

SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHAS BAMIDBAR 5782 • ISSUE 293

An Artscroll book in brand-new condition was found at the CCHF convention in January. If it is yours, please email the name of the book and your contact info to Shabbosmenu@cchfglobal.org or call the office at 845.352.3505 ext. 5.

THE NEIGHBORHOOD PASTIME

Surely one of the best ways to ban loshon hora from our lives is to stay away from people who speak it.

THE DILEMMA

The Kelmans had been saving up for years for a down payment on a house, and finally had just enough money to begin shopping. After an exhaustive search, they found exactly what they were seeking in a neighborhood called Pinecone Park. The house wasn't fancy, but it was within their price range. They felt they had struck gold.

"You have to go for a Shabbos and see what the neighbors are like," Mrs. Kelman's father advised.

Mrs. Kelman's cousin who lived in Pinecone Park agreed to host the Kelmans for Shabbos. Friday night, Mr. Kelman came home from shul perturbed. "A bunch of guys were talking about someone in the shul who's going bankrupt. It wasn't pretty."

The cousin invited a few neighbors for the Shabbos *seudah* so that the Kelmans could meet them. They were perturbed when a lawsuit in the community took over the conversation at the table, added to talk about the impact it was having on the man's marriage.

"I love the house," Mrs. Kelman told her husband. "But can we live in a neighborhood like this?" May they?

THE HALACHAH

A person is not permitted to knowingly take up residence in a place populated by *baalei loshon hora*. Neither is he allowed to sit with such people and listen to their conversation.

Sefer Chofetz Chaim, Hilchos Loshon Hora 9:4



LET THE TORAH SHINE IN
*Thunder! Lightning! Shofar blasts!
No other nation has ever come so close
to Hashem. But why us?*

Rashi says we came to Sinai "as one man with one heart." Our unity earned us the Torah, and the Sefas Emes says it still does. To the degree that our hearts are open to our fellow Jew, the Torah's wisdom and holiness flows into us. In fact, a Gadol BaTorah is inevitably saturated with ahavas Yisrael.

Shavuos, when we celebrate the Torah, is the ideal time to rekindle our brotherhood with those who stood with us at Sinai – to open our hearts and let the Torah shine in.

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"Any attempt to

fully
describe the
great
destructiveness
of strife will be insufficient."

- Sefer Shmiras Haloshon, Shaar HaZechirah, ch.15



ONE DROP OF ENCOURAGEMENT

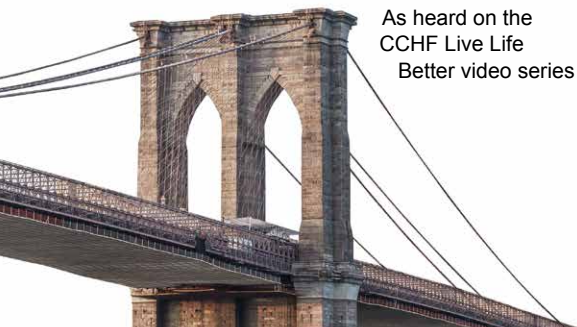
Dina's friend Tamar had a difficult life in every area, from marriage to children to finances to relationships in her own family. Even so, she had a sparkling intellect and a depth of thought that drew her and Tamar together.

One day, Dina heard that Tamar's husband had become seriously ill. Dina knew she should call Tamar, but she simply did not know what to say.

Yet the tiniest drop of encouragement can make all the difference in the world. A 16-year-old boy in Dublin, Ireland, spotted a man sitting on the edge of a bridge. The boy stopped and asked him, "Are you OK?" In fact, the man was not OK; he was contemplating jumping into the river. However, that one drop of human warmth revived his will to live (heard from Rabbi Yaakov Asher Sinclair).

One small gesture from another person – a hug, a compliment, a short, friendly call or text, a cup of coffee, any unsolicited act of caring – makes a person feel differently about life. A human being needs to feel that he matters; a drop of encouragement can heal a heart. There's no need to feel that we can't do enough, or to fear that we won't say the right thing.

As heard on the CCHF Live Life Better video series



sage advice

AS IF WE'VE KINDLED THE FLAME

When we're in the dark, we look for a way to bring in some light. When we're in the cold, we look for a source of heat. However, when the room is adequately lit and warm, we don't see the need to add anything.

This is the case, too, with people around us who seem to be generating quite enough warmth and light in their lives. Friends, success, good health – all the basics are in place. However, the Midrash teaches us that when we add a drop of encouragement to their already bright flame, we are accomplishing something vital:

Rabi Chanina, assistant to the Kohen Gadol in the Beis HaMikdash, testified that he witnessed many miracles. One was that the Menorah remained lit from Rosh Hashanah to Rosh Hashanah.

"The Torah commands us to pour pure fresh oil for illumination to kindle the lamp every day," said the Gerrer Rebbe Rav Avraham Mordechai. "If so, how could it have remained lit all year?"

Rav Chaim Brisker answered:

Since if a Shabbos light is already kindled and someone adds a drop of oil to it this is considered a trespass on the prohibition of lighting a fire on Shabbos, that means that adding one drop of oil is the equivalent of lighting the fire. The Kohen added a drop of oil every day, thus fulfilling Hashem's direction that it be lit daily.

In the same way, when we add a drop of fuel to the light of someone who is already glowing, we fulfill the mitzvah of *ahavas Yisrael*. Even those who are doing well in life require recognition and love.

We often hear that children who don't cause their parents and teachers any worry don't get the recognition, love and encouragement given to those who struggle; and the capable worker is told by the boss, "If I'm not complaining, that means I'm happy."

But the Midrash tells us that Hashem requires us to add a daily drop of oil to keep a burning flame alive. And it's counted as if we've lit the fire anew.

TALK ABOUT IT

Shouldn't we aim to free ourselves from the need for acknowledgment from others? Isn't it enough to know we're doing what we should be doing?

TALK ABOUT IT

Have you ever felt like Dina did, too uncomfortable to reach out to someone who needed encouragement? How can we overcome that discomfort?

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