

another, we spoke too much *lashon hara*, and there was too much mockery.

As we get closer to Tisha B'Av the level of *minhagei aveilut* (customs of mourning) intensifies and the strength of our prayers for Mashiach and the Beit HaMikdash get stronger. We unfortunately lost both of our Batei Mikdash on Tisha B'Av. Our sages teach us that every generation in which the Beit HaMikdash is not built, it is as if it was destroyed in that generation.

While I know that Torah Tidbits is a very powerful Torah education tool and that people read Torah Tidbits religiously and try to internalize its positive messages, I don't think that any of us, including myself, can go from wherever we are to zero *lashon hara*, utmost respect for others, and zero mockery within one minute. However, I do

think that we can start moving in the right direction.

As many *rabbonim* discuss this time of year, we can take upon ourselves certain hours a day not to talk negatively, we can start learning the Chofetz Chaim's Shemirat HaLashon, and we can share the idea to take upon ourselves extra care not to speak badly about others. Since our Father in Heaven loves us dearly, I am hopeful that He will see these small steps we are taking, listen to our prayers, and bless us with a Tisha B'Av full of festivity and celebration in the Beit HaMikdash.



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