



# SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHAS NOACH 5784 • ISSUE 361

## PLAYING WITH FIRE

*Torah scholars are often public personalities, and therefore, no strangers to controversy. They may take a stand which others dispute or speak against something others find acceptable. Is it rechilus to relate a Torah scholar's words to someone against whom he has spoken?*

T H E

### DILEMMA

**Y**itzchak was close to Rabbi Weinstein and consulted him on many issues, both religious and practical.

Now that Yitzchak was starting a business, he wanted to discuss with his rabbi a certain tax-saving strategy he had heard about from Yaakov, his accountant and fellow congregant at Rabbi Weinstein's shul.

"If it isn't 100 percent legal, don't do it," the rabbi advised. "Cutting corners with taxes is not a way to succeed."

"Well, Yaakov didn't say it was illegal. He just said it was a gray area that, even if it was questioned, we wouldn't get into trouble," Yitzchak explained. "We'd just have to pay what we owe with some penalty. But if nobody bothers us about it, which Yaakov says is most likely, I'll save a really significant amount of money."

"Yitzchak, listen, Hashem rewards integrity and honesty. You're going to earn what you are supposed to earn, without any shady accounting. Yaakov can't see the future and know what is going to backfire on you, either in your business or in your *ruchniyus*. That's not his area of expertise."

Later, Yaakov spoke to Yitzchak again about this idea. "Forget it," Yitzchak said. "The Rav seems to feel that advising me to do something like this is above your paygrade. He nixed it."

Did Yitzchak speak *rechilus*?



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.

T H E

### HALACHAH

**W**hile there is nothing wrong with Yitzchak telling Yaakov that he asked the Rav about the idea and the Rav discouraged it, telling Yaakov that the Rav implied that he lacked the qualifications to offer this advice is *rechilus*.

Speaking *rechilus* about a *talmid chacham* exacerbates the harm of *rechilus* in three ways: 1) Because Torah scholars speak and act with integrity, a negative interpretation of their words is likely to be false; 2) *rechilus* draws the Torah scholar into conflict, accomplishing the opposite of the Torah's directive to draw close to *talmidei chachamim*; 3) negative words spoken by a person of stature are more disturbing to the subject than negative words spoken by someone he does not particularly respect.

*Sefer Chofetz Chaim, Hilchos Rechilus 7:2*

## PARTICIPANTS SPEAK

*Hour of Caring made me more aware and sensitive regarding my speech and others around me. It helped me hold my tongue and value the brilliance of positive speech. It has expanded my horizons and has helped me speak and get messages across in a correct way without having negative undertones. It has really helped me and continues to help me refine and define my speech, making me a more positive and happy person and a better friend and sister.*

*Thanks so much for this program!! So, so needed!!*

SR

## FOR QUESTIONS AND COMMENTS, EMAIL

[Shabbosmenu@cchfglobal.org](mailto:Shabbosmenu@cchfglobal.org)

"The

*strongest* person is the one who has the last word and *chooses* not to use it."

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MALKA BREINDEL A" H BAS SHMUEL FISHEL YLCH" T

# THE SECRET KEY TO RESILIENCE

**W**hat happens when a person is sailing along in life and suddenly hits a storm? We can look at ourselves and others around us and come up with two possibilities.

One is that the person is thrown into anger, despair, confusion, or all three. He thinks, "Why me?" and feels like a victim of circumstance. The other is that he goes through his situation with as much courage and support as he can muster. He might be in pain, he might be struggling, but he doesn't break.

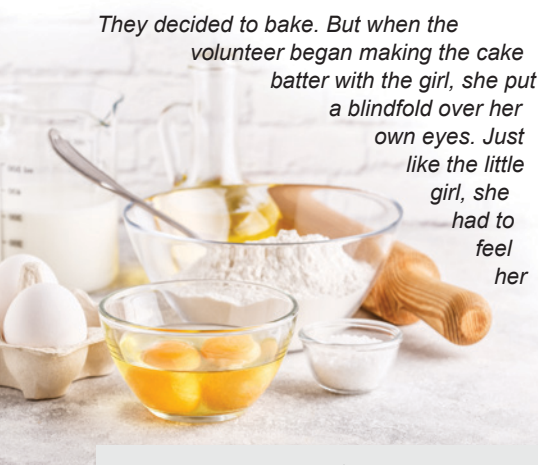
That ability to survive adversity is called resilience, and it is a quality every person needs. No one travels through life without hitting some stormy weather, and therefore, the best thing we can do for ourselves is to build the strength to meet the challenges when they come along.

In his role as director of Chai Lifeline's NJ/PA branch, Rabbi Sruli Fried interacts every day with people in crisis. From that perspective, he has a keen sense of how resilience works. Although people often find it within themselves when they need it, he says that a person can and should build this quality while life is running smoothly.

The best way to do this, he says, is by learning to step into the shoes of someone who is in pain—to be "nosei b'ol im chaveiro." His story of a Chai Lifeline volunteer touchingly illustrates this idea:

*A little girl had been suffering for several years with a brain tumor. Eventually, it caused her to become blind. A volunteer from Chai Lifeline's Big Sister program went to spend some time with the girl in her home.*

*They decided to bake. But when the volunteer began making the cake batter with the girl, she put a blindfold over her own eyes. Just like the little girl, she had to feel her*



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## sage advice

 PART OF A SERIES ON BEING NOSEI B'OL

# AT A LOSS FOR WORDS

*Chana's best friend Tzipora was sick. After only two years of marriage she was diagnosed with a serious disease. Since Tzipora lived out of town, the only way for Chana to express her love for her friend was to call.*

*But what could she say? While Tzipora was fighting for her life, Chana was dealing with everyday joys and strains. What could she talk about when Tzipora would consider Chana's worst day a piece of Gan Eden?*

When people we care about face troubles, we often find it difficult to show we care. What is the right approach? Rabbi Ari Bensoussan, who survived two bouts of serious illness, offers his advice:

- Many sick or troubled people want to "talk normal": a funny story, a favorite sport, business, news—whatever interests the person. By putting the person's mind into the world of normality, we can assure him that we still see him as normal and not a *chessed* case or the topic of conversation.
- If the person *does* want to talk about his troubles, just let him get it out. Nobody is looking to you to solve their problem. They just want you to listen.
- When the person has talked himself out, it is time to validate: "It hurts me to see you going through this. You're so courageous. How do you do it?"

We never need to avoid reaching out to a friend facing a troubled time. We can open the window to the normal topics that friends talk about or we can be there for him as he shares his darkness. The person will let us know what he needs. We just have to pay attention.

### TALK ABOUT IT

If you were going through a challenging time, how would you want people to lend their support?



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*way through the measurements of sugar and flour and other ingredients. She didn't want only to entertain the girl for an hour or two. She wanted to share the girl's experience.*

When we attempt to sail through life without any disturbances, we're thrown off our feet the moment the boat begins to rock. By learning to feel others' situations as our own, we build the strength we will need to stand firm when the challenge is our own.

### TALK ABOUT IT

Why do we sometimes feel uncomfortable around people who are having troubles? How can we overcome those feelings?

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