

Shabos Table Discussion

Week Three | March 18-23

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?

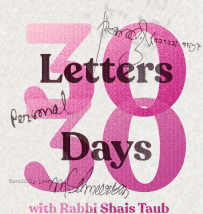
LETTER #21 (#6799) | THURSDAY 1 NISSAN - MARCH 23

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?



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