



With thanks to Rabbi Zelig Pliskin for kindly giving me permission to use extracts from his book, "Guard Your Tongue" (based on "Chofetz Chaim").

## מִלְכָה of the Week

~ שְׁמִירַת הַלְּשׁוֹן ~

Rabbi Pliskin said he will be pleased to know these halachot are being publicised more widely, especially in view of the fact that his own father was a talmid of the Chofetz Chaim, who went to great lengths to make these laws better known.

### Sign Language

You are forbidden to tell **לְשׁוֹן הָרָע** through hints and signs, hand or finger motions and facial expressions.

*"Mr. Weiss is a considerate fellow...Sure he is!" (said in a sarcastic tone of voice)*

*"Joe is very honest (cough, cough!)"*

*"Sara is extremely clever." (with a wink of the eye)*

*"I didn't actually say anything bad about the fellow," does not alter the fact that you have still communicated a derogatory message.*

### When You Include Yourself

Adding something derogatory about yourself when you make negative remarks about others does not undo the fact that you have spoken **לְשׁוֹן הָרָע**. This includes instances when you mention that you and a friend both did the exact same action or have the same fault, and you begin by talking about yourself.

*"Ben and I both used to take sweets from the shop without paying."*

*"Nobody in our group studies Torah properly."*

*"I don't give enough tzedaka, but neither does Mr. Stern."*

## פרק א' of the Week

פרק ה'

נָג יְהוּדָה בֶן תִּימָא אֹמֵר, הָיָי עֹז כְּנִמֶּר, וְקָל כְּגִשֶּׁר, וְרִיז כְּאַבִּי, וְגִבּוֹר כְּאַרְיִי לְעָשׂוֹת רְצׁוֹן אָבִיךָ שְׁבָשְׁמִים:

Yehudah Ben Teima said:

Be

*bold as a leopard,  
light as an eagle,  
swift as a deer  
and strong as a lion*

*to carry out the will of your Father in Heaven.*

\* \* \*