

# Ezras Nashim<sup>©</sup>

A monthly  
publication of  
קהל מבקש ה'

Vol. 1

The first volume of Ezras Nashim is dedicated to simcha - for joy is the nourishment of the soul. It allows us to conquer our fears and fulfill our greatest potential. Dear readers, may your hearts be infused with simcha - always.



## Secret Formulas for Joy

"If a person were able to see the great reward for the performance of a single mitzvah, [s]he would pursue mitzvos like a mad[wo]man day and night, seeking to fulfill even the smallest of mitzvos."

*Be'er Mayim Chayim*

Because our lives are so complicated, we need to regularly pause and remind ourselves of the value of our mitzvos, relishing the delightful prospect of creating our own immortality.

Perhaps our problem is that we go about life unaware of the many mitzvos we perform during the course of the day. Many of our boring and

even disagreeable actions are actually mitzvos in disguise. Identifying these daily events as mitzvos converts them from actions we have to do to actions we want to do.

So don't cheat yourself of countless avenues of pleasure. Take a moment before tidying up the house, running out to the grocery, taking the children to the doctor, reorganizing your closet or doing the laundry and say: "Hineni muchan u'mezuman - - I am ready and eager -- . . ." and don't forget to savor the joyful holiness diffusing inside of you.

*From Simcha, by S. Feldbrand*

Hashem is our loving devoted Father, constantly looking for opportunities to bestow good upon us.

## Happiness Boosters

- ▶ Do a kindness for others
- ▶ Learn something new
- ▶ Talk to Hashem
- ▶ Don't compare yourself to others
- ▶ Smile a lot
- ▶ See the good in people
- ▶ Read-sing-dance-listen to music-take a walk
- ▶ Sleep enough-eat nutritious foods
- ▶ Tackle small meaningful goals
- ▶ Choose to take pleasure in what you have
- ▶ Remember, every effort is a success even if you do not see the results

## DID YOU KNOW?

The numerical equivalent of the Hebrew word שנה - year, is 355 which is the average duration of the lunar year expressed in days.

## Tzaddik V'Tov Lo

The Shomrei Shabbos Shul on 53rd Street and Thirteenth Avenue in Boro Park is a well known gathering place for people looking for rides to various Jewish communities. Of course, none of these "ride-shidduchs" are co-incidental, but in some cases the Hand of Heaven is more apparent than in others.

This is the story of such a ride. A man who lived in Toronto heard that the gabbai, Rav Hillel Moses was looking for a ride to Toronto for a handicapped person who had a great need to be in Toronto as soon as possible.

The Torontonians had actually planned to fly home the next morning

rather than make the ten hour car trip that evening. Yet, he was so moved by the plight of the handicapped person that he decided to drive home that very evening so that he could take him along. It was a mitzvah he just could not give up.

They drove through the night, arriving in Toronto in the wee hours of the morning. As he pulled into his driveway the Torontonians saw smoke coming out of his kitchen window. He ran inside and was able to put out the fire without waking his sleeping family. A terrible tragedy was averted, and our hero was grateful for being allowed to see Hashem's wondrous ways.

*[Adapted from Machane Chareidi, David Bergman article on Shuls, Succos, 5770]*

לעילוי נשמת

אבי מורי מאניס בן יהודה שרגא דוב זאב ע"ה  
אמי מורתי חנה בת דוד ע"ה

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