

FOOD FOR
THOUGHT
TO SPARK
CONVERSATION

SHABBOS MENU



PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHAS EMOR 5783 • ISSUE 339

‘I SHOULDN’T HAVE OPENED MY MOUTH’

The word got out. A person knows that someone else has been talking about him and he’s angry. Now the tale-bearer regrets having spoken. What can he do to make amends?

T H E

DILEMMA

Levi made a suggestion at a department meeting, and his boss nearly laughed out loud at it, leaving Levi feeling humiliated. After Maariv that night, he told his friend Yaakov, who happens to be a therapist, all about it.

“Don’t take it personally,” Yaakov advised. “You’re always saying he doesn’t have much tact. And look, not every idea is going to be a winner, right?”

“What’s with Levi?” Aaron later asked Yaakov.

“Oh, he’s just too thin-skinned,” Yaakov answered. “He lets his boss’s comments get to him. He needs more self-esteem. That’s what I think.”

Aaron, who used to work for a difficult boss, thought he might help Levi out with some advice.

“Yaakov tells me that you’re letting the boss get to you. He thinks you’re too thin-skinned and I agree with him. The only way to deal with a guy like that is to let it roll off your back.”

“Oh, is that what Yaakov thinks?” Levi shot back. “Maybe Yaakov wants to spend a day in my shoes.”

Aaron realizes he has turned Levi against Yaakov. What can he do now to set the matter right?



T H E

HALACHAH

The process for atoning for *rechilus* is the same as

teshuvah for *loshon hora*: It is necessary to admit it and to ask for forgiveness from the person against whom we have spoken. In addition, Aaron must try to find a way to restore peace between Levi and Yaakov. He must then ask *mechilah* from Hashem, Whose *mitzvah* he has transgressed. (Yaakov also needs to do *teshuvah* for speaking *loshon hora* about Levi to Aaron.)

Sefer Chofetz
Chaim, Hilchos
Rechilus 4:3

PARTICIPANTS SPEAK

Hi! Just want to say that I’ve been learning these halachos you send daily for a while now and it has helped me catch myself in many situations.

ALL YOUR ZECHUS!!!

R.G.

Sign up for daily emails at cchf.global, email customerservice@cchfglobal.org, or call the office at (845) 352-3505 ext 5.

FOR QUESTIONS AND COMMENTS, EMAIL

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“Although the

righteous

one may fall
seven times,
he will

arise.”

– Mishlei 24:16

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MALKA BREINDEL A" H BAS SHMUEL FISHEL YLCH" T

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.



PLINGS OF PAIN

This first-person account accurately portrays the disaster we can set off when we unthinkingly post or share an unflattering picture or video of another person. Although the Chofetz Chaim Heritage Foundation does not endorse use of social media, this story provides food for thought for those who do use it, and a warning to think before sharing anything negative about someone, or even just relating something out of context that paints a negative image:

They say that when you first get married, you are in a bubble of euphoria. For me, that bubble lasted only three days. I was sitting at *sheva brachos* with my new wife when she began getting some notifications on her phone. We took a peek. Someone had posted a video. A group on Facebook had posted a video of me. I wasn't doing anything wrong, but they took it out of context.

Soon she was getting ping after ping, people saying very negative things about me, including "If he's married, I feel bad for his wife."

For my wife to read comments like that at our *sheva brachos* was horrifying. She had to be wondering, "Who is this guy I married?" But we discussed it and decided that as a *zechus* for our marriage, we would immediately forgive whoever posted.

But within 12 hours, the whole thing blew up on other platforms. Thousands of people saw it. Everywhere we went, people said, "Oh, you're the guy from that video."

We tried to stay strong and remind ourselves that we forgave the person who first posted. I don't think that person was trying to do something negative. He just thought it was funny. But before you post

or share something, you have to ask yourself, can you be hurting someone? There's a human being behind that



TALK ABOUT IT

Do you think the person who posted this video on social media would have emailed it directly to hundreds of hundreds of acquaintances or told them about it in person or on the phone? Why do people think posting on social media is any different?

sage advice

Don't Give Up:

PART 1 OF A 4-PART SERIES

ONE LAMPOST AT A TIME

A man decided to take up running. Living on the outskirts of a city, he set his goal at reaching the downtown area. The route was 10 miles long, an ambitious undertaking for someone who hadn't run in years. He asked his friend, an experienced runner, "How do you build up to 10 miles?" The friend answered, "One lamppost at a time."

He explained that when he had first started running, he would feel exhaustion coming on and think, "OK, enough." But then he caught sight of the next lamppost, a short distance down the road, and thought, "Well, I can at least make it to the next lamppost." Reaching it, he saw that the next lamppost was within reach too. In this way, he added miles to his route and saw what he was really capable of achieving.

Rabbi Tzvi Synter identifies this approach as the antidote to giving up on an elusive goal. "You've had so many dates, and none of them were your *zivug*. But what if you knew that the next date would be the one? You've had so many treatments and you're still not better. But what if you knew the next treatment would be the cure? You've applied for so many jobs and you're still unemployed, but what if the next interview gets you a job?"

By making our goal "the next lamppost" rather than the finish line, says Rabbi Synter, we find the strength to keep going. He quotes the saying that "A winner is just a loser who kept trying." Likewise, the *Mishnah* teaches that our only responsibility is to do the work, not to finish the job. But only by revving ourselves up to get to the next lamppost can we even hope to reach our goal.

From a video presentation by Rabbi Tzvi Synter for the CCHF Live Life Better program

TALK ABOUT IT

Can you think of an instance in your own life, or of a story you know, in which success came at the end of a long chain of unsuccessful tries?

picture or video. It's not a cartoon character. You don't know what impact your post might have on the person's self-esteem, his job, or his marriage. These actions can have a lasting, devastating impact. You can be ruining somebody's life.



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ודבורה בת ישראל ע"ה
Dedicated by Uri & Riki Sklar

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