

FOOD
FOR
THOUGHT
TO SPARK
CONVERSATION

SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM · SHABBOS SHAVUOS 5780 · ISSUE 192

IN A MINEFIELD YOU NEED A MAP

On one hand, few acts of chesed compare to helping to build a Jewish home. On the other hand, so much can go wrong in transmitting information. How does a person know whether or not to suggest a match?

THE DILEMMA

You feel that a young woman you recently met would be perfect for your nephew, although you can't pinpoint exactly why. In fact, she is 5-foot-2 and your tall nephew has said he doesn't want a short girl. She's also from New York, and your nephew says he wants an out-of-towner. However, she was at your Shabbos table and seemed very pleasant, mature and kind-hearted. Should you suggest her?



THE HALACHAH

We may suggest a *shidduch* without doing research; that's the parties' responsibility. However, we should not suggest a match unless: We know of no reason why the relationship would harm either party; we believe that the match has a reasonable chance of resulting in an engagement; we know of no medical, emotional or character flaw that would make either party an unfit spouse; we feel that neither party will have a negative influence on the other, and neither party has a strong objection to any trait of the other.

Sefer Chofetz Chaim, see Tziyurim

WHAT MADE US WORTHY?

Shavuot marks the greatest revelation of Hashem that has ever been — *Mattan Torah*. What made us worthy of experiencing this overpowering Divine presence? Our unity. We encamped by the mountain “as one man with one heart.” Through Shmiras Haloshon we can work toward recapturing this unity, making us once again worthy of ushering Hashem’s great light into the world.

Good Yom Tov

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

“If people would take just a moment to

Think
about others,
they would *hear*

[the subject of their loshon hora] begging, “Please! Don’t embarrass me!” – and no one would speak negatively about another person.”

–Daas Chachmah U’Mussar, Vol. 1, p.10

sage advice

At first she shone with a radiant smile, A FAMILY AFFAIR

In the often-quoted Rashi, Klal Yisrael camped opposite Har Sinai “as one man, with one heart.” And that unity, we learn, was a prerequisite for our receiving the Torah.

There were 12 tribes present. Each had a vastly different path toward serving Hashem, a different set of strengths and weaknesses. Each was destined to settle in a different section of Eretz Yisrael. And within each tribe, there were no doubt profound individual differences among the members. Yet they stood together, “as one man,” and accepted the Torah upon Klal Yisrael as one body.

The unity of that period was not meant to be an isolated bit of history. It was meant to present us with a paradigm for all time. The Sfas Emes explains that *building blocks of a positive self-image*. When you highlight your family members’ unity that having a share in the Torah means connecting oneself to the whole of Klal Yisrael. The Torah is “*morasha Kehillas Yaakov*,” the inheritance of the *kehillah*, not of any one member or group. The Torah belongs to each of us, but only to the extent that we belong to each other.

TALK ABOUT IT

How does separating yourself from Klal Yisrael separate you from the Torah?

Six single young women decided to take a break from the routine and spend a Shabbos together in upstate

DRIVE AWAY DANGER

New York. They organized their trip, splitting up the necessary purchases, cooking and baking. But there was one more item on their agenda for the weekend: They made a pact that there would be no *loshon hora* spoken among them.

The six set out on their trip, looking forward to their delicious food and the beautiful country surroundings. Shabbos was a delight. The girls *davened* and sang *zemiros* together and enjoyed one another’s company. As they had agreed, their conversations were positive, productive, interesting, amusing — everything but negative.

All too soon, Shabbos was over. On Sunday, they began their return trip. Driving along the Garden State Parkway at highway speed, somehow, the car struck a guardrail and flipped over. It was the kind of accident from which there are rarely survivors.

Miraculously, not one life was lost. The worst injury was that of the driver, who broke a rib. The others emerged with nothing more than scratches and bruises. “Who is the man who desires life, length of days to see good?” asks Dovid HaMelech. And he answers with the words the Chofetz Chaim urged us to live by: “Restrain your tongue from speaking evil...” (*Tehillim* 34:13-15).

a place where gossip and hurt feels safe. They know your r

Although no one knows Hashem’s plans, we know that what happens

is only what He wills to happen. The accident happened, but the devastation it might have caused did not. The protective shield of Shmiras Haloshon seems to have buffered the impact and protected six girls who had devoted themselves to protecting their fellow Jews from the harm of negative words.

Heard from Rabbi Meir Simcha Sperling, TorahAnytime

START TODAY! You Can Still Join!



“One who guards his mouth and tongue, guards himself from hardships.”

משלי כ"א:ב"ג



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THE NEW CYCLE OF SHMIRAS HALOSHON VOMI BEGINS
Rosh Chodesh Sivan, May 24

CHOFETZ CHAIM HERITAGE FOUNDATION



TALK ABOUT IT

Did the girls' pact make any difference in the protective power of their shmiras haloshon?



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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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