



# Toras Avigdor

Adapted from the teachings of Rav Avigdor Miller z"l

# Junior

Sefer Bamidbar sponsored by:



By: Aharon Spetner

Illustrations by: Miri Weinreb

## מטות-מסעי

# The Story of Our Lives

Sponsored by:



**CHEIN  
INSURANCE  
AGENCY, INC.**

1609 East 29th Street Brooklyn, NY 11229  
Tel: 718-799-5602 Fax: 646-895-7646  
pinchus@chein-insurance.com



# The Story of Our Lives

Yitzy walked nervously with his father down the hallway of the hospital floor. He always felt uncomfortable seeing the various sick people attached to all sorts of scary-looking equipment. Finally they reached Uncle Refoel's room. Uncle Refoel had been very sick for the past six months and Yitzy often went to visit him.

It looked like Uncle Refoel was just finishing a discussion with a doctor when they walked in.

"Wow, Boruch Hashem! This is amazing news! Thank you so much!" Uncle Refoel said with a huge smile as the doctor packed up his things and left.

Totty rushed forward. "Refoel, what's going on?" he asked with a hopeful look on his face.

Uncle Refoel's eyes glistened with tears of joy. "It's a neis!" he said. "The doctor came and said that the latest tests show that the disease is completely gone! I can leave the hospital tomorrow!"

Totty and Yitzy were overjoyed. "Boruch rofei cholim!" they exclaimed.

Totty turned to Yitzy, who had started stacking up some of the things next to Uncle Refoel's bed, "What are you doing, Yitzy?"

"Well he's leaving tomorrow," Yitzy said, picking up a notebook and placing it together with a stack of seforim. "I thought I'd help him get his stuff together."

"Oh Yitzy you're so sweet," Uncle Refoel said. "But would you mind actually giving me that notebook? I need to write something down."

Yitzy handed over the notebook and as Uncle Refoel opened it he saw that it was filled with pages and pages of dates and medical notes:

- 3 Sivan 5783 - Doctor says things are worse than ever
- 9 Sivan 5783 - Started new medication, feeling dizzy
- 15 Sivan 5783 - Feeling a bit better
- 3 Tamuz 5783 - Underwent emergency surgery
- 15 Tamuz 5783 - Blood test

Yitzy then watched as Uncle Refoel added a new line:

- 24 Tamuz 5783 - Boruch Hashem, the doctors say I'm better!

Uncle Refoel closed the notebook and handed it back to Yitzy with a smile.

“Uncle Refoel,” asked Yitzy. “Why did you keep notes of everything that happened to you here? I understand that you want to remember today when you got the good news, but a lot of the things you wrote down sound very scary!”

Uncle Refoel adjusted himself and Yitzy flinched as he saw the IV line going into Uncle Refoel’s arm. “Yitzy,” he said, “In this week’s Parsha the Torah spends a tremendous amount of *pessukim* telling us every single place the Am Yisroel stopped in their 40 years in the Midbar. Doesn’t that sound a bit strange?

“But Rav Avigdor Miller says that it’s not just where we end up. Every single step in our journey through life is important. Everything that happens to us is from Hashem and each little detail, no matter how unimportant or even painful it may seem, is for our good! That’s why remembering each little thing Hashem does for us is super important if we want to be true *ovdei Hashem*.

“I went through many painful things in the hospital: surgeries, blood tests, scary news from the doctors. But I know that each and every little thing was actually a gift from Hashem to help me grow and become closer to Him. And now that I am leaving the hospital I have a notebook filled with



everything that happened and I can look back through it and remember all of the gifts Hashem gave me along the way.”

“Incredible,” said Yitzzy, very impressed.

“But I want to tell you one more thing, Yitzzy,” Uncle Refoel continued.

“You’ve done an incredible mitzvah coming to visit me all these months. I really owe you a lot of *hakoras hatov*. But I noticed that you always seemed somewhat uncomfortable around me and the other sick people here.”

“Well, yeah,” Yitzzy said. “It’s scary to see sick people. It makes me afraid and I don’t know what to think or say.”

Yitzzy thought he might have hurt his uncle’s feelings, but Uncle Refoel continued smiling. “Yitzzy,” he said, “Do you know what Rav Avigdor Miller says that we should say whenever we see a sick person?”

“*Refuah Shleimah?*” Yitzzy asked.

“Yes,” said Uncle Refoel, “but that’s what you say out loud. To yourself you have to say ‘thank you Hashem for not making me sick like that person, thank you Hashem that I am healthy and don’t need to be in a hospital!’ Whenever you see a sick person, it’s Hashem Who is reminding you that you are healthy and we need to recognize and be aware of that all the time!”

Totty and Yitzzy said their goodbyes to Uncle Refoel and left. As they walked through the lobby and passed a boy in a wheelchair with a broken leg, Yitzzy asked Totty if he could borrow his pen.

Yitzzy then took out a piece of paper from his pocket and wrote down “24 Tamuz 5783 - visited Uncle Refoel - Boruch Hashem he’s better! And I saw a boy with a broken leg - Boruch Hashem I have two healthy legs!”

**Have a Wonderful Shabbos!**

---

### **Takeaway:**

---

***Our lives are a story Written by Hakadosh Baruch Hu. Our parsha teaches us to remember the entire story and thank Hashem for every step of the way.***

---



#### **To listen on the phone, Dial:**

**USA: 718-289-0899**

**UK: 0333-015-0752**

**Israel: 079-704-0089**

**Canada: 438-771-0452**

© Copyright 2023, Toras Avigdor