

The Dee Pirkei Avot Project

Dedicated
 to those who have tragically been murdered,
 for the safe return of those missing or held hostage,
 for the refuah of those injured,
 the continued strength and bravery of our chayalim in the IDF
 and safety of all those in our homeland of Israel.

**רַבִּי יְהוֹשֻׁעַ אָמֵר, עֵינֵינוּ רָעָע, וַיְצֵר הָרָע, וְשָׁנָאת
 הַבְּרִיאָת, מַזְכִּיאָן אֶת הָאָדָם מִן הַעוֹלָם:**

Rabbi Joshua said: an evil eye, the evil inclination, and hatred for humankind put a person out of the world.

Rabbi Yehoshua tells us three things that are so harmful they can actually destroy a person.

The first thing is an evil eye, which is someone who's unhappy with what he has. He constantly sees what other people have and wants it. Social media exacerbates this for us. Not only do we see what people have, we see what we think they have. If we absorb it too much, it can destroy our serenity and peace. We have to remember that we get to choose how much and what we consume on social media. It's up to us to look at social media and choose simply to be happy for this person; this will give us serenity and peace.

The second destructive element in our life is the yetzer hara, our negative desires. What does this actually mean? Let me share with you a personal example. There's someone whom I've had to phone for a long time; I know it's the right thing to do, but I haven't yet done it. Why? Is it because my yetzer hara has told me not to call? No. Instead, every time, it has said, "Now's not a good time. Call in the evening when the kids are sleeping." Then in the evening, it has told me, "You're so tired. Call when you have more energy to talk." And it's been like that every day for a week. I haven't called yet and that's how our yetzer hara gets us. It traps us by telling us to push things off or by just doing a small thing wrong until it derails us completely.

We have to be smarter than that. We have to think of it like our personal coach who's there to bring out the best in us. When it tells us not to do something, we have to understand that it is telling us, "Overcome me and do it anyway!"

The third thing that can push us off course is hatred of other people without due cause.

These three things can actually remove a person from the world. They cause us anxiety which can eat into our health and take us away from the world to come by derailing us and not helping us get to achieve the mitzvahs and the Torah that we need to achieve for eternity.

Discussion Questions:

How can you avoid the trap of looking at what others have and feeling inferior?

How can you beat the yetzer hara that tells us to do the small things wrong?

What does it mean to hate someone without due cause? What can you think when someone does something wrong so that you don't end up hating them?

Idea by Gila Ross

לעילוי נשמה:

לאה בת רפאל הכהן ציפורה
 מאיה אסתר בת הרב אריה מרדיכי ולאה
 רינה מרים בת הרב אריה מרדיכי ולאה



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 רינה מרימס בת הרב אריה מרדיכי ולאה



Missing or Held Hostage:

Itai ben Michal Zipporah

Rivka Levy

דניאל שמעון בן שרון

סביוון חן בת רבקה

דניאל שמעון בן שרון

רינת גדורן

אביה בת יפעת

Sharona shmunis harel

Itai zamir

Ben Menashe Ben Dikla

דניאל שמעון בן שרון

יובל בוים

עניר אליקים בן שירה

אליסף בן פורת, גבריאל בראל

Gal Navon (Gal Ben Naama)

עדד בן בללה, יוכבד בת לאה

אבינתן בן דיצה תרצה

דניאל שמעון בן שרון

Ben Shimon

הירוש בן שרה

Daniel Shimon Ben Sharon

אבינתן בן דיצה תרצה

מיכאל בן רחל

עילי עוז בן אפרת

עדין אלכסנדר בן יעל

נريا בן שרון

מוריה בת סנדרה

יונתן בן לימור

דביר חיים בן רחית

הדר בת גליה

אליהו בן בת שבע

בועז מנשה בן עטרה

אלקנה בוחבוט בן רוחמה

שגיא בן נעמיה

דור בן דורית

תומר שבב

אברהם בן רפאל

אורית בן סיגלית

אוריאל ביבי בן יעל ג'וליה

אושר בן רחל

אייטמר בן מיכל

רינת הודה בת מיכולה

הירוש גולדברג פולין

Adi Margalit bat Elka Chana

עומר מקסים בן אורנה אסתר ורונן

Refuah:

יונתן צבי בן שרון

מichi שמעון בן בתיה

איתן בן לי

מיכאל בן אסתר

יאיר בן דרורה

נתנאל בן חייה אסתר

עמייחי שמעון בן בתיה

יאיר יונה בן דרורה ציפורה מלכה

Kinneret D

Hadar bat Galiya

עניר שפירא

נועה בת יהודית and יהודית בת תמר

נועה בת עדוי מרצייאנו

נבו בן מירב

דביר בן אורית

וונה בצלאל בן חוה שושנה

Shlomo Yair Chaim Ben Gittle Sara

רז בן דליה

Yonatan tzvi Ben Sharon

L'ilui Nishmat:

אריאל בן אחיה ועדיות אליהו ה"ז

רועי וייזר

רועי חיים בן נעמי וישראל

תומר בן מיכל

Yishai ben Yitzchak

Avraham Ben Yaffa

חנן (חנןיה) בן يولנדה

יונתן צור בן רבקה

Nathaniel Abraham Shalom ben Nahoum Maimon

ישי בן ענבל

רועי חיים בן ישראל מאיר ונעמי

אור מלכה

Ro'ee Ben yaron

אריה בן דברה

Sgt. Roey Chaim Ben Yisrael Meir

מתן בן מירי ואלה

רועי חיים בן נעמי וימי

אריאל בן אחיה ועדיות

יוסף מרדכי בן דינה

אלחנן קלמנזון

אריאל בן עדיות ואחיה

דביר חיים בן ישראל עמייחי

יוסף מלאכי בן דינה ודוד

דביר חיים בן ישראל עמייחי

יהונתן אהרון שטינברג