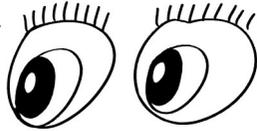
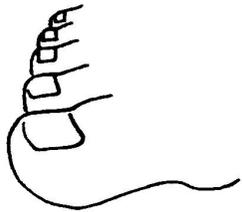


Thousands of cells in your body die and are replaced with new cells every single second of your life. On top of that, we get a new skeleton every three months and a new layer of skin every month. Talking about skin, did you know that Hashem made your skin secrete antibacterial substances which serve as the first layer of defense for invading microorganisms?

By the time you're 80, Hashem will have made your heart beat close to 3 billion times. Each beat is important.



Your eye can distinguish up to a million different colors and take in more information than the largest telescope known to man.



Feeling sad one day and looking down? Well, check out your big toe while you're at it. That toe is responsible for helping you maintain your balance and make you go forward when walking.

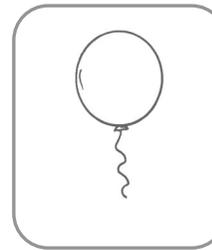
After a nice Shabbos meal, you may like to relax. But no nap for your liver at that time. Hashem made the liver be responsible for more than 500 distinct processes in the body to make sure that the food is digested well.

Over Shabbos, you will have taken about 23,000 breaths a day. Make this one count—by praising the One who made it so.

Bottom line—Hashem loves you. Feel loved and then you will love others!

## challenges

### Inflating and Tying a Balloon on Shabbos



"Tonight, on Leil Shabbos is Bracha's birthday." - Miri reminded her friends during recess in school. "Let's surprise her!" - proposed Leah - "Let's come to her house after the Friday night *seuda* with a lot of balloons!" Rivky jump in: "I actually have a lot of old balloons in my house that were used at another party. We just need to un-tie them, blow them up and tie them." Chani pointed out: "But since we'll all be busy today helping our Immas and Abbas

to prepare the house for Shabbos, we'll need to prepare the balloons on Leil Shabbos." Sari objected: "Even though we'll only be re-inflating the old balloons and not inflating new ones, isn't there still going to be a problem of untying and tying the balloons, because of the *melachos* of *kosher* and *matir*?" Racheli answered: "I don't think so. It's only a single knot, not a double-knot!"

**Question:** Should the girls prepare the balloons for Bracha's surprise before Shabbos, or is it okay to do it even on Shabbos?  $\Rightarrow$

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***I'lui nishmas* Yitzchak Meir ben Avraham Menachem**

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**A friendly requests from Menucha: Please, don't read me during Tefilla, Kadish, Kabbalas Shabbos, etc.**



**Answer:** Before Shabbos.

**Brief Elucidation:** Isn't Racheli right that tying a single knot on Shabbos is permitted? She is right, but not a hundred percent. When it comes to tying a knot on one end of the rope (string, balloon, etc.), by looping the rope around itself, then a single knot is a problem. This halacha is explicitly taught by the Rama in Siman 317 §1. The Mishna Berura (ibid., §15) explains that since a single knot tied on one end of a rope is tight, it has a status of a קשר של אומן (to paraphrase: "a professional knot"). Such a knot is problematic on Shabbos—both tying it and untying it.

[May one blow up a deflated balloon without tying it afterwards—i.e., like in a game where one inflates a balloon and lets it go to make it fly? Curious to find out? Don't miss the next issue...]

### Shabbos Table Essentials

**Q.** Why was the rebuke in the 1st verse given as a hint?

**A.** Out of **respect** for Klal Yisroel. (Rashi 1:1)

**Q.** What is the reason that Moshe Rabbeinu chose the word ראשיכם (Your heads) in describing the future leaders of Klal Yisroel (Devorim 1:13)?

**A.** "As heads and honored persons over you, i.e., you should act towards them with **respect and reverence**." - Rashi (ad loc.). From here we see a monumental Torah's lesson: A Ben and Bas Yisroel must have respect and reverence towards the leaders of Klal Yisroel, and all the more so towards Gedolei Yisroel.

### Riddle

Sunday. Tisha B'Av. Everyone is fasting. Shimon, however, is eating and enjoying a delicious steak. Shimon is Jewish, Torah observant and healthy. He is awake, and fully aware of everything. He is not in danger. No one is in danger. Why is Shimon not fasting?

### Last week's riddle:

Where in the Torah do we find a mother commending her child to do something?

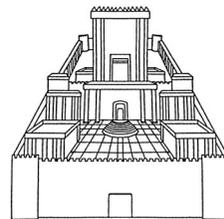


**Answer:** Rivka Immeinu commanded Yaakov to take two goats,...



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# Sweet & Short



## Hate the ruins; not your brothers

The Malbim (on Shir HaShirim 1:13) says that since a neshama of a Jew is G-dly and is part of His Essence, the *neshama* is actually similar to Him Himself. The Malbim explains that is true due to the principal of "a fragment of is similar to the entirety." (Perhaps, we can relate to that by comparing it to the "the principal of fractals (e.g., snowflakes) in our physical world).

Logically then, this dictates that all the souls are actually similar to each other (take a look at the fragments of a fractal—they are all similar to each other. Do you love the sweetness of your neshama? Know—this sweetness exists in every Jew. Hence, you should love every Jew—just like you love yourself.

### Excerpts from the *kuntres Ahavas Yisroel* by the Chofetz Chaim

[translated from Hebrew]

[Chapter 1, § 4-5]

...The message of these words is that by listening to forbidden things, a person draws upon his ears a spirit of impurity...and similarly, a spirit of impurity is drawn upon each and every limb through which a transgression was performed. ...

And behold, this is all regarding the limbs that are not vital to the *neshama*, though the lack of those limbs is a great loss to a person.

But how immense is the loss at the time when the spirit of impurity is drawn upon such a "limb" as the heart, which is vital to the *neshama*!?