

דס"ב, Mishmeres HaSholom Magazine

AV 5783 · 202

MADUD

"If there is no derech eretz, there is no Torah"

(Avos 3:17)



Did They Forget Me?!

She can't understand how suddenly, she's not part of our family — so much so that we didn't even call her...

04

Solo Performance

For the first time in her life, she's facing the reality that, until now, she'd tried to deny in every way possible.

06

It's Not a Game

Pastels and paints, plasticine and kinetic sand. Working with art materials and games brings to the surface topics that are hard for the child and helps walk him through the emotional process.

10

young mother told me about the problems her second grade daughter has been having with a girl who insults and fights with her classmates. It was so Aupsetting for her to hear such stories. Should she ask the principal to move her daughter to the parallel class?

I told her that from my experience - a problem isn't resolved by changing classes: it will just be exchanged by another. In every class, workplace, building, family - any group - there will always be people who are more positive and easy to get along with. and others who... Generally, it's better to assist the girl in dealing with the situation where she is, rather than helping her to run away from it.

Look around you. It's easy to pick out the people everyone likes to be with, the ones who have a good word to say to everyone, who judge favorably and aren't quick to criticize. People who smooth things over and accept everything in good cheer, who think first about others and then about themselves. These people generally manage well in all circles - in the home, with close and extended family, at work, in the social arena, in the community---

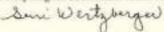
In contrast, there are also those who will complain and criticize at every opportunity about neighbors who built at their expense, about relatives who take advantage of them. and about co-workers who do not fargin... Inflexible people who don't always remember that there are people around... other than themselves ...

For the last nine months, we've been working on our life circles- the family circle, the neighbors, the kehillah, and so on. Now the time has come to wrap things up with the crucial point that lies at the center of each of these circles: Avodas hamiddos, the most significant factor of all in our interpersonal conduct.

Barnch Hasbern, we've gotten a lot of feedback from women who were mis chazek a lot from the magazines and experienced real change in all the circles in their lives, Suddenly, my neighbor is not so annoying: she just likes cleanliness. My husband is not intentionally ignoring me: he's simply occupied with his learning. My daughter-in-law didn't forget about me: she's just very devoted to my son and my grandchildren. It's amazing how one small change in me turns each individual around me into a better person...

The combination of learning two daily halachos in shemiras haleshon and avodas hamiddos in the areas of bein adam Ichavelro - what we put our greatest efforts into in the Mishmeres HaSholom magazines - is the powerful motor that can generate a real turnaround and make your life better and more pleasant. Avodas hamiddos is a 'root canal'i it creates a revolution in the mind and enables us to interpret the other person's behavior positively, which automatically lowers the number of potentially negative comments and helps us slip less frequently.

May we carry out the words that Ray Elimelech of Lizhensk wrote in his tefillah: "Aderabah, put into our hearts to see only the virtues of our friends, not their flaws," and also his conclusion: "That everything should be nactus ruleth for You."



מעלון לאלינ וונה, הוללה הותנוס להתה המשלחות נה התה הוחלא כל נינה, המשל ומהב ונ' מרת חינוא בת מ"ד חיים שלמת מרד שלום בחר'ד יחוקשל שרעא ונ" others merror by tweeth er-

📦 כל נוכחת שפח



Main office: 11 Sdei Chemed St. Jerusalem Telephone: 02-537-9160

Hours: 9 a.m. to 3 p.m. Email: m025379160@gmail.com Fax: 02-6506107

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of Maran Rosh Hayeshiva zy"a

Publication of the Rosh Hayeshive Hageon

Pr Y. G. Edelstein zt*rs "tzetais" at the end.

of his shloshim and before the Three

Weeks has roused a great response. The

Shalom Hotline panel relays that thousands

of chizukim and kabbalos were submitted.

In the hope that all this inspiration will

bring us closer to the Geulah and the

building of the Bels Hamilidash.



Beix Hom'ah for shemiras halashon-related questions-772-337-2212 Ext. 6. To submit questions to the column-Fax: 02-650-6107 Email: m025379160@gmail.com



A Mother at a PTA Meeting Who Reports a Problem in Her Daughter's Friend

Question: At a PTA meeting, I confided in the teacher that I wasn't happy with the friendship that had recently developed between my daughter and a certain girl, whose behavior, in my opinion, is not proper. I gave a few examples of this. The teacher listened and did not express an opinion. Afterwards I thought that perhaps what I told the teacher was not l'to'eles, because I could have put an end to their friendship myself, without the teacher's help. Was I guilty? How should I rectify it?

Answer: The questioner did the right thing by telling the teacher about her daughter's new friend improper behavior. This story is Hobles from all directions. First, so as to save her daughter from being influenced. Even if the questioner thinks that she could take care of this herself, she doesn't need to rely on this at all. Second, so as to deal with improving the middos and yiras Shamayim of the friend, which is the job of every teacher.

Dentist Who Doesn't **Appear Professional** Enough

Question: I went to a private dental clinic and was disappointed by the dentist who treated me. I had the feeling he worked quickly but not carefully enough. For example, some of the anesthetic substance he injected dripped into my mouth and some grains of the filling material almost went down my throat. I suspect the treatment wasn't professional enough and I want to know what I am allowed to say about it to the head of the clinic.

Answer: It's known that you cannot judge a doctor or any other professional based on a single experience. Even if he really bungled - one cannot deduce that he is unprofessional, because mistakes happen. Therefore, if the questioner would have asked if she can tell her friends that Dr. X is of dubious quality - the answer would be: Definitely not, because the listeners would decide immediately

that the dentist is unprofessional. However, since she is asking what she may tell the head of the clinic - she can tell him the details she wrote in the question, as long as her intentions are / lo bles. The boss will understand on the spot if there is concern for unprofessionalism. which would require him to track the dentist's work, or if we are speaking of common problems, some of which are in the patients' imagination. And since the questioner won't return to this dentist so fast, there is benefit to her words. But there is no heter to tell the head of the clinic unequivocally that this dentist is not professional enough; she can only describe the facts and leave the matter in doubt.

Sister-in-Law Who Doesn't "Click" with the Family

Question: One of the sisters-in-law in our family doesn't exactly "click" with everyone and it's a known fact that a few of the couples prefer not to come to the parents for Shabbos together with this couple. Is it permissible to explain this to the mother/mother-in-law when she presses us to know why we are evading coming?

Answer: The questioner writes that the subject 'doesn't exactly 'click' with everyone," but she doesn't explain how - is it from the hashkafic aspect, that she's more easygoing or more strict than the others? Or socially, that she doesn't join in conversations, experiences, etc.?

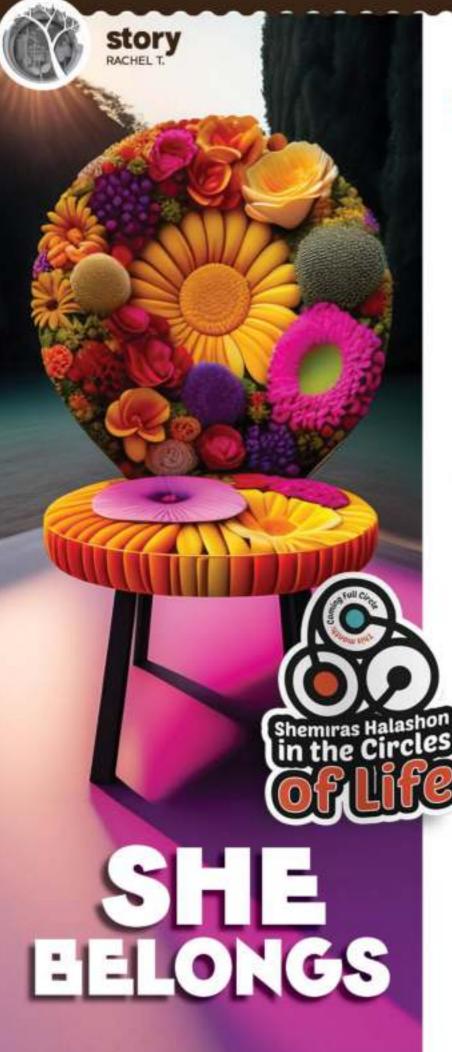
If it is a difference in hashkafah, those who prefer not to come for Shabbos together with her are justified, because of the risk of negative influence on them or their children, or tension, etc. The mother should know this and shouldn't push others to come or she should find another way to avert the negative influence. Therefore, it would be permissible to explain the reason to Ima.

But if the issue is discomfort spending time together - those who avoid coming with this sister-in-law for Shabbos are mistaken. On the contrary, it would be a big chessed to give her simchas chayim and a good time, and help solve her basic problem by getting her to open up and be more natural. In this case, instead of explaining the reason to Ima, it would be better to explain to the other marrieds how important it is to overcome their natural feelings and come together with her for Shabbos.





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Flour, sugar, and cocoa dance a jig on the counter, spilling over to the floor and leaving their mark on the cabinets, as well. Oily hands open the refrigerator, hunting for another egg to replace the one that rolled off the counter, when it was supposed to be opened carefully, checked, and poured into the Kitchen-Aid mixing bowl.

"Kids, today we'll eat supper in the dining room," Mommy announces, when she sees that there's no chance of seating children and serving them a cooked meal in the sticky pandemonium that was once her kitchen...

The children run to the big Shabbox table. First, the yummy brownies that Suri is preparing in the kitchen, and now, this interesting break in routine! Fifteen-year-old Ruchi tries to hint to Mommy something about the mess in the kitchen, along with a wink at the clock, which seems to have picked up speed, in contrast to the painfully slow pace of the preparation of the celebrated cake... Mommy responds with a look full of understanding and empathy, but decisive and uncompromising.

Whatever will be, will be. Let the kitchen turn over, the sugar grains fall, the eggs crack and the hands on the clock fly. Let the journey of the chocolaty batter from the Kitchen-Aid to the oven stretch out on end - the objective she'd set for herself remains paramount. Today, Suri is baking brownies /kavod Shabbos. All by herself.

Suri spent her childhood years in a school near her house that had a "small class." The developmental delay she was born with was challenging, and complex conditions at home made her upbringing even more difficult. But when she approached the end of her elementary school years, the situation became really problematic. In all of Detroit and its environs, there was no Chareidi high school with a framework for girls like ber.

To send Suri, the pure child who had always received a true Yiddishe chinuch - to a school that did not suit her spiritually? That wasn't even an option. To push her into a regular high school, where she'd feel like a fifth wheel and wouldn't get the therapy she needed?! Her parents' hearts ached at the thought. Maybe they'd be better off just keeping

And then came the call from Tanta Henya, Bubby's

"Here in Cleveland, there's a school that's just right for your Suri," she said, her voice brimming with genuine caring. 'I see the girls who attend the special classes there. I see the gleam in their eyes. I hear about the therapy they get, the efforts invested in them." And --- Tanta Henya invited Suri to live with her so as to attend that school.

At first, Suri's parents were flabbergasted at the unexpected. offer from Henya - the mother of a large family, including young children - to take on the challenging responsibility of caring for Suri. Henya needed to work hard to explain and persuade, but eventually, the sincerity that suffused her every word tipped the scales in favor of Cleveland.

Tanta Henya absolutely refused to hear about payment, even just to cover expenses. She explained that they were taking in Suri as a daughter. Did you ever hear of parents who take money for hosting their own children??

A late supper in the small, cozy kitchen. Libby and Ruchi have just gotten home, exhausted after a long day in high school. Suri takes one plate off the table and brings it to the sink. Another plate, with scraps of spaghetti and salad balances precariously in her hand, decorating the floor with some saucy starchy strings, but eventually gets to the sink safely. Today is Suri's turn to clear the table and wash dishes, and she does her job ve-e-ery slowly, with her characteristic awkwardness. Meanwhile, the two girls listen to Suri's stories about her class, her friends, the test scheduled for the following week. and the homework in math that is 'really hard, and most of the girls in class didn't understand the material..."

"Don't worry, Suri," Libby, a year older than her, reassures her. 'I'll just finish eating and then we'll both work together on your homework. I was in ninth grade just last year," she adds, "I remember the material..."

Her dedicated "sisters" study with her for tests, too. They explain and review, with endless patience. Thanks to them, Suri gets a hundred on almost every test. Nobody ever asked Libby or Ruchi to help their struggling cousin: it was the atmosphere in the house that swept them in, that led them to love Suri with all their hearts, to be considerate of her, to be mevater, to see the good even in moments of difficulty.

A year goes by, and another, Suri progresses in tiny steps and with tremendous effort. The excellent professional staff at the high school, together with devoted Tanta Henva and her entire family, who opened their door and their hearts to Suri, do everything they can to make her everyday life pleasant, to help her bridge scholastic and functional gaps, and to prepare her for a normal, independent life.

Finally, after four years of school in Cleveland, Suri stands there, waving, all worked up and brimming with thanks. That's it. Her high school years are over. She says a tearful "Goodbye" and returns home.

The door closes. A new, unfamiliar routine streams in Tanta Henya's home - a routine without beloved Suri. Ruchi prepares for the following school year, when she will be entering twelfth grade, and Libby, the eldest... moves excitedly towards a very significant stage in her life---

Yes, a few weeks after Suri's departure, Libby is gearing up to become a happy kallah!!

A cloud of joy floats inside the house. They can hardly believe that it's happening: that they are on the verge of their oldest daughter's

A flood of phone calls. Flowers and gifts

and good wishes flow into the house. A hall and catering, dresses and lists of invitees to the thrilling event of the erusin, due to take place in just another two days. And in the midst of all the commotion, it happened---

Suri, the beloved daughter and precious sister, who was a part of the family for four years of high school - wasn't invited to the

Tanta Henya called once and again,

SURI CAN'T UNDERSTAND HOW WE COULD HAVE FORGOTTEN HER. HOW, SUDDENLY, AFTER SUCH A SHORT TIME, IT'S AS IF SHE WASN'T A PART OF OUR FAMILY - AFTER ALL, SHE DIDN'T **EVEN GET A CALL TO** INVITE HER..."

She dialed and she tried. But when no one answered, the matter flew out of her overloaded mind--- Only at the end of the thrilling evening, when they came home with the kallah and the gifts and the flood of berachos - they suddenly realized that Suri was missing. She hadn't come, because she wasn't invited...

"Suri is angry at us. She's offended to the depths of her soul." Henya feels so terrible. She doesn't stop whipping herself, "Suri can't understand how we could have forgotten her. How, suddenly, after such a short time, it's as if she wasn't a part of our family - after all, she didn't even get a call to invite her..."

Years of sacrifice and caring, heart and soul. Years of love and boundless giving. A whole family that opened their home and their hearts, forfeited comfort and privacy and dedicated themselves beyond all limits. And it's not as if they dropped her from the invitation list intentionally. They simply

How does she have the zechus to be angry with them??!!

They have the zechus. The great zechus not to be angry at her. Not to be angry at all. Just to understand and accept and feel bad and think of how to rectify.

And so, they pack up cakes and petit-fours. drinks and desserts, and they all set out on a trip. They're driving to Detroit. With the kalluh, of course. A four-hour drive in order to conciliate, to gladden. "We came to celebrate a special eirusin party just with you," they

They sit with Suri, with endless patience, love and sisterhood. They pull out photos from the eirusin, do everything to rejoice together. And they don't leave until they are certain that Suri, too, is happy and feels that she belongs. more than anyone else in the world.

100% AVODAS HAMIDDOS

Libby and Ruchi, Suri's "sisters," on a personal note:

"We sat there, in Suri's house in Detroit, trying as hard as we could to conciliate her," Libby recalls, "Even though we didn't really feel we'd done anything wrong..." Ruchl rushes to add.

Libby smiles and continues: "All the way there, Mommy tried to think of ideas that would make Suri happy. In the end, she hit on it. She promised Suri that for the wedding, we'd get her a gown from the 'set' worn by all the sisters in the family..."

Without thinking that this is liable to slightly mar the appearance of the family on their big day. Without thinking about "What people will say" about Suri's not exactly standard image.

And Ruchi says: "The truth is that at the time, ltdid bother us a little. We did worry about what our friends would say. What everyone would say. But. In retrospect, I understand that all these considerations were meaningless. I'm very happy that we overcame them and did it wholeheartedly."



If Your Friend **Has Sharp Points**

person works

on his middos, his

life within the circles

that surround him

We are surrounded by close and distant

workers, community and neighborhood.

contacts, and so on. Some people are

easy to get along with, and

others... But we didn't come

to this world to do only

what's easy. The Yehudi

Hakadosh used to say:

"If the other person has

sharp points - don't try

to cut them off. Instead,

make holes in your heart

for them to go into." Work

on your middos so that you

can understand each person, so

that you can tolerate this one's sharp

points and that one's idiosyncrasies.

SUBDUING THE

"DONKEYNESS" IN US

The Mishnah in Pirkei Avos says:

'Yehuda ben Taima says. 'Be bold as a

leopard, light as an eagle, swift as a deer,

and strong as a lion." The Baulei Mussar

explain that every person has a bit of the

qualities and drives of the various animals

of the world. Our mission is to subdue the

"donkeyness" in us, the "snakeness" and

Man is "born like a wild ass" - We come

into the world with the wild qualities of

animals, which we must direct, navigate,

and subjugate through continuous and

uncompromising avodas hamiddos, an

avodah that never ends. An avodah that

When a person works on his middos,

his life within the circles that surround

him is more pleasant, more tranquil. A

person like this is content, and anyone who

comes in contact with him is also content.

He is beloved and desirable, accepted and

admired. He is the person who is fulfilling

his mission in the world.

"wolfness" that throb within.

relatives, neighbors and friends, co-



You know the babysitters who are willing to babysit "only for steeping children?

And the cleaning ladies who will come 'only if the house is in order and ready for a floor wash"? When a

And the delivery man who will bring the boxes to the door 'only it' there aren't too many

People like an easy is more pleasant, life. They're not willing more tranquil to exert themselves... This is doubly true for our generation, since we've become accustomed to simply pressing a button to accomplish things that in the past demanded real physical effort.

But Man was brought into this world to gain control of his middos. That is our goal and mission. It's not easy in the least, It's a lifework that none of us is exempt from...

When Moshe Rabbelini went up to Shamayim, the malachim complained: What is a mortal being doing among us? Here in Shamayim, there's no room for humans, who are much lower than malachim... Moshe answered them: Do you have a Yetzer Hara!! We human beings battle the Yetzer Hara and defeat it, and that is a level that the malachim will never experience...

LIFE OUTSIDE THE ISOLATION CHAMBER

In the most serious hospital wards, there are isolation chambers, where they put patients whose immune systems are incapable of protecting their bodies. They need to be isolated from human company to avoid unnecessary exposure to harmful elements.

But other than those patients - we all live in an active, bustling environment.



A Picture is Worth...



These people she has to deal with every day are not normal. And don't tell her stories about 'that's bow it is in every workplace." There are days when she feels that, more than she needs to be a staff chief and manage the workers below her, she needs to be a fish and remain quiet about all the outrageous things happening around her and threatening to swallow her up. In the end, she has to-swallow them. How did such a collection of inhumane people manage to gather precisely in their office? How??



The problem is that this bad lack simply goes with her everywhere. She fell in with a mother-in-law from the stories, and along with her, some sisters-in-law of the same type - a package deal. And much as she tries to apply the rule of "Better a close neighbor than a distant brother," still. every encounter with her neighbors is a battle that drains all of her inner strength. The miracle is that their splitlevel apartment has a separate entrance, so at least she's spared one section of this challenging avodas hamiddos.

Sometimes the situation spirals out of control. She feels as if someone - or a few someones - around her has outdone himself and totally gotten carried away. In these cases, when she is on the verge of an explosion and her frustration threshold has reached new peaks, she finds berself looking in the mirror, comoled by the fact that at least one person remains here in the area who acts normal...

The truth is, what's demanded of her is a lot more than normal behavior. It's uncompromising avodas hamiddos, 24/T. around the clock. Without a single miss. That's the only way she has a chance of survival.

It could have gone on like this, if not for the time when she was compelled to sit across from the security camera. perched opposite her manager's chair and pass the photos. one at a time. It makes no difference right now what the criminal circumstances were that required her to present filmed testimony to the lawyer. What makes the difference is the documentation she came across during her leafing and searching, containing a dramatic, authentic, true solo performance that stood ber, for the first time in her life. opposite the reality she tried to deny in every possible way.

Miraculously, no other workers were in the morn with her during those moments of viewing. They apparently would have been a for less surprised than she was...

A Needle in a Haystack

I had just done my big monthly shopping at "Osher Ad," a major supermarket, and was ready to leave, when I suddenly felt that something was missing on my ear - one earring, an earring that was very prectous to me. Hooked helplessly at the huge store, full of shoppers, and said to myself -No point in even trying. It's like looking for a needle in a haystack.

Still... I couldn't bring myself to leave. My feet carried me back inside the store, as I strengthened my commitment to learn two halachos a day in shemiras halashon and promised to send a donation to Mishmeres HaSholom.

I retraced the route I'd taken when doing my shopping, keeping my eyes glued to the floor, which was full of feet and shopping cart wheels. And believe it or not - I found the carring, cast in a corner near the disposable dishes, smiling at me and just waiting for me to pick it up...

G. a rep form General agin

Wanted: **Apartment Renter**

One day, the phone rang, and on the other end was someone from the Mishmeres HaSholom office, calling to say that our standing order had bounced back. Perhaps we had changed our bank account, or there was some other technical problem? "I'm so sorry to hear it," I replied. I told her about our difficult financial situation and the other standing orders that the bank was not honoring. "We have an apartment that we rent out and that is the basis of our income," I added. "Unfortunately, for two months it's been empty; we haven't managed to find a renter...*

A moment before the friendly secretary hung up, I said to her: "You know what? I have a credit card from a different account that is still working. Let me give you a donation now, so it should be a zechus for us..."

The donation went through and the zechuyos did their job. Within a short while, we barach Hushem found an excellent renter and signed. a contract for an extended period.

משמיע שלום

Stories from the Shalom Hotline "Reshus Harabim" extension

Share stories and feedback on the Shalom Hotline 0723372212 Ext. 23

Sleepless Night

My two-year-old didn't feel well Friday night. She cried for hours and writhed in pain. This clearly wasn't just a desire for attention. We debated whether to call an ambulance and go to the hospital on Shabbos... My husband and I sat next to her anxiously, trying to ease her pain in any way possible. As we sat there, I suddenly remembered a few words I'd said that morning to a neighbor, which may have offended her... I felt that I needed to do teshuvah and ask her forgiveness and I took upon myself to try not to slip into such hurtful speech in the future,

Our little girl finally fell asleep shortly before sunrise, exhausted from the crying and the Neurofen, and when she woke up late Shabbos morning - she was like a new child, refreshed and happy and totally healthy!

אצמיח ישועה



Did you see a yeshuah? Call and be mezakeh harabim To hear and record yeshuah stories for women, call 072-337-2212

A Tongue for a Tongue

At the beginning of last year, I started noticing compulsive behaviors in our son, who was near bar mitzvah age. It was evident primarily in his davening; he would repeat words many times and his tefillah was abnormally long.

We didn't know how to relate to the phenomenon or what to do. We consulted experts In the field, but didn't see any improvement. On the contrary, our son stopped coming to shal. He explained that the presence of people around him disturbed his concentration, so he davened alone at home.

At the end of the year, our son finished Talmud Torah and continued to Yeshiva Ketana (Mesivta). That opened more problematic fronts... We knew we had to do something to

At the beginning of the winter, I took upon myself achieuk intentus, but I decided that I also wanted zechuyos of shemiras halashon, since the problem manifested itself as compulsive behavior in the area of speech - repeating words in davening. I called Mishmeres HaSholom and made a credit card donation of 180 shekels a month for a year. We also strengthened ourselves in shemiras halashon.

Around Chanukah time, we started seeing an improvement, Suddenly he resumed saying Shmoneh Esrei quietly (he had been saying it out loud, claiming that when he davened quietly, be wasn't sure he'd said all the words) - first, for half of the tefillah, and then for the entire teriffath. His repetition also lessened somewhat.

On Errey Pesach, anavzeich in the neighborhood who knew how nicely our son leins asked him to read the Torah for his shul. At first he refused, but we encouraged him, and barach Hashem, he met the challenge and started going to shal after a long period of davening at home. He read the Torah in a clear, beautiful voice (we all went to bear him...). Everyone enjoyed it and praised him. The result was that he started coming to tefillos in shul regularly, and after Pesach, returned to yeshiva like a regular bachur, totally forgetting about his compulsive behavior.



הסיפורים שדווחו למוקד הישועות











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לכל המושנים הבאים?

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מהו המספר שיצא לכם?

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וגם את השנייה מהשישית

ואז תחזרו שוב לסוף החלום.

כל המילים הבאות הן ערבוב של מספר מסוים. מהו המספר?

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PATROD YEAR

נכונים, חוץ מאחד. מהו המספר השנוי?

יבלב 71/7F 193 -עולה בקנה - אין פוני נביאים מתנבאים ימני אלף. 10303

למושנים או לביסויים הבאים:

יצדיק בסדום

מהו המספר?

איזה מספר משותף

כשנילו של אבא שלי יהיה כפול ממה שהוא היום. ונוסיף לו את נילו כיום -הוא יהיה בן מאה ועשרים.

בן כמה אבא שלי היום?

בתוך הסיפור שלפניכם שתלנו

שלוש הברות שאינן קשורות לסיפור. הברות אלו מרכיבות מספר, מהו? TATATE STREET CETTES, CHARGETY BROKE BAUG TABLET

שבד חם נוועד עד עסכן ונוסוף ווייטער עולוי בוערות מבוטה יונילונב אינו בעצמני? רצייד דקרא עברו בחזרת, אך או מסתי לב לבעבות מאחריי. ינו מתוכבתי לאחר וראתי אנגאם מעותולנים על ענ Thos "sur" rwinging mish lik ex camin syries לא היותה משורות אלי בכלל, אלא לונוד שווה מאחריי, הבנת שתוחד עריך לחסט כאן זכות.



בכל אחד מהמשפטים הבעים

מתחבא מספר זהה בן חמש אותיות, מהו המספר? THES COMMIT COVIN CEUDIT CIM William James American

UP CAPILL CAUDET החשש בעימוד הוא מסספוסים שעלילים AUGU THERENT WISHT אר השבע ימהר לקולומביה כדי לחלק

איזה מספר מרומז מכתב החידה הבא?

לעיתים בסוף החודש תמצאוני וגם את תקופת הכוח מבשר אני, וכאשר השור את העבד יכלה שוב אבוא ואתנלה.

ראשו ואחריתו שם

ועשי בצק בליבו,

מי שולש? להיפר!

בהתחלה זה שייר לו

ולבסוף תניח.

החידה הבאל

איזה מספר מרומז בכתב

איזה מספר אנחנו אומרים

איזה מספר מרומז

בשורות הבאות?

סמר בחסד

ולא טית בטרקטור.

בית בודיבות

ולא זין במזחה.

ילף באהבת חינום

ולא תיו בערפתית.

יוד בעין סובה

ולא כף בכורכר.

עם יד על העיניים?

-חוץ מהתוכי יש שלוש יונים מאולפות · חובה מוחלטת ידועה שצריך יהודי מצוות - חצי מכספו יתרום

שליט ירושלים מנדבתו

איזה מספר מוטמו בכל אחת

מהשורות הבאות?

מהו המספר המבוקש?

מלכות - פחות אחד

נתיבות חוכמה - פחות שמונה

נרות החנוכה - פחות ארבע

ועוד תשע - ימי ספירה

ועוד שתים - מסעות

ועוד עשר - עצה

רק אחד מהמשפטים הבאים

נכון. מה מספר המשפט הנכון? 1. על אהרן הכהן נאמר שהיה אוהב שלום ורודף צדקה וחסד. ב. יש לקבל כל אדם בסבר סנים ימות. 3. צרץ לרצות את החבר דווקא

בעועת כעסו. בעל נפש רחבה הוא מתלמידיו של

אברהם אבינו.

איזה מספר יועאל

אחי נדול ממני בחמש שנים וקטן מאחותי בחמש שנים. לפני חמש שנים היה סך הגילאים של כולנו 15.

בו כמה אחי ביום?

בני כמה היו יצחם ועשיו כאשר התחתנו?



People are willing to invest a lot to renovate their home and make it comfortable and well-equipped, And what about the "burdens" people schlep with them everywhere they go? . Mrs. R. Bukretzky, an art and play therapist for children and a personal coach for women and girls, opens a window into the world of change . Believe it, you can!

Pastels and paints, plasticine and kinetic sand - her clinic is full of them, and not only them. That is what magnetizes kids to her clinic. "I introduce the children to

the wide selection and tell them they can choose what they like best and create whatever they want, with zero judgment on the art object they create," says Mrs. Bukretzky, "As the child works with the materials," she explains, 'he connects, gains self-confidence. and starts talking," When necessary, she guides him along a bit with questions or by reflecting what he says. The point of the work with art materials and with games is to bring to the surface topics that are hard for the child and to walk him through the emotional process.

"I sometimes offer women, too, a blend of art. It's an amazing tool that helps bring difficult things to the surface," she adds.

What's Blocking Me?

What brings a woman to wake up one morning and decide to go for professional therapy for herself or one of her children? In other words, who comes

Mrs. Bukretzky smiles and points at her packed appointment calendar. Tve never advertised my services," she says. People pass on information from one to the next, when they feel that there's some difficulty blocking them or their child (and sometimes, both are correct...). They decide that it's too hard for them to carry all these burdens that aren't contributing anything but suffering to their lives, and they decide to help themselves."

What kind of problems are you talking about?

'A high percentage of the clients come because

of fears and anxiety. Some also describe difficulty in controlling anger, social problems, compulsive behavior, and actually - any difficulty that interrupts their routine, that blocks their emotional management, and, as a result, also their technical management," explains Mrs. Bukretzky.

Why can't parents of an anxious child try to help him themselves? Why do they need to come to professional therapy?

"Parents are indeed the best support for their children, but just as Acamol is not always sufficient to treat physiological problems, so parents cannot always provide a satisfactory response for emotional difficulties," Rivka explains, "Take an example of a child with fears. The parents try to explain to him that his frightening thoughts are unfounded. They promise that 'We're here with you.' But sometimes, that's not enough. The child needs a more professional response. Also, parents are involved parties, and are also busy with many other responsibilities. They're not always available enough to feel what their child is experiencing

The same is true for adults. A woman who is going through a major difficulty may benefit from a Rebbetzin'schizuk or pour her heart out to a sister or neighbor, and that's excellent, but it's not always

enough, in that case, professional help is called for to bring the woman to a process and help her acquire

Is Avodas Hamiddos for Me?!

Excuse me for asking, but why do we need to change altogether? Why shouldn't a person continue as he is, with the virtues and flaws he was born with, and expect the people around him to learn to live

Rivka is not put off by the question... Apparently. she's heard it more than once...

'Avodas humiddos is the life work of every one of us," she says. Unrelated to her clinic, she emphasizes, it is worthwhile for every person, at every age, to invest effort in improving himself and moving forward. Sometimes it's comfortable for us to wallow in our past, but it's a shame, because it causes as unnecessary

"What we do in the clinic is actually 'avodas hamiddox; with an added therapy aspect. Sometimes, there's a need for external intervention, such as drug treatment, I work in collaboration with medical staff when necessary, as well as with rabbanin; and askawim. But all that is just in addition. The main thing is the work done by the client sitting across from methere's no escaping that. Anyone who comes to me has actually chosen this, even if it's a teenage girl whose parents or high school sent her to me. She is here because she's having difficulty with a certain aspect of her conduct. She's the one suffering and I'm here to help her emerge from her difficulty professionally and with dignity, bizzras Hustem.

Working on yourself is not something that can be done instantly; if's an extended process. Can you tell us about someone who "Jumped into the water" and set off on a new path and what she felt in the process?

Mrs. Bukretzky doesn't have to think long. She immediately pulls out an authentic story that happened very recently (changing the details, of course).

"A woman came to me who had suffered for years from a substantial difficulty in her interpersonal conduct. For years, she felt that she'd fallen in with a husband who,, and a mother-in-law who,, and, accordingly, she felt like the world's biggest 'nebuch." In the course of the sessions, and especially at the fast session, which took place before Shavuos, after doing an exercise geared at flushing out emotional baggage from the past, she burst out crying and told me: 'Today I am accepting the Torah anew and also renewing my married life. I understand that it all depends on me, and I don't need extraneous blaming imymore... I'm ready to accept the good?"

Shemiras Halashon from a Personal Viewpoint

"For years, I was the Mishmeres HaSholom rep in my building (with five entrances)" - Mrs. Bukretzky doesn't forget to emphasize. "After my daughter's wedding, I passed on the zechus to the neighbors' children." Of course, I continue learning the daily halachos of shemicas halashon. I don't go to sleep until I've done so.

Tiaruch Hishem, I've seen many yeshuos in the gechus of the learning and of donations to Mishmeres HaSholom," she adds, recommending it warmly.

Special issue for the Mishmeres HaSholom kids

Bubby Who Inquires from Her Grandson about the Other Bubby

the Rav

By Harav Hagaon R Menachem Mendel Fuchs shilts Ray of Mishmeres HaSholom

Question: I like to talk to my Bubby Cohen on the phone and tell her what's going on at home and in school, and she also enjoys it. But sometimes she asks me questions that I'm not sure I'm allowed to answer. For example, she asked me what birthday present I got from Bubby Stein. If I tell her the truth, that Bubby Stein gives me simple gifts, it might be lashou hara. And if I don't answer, Bubby Cohen may be insulted. What should I do?

Answer: If one Bubby asks her grandchild what gift he got from the other Bubby, it's not so terrible if he tells her that the other Bubby gives simple gifts. This

isn't lashon hara at all. Apparently, her approach is not to spoil the grandchildren too much and get them used to luxuries. Besides, it could be that she gives the parents money so they should buy the children

But, in general, if one Bubby asks ber grandchild questions like: Does your other Bubby talk to you a lot? Does she love you like I do? Does she visit often? - This is not proper and can cause great damage. In this case, the questioner should answer that he tries In general not to talk about people because he is very careful to guard his tongue from lashon hara and rechilus.



Rabbanit Attiaa"h once brought a seamstress to the house to sew an outfit for her daughter for the coming Yom Tov. The seamstress worked all day sewing the festive dress. As she worked, she complained that her own daughter doesn't have a new dress for Yom

Toy, even though she herself works a seamstress.

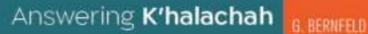
Hagaon Ray Ezra Attia zt" overheard her comment and didn't hesitate for a moment. "The dress that was just sewn will be a gift to the seamstress for her daughter!" He also made sure that the Rabbanit would pay her for her work in full.

(Based on the sefer Derech Hamiddot)

Sewing is really not my department. but thinking about the next person definitely isl



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A New Shop

"Did you see the ads about the new stationery shop that opened in the shopping center?" Yaakov asks his friend Yossie when they meet at the local park.

"It's not exactly new," Yossie replies. "You're new here in the neighborhood, so you don't remember his father's store that used to be here. He's simply reviving the family business."

"I think it will succeed. He's offering really good discounts..." says Yaakov.

"Maybe..." Yossi says, making a face. "The truth is, the son who's opening the store looks pretty honest, not like his father---"

t ook apseler Chaletz Chalet. Add Dated, self 3, call 072-337-2212 Ext. 33, and choose the most appropriate answer for what Yossie said about the owners of the new shop. Those who answer correctly will automatically enter a raffle.





The idea that won the prize was from Chana Shrem, Bnei Brak.

You're invited to send us stories suitable for this columnstories in which a friend was almost hart or embarrassed, and thanks to someone's sensitivity, it was prevented, and also stories in which, safily, a friend was furt. The stories chosen for the magazine will earn the sender a prize. M025379160@GMAIL.COM | 02-650-6107



No Offense

The Cheese Cake That (Almost) Got Ruined

"Remember the cheese cake I prepared for Shavuos?" I asked Ima one day of summer vacation, Ima nodded. Of course she remembered, it was a real poichke. I'd worked a few hours on baking and decorating it.

"What would you think of my preparing one now for the cousins' get-together?" I suggested.

"An excellent ideat" said fma. She called Tante Shiffy, who was in charge of the mena for the event that would take place next week at Bubby's house, and informed her that we'd be bringing a cheese cake, adding proudly: "Brachie will bake it. She has a marvelous recipet"

I checked that we had all the ingredients and figured out with ima what quantity we needed so it should be enough for allif the participants in the get-together. Then I found a nice serving container with a matching cover and excitedly got to work. I pictured to myself how my impressive cake would sit in the middle of the big table in Bubby's house, next to all the other goodies that the aunts and cousins had prepared, and how Bubby would cut pretty slices and give them out to everyone on little plates...

I never dreamed that after all the hours of work, in a moment of carelessness. I would trip on the wheel of a stroller standing in the hallway next to Bubby's dining room, lose my balance with the cake platter in my hands and—

A few words from Brachie:

What could have happened:

SPLAT-

One moment of carelessness, and the serving container with my beautiful cake is on the floor. I close my eyes, I can't bear to see the smashed masterpiece.

I'm sure all the cousins are laughing at me. I wish the ground would open up and swallow me. I'm so embarrassed...

What happened in the end:

"Don't feel bad, Brachie," I heard my cossin Racheli say from behind me. "What azeis that the cake was in a closed container and didn't get crushed when it landed on the finor!"

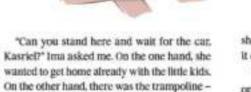
Racheli carefully lifted the container and showed me that the cake had remained

almost whole; just the whipped cream topping had gotten a little smeared.

"Did you see what a fancy cake our talented cousin Brachie prepared?" she called out in a cheerful voice. Then she added: "Wait, we'll spruce it up a bit and soon we'll put it in the center of the table, scrumptious and beautiful."

Racheli schlepped me to the kitchen and helped me take off the part of the top layer that had gotten ruined. Then we moved the cake to a clean platter that we found in Bubby's kitchen and melted chocolate on top, to replace the smeared

That's how she helped me save the cake, and also my good mood, which had almost gotten irreparably smusbed...



I hesitated. I'm a good hearted kid. I hope you already noticed that. But there are two things that are hard for me - and those are precisely what Ima had just asked of me: To stand and to wait. Two boring jobs that never finish.

collapsed, wrinkled, longing to get to its home...

In the end, I said, "No problem!" I hoped it really wouldn't be too hard. For a full hour, I'd jumped on the inflatable trampoline like a lively goat. Makes sense that now I should manage to stay in one place and wait...

I waited for five minutes. But other than a curty-haired fellow who looked in my direction from his car (maybe he was impressed by the trampoline), nobody came. After nine minutes, I took the earphigs out of my ears and called Ima. I told her it was a neis that she'd left me the cell phone, and how long does the trampoline need to wait. Soon the sun would set.

"No car honked?" Ima was surprised.

"No," I declared. "But ... the truth is... when we jumped on the trampoline, it was really noisy, so I put in earplugs, Maybe someone booked and I didn't hear?"

Ima didn't say a word, but I would've heard her sigh even with three pairs of earplugs.

"Don't worry, Ima," I reassured her. 'Give me the address of the people who rented us the trampoline. I'll manage."

Apparently, Ima had no alternative, because she agreed... I called Rubinstock, asked if their shopping cart was available, and if he thought it could carry a trampoline.

"A trampoline?" Rubinstock jumped at the opportunity. Before I had a chance to explain that all the air had already gone out of it, he announced: "Walt there. I'm bringing the cart."

Together we hauled and heaved the trampoline and somehow got it inside. The wheels of the cart creaked. "Pull it!" Rubinstock panied. "Where exactly does it need to go?"

When Rubinstock heard



was flabbergasted.

But I explained that a long way is actually good, if the way would be short, how would we have a chance to "fall seven times and get back up?" Besides, a long way passes by a lot of houses, so we'd be able to recruit a lot of kids to help...

We recruited Lichtstadt. We helped Berger work on his middos (and leave the comics book behind in order to help---). The further we went, the bigger our group became. Soon we had seven kids, and the job became a lot easier. Part of the way, we all pushed the cart together, and other parts, we took turns. Berger passed it to Lichtstadt, Lichtstadt passed it to---

Times the Strength

Kasriel's amusing corner, with stories on middos tovos that happened to

him on the way.

Seven

Oopst The moment the cart went from Lichtstadt to Stein - I mouned silently. Stein is a marvelous friend with a lot of self-confidence, but he has a limp. Passing him the cart meant totally slowing the pace. If we were supposed to get it back by sunset, now, with Stein pushing the cart, it would be after lots of stars come out.

> "Get ready, get set," shouted Lichtstadt, as he had by the other turns.

"Go!" The rest of us chimed in.

If this were a regular story, it would probably say here how the heroic boys bit their lips, clenched their fists, and didn't let a word escape their mouths; they just gave looks of encouragement to their friend---

Okay, so none of these things happened to us, We just continued walking, a little more slowly, and that's it. Stein pushed the cart and said, "Fiey, it's really heavy! But we'll get there!"

After we unloaded the cart and returned the trampoline, and started the long, long way back, so we could drop each one off by his house, I thought about what the trampoline owner had asked us in amazement: "You schlepped it all alone? How?!"

We told him that we didn't schlep it alone. We were a group. And a group - has strength.

Maybe it was thanks to the group - with the strength of our achdus - that it was quite pleasant for Stein, too?

12. Mishmeres - AV 5783 At 13



Almost Kidnapping

The phone rang.

"Shalom!" - I answered calmly.

"Shalom," said a guttural voice. "I'm here with your salva. Don't understand what it says on the baber and I need money. Understand?"

No. I didn't understand at all. And when the anonymous caller added a few more sentences that sounded like the opposite of berachos, and in... Arabic, it didn't sound good at all...

The call got cut off and I stood there, in a panic.

"Help!" - 1 screamed. "I think someone kidnapped Sahat"

Mendy, Sruli, and Shalom were at my side in seconds, flooding me with questions.

"Where did you get that ridiculous idea?"

"Oy, come on. Do you think we're characters in a suspense story?"

"Someone's been kidnapped? How do you know? And why Saba, of all people?"

"Tzvi, stop frightening us!"
"Right you were just kidding!"

"No," I insisted. "It's not a joke.Look - the kidnapper is calling again! Don't answer him! First we need to get advice from an adult!"

"What exactly did be say?"

"He said he's here with our Saba and he needs money."

"Hishem yishmori" - Mendy was the first to catch on to what I meant. "He wants us to pay a ransom before he'll release Sabat"

"He said something about a 'haber.' I don't know what he means and how it connects to this whole scary story..." - I added. Shalom was horrifled. "I know who it must be! One of Saba's neighbors is renovating his apartment. Arab workers go in and out of the building freely. One of them must have broken into Saba's apartment. Who knows what he's doing to him?"

"What irresponsibility! - Sruly pinned the blame on the neighbor. 'How could he let workers walk around there and do whatever they feel like?

"Right. It's unbelievable how people are so focused on their own needs and don't notice what's going on around them!"

> "And they give the impression of being so good and mentschlich..."

> > "Listent" I said

to my brothers.
"What's important
now is not who's
to blame but what
we do with this
story, when Abba and
Ima aren't home and we won't be
able to reach them on the phone

able to reach them on the phone for at least an hour. We have to get someone older involved, the sooner, etter!"

he better!"

Meanwhile, the phone kept ringing and the 'Arab' number appeared on the 'caller ID' again and again. We didn't answer, We were afraid that something we'd say would hurt our beloved Saba.

We called one of the neighbors – using the other line – but they didn't answer. We tried another neighbor – call waiting.

The panic level kept rising, Each of us reacted a different way:

Mendy took a sefer Tehillim and started saying

perek after perek.

Stern Family

Srull hid in his bed under the blanket.

Shalom sat there, trembling, his eyes filling with tears.

And I? I felt that I had to be the 'responsible

adult" and take charge. Heyit suddenly occurred to me. Maybe this whole story is

Maybe this whole story is the product of our wild imagination? Maybe we should first simply try calling aba...

That's what I did. Saba answered after five rings, "Oho. Tzvi!" he said cheerfully. "How nice to hear from you. What's new?"

"Saba?" I asked, relief washing over me. 'Are you okay? Nobody...' Suddenly I got quiet. I couldn't bring myself to continue that strange sentence.

"Everything's fine, baruch Hashem. Why are you asking?"

I let out a few more sentences. Saha burst out laughing – but then he was able to explain everything, one detail at a time.

"First of all, Tzvl, you know that Arabs can't say the 'p' sound. Instead, they say 'b."

I nodded. That sounded familiar.

"The 'Saba' be has with him must be the couch

- the sapah - that Abba and Ima ordered as a
surprise for the family.

"The baber is the paper with the address: he couldn't read what it said.

"And, needless to say, the money he wants from you is the payment for delivery ..."

The suspense story ended with a new sapah/ couch and a promise to check things out next time, before rushing to pin the blame on innocent people..."





To all the date masmidim in the Seffras He'omer Campaign, who are eligible for a prize without a raffiel The prizes cidn't get to as from the factory yet. Herms Rashem, when they come to the office and to the stations, we will tell you the list of stations on the Seffras Ha'omer extension (072:337:2212, Ext.2-3) and thems Hashem, we'll also send a phone message to all those who are eligible.



Word Search

Find 15 words connected to the month of Av - horizontally, vertically, or diagonally.

л	N	ש	1	н	1	ש	١	2	7
w	,	פ	n	ב	ב	N	,	,	T
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3 letters: בכי

4 letters: איכה, נחמו, משיח, רומי, גלות,

5 letters: תענית, גאולה, חורבן,

6 letters: ירמיהו, שועלים

8-10 letters: בית המקדש, בין המצרים,

תשעת הימים, על נהרות בבל

Send solutions to Mishmeres HaSholom 11 Sdei Chemed St. Jerusalem or fax: 02-650-6107

Raffles follow the protocol at Mishmeres HaSholom offices. Winners will be informed

Name:	
Address	
Phone:	City

Summary: Ray Teemach Duran, who became rich from copper mines in the desert, contributes money to stop the defection to the Haskafah schools. Two Arabs plot against him. Heaven is suspected by his classmates of being friendly with the boys who attend Haskalah





They have a wicked look in their eyes. Baruch Hashem we're already near the bet inesset.

The sack they're carrying also looks suspicious to me.

And they're continuing towards the desert I wonder what they have to look for there.



Poor kid. I feel bad for him. And. besides, we don't have any proof that he's really guilty. Maybe you're right... I think we should talk about it tomorrow with the Ray in class. Now let's start learning...

