



### MAKING A KEILI IN SHIDDUCHIM

For months, I have been trying to understand what making a *keili* means for me in terms of *shidduchim*.

I'm in touch with *shadchanim*; I am a friendly person; I make connections; I attend Shabbos meals in many homes; I take on *hachlatos*; I *daven*. What else am I supposed to be doing?

I know my worth. I know that I have good attributes, *B"H*. I know my potential. I know that Hashem loves me and I know He will send me my prince.

While I *B"H* know my good qualities, I am also very aware of my flaws. I have insecurities, fears, and there are many areas I want to improve in.

One flaw that troubles me deeply is my struggle with weight.

You probably know where this is going now, don't you?

We all know that heavier girls struggle in *shidduchim*.

On the one hand, it can't be that my *bashert* isn't around. Hashem knew who I was going to marry long before I even thought about it!

On the other hand, it seems like guys (or their mothers) are only interested in the girls who fit a specific "box." I'm not going to get into this matter, because you are all already familiar with it.

The question I ask myself is: How am I supposed to be happy with the way Hashem made me and trust that my *bashert* exists no matter how much I weigh, if society and the world of *shidduchim* don't seem to operate according to this principle?

What does it mean to make a *keili*?

Making a *keili* means creating a vessel so that Hashem can bestow His *brachos*.

Making a *keili* means doing my *hishtadlus*, playing my part in the matter, with trust that Hashem will then do His.

What I have learned is that while I know I am enough as I am, even with the struggles that Hashem gave me, and I know that I am exactly where I'm meant to be—I can still work harder.

Making a *keili* means doing everything I can to become the best version of myself, and that could mean asking even more of myself, physically, emotionally, and spiritually.

Yes, my *bashert* does exist for me right now, as I am, and I do know he will find me, but it will be much easier for him to find me, to "see" who I really am, if I am presented as the best version of myself, the best version of a *bas melech*.

As long as I know I'm doing my best, I can trust that Hashem will take care of the rest.

*A Faithful Single*

**HOW DID SHABBOS MEVORCHIM TEHILLIM GET STARTED?**

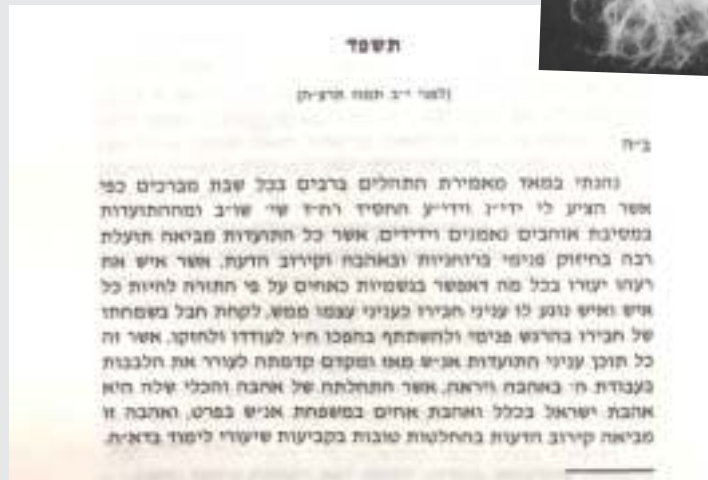
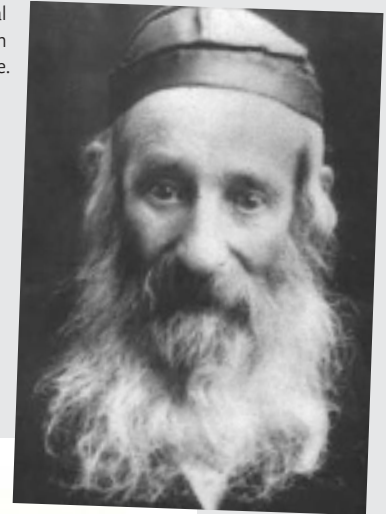
At one of the Frierdiker Rebbe's *farbrengens*, my husband's great-grandfather, Hatomim Rav Chaim Dovid Laine, after whom he is named, told the Rebbe that he wakes up early every Shabbos and finishes the entire *Sefer Tehillim*. He davens on behalf of his children and grandchildren that they should grow up to be *chassidim, yerei'im, u'shleimim*.

The Rebbe Rayatz liked the concept but told him that every Shabbos might be too much, and he would institute it on Shabbos Mevorchim.

In order to instill in them the habit of saying *Tehillim* on Shabbos Mevorchim, I paid my children and now my grandchildren *per perek* said. It really gets them in the mood. Eventually it is not necessary to reward them anymore. By the time they are grown up, saying the whole *Tehillim* on Shabbos Mevorchim is part of their lives.

*Henya Laine  
Crown Heights*

The original  
Reb Chaim  
Dovid Laine.



From the  
Frierdiker  
Rebbe's  
Igros Kodesh.

**MODESTY IN THREE LANGUAGES**

Many years ago I found myself in Crown Heights for a scorching stint over the Nine Days. I had come to help teach a group of women. Different women took turns teaching and speaking, but no one wanted to volunteer for Tishah b'Av.

As an optimistic thirty-year-old, I said I would do it. After a long morning of prayers and lamentations, I began to regret my offer. I was already not feeling well, since my kind hostess had plied me with so much food the day before that my stomach was churning from the middle of the night on. But there was no way I could leave the group bereft of something meaningful for the afternoon.

I hobbled up the stairs of 770 to the women's section as ladies both old and young streamed in. The women in charge had asked me to speak about *tznius*, so I did, dry mouth and all. When my hour was almost up, a group of young Israeli girls walked in and begged me to give over my talk in Hebrew. How could I say no? I stumbled through it as intelligibly as I could, repeating the main points of my speech, with my tongue practically sticking to my palate. Finally, I walked outside in relief and, feeling somewhat proud of myself, plopped down on one of the benches under a tree on the parkway across from 770.

I was about to go back to my hostess to take what I felt was a well-deserved rest, when an

elderly *rebbetzin* walked over and asked me in Yiddish if the talk inside was over. I said yes, and mumbled that I had given it. Looking crestfallen, she pleaded with me to give her a little sample of my talk. In my relatively broken Yiddish, I managed to express what I had tried to convey. The matron broke out in a big smile and said to me in Yiddish something to the effect of: "When you are constrained in your physical expressions, you can soar in your spirit!" (Something like: "Ahz men iz bagrenitzt in gashmius, ken men gein hecher in ruchnius!")

Well, I was duly humbled by the best summary of my thoughts that day which I had ever heard.

And thinking about this experience over the years, I have

realized that, indeed, that summary may be the best understanding of the value of all the *lo sa'aseh mitzvos* that can be conveyed in one sentence. The Torah seems to hold us back from spontaneous expression of our instinctual desires, so we can pour that passion in service of our *neshamah*, and thereby elevate our most mundane activities into a means of creating a true *dirah b'tachtonim* in this material world.

I am most grateful for having been able to converse in three languages, and especially for the lifelong lesson.

Yehudis Fishman  
Boulder, Colorado

Yehudis Fishman has been teaching Torah and Chassidic writings for over 40 years to students of all ages and backgrounds, both on the East Coast and in the Midwest. She has been a director of several Jewish organizations in Santa Fe and Colorado. Her articles and poetry on a wide variety of Jewish topics have been printed in many publications, and are also available online on Chabad.org and kabbalaonline.org.



Mrs. Yehudis Fishman

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We love pictures, too!  
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**ruchnius** Spirituality  
**sefarim** Jewish books  
**Sefer**  
**Haminhagim** Book of customs  
**sefer Torah** Torah scroll  
**seichel** (Common) sense  
**sevivah** Environment  
**Shabbos** Sabbath  
**Shabbos**  
**Mevorchim** Shabbos before Rosh Chodesh when new month is blessed  
**shacharis** Morning prayer  
**shadchan** Matchmaker  
**shalach manos** Colloq. for mishloach manos, food gifts exchanged on Purim  
**shalosh seudos** Third meal of Shabbos  
**shamash** One who serves others; sexton in a shul  
**Shavuos** Holiday commemorating giving of Torah on Mount Sinai  
**Shehechyanu** Blessing made on holidays and special occasions, thanking G-d for keeping us alive for this time  
**sheitel** Wig  
**shidduch** Match  
**shiurim** Lectures  
**shlichus** Mission  
**shloshim** 30-day mourning period  
**shlucha** Emissary (female)  
**shluchim** Emissaries  
**Shmini Atzeres** 8th day of holiday of Sukkos, and a holiday in its own right  
**Shmoneh Esrei** Silent prayer recited thrice daily  
**shmurah**  
**matzah** Matzah baked from wheat which was guarded from time of harvest  
**shochet** One who ritually slaughters kosher meat  
**shofar** Ram's horn blown on Rosh Hashanah  
**shtetl** Village  
**shul** Synagogue  
**Shulchan Aruch** Code of Jewish law  
**Shushan Purim** Day after Purim  
**Shvat** Fifth Jewish month  
**sichos** Talks

**siddur** Prayer book  
**simchah/**  
**simchos** Joyous event(s); a state of joy  
**Simchas Torah** Festival of rejoicing with the Torah  
**siyum** Conclusion; graduation  
**Sukkos** Holiday commemorating the clouds of glory which protected the Jews in desert  
**taharas**  
**hamishpachah** Laws of family purity  
**tallis** Prayer shawl  
**talmidah** Student  
**Talmud** Compendium of Jewish Law  
**Talmud Torah** Torah study; Hebrew school  
**Tammuz** Tenth Jewish month  
**Tanach** Acronym for Torah, N'viim, Kesuvim, the three parts of the written Torah  
**Tanya** Seminal work of Chabad Chassidic thought, authored by the Alter Rebbe  
**tefillin** Phylacteries

**Tehillim** Psalms  
**tekias shofar** Blowing of the ram's horn  
**tekios** Shofar blasts  
**teshuvah** Return to G-d  
**Tishah b'Av** Ninth of Av; fast day commemorating destruction of Temple in Jerusalem  
**Tishrei** First Jewish month  
**toichen** Substance; content  
**tzadikim** Righteous people  
**tzaros** Pains; troubles  
**tzedakah** Charity  
**Tzemach Tzedek** Rabbi Menachem Mendel, third Chabad Rebbe (1789-1866)  
**tziun** Grave marker  
**tznius** Modesty in dress and behavior (noun/adj.)  
**ufaratzta** Lit: And you shall spread out  
**Vov Tishrei** Sixth of Tishrei; passing of Rebbe's mother, Rebbetzin Chana  
**Yaakov** Jacob, our Patriarch  
**Yalkut**  
**Shimoni** Anthology of homiletic interpretation of Torah

compiled by Rabi Shimon  
**yechidus** Private audience with Rebbe  
**Yerushalayim** Jerusalem  
**Yeshayahu** Isaiah the prophet  
**Yidden** Jews  
**Yiddishkeit** Judaism  
**yiras Shamayim** Fear of Heaven  
**Yom Kippur** Day of Atonement  
**Yom Tov** Jewish holiday  
**Yud Shvat** 10th day of Shvat, passing of Friediker Rebbe; day the seventh Rebbe became Rebbe  
**Yud Tes Kislev** 19th day of Kislev; the day the Alter Rebbe was freed from Russian prison  
**Zaide** Grandfather  
**zchus** Merit (n)  
**zman** Time  
**zocheh** Merit (v)  
**Zohar** Classic text of Jewish mysticism authored by Rabbi Shimon Bar Yochai  
**zol gezunt zein** Should be healthy

## “She Is Comforting Me While We Wait for Moshiach”

### *About Raizel Zucker, a”h*

The following are some excerpts from the many inspirational and moving words said at Raizel’s shloshim by her family members.

From her siblings:

“Raizel got joy from others; from herself; from her name Toiba Raizel, after a grandmother and because our parents loved the name Rose. She got joy from milestones, her own and others. She got joy from giving, from feeding others, and if she invited you over for burgers, she also made the buns. She was strong in tznus. At the same time, she didn’t make those who weren’t strong feel bad.”

“She was the soul of determination. Raizel never accepted her prognosis, never gave in to pain. She reached a place of healing, and was one of the emotionally healthiest people I ever met. Raizel lived a holy life, she lived with purity. Our hope is that our family will create a cookbook as a gift for brides, honoring her passion for building a Jewish home, a *binyan adei ad*.”

“Raizel was a master at turning the relationship around. You came to be *mechazek* her but she was *mechazek* you, encouraging and supporting and validating her visitors.”

“During her final illness, she moved back to her childhood home, to our parents’ home in Crown Heights [the Zuckers had made *aliyah* to Israel years earlier] with her husband and eight children. Our father bought her art supplies, and made sure she had a plentiful supply. She got to express herself in her art [see About the Cover in this issue].”

“Raizel, my older sister! I don’t need to physically speak with her or see her to feel her close to me. In high school she carried around a picture of me in her wallet. Now I carry a picture of her in my wallet and in my heart forever.”

“I was injured in school one time and Raizel was working downstairs in the Oholei Torah preschool. Raizel sat with me on the front steps and comforted me while we waited for Hatzalah. She’s sitting with



Berel and Raizel Zucker

me still, and now she’s comforting me while we wait for Moshiach.”

“She made sure I knew how happy she was for me. Even when she got married and even when she made *aliyah*. My mother spoke with her on the phone every morning, so we were always in touch. If I was crying she would help me articulate why. She made me feel funny and happy and good about myself.”

“It’s hard to believe if you didn’t experience her, but she was always *b’simchah* and never complained.”

“One year, we were spending Pesach in Springfield with our grandparents and cousins, and our uncle



Raizel with her parents, Yossel and Zlati Mochkin.



Raizel with some of her children.

Zalman Deitsch said he was going to learn about Yechezkel and the *maaseh merkavah* [which is read in shul on the first day of Shavuos] every night at a certain time, and whoever wants to join should join. Raizel joined Zalman every single night.”

And finally, from Raizel’s father, Reb Yossel Mochkin:

“People said the Friediker Rebbe couldn’t speak clearly. The Rebbe explained that he could but we weren’t *zocheh* to understand him. It’s the same thing now. Raizel is not lacking anything. We mourn for ourselves...

“She was not only my daughter but my *talmidah* also. She always wanted to listen and she always wanted to learn.

“When someone passes away, we say they should be *ah gutte better’n*... Who could turn down Raizele? Who could say no to her, to this woman who never said no to anyone?

“In her 39 years she did more than many do in 100. She was pure in thought, speech, and deed. Wherever she went, she did as the Friediker Rebbe said: Create a *sevivah* wherever you go.

“How do we connect with her, what do we do for her? We have to do things in her merit. We have to learn. Put our learning into action. Remember *ein oid milvado*. I hope it brings out the best in me, to not think of myself. Thank You, Hashem, for treating us to her for the time that we had her.” ❧



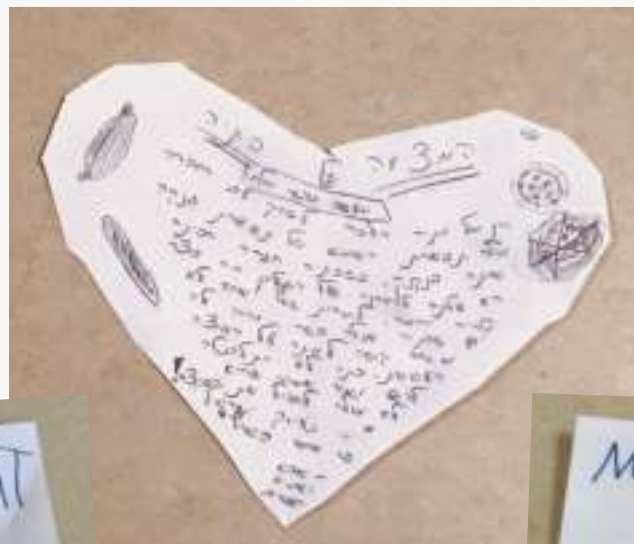
## "THINGS KIDS SAY"

### The Truth About the Hot Dog and the Pizza

One day, I was playing with my friend in the park. She offered me a hot dog, and I said yes. Then it was time to go home, and on the way home, I remembered that we were having pizza. And I wanted pizza and I wanted to tell a lie to Mommy but I still didn't tell Mommy a lie.

I told Mommy the truth and I started to cry. I ate toasted pita instead of pizza. And the next day I got pizza in my lunch.

Basya Golding, age seven  
Kochav Yaakov, Eretz Yisroel



A mitzvah note from my father about the mitzvah that I did, that I gave to my teacher. It was the first mitzvah note to be hung up on the wall.



Drawing by Basya showing not to have pizza and hotdogs together.



Drawing by Basya showing pizza and hotdogs separated on two different tables.