



FOR THE BRS TEHILLIM CIRCLE MEMBERS AND BEYOND...

Tehillim Circle's Inspirational Message for Tammuz 5777

In the month of Tammuz, we begin counting the three weeks from the 17th of Tammuz, culminating on the ninth of Av. As we have many joyous times in our Jewish calendar, Hashem schedules time for us to reflect on some of the saddest tragedies in our history and what we can learn from them. One of the events that occurred on the 17th of Tammuz was the breaching of the wall of the Holy Temple by the Romans. After a three week battle within, the Holy Temple was burned to the ground. It's hard to imagine such desecration and devastation. How could Hashem have allowed such a thing to happen?

When we read Jeremiah, he repeatedly warned the leaders of B'nei Yisroel to be more mindful of the orphan, the widow, and the poor. Our sages tell us, that the way to quicken the coming of the era of Moshiach and the rebuilding of the Holy Temple, is to work on our middos and correct the sins of our ancestors. If baseless hatred brought the Temple down, then acts of unconditional kindness and chessed will hasten its rebuilding. Ask yourself, how can I make a difference in someone's life today? Gary Chapman said that we have a love tank that we need to fill with 1/3rd self-love and 1/3rd with God's love.

It is a mitzvah to take care of ourselves in order to be better, spouses, parents/grandparents, and friends. Only when we truly love and take care of ourselves, can we truly and authentically love and care for others. Sharing your smile, making that phone call to someone after their week of shiva, being on the meal train, buying extra baby clothes for someone who you know can't afford a lot, demonstrating gratitude and appreciation with a text or a note, giving words of encouragement and sticky notes of connection, use people's names and so much more.

This month's story is from the Chofetz Chaim Shabbos Table Machsom, which is a beautiful example of what happens when someone is taking the time to listen and respond. If you want to join visit: powerofspeech.org/Shabbos or text in USA: Shabbos to 313131. When we want better children, spouses, or friends, we have to become a better person.

Have a meaningful month.

Blessings of Shalom,

Yocheved

Yocheved Hande

Founder of the BRS Tehillim Circle

Bina and her walking partner were striding along the Brooklyn streets, maintaining their pace as Bina told her story. Already a grandmother of many, her energy was still at full throttle.

"Back then, I had three kids and the oldest was four. My husband worked day and night to make a living and we had no luxuries whatsoever.

"My one bit of relief came on Friday when my brother, who is 10 years younger than me, would come over and take the two oldest kids out for a while. Then I had my chance to get things done.

"The only problem was, I sent him off with my double stroller, and I had no other stroller to take my baby in if I wanted to do some errands. We simply couldn't afford another carriage at the time.

"Finally, I was able to buy a single stroller. I was able to get all my Friday errands done with time to spare. It was like liberation day!

"Then one day, I took my baby into a clothing store. I folded up the stroller and tucked it under a rack so as not to block the aisles. I carried my baby around and looked at the clothes, and when I was done, I went back to get the stroller. It was gone! I stood there and my eyes filled with tears.

"Someone said she had noticed a suspicious-looking woman come in with a child and leave with the child in a stroller. She must have helped herself to mine.

"Just then, a lady came over to me and said, 'I overheard what happened. I have a stroller sitting unused in my house. It's in great condition and I don't need it. Why don't you come with me and take it?'

"I was mortified. It must have been written all over my face – and probably my clothes, my purse and my shoes too – that I didn't have a penny to my name. I gathered up my false pride and said, 'That's not necessary. I'll just buy a new one.'

"Don't be silly!' she replied. 'Please, take it. It will be a favor to me.'

"Well, I wasn't having it. I wasn't taking charity. I

thanked her and carried my baby home.

"The next morning, I opened my front door and there stood a beautiful stroller. The woman must have followed me home, gone back to her own house and made another trip to deliver the stroller to me. I couldn't believe the kindness! The tact! The caring of this woman!

"And of course, the stroller was a *yeshuah*. This woman had given me back my precious little bit of *menuchas nefesh*."

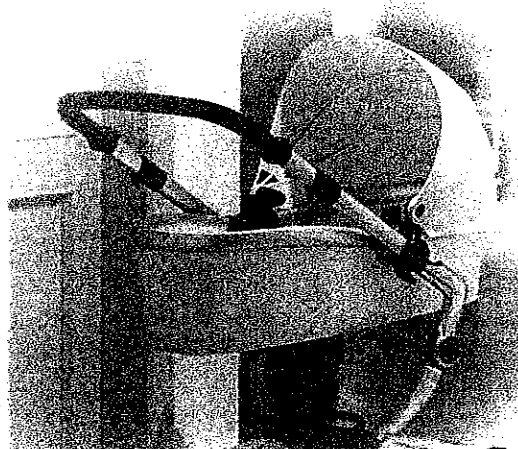
Bina's walking partner asked, "Did you ever have a chance to thank the woman?"

"Unbelievably, I did. It was 14 years later, but I never forgot

her face. One day, I was in a store and I looked up at a customer who was standing near me and I instantly

recognized her. I blurted out, 'It's you!' When I explained who I was, she remembered the incident as well. But I don't think there's any way I could ever really thank her.

"I try to pay it forward by taking care of my brother's little kids when he and his wife need a break. I know what it means to have someone step in and make your life easier, just when you need it most."



CARRIAGE OF KINDNESS

TALK ABOUT IT

What made this woman's act of *chesed* so perfect and so memorable?

WOMEN'S TEHILLIM REFUAH SHLAYMAH

June 23, 2017

Peninah bat Craindel
Avigile Malka bat Chana Yehudis
Alta Haita bat Devorah
Tziona bat Sara
Shoshana bat Rochel
Zeesa bat Gnessa
Tziporah bat Chana
Devora Elka bat Sara
Devorah bat Pesel
Cyrel Libah bat Chana
Sara Leah bat Maya Elanit
Eta Chaya bat Rachel
Shoshana bat Bella
Gila Fruma bat Ita Chaya
Shulamit Hinke bat Gittel
Riwella bat Freida
Chana Naomi bat Esther
Daniella Gittel bat Rus
Bracha Avigayil bat Rochel Geeta
Naomi Orah bat Tatiana Shalhavet
Iris bat Daisy
Dina Gayla bat Faiga Chava
Yocheved bat Freidel
Chaya Yocheved Alexandra
bat Chaviva Tova
Esther Revela bat Fruma
Sprintza Shaindel Bat Henya Rochel
Shayna Rochel bat Feige
Sara bat Chaya
Dina Malka bat Devorah Tsiral
Avigayil bat Rochel Geeta
Ariella Simcha bat Sarah Leah
Esther bat Doba
Aliza bat Mesodi
Suri bas Lea
Sara Faige bat Bluma

Benyamin Eliezer Ha Levi ben Isrus
Aryeh Michael ben Liza
Chaim Yitzchak ben Shaindel Hinda
Eitan Nissim Tzvi Ben Vera Faiga
Nechemia ben Shayna
Eliyahu Pesach ben Rachel
Shlomo Yehoshua ben Esther
Aharon ben Ora Chana
Daniel ben Ahava
Shmuel ben Hannah
Eitan ben Deena
Chaim Bare haCohen ben Chaya
Meir Hillel ben Raizel
Izzy ben Tebal
Dovid Yosef haLevy ben Etle haCohen
Chaim ben Ziporah haLevy
Yaakov Dovid ben Avigail
Yisrael Aaron ben Bayla Golda
Israel ben Josefa
Yosef Issac ben Yehuda Moshe
Walter Spatz ben Yisrael
Moshe Lazar ben Shayna Chaya
Menachem Koppel ben Faiga Hannah
Yerachmeil Eliyahu ben Esther Revela
Yisroel Moshe ben Yocheved
Moshe Zvi ben Rochel Leah
Arieh Leib ben Baila Rochel
Shalom Meir ben Perel
Benzion ben Chana
Isaac Shaya ben Taliya Levana
Amram ben Simcha
Shmuel ben Eva
Moshe Dovid ben Hannah
Shmuel ben Chana Menucha
Yerachmiel Moshe ben Hinda
Pinchas Tzvi ben Yechezkel

WOMEN'S TEHILLIM CIRCLE SCHEDULE

On Friday night, June 23, 2017, Rosh Chodesh Tammuz
please rotate to the next 3 Psalms as follows:

PSALMS	READER/S	PSALMS	READER/S
1-3	Ruth Bejar	79-81	Pam Silverman & Davida Nakdimen
4-6	Debbie Rand	82-84	Joyce Hacker & Andrea Lieberman
7-9	Jackie Lome & Elana Belizon	85-87	Marion Santhouse
10-12	Sarah Margolies & Rita Rubin	88-90	Rachel Bensimon & Shari Matz
13-17 (5)	Rosalie Somsy	91-93	Anna Cohen & Eliana Galer
18	Chana Feinberg	94-96	Avigayil Alpern & Margo Rosman
19-21	Ellen Averbook	97-99	Penny Pearlman
22-24	Carolynn Jarashow and Gigi Kaminetzky	100-102	Gila Griner
25-27	Betty Maikhor	103-105	Marissa Levenson
28-30	Sara Schandelson	106-108	Beth Plotkin
31-33	Susan Siedler and Shifra Coker	109-111	Gwenn Lehrman
34-36	Michal Marcus	112-114	Georgina Rice
37-39	Suzanne Scheiner	115-118 (4)	Shirley Girnun
40-42	Chani Salamon & Fay Eisenberg	119 (1-96)	Betty Goldberg
43-45	Linda Melcer & Orly Sabag,	119 (97-176)	Diane Charme & Leora Rosenberg
46-48	Malka Morris & Miriam Fox	120-123 (4)	Rochelle Ettetdgui
49-51	Carol Hordish & Mimi Furst	124-126	Susan Rotsztajin & Ana Kan
52-54	Tova Gil & Bruia Kodsi	127-129	Jean Cohen & Irene Berger
55-57	Yocheved Hande	130-132	Carol Kahn
58-60	Dorothy Perkins & Tamar Nawy	133-135	Pam Abitbol
61-63	Amy Wolnerman & Caroline Kalter	136-138	Esther Abrams
64-66	Sara Brudnoy	139-141	Tanya Reinfeld & Toby Albert
67-69	Deena Kunken, Sari Halpern and Helene Silkin	142-144	Bonnie Weinreb
70-72	Becky Michael	145-147	Leah Chana Levy
73-75	Pam Cohen	148-150	Rhona Cohen & Tova Goldberg
76-78	Bonnie Jacobson		