

## A MITZVA DILEMMA FOR THE SHABBOS TABLE



### THE BABY GIFT

By Rabbi Yitzi Weiner

Hadassa worked for a large software company in Israel. Her team consisted of about 10 members, and her manager's name was Ronit. Ronit was Jewish but not religious. Hadassa had worked for the company for a while, and over the years, Ronit experienced several major life changes. She divorced her first husband, eventually became engaged, and later married a man named Ron Cohen.

Hadassa heard that Ron Cohen was a Kohen. According to Jewish law, a Kohen is not permitted to marry a divorced woman (Grusha). However, Ronit, being non-religious, likely didn't know about this restriction. Hadassa was not in a position to say anything about it.



### HAVING MUCH VS. HAVING EVERYTHING

When Yaakov and Eisov meet in this week's Parsha we discover a profound distinction between the brothers in their worldview and in their goals and aspirations.

After Eisov receives the gifts sent to him by Yaakov he tells Yaakov "I have so much, let what is yours be yours". In other words Eisov is telling Yaakov that he already has so much, Yaakov, you could use it more than me. Yaakov responds "Please take the gift because HaShem has granted me my needs and I have everything." In other words, Yaakov is telling Eisov that he has everything he needs and is not missing anything so why should he take it back.

Both Yaakov and Eisov are wealthy and have very many assets. Note the differing perspectives.

Eisov feels that he has a lot while Yaakov feels that he has everything; he is missing nothing.

There is nothing that Yaakov can get that will give him more than he already has because he already has everything. Eisov, on the other hand, has a lot, but his needs are ever expanding. Our Sages teach that "the more one has the more one wants and therefore one will never be satisfied with what he has because there is still much more than he needs". Even if Eisov has more money, livestock, cars and yachts than Yaakov, Yaakov has no

## MITZVA MEME

About a year later, Ronit had a baby. The company's practice was that whenever someone on the team had a baby, each team member would buy a separate baby gift. Each of Hadassa's nine teammates was planning on buying Ronit a baby present.

At this point, Hadassa faced a dilemma. She was the only religious person on the team. She wondered whether buying a baby gift for her boss would imply that she condoned Ronit's marriage, which conflicted with Jewish law.

On one hand, she didn't want to create awkwardness with her boss or her team. The gift was simply a baby present — it had nothing to do with the marriage itself, and likely, no one would interpret it that way.

On the other hand, she worried that Ronit might think, "Even my Orthodox coworker thinks what I did is okay." This possibility troubled Hadassa. She wasn't sure what to do.

What do you think? Would it be appropriate for her to chip in for the baby gift? Would it imply that she condones the marriage?

Additionally, would the answer change if Ronit had married a non-Jewish person instead? Would buying a baby gift in that situation be seen differently?

See Upiryo Matok Devarim Page 471



needs and Eisov is saddled with so many needs.

How does one go from having so much to having everything?

Everything in this world was created by HaShem. Creation is the process of creating something from nothing; "yeish mei-ayin". Before HaShem created the world there was nothing; no space, no time, no light, no darkness - simply nothing!

If so, from where did everything come? It came from Him! HaShem's creative force brought everything into reality. The Source of everything is Him.

Yaakov's entire life was devoted to HaShem there was nothing that he thought, said or did that was not in the

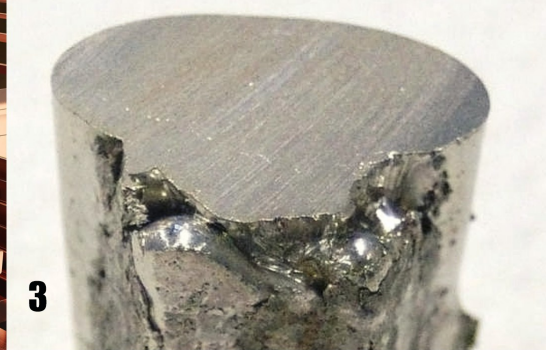
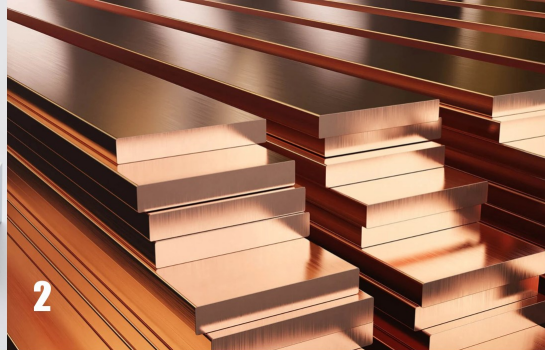
service of drawing himself and others closer to HaShem. He was focused on that Creative Source from which everything comes and therefore he had everything. In other words, Yaakov achieved a connection to the Source of everything and therefore lacked nothing because he had the Source.

Eisov, on the other hand, devoted his life to gaining more and more material wealth and pleasures. Anything Eisov had was the fruits of what was already created. Since Eisov was not connected to the Source he had to collect those things that were created. Naturally, there are so many more things that he did not yet have and would forever be missing.

It is no wonder how there are families whose lives are dedicated to HaShem, to His mitzvos and to His Torah and their lives are filled with happiness and fulfillment even though the parents and their 10 children live in a three bedroom apartment! These are people who are blessed with everything.

Have a wonderful Shabbos.

**Paysach Diskind**



# SHABBOS: CELEBRATING HASHEM'S CREATION

## EATING METAL: HOW METALS FUEL LIFE AND INDUSTRY

Recently I looked at the ingredients in a multivitamin, and it struck me that so many of the ingredients are metals. Did you know your body depends on metals to survive? It's true! While metals are often linked to skyscrapers, cars, and electronics, they also play critical roles in keeping you healthy. These elements are embedded in everyday objects, yet they also help sustain life by playing vital roles in biological processes. Let's explore six essential metals that power both industry and the human body—plus a few metals you definitely don't want in your system!

Iron (Fe), (pic 6) the oxygen powerhouse, builds the world as a major ingredient in steel, forming buildings, cars, and even giant ships due to its strength and durability. Steel's unmatched toughness makes it the foundation of modern infrastructure. At the same time, inside your body, iron helps create hemoglobin, the protein in red blood cells that carries oxygen from your lungs to every cell. It also makes myoglobin, delivering oxygen to your muscles. Without enough iron, you might feel tired, weak, or even sick due to anemia, a condition where your body can't transport oxygen properly. This makes iron essential for maintaining energy and vitality.

Zinc (Zn), (pic 5) the defender, guards metal surfaces by protecting steel and iron from rust through galvanization, helping structures withstand the elements. This corrosion resistance is key to preserving metal infrastructure. In your body, zinc strengthens your immune system, heals wounds, and supports over 300 enzymes that control vital processes like digestion and cell repair. Zinc boosts T-cells, your body's infection fighters, reducing susceptibility to colds, slow-healing cuts, and even taste and smell problems. Its multitasking role makes zinc a true guardian of health.

Copper (Cu), (pic 2) the energy spark, is prized in electrical wiring due to its ability to conduct electricity, powering homes, electronics, and electric vehicles. Its exceptional conductivity makes it indispensable in modern technology. At the same time, inside your body, copper helps produce red blood cells, absorb iron, and keep nerves healthy. It's also essential for creating collagen, the protein that makes your skin, bones, and blood vessels strong. A lack of copper can cause anemia, weakened immunity, and nerve issues. Like electric wiring, copper keeps your body running smoothly and efficiently.

Chromium (Cr), (pic 1) the blood sugar regulator, adds shine and strength to stainless steel, evident in kitchen sinks and shiny appliances. Its durability and resistance to tarnish make it a favorite in household and industrial applications. At the same time, inside your body, chromium helps insulin manage blood sugar levels, ensuring glucose enters your cells for fuel. Without chromium, your body might struggle with blood

sugar control, causing problems similar to diabetes. This makes chromium vital for energy balance and metabolic health.

Cobalt (Co), (pic 4) the cell builder, powers the future through its role in lithium-ion batteries used in phones, laptops, and electric cars. Its ability to store and release energy makes cobalt central to modern energy solutions. At the same time, in our body, cobalt is essential for making vitamin B12 (cobalamin), supporting red blood cell production and nerve function while aiding DNA creation. A cobalt deficiency can cause anemia, memory problems, and nerve damage. Cobalt's behind-the-scenes work sustains both technology and life itself.

Nickel (Ni), (pic 3) the mystery metal, creates strong, corrosion-resistant alloys used in stainless steel and aerospace components like airplane parts and rockets. Its stability under extreme conditions makes it ideal for advanced engineering. Though its role in the human body isn't fully understood, nickel likely assists with enzyme activation, hormone regulation, and cell communication. Only tiny amounts are needed, as too much can cause allergic reactions or toxicity. Think of nickel as a subtle contributor to life's complex machinery.

While some metals are essential for life, others are dangerously toxic, even in small amounts. Lead (Pb) damages the brain, nervous system, and kidneys, especially in children, often sourced from old paint, pipes, and contaminated water. Its toxic effects on the nervous system makes lead highly dangerous. Mercury (Hg) harms the nervous system, kidneys, and even unborn babies, found in certain fish, industrial emissions, and old thermometers. Its ability to bioaccumulate in marine life makes mercury a persistent environmental threat. Cadmium (Cd), originating from batteries, industrial pollution, and cigarette smoke, causes kidney damage, lung issues, and bone loss. Its toxic buildup can lead to serious health consequences. Thallium (Tl), the ultimate toxin, harms the nervous system, heart, and can cause hair loss. It is typically sourced from industrial waste and banned pesticides. Because of its intense danger, it has been used by assassins as a deadly poison.

From skyscrapers and smartphones to your blood cells and bones, metals power both industry and life itself. Essential elements like iron, zinc, and copper help keep your body working, while dangerous metals like lead and mercury remind us of the delicate balance of nature. Metals provide strength, conductivity, and resilience in technology while sustaining life through critical biological functions. So next time you marvel at a shiny building or charge your phone, remember: the same metals that fuel our modern world also power the wonders of the human body. Eating metal might sound strange—but in the right amounts, it's a secret ingredient to life!

## IT'S MY RESPONSIBILITY TO SUPPLY CLEAN DISHES

In the first years of the Riverdale Yeshiva, when money was extremely tight, the custodian quit and the dirty dishes were stacking up. Left without a choice, the Rosh Yeshiva, Rav Avraham Ausband called together the rabbeim and they all went to the kitchen to wash the dishes themselves.

Hearing about it, the bachurim came over to offer to clean in their stead.

Rav Avrohom told them, "Bachurim, do you think I founded this Yeshiva so you could wash dishes? It's my responsibility to supply clean dishes, but you? You are here to learn Torah and nothing else!

(From Chayeinu Magazine)



### THE ANSWER

Regarding last week's question about the clever thieves who distracted the store manager by stealing a menorah, causing him to leave the store while others emptied it, Rav Zilberstein (Upiryo Matok, Devarim, page 456) answered that the manager is not liable for the store's loss. This is because even if the store owner himself had been watching the store, he would likely have chased after the thief as well. Our Sages teach that it is human nature to pursue thieves during a theft — Adam Bahul Al Mamono. Therefore, the manager was not considered liable for leaving the store unattended while chasing the thief.

This week's TableTalk is dedicated l'ilui nishmas  
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