



Asher to the Yatzar

SHABBOS MEVORCHIM
TAMUZ 5783

YEAR I ISSUE 2

DEDICATED ANONYMOUSLY FOR THE
COMPLETE RECOVERY OF EVERYONE
WHO NEEDS A REFUAH

Partner with us in this great project
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Email us at ashertotheyatzar@gmail.com

Message from the Founder

With much thanks to Hashem, we are delighted to have received so much positive feedback from the inaugural issue of this leaflet. We are therefore proud to present to you this next edition. With *siyata d'Shmaya*, our plan and hope is to make this a monthly leaflet, coming out every *Shabbos Mevorchim*.

We would like to reiterate that of course while we are trying to impart the lesson of how important and powerful the *beracha* of Asher Yatzar is, in truth, it is much more than that. Our all-encompassing mission is to educate ourselves and increase our awareness of something very important that we must be thankful for our basic body functions, which we often take for granted.

Asher Yatzar is simply a dedicated time to express this gratitude for the most magnificent body. In the *zechus* of us appreciating our bodies may we always be blessed with healthy bodies and may all the *cholim* in Klal Yisroel be healed!

- Yossi Hecht

WELCOME BACK

We are honored to present the second issue of our monthly leaflet on the topic of strengthening ourselves in how we say the special beracha of Asher Yatzar. Baruch Hashem, the first issue was received enthusiastically all over the world, and readers wrote that they are looking forward to the next issue. They say that just learning about this beracha has drastically changed the way they say Asher Yatzar. And that is exactly the point of this leaflet. To turn off the "auto-pilot" mode and recite the beracha with feeling and meaning!

As mentioned in the first issue, I started this leaflet together with the founder of "Asher to the Yatzar," R' Yossi Hecht, as a *zechus* for a *refuah sheleimah* for my daughter, ESTHER BAS SARA MIRIAM *shetichyeh* (a young mother), who is being treated for the *machalah*, for more than a year and a half. (Could I impose on you to stop for a moment and say a *perek tehillim* for her?)

May the *chizuk* from this leaflet bring a *refuah sheleimah* to our founder YOSEF CHAIM BEN DEVORAH LEAH, to my daughter, and to all the *cholim* in Klal Yisroel

Have a wonderful Shabbos,
Eliezer M. Niehaus
Editor-in-chief

Rabbi Niehaus is the author of "Oasis: Experience the Paradise of Shabbos" and "HEAVENWORDS: Elevate your Tefillah and Yourself". He is the Rosh Kollel of Kollel Zichron Aharon Yaakov in Kiryat Sefer and is a rebbi in Yeshivas Beis Dovid and Yeshivas Imrei Binah in Yerushalayim.



THE HALACHA CORNER

Q: Does one have to say Asher Yatzar immediately after using the facilities, or can one wait?

A: The Mishnah Berurah (O.C. 7 s"k 1) writes that even if a long time has passed since one has used the facilities, he still must say Asher Yatzar. Nevertheless, since once a person has used the facilities he becomes obligated to make the beracha, he should say it as soon as possible and not push it off (O.C. 165 s"k 2).

There is another reason why one should say it right away. We find an argument in the Poskim regarding a person who used the facilities and did not yet say Asher Yatzar, but then he feels an urge to use the facilities again. Some say that he should first say Asher Yatzar, use the facilities, and then say Asher Yatzar a second time. Others say he should wait until using the facilities and then say one Asher Yatzar for both times. The Mishnah Berurah rules that he should just say one Asher Yatzar after the second time (see O.C. 7 s"k 1 and O.C. 4 s"k 3). That being the case, he writes (s"k 7) that is proper to say Asher Yatzar immediately after using the facilities, to avoid such a scenario.

Finally, on a practical level, if a person does not have a habit of saying the beracha right away, chances are he will not remember to say it later, or will be in doubt as to whether he said it or not, a situation to be avoided at all costs.

STORIES THAT INSPIRE



THE SURGEON'S BERACHA

In the Tel Hashomer Hospital in Eretz Yisrael, someone noticed a nonreligious doctor saying the *beracha* of Asher Yatzar. He approached the doctor and asked him why he says it. "I am a surgeon," the doctor responded. "I see a person's innards on a daily basis and am completely blown away by the human body and how it is made. How can I not say the *beracha* of Asher Yatzar?"

SAVED BECAUSE OF ASHER YATZAR

A taxi driver was waiting for a passenger – but the prospective customer was reciting Asher Yatzar, and was in no rush. This man was always careful with his recitation of the beracha, and would not enter the car until he had finished reciting it properly. The irritated driver gave up and drove off without him. The man flagged another taxi, and to his surprise, he passed the first taxi, noting that the driver had been in a car accident. How great is the power of a proper Asher Yatzar!

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Wonders of Digestion

PART II – CHEW THIS OVER!



Long before the food makes its way down to our stomachs, the food is being prepared for digestion. This preparation is done in the mouth and has two parts: chemical and physical.

The chemical preparations are through the enzymes contained in our saliva which break up the fats and starches in the food, as we saw in part I. The physical preparations are through our teeth. If whole pieces of solid food would come to our stomachs, digestion would be very difficult. Therefore, Hashem gave us an amazing set of teeth that cut, grind, and crush our food into tiny, fine pieces.

To do their job efficiently, they were created with great strength. Our molars exert approximately 162 pounds of pressure, which is twice the amount our hands can exert. The enamel, the outer covering of our teeth, is as strong as steel, making it the strongest part of the human body. But this would not be enough. Hashem instilled in our jaws an extremely high level of stamina. We can easily chew 1500 times during one meal without getting tired. Compare this to the way we would feel after going up 1500 steps or even after just turning a door knob 1500 times!

The 32 teeth that Hashem gifted us with are efficient and powerful tools which prepare our food for digestion. Without them, we would be eating pureed food from Gerber jars like newborns, who have to wait a few months for this gift!



To receive a daily 2-minute audio shiur by phone about the Wonders of the Human Body, please call/text 313-NIFLAOS (313) 643-5267 Also available on WhatsApp.



ANSWER TO QUESTION OF THE MONTH OF ISSUE 1:

Q: Which beracha do we say to thank Hashem for the ability to walk?

A: We say in Birchos Hashachar “*Hameichin mitzadei gaver*—Who firms man’s footsteps.” The Prisha says (O.C. 46:22) this refers to the fact that Hashem gave us legs so that we can walk. Try taking a few steps before you say this *beracha* to be able to say it with more feeling!

CONGRATULATIONS TO DANIEL S. FROM MONSEY FOR WINNING LAST MONTHS RAFFLE

A DOSE OF CHIZUK

Thank Him Right Away



It happened clear out of the blue. Fishel was innocently walking down the street when he suddenly felt strong cramps in his stomach. The pain was so intense that he had to sit down on the nearest bench, and wait for it to pass. When this kept happening, he went to the emergency room and from there was sent for a series of tests. The results were not long in coming; a doctor informed Fishel and his wife that Fishel had a serious condition which required emergency surgery. “Oy vey!” proclaimed Fishel. “We have no insurance; how can we afford it?” “Don’t worry,” answered his wife. “Don’t you remember your cousin Chaim Brown is the world’s top surgeon in this field? Let’s speak to him!” When Dr. Brown heard about Fishel’s situation, he immediately arranged the surgery and performed it at no cost, with the utmost care and concern.

Baruch Hashem, the operation was extremely successful, and they moved Fishel to the recovery room. When he opened his eyes, he saw Dr. Brown waiting patiently for him to wake up. But then he noticed that his good friend Yankel was also sitting there. “Yankel,” he called out, “it’s so nice of you to come visit me! So, tell me, how did you get here, was it-”. “Fishel, what’s with you!” interrupted his wife. “Dr. Brown, who did so much for you, is sitting right here! Shouldn’t you thank him before you schmooze with your friend?”

Rav Dov Kook of Tiveria (in his sefer *Berumo Shel Olam*, p. 5) gives the aforementioned parable to explain why, even if it is permissible to wait before saying Asher Yatzar (see the “Halachah Corner”), doing so would be similar to acting like foolish Fishel. Each time we place food in our bodies, our lives are in danger. As we say in the *beracha*: “*Im yipaseiach echod meihem, o yisaseim echod meihem, e efshar le’hiskayem v’lamod lefanceha (afilu sha’ah echas-nusach s’fard)* - if but one of them (the openings or cavities) were to be ruptured or but one of them were to be blocked, it would be impossible to survive and to stand before You (for even one moment - *nusach s’fard*.)” Hakadosh Baruch, in His great kindness, is the Master Doctor and makes sure nothing gets stuck. Nutrients are extracted from the food, and the waste is expelled safely. All this is done free of charge and painlessly, by our loving, caring Father in Heaven. We are not even aware that something is happening inside our body! So, doesn’t it make sense to say Asher Yatzar immediately after using the facilities? Furthermore, if we bear this in mind, we will *really* feel that we are thanking Hashem, and not merely fulfilling a halachic obligation.

----- INTERNALIZE IT! -----

After using the facilities, let us take a moment to internalize the fact that Hashem is our doctor and just performed a great operation for us. Let us then say the *beracha* with true feelings of gratitude!

QUESTION OF THE MONTH:



Why is it that Asher Yatzar is the only *beracha* that mentions the “*Kisei hakovod*—Hashem’s Throne of Glory,” while even the *berachos* we say on very *kadosh mitzvos* such as *shofar* or *tefillin* do not mention it?

Email your answers to ashertotheyatzar@gmail.com

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WE LOVE FEEDBACK!

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