

FOOD FOR  
THOUGHT  
TO SPARK  
CONVERSATION

# SHABBOS MENU



PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHAS BALAK 5781 • ISSUE 246

## CHECK IT OUT

*If we can't listen to any derogatory information, how are we ever going to learn information that is important for us to know?*

### THE DILEMMA

Reuven saw Shimon walking ahead of him on the way home from shul one morning. Reuven quickened his pace to catch up.

"Good morning!" said Reuven. "I'm glad I caught you because I wanted to give you a heads-up about your old store and its new management."

Shimon had sold his grocery store to Levi, a young man with a vision for turning the 30-year-old town institution into an up-to-date market. However, the transition wasn't going well. Levi was investing great piles of cash, but business was still sputtering.

"You've just got to hear his latest," said Reuven. The bait was meant for Shimon to bite, but Shimon wasn't having it.

"Is it something I need to know?" Shimon asked.

"I'd think you might want to know the fate of a business you built for 30 years," Reuven replied. "The store is like an old friend! Do you just forget it?"

Is Reuven's information something Shimon has a right to hear?

### THE HALACHAH

If there is some situation that gives the information practical usefulness for Shimon, he must clarify that fact and then can hear the report. To prevent hearing loшон hora, Shimon should ask Reuven if the information he is about to impart can be useful to him in the future or can help him rectify an existing issue. If not, he should refuse to hear it.

*Sefer Chofetz Chaim  
Hilchos Loshon Hora 6:3*



## WEEKLY WISDOM

*To connect with our neshamos and with Hashem, we need time to think. But our yetzer hara keeps us running, assuring us that we're being tremendously productive when effectively we're running in place.*

*As we fast this Shiva' Asar b'Tammuz, let's take the time to realize that we have to stop running and start thinking, connecting, and moving up. Before long we'll be ready for the Final Redemption—in Yerushalayim Habenuyah!*

### FOR QUESTIONS AND COMMENTS, EMAIL

[Shabbosmenu@cchfglobal.org](mailto:Shabbosmenu@cchfglobal.org)

"Engaging in  
*machlokes*

is a dreadful sin that is often accompanied by a host of

other *severe*  
sins."

— Shaar HaZechirah ch.15

Reviewed by Rabbi Moshe Mordechai Lowy. For discussion only; actual halachic decisions should be made by a rav or halachic expert on a case-by-case basis.

SPONSORED L'ILUI NISHMAS  
MALKA BREINDEL A"H BAS SHMUEL FISHEL YLCH"Y

# ‘THAT’S NOT MY WIFE’

**A** family in Eretz Yisrael returned home from a vacation. The husband told his wife that she should not carry the family’s baggage back into the house, but to leave that to him and their children. The wife went inside to begin preparing a meal while the rest of the family emptied out the car. The father had in mind that when he was finished, he would go straight to *shul* for *Minchah*.

Suddenly one of the children emerged from the house and told the father, “Ima says that you are working like a dog.” The words struck the husband with a sudden sense of fear. He and his wife never spoke in such coarse terms. They made a strong point of keeping their words pure and positive. If his wife said such a thing, something was clearly wrong.

He ran into the house and found his wife leaning unsteadily against the kitchen counter, a bottle of water on the floor where she had dropped it. She couldn’t speak. The husband quickly called an ambulance, which rushed them to the hospital. There, a surgeon was able to save her from a brain aneurysm. Had they come 20 minutes later, the doctor said, the wife would not have survived.

Only because the man knew that under normal



### TALK ABOUT IT

How do you think this couple became so consistent in their positive speech that this woman’s one coarse remark stood out so clearly to her husband?

לע"נ חיים יחיאל מיכל בן  
רפאל פיינעל שניאור ז"ל  
נלב"ע ערב שבת קודש  
" אלול תשע"ז  
ת.נ.צ.ב.ה.

To Join  
**THE SHABBOS TABLE  
MACHSOM L'FI**  
Visit: [powerofspeech.org/shabbos](http://powerofspeech.org/shabbos)  
or in the USA, text: **shabbos to 313131**

Children's  
Line

212.444.1119  
718.305.6960, 845.738.1066

## sage advice

# HOW TO MAKE A PERSON

The Gemara (*Taanis* 22a) relates that Eliyahu HaNavi appeared to Rabi Beroka in a marketplace. Rabi Beroka asked him if anyone in the marketplace was a *ben Olam Haba* – someone destined for a place in the World to Come. Eventually, Eliyahu HaNavi pointed out two men. Rabi Beroka approached them and asked them what their merit was. They answered that they cheered up those who were sad.

Rashi explains that the men were *semeichim u' mesamchim bnei adam* – happy people who made others happy. The words *bnei adam* (human beings), however, are not necessary; they are implied already in the word *mesamchim* (those who make others happy). It’s obvious that the “others” they made happy are other human beings.

Rabbi Meilech Biderman explains the superfluous words: The two men, with their cheerful disposition, made others *feel* like *bnei adam*, human beings, with value and with hope for tomorrow. We know that when people are overwhelmed with troubles and sadness they feel “barely human.” What an act of kindness it is to bring such a person’s spirit back to life! It is no wonder that, measure for measure, the reward for this deed is eternal joy in *Olam Haba*.

### TALK ABOUT IT

What are some effective ways to cheer someone up? What cheers you up when you're feeling down?

circumstances such words could never have come from his wife, did he delay going to *Minchah* and run inside the house. It was the most vivid possible reminder that “Life and death are in the hands of the tongue.”

THIS YEAR HELP BRING  
**THE WORLDWIDE  
TISHA B'AV  
PROGRAM**  
TO YOUR COMMUNITY

LOCAL  
SPONSORSHIP:  
**\$180**

Sponsor this event as a *zechus* for a loved one.

**Call 845-352-3505 ext 113**

**OUR MISSION**  
at the Chofetz Chaim Heritage Foundation is to inspire Jews around the world to grasp the life-enhancing gift of *shmiras haloshon, ahavas Yisrael, and shalom*, and to provide easy access to a wide array of options designed to spark personal growth.

**More than 52,000 students**  
use our curriculums each week.