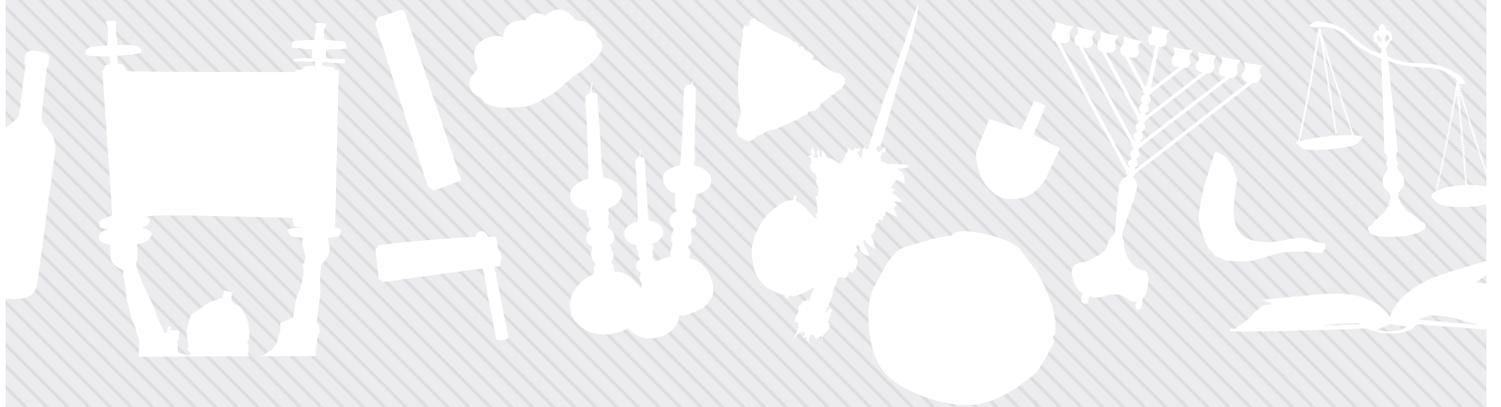


HALACHOS HATZRICHOS

PACKET #30



WOMEN AND SHEMA

The Torah tells us that women don't need to do some *mitzvos* that need to be done at a certain time — “*Mitzvos Shehazman Grama.*”

The *mitzvah* of saying *Kriyas Shema* is one of these *mitzvos*. It has a certain time, in the morning and at night. Women do not need to keep the *mitzvah* of saying *Kriyas Shema*.

But women DO have a different *mitzvah* — to have *Kabolas Ol Malchus Shomayim!*

The first *posuk* of *Shema* helps us to have this *Kabolas Ol*. So women DO need to say at least the first *posuk* of *Shema*, “*Shema Yisrael Hashem Elokeinu Hashem Echod.*”

Women also need to say *Emes Veyatziv*, which helps us do a different *mitzvah* — remembering *Yetziyas Mitzrayim*. They should say this whole section, until *Go'al Yisroel*, so that their *Shemoneh Esrei* will be connected to a *bracha* for the *Geulah*, called being “*Somech Geulah L'Tefillah.*”

See the Alter Rebbe's Shulchan Aruch, siman Ayin se'if Alef; article on Women & Tefillah



ECHOD

The *Gemara* teaches us that if someone spends a long time thinking about the *Daled* of *Echod*, Hashem gives him a long life! (“*Kol Hamaarich BeDaled Shel Echod, Maarichin Lo Yamav Ushnosav.*”)

The *halacha* is that it is counted as a long enough time if we are able to think about how Hashem is the one *Aibishter* over all four (*daled*) corners of the earth.

In *Shulchan Aruch*, the Alter Rebe brings the *minhag* that when we say the word *Echod*, we tilt their head in all of these directions — up, down, and towards all four corners. (If you watch a video of the Rebbe *davening*, you can see how this is done.)

See the Alter Rebbe’s Shulchan Aruch, Hilchos Kriyas Shema siman 61 se’if vov



SAYING SHEMA WITH KAVANA

Shema is supposed to help us realize that nothing exists aside for Hashem. That will help us be ready to do all of His *mitzvos*, no matter what!

In order to feel this, we need to have *kavana* when we say *Shema*.

We make sure to say *Shema* out loud, not just in a whisper, because that helps us have *kavana*.

We also close our eyes and cover them with our right hand when we say the first line of *Shema*. This helps keep us from getting distracted by the things around us. We are able to think about what the words mean, and that the words should bring us to have *Kabolas Ol* and *Mesiras Nefesh*.

See the Alter Rebbe's *Shulchan Aruch*, *Siman Samach Alef Se'if Hey*



AHAVAS YISROEL

When we see other Yidden, we should try to say nice things about them!

When we say something nice about another person, it makes him more excited to do the good things we are talking about. So by saying nice things, we are helping him to become even better!

It also makes Hashem very happy.

Whenever a father sees his children trying to make each other happy, he is very proud of them! It makes him feel good and have *nachas* from all of them.

Hashem is the Father of all of the Yidden! When Hashem sees us saying nice things about each other, it brings Him *nachas* too! It brings down *brachos*, because when Hashem has *nachas*, He wants to give us whatever we ask Him for!

There are some *halachos* about praising other people, which we need to know to make sure we're doing it right.



AHAVAS YISROEL

Most people do some not-so-good things, and many good things. It is a *mitzvah* to talk about the good things they do. It helps them to keep doing those things, and to want to do even more! It also makes Hashem happy to hear that Yidden are saying nice things about each other. When Hashem has *nachas*, He wants to give us more *brachos*!

To make sure that what we say ends up being good, there are *halachos* about saying nice things about others.

One *halacha* is that we should be careful that what we say won't make other people say NOT nice things!

If we are with people who don't like the person we want to praise, we shouldn't say anything. By us saying something nice, those other people will want to start saying mean things about him.

Even if everyone we are talking to likes that person, we should be careful not to say too much. If we praise someone too much, people will usually start explaining why that person isn't perfect, and will say not nice things about him.

See the Alter Rebbe's Shulchan Aruch, siman 156 se'if Yud-Beis



AHAVAS YISROEL

When we praise another person, it is good for him and good for us! It is good for him because now he will want to do more special things. It is also good for us, because Hashem has *nachas* to hear us talking this way, and will want to give us more *brachos*!

There are *halachos* that help us make sure that the words we say only help the person we are talking about!

One *halacha* is that we should be careful about praising someone about how he was such a great host. We don't want other people to hear and all start going to be his guest, until he has nothing left!

See the Alter Rebbe's Shulchan Aruch, siman 156 se'if Yud-Gimmel

