

# Join the Morning Machsom L'Fi

as a Z'chus for  
*Reb Sholom Mordechai Rubashkin*

## SIGN UP TODAY

at [join@morningmachsomlfi.org](mailto:join@morningmachsomlfi.org)

Sign up for a daily 9:00 AM reminder phone call at **212.444.9898**

To participate: At 9:00 AM each morning, simply recite the Chofetz Chaim's *tefila* for success in Shmiras Haloshon (found in most editions of *Sefer Chofetz Chaim*) and verbally accept the Machsom L'Fi [see box].

It is also beneficial to learn a *halacha* from Shmiras Haloshon Yomi.

### *Acceptance of the Machsom L'Fi*

Recite this text at 9:00 AM when you begin your  
Machsom L'Fi

הננו מקבלים על עצמינו, בלי נדר,  
שמירת הלשון, בדבור, שמיעה, וכתובה  
משעת טשעה עד שעת עשר בבוקר  
לזכות ישועת שלום מרדכי הלוי בן רבקה.

*We accept upon ourselves, without a vow,  
to observe the laws of Shmiras Haloshon  
in speaking, hearing, and writing from 9 to 10 AM  
as a merit for Sholom Mordechai Halevi ben  
Rivka [Rubashkin]*

### *Shmiras Haloshon stops Divine prosecution*

"Measure for measure [*midah k'neged midah*] is the rule of Heaven in all instances. When a person restrains himself from speaking disparagingly of his fellow, then in Heaven the Accuser is unable to open his mouth to accuse.

This is not the case if talebearing is present among the Jewish people on earth. Besides the wrath that is provoked against the talebearer himself... wrath is also provoked against Klal Yisrael."

— Chofetz Chaim, from his *sefer*, *Shmiras Haloshon*,  
Shaar HaZechirah, ch. 2