

FOOD FOR
THOUGHT
TO SPARK
CONVERSATION

SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHAS BAMIDBAR 5783 • ISSUE 341

“TO TELL YOU THE TRUTH...”

Someone is told that another person has said unkind things about him. He hears it directly from one of the two people who heard the comment, but he doesn't quite trust this person's report. If the second listener repeats the story to the subject, is he speaking *rechilus*?

T H E

DILEMMA

Meir and Eliyahu are *rebbeim* in an elementary school yeshivah. When Meir is absent for a few days due to the flu, David, who is a friend of Meir and Eliyahu, takes over the class. Chaos ensues.

The following week, Meir and Eliyahu meet with the principal, Rabbi Roth. He says, “I thought you said David had a little teaching experience. He didn't seem to have any control of the class. They went completely wild!”

Later, Meir sees David. “How did the subbing go? Rabbi Roth told Eliyahu and me that the boys gave you a run-around. A real three-ring circus with clowns and elephants! Were they really so out of control?”

David knows Meir is given to exaggeration, especially if it might mean getting a laugh. Still, he's not pleased that Rabbi Roth related his difficulties to his friends. Later, he sees Eliyahu and says, “Meir made it sound like Rabbi Roth thought I was a disaster as a substitute. But you know Meir and his sense of humor. I'm sure he wasn't so shocked. Substitutes always have a hard time.”

“Oh, it wasn't a joke,” Eliyahu answered. “Rabbi Roth really didn't seem pleased. He seemed a bit surprised at how out of control the class was.” What is the impact of Eliyahu's words?

T H E

HALACHAH

Since David had not completely accepted Meir's report, Eliyahu's words caused David's sour feelings. Therefore it is *rechilus*, even though Meir had already informed David about his bad review from the principal.

*Sefer Chofetz Chaim,
Hilchos Rechilus 4:2*

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.

PARTICIPANTS SPEAK

I absolutely love this program! I have been so much more aware of what I'm saying since I started the Hour of Caring. I'm so much more careful with what I say, I've stopped myself at least 10 times (for sure more) from speaking loshon hora because of this program!

Thank you so much!!!!

*Sign up for Hour of Caring
at cchf.global or call the office
at (845) 352-3505 ext. 5.*



hour of caring

FOR QUESTIONS AND COMMENTS, EMAIL

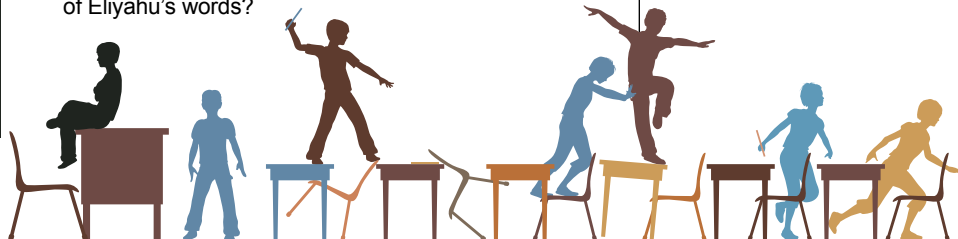
Shabbosmenu@cchfglobal.org

“The
fool
vents all his
anger.”

– Mishlei 29:11

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WHEN KLAL YISRAEL SHOWS WE CARE

During Covid, the Chofetz Chaim Heritage Foundation produced and distributed "Table Talk," a child-oriented shmiras haloshon program for parents to share with their families at the supper table. With poems and activities, it provided an enjoyable way for families to focus on the power of speech and grow in the mitzvah.

In one neighborhood, a mother found that her children were truly excited by their learning and looked forward to every new issue. She wanted to share this great, positive experience with her neighbors, and so, she copied her issue and gave it out on the block.

"Well, if we're all doing this," a neighbor suggested, "we might as well do it as a *zechus* for someone." There was a couple on the block who had been married for nine years and had yet to have children. The neighbors decided that, without telling the couple, they would learn "Table Talk" with their families as a *zechus*.

Nine months after the neighborhood-wide project started, the couple was awaiting the birth of their first child — any day now!

There's no magic. There's no making deals with Hashem that "If I do this, You'll do that." But there is a method to Hashem's running of the world, which is *middah k'neged middah*. When we feel for each other, Hashem feels for us. And when we set out to replace others' pain with happiness, Hashem gives us reason to be happy too.

(Note: *Table Talk* was just released as a book! Get your copy today!)

TALK ABOUT IT

How does learning shmiras haloshon, even without dedicating it as a *zechus*, show that we care about our fellow Jews?

sage advice

HOW TO IMPROVE YOUR BALANCE

Each of us has one person called "me." While it's easy to understand why that person might fall into conflict with some other person, it's harder to understand how "me" can fall into conflict with myself. We're only one person; who are we fighting?

The answer, as we all know intuitively, is that "me" encompasses many conflicting traits and desires. Commentators explain that, like all of creation, people are made of the four elements: air, water, earth, and fire. In each person, these elements exist in various proportions. The result is what we see as that person's overall personality.

But all four elements are present in each of us. That's why sometimes we ponder a course of action, while at other times we jump into something spontaneously. Sometimes we are accommodating, and sometimes a situation brings out our fiery side.

When our elements are out of balance, our personalities are skewed as well. We can even see it in descriptions like "hot-headed," "wishy-washy," "flighty," and "cold." To reach balance, we need to strengthen the weaker elements within us. This tells us which way to turn to resolve an inner conflict.

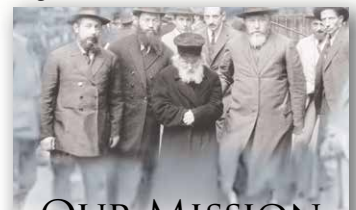
Yocheved is a creative genius in marketing. However, she hasn't been able to stick to a job. After the initial excitement, she begins to lose interest. Within months she's bored. She either quits or, on occasion, she's fired.

When Yocheved gets married, her income becomes an important part of the budget and she needs to hold onto her job. Even so, signs of boredom are creeping in. She thinks, "This job is stifling my talent!" But another voice says, "Why don't you try sticking with something for a change?"

Yocheved's dominant "air" personality gives her creative inspiration, but keeps her from ever landing on solid ground. She needs to build her weaker "earth" element to inject more patience, consistency, and practicality into her life. For her, that is the path toward growth and balance.

TALK ABOUT IT

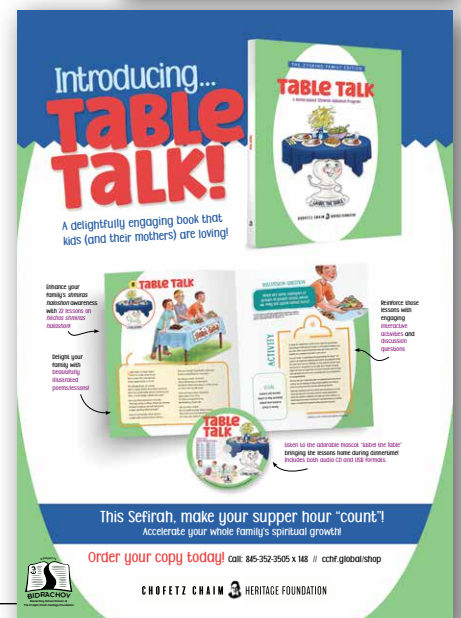
Are any of the elements better or worse than the others?



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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לע"נ
שמואל חיים בן אברהם יוסף ז"ל
דבורה בת ישראל ע"ה
Dedicated by Uri & Riki Sklar

לע"נ חיים יחיאל מיכל בן
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נלב"ע ערב שבת קודש
י אלול תשע"ז
ת.נ.צ.ב.ה.