

SICHA POEM

PROJECT LIKKUTEI SICHOS | 5783 - YEAR OF HAKHEL



Likkutei Sichos, Vol. 23

Matos-Masei - Menachem-Av

— *By Mushka Heidingsfeld*

Let's explore the meaning of the name,
For the upcoming month- Menachem Av,
The order of the title shows that the Yidden,
Are the ones who comfort our Father Above.

I understand how a Tzaddik can comfort Hashem,
For he lives his life in total devotion,
When we're in Golus, the Shchina is, too,
Hashem's "pain" is his only emotion.

And then there are some high-level Jews,
Who feel the spiritual hardship that Golus brings,
We no longer have the Beis Hamikdosh,
We lack in revelation of our King.

But what about me? This isn't my concern-
I'm more troubled by what Golus means day-to-day,
The news, the headlines, the sadness and stress,
How can I comfort my Father anyway?

But Menachem Av is the name accepted by all,
So somehow, I too, can comfort Hashem,
While down in the dumps of Golus,
I can focus on my Father though challenged by them.

When Hashem chose the Yidden, he chose the ׀ג,׀
Our bodies on the outside are like all other nations,
But this choice displays the essential bond,
That Hashem has for us over other creations.

The Neshama's closeness is open and bright,
 It's what I associate with Hashem and perfection,
 But my body and personality were chosen by Hashem,
 In the deepest way, there's an essential connection,

When I daven for something I need or want,
 It "bothers" Hashem like it bothers me,
 This essential bond reaches so low,
 Hashem feels what I lack physically.

And that's why I can comfort Hashem,
 Even if the physical pain is what I feel,
 When my גוף suffers through the storms of Golus,
 That's the גלות השכינה for real!

The Shchina comes along with the Neshama in Golus,
 But the essence of Hashem is **within**,
 The words of Torah can't handle impurity,
 But Hashem Himself is with me through thick and thin.

Children are expressions of their father's potential,
 The power of their father is revealed through them,
 So as Yidden we have a special כח,
 We can express our essence and comfort Hashem!

From when we enter the month of Menachem Av,
 There are laws to keep, Torah and Mitzvos to add,
 Siyumim and Hilchos Beis Habechira,
 Are some ways we transform these days that are sad,

Through our efforts, we comfort Hashem,
 He takes us out of this Golus right away,
 Building the third Beis Hamikdosh for us,
 Amen! May we merit to see it today!

לע"נ לאה מרים בת ר' יעקב יוסף ע"ה