



Long live the Lubavitcher Rebbe King Moshiah forever!

# Living Moshiah

*Torah Portion: Shelach*

## People \* Amazing Blessings!

Tzvi Rauh from Los Angeles, California created an app to request blessings from the Lubavitcher Rebbe King Moshiah Shlita. The requests are delivered directly to the Rebbe King Moshiah Shlita in 770 Eastern Parkway, where his majesty lives, prays and distributes dollars.

Tzvi has seen amazing miracles as a result of these blessing requests, strengthening his passion to help others connect to the Rebbe King Moshiah Shlita in this way. The following are two examples:

1. Tzvi's father contracted a terminal illness. It reached a point where the doctors thought he wouldn't make it through the night. Tzvi emailed a request for a blessing to be delivered to the Rebbe King Moshiah Shlita in 770 Eastern Parkway. That night, to the astonishment of the doctors, his father's condition significantly improved – the complete opposite of their predictions! He went on to fully recover, and is now going strong in his nineties!

2. Tzvi works as an accountant for a generous family who contributes to countless Jewish organizations and individuals. Recently the philanthropist's wife was hospitalized as it seemed that she had undergone a stroke. Tzvi sent in a request for blessing to the Rebbe King Moshiah Shlita in 770 Eastern Parkway. The doctors then discovered that it was not a stroke but rather a heart problem, from which she recovered.

*You can email a request for blessing from the Rebbe King Moshiah Shlita at [MoshiachBrachah770@gmail.com](mailto:MoshiachBrachah770@gmail.com).*



The Moshiah App

**iPhone:**

<https://itunes.apple.com/us/app/rebbe-770/id1360308471?ls=1&mt=8>

**Android:**

[https://play.google.com/store/apps/details?id=com.app\\_moshiach.layout](https://play.google.com/store/apps/details?id=com.app_moshiach.layout)

## Moshiah \* Healthy Lifestyle

Imagine a world with no sickness. The Rambam (Rabbi Maimonides) includes this in his description of the times of Moshiah. The Rambam was also a professional doctor and included instructions for healthy living in his code of Jewish law, because we need to be healthy to serve G-d. The Rebbe King Moshiah Shlita says that in the Redemption, everyone will follow the Rambam's health guidelines, ensuring perfect health. Here are some of the things the Rambam says to do to be healthy:

- Do not eat until your stomach is completely full; rather, eat about a quarter less than full satiation.
- In the summer, one needs to eat 2/3 of the amount that one eats during the winter.
- Be active. This is even more important than avoiding unhealthy foods.

*(See Hadran on the Rambam – 5735 (5745) and Rambam, Hilchos De'os)*

## Insight \* Caring About Each Other

Some Jews are business people and professionals, whose main Jewish expression is giving Tzedakah (but also set times to learn Torah). Others work in spiritual fields, spending most of their time on Torah learning (but also give Tzedakah). Even though we are different from each other, we are all one nation, and we all care about each other. Each of the 12 spies in this week's Torah portion toured the *entire* land, not only the portion of his own tribe, because they cared about all the other tribes and wanted to see that all of their portions were good. We express our love and unity with our fellow Jews by thinking about what others need, spiritually and physically, and providing for them. We also unite in Tzedakah by giving on behalf of others, and in Torah learning by teaching others, joining the Rambam study-cycle and spreading the teachings of Chassidus – the knowledge of G-d – to all corners of the world.

*(See talk of the Lubavitcher Rebbe King Moshiah Shlita, Shelach 5751 (1991))*

## Practical Judaism \* Blessings on Foods

We learned the blessings on bread last week. For other foods: "Baruch Atah Ado-nai Elo-heinu Melech HaOlam...

Cake/Cookies/Pasta/Oatmeal/Doughnuts etc. made from wheat/barley/oats/rye/spelt (but not bread): "...Borei Minei Mezonos." Wine/Grape Juice (also must be Kosher-certified): "...Borei Pri Hagafen." Fruits/nuts that grow on a tree:

"...Borei Pri Hagafen." Vegetables that grow from the ground (including fruits that grow on plants that are not considered to be actual trees, such as bananas): "...Borei Pri Ha'adamah." Most drinks, candies, animal products etc.: "...Shehakol Niheyah Bidvaro."

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### Book Spotlight \* The World is Ready!

With insightful analysis of world history including Communism and the French Revolution, the Rebbe King Moshiach Shlita brings us to the amazing conclusion that the world is ready for Moshiach!

World cultures have been spiritually elevated by Jews living around the world...The world is ready to hear about Moshiach and to enter the state of Redemption...There are no more obstacles to observing Torah and Mitzvos...The Third of Tammuz is the day that the sun did NOT set!

Learn all about this and more in this bilingual translation of the talks of Korach 5751 and Vayeshev 5752!

Great stimulating material for schools and study groups!

Yiddish on one column, English translation on corresponding column. *Softcover, 78 pages*

Price: 1 for \$11, 11 copies for \$77 <http://www.livingmoshiach.com/bilingual.html>



### Kosher Recipe \* Tropical Celery Salad

By Ilanna Benyaminson

Because this salad includes foods from two categories of blessings (fruits and vegetables), we recommend making blessings and eating some of a different fruit and a different vegetable first.



A Few Stalks Celery – washed very well and checked for bugs, sliced  
 1 Mango or Starfruit, cut into small chunks  
 Small Chunk of Red Onion, diced  
 Juice of ½ Lime  
 Salt to taste  
 Dash Ginger Powder

Toss all ingredients together. If you have time, let it sit for a while for the flavors to blend.

Find other natural Kosher recipes in our cookbook: "Spiritual & Natural: Natural Recipes with Chassidic Insights" available at <http://www.livingmoshiach.com/cookbook.html>

Do you have a great Kosher recipe to share? Email [tambourines770@gmail.com](mailto:tambourines770@gmail.com)

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### Job Opportunities! Join the Living Moshiach team!

1. **Fundraiser:** • Contact donors and potential donors by phone and in person • Recruit new donors • Present the right projects to the right donors

Qualifications: Passion for Moshiach, Responsibility, Communication Skills, Understanding of our work, Have a Phone

2. **Crown Heights Sales Representative:** • Make sure our books are available in Crown Heights stores, collect money from their sales and transfer it to us • Print out fliers and put them in 770 Beis Moshiach and around the community

Qualifications: Passion for Moshiach, Responsibility, Live in Crown Heights, Have a Phone

3. **Driver and Housekeeper:** Assistance with various errands and cleaning tasks

Qualifications: Live in Tampa, have a car (preferably a van), easygoing, have a flexible schedule and be available in evening hours, have an awareness of Jewish life, physically capable of heavy lifting etc.

Contact us at (954) 549-5447 or (813) 460-2696 or [RebbeMessiahLives.770@gmail.com](mailto:RebbeMessiahLives.770@gmail.com)

In memory of Chaya Rus bas Yechiel Yitzchak, may she immediately come back to life in the Redemption