



# SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHIOS MATOS-MASEI 5781 • ISSUE 248

## GETTING IT OUT OF HER SYSTEM

*Some people are like hot-air balloons. When they are inflated with anger, they let it out and then the anger is spent and they move on. May you be the one with whom they let out their hot air if it means hearing their loshon hora?*

### THE DILEMMA

**D**ina starts her new teaching job and within one week, she receives a phone call from Mrs. Altman, the mother of her most difficult student, accusing Dina of embarrassing her child in front of the class. Dina's daily walking partner sees that she is perturbed.

"I'm not going to last at this job," says Dina. "This Raisy Altman is driving me crazy. She doesn't sit still or keep quiet for a second. And then her mother has the nerve to call me and complain that I embarrassed her child! I should speak to the principal, but I don't want to start out my job by complaining that I can't handle one of the kids. I'm just so furious at this mother!"

Dina intends to go on detailing her interactions with Raisy and Mrs. Altman to her friend. Dina's friend knows how to help her channel her emotions and regain her balance. Is that a good enough reason for her to listen to Dina's loshon hora?



### THE HALACHAH

**I**f hearing Dina out will quell her anger against Mrs. Altman and prevent her from spreading her story even further, it is a mitzvah for her friend to do so. However, she may not accept Dina's report as truth.

*Sefer Chofetz Chaim  
Hilchos Loshon  
Hora 6:4*

### WEEKLY WISDOM

*Gossip is a habit, and bad habits can be broken. Like with a smoker trying to quit, the first step to prevent loshon hora is awareness. This awareness begins by listening to one's inner voice that says, "Maybe you should leave this unsaid." Every time you hold back, loshon hora loses some of its hold on you.*

*Start today—geulah is waiting!*

Good Chodesh

### FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"Loshon hora is  
the root and  
*essence*  
of most  
*sins*  
between man and his fellow."

– Sefer Shmiras HaLashon,  
Shaar HaZechirah CH. 1

Everyone in the shul knew that Mr. Goldstein's favorite food was ice cream. In fact, whenever he was involved in planning an event for the shul, ice cream was always on the menu. One Motza'ei Shabbos, the shul held a *melavah malkah* and, to no one's surprise, the dessert was Mr. Goldstein's favorite cold, creamy delight.

Oddly, however, Mr. Goldstein didn't indulge. While everyone around him spooned the delicious treat into their mouths, he sat with an empty place setting in front of him. Someone noticed.

"No ice cream?" the man asked Mr. Goldstein. "Are you all right?"

"I'm fine, *baruch Hashem!*" he answered. "I'm just not in the mood tonight."

The man didn't believe it. Mr. Goldstein saying he was "not in the mood" for ice cream was like the sun saying it was "not in the mood" to shine. It seemed like a violation of the laws of nature. The man went over to the rabbi to discuss this anomaly.

Agreeing that this was indeed unusual, the rabbi went to check on his congregant's health and state of mind. "What's going on?" he asked Mr. Goldstein. "Why no ice cream?"

"To tell you the truth, Rabbi, I've stopped eating it because it doesn't feel right. With the Intifada (Arab violence in 1990s) going on in Eretz Yisrael and Jews being killed, how can I sit here and enjoy myself? As long as Jewish blood is being spilled, I'm not eating ice cream."

Fast-forward a few years... A teenaged girl is washing the family's Shabbos dishes on a Motza'ei Shabbos. Her father overhears her whisper to herself,

## ALL FOR ONE, ONE FOR ALL



"Tonight I can sleep on a pillow." When he asks her to explain her comment, she tells him that

solidarity. However, now she had just received word that her *rebbe* had recovered enough to make a *seudas hoda'ah*, and, *baruch Hashem*, she felt that now she could allow herself to sleep comfortably again.

This girl was Mr. Goldstein's daughter.

### TALK ABOUT IT

What trait did Mr. Goldstein's daughter learn from him?

לע"נ חיים יחיאל מיכל בן  
רפאל פייוועל שניאור ז"ל  
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## sage advice

### HE CAN'T EVEN HELP HIMSELF

A person who catches the flu is clearly in a worse position than a person who catches a mild cold. The flu sufferer must stay in bed, stay away from others, take medication, and beware of complications. In contrast, the person who has a mild cold can go about his daily life, albeit with a pocketful of tissues to deal with his sniffles.

In the world of *tumah* (spiritual impurity), *tzaraas* is like the worst strain of flu. No other *tumah* completely removes a person from the stream of daily life. No other form of *tumah* (of a person who is alive) can spread to others who are merely standing under the same roof as the impure person. Most unusual of all, the affected person must call out to others, "I am impure!"

The chief cause of *tzaraas* is speaking *loshon hora*. The Torah temporarily exiles the person whose words have eroded *achdus* in *Klal Yisrael*, giving him an opportunity to regain an appreciation for being part of society.

But why must he call out that he is impure? It is because *loshon hora* does its gravest damage to the speaker; his impure mouth cannot produce pure words of *tefillah* and Torah learning. This means that he has nothing with which to help himself. He cannot effectively call out to Hashem to heal himself, nor can he earn the merit of learning Torah. His hands, so to speak, are tied. Therefore, he calls out to others, hoping that they will pray for him.

When *tzaraas* existed, a person who spoke *loshon hora* learned in the most vivid way how much his fellow Jew should mean to him. Although *tzaraas* is gone from our world, the lesson remains as powerful as ever.

### TALK ABOUT IT

How can we keep ourselves mindful of the fact that impure words have a lasting effect on our Torah and *tefillah* when we often speak without thinking?

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