



SHABBOS MENU

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UNNAMED SOURCES

There are many reasons why a person may not be able to rely on the license to repeat loshon hora that was spoken in front of three people. But what if he doesn't name the source of the information?

THE DILEMMA

Bais Yaakov Ahavas Chinam is planning its annual Shabbaton. Six girls are on the organizing committee, and they are meeting to choose the other committees that will be involved in this major event. Devorah, the committee head, tells her team, "Nothing said in this room goes out of this room!"

Then she brings up the first item on the agenda. "Rina Steinmetz wants to head the Activities Committee," says Devorah. "But I don't see it. You know, I don't think she's so in touch with what everyone else would enjoy. She's not exactly Miss Excitement."

Suri, another girl on the committee, thinks the comment is unkind. Later she sees another friend and tells her, "Poor Rina. She wants to run the entertainment committee, but someone said she's 'not exactly Miss Excitement.' I don't think that's true. And it's certainly not nice."

Did Suri speak loshon hora?



THE HALACHAH

Because the girls were told to keep what was said in the meeting confidential, Suri was not allowed to repeat it although it was said in front of three people. Even if she did not name Devorah as the one who made the comment, it is still loshon hora.

*Sefer Chofetz Chaim,
Hilchos Loshon Hora
2:10*

WEEKLY WISDOM

Shivah Asar B'Tammuz is this coming week—and we are still here in galus! More than ever before, the hostility around us here, and around the world, must give us pause. We need the Geulah! And we know what we need to do to get there—we must learn to love each other more than they hate us.

And to grow our ahavas Yisrael, shmiras haloshon is both the weed-wacker and the plant food.

FOR QUESTIONS AND COMMENTS, EMAIL
Shabbosmenu@cchfglobal.org

"Even if one has not

guarded
his mouth and his tongue
in the past,
he should work to

strengthen
himself
regarding the future."

*— Sefer Shmiras HaLoshon,
part II ch. 23*

Wounds can heal, but often they leave a scar. In this story, businesswoman and inspirational speaker Charlene Aminoff reveals the step that heals the last trace of an emotional wound.

In elementary school, two classmates chose Charlene as the target of their bullying. In her words, "It was their mission to make me cry." They locked her in the janitor's closet during a fire drill, when no one was in the school to hear her screaming and banging on the door, and exploded a can of Coke on her newly curled hair and the special outfit she was wearing for picture day.

Still, Charlene grew into a confident, successful woman—a wife, mother, and founder of a couture sheitel company. She speaks often, inspiring women to live with joy and spirituality.

One day, Charlene's phone rang, and the caller ID displayed a name that made her heart race. It was one of the bullies. Unprepared to deal with her buried emotions, she declined the call. Then the phone rang again. This time she decided to answer it, in hopes of laying the 30-year-old issue to rest.

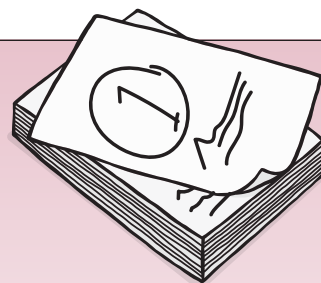
The caller introduced herself and told Charlene the reason for her call. She was childless, experiencing health issues, and lacking *parnassah*. A *rav* advised her to think of anyone she had wronged and ask *mechilah*.

"I saw you on a podcast talking about how you were bullied in school. I realized that I was the one who did it, so I'm calling to ask *mechilah*. Can you forgive me?"

"*Machul lach, machul lach, machul lach,*" Charlene sobbed. "I forgive you with all my heart." Not long after that call, Charlene received word

sage advice

THE GRUDGE BUSTER



You are 99 percent sure that someone has done damage to you. What can you do with the anger that's boiling over in your heart?

Yehudis went through three interviews, and then waited for the offer. It never came. When she called the company to find out what was going on, they told her, "Sorry. You were a great candidate, but in the end we chose someone else."

What happened? Yehudis is sure she knows. Although the company is large, with many employees, one employee is a former seminary roommate with whom she clashed frequently, until finally the other girl changed rooms. That was 10 years ago, but Yehudis has no doubt that this woman spoke negatively about her and ruined her chance for the job.

It would seem that Yehudis has no choice but to hold a grudge against the woman who apparently cost her the job. And so it seems with any situation in which we think—or perhaps even know for sure—that someone has done something to harm us. And yet, the Torah forbids us to harbor such feelings.

This means that when a grudge begins to settle into our heart, we have an obligation to try to send it away. Rav Tzvi Genut, a great *tzaddik* in Yerushalayim, teaches us how.

When Rav Tzvi passed away, Rav Yechezkel Levenstein delivered a *hesped*. He recalled that at one time, someone did Rav Tzvi harm. Determined not to allow a grudge to develop, Rav Tzvi decided that every day he would write down two positive qualities of the person who had harmed him. **He did this for a month, and then reviewed all 60 virtues he had found in the other man.**

"Am I a fool?" he asked himself. "Why would I hold a grudge against a person with so many wonderful qualities?" "And with that," said Rav Yechezkel, "he forgave the other man with all his heart."

When we remember that people are so much more than their mistakes, the heat in our heart begins to die down. The grudge dissolves, and along with it, all the weight we must bear when we carry it around with us through life.

TALK ABOUT IT

Do you gain anything by carrying a grudge? Do you lose anything by forgiving a wrong?

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FINALLY AND TOTALLY HEALED

parnassah was improving too.

"If someone has hurt you,"

from this woman that she was expecting, her health issues had been resolved, and

Charlene advises, "forgive them. If you've wronged someone else, ask forgiveness. It's hard at first, but you'll be glad you did it. Let it be a *zechus* that will save us all."

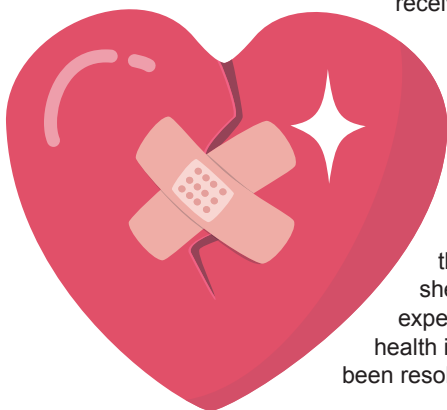
TALK ABOUT IT

How did Charlene benefit from forgiving the bully? What would have happened if the bully had never called?

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