

בעזהש"ת

YOUR
Hope

YOUR
Heroes

YOUR
Home

WELCOME TO

אנחנו קשורה בנפשו

קשר
שבת
נפשו
אנחנו ישראל

EVENT
PROGRAM



פרשת חיי שרה
מברכים חודש כסלו
כ"ג-כ"ו חשון תשפ"ג

Thursday Nov. 17 thru
Sunday Nov. 20, 2022

WELCOME

TO OUR EIGHTH SHABBATON

*Day in, day out, your effort and devotion,
Patience, time and fortitude
Through stress, and LIFE, and difficult emotion
And kips, who "aren't in the mood!!!"*

*We give and persevere with love beyond measure
And remember, always, in our hearts,
That our child's joy, contentment and pleasure
Is up to us, for such a large part*

*This Shabbos is for you, dear parents, to enjoy
To grow and gain inspiration
In the company of others, who also employ
This acceptance of their child's situation*

*So share and connect with the guests who are here,
And relate what's on your mind
We hope this Shabbos will show how we care
'Cuz Keshet Nafshi is one of a kind!*

THANK YOU FOR JOINING

Good Shabbos!

Keshet Nafshi Committee:

Gedalia Miller,
Founder & Producer

Rabbi Shimon Russell,
Director of Training &
Development

Chesky Kauftheil,
Executive Advisor

Mendy Eder
Chaim Feldman
Yisroel Fried
Yanky Goldman
Eli Kaufman
Hainech Korman
Shloimie Litzman
Gingy Markowitz
Hershel Rosenberg
Moshe Hersh Rosenfeld
Meir Waks
Yitzchok Meir Walzer

Dassie Bin-Nun
Rivka Drebin
Raizel Feldman
Peshy Friedman
Roizy Kaufman
Shternie Litzman
Mindy Markowitz
Chaya Metzger
Chaya Ruchy Mayer
Esther Miller
Chaya Gitty Rosenberg
Pearl Stroh
Esther Walzer

Chicago Team:

Yanky & Rivky
Greenberger
Ephraim & Chana Polatsek
Ezi & Adina Semel
Ephraim & Aviva Vilensky

Israel Team:

Yaakov Lazar
Shloime Sofer
HaRav Shimon
Schneebalg

Lakewood Team:

Yisroel & Esther Fried
Binyamin Greenspoon
Usher & Adina Parnes
Simcha & Elana Shain
Binyomin & Bracha
Wilhelm

London Team:

Rabbi AY Goldman
Chaim Hoffman
Moshe & Shani Lisser
Chaim Sherer
Yoeli Schwartz

Monsey Team:

Bashy Bleich
Michal Feuer
Heshy & Sure Gitty
Weinberger

Waterbury Team:

Dovid & Rivi Friedler

ברוכים הבאים

PROTOCOL

The Kesher 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 until 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. **There are NO recordings or sharing allowed of anything heard or seen throughout the entire event.**

Thank you,
The Kesher Nafshi Team

For future events, visit us online at:
KesherNafshi.org

2 מעליות
2 ELEVATORS



STAIRS TO 2nd FL ONLY
מדרגות עליה לקומה 2 בלבד

BAR • בר

לובי •

כניסה למלון •

מרפסת נוף מוגב

חניה •

חדרים 115 - 126 ROOMS



אולם 201
HALL 201

מדרגות לחדרים קומה 3 בלבד
STAIRS TO 3rd FL ROOMS ONLY



חדרים 267 - 286 ROOMS



בית כנסת קטן
SMALL SHUL

2 מעליות
2 ELEVATORS

הגל
LILACH HALL

מדרגות ירידה לקומה 1 בלבד
STAIRS TO 1st FLOOR ONLY

חדרים 243 - 266/10 ROOMS



מדרגות לאולם לילך בלבד
STAIRS TO LILACH HALL ONLY

מדרגות לקומה 2 בלבד
STAIRS TO 2nd FL ONLY



חדרים 332 - 357 ROOMS



2 מעליות
2 ELEVATORS

אולם
LILACH HALL

מדרגות לאולם לילך בלבד
STAIRS TO LILACH HALL ONLY

SPECIAL GUESTS, SPEAKERS,



**Rabbi
YY Jacobson**
Founder & Director
of TheYeshiva.net



הרב
מוטה פראנק
שליט"א



הרה"ג ר'
שלום נח לאנדא
שליט"א
ראש ישיבת ווערעצקי



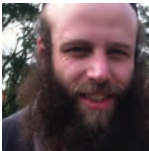
**Rabbi Yitzchok
Lobenstein**
Co founder of Veheishiv,
Lecturer on chinuch;
focusing on parents of challenged teens,
Author of Tinok shenishbar (a broken child)



הרב **אהרן
פרידמן** שליט"א
מחבר יועץ,
מחבר ספרי 'גם אתה יכול' ועוד



**Rabbi Avi
Wiesenfeld**
Rosh Yeshiva, Beis Dovid,
Yerushalayim



**Jacob L.
Freedman MD**
Board-Certified Psychiatry
& Psychotherapy,
Author, Columnist



**Dan
Tiomkin**
מחבר הספר: בוסר המלאכים



**Rabbi Shlomo
Hoffman**



**Mendi
Baron, LCSW**
Founder/CEO of
Moriah Behavioral Health



**Chaim
Bin-Nun,
MFT, LPC**



**Shuli
Halpert**
Gesher L'Yeshivos



**Maestro
Shimmy
Miller**



**Don
Stern**



**Chazan
Shmuly
Hecht**



**Yumi
Lowy**

LECTURERS & PROFESSIONALS



Rabbi Moshe Meir Weiss

Rabbi at Agudas Yisroel of Fairways, Lakewood
Yeshivas Ohr Yitzchok
Yeshiva of Staten Island



Rabbi Shimon Russell, LCSW

Director of
Training & Development
of Keshar Nafshi



המקובל הצדיק רבי
גמליאל ריבנוביץ שליט"א

רב בית המדרש 'שבתי' בירושלים



HaRav Yitzchok Schwartz Shlit"א

מרא דאתרא
קהילת ברכות שמואל' נבעת זאב, א"י



הרה"ג ר' **שמעון שנייבלג שליט"א**



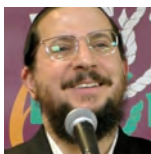
Rabbi Yehuda Weinberg

Director Israeli Division
Aish HaTorah, Jerusalem



Rabbi Avrohom Yeshaya Goldman

Rosh Hayeshiva Darchei Torah
Manchester, UK



Rabbi Shloime Ehrlich

Founder of
'Achim Baderech'
& 'Ohr Layesharim'



Rabbi Eli Stefansky

מגיד שיעור דף היומי



Usher Parnes

Moderator



Rabbi Isaac Leib Miller

Rebbetzin Esti Flintenstein

YNR trained Marriage & Family Therapist.
IFS Level 3 Practitioner

Shani Lisser

Founder of
Unconditional Parenting
London, UK

Orit Esther Riter

Motivational Speaker,
Author, Founder of the
DailyDoseofEmuna.com
& the Or Energy Institute

Batya Ruddell

Novelist, Columnist,
Hamodia Publications
Public Speaker

Miriam Israeli

Performer,
Lyricist &
Composer
for Women

The Kesher Nafshi Team:

Get to know us.
We're here for you.



Gedalia Miller

Founder & Producer



Chesky Kauftheil

Executive Advisor



Gingy Markowitz



Shloimie Litzman



Mendy Eder



@vi Fishoff

Master KiPologist

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



Moshe & Shani Lisser

Unconditional Parenting, UK



Chaim Hoffman



Yoeli Schwartz

INFORMATION

Hotel Information

Nof Kinneret Hotel
Jerusalem St. 38, Tiberias, 14130,
Israel

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 our
professionals with questions or
conversation to gain clarity, insight
and chizuk.***

Caterer / Hechsher

Yummy Catering
Under strict
hashgacha of Badatz
Eida Chareidis.



בהשגחת הברוך
בית ישראל
התורה והמצוות

Tea Room

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

Medical Emergencies

For hatzolah related matters call:

Shmuly Hecht: 347-539-9882

Gingy Markowitz: 718-755-3100

Simcha Shain: 732-330-4400

Eruv

The entire hotel
campus is secured
with a kosher Eruv.

Rivis

INTERNATIONAL

THURSDAY • יום חמישי

11:00 am

Check-in

12:15 - 4:00 pm

Light Reception

Lobby

12:30

Early מנחה

Small Shul

12:00 - 2:30

Open to All: Especially Beneficial for First Time Attendees

Introduction to Crisis Chinuch

Rabbi Shimon & Mrs. Yocheved Russell

הגל הכחול
Hagal Hakochol

3:00 - 4:00

Concurrent Sessions

#1

Session 1.1

Ask The Rabbi

"Asking for A Friend"

Practical Shailos when Dealing with Struggling Children and How to Truly Help Your Child According to Halacha.

Rabbi Yitzchok Lobenstein

Hall 201

Session 1.2

Unconditional Regular Chinuch

Rabbi Shlomie Ehrlich

הגל הכחול
Hagal Hakochol

Session 1.3

Dealing With Misfortune While Coping With The Pressures Of Life

Rabbi Aron Friedman

The Garden Hall

4:00

מנחה

The Garden Hall

2:45 - 4:15

Hafrashas Challah

Orit Esther Riter

Miriam Israeli

Lilach Hall

4:30 - 5:15

Concurrent Sessions

#2

Session 2.1

Ask The Doctor - Off The Couch

Dr. Jacob Friedman

הגל הכחול
Hagal Hakochol

Continued >

THURSDAY • יום חמישי

Session 2.2

Becoming a More Supportive Spouse During Challenging Times

Rabbi Moshe Meir Weiss

Hall 201

Session 2.3

ואהבת לדעך כמון
הרב שמעון שנייבלג

The Garden Hall

5:30 - 7:00

Keynote Session

Being Your Authentic Self

Introduction by

Rabbi Gedalia Miller

Keynote by

Rabbi Shimon Russell

הגל הכחול
Hagal Hakochol

7:00 - 7:20

Refresh with
Spirited Conversation

Outdoor
Garden

7:20 - 8:15

Buffet Dinner

הגל הכחול
Hagal Hakochol

8:30

Buses To Meron

Please be mindful of the designated departure times. The buses will be leaving on time and will not wait. If you miss them you will have to make your own travel arrangements.

9:30- 10:45

Hadlaka At Meron

לכבוד התנא האלקי רבי שמעון ב"ר יוחאי זי"ע

Negina & Music By

Arele Samet & Don Stern

11:00

Buses Back To Hotel

Continued >

THURSDAY • יום חמישי

12:00 am - Hot Buffet Leil Shishi

Men's Kumzitz
Don Stern & Choir
Rav Mota Frank

הגל הכחול
Hagal Hakochoh

Women's Concert
Miriam Israeli

Lilach
Hall

FRIDAY • ערב שב"ק

7:00 am
Shuttle to Tzfat **Per Registration**
(Forms will be at check in)

7:15
שיעור דף היומי
Rabbi Eli Stefansky

Small
Shul

8:00 - 10:30
מנינים שחרית

The Garden
Hall

8:00 - 11:00
Continental Breakfast

הגל הכחול
Hagal Hakochoh

10:00 - 10:45 *Concurrent Sessions* #3

Session 3.1
The Traffic Light Model of
Self-Regulation
Dan Tiomkin

Lilach Hall

Session 3.2
Really, Who Am I?
Finding the Authentic 'I'
Through Our Challenges
Rabbi A.Y. Goldman

Hall 201

Session 3.3
An Inside View into your
Child's Journey in Search of
Authenticity
Rabbi Yitzchok Lobenstein

אולם רקפת
Rakefet Hall

Session 3.4
"I hate you!" and other Short
Stories: Helping Your Child
Navigate Treatment
Mendi Baron

הגל הכחול
Hagal Hakochoh

Continued ►

FRIDAY • ערב שב"ק

11:00 - 1:00

Round Table Discussion With Gold Members

Hall 201

For parents who are under guidance for 3 years or more.

Rabbi Shimon & Mrs. Yocheved Russell

11:00 - 11:45

Concurrent Sessions

#4

Session 4.1

Can You Be Hurt By Someone and Still Love Them?

Rabbi Shlomie Ehrlich

Lilach Hall

Session 4.2

Accepting Your Imperfect Child Wholeheartedly.

Rabbi Aron Friedman

אולם רקפת
Rakefet Hall

Session 4.3

Being Authentic with our Creator, our Senior Partner

Rabbi A.Y. Goldman

The Garden Hall

12:00 - 12:45

Concurrent Sessions

#5

Session 5.1

Developing a Passion For Yiddishkeit & a Personal Relationship With Hashem

Rabbi Avi Weisenfeld

אולם רקפת
Rakefet Hall

Session 5.2

Accepting Your Imperfect Child Wholeheartedly

Rabbi Yitzchok Schwartz

Lilach Hall

Session 5.3

Personal Empowerment

הרב שמעון שנייבלג

The Garden Hall

12:00 - 3:00 טועמיה

Lobby

1:30 - 3:00

Keynote Session

Getting Real!

What About The Other Children?

Rabbi Shimon & Yocheved Russell & Family

The Garden Hall

3:10

הכנה לשבת

Songs Of Inspiration



Lobby

3:30

Early מנחה (Mincha Only)

Small Shul

FRIDAY EVENING • ליל שב"ק

3:50-4:05 הדלקת הנרות
Candle Lighting



הגל הכחול
Hagal Hakochol

Under no circumstances
should candles be lit in hotel rooms

קבלת שבת

4:10

הכנה לשבת
הרב שמעון שנייבלג

4:30 - 6:15

מנחה וקבלת שבת

ברוכים הבאים, דבר המוסד

Rabbi Gedalia Miller

Founder of Keshet Nafshi

קבלת שבת

Chazan Shmuly Hecht
and the **Zingers Choir**



דרשה

Rabbi Aron Friedman

מתוך רוב שמחה

Rabbi Isaac Leib Miller

The Garden
Hall

4:15 - 6:15

**Women's Kabbalas Shabbos
Program**

Lilach Hall

דברי חיזוק

Rabbi Shulem Noach Landau

Welcome To Shabbos Keshet Nafshi #8

Pearl Stroh

קבלת שבת

Opening Our Hearts With Song

Miriam Israeli

My Serene, Sometimes Stormy,
Conversations with Hashem

Batya Ruddell

6:30 - 8:30

סעודת ליל שבת

הגל הכחול
Hagal Hakochol

A Beautiful Seudah Featuring Divrei Torah & Zmiros

Pearls of Wisdom

Rabbi Y.Y. Jacobson

Continued >

FRIDAY EVENING • ליל שב"ק

8:45 - 10:15

Panel of Parents

Shuly Halpert
Shlomie Ehrlich
Yehoshua Saidi
Hershy Weinberger

Moderator:

Usher Parnes

10:30 pm - 12:30 am

Men - Bota

Rabbi Mota Frank

Accompanied by the Zingers Choir

הגל הכחול
Hagal Hakochol

Women - Oneg Shabbos

You are not Alone:

The Power of Supporting Each Other

Lilach Hall

SHABBOS • יום שבת

8:00 am

Earlier שחרית

Rabbi Yitzchok Lobenstein

Light Kiddush-Breakfast
After Davening

Lilach Hall

Lobby

8:00 - 8:45

שיעור חסידות

Rabbi Shlomo Hoffman

The Garden
Hall

8:50 - 11:30

שחרית Main Minyan

Chazan Yumi Lowy
and the Zingers Choir

דרשה

Rabbi Shulem Noach Landau

The Garden
Hall



Women's Program

8:00 - 11:00 Coffee & Cake

Lobby

9:30 - 11:30 Breakfast

Round Table Discussions
with the Professionals

Hall 201

Continued >

SHABBOS • יום שבת

קידושא רבא

11:45 - 12:15

Lavish Kiddush

with option to wash

Lobby

12:30 - 1:15

By Invite Only

Rabbi Shimon & Mrs. Yocheved Russell

12:30 - 1:30

Concurrent Sessions

#6

Session 6.1

Building Emotional Strength
& Sholom Bayis While in Crisis

Rabbi Aron Friedman

Hall 201

Session 6.2

The Pain, Shame, & Anguish:
Why Do Families Need to
Suffer?

Rabbi Yitzchok Schwartz

The Garden
Hall

Session 6.3

It Is All From Hashem
Rabbi Avi Weisenfeld

Lilach Hall

1:30 - 3:00

סעודת שבת



הגל הכחול
Hagal Hakochol

3:00

Early מנחה

The Garden Hall

3:00 - 4:30

Panel of Parents

Real People, Real Stories

Rabbi Shimon Russell

Rabbi Y.Y. Jacobson

Chaim Bin-Nun

Guest Parent

The Garden
Hall

4:30

מנחה

The Garden Hall

Continued >

SHABBOS • יום שבת

5:25 - 6:45 **Men**
סעודה שלישית

זמירות ודברי תורה
Rabbi Shloma Hoffman
Rabbi Mota Frank

הגל הכחול
Hagal Hakochol

7:00 **מעריב**

The Garden Hall

סעודה שלישית
Women's Program

Lilach Hall

4:30 - 6:00

Mother to Mother:
Sharing from our Wellsprings of Wisdom

6:20 - 7:00

B'Rina Yiktzoru:
Being Authentic in our Gratitude to Hashem
Miriam Israeli

5:47 **זמן מוצאי שבת קודש**
(72 Minutes)

מוצאי שבת

7:15

הבדלה



Lobby

7:55 - 8:40

Concurrent Sessions

#7

Session 7.1

Authentically Parenting the Sensitive Child

Dan Tiomkin

Hall 201

Session 7.2

Who Is The Authentic Jew?
Middos And Halacha

Rabbi Yitzchok Schwartz

אולם רקפת
Rakefet Hall

Session 7.3

Chinuch in Turbulent Times:
Bechirah or Shmurah

Rabbi Shlomie Ehrlich

Lilach Hall

Session 7.4

On Therapy and Therapists:
How to Successfully Navigate
the Therapeutic Process

Rabbi Shlomo Hoffman

The Garden Hall

Continued >

מוצאי שבת

Women's Workshop

9:15 - 10:30

Light Up Your Life

Orit Esther Riter

Lilach Hall

9:00

Buses to:

של"ה הק', רמב"ם, רבי מאיר בעל הנס

10:45

Buses Return to Hotel

11:00 pm - 1:30 am

מלוה מלכה Melava Malka

Kumzitz Led By

Rabbi Y.Y. Jacobson & Others

Chizuk By

Rabbi Moshe Lisser

Zemiros & Music by:

Don Stern & Zingers Choir



SUNDAY • יום ראשון

7:15

שיעור דף היומי

Rabbi Eli Stefansky

Small
Shul

7:30 - 9:30

מנינים שחרית

The Garden
Hall

8:00 - 11:30

Continental Breakfast

הגל הכחול
Hagal Hakochoh

9:45 - 10:30

Concurrent Sessions

#8

Session 8.1

Practical & Effective Tools for
Dealing with Struggling Children

Rabbi Yitzchok Lobenstein & Chaim Bin-nun

הגל הכחול
Hagal Hakochoh

Session 8.2

Walking the Tightrope:
Balancing Love and Loyalty

Harav Moshe Meir Weiss

Lilach Hall

Continued >

SUNDAY • יום ראשון

Session 8.3

The Right Way to Motivate
Children to Ahavas Hashem

Rabbi Aron Friedman

אולם רקפת
Rakefet Hall

**10:00 am Hotel Checkout:
Rooms Must be Empty by
11:00 am Sharp**

11:00 - 1:00

Final Keynote Session

Takeaways from The Shabbaton

11:00 - 11:30

Rabbi Shimon Russell

11:30 - 1:00

Rabbi Y.Y. Jacobson

הגל הכחול
Hagal Hakochol

Boxed Lunch - Ready to Go

Buses Leave at 1:30

4:00 - 5:30

כותל המערבי

4:00

מנחה

Overlooking the Kosel from Aish
HaTorah's Rooftop

Followed by

Light Buffet Dinner

Guest Speaker

Rabbi Yehuda Weinberg

Aish HaTorah
Hall

6:30 - 7:30

קבר רחל

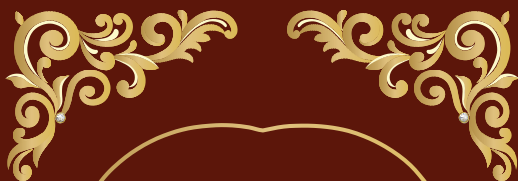
7:30

Buses to the Airport & to Jerusalem

צאתכם לשלום

זכות התפילות

Sponsored by
**Avi Fishoff
and The Fishoff Family**



ויאני תפילתי לך ה' עת קצון



לעילוי נשמת
יחיאל בנציון בן ר' דב
מינדל בת ר' ישראל
פישאהף
זכרונם לברכה

ולזכות כל חולי נפש
של משפחת "TP"
בתוך שאר חולי ישראל

נתנדב ע"י משפחת פישאהף



SPECIAL THANKS TO

The Keshar Nafshi Team would like to express extreme gratitude and appreciation to

Mr. Moshe & Shani Lisser

for the tireless efforts they invested on behalf of the attending parents and for contributing to the success of KN8-Eretz Yisroel. We are thankful for their diligence and admire their commitment and the elegant manner in which they carried out their work on behalf of the Klal. May Hashem grant you Gezunt, Nachas, Mazal, Brocha, and Hatzlocha, and may the Zechus Harabim stand in your merit for generations to come.

אות הכרת הטוב

לכבוד הרב הגאון

ר' שמעון שנעבאלג שליט"א

אשר טרח ועמל ביגיעה עצומה

למען הציבור הקודש ואירגון קשר נפשי בלב ונפש.

וקיים מה שכתוב

וְכָל הַעֲמָלִים עִם הַצָּפוּר, יִהְיוּ עֲמָלִים עִמָּהֶם לְשֵׁם

שָׁמַיִם, שְׂזֻכּוֹת אֲבוֹתֶם מְסִיעֵתֶן וְצַדִּיקְתֶּם עֹמְדֵת לְעַד.

וְאַתֶּם, מַעֲלֵה אֲנִי עֲלֵיכֶם שְׂכָר הַרְבֵּה כְּאִלּוּ עֲשִׂיתֶם

וַיִּמְלֵא ה' שְׂכָרְךָ וַיְהִי מִשְׁכּוֹרְתְךָ שְׁלִימָה מֵעַם ה'.

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

Rivi Bard

Chaim Bin-Nun

@vi Fishoff

Sarah Miller Gips, *Party planner*

Yoeli Margulies

Mordechai Dovid Neiman

Rabbi Shimon & Yocheved Russell

Benny Raskin

Hershly Rosner

Isaac Stein

Don Stern

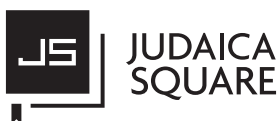
Avrumy Wilner, *Holiness Travel*

May you be blessed with

געזונט, פרנסה, נחת, עד בלי די!

The Keshar Nafshi Committee

THANKS TO OUR SPONSORS



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BRANDING | PACKAGING | LOGO DESIGN

זמנים

עיה"ק טבריה, ארץ ישראל

יום ה' פרשת חיי שרה - כ"ג חשון תשפ"ג

| | |
|------|----------------------|
| 3:30 | פלג המנחה - גר"א |
| 4:35 | שקיעת החמה |
| 5:14 | לילה - צאת ג' כוכבים |
| 5:47 | לילה - 72 דקות |

ערב שבת פרשת חיי שרה - כ"ד חשון תשפ"ג

| | |
|-------------|--------------------------|
| 4:54 | עלות השחר |
| 5:16 | זמן ציצית ותפילין |
| 6:10 | נץ החמה |
| 8:08 | סוף זמן קריאת שמע - מג"א |
| 8:46 | סוף זמן קריאת שמע - גר"א |
| 9:38 | סוף זמן תפילה - גר"א |
| 11:22 | חצות היום |
| 11:52 | מנחה גדולה |
| 3:30 | פלג המנחה - גר"א |
| 4:05 | הדלקת נרות |
| 4:35 | שקיעת החמה |
| 5:14 | לילה - צאת ג' כוכבים |
| 5:47 | לילה - 72 דקות |

שבת קודש פרשת חיי שרה - כ"ה חשון תשפ"ג

| | |
|-------------|-----------------------------|
| 4:55 | עלות השחר |
| 6:11 | נץ החמה |
| 8:09 | סוף זמן קריאת שמע - מג"א |
| 8:47 | סוף זמן קריאת שמע - גר"א |
| 9:39 | סוף זמן תפילה - גר"א |
| 11:23 | חצות היום |
| 11:53 | מנחה גדולה |
| 3:29 | פלג המנחה - גר"א |
| 4:34 | שקיעת החמה |
| 5:14 | לילה - צאת ג' כוכבים |
| 5:47 | זמן מוצש"ק - 72 דקות |

יום א' פרשת תולדות - כ"ו חשון תשפ"ג

| | |
|-------|--------------------------|
| 4:56 | עלות השחר |
| 5:18 | זמן ציצית ותפילין |
| 6:12 | נץ החמה |
| 8:09 | סוף זמן קריאת שמע - מג"א |
| 8:47 | סוף זמן קריאת שמע - גר"א |
| 9:39 | סוף זמן תפילה - גר"א |
| 11:23 | חצות היום |

A YEAR OF CHIZUK IN REVIEW



Keshet Nafshi Flagship Events

| | |
|--|----------|
| KN5 · Shabbaton Mezibuz | 10/27/21 |
| KN6 · Shabbaton Connecticut (Armon) | 12/30/21 |
| KN7 · Shabbaton Catskills (The Raleigh) | 5/5/22 |
| Midwest Event · Shabbaton Chicago | 7/21/22 |
| KN8 · Teveria (Nof Kinneret) | 11/17/22 |
| KN9 · Connecticut (Armon Hotel) | 2/29/22 |

Keshet Nafshi Crisis Chinuch Seminars

| | |
|-----------------------------|---------|
| London, England | 2/22 |
| Lakewood, New Jersey | 4/3/22 |
| Kiryas Joel, New York | 6/9/22 |
| Monsey, New York | 6/12/22 |
| Midwest - Chicago | 7/24/22 |
| Yerushalayim, Eretz Yisroel | 9/11/22 |
| Manchester, England | 9/18/22 |
| Boro Park, New York | 10/2/22 |

Siblings Programs

| | |
|------------------------------|----------|
| KN7 · Sister-to-Sister | 5/5/22 |
| Sisters Barbecue, Five Towns | 6/20/22 |
| End-of-Summer Party, Monsey | 9/18/22 |
| KN9 · Siblings' Program | 12/30/22 |

Online Resources

Torah Anytime: Event Audio/Video Recordings

Coach Menachem Broadcasts

KeshetNafshi.org: Hundreds of Shiurim, Classes, and Event Recordings

P. 718.673.2200

E. Info@keshetnafshi.org

W. KeshetNafshi.org

