



SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHAS VAYIKRA 5783 • ISSUE 335

IT'S NO SECRET

The information you are conveying isn't going to be welcome, but it's no secret. Is it rechilus if you would repeat it right in front of the person who said it?

THE

DILEMMA

Menachem tells his brother Avraham that he's worried about Avraham's son, Michael, who seems always to have a cigarette in his mouth. "I know he's a grown man, but you should talk to him about it," Menachem says. "I don't understand how people do this to themselves. Doesn't he have any self-control? Doesn't he want to be alive and healthy for his family?"

Avraham feels Menachem's passion and recognizes that his comment is coming from caring. Later he sees Michael and tells him, "Uncle Avraham says you need to find some self-control and stop smoking already. He says you're not thinking about your family." Michael is insulted.

Avraham would have said the same thing even if Menachem had been standing right there, because in Avraham's eyes, the comment is nothing other than a statement of love and concern. Is it also *rechilus*?

THE

HALACHAH

Even if the words would have been conveyed in front of the person who said them, if it creates ill feelings between the source of the comments and the subject, it is *rechilus*.

*Sefer Chofetz
Chaim,
Hilchos
Rechilus
3:1*



PARTICIPANTS SPEAK

Thank you for Shalom Challenge 3.0. Each video is better than the other. Incredible! You must keep this up! It's life-altering.

Rochel Gruen

It's never too late to improve your relationships. Sign up at cchfshalom.org for the free Shalom Challenge program.

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"One must seek far-fetched justifications for his

friends' actions just as he would for himself; if he fails to do so, it is because he does not

love his fellow as himself."

– Michtav M'Eliyahu vol. 5, p. 431

PULLED FROM THE FLAMES

Leib Gershman* set out from England to America with his parents' blessings. Having escaped from Galicia during the Holocaust and raised their children in poverty, they hoped their son would find success across the ocean, where a *shidduch* awaited him.

Leib worked hard and saved his money. One day, he discovered that his beloved cousin Moish had survived and was also in America. Moish came to New York to see Leib. He had been offered a great real estate investment opportunity, but he needed \$50,000 to make it happen.

After discussing it with his wife, Leib decided to help his smart, hardworking cousin with a \$50,000 loan. "Pay me back in ten years, or whenever the business takes off," Leib said. Moish prospered. By the time ten years passed, he was a rich man with a beautiful house, many real estate holdings, and a grand lifestyle. Leib wondered when Moish would repay, but he didn't want to press his cousin.

Then Leib began making weddings for his children; the \$50,000 could no longer wait. But when he brought up the subject, Moish claimed that the money had been a gift.

Leib was heartsick. Efforts to involve a *rav* did no good, because Moish ignored his calls. The families drifted apart until there was a solid wall dividing them.

One day, many years after the *machlokes* began, Moish's son appeared at Leib's door with an envelope of money. "My father wants to repay you," he said. "He asks you to be *mocheil* him, and to please never mention this again." A shocked Leib accepted the

money and gave his *mechilah*. Gradually, the family rift healed.

After Moish and Leib had both passed away,

Moish's sister

Chana, also died.

At her *shivah*, Chana's children disclosed to Leib's children an astounding family



It Can Be Different: Breaking the Loshon Hora Habit PART 3 OF 5

Do Yourself a Favor

In our last segment we learned about Boruch, whose poor health habits were turning him into an old man at a young age. Even when his wife and children begged him to take care of himself and he made an effort, he couldn't find enough motivation to follow through. That's because although he knew they were right, he felt that he was happier eating whatever he liked.

In the same way, people often realize that, "This loshon hora has to stop!" They know that every word of it is an affront to Hashem, and they do not want to be bad Jews. But deeper still is the feeling that they would really rather be able to say whatever they want. If we hold back, we're doing it for Hashem. We see it as a sacrifice or an *avodah*, and at the first obstacle, we are quick to decide that we're not yet on that level.

Everything changes when we realize, like Boruch the dieter did, that **this is something we are doing for our own benefit. It's not a sacrifice. It's a gift we give ourselves.** Hashem doesn't need anything from us; His mitzvos are for us, not for Him. We live better lives. We have better friendships and families when we stop speaking loshon hora.

Just as Boruch felt better and more motivated as he became healthier and stronger, we too feel better as our *shmiras haloshon* becomes stronger. We no longer crave what's bad for us because we don't like how it feels.

Best of all, when we stop puffing ourselves up by putting others down, our *neshamah's* authentic desire to grow takes over. We're on the road to becoming everything we can be.

TALK ABOUT IT

How can you remind yourself, when the urge to speak loshon hora arises, to "do yourself the biggest favor" and restrain yourself?

secret. Chana could not stand to see her family fall apart. She scraped together the \$50,000 and asked Moish's son to deliver it with a message of peace. With that, she pulled her family out of the fire of *machlokes* and restored them to a loving connection.

Adapted from a story in Binah Magazine, 8 Shevat 5783

TALK ABOUT IT

If you were one of Leib's children, how would you have reacted to the news that Chana was the one who repaid the money?



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Dedicated by Uri & Riki Sklar

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