



SHALOM TASK FORCE

# YOU ARE NOT ALONE

**CONFIDENTIAL HOTLINE** | **888.883.2323**  
Call. Text. WhatsApp

Call our Confidential Hotline to discuss any issues about relationships or domestic abuse. We provide a listening ear to all. Our referrals help our callers gain access to helpful resources, including legal assistance, counseling, and safe shelters. For more information and to speak with a trained advocate, please visit [www.shalomtaskforce.org](http://www.shalomtaskforce.org).

**NO ONE DESERVES TO BE ABUSED**

**ART CLASSES WITH RACHEL PAINTING SERIES**

**WHO:** Girls 1st-3rd Grade  
**WHEN: SUNDAYS:** 5/8, 5/15, 5/22, 6/12  
**TIME:** 9:30am-11:00am  
**LOCATION:** Far Rockaway  
**PRICE:** \$140

All supplies included  
HSPC accepted

For more information call Rachel: **917-750-9816**

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Ukraine is a humanitarian crisis, which was avoidable, if our NATO allies did not become dependent on Russian energy, if the Biden administration did not declare war on the production of American oil and natural gas which is driving the price of oil higher and higher which in turn is financing the Russian military, and if the White House was proactive and not reactive with Russia.

Shouldn't our country take care of our own problems, for example, instead of handing Zelensky hundreds of billions of dollars to secure the borders of Ukraine, why not first secure the American-Mexican border?

What about the shortages of baby formula? Should American parents have anxiety attacks when the shelves are bare of baby food, but those who entered illegally into Texas are handed can of formula after can?

The difference between the 1930s and 2022 is that Jews had nowhere to go to; no country offered refuge to the millions of European Jews and the gates to Mandatory Palestine were closed by the British. Jews were trapped. Nowhere to run to.

In contrast, more than five million Ukrainian refugees have been welcomed by their neighboring countries of Poland, Rumanian, Moldova, Slovakia, and Hungary.

**Peter Katz**

**Dear Editor,**

How critical is it to understand your self-worth and what are the consequences if you don't? Phrased in more biblical terms, in Bechukotai, why are the laws of *Erchin* placed after mentioning the blessings and curses that occur depending on whether you follow the *chukim* or not?

The Torah's message: have strong self-esteem and know who you are individually and spiritually, and you are more likely to choose correctly.

In the spiritual realm, HaRav Avigdor Nebenzal points out, based on the Zohar (3:29b), "All souls originate from under the Throne of Glory." In essence, we "are" totally spiritually beings. From a psychological point of view, Rabbi Dr. Abraham Twerski, *zt"l*, notes, "Low self-esteem is a delusion, and it can cause people to have many maladjustments in life." Therefore, the Torah is giving a crucial message: know your worth in order to succeed in life.

**Steven Genack**

**Dear Editor,**

I had a carpenter in my apartment re-

cently. Unlike many, he was punctual and completed the work in a timely fashion. And he went above and beyond the call of duty, filling in little holes in the kitchen that I didn't even see and when some plaster fell from my bedroom ceiling at around 11:30 p.m. with a resounding crash (due to some energetic children that have no bedtime; it seems that the apartment above me is a playground). He filled it in the next day. He was friendly, accommodating, never complained, and his set price didn't change and was reasonable. Could you imagine?

I offered him unlimited access to my fridge and snacks and as they say, "It was a pleasure doing business with him," and I happily handed him a bottle of wine from my closet as an extra token of my appreciation. In reflecting on the situation, I mused to myself how a little kindness goes such a long way. It doesn't take a lot – a smile, a kind word, an offer to help – to light up another human being.

It made the whole experience of turning the apartment upside down to paint so much easier and pleasant. It wasn't difficult to have him in the house. He actually enhanced my experience of the day. Not by doing anything spectacular. Mostly by just being friendly and accommodating – it seems like it would be so easy to make a difference in all of our lives by following that strategy. Maybe because I viewed him not just as a painter but a human being working hard to support his family.

As the Torah says, *mitzvah goreret mitzvah*, one mitzvah leads to another; his friendliness leads me to be friendly to others.

Unfortunately, the opposite is also true. Nastiness begets nastiness. People are rude or unpleasant to us, and we tend to respond in kind.

Don't reciprocate arrogance and ignorance of others whether it's friends, neighbors, coworkers, political affiliations, or bosses. Instead of waiting for others to be the agents of kindness in our lives, we should take the initiative. We should make a proactive choice to be the agents of kindness in the lives of others.

It doesn't take a lot – a smile, a kind word, an offer to help – to light up another human being. Whenever I pass a senior, no matter the time, I will stop for a few seconds to give a warm greeting. You have no idea what you do with this simple act of kindness. You make their day! You recognized them as a human being!

You create a ripple effect, leading to many small kindnesses throughout our days and our communities. What a great deal – high reward and low cost!

**Israel Root**