

A Family Plan

Especially for Yom Kippur, as an act of teshuva and as a special merit, we are suggesting that you, together with your family, join the many families around the world that are careful to keep Peh Tahor daily, from 6pm-6:15pm, bli neder.

This means to be careful the entire day but to be especially careful at this time to not hurt others with your words.

At the beginning of the 10 minutes each family member should say a short tefilla, “Hashem please help me to be mazliach to keep my Peh Tahor and to not hurt anyone’s feelings.

You may wish to teach your children the following tefilla which is actually the Peh Tahor Song, sung to the tune of the classic quick song achas shaalti.

(Low Part)

*Avinu Av Harachaman, ten lanu ahavas chinam , tishmor pinu uleshonainu,
shelo netzaer af echad baolam*

(High Part)

Anachnu rotzim lizkot laor, ten lanu peh tahor

Lo lehaaliv Lo lehachiv Rok lehaitiv

Vrok ledaber Kirtzonecha

What is Going To Be With Me?! (The power of tefilla)

The following story was heard from Rav Zvi Mayer Zilberberg, shlita, of Yerushalayim. A boy of about ten who was not very bright would study with a tutor a few times a week. A person who sat near the tutor and his charge would observe them and would notice constantly how difficult it was for the

boy and how great was his struggle to understand. After much time had passed, on one particular day the observer noticed that something was different. It seemed that the boy was catching on more quickly than usual. Filled with curiosity, the observer approached the tutor and asked him if he was seeing the situation correctly. The tutor assured him that he was. He said that he had noticed the obvious change as well, and he asked the boy if he knew what might have brought about this transformation.

The young boy then shared his secret. He related how he had come to his mother and expressed his deep anxiety. “What is going to be with me?!” he exclaimed. “It’s so hard for me to understand.”

His mother came up with a brilliant idea. She told him that every Friday night when she lights the candles she davens for all her children, one by one. She suggested to her young son to stay with her the next time she lit the candles on Friday night, and together they would daven for his success.

The boy followed his mother’s suggestion, and the next Friday night he was at her side. After she lit the candles they began to daven for him together. As they davened, the boy burst into tears and cried from the depths of his heart. Apparently, his prayers had been accepted, because ever since that incident the boy’s mind opened up, and he began to understand rather quickly all that he learned.

Now It is Your Turn To Help Me (The power of a child’s tefilla)

The following is a mashal from the Dubno Maggid.

Once, a father and young son were traveling to a distant city. On the way, they came to a stream. Turning to his father, the son complained, “Abba, it’s too deep for me. I can’t cross this stream.” The father answered him, “Don’t worry, son. I will take care of you.” Immediately, he lifted his son and carried him across the stream, and they continued on their way.

Suddenly, they were attacked by a band of robbers. The father said, “Son,

stand behind me, and you will be safe.” The child obeyed, and with the stick he was holding, the father fought the robbers and warded them off. (When I was about 8 years old, my father did the same for me. We lived in an Italian neighborhood, and once, when I was playing with a friend, a boy approached me, called me a derogatory name and shoved me. I was no pushover, so I shoved him back. He left, but a quarter of an hour later he was back with some 20 friends, apparently to teach me a lesson. My father came running out of the house with a baseball bat, screaming at the top of his lungs, and the gang ran away, terrified.)

The father and his son continued on their way, but soon came to a high fence. “Abba, how will I climb over this fence?” the boy asked. His father replied, “Don’t worry, son,” and, taking the boy on his shoulders, he climbed the fence with him.

When finally they reached their destination, they found the gates to the city locked. They searched everywhere for a way to enter. Suddenly, the father cried, “Son, look! There is a small opening. I would never be able to get through it, but you can.

Gently, he continued, “My child, I’ve carried you and taken care of you on this entire journey. Through all our trials and tribulations, I have helped you. Now it is your turn to help me. This opening is too small for me, but you will be able to fit through it. Once you are inside, you can open the door for me!”

In the same way, said the Dubner Maggid, at times the gates of tefillah are closed to adults. We are too big and carry too many transgressions. It is now the time for the children to enter through the small opening that remains. “Go in, children,” he would say, “and open the gates for us. Daven for us, and your tefillos will be accepted.”

Discussion- Teshuva for Our Mouths

Please ask your children (or yourselves) the following questions.

1. What is the common theme in both these stories? (How especially precious tefillos are in the eyes of Hashem, especially the tefillos of children.)
2. How is this relevant to Yom Kippur? (Hashem wants us to be close to Him

always. That is why he asks us to daven to him always. On Yom Kippur Hashem wants us to be especially close to Him. That is why he asks us to daven more than any other time in the entire year.)

3. What happens if we daven but we don't do teshuva? (Then our davening is not pleasing for Hashem.)

4. Why? 1. Because our aveiros cause us to be very far from Hashem. 2. Because the very vessel in which we bring our tefillos before Hashem (our mouth) is impure and tarnished. It certainly does not create too much pleasure for Hashem.

5. There are so many aveiros to do teshuva for. On which should we place our main focus. (We should want to do teshuva on everything. But we should place our main focus on our mouths. On aveiros we do with our mouths.)

6. Why? (Because our mouths are the most powerful tool in bringing us close to Hashem. But if our mouths are impaired our entire relationship with Hashem is impaired.)

7. What are the main aveiros we do with our mouths? (Hurting the feelings of others, embarrassing them, getting upset at them, laughing or poking fun at them, calling them names, and so on)

8. Where in the Yom Kippur davening can we do teshuva? (When we say the vidui-which consists of ashamnu and al chet.)

9. Where can I do teshuva for my mouth? (When we say al chet.... bedipur peh)

10. What should I have in mind when I say this al chet? (That I am going to try hard this year to use my mouth for tefilla and kindness and not to hurt others. In addition that I agree bli neder to be a shomer and keep the 15 minute daily time mentioned above.)

Special Tefilla for Yom Kippur

Please say the Special Peh Tahor Tefilla for the Yamim Noraim.

My Father My King

Please have mercy on us this Yom Kippur and for all our lives that we will return to you with our mouths.

That we will speak only words that are pleasing before you .
That we will speak only words of kindness.
That we will not say anything hurtful to anyone, heaven forbid.
May we be zoche to a Peh Tahor so that you will have true nachas from the words of Torah and Tefilla that we say before before you .
And may we be zoche to see the coming of the mashiach and the building of the Beis Hamikdosh, speedily and in our days.

אבינו מלכינו

אנא תרחם עלינו ביום הכיפורים הזה, ולכל חיינו
שנחזור בתשובה שלימה לפניך עם הפה שלנו
ושנדבר רק דיבורים שיעשו נחת רוח לפניך
ושנדבר רק דיבורים של חסד
ולא נדבר שום דיבור לצער אף אחד, חס ושלום
ושנזכה לפה טהור כדי שהדיבורים של תורה ותפילה שנדבר לפניך, יעלו לרצון לפניך
ושנזכה לראות את משיח צדקינו ובנין בית המקדש בקרוב בימינו.

I Will Always be There for You

This story is true and appears in Chinuch in Turbulent Times with Art Scroll

About 30 years ago, an earthquake in Armenia killed over 30,000 people in less than four minutes. One father raced to the elementary school his son attended only to discover that the building no longer existed; it was a heap of rubble. Recovering from his initial shock, he remembered the promise he made to his son: "No matter what, I'll always be there for you."

Although the situation seemed hopeless, the distraught father was determined not to give up. What kept him going was his promise to his son. He mentally retraced the steps he took each morning when he brought his son to school and figured out where his son's classroom was located under the rubble. Racing over to the spot of the no longer existing classroom, he began to dig through the rubble.

Other well-meaning parents tried to pull him off the debris, saying, "It's too late. There's nothing you can do." But he just kept digging, responding to the skeptics with one sentence, "Are you going to help me or not?" They did not help him, and so he continued on his own.

Firefighters arrived at the scene of the tragedy and also tried to dissuade him. "We'll take care of it. Go home."

The father remained undaunted and just asked, "Are you going to help me or not?" No help was forthcoming because the rescue teams felt they could better use their resources where there was still hope of saving lives. At this site, it didn't look like there was anything they could do.

The father proceeded on his own, committed to the promise he had made his son. "No matter what, I'll always be there for you."

He dug for 12 hours, 24 hours — 36 hours. In the 38th hour, he pulled back a boulder and heard his son's voice. He screamed his son's name and heard a voice reply, "It's me, Dad! I told the other kids not to worry. I told them that if you were alive, you would come to save me, because I knew you would keep your promise, 'No matter what, I'll always be there for you.' You did it!"

When the building collapsed, the beams fell in a triangular wedge that protected this boy and 13 of his classmates.

This story is true. It is also a parable; a parable for Yom Kippur. Many of us fall into deep holes that are impossible to get out of. There is not much we can do so we just give up, and wither away in despair.

But Hashem is our father; the perfect father. He will always come through for us.

וְהוּא נִסִּי וּמְנוֹס לִי מִנֶּת כּוֹסֵי בַיּוֹם אֶקְרָא. וְהוּא קֵלִי וְחִי גּוֹאֲלִי וְצוֹר חֲבִלִי בַעַת צָרָה.

He is my G-d, my living Redeemer, a rock to save from my pain in time of distress. He is my banner a refuge for me, the portion of my cup on the day that I call. (Translation by Art Scroll)

On this Yom Kippur let us not give up. Let us place our hope in our loving father, Hashem Echad! He will come through for us.

Simply To Hear Your Voice!

Rav Elimelech Biederman shlita tells over the story. There was a young man named Yankele... who loved to "celebrate" like a free-roaming bird... so, as Lag BaOmer 5781 approached—on Thursday night, the father worried that his "precious gem" might travel to Meron and remain there over Shabbos without any supervision or oversight. Consequently, ever since Pesach, the father had been sternly warning him not to go up to Meron for Lag BaOmer that year. On Thursday, Yankele called his father to explain that the Yeshiva was organizing a *Hilula* (celebration) for Rashbi—featuring songs and praises led by the *Mashgiach* to last the entire night until the time for the morning *Shema* recitation; therefore, he would only return home on Friday. As Shabbos approached, his father replied: "If you are staying at the yeshiva under the supervision of the *Mashgiach*—how good and pleasant that is; you have my permission..." That night, the entire land "trembled" at the news of the terrible tragedy that had occurred at the holy site of Meron during the *Hilula* (celebration) of Rashbi, as forty-five holy souls were swept up to heaven in a whirlwind. Fear gripped the father's heart: perhaps Yankele had gone to Meron without permission—and who knew what might have happened? Wishing to ease his mind, he called the *Mashgiach* to ask if Yankele was attending the yeshiva's *Hilula*. The *Mashgiach* replied, "I don't know what you're talking about... there is no *Hilula* or celebration here at the yeshiva. On the contrary, your son told me you were holding a family gathering at your home and asked for permission to return home early..." It turned out that Yankele had deceived everyone; he had spun a different story for each person to avoid suspicion, all so he could travel to Meron to his heart's content... The father was seized with dread—

who knew where Yankele was, or whether he was among the living or among the... Heaven forbid.

One of the family members mobilized community activists to announce and call out Yankele... Yankele... if you can hear this... ...We feared—or rather, it was loudly proclaimed for all to hear—that he should call his father urgently.

Indeed, the message reached Yankele's ears, who was actually alive and well, yet he was afraid to call his father, knowing he had deceived him... He

hesitated for a full month, until someone around him said: "You fool! Your father is trembling with immense worry over your fate; his sole concern right now is simply to hear your voice and know that you are alive. Do you really think he is preoccupied with whether or not you deceived him?"

...The same applies to one us. We may fear returning to our Father in Heaven, thinking: "I have sinned so greatly against Him—how can I face Him?" If so we fail to realize that the Holy One, Blessed be He, is waiting for us with eager longing, desiring to hear our voice and know that we are "alive."

Let's Forgive

Rav Elimelech Biederman told over the following story. A divorcee used to eat his Shabbos and yom tov meals by a family in Bnei Brak. This was going on for quite some time, but then they got into a dispute. The guest insulted his host, the host answered back, and that was the last time the guest was seen in their home. Erev Yom Kippur, the hostess said to her husband, "Maybe you should call our old guest, and make up with him?" "I should ask him for forgiveness?" the host asked, incredulously. "He's the one who began the whole fiasco when he insulted me. He's the one who should ask forgiveness."

"Still I think you should ask forgiveness. Maybe in the merit of asking mechilah our older daughter will find her shidduch..." By this time, the divorcee had already moved to Borough Park, and it took some time until the host managed to get his phone number. He called him moments before Kol Nidrei. They had a cordial conversation. "Do you remember that time when you were in my home...? I said some unkind words ... I ask your mechilah." "Don't worry about it. You did nothing wrong. It was my fault. I shouldn't have spoken to you that way. So I'm asking you for forgiveness." The divorcee said, "I will be in Bnei Brak Chol HaMoed Succos. I'll come to visit you." After this conversation, the host and the hostess from Bnei Brak felt relieved. They had a feeling that now that they asked mechilah, things would become better for them. And it was indeed so, because Motzei Yom

Kippur, as they were eating the Motzei Yom Kippur meal to celebrate the atonement of Yom Kippur, a shadchan called and offered a shidduch for their older daughter. This was the first shidduch offer in months. Chol HaMoed Succos they were celebrating their daughter's vort. The divorcee said he would visit Chol HaMoed, and he came in as they were celebrating the vort. He said to the host, "I'm coming from my own engagement party! I'm also engaged for marriage..." They danced together with tears in their eyes. It seems that as soon as they forgave each other, the channel for their salvation opened up for both of them.

More Miracles from Forgiving

Please know that over the past several years I have often asked people, after a shiur, to forgive someone they are very upset with. I then ask them to say a tefilla for something they truly want. We have often heard about miracles resulting from these tefillos. Here is one of them.

"I was at your shiur and I enjoyed it so much.

I wanted to thank you so much because I think it saved my life.

In that shiur I forgave someone whom I refused to forgive for literally my whole life. And in that holy 30 seconds after I asked for only one thing. Shmira-protection. I kept saying it over and over and over, shmira shmira shmira..... And the next morning Hashem gave me real shmira. I was at givat hatachmoshet near Ramat Eshkol in Jerusalem the next morning and suddenly an Arab terrorist opened fire. The police returned fire and I was right there. Hashem truly saved me .

Thank you. HaShem should give you lots of koach to continue healing and giving to His children. (2 people were killed in this attack and 8 were injured, Hashem Yerachem).

One year-less than an hour before I was to give the shiur I received a phone call from a mother who attended the shiur the previous year. She said that she was expecting and at the end of the shiur she davened for an easy smooth birth. She had no reason to expect otherwise as this was not her first child and all the births until this one went very smoothly. Still, this is what she davened for. It turned out that this is what Hashem clearly arranged that she should daven for.

During the birth of this child there was a serious complication and the mother and baby's life were in danger. The baby actually turned blue, and almost didn't make it, still, bechasdei Hashem at the end the baby and mother were fine and healthy.

The mother on the phone added that the doctors overlooked this serious complication which caused the problems and had they known they would have made this mother have an operation instead of giving birth naturally. But because they did not pick up on it the baby was born naturally and everyone was okay.

Indeed the power of tefilla cannot be described. But a tefilla which comes on the heels of true forgiveness is even greater than a regular tefilla.

Do This With Your Children Too

Please ask your children if they too would like to forgive someone. In fact you can do this very same exercise with your children. Ask them if they would like to forgive someone they hold a grudge against. Have them close their eyes for 45 seconds. Then ask they to say lowly, so that only Hashem can hear, that they forgive that person. When saying this they should mention the persons name, silently as described above.

Then give them 45 seconds to daven for one thing, in their own words, that they want desperately.

Please stress that this prayer is to be said quietly so that only Hashem will hear it.

May you all be zoche to a gmar chasima tova and a very good year!!!!

May we see the Moshiach and the geula sheleima very very soon amen!!!!



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