

Dear Family and friends,

Many have written in and asked us how we are managing and to please let them know if there is anything they can do. As we come closer to the next step and starting the treatment process, IMY"H, there is a message that we want to pass along. Something that touched us and meant a lot when we read it. We hope that you hear this message and take it to heart. We are sending this as a source of chizuk, strength and a reminder that our tefilos (prayers) really can and do effect change.

Although the value of tefillah is not dependent on the results it produces, very often it does bring about quite remarkable results. How does tefillah work? If Hashem has deemed that a tragedy occur, would it help for us to protest it? Can we convince Hakadosh Baruch Hu to do something other than what He, in His infinite wisdom, has decided best to do?

The purpose of tefillah is to change us. By davenning (praying) to Hashem, one comes to the realization that his fate is completely dependent on Hashem's will, and can only survive with His mercy. This realization, through prayer, literally transforms us. It carries us on its wings, elevation and exalting our very beings. Since one is actually transformed through prayer and is no longer the same person against whom a decree was originally issued, the Heavenly decree can be rescinded.

How, then, do the tefillos of friends and family effect the recovery of someone else? What connection is there between the transformation of other people through their prayers and the person for whom they are praying? Whenever a person causes a good thing, whether consciously or unconsciously, he gains merit for causing it. When people daven for the recovery of a sick person, and the in the process draw closer to Hashem, it is the sick person who has caused this transformation and the merit goes to him. The more people that pray for him and are elevated, the more merit he accumulates, until ultimately, that mountain of merit transforms him, and the Heavenly decree can be lifted.

A month ago, Yossi, Yosef Ben Rus, was diagnosed with a tumor on the liver. The news was shocking, overwhelming, and terrifying. The treatment is a process which takes time yet our hakoras hatov to the Ribono Shel Olam for providing this refuah is immense. In this trying time when the feeling of helplessness is great, everyone feels like they want to **do** something. It is specifically at this time that we are being called upon to remember that the Ribono Shel Olam is in control. He loves us. It is important for us to review and realize this constantly. Seeking out the ways in which G-d sends us His messages of love. Be it a sunset, smile, or small kind act that He sent our way. It is our duty to recognize and awaken within ourselves this awareness that He is constantly involved in our lives. Bracha and I have been trying to keep our eyes open and aware of each kind act and see it as that message. We are reminding ourselves over and over that G-d is our merciful Father who has and continues to bestow goodness on us and take care of us. He alone can effect change and is the Rofei Neeman, Faithful Healer, who heals the sick, out of His love for us. It is with this awareness and belief

that Hashem is the Omnipotent and loving Father upon whom we call, who will send us this Yeshuha, a complete and speedy recovery, among all those who are ill among Klal Yisroel. At this time, Offers of help have been pouring in from family, friends, the extended community and beyond. Although all meals, rides, errands, gifts, and visits are greatly appreciated and very necessary, there is something very practical that everyone can do, regardless of age, location, time, or any other limitation. Pray and Believe. Let the tefillah, prayer elevate you, let it carry you on its wings and let it bring you closer to Hashem. Let it change you. Striving for closeness to Hashem, G-d, whether through tefillah, or the perfection of a mitzvah or middah, done on Yossi's behalf, not only helps you, but very realistically helps Yossi. Iy"H, Yossi's mountain of merit will grow so tall it will tower into the Heavens and he will be granted a refuah shelaima b'karov.

We can't thank you enough for all you have done and continue to do.

Yossi and Bracha Kalter

A special word of gratitude to Danya Miller who helped us to articulate and send this message forward. May it stand as a zechut for health and all good for her and her family.