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SHABBOS MENU

FOOD FOR
THOUGHT
TO SPARK
CONVERSATION

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHAS SHEMINI 5782 • ISSUE 285

WOULD YOUR MOTHER LIE?

The people you trust from birth to teach you all about life – your parents – surely wouldn't tell you anything that's not true. If they tell you loshon hora, may you believe it?

T H E

DILEMMA

It's three weeks before Sukkos and your mother calls you, distraught. She informs you that your brother Shlomo and his family have decided not to come for Yom Tov. "They gave me a load of excuses, but I know the truth. Your brother Menachem told me that he spoke to Shlomo, and he says they can't stand squishing in here anymore with all their kids and the cousins. Our house isn't good enough for him! He's too rich to hang out with his poor relatives!"

May you listen to your mother and believe her story?

T H E

HALACHAH

Hearing loshon hora from parents is no different from hearing it from anyone else. It may not be accepted. In fact, a child should make a respectful effort to curtail the conversation, to save himself and his parents from the consequences of speaking and hearing loshon hora.

*Sefer Chofetz Chaim,
Hilchos Loshon
Hora 8:14*

PARTICIPANTS SPEAK

I watch these videos because they're short and meaningful. That video on expectations was mind-blowing, because it took a whole new perspective on the topic. I don't think a 2-minute video has ever inspired me more, and I will definitely try to implement this in my life! Thank you!

A Shalom Challenge 2 participant

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"A soothing tongue is a tree of

Life
— but corruption

of it is *Damage*
of the spirit."

— Mishlei 15:4



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" T

A *shidduch* is made. A wedding is planned. Neither family has much disposable income, but the *kallah's* family works hard to put together the needed money, and as the wedding day approaches, their excitement soars.

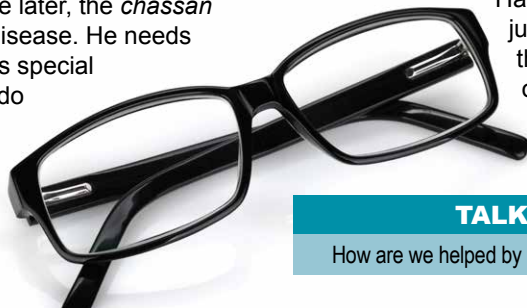
Meanwhile, the *chassan* begins to question his choice — a nice girl, but something is missing in the area of attraction. It's her eyeglasses, he realizes. Once he pinpoints the flaw, it expands in his mind. By the morning of the wedding, he feels he can't go through with it. The day proceeds: The hall is set up, the food is prepared, the *kallah* and family have their photo session, the guests begin to come, but where is the *chassan*? No one can find him. At last, his father reaches him and the young man reveals that he cannot marry a girl in glasses.

The *kallah's* humiliation is beyond description. Hot tears course down her cheeks as she stands there in her wedding gown, feeling that her world has turned upside down. Then she gathers herself and tells her parents, "Something like this cannot be anything but a giant *kapparah*. *Gam zu l'tovah*."

Nine months later, a young man comes to the *kallah's* home for a sit-in date, according to his custom. At the end of it, he tells her that he heard about the *bitachon* with which she handled her bitter break-up and now, having met her, he knows all he needs to know to ask her to marry him. A meeting or two later, there is a *l'chaim*, and then a wedding.

Meanwhile, the former *chassan* finds a girl who is more to his liking. However, after the wedding, her eyesight deteriorates. After surgery to address the problem, she needs eyeglasses. Sometime later, the *chassan* develops a rare eye disease. He needs several surgeries, plus special glasses that help but do not completely erase the double-vision and disorientation his condition causes.

THE EYE THAT SEES



While Jews do not rejoice in each other's troubles, the occasional clear *middah k'neged middah* response

from Heaven assures us that

Hashem's justice is always perfect, though sometimes delayed or hidden.

As heard from Rabbi Dovid Goldwasser

TALK ABOUT IT

How are we helped by knowing there's always justice?

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

לע"נ
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

TALK ABOUT IT

What would it take for you to meet the challenge of spending one day without criticizing anyone?

sage advice

BECOMING A DIPLOMAT

Bring Yourself 'World Peace'

If you were to assemble a team to negotiate a peace treaty, you'd want diplomats – people trained to forge positive relations, even in a contentious situation.

For a Jew who follows the Torah's laws of proper speech, that training is an all-day, every-day endeavor, and it brings "world peace" to anyone who uses it.

Nachum met his cousin Michael at a wedding after they hadn't seen each other in ten years.

"You really mellowed out," Nachum commented.

Michael remembered his critical, arrogant "old self" well. He had hurt a lot of people.

"Blame my wife," Michael joked. "She challenged me to go one day without criticizing anyone. I thought I would have to tape my mouth shut.

"But you know what happened? I started seeing things differently. And I realized that I felt much more relaxed. It wasn't easy, but I decided to try to keep it up."

When the dancing began, Michael was surrounded by hugs and smiles. "He doesn't just talk differently," Nachum realized. "He's living in a different world!"

Shmiras Haloshon trains us to focus on the positive. It turns us into the ultimate diplomats, skilled at forging peace with our neighbors and within ourselves.



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.

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