

FOOD FOR
THOUGHT
TO SPARK
CONVERSATION

SHABBOS MENU



PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHAS VAYAKHEL-PIKUDEI 5783 • ISSUE 334

THE MESS

You receive a bit of criticism about another person and think the subject should know about this heretofore unspoken issue. May you relate the criticism?

T H E

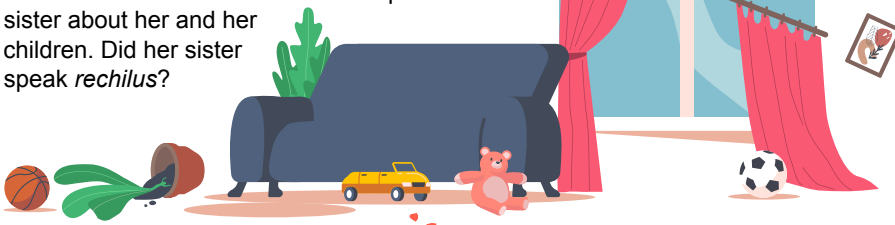
DILEMMA

Every Sunday afternoon, several of the Newmans' married children and their families converge on the grandparents' house for a visit. The cousins play, their parents schmooze, and Bubbi Newman dishes out the food and treats. As the evening approaches and the younger children become cranky, their parents pack them up and rush them home. The children of the youngest daughter, Devorah, always leave a mess of toys and crumbs behind. Bubbi Newman, hearing their tired whining, usually tells her, "I'll clean up. You go and take care of the kids."

One day Bubbi Newman mentions to her elder daughter, "This Sunday, Devorah's crew really did the place in. I have to ask her to clean up a bit before she leaves. It's getting to be a lot for me."

Her daughter, the eldest, repeats the conversation on the phone to her sister, feeling that she should know about the issue. "Mommy needs you to pick up after your kids before you leave," she says. "You know, she's getting older. She says it's getting to be too much for her."

Devorah is hurt that her mother complained to her sister about her and her children. Did her sister speak *rechilus*?



T H E

HALACHAH

If the information made Devorah feel negatively toward her mother, it was *rechilus*, even though the mother was not present when the sister conveyed the criticism, and the information was completely accurate.

Sefer Chofetz Chaim, Hilchos Rechilus 3:1

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.

PARTICIPANTS SPEAK

Thank you for your uplifting and inspiring Impressions articles. They are a springboard for my teachers, with their inspiration, practical tips, and validation. They convey so much warmth while keeping the image of the teacher in a respectful light. You are a catalyst for growth in my staff and in our school.

May you be gebentched with the ability and koach to continue infusing Klal Yisroel's finest with the chizuk they need and deserve.

In appreciation,

*Mrs. Chaya Rivkie Ungar
English Elementary Principal*

*Ohel Blima Ruchel
Bobov Monsey*



If you are an educator, email impressions@cchfglobal.org to find out how you can bring this newsletter to your school.

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"The longer one persists in guarding his tongue, the easier it becomes."

– Sefer Shmiras Haloshon, Preface

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MALKA BREINDEL A"H BAS SHMUEL FISHEL YLCH"Y

AN INNOCENT BYSTANDER

Sholom stepped out on the sidewalk in front of his house to take the mail from his mailbox. Suddenly, out of nowhere, five-year-old Reuvi from next door slammed into him on his bike, knocking Sholom off balance and delivering a sharp gash to his shin.

Reuvi landed on the lawn. He was crying hysterically. The little boy's father, who had been teaching his son to ride without training wheels, quickly arrived on the scene.

"Oy! I'm so sorry!" he told Sholom. "Reuvi's not so good on the brakes yet."

"It's fine," Sholom said. "Baruch Hashem, it's just a cut."

Imagine how Sholom might have reacted if someone had slammed into him on purpose! But in this case, he knew he wasn't being attacked. He just happened to be in the way when the boy lost control.

Often, even when an attack does seem aimed at us, it's just a person's overall frustration and misery careening out of control. We're not the intended target. We're in the line of fire.

Rav Dominitz of London worked tirelessly to raise money to help baalei teshuvah establish Jewish homes. One day as he collected in a shul, an irate man loudly accused him of keeping the money for himself. Later that day, the man was accosted by a mugger who slashed him with a knife, nearly killing him.

The Rav and a companion went to visit the wounded man in the hospital. "I don't bear him a grudge," the Rav told his companion. "He must have had a hard day and needed to unload



TALK ABOUT IT

The damage is the same whether the act was "about us" or about the other person's issues and anger. Why do we feel better when we know it's not aimed at us?

In honor of
Aryeh Pearlman

L'zechus
Mishpachas Ashear

לזכות רפואה שלימה
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נלב"ע ערב שבת קודש
י אלול תשע"ז
ת.ג.צ.ב.ה.



It Can Be Different: Breaking the Loshon Hora Habit PART 2 OF 5

"That's the Real Me"

At the age of 42, Boruch already felt like an old man. His daily diet of junk food and his total lack of exercise made him heavy and slow. His enthusiasm for life was long gone—since he was always tired, everything seemed like too much effort. His wife and children tried to get him to take better care of himself, but nothing he tried lasted more than a few days.

Then, on his 20th wedding anniversary, Boruch's children gave him and his wife a gift—a montage of video footage starting with their wedding and moving through the years as the family grew. Boruch looked at his 22-year-old self and his heart broke. Where was that energetic, lively man? His poor health habits had changed that man beyond recognition. Could Boruch ever bring him back?

The above story, based on a true situation, became the turning point for this man. He saw the person that he really was, the person he had been proud to be, and determined that he had to find a way to reclaim him.

This teaches us the second powerful strategy for changing poor speaking habits, which rob us of our spiritual and physical vitality. As small children, our self-esteem is real and basic; we haven't yet learned to measure ourselves against others. But when that consciousness creeps in, we discover that the easiest way to protect our position is to put others down.

We develop a taste for junk-food self-esteem: We find things to criticize and reasons to taunt. We make our perceived rivals the target of jokes. As we learned in Part 1, these thoughts, repeated again and again, wire our brain for *loshon hora*. We find that our occasional efforts to change get us nowhere.

Before we can feel the powerful motivation that we need in order to do things differently, we need to remember that **inside, there is still the untainted neshamah that once lit up our eyes and put a passion for living in our hearts.** And we have to say, "That's the real me. I want to be that person again!"

TALK ABOUT IT

What does it mean to be a person you are proud to be?

his emotions. He wasn't aiming at me. His target was the wall, but I got in the way!"

This is a powerful tool for judging others favorably. Even if they did what we think they did, and they did it to us, when we tell ourselves that it wasn't really about us, we can stay calm.



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