

IT HAPPENED ONCE



L'Chaim

Dedicated to the memory of Rebbe
"Our help is in the name of the Lord, Who

1887

28 Av, 5785

August 22, 2025

**The Weekly Publication
for Every Jewish Person**

נוסד תוך ימי השלושים

Dedicated to the memory of Rebbetzin Chaya Mushka Schneerson

"Our help is in the name of the Lord, Who made heaven and earth" (Psalms 124:8)



LIVING WITH THE REBBE

from the teachings of the Rebbe
on the Torah portion

Adapted from Likutei Sichot of the Rebbe, Vol. 19

Appreciate Your Blessings

By Rabbi Yossy Goldman

A generous congregant had donated several boxes of minimally damaged jackets and asked me to distribute them to the needy as winter was approaching. I joined forces with a number of dedicated welfare workers, and one morning we announced that the jackets would be made available. Hundreds of people lined up outside and filed by, one by

one, to receive their jackets.

You think we made those poor people warm by giving them the jackets? We were the ones left with the very warm feeling of having helped bring comfort and cheer to our fellow human beings. And, boy, did that encounter give us perspective. Whatever problems we may be facing, we are absolutely affluent and privileged compared to thousands of cold, often homeless people.

I conclude by sharing a few lines I found by an unknown author. You may have come across these words before, but they are worth repeating because they certainly provide perspective.

"If you have food in your fridge, clothes on your back, a roof over your head, and a place to sleep, you are richer than 75% of the world."

“If you have money in the bank, your wallet, and some spare change, you are among the top 8% of the world’s wealthy.

"If you woke up this morning with more health than illness, you are more blessed than the millions of people who will not survive this week.

We will all be far happier and realize how much we have to be grateful for, if we know how to see the blessing, rather than the curse. By developing perspective in life, we learn how to count our blessings. Only then do we realize how truly blessed we really are, and how truly happy we can be.

“See, I give you this day a blessing...”

