

# GROWTH

At The

## SHABBAT TABLE

7<sup>th</sup> Edition  
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BS"D

## PARSHAT BERESHIT

List of over 200  
Names of Soldiers  
on Back

### An Enriched Life

R' Joey Haber once shared an incredibly powerful piece from the Vilna Gaon. The first word in the entire Torah hints to the intangible things in life that make up the essence of a real Jew. The word בראשית / *'bereshit'* hints to the 6 foundational ideas that enriches life:

[Trust] *bitachon*

[Will] *ratzon*

[Love] *ahava*

[Silence] *shetika*

[Fear] *yir'ah*

*Torah*

ב - בטחון

ר - רצון

א - אהבה

ש - שתיקה

י - יראה

ת - תורה

If a Jew has *bitachon*, their life is completely different. They live with a connection to *Boreh Olam* and internalize that everything is ultimately good. Anyone with *bitachon* knows that life is incredibly beautiful.

When you have a will, a burning fire inside to *do* and create and accomplish and produce and to grow, life is a different experience. Anyone who has accomplished anything great has had the motivation and *ratzon* to do so. You look the way you do today because of the *ratzon* in your soul.

Life is rich when you have people around you that you love. Siblings, parents, spouse, children, friends, community. All the more so when one lives with true *ahava* between one and Hashem – that's when life is powerful.

The skill of silence is a universal power, whether it's someone who knows how to talk, and then pause, or when someone knows when *not* to respond. Even in midst of an argument, being silent is powerful, despite the palpable intensity, because when it calms down, there's nothing to clean up afterwards. *Shetika* is such a huge concept; to know how and when to use it is unbelievable.

Fear is the glue that keeps us on a normal path. At the end of the day, the reason we don't desecrate Shabbat is out of fear of the consequences and of doing the wrong thing, more than from love. The reason society has some semblance of normalcy is because of *yir'ah*, and the cause for all the chaos throughout the world is the lack of *yir'ah*. *Yir'ah* makes everything work. And last but most definitely not least – Torah. Torah is our blueprint for life; it's what transforms us into better people and connects us to Hashem. A Torah life is one worth living.

What's fascinating is that these 6 intangible qualities to an enriched life are all opposites of each other. *Bitachon* is calm, whereas *ratzon* is all fired up. Fear and love are opposites. Torah is spoken aloud – the opposite of silence. THAT is the quality of life – balancing all these 6 blessings in one's life. That's when it becomes powerful.

### He or Me?

R' Yaakov Mizrahi related a pertinent message. The Torah describes the curse to Adam after his sin: בזעת אפך תאכל לחם – *with the sweat of your brow you will eat bread*, a reference to working hard for one's sustenance.

R' Shlomo Amar asked: what about in today's day and age? Nowadays, most people work in an air conditioned office. Many work on computers and little on the fields plowing and threshing. What does this curse to mankind look like in modern times?

He answered with a profound insight. Before Adam ate from the tree, it was very clear to him that G-d is the only Provider. Trees had bread growing out of them – the *berachah* that he saw was unbelievable. After the curse, he had to plow, plant, reap, thresh, grind, knead, bake – and after all that, say *baruch Ata, Hashem... haMotzi lechem min ha'aretz* – G-d, it was ALL YOU! The farmer could think he was the one who did everything; THAT'S the curse. *Now you have to do seemingly everything and know that you did absolutely nothing*. One can never say that it was his strength, planning, business, tactics, or ideas that did anything. It's never us. It's all *Boreh Olam*, from beginning to end.

Dedicated for the safety and success of our beloved Israeli Soldiers, our brothers and sisters in Eretz Yisrael, and all Am Yisrael.

**“While it's important to act properly between  
Rosh Hashana and Yom Kippur, it's perhaps  
more important to act properly between Yom  
Kippur and Rosh Hashana.”**

#### Refuah Sheleimah, b'toch she'ar cholei Yisrael:

Ariel Ben Frida    Frida Bat Yaffa    Rachamim Ben Shifra    Yitzchak Ben Naama  
Noach Yisrael Ben Yaffah    Miriam Bat Bakol    R' Aharon Moshe Ben Fruma Rachel  
Esther Bat Frida    Yitzchak Elimelech Ben Chana Sara    Chaim Yosef ben Sima Perel  
Chaya Dina Bat Chana Mindy    Yitzchak Ben Sara    Menachem Mendel Chaim ben Merel

## Names of Some Soldiers Fighting in Israel,

שהקב"ה ישלח להם ברכה, הצלחה, ושמידה בתוך שאר חיינו ישראל

Refoel Zvi ben Doba Rochel	Yotam Amichai ben Rochel Tamar	Elijah Veltzman	7 <sup>th</sup> Edition
Gidon Eliyahu ben Naomi	Moshe Shlomo ben Ora Sara	Daniel Shlomov	By Mishaël Sionov
Aron Baruch Mordechai ben Rivka Yehudis	Shmuel Eliyahu ben Liora	Shimon Medina	BS"D
Yoav Yisrael ben Sarah	Chana Golda bat Liora	Yehuda Lahav	Yosef Albo
Elnadav Yedidya ben Batya	Baruch Yisrael ben Yocheved Zissel	Yosef Ohayon	Ranan Mordov
Shmuel Yaakov ben Nechama	Benzion Yosef ben Shoshana	Yoav Medani	Nit Biton
Yakov Mordechai ben Tehilla Sara	Ezra Yehuda ben Shoshana	Meir Marzayev	Itamar Orfaig
Shmuel Ahron ben Roiza	Chana ben Devorah	Nehorai Pinhasov	Yosef Chaim Tal
Binyamin Zvi ben Mira Rochel	Raziel ben Esther Leah	Omer Krauni	Baral Basel
Avraham Aaron ben Sara Faiga	Binyamin ben Esther Leah	Shiloh HaLevi	Yuval Adani
Eytan Shlomo ben Sharon Ruth	Mordechai ben Leah	Gelber Omer	Yonatan Hakim
Yisroel Zev ben Chaninit	Moshe ben Ora	Gradi David	Avitar Malka
Daniel Shlomo ben Chinanit	Yisrael ben Sara	Levi Yonatan	Raz Ashel
Aharon Chaim ben Chava Shoshana	Lurya Yosef ben Chana Esther	Akiva Mendel ben Esther	Yishai ben Rochel Tamar
Yisroel Meir ben Chava Shoshana	Guy ben Vered	David ben Esther	Neira Klein
Shlomo Zalman ben Aliza Dina	Evyatar ben Shifra	Harel Yaakov ben Galit	Shloime Chaikel
Uriel Yehuda ben Tziviva	Elya Yaakov ben Leah	Chaim Ezra ben Galit	Omer Shlomo
Mendel ben Nechama Dina	Shmuel ben Feiga Malka	Yehoshua ben Tamara Ahuva	Itamar Yitzchak
Avichai Shilo ben Shulamit	Nadiv ben Feiga Malka	Liana Neshama ben Devorah	Nir Shaul
Yonah Pinchas Gedalia ben Sara Chana	Aryeh Lev Katzin	Moshe Yaakov ben Michal	Isaac ben Fortuna
Yehoshua Levi ben Baila Chana	Aaron Katzin	Yona Eliyahu ben Platiel Moshe	Yitzchak Rachamim ben Rosale
Eitan Dov ben Esther Rachel	Yeshaya Ari ben Freidel	Nitza ben Ronit	Mordechai ben Bulin
Noam Yitzchak ben Reut	Rudy Israel ben Simcha	Shai ben Penina	Kalanit ben Rachel
Yoel Binyamin ben Eta Ilana	Binyomin Simcha ben Ilana	Yagel ben Orna	Tommy ben Rachel
Yitzchak Isaac ben Gila	Yosef Ahron ben Chava Kayla	Alon Avraham ben Ora	Diego ben Rachel
Alexander ben Esther	Daniel Alec Tzvi ben Chava Kayla	Matan Moshe ben Ora	Ariel Pinchas ben Leah
Eliezer Shmuel ben Chana Sarah	Michael Shimon ben Simcha	Eitan Israel ben Ora	Leon ben Rebecca
Gavriel Asher ben Chana	Leora Esther bat Jenny Sara	Aviv Benita ben Orit	Mordechai Shlomo Yosef ben Rachel
Binyamin Zevulun ben Nechama Riva	Monique Miriam Zinat bat Jenny Sara	Elisheva bat Ilana	Erez ben Sharon
Elisha Immanuel ben Chava	Tzvika ben Gila	Meirav Ruth ben Sara Rivka	Omer ben Yaffah
Yishai Eliyahu ben Vered	Pesach Chaim ben Sterna Sara	Oren ben Aliza	Yosef ben Norma
Yehuda Menachem Amee ben Vered	Yoav ben Yael	Anat bat Aliza	Yair ben Rina
Uziel Zvi ben Shoshana Chava	Yigal Yehonatan ben Chana Rochel	Liel Suisa	Avishai ben Rina
Ariella Zehava Anya bat Esther Sara	David ben Rachel Batya	Nathanael Hizka	Eliyahu ben Tal
Dov Ber ben Kalah Rut	Menachem Mendel ben Devorah Leah	Avraham Azankot	Eytan Lior ben Yael Sonia
Saul ben Esther	Aharon Tzvi ben Esther	Itamar Yom Tov	Ariel ben Yaffah
Yosef Yitzchak ben Rachel	Dovid ben Rivkie	Moshketal Benjamin	Rachel bat Gabriella
Shmuel Reuven Menachem Mendel ben	Yonatan Daniel ben Minde	Shiloh Shani	Adaz ben Daniel
Chaya Leiba	Yosef Yeshayahu ben Shaindel	Ziv Hagay	Yaakov ben Chana
Uri Chaim ben Hinda Esther	Aharon Yehuda ben Rivka	Moshe Moyyal	Moshe Ariel ben Guila Leah
Menachem Mendel ben Sharon Shulamit	Avraham ben Karen	Itamar Aviezer	Yitzchak Zvi ben Naomi
Gittle Bluma bat Sharon Shulamit	Meirav ben Sara Rivka	Yair Kremer	Eitan David ben Chaya Nechama
Tzvi Dovid ben Tamar Malya	Menachem Eliyahu ben Bina	Yonatan Adani	Nachshon Nechemia ben Shoshana
Yosef Yitzchak ben Elisheva Rivka	Ashira ben Rachel	Yehudah Atari	Elyakim Moshe ben Chaya
Yehuda Baruch ben Rachel	Erez Ruhama Azaria	Rom Golam Ifargan	Emanuel Binyamin ben Marieta Ruth
Simcha Yitzchak ben Rachel	Ovadya ben Nina	Nir Gadba	Tamir ben Daphna
Moshe Zeev Gidon ben Chaya	Logan Golan ben Nili	Matanel Gamiel	Yosef ben Rachel
Gedalia Yosef ben Devorah Chaya	Gavriel Eliyahu Naomi	Ron Ofek	Dan ben Ruth
Sarah Moriah bat Tamara Yehudit	Gavriel Shmuel ben Atara Miriam	Roe Tesler	Amir ben Nitza
Michel Mordechai ben Elisheva Leah	David Noam ben Atara Miriam	Maor Shlomov	Ariel Avraham ben Chana
Reuven ben Gila	Aaron Samuel Eliana	Yaniv Zacharia	Gabriel Yehuda
Eliana Rachel bat Nechama	Meni ben Nitza	Aviad Braunstein	Moshe Chaim ben Miriam Shulamit
Binyamin Lev ben Rivka	Tal ben Dganit	Aharon Halperin	Eitan Yaakov ben Tova Leah
Shlomo ben Raya	Ben ben Angela	Omer Mishaan	Dvir Moshe ben Dina
Matan ben Oksana	Nir ben Angela	Matityahu Margulit	Yaakov ben Gabriella Yehuda
Aharon ben Rachel Bracha	Dor ben Zahava	Nathanael Omar	Aaron ben Shmuel
Boris Bechor ben Tamara	Daniel ben Orley	Aviahu Rachamim Daniel	Yoshua Mordechai ben Shoshana
Chanan ben Chaim	Tal ben Ilana	Avraham Motel	Tal ben Ronit
Yoseph Shlomo ben Rochel Tamar	Shlomo ben Nadya	Uri Abergel	Yonatan Yaakov ben Rivka
Yirmiyahu ben Sharon	Chaim ben Tamara	Tomer Asulin	Ilan ben Yona
		Eyal Aaron ben Leah Rachel	Yonatan Yosef ben Shifra
		Daniel ben Bracha	Avraham ben Mery
		Yaakov Yitzchak ben Michal	Ori ben Sigalit
			Yehonatan ben Sigalit