

Join us for “Relax & Paint!”

We are close to our amazing event at our home base in Kehilat Melech Yisrael.

If you are in the Toronto Area and attend our CMY services, the CMY Sisterhood has there last event on December 2nd, 2018 @ 10AM.

“Relax & Paint!” – \$10 donation

Come enjoy grape juice, fruit, cheeses & other delicacies while we group into teams to paint special Hanukkah Themed personal sized canvas. Enjoy fellowship with your sisters, laugh and be merry for the Hanukkah Holiday! RSVP with Cheryl by November 24th, 2018.

See you there!

Weekly Manna – Vayetzei

Vayetzei

This portion is near and dear to my heart. Many years ago I entered this world on the 1st of Kislev, and this is my parsha.

So, you might think this one would be easy for me to talk about. NOT! All week I have struggled to condense my many thoughts into a single subject to tackle, and yet, as of this very moment I am not sure of the direction it will go. This portion is so rich with material to choose from, so I will just begin to share some of my notes with you, and we'll see where it leads.

The amazing dream of a sulam (ladder) which stands firmly on the ground and ascends to the heavens, implies to me that being anchored in the realities of this world, while striving to ascend to higher spiritual levels is not only our goal, but also the means. Spiritual ascent is the result of our involvement in and rectification of our physical world. It's a balance. A very difficult balancing act!

"In his classic work 'Netivot Shalom', the Slonimer Rebbe explains that a Jew needs to be involved in both the physical and spiritual worlds...Jacob's ladder represents the Torah's path, which is broad enough to include both types of activities. The Slonimer Rebbe quotes the midrash relating that some time before the dream, Jacob envisioned the whole world in front of him like a wall. After spending his entire life secluded in the tents of Torah, the world seemed like an impossibly high wall for Jacob to scale. Through the dream, G-d showed him that heaven and earth are not exclusive of each other; rather, they are intrinsically connected. One can maintain a Torah lifestyle, full of values and holiness, wherever one ends up on the ladder of life. The most important thing is to stay on the ladder and maintain one's attachment to holiness no matter how strongly the wind blows." (Rabbi Avraham Arie Trugman in Orchards of Delight, page 111)

Is it really possible to be in this world without being of this world? We women love to shop, decorate and create. There is nothing wrong with that. We can harness those talents to create a warm and welcoming environment for our family and friends. A place where G-d's Presence is felt and worship of Him is encouraged. But too often we lose sight of why we are shopping, decorating and creating. If our efforts are not well balanced, we can easily become trapped in the materialism of the world around us. I know from personal experience that it is very easy to get so distracted by the means, that we can forget the goal, chasv'shalom. Our

physical world is not evil as the Gnostics taught, it just needs to be refined and properly channeled for Kingdom purposes.

Ok, now I am going to shift gears.

*“If G-d.....will guard me in this path...and He will give me bread to eat and clothes to wear and will return me in peace to the house of my Father, and the L-rd will be for me as a G-d, then this stone which I have made a monument will be a House of G-d, and from all that G-d gives me I shall tithe.”
(Bereishis 28:20-22)*

Rabbi Shlomo Riskin asks: “Is such an exchange an authentic expression of divine service, or is it an attempt at divine manipulation?” (Torah Lights, pg. 199). It hardly seems meritorious to tell G-d you will scratch His back if He will scratch yours! Rashi explains that “the L-rd will be for me as a G-d” is part of an “if clause”, not a “then clause” in Jacob’s vow. He explains that these are not new demands, but something G-d has already declared:

“I am with you, and will watch over you wherever you go, and will bring you back to this land, for I will not leave you until I have fully kept this promise to you.” (Bereishis 28:15)

Rashi sees this as not a deal being made, but as a logical result of the situation at hand. In that light, it seems Jacob is simply telling G-d that he remembers all that was promised and he believes that G-d will fulfill every promise.

“Dear G-d, I do not ask You to make my life easy; I do ask you to make me strong.” (R’ Nachman – when he was only a child).

We are in a messy world, and we all have sorrow. There is no

one I have ever met that hasn't had sorrow. We get hurt by others words and actions, we have to bury those we love, we suffer illnesses and pain. The list goes on. Jacob too had problems. He was hurt by the lack of love and appreciate his father showed to him, he was forced to flee his home to escape his vengeful brother, he labored hard for many years under his uncle/father-in-law, who deceived him many times, he ended up with four wives when he only wanted one, he buried his beloved wife Rachel at a young age, his daughter was raped, his sons fought among themselves, he thought his son Joseph was killed by wild animals and didn't see him for 22 years, and he spent the end of his life in exile, away from the land G-d had promised to him. Not exactly a worry-free life! Yet, despite all the problems Jacob had to endure throughout his life, he remained attached to G-d and His promises. So much so, that he was a source of blessing to others.

"But Laban said to him, 'If you will indulge me, I have learned by divination that Hashem has blessed me on your account.'" (Bereisheet 30:27)

Let me remind us now of R' Trugman's words quoted earlier:

"The most important thing is to stay on the ladder and maintain one's attachment to holiness no matter how strongly the wind blows"

So. now I will try to sum up and find a connection between all these various topics.....

The challenge is to keep our feet firmly on the ground and yet maintain our upward gaze. We are to be in this world, making a positive difference, without being of this world. By keeping our focus on G-d, and believing He will fulfill His promises, we will not let the cares and concerns of this world knock us off the ladder. And like the young Rebbe Nachman, we must pray for the strength to not only survive, but to thrive and bless others. How? In the way we maneuver this life's

difficulties. Again, I would like to remind us of R' Trugman's words quoted earlier:

"One can maintain a Torah lifestyle, full of values and holiness, wherever one ends up on the ladder of life"

Be blessed and be a blessing,

Rhonda

The Great Challah Bake Notes

The Great Challah Bake Notes are here! Download the pdf's below

[Notes #1](#)

[Challah Blessing](#)

[Adina's Easy Challah Recipe](#)

Weekly Manna – Parashat

ToIdot

Parashat ToIdot

“But the children struggled in her womb....” Bereishis 25:22

The battle was between Ya’akov and Esav, who are the physical representations of good and evil. The battle continues ladies, and we are all participants!

If we are to have any hope of victory, we must recognize that there is a battle raging. Without this understanding, we have zero chance of victory. And it is also important to understand that the enemy never rests! Therefore we must remain constantly on guard and always be ready for battle. We cannot afford to let our guard down!

So, you might be asking, what is this battle? And who is the enemy? We are our own worst enemy and the battle is within us. It is the battle of our inclinations.

“You shall love Hashem your G-d with all your heart and with all your soul and with all your might.” D’varim 6:5

How do we serve G-d with our all? We must learn to serve Him with both of our inclinations, the “good” and the “bad”.

Everything has two sides. On the surface the ego may appear to be a negative thing, but a person without proper self-esteem (lacking an ego) will find it difficult to muster the energy or desire to make any efforts, in physical or spiritual matters. Without an ego we have no desire for achievement. The ego is only negative when we allow it too much freedom. If our ego tells us we are superior to others, or if it is constantly demanding recognition from others, in need of

appreciation, applause and complements, then we need to rein it in. But when we have proper self-awareness and self-worth, our ego is what helps us to appreciate and recognize our strengths and talents. Every single one of us are capable of accomplishing amazing things! But only if we realize there is a battle raging, and we stay alert to the attacks of the enemy.

Just like the human body, our evil inclination needs nourishment. Nourishment comes in the form of energy. Everything contains energy – positive or negative. Negative energy feeds the evil inclination within us. And the more we feed it, the hungrier it gets. Don't let your evil inclination become a glutton!

“The belly of the wicked always feels empty.” Mishlei 13:25

If your evil inclination has already become a glutton, it is time to take it to fat camp. Time for a strict diet!

“Craving for food is a sign that one has enemies. By breaking one's cravings for food one can gain peace with one's enemies.” Rebbe Nachman – Likutey Moharan (hereafter referred to as L.M.) I, 39

A calorie is a unit of energy. We tend to associate calories with food, but they apply to anything containing energy. In the world we live in, people are constantly counting and cutting food calories. Look at any label in the supermarket and somewhere it will list the calories per serving.

1 piece of cherry cheesecake contains enough energy to light a 60 watt lightbulb for about 1 $\frac{1}{2}$ hours.

If you eat 217 Big Mac's you will have consumed enough energy to drive a car a distance of over 80 miles.

We need energy to survive. It takes energy to breathe, to

move, to pump blood through our bodies, etc., and the needed energy comes from the food we consume. Our bodies then “burn” the calories through a metabolic process.

How many calories do we need for our cells to function properly? The number is different for every person. But if you take in more calories than you use, it will be stored as fat. And excess fat causes severe health problems. In “Anatomy of the Soul”, Rebbe Nachman teaches that G-d fashioned everything in creation with two potentially opposing or potentially complementary energies depending on man’s use of them. The body has the potential to either reveal the soul and radiate its holiness, or to conceal and smother the soul.

The world is full of paradoxes. They are built into the system G-d created:

- Good and evil
- Heaven and earth
- Male and female
- Revelation and concealment
- This world and the World to Come
- Mercy and justice
- Sun and moon
- Daytime and nighttime
- Body and soul

And yet, these paradoxes only exist from the point of view of the system G-d created. From our point of view.

“The intention (of the Talmud) is that the universe was created according to the principle of opposites. The unity of the Blessed Name, however is utterly unique.” Maharal of Prague (Derekh Chaim, page 14b)

SPIRITUAL SLAVERY STEMS FROM IMPROPER

EATING

“An honorable man can be discerned by the way he uses his mouth.” – Rebbe Nachman

Our own internal organs can enslave us. When we eat out of lust, we eat like animals. Yet, when we eat with the intention of nourishing the body so that we can develop spiritually, we elevate even the mundane act of eating.

*“Gluttony brings a person to a loss of honor and favor.”
(L.M. I 67:2)*

Rebbe Nachman’s Wisdom #143:

“There are two ways in which one can eat like an animal. Some eat human food but with an animal’s appetite. Others eat like humans but their food is not fit for human consumption. For there are sparks of holiness contained within the food we eat and if these sparks are not properly rectified, both through observance of the mitzvot related to food and through eating with all the proper attitudes, that food is fit only for a beast, not for humans. Eating “like an animal” in either of these two ways can result in illness.”

“Eating can cause confusion. Immediately after eating, one often feels confused, because the forces of the kelipot (the other side) also receive their nourishment from the food one eats.” (L.M. I, 17:3)

“The mind develops through the nourishment it receives. When one eats unnecessarily, the superfluous food mars one’s sense of judgment. If the body is free of excesses, one is able to experience a clear understanding of how to direct one’s life.” (L.M. I, 61:1)

The mind is powerfully affected by the food we eat. Rebbe Nachman also teaches that one's personality traits are dependent upon his diet (Alep-Bet Book, Da'at A:4). Food affects our mind through the energy it receives. This is true both physically and spiritually. Healthy food will help develop the mind. Unhealthy food will have the opposite effect. This is not just a matter of kosher vs. non-kosher, or nutritious vs. "junk" food, but applies equally to eating with a proper or improper attitude.

"One's lust for food testifies to one's distance from truth [i.e. godliness] and because of a person's lust for food, G-d, as it were, hides His face from him." (L.M. I, 47).

"I will hide my face, and he will be devoured..." D'varim 31:17;

This, Rebbe Nachman explains, means that our "devouring" causes G-d to hide His face. And this explains why, when troubles come upon the Jewish nation, it is customary to fast. Fasting indicates a breaking with one's desire for food, thereby reversing the process and causing G-dliness to be revealed.

When we eat improper food, we are drawn toward material pursuits, even if our conscious desire is to find G-d. Negative eating patterns have a consciousness-lowering effect that subsequently prevents one from growing spiritually.

Overeating (consuming excess energy) causes emptiness. We might feel full, but we are never satisfied! There is no end to the problems that are caused by gluttony. Medical, financial, spiritual and emotional. A person who overeats must go on a diet in order to regain control of his habits, his health and his life. Likewise, if we have lost control of our evil inclination, we must put it on a diet and regain control. We can only then hope to improve our spiritual, physical and emotional health.

We need strength to serve G-d! But how often do we stop to contemplate the effect of the food we are consuming on our spiritual progress? We need to make proper decisions about what food we eat, and in what quantities. And we need to understand the powerful influence eating has upon us.

I would challenge you know what you are consuming. If you don't understand the importance of making kosher, non-GMO, and organic choices, I pray you will do some research and/or seek help. We don't have to become nutritionists, but with a little effort we can make better choices and live healthier lives. We are here to complete a mission for G-d. If we are constantly submitting requests for "sick days", it is only a matter of time before our "Boss" is going to replace us. We must eat the proper food with the proper intentions, so that we can maintain our health and energy. We are here on planet earth to serve Hashem. We are not here to enjoy giant portions of whatever food our flesh desires. If we spend more time each day planning, shopping for, prepping, cooking and consuming food (even if it is healthy, kosher food), than we do consuming the Word of G-d, then we need to make some changes!

"There is nourishment for the body (food) and nourishment for the soul (e.g., the sense of smell, prayer, the awe of G-d). Partaking of food for the body weakens the soul. How, then, are we permitted to eat? We can nourish the soul by focusing on the spiritual. The more spiritual our motivation when we eat, the more spiritually nourishing our food becomes." (Reb Noson, Likutey Halakhot, Ma'akhalei Akum 2:1).

"Anyone who is thirsty, come and drink. If you are penniless, just come and eat. Come; it is all free. Come, drink wine and milk; it is all on the house – free. Why waste your money on that junk food? Why spend money stupidly? Listen to me carefully and eat nutritious food. Let your body grow with lots of healthy food." (Yeshayahu

55:1-2 – taken from The Book of Haftaret – an easy-to-read translation with commentary by Sol Scharfstein.)

Be blessed, be healthy and be a blessing,

Rhonda

Adina's Easy Challah Recipe

Ingredients

1.5 cups WARM water

3 tbsp margarine

1 tbsp dry active yeast

7 tbsp sugar

2 eggs

1/2 tsp salt

3 cups flour

Foil or wrap for your challah

Additional Preferred Toppings (see the bottom of the recipe below)

Directions

- 1. Mix all the ingredients (except flour) together with the WARM water into a large bowl. Then stir together nicely.**

TIP: DO NOT USE WATER THAT IS TOO HOT OR IT WILL KILL THE YEAST.

- 2. Next, add the flour and knead everything together using your hands to form the dough.** (If too sticky, add a little flour to make it more “doughy”. If too hard, add a little bit of water to soften. You want a perfectly balanced dough.)

You can divide the dough into two smaller loaves or keep as one extra large challah.

PLEASE NOTE THAT A BLESSING FOR REMOVAL OF THE FIRST PIECE OF CHALLAH BEFORE FORMING IT IS DONE HERE. PLEASE REFER TO THE CLASS NOTES.

3. After deciding if you would like two small loaves or one big loaf, **take the dough that you will use for making one challah loaf and now divide it again into 3 or 4 times.** (You should now have 3 or 4 small balls of dough as we will be rolling and then connecting them into one giant braid which is a distinctive characteristic for challah).

4. **Using a rolling pin or your hands, roll each ball into a long roll.**

5. **Connect the top of the long rolls together by pinching the dough to seal it into place.**

It should look like an "octopus" with 3 or 4 long arms pointing out...lol.

6. **Now braid until the end of the roll and pinch the dough together again to connect and seal the end.**

TIP: Making the dough ahead of time and letting it sit 2 hours at a time in between kneading will allow it to fluff up better. Also letting the formed loaf sit under the tea towel for a while before baking will also allow it to fluff better. So try to let your loaf sit for a while before preheating. Patience is key!

7. **Preheat oven to 350 degrees F. Grease the bottom of a pan and set challah on top. Cover with a tea towel to keep moist until ready to bake. When the oven is ready, bake until the challah is nice and brown. The time needed is determined by your oven type and elevation but normally between 30 min to 1**

hour. (DO NOT BURN BY OVERBAKING!!!!) When finished, let the challah sit to cool down.

Optional toppings:

Eggs, honey, powdered sugar, poppy seeds or a mix of "everything" seasoning...

For a golden brown top- before putting the loaf into the to oven, crack an egg, mix it and then lightly brush the top of the challah loaf for producing a nice golden color.

For sweet challah, add a bit of honey on top halfway the cooking time. When it is finished and still hot, sprinkle the powdered sugar on top.

For that everthing bagel taste, brush with your egg mix and then sprinkle the toppings all around.

Enjoy!

-Nishmati

Weekly Manna – Parashat Chayei Sarah

Parashat Chayei Sarah

The midrash (Parashat Chayei Sarah 60:16) states that as long as Sarah was alive the Presence of Hashem rested above her home, her doors were open wide to guests, her bread was blessed, and the light from her Shabbat candles burned continuously from Erev Shabbat to Erev Shabbat. When she passed away, these four blessings ceased and only returned when Yitzchak brought Rivkah into her tent as his wife.

Rav Samson Raphael Hircsh gleans from here that ***the Presence and blessings of Hashem and the atmosphere of chesed and tranquility in the home are all direct products of the women residing within it.*** (Collected writings of Rav Hircsh, Vol. 8, Pg. 102)

The Talmud in Shabbat 118b tells us that Rav Yose would refer to his wife as his “home”, since it is the wife who sets the atmosphere of the home and it is she who teaches her family to live a life of Torah and mitzvot.

It is our job as godly women to make every effort to ensure that our homes are an oasis of peace, tranquility and harmony. Sadly, we can also be responsible for bringing tension, confusion and anger into our homes, through our actions and words, chaz v’shalom!

We have a big job ladies!

If we do not experience a home full of shalom on a daily basis, then apparently we have no one to blame but ourselves. I know what you’re probably thinking.....that’s easier said than done! Indeed, it is! It takes diligent effort and much

self-sacrifice!

So how do we create an oasis in our homes? By understanding the most important mitzvah according to the Rambam.....the belief in Hashem, and by remembering, as we recite daily, "shehakol nih'yeh biD'varo" (everything exists because of the Word of Hashem). The Kotzker Rebbe explained:

"Everything puzzling and confusing that people see is called Hashem's back. No one can see His face, where everything is harmonious".

If we truly believe in Hashem and in His Divine Providence, then everything in this world, and all the events that occur in it must ultimately contribute to our good.

"Gam Zu L'Tovah" (this too is for the good)!

Hashem created us only in order to give of His goodness. Which implies to me, that if I view any situation as "bad", it is because I am viewing the situation through my finite senses. Things look bad to me, or they make me feel bad. But is that really the truth of the matter? Maybe the situation is simply a tap on the shoulder from our loving Creator. If my children or my husband are upsetting me, and I react negatively to what I view as a "bad" situation, I will completely disrupt the peace and harmony in my home. But if I instead use the situation to thank Hashem for my annoying children or husband, and pray for their well-being, and for more personal strength to better handle the stressful job of managing a household, maybe the outcome will be completely different. Give it a try.

REMEMBER: Many people do not have anyone to annoy them. Have you thanked G-d lately for your family and friends?

If we are women of G-d, then we should be able to maintain a

spirit of peace and harmony in our homes on a regular basis. Yes, there will probably be times when we just flat out “loose it”, we are human after all, but it should not be the norm. If our family sees us consistently angry, sad, depressed or frazzled, what will be their perception of Hashem? There is no incentive for anyone to pursue a relationship with Hashem, if those who present themselves as already in relationship with Him live messy lives. Our homes, our lives, and our attitudes should be noticeably different than the rest of the world. If they’re not, the problem is with us!

The challenge for us, as women in particular, is to learn to control our emotions and take time out to reflect on the message Hashem is sending our way through the current situation. If someone is annoying us, maybe the message is that we are not giving them enough of our time or attention. Or maybe as His daughter, we are annoying Hashem. How we react in the situation, may determine how our Father reacts to us.

As women, we have a tendency to want to control our situation. What we fail sometimes to realize, is that we are controlling it. Even when it’s messy! We are the only one who can change the environment. The energy we create, positive or negative, is the fragrance distributed throughout our home.

“It is better to dwell in a corner of the housetop, than in a house in common with a contentious woman.” Mishlei 21:9

I pray the next time we find ourselves in a less than ideal situation, we stop before we react, and take a moment to reflect on how we can handle things without losing it. Stop and pray. Just watch what happens to the atmosphere around you. If we consciously make an effort to create an atmosphere of chesed and tranquility in our home, we too like our Mother Sarah, can cause the Presence of Hashem to rest above our

home.

*“Depart from evil and do good; Seek peace, and pursue it.”
Tehillim 34:15*

Be blessed and be a blessing,

Rhonda

Honey Chicken Recipe – Kosher Wednesdays!

Honey Chicken Recipe – Kosher Wednesdays!

This is sooo delicious. Enjoy! – Nishmati

She’s Still There Mom’s Group Bible Study Online

Hi Ladies,

You are invited to our “She’s Still There” Mom’s Group Bible

Study Online.

When: Nov 18, 2018 12:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://zoom.us/meeting/register/9d53358ffe16a209cde7dc3c8da9331e>

After registering, you will receive a confirmation email containing information (like the password) about joining the meeting. Those who are registered will also receive a password protected Bible Study page here on our website to view the study material each week. Please note that this is being offered FREELY to you, although the materials are purchased by Nishmati and copyrighted by the Author, so please do not share your login information out of respect for the author and HaShem. □

ABOUT THE BIBLE STUDY

Every year the CMY Mom's Group has a special Bible study just for us so that we can deal with our own issues, joys of motherhood and get encouragement from each other. This year we have decided to offer this online so that you ladies can also join with us online.

Who is this Bible Study for?

It is for Moms, number 1... and secondly- it is also for any woman who may feel burnt out in life or feels that they may have missed their chance in doing things that were in their heart but lost sight of. It is also for any woman who just needs to breathe and let HaShem in.

This will be a Zoom Bible Study Online in 4-6 Sessions. You will have homework (watch the Sessions at home before we meet) and if you choose to purchase the book from the author below-read the book as well. If you do not have the book, that is also ok since the video/audio materials in our password

protected page here on our website details the books.

We will then go over the study workbook when we met online.

To find out if you are interested in this study before signing up and to purchase the book online from the author- if you want it as well, please visit the author's website below:

[Shes Still There](#)

Weekly Manna – Parashat Vayera

Weekly Manna with Rhonda Goodrich-Rawis

Parashat Vayera

Let us begin with a story.....

There was a woman who had a niece, the daughter of her sister. After her sister's death, this woman took the young niece in to her home and raised her as if she were her own daughter. She shared her faith, and used her own money to send the niece to the best schools and even financed the niece's business ventures when she grew up. The niece behaved in a shocking manner. She not only refuted the faith of her aunt, but often did things that publicly embarrassed her aunt. Yet when she got into trouble, it was always the aunt who would come to her rescue. Other people would question the aunt, asking why she continued to help the

ungrateful woman who treated her so badly, yet the aunt never wavered in her support of the niece. When the still unmarried niece became pregnant, and gave birth to a child, the aunt took the child in and raise him as well. And through it all, the aunt prayed fervently for her niece and never gave up hope that one day she would change her ways, and become the woman of G-d she was created to be.

How many of us can honestly say that we could emulate the selfless behavior of this aunt? I'll be honest, at some point, I think I would be inclined to say, "enough is enough!", and leave her to her own demise.

And yet, we find in this week's Torah portion, that Avraham had just such an ungrateful nephew, the not-so-righteous Lot. Avraham not only prayed fervently and boldly for Sodom in an effort to save his rotten apple of a nephew, he even went to war, risking his own life to save this kid. Why? Wouldn't he have been justified in saying "enough is enough" and leaving Lot to his own demise? What did Avraham see in Lot, that we are unable to see?

We do not have an objective, Divine perspective on any situation. We do not fully understand the ultimate Divine plan or how a particular person or situation might fit into that plan. But maybe Avraham did. Maybe he realized that there was a messianic spark within his nephew Lot. Indeed, the Messiah would emerge from the line of Lot, through an incestuous relationship with his daughter no less.

The lesson I derive from all of this is that although I cannot always see another person's ultimate value, and despite the fact that I might be ready to write someone off because of their bad behavior, I need to realize that Hashem may have a very important job for that person. And yet there is another important lesson I derived from the story of Avraham and Lot. Although Avraham may have realized the importance of Lot in Hashem's plan, he also realized that it was not in his own

best interest to associate with Lot's bad behavior in the meantime. Therefore, they parted ways and no longer "hung out" together. We are extremely vulnerable to the influence of those we associate and spend our time with. If we see that another person's behavior is consistently not what we would desire to emulate, it is probably wise to distance ourselves from their influence. Birds of a feather flock together. Misery loves company. However we say it, the message is ultimately that we need to be very selective of who we allow into our sphere of influence on a regular basis, because they **WILL HAVE AN INFLUENCE**, be it good or bad!

So, the challenge is to not be too quick to write others off, but to, none-the-less, use discernment concerning whom we choose to spend time with. Many people say they want to live a godly life, but their words show no evidence of fruition in their lives. It is not our job to judge these people, only to use wisdom and discernment. If you find yourself in the midst of gossip, slander, un-godly jokes or un-godly behaviors, then that is a tell-tale sign it is time to change your environment.

"For I (G-d) have loved him (Avraham), because he commands his children and his household after him that they keep the way of Hashem, doing charity and justice, in order that Hashem might bring upon Avraham that which He had spoken to him." (Bereishes 18:19)

Please note: the way of Hashem (derech Hashem) is doing charity and justice (tzedakah u'mishpat). To do charity is not just handing out food or money. Sforno to Bereishes 18:19 explains that charity is any act that helps the lost do teshuvah. "Avraham was prepared to be benevolent, even with the wicked, but not to the extent of ignoring the demands of justice toward those who refuse to repent.....the Sodom episode demonstrates the vital need for both tzdakah and mishpat."

Mishpat (justice) is designed to protect the innocent from

evil influences.

It is difficult enough to stay focused on what truly matters in this world. I pray that each of us find a circle of friends that will be a positive, encouraging influence, and not an additional hindrance to our walk. And I also pray that we will be that positive, encouraging influence on those who associate with us. It is incumbent upon us to behave charitably with others, but we must also remember that when our environment is being contaminated by repetitive bad behavior, justice requires we also protect ourselves and others who may be influenced by such an undesirable influence, and we must part company.

“He who walks with the wise will become wise, but the companion of fools will suffer.” Mishlei 13:20

Be blessed and be a blessing,

Rhonda

#NishmatiGiveaway Colour Your World

I am back with a new Nishmati Giveaway! This is a great one! We will be doing more in the near future. See below for more information.

GIVEAWAY TIME ☐☐

Here's your chance to win our Artist package giveaway. It contains the following:

1 Double-ended Coloured Pencils set

1 Mint coloured notebook
1 Mint coloured pencil case with two white pencils
1 Inspire Psalms Adult Colouring book

& HERE ARE THE RULES:

1. Follow our Instagram, YouTube, or/and Facebook page (extra entry if you follow all 3 pages)
2. Like this video/photo on any of our social media page.
3. Tag a friend who might like our Nishmati ministry.

***There will be only 1 winner. The winner will be announced in the beginning of December.

****GIVEAWAY will end on Nov 30th, 2018 at 11:59PM EST