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SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHAS TERUMAH 5782 • ISSUE 278

WHEN TO CALL IT LIKE YOU SEE IT

If you're going to step into the minefield of negative words to help mitigate the damage of a baal machlokes, you need three layers of protection to ensure that the situation doesn't blow up on you.

T H E

DILEMMA

Baila's sister Tzivi is an expert at finding offense, taking offense and giving offense. Most family disputes swirl around her. Now she's created a mini soap opera around her new sister-in-law's preference to go to her own family for Shabbos. "They've been married two months and it's six to two," Tzivi tells her mother. "If you're not going to say something, I will. It's not right."

Baila doesn't want the newlywed couple pulled into Tzivi's whirlpool. Moreover, she loves her sister and doesn't want her to become an enemy to her new sister-in-law. When Tzivi makes good on her threat and texts all her ire to her brother and sister-in-law, Baila decides to step in and prevent the sparks from igniting.

She calls her sister-in-law and says, "I'm so sorry Tzivi did this. She really is a good girl. She's just very sensitive and easily insulted. It's not only you. Everyone in the family has gotten on her wrong side at one time or another."

Did Baila speak loshon hora?

T H E

HALACHAH

Baila has met the three conditions necessary for speaking about a *baal machlokes*: She knows first-hand that Tzivi is indeed a *baal machlokes*, her intention is constructive, and she sees no other way to quell the dispute but to speak negatively about Tzivi to the new sister-in-law.

Sefer Chofetz
Chaim,
Hilchos
Loshon Hora
8:8



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

These CCHF emails are so well written it's amazing.

Seriously talks to me. As if reading my mind.

Also the Shalom Challenge emails.

*Tizku L'mitzvos,
E Weinreb*

Visit cchf.global to sign up for one or more of our daily emails – Ed.

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"One who
finds
merit for the Jewish people
becomes
imbued
with an awesome spiritual light."

– Sefer Shmiras Haloshon,
Shaar Hatevunah, ch. 7

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MALKA BREINDEL A" H BAS SHMUEL FISHEL YLCH" T

THE WISE HANDYMAN

Dave and Sam were not only brothers, but partners in their family farm. For 40 years, they worked side by side. Their wives and children were best of friends.

Then everything changed. Farming became too difficult for Dave, already near 70. They began to consider their options. Dave wanted to sell the property to a developer for a fortune, but Sam wanted to keep it in the family. The disagreement turned sour and the brothers stopped speaking to each other.

One day, Dave decided to bring matters to a head. He took his bulldozer and broke through a dam that kept back a stream that ran through the property. Sam couldn't believe his eyes!

A few days later, a handyman showed up at Sam's door, his toolbox in hand, looking for work. "I have a job for you," said Sam. "You see that house across the stream? It belongs to my brother. I want you to build a 10-foot-high wall on my side of the stream, so I never have to see his face again."

The handyman got to work. Around dusk, he called Sam to see the finished project.

"What did you do?" Sam exclaimed. "I said a wall, not a bridge!"

But indeed, the handyman had built a bridge across the stream, and at that moment, Dave was walking across it. He stood in front of Sam and said, "I don't believe it. After everything I've done to you, you did this?" The brothers embraced. "You don't know how much I've missed you," Sam said. They agreed to resolve their issue peacefully.

Feuds often linger because as much pain as the rift causes to the parties, they can't bring themselves to reach out in peace. Someone needs to build the bridge; we can be that someone.

Heard from Rabbi Tzvi Sytner, Aish.com

TALK ABOUT IT

What thoughts can help a person compromise and give in on some issues without holding on to resentment?

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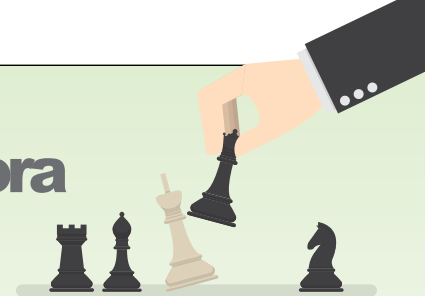


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Strategies to conquer Loshon Hora

WHO, ME? PART 1 OF 4



Shmiras haloshon stands alone among mitzvos that people tend to consider impossible to master. They think, "It's not for me." Although their idea of "me" doesn't encompass eating *treif* or being *mechallel Shabbos, chas v'shalom*, occasional loshon hora doesn't seem so inconsistent with their identity.

Changing that habit starts with changing the image of "me."

Loshon hora is not a part of a Jew's essence. We come into the world confident, energetic and positive.

Gradually, however, we begin to compare ourselves with others and lose bits of our self-esteem. As this happens, we look for ways to rescue ourselves, which often involves demeaning those who make us feel smaller. We realize that our little jokes at another person's expense amuse our friends. Our negative observations attract their interest. We feel on top again.

Repeated time and again as we grow older, loshon hora starts to feel as if it's an unchangeable part of us.

To retrieve that innocent, positive, untainted "me," we must first identify with that person. When we realize that loshon hora isn't part of who we are, but a product of habits we can change, we have taken the first step on the path to a life of shmiras haloshon and all the blessing it brings. Just as the momentum of our habits led us in the wrong direction, the momentum of changed habits – *sometimes just one new habit* – can reunite us with our true essence.

That is because our real "me" is satisfied only when we live the way Hashem's Torah teaches us to live. That is the "me" we can be proud to be.

Adapted from a lecture by Charlie Harari at a CCHF Tishah B'Av Event

TALK ABOUT IT

What is a practical way to bring this awareness of the real "me" into our lives so that it influences our words?

"There is no family in the world that learns the halachos of Shmiras Haloshon that has not seen a yeshuah in some way."

— HaGaon HaRav Yehuda Zev Segal
Manchester Rebbe Yeshiva, Founder of Shmiras Haloshon Yomi



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