

Dedicated in honor of Menachem Dubin from Dubin Contracting!

23

Parshat Shemos

FISCHER'S RECORD

We have a reward that is limitless,
and a limited time to serve.

-Derech Hashem



25 YESHIVA DAYS TIL ADAR

(Upgrade to Pro and you get 50 days if you stay til Rosh Chodesh Nissan. Let's gooo!)

THE LIGHT WILL SHINE

WITH DOVI HAMBLING

The Midrash tells us in this this week's פרשה that יתרו who was the priest of מדין received inspiration and became aware that the עבודה זרה he was serving was empty and full of darkness. In this moment יתרו retired from his position as priest. He then began removing the idols from his house, when the people saw this they were furious and disconnected themselves from him. This led to his 7 daughters becoming shepherds. When they went to the well to get water for the flock the people there mocked them and the פסוק tells us משה who was there having fled from מצרים stood up for them. When they told their father this he insisted they bring him to their home which ultimately led to משה marrying one of his daughters and יתרו merited having משה as a son in law.

One thing is very clear from this יתרו was in a very dark place and when he became aware of this and acted on it things only became tougher. However, ultimately through his darkness came his light. Choosing to make the right decision often can be difficult and painful but stick through and the light will shine.

Have a great Shabbos!

A MOMENT IN MEZHBUZH

WITH ZEVI BARBER

Kever of Reb Hershele the Badchan. Laughing and just living life with Reb Ackerman. That was one to remember.

A BRIEF INTERVIEW

WITH ZEVI KURTZER, FORMER HIGH SCHOOL STUDENT, FORMER LATTER, FOUR MORE LADDER

The tree sat in the field, waiting months and years for one to come take an apple. Someone walked by and noticed the apple hanging from the tree. He stopped and peered up, as if contemplating the choices. "Nah," he said, as he kept walking.

FR: Hey Zevi, thanks for sitting with us. What song best describes you?

ZK: I was listening to One Day twice, in like 10 minutes, that was pretty chillin.

FR: Cool, cool. What's your favorite part of yeshiva?

ZK: I love Mesilas Yesharim, and I also love the positivity here. Yeah, I'm all about that.

FR: What do you wanna do for a living?

ZK: I would love to be a brain surgeon, so I can really help people.

FR: That's actually really cool! Best o' luck! What's one thing we don't but should (should!?) know about you?

ZK: I play the saxophone. I actually was in the marching band with Yossi Taubenfeld, who also plays sax.

FR: I'm gonna have to have a very serious talk with Yossi. Thank you so much for taking time to join us!

ZK: Kol tuv.

LET'S TALK ANXIETY

WITH ZALMEE BOTWINICK

What is Anxiety? I used to think "anxiety" was an emotion, but it's not - it's just a word. What it really is, is that tension in your chest, which for me comes from my fear of something, or I'm overwhelmed or worried about something. Even when I'm writing this, I'm worried this article won't be good enough so I get flustered, but I just need to live in the moment, think positively, & believe in myself because there's nothing to worry about. One of my many "anxieties" is when I make a schedule & I look at all these things I have to get done & I bug out and end up doing none of them, but if I just do one thing at a time & stop living with that all or nothing mentality I would actually get most of it done.

On another note, the "LETS TALK ANXIETY" group helped me so much. I remember the first group when I sat down in front of all those people, I was so nervous to speak I was getting this tight feeling in my chest just thinking about what are all these people gonna think about me, when it's my turn to speak... I was terrified to get vulnerable in front of so many people that my mind was going blank. But let's fast forward three months, I realized being vulnerable is the best thing in the world! When I open up & express all these thoughts & feelings I have inside and I get out of my own head when I think I'm the only one who is feeling this way, it's the best feeling when there's people there who relate to me & support me. Another great thing about the group instead of me just saying I'm having "anxiety" right now & bugging out, I stop I ask myself what's actually going on, so I could try to find the core issue of what's actually bothering me. I learned this in the group to label my "anxiety". I'm learning to live with my "anxiety" & not in it. The more I worry, the more I give the small things a big shadow.

I heard a great quote once from Brene Brown, "You are afraid of surrender because you don't want to lose control. But you never had control - all you had was anxiety." I would like to give a huge thank you to Meir Mittel for changing my life. I've been going to all his groups for the past three months & they all play a huge role in my life and helped me in different aspects in my life & the core of it all starts from "anxiety" like my "anxiety" to admit I might have an alcohol problem. "Let's Talk Drugs" & "Attitude of Gratitude" helps me look at things positively. Well "anxiety" is all based off negative thoughts, so it's just one big trio. I also want to thank Yehuda Kastel for helping start this group which is slowly changing my life & giving me tools to help me live a better life. If you want a change in your life & you feel these groups could help, pull up you won't regret it! As Meir always says "Just by showing up, you're already changing your life!"

**Congratulations to Let's Talk Anxiety on completing their seminar and beginning another and transforming their entire lives! Whoa! Every Tuesday at 4:30!
BREAKING FREE-BUILDING REAL-TOGETHER**

KOLLEL CORNER WITH A K

WITH NESANEL ALEXANDER

Since meat and milk are foods that are both kosher and found in every kitchen and are both eaten all the time, Chazal added a few guidelines for us in order that we can avoid any issur of basar bechlav. One may not eat milk or meat when someone on the same table is eating the opposite food. The reason for this is that when one is eating you get into it and while you are enjoying your steamy cholent, you might wanna try a bit of your friends delicious grilled cheese and bammm... its basar bechalav. There are a few exceptions for this 1. If the two people don't know each other and would be embarrassed to eat from their plate 2. You put a "heker" which is something which is not usually on the table and will remind you not to reach over and try some of your friends food 3. One is eating over a placemat and the other isn't, or you are using different types of placemats 4. The other food is out of arms reach.

FISCHER'S IN COLOR!

