



Bring Every Moment to Life!

Do we appreciate our time enough?

In last week's Torah portion, we read about a person who kills someone unintentionally - a death caused by accident, without any intent to harm.

Rabbi Elimelech of Lizhensk, one of the great Chassidic masters, offers a striking interpretation. When a person neglects what truly matters in life, when he wastes his time, he is in a sense unintentionally "killing" the life he has been given. Instead of making each moment count, he creates more and more "dead" moments, time that passes without being put to good use.

But the opposite is also true. When we devote our time to what is meaningful and worthwhile, we add life to our lives. We bring the time we have been given to life.

We often speak about the mitzvot *bein*

adam laMakom, and about those *bein adam l'chaveiro*. Perhaps we also need to think about *bein adam l'zmano*, our relationship

with our time. And maybe, these days, even *bein adam l'machshiro*, our relationship with our devices!

How much time disappears into scrolling and staring at a screen almost without our noticing, only to realize afterward that we have squandered something precious?

Rabbi Elimelech of Lizhensk calls on us, especially during the month of Elul, to become more aware of our time. At every moment, we are choosing

anew whether to "kill" time God forbid, or to bring it to life.

May we merit to use our time well, filling it with light, abundance, and holiness! ■



Title page of the
Noam Elimelech

Shabbat afternoon
Parshat HaShavua Shiur
Given by Rabbi Chanoch Yeres
At Beit Knesset Ohel Yitzchak
Rehov Washington at 5:30pm

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