

FOOD FOR  
THOUGHT  
TO SPARK  
CONVERSATION

# SHABBOS MENU



PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHAS SHELACH 5783 • ISSUE 345

## LOOK WHO'S ASKING

*Sometimes life hands us an ironic situation. For instance, someone who has undermined us now needs a favor from us. If he's made himself into our enemy, do we have to say yes?*

T H E

### DILEMMA

Levi and Tziporah seemed well-suited for each other. In fact, five different people had suggested that they date. Finally Levi agreed to go out with Tziporah, and she, thrilled with the prospect, urged her mother to quickly research his references. Just as Tziporah was about to give her OK, Levi pulled out.

"What happened?" Tziporah asked the *shadchan*.

"It's better this way," the *shadchan* said, trying to be comforting. "He asked his mother to make a few more calls and when he found out that you really strive for perfection, he got scared off. But don't worry. We'll find you someone who appreciates your high ideals."

There was only one person on Tziporah's resume who saw her as a perfectionist, and that was Miriam, her former seminary roommate. Why would Miriam say such a negative thing? Surely she must have known that for most people, "perfectionist" is not a complimentary word. Tziporah was hurt and angry that her friend would stand in the way of her happiness.

Four months later, Tziporah still had not had a date with Levi or anyone else. Miriam texted her, "Flying in on Tuesday for a family *simchah*. Can you pick me up at the airport?" The airport was 15 minutes from Tziporah's house, but why should she help the girl who had ruined her *shidduch*? Of course, Tziporah wouldn't dream of trying to get back at Miriam by spreading negative information about her, but did she have to actually go out of her way to do the girl a favor?



T H E

### HALACHAH

Since we are not allowed to change our opinion of someone based on *rechilus*, we are not allowed to refuse the acts of kindness and charity one Jew owes another.

*Sefer Chofetz Chaim,  
Hilchos Rechilus 5:4*

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

*Can you please send me the Spanish Shabbos Menu?*

*My friend sent it to me, and it is wonderful!*

Daniel Fernando  
Venezuela



*Ed: If you know someone who wants to receive Shabbos Menu in Spanish, please email us.*

## FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"Remove from yourself

*distortion*  
of the mouth, and distance  
*perversity*  
of lips from yourself."

– Mishlei 4:24

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# HOUR OF CARING: THE ZECHUS WAS CONTAGIOUS!

**C**an one hour a day of focus on shmiras haloshon “spread”? A high-school girl from the Midwest shared her experience with the Chofetz Chaim Heritage Foundation, showing that in fact, that one hour can have a ripple effect, sending *brachah* and *zechus* out in all directions. She writes:

*First, I want to thank you because these clips are awesome. They are cute and personal and always made me smile. Now, for what the Hour of Caring did for my life:*

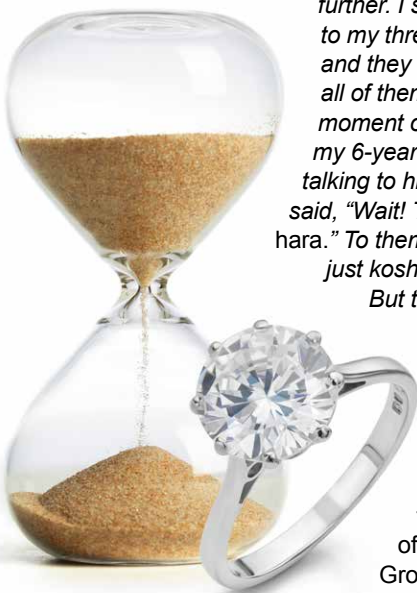
*It helped me to know the halachos better. Randomly, something comes up and I remember what I learned because the information was given in such a memorable way. I also put a section about loshon hora in my planner, and it made me realize how much loshon hora is being overlooked, even though it's so important. Your videos bring shmiras haloshon into focus by taking heavy material and bringing it out in a light way, making it seem almost easy.*

*I heard about Hour of Caring from a cousin who was in shidduchim, and I decided to start doing it as a zechus for her. Now she is engaged! I don't know if it was because of this or just because she's a great girl, but it is pretty remarkable.*

*And the impact went even further. I showed these clips to my three younger siblings and they were thrilled with all of them. I had the biggest moment of nachas when my 6-year-old brother was talking to his friend and he said, "Wait! This is loshon hara." To them the clips were just kosher entertainment.*

*But they learned lots of great lessons on the way!*

This is just one of many stories CCHF receives about the positive power of Hour of Caring. Groups in schools,



## sage advice

# COMING BACK STRONGER

*David dreamed of becoming a great learner. He imagined sitting in yeshivah and learning with a chavrusa, filled with passion and excitement like the older students he saw around him in the beis medrash.*

*But at 16, he was still far from that dream. He wasn't even in the neighborhood. What stood between his goal and his reality was a bad habit of going to bed too late, waking up tired, and pushing through the day without focus. His heart longed to be the Vilna Gaon, but his brain longed to shut down and take a nap.*

*No matter how hard he tried to get himself to bed earlier, it never worked for more than a night or two. One afternoon, after a particularly tortuous day in yeshivah, he asked to speak to his rebbi. "I'm never going to get anywhere!" he moaned. "I'm a failure!"*

When the Steipler was approached by a student with a very similar complaint, he advised the student to look back and find even one small instance in which he had mastered his *yetzer hara*. "Don't look at your failures but at your triumphs. And then brace yourself, because the best remedy is for a person to stand up and say, "This is it! No more!" he advised. He knew that when we fill ourselves with anger at the *yetzer hara* and show it who we really are, we are on the way to victory.

Likewise, **the Chofetz Chaim compared giving up against the *yetzer hara* to giving up your sword in battle.** If a soldier's hand is wounded in battle and he drops his sword, his only hope is to rally himself, grab his weapon and fight harder than ever. With that redoubled energy, he will win.

Adapted from an article in Inyan magazine by HaRav Moshe Yosef Scheinerman, Rav of Khal Bnei HaYeshivos-Imrei Tzvi.

### TALK ABOUT IT

Is it logical to give up against the *yetzer hara*? Why do people do it?

neighborhoods, and families across the country are joining because it's the right dose of shmiras haloshon, the right flavor, and the right schedule for just about anybody interested in bringing the blessings of this mitzvah into their life.

### TALK ABOUT IT

What impact has learning shmiras haloshon had on you?



## OUR MISSION

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

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