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SHABBOS MENU

FOOD FOR
THOUGHT
TO SPARK
CONVERSATION

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHAS MATOS-MASEI 5782 • ISSUE 301

NO ONE TO TALK TO

You know someone has aggrieved another person. You want to let others know, in the hope that they will be as appalled as you are, and let the wrongdoer feel the heat of his transgression. Still, it's a risky tactic to spread negative information about someone. Is it ever worth the risk?

T H E

DILEMMA

An old, established Jewish community began expanding. The newcomers were from a different stream of Orthodox Judaism than the old-timers. Housing prices were rising and traffic congestion increasing. The vast majority of old-timers were filled with resentment.

One day, Shmuel, a long-time resident of the town, encountered a group of newcomers standing on a sidewalk talking. "Move! You people don't own the sidewalks... yet" he said. They moved but were obviously hurt and shocked by the display. Shmuel's long-time neighbor Yitzchak witnessed the episode. "That's not how you treat another Jew!" he told Shmuel, who answered, "Oh, please. Everyone feels the same way."

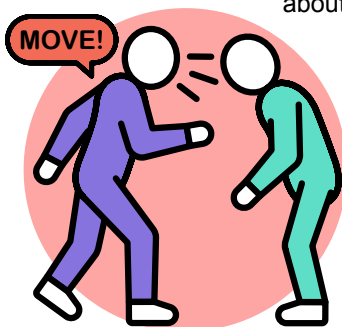
May Yitzchak tell the other long-time residents about Shmuel's verbal assault on the newcomers, hoping to show them the ugliness of such sentiments and perhaps pressure Shmuel to see it too?

T H E

HALACHAH

If nothing constructive will result from reporting the episode, because those who hear it agree with Shmuel, then Yitzchak is not allowed to speak. In fact, it is likely that he will only spur rechilus because the listeners, who sympathize with Shmuel, are likely to inform him that Yitzchak is speaking negatively about him.

*Sefer Chofetz
Chaim,
Hilchos
Loshon
Hora 10:4*



It's Chodesh Av and we are still in galus! While we all agree that we need to break the sinas chinam/loshon-hora cycle that keeps us here, many people believe that they can't succeed for long.

The Chofetz Chaim says that's not so! Gossip is a habit, and bad habits can be broken. The first step for the loshon-hora speaker is awareness: listening to the inner voice that says, "Maybe you should leave this unsaid." Every time he holds back, loshon hora loses some of its hold on him.

Start today—Geulah is waiting!

Good Chodesh

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

*"It is better to accept upon oneself a fast from
speech
than a fast from
eating!"*

*— Shmiras HaLoshon,
Shaar HaTevunah ch. 2*

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 LOST SONG” COMES TO LIFE

The Lost Song” is a video production by the Chofetz Chaim Heritage Foundation that follows a family as it unravels over a *machlokes* and ultimately, after tremendous anguish, reunites. After a showing of the production, a woman called the CCHF office to relate a personal story that portrays the power of inspiration to mend relationships and hearts.

My sister Gitty had recently undergone minor surgery. She had been home recovering for about a week when her daughter invited her to join her in going to see “The Lost Song.” Gitty wasn’t feeling completely back to herself yet, but she decided to go.*

When she left the event, her eyes were red and puffy. The message had gone straight to her heart, because Gitty and I had not spoken to each other in eight years. She decided that she had to act on her inspiration. It was now or never. She picked up the phone and called me.

I was in shock. My body was shaking. I felt as if my heart could not contain all the turmoil that was churning around inside. But for the first time in eight years, we spoke. We caught up on each other’s lives. We had missed out on so much!

That day, I went to Toys-R-Us. I bought presents for each of her ten children. Then I went to be mevaker choleh. I walked into her house with my arms overflowing with gifts, but I received the best gift of



sage advice ON THE TABLE



Dinnertime at the Rosens:

“Moshe got a C-minus on his *parshah* test this week,” Devorah Rosen informs her father.

“That’s because he wouldn’t study when you told him to,” sister Shoshana helpfully adds.

“I did so study,” Moshe says in self-defense. “I just couldn’t remember anything.”

“That means you didn’t study hard enough,” Devorah wisely intones.

“Get me out of here!” thinks Uncle Shimmy, a guest at the table. Moshe thinks the same.

Dinnertime at the Rosens’ house resembled a typical day in Small Claims court — a never-ending parade of misdeeds and counterarguments that slogged across the table with the speed of spilled Coke. And all of it, even among family members, even in the guise of correcting family members’ behavior, was pure *loshon hora*.

People are tempted to believe that discussion of family members falls outside the purview of *shmiras haloshon*. Yet this is the arena in which these *halachos* can actually do the most good. A family that is careful to keep criticism constructive and private builds a home that ultimately brings out the best in everyone.

TALK ABOUT IT

How can we make sure that we don’t fall into the trap of speaking negatively about family members to other family members, especially when everyone is already aware of each other’s personalities and flaws?

all. I have my sister back!

The only way people can allow a rift to fester in their family is to close their eyes to the tremendous pain and loss it causes. But even when someone’s eyes are opened, it takes a spark of courage to set things right.

TALK ABOUT IT

What are some basic interpersonal skills you can use to prevent hurt feelings from growing into a *machlokes* that tears a family or friendship apart?

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Check your local paper for event details in your area.
The Tisha B'Av program will also be available to watch online.
Visit tishabav.global to purchase your ticket
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THE CHOFETZ CHAIM HERITAGE FOUNDATION 9 AM 5782 AUGUST 7



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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