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SHABBOS MENU

**FOOD FOR
 THOUGHT
 TO SPARK
 CONVERSATION**

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHAS CHAYEI SARAH 5783 • ISSUE 317

HAPPY BIRTHDAY!

No harm was meant, but harm was done. May you let the injured party know who is behind his misfortune?

T H E

DILEMMA

Avi was turning 30. As yet unmarried, he resented how each new birthday seemed to provoke new waves of pity and concern among his friends and relatives. The last thing he wanted was to publicize the fact that he was hitting the Big Three-Oh. Therefore he told his family and friends, "No party! Absolutely no party!"

Zev, Avi's long-time friend and neighbor, thought Avi was just putting on a show of humility. "Of course he wants his friends to celebrate his milestone birthday with him!" Zev thought. He planned a big surprise party for Avi at his favorite restaurant, and swore all their friends to secrecy.

When Avi walked into his party, thinking he was joining a different friend for dinner, the shouts of "Surprise!" and "Happy Birthday!" turned him pale with anger. Realizing that he had to rise to the occasion, he swallowed his pain and did his best to smile through the night.

Afterwards his brother told him, "I saw the look on your face when you walked it. You were furious. I told Zev not to do this, but he thought you were just trying to be modest."

Zev only wanted to do something nice for Avi. Did Avi's brother speak *rechilus* when he disclosed who planned the party?



T H E

HALACHAH

There are three factors that might seem to indicate that this is not *rechilus*: First, Zev didn't think he had done anything wrong; secondly, Avi's brother knew Zev was not trying to harm Avi; and thirdly, if Avi had asked Zev if he planned the party, Zev would have readily admitted it, since he didn't feel he had done anything wrong. However, **even with all these factors in play**, Avi's brother spoke *rechilus*, because he stirred Avi's animosity against Zev.

Sefer Chofetz Chaim, Hilchos Rechilus 1:2

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

*Thank you for
 your weekly chizuk!*

Ariel Asa

FOR QUESTIONS AND COMMENTS, EMAIL

Shabbosmenu@cchfglobal.org

"One should

study

in great depth
 the laws he continues to stumble
 over, so that the laws will become
 fixed in his memory; this will
 remove the

power
 the *yetzer hara* has
 over him with respect to
 this sin [loshon hora]."

– *Shmiras HaLoshon / Shaar HaTevunah ch. 16*

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 MALKA BREINDEL A"H BAS SHMUEL FISHEL YLCH"Y



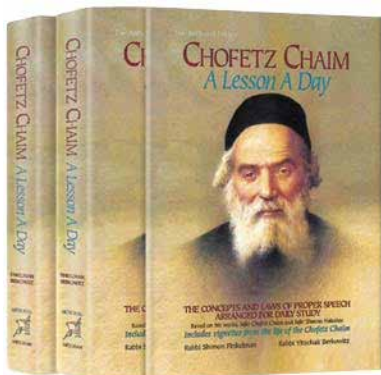
IGNITE A SOUL

Sandy worked in an office with Gloria,* who was Jewish but lived a secular lifestyle. In fact, Gloria had almost no knowledge of Judaism; she was even married to a non-Jewish man.

Meanwhile, in the Torah world, a new brand of learning was arriving on the scene. *The Chofetz Chaim: A Lesson a Day* provided, for the first time, daily lessons in the *halachos* and *hashkofos* of *shmiras haloshon*, adapted from the works of the Chofetz Chaim and following the *Shmiras Haloshon Yomi* calendar of the Manchester Rosh Yeshivah.

The goal of the book was to involve vast new swaths of Klal Yisrael in this life-changing learning. More people would have access to the Torah's wisdom on speech and human relationships. More Jews would come to understand the power of the mitzvah to increase their personal happiness and bring Klal Yisrael closer to redemption. People began picking up the book and learning it in groups or with partners.

Among those people was Sandy, and the partner she invited to learn with her was Gloria. For some reason, despite her disconnection from Torah, Gloria agreed. As the learning progressed, Gloria made an eye-opening discovery: The Torah is in perfect sync with human emotions and relationships. It is so respectful of the human heart that it provides detailed guidance on how to speak to and about each other.



Sandy reported that the learning sessions became a springboard for many deeper discussions about the Torah's

wisdom that launched Gloria's spiritual growth. Ultimately, the beauty of Torah's all-encompassing laws, which speak to every aspect of a person's social, emotional, physical, and spiritual well-being, brought her back to her roots.

*Names have been changed.
Reprinted from CCHF's newest book, *40 Days of Caring*, published by ArtScroll Mesorah Publications

sage advice THE INVISIBLE 'POISON' WARNING

When we know what it is, we know what to do.

David's house was infested with ants. He was tired of paying the exterminator each year to walk around spraying a chemical that anyone could buy at Home Depot. He decided that this year he would do it himself.

He bought the insecticide, and after using it, stored it on a high shelf in the basement. The next day his little boy Chaim climbed up on a chair and then on the washing machine, and reached up to the shelf. He grabbed the spray bottle, climbed down, and ran upstairs to his mother, who was in the kitchen preparing dinner.

"Look what I found!" he exclaimed, as he worked to get the trigger moving.

What would his mother do? Would she say nothing so as not to hamper Chaim's self-expression? Would she worry that stopping him might insult him? She would grab it out of his hand!

What about when the danger is spiritual? *Loshon hora* and *ona'as devarim*—hurtful words—are spiritual poisons. When we recognize them for what they are, we act ASAP to keep them out.

There are ways to do this without accusing or condescending. For instance, you can say, "I'm working on my *shmiras haloshon*. Can you help me out?" It may be a little awkward in the beginning, but it soon becomes natural.

TALK ABOUT IT

When your mind warns, "We probably shouldn't be saying this," what can we do make sure we actually stop?



SAVE THE DATE!

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Sunday, December 11, 2022
Bell Works
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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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TALK ABOUT IT

Is there someone you know—a non-religious friend, relative, or coworker—who might be interested in learning a *shmiras haloshon* book with you? Go for it!

לע"נ
שמואל חיים בן אברהם יוסף ז"ל
דבורה בת ישראל ע"ה
Dedicated by Uri and Riki Sklar

In memory of
Fraidy Tzira bas Reuven
Tzvi a"h—Aunti Flo
Dedicated by
the Richeimer family

As a *zechus* for
our children
Dedicated by
Chaim & Sara Moeller

לע"נ חיים יחיאל מיכל בן
רפאל פייוועל שניאור ז"ל
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י אלול תשע"ז
ת.נ.צ.ב.ה.