



FOR THE BRS TEHILLIM CIRCLE MEMBERS AND BEYOND...

BRS Tehillim Circle's Inspirational Message for Av

As we approach the “Nine Days” yet again, we are sadly reminded that not only are we not complete as individuals and a people, but we are broken. As Erica Brown wrote so poignantly in her book “In the Narrow Places: Daily Inspiration for the Three Weeks,” “Our brokenness gives us a window into the brokenness of others.” When we get in touch with our personal brokenness, we can be more compassionate not only to ourselves, but also to others.

If HaShem destroyed the Holy Temple because of baseless hatred, then let us make every effort to come from love, respect and patience for ourselves and others. Know, that what unites us is the Godly Soul that is within each of us so that not only should we not judge others negatively, we should make every effort to be kind, nice, and to build and encourage all those around us.

We pray every day for the arrival of Moshiach where the revelation of God and Godliness will be palpable. We have the power to live in that reality every day by seeing God in everything we do, in everywhere we go, and in everyone we know. We have the ability to light a candle for our personal darkness and offer a match to others.

This month’s story, that appeared in the “Chofetz Chaim’s Shabbos Table Machsom L’Fi”, reveals the dire consequences of what can happen when we hurt other people’s feelings and the importance of asking for and accepting forgiveness.

May we utilize this special time of the year, to repair our relationship with ourselves, others, and with God.

Blessings of Simcha and Shalom,

Yocheved

Yocheved Hande

Founder of the BRS Tehillim Circle

Esti was a vivacious high school girl with legions of friends. They didn't mind that she was not particularly generous or kind; in that regard, she was like everyone else — a work in progress.

Then there was Ruchi, sweet, generous and "a little off." Ruchi idolized Esti. Unfortunately, Ruchi's idiosyncrasies rubbed Esti the wrong way. Esti couldn't help it.

Most times, Esti was good at concealing her aversion and Ruchi didn't notice a thing. Ruchi would invite Esti to get together. She took Esti's inevitable refusals in stride.

But one day, Ruchi asked Esti why she always did the inviting while Esti turned her down and never reciprocated. "Friends don't treat friends that way."

"Friends?" Esti exploded. "We're FRIENDS? You've been pestering me FOR YEARS. We're not friends. JUST. LEAVE. ME. ALONE!" Esti stormed away. Ruchi stood still, reeling from the shock. Esti soon began to feel some regret, but she was secretly relieved to be finished with this relationship she had never wanted.

After the girls graduated, Ruchi married a gentle yeshivah boy who became an accountant, and who cherished his socially awkward wife like a precious jewel. They had seven children.

Esti married a successful businessman who was able to provide her with a luxurious life. All that was missing, after seventeen years of marriage, was children. As the couple neared their forties, Esti realized they needed a miracle.

Of course she and her husband reached out to *Gedolei Yisrael* for blessings and advice. Each one asked them if they had ever hurt someone deeply and never made amends. When the third *Gadol* asked, a light bulb went on in Esti's mind.

Esti stood on Ruchi's doorstep and cried like she had never cried before. She was sorry, of course, but she was apologizing mostly because she needed a *yeshuah*.

And Ruchi was as kind and generous as ever. She took one look at Esti and understood everything. "Of course I forgive you." She hugged Esti and consoled her, which made Esti feel even worse.

Looking into Ruchi's kind, wise eyes, Esti suddenly realized how lucky she would have been to have had her as a friend all along. "I'm so stupid," she wept.

"No, you're not," Ruchi said. "You're just normal. You were always popular and successful, and that's a

sage advice

GETTING THE BEIS HAMIKDASH INTO "MOVE-IN CONDITION"

When a family looks for a house to buy, the family members may have many varied requirements. The wife will want a large, modern kitchen that will make her cooking easier and more enjoyable. The husband might want an extra room where he can keep his *sefarim* and learn in peace. The children might want a large yard and a swimming pool.

If the family finds a dream house that has just what everyone wants, we can assume that they will live in it happily. But there is one asset that makes everything else worthwhile — and without it, nothing is of much value — and that is the peace and unity of the family.

Cooking a meal for a family that can't eat together in peace is no joy, even if the kitchen is big, beautiful, and equipped with the latest appliances. Learning in a comfortable, quiet study doesn't compensate for a heart churning with anger. Running and playing in a big back yard isn't appealing to children living in an atmosphere of hostility. Without unity, a family home is an epicenter of strife.

For Hashem, such a home will not do. He has been looking for His home for millennia, yearning to settle down with His children and be close to them once again. The obstacle isn't a lack of real estate; it's the continued strife and bickering that plague His family. On 17 Tammuz, when the lack of the Beis HaMikdash comes to the forefront of our minds, the time is right to focus on what we need to do to forge ourselves into a happy, unified family.

TALK ABOUT IT

What is one way that you can personally help to reduce divisiveness with your fellow Jews?

ARE WE FRIENDS?

very hard *nisayon*. I forgive you with all my heart. Don't worry."



Esti held on to her, the tears streaming down. "Can I be your friend?" Esti whispered.

"Of course," Ruchi said simply, as she started crying too.

About ten months later Esti gave birth to a girl.

"I'm lucky," Esti says when she recounts her story. "Hashem gave me a second chance. Of course I can't roll back the lost years..."

As told to Aharon P. Grundman

TALK ABOUT IT

What did Ruchi and Esti each gain in this situation?

THIS YEAR HELP BRING
THE WORLDWIDE
TISHA B'AV
PROGRAM
TO YOUR COMMUNITY

LOCAL SPONSORSHIP: \$180

Sponsor this event as a *zechus* for a loved one.

Call 845-352-3505 ext 113

OUR MISSION

at the Chofetz Chaim Heritage Foundation is to inspire Jews around the world to grasp the life-enhancing gift of *Shmiras Haloshon*, *Ahavas Yisrael* and *Shalom*, and to provide easy access to a wide array of options designed to spark personal growth.

450,000 Books in print.

© 2018 THE CHOFETZ CHAIM HERITAGE FOUNDATION

Free Inspiration 24/6

CHAZAK
INSPIRATION LINE
Free Inspiration • 31 Hours a Day

Lakewood 732.806.8599 Monsey 845.356.6665
New York 718.258.2008 Toronto 416.800.0656
Eretz Yisrael 03.929.0707 England 44.203.375.1580

לע"ג חיים וחיאל מיכל בן
רפאל פייוועל שניאר ז"ל

נלביע ערב שבת קודש
"אלול תשע"ז
ת.נ.צ.ב.ה.

To Join
THE SHABBOS TABLE
MACHSOM L'FI

Visit: powerofspeech.org/shabbos
or in the USA, text: **shabbos to 313131**

WOMEN'S TEHILLIM REFUAH SHLAYMAH

July 11, 2018

Perinah bat Craindel
Avigile Malka bat Chana Yehudis
Alta Haita bat Devorah
Sprintza Shaindel Bat Henya Rochel
Shayna Rochel bat Feige
Sara Bracha 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
Luba bat Chana
Dina bat Chaya
Baila Ruth bat Sarah
Ayelet Mariah bat Ranana
Blima Yosefa bat Chaya
Esther Hadassa Chaya bat Pearl
Orli Rachel bat Yehudis Rus
Liba Rivka bat Esther Malka
Muna bat Salima Shulamit
Ruth bat Sarah Immeinu
Leah bat Mechel L'Chaya
Laya Goldie bat Yetta
Chana bat Sarah Rivkah
Gaya bat Shayna
Hannah Arielle bat Yehudit Gila
Linda Saada bat Chana
Zahava Leah bat Chaya
Avigayil bat Zecil Gittel Chaya
Ita Chaya bat Yocheved Rochel
Gilah bat Ita Chaya
Esther Leiba Henya bat Yehudis Malka
Shulamit bat Bella
Elka bat Rochel

Benyamin Eliezer Ha Levi ben Isrus
Aryeh Michael ben Liza
Chaim Yitzchak ben Shaindel Hinda
Isaac Shaya ben Taliya Levana
Shmuel ben Eva
Moshe Dovid ben Hannah
Shmuel ben Chana Menucha
Yerachmiel Moshe ben Hinda
Pinchas Tzvi ben Yechezkel
Arkady ben Chaya
Alexander ben Roza
Leo ben Leah
Baruch Tzvi ben Rikva Basya
Yehudah ben Rochel
Tuvya Yaakov ben Masha
Yoel ben Etel Tziviva
Mordechai ben Hassya
Josef ben Rochel
Yaakov Moshe ben Gittel
Yosef Avraham ben Chana
Chaim Nachum ben Leah
Ayia HaCohen ben Nellie Sura
Yehezchal ben Leah
Aryeh Leib ben Baila Rochel
Yerchemiel David ben Malka
Benyamin Yitzchak ben Nina
Todras Motel ben Shana Leah
Dovid Zev ben Pessel
Chaim Eluzer ben Malka
Yikat Litma Ita Levi ben Liba Rifka
Pinchas Leib ben Chana
Chanoch Henoah ben Devora
Natan Zachariah ben Batsheva Malka
Yosef Tzvi ben Rachel Pessel
Dovid Yosef ben Eliezer haLevy
Baruch Leib ben Yosefa
Yisroel Aharon ben Bayla Golda
Shmuel ben Sara
Alexander ben Roza
Yirmiyahuben Chaya Leah
Menachem Mendel ben Baila Rochel
Abraham Pinchus ben Yentle

WOMEN'S TEHILLIM CIRCLE SCHEDULE

On Thursday night, July 12th, Rosh Chodesh Av
please rotate to the next 3 Psalms as follows:

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