

FOOD FOR
THOUGHT
TO SPARK
CONVERSATION

SHABBOS MENU



PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHAS VAYEITZEI 5782 • ISSUE 266

CAUGHT RED-HANDED?

You hear about some wrongdoing, and the report comes complete with evidence. May you believe it's true?

T H E

DILEMMA

On a rainy Shabbos your sister hangs her expensive designer raincoat in the shul's coatroom. She's lucky that the rain stops before shul is over, because when she goes to retrieve her coat, it's gone! She tells her friend that her coat has been stolen.

On Sunday, her friend goes shopping. It's raining again. She notices walking in front of her on the main shopping avenue a new girl in the neighborhood. The girl had moved in with her widowed mother to a small apartment on the top floor of an old, run-down house. The friend notices something odd: The girl is wearing the exact coat your sister is missing. Case solved!

"There's no way she could afford this coat," the friend tells your sister, "and she was in shul on Shabbos. I saw her."

May your sister believe, based on the friend's evidence, that this girl stole her coat?



T H E

HALACHAH

She may not believe it because the friend's evidence only suggests the wrongdoing. She may only believe

the accusation against the girl if the evidence provides direct substantiation – for example, if it was a custom-made, one-of-a-kind coat.

*Sefer Chofetz
Chaim,
Hilchos Loshon
Hora 7:11*

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.

PARTICIPANTS SPEAK

Thank you as always for your Shabbos Menu which is the very first discussion point at our Shabbos table every Friday night.

Melbourne, Australia

AUSTRALIA

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"Those who

few
become tools of
punishment
against each other."

– Sefer Shmiras Haloshon,
Shaar HaZechirah ch. 15

SPONSORED L'ILUI NISHMAS

MALKA BREINDEL A"H BAS SHMUEL FISHEL YLCH"Y

Rabbi Elimelech Biderman shares an equation that shows us how our tongue can preserve our life just as surely as the *teivah* preserved the lives of Noach and his family. It's simple math: The length of the *teivah* was 300 *amos*, the numerical equivalent of the letter *shin*. The width was 50 *amos*, equivalent to *nun*, and the length was 30 *amos*, equivalent to *lamed*. Put it together – *lamed, nun, shin* – and it spells *lashon*, the tongue. Like the *teivah*, the tongue – if used for its proper purposes – can provide shelter from the dangers of life.

This is an idea that bears out not only in the *gematria*, but every day in real life, as depicted by this story told to Rabbi Biderman by one of his students:

The student's wife had experienced a humiliating interaction with an acquaintance. Although she was terribly hurt, she decided to take the high road and keep the story to herself. As the week wore on, the sting of this interaction began to wear down her restraint.

By Friday, she had decided that she would tell the story to her husband. However, she reined herself in yet again, choosing to process the insult without speaking ill of the person who had caused it.

Later that morning, she called her husband to report a frightening episode that had just occurred. The couple had purchased a very sharp knife, which was left inadvertently on a cutting board on the counter. One of the children accidentally upended the cutting board, causing the knife to fall on the floor.

When the wife entered the kitchen, she saw the horrifying sight of her year-old baby holding the knife in his mouth. The wife realized that she must not say or do anything that might startle the baby.

SAFE ON BOARD THE TEIVAH



sage advice

FIX THE HOLE IN YOUR POCKET

Keep Life's Blessings Secure



If you were a diamond dealer walking around New York's diamond district with a choice diamond in your pocket, you would make sure that there were no holes in your pocket. The place that holds your valuables needs to be safe and secure.

In life, our diamonds are the blessings for which we all pray. So we need to make sure there's no hole in the "pocket" that contains them.

"I'm healthy. I'm rich. I have a wonderful family. I have honor and recognition. But I can't relax and enjoy it for a minute," Dovid realizes one quiet night as he lies in bed trying to sleep.

What spoils Dovid's happiness is a drawn-out fight with Yosef, his younger brother, over their late father's business.

"Here I am thinking about it again," Dovid realizes. But if he thinks a little more deeply, he'll realize that there is always some controversy eating away at his happiness.

Hashem created a "pocket" to hold all our blessings. It's called "*shalom*." No matter what we have, we can't enjoy it if our lives are filled with anger and *machlokes*. But what keeps the day-to-day irritations of life from shredding that pocket? Shmiras Haloshon.

Calmly, she coaxed him to say, "Ahhhhh," and gently removed the knife from his open mouth. Neither she, her husband, nor Rabbi Biderman had any doubt that by fighting so hard to protect her tongue from *lashon hara*, this woman had protected her child from terrible harm.

TALK ABOUT IT

If you were insulted as this woman was, what strategies could you use to get over your anger and hurt without telling others about what happened?

לע"ג חיים יחיאל מיכל בן
רפאל פייוועל שניאור ז"ל
גלב"ע ערב שבת קודש
" אלול תשע"ז
ת.ג.צ.ב.ה.

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

Children's
Line

212.444.1119
718.305.6960, 845.738.1066