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SHABBOS MENU

FOOD FOR
THOUGHT
TO SPARK
CONVERSATION

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHAS SHELACH 5782 • ISSUE 296

NEVER TOO YOUNG

Is loshon hora a concept we can teach our children, or should we put it off until they're old enough to fully understand the damage it causes?

T H E

DILEMMA

At the Shabbos table, Rivky, a second-grader, told a story about her classmate, Devorah who apparently comes from a somewhat disorganized home. "She always has food stuck to her skirt," the 8-year-old critic observed. "And her knapsack is old and dirty. And her hair never stays in her ponytail. She's gross."

"Kids are so honest," Rivky's mother told Rivky's father. "They just tell it like they see it."

"Right, but I think we should teach her that this is loshon hora," the father replied.

"She's old enough to know the difference between nice words and not-nice words."

Is the father correct, or will his instruction be beyond his daughter's grasp and perhaps just embarrass and stifle her?



T H E

HALACHAH

A parent has the mitzvah to reprimand his children (in a language and tone they can accept), even if they are still young, to stop them from speaking loshon hora.

*Sefer Chofetz Chaim,
Hilchos Loshon Hora 9:5*

PARTICIPANTS SPEAK

GOING GLOBAL and TREKKING THROUGH TIME are two wonderful children's books that we have been reading to our children every night at bedtime. Every 60 days when the cycle is completed we make a little siyum in the house, with some donuts or other treat. A couple of times a year we actually take them out for the siyum to a fast-food place that has seating.

Try it in your family and enjoy the rewards!

*Visit cchf.global/shop and choose the perfect book to learn with your family.
- Ed.*

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"In the World to Come

will be healed

*all
except*

the baal
loshon hora."

- Bereishis Rabbah 20:5

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



sage advice

CAN DO

We often hear, "Know your limits." It's a sound piece of advice that tells us not to take on too much or stretch too far because, if we do, we might lose our motivation to strive for anything at all.

The question is, how do we know what our limits are? We often vastly underestimate our own potential to achieve. So before we set our limits, we need to test them – to see how far we can go.

Athlete Roger Bannister is famous for being the first to run a mile in under four minutes. At the time, in 1954, scientists believed that the human body was simply incapable of running a mile that fast. Bannister proved them wrong and, once he did, others began beating his record. Today, the fastest recorded time for running a mile is 3 minutes 43 seconds.

Bannister's record did not last long. What endured, however, was his proof that our limits are often in our minds. For generations, no one ran the mile in less than four minutes, but from the moment that record was broken, suddenly, faster times were seen as possible. And people achieved them.

The lesson for us is obvious. We may think, "This is as good a learner as I can be," "This is the best I can daven," "This is the limit of my patience," or "This is the most I can give." If we challenge those limits, we often find that we're capable of so much more.

Adapted from a video by Rabbi Yaakov Asher Sinclair, part of the CCHF Live Life Better series.

TALK ABOUT IT

How do you know when you're not trying hard enough? How do you know when you're trying too hard?

Funds were running low for the Fried family, but Pesach was coming anyway. The children had all grown out of their shoes and Ahuva Fried saw no other choice but to get them what they needed, courtesy of the one credit card she had that was not maxed out yet.

After several long hours of fitting six children and finding shoes that were of a style and comfort-level they were willing to wear, Ahuva went to the register and stood behind the many other customers waiting to pay. When it was finally her turn, with a long line still behind her, the cashier took her credit card, wrote something on the receipt, and handed it back to her with the card.

Ahuva opened the receipt to check the charges and was surprised to see a note scrawled on the bottom. "Your card was declined," it said. "You can come back and make the payment tomorrow."

Ahuva bent in close to the cashier and asked, "Why didn't you say something?" "We don't embarrass our customers," was the cashier's hushed reply. Ahuva smiled and gave up her place to the next customer. "A Jew is an amazing creation," she thought to herself. (True story, details changed)

This store's owner not only knew shoes, she knew the fine art of empathy and sensitivity. Learning to anticipate others' feelings and tailor our actions to avoid causing pain is the result of caring enough to care. We can learn these lessons by asking ourselves how we feel when certain things happen to us, when people speak to us in a certain way, and when we make some embarrassing mistake.

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V'ahavta l'rei'acha kamocho – loving others as we love ourselves – means letting these lessons we learn the hard way teach us how to protect others from having to endure the same pain or embarrassment. To be that magnificent type of Jew, the first step is to set this as a goal. This will lead us to see from the other person's perspective, feel their feelings, and treat them with loving care.

TALK ABOUT IT

Is there some area in your life in which you have a regular opportunity to emulate this cashier? With employees, students, children, teachers or friends?

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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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דבורה בת ישראל ע"ה
Dedicated by Uri and Riki Sklar

As a *zechus* that
my son should be
חזר בתשובה

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