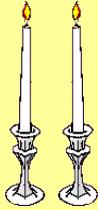


# TEAM SPIRIT

## STAR STUDENTS

**פרשת שמות**  
**CANDLE LIGHTING**  
 5:16 pm



Shlomo Alfassy – S.S.  
 Daniel Bagdadi – S.S.  
 Moshe Benlolo – S.S.  
 Nossie Bergida – T.S. & S.S.  
 Yehuda Bloom – S.S.  
 Joseph Feldman – S.S.  
 Joseph Gelman – S.S.  
 Daniel Heiney – T.S.  
 Dovid Leubitz – T.S.  
 Binyamin Ness – T.S.  
 Tzvi Rubin – S.S.  
 Aryeh Sova – S.S.  
 Yaacov Suissa – T.S. & S.S.  
 Yosef Haim Suissa – S.S.  
 David Tangir – T.S.

Aleza Bernstein – S.S.  
 Noa Biton – S.S.  
 Shifra Braunshweiger – S.S.  
 Tamar Brody – S.S.  
 Leah Corcos – S.S.  
 Racheyl Drang – T.S.  
 Chavie Fried – T.S.  
 Rina Lehrer – S.S.  
 Batzie Rubin – S.S.  
 Abigail Rubinov – T.S.  
 Avigayil Silverstone – T.S.  
 Faigy Schloss – T.S. & S.S.  
 Miriam Rena Schwartz – T.S.  
 Tamara Yeshurun – T.S.

## TEAM PLAYERS

Shuey Feigenbaum  
 Avraham Flamholtz  
 Shlomo Goldenberg  
 Daniel Heiney  
 Yosef Herman  
 Sammy Jacobs  
 Yosef Ness  
 Daniel Pineda  
 Noam Richmond  
 Yaacov Suissa

Ava Amar  
 Aleza Bernstein  
 Pasha Dreyfuss  
 Abigail Fadida  
 Leora Feldman  
 Chaya Ora Goldenberg  
 Hadassa Grossman  
 Sophie Jacobs  
 Rebecca Katz  
 Esther Nahon  
 Batsheva Nightingale  
 Penina Pomper

Perri Ruck  
 Tamar Sasson  
 Faigy Schloss  
 Aliza Zeines

*Please see attached Dinner/Journal Update*

## PARSHA QUIZ

### *Last week's question:*

Which four brothers are mentioned in the same פסוק?

### *Last week's answer:*

*מח, ה, אפרים, מנשה, ראובן, שמעון* are all mentioned together

### **This week's question:**

Where in the Parsha do we talk about snow?



## CARPOOL COMMUNIQUÉ

### A.M. Arrival:

Students should be in their seats, ready to begin, at 8:30 AM. All students who arrive after 8:45



must come in to the office to get a late note before proceeding to class. Please keep in mind how disruptive it is to the office and to the entire class when your child arrives even 5 minutes late.

### P.M. Dismissal:

Please be advised that on Mondays through Thursdays school ends at 4 PM and outdoor carpool procedures conclude at 4:25.

On Fridays, dismissal is at 2:15 and carpool ends at 2:40. After 4:25-Monday-Thursday and 2:40 on Friday, all administrators and staff who supervise outdoor carpool return to the office.

We ask that you please make every effort to pick up your children before those times.

We ask that you please make a more concerted effort to be on time on Fridays as *Shabbos* starts early and administrators and office staff must leave right away. We appreciate your consideration and cooperation.

## LOST AND FOUND

Our lost and found boxes are overflowing with sweaters and jackets that you

surely must be missing in this cooler weather. We have made an effort to return all items that were labeled to their rightful owners, however, many items remain. **Please remember to label your children's** outerwear and lunch boxes before they are sent in to school.



# Mazel Tov

To Mr. and Mrs. Shlomoh Ritterman and family on the birth of a grandson, born to their son Eli and Leah Ritterman.



To Mr. and Mrs. Abey Cohen and family on the birth of a son.



To Rabbi and Mrs. Gedalya Glatt and family on the birth of a granddaughter, born to their daughter, our alumna, Rivka and Michael Parris.

To Mr. and Mrs. Aviel Raab on being honored as the **Community Service Award recipients at the K'hal Ahavas Torah Annual Dinner.**

To Rabbi and Mrs. Ephraim Palgon and family on the engagement of their son, our alumnus, Yechiel to Talya Rosensweig of Queens, New York.



# רפואה שלמה

Chaim Yosef ben Rus

Tinok ben Dina

Yaakov ben Rachel

Galit bas Ruma

Mina Yehudis bas

Masouda

Aharon Dovid ben

Chaya

Esther bas Chaya Sara

Yitzchok Shmuel ben Pesha Sara

Yitzchok Reuven ben Malka

Tzvi Zelig ben Chasya Rochel

Rivka bas Minnie

Dovid ben Rochel

Dovid Tzvi Aharon ben Alte Rochel

Refael Elisha Meir ben Devorah



## KIDS FOR KOSHER FOOD BANK

The Food Bank depends on

**everyone's participation**

to help combat hunger in

our community—one meal, one person at a time. For the month of December, the specific items requested are kids cereal, canned veggies, Shabbat candles, coffee, and rice. *Yasher Koach!*



## 1G LEARNS SOFIYOS

**M**rs. Cohen's first grade girls are beginning to learn the *Sofiyos* (letters that are found at the end of a word). To help them master the difference in translation (depending on what word the letter is attached to), the girls created their own posters.





*Erev Shabbos Parashas Shemos 5774*

Dear Parents,

**Roshei HaYeshiva**

Rabbi Binyomin Luban  
Rabbi Yisroel Y. Niman  
Rabbi Mordechai Palgon

**Founding Rosh HaYeshiva**

Rabbi Bentzion Chait

**Principal**

Rabbi Kalman Baumann

**Secular Studies Principal**

Dr. Deborah Lerer

**Assistant Principal**

Rabbi Noam Grossman

**President**

Dr. Allan I. Jacob

**President**

Dr. Jonathan Rubin

**Vice President**

Rabbi Moshe Lehrfield

**When our children are very young, we teach them to say “thank you.” Sometimes we are left holding our breath, hoping they’ll** remember those magic words when they receive a gift or after being served a meal. We hope they will incorporate the good manners into their way of speech and action.

**The words of “thanks”, “much appreciated” and the like are** certainly first steps, to build upon in being polite and well-mannered. **Translating ‘mere’ words into the** *Midah* of gratitude requires training, and so much more. We can gain a glimpse into the depth and profundity of gratitude – *Hakoras HaTov*, from this **week’s Parsha.**

Miriam waited, hidden among the reeds along the river, to see what would be the fate of her baby brother, Moshe, floating in a basket. The *Gemara* in *Maseches Sota 9b* tells us that 80 years later, when Miriam was afflicted with *Tzoraas* (a form of leprosy), the entire Jewish People were delayed in their journey through the desert to *Eretz Yisrael*, all progress was halted while they waited the week it took for Miriam to be purified from her affliction. The *Gemara* lets us know that this was because of **Miriam’s waiting on behalf of her brother, and she was rewarded** in kind.

**The questions are many; who wouldn’t wait for a sibling, when he** was in mortal danger, Miriam waited perhaps 20 – 30 minutes, and the reward was 168 hours – one week. Miriam was one person and *Klal Yisrael* was 3 million people, Miriam was seemingly not held back from accomplishing a different task, but the *Klal Yisrael* was on its journey with destiny, yearning to reach *Eretz Yisrael* as quickly as possible.

-continued-

How does it make sense to suggest that the wait of an entire week by the entire nation postponing its travel to the Holy Land was connected to the short wait for the helpless, infant brother of Miriam?

The insight gleaned from here by several *Mefarshim*, **commentators, is that we don't have a proper appreciation for the obligation to show gratitude. When someone does something for you, that's 'huge'! We should never take for granted a favor done to us, a kind word or positive consideration** sent our way. The slightest act of *Chesed* and sensitivity creates an obligation for us to feel and show gratitude. If ***Klal Yisrael's*** waiting for Miriam was out of gratitude for her small act of *Chesed* towards a helpless family member, then we clearly have to work on improving our *Midah* of gratitude.

What an important lesson to impart to our children! *Hakoras Hatov* is one of the fundamentals of a *mensch* – **learning to appreciate what others do for us. By truly appreciating others' efforts, every little effort, (and unlike Miriam, even efforts that don't bear fruit) and not falling prey to the "Es Kumt Mir", "everything's coming to me", the entitlement philosophy, our children will gain a deeper and** more meaningful appreciation for others, for their parents, and ultimately for *Hashem*. Appreciating what *Hashem* does for us every moment will help our children achieve a greater appreciation for the gift of life, for the joy of living, for ***Hashem's*** tremendous love for us. It will help them become more selfless people, able to give and to be drawn closer to *Hashem*. And ultimately it will make them happier people too.

Best wishes for an appreciative and joyous *Shabbos*,



Rabbi Kalman Baumann

# Yeshiva Toras Chaim Toras Emes

is proud to announce a

## New Parenting Workshop

With Rabbi Noam Grossman

The first session will focus on the following questions:

How can I earn my child's trust?

How can I instill good values in my child?

Who can be a good role model for my children?

The first session will be taking place this Tuesday, December 24<sup>th</sup> from 8:30-9:30 at the home of Rabbi Grossman 1120 NE 171 Street in North Miami Beach

*Light refreshments will be served*



**YESHIVA TORAS  
CHAIM TORAS EMES**

Early Childhood,  
Klurman Elementary School  
and Rohr Middle School

Invite you to join us for

**THE  
INSIDERS'  
VIEW**

Come hear from  
local parents why  
they have chosen  
Yeshiva Toras Chaim  
Toras Emes  
for their children!

**WHERE:**

The Home of Mr. and Mrs. Charlie and Dorith Ness  
9464 Byron Ave. Surfside, FL 33154

**CO-HOSTS:**

Mr. and Mrs. Jonathan and Blimi Levy  
Mr. and Mrs. Vidal Meir and Raquel Benarroch

**WHEN:**

Monday,  
December 23th  
@ 8 p.m.

**CONTACT:**

Mrs. Miryam Schloss,  
Director of Admissions  
mschloss@ytcteam.org  
305-947-7779 ext. 310

# YESHIVA TORAS CHAIM TORAS EMES

\$1,000,000

\$2,500,000

SCHOLARSHIP CAMPAIGN

BUILDING CAMPAIGN



*Honoring*

RABBI AND MRS. YISROEL Y. & ROCHEL NIMAN

MR. AND MRS. SETH & ESTHER ENTIN

MR. AND MRS. DAVID & DORIS BUZAGLO

## *Scholarship/Building Campaign Update - December 20, 2013*

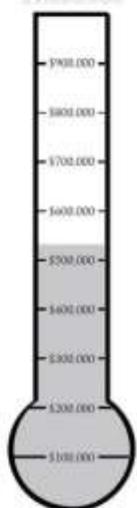
*Scholarship  
Campaign Goal*

*\$1,000,000*

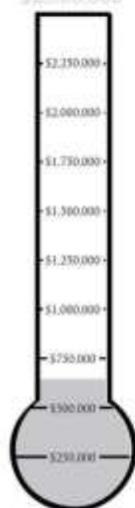
*Raised to Date*

*\$530,000*

DINNER  
CAMPAIGN  
\$1,000,000



BUILDING  
CAMPAIGN  
\$2,500,000



*Building  
Campaign Goal*

*\$2,500,000*

*Raised to Date*

*\$579,000*

We encourage all parents to participate in these two campaigns by placing your personal ad, by making a pledge to the building campaign and by soliciting ads/pledges from friends, families and business acquaintances. Personal or solicited ads/pledges will be applied to your give or get obligation. Anyone who donates or raises \$1,000 in paid ads/pledges will receive two complimentary tickets to the dinner.

Invitations have been mailed. Dinner fee for parents is \$260. We look forward to having all our parents and friends attend our Dinner, Sunday January 5th at the Treetop Ballroom at Jungle Island.

We would like to thank the following people who have already contributed to our  
Annual Scholarship Campaign.

150,000.00	<i>Dr. &amp; Mrs. Emanuel Rubin</i>	1,800.00	<i>Dr. &amp; Mrs. Zev Raden</i>
20,000.00	<i>Dr. &amp; Mrs. Jonathan Rubin</i>	1,800.00	<i>Mr. &amp; Mrs. David Reichman</i>
18,000.00	<i>Anonymous</i>	1,800.00	<i>Mr. &amp; Mrs. Alan Rosenberg</i>
18,000.00	<i>Anonymous</i>	1,500.00	<i>Dr. &amp; Mrs. Benjamin Befeler</i>
15,000.00	<i>Anonymous</i>	1,500.00	<i>Mr. &amp; Mrs. Allan Levy</i>
15,000.00	<i>Dr. &amp; Mrs. Shmuel Katz</i>	1,250.00	<i>Mr. &amp; Mrs. Jacob Shakibpanah</i>
12,000.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Joe Andisman</i>
11,000.00	<i>Mr. &amp; Mrs. Marcos Lapciuc</i>	1,000.00	<i>Mr. &amp; Mrs. Ely Baum</i>
10,000.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Martin Berger</i>
10,000.00	<i>Anonymous</i>	1,000.00	<i>Rabbi &amp; Mrs. Yehuda Bergida</i>
10,000.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. David Chait</i>
10,000.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Jonathan Chames</i>
10,000.00	<i>Anonymous</i>	1,000.00	<i>Communication Consultants</i>
10,000.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Max Dekelbaum</i>
10,000.00	<i>Dr. &amp; Mrs. Eli Berman</i>	1,000.00	<i>Mr. &amp; Mrs. Moss Ellenbogen</i>
10,000.00	<i>Mr. &amp; Mrs. Shlomo Entin</i>	1,000.00	<i>Mr. &amp; Mrs. Michael Fassler</i>
10,000.00	<i>Dr. &amp; Mrs. Allan Jacob</i>	1,000.00	<i>Dr. &amp; Mrs. Stan Frohlinger</i>
10,000.00	<i>Mr. Shopsyie Schraga &amp; Mrs Minnie Schraga</i>	1,000.00	<i>Rabbi &amp; Mrs. Akiva Grunblatt</i>
7,500.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Rafael Harrel</i>
7,500.00	<i>Mr. &amp; Mrs. Jay Schechter</i>	1,000.00	<i>Mr. James Hellring</i>
7,200.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Hillel Herssein</i>
7,200.00	<i>Greenberg Traurig</i>	1,000.00	<i>Mr. &amp; Mrs. Chaim Hirsch</i>
6,500.00	<i>Mr. &amp; Mrs. Norman Ginsparg</i>	1,000.00	<i>Dr. &amp; Mrs. Aton Holzer</i>
5,400.00	<i>Anonymous</i>	1,000.00	<i>Mr. Charles Z. Kalchman</i>
5,000.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Yitzi Lebensburger</i>
5,000.00	<i>Mr. Robert Moskovitz</i>	1,000.00	<i>Rabbi &amp; Mrs. Ezra Levy</i>
5,000.00	<i>Dr. &amp; Mrs. Barry Silverman</i>	1,000.00	<i>Dr. &amp; Mrs. Alex Markovich</i>
4,000.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Steven Meiner</i>
3,600.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Fred Mingel</i>
3,000.00	<i>Rabbi &amp; Mrs. Yisroel Y. Niman</i>	1,000.00	<i>Rabbi &amp; Mrs. Shmuel Niman</i>
3,000.00	<i>Anonymous</i>	1,000.00	<i>Sam W. Klein Charitable Foundation</i>
2,800.00	<i>Mr. &amp; Mrs. Aaron Kurlansky</i>	1,000.00	<i>Mr. &amp; Mrs. Yekusiel Sebrow</i>
2,500.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Dovid Weiss</i>
2,500.00	<i>Anonymous</i>	1,000.00	<i>Mr. &amp; Mrs. Yaakov Zidell</i>
2,500.00	<i>Anonymous</i>	750.00	<i>Dr. &amp; Mrs. Edward L. Steinberg</i>
2,500.00	<i>Rabbi &amp; Mrs. Binyomin Luban</i>	720.00	<i>Dr. &amp; Mrs. Mark Dennis</i>
2,500.00	<i>Dr. &amp; Mrs. Irving Moskowitz</i>	720.00	<i>Rabbi &amp; Mrs. David Lehrfield</i>
2,500.00	<i>Rabbi &amp; Mrs. Mordechai Palgon</i>	620.00	<i>Rabbi &amp; Mrs. Raphael Stohl</i>
2,500.00	<i>Mr. &amp; Mrs. Steven Weisberg</i>	540.00	<i>Dr. &amp; Mrs. Ari Benmergui</i>
2,340.00	<i>Mrs. M. Therese Kacev</i>	540.00	<i>Rabbi &amp; Mrs. Ephraim Friedman</i>
1,800.00	<i>Anonymous</i>	540.00	<i>Rabbi &amp; Mrs. Moshe Gruenstein</i>
1,800.00	<i>Mr. &amp; Mrs. Michael Chesal</i>	540.00	<i>Project Heritage</i>
1,800.00	<i>Mr. &amp; Mrs. Paul Feldman</i>	540.00	<i>Dr. &amp; Mrs. Maurice Strahlberg</i>
1,800.00	<i>Dr. &amp; Mrs. Salomon Imiak</i>	540.00	<i>Young Israel - Bal Harbor</i>
1,800.00	<i>Mr. &amp; Mrs. Harvey Lichtman</i>	500.00	<i>Anonymous</i>
1,800.00	<i>Omega Container Service</i>	500.00	<i>Mr. &amp; Mrs. Chaim Jakubovics</i>

500.00	<i>Mr. &amp; Mrs. Jerry Klein</i>	180.00	<i>Mr. &amp; Mrs. David Ginsberg</i>
500.00	<i>Mr. &amp; Mrs. Josh Rubin</i>	180.00	<i>Dr. &amp; Mrs. Sidney Jakubovics</i>
500.00	<i>Rabbi &amp; Mrs. Hayim Schwartz</i>	180.00	<i>Mr. &amp; Mrs. Emil Klein</i>
460.00	<i>Mr. &amp; Mrs. Yenon Argy</i>	180.00	<i>Dr. &amp; Mrs. Mark Lamet</i>
360.00	<i>Rabbi &amp; Mrs. Yosef Amster</i>	180.00	<i>Mr. &amp; Mrs. David Landesman</i>
360.00	<i>Mr. &amp; Mrs. Menachem Baumgarten</i>	180.00	<i>Mr. &amp; Mrs. Alan Levitz</i>
360.00	<i>Dr. &amp; Mrs. Robert Bergida</i>	180.00	<i>Mr. &amp; Mrs. Chesky Schwartz</i>
360.00	<i>Mr. &amp; Mrs. Gary Bloom</i>	180.00	<i>Mr. Yehoshua Skaist</i>
360.00	<i>Copymasters of North Miami Beach</i>	180.00	<i>Rabbi &amp; Mrs. Yehoshua Sova</i>
360.00	<i>Rabbi &amp; Mrs. Edward Davis</i>	180.00	<i>Rabbi &amp; Mrs. Sender Strassfeld</i>
360.00	<i>Mr. &amp; Mrs. Robert Groffman</i>	180.00	<i>Rabbi &amp; Mrs. Neal Turk</i>
360.00	<i>Dr. &amp; Mrs. Abraham Jeger</i>	180.00	<i>Rabbi &amp; Mrs. Zvi Turk</i>
360.00	<i>Rabbi &amp; Mrs. Naftali Kalter</i>	180.00	<i>Mr. &amp; Mrs. Binyomin Yovits</i>
360.00	<i>Mr. &amp; Mrs. Shmuel Rogatinsky</i>	4,232.00	<i>Additional Donations</i>
360.00	<i>Mr. Bobby &amp; Ms. Shelley Rosenberg</i>		
360.00	<i>Dr. &amp; Mrs. Joseph Shuman</i>		
360.00	<i>Rabbi &amp; Mrs. Dov Sostchin</i>		
360.00	<i>Rabbi &amp; Mrs. Heshy Welcher</i>		
300.00	<i>Rabbi Yesocher Ginzberg</i>		
300.00	<i>Mr. &amp; Mrs. Isaac Melnick</i>		
280.00	<i>Mr. &amp; Mrs. Charles Fried</i>		
250.00	<i>Anonymous</i>		
250.00	<i>Rabbi &amp; Mrs. Yehuda Alber</i>		
250.00	<i>Mr. &amp; Mrs. Israel Aminov</i>		
250.00	<i>Mr. &amp; Mrs. Barry Appel</i>		
250.00	<i>Mr. &amp; Mrs. Eddie Bursztyn</i>		
250.00	<i>Mr. &amp; Mrs. Yehuda Chamani</i>		
250.00	<i>Mr. &amp; Mrs. Avrohom Eliezer Friedman</i>		
250.00	<i>Dr. &amp; Mrs. Robert Galbut</i>		
250.00	<i>Rabbi &amp; Mrs. Ephraim Goldberg</i>		
250.00	<i>Janis Felder Carlson PA</i>		
250.00	<i>Mr. &amp; Mrs. Yitzchok Kahn</i>		
250.00	<i>Dr. &amp; Mrs. Murray Kane</i>		
250.00	<i>Rabbi &amp; Mrs. Ephraim Leizeron</i>		
250.00	<i>Mr. &amp; Mrs. Aviel Raab</i>		
250.00	<i>Mr. Benji Rubin</i>		
250.00	<i>Dr. &amp; Mrs. Reuven Sandler</i>		
250.00	<i>Rabbi &amp; Mrs. Howard Seif</i>		
200.00	<i>Rabbi &amp; Mrs. Yaakov Dreyfuss</i>		
180.00	<i>Ms. Orly Auerbach</i>		
180.00	<i>Rabbi &amp; Mrs. Yaakov Tzvi Blejer</i>		
180.00	<i>Rabbi &amp; Mrs. Elazar Bloom</i>		
180.00	<i>Mr. &amp; Mrs. Shamir Buzzini</i>		
180.00	<i>Ms. Rae Chevlín</i>		
180.00	<i>International Bar Association</i>		
180.00	<i>Mr. Efraim Eshagian</i>		
180.00	<i>Mr. &amp; Mrs. Yerachmiel Freud</i>		
180.00	<i>Mr. Tuvya Friedland</i>		
180.00	<i>Mrs. Ruth Gibber</i>		

*Have a great Shabbos!*

# chosen words

## Personal Growth

### Finding Your Job

*In this world, no one is truly unemployed, because Hashem creates each person with a job to perform—a unique role in Hashem's divine plan. But we ourselves determine whether that role will be to bring about the blessings Hashem showers upon the world, or the suffering that also comes from Heaven.*

A mitzvah from Parshas Ki Seitzei teaches that we choose our own role: "When you build a new home, make a fence around your roof, that you should not bring blood upon your house, for one who falls will fall from it." Calling the victim "one who falls" teaches that this person is destined to fall, if not from your roof, then from someone else's. So why build a fence? Rashi explains: "Heaven brings about goodness through the agency of good people, and evil through the agency of those who deserve evil."

We learn from this that we should take action to make sure that our role in this world is to bring good. Each of us is surrounded by possibilities, "job opportunities" that might well be the special task we're here for. Is it building up our child's yeshiva? Making a shidduch? Nurturing a child's talents? Bringing guests to our Shabbos table? For every

task that needs doing, ask yourself, "Could this be my task?"

**Shabbos Table Discussion:** Identify what you are best at. Using these abilities, what need in your commu-

### Effective Prayer

## Worldly Matters

*Part of a Series on Preparing for Prayer*

"Cast all worldly matters from your mind when you stand to pray," the Ramban wrote to his son in his ethical will. To reach up to heaven, we have to strive to shed the ballast that keeps our hearts planted in this world—the stack of bills, the funny noise the car's been making, tomorrow's important meeting, yesterday's fabulous stock rally.

And yet, much of Shmonah Esrei is devoted to asking for fulfillment of just these personal needs. We want to be wise and healthy, we want to be counted and rewarded among the righteous, we want the

## Torah Tools for Personal Growth

Inspiration

▼ Ideas

▼ Excellence

▼ Success

nity could you fill?

**Tell Us:** Who has made a positive impact on your school, shul or community? What did they do, and how did they do it?

*Adapted from "What's Wrong With Being Human," By Rabbi Yisroel Miller, with permission from Mesorah Publications*

## Better Relationships

### Claiming the Verbal Right of Way

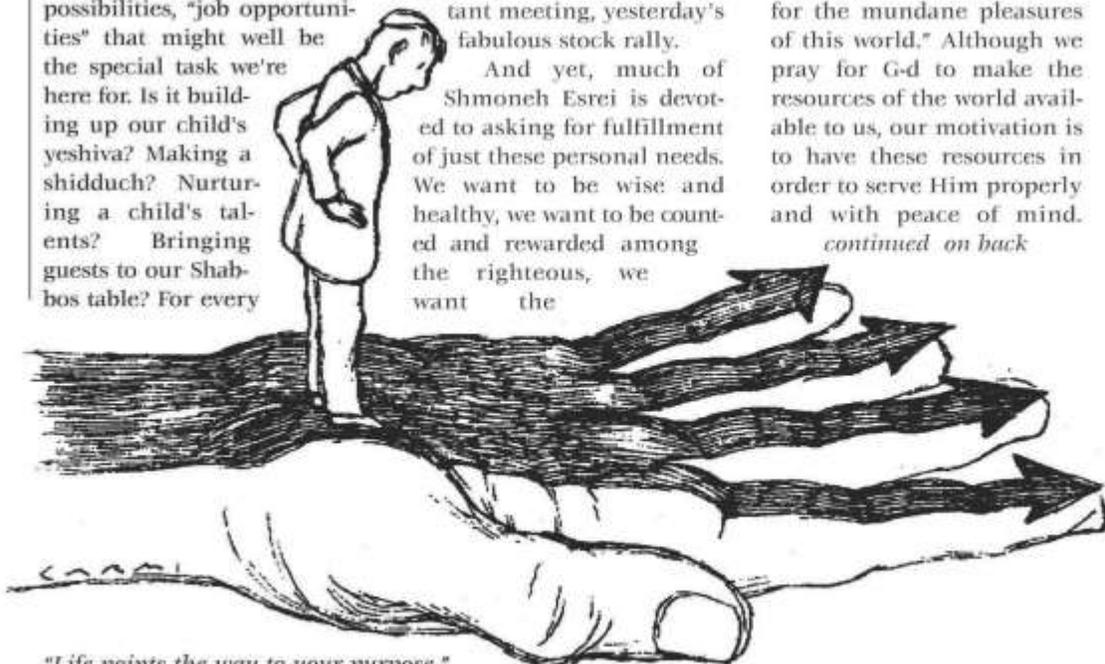
*Part of a Series on Loshon Hora-Free Living*

There are times when, despite your efforts to steer clear of a touchy topic, a loshon hora conversation manages to get underway. It may be that this topic is important to the speaker—a pet peeve or a problem about which he spends a lot of time stewing. In this case, it may not be a simple matter to divert the conversation—a strategy that works well when the loshon hora arises out of a casual conversation. When the speaker is passionate about a topic, a better way to dodge the oncoming loshon hora is to introduce another, permissible topic about which you are even more passionate.

If you are insistent, you will usually find that others will respect what appears to be your pressing need to discuss your topic, and they will give you the verbal "right of way."

The loshon hora has been stopped in its tracks, a new topic has been introduced, and nobody has even had to mention the words "loshon hora" to accomplish this.

- CCHF



"Life points the way to your purpose."



Published for Toras Emes Academy of Miami by the Chofetz Chaim Heritage Foundation

In honor of my Aishes Chayil Riva Leah (Robin) With love, Yusef (Joe) Andisman

# Crowding Out Worry

#4 in a Six-Part Series on Worry

Worry damages a person's spirituality and destroys happiness by preoccupying his or her mind with depressing thoughts. When you worry, you become a prisoner of your own imagination. Worry is a habit of thought, and like any other habit, it can be broken. **Focusing On Spiritual Growth Puts Your Worries Into Perspective**

Since worrying cannot alter the outcome of a situation, it makes sense to channel your thought processes into a more helpful, uplifting direction.

When worries are about money, the best tactic is to rechannel your thoughts toward spiritual rather than material needs. When you recognize that material possessions are only tools to serve spiritual needs, and that

Hashem supplies all your spiritual needs, your sense of deprivation fades. Whatever you don't have is something that Hashem has determined you don't need to achieve your spiritual purposes. A wise man said, "Almighty, all my worrying about my failings in serving You properly has removed me from all other worries." (Sefer Hamidos Lehameiri).

We are even capable of redirecting our thoughts regarding the ultimate human worry—death. Our thoughts can transform that passage from one of debilitating anxiety into our greatest act of submission to Hashem—a total relinquishment of ourselves into His care. In doing so, even death becomes elevating.

**Suggestion:** Take one particular

**“Worrying is a habit of thought, and like any other habit, it can be broken.”**

# Travelling Shtreimel

Yitzchak Bludinger of Frankfurt was visiting Israel for Succos. While driving, he met a young hitchhiker in a shtreimel, traveling to a Simchas Beis Hashoeivah in Yerushalaim. Mr. Bludinger gladly took him part-way, before heading off toward Tel Aviv.

Arriving at the Tel Aviv Hilton, Mr. Bludinger noticed his passenger's expensive, beloved shtreimel in the car. With no way to trace the owner, he quickly formed a plan.

He donned the shtreimel and headed straight to Yerushalaim, knowing that the contrast between his headgear and his clean-shaven, fashionable appearance would attract attention as he hopped from shul to shul. Finally, at his eighth stop, a familiar figure approached, hugged him like an old friend, and pulled him into the center of the dancing to share the joy that words could not express.

**Family Project:** Think of a problem that has defied solution. With your family, plan a creative, way to tackle it. For example, we all know of people in need of shidduchim. Think of ways to help them meet prospective spouses.

*Adapted from Yated Ne'eman*

worry that preoccupies your mind, and determine that whenever you find yourself ruminating about it, you will instead “worry” about how best to perform a mitzvah—for example, kibud av v'eim, chessed, tefillah.

*Adapted from “Gateway to Happiness,” by Rabbi Zelig Pliskin with permission from the author*

## A Lovely Trait

What a lovely trait it is to say kind words. How much lovelier to say them right away before the moment's flown, to phone early in the morning, to make the whole day sweet, to set hearts singing.

*“Memo to Self,” by Ruth Lewis, with permission from Targum Press*

## Worldly Matters

*continued from front*

When we seek our needs for the sake of Heaven, our requests are not mired in earth. They're able to fly.

**Try It:** Before beginning Shmoneh Esrei, think of a material gift Hashem has given you and thank Him for it.

*Adapted from “Shmoneh Esrei,” by Rabbi Avraham Chaim Feuer with permission from Mesorah Publications*

## Dedications

לע"נ  
 ר' יהודה בן ר' ברוך ז"ל  
 נלב"ע כ"ד טבת תש"נ  
 ואשתו מרת שרה בת ר' צבי ע"ה  
 נלב"ע כ"ז טבת תשמ"ח  
 ת.נ.צ.ב.ה

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**Chosen Words is a biweekly publication of the Chofetz Chaim Heritage Foundation**

HaRav Shmuel Kamenetsky, shlita, Chairman Rabbinical Board

Rav Naftoli Jaeger, shlita, Rabbinical Editorial Supervisor

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