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FOOD FOR
 THOUGHT
 TO SPARK
 CONVERSATION

SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHIOS CHUKAS-BALAK 5780 • ISSUE 197

LISTEN HERE, EVERYBODY!

When one Jew sees another running into the dangerous territory of Torah transgression, he is obligated to warn him. It's cruel and uncaring to stand back while someone walks blindly off a spiritual cliff. But can one person stop a whole crowd from transgressing? Should he even try?

THE DILEMMA

You've been learning Shmiras Haloshon as a *zechus* for your ailing mother. Now you're at a *kiddush* in shul, sitting at a table with a dozen friends, and your heightened awareness kicks in as they begin their half-joking mockery of the members of another Jewish community in town. Should you attempt to stop them?



THE HALACHAH

You are obligated to let them know that what they're saying may be *loshon hora*. However, if they ignore you, don't persist unless you feel you have a chance of making an impact. Furthermore, if you are in a community in which Shmiras Haloshon is widely ignored and you are unsure whether your words will have an impact, you should not speak up. If they would persist anyway, they're better off transgressing out of ignorance than knowingly.

Rema, Shulchan Aruch Orach Chaim 608:2

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

We have lots of guests, and we pick up the Shabbos Menu and read it first thing. It's always a wonderful conversation starter at the table, and we're all very happy with it.

Benari family
 Flushing, NY

FLUSHING

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"It is proper
 for a person to be more
concerned
 with his
words
 than he is with his money."

— Rambam, Iggeres HaShemad, ch. 1

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MALKA BREINDEL A"H BAS SHMUEL FISHEL YLCH"T

Mrs. Tovi Baron tells this story of unassuming grandeur about Rav Shimon Galai of Bnei Brak.

Rav Shimon Galai, *shlita*, is a famous *tzaddik*. Often, when someone in need of a *yeshuah* comes to Rav Chaim Kanievsky, *shlit"a*, he sends the person to Rav Shimon to benefit from his special *koach hatefillah*.

I learned of Rav Shimon's rare character when I attended school with his oldest daughter. As young girls, we once studied together for a test. Rav Shimon's wife came to my friend and said, "Saraleh, Tatteh went to the vegetable store long ago and he hasn't come back. Can you go with your friend to look for him?"

We went to the store and there we found Rav Shimon Galai. He had a small Gemara perched on a pile of potatoes, and he was engrossed in his learning. This picture has remained in my mind for the past 35 years.

Time has gone by, and thank G-d I'm married and an *ima*. I try to help people who are in need of a *yeshuah*, so I was bringing an *almanah* to Rav Shimon for a *brachah*. As we headed to his home I told the woman about his legendary devotion to Torah.

When we reached Rav Shimon I told him that my friend wanted a *brachah*. "Please, promise me. I need a *yeshuah*," she said to him. "I cannot promise," he said.

ONE SIMPLE SEGULAH

"But people say you can bring *yeshuos*," she argued. "Miracles happen for you."

He closed his eyes. "I cannot make miracles," he said quietly. "I can only say one thing about myself. For the past 17 years, I have tried my best to make sure that this mouth will not say one

word of *loshon hora* or *rechilus*."

TALK ABOUT IT

Why did Rav Shimon Galai credit his *shmiras haloshon* for his *koach hatefillah* rather than to his diligence in Torah?

Teen Line



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GET A GRIP!
15 STEPS AWAY FROM ANGER

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THE ANGER LESSON

Learn the 3 things your anger is teaching you



- 1** **What really matters to you.** If it didn't hurt, you wouldn't scream. So what has been lost, or how have you been wounded or frustrated, making you want to lash out?
- 2** **How you cope with adversity.** Whether you've got a long fuse or a short one, do your challenges usually end in an explosion? Learn from this what role anger plays in your life.
- 3** **What you need to work on.** If we were perfect, we would trust Hashem with everything, sit back, and enjoy the ride. Reacting with anger helps you identify the worries, traits or thoughts that fray your trust (and *nerve*s).

Adapted with permission from an Aish.com excerpt of *Anger, the Inner Teacher* by Rabbi Zelig Pliskin

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