

09

Parshat Vaera

**FISCHER'S
MEZHBUZH
5780**

You fall down, you get back up.

**LCHAIM TO
SHAMAYIM**

THOUGHTS FROM THE ROSH HAYESHIVA ON HOW TO ENHANCE YOUR EXPERIENCE

BY HARAV FISCHER

- 1 Remember over a million Jews were murdered because they were Jewish in the places we're going. The ground is holy from the spilled blood of our brothers and sisters.
- 2 "הבא לטהר מסיעיין אותו"
The fact that you came on the trip, HaShem will help you connect- you did enough by choosing to come.
- 3 You may not feel connected, but you are connected- your Neshama is connecting and it will have a major effect on your life.
- 4 Don't expect to feel anything. When at a kever, whatever feelings come, will come. Don't judge yourself based on your feelings that you're feeling, or not feeling. Try to say Tehillim and daven to HaShem. You are in a holy place where one's tefillos are listened to.
- 5 Don't force anything.
Ask HaShem to help you "slow down." The trip is a "trip." It goes by quick. Enjoy every moment! Try and be present, and try as best as you can to enjoy yourself.
- 6 Prepare a list of what and who you want to daven for. Preparation is a game changer.
- 7 While on the trip, you'll have your normal ups and downs. Don't believe your thoughts- they are not facts, they're just thoughts. You're on vacation- relax!
- 8 Before each kever, try and learn a bit about each tzaddik (18 Sparks of Life) and connect yourself to a part of the tzaddik you feel you relate to.
- 9 We don't daven to the tzaddik- we daven to HaShem in this special holy place.
Pick a person/people/family who you know need your tefillos, whether physically ill, mentally ill, emotionally ill, spiritually ill, or all of the above. You may be his/her messenger to help change their situation.
- 10

GET IN THERE

BY YOSEF WEISS

Wow, Eize zchus you guys have to be able go to the holy of holy masters who have guided us and given many eitzos in how to live our life!!! Iyh you will embark on the 2 holy tombs of the Holy Baal Shem Tov and the Holy master Rebbe Nachman Ben Feiga.

Rebbe Nachman was a great grandson of the holy Baal Shem Tov. Rebbe Nachman grew up in the actual house of his zeide!

There are many amazing stories of the Bal Shem Tov's journeys to try to make it to Eretz Yisroel Hakodesh. One of them in particular was the Holy Bal Shem was on a boat and there was a huge storm. His daughter Odel was on this boat as well. The storm was intensifying as they needed to throw something off in order to save their lives. Odel had a suggestion to her father, "Perhaps we shall throw off all your writings and teachings in order to save our lives!"

The Baal Shem Tov wondered why she would suggest this.

(There are no current seforim from the Baal Shem Tov, only Torah that talmidim heard and wrote down.)

The holy daughter explained that she had a prophecy that one day you will iy"h have a great grandson who will be michaven to all your teachings and be able to write down everything you wrote down and brought to the world!

So therefore it's such a privilege to connect to the words of tzadikim! In essence when you learn the teachings of Rabeinu HaKadosh you have the zchus to tap in to his zeide as well to the heilige Baal Shem Tov!!

Just get in there!!!

A BRIEF INTERVIEW

WITH HEAD COUNSELOR YOSSI TAUBENFELD

FW: Hey Yossi, we know you're busy so we'll make this fast. What's your favorite kind of soup?

YT: Butternut Squash.

FW: Interesting! What are you most excited about this trip?

YT: Reb Zusha on his yahrzeit!

FW: Ooohweee me too! Give me your best French accent.

YT: *not so good French accent*

FW: Wow so good! Did you do the Daf?

YT: Yes sir!

FW: Truly awesome. Thanks for taking the time to join us. Bye bye now!

A MEZHBUZH PSA

BY SHAYA LEXIER

From the Ministry of Mental, Physical, and Spiritual Health Board of Directors, Shalom Weisberg and myself:

We would like to issue a warning to all those participating on this trip through the empty and snow filled land of Ukraine, in which our ancestors once roamed while running from the clutches of the notorious "Poritz" (the dude from all dem stories). Heryee Heryee, if you wake up Shabbos morning in the Baal Shem Tov's Mikvah, fear not. This is common practice and you are not the first. You are also probably not the last. If anyone wakes up with displaced ankles or the like, The Ukrainian ambulance service is quite effective. You might be led by a horse n buggy to the closest medical hut.

WHAT TO DO & NOT DO IN MEDZBUSCHHEHAI

BY NATAN MOERMAN

First of all shout out to Yehuda Raice for giving me the beautiful opportunity to write in the news letter, love ya achi. Anyways my fellow earthlings and brothers from the same tatta Hashemmm(in Yehuda Mittel's voice) as you sit on the plane reading this, thanking hashem for saving you from security;) I'd like to take you through some Do's and Don't's that might work for you over this trip that helped me last year. First before most for the dudessss that went last year, don't try and relive last year trip by drinking the same vodka, smoking the same cig behind the same tree while having the same hilarious convo w your boiiii. Remake new moments and new memories. From the words of the holy Rosh Hayeshivah, hashem should bless him, smash that rearview mirror. And for the Do's and Don't's.

Do: Drink some vodka. Don't fall asleep in the mikvah. Drink some, but not that you'll end up in a shed, which for some weird reason they call a hospital. Do: Hit the mikkii but not more then 30 times a day. Studies have proven its extremely bad for your Tragus, Frenulum, Columella and Purlicue.

Do: Keep your head up and stay positive, be prepared every holy trip has מניעות.

We should all have an amazing trip together, as a family. Look out for one another, daven and connect to the holy Tzaddikim and ultimately hakadosh Baruch hu.

Looking forward to hanging with all of you.

L'chaim L'chaim

AN INVITATION

BY MOSHE YEHUDA PERLSTEIN

Mezhbuzh is a few moments away, so I don't have time to write all the specifications, but here's a quick rundown. How to know if you're invited:

- 1- You never heard of Mezhbuzh, but everytime Yossi Taubenfeld walks by you subconsciously feel your hand reach into your pocket and go straight for the credit card.
- 2- You go to sleep at night as usual, but then wake up 3AM in a cold sweat, after seeing a tzaddik in a long white beard telling you to come.
- 3- You go to sleep at night, a bit more wary, and wake up on a bench in Uman wondering how you got here.
- 4- \$650 appears out of nowhere in your account.

A Maiseh of Being Invited

We were on the way to Reb Shayale for Shabbos without tickets. We came to the airport, got hold of 2 tickets, set with a stopover in Russia for 2 hours, and that's more than enough time, right? There we were, hanging in the lounge, and when we approached the gate, the plane was already leaving! We could either stay in the airport for Shabbos, or go on the only flight making it somewhere before Shabbos. We ended up in Poland!

A GUIDE TO HITBODEDUT

BY BENNY PEPOSE

C1) Speak to Hashem, open up to Him.

A relationship between people is made only through words, and can only develop into a deeper relationship through more and more conversations. The same is w/ HaShem!

It's ok that HaShem knows everything but if you speak like he doesn't know, it will start like a fresh relationship and it will Beezras HaShem grow.

After doing this often, the relationship between HaShem and you will be deeper & with more connection.

Ex/ Talk about what is flying through your head, how your day is going, whatever comes to mind.

2) Think of something you wanna work on.**

Just ask him to help you with ONE midda

Ex/hashem I really want to work on my anger I'm not in control it...

HaShem help me with my positivity I want to b a better person....

3) Put everything on 'n:

Ask like this, "HaShem please guide my day wherever it needs to go." Like a king leads his armies.

Put all your struggles and difficulties on Him. If you're angry,confused,sad he will take the weight of anything and everything.

Ex/ HaShem, guide my steps like a sheep is guided by his Shepherd. Or like King David said, "Lead me in your council, your council HaShem, & not the council of my limited human brain."

4) Judge yourself on everything that happened that day.

Judge yourself on everything good and bad that was done, preferably the bad. Now make commitments that will help keep you from doing the bad.

Ex/hashem today I woke up early and prayed but I got angry..20nis, I said lashon hara...10nis, I lied... 15nis.... etc

The point of this isn't to just go broke, Rebbi Nachman says every night you get judged on what you did that day. But if you judge yourself HaShem won't allow any second judgements to happen because judgement was already passed. for a couple shek it's worth it, but be real or your just fooling yourself.

5) Thank hashem for everything.

All the good and what we perceive as bad(it's all good) whatever comes to mind.

Ex/hashem thank you for Fischer's, for happiness, clarity, & friendships. Thank you for these comfortable shoes, clothes, breath, eyes, the Sams I ate for dinner! The list goes on forever.

6) Ask for clarity on anything you have that's heavy in your mind.

Like when trying to make moves and you want to know if they the right ones, or if you should take on this commitment to improve, make this decision on a certain matter etc etc... To each persons own.

Ex/ HaShem, I was wondering if I should go learn with this Rabbi, or Go out with these friends. What to do with these thoughts. Wondering If I'm not pushing myself enough.

7) Yell! Be powerful!

Ex/THANK YOU,THANK YOU,ABBA

The whole point is to stand,sit like a tree stubborn because the yezer hara is gonna be huge it's the highest level, the yetzer hara is bugging, he has no clue what you're gonna say next. In davening he knows where to play tricks and how to distract you, but not here, he doesn't have a clue what you're going to say. It is extremely powerful, hopefully you do this everyday 5 minutes + BEAST MODE.



IN A YERIDA, SMILING

BY SHIMON GOLD

Hey fellow warriors, I hope HaShem guides every word in this article to be of some help in the gruesome day & night (24/7) battle against the yetzer hara.

This two step blueprint helps me be happier through Yeridot.

BE WARNED- Attempting anything that is written below may cause the following symptoms: Happiness, feeling great about yourself, personal love from HaShem, and general good vibes. The symptoms are Super contagious as well, through tests we know that those around you will catch em just by you walking in the same room.

You've been warned.

1) Rebbe Nachman of Breslov says, "set a time each day for yourself preferably in the small hours of the night, & go out to the forests & fields; or close yourself up in a room" for Hisbodedus. Now over there you will meet a stranger, silence. You will be able to listen to the leaves rustling, & crickets chirping. In the silence the Yetzer Hora is gonna pull up real quick & say something along the lines of, "What in the WORLDD are you doing? Why are you here all by your lonesome? What are you going to do, huh? Just start talking to HaShem like a crazy person? Why are your headphones off? Lets get outta here!" FIGHT THESE THOUGHTS LIKE THE BEAST YOU ARE (or like Mcgregor did Cowboy this week). After what feels like an hour but in reality was a few minutes the feeling of discomfort from the yetzer hara gets replaced - through the 7 steps of hisbodedus - by comfort of companionship (HaShem). The 5th step of hisbodedut effects yeridot in a pretty awesome way, bringing awareness to the shefa that's always rained down through thanking. It's difficult to be aware that HaShem is always sustaining us (what's familiar becomes unfamiliar). Especially with Netflix on its absolute 'A' game, errands I "NEED" to do, or work keeping me busy etc. Through step five (thanking) we see HaShem is keeping us breathing, moving, talking, capable of thought and emotion. He gifts our bodies with the feeling of hunger so we know that its time for our bodies to have some fuel, just like a car beeps to warn you that the tanks gotta be filled soon. White blood cells fighting anything harmful inside of us. HaShem made our bodies in such a way that it gives us plenty of time before we REALLY need the restroom, we can hold it in if we are mid-travel, or if their is no restroom nearby. This list can go on for pages! The only time one can acknowledge/internalize these thoughts is when alone, doing step five of hisbodedus. You'll really appreciate what HaShem does for each & every one of us! Once a you work toward that mindset, life in both Aaliyah & especially Yerida becomes more & more enjoyable. Because you acknowledge all the huge gifts HaShem gives you. So even in the biggest darkest 'Yeridot' you see how much our Father still loves you, & is with you. Keeping you alive and breathing, w/ every breath it shows his trust in your Chazara (return). It gives a bit of confidence & assurance, no?

2) As if life and all the aforementioned gifts HaShem gives isn't enough, He constantly sends little kisses all the time (usually we don't acknowledge them because of the low mindsets in 'Yeridot'). Like our great ForeFather Yosef HaTzaddik experienced: There Yosef haTzaddik was in a pit of scorpions and snakes (Shabbos 22a), when all of a sudden BEHOLD a caravan driven by Ishmaelites coming from Gilead started riding by where the brothers sat to eat a meal near the pit. Yehuda called to the brothers, "what gain will their be if we kill our brother and cover up his blood? Come let us sell him to the Ishmaelite's— but let our hand not be upon him, for he is our brother, our own flesh and blood." And the brothers listened, pulling him out of the pit and selling him to the Ishmael caravan. It was known that Arab/Ishmaelite caravans held ONLY petroleum and resin which are very foul smelling substances. According to the midrash cited by Rashi (פסוק כח, פרשת וישב, in the words " ישמעאלים "), the Torah tells us that HaShem intervened for Yosef's sake. These Ishmaelite's had on their camels balsam & birthwort which are madd sweet, pleasant fragrances. This is the 'kiss' from HaShem. Yosef HaTzaddik, in a Yerida that none can imagine knew from the sweet scent that HaShem was right there with him! Lets follow in Yosef haTzaddiks ways, keep your eyes open.

These examples are few of many: The בית being warm when you walk in on a cold morning, cups haven't run out by the coffee machines, receiving a compliment, a juicy burger that came how you ordered it, a good laugh, a breakfast you cooked yourself, the song you wanted came on etcetc.

HaShem should help us achieve this!

THE FUN PAGE

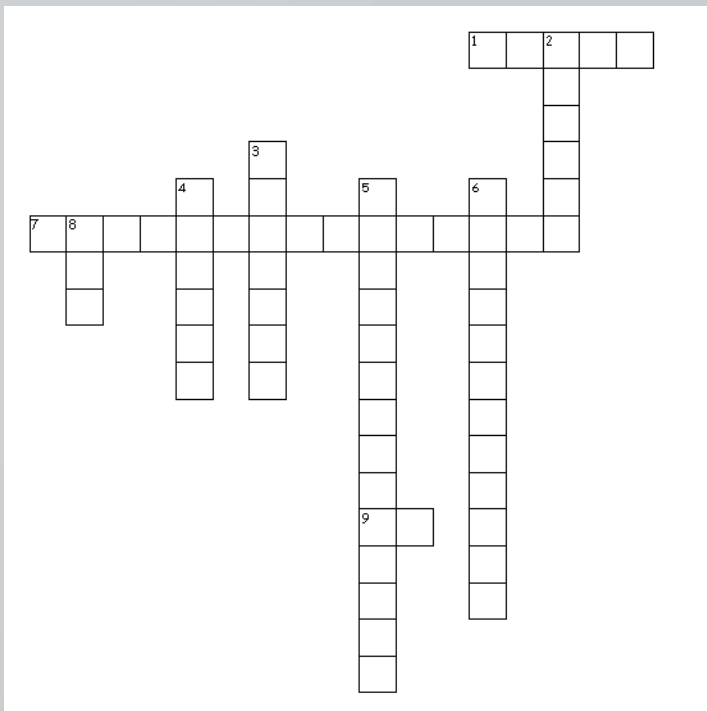
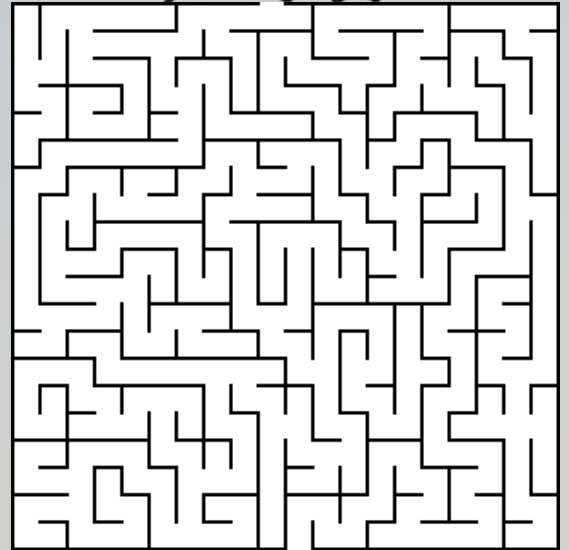
Across

1. What National Day is it tomorrow?
7. Who deserves a round of applause for the hard work making this trip happen?
9. Is there any tolerance for drugs on the trip?

Down

2. What's the least popular bagel on Bagel Day?
3. Chaikel?
4. In this week's parsha, what was the 3rd Makkah?
5. Who deserves a shoutout for being awesome?
6. Who was the Besht's grandson?
8. How many bags can we bring on the trip?

Help the Chassidim get back to the shtetl!



I Z M O X P I Z M Y M X G P A
 D L T E R E S E S Y E A V X B
 U H L E Z U Z Y Q K S H F M Z
 V Z L P B D H Z U B H Z E M Z
 W V K I B I Z V R P M A R M P
 N F Z U H E Z B F A U B B M U
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MESHMUSH MEZBAZH
 MEZDBUDZ MEZDZBUSH
 MEZHBUSH MEZIBETZ
 MEZIBUS

