

FOOD FOR  
THOUGHT  
TO SPARK  
CONVERSATION

# SHABBOS MENU

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • PARSHAS ACHAREI MOS-KEDOSHIM 5781 • ISSUE 237

## YOU JUST HAVE TO KNOW WHO HE IS

*It's the little things that show who a person really is. What happens when you're privy to something that reveals an objectionable aspect of someone's personality? Should you share this glimpse of his true nature with others who know him?*

### THE DILEMMA

**Y**our car is at the mechanic's shop and you need to buy some last-minute groceries for Shabbos. When you mention your conundrum to your neighbor, he says, "My wife has a list for me, too. I'm going to Kosher Castle in about an hour. You can come along with me." "That's great. Thanks," you say.

On the way out of the store after you both have done your shopping, your image of your neighbor is tarnished. A yeshivah student looking for a ride home approaches him. The boy's street is on the way to your neighborhood, but your friend says, "Sorry. It's out of the way for me. It's too close to Shabbos."

As you get back into the car, he tells you, "I don't get these parents who leave their boys to find rides around town. When my son was in yeshivah, I went and picked him up. Let *his* parents pick *him* up."

While you're quite certain that the boy will find a ride among the dozens of shoppers leaving the store, you're shocked at your neighbor's petty refusal. People think of him as a role model of *chesed*; shouldn't they know the truth?



### THE HALACHAH

**E**ven if your concern is not for the young man – whom you don't know and who sustained no real damage – and your only concern is for the truth to be known, relating the story is *loshon hora*.

*Sefer Chofetz Chaim,  
Hilchos Loshon Hora, 5:1*

### WEEKLY WISDOM

*During these days of Sefiras Ha'Omer we mourn the colossal loss of thousands of Rabi Akiva's talmidim, who died because of a lack of proper respect among them.*

Are we actively engaged in improving ourselves in this area?

*We celebrate on Lag Ba'Omer because Rabi Akiva did not give up after this great loss, and one of the five talmidim he subsequently taught was the great Tanna HaEloki Rabi Shimon Bar Yochai! The lesson for us is never to give up.*

### FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"Rabi Akiva said:

*"Vahavta  
l'rei'acha  
lamocho—*

*Love*

your friend as yourself.

This is a

*fundamental*

concept in the Torah."

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.

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MALKA BREINDEL A"H BAS SHMUEL FISHEL YLCH" T

**F**or the last two years of his life, Leah's young son Zalmy spent a lot of time in a pediatric cancer ward. While her husband manned the home front and tried to keep an income flowing, Leah sat by Zalmy's side.

One of the few comforts during those emotionally exhausting years was a nurse named Tara. Whenever she was on duty, she asked to have Zalmy as her patient. Her tender heart shone as she sponged him to cool his fever, gently changed his IV, and tirelessly trekked to the *Bikur Cholim* room to fetch books and food for Leah.

Tara never seemed to be in a hurry. When Leah's teenaged daughter Tzipporah took a shift at Zalmy's bedside, Tara spent time with her to make sure she wasn't overwhelmed.

During one long night with Tzipporah, Tara confided, "My mother has always been very proud of my sister, who became a psychologist. She doesn't think much of my being a nurse,"

On the Shabbos that Zalmy passed away, Tara stayed with Leah until nighttime, when the *chevrah kadisha* arrived. Two weeks after *shivah*, Leah called Tara and expressed her gratitude. She also took Tara's mother's address so that she could write a letter telling her what a special daughter she had raised.

Time passed. Tzipporah got married, and one day she and her mother spoke about Tara's kindness. "I always wanted to thank her," Tzipporah said, "but by now she probably forgot me." Leah, however, insisted that "now" was the perfect time to say thanks.

## THE 'THANK YOU' SHE NEEDED TO HEAR

On Monday at 5 p.m. Tzipporah made the call. When there was no answer she left a message, thanking Tara for making her time in the ICU so much easier. "You are truly an angel of mercy," she concluded.

The next day, Tzipporah got a return call from a tearful Tara. "Your call was like a voice from Heaven," she said. She explained that she had taken a break from her hospital job and was now considering returning.




### TAKE STEP ONE OF THE SHALOM JOURNEY

#### Join the Shalom Challenge

More than 18,400 people signed up for a better life this winter. They joined the Shalom Challenge, a fast-paced, high-impact program that brings participants four weeks of irresistible inspiration.

Engaging two-minute video clips arrive every morning through email or WhatsApp, targeted at the goal of the week. The first week aims at a better view of people. The second week offers better ways to think and feel about people. The third inspires improved ways to speak to and about people, and the final week offers ideas to build shalom through action.

Feedback poured in from the first round of the Shalom Challenge, with many participants marveling at the *siyata diShmaya* that delivered the exact message they needed on that specific day. Anyone can join a new four-week challenge at any time through WhatsApp or email.

Find out more at [cchf.global](http://cchf.global)  
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**SHALOM CHALLENGE**  
[www.cchfshalom.org](http://www.cchfshalom.org)

However, she was having trouble deciding; was she willing to return to daily encounters with the suffering of children? "When I heard your message, I knew it was a sign. And also, please tell your mother that her letter really changed my mom's view of what I do."

Adapted from a story by C.B. Weinfeld, *Yated Ne'eman*

**TALK ABOUT IT**

What stops us from expressing our thanks? Have you ever gotten a thank-you that you weren't happy to receive?




### 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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