

This Pesach as we celebrate our freedom

Join in the

זמן חרותנו Machsom L'Fi

on behalf of those who yearn for freedom

Soon, we will be sitting with our family, reliving the miraculous story of our redemption from slavery. But as we do so, our hearts are moved by the plight of fellow Jews who right now, can only hope and pray that they, too, will soon be free.

What better time than the Z'man Cheirusanu – our season of freedom – to join together and initiate a tremendous wave of merit and Heavenly mercy on their behalf?

Join the "Z'man Cheirusenu Machsom L'fi," and help imbue your Pesach sederim, and seudos with the merit of Shmiras Haloshon.

It is this mitzvah, the Chofetz Chaim said, that has a unique and profound ability to bring Heavenly mercy down into our world.

By keeping our Pesach seudos free of loshon hora and dedicating this merit for those who yearn for their own personal z'man cheirusenu, we can try to do our utmost to arouse Hashem's mercy on their behalf.

לזכות

Gilad ben Aviva

-Gilad Shalit

Yehonosson ben Malka

-Jonathan Pollard

Yosef ben Ita Rivka

Yaakov Yosef ben Raizel

Yoel Zev ben Mirel Risa Chava

-3 Yeshiva Bochurim in Japan

A Machsom L'fi is a program in which participants commit themselves, bli neder, to add special focus to observing the mitzvah of Shmiras Haloshon for a designated period each day. It has been endorsed by Gedolei Yisrael.

How To Participate in the Machsom L'fi:

1. Recite the Chofetz Chaim's tefillah for success in Shmiras Haloshon at the start of each seudah

(Text can be found at the beginning of Artscroll's A Lesson A Day or Daily Companion and most Hebrew volumes of the Sefer Chofetz Chaim.)

2. Recite the text below to designate the seudah as a time of special attention to Shmiras Haloshon as a zechus.

הננו מקבלים על עצמינו, בלי נדר, שמירת הלשון, בדבור ובשמיעה למשך הסעודה הזאת לזכות ישועת אחינו האסורים בבית הסהר: גלעד בן אביבה, יהונתן בן מלכה, יוסף בן איטא רבקה, יעקב יוסף בן ריזל, יואל זאב בן מירל ריסא חוה

"We accept upon ourselves (without a vow) to observe the laws of Shmiras Haloshon in speaking and hearing throughout the seudah as a zechus for our brethren in captivity: Gilad ben Aviva, Yehonosson ben Malka, Yosef ben Ita Rivka, Yaakov Yosef ben Raizel, and Yoel Zev ben Mirel Risa Chava."

3. It is also beneficial to learn one halacha from Sefer Chofetz Chaim in Hebrew or English at each seudah.

**This Pesach, unite with your fellow Jews. Be part of the achdus.
Help the joy of freedom shine within the heart of every single Jew.**

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