

שבת קסר נפני

ונפלו קשורה נפלו



שבת פרשת חיי שרה
מברכים החדש כסלו
כ"ה-כ"ח חשוון תשפ"א

Thursday, Nov. 12th thru
Sunday, Nov. 15th, 2020

EVENT PROGRAM

Welcome

TO OUR THIRD ANNUAL
Shabbaton

Day in day out you so selflessly devote so much effort, time and fortitude,

At times it may be inconvenient, annoying, stressful, or you simply may not be in the mood,

But you proceed and persevere with diligence, patience & tenacity beyond measure,

To give your child happiness, joy, contentment, gladness and pleasure!

This Shabbos is dedicated for YOU dear parent to enjoy, grow, learn and gain inspiration,

Be in the company of other wonderful parents who are in a similar situation,

So share, inspire, connect, with people who can definitely understand and relate,

We hope this Shabbos will enlighten, encourage, inspire and invigorate!

THANK YOU FOR JOINING

Good Shabbos!

THE KESHER NAFSHI COMMITTEE:

Gedalia Miller, *Founder & Producer*

Chesky Kauftheil, *Executive Advisor*

Mendy Eder • Hainech Korman

Shloimy Litzman • Giny Markowitz

Hershel Rosenberg • Moshe Hersh Rosenfeld

ברוכים הבאים

PROTOCOL

The Keshet Nafshi Team invited Experts, Honorary Guests and Esteemed Rabbonim to this memorable event, to share their time and expertise with us. We hope you appreciate their effort and devotion to this Shabbaton's success. Please help assure that our rabbonim and professionals have an encouraging and memorable experience.

Some rooms may have limited capacity. We suggest that you arrive a few minutes early to get a good seat. Please make your best effort not to disturb sessions. If a session has already begun, do your best not to disturb the session or the participants, as you find a seat.

In all fairness to the speaker(s) and all session attendees, respectfully silence your phones during all sessions.

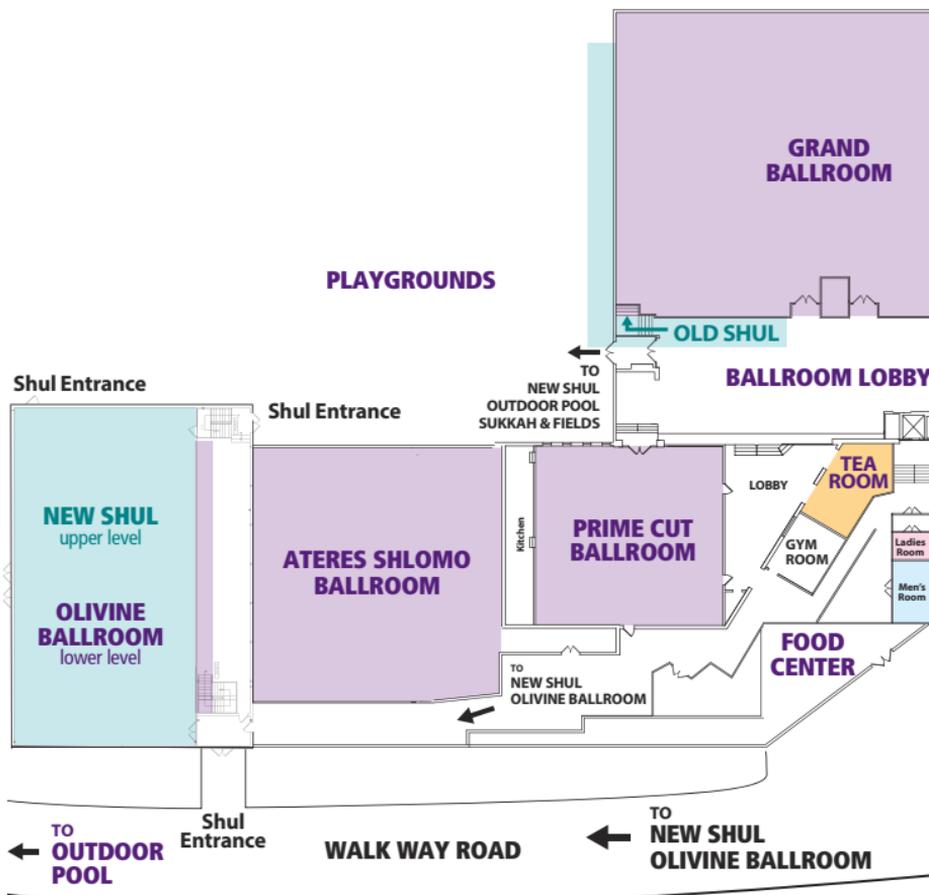
Many sessions are being recorded to be shared after the event with the entire Klal Yisroel. Avoid walking in front of the Recording Cameras during sessions. Please be mindful not to disturb the session with noise or conversation. Note and hold your questions till the designated Q&A period if possible, or until after the session.

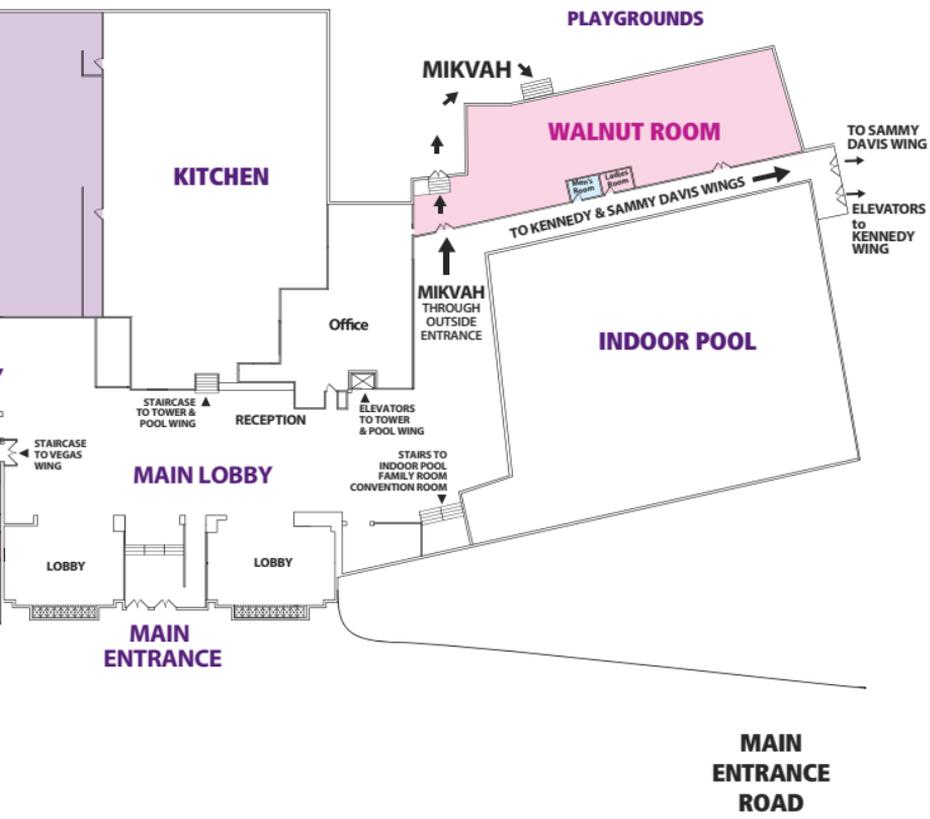
Whether during a session or in common areas, please be mindful and sensitive of people's privacy concerns, when recording or sharing anything that you've heard, seen or recorded throughout the entire event.

Thank you,

The Keshet Nafshi Team

HOTEL MAP





Raleigh Hotel & Cottages
 243 Heiden Rd
 South Fallsburg, NY 12779
 phone. 845-434-7000
 web. www.RaleighHotelNY.com

SPECIAL GUESTS, SPEAKERS,



Rav Hillel David, shlita

Rav, Kehal Yeshiva Shaarei Torah,
Chaver Moetzes Gedolei HaTorah



Rabbi Shimon Russell, LCSW

World famous Speaker & Psychotherapist



Rabbi Y. Y. Jacobson

Founder & Director of TheYeshiva.net



Rabbi Shais Taub

Scholar-in-residence at Chabad of the Five Towns



הרב מוטה פראנק שליט"א



Rabbi Mordechai Finkelman, shlita

Mashgiach Ruchni, Yeshiva Ohr Hachaim,
Mesivta Yesodei Yeshurun



@vi Fishoff Master KiPologist

Founder & Director
Home SWEET Home
TWISTED PARENTING!
GPS! NAVIGATION for YOUR SOUL
CPR! RESUSCITATION for YOUR SOUL



הרה"ג ר' שלום קעסלער שליט"א

מנהל רוחני בישיבת בני ציון באבוב



הרה"ג ר' פנחס יונג שליט"א

מנהל רוחני בית רחל, מאנסי



הרה"ג ר' יצחק ביסטריצקי שליט"א

מרבני חסידי באיאן מו"ץ בית תלמיד להוראה



הרה"ג ר' שמואל דוד פריעדמאן שליט"א

מחבר ספר "בדידי הוה עובדא"



הרה"ג ר' יוסף חיים לייפער שליט"א

ראש ישיבה, סאטמאר



הרה"ג ר' יצחק לובינשטיין שליט"א

חבר בית דין ובית הוראה וראש הכולל בקרית ספר



Rabbi Yoseph Vigler

Founder & Rav of Mayan Yisroel Brooklyn, NY



Rabbi Daniel Mechanic

Director of Project Chazon



Rabbi Yom Tov Glaser

Founder of the Possible You Seminar,
Senior Rabbi at Aish Hatorah, Jerusalem

LECTURERS & PROFESSIONALS



Rabbi Yossi Bensoussan

Casac, Mashgiach Ruchani
Yeshiva High School of Cleveland



Rabbi Bentzion Twerski Ph.D



Mordechai Weinberger, LCSW



Sony Perlman, LMSW

Clinical Director of Our Place



Chesky Kauftheil

Founder & Director of
Mishkan Yecheskel



Chaim Bin-Nun, MFT

Author, Lecturer, Parenting Counselor
Young Adult Advisor



Rabbi Shimon Gruen

Author of "Get Along With Everyone"



Rabbi Shloime Ehrlich

Founder of 'Achim Baderech'
and 'Ohr Layesharim'



Menachem Bernfeld

Certified Life Coach,
Co-Host of the Sunday Night Programs
"Let's get real with Coach Menachem"



Mendy Klein

Life Coach, Somatic Practitioner & Activist



ר' אייזיק מיללער הי"ו

Dr Alberta Montano Difabio,

Clinical Director Crossroads

Sendy Ornstein

President & Founder of Relief Resources & Resolve

Rabbi Binyomin Babad

Director, Relief Resources International

Rabbi Sruli Bistritz

Director, Resolve

Mrs. Devora Follman, LCSW

Bassie Goldman

Renowned Inspirational Lecturer

Henchie Goldberg

Menachem & Devorah Rosenzweig

זמנים

South Fallsburg, NY

יום ה' פרשת חיי שרה - כ"ה חשוון תשפ"א

| | |
|------|----------------------|
| 3:38 | פלג המנחה - גר"א |
| 4:40 | שקיעת החמה |
| 5:24 | לילה - צאת ג' כוכבים |
| 5:52 | לילה - 72 דקות |

ערב שבת פרשת חיי שרה - כ"ו חשוון תשפ"א

| | |
|-------------|--------------------------|
| 5:20 | עלות השחר |
| 5:52 | זמן ציצית ותפילין |
| 6:46 | נץ החמה |
| 8:31 | סוף זמן קריאת שמע - מג"א |
| 9:14 | סוף זמן קריאת שמע - גר"א |
| 10:03 | סוף זמן תפילה - גר"א |
| 11:42 | חצות היום |
| 12:12 | מנחה גדולה |
| 3:37 | פלג המנחה - גר"א |
| 4:21 | הדלקת נרות |
| 4:39 | שקיעת החמה |
| 5:23 | לילה - צאת ג' כוכבים |
| 5:51 | לילה - 72 דקות |

שבת קודש פרשת חיי שרה - כ"ז חשוון תשפ"א

| | |
|-------------|-----------------------------|
| 5:21 | עלות השחר |
| 6:47 | נץ החמה |
| 8:32 | סוף זמן קריאת שמע - מג"א |
| 9:15 | סוף זמן קריאת שמע - גר"א |
| 10:04 | סוף זמן תפילה - גר"א |
| 11:42 | חצות היום |
| 12:12 | מנחה גדולה |
| 3:36 | פלג המנחה - גר"א |
| 4:38 | שקיעת החמה |
| 5:22 | לילה - צאת ג' כוכבים |
| 5:50 | זמן מוצש"ק - 72 דקות |

יום א' פרשת תולדות - כ"ז חשוון תשפ"א

| | |
|-------|--------------------------|
| 5:22 | עלות השחר |
| 5:54 | זמן ציצית ותפילין |
| 6:48 | נץ החמה |
| 8:32 | סוף זמן קריאת שמע - מג"א |
| 9:15 | סוף זמן קריאת שמע - גר"א |
| 10:04 | סוף זמן תפילה - גר"א |
| 11:43 | חצות היום |

INFORMATION

Hotel Information

Raleigh Hotel & Cottages
243 Heiden Rd, South Fallsburg, NY 12779
phone. 845-434-7000

Room Shabbos/Hard Keys

Please return your Room Shabbos/Hard Keys upon check out so that you don't incur additional costs.

Special Guests

We are honored to host many noted scholars, speakers, lecturers and professionals.

Please feel free to engage them in question or conversation to gain clarity, insight and chizuk.

Hechsher

Under strict hashgacha
of Rabbi Yechiel Babad, shlit"a.

Tea Room

Viennese Table located in the Lobby - will be open 24 hours, serving tea, coffee & light refreshments.

Swimming Pool

There will be swimming hours throughout the weekend. Please check the schedule for details.

Medical Emergencies

Please call HATZOLOH Directly!

718-230 1000 or 718-387-1750

and say: "WE ARE IN THE RALEIGH HOTEL IN SOUTH FALLSBURG, ROOM NUMBER _____".

Non Emergency Situations

Call Giny at: 718-755-3100

Eruv

The entire hotel campus is secured with a kosher Eruv.

Mikvah

There is a Mikvah on premises.

Questions

Any questions or concerns please contact Gedalia Miller at 718-578-7799

THURSDAY • דאנערשטאג

2:00 Weekend & Pre-conference
Workshop Check-in

3:00 - 4:00 מנינים מנחה

Main Lobby

3:30 - 4:00
Ice Breaker Meetup
Rabbi & Mrs. Russell

Main
Shul

4:00 - 6:00
Going Deeper
Workshop - Part 1
Rabbi Shimon Russell, LCSW

Main
Shul

6:00 - 6:45
Buffet Dinner

Main
Ballroom

6:45 - 8:30
Going Deeper
Workshop - Part 2
Rabbi Shimon Russell, LCSW

Main
Shul

8:30 - Midnight
ליל שישי
Late Night Refreshments

Main
Ballroom

8:30 - 8:45 מעריב

Shul & Lobby

8:45 - 10:15
Couples Workshop
Truly Seeing Each Other
- Couple Seating -
Rabbi Yomtov Glaser

Old
Shul

10:15
ליל שישי
Late Night Farbrengen
Rabbi Mota Frank

Lobby
Seating Area

10:15
Women's Program
Please refer to
Women's Program
insert.

FRIDAY • ערב שב"ק

7:30 - 9:45 מנינים שחרית

Small Shuls

8:15

Daf Yomi - English

Rav Yitzchok Lobenstein

Small Shul

8:00 - 10:30

Continental Breakfast

Main Ballroom



Sponsored by:

RECOVERY AT THE
CROSSROADS

*Meet & Greet Dr. Alberta Montano Difabio,
Clinical Director of Crossroads*

8:00 - 10:30

Women's Program

Please refer to

Women's Program insert.

11:00 - 1:00

Going Deeper

Workshop - Part 3

Rabbi Shimon Russell, LCSW

Main Shul

11:00

Weekend Check-in

1:00

Reception Buffet

טועמיה

Ballroom Lobby

2:00 - 2:45

Concurrent Sessions

#1

Setting the Tone

Session 1.1

A Perspective on Adolescent Substance Abuse and Mental Health

Dr. Alberta Montano Difabio

Prime Cut Room #1

Session 1.2

Who's the Next Potential KiP /kid-at-risk

Rabbi Shimon Gruen

Olivine Ballroom #1

Continued >

Session 1.3

Repair for Despair -
When All we Have Left
is Tefilah.

Rabbi Bentzion Twerski

Prime Cut
Room #2

Session 1.4

Raising Frum Inspired Children
in a very Uninspiring World

Rabbi Daniel Mechanic

Olivine
Ballroom #3

3:00 - 3:45

Concurrent Sessions #2

Session 2.1

Ask the Rabbonim (*Panel*)

Rabbi Pinchas Jung

Rav Yitzchok Lobenstein

Olivine
Ballroom #1

Session 2.2

A Shul with a View - Klal
Yisroel, the world and how
we see it (*Panel*)

Rabbi Shais Taub

Rabbi Yoseph Vigler

Moderated by: Rabbi Shuli Halpert

Olivine
Ballroom #3

Session 2.3

Acceptance and Approval

Rabbi Yomtov Glaser

Olivine
Ballroom #2

4:10

מנחה

Early Minyan (Minchah only)

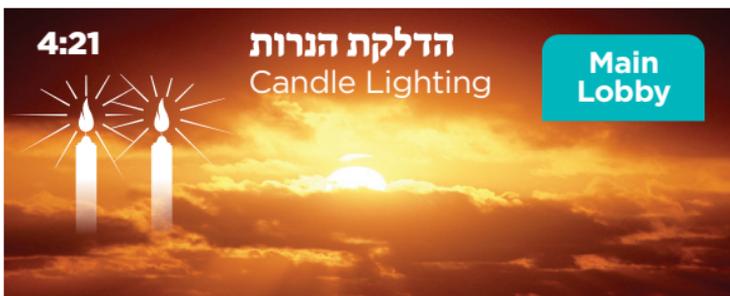
Small
Shul

4:21

הדלקת הנרות

Candle Lighting

Main
Lobby



4:25

Women's Program

Please refer to

Women's Program insert.

קבלת שבת

4:20 מנחה

קבלת שבת ומעריב

Renowned Chazan Yoel Ausch
& the Zingers Choir

ברוכים הבאים - דבר המוסד

R' Gedalia Miller

Founder of Keshet Nafshi

Rabbi Mordechai Finkelman

Harav Yosef Chaim Liefer

מתוך רוב שמחה

Rabbi Shulem Kessler

Main
Shul



סעודת שבת

6:30

*A Beautiful Seudah Featuring
Divrei Torah & Zmiros*

R' Azik Leib Muller

Main
Ballroom



Sponsored by:

Naftali & Chanie Einhorn

8:40 - 9:25

Concurrent Sessions

#3

Session 3.1

The Right Way to Reference,
Address & Discuss a Specific
Child with Other Children or
Relatives

Dr. Mordechai Weinberger

Olivine
Ballroom #1

Session 3.2

Shulem Bayis
in Turbulent Times

Rabbi Shimon Gruen

Prime Cut
Room #1

Session 3.3

The Secret to Surviving
Impossible Challenges

Rabbi Yitzchok Lobenstein

Olivine
Ballroom #2

Session 3.4

The Secret to Keeping our
Children on the Derech

Rabbi Daniel Mechanic

Olivine
Ballroom #3

Continued >

FRIDAY EVENING • ליל שב"ק

Session 3.5

What Your Kids Want You to Know - Hearing from the Professionals Dealing with the Kids on the Street -

Q&A Session

Sony Perlman

Prime Cut Room #1

Session 3.6

Understanding the Importance of Self Care

Q&A Meetup

Mr. & Mrs. Mendy Klien

Main Lobby

9:30 - 10:15 Concurrent Sessions #4

Session 4.1

Stop Worrying Start Trusting - For a Life of Happiness and True Connection

Rabbi Yosef Vigler

Prime Cut Room #1

Session 4.2

Conquering the Divide - How to Navigate the Difficulties of Raising Kids in an Unpeaceful Home

Rabbi Shimon Gruen

Prime Cut Room #2

Session 4.3

You Are being Tested - Why You Should Not Take That Personally.

Rabbi Shloime Ehrlich

Olivine Ballroom #2

Session 4.4

How to Love

Rabbi Yomtov Glaser

Olivine Ballroom #1

10:15 - 11:15

Keynote Session

From Darkness to Light

Rabbi Shais Taub

Rabbi Yossi Bensoussan

Rabbi Pinchas Jung

A Surprise Guest

Olivine Ballroom

Continued >

FRIDAY EVENING • ליל שב"ק

11:15

Friday Night Bota With R' Mota

*Become Elated Through Song
Adorned with Pearls of Encouragement,
Accompanied by:*

**The Zingers Choir
Rabbi Mota Frank**

**Main
Ballroom**



11:15 Women's Program

Leil Shabbos Oneg

Please refer to Women's Program insert.

Following Bota

*Late Night Shmooze
Q&A with
Avi Fishoff*

**Main
Lobby**

SHABBOS • יום שבת

8:00

*Shiur Chassidus
Rabbi Yosef Vigler*

**Prime Cut
Room #1**

8:00

*Daf Yomi
Harav Shmiel Dovid Friedman*

**Main
Shul**

8:00

שחרית
Early Minyan
Featuring Words of
Inspiration by
Rav Yitzchok Loebenstein

**Small
Shul #1**

8:00

*Tehilim with Minyan
Shabbos Mevorchim*

**Small
Shul #2**

8:50

שחרית
Main Minyan
Renowned Chazan Yoel Ausch
& the Zingers Choir

**Main
Shul**



10:00

שחרית נוסח חב"ד

**Small
Shul #2**

Continued >

8:30

Women's Breakfast & Program

Please refer to
Women's Program insert.

11:45 - 12:30

קידוש

Lavish Kiddush

Men

Ateres Shlome
Ballroom

Women

Ballroom
Lobby

12:30 - 1:15

Concurrent Sessions #6

Session 6.1

טוב עין הוא יבורך

Harav Shmiel Duvid Friedman

Olivine
Ballroom #2

Session 6.2

My Conversations and
Debates with Famous
Hollywood Stars

Rabbi Daniel Mechanic

Olivine
Ballroom #3

Session 6.3

Your Son-in-law or
Daughter-in-law is
Misbehaving -
What is Your Role?

Rabbi Bentzion Twerski

Prime Cut
Room #2

Session 6.4

The Possible You

Rabbi Yomtov Glaser

Olivine
Ballroom #1

Session 6.5

Is Self Hatred Contagious?
How to be OK Enough
with Yourself

when Parenting Alone

Rabbi Shloime Ehrlich

Prime Cut
Room #1

סעודת שבת

1:15

R' Azik Leib Muller

Main
Ballroom



Continued >

SHABBOS • יום שבת

2:45 מנחה
Early Minyan

Small
Shul #1

3:00 - 4:15
Panel Discussion
Hear it From the Pros
Rabbi Yossi Bensoussan
Dr. Mordechai Weinberger
Rabbi Daniel Mechanic

Olivine
Ballroom

4:20
מנחה

Main
Shul

4:50
סעודה שלישית
Harav Yosef Chaim Liefer

Ateres
Shlome
Ballroom

6:25
ברכת המזון
מעריב

4:25
סעודה שלישית
Women's Program
Please Refer to Women's Program Insert

5:51 זמן מוצאי שבת קודש
(72 Minutes)

6:45
הבדלה

Main
Shul

מוצאי שבת

7:45 - 8:30 Concurrent Sessions #7

Session 7.1
Avoiding and Preventing
Burnout
Rabbi Yitzchok Lobenstein

Olivine
Ballroom #2

Session 7.2
Marriage - Keeping it
Together While Keeping it
Apart from Other Issues
at Home
Dr. Mordechai Weinberger

Olivine
Ballroom #1

Continued >

מוצאי שבת

Session 7.3

Make Yiddishkrite Geshmak and Not Boring for the Whole Family

Rabbi Yosef Vigler

Prime Cut Room #1

Session 7.4

How Can You Manage Your Marriage on Your Own?

Rabbi Shimon Gruen

Prime Cut Room #2

Session 7.5

A Perspective on Adolescent Substance Abuse and Mental Health

Rabbi Shais Taub

Olivine Ballroom #3

8:45 - 9:30

Concurrent Sessions #8

Session 8.1

The Balance Between Hishtadlus and Bitachon

Rabbi Pinchas Jung

Olivine Ballroom #2

Session 8.2

Doing it Right OR Doing the Right Thing?

Rabbi Yossi Bensoussan

Prime Cut Room #1&2

Session 8.3

Responding to our Children's Challenging Questions

Rabbi Daniel Mechanic

Olivine Ballroom #3

Session 8.4

Is Professional Help Necessary?

Dr. Mordechai Weinberger

Olivine Ballroom #1

10:00

מלוה מלכה
וסיים הש"ס לב אבות

Gala Melava Malka & Siyum Hashas

A Rich Program Featuring Siyum Hashas Lev Avos, Dancing, Guest Speaker & other Surprises.

Sponsored:

לזכות הבחור הבר מצוה
שלום דב בר בן אסתר שרה

Guest Speaker:

Rabbi YY Jacobson

Main Ballroom



7:30 - 10:00 מנינים שחרית

All Shuls

8:15

Daf Yomi - English

Rav Yitzchok Lobenstein

Small
Shul

8:30 - 10:30

Breakfast

Main
Ballroom

10:00 - 10:45 *Concurrent Sessions* #9

Professionals Speak

Session 9.1

Relief's Division
Higher Levels of Care

Sendy Ornstein

President & Founder of Relief Resources & Resolve

Rabbi Binyomin Babad

Director, Relief Resources International

Rabbi Sruli Bistriz

Director, Resolve

Mrs. Devora Follman, LCSW

Director

Prime Cut
Room #1

Session 9.2

What to do When You Find
the Evidence

How NOT to Make Them

Run Further Away

Sony Perlman

Olivine
Ballroom #3

Session 9.3

The Kids on the Fringes -
What's Really Happening

Rabbi Daniel Mechanic

Prime Cut
Room #2

Session 9.4

Why do People Commit
Suicide from Sexual Abuse
and how to Talk to Kids to
Prevent it.

Dr. Mordechai Weinberger

Olivine
Ballroom #1

**Room Checkout by
1:00 pm**

11:00 – 12:15

Keynote Speech

Main
Shul

Rising Above
Your Struggles

Rabbi Shimon Russell, LCSW

12:30 – 1:30

Concurrent Sessions #10

Q&A with Professionals

Panel 10.1

The Sorrows of Addiction -
From Concept to Action

Olivine
Ballroom #1

Sony Perlman

Rabbi Yossi Bensoussan

Ezzy Finkel

Olivine Room #1

Panel 10.2

Challenging Victimhood -
Going Against the Tide

Olivine
Ballroom #3

Rabbi Bentzion Twerski

Dr. Mordechai Weinberger

Olivine Room #3

1:30

Event Close Keynote

Olivine
Ballroom

Rabbi Yossi Bensoussan

1:30

צאתכם לשלום

Grab-N-Go Lunch



Special Thanks to

We would like to express our sincere gratitude to our esteemed friends whose generosity and commitment, made this event possible.

Yirmy & Mimi Andrusier

Dassie Bin-nun

Naftali & Chanie Einhorn

Eli Friedman & Staff

Duvy Greenbaum

Chesky Kauftheil

Leiby & Faiga Leah Landau

Mendy Lerner

R' Avrum A. Leser

Shloimy & Shternie Litzman

Gingy & Mindy Markowitz

Benny Raskin

Hershel & Zeldy Rosenberg

Yitz & Haddas Rosenbluth

Moshe & Miriam Rosenfeld

Moshe & Sheindel Russel

Dr. Chaim & Miriam Silberberg

Don Stern

Perl Stroh

and the entire Ladies Team

Special thanks to our Logistics Coordinator

Hainech Korman

May you be blessed with
געזונט, פרנסה, נחת, עד בלי די!

*The Keshar Nafshi
Committee*

← THANKS TO OUR SPONSORS →

KEDEM[®]

 **HERZOG**
Wine Cellars

Raleigh
Hotel & Cottages

Falkowitz
CAKES & DESSERTS

Chocolate
BAR

NEW YORK LIFE

The Company You Keep[®]

Moishe Jaroslwitz
Insurance Agent

(866)LIVE120

Torah
An anytime 365

BizBuzz
promos
market your brand with printed goods

The medicine chest
YOUR NEIGHBORHOOD PHARMACY

Greenfresh
KOSHER SUPERMARKET
3711 Rt. 42 South, Near Ichud Shul, Monticello, NY
845-794-6491 • greenfreshorder@gmail.com

Resolve
THE COMPREHENSIVE RESOURCE FOR STRUGGLING TEENS

RELIEF

 **RECOVERY** AT THE
CROSSROADS

health home.care
A DIVISION OF MARG

HOPE STREET

Mental Health & Addiction Outpatient Therapy

 **ignite teen**
TREATMENT

 **E**
EDEN
CENTER FOR EATING DISORDERS

 **Eli Friedman**
productions

 **Popinsanity**
ARTISANAL POPCORN & CONFECTIONS

Kayx Bakery
Le Chocolate
Popinsanity



WEBER & SONS
Financial Solutions for Generations

THANK YOU



Chaim Bin-Nun, MFT

Author, Lecturer, Parenting Counselor
Young Adult Advisor

917-573-0232

Web Design By:

Benny Raskin

770.744.4406

ben.raskin@gmail.com

Graphic Design By:

Yanky Goldman

718.337.8262

yanky@yankygoldman.com



BRANDING | PACKAGING | LOGO DESIGN



חזן ר'
**יואל
אויש**
ה"ר



**Don
Stern**



**Beri
Weber**



Special
Appearance
by World
Renowned
Star & Entertainer
Lipa Schmeltzer

Accompanied by



ונפשו קשורה בנפשו

For our future events, visit us online at:

KeshetNafshi.org