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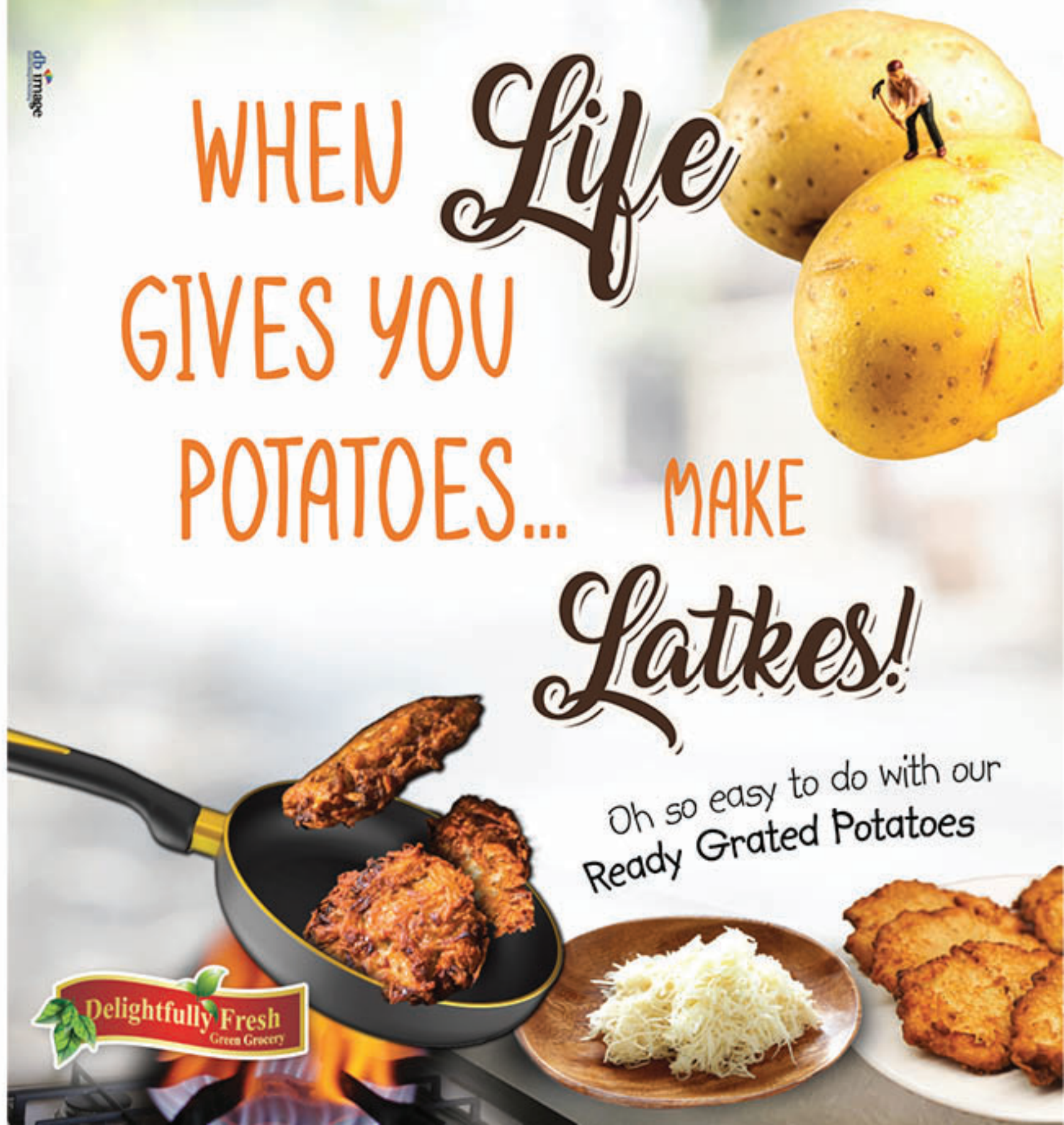
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Our Growth:

In the 4 years since we launched Haderech, we have enjoyed a steady & sustained growth in all of our programmes. With shiurim every night of the week, regular residential get-away seminars & annual international European trips.

Since Covid-19, as well as adapting all existing programmes to electronic platforms, Haderech partnered with TorahAnytime.com & Chazaq to create a new array of online shiurim using internationally renowned speakers which has expanded our audience exponentially across the entire UK.

Statistics:

Weekly Shiurim: 100 participants per week
Total Annual Attendances (including trips & events & online shiurim):

10,000 Attendances

Taking the Next Step...

Until now, Haderech's programmes have been hosted by private individuals or using rented function rooms. In order to progress, Haderech has secured an arrangement with a local premises. This will enable us to create a consistent and homely environment for our participants.



PROGRAMME



Wednesday 16th December
8.30pm

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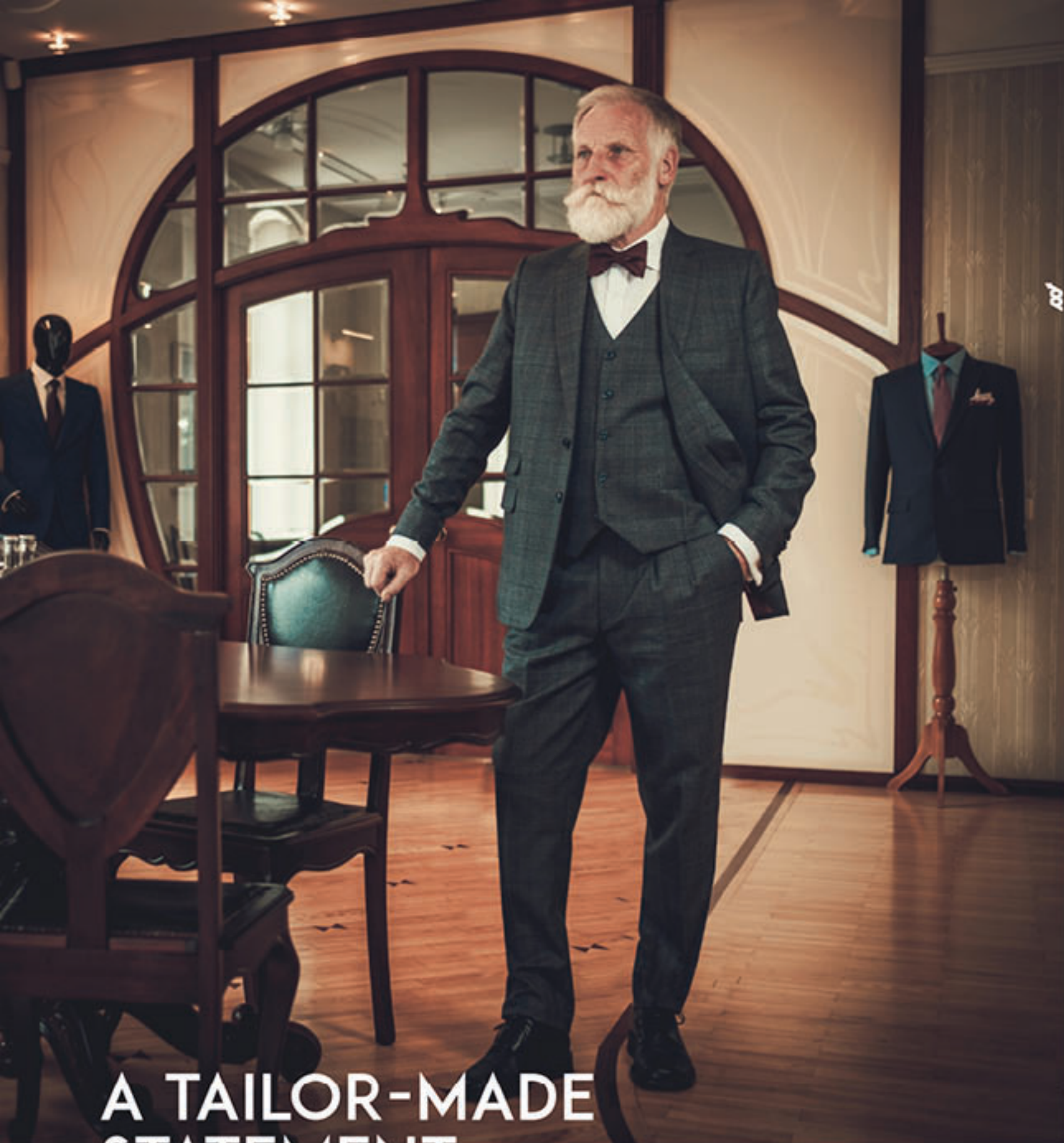


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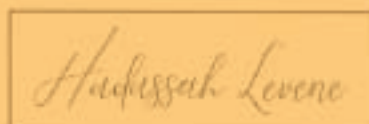
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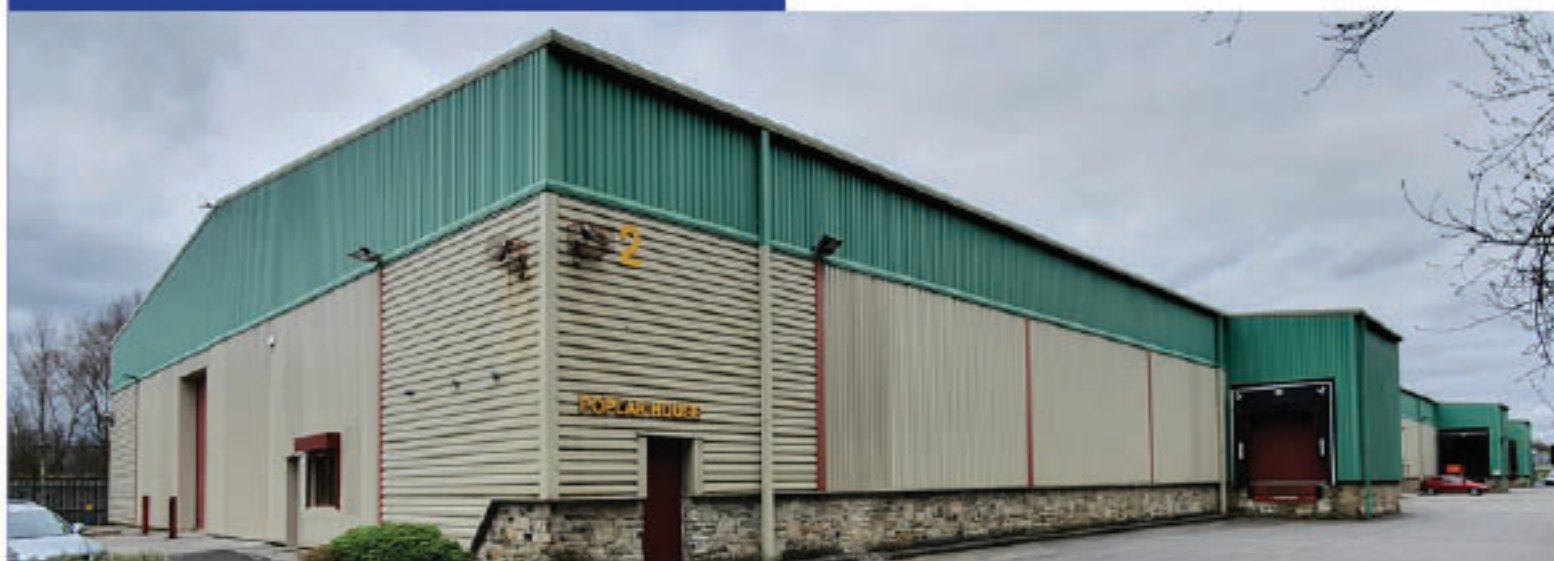
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GUILT-FREE CHOCOLATE PROTEIN PUDDING

By Dr Michelle Braude



Using fat free yoghurt and xylitol (a natural sugar alternative), instead of sugar, you won't believe these delicious puddings are actually healthy when you taste them



Yields: 1 Serving



20 Minutes

Ingredients:

170g 0% Greek yoghurt

1 tbsp unsweetened cocoa powder

1 tbsp. xylitol (available as Total Sweet in stores)

¼ tsp vanilla essence

Toppings (optional): blueberries, dark chocolate chips, sliced almonds, shredded coconut, chopped walnuts

Agave or maple syrup – to drizzle

Method:

1. Mix all the ingredients together well in a mixing bowl, until the cocoa powder is fully mixed in, with no lumps left, and a smooth, pudding-like consistency is reached. Spoon into a serving bowl. Top with toppings of your choice. Drizzle agave or maple syrup.
2. To make the pudding more ice-cream like, you can pop it in the freezer for 30 minutes before tucking in.

Michelle's two books, *The Food Effect Diet* and *The Food Effect Diet Vegan* are both packed full of advice and recipes to help you 'eat more, weigh less, look & feel better'. Both are available from Amazon

Boggle



Game 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

Points:

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

SPEECH SAFETY

By: Kayla C.

Everyone Knows

It was another boring day at school. Make that another *booooooring* day. Lesson after lesson melded into one long stretch of boringness, and there was nothing that Goldy Fein wanted more than to rush through the big, grey school gates and breathe the fresh air of freedom. Making her way from one part of the building to the next, she gazed longingly at the hustle and bustle of the street beyond the school gates. People were shopping, chatting, laughing and going on their merry way. Goldy did a quick calculation. *Three more years of school.* She wasn't sure she could last another day.

Perhaps it was those miserable thoughts that caused her to do what she did. Maybe it was the exhaustion of staying up 'til the wee hours of the morning learning for her exams – though the DMC with her best friend Shifra took a lot longer than the one hour of learning. But no matter how she tried to explain herself, her teacher would not accept her sorry excuses.

It was no secret when Goldy was told not to return to school for the remainder of the week. Rumours abounded.

Send us your thoughts, titling them Take Two: Sarah's secret,
via email - speechsafety@newsheet.co.uk or leave a message on 020-84424744.
Selected responses will be printed here.

"I heard she can't come back for two weeks," Mindy whispered to Fraidy, glancing around to make sure no one else was listening.

"My sister-in-law is subbing in Year 11. She thinks she heard someone say she's expelled, or should be expelled," a voice was heard in the corridor.

"Oh my! Did you hear Goldy Fein was expelled?!" a gregarious Bayla yelled as she burst into her classroom.

"How could she do such a thing? Totally crazy... Any person with a bit of respect would never allow themselves to do that," a self-righteous Year 10 girl declared.

"People, can we stop talking about her? The poor girl is going to come back to school and everyone will have been blabbing behind her back!" Miriam cried.

"Well, it's not exactly a secret. Mrs Gruen didn't exactly tell her to leave in a whisper."

"That's not the point! Even if something bad is written about a Yid and splashed across the newspapers, it's still *Loshon Hara* to discuss it," Miriam insisted.

Peri raised an eyebrow sceptically. "Really? If everyone knows about it already, what's the difference if they hear it again?"

The class immediately became silent as the teacher walked in. Everyone admired Miss Greenberg. She always knew what to say to diffuse a debate or tension in the class and got the girls to laugh about their worries and quibbles.

"I heard your question, Peri," Miss Greenberg remarked.

Peri blushed.

"I'm not sure if you were asking because you wanted to hear an answer..." The girls laughed. "But I'll tell you the *Hala-cha* anyway. It's a lot of fun to be in the know; to discuss the latest news. But let's think for a minute.

"Look, I know what you were discussing and I'll ask you a question.

"Libby," Miss Greenberg addressed the girl sitting in the front row. "How many different versions of the story have you heard?"

Libby twisted her ponytail around her fingers. "Um, about three?"

"And you, Malka?"

"Two or three."

"Right. Do you see, girls? A person can be pulled to pieces in minutes. It's like a game of Broken Telephone. There's one story, and everyone discussing it adds another little bit, and soon the story is completely distorted. Then one very unfortunate person has many people talking about her and making things seem a lot worse than they actually are. Do you think we can all try, for the sake of a precious girl in our school, not to talk about this anymore? Let's put ourselves in her shoes and think about how we would feel if we were the topic of discussion.

"So, are we willing to try?"



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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!**

49



OY NEBACH-
WHAT A
RACHMANUS
ON YOU!



YEHI
... ..
ON ME?



YEHI YOU MEAN TO
SAY THAT FOR 10
YEARS, YOU WERE
LOOKING FOR AN
EXCUSE TO RETURN
THE MONEY TO
ME, BUT YOU GOT
STUCK AND YOU
COULDN'T DO IT?

EH...
YEH.



OY, MOSHE
MODCHA-YOU
SHOULD HAVE
TOLD ME WHAT
YOU DID!

I KNOW! I
WOULD HAVE
SAVED 10
YEARS OF
HEARTACHE!



BOY, YOU
CAN TELL
YOUR REBBE
THANK YOU!



IF I WOULD
HAVE KNOWN
VELVEL WOULD
ANSWER THIS
WAY-WOW!

CONTINUED NEXT WEEK IV'H

Currency Exchange

Fixed on Wednesday's Bohemian



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Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
4° \ 0°	5° \ 1°	5° \ 0°	5° \ 3°	6° \ 3°	7° \ 3°



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פרשת וישלח

FIVE 1.5

מערב במל

	בית יסיר דוד	12.38
	(2 - 3) בית אברהם	
6062 4.48	בית יסיר דוד	12.50
6061 בית אברהם		
4.48	בית יסיר דוד	12.40
(3) סניף		
5.38	בית יסיר דוד	12.45
5.38 (7.2.2) סניף		
5.48	בית יסיר דוד	
6.88	בית יסיר דוד	
6.38	בית יסיר דוד	
6.48	בית יסיר דוד	
6.45	23 Green Walk	
6.55 (7 - 3) בית ישראל		
7.88	בית יסיר דוד, עץ זיתים	
7.98	בית יסיר דוד	
7.98	11 Ambrose Ave	
7.48	בית יסיר דוד	
7.48	בית יסיר דוד	
8.48	בית יסיר דוד	
8.88	קפולה אלז סטון	
8.88	בית אברהם, בית יסיר דוד	
8.98 (7 - 3) תחנת ישראל		
8.98	בית יסיר דוד	
8.98	אביזר, סניף	
8.48	בית יסיר דוד	
8.88	בית יסיר דוד	
9.28	בית יסיר דוד	
9.48	בית יסיר דוד	
10.88	בית יסיר דוד, סניף	
10.18	עץ זיתים, קפולה אלז סטון	
10.18	קפולה אלז סטון	
10.18	בית יסיר דוד	
11.88	בית יסיר דוד	
11.28	בית יסיר דוד	
11.48	בית יסיר דוד	
	3.51-3.52 שוקות	
	בית יסיר דוד	4.15
	(7 & 8) תחנת ישראל*	4.20

	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
תפילת שחרית	3:53	3:52	3:52	3:52	3:51	3:51
תפילת מוסף	4:50	4:50	4:50	4:50	4:49	4:49

Classified

Found



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Misc.



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