



SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHAS PEKUDEI 5784 • ISSUE 382

NO HELP FOR A HOT-HEAD

You realize that someone has been cheated and you want to alert him. However, you know that this person is likely to go ballistic and launch an all-out war against the seller. May you share this information with him?

T H E

DILEMMA

Dovi buys a shipment of discontinued silverware to sell in his high-end home-goods store. The distributor, Tzvi, tells him, "This is the last of it. You're the only one in town who is carrying it and, as you know, it's a very sought-after pattern. I'll do you a favor and sell it to you at 10 percent off the regular price, just to get it out of the warehouse."

When the shipment comes in, Dovi has it artfully displayed in a prominent spot in the store. Another distributor, Moshe, comes in to talk to Dovi and notices the display, along with the sign that says "Exclusive at D&D Tableware."

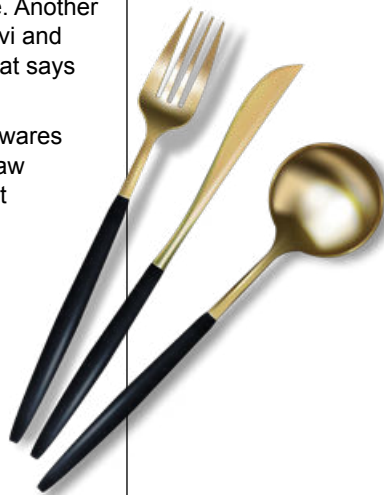
Moshe has just come from a large housewares store in another part of town, where he saw the exact same merchandise displayed at a far lower price. Moshe suspects that Tzvi engaged in a bit of less-than-honest salesmanship to get Dovi to take the silverware. However, if he tells this to hot-headed Dovi, he can safely assume that Dovi will bypass all legal remedies and take it upon himself to get back at Tzvi. May Moshe give Dovi the information?

T H E

HALACHAH

If we know that someone will take matters into his own hands if he finds out that he's been cheated, then we are not allowed to inform him.

Sefer Chofetz Chaim, Hilchos Rechilus 9:13



WEEKLY WISDOM

Gossip is a habit, and bad habits can be broken. Just like with smoking, the first step to prevent loshon hora is awareness.

This awareness begins by listening to one's inner voice that says, "Maybe you should leave this unsaid." Every time you hold back, loshon hora loses some of its hold on you.

Start today – geulah is waiting!

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"Harsh words

Define
the speaker,
not the
listener."

When we're angry at someone, holding a grudge and perhaps saying and doing things to spite that person, we might feel powerful. He can't get away with mistreating us! But the power of anger is nothing – a mere whisp of smoke – compared to the unrivaled power of forgiveness.

Esther had one child but seemed unable to have another. Years passed, filled with doctor's visits and treatments, but nothing worked. Nevertheless, she worked on her *emunah* and *tefillah*, hoping to soon merit Hashem's blessings.

One day, at a *pidyon haben*, Esther ran into Sarah, an old high school friend. They picked up their relationship and became close once again. Sarah invited Esther to join her *shmiras haloshon* group, and soon Esther began attending various *shuirim* with Sarah.

Sarah soon invited Esther to a *shuir* hosted by Leah, another former classmate. But Leah had been a bully who made Esther's life miserable. Esther bowed out of the event, telling Sarah that the women in the group were not her type. "Sure they are! They have beautiful *middos*," Sarah insisted. "At least give it a try."

Esther attended and, to her surprise, Leah had become an entirely new person: warm, welcoming, and happy to see her old classmate. On the way home, Esther asked Sarah how many children Leah had. "Sadly, she's been married eight years and hasn't had any children yet," Sarah answered.

When Esther got home she began to wonder: Did her grudge against Leah have anything to do with Leah's troubles? She spoke to Hashem. "I forgive everything!" she told Him. "I have nothing but love in my heart for Leah. Please forgive her and bless her with children!" She began *davening* for Leah every day.

It was about six months later when Esther encountered Leah at another *shuir* and saw that she was expecting! Esther was thrilled. She felt that Hashem had steered her to the place where she could finally forgive her old nemesis and open Leah's life to *brachah*.

Esther shared Leah's joy, and Leah responded by giving Esther a *brachah* – "May Hashem give you a healthy pregnancy and a healthy baby!"

WHEN WE FORGIVE, HASHEM DOESN'T FORGET



Esther's "*amein*" was accompanied by her own plea to Hashem to use this *brachah* as the channel through which to grant her another child. A few weeks later, she discovered that she, too, was expecting.

Hashem teaches us two simple equations: Grudge = trouble. Forgiveness = blessing. We only need to do the math.

Heard from Rabbi David Ashear on the CCHF Chazak hotline

TALK ABOUT IT

What stands in the way of forgiving someone?
How can we overcome these obstacles?

As a *zechus* for Boris Behor ben Zhanna and Rachel bas Zhanna

Children's Line



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Teen Line



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sage advice



PART I OF A SERIES
ON SAVLANUS

PATIENCE IS HERE AND NOW

The phone was ringing. The potatoes in a pot on the stove were about to boil over. The baby was crying. Freida took a deep breath and told herself, "One thing at a time. Nothing's an emergency."

A moment later, five-year-old Malky came to find her mother in the kitchen. "I finished clearing up my toys, Mommy. Now will you read me a book?"

Freida had indeed promised her little girl that she would sit and read to her when she finished cleaning up. Now she had to come through, and so she did. She turned down the heat under the pot, ignored the phone, settled the baby, and sat down next to Malky on the sofa.

But the book seemed endless. Malky wanted to discuss each illustration and have her mother read her favorite parts again. With at least a million things still left to do before the day was done, Freida felt her temper rising. "Let Mommy just read the story," she told Malky as mildly as she could.

Freida struggled with impatience. She read every bit of advice she could find and tried to employ it. But the real solution was right under her nose. It was little Malky, who sat absorbed in the book as if it was the only thing on earth. Malky was completely in the present, just as all children are when they're playing a game or absorbed in a book or toy.

Freida, on the other hand, only wished she could fast-forward through this mother-child moment and get to her real agenda. This is the antithesis of patience. *Savlanus* – patience – is the art of being fully engaged in the present, realizing that the future will not arrive any faster by our watch-checking, finger-tapping, gut-churning impatience.

Since we can't force time to move forward, we might as well enjoy the moment we're in. We can practice this art of living in the present by taking a minute each day to pause, take in our surroundings, and engage completely in the moment. When we learn how to stop focusing on "what's next," life becomes a series of moments well lived.

TALK ABOUT IT

Is it ever helpful to be thinking about things that need to be done rather than what we're doing right now?



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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SHALOM
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