



**FOR THE BRS TEHILLIM CIRCLE MEMBERS AND BEYOND...**

## **Tehillim Circle's Inspirational Message for Sivan 5778**

### **“Kill Them with Kindness”**

With Pesach behind us, we are soon approaching the end of our 49 day journey of spiritual refinement through the desert that culminates in the receiving of our holy Torah. One of the most important themes throughout the Torah, is the message of kindness, cultivating a “good” heart, a lev tov. The Torah begins with the letter bet and ends with the letter lamed, which spells lev, heart. When we study and internalize God's Torah, we hopefully develop a lev tov. In Pirkei Avot, chapter two section 9, Rabban Yochanan ben Zakkai had five (outstanding) disciples, and he said to them, “Go and see which is the good way to which a man should cleave: one said a good friend, one said a good neighbor, one said to consider the consequences of one's actions, and Rabbi Elazar said: A good heart. (Rabban Yochanan ben Zakkai) said to them: I prefer the words of Elazar ben Arach to all of yours, for in his words yours are included.” This is one of the reasons why we learn and recite the book of Ruth on Shavuot, because it highlights the essential need for kindness not only in each of our lives but in David, her Great grandson who was to become King of Israel and eventually lead to Moshiach.

Here are the immortal words of Anne Frank: *“No one has ever become poor by giving. In spite of everything, I still believe that everyone is good at heart. You can always, always give something even if it is only kindness. How wonderful it is that nobody need wait a single moment before starting to improve the world. People can tell you to shut up, but they can't keep you from having an opinion. Laziness may appear attractive, but work gives satisfaction.*

*Whoever is happy will make others happy too. Where there's hope, there's life. It fills us with fresh courage and makes us strong again. In the long run, the sharpest weapon of all is a kind and gentle spirit. I've found that there is always some beauty left--- in nature, sunshine, freedom, in yourself; these can all help you. I don't think of all the misery, but of the beauty that still remains.*

*Dead people received more flowers than the living ones because regret is stronger than gratitude. Look at how a single candle can both defy and define the darkness. When you find peace within yourself, you become the kind of person who can live at peace with others. Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands.*

*Think of all the beauty still around you and be happy. Go outside....amidst the simple beauty of nature...and know that as long as places like this exist, there will be comfort for every sorrow, whatever the circumstances may be... What a wonderful thought it is that some of the best days of our lives haven't even happened yet.”*

Wishing you all a meaningful and joyful Shavuot!

Blessings of Shalom.

Yocheved Hande  
BRS Tehillim Circle Founder

# WOMEN'S TEHILLIM REFUAH SHLAYMAH

May 10, 2018

Peninah 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  
Devorah Feiga bat Malka  
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

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 Tzivva  
Mordechai ben Hassya  
Josef ben Rochel  
Yaakov Moshe ben Gittel  
Yosef Avraham ben Chana  
Chaim Nachum ben Leah  
Michael Mendel ben Chava  
Ayia HaCohen ben Nellie Sura  
Yehezchal ben Leah  
Aryeh Leib ben Batsheva  
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

## WOMEN'S TEHILLIM CIRCLE SCHEDULE

On Monday night, May 14<sup>th</sup>, Rosh Chodesh Sivan  
please rotate to the next 3 Psalms as follows:

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