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16th January 2020
Starts: 16.07 Ends 17.21 (17.38)

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SHUVU

From the Files of Shuvu



The following are just a few of the stories and statements mentioned on the radio during our special broadcasting day:

Alex, Father of Shuvu Petach Tikva Student, Anael

"This school is a dream! My wife is grateful for the high level of academics. There is a good connection with the staff. It is old-fashioned education. We live in a Jewish state, and it's only proper to have Jewish values. These are our roots!"

Mrs. Tirtza Einhorn, Principal Shuvu Akko

"A boy in my school was becoming religious, and began wearing tzitzit even when not in school. This boy attended a sportsclub, where his stepfather was the coach. The stepfather embarrassed him in public at the club saying, 'I told you not to go to a religious

school! Look how stupid you look with those strings hanging!' The boy answered, 'Just because you don't know what tzitzit is, doesn't mean it's stupid!'"

"Another boy in our school has a father who was very anti-religion. He even refused to let his son wear tefillin! But then we made a Bar Mitzvah celebration for the boy in school with his parents in attendance, and subsequently not only did his father agree to his wearing tefillin, but even decided to go out and buy a pair for himself!"

MK Yevgeny Sova

Mr. Sova is an MK in the Yisrael Beiteinu party (Lieberman), but more importantly, he is the proud father of Ayelet, a third grader in Shuvu Petach Tikva, and of Gaya, who will be in a Shuvu kindergarten next year.

Despite belonging to the Yisrael Beiteinu party, MK Sova has great tolerance for

Yiddishkeit, and even asked, "How can anyone call me anti-Chareidi when my children learn in Shuvu? It is important for us all to know about our heritage, as we live in a Jewish country. I respect tradition, and have been fasting on Yom Kippur since my Bar Mitzvah. It is important that our children grow up in a Jewish atmosphere." "My daughter once came a bit late to school. Afterwards I asked her if she got into trouble for this. She replied, 'I wasn't late, Abba! We hadn't even started to daven yet!' See? My daughter taught me that davening in the morning is the indication of whether the day started or not!"

Shuvu statement by a Shuvu child

Yonatan: "As we approach Shavuot I look at other kids from my neighborhood and ask myself what the day means to them. Nothing! But for us, we learn about the sweetness of the Torah!"

SHUVU



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A: Mrs R. Atkins QTS NPSLBA - accredited Triple P Parenting Practitioner & Behaviour Specialist

Answer: Thanks for your question. Bullying is a hot-button topic that elicits strong emotions. Well done for addressing it and for not brushing it under the carpet.

I'm assuming the school has contacted you to tell you there's a problem. Every school is obliged by law to have an **anti-bullying policy**. Therefore, they will presumably be dealing with the problem at their end, and are looking to you to play a supportive role at home.

Let's start off by looking at some of the reasons why children may hurt others:

Reasons:

1. Frustration or anger
2. Not knowing how to solve problems
3. Not being able to say what they want
4. Jealousy or competition
5. Accidental pay offs - e.g. getting something they want (a toy from another child)

Response:

➤ Once you've identified one or more reasons, you can start to **address them**. So, if you feel your child doesn't know how to solve problems when playing with others, you can role play with them by acting out different scenes and appropriate responses.

➤ Next, **encourage good behaviour** by praising, rewarding and giving plenty of attention when your child is showing positive behaviour and good Middos. You may want to introduce a Behaviour Chart as an added incentive; the school could introduce a Home-School Link Book as well.

➤ Thirdly, children who bully invariably lack **empathy skills**, so build up these skills in your child via stories, pictures and talking about feelings.

It's worth noting that sometimes, just having the child know that the parent is aware of the bullying behaviour can have a helpful impact, as it lifts the veil of secrecy under which bullying thrives.

A note of caution: if the bullying behaviour, despite the school's and your intervention, proves **persistent and severe**, this may indicate more serious underlying issues. You may need to involve an outside professional such as a child counsellor or child psychologist.

Happy parenting!

Please note that these answers are general guidelines. Each individual should consult with their Doctor/Moreh Derech.

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The Arizal writes:

Before the תפלה one should accept upon himself the מצווה לרעך כמוך and focus on loving each and every yid like himself (this includes thinking well of one another, not being judgemental, feeling each other's pain and farginning another's good fortune.) and through this his תפלות will be accepted with the תפלות of all ישראל.

He should therefore say clearly הריני מקבל עלי מצות עשה של ואהבת לרעך כמוך



Harav Israel Meir Greenberg שליט"א

The number of חולים in town is still at unprecedented levels, and the תפילות of the ציבור are still imperative.

However as a Kehillah we can accept upon ourselves something small that needs a level of מסירת נפש as a זכות for the חולים.

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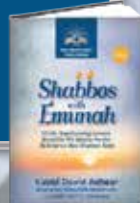
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	9			2				1
2					9	3		5
								4
	5	7		8		1		

HARD PUZZLE

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

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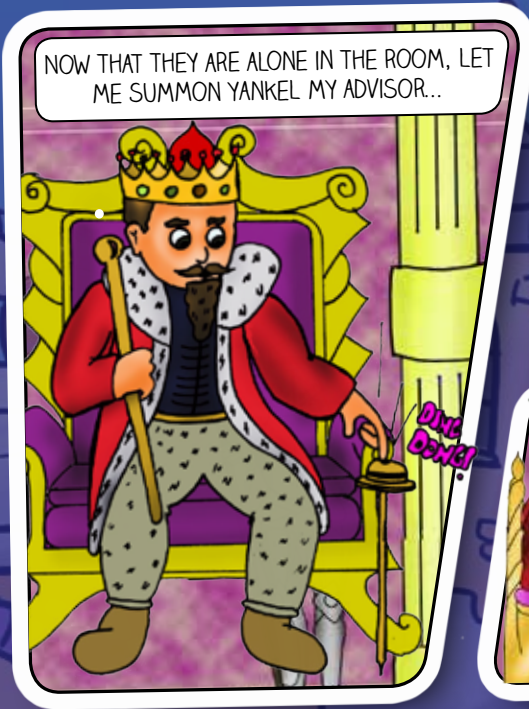
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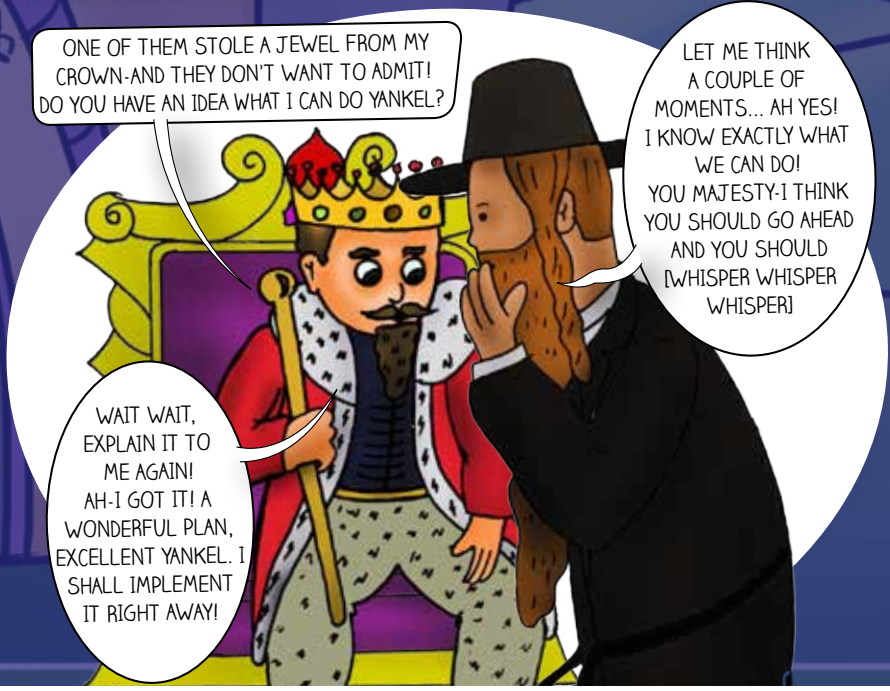
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Continued next issue 11" H



TO BE CONT. NEXT WEEK 11" H

DARK TAPESTRY

by Ruthie Pearlman

CHAPTER TWENTY-TWO *cont.*

Don had never understood why Ilana had felt the need to cut herself off from everyone in the community and cling to Leora and the police. To his way of thinking, there was nothing like family and friends to support a person in times of need, whether they had a zillion kids or none at all. He went to shul every day, and people there felt able to approach him, to lay a kindly hand on his shoulder and ask him how things were going. And he felt able to respond to them, to draw on their combined strengths, to open his heart a little. They all asked him how Ilana was and if she felt ready for their wives to contact her, and he always shook his head sadly and said she felt unable to cope with the sympathy and pity of the community.

Ilana's mother was the only exception. Sarah Grossberg had refused to be held at arm's length. Despite the force field Ilana had built up around herself, repelling all boarders, Sarah had continued to telephone and come around whenever she could, even if her daughter just told her to leave; she kept on coming, like the tide. Surging at the shield around her daughter, the sea of her unending love and support was there, even if Ilana did not want it. Dimly Ilana was aware of it and would have felt its loss if it were withdrawn, but she did not want it.

"Ilana," Don said, "please. Don't do this to yourself. There are people around you who care, who want to help. Don't shut them out." She rocked and keened, and mewled and rocked, but in the midst of her pain the words came out, like a kitten crying.

"I trusted them. I believed in them, and they let me down so badly, Don, so badly."

Don sat down next to her. "Listen to me, Ilana. Listen to me!"

Ilana stopped rocking and keening, but remained with her head bowed, not looking at him, arms wrapped around herself.

"Detective Inspector Colin Sommers, Leora Jakober, Sergeant Peter White, none of them have let you down. They are only tools. God has plans for us, and at the moment He is showing us only the dark side of the tapestry, the side made up of twisted, gnarled strings in an apparently meaningless pattern. We have to trust in Him. When He is ready to show us the right side so that we can see the whole picture, then He will. But until then we must continue to have faith and to pray and to draw on the strength of our friends. Don't be too quick to condemn those you perceive as letting you down. They are mere puppets. How can you blame them when they have no choice as to how their strings are pulled?"

She raised red, ravaged eyes to his, looking like a hurt puppy wanting to understand. He held her gaze.

Finally she nodded. Something left her eyes. Something like despair. Hope crept back in, like a punished kitten anticipating forgiveness and acceptance.

Don continued to look at her, watching the transformation creep across her face, like a sudden shadow across the moon. He waited, trapped in a microsecond.

Ilana unwrapped her arms and got up from her chair. She looked at the telephone, long abandoned on the worktop.

"You're right. I've turned all my friends and family away. I thought, foolishly, that only Leora and the police could help me. My friends must have felt dreadfully helpless and useless. Donald, I will phone them all. But first I will phone my mother."

Lucy stood in the middle of Colin's living room, staring at him angrily. She had spent the best part of two hours trying to calm his ruffled male feathers, but her patience was wearing thin.

"What's the matter with you, Colin Sommers? You've been like a bear with two sore heads all evening, and both of them snapping mine right off my shoulders. If you won't calm down enough to at least tell me what's wrong, then I'm going. And you'll be lucky if you see me again!" Colin was pacing around the room. Her innocent suggestion to order takeout for dinner suddenly had him ranting about several past misdemeanors on her part — such as considering Chinese takeout cooking him a meal and other, similar evidences of her nondomesticity. Lucy was shocked. She knew she lacked homemaking skills, but Colin had never seemed to mind before. Now he was throwing his book of hidden resentments at her.

He stopped pacing and looked at her. He seemed to sag a little at her retaliatory outburst, like a doll with some of the stuffing removed.

"Sorry, Lucy. I know I've been wretched company tonight. You deserve an explanation. Sit down and I'll give you one."

By the time he had finished explaining the lack of progress in the Hardman case, the decision to adopt a wait-and-see policy, and the resultant devastation this seemed to have caused all around, Lucy was nodding, full of empathy.

"I might as well leave the force," Colin said. "A high-profile, sensitive case like this lands on my desk, and I've managed diddly squat to solve it. I'm useless." He put his head in his hands.

"Oh, balderdash," Lucy replied. "You've hit a blockage, that's all. Wait for it to clear, and the road ahead will be smooth. Anyhow, I think it's

high time I was called in to help."

"You? I don't want the press making a meal of this case. It will drive the Fox underground where we can't reach him."

"Not the press. Me. Remember me? Lucy? Your girlfriend? I do have a life outside the paper, you know. And I intend to use my insider knowledge, coupled with my writer's experience, to clear your blockage for you. There. I sound like a rather good plumber, don't I?"

Colin managed a wan smile.

"I want only one thing from you," Lucy said.

"Copies of all those e-mails the Fox sent. I intend to find out a lot more about him from those e-mails."

Peter White sat at home, staring at the television unseeingly. Marie tried to lighten him up by jokingly passing her hand between his eyes and the television. Concerned when he didn't even blink, she sat down, looked at him, waited for him to say something. He flicked off the TV with the remote control and swiveled his head toward her like a ventriloquist's dummy, without his body changing position.

"They've given up on Josh Hardman," he said in a dead voice.

It took a beat till it sunk in.

"They did what?" Marie gasped.

Peter sighed. "You heard right. Colin and Leora have given up. For now at least. They say they have nowhere else to go."

"So what happens to Josh?" Marie was aghast.

"Colin says that a wait-and-see policy sometimes gets results."

To be continued...

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WEATHER FORECAST

Thursday

16 Jan



12°C / 8 °C

Friday

17 Jan



10°C / 2°C

Shabbos

18 Jan



7°C / 1°C

Sunday

19 Jan



7°C / -1°C

Monday

20 Jan



6°C / 0°C

Tuesday

21 Jan



7°C / 3°C

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גאלדערס גרין **מנין צעטייל** תש"פ

פ' שמות

מנחה / שבת

11.30 בירושלם

12.40 בית שמש

12.45 בית שמש

1.00 בית שמש

1.15 בית שמש

1.30 בית שמש

1.45 בית שמש

2.00 בית שמש

2.30 בית שמש

2.50 בית שמש

3.15 בית שמש

3.40 בית שמש

3.41 בית שמש

3.42 בית שמש

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ערב שבת

מנחה גדולה

12.45 עין חיים

4.07 חולדת הברית

מנחה וקבלת שבת

ג"ג ב"ה, הענאן שבת

מחזיקי הדת

מאיר הענאן, תורת חיים

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קהלת אהל משה, שערי תפילה

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בירושלם ליון

נר ישראל

בית יעקב דוב

היכל מנחם

בית שמואל, נטמת ישראל

מאסוב

תפארת ישראל

23 Green Walk

שטות צבי

4.20

4.23

פ' וארא

מנחה בחול

12.40 בית יעקב דוב

12.45 בית יעקב דוב

1.00 בית אברהם, בית יעקב דוב, עין חיים

1.05 בית יעקב דוב

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Sun	Mon	Tue	Wed
שקיעה - 4: 26 לילה - 5: 22	שקיעה - 4: 28 לילה - 5: 23	שקיעה - 4: 29 לילה - 5: 25	שקיעה - 4: 31 לילה - 5: 26

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