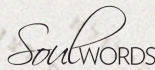


# Yomtov Table Discussion

All 30 Letters | Igros Kodesh Vol. 18

March 4 - April 2



# The 30 Letters

- #1 How the Ba'al Shem Tov Taught Love
- #2 Encouragement for an Educator
- #3 Teshuvah With Joy
- #4 Overcoming Fears About Learning Chasidus
- #5 The Need to Use One's Talents and Influence
- #6 A Rabbi Doesn't Quit
- #7 Bring People to the Rebbe
- #8 How to Reach the Youth
- #9 Don't Compromise in Kashrus of Children's Food
- #10 Gratitude Increases Your Blessings
- #11 A Yeshiva Student's Guide to Identifying the Yetzer Hara
- #12 Connecting to a Loved One Who Has Passed Away
- #13 Overcoming Feelings of Failure and Guilt
- #14 Moshe's Eternal Influence
- #15 A Politician's Spiritual Opportunity
- #16 A Yeshiva Student and Playing Sports
- #17 Spiritual Remedy for Foot Pain
- #18 Helping Others Makes You Healthier
- #19 A Teacher's Influence as a Role Model
- #20 Message of a Cover
- #21 Bar Mitzvah Is Only the Beginning
- #22 The Meaning of Pesach
- #23 To a Young Woman Seeking Friendship
- #24 Committing to Grow a Beard
- #25 Dealing with Intrusive Thoughts
- #26 Why Do Others Have an Easier Life?
- #27 Taking a Financial Leap of Faith
- #28 Moshe & Mashiach
- #29 Yeshiva Is the Best Preparation for Life
- #30 Advice for an Extreme Introvert

LETTER #1 (#6505) | MOTZEI SHABBOS, 11 ADAR - MARCH 4

*Printed in Igros Kodesh Vol. 18 pp 1-4*

## How the Baal Shem Tov Taught Love

*A letter to the chapters of N'she U'Bnos Chabad (Chabad Women's Organization) highlights the importance of Ahavas Yisrael and relates a story of the Baal Shem Tov to help explain the love that we must have for our fellow Jew.*

**Conversation Starter:** Was it surprising to you that the Rebbe said that the foundation of the activities of the N'she U'Bnos Chabad was Ahavas Yisrael? How does this make sense to you after learning this letter?

LETTER #2 (#6511) | SUNDAY, 12 ADAR - MARCH 5

*Printed in Igros Kodesh Vol. 18 pp 9-10*

## Encouragement for an Educator

*The Rebbe encourages a young educator, Rabbi Yosef Marton, to throw himself enthusiastically into his holy work as well as advising him on how not to be dissuaded by the naysayers.*

**Conversation Starter:** In this letter, the Rebbe mentions the Hayom-Yom of the 23rd of Sivan. Look up the Hayom-Yom and discuss examples from your personal life where this teaching was relevant to you.

LETTER #3 (#6513) | MONDAY, 13 ADAR - MARCH 6

*Printed in Igros Kodesh Vol. 18 pp 11-12*

## Teshuvah With Joy

*Joy is one of the most important ways of serving Hashem. The need to do teshuvah to repair past wrongs is no exception, for even that must be done joyfully.*

**Conversation Starter:** The Rebbe says that all aspects of a Jewish life must be infused with joy, including doing Teshuvah over past wrongs. For many people, this is a novel concept. How would you explain to someone who had not read the letter how one can correct their past mistakes while also feeling joyous?

LETTER #4 (#6526) | TUESDAY, 14 ADAR - MARCH 7

*Printed in Igros Kodesh Vol. 18 pp 22-23*

## Overcoming Fears About Learning Chasidus

*In response to someone who says that he is afraid to identify as Chabad because he does not want to have to learn Chasidus, the Rebbe gives several reasons why the letter writer should reconsider his apprehension.*

**Conversation Starter:** If you had to influence someone to start learning Chasidus, in your own words, how would you explain it to them?

LETTER #5 (#6529) | WEDNESDAY, 15 ADAR - MARCH 8

*Printed in Igros Kodesh Vol. 18 pp 25-27*

## The Need to Use One's Talents and Influence

*The Rebbe writes to Louis Finkelstein of the Jewish Theological Seminary about the need for every individual to fully use their G-d-given potentials to have a positive effect on the world and, in his specific case, to use his influence to introduce more practical observance of Mitzvos among his movement.*

**Conversation Starter:** The Rebbe says that potentials that are left unused cause a disruption in the world. What is a potential that you feel you need to use more and how might you go about doing this?

LETTER #6 (#6542) | THURSDAY, 16 ADAR - MARCH 9

*Printed in Igros Kodesh Vol. 18 pp 40-41*

## A Rabbi Doesn't Quit

*The Rebbe responds to a Rabbi who has chosen to leave his congregation and explains to him that one is not allowed to merely do what is best for oneself while neglecting the community.*

**Conversation Starter:** In this letter, the Rebbe told the person not to stop being a Rabbi in order to go into business. At the same time, the Rebbe said that if he hears of a good business opportunity for him, he will help him. How can both of these be true?

LETTER #7 (#6557) | THURSDAY, 16 ADAR - MARCH 9

*Printed in Igros Kodesh Vol. 18 pp 57*

## Bring People to the Rebbe

*The Rebbe speaks about the importance of telling every Jew you meet, without exception, about the importance of going to the Ohel.*

**Conversation Starter:** Have you ever spoken to someone about going to the Rebbe's Ohel who you would not necessarily assume would be receptive to such an idea? What was their reaction?

LETTER #8 (#6562) | MOTZEI SHABBOS, 18 ADAR - MARCH 11

*Printed in Igros Kodesh Vol. 18 pp 61*

## How to Reach the Youth

*The Rebbe writes to an Israeli judge about the secret to reaching the younger generation in Israel. Even when Jews have been uprooted from their tradition, the connection to Judaism is still present inside their souls.*

**Conversation Starter:** Have you ever encountered a Jew who had little to know Jewish education or knowledge? Were you able to make a successful connection with this Jew? What did you try?

LETTER #9 (#6611) | SUNDAY 19 ADAR - MARCH 12

*Printed in Igros Kodesh Vol. 18 pp 109-110*

## Don't Compromise in Kashrus of Children's Food

*The Rebbe writes to a mother about her dilemma over whether to give her children food that may not be up to her usual standards of Kashrus.*

**Conversation Starter:** Do you think some people would be hesitant to write to the Rebbe to ask how to deal with a child who is a picky eater? Why or why not?

LETTER #10 (#6639) | MONDAY 20 ADAR - MARCH 13

*Printed in Igros Kodesh Vol. 18 pp 137-138*

## Gratitude Increases Your Blessings

*The Rebbe responds to a woman who says that her life has never been good and she therefore expects that it will never be good.*

**Conversation Starter:** Have you ever observed that your attitude can actually affect your situation? Can you share a specific example?

LETTER #11 (#5563) | TUESDAY 21 ADAR - MARCH 14

*Printed in Igros Kodesh Vol. 18 pp 151-152*

## A Yeshiva Student's Guide to Identifying the Yetzer Hara

*A newly observant Yeshiva student complains that his current Yeshiva is not living up to his expectations and says he wants to leave. The Rebbe gives him another way of looking at things.*

**Conversation Starter:** Have you ever been able to change your perception of a situation in the way that the Rebbe is advising this young man to do? What happened?

LETTER #12 (#6743) | WEDNESDAY 22 ADAR - MARCH 15

*Printed in Igros Kodesh Vol. 18 pp 242-243*

## Connecting to a Loved One Who Has Passed Away

*The Rebbe comforts a couple who lost their son and gives them direction on how to best benefit the departed's soul.*

**Conversation Starter:** Why do you think the Rebbe tells the letter writer that she should stop thinking about how her son passed away and that will be to the benefit of his neshama in gan eden?

LETTER #13 (#6745) | THURSDAY 23 ADAR - MARCH 16

*Printed in Igros Kodesh Vol. 18 pp 244-245*

## Overcoming Feelings of Failure and Guilt

*The Rebbe helps a young man overcome his feelings of failure and guilt so that he can move on and plan a future for himself.*

**Conversation Starter:** The Rebbe tells the letter writer that if he can find objective people to tell him that he for sure is unqualified to teach, then he should look into a different field, but the Rebbe also says that his opinion is that the letter writer is qualified to teach. Why do you think the Rebbe even suggests that the letter writer get other opinions when the Rebbe has already made his own opinion clear?

LETTER #14 (#6747) | THURSDAY 23 ADAR - MARCH 16

*Printed in Igros Kodesh Vol. 18 pp 246-248*

## Moshe's Eternal Influence

*The Rebbe writes to the administration of the Chabad yeshiva in Montreal on the occasion of the yearly fundraising event and explains to them the eternal and enduring role of Moshe Rabeinu.*

**Conversation Starter:** How does the knowledge that Moshe Rabeinu is still actively involved in our lives affect the way you live your life? Do you think this is an important idea in general? What difference does it make to you?

LETTER #15 (#6765) | SHABBOS 25 ADAR - MARCH 18

*Printed in Igros Kodesh Vol. 18 pp 269*

## A Politician's Spiritual Opportunity

*The Rebbe urges Israeli politician, Eliezer Livneh, to take the initiative to introduce a more religious tone to his new organization.*

**Conversation Starter:** In this letter, the Rebbe explains that when one starts making changes in one area in their life, it becomes easier to make positive changes in other areas as well. Have you experienced this in your life?

LETTER #16 (#6772) | SUNDAY 26 ADAR - MARCH 19

*Printed in Igros Kodesh Vol. 18 pp 275*

## A Yeshiva Student and Playing Sports

*The Rebbe guides a teacher regarding a student whose mother is complaining about his refusal to partake in sports and other physical activities.*

**Conversation Starter:** In this letter, the Rebbe tells a teacher to ensure that the student's mother knows that the school agrees with her regarding her son being more physically active. Why do you think it's important that the mother knows this?

LETTER #17 (#6776) | MONDAY 27 ADAR - MARCH 20

*Printed in Igros Kodesh Vol. 18 pp 280-281*

## Spiritual Remedy for Foot Pain

*To someone complaining of pain in his feet, the Rebbe recommends a specific spiritual path to healing.*

**Conversation Starter:** How do you understand what the Rebbe says in this letter that a true believer will be dissatisfied if he cannot see clear Hashgacha Protis in every experience? What does this mean to you?

LETTER #18 (#6780) | TUESDAY 28 ADAR - MARCH 21

*Printed in Igros Kodesh Vol. 18 pp 286*

## Helping Others Makes You Healthier

*A letter to Rabbi Yechiel Michel Dabruskin encouraging him to continue his work with Rumanian immigrants. Rather than viewing this as a burden, he should see this as an opportunity to help himself by helping others.*

**Conversation Starter:** In this letter, the Rebbe tells the person that his work with others should not be seen as an extra burden but as something that makes him happy. In other words, it seems that the Rebbe is saying that rather than cause more stress, this work can relieve some of your stress. Have you ever been able to view an obligation as a form of self-care?

LETTER #19 (#6790) | WEDNESDAY 29 ADAR - MARCH 22

*Printed in Igros Kodesh Vol. 18 pp 296-297*

## A Teacher's Influence as a Role Model

*The Rebbe encourages a teacher of agriculture to appreciate the importance of his job.*

**Conversation Starter:** In this letter, the Rebbe speaks about how sometimes the most effective influence is indirect. Have you ever had a teacher that influenced you in an indirect way? How did that happen?

LETTER #20 (#6795) | THURSDAY 1 NISSAN - MARCH 23

*Printed in Igros Kodesh Vol. 18 pp 303-305*

## Message of a Cover

*The Rebbe responds to artist Meir Ben Uri's critiques of the cover art of the Talks and Tales monthly magazine.*

**Conversation Starter:** In this letter, it becomes apparent that tremendous thought has been given to every detail of the cover of Talks and Tales. Do you have any examples of something that you assumed was simple and later learned was much deeper than you thought?

LETTER #21 (#6799) | THURSDAY 1 NISSAN - MARCH 23

*Printed in Igros Kodesh Vol. 18 pp 310-311*

## Bar Mitzvah Is Only the Beginning

*The Rebbe explains to a mother why true Jewish education must continue after bar mitzvah.*

**Conversation Starter:** In this letter, the Rebbe tells a mother that if she will truly desire that her children should continue with their Jewish education then they will also want to do so. Why do you think it's important that she truly desire it and not just do it because it's the right thing?

LETTER #22 (#6805) | SHABBOS 3 NISSAN - MARCH 25

*Printed in Igros Kodesh, Vol. 18, pp. 317-319*

## The Meaning of Pesach

*In a public letter to all Jews everywhere, the Rebbe explains one of the messages of Pesach: in a short amount of time one can experience a radical transformation from one extreme to the other.*

**Conversation Starter:** Why do you think it is important to know that not only can a person experience complete transformation but that it can happen in a very short amount of time?

LETTER #23 (#6809) | SUNDAY 4 NISSAN - MARCH 26

*Printed in Igros Kodesh, Vol. 18, pp 323-324*

## To a Young Woman Seeking Friendship

*The Rebbe gives advice to a young woman who finds it difficult to make friends in her new seminary.*

**Conversation Starter:** Why do you think the Rebbe tells the letter writer to think about the fact that everyone is imperfect including herself? Why should she think about her own lack of perfection?

LETTER #24 (#6845) | MONDAY 5 NISSAN - MARCH 27

*Printed in Igros Kodesh, Vol. 18, pp. 357-358*

## Committing to Grow a Beard

*The Rebbe encourages a father who has recently committed to grow a beard and advises him not to be intimidated by scoffers.*

**Conversation Starter:** Why is "Do not be ashamed before the scoffers" the foundation of all Torah observance?



LETTER #25 (#6847) | TUESDAY 6 NISSAN - MARCH 28

*Printed in Igros Kodesh, Vol. 18, p. 359*

### Dealing with Intrusive Thoughts

*The Rebbe gives advice to a mother who experiences pervasive, unwanted thoughts about calamity and disaster.*

**Conversation Starter:** How does one not fight a negative thought? Can you explain what that means?

LETTER #26 (#6857) | WEDNESDAY 7 NISSAN - MARCH 29

*Printed in Igros Kodesh, Vol. 18, pp. 369-370*

### Why Do Others Have It Easier?

*The Rebbe gives a new perspective to a young man who complains that his peers who are not religious seem to be more successful in life than him.*

**Conversation Starter:** The Rebbe told the letter writer that the answer to his own question was to be found in his own letter. Have you ever been able to figure out how a question you are asking already contains the answer?

LETTER #27 (#6922) | THURSDAY 8 NISSAN - MARCH 30

*Printed in Igros Kodesh, Vol. 18, pp. 441-442*

### Taking a Financial Leap of Faith

*The Rebbe advises a philanthropist to take a financial risk that will ultimately increase his ability to give more charity.*

**Conversation Starter:** The Rebbe said that it is known that his general approach to things is to behave in a broadminded manner. What are some examples from your experience or the experiences of others where demonstrating "breitkai" was instrumental in achieving success?

LETTER #28 (#6987) | THURSDAY 8 NISSAN - MARCH 30

*Printed in Igros Kodesh, Vol. 18, pp. 515-516*

### Moshe & Mashiach

*The Rebbe responds to a question from Reb Yankel Katz of Chicago regarding the teaching that Moshe Rabbeinu and Mashiach are the same person.*

**Conversation Starter:** In this letter, the Rebbe explains that the body is compared metaphorically to the clothing of the soul but that the metaphor is not exact. What is the purpose of the metaphor if it is not completely the same as the idea being described?

LETTER #29 (#7007) | SHABBOS 10 NISSAN - APRIL 1

*Printed in Igros Kodesh, Vol. 18, pp. 533-534*

### Yeshiva Is the Best Preparation for Life

*The Rebbe commends a young man for his decision to attend yeshiva and explains why this is the best possible preparation for a successful life.*

**Conversation Starter:** How do you think spending an extended period of time devoted exclusively to Torah study prepares one for success later in life? What is the connection?

LETTER #30 (#7008) | SUNDAY 11 NISSAN - APRIL 2

*Printed in Igros Kodesh, Vol. 18, pp. 534-535*

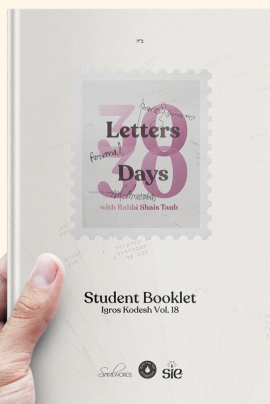
### Advice for an Extreme Introvert

*In response to a woman with severe social anxiety, the Rebbe explains the importance of interacting with other people.*

**Conversation Starter:** Why do you think the Rebbe tells the letter writer that the only way to get better at dealing with people is through actual experience? Why is that the only way?

## MISSED A CLASS? NO PROBLEM!

You can watch a replay of all 30 classes at  
**30Letters30Days.com**



THE 30 LETTERS BOOKLET IS

# AVAILABLE NOW ON AMAZON!

ONLY \$9.99!

**30Letters30Days.com**



RABBI MENACHEM M. SCHNEIERSON  
Lubavitch  
770 Eastern Parkway  
Brooklyn 13, N. Y.  
NY 11213 1250

30  
*Personal*  
**Letters**  
**Days**  
*M. Schneerson*

with Rabbi Shais Taub

SoulWORDS

