

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

## הלכה of the Week

~ שמירת הלשון ~

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.

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### Sign Language

You are forbidden to tell לשון הרע 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 לשון הרע. 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."*

## פירקי אבות of the Week

פרק ה

נג יְהוּדָה בֶּן תֵּימָא אָמַר, הָיִי עֹז בְּנֶמֶר, וְקַל בְּנֶשֶׁר, וְרֵץ בְּצִבִּי, וְגִבּוֹר בְּאַרְיֵי לַעֲשׂוֹת רְצוֹן אֲבִיךָ שְׁבַשְׁמִים:

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.

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