

# HASHGACHA PRATIS

Inspirational messages and contemporary stories of hashgacha  
From the Hashgacha Pratis Hotline



Parshiyos Mishpatim - Terumah 5782 ■ Issue 82

## HEART TO HEART

Based on shiurim in  
Duties of the Heart, Shaar Bitachon, given on the Hotline

### Extraordinary Dividends

Imagine if the mitzvah of Krias Shema was a rare mitzvah, something like Birkas Hachamah -- the blessing recited once every twenty-eight years when the sun returns to the place it stood at the moment of creation. We would wait and plan for it, discuss it and prepare – how we'd long to perform that rare mitzvah! People would link all sorts of salvations to it – the sick, suffering, poor and down-trodden would all place their hopes in it, waiting to perform that rare mitzvah – to merit reciting "Shema Yisroel".

The Ari Hakadosh tells us that the thousand letters in the Shema correspond to Moshe Rabbenu's blessing: "May the Lord G-d of your forefathers add to you a thousandfold as many as you are." (Devarim 1:11) People would prepare for the mitzvah, eagerly take lessons on how to pronounce the words in their utmost clarity, and ask Rabbanim how to perform the mitzvah in the best way. People in need of urgent yeshuos would ask for special permission to recite it immediately, but, they'd be told – the segulah only works when it is a mitzvah – a biblical commandment. For that, imagine, they'd have to wait another ten years.

When the Maharm Schick, the Chasam Sofer's leading disciple, was on his deathbed, he suffered a debilitating disease that caused swelling all over his body. Despite his suffering, he longed for more years of life, saying: "I long to live even if I have to lay in bed all day long in this state, just so I can recite the Shema once a day."

And here, we have the merit of reciting it, fulfilling a mitzvah- twice a day! And anyone can say it. Let us rejoice in the mitzvah! Chazal uncovered its secrets for us – the Zohar tells us (Ruth 95a) "One who recites the Shema properly: every limb takes one word and is cured with it."

The Midrash tells us (Yalkut Shimoni, Va'eschanon, 835): "This can be compared to a wise man whose son would serve him two meals a day – in the morning and in the evening. After a while, the wise man saw his son had become poor and could not honor him with two meals

as before. His father called him and said: "Listen, my son. I know you no longer have the ability to honor me with the two meals as you used to. I ask you to listen to the speech I deliver in the synagogue twice a day, and it will be dear to me like those two meals you used to serve me."

"And so Hashem said to Am Yisrael: 'In the past, you used to offer me sacrifices twice a day. As it says: 'The one lamb you shall offer up in the morning.' (Bamidbar 28:4) It is clear and known to me that the Mikdash will be destroyed, and you will no longer be able to offer sacrifices. Therefore, I ask for something in their place – the Shema, morning and evening. And it will be treasured by me more than the sacrifices."

Chazal beg us to recite the Shema slowly, properly, with precise pronunciation. This is a halachah mentioned in the Gemara (Brachos 15b): "And you shall teach them to your children" (Devarim 11:19) – your teaching must be complete [tam] -- one should leave space between adjacent words, where the last letter of the first and the first letter of the next are identical. For example, one must enunciate *al levavecha* and not read them as one word. This is to ensure the correct meaning is not obscured." And then we will merit Rabbi Chama bar Rabbi Chanina's promise "Anyone who recites the Shema and is punctilious in enunciating its letters, Gehinnom is cooled for him." Who doesn't want such a blessing?

Reciting the Shema properly takes approximately one hundred and fifty seconds. That's it! A day has 86,400 seconds. Wouldn't you invest 300 of them for such large dividends?

When a Yid recites the Shema properly the heavenly retinue rejoices and Hashem says: "Happy is the father who sowed that seed in the world, and praiseworthy are the sons who adorn their father so. At that time, all the heavenly multitudes open their mouths and say, "Baruch shem Kevod Malchuso l'olam va'ed!" (Zohar)

(Excerpted from the five shiurim on wellness 100-104)

## FROM THE EDITOR

### Let's Go On Vacation

Someone came and told me the following:

"You know, I am not a person of set spiritual stature -- I'm constantly going up and down, fluctuating in my spiritual levels. Sometimes I feel like I'm racing along the everyday racetrack without a moment to get off and just be, or think. A while ago I felt so stressed out by my day-to-day life that I just had to take a vacation. But you know, it had to be worthwhile, not just any vacation. Now, I had another issue to take care of – finding a vacation. What should I tell, you, I was more wrung out than a gerbil on the wheel."

"Then someone introduced me to the Hashgacha Pratis hotline. He told me that if I wanted to relax a little I should listen to it. What should I tell you? I needed to relax a *lot*, not a little, but a little is also something. I tried the hotline and discovered a new world. I discovered that you don't have to constantly be in control of things because Hashem has it all planned out for us. I felt I could finally relax and breath calmly. A real vacation, right here, at home. I no longer felt I had to escape to the farthest place on earth just to catch my breath. I could just dial in and feel the infusion of new, refreshing blood flowing through my veins. Less stress, less anger, peace of mind. You must try it to believe it. What proves my point most is that I am no longer scanning ads for vacations."

Seeing the results of the hotline was very exciting for me, because it fit right in with the penetrating message of the Shomrei Emunim:

"Therefore, those who are concerned, whose mind and spirit don't rest from suffering, toils, worries, struggles, constriction of the mind -- the solution is to immerse themselves in a sefer that speaks about emunah and bitachon, joy, living and G-dliness. One must force his minds to think of these matters, because most people have difficulty concentrating due to their stress and rush. But know: that is the reason of all creation – to immerse one's thoughts and mind in service of G-d."

I think this is the reason the Jew I met got such a relief from listening to the hotline. It is the solution presented here by the Shomrei Emunim – relax the mind with emunah and bitachon. All you need to do is dial in, and you will automatically be breathing new, fresh air, feeling pure, hopeful, alive. And this is absolutely vital, because "The mainstay of a man is his presence of mind."

Wishing you hours of peace of mind, calm and relaxation. Dial in and see what it does for you.

Good Shabbos Pinchas Shafer

The shiur is aired on Mon. and Thurs. - menu 4 (Yiddish and Hebrew)

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# THE HAND OF HASHEM

Amazing stories of hashgacha pratis, as told on the hotline

## Comforting Mourners

The same sort of thing happened to me in a different situation, but this time I was the one hearing the stories.

I was walking along one Friday when I saw a sign announcing the passing of an American Yid. His son was sitting shiva close by, and I decided to drop in and comfort him before continuing on my way. After all, comforting the mourners is a big mitzvah. I walked in and found the son sitting there alone, waiting for visitors. His face lit up when I walked in, and I realized it was a really big mitzvah this time. He told me about his father who was a big tzaddik, how he davened and did chessed and I sat there listening, as if I had nothing better to do with my day. After a long hour I got up, said "*Hamakom yenachem*" and left. After all, it was Friday. A few weeks later, I happened to be in a shul in Boro Park where I was asked to give a speech. After the speech, someone approached me and told me a woman from Flatbush was hosting a siyum in honor of her father's shloshim. She was very heart-broken by her father's death, and the man thought my words could give her some chizuk. I agreed to go, and he called a taxi. On the way, I asked him to please tell me something about the woman's father, so it shouldn't look like I didn't belong. He started talking, and I realized the deceased was the father of the man I had dropped in to comfort a number of weeks ago on Friday. Oh, yes! I knew many stories about him.

When I got there, people looked at me as if I had fallen from Mars. How was I related? I got up and started telling stories about the deceased, went into details of his life like when he got up every morning, where he davened, the chessed he did, and on and on. I repeated the stories I had heard from his son, and the daughter was visibly excited. "Did you know my father?" she asked. I

## Bread from the Heaven

I needed bread. Desperately.

I had been sitting somewhere eating and had to leave before being able to bentch. And, as far as I knew, the halacha required me to recite Bircas Hamazon where I had eaten bread last. I needed a piece of bread in order to finish my meal and recite the blessing properly, but I had none.

I thought of buying a roll or loaf of bread, but didn't have any money. I didn't want to borrow because I didn't want to accrue debt – I had already learned on the telephone line that what I need would come my way without borrowing. I walked on, praying to Hashem to send me bread. Suddenly, right in front of me I saw an elderly man with a bulging bag of rolls in his shaking hands. His bag had torn, and the rolls started rolling out of his bag. I hurried over to help him gather them and asked if I could take one dirty one so I could eat the inner, clean part, and then bentch.

"Why should you take a dirty roll?" he asked, "You ran over to help me so nicely. Here, take a nice clean roll and be well!"

He handed me the roll and I was able to finish my meal, leaving me enough to leave over some for bentching so there would be blessing on the table. Bread from heaven, a blessing to the world.

## Mechanical Revival

On Motzaei Shabbos, my wife went out to the utility porch to put up a load in the washing machine. A few minutes later, I went out and found the porch flooded. Instead of washing the clothing in the machine, the water was squirting out all over the floor. My wife turned off the machine and called me over to take a look. I checked the machine, but nothing seemed wrong. I pushed the button to turn it on, but the same thing happened. Water came squirting out all over.

I am not wealthy, not even near it. I live very frugally and didn't have the money to spend on a washing machine technician. The unexpected expense really hurt, and I understood that Hashem was talking to me. I suspected it had to do with what had happened that past Friday.

That Friday I had met a person who had been bothering me about something for a long time. I must

have spoken quite sharply to him because he started crying. I understood that my washing machine must have begun weeping soapy tears in punishment for my causing another Yid to shed tears. I called him up, and as soon as I mentioned my name, he told me, "You know, you really hurt my feelings on Friday." I apologized, and asked for his forgiveness. When I felt he had been placated, I hung up. I then called the washing machine technician who asked me to turn on the machine again so I could accurately describe the problem. The machine started the cycle, and surprise of surprises! The water stayed inside! It was working just fine! Nothing came out, no flooding, not even a drop! Since then, the washing machine has been working just fine.

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## Divine Message

Rabbi Elazar Turk *shlit"á* tells the following story: With deep gratitude to Hashem, I merited to celebrate my grandson's bris. At the meal, I was honored to speak. I got up and started speaking in mus-sar and fear of heaven. In the course of the speech, I started telling gedolim stories and, as one thing lead to the next, I found myself telling story after story about a certain gadol. The audience seemed interested, and I continued telling stories about this figure. He was a really outstanding figure and there is much to learn from him. When I finished speaking, I sat down, surprised at myself. This gadol had no connection to the simcha, and today was not even his *yahrzeit*... why had I spoken so much about him?

A few days later, I got my answer when a young man approached me. "Thank you for helping in my shidduch," he said.

"Mazal tov," I answered. "But what part did I play in your shidduch? Nobody called to ask about you."

The young chosson smiled and explained: "I was at a bris the other day and the Rav spoke about a particular tzaddik. That evening I met with the young lady who ended up becoming my bride. The conversation started out pretty lousy – it seemed we didn't have any common ground. But then, when she mentioned she was a descendant of that tzaddik you spoke about, I was able to tell her story after story about her illustrious forefather. The conversation went so well that we ended up getting engaged."

I was so excited to hear his story. One can plan to say one thing, only to find himself saying very different things. I had unknowingly been a messenger to help make a shidduch and build a Jewish home.

saw she was listening, and continued speaking about emunah and bitachon in Hashem. By the way, I also mentioned a story that took place in a certain yeshiva, which just "happened" to be the yeshiva in which the deceased father had learned...

Amazing how Hashem sends stories through messengers to encourage broken-hearted people.

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## A Right-Wrong Call

Rabbi Mordechai Malachi called in with the following story:

Last week I got an invitation from a long-time friend of mine, Elyashiv. He would be marrying off his son in an upscale hall and sent me an invitation with a place card and RSVP. He added a handwritten letter telling me how much he would appreciate it if I could take the time to join him in his simcha.

I would have been glad to be there, but since I was in *aveilus* for my mother, I had to make it up to him with a phone call instead. I wanted to make sure I wouldn't forget, so I entered a reminder in my phone to call him at 2 pm on the day of the wedding.

While the phone did its job and reminded me on time, it rang just when I was in the middle of an important conversation, and I pushed it off till... never. You know how these things are – if you don't do them on time, you never get to it.

As I finished the conversation, I happened to walk into a hardware store. There, I happened to spot a contraption I knew my daughter, Elisheva, had been looking for. I dialed her number to ask her if I should buy it for her when suddenly I hear my friend Eliyashiv on the line! He was excited to speak to me and touched by my call. We spoke a little and I gave him my blessings before hanging up.

I was amazed – this had never happened to me before! My daughter, Elisheva, appeared in my phone right after Eliyashiv. By mistake, my finger pressed Eliyashiv instead of Elisheva, just today of all days! Although these entries had been dwelling peacefully side-by-side in my phone for ten years, never before had my finger pressed a different contact by mistake. Only today when Hashem knew I would have wanted to bless my friend. What a providential mistake.

# Q's & A's

Q's & A's about emunah and bitachon

Hashem gave me very rambunctious children. I try my best to deal with them calmly, but I sometimes find myself losing it. How do I control myself? I am not looking here for educational advice but for direction in my own internal work. What can I do?

Q #34

N.S., Beit Shemesh

**Disclaimer: All opinions mentioned here are presented for discussion only. For practical ruling, please consult with your Rav.**

## Remove Anger

Ideas for overcoming anger: **Rabbi Shimon Rotnemer from Beit Shemesh:** Your self-awareness is amazing! I recommend you get used to waiting a set number of minutes before reacting to any situation. It really helps to calm down. **Rabbi Netanel Cohen from Yerushalayim:** Tzaddikim tell us that reciting the 13<sup>th</sup> chapter in Tehilim is helpful here, and **Rabbi Shalom Miller from Bnei Brak** suggests: Imagine how an important person (you know) would react in your situation. It really helps to calm down! **Rabbi Yaakov Nathanson from Bnei Brak** suggests you calm down through thanking Hashem. Children are heavenly gifts! We must thank Hashem again and again for being gifted with the opportunity to raise them. A child that bothers you presents an opportunity to thank Hashem for giving him to you. As time goes by, you'll find you are less resentful and react calmly. **Rabbi Yechiel Hakohen Olivetzki from Modiin Ilit:** From the wording of your question I understand that you don't always lose it. I'm sure that is the result of working on yourself and davening to Hashem. The main thing is to continue what you've been doing and not give up. When you do your best, Hashem will help you.

**Rabbi Yitzchak Tzvi Lampin from Montreal; Rabbi Shalom Sher from Afula; Rabbi Dovid Boker from Tzefas:** Anger is a negative trait you must have acquired somewhere during childhood. The solution is to use the guidelines of Rabbi Elimelech from Lizensk for acquiring a good character trait. He suggests cleaving to the positive trait you want for a period of forty days, after which the new and positive character trait will take the place of the old one. In your case, you can get used to speaking calmly in order to prevent yourself from getting angry. (This idea appears in the Ramban's famous letter.) Don't forget to daven to Hashem for help!

## Chosen to Parent

**Rabbi Aharon Beifuss from Rechasim, Rabbi Matisyahu Kitay from Yerushalayim:** We all know that the principal gives the most difficult classes to the best Rebbeim. You

were chosen by Hashem to receive difficult children because you are worthy of it. Hashem believes in you! And, as many a parent can attest, the wildest kids usually grow up to be the greatest people because they have so much strength. Have patience and you will see lots of nachas, with Hashem's help.

## Emunah

**Rabbi Dovid Binyamin Gutfarb from Yerushalayim; Rabbi Chaim Meri Katz from Ashdod; Rabbi Aryeh Farmed from Nof Hagalil:** Children don't really have free choice, especially young ones, because they don't have the yetzer tov. They function as Hashem's direct emissaries. You just have to remember it when they start making a ruckus. When it comes to spiritual things, you must remember this even more – spirituality can only be imbibed peacefully. **Rabbi Yehuda Gewertzman from Beit Shemesh** writes: When you realize that it is Hashem's will that they behave like this and you cannot change their nature, you'll realize that Hashem must want you to change your approach to them.

**Rabbi Shlomo Foisher from Yerushalayim:** You know how they say that in chinuch you have to sometimes turn a blind eye? While you surely would have liked well behaved, mild-mannered, polite children, you don't always get what you want. When you'll accept this, it will lower the flames of your anger. **Rabbi Dovid Leifer from Yerushalayim** adds a source: The Gemara in Masseches Brachos (10a) tells of Chizkiyahu Hamelech who knew he would bear wicked children, and as a result, chose not to marry. To this Yeshayahu Hanavi told him, "Why do you bother yourself with secrets of the Holy One, blessed be He?" One must only deal with things that are in his hands. Whatever is beyond you is not in your hands.

## Question for Issue #84

What is the best way to teach children about bitachon? How do you make bitachon palatable to children?

A. Y., Rechasim

**To send in questions or answers:** Leave a message on the Hotline at 02-301-1300 menu 3 ext. 5 (Yiddish or Hebrew)  
Email: s023011300@gmail.com | Fax: 02-659-9189 - Until Sunday Parashat Titzaveh

Replies must include your full name and city Names of questioners are printed with initials and city

## A Thought on Bitachon

From the shiurim on Kav Hashgacha Pratis

The Novardok mosdos had a time-honored custom. Every Erev Rosh Chodesh, all the institutions would close early, and the Rebbeim, students, Rosh Yeshivas and educators would travel to the nearby forest. There, in an isolated building, they'd learn Torah for several hours, followed by mussar, spirited singing, and inspiring conversation.

Closing those mosdos was noteworthy because the Novardok yeshivos ran on outstanding mesirus nefesh. Rav Chaim Ozer Grodzinsky used to give out funds to various yeshivas. When a dripping wet messenger knocked on his door on the wettest, coldest night of the year, he said, "Hurry, open the door quickly! Who can be coming on such a night? It must be a messenger from the Novardok yeshiva coming to pick up their allocation. Only they display this type of sacrifice to keep their yeshiva going." And it was true – that Novardoker had walked for three days in the freezing cold to obtain the funding for his yeshiva.

But with all their mesirus nefesh, they knew that one day a month they needed to close up shop. The teachers, those dedicated Rebbeim who passed on the torch of Torah and our mesorah to the next generation, needed chizuk.

Baruch Hashem, our generation is blessed with outstanding mechanchim, Rebbeim and Morahs who are dedicated and experienced. They devote their days and nights to improving their teaching methods and advancing their students, finding ways to make the Torah sweet and enable our children to experience our mesorah in the most enjoyable way. My beloved father, may his memory be blessed, was a

Excerpts from the popular shiur by  
Harav Yehuda Mandel shlit"a from Lakewood  
**Smart Investment**

veteran melamed, who spent long nights preparing the material for his students.

One Rebbi told me that in his early years, teaching was very difficult for him. He had a lot of problems – discipline, chinuch, kids didn't understand the material... he was about to give up. Finally, he decided that instead of spending his time preparing only to get upset when things didn't work out as he had planned, he would spend his time learning emunah and bitachon. This was his last-ditch effort to making it work.

While his students didn't have a Rebbi with the best worksheets and illustrated charts, they had a Rebbi "asher ruch bo" – with a living sprit. He was full of emunah and life. His spiritual vessel was full, and it spilled over to his students – stories of emunah about gedolei Yisroel, faith and trust in Hashem. He was alive with emunah. And in the end, his students were successful – all of them went on to become Gedolei Yisroel and ehrliche Yidden.

That is the way to pass on the mesorah. While a Rebbi or Morah should certainly be prepared – the most important preparation is preparing himself. He, himself, must be an overflowing mussar sefer. The Steipler used to say that every Rebbi must spend two hours a day learning Gemara *b'iyun*. While a well-prepared Rebbi will teach a large volume of material, when the Rebbi fills himself, his students receive a living example of a true *eved* Hashem. This kind of Rebbi is a thousand times more successful in his work, his mission -- raising the next generation of Torah-true Yidden.

Rav Mandel's shiurim are broadcast on Kav Hashgacha Pratis weekly in all three languages - Hebrew, Yiddish and English

## Effects on Two Ends

On the receiving end

I feel so much gratitude to you and the Hashgacha Pratis hotline. You've changed my life! I now understand that Hashem runs the world in His ways, and he doesn't need our input on how to do it. Everything in my life has become easier – my struggles no longer overtake my life like they used to, and everything is easier. May Hashem repay you over and above in merit of your zikuy harabim!

On the giving end

I had traveled abroad and rented a phone for my trip. When I got back, the company sent me a bill for NIS 2000 – nearly 700\$! I really didn't want to pay such an exorbitant amount. I pledged the numerical equivalent of pelephone – the Israeli colloquialism for cellphone – towards publishing the Hashgacha Pratis newsletter. Surprisingly, the next day the company sent me a letter waiving the entire bill!

You, too, can be a partner in spreading emunah throughout the world, and merit the Zohar's promise of "children and grandchildren who are G-d-fearing and upright!"

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