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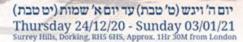
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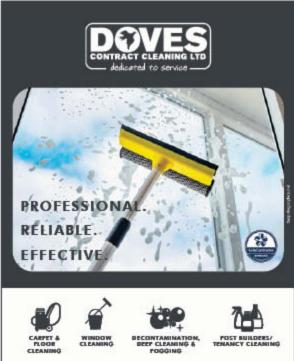
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Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness diminishes their sense of self and their ability to feel the full range of emotions and experiences. It is especially prevalent in the current times we are living through.

This course will discuss trauma experiences across the lifespan and the impact on health and well-being. The focus will be an interdisciplinary approach to building resilience for the individual, the family, and the community.



Starting 9<sup>th</sup> November • 7-10 pm 5 week course given by Mrs Debbie Gross



Open to Counsellors, Therapists, Parents and Teachers

To register/for course curriculum, please contact Hadassah 07791 419 007 Hadassahbeck@hotmail.com



To the ladies of N'shei North West Motze Shabbos shiur We are so sad not to be seeing you this winter and we will miss you all!

We would like to present you with a list of the ongoing shiurim available by telephone

Put me on the fridge!

## **HOTLINE NUMBERS**

**从表现的关键文章,从2018年间,1918年间,1918年间,1918年** 

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LIVING EMUNAH (BITE-SIZE DAILY SHIUR, RAV DAVID ASHEAR): 001-605-475-4799, ACCESS CODE 840886#, (PRESS # FOR TODAY'S RECORDING OR SELECT FROM 1-1700 FOR PREVIOUS RECORDINGS)

#### FOR CHILDREN

A LIFE OF BITACHON: 0330 350 2368

KOL YALDEI YISROEL: 0161 768 0405 (PRESS 2 FOR ENGLISH)

WONDER WORDS (STORIES): 0330 117 10 10

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Leini Nishmas Shmuel Eliyohu Ben Nosson Peretz and Shimon Ben Osher Zvi Moshe

Please contact us if you need any help accessing these lines Mrs Esther March and Mrs Goldie Sternlicht 07968 293 050



## presents a Winter Lockdown Programme

Tues 10 Nov

Let's Gourmet Together

Cooking class

with Ilana Epstein Educator, French pastry chef





Wed 18 Nov

Menu, Mindset and Pantry Reset

Practical ideas for healthy menus and a more organised kitchen

with Nicole Hebel New York-based Health Coach, Teacher, Mother



Mon 23 Nov

Art in Action Create a masterpiece with Esti Braham Art facilitator



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Tues 1 Dec

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learn vital first aid skills

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Wed 9 Dec

Seeing Beneath the Surface: You and Your Child

with Rivka Zeidman Community Educator and Parenting Guru

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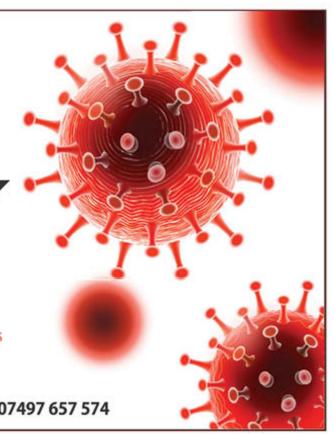
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Hi Aliva
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Can we schedule our slot to sit down for 15-25 min to check over the back transactions, expenses and sales relating to September 2020?

Many thanks

\*\*\*Const

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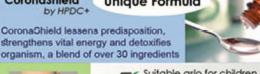


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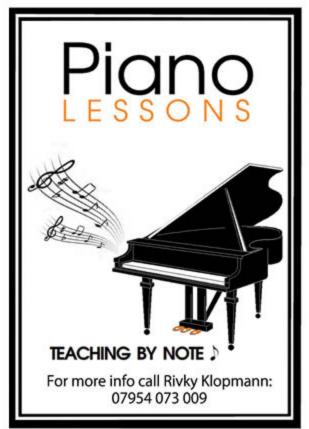
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Rules

Find words on the board containing four letters or more. Letters of a word must be connected in a chain, (each letter adjacent to the next either vertically, horizontally or diagonally) and each letter can only be used once in a given word.

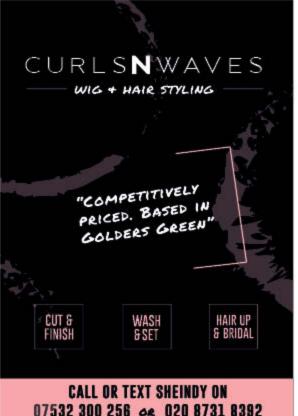
The following are not allowed in Boggle:

Adding 's' to a word - Proper Nouns - Abbreviations - Conjunction words - Acronyms

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4-letter words 2 points / 5-letter words 3 Points / 6-letter words 5 Points / 7 Letter Words 7 Points 8-Letter words 9 points / 9+ letter words 12 Points





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rather than wait for Reception 2022.

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Story by R' Fischel Schachter & Yonasan Schwartz!

BY R' FISCHEL SCHACHTER'S R' YONASAN SCHWARTZ - ILLUSTRATED BY TZAI R. PENSK'



MOSHE MODCHA... THIS IS YOUR LAST CHANCE. THE YETZER HARAH HAS DRAGGED YOU FROM LIE TO LIE IF YOU DON'T RETURN IT NOW, YOU NEVER WILL. AND YOU KNOW, THAT WHEN IT COMES TO AVEIROS THAT ARE BEIN ADAM LECHWEIRO, EVEN YOM KIPPUR DOESN'T WORK. IF YOU EVER WANT YOUR NESHAMA TO BE IN GAN EDEN, JUST GO AND RETURN IT.







WELL, YOU ARE
GOING TO DO WHAT
MY REBBE TOLD
YOU. IT'S YOUR
OWN NESHAMAI
DON'T YOU REALIZE
WHAT IT MEANS?
THE AGMAS
NEFESH THAT
YOU CAUSED? THE
ONLY WAY YOU'LL
HAVE A TIKKUN
IS BY TAKING
ACCOUNTABILITY FOR
WHAT YOU DID!



WHAT IF VELVEL CALLS THE POLICE?? WHAT IF VELVEL BOPS ME OVER THE HEAD?? WHAT IF VELVEL... WHAT IF VELVEL IS JUST GOING TO ACCEPT YOUR APOLOGY? YOU HAVE NO OTHER CHOICE! AND IF THE REBBE SAID TO DO IT, THAN BE MISPALLEL TO HAKADOSH BARUCH HU THAT YOU SHOULD BE ABLE TO DO IT!

CONTINUED NEXT WEEK IN'H



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Tuesday Wedesday









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## Classified

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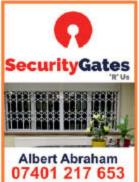
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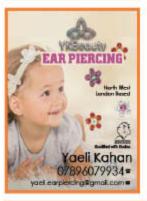




















Rabbi Melber will be in London this week. Sunday 23rd -Tuesday 25th July

To make an appointment please email: office@tahareinu.co.uk "limited slots available



by Ruthie Pearlman

### The confession

CHAPTER TWO cont.

"At first the shiurim were once a week, then twice, then three times a week. Soon it seemed to me they were out almost every night. It bothered me. I mean, yeah, I was fifteen and could take care of myself and I never needed much help with my homework, but it would have been nice to have them there. And slowly, subtly, they began to change."

"Change? How?" Peter asked.

She paused and looked at the three police officers. Wendy was sitting at the computer terminal typing as fast as she could, and the two men were sitting across from her, looking at her in bewilderment.

"I'm not explaining myself very well, am I? I guess it's hard to describe it. It...it was their friendliness and warmth that changed. They had both been emotional, laughing easily and crying just as easily. Then their personalities seemed to alter gradually. Looking at them day by day, week by week, you could barely notice the changes, but they were there, subtly creeping up, like ivy covering a building that you don't notice until it's too late to cut it all down. They became less excitable, more distant and morose. My father loved his life, his family, his religion, his work, all with a passion that inspired respect. My mother could be hot tempered but cooled quickly and was always warm and loving and laughed a lot. Before.

"These shiurim, whatever they were, were dousing the flames my parents carried inside them. The flames that gave them lie, the flames that made them who and what they were. They became almost like automatons, like walking zombies. Once I asked if I might

accompany them to a meeting, and they practically screamed at me. They said something about my being too young, that I had to wait until I was eighteen. When I insisted that I was mature for my age – which was true – they were adamant." She paused, thinking back. "That screaming episode was the most animated that I'd seen them in ages. The thought of me coming along, of finding out what went on at those so called shiurim, was the only time I saw them come alive.

By now I had guessed that these shiurim were probably not shiurim in the traditional sense of the word, or my parents wouldn't have reacted so vehemently against me going along. I thought maybe it was some kind of obscure adult study program that they had gotten involved in. I was young and very naïve, and my brother was away in yeshiva by then. If he had been home, maybe he would have spotted the truth and been able to stop things before they got as bad as they did." She stopped and closed her eyes as if trying to block out the regret, while the listeners absorbed the story.

"They weren't the same anymore. Someone or something had sucked out their blood and replaced it with iced water. This is how it's been for the past three years." She swallowed back sobs and dabbed at her eyes.

"Not got any better, then?" Peter asked sympathetically. Everyone in the room was puzzled about where this story was leading but no one could deny this girl's pain.

"Worse if anything," Miriam said sadly. "I couldn't talk to either of them anymore. They might as well have been holograms of themselves, projecting their images into my life, their bodies somewhere on a distant planet." She stopped and took a deep breath,

# THE ORIGINAL SNACK

· BAKED NOT FRIED ·











and her listeners gathered that the crux of the story was coming.

"On my eighteenth birthday, I didn't just get my usual presents of toiletries and a hairbrush. They told me it was time for me to get married. They didn't ask me if I was ready or if I wanted to. They told me it was time and that they had found a suitable boy." She huddled into her chair, wrapping her arms around her knees.

Colin had never been that impressed with shidduch dating, what he thought of as Jewish arranged marriage. It was just one of the many things that had turned him off religion. He had discussed it with Leora once after they had gotten engaged. She had nonreligious parents, so presumably had experience of casual dating.

"Shidduchim are not arranged marriages like those in some Muslim or Hindu cultures," Leora had told him firmly. "That implies an absence of choice. I like to think of them as arranged first dates. Okay so mutual friends or matchmakers set them up. But sometimes this happens in non-Jewish culture too. Blind dates or introductions by friends are common. People don't think of these dates as arranged marriages. Once they are introduced, they can date normally to see if they like each other."

"But it's not normally," Colin had argued back, "they get engaged within a couple of weeks or even less. Regular dating would take a year or more."

"Agreed," Leora had said, "but the reason they get engaged so fast is because most of the groundwork has already been done for them. They don't have to find out if there are any skeletons in the closet, only if they like each other. The dates are much more focused than your so-called regular dates."

"And you've done it both ways, so you'd know,"
Colin had said, miffed at being outsmarted.

"I think Shidduchim work," Leora had replied. 
"They bring together two people who would never normally have met, who have been carefully vetted for suitability and go out with the full knowledge and approval of both families. No sneaking around, no dating people you know your parents would disapprove of, no worrying whether this nice guy you are with is an axe murderer or a tax fraudster. You can just relax and see how things develop." She had laughed at this point. "Who am I to talk? Look how it happened for us!"

Colin remembered this conversation now as he listened to Miriam. The kind of shidduch she was describing didn't sound like the kind Leora had talked about at all.

"I protested. I said I had just turned eighteen and didn't feel ready to get married."

She paused for a moment, and took several deep breaths and a sip of tea, cold by now, before continuing.

"I expected my parents to understand, to back off and withdraw their suggestion. I was completely stunned and shocked when they insisted. It turned out it wasn't a suggestion. It was an order."

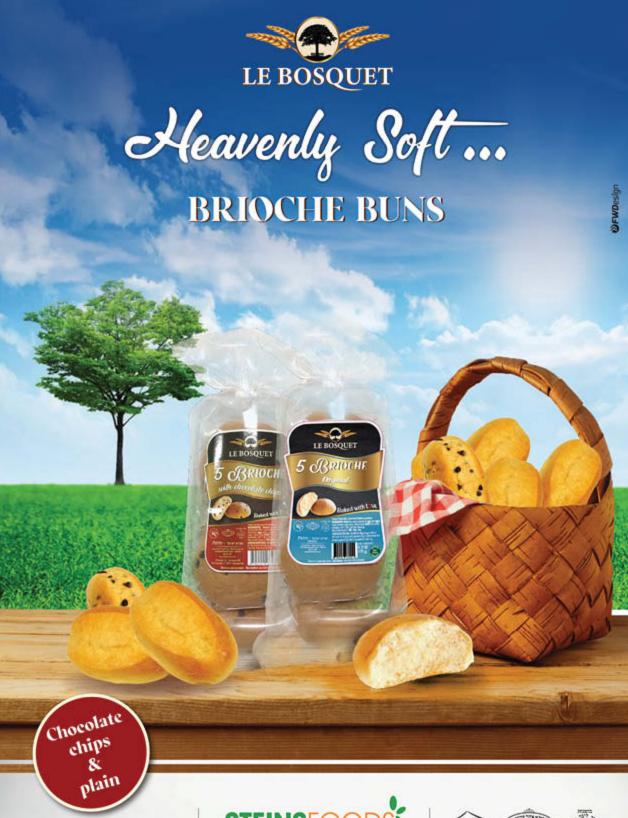
Peter and Colin exchanged looks. Wendy looked shocked, too. "I wouldn't have put up with it," she declared.

Miriam shot her a look across the cultural divide that took forever to bounce back, the distance was so great. There was no point in answering; there was no point of meeting. Wendy obviously thought this was a religious matter. How could Miriam explain that this wasn't normal?

To be continued....

You're reading The Movement. Get the rest of Ruthle Pearlman's gripping thrillers either in your local Judaica store, or check out herwebsite at www.ruthlepearlman.com to link to Amazon. Also two books are in audio book format at www.mostlymusic.com













### Shimru - Keep it Global Jewish Learning Program In association with The Shabbos Project

The Shabbos Project is a global, grassroots people's movement which calls on Jews all over the world to experience and keep one Shabbos together. It occurs once a year, and each year it grows in breadth and depth. In 2019, they worked with a team of over 6.000 city captains and reached Jewish communities in 1.686 cities, in 106 countries across the world, impacting over one million people. And it keeps growing.

For the first time ever since its inception, The Shabbos Project is including and promoting, as part of their global vision, the study of Halacha to enrich the Shabbos experience for those who keep it every week.

Shimru – Keep it! the brand new learning program of the PBM was selected by The Shabbos Project to be the official provider of this improvement.

We would like to extend you a warm invitation to join as one of the partners in this new impactful endeavor.

#### The Program

Shimru is the first ever-global learning programme of its kind, and aims to study key concepts of Shmiras Shabbos with simplicity and depth, enriching and extending their understanding of them, and transforming them into an integral part of their lives.

It is based on the brand new book of the PBM: Shabbos 39, and provides a deep understanding and firm grasp of the nuances and principles of these topics and their application today.

Shimru structure is to offer one chapter of the book about one melacha per week, and a weekly live shiur of 30 minutes delivered by Rabbi Daniel Glatstein on the daily-practical applications of these Halachot.

#### The Launching Event

Honored with the presence of HaRav Hagaon Rabbi Asher Weiss, HaRav HaGaon Rabbi Herschel Schechter, Chief Rabbi Warren Goldstein, Rabbi Akiva Tatz, and Rabbi Daniel Glatstein, "This carefully coordinated global learning program will be launched on the evening of Sunday, 8th of November.

In addition to general inspiration about Shabbos, the topic of the launching event will cover one melacha and will include:

- The background and origins of the melacha;
- The two main divergent approaches to understand each topic
- · The major halachic differences between them
- Halacha conclusions.

#### The Vision

The vision of Shimru is to get people across the world involved in the learning programme. And this could translate into tens of thousands, if not hundreds of thousands, of Jews learning about the laws of Shabbos in an explosive show of dedication and love for learning our holy Torah, and for our desire to keep the Shabbos according to the correct halachos. Shimru will be promoted as an advanced educational stream to run alongside The Shabbos Project.

#### The PBM

PBM is a carefully constructed adult education programme. It is designed for any Jews who are interested in gaining access to their heritage and connecting to our ancient wisdom that has been carefully preserved and cherished throughout each generation.

PBM's material, books and curricula are comprehensive in their coverage of background information, diagrams and the necessary skills to unlock classic Jewish texts.



Rabbi Gabi Brett Director, PBM and Co-Founder Shimru

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