

# GROWTH

At The

## SHABBAT TABLE

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

## PARSHAT CHAYE SARAH

### BH!

Fun fact: the first time someone ever said the words "Baruch Hashem" in the Torah is in this week's Parshah. When Eliezer, servant of Avraham, found Rivkah as a suitable wife for Yitzchak through clear Divine Providence, he is just so overcome with joy and gratitude, that he exclaims "Baruch Hashem."

[ויאמר ברוך ה'... אשר לא עזב חסדו... (בראשית כד, כז)]

What's fascinating to note is that this was *Eliezer* speaking. I would have expected this coming from Avraham or Yitzchak... but the butler? Really?

This goes to show how powerful our influence can be, because yes, if you constantly speak a certain way, and always conduct yourself a certain way, it **will** rub off on those around you. It is clear that Eliezer's connection to Hashem was molded by Avraham, who must have clearly been saying "Baruch Hashem" this entire time. By carrying yourself with dignity and living a genuine lifestyle with *emuna* in Hashem, you must know that you aren't just bringing blessing into your own life, but spreading light and bliss to the people around you as well.

This leads to another thought: how often do *we* utter these words in our day-to-day interactions? For many people, "Baruch Hashem" is their automated response to when someone asks, "How are you?" Amazingly, we find people sending texts with abbreviations like "BH," "IYH," "TYH," etc. As truly incredible as this is, we need to ask ourselves how often we really internalize these words and abbreviations. Is it just our Jewish way of answering people, or do these words genuinely resonate within ourselves and inspire us like they inspired Eliezer...

### Anti-Semitism

There's a saying: "Show me who your enemies are, and I'll tell you who you are." We have to look who, historically, were the enemies of the Jewish people, and we can see who the Jewish people are. Anti-Semitism, as frightening and tragic as it is, has a profound message to tell. People often wonder if the Jewish people today are still the same Jewish people who stood at Sinai. Are we the same Jews who celebrated Purim in Shushan with Mordechai and Esther? Are we the same Jews from whom was produced giants like David HaMelech, R' Akiva, R' Yochanan Ben Zakai, the Rambam, Rashi, the Rashb"a, the Ramban, the Arizal, the Ba'al Shem Tov, the Vilna Gaon? It may not always look that way; it's been thousands of years. Maybe, one might think, our role, that G-d has appointed us to change the world, has more or less ended.

However, anti-Semitism that we experience in our generation shows that the Jewish people haven't lost an ounce of our vigor, our stamina, or our holiness. Otherwise, how else can you explain the obsession with a nation that barely constitutes one percent of human civilization? (R' YY Jacobson)

*Le'iluy Nishmat: Yaffah Bat Rachel Banu*

**"We may be the smallest nation, but we are the biggest family. Am Yisrael Chai."**

*Dedicated for the safe return of the captives, the safety & success of our dear soldiers, our brothers & sisters in Eretz Yisrael, and all Am Yisrael.*

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

|                                  |                             |                                   |                  |
|----------------------------------|-----------------------------|-----------------------------------|------------------|
| Ariel Ben Frida                  | Frida Bat Yaffa             | Miriam Bat Bakol                  | Esther Bat Frida |
| R' Aharon Moshe Ben Fruma Rachel |                             | Yitzchak Elimelech Ben Chana Sara |                  |
| Chaim Yosef ben Sima Perel       | Chaya Dina Bat Chana Mindel | Yitzchak Ben Sara                 |                  |
| Noach Yisrael Ben Yaffah         | Rachamim Ben Shifra         | Yitzchak Ben Naama                |                  |
| Menachem Mendel Chaim ben Merel  | Chana Perel Bat Rachel      | Rachel Bat Leah                   |                  |
| Tzvi Chaim Ben Malka             | Shoshana Bat Miriam         | Chana Ahuva Bat Fradel            |                  |