

A COMMUNITY AWARENESS BULLETIN

Published By



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1. MISHNA BONUS. If you start on the day after Yom Kippur (September 17th) and learn *only four Mishnayos a day, you will make a siyum on the entire Mishnayos Me-sechta Sukkah on Simchas Torah!*

2. EMERGENCY RECOMMENDATION FOR TESHUVA. Rav Dessler Z'TL writes that in difficult times when one does not know what the day will bring, one should undertake a shortcut to Teshuva which he literally calls “ezra rishona (first aid)” in difficult times (Michtav D’Eliyahu I, page 30). Rav Dessler provides the following four **emergency recommendations** for Teshuva:

- Learn Torah** – in order to chase away the Yetzer Horah.
- Learn Mussar** – in order to acquire the true view of life.
- Accustom Yourself to Break Your Desire** – (according to Rabbeinu Yonah in the name of the Raavad) this is equivalent to *many fasts in one day!*
- Increase Your Acts of Kindness** – both to individuals and to K'lal Yisroel. This includes practicing Chesed B’Lev – including davening for others, doing a chesed for the z’chus of others, and having tza’ar for the suffering of others.

3. KABALOS. It is well known that Rav Pam Z’TL would urge his talmidim to keep a “kabalos card” which listed the initiatives that each person took upon himself in his Teshuvah process. The kabalos card could either serve as a personal diary of success, or at least a written Teshuvah reminder to be viewed regularly. We provide you below with some sample kabalos, both bain adam l’makom and bain adam l’chaveiro from which you may choose. Remember, the inescapable reality—that the ability to do Teshuvah is in *your hands alone!*

Bain Adam L’Makom

- Have Kavana in the first p’sukim of Sh’ma
- Bench slowly from a bencher
- Keep a brief diary of your mitzvos/aveiros at the end of the day
- Learn at least one halacha a day
- Have Kavana in the first bracha of Shemone Esrei
- Avoid talking politics/sports/business or about people at the Shabbos table
- Say Asher Yotzar with Kavana at least once a day
- Refrain from reading secular newspapers or magazines

- Say Modim with Kavana for all the goodness given by Hashem
- Establish a seder in learning before going to work
- Daven all three tefilos with a minyan
- Begin learning Hilchos Shabbos from any sefer

Bain Adam L’Chaveiro

- Make a list of cholim and say Tehillim every day for them
- Speak courteously (hello, please, thank you, Good Shabbos) to your family and strangers
- Help a single person with a shidduch
- Especially guard your tongue from Lashon Hora for at least one designated hour a day
- Do a chesed that nobody knows about once a day
- Avoid making a sharp, angry or witty remark at least one time a day
- Stand up for rabbonim, parents or elders
- Compliment someone at least one time a day
- Compromise with others/judge others favorably at least once a day
- Give tzedaka every time you raise your voice or speak Lashon Hora
- Learn the halachos of bein adam l’chaveiro (bikur cholim, shmiras halashon, nichum aveilim, etc.)

Please Note:
The purpose of this Bulletin is to alert the public regarding timely *haskafos* and *shailos*, so that the informed person can ask his *Rav* the right questions.

Remember, the Torah tells us “U’Vacharta Vachaim—Choose Life”. Incredibly, Hashem puts our lives in our own hands.

4. SIX REASONS WHY YOU SHOULD REFRAIN FROM TALKING IN SHUL ON YOM KIPPUR.

Because of the urgent situation in Israel and the many tragedies which affect countless families in Klal Yisroel worldwide, we urgently and respectfully request that you please refrain from talking in Shul on Yom Kippur—for any reason or to any one—other than speech necessary for performing mitzvos. (If you must talk, please step out of Shul and return afterwards.)

Here are six reasons to participate:

1. Yom Kippur is the Day of Judgment Every minute **literally** counts.
2. Proper Speech-Hakol Kol Yakov, **our** effective weapon against our enemies Let's Use It Now!
3. Not talking in Shul on Yom Kippur is a way for us to do Teshuvah for all the hurtful and forbidden speech during the previous year. What a tikun!
4. *Lo Yachail Devoro K'chol Hayotzei M'peiv Ya'aseh*. The Chidah explains that if we are careful with what comes out of our mouths, Hashem will grant our requests.
5. Yom Kippur has tremendous kedushah. Not talking during davening is our chance to maintain the high level of kedushah.
6. Think about it: Not talking in Shul on Yom Kippur will prevent us from perhaps saying forbidden things (i.e., Loshon Hora, business matters) on this Day of Judgment.

Anyone on any spiritual level can succeed – **just don't talk!**

5. SUCCOS NOTES.

a. Melacha on Yom Tov During Bain Hashemashos. During the period of bain hashemashos (between sunset and nightfall) there is a halachic doubt whether it is still the previous day or whether the night that belongs to *the next day* has already begun, since at any given moment (unknown to us) during bain hashemashos the switch from one day to the next occurs. It is a Melacha D'oraysa to do work on one day of Yom Tov if you derive benefit for it *only on the next day* (Shulchan Aruch Orach Chayim 503). If work is done during the bain hashemashos period, it is possible that the melacha done on one day of Yom Tov will result in benefit only on the next day. This constitutes a sofek Issur D'oraysa.

Accordingly, one must refrain from doing any Melochos D'oraysa during the bain hashemashos period on Motzei Yom Tov, *which includes Motzei the first day of Yom Tov to the second day of Yom Tov, as well as Motzei Yom Tov Sheni*. Included in this prohibition is cooking, boiling water for hot drinks, heating up baby food, carrying keys, books, machzorim, shofar or lulav and esrog in a Reshus HaRabim and the like, all of which would be forbidden during this time. One should similarly refrain from smoking or kindling candles during bain hashemashos.

Many people are unaware of this prohibition, incorrectly assuming that any melacha of "ochel nefesh" is permitted on Yom Tov even during bain hashemashos. If you have any particular shaila regarding bain hashemashos, please consult with your Rav.

b. Watching Your Waste. We must note that one generally cannot move his garbage cans from the side of the house to the front of the house on Yom Tov for garbage pick-up, because it constitutes hotza'ah on Yom Tov (leaving aside muktzah issues). Similarly, unless one has a p'sak from his Rav that in his case it is permissible, one cannot take the gar-

bage out of his house to the garbage cans on the side of his house on Yom Tov.

c. Moving Mail. According to *The Halachos of Muktza* by Rabbi Yisroel Pinchas Bodner Shlita (page 142) "Items which cannot be read are muktza unless such items are also normally used as utensils.... According to all opinions, where the letter is important, and one would not use it as a bookmark, etc. for fear of damage or loss, it is muktza. It is suggested that one should not move mail on Shabbos or Yom Tov. In cases of great necessity, a competent Halachic authority should be consulted."

6. WHAT'S THE BROCHA? Craisins, a popular new snack product, consists essentially of dried cranberries. *The Laws of Brochos* writes that the brocha on cranberries is borei p'ri *hoetz*. However, *The Halachos of Brochos* writes, based upon the p'sak of Harov Shlomo Zalman Auerbach Z'TL, "Cranberries grow on creeping vines which grow along the ground. Although the plant produces fruit year after year, nevertheless, since cranberries grow within nine inches of the ground, its brocha is borei p'ri *hoadomah*." The sefer *V'zos Habrocha* also writes that the brocha is borei p'ri *hoadomah*. Accordingly, one should ask his Rav what brocha to make over cranberries.

7. MIND OVER MATTER. The sefer *P'nei Hagadas Ha'Gra* brings that, prior to doing a Mitzva, the Vilna Gaon would recite "Hareini O'se Ka'asher Tzeevani Hashem b'Soroso" in order to demonstrate that the Mitzva was being done with forethought and intent. Similarly, the Mishne Berurah (Orach Chayim 250, seif katan 2) writes that before doing any action l'kavod Shabbos (cleaning, showering, cutting one's nails, etc.), one should say "Lakovod Shabbos Kodesh," because "Hadibbur poel harbeh b'kedusha"—articulating what you are about to do accomplishes much holiness. (See also *T'shuvos V'Hanhagos* 1:122).

Note: **We received a very positive response to our prior Bulletins and we thank all those who have given us chizuk in this matter.** If you would like a copy of one or all of our prior Bulletins please send a self-addressed, stamped envelope for each Bulletin requested to Hakhel, 1327 East 26th Street, Brooklyn, NY 11210.

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G'MAR CHASIMA TOVA!