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The Kashrus:

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After many months of searching and investigating, they managed to obtain the original bird, The Leghorn, that is known to be a traditional hen that was used by our parents and grandparents many years ago, and throughout the generations, till today. It always remained with its purity because; as the leghorn are prime layers, who produce the large white eggs, it was not worth for the farmers to mix with other hens.

The health of our leghorn:

The leghorn is a slow growing bird, taking a few months to be fully grown. They are not fed any hormones, therefore, are sturdier and healthier, with no viruses or illnesses, so it is not necessary to give them any antibiotics to keep them healthy.

Our hens are not kept in conventional cages. They are kept in an enriched environment, which meets the

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SHIURIM SCHEDULE

DAY	TIME	CATEGORY	SPEAKER	TITLE	OCCURENCE
Sunday	8-8:40pm BST	High School Girls Yr 9+	Rabbi Mendy Chissick	כי ביתי בית תפילה	Daily
Sunday	9-10pm BST	Post Sem	International Guest Speakers	אמונה ובטחון	Weekly
Monday	3:15-4pm BST	Sem Girls (Current)	Rabbi Shimshon Silkin	פרקי אבות	Bi-Weekly
Monday	8-8:40pm BST	High School Girls Yr 9+	Rabbi Avrumi Hecksher	כי ביתי בית תפילה	Daily
Monday	9-10pm BST	Post Sem Chabura	Rabbi Shimshon Silkin	משלי	Weekly
Tuesday	10:15-11am BST	Ladies Shiur	Rabbi Shimshon Silkin	משלי	Weekly
Tuesday	8-8:40pm BST	High School Girls Yr 9+	Rabbi Yonason Roodyn	כי ביתי בית תפילה	Daily
Wednesday	8-8:40pm BST	High School Girls Yr 9+	Rabbi Shimshon Silkin	כי ביתי בית תפילה	Daily
Thursday	3:15-4pm BST	Sem Girls (Current)	Rabbi Mendy Chissick	פרקי אבות	Bi-Weekly
Thursday	8-8:40pm BST	High School Girls Yr 9+	Guest Speaker	אמונה ובטחון	Daily
Thursday	10-10:45pm BST	High School Girls Yr 9+	Rabbi Y. Roodyn & Rabbi S. Silkin	Interactive Q&A / Virtual Tour	Alternate Weeks

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8pm BST

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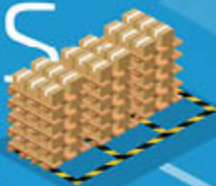
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FIGURES

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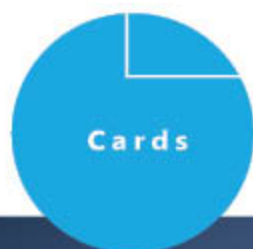
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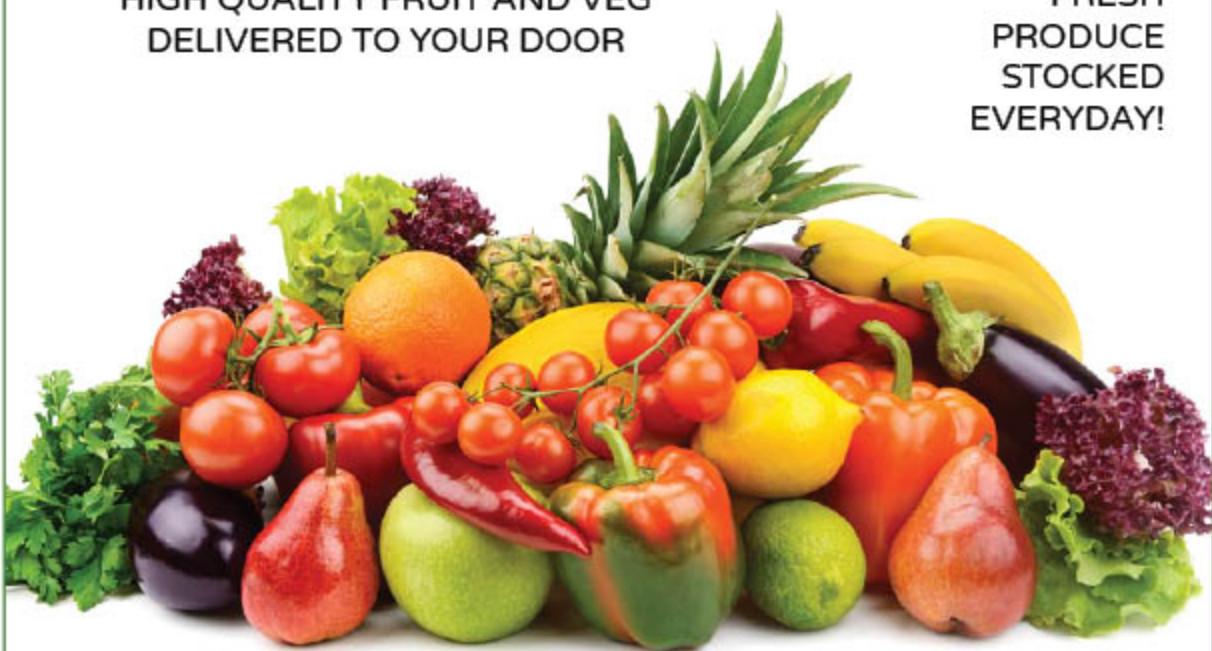
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Your Questions Answered

CORONAVIRUS

Memo 7

I find myself worrying a lot now about different things. When is normal worrying considered problematic?

A: Understanding Worrying

Everyone worries to some degree, and some thinking ahead can help us to plan and cope. There is no 'right' amount of worry. We say that worry becomes a problem when it stops you from living the life you want to live, or if it leaves you feeling demoralised and exhausted.

Excessive worry

Leaves you feeling demoralised, upset, or exhausted
Gets in the way of living the life you want to lead

Normal worry

Helps you to solve problems in your life
Helps you to get what you want

What can I do about worry?

It is natural for you to worry at the moment, but if you feel that it's becoming excessive and taking over your life – for example if it's making you anxious, or if you're struggling to sleep – then it might be worth trying to find ways to limit the time you spend worrying, and taking steps to manage your well-being.

Steps you can take

- **Maintain balance in your life.** Balance and a variety of activities.
- **Identify whether your worry is 'real problem' worry, or 'hypothetical worry'.** Real problem worry is one that needs to be solved now versus a hypothetical worry – one that can be solved later. If you're experiencing lots of hypothetical worry, then it's important to remind yourself that your mind is not focusing on a problem that you can solve right now, and then to find ways to let the worry go and focus on something else.
- **Practise postponing your worry.** Worry is insistent – it can make you feel as though you have to engage with it right now. But you can experiment with postponing hypothetical worry. Many people find that this allows them to relate differently to their worries. In practice, this means deliberately setting aside time each day to let yourself worry (e.g. 30 minutes at the end of each day). It can feel like an odd thing to do at first! It also means that for the other 23.5 hours in the day you try to let go of the worry until you get to your 'worry time'.
- **Speak to yourself with compassion.** Worry can come from a place of concern – we worry about others when we care for them. A traditional cognitive behavioural therapy technique for working with negative, anxious, or upsetting thoughts is to write them down and find a different way of responding to them.
- **Keep davening.** Remember Who is the Keeper of all worries. When a person completes Shemone Esre he should always feel confident that HaShem has listened to his Tefilos, so too we should aim to have the Yishuv Hadaas that once we have done ours we need not do the worrying.

At Zeh Lozeh we understand that many people struggle with fear, anxiety, and stress on a daily basis. Situations like these can aggravate those fears and difficulties. If you feel that your anxiety or stress is affecting your ability to properly function, it may be advisable to seek the services of a professional that can help you through this difficult period. We will b'n continue to provide our services during these times.

Call the Zeh Lozeh Helpline on 0203 728 4323
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Please note that these answers are general guidelines. Each individual should consult with their Doctor/Moreh Derech.

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MY NAME IS EMES

BY R' FISCHEL SCHACHTER & R' YONASAN SCHWARTZ • ILLUSTRATED BY TZAI R. PENSKY

Story by
**R' Fischel
Schachter
& Yonasan
Schwartz!**

Z-Z-Z-Z-Z-
UH,
THIS IS HARD
WORK, BEING
THE, THE
DRIVER OF
THE BAAL
SHEM TOVS
HORSES! THEY
HAVE A MIND
OF THEIR
OWN. THEY
LIKE GOING
WHEREVER
THEY WANT
TO!

ALEXIE
WAKE UP! LOOK
WHERE YOU'RE GOING!

ALEXIE
WATCH OUT!

PULL
OVER

HURRY!
HURRY!!

YAAAAWN... HUH-
HUH-WHAT'S A
MATTER?

THERE'S
ANOTHER
WAGON-
COMING IN
THE OPPOSITE
DIRECTION!

CONTINUED NEXT WEEK IYH

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8	1		3		6			5
	3	5	4			7		
		2				3		
		8			3	9	5	
4			1		5		2	9
				3			6	
			9	8		4		

DIFFICULT PUZZLE

6								9
				1	8			7
2					4			3
		9	2			3	1	
8								4
	1	5			6	9		
	5		4					2
7			8	6				
	6							9

Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.

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7 May



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Friday

8 May



24°C / 12°C

Shabbos

9 May



23°C / 10°C

Sunday

10 May



11°C / 4°C

Monday

11 May



11°C / 3°C

Tuesday

12 May



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Instant Addiction

Hi, everyone. I want to talk to you, straight from the heart. I don't need any fancy titles or lengthy introductions. I'll just tell it to you, as it is.

My name is Yoni. If you met me in the street, I wouldn't even make an impression. I'm just one of the crowd; a good Yid who tries to do his best. I daven, I work long days running the office at a busy firm, and I attend a Daf Yomi shiur each night.

Nice guy, all around.

Let me tell you something. For years, I've been smirking to myself whenever I heard a speaker warning about the dangers of the internet. It's not that I disagree with what they're saying. Quite the contrary, in fact. I'm very stringent with myself and my family. We have no computer or internet-friendly device at home. At my office, we work with a good filter and even if I would want to play around, there isn't a spare moment to do so.

So what's that inner smirk all about?

I'll tell you. It's aimed at those people who don't have the willpower to do what's right. I always wondered how someone could be so spineless – and utterly blind! – to fall down that steep cliff into internet addiction.

Well, I'm not smirking anymore.

A few weeks ago, my boss was more frazzled than I'd ever seen him. There were mounds of invoices that needed to be filed, both digitally and in hard copy. It was one of our busiest seasons, and the paperwork was piling up.

"Just get it done!" he growled. "I don't care if you work through the night – get those invoices filed away!"



"But..." I started to protest. He didn't let me get a word in edgewise.

"Yeah, I'll pay overtime, triple time, whatever you want – just make sure it's all squared away by 8 a.m. tomorrow morning!"

He was in no mood for conversation, so I kept my questions brief.

"Uh...computer?" I asked.

"You don't have a computer at home?" he asked, taken aback. "Seriously?"

I nodded and the big boss just waved his hand in the general direction of the administrative office. "Take a laptop from there," he said. "It's all connected, on the same network."

I took the laptop home, fortified myself with two cups of coffee, and at 10 o'clock I was ready to roll.

I figured that the work shouldn't take more than three hours, maybe four. If you do the math, you'll reach the same conclusion I did. I figured that by 2 a.m. I would be able to call it a night.

Except that math doesn't account for human weakness.

The next time I glanced at the clock. It was 4:37 a.m.

The mound of invoices was still sitting, exactly where I'd left it, glaring at me with disdain. I had just spent more than six hours surfing the net. There was nothing *wrong* and the sites were all filtered...but I had frittered away hours of my life on foolishness. And I hadn't even noticed the passage of time.

Call it temporary insanity. Call it a lapse; a mistake; a waste of time.

I prefer to call it by its name. Addiction.

You might think I'm over-reacting, but I know that nobody is immune. And take it from me – all it takes is a few short hours.

If you would like to hear more stories, thoughts and chizuk on this topic, for men, call 0330 350 3060 - for women, call 020 3769 1000

For sponsorship opportunities or for comments: call 1-914-297-7129

DARK TAPESTRY

by Ruthie Pearlman

CHAPTER TWENTY-NINE

Recap of last 11 lines of last weeks:

"Almost isn't good enough," Don said. "We could be almost there and never catch him, never find Josh. He might have..." He stopped. He couldn't say the words, couldn't even allow himself to think them, not with Ilana suddenly looking so happy and hopeful again. Later, when he was alone, he would allow himself to think about the possibility that Josh was no longer alive, that he had been dead almost from the beginning. To Don it seemed almost impossible that the world still held his son alive somewhere in it and he could not reach him. The ultimate revenge Gabriel had wanted, and had taken, was to deprive the family permanently of their child and then set them on a cruel wild goose chase, giving them hope that he was still alive. These thoughts had often chased around inside Don's head when he was alone, but he had never voiced them to anyone, except in prayer.

"They're setting up phone taps in your office and the receivers' offices," Leora told him. "All he has to do is call in and they'll trace him."

"If he stays on the phone long enough," Ilana said. "He probably knows exactly how long until they get a trace." She got up and began to pace. "At least things are happening again."

Don looked at her. She looked bright-eyed and alive, almost like the old Ilana. How could he deprive her of hope now? Soon enough it would be taken from her forever. Let her be happy a while longer, while she still had it.

Don found himself wondering if there was any way they could have another child. It had eluded them for the past eight years, but sometimes things just happened. God gives, God takes away, God gives again.

Where are you, Gabriel Feiner, you and your black, black soul? Where are you and what have

you done with my son?

DAY ELEVEN

CHAPTER THIRTY

Colin had arranged for the monitoring of the two phone taps. This was not as simple as it seemed and required the approval of the Home Secretary, Jack Straw. With a bit of pull in the right places, this was achieved with the minimum of delay. He had a surveillance van with sophisticated equipment positioned between the two locations, monitoring all calls going in and out. A rookie called Mitch monitored the calls and sat in the van with a continuous supply of burgers, fries, and polystyrene cups of coffee and some paperback novels to help stave off the extreme boredom while nothing was happening. "This has got to be the most boring job in the world," Mitch grumbled to Colin.

Colin glared at him. "You're a pain in the neck, but I have put in your complaint for you, and your grumbles were heard in high places."

"And what happened?" Mitch asked.

"You've got double pay for the time you do surveillance in the van. And since I, as your detective inspector, don't get double pay for any of this job, no matter how perfunctory or boring or routine it may be, you'd better not whine again, my friend, or you'll be complaining about something worse than boredom."

Mitch grinned at his superior officer. "Yeah, but for you this case has become kind of personal, hasn't it, guv?"

Colin looked down at Mitch as he sat surrounded by wires and machines in the van.

"Allow me to let you in on a little secret, Mitch," he said softly, leaning over. "To be a good copper, a really good copper, you have to allow your cases to become a little personal. You have to get involved, to care. Don't believe all that

garbage they tell you at Police Academy about not taking your work home with you at the end of the day. About staying detached. You have to care about the people you are trying to help or you will never make a good copper, Mitch. Me, I've never met that kid in my life. I never knew the Hardmans before I went to see them the day their boy went missing. But to me, for a while at least, for the duration of this case, no matter how it turns out, for good or for bad, they're my family. They're more than just any old family; they're my kids, parents, sisters, brothers, everyone who ever mattered to me or ever will. Can you understand that?"

"Doesn't sound like the stuff they pushed at us in the academy," Mitch said, but nodded his comprehension all the same.

"It never is the same as when you're learning it. When you're actually doing the job, it's as different as you can imagine. You can't stay detached and be a good investigative copper. You have to care."

"From the goss in the canteen," Mitch ventured daringly, "they're saying there's more to it even than that. They're saying it's not like you to be so involved with the Jewish community. You used to avoid them like the plague."

"Never listen to canteen gossip, my lad. It will lead you into trouble with your superior officers. Now back to work."

Colin stepped off the van, leaving Mitch gazing after him with a grin.

□ □ □

Since Leora's return to Golders Green two things had happened. First, she had taken to going with Ilana on her walks. Don approved of this highly. He felt that Leora kept his wife calm and prevented the walks from becoming too much like the meanderings of a crazy woman. Ilana no longer wore her "searching uniform," although she still clung to the sunglasses like a baby's comforter. She wore ordinary clothes according to the weather, but the trench coat, PVC boots, and head scarf were relegated to the back of the closet. This had the effect of lessening people's sense of wariness around her, of lowering their guard, making them accepting of her once more. Leora's presence helped even more to achieve this end. Her friendly, open approach chased away dark spidery shadows from the corners and let the sunshine in. Her bouncy auburn hair, gleaming in the sunlight, her broad smile with its perfect American dentistry, and her guileless

green eyes invited trust and confidence from all who saw her. If that girl is with Ilana Hardman, she can't be as crazy as she looks.

That was the thought flowing freely around Golders Green when the two young women went out walking, searching for Josh. Leora Jakober was the perfect foil for Ilana; she set her off like a beautiful frame and reflected her inner turmoil as calm, like standing next to a shimmering pool of water might make one feel relaxed even if one wasn't.

The second thing that happened to Leora Jakober since her return to Golders Green was that she had come to regard Colin Sommers with more than just academic or professional interest.

She did not understand this herself. Colin was, on paper at least, a combination of all the things she didn't like in a man. First, he was her intellectual inferior. Second, he wasn't nearly as far along the track toward Orthodoxy as she was. Indeed, he had been living as a virtual agnostic for the past ten years and was only now just beginning to reclaim some kind of acceptance of his religion and cultural heritage to the extent that Orthodox Jews were no longer objects of derision for him. Third, he was slow and methodical, plodding and deliberate, while she was quick, fleet in thought and movement, and tending toward harebrained, impulsive actions. And yet...

And yet.

There was something about Colin that she found unnervingly endearing. She knew that even with his first tentative steps toward returning to observance, he wasn't, at this point at least, someone suitable for a religious girl. But should he return, should he become a ba'al teshuvah — a real ba'al teshuvah in the classic sense of the word, not one who came from a secular background, but one who had erred, strayed, and repented — then perhaps...

With a slightly rueful grin she thought of her parents' reaction to someone like Colin with his background and profession. She knew they would disapprove. But then again, her parents disapproved of most things she was doing these days, except for her work. They were very proud of her being a leading criminologist. Her struggles to discover her roots, and her moving to "Black Hat Belt" Flatbush were a source of bemusement to them. They found it embarrassing that when she came to visit them, as she often did, she wouldn't drink so much as a cup of coffee made in their home, but brought

her own food and drink. In recent conversations, they had intimated that they hoped she would soon "come to her senses." They regarded her religiosity as a sort of belated teenage phase to be outgrown and forgotten as soon as possible. Leora didn't even think they would approve of Colin in his nonreligious state. He wasn't high-flying enough for them, not a doctor or a lawyer. Laughing at the thought of Colin meeting her parents, and laughing even more at her own imaginings, Leora put the idea out of her head.

Ilana, meanwhile, was preparing herself. She was getting ready for today's walk with Leora Jakober and the continued search for her lost child.

When Leora arrived that morning, Ilana was already waiting outside, impatient to begin. The morning was bright, but the sun was covered with high clouds.

"Come, I want to go out already. It's such a beautiful morning!"

Leora shot Ilana a glance, trying to assess her mood, but it was impossible to do so. She decided to take her at face value and looped an arm through Ilana's. They set off together up the street, as they always did, with maybe an extra dose of sisterhood this morning for some reason Leora couldn't fathom.

They walked up Golders Green Road as they had become used to doing, looking into shops and windows, walking into cafés and pizza parlors, looking for people who might have a small boy in tow. When they went down the side streets that led off Golders Green Road, where it was quieter and there were no stores or restaurants, only residential houses, they felt less inhibited and started calling his name.

People here were used to the two women calling out the name of the child by now and no longer regarded it as strange or noise pollution, nor did they come out of their houses and tell them to be quiet. But, on the flip side, because they did not

take much notice of it, the calling out for Josh had little or no impact anymore.

As they walked, Leora wondered about going back to New York. Ten days had passed since Josh had gone missing. She found it hard to believe he would be found alive. There would come a time, and it must come soon, when she would have to return home. Her leave of absence was almost over, and pressing cases awaited her. Josh Hardman would join the ranks of other vanished children who were never found, whose casebooks were left open but marked "unsolved." Leora wondered how she could break this to Ilana, who had come to rely on her so much. Leora wondered, too, if Ilana's very sanity depended on these walks with her and if the fragile thread that held the older woman to her sanity would snap if she said she had to go back to New York. This frightened her immensely; she had never experienced another person depending on her so much before.

Leora glanced at Ilana as these thoughts went through her head, and Ilana, on cue, smiled back and gave her arm a little squeeze. Leora's heart sank. How on earth will I do it? How on earth will I tell her the time has come to let go? To let me go?

They were halfway down one of the side streets, each lost in her own thoughts, when a young woman dashed past them, almost crashing into them, and vanished down an alley. Leora made as if to move on, but Ilana was frozen to the spot. "That was Cindy, Leora. That was Cindy Wallis!"

CHAPTER THIRTY-ONE

"Are you sure?" Leora asked, gripping her friend's shoulders.

"As sure as I can be. I recognize her hair, and the jeans and training shoes she always wore. I'm pretty sure that's her."

To be continued....

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