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SHABBOS MENU

FOOD FOR
THOUGHT
TO SPARK
CONVERSATION

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHAS PEKUDEI 5782 • ISSUE 282

'HE'D NEVER LISTEN TO ME'

It's better to talk to someone than about him when there's an issue to iron out. But what if you're sure the person won't accept any criticism from you?

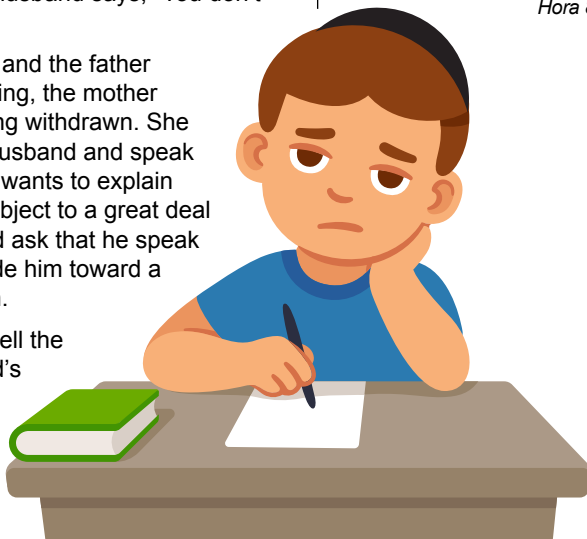
T H E

DILEMMA

A woman has a stubborn husband. He's kind-hearted and attentive, but she disagrees with his approach to *chinuch*. He presses his children to spend a long time each night reviewing their homework so that they can excel in class. While two of the three are indeed excelling, the third is struggling. When the mother tries to point out that the third child needs a different approach, her husband says, "You don't believe in him. I do!"

As the child falls behind and the father becomes more demanding, the mother notices her son becoming withdrawn. She decides to bypass her husband and speak to the child's *rebbe*. She wants to explain to him that her son is subject to a great deal of pressure at home and ask that he speak to her husband and guide him toward a more effective approach.

Is the wife permitted to tell the *rebbe* about her husband's misguided approach?



T H E

HALACHAH

Because the wife knows that her rebuke will not be heeded, she is allowed to reveal the situation to the *rebbe* and ask him to speak to her husband.

*Sefer Chofetz Chaim,
Hilchos Loshon
Hora 8:11*

PARTICIPANTS SPEAK

Dear CCHF,

I would like to receive the Shabbat Menu in Spanish every week.

Gerardo Stol

Buenos Aires, Argentina

Ed – You are now subscribed. Thank you to all those who share the Shabbos Menu in English and Spanish and spread this life-changing Shabbos Table Machsom L'fi program!

ARGENTINA

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"Do not be

angry

and you will not

sin."

– Berachos 29b

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.

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MALKA BREINDEL A"H BAS SHMUEL FISHEL YLCH"Y



The Nussbaum children loved visiting their grandparents on Friday afternoon. On one such visit, their usually smiling zaidy seemed sad and distracted.

“What’s wrong, Zaidy?” asked Tova, the oldest of the four children.

“I can’t find the watch Bubby gave me for my birthday,” he said. “I remember I had it on when I went into the garage this morning, but I don’t remember seeing it since then. I looked around in there, but I couldn’t find it.”

“Let’s go search the garage,” said Daniel, Tova’s brother. All four children went into the garage and spread out, each covering a different section. After fifteen minutes of searching, they had to admit defeat. They returned to the house and told their grandfather the disappointing news.

When Daniel saw the hopeless look on Zaidy’s face, he rallied his determination. “Wait. Let’s not give up so fast. Give me ten minutes.”

In just five minutes, he was back in the house, triumphantly waving the watch.

“How did you do that?” Zaidy asked.

“I had this idea,” Daniel replied. “I went back into the garage and stood very still and listened. After a minute, I heard very softly the tick-tick-tick of the watch. I followed the sound, and there it was!”

Listening is an

IF WE JUST STAND STILL

art. As Daniel realized, it requires focus, time, stillness, and the expectation that

we are going to hear something worthwhile. If we apply those skills to listening to others, we will indeed find what we’re looking for – the ability to understand their side of the story and the common ground upon which peace is created.

TALK ABOUT IT

Why do we rush to answer people before we’ve really understood what they are trying to tell us?

sage advice

TEST YOUR HEARING

Arguments tend to escalate rather than be resolved. However, the opposite should be true. It should be that as each side states his position, the other side comes to a greater understanding of how he sees the situation and what he feels about it. The back-and-forth should lead to peace. Instead, it usually adds fuel to the fire.

The reason this happens is that although both sides are having their say, neither side is hearing the other. They may hear the noise, and some of the trigger words that set them off on a new round of argument, but they are not grasping each other’s meaning. To avoid this pitfall, and in that way navigate conflict toward a peaceful solution, we need to learn how to H.E.A.R.

H: Hold still and focus on the other person’s words.

E: Make eye contact.

A: Actively listen. Nod or signal verbally (uh-huh, I see, etc.) that you are attentive.

R: Repeat in your own words what the other person has said.

Hearing is more than maintaining silence while the other person speaks. It is defined by what we do in that silence.

Adapted from a CCHF Live Life Better video by Rabbi Tzvi Sytner

Sibling One
“I’m the one who cares for them day-to-day. I’m not asking for a thank-you – just don’t criticize.”

Sibling Two
“If you would have done things differently, Abba and me wouldn’t be in this situation.”

Get simple techniques to keep the peace with others. (Even when you’re right.)

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שמואל חיים בן אברהם יוסף ז"ל
דבורה בת ישראל ע"ה
Dedicated by Uri and Riki Sklar

לעילוי נשמת
מרת אסתר בת
ר' אהרן מיכלי ע"ה

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