



**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

**E**sti 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?

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# 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 12<sup>th</sup>, 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		