



REBBETZIN SHIRA SMILES

FACULTY, OU ISRAEL CENTER

Galvanizing the Garden

When we think about Gan Eden, we imagine a beautiful garden, with lush trees, green foliage and an array of exquisite fruits in taste and smell. However, the Torah teaches us that this was not the case. When Hashem created the world all plant life existed only in potential since man was not yet created to work the land. Only when Man came into being and understood that rain was essential to the world, he prayed, and caused rain to fall and water the earth, and the trees and the herbs sprouted. (*Chulin 60b*) There are two very powerful lessons here that we can all apply.

Rav Yerucham Levovitz zt”l in *Da’at Torah* emphasizes the importance of tefillah; Hashem placed Adam in Gan Eden, “*le’avdah u’le’shamrah* — to work it and guard it. (*Bereishet 2:15*) Adam Harishon was tasked with tefillah, he **needed** to pray to Hashem to bring

down the rain! Rav Yerucham applies this as a fundamental principle for achieving all blessings we wish to receive. Hashem wants to grant us abundant goodness, everything we can imagine having exists in potential, waiting to be revealed. Tefillah is the medium through which we can generate and actualize Hashem’s storehouse of brachah. We learn this from our forefathers; Yitzchak Avinu prayed intensely for children even though he knew that Hashem promised Avraham Avinu that his son would be the continuation of the Jewish people. Yaakov Avinu prays for his family to be saved from his brother, Eisav, even though he knew that he was the progenitor of *Am Yisrael*. Man must reach out to Hashem, who will then generously reciprocate.

Chazal teach us that tefillah stands in the exalted heights, but unfortunately people do realize its power. Rav Elya Lopian zt”l would express his distress with the lack of regard for tefillah by saying, “If you would ask someone if he went to the doctor this morning, he would respond with a definitive yes or no, depending on whether he went to the doctor or not. However, if you would ask someone if he said the tefillah of “*Refa’enu*,” most often he would respond, “Well, I said *Shemoneh Esrei* in Shacharit, so probably I said that part as well.” Don’t people realize?!” continued Rav



HILLEL KRIEF
— YOUR LOCAL —
CARMEI GAT
REAL ESTATE AGENT

Living in Carmei Gat and helping families with






BUYING & SELLING RENTALS PRE MOVE-IN ASSISTANCE PROPERTY MANAGEMENT

+972 58 609 5129
beithillelhomes.com



Mazel Tov to



Arlene Friedson Saslow
and family on the marriage
of her grandson

Elya, "If we would focus more on the brachah of "Refa'enu", we would not even need to go to the doctor!"

We find the second lesson in *Birkat Mordechai*, by Rav Ezrachi zt"l. The Torah tells us that Hashem took Adam and placed him in the garden. Rashi explains that Hashem took Adam with words, convincing him to enter the garden. Why would Adam need to be persuaded to enter Paradise? Because it did not look like a garden! He needed the assurance that **he could create** his Gan Eden through his sincere tefillah. Likewise, we must realize that we can effect the greatest realities through our tefillah even in the most difficult situations.

As we begin the new year, we can recall the bliss of the first couple in Gan Eden. Everything good comes with hard work and a lot of tefillah. ■



ASCEND
BEHAVIORAL THERAPY

Evidence-Based Therapy for
Children, Teens, and Adults

COMPASSIONATE CARE FOR
INDIVIDUALS & FAMILIES

Meet Our Team



Dr. Melyssa Mandelbaum, PsyD
FOUNDER & CLINICAL DIRECTOR

- Licensed Psychologist: NY, NJ, CT & Israel
- Training: Weill Cornell, NYU, Cognitive & Behavioral Consultants
- Education: LIU, Barnard College



Rebecca Steinberg, LMSW
ASSOCIATE THERAPIST

- Licensed: NY & Israel
- Training: Jerusalem Therapy Clinic
- Education: Wurzeiler, Stern College

How We Can Help

- Teen and Young Adult Life Transitions
- Anxiety and Mood Disorders
- OCD
- Executive Functioning

- PTSD
- Parenting Therapy
- Encopresis
- Selective Mutism
- CBT & DBT

Contact

📧 @dr.melyssa.psyd

✉️ melyssa@ascendbehavioraltherapy.com

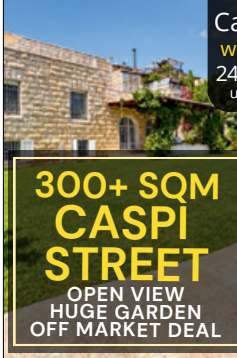
🌐 ascendbehavioraltherapy.com

☎️ 058-6874547

📍 Beit Shemesh, Virtual



Call now 077-9973185
www.daniels-assets.com
 24 Gershon Agron-Mamilla
 usa# 5164675892, uk# 2037697899



**300+ SQM
CASPI
STREET**

OPEN VIEW
HUGE GARDEN
OFF MARKET DEAL

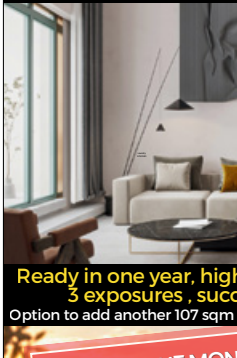
with over 500 sqm private garden and old city open view, private entrance, private parking, great family house that once in a decade comes on the market



**LUXURY IN THE
GERMAN COLONY**

10 Hildsheimer st.
Design your own spacious apartment

PERFECTLY SITUATED ON A QUIET, ONE-WAY STREET, JUST STEPS FROM THE LIVELY EMEK REFAIM Offering a limited collection of boutique residences



**NEW
RECHAVIA
BOUTIQUE
BUILDING**

107 sqm,
20 sqm terrace
4th floor, elevator

Ready in one year, high ceilings large windows, 3 exposures, suvach, full accessibility
Option to add another 107 sqm and reach 214 sqm on one level!!



DEAL OF THE MONTH

**NEW 1-BR IN
OLD KATAMON
ONLY**

2,550,000 NIS

55 sqm + 10 sqm balcony
elevatorm mamad



DANIEL BOUZAGLO
JERUSALEM REAL ESTATE

SINCE 2003