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1"פרשת ויצא תשפ"ו 2025 ב פרשת ויצא תשפ"ו חדלקת נרות 15:41 | מוצאי שבת 16:53 | לר"ת 17:09 the helpline © 0330 127 3333



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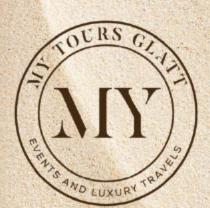
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Go screen-free for the first 30 minutes after candle lighting each night of Chanukah.

When you've done it, email us at reconnect30@tag.org.uk to tell us one thing that you gained from the challenge.

You'll then be entered into our draw to win £100 to spend with one of our generous sponsors!

Draw will take place on 28 December 2025

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Go screen-free for the first 30 minutes after candle lighting each night of Chanukah. Hang this checklist up (not too) near your candles.

2

Check off your progress as you go along



NIGHT

WHAT DID I GAIN FROM SWITCHING OFF?*

*These are examples. Share your own experiences with us!

- I watched the candles without distraction. NIGHT 1
- NIGHT 2 I had a real conversation instead of checking my phone.
- NIGHT 3 I shared time with family without my phone nearby.
- I noticed something beautiful I might have missed otherwise. NIGHT 4
- NIGHT 5 I did something kind or thoughtful for someone else.
- I used the quiet to reflect, rest or just breathe. NIGHT 6
- NIGHT 7 I switched off early and welcomed calm into my home.
 - NIGHT 8 I celebrated connection, presence and gratitude.

Draw will take place on 28 Dec



4) Email us at reconnect30@tag.org.uk with one thing that you gained from the challenge to be entered into the draw to win a prize from our generous sponsors!











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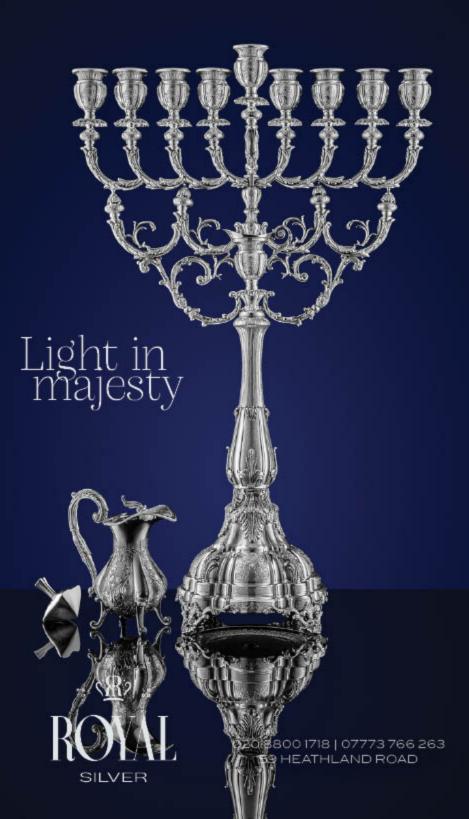






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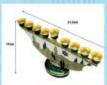
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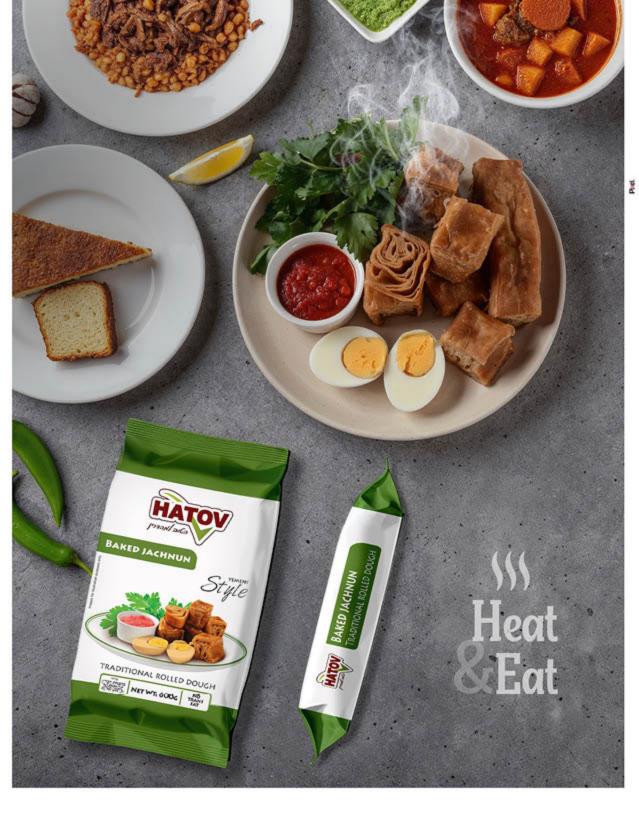
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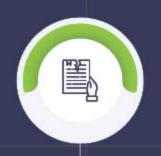
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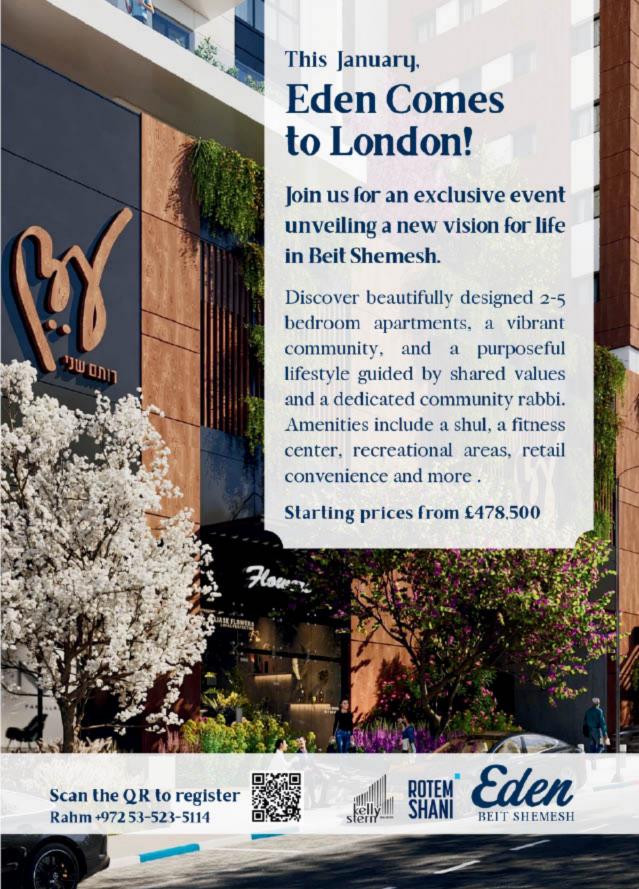
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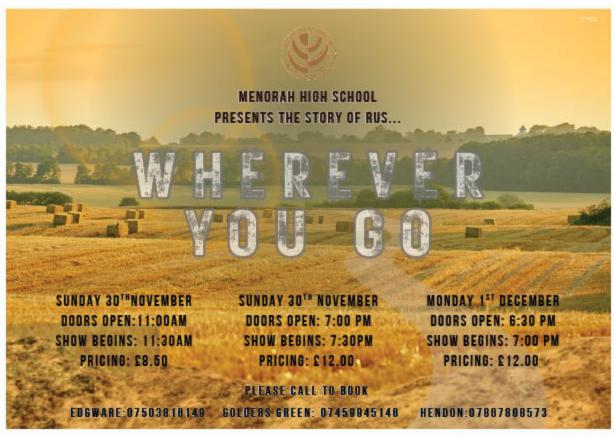
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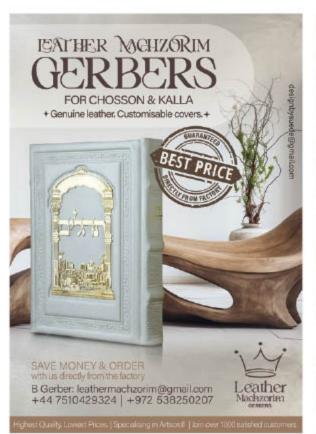






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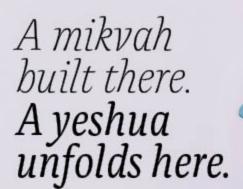


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Currency Exchange

Code	Currency	Units \ GBP	GBP \	
USD	US Dollar	1.31	0.75	
EUR	Euro	1.13	0.86	
ILS	Israeli New Shekel	4.32	0.22	
CHF	Swiss Frank	1.06	0.94	

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10******** 3.45

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DAILY TIMES

	Felday	Shabbos	Sunday	Monday	Tuesday	Wedesday
שקיקונ	3:56	3:55	3:54	3:54	3:53	3:53
266	4:50	4:50	4:49	4:48	4:48	4:47

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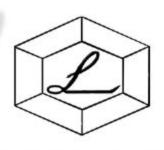
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