, "וַיֹּאמֶר אֱלֹהִים אֶל אָדָם הִנֵּן אֶלְכָּךְ מִכָּל עֵץ הַגָּן אָכֹל תֹּאכֶל" — And Hashem G-d commanded Adam saying, 'From every tree of the garden you shall surely eat...', Rabbeinu Bechaye writes:

...Adam was commanded two mitzvos, one mitzvas asei and one mitzvas lo sa'asei. The mitzvas asei was "and you shall surely eat from every tree of the garden" and the mitzvas lo sa'asei was "but from the tree of knowledge of good and bad, you shall not eat from it."

(It is possible that this is the basis for the Gemara (Yerushalmi, Kiddushin, Perek 4, Halacha 12) which teaches that every person must eventually give an accounting for any food he saw but did not eat! The Gemara relates that Rabi Elazar was concerned for this halachah, so he would save up his small coins to buy new types of food at least once a year. - See Otzar Pela'os HaTorah, p. 87)

In any event, we see that Hashem did not just allow Adam and Chava to enjoy all the fruit trees of Gan Eden, He commanded them to do so! This teaches us that Hashem desired that Adam and Chava enjoy the world He made for them.

To be continued...

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](mailto:EnjoyHisWorld@gmail.com).



# Living With Appreciation

R' Daniel Shasha

Just the thought of the evil Eisav marching with 400 soldiers, to confront Yaakov and his family, is extremely unsettling. We can't imagine how Yaakov must have felt. His brother explicitly expressed his desire to kill him and was menacingly advancing towards him with a powerful army. Yet due to Hashem's great kindness, Yaakov and his family were saved from this terrifying encounter, and no one was harmed.

After this miraculous salvation, Yaakov had so much gratitude to Hashem, and really wanted to express his appreciation in the optimum way. Chazal (Shabbos 33b) teach that he decided to something to benefit the public, as a way of expressing his heartfelt gratitude for this incredible miracle. Some say, he built market places, some say a bathhouse and some say he minted a coin. We see that he had such an outpouring of gratitude that it wasn't sufficient for him to thank Hashem verbally. Instead, he wanted to do a permanent action in which people would benefit from. We can learn from him, that a powerful way of expressing our gratitude to Hashem, is by doing something that many will benefit from. After all, everyone is Hashem's beloved children, what would give a father more pleasure than his children being benefited.

This practice is actually codified by the Mishnah Berurah (218:32). He writes that after we experience a miracle, we should give tzedakah to support Torah scholars and should daven that this will be in place of the korban todah. He writes further, that it is appropriate that one does something to benefit the public and each year, on the anniversary of the miracle, one should thank Hashem, recounting His kindnesses.

Another allusion to the importance of gratitude in our Parashah is from the verse, 'And You have said I would surely do good with you....' (32:13). Al derech remez, the Sefer Divrei Yisrael explains that we can read this verse 'when you will say things are good, then 'I will do good with you', then Hashem will reciprocate and you will be dealt with more kindness. Focusing on the good in each situation and stating how everything is for our best can really perform wonders for our situation. No matter how challeng-

ing things could be, our loving caring Father is always looking out for us and only wants what's best. When we thank Him and focus on the good, it could perform wonders for our situation. The following story is but one example of this.

*After a long tiring day of work, Yaakov pushed himself to attend the Torah shiur he normally hears in the evening. He struggled to stay awake after such a busy day yet he tried his best to take in at least something of what the Rabbi was teaching. The Rabbi began to explain that when things are challenging yet we see the good, things will turn around. He explained that this is alluded to in the verse, 'and You have said I would surely do good with you....' We can read the verse 'when you will say things are good, then 'I will do good with you', then Hashem will reciprocate and you will be dealt with more kindness.*

*Yaakov really perked up when he heard these words. After all, he had three sons who were still bachelors and his family was finding it very challenging. They were not receiving suitable suggestions and this hard situation just seemed to be dragging on and on. After the shiur, he excitedly told his wife this teaching and they resolved that instead of focusing on this challenge, they would thank Hashem for all the blessings that they have received. They completely changed their perspective, and their life was that of gratitude. They focused on all the blessings they have received and were much happier people. Just a few months after they had adopted this attitude both of their sons were engaged! Yaakov went to approach the Rabbi telling him about their yeshuah and expressing their gratitude for revealing this teaching.*

*The Rabbi mentioned he forgot about this teaching and Yaakov's story helped him think how he could apply this to his own life. He was recently diagnosed with a hearing condition and his hearing was severely deteriorated. He decided to focus on all the blessings in his life, despite this difficult predicament. He spent the next week devoting countless hours expressing his tremendous gratitude to Hashem. At the end of the week he received a call from the hospital that one of the doctors thought that maybe there was one more thing they could try to help improve his hearing. The procedure was performed and sure enough his hearing greatly improved! Chai BeTodah p.34*

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# Let Us Thank Hashem for the...



## Tables.

They play such a useful role in our day to day lives making eating, writing and learning so much easier. We can have small tables perfect for studying or large dining room tables for big family meals. Some even fold and can be stored very conveniently! The tables that we eat on, have a unique holiness and are compared to the mizbeach.

When we thank Hashem for all the good that we receive, it is considered as if we brought a korban todah. Consequently, we and the entire world will receive more kindnesses.

(Shomer Emunim,  
Maamar Hashgacha  
Pratis 23)

Rabbi Yehoshua Ben Levi said, anyone who sings praises to Hashem in this world will merit to sing praises to Him in the world to come. (Sanhedrin 91b)

## Inspiring Quotes

There is no individual in Klal Yisrael for whom hidden miracles do not occur each day. (Rabbeinu Bechaya, Shemos 30:12)

Even though Hashem has thousands and myriads of angels who praise Him, He only desires the praises of Klal Yisrael. (Midrash Mishlei 14:28)





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](mailto: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

The following is a message from R' Yossi Hecht, founder of Asher to the Yatzar:

Yet again, in Parshas Toldos we find Rivka, another one of the *Imahos* struggling with infertility.

The Gemara in Yevamos (64a) says it is because "Hashem desires the *tefillos* of tzaddikim." Moreover, it applies to all of us as well. When we find ourselves in a dire situation it is an opportunity to daven out our hearts to Hashem. A little over four years ago, I was sitting shiva for my beloved mother a"h. During that time, I felt perplexed. I asked her father, my esteemed grandfather, Rabbi Yeshaya Siff *shlita* what happened to all the *tefillos* for his precious daughter? Did we not daven enough? Scores of people had been praying that she should get better from her severe illness.

Without batting an eyelash, my grandfather with his iron-clad *Emunah* gave me the following answer, that blew me away. "If we take a look at Shemoneh Esreh it does not say that Hashem is '*mekabel tefilla*,' that He accepts tefilla, rather it says *shomeiya tefillah* – **Hashem hears our *tefillos*!**"

Chazal in their infinite wisdom chose each word extremely carefully. Thus, it is true that Hashem listens to every single tefilla and no tefilla goes unheard. However, "for whatever reason, my daughter had to pass on, but that does not mean for a second Hashem did not listen. He did listen, but the answer was no." Hashem knows exactly what He is doing and we must accept that He is the *Manhig Ha'olam*.

This answer struck me like lightning and is a quote that I share and hold on to perpetually. May we have the wherewithal to learn from my Zaidy's rock-solid *Emunah*, that whatever happens is for the best. In that *zechus*, may Hashem not only hear our *tefillos*, but also accept them.

All the best,

*Yossi Hecht*

I would like to add to the above. Tefillah is not just about being answered - it is about our connection to Hashem, and realizing that without Him, we could not exist or manage. Each time we daven we gain tremendous awareness of Hashem, and that is priceless.

But it is also important to know that every tefillah does something, whether or not we see the results. Here is one example I saw in a *dvar torah*, quoting a nurse in an Intensive Care Unit. She writes that when people daven for a sick person, they want a total cure, and if the person is *niftar* they are disappointed, and feel that their *tefillos* were not answered. But they need to realize there is so much more to daven for with regard to a seriously ill individual than his or her complete recovery. Here are some of the things she suggested people daven for: that the sick person not suffer pain, anxiety, depression, or loneliness; that the sick person be treated gently and with dignity by the medical staff; that the veins of the sick person be easy to find for intravenous injections; that the family have the strength to hold up under the strain; that the correct decisions, medical and ethical, be taken by the family, patient, doctor, and Rav. She concludes: "If you daven for all the above for a sick person, you will find that many of your *tefillos* will be answered."



Of course, Hashem is *Kol Yachol* and can completely cure any person in any situation, and that is the main thing we should daven for. But there is a very big benefit if we also daven for all these details. First, it will help us realize how much the sick person needs and feel their pain. Second, our *tefillos* will take on a new light, as we realize how much power they have, and how precious they are to Hashem.

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



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# Chizuk Corner

Rabbi Y. Y. Friedman

We have discussed in the past few weeks the era of Moshiach. We spoke about how when Moshiach comes there will be much love in the world for everyone and especially for our Father, our King.

So while we are grabbing the diamonds that galus has to offer, I would like to give more insight into the days of Moshiach to give us greater excitement and anticipation for that special time.

Before we begin, we will give a disclaimer. We don't know exactly what Moshiach is going to be like and we don't need to know everything, but one thing is for certain. As Reb Yitzchok Sorotzkin once elaborated in a speech, that the chessed and rachamim that's going to spill out from Hashem is beyond our wildest imagination. It's going to be so amazing and gevaldig.

When one looks around the world and especially at their own personal life one can get a glimpse of the chessed Hashem as we say three times a day, "hatov ki lo chili rachamecha v'Hamiracheim ki lo samu chasadecha".

However, as much as we see now, it pales in comparison to what Hashem will do for Klal Yisrael when Moshiach comes.

I saw a nice Pshat in a kuntres by R' Pinchas Doppelt a novel explanation on the famous words of Hallel.

We say in the Hallel הללו את ה' כל גוים- שבחוהו" כל- האומים כי- גבר עלינו- חסדו. The gentiles will praise Hashem for all the chessed that he is doing for us when Moshiach comes.

The Meforshim ask: why will the nations of the world praise Hashem because of all the chessed that Hashem is doing for us?

So there are different approaches to answer this question, but he explains as follows.

Someone once exclaimed, "If non-Jews would know about all the organizations, gemachs, ho-

tlines, the Spring Hill Times and all the other wonderful chessed that goes on in the Jewish nation they would immediately convert.

I actually heard of a story where a non-religious doctor who came to Eretz Yisroel on a tour. Somehow during the tour the doctor was enlightened to all the different gemachim and organizations that were available.

The doctor was so impressed and inspired from this that he decided to do something huge. He decided to give an extremely expensive surgery for a Jewish child that he was supposed to operate on the following month, who lived in Eretz Yisroel, and he would do it free of charge.

Furthermore, although it was an exclusive type of surgery that the surgeons in Israel did not know, he graciously offered his services that the Israeli doctors could come and learn how to do this special unique surgery.

Getting back to the question says Reb Pinchas that when Moshiach comes, the world is going to demand to know what is so special about the Jews that

they get special treatment. Why do they deserve so much Chessed?

Perhaps we can say that at that time Hashem will give the rest of the world a glimpse into the greatness of Klal Yisroel.

1. He will show them Hatzalah, Chaveirim, Rccs, Chai lifeline, Echo, Bonei Olam, Bikkur cholim and all the other wonderful amazing organizations (that we cannot enumerate obviously as there is no room in this magazine).

2. Then Hashem will show them the wine gemach, the Schnapps gemach, the chair gemach, the table gemach, the A/C gemach, the crib Gemach, the baby accessory gemach and the hat brush gemach and the thousands of other gemachim.

3. Then Hashem will show all the different ho-





tlines that offer so much chizzuk. Like the Bitachon hotline, Regesh hotline, ask the Rebbe hotline, Hotlines about Moshiach, hotlines on almost any subject, hotline on giving people the fortitude to say no to the Yetzer hara and much much more.

4. Then Hashem will show all the booklets that offer so much chizzuk to the masses. For example The Spring Hill Times, Reb Meilich biederman, Rav Yisroel Brog, Toras Avigdor and much much more.

5. Then Hashem will show them “stories to inspire” that inspires hundreds of thousands and all the Kiruv organizations that invest so much time and energy into building people and launching them to continue on their own.

6. What about all the thousands of speakers and Rebebeim that give their nefesh to their talmidim and listeners. It’s literally mind boggling.

7. Then He will show them the trillions dollars that went out to Tzeddaka over the past seventy years which may not be an exaggeration. Then He will show all the trillions of chassadim that Klal Yisroel has been doing nonstop for the past seven-

ty years and throughout the galus without much fanfare and not expecting anything in return.

I remember when I was a teenager I volunteered to learn with a Russian younger teenager, and I bought him a snack afterward. I still remember the shock that he went through when he found out that I wasn’t getting paid. Perhaps that realization in itself was his turning point.

So when the world finds out about all this it’s very clear that at that point they will break into a song and praise Hashem for all the chessed that He is bestowing on us. After all they will then realize that Klal Yisroel deserves all the chessed and rachamim, for all the Rachamim and chessed that they have been doing throughout the galus,

The Passuk says ציון במשפט- תפדה ושביה -בצדקה. Chazal derive from this that Klal Yisroel will be redeemed in the zechus of Tzeddaka and Chessed.

Yes, we all should support all these amazing causes (especially the Spring Hill Times) and very soon we will hear the blast of the Shofar (if it hasn’t come yet while this article is being published) Amen.



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# Zichru Toras Moshe

Rabbi Moshe Hirschberg

## HAPPILY OUTBID



It was Shemini Atzeres, 5518, and the beis midrash in Michelshtat was filled to capacity. After Minchah, they would sell the kibbudim of the coming day, and no one wanted to miss it. As Minchah concluded, Chaim Speisner, Michelshtat's philanthropist, stepped up to the bimah and began the auctions.

Chaim opened the bids at a low price but in no time the prices were high. Matisyahu, an impoverished fellow, was determined to buy something, but as the auction went on, he was finding this rather challenging. Every bid he posed was outbid very quickly.

They were now bidding the final auction when Matisyahu turned to his neighbor, Baruch, and asked if he'd want to buy the kibbud together — the zechus of rolling the Sefer Torah. This zechus wasn't limited to Simchas Torah, rather anytime throughout the year that the Sefer Torah had to be rolled the winner would have that honor. Baruch agreed to put in five zehuvim, and if Matisyahu added five, they'd have a bid of ten — a sizeable bid, and they would share the honor.

When Matisyahu put in the bid for five, Chaim was sure that

Matisyahu couldn't afford it, so he put in a bid to outbid him. Matisyahu, though, kept going, and Chaim kept outbidding. This went on for a while, and Chaim started to suspect that Matisyahu was increasing just to get him to increase — with no intention of buying it. Chaim's anger started to seethe until, out of frustration, Chaim announced his bid as "one zehuv more than Matisyahu's possessions!" Hearing this everyone's jaw dropped. That ended the bidding, but it got the town talking.

## RIGHTFULLY OUTDONE

People were enraged at Chaim's brazenness and the humiliation caused to Matisyahu. Everybody besides Matisyahu was bothered. He went on with his simchas Yom Tov as though nothing happened.

He thought he'd escape the murmurs at his seudah, but nobody was able to talk about anything else! His wife and his guest were distraught, Matisyahu, though, assured them that he bears no grudge. "Every person is entitled to buy a kibbud," he announced. "It wasn't reserved only for me. And beside for that, I wasn't intending for my own glory; I was intending for Hashem's. By Chaim buying it, it'll bring in more money for the shul and thus allow it to grow and expand; that interests me, and nothing else." He then turned to his prestigious guest and asked, "Am I correct?"

"I believe that you're coming out winning," the guest ensured

Matisyahu. "On the one hand, you're getting s'char as if you'd bought it; and, you're also giving in, which itself is rewarding. Chazal teach us: 'Chishev laasos mitzvah' — someone who sought to do a mitzvah, 'v'neenas' — and was unsuccessful despite his efforts — 'maaleh ha'Kasuv ke'ilu asou' — the Torah considers it as though he performed it. So, in Shamayim, it's as if you'd bought the kibbud and fulfilled the mitzva. And on top of that, you gave in, which in and of itself is enormous."

After Yom Tov, when it was time for the guest to leave, he thanked Matisyahu and asking him what he can offer in return. Matisyahu requested a bracha for children (over the years Matisyahu's wife had six miscarriages). The guest ensured him a child which would leave him lasting generations.

"And what's your name?" asked Matisyahu. "When the yeshua comes, I'd like to express my hakaros hatov to you."

"My name is Eliyahu."

"Please hold a moment as I get something for your trip," Matisyahu requested. But by the time Matisyahu returned, the guest disappeared. There was no point in looking.

And as the tzaddik decreed, within the year, Matisyahu and his wife were holding their first newborn. They named their dear child Yitzchok Dov, and nicknamed him: Zeckel Leib. At a young age, he was known as a genius, using all his ko- chos for

Continued on next page



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Torah and mitzvos, and eventually became Reb Yitzchok Dov Wormser the famed Baal Shem of Michelshtat.

### THE DREAMER AT REST

A man once went to the Slonimer Rebbe, the Neivos Shalom, and said "I want so badly to do good, to finish Shas, to daven with kavanah, to give tzedakah, to go out of dgvmmy way for chessed. I want to live that life so badly. But I try and I try, and the yetzer hara interferes every time. Rebbe," the man started to cry, "I want to make Hashem proud, but I just can't win, I just can't. I'm a good-for-nothing. On my kever, they will write, 'Here lies the baal sheifos.'"

The Rebbe looked at this sad man and responded, "If I were to walk into a cemetery and see a gravestone engraved, 'Here lies the baal sheifos,' I would daven there more than any other grave!" (Adapted from The Parsha on Fire, by Reb Hil-el Eisenberg)

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](mailto:the.zichru.toras.moshe@gmail.com)



**By: Rabbi Zevy  
Golombeck**

**D**id you know, zugt Reb Yehuda Mandel, "Whenever someone compliments me, I say "shechinah medaberes mitoich groinoy," the shechinah is talking. When someone gives me criticism, I say that's just a nisayon from Hashem to see if I'm going to believe it or not."

When someone gives you a compliment you should believe it, because it motivates a person, and it helps a person grow and shteig. Reb Avigdor Miller said you should even thank Hashem that someone gave you kavod. Hashem sends it to give you kavod and be mechazek you to grow. You should appreciate it! When someone gives you criticism, don't take it to heart because it's just a nisayon from Hashem. If you take it to heart it will crush a person and make them have low self-esteem. It will bring out the worst in them and they will walk around feeling like two cents.

**YOU ARE  
SOMETHING  
MAGICAL**

When you walk around feeling like two cents then you become like two cents. Rather say it's a nisayon, and don't take it personally, and don't get insulted from that person. Just view it that it's the animal part of the person that's talking and when you realize it's the animal part and not the Neshama and that of course Hashem doesn't want you to feel like two cents, then you won't get insulted.

## *Gold Mines*

*Based on the teachings of Rav Yehudah Mandel*

**By: R' Baruch Rosenstock**

**T**he following pesukim from Dovid Hamelech are super powerful in helping you grow in Emunah and bitachon.

In Tehillim, Dovid Hamelech says "שׁוֹתִי - ד', I set Hashem before me always, כִּי - מִיְמִינִי - בַּל - אֲמוּט, he is by my right

hand, I will not fall. Dovid Hamelech continues and says that therefore he has the following feelings, לִבִּי - שִׂמְחָה - לֵכֵן, my heart is happy and my spirit is elated etc.

These pesukim are an amazing exercise to feel more connected to Hashem and this exercise is always available whenever you need it. Whatever situation you are in, place Hashem right in front of you and tell yourself, "Hashem loves me. He is holding my hand and He is going to take care of me."

Whenever you want to feel more settled and connected to Hashem, tell yourself "שׁוֹתִי - ד' - לִגְדִי - תְּמִיד. When you do this, you will have the end of the passuk, you'll feel so happy and joyful and you'll feel secure and confident.



Rav Yehuda Mandel

# Bitachon Weekly



וישלו יעקב- מלאכים

מלאכים ממש רש"י. Why did he send such שולחים דוקא? We can suggest בס"ד that יעקב knew how jealous עשיו was about בכורה יעקב and wanted to be boss in general. "I'm on top - not you!" This is always the problem when there is שנאת חנם and קנאה. So יעקב

showed him the power of being מצוות ומצוות. He told him לבן גרתי עם

..... and a person who does רצון ה' can become so great - more than a מלאך!

Part II

יעקב kept pointing out how the ברכות weren't but becoming great is up to you! Even without the כח of the ברכות a person can become so great that he can make מלאכים his שולחים and כמותו של אדם (the שליח is a טפל to the משלח) and indeed, יעקב overpowered a מלאך! "Why are you bothering with being great - ברכות and hating me for the ברכות?"

Part III

"What a waste of time and energy! Just do רצון ה' and you're way on top and bigger than מלאכים!" It's hard to know the אמת פשט in these פרשיות, but it does appear that during this meeting of יעקב ועשיו - יעקב was giving him messages רמז מוסר and עכ"פ בדרך רמז.

Part IV

elaborates to explain how יעקב sent different amounts of נקבות with different kinds of זכרים animals since every animal has different rules and needs when concerning how many females are necessary. עשיו was famous for his hefkerus in עריות. He ran away and kidnapped everybody's wife and he had no rules.

Part V

We can suggest בס"ד that יעקב was giving him מוסר בדרך רמז - look how even animals have rules in their physical habits - what about you? And the Slonimer רבי ז"ל said that when יעקב said הילדים לא תהיה לראשית לרגל - לא תהיה לראשית לרגל הילדים. He was telling עשיו not to be involved in the women of others - and to be a productive person which פרז and not an empty שדה (איש שדה) i.e. and person who goes (רש"י) (בטול).

Part VI

We notice again and again how יעקב keeps telling עשיו - I can go with you since I have to go slower because of the children. ואני אתנהלה - לא תהיה לראשית לרגל. ולרגל הילדים.

is the same idea - doing work and having children both symbolize productivity unlike איש שדה who was an איש ביטול.

וישתחו ארצה

Looking up to people, which we all do, isn't exactly the healthiest thing. You can easily become uncomfortable and afraid. People habitually look up to each other and adults can even look up to children if the children have something over them. This is the opposite of בטחון - you have faith in people instead of the הקב"ה. You need them and חנפה them, and admire them inappropriately.

Part II

And like ר' ירוחם ז"ל says - if you look up to them or bow down to them, then you'll have to continue doing so and all kinds of trouble is what such a person is heading for (צדיק מט- מפני רשע) because יעקב bowed down to עשיו, and עשיו was מצליח with מלכות before us. Being מכניע to people is ממש a curse, - ארור! 'חילול ה' and a הגבר- אשר יבטח - באדם.

Part III

We all need to look up to the הקב"ה and look down at people and stop "worshiping" them. They can't hurt you or help you מן הנברא אלא מהב"ע. These are the famous words of the חוה"ל. You may relax and enjoy and respect humans, but people get carried away and lose their אמונה בה. Who cares what people think!

Part IV

This requires lots of work, and I have to tell people to "farpock" each other for their own sanity! What's wrong with "yours truly"? Who says you aren't a better person? So much "paralysis" ר"ל and fear. Most people spend their lives in a self-imposed jail and they will never realize their potential.

Part V

They so desperately want to be considered nice and accepted, and they are constantly seeking approval from "nobodies" (every human is a nobody compared to the הקב"ה). They confuse basic respect with unwarranted fear and even awe since the world is loaded with praises about humans which can sometimes be more חסרון than a מעלה.

Part VI

Beware of שפלות which causes all kinds of ענוה פסולה and depression like self-hating Jews and anxieties. Relax! And appreciate your own greatness - especially where are you superior to others! There are people who every time they meet others they exercise feelings of inferiority.

Part VII

Those who work on their מדות make it their business to shteig with every encounter with those who scare them and they play down the unhealthy חשיבות and build themselves up. With time and regular practice they become new people בס"ד.





# Ahavas Yisrael

## The Chinuch Chaburah

R' Tzvi Moshe Schultz

Chasidim

- Rav Yisroel ben Eliezer, known as the Baal Shem Tov (or Besh"t, for short), lived in the first half of the 1700's. He lived in Ukraine, in the city of Mezhibuzh. He was the founder of the Chasidic movement.

- The following are some of the Baal Shem Tov's main teachings:

1. He was opposed to fasting and self-affliction. Rather, you should serve Hashem in joy. When you're sad, then it's as if Hashem is sad too. Even if you did an aveirah, you shouldn't be too unhappy. Just do proper teshuvah, and then be happy again.
2. Everything has good in it. Even evil has good in it. A tzaddik can recognize the good inside evil and draw it out. The Baal Shem Tov was understanding of backsliding Jews. He tried to find the good in them.
3. He put a strong emphasis on tefillah. This is something even an am ha'aretz can do. The Baal Shem Tov said: "All that I have accomplished, I have accomplished through prayer, not study." Chasidim would prepare a lot before tefillah. This became more important than the zmanei hatefillah. Also, it became important to daven with a tzaddik, who could help elevate your prayer.
4. The Baal Shem Tov emphasized the importance of spiritually purifying oneself by going to the mikvah every day.
5. A Jew should attempt to feel dveikus in Hashem in every little action that he does. Even the simplest deeds, if done with sincerity, can have tremendous significance.
6. You should daven and do mitzvos with joy. It should be a fiery ecstasy (hislahavus).
7. A tzaddik serves as a conduit to bring Hashem's closeness to those who could not otherwise achieve it.
8. He emphasized love: love of Hashem, love of all Jews, and love of Eretz Yisroel.
9. Chasidus reawakened Jewish longing for moshiach. Before then, it wasn't spoken about so much because of what happened with Shabsai Tzvi (who was a false messiah, who disappointed many people).

to be continued

### More Chinuch Opportunities:

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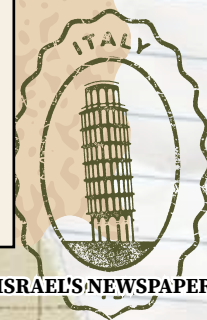
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By: Rabbi Chaim Tzvi Blau

# Bitachon Lower

## The Quote - The Lesson - The Story

**The Quote:** "No person has the ability to change Hashem's decrees. No one can add to them or detract from them even the width of a pinpoint. No one can make Hashem's decrees occur earlier or later even by one second."

**THE LESSON:** What makes this idea so incredible and amazing is that a Baal bitachon understands and realizes that he is totally totally in Hashem's hands and Hashem's Hand ONLY! He understands with clarity that no person can have any affect on him unless Hashem decreed. No one can harm or help him unless Hashem decreed! Everything happens punktluch Mamesh!

**THE STORY:** THERE WERE TWO FRIENDS whom we will call Dovid and Chaim. Dovid was a successful businessman who lived in America and his best friend Chaim lived in ארץ ישראל. They were constantly in contact and every so often they would visit each other.

Dovid was once visiting Chaim, who was married for thirteen years without children, and as he was leaving, Chaim asked him to daven for him and to get Brachos for him from גדולים in America. Dovid decided that since it didn't look like Chaim was going to have children, he was going to bring him down to reality and let him get used to the fact that he was not going to have children. He told Chaim that he cared about him, and he should probably get used to the fact that he was not going to have children, maybe he should adopt etc... basically, he should stop living in a dream.

Chaim responded that he was not willing to give up.

Dovid returned to the states and in the course of talking to his wife he mentioned the comment that he had said to Chaim. She got very emotional and asked him how he could talk to his friend like that, as it must be so difficult for him to wait to have a child. He told her that he did it for Chaim's good that he should be realistic and stop dreaming. She still felt that he made a mistake. Dovid said, "You know what, if he ever has a child I will sell my business and move to ארץ ישראל to learn in Kollel with Chaim."

Years went by and Chaim was still childless. Twelve years after this incident, Chaim, who was now married for twenty five years, had twins! Dovid's wife reminded him of his נדר and told him that it was time to close up shop and move to ארץ ישראל. Dovid said that he didn't really mean it etc...

They decided that Dovid will go to ask Rav Chaim Kanievsky ZT"l what to do. Dovid told Rav Chaim the entire story. He added that he was even willing

to hire someone to live in ארץ ישראל and learn so it will be as though he is living and learning in ארץ ישראל. Rav Chaim said that although normally it could be that annulling such a neder could work, in this case he should not. He has to sell his business and move to ארץ ישראל to learn. R' Chaim gave him a number of reasons. Firstly, he was getting on in years and may as well take advantage of his life and come to ארץ ישראל and learn.

"Secondly," Reb Chaim told him, "Maybe Hashem made them have children because Hashem wanted you to come to Yerushalayim to learn! The whole זכות קיום of these twins is so that you would come to ארץ ישראל and if you do not come you are endangering the lives of these children." וכך הוה...





# Ahava Rabbah

## Heart Sharing: Sharing our love with others

Everyone reading this article and your whole town should have Kulo Tov, Chessed, Rachamim, Ahava, Simcha, Briyus and all the Brochos that you desire!

I heard on the "Hashem Loves You" hotline- (267-833-0596) how we say in Shema: Shema Yisroel Hashem Elokeinu Hashem Echud. It said how Hashem Elokeunu (Din) and Hashem (Rachamim) are Echud one. Din and Rachamin is all out of love, out of one place, out of complete love for us. Whatever happens is love. I learned from Rabbi Golumbeck when something happens that we don't see the good, it is great for our Neshoma and if it didn't happen exactly how it already happened, it would be poison.

### Ahava Rabba! Pumping people up

Share how lucky we are that we have the Mitzvos. Show with tremendous love and excitement to the young ones, starting at age zero, how Hashem is so full of love and Chessed and we all are so lucky to do Hashem's Mitzvos. We literally get more than millions of dollars to do easy Mitzvos.

I was shaking Lulav and Esrog on the first days of Sukkos and I turned to my five and three-year-old nieces and I said to them: Look how much Hashem loves us. We do a little shake and Hashem rewards us with more than a million dollars. Look how easy it is to get rewarded because Hashem wants to give and give and give. I told them look: I shake the Lulav and boom I get a million dollars; I shake it again and boom I get a million dollars. Hashem makes things easy for us. My nieces were pumped.

Just imagine that someone would come over to you and say, "Shake this plant for a quick second and then I will wire a million dollars to your account." You would be smiling from ear to ear. That is how I feel with Hashem's love to us. Just say this Brocha and you get more than a million dollars. Say this Benching and you get more than a million dollars. Remember the six mitzvas Temidios and you get more than a million dollars.

Here is a song that helps me remember the 6 Mitzvos Temidios: Feel free to put in a place you will always see like the refrigerator:

Tune: Boruch Hu EloKeinu

Hashem exists - Hashem is here (1)

I do not believe in other G-ds (2)

Hashem is one and only one (3)

And I love you Hashem (4)

I am in fear (Awe) of you, Hashem (5)

Every single day,

I will not follow my eyes and heart (6)

And I'll follow the Torah way.

Hashem loves us and wants us to get reward!

We also talk about how we want to connect things that are going on to how Hashem loves us and watches us. A mother called me up and said that her child couldn't fall asleep at night and was scared to go to sleep. I shared with her a few grounding ideas to do before bedtime and shared with her how to discuss his fears. Then I shared, when she puts her child to sleep, she should stay in the room with him and sing to him about how much Hashem loves him, watches him, and protects him. She should sing a song that outlines what Heiny Lo Yanum means in English: Heinay Heinay Lo Yunum Vlo Yishun Shomer Yisroel. Henay Lo yoa-num Vlo Yishun Shomer Yisroel- Hashem is watching over you- He is protecting you, and loving you, Hashem is always at your side by night and day... Then go through family member's names (This is expansion-thinking about who else is Hashem watching). Hashem is watching over Moishy by night and day... Hashem is watching over Gitty by night and day... The child started to have no problem with going to sleep thank you Hashem!

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.

- Sending your friend 60 seconds of inspiration in the morning can change her whole day. Some mornings I will record a 60 second clip with a quick story of how I saw Hashem's loving kindness and I'll send it to a few friends!

- Share with joy how excited you are to do Mitzvos.



- Share with joy how much Hashem loves us and is protecting us.
- Tell people how you enjoy spending time with them for example "when I Schmooze with you, I feel so amazing inside". Or "playing with you is the best part of my day!"

### Song:

Ahava Rabba – there is a great love that Hashem shows us every day! I talk about it all the time to help myself remember it and the more I talk about it the more I feel it!

Tune: Achas Shualti : The Low part and the high part are the same words!

Hashem, I love you!

Hashem, I thank you!

Hashem- You give me to know end!

Hashem -You're my best friend!

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

### Feeling Hashem's Love!

Hashem is Mitzadei Gaver. Hashem plans the steps of man. I had an amazing story happen today.

*Years ago, I used to take care of a boy who had a special Neshama and down syndrome. I used to bring him everywhere with me. For years we went together to the post office on almost every Friday. There was this really nice lady who was there and would be extra kind to us. She would comment on how nicely he was developing and was always there with a smile a good word.*

*Over the years I would bring her little gifts and thank you notes to show her my appreciation. One day when I was at the post office, a few years ago, right before Covid, she shared with me that she is going to be retiring in a few months. I decided I would come back and bring her a little good-bye gift. However then it was closed due to Covid and when it re opened I came to bring it to her however she was no longer working there. I had no way to reach her or to let her know I always appreciated everything. From time to time, I would think about how I would have loved to thank her one more time.*

*Today, I was on my way home from the beach and I was passing by the post office and I was thinking, "Hashem I really want to thank her and say good-bye to her. I never got to thank her that last time." Then I*

*continued driving and I was passing ShopRite. I was thinking should I go to ShopRite now or should I not? I really wanted to get back to finish something before my next client came so I wasn't sure if I should stop for this errand but something was pulling me to ShopRite. So, I just said to myself, "Okay, I'm going to go now."*

*I walked into ShopRite and guess who was right there? This lady from the post office! I told her "I was just thinking about you a few minutes ago and wanting to meet you and I felt pulled to go into ShopRite and here you are". Then I thanked her and I Blessed her and I told her "You should be repaid you a were always so nice to us and you should have millions of blessings." She was smiling so wide and asked how the little boy (who is now a teen) is doing. What a HeartTsharing, Hashgacha, Hashem loves us story!*



***I took this picture in my walk! Can you think of twenty ways you can feel Hashem's love? 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.



# Sparks of Bitachon

PARSHAS VAYISHLACH | 5785 | ISSUE NO. 8

## PARSHA SPARKS

In Parshas Vayishlach, the angel turns to Yaakov Avinu and tells him, “Ki sarisa vatuchal,” (because you fought and prevailed), your name shall also be Yisroel, which comes from ‘sarisa,’ – you struggled.”

Harav HaGaon R’ Shlomo Kluger, zt”l, asks a question. Why is Yaakov’s new name Yisroel, reflecting his struggle with the angel? Wouldn’t it be more appropriate to name Yaakov ‘vatuchal’ which means that he actually won the battle? Shouldn’t we be focusing on the end result?

He answers that the Possuk is coming to teach us two important lessons in Bitachon.

1. Hashem put us into this world for the purpose of trying, for putting in our efforts. Yaakov’s greatness was in the battle, not the victory. Our success, as well, lies in the struggle - and not in our results, outcomes and accomplishments - which are HaKadosh Baruch Hu’s department.
2. The Torah is coming to teach us that the reason Yaakov was able to prevail, Vatuchal, is because he knew his mission was only to try. The actual result of his effort was almost irrelevant because results and outcomes are up to Hashem. It was because of this mindset that he was successful.

## STORIES WITH A SPARK

*My child was struggling scholastically in school so we hired a tutor to work with him during class time. My son was so shy and uncomfortable, however, and every time the tutor came, he would make a huge fuss and refuse to go. I was desperate to get him the help he needed but I felt my hands were tied. I knew that I had done my part and I reminded myself that Hashem is the One in charge of all results and accomplishments.*

*A few days later, my son came home from Cheder and he told me, excitedly “Mommy! The Menahel called me out of class and told me that*



*he wants to start learning with me a few times a week! I’m so excited! It’s so much fun to get called out of class to go learn with him!”*

*This arrangement came out of the blue and my son experienced a huge turnaround! His excitement and self-esteem skyrocketed, and he started succeeding tremendously!*



# Q&A

## No Time to Think About Hashem

**Q** *The Mesilas Yesharim says that the Yetzer Hara is always making us busy so we do not have any time to think about Hashem. Baruch Hashem, I am the mother of a large family. I am busy round the clock taking care of each of my children's needs, and I do not have a second to think. What can I do?*



**A** You do not have to stand still in order to think. You can be hustling and bustling while still including HaKadosh Baruch Hu in your thoughts and actions. Remember, you need Hashem for everything you're trying to do. When you dress your children, say, "Please, HaKadosh Baruch Hu, I need Your help to dress them." When you send them off to school, say, "HaKadosh Baruch Hu, please help my children arrive safely and be successful in school." When you're preparing meals, say, "Hashem, please help my children enjoy breakfast, lunch and supper."

By doing this, you are bringing Hashem into your life, and living with Him in the most tangible way!

## Difficulty in Achieving Bitachon

**Q** *I've always put a lot of effort into working on Emunah, Bitachon and Menuchas Hanefesh, but I know I'm very far from attaining my goal. I find myself getting very disheartened.*

**A** The reason you feel so discouraged is because you think your job is to achieve results. You must understand that Hashem does not demand results - He just wants you to try. Every Neshama has its own unique mission in this world; and some people can only fulfill their Tikkun HaNeshama by working hard without seeing the fruits of their labor. It gives HaKadosh Baruch Hu a tremendous nachas ruach when a Yid keeps trying to do his best despite the fact that he is not getting the satisfaction of seeing results.

Certainly, a person must believe that *ישועת ה' כהרף עין*, that Hashem can inject the feeling of kirvas Elokim into your heart in a moment. Nevertheless, in your current situation, your efforts are your accomplishments.

In addition, your frustration at your lack of achievement serves as a kapparah for your aveiros.

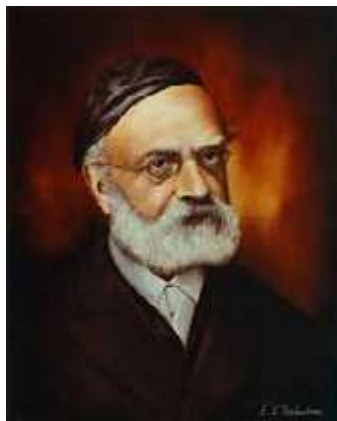
**Sparks  
of  
wisdom**

**“ When a person does not become broken from challenges and hardships, he has succeeded in accomplishing the primary purpose for which he was born. ”**



## בשבילי הרב שמשון רפאל הירש זצ"ל

פרשת וישלח תשפ"ה



ויותר יעקב- לבדו ויאבק -איש עמו- עד עלות-השחר: וירא כי- לא יכל -לו ויגע בכך- ירכו ותקע כף- ירך יעקב -בהאבקו עמו (פ"לב פ"כה כו)

על כן -לא יאכלו בני- ישראל את- גיד הנשה וגו' (פ"לב פ"לג)

מספרת לנו התורה על ההכנות שהכין יעקב עצמו וכל משפחתו למפגש עם עשיו אחיו. אך מפסיקה התורה ממש לפני שפגש יעקב את אחיו לספר לנו על ההאבקות של יעקב עם האיש שהוא שרו של עשיו,

ומספרת לנו התורה שאמנם האיש לא יכל לו, אבל מההאבקות עם האיש נשאר יעקב צולע על ירכו.

וצייתה לנו התורה " על כן -לא יאכלו -בני ישראל- את גיד- הנשה "

מבאר רבינו מה כוונת התורה ללמדנו בסיפור הדברים.

אמנם יעקב קיבל את הברכות אבל עשיו לא היה מוכן לוותר והכין עצמו למלחמה. מלחמה על החלק הגשמי שיעקב קיבל. שרו של עשיו פגש את יעקב בניסיון להכות את יעקב בירכו ולהפילו ארצה, כלומר למנוע ממנו כל שימוש בכוחו החומרי שלטענת עשיו שייך אך ורק לו, יעקב נלחם והוכיח לשרו של עשיו שיעקב נשאר בדרגת יעקב גם עם החומר והגשמיות שלקח לכאורה מעשיו,

אבל כן הצליח האיש להכות את גיד הנשה שכוונתו גיד הכניעה, החולשה, שאמנם יעקב נשאר עומד על רגליו, אבל לא בחוזק כאדם בריא. אלא כ"צולע" כלומר משתמש בחומר ובגשמיות. אבל לא זה עיקר השימוש והכח. עיקר השימוש והכח של יעקב הוא הכוח הרוחני בעבודת ה', ואילו החומר רק משמש כעזר. בשונה מעשיו שעיקר הכח ועיקר הקיום זה גשמיות וחומר יציבים וחזקים.

מבאר רבינו לימדה אותנו התורה. ונצטוינו לדורות לא לאכול את גיד הנשה שתמיד יזכיר לנו שבכח החומר והגשמיות בעולם אנחנו "צולעים" כיעקב אבינו שאמנם צלע על ירכו אבל עם כל זה תמיד נשאר קיים ותמיד הולך ומתחזק ברוחניות ועבודת ה' כי היא באמת הכח הנצחי והחזק, וכך יעשה יעקב במשך כל שנות גלותו את דרכו בצליעה. כלומר הקיום של עם ישראל והחזק לא באים מחוזק החומר והגבורה הגשמית. אלא בכח הרוח שמנצח את כח החומר בעצם היותו כנוע וחלש חומרית.

ולכן הפסיקה התורה בסיפור ההאבקות של יעקב בשרו של עשיו. שבסופו נשאר יעקב צולע. שזהו המסר שרצה יעקב להעביר לעשיו. אמנם עשיו הופיע עם ארבע מאות איש חגורים ומוכנים למלחמה. אבל הראה יעקב. אנחנו לא נלחמים עם חומר. ואתה עשיו עם חומר לא תנצח. וממילא ישכך כעסו של עשיו שבעצם יבין שיעקב קיבל את ברכתו המגיעה לו שעיקר עניינה זה הרוח. וקצת החומר שנלקח מעשיו בעצם לא גורע מהמהות של עשיו.

והלימוד שנמסר לנו הוא שאם יעקב נופל חלילה, זה לא כי חסר ליעקב כוח גופני. אלא מחסור ברוחניות.

ואם יעקב מצליח, זה גם לא בגלל הכוח הגפני. אלא בגלל הרוח.

זה יהיה תמיד לזכרון שתתלה את נפילתה וצרתה ברצון ה' ולא מחוסר צבא חזק או חומר גשמי.





**BS"D**  
**NKasf HaNekudos**

**YUD IS FOR YESHURUN**  
**(Parshas Vayishlach)**

**By Mrs. S. Mordechai**

*Yaakov Avinu's name starts with the letter Yud, as in Yid and Yirah. Yud is like the spark of G-d in every Yiddishe Neshama.*

*The second letter in our third father's name is Ayin for sight. Yaakov was an Emesdig Ish Tam who could clearly see wrong from right.*

*An os Ayin, his brother Aisav also claimed. While Yaakov fixed his eyes on good; for all that was ra, Aisav was famed.*

*Yaakov's third letter, Kuf, must reach down where Erliche Yidden would rather not go, but Yaakov Avinu taught us to live in galus while focusing on Ayn Od Milvado.*

*Yaakov's last letter Bais is large enough to hold all that is Tov. There is a home for all Yidden in the House of Yaakov.*

*It was pitch black outside when Yaakov crossed the Yabbok stream. As he stood at this threshold, it must also have felt dark bifnim.*

*The River Yabbok shares the letters of Yaakov's name; missing the Ayin, the eyes. As the long, daunting night loomed before Yaakov, his doubts began to rise.*

*Even more than his fathers, Yaakov*

*had been given an awesome tafkid! Would he have the faith and tenacity to fulfill the will of Hashem and succeed?*

*Would his children have Yiras Shomayim and honor Kail Shakai's every command? Would B'nai Yaakov be worthy of dwelling in the Promised Land?*

*Would Yaakov be able to bring kedusha into the mundane? Would his efforts to build the heilige nation of the Shivtei Ka be in vain?*

*Dispersed among hostile nations, would his progeny survive? Would the Torah and Mitzvos of B'nai Yaakov, through the millenia, thrive?*

*As he crossed the Yabbok River for some kaylim to find, these were the questions that preyed on Yaakov's heart and his mind.*

*Back and forth, deep in thought, the Yetzer Hara stirred his suffaik. Then Yaakov was challenged by an ish, a malach, the sar of Aisav and Amalaik.*

*Through the ominous night, Yaakov and the ish hItabku, with the Yetzer Hara trying to weaken Yaakov's dveikus to HaKadodsh Baruch Hu.*

*As at every challenging moment; to Hashem, Yisborach, Yaakov would turn. He remembered that he is the aish and Aisav and Amalaik are the straw that, in the future, will burn.*

*Yaakov was victorious over the malach by dawn.*

*His fears and doubts were, Chasdei Hashem, obliterated and gone.*

*This encounter was a pivotal event. Yaakov would never be the same. The ish blessed him and told Yaakov, Yisrael would be his new name.*

*Here at the River Yabbok the Yud of Yaakov reached to meet the Divine, face to face. "I turned to G-d," Yisrael Avinu said and "Peniel" he named the site of this cosmic nais.*

*"They will turn to Hashem," others called the place; "Penuel," with the letter vav. We too can conquer our fears and doubts by drawing down Hashem's love.*

*Yisrael Avinu guided his nation on HaDerech HaYashar, with the vision of his Ayin. Gazing heavenward, the House of Yaakov will eternally claim the Yud of Yeshurun as our Saviors ascend Mt. Zion.\**

*\*(iyH soon!!).*

*With Cosmic gratitude to Hashem, Yisborach for all that is Tov and R. Yitzchok Kaufman (The Spring Hill Times;) R. Zev Golombeck (The Bitachon Hotline;) R. Aaron L. Raskin (Letters of Light: The Meaning of the Hebrew Alphabet- From the Sichos in English;) R. Reuven Chaim Klein (Ohr Someach: "What's in a Word? Jacob's Three Names;") Artscroll (Schottenstein Editions: Parshas Vayishlach: Text and Commentaries, Siddurim, Tehillim; The Milstein Edition: The Later Prophets Ovdia 1:21: text and commentaries;) and EK, SN, R. S S, SF, LJ, JF, CYS, AU, MM, DD, AG, CDS, and RD.*

# Warm Up Your Heart

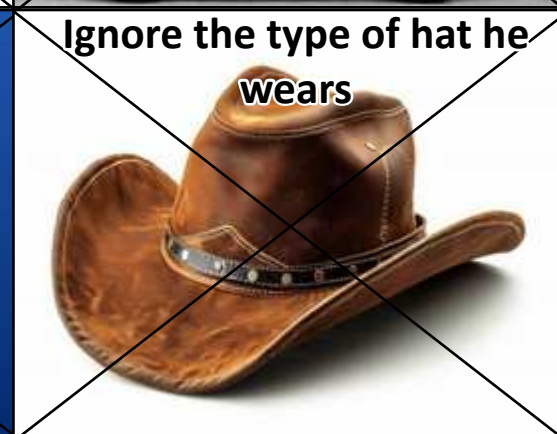
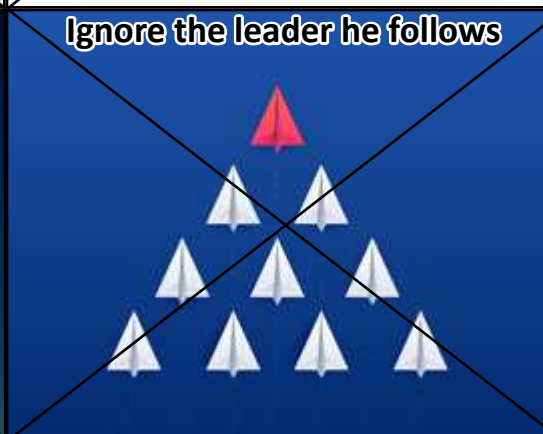
# With Ahavas Hashem!



# CRYSTAL CLEAR VISION



## WHEN YOU SEE







## ANOTHER YID:

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



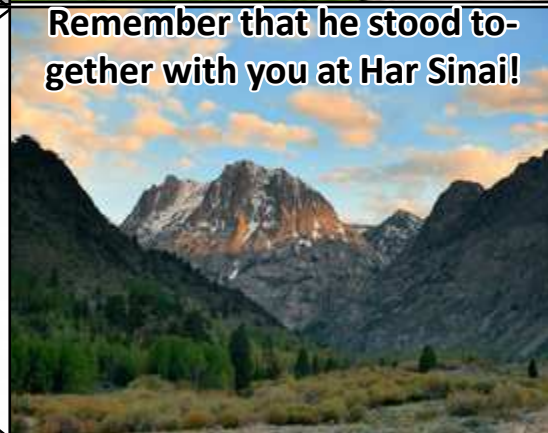
**Remember that he is  
your other half!**



**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

**#1878:** This story was called in by a very, very choshuva yungerman by the name of R' Yanky Pfeiffer. He had deposited a business check into his bank account and was waiting for it to clear so he could use the money. Whenever he had deposited such a check in the past it had taken at least a week or two to clear. After a reasonable amount of time, he called up the bank to check if the funds were available, but the check still hadn't cleared.

He decided to go to the bank in person to check what was going on. "Yes, this type of check takes longer to clear," said the teller. "I realize it's taking some time. I'm sorry, we're not able to give you anything earlier. You need to wait at least another week."

"I really need the money now," thought R' Yanky, leaving the bank. "What should I do?"

Then he had another thought, "One second. Who's in charge of making sure this check clears? It's HaKadosh Baruch Hu, the Ribono Shel Olam. So if HaKadosh Baruch Hu is the One in charge of making the check clear, then just because the bank says it takes a week, it HAS to take a week? Who needs the bank to make it clear? All I need is Hashem. He's a Kol Yachol. He can do anything and everything."

As he was pulling out of the parking lot, he suddenly got a call from the bank! "You're not going to believe what just happened," said the bank teller on the other end of the line. "From one minute to the next, your check just cleared! We have no idea what changed, but you can come back to get your money!"

R' Yanky happily parked his car again and went back into the bank. In no time, he got all the money he needed with the best service, better than ever!



**#1879:** This story was called in all the way from England by a Mrs. Rosner.

One morning, she traveled to the beach, bright and early, and there was nobody around. She wanted to use her phone, but the battery was dead. There was a charging station near the beach, but it wasn't working. "I know why it's not working," she thought. "The end of the wire has grains of sand – it's probably keeping it from connecting to my phone."

She tried cleaning up the sand and plugging it into her phone, but her phone did not begin charging. "I don't know what do," she thought. "I need to use my phone, but I won't be able to, unless it starts charging."

Then she caught herself. "One second, do I think I have to





connect my phone to a charger in order to get it to work? I have to connect myself to HaKadosh Baruch Hu, the Ribono Shel Olam. Let me sing some songs of Emunah and Bitachon." With that, she started singing softly to herself, connecting her heart to the words in order to strengthen herself in Bitachon.

After a few songs she decided to try again. This time, the phone started charging immediately. In a short while she was able to make her phone calls, with the best service, better than ever!



**#1880:** This story was called in by a Mrs. Melovitsky, who said that she and her family were traveling to Monsey to visit their bubby and there was bumper-to-bumper traffic. The car was not moving and her three small kinderlach sitting in the back were getting impatient.

"Mommy, we're not moving," they complained. "How come we can't go anywhere? Why are we just staying in the same place?"

Mrs. Melovitsky turned to her children and said, "Shayfala, bubala, do you know why we're not moving? It's not because there's a car in front of us. It's because HaKadosh Baruch Hu doesn't want us to move. Do you know who's in charge of making us move? Hashem. And do you know, in one minute we could start moving? All we have to do is remember to turn to Hashem and say, 'You're the Kol yachol.'"



They started singing Rabbi Ephraim Waxman's niggun, thinking about the words of the song, reminding themselves that Hashem was loving them, taking care of them, holding their hands, and watching over them every step of their lives. Within a matter of seconds the whole highway mysteriously and suddenly cleared and the thickly-crowded cars vanished. They couldn't even explain where all the cars went. For the rest of the trip there was simply no traffic at all and they were able to drive straight to their bubby's house. They arrived in record-breaking time, with the best service, better than ever!



**#1881:** This story was called in by a very, very choshuva yungerman, R' Yossi Nass. He was trying to use his phone, but it kept dropping calls. Whenever he tried dialing out and whenever anyone tried to call him, the call would connect, briefly, and then the phone would simply hang up. He tried turning off his phone and turning it back on. He tried removing and replacing the battery, but to no avail.

R' Yossi was so frustrated! "How in the world do I get my phone working?" he wondered. He couldn't think of anything else to try.

Suddenly, he caught himself. "One second, what am I doing? I'm turning the phone off, turning it back on, trying all different tricks, Al Pi Teva. Why don't I call out to HaKadosh Baruch Hu the Ribono Shel Olam? I'm just going to say, Hashem, You're the one in charge of making my phone work - not turning it off, turning it on, or starting it anew. It's You, Hashem only You. You're a Kol Yachol. You can do anything and everything; and I'm leaving it up to You."

Then R' Yossi tried the phone once more. This time it started working! And, Baruch Hashem, from then on the phone worked better than ever!





# The Spring Hill Times

## Bulletin Board



**Smile!**  
**Hashem is at your side**

### Sheimos Alert

In the Vayeira issue (170) page 20 there is a shem Hashem in English.

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.

**NEED A BURST OF ENERGY?**



**THINK ABOUT HASHEM!**

## CALLING ALL KIDS!

When the Yavanim came, the Yidden had to hide,  
Their sacred books and scrolls, tucked away inside.  
But out came the dreidels, a clever disguise,  
Spinning and playing, with faith in their eyes!



Now it's your turn to create and play,  
A dreidel from things you find today.  
A bottle cap, a pencil, some tape or glue,  
Add letters and decorations—your dreidel will shine through!

Spin it, twirl it, let the fun begin,  
The best dreidel maker gets to win!



**ALL ENTRIES WILL BE PLACED INTO A RAFFLE FOR A CHANCE TO WIN A SPRINGHILL TIMES NOTEBOOK!!**

### INSTRUCTIONS:

Create a dreidel out of things around the house! Entries can be emailed to [funatthespringhilltimes@gmail.com](mailto:funatthespringhilltimes@gmail.com) or mailed to 499 Brewers Bridge Rd, Jackson Township, NJ 08527. All entries must be submitted by December 20, 2024. Please submit the below information with your dreidel. Select entries will be featured in the magazine.

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone Number (\_\_\_\_) \_\_\_\_\_  
Address \_\_\_\_\_ Short description of your project \_\_\_\_\_



# The Bitachon Perspective

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

**Q. I put in a lot of effort in working on my bitachon and menuchas hanefesh, but I feel that I'm still very far from living with true emunah and bitachon. This makes me feel very disheartened.**

A. The reason you're tsubrochen is because you think that your job is to achieve results. Understand; Hashem does not demand results. He just wants you to try. Every neshama has its unique mission in the world. There are some people who fulfill their tikkun hanesama by having to work hard without seeing the fruits of their labor. It gives Hakadosh Baruch Hu a tremendous nachas ruach when a yid still tries his best despite the fact that doesn't have the satisfaction of seeing results.

Certainly, you should believe that 'ישועת ה' כהרף עין, and in a moment, Hashem could inject into your heart the feeling of kirvas Hashem. But in your current situation, your efforts are your accomplishments.

And your frustration of not being able to achieve, serves as a kappara for aveiros.

**Q. I was recently diagnosed with yeneh machlah, lo aleichem. A friend of mine heard about it and tried giving me chizuk. He told me, 'If you have absolute bitachon, you will have a complete recovery'.**

However, instead of becoming relaxed, his words caused me to become full of anxiety. Now, I feel that my fate is in my hands. If I don't recover, I am to blame, because that indicates that I did not have enough bitachon.

A. One of the concepts behind bitachon is that Hashem wants us to live with menuchas hanefesh.

If you find that the concept your friend told you is causing you stress, that is not the concept you should be living with.

Instead, you should tell yourself a chizuk that will give you more menuchas hanefesh.

You may choose to tell yourself the words of Dovid Hamelech: טוב ה' לכל, ורחמי-ו על כל מעשיו. Hakadosh Baruch Hu is the epitome of goodness. He's running a perfect world, and everything that happens is coming from Hashem's love and rachmanus.

Whenever something happens to us, it's because Hakadosh Baruch Hu wanted it to happen, and it's exactly what we need for our tikkun hanesama.

Internalizing that everything that happens is orchestrated by our loving Father can enable you to achieve true menuchas hanefesh and help you build a healthy relationship with Hashem.



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*

**Chazal say that the biggest mitzvah is Talmid Torah (utalmid Torah kneged kulam). The seforim tell us that bittul Torah is also kneged kulam. How am I supposed to live bmenuchas nefesh knowing that if I shmuz for one extra second, space out a little or enjoy myself too much, I'll get a terrible aveira and gehenim?**

The first point, as my Rebbe gave over to me as a mesorah from his Rebbeim, is the yesod that the point of every Chazal is only to motivate you to become a bigger, better, happier, healthier person. To bring you more menuchas hanefesh and simchas hachaim. to give you a healthier connection to Hashem. So if learning a chazal does that, then it's beautiful. But if you're learning a particular Chazal and it's doing the opposite, then obviously that Chazal (as you understand it) is not for you.

The point of this world is to have a healthier connection to Hashem and to view Hashem as a loving, caring Father. If you start misinterpreting Chazal and view Hashem as a policeman with a stick in His hand and if you do one thing wrong He's out to get you, if that's your picture of Hashem, then that Chazal is not for you, because that's the opposite of avodas Hashem. **The opposite of having a relationship with Hashem is to be scared of Him and be frightened and be nervous and anxious. It's not going to want to make you get closer to Hashem, it's going to make you want to get further away from Hashem.** Chazal only want you to become closer to Hashem, not further away from Hashem.

Bottom line is that **the point of every Chazal is only to motivate you** and only that you should walk away with positive feelings and positive emotions. If it's doing that and it's teaching you how exciting Torah is and how important it is, and you walk away with positive feelings, that's amazing. But if you're walking away anxious, a bundle of nerves, and scared and worried, then obviously that Chazal is not for you. The yesod and point of yiddishkeit is only to motivate you to have a healthier connection to Hashem and to view Him as your loving, caring Father, not someone who's scary and frightening and out to get you.

The second point is you have the right ratzon and the right lev. When you have the right ratzon and you have the right lev, that itself gives you the highest level of avodas Hashem. Because **when you want to learn and you want to do the right thing, Hashem says: that's what I consider avodas Hashem and I'll give you machshava k'maisa.** You want to learn? Boom, it's as if you did it. You don't want to waste your time? Boom, it's as if you didn't waste your time.

That's why R' Avigdor Miller says that the Chovos Halevavos name his sefer Chovos Halevavos, the chov of your lev, because the ikar of yiddishkeit is your lev. Hashem looks into your lev. And that's why the arba minim the esrog is k'neged the tzaddik. And it says the esrog is k'neged the lev. Why is the esrog k'neged the lev and the tzaddik? To teach you that Hashem looks and dans you where your lev is. It's where your ratzon, where you're caring, where you're trying. And an esrog, as my Rebbe points out in his kuntres Bitachon Weekly, has a lot of bumps. Even if your actions you fall, but you get back up, you fall you get back up, you fall you get back up, that's not an issue, that's not a problem. The ikar is your lev. That's why an esrog is bumpy and it also resembles the lev. Your actions can be up and down, but your ratzon, you have a good ratzon.

That's point number two, that you should pat yourself on the back and say: okay, after I saw this Chazal I have a good ratzon, I want to learn, and I see how important it is to learn and I don't want to waste time. Boom, now Hashem considers as if you were mekayem that Chazal.

Point number three is zagt HaRav HaGaon HaGadol R' Avigdor Miller zt"l, what's the whole yesod of Torah? Why did Hashem make the Torah? **The Gra in his pirush on Mishlei says that the point of Torah**



**is to be mechazek and bring you to more emunah and more bitachon. So if that's the point of Torah, so it comes out that the greatest form of Torah is the Torah of emunah and bitachon.** Therefore, zagt R' Avigdor Miller, what are you worried about? You're going to enjoy life, you want to relax, you want to rest up, you want to enjoy this world. Well, if you enjoy the world in the right way of feeling loved by Hashem, feeling cared for, watched and protected, that's part of the Torah of emunah and bitachon.

R' Avigdor Miller was very into taking exercise, eating properly, keeping yourself and your body healthy. Zagt R' Avigdor Miller, if you take a walk and you walk around and look at the beautiful flowers, all different colors, and you say: wow, Hashem, all different colors it makes the world colorful so I should feel loved – that's called Torah and that's called Toras emunah and not only do you get talmud Torah k'neged kulam, but that's more chashuv than all the other learning. Do you know why? Because the whole point of Torah is to bring to emunah, the whole point of Torah is to bring to bitachon, the whole point of Torah is to make you feel loved, cared for, watched and protected. **So if you enjoy this world in the right fashion, in the correct way, you can turn it into Torah and turn it into the best Torah because all Torah is to bring to emunah and bitachon,** all Torah is to make you feel loved, cared for, watched and protected.

This is a very important point. Of course, enjoy this world and enjoying this world will gufah make it that it will be considered talmud Torah and you'll even get sechar more than talmud Torah, because that's the highest level of talmud Torah – Toras emunah and bitachon.

Another important point to note, that the Chofetz Chaim once wasn't able to learn a whole year because he overworked himself, he overworked his body and the doctor said that he can't learn for a whole year. And the Chofetz Chaim for a whole year couldn't learn. Couldn't learn iyun, couldn't learn gemara. The Chofetz Chaim listened to what the doctor said. And not only did he grow from this, because from then on he took care of his body – he ate properly, he slept properly – but in his yeshiva he made sure to turn off the light at night and tell the bochorim that they have to go to sleep. Because he said that **relaxing your body, that's also what you need to learn. That's not called bitul Torah, that's called learning.** It's called bitulah k'dei l'kiyuma. And look what the Chofetz Chaim produced!

He produced the Mishna Berura, nowadays everyone's repeating over the Chofetz Chaim's Torah. Why? Because he knew the healthy balance. He knew that you have to learn, but you also have to take care of your body. You have to rest properly, eat properly.

So you see that everything can be done in a healthy balance. You can enjoy this world, feel loved, and realize that you're enjoying this world gufah to relax and to help you learn. Not to overwork your body, not to learn every second, to have a burden.

They asked R' Chaim Kanievsky, how come you don't snap from learning too much? You learn every second. **R' Chaim Kanievsky said, I can't snap from learning because Torah is delicious!** If a person is learning every second it's an ol, it's a burden, it's a pressure, it's a lachatz, he's doing it in an unhealthy way. **That's not avodas Hashem, that's called avodas yetzer hara.** That can cause burnout, that can cause him to lose his cheshek in Torah. And therefore, don't get fooled by the yetzer hara that he could make you think that you're someone who you're not. You can learn about all these gedolim in books, you can learn how all these gedolim learned every second, **you have to know the truth, you have to know reality, you're not R' Chaim Kanievsky, you're not R' Elyashiv. Your body can only handle who you are.** Therefore, a person has to realize that learning has to be geshmak, learning has to be fun, be freilich, it has to be b'simcha, it has to be that it's not taking an emotional toll on your health – emotionally, mentally, physically. That's also another very important point to note.

And then, one more point to note that the Rosh Yeshiva of Yeshiva HaKedosha Beis Medrash Govoha Rav Malkiel Kotler shlita told me that he met a yid who went to a shmuz from R' Chatzkel, the mashgiach of Ponevezh. And R' Chatzkel was very into saying over all these Chazalin that sound so scary and frightening. He was very into yirah and din, onesh and gehenim. And for R' Chatzkel he loved yirah, din, onesh and gehenim, because for him it motivated him and it made him feel that Hashem's his loving, caring Father Who wants his neshama to be clean. He viewed din, yirah, onesh and gehenim as love, a kiss and a hug, because he viewed it as soap and shampoo. He viewed it as a cleaning process. It's like taking a shower. R' Chatzel got motivated by these things. But this yid who went to the shmuz got very pale and he became anxious. It turned him off.

*Continued on page 58*

He was walking



# Hashem Loves You

I heard a Rav named Rav Yoel share that he was driving with his wife and kids from California to San Diego to Lego Land, a fun place for kids. On the hour long trip, his kids were fighting with one another, and the situation was escalating very quickly. “YOSSI TOOK MY ARM REST! AVRUMI KICKED ME!” etc. Things were going from bad to worse. The youngest child was screaming at the top of his lungs, and it was impossible to drive or concentrate on the road. Rav Yoel exited the highway at the nearest exit, and asked all of his kids to quietly exit the car. They silently left the car and sat down on the nearby grass.

“We have two choices”, Rav Yoel explained, “Everybody can either say what the other one was doing wrong, and blame someone else. That’s the long way to fix this problem. Or everybody can say out loud what they themselves were doing wrong, do Teshuva, and then we will be quickly back on route to Lego Land.”

At first there was complete silence. After a few long moments, Avrumi, one of his children, spoke up. “I kicked Yossi. I’m sorry.” Another child followed suit. Soon, everybody was apologizing for what they did. And then, Rav Yoel’s Rebbeztzin screamed, “LOOK! LOOK!” Rav Yoel turned around, and saw all of his children hugging each other! Rav Yoel grabbed his phone, and took a picture. After the trip, he printed this picture as a large poster and hung it in the playroom to show his family that true Shalom and real harmony is not just a dream, but a true reality!

As we say in our Sefer Hashem Loves You (available by pressing 9 on the Hashem Loves You Hotline), ‘If you believe in Machlokes, then believe

as well in everlasting Shalom, because Hashem Himself makes Shalom in His Upper Chambers and will make Shalom for us and for all of Yisroel.’

My Bubby, ZT”L, was a Tamidah of the legendary Sara Schenirer ZT”L, who started the first Beis Yaakov school for girls. I was present the day before Bubby was Nifteres, when she was in a very deep sleep and unconscious state, and could no longer speak. We sang for her the words ‘Oseh Shalom Be’Mromav Hu Yaaseh Shalom Aleinu Veal Kol Yisroel’, and she suddenly, shockingly and miraculously responded ‘Veimru Amen!’. We were beyond stunned. She hadn’t spoken a word in a really long time and we couldn’t believe that her Neshama was actually listening and responding. Those

were her final words on this earth. At her Leva-ya I said over this story and there was not a dry eye in the room. We all felt how real and true it is that only Hashem Himself makes Shalom in His Upper Chambers and how only Hashem Himself makes Shalom among us and among all of Yisroel.



Rav Zevi Golombeck Shlita shared a recent Yesod from Rav Yehuda Mandel Shlita on his famous Bitachon Hotline that speaking positive ‘lies’ is far better than speaking any negative ‘truth’. He told over a story of a Yungerman who had extreme challenges in the area of Shalom and dealing with ‘difficult people,’ who kept saying positive lies and was shocked to actually witness his own positive words becoming true! The ‘difficult person’ in his life became his best friend!

Hashem gave us great power to partner with Him and create lasting Shalom in all situations!!

**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

### Yeshua Comes



Dear Spring Hill Times,

Over Yom Tov, I needed a yeshuah. I worked on my emunah and bitachon and davened during the hakofos in shul. I knew that it was a very big time then when all the Yiddin are dancing and rejoicing with the Torah. Also the Aron Kodesh was open which is also a big eis ratzon. I kept repeating over and over again that if I get the yeshuah I'm going to publicize it in the Spring Hill Times, and B"H I got the yeshuah!

Keep up your holy work

We get tremendous chizuk from your newsletter every week!!

-A reader, Lakewood, NJ

### Clean Batch

I work as a mashgiach in a restaurant in Englewood NJ. Part of my responsibility is to wash and check all the fresh vegetables before the restaurant serves them to customers. If there is any infestation and washing the veg-

etables three times doesn't get the bugs out, I have to throw them out.

It's disheartening to work for hours and in the end have to throw stuff out. In addition, the restaurant owner is usually not too happy and neither are the other kitchen staff. I have to throw



stuff out every once in a while regardless of how hard it is.

Recently, I had a hard time with spinach. One week, I threw out an entire case due to a worm infestation. The next week, I had Bitachon and after working harder than I usually have too, I was able to save most of the case of spinach.

The next time I got spinach, I said to myself I will publicize it in the Spring Hill Times if I don't find worms or bugs. B"H I only had to re-rinse one batch for something I wasn't 100% sure about and everything else was fine! hodu la'Shem! Thank you so much for the Spring Hill Times

-A Reader

### Shul Boys

Dear Editor,

In a very special place in Monsey, NY, called Kiryas Radin an amazing phenomenon took place! There were 4 boys who were

friends, M. B. E. and R. It was hard for them to sit in shul on shabbos, especially when it's so

beautiful outside and there are so many games to play!

One Shabbos, the author of the Ahava Rabba column was visiting, and she explained to all the boys what a impact it makes in shamayim when young boys go to shul. By every Amen they say and every Amen Yehei Shmei Raba, the malachim are dancing!!!! Even if a boy sits in shul quietly without doing anything, their neshama is enjoying every minute! They are getting millions of ruchniyus dollars for every trip to shul! Those boys headed straight to shul and they became SHUL BOYS!!!

Sometimes they go for a few minutes, sometimes they go for an hour or more!!! On Rosh Hashana and Yom Kippur - those boys were found in shul!

Anyone can become a SHUL BOY today! All they need to do is go into a shul and sit quietly and say Amen and Amen Yehie Shmei Raba!

-A reader, Kiryas Radin



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# REMEMBERING THE MIRACLES, THE CHESSED AND THE TESHUVA

From Last Year - 5784

## KLAL YISRAEL IS COMING HOME TO HASHEM

A non-frum soldier was hit by a bullet that in went into his neck and came out the other side. Nothing happened to him! A total miracle! He now started wearing tefillin and coming closer to Hashem!

In other news;

The Defense Minister of Israel put on tefillin!

**ושבת עד ד' אלוקיך**

.....

## EVERY LITTLE EFFORT IS WORTH MILLIONS!

A Rav in Yerushalayim said that his daughter was trying to be mekarev a girl. She tried convincing her to dress more b'tznius. The girl said that it was impossible for her. So, she told her friend to add two millimeters to her skirt.

She was at the gathering near Gaza and died al Kiddish Hashem. On the Leil of her shloshim she came to the Rav's daughter in a dream. She was dressed all beautiful like a Kallah. She told the Rav's daughter, "You don't understand what those two millimeters did for me!"

**מה רב - טובך אשר - צפנת ליראך!**

.....

## HASHEM WATCHES OVER EVERY YID

Rabbi Lieberman's\* mother a"h was nifteres when he was a child, and his father's second wife raised him devotedly from the time he was twelve years old.

He was chozer b'teshuva and he kept up the connection with his father and his father's wife. From time to

time he would come to visit them in the kibbutz. He would tell them words of chizuk and speak words of emunah. He especially emphasized how Hakadosh Baruch Hu sees everyone and is mashgiach over each and every person. He told stories of hashgachah pratis and said, "If we only delve into things, each person would see the hashgachah pratis."

His words had an influence, and from then on, every time he came, his father's wife had a few things that she had collected to tell him, stories of hashgachah pratis that had happened to her.

Rabbi Lieberman's father passed away a few years ago, and since then his father's wife ("Ima") lived alone.

His sister also lived on the kibbutz, and on Motzaei Shabbos she told him that the kibbutz was attacked. "Come," she told him, "come and give us chizuk."

Rabbi Lieberman was not able to speak to "Ima" on Sunday. She was not up to talking about anything. The next day, Monday, they met, and then she told him what had happened to her:

"I heard the sirens, and a moment later the booms. A sense of fear grabbed hold of me and my entire body grew hard as a rock. I couldn't move! I tried moving lips, and saw that I was able to do that, so what did I say? I said vidui, and I asked Hashem to forgive me and to watch over me.

I remembered all your good words, and I said, 'Ribbono shel Olam, You love me. You are with me. You're watching over me. I have nothing to fear.'

I said this again and again, until I felt that my body softening and I was able to move.

I got up and took something to eat, and the whole time I was hearing the sounds of war. I strengthened myself that Hashem is with me, Hashem is watching over me. He is mashgiach on me. I am not alone.

No human being was with me, but I was not alone. It was clear to me that the Creator of the world was not leaving me and that nothing would happen to me. This calmed me down.

In the end, the terrorists did not reach my home. They didn't even enter our row of houses. Tell me, is this not the Borei Olam, who watched over me within the inferno?" [Kav Hashgacha Pratis]

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## A YID RETURNS TO HASHEM

Rabbi Weingarten\* was walking near Tel Hashomer hospital. A Yid came out and saw him with his beard and peyos. He seemed to be looking for someone religious.

"My son is injured," he said. "He is hospitalized here, and he has something to say that will be of interest to you."

Rabbi Weingarten went in to the injured man. He was in pain and he was emotional. It was obvious that he had endured a far-from-simple experience.

"I was called to a specific place in the South," he said. "A difficult battle was raging there, and they called me to come in and help. I came to the place, close to one of the settlements. There is a memorial monument there on which is written,



"It's not the tanks that will win, but only Hashem." There were four of us up against 12 terrorists. I fought under fire from close range.

Suddenly, there was a bullet in my back. It had hit a main artery, and I lost tons of blood. I recalled that in my left pocket I had a tourniquet, but because the injury was on the left side, I couldn't reach that pocket. I lay on the ground and quietly rolled in the direction of the monument, so that no terrorist would notice me. Let them think they had finished me off...

"The monument was round, and I was able to find shelter underneath it. When I got there, I lost consciousness.

During those moments I was not in this world at all. Blue, pure skies spread over me.

I felt enveloped in a profound love, the likes of which I had never felt in all my life.

'I am not so perfect!' I thought. 'Why am I so beloved? What have I done, that this is how I am being embraced?'"

As he related this, tears flowed from his eyes, and he continued:

"I felt myself disconnecting from this world, and I understood that I was dying.

'I have a family,' I said, 'I need to go back.'

I sensed that someone was listening to me.

"You can go back,' they told me, and I then regained consciousness on the hard concrete under the round monument.

New strength and vitality rushed through me, and I managed to pull out the tourniquet and stop the bleeding. I felt very thirsty, and in order to survive, I needed to imagine myself taking a canteen and drinking lots of water. It was clear to me that I would be saved, since

I had received permission to come back.

"I lay in total silence along with some friends who were also hurt, so that the terrorists would not notice us, and we anticipated yeshuas Hashem.

"After eight hours of lying there with the tourniquet, a helicopter landed 300 meters away from us. How could an injured person like me traverse this distance? I have no idea, but it's a fact. I got up and ran toward the helicopter, and there was...water!!

"My life was saved. Everyone who was in that structure with me survived.

"I am pained at how I led my life until now. I did not believe in Hashem enough, but today, I believe in Him completely. There is a Hashem! Yesh Elokim! He causes people to die and revives them, He watches over me in the most personal and exacting way.

Do you see me now? Today, I am a believing Jew." [Kav Hashgacha Pratis]

#### TRUE SIMCHA

R' Simon's\* son Yair was thrown out of Yeshiva and spent his days at home. R' Simon thought that was the worst that could happen, but it soon became clear that the friends Yair had found dragged him down even further.

Before Sukkos this year, R' Simon asked him where he would be. "I'll be home," he said. This made R' Simon happy.

Despite all Yair's nisyonos, he tried very hard to respect his parents. He did not do things purposely to anger them. He was quiet; he would come and go and he would sit through the seudos in the holy sukkah. R' Simon hoped that the holy Ushpizin would influence him.

Before Simchas Torah, R' Simon

asked again about his plans. "For Simchas Torah I'm going South," he said.

"South? What's in the South?"

"My friend suggested that I join him for a huge festival there. He said it's going to be amazing."

"What are you going to do there?" R' Simon asked.

"We'll dance," he said. "It'll be fun..."

"Listen, Yair," R' Simon told his son, "I understand that you're looking for something especially happy and fun, but who says you won't be able to find it here? You want dancing? You have it here in abundance on Simchas Torah. Friends? Bring your friend here too! What do you say? Can you do this for your father?"

Yair respected his parents, and he thought about it.

He decided that if he succeeded in persuading his friend to come, then he'd stay home. The friend agreed to come.

He came to their home for Hoshana Rabbah, and for the first time ever, he sat in the sukkah and said "al netilas lulav." Since it was the first time he'd taken a lulav, he also said She-hecheyanu, and that night the two went out to dance at the hakafos in shul.

They danced like Jews, with the holy Torah, and their lives were saved.

When everyone found out what happened to those who attended the festival, Yair understood that he had been spared from an almost certain death.

He was shocked by what happened, and for the first time, he understood what his parents had been trying to explain to him in a thousand and one different ways. One can only truly live as a Jew.

"Abba!" he announced after Yom Tov. "I'm coming back. I'm staying here!" (Heard from R' Mordechai Malachi) [Kav Hashgacha Pratis]



# THIS WEEK

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

### VAYISHLACH 5782 ISSUE 27

#### WE NEVER LOSE FROM A MITZVAH



A Rebbi who runs a pirchei for boys, needed to buy presents to raffle off by the Avos Ubanim. He only had \$20 left from the program's funds, not enough for the prizes.

He decided to use his own money, as one never loses from paying for a mitzvah.

Later that day he came home, and there on his desk was an envelope from someone he did a favor for the week before, and in it was exactly the amount of money he gave away for the mitzvah! Surely, one never ever loses out from doing a mitzvah! [R' Zevy Glombeck]

#### A STORY THAT BELONGS ON THE FRONT PAGE OF EVERY JEWISH NEWSPAPER

In a class, in one of the chadarim in Monsey, NY, there was a boy who wasn't athletic and would never win any races, no



matter how hard he tried.

His friends realized this, and on their own they decided to play the race in a way that they would all make sure that he would win the race!

Thank you to the Huffman family (Chestnut Ridge NY) for this amazing story

#### DON'T FIGHT AND THEN GAIN DOUBLE!



R' Chaim\* felt that someone wronged him and owed him money. He wanted to call him to a din Torah. Then he thought to himself, "Hashem has all the money, it's all His, and is this proper hishtadlus? Is this the way He wants me to get the money? Does He want me to fight and have anxiety to get the money?" So he decided to let the matter go.

Not long afterwards he got from an unexpected source not only that amount of money but double!! The greatest brachah comes through peace! [R' Zevy Golombeck]

### VAYISHLACH 5783 ISSUE 77

#### HASHEM SENDS FAMILY BREAD AND CAKE



A Yid in Eretz Yisrael had no money to buy food to feed his family. He didn't even have bread in the house. His wife told him that she didn't have what to serve the kids for supper.

He said, "I am going to ma'ariv and Hashem will help."

On the way out of ma'ariv, he met a man who was mute. The man had two bags full of baked items: bread and cakes. He stuffed them into his hands, motioning for him to take them!!! [Kav Hashgacha Pratis]

#### YESHIVA BOCHUR TRUSTS IN HASHEM



Shalom,\* from Lakewood, New Jersey, was waiting on the street one morning to catch a ride to Yeshiva.

A man came over to him and asked him if he had change for

a \$20 bill.

Shalom checked his pockets and told the man that he had only 19 single dollars bills.

The man told him, "No problem." He handed Shalom a folded \$20 bill and took from him the \$19.

When Shalom got to yeshiva, he opened the bill and saw the other side was blank! It was counterfeit!

Instead of getting upset, Shalom told himself,



# IN HISTORY

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"Okay, if this is what Hashem wants, then great. If He wants me to get \$20 then He will send it to me."

Later that day, someone came over to him and said, "Someone gave this to me to give to a yeshiva bochur. I decided to give it to you." With that, he handed Shalom \$20!!!

[Heard from Shalom]

## HASHEM PAYS FOR GIRL'S TOY FOR YOM TOV



A yungerman in Eretz Yisroel took his daughter to find a toy for Yom Tov. He took her to a few stores and couldn't find anything. In one store, they found a toy for 60 shekels. It was a bit more than they expected to pay but he said L'Kavod Yom Tov, they are going to buy it anyway.

While on the way out of the store, he found \$20 lying on the floor. He went to the cashier who suggest-

ed the he ask the other person who was shopping in the store if he lost it.

He went to the other customer and the man said, "Yes it is mine but you can have it l'koved Yom Tov!"

He took the \$20 to the money changer and he got exactly 60 shekels!! [Kav Hashgacha Pratis]

## A \$20,000 RAISE!



Mrs. Lederer\* had an extra night job that earned her \$20,000.

When she had a baby, she had to give up the job, because she couldn't get out at night. But the income from her day job was insufficient and she really needed the money.

Then, her boss told her, that starting on the next paycheck he was going to give her a raise of \$20,000!

## VAYISHLACH 5784 ISSUE 125

### "GIVE ME 24 HOURS"



Chaim,\* a very wealthy, prominent man who lost his money, went to his Rav, and confided with him that he did not have enough money to make Shabbos.

His Rav told him to give him 24 hours.

The Rav made a few phone calls, and raised \$50,000 to help him and his large family! **Klal Yisrael is the best Nation**

### FREE GLUTEN-FREE!

R' David Kruzer\* from Lakewood is on a gluten-free diet, which is costly. After Pesach, someone gave him, without charge, a massive amount of cookies, crackers, etc. that he wasn't able to sell.

He just ran out them. The day he ran out, someone called him to say that there was someone who had a



whole shipment of gluten-free crackers that he wanted to give away! Amazingly, Hashem worked out that so many months after Pesach, when his gluten-free ran out, out of the blue, he got a

call that there was another special Jew who wanted to give him more! [R' Zevy Golombeck]

## LAKESWOOD BOY MISSES HIS BUS



Chaim, a boy from Lakewood, could not find his coat in the morning. He searched all over the house but he couldn't find it. Finally, his mother gave him a different coat. He ran out but

he was too late. He missed the bus. They were disappointed. Chaim's father then came home and said that Chaim had a dentist appointment! B"H he missed the bus! כל מה דעביד רחמנא לטב עביד!



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

## TRAVELING THE PATH OF OUR GEDOLIM

The Maggid Rav Yankele Galinsky fell ill and was admitted to the Beilinson Hospital in Petach Tikvah. One day, he was told that Hagaon Rav Shteinman had come to visit him. Gathering up all his strength, he put a jacket on over his hospital clothes and tried to hurry out of bed in honor of his illustrious visitor.

When Rav Shteinman saw him, he said, "You have no idea how wealthy you are!"

The Maggid was surprised- he was the furthest thing from rich!

"I just came from the 8th floor" Rav Shteinman explained. "The oncology ward. One of the patients there is an astronomically wealthy man. I found him in bed, sickly and weak. When he saw me, he said, 'Rebbi, I would give away half my fortune for the ability to get out of bed.'"

If you would know how much half his fortune was worth, you would know how rich you are that you ARE able to get out of bed!!!".

Hearing these words, Reb Yankele's spirits were greatly lifted.

Leiluy Nishmas:  
Chana bas Rav Mayer Tzvi A"H



# Give the Spring Hill Times a Helping Hand

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family, friends and neighbors.**

**Dear Readers in England,**

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## **Current Locations in the UK**

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

# Parsha Fun



vayishlach  
#115

To hear the answer to the question, press \*14 # 115 on the Chaishek HaTorah Line 845-720-4040

Esav's Malach arrived in the dark to fight. Yaakov Avinu had to defend himself with all of his might. Despite the late hour on the clock, the wrestling produced a lot of Avak. Knowing the translation of this word is a must, in simple English it means dust. Avak is also an acronym. Take a guess of what - make sure it will Shtim! Do you know what Avak is an acronym of?

פרשת וישלח

1. Why does the Posuk say 'וַיִּירָא' and 'וַיִּצַר'?
2. For what three things did Yaakov prepare himself, before meeting Eisov?
3. How many עֲזִימֹת did Yaakov give Eisov?
4. Why did Yaakov tell his servants to make space between the different herds that he was giving Eisov?
5. Where was Dina when Yaakov and his family met Eisov?
6. What was 'יִבְק'?
7. Why didn't the מַלְאָךְ tell Yaakov his name?

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](mailto:torahshleimah@gmail.com). Sponsorship opportunities available. לעילוי נשמת ר' בנימין זאב בן ר' נתן ז"ל קאפּעל תנצב"ה Sponsored

Answers for the Parsha Pictures

Chosson: Hashem forgives his sins.

Dirt: The people were able to taste the dirt to determine what's best to plant there...



Hashem's Stunning world!



**Thank You, Hashem, for Boilers! We can always have warm & hot water in our houses without any effort!**



**Thank You, Hashem, for Saws! Such an easy efficient way to cut wood and other materials!**



**5**  
Weekly



*Thank You's*

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

**Thank You, Hashem, for Sewing Machines! Makes sewing work so much easier!**



**Thank You, Hashem, for Double sided tape! We can stick things together without it being noticed!**



**Thank You, Hashem, for Daycares! We can have our little children watched and taken care of while we learn/work!**



You didn't know a snowstorm was coming until it started snowing! Many times you got stuck somewhere on the road! You had no time to prepare...



&

## SNOW IN THE WEATHER FORECAST?



**You have time to prepare and take the necessary precautions! Thank You, Hashem!**







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 2 medications for you.*

#### Patient

There are people that I know who are machmir in many mitzvos. I don't like being machmir, it makes a pressure in my life and I feel like something is wrong with me.

1. In truth you are being machmir to enjoy serving Hashem and not to make it into a pressure which comes from the Yetzer Hara. That's wonderful.

In addition, when you look into your actions you will see that in plenty of areas you **are** being machmir. For example: not to hurt other people's feelings, not to talk in middle of davening or to think positive about other people.

2. The best place to put your chumras is in feeling Hashem's love, recognizing all the good He does and staying away from any negativity. This will completely transform your entire Avodas Hashem!

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



**Stay Fit!**

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

**WONDER DIET**  
*Lose Aveiros Naturally*



**Just Tell Hashem That You Are Sorry!**



## LET US IMAGINE

*Let us imagine for a moment that the world as we know it was suddenly changed, and the ability to sing and make music became a forgotten entity...*

Thousands of people would suddenly find themselves without a job as singers, musicians, choirs, music therapists, talented chazzanim, musical instruments manufacturers, and voice trainers...

Musically gifted individuals would constantly feel the need to express their creativity through music, but they would be unable to do so, resulting in discomfort and even depression c"v...

Shabbos and Yom Tov seudos would be dry and lacking as the family and guests would tunelessly recite the previously joyous-sounding zemiros...

Children would find learning tefillah difficult and boring since they would have to memorize the words without the benefit of a tune...

In shul, adults would think longingly of the good old times, when they could still sing Kabbalas Shabbos...

Hallel would lose much of its spirit when uttered without its

traditional, joyous tunes...

Imagine Yom Kippur without the tunes of "V'chol Ma'aminim", "Mareh Cohen" and the joyous Kaddish before the tekiah gedolah...

Simchas Torah would be reduced to a shadow of its former existence. The men would try to dance while reciting the pesukim and piyutim, wish-



ing they could remember how to sing them... Children would rather stay home than go to shul, while their parents would wish they could recreate the exciting Simchas Torah celebrations of the past...

Simchos Beis HaShoeva wouldn't happen without music...

On Chanukah, Maoz Tzur and Yevanim would be quietly recited by the adults, with the children just looking on, not involved at all...

The joy of Purim would be greatly lessened without its traditional melodies, such as Shoshanas Yaakov and V'nahapoch Hu... Especially in communities that usually have singing and dancing in the streets on Purim...

On Pesach, instead of a joyous rendition of Avadim Hayenu and Chad Gadya, the family would merely say the words...

Mah Nishtana would feel all wrong without the children asking the questions in the familiar sing-song chant...

On Tisha B'Av, the mournful tune of Eicha arouse people to mourn and yearn for the Beis HaMikdash. Without this tune, it would be so much harder to truly feel the tragedy...

Learning would c"v lose some of its geshmak without the ability to read the Gemara in tune.

Kumzitzes in camps, schools, and simchos would no longer occur, depriving people of much-needed spiritual inspiration...

Weddings would sound like noisy lunchrooms, with plenty of chatter but zero music to liven the atmosphere. The dancing would be half-hearted at

***Continued on next page***



best. People would forget why there ever used to be enthusiastic dancing by simchos. As time would pass, the younger generation would laugh at the silly people silently shuffling around the Chassan and Kallah...

Music therapy has been proven effective in treating many physical and emotional challenges. Music in general has been proven to be an effective mood lifter,

exercise improver, pain reducer, and memory aid, amongst a host of other benefits. If music would cease to exist, we would lose all these advantages...

***Who used immense wisdom to create the concept of music and vested it with incredible power to uplift and inspire? Who ensured that every person automatically knows how to use their vocal chords in the pre-***

***cise manner required to produce the kind of sound we call "song"? Who ensured that the unbelievable gift of music was never forgotten from the world so that we can continue to enjoy it day in and day out? It is You, Hakadosh Baruch Hu, our loving, caring Father, Who anticipates our every need and takes care of us 24/6, 365 days a year! We love You, Hashem!!!***

### ***Continued from page 45***

outside all pale and  
R' Isser Zalman  
Meltzer met this yid

and he asked, "Why do you look so pale?"

He answered, "Because I just heard all about yirah, onesh, din, gehenim, all these scary Chazals that R' Chatzkel said over."

**R' Isser Zalman responded: that's without emunah and bitachon. But if you live with emunah and bitachon, it's unconditional love, and these so-called scary Chazals are not nokea to you because Hashem will give you front seats in Gan Eden and you won't have any gehenim.** A person has to realize that with emunah and bitachon it's a different set of laws, a different Shulchan Aruch. We're zooming into Hashem's unconditional love and we'll get front seats in Gan Eden and no gehenim.

R' Chaim Kanievsky explained that that's the peshat at the end of U'va L'Tzion. It says in order to be zoche to Olam Haba you need ahava v'yirah b'lev shalem. You have to be complete. Otherwise, nigah l'rik v'neled labehala, you were created for nothing. So zagt R' Chaim Kanievsky, a person can just say okay, I'm signing myself out, it's not nokea. I'm not ahava, I'm not yirah, I'm not lev shalem. I'm worthless. Who am I? What am I worth? But zagt R' Chaim Kanievsky, continue on in u'va L'Tzion and you'll see three pesukim of bitachon. What are these three pesukim doing here? To teach you that that's without emunah and bitachon. With emunah and bitachon it's a different set of laws, a different Shulchan Aruch. Bitchu bHashem adei ad - have bitachon, and that is zooming into Hash-

em's unconditional love and you'll get front seats in Gan Eden and at the same time there's no gehenim. Like the Gemara in Shabbos pei tes amud beis says, that **with emunah and bitachon you're snow white clean.** All your aveiros change from scarlet red to snow white. And therefore, **a person has to realize that whenever you learn anything that sounds like yirah, din, onesh and gehenim, and you see it's making you a bundle of nerves, it's making you scared, worried and nervous, tell yourself: I'm going to zoom into Hashem's unconditional love. That itself earns you front seats in Gan Eden and that itself is mechaper for all your aveiros, no gehenim.**

So bottom line is that every Chazal is there to motivate you to become a bigger, better, happier healthier person. Every Chazal is to motivate you to give you more menuchas hanefesh and simchas hachaim. Every Chazal is there to motivate you to have a healthier connection to Hashem. If that's what Chazal is doing for you, then beautiful, hold onto it and don't let go. But if you see Chazal is making you anxious, worried, nervous or frightened or making you view Hashem as a scary dictator, like a policeman with a stick in His hands ready to beat you up, then obviously you're understanding Chazal the wrong way and the Chazal is not meant for you. Chazer over these points that we mentioned that if you view everything with the right light, you'll always walk away with positive feeling and positive emotions from every single Chazal.






Suggestions for Last Week's Case: Meir's cell phone went off in the middle of a shiur and it very embarrassing for him.

- Now he will have more ayin tova for others, when their phones go off, and he won't automatically assume they were negligent.
- He could use this embarrassment as a kapara.
- He brought home the speakers point in a better way than the speaker himself ever could have dreamed of!
- He will be much more careful in the future to turn off his phone before a lecture or the like.
- Perhaps, he will laugh it off, and it will enable him to handle such situations better in the future.






Mendy Stein was a model husband in many ways. Yet when it came to taking out the garbage he needed improvement. His wife was understanding, and only once in a while made subtle request to improve in that area.

He made the decision to turn over a new leaf, and begin taking out the trash. On the first day, he went to remove the bag from the can, and noticed an identical bag by the door. Assuming his wife had put it there the day before, he took out both bags, threw them away, and felt really good about himself.

When he arrived home later in the day, his wife inquired of him if he knew the whereabouts of the bag that had been by the door. He meekly answered that he had thrown it in the bin outside. His wife's face turned colors as she explained that the bag contained a whole season of clothing she had to return to a friend who had lent it to them. Mendy felt terrible, and embarrassed.

Help Mendy have ayin tova for his situation.



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

**[ayintovanewsletter@gmail.com](mailto:ayintovanewsletter@gmail.com)**

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



# Yeshivishe Stories

## The Chinuch Chaburah

R' Tzvi Moshe Schultz

When Rav Shimon Schwab was a bochur, he learned in the Mir Yeshiva. For Pesach, he wanted to return home to Germany to visit his parents. However, he didn't have enough money for a train ticket. So the mashgiach, Rav Yerucham Levovitz loaned him the money.

When he returned, he gave the money back to Rav Yerucham and said "Thanks." Rav Yerucham chided him: "Why are you saying 'thanks?' Don't you know that's ribbis de-varim?"

The next year, Rav Yerucham again loaned him money so he could go home to his parents.

When he returned to the yeshiva, he gave the money back to Rav Yerucham, and said nothing.

Rav Yerucham again chided him: "That's it? You just give it back without saying anything? Not even a 'thank you?'"



## Rav Shimon Schwab

When Rav Shimon Schwab was younger, he had the opportunity to visit the Chofetz Chaim in Radin.

During their conversation, the Chofetz Chaim asked him if he was a kohen. "No," replied Rav Schwab. "I'm a kohen," replied the Chofetz Chaim.

"It's a pity that you're not a kohen. Moshiach is coming, and the Beish Hamikdash will be rebuilt. And when it is, you won't be able to perform any of the avodah, because you're not a kohen. And do you know why you won't? Because 3000 years ago, during the maaseh of the chet ha'egel, when Moshe Rabbeinu called out מִי לֵה' אֵלֶי, your Zeidy didn't run!"

Then, the Chofetz Chaim said to him: "Take this to heart! Whenever you hear the call of מִי לֵה' אֵלֶי, make sure that you run!"



## Think about this

**A. What is the prohibition of ribbis de-varim?**

**B. What message was Rav Yerucham trying to give over to his talmid when he returned the second time?**

**A. What message was the Chofetz Chaim trying to give him about his life?**

**B. What do we learn from this story about the impact that our actions or lack of actions have?**

### 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](mailto: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](mailto:parentchinuch@gmail.com)

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

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# THE FIGHT BUSTERS

**Eradicate Machlokes TODAY!**



הטבה במקום  
הקפדה

**Did Someone Offend You?  
Did Someone Wrong You?**

**GIVE HIM A COMPLIMENT!  
WRITE HIM A NICE NOTE!  
GIVE HIM A GIFT!**

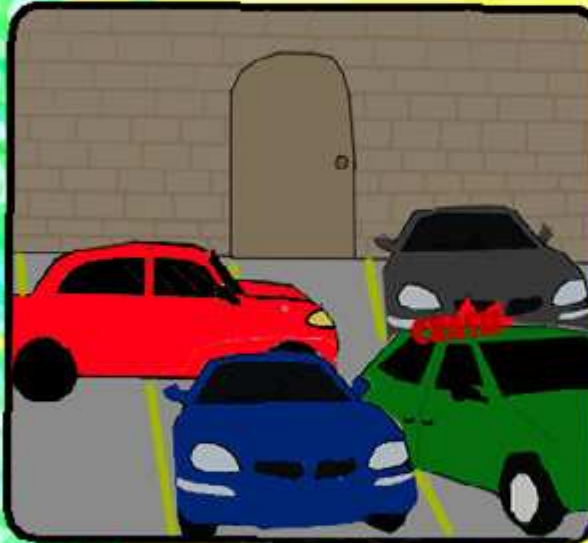


# C MIX OF TOPI

**This week's topic:**  
Koach Hatefila

## Double Whammy

I just learnt how to drive; how do I get out of this parking spot without hitting the car behind me?



OY VEY! I damaged his car. I guess I'll leave him a note.



Oy, Rebono shel olam



A short time after Shlomo left...

MY CAR!!! Let me call the number.

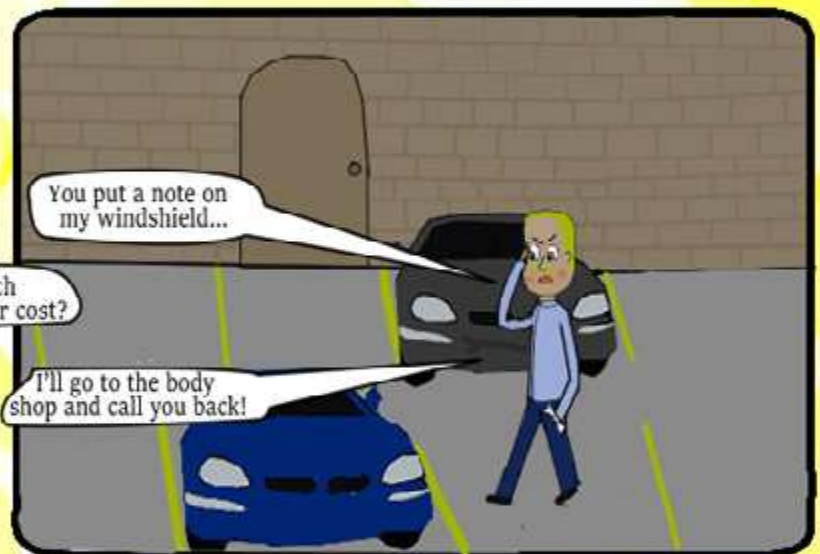




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# C MIX OF TOPI

This week's topic:  
Koach Hatefila



I'll go to the body shop and call you back!



8,000 shekels!? Okay then. I'll pay you when I get my paycheck, I don't have that kind of money now.



to be continued



*Hashem is  
Wonderful!*

*Life is  
Wonderful!*

*Klal Yisrael is  
Wonderful!*

ומלאה הארץ  
דעה את ד'

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