

ונסו קטורה ננסו

קטור
נפסו
מעזיבוז
MEZIBUZ

שבת פרשת חיי שרה
מברכים חודש נסלו
תשפ"ב

(USA) WED. OCT. 27
(EUROPE & E.Y.) THUR. OCT. 28
THRU SUNDAY OCT. 31, 2021

MEZIBUZ, UKRAINE

EVENT
PROGRAM

Welcome

TO OUR Fifth 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 Kaufheil, Executive Advisor

Mendy Eder • Hainech Korman

Shloimy Litzman • Gingy Markowitz

Hershel Rosenberg • Moshe Hersh Rosenfeld

Art & Graphics by: Yanky Goldman

Dassie Bin-Nun • Roizy Kaufman

Shternie Litzman • Mindy Markowitz

Chaya Ruchy Mayer • Chaya Metzger

Chaya Gitty Rosenberg • Pearl Stroh • Esther Walzer

THE LONDON COMMITTEE:

Chaim Hoffman • Yoily Schwartz • Shani Lisser

For future events, visit us online at:

KesherNafshi.org

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, when recording or sharing anything that you've heard, seen or recorded throughout the entire event.

Thank you,

The Kesher Nafshi Team

Old Cemetery

אהל
הבעש"ט

• בית המדרש
• Heichal Ballro
• Heichal Lobby
• מקוה 1
• 24 Hr Tea Room

אולם
הגדול
Grand
Ballroom
(Polotka)



Reception/Cafeteria
(Milchig)

Triple
Hotel

שומר
Guard

דירה
8a

דירה
8

Premium Hotel
& Ballroom
מקוה 2

Clas
Ho

דירה
10-11

אולם העץ
Hangar 1

רחוב הנעל שם טוב

דירה
6-7

Cabins
5a-6a

דירות
1,2,3,
4,5

דירה
17

דירה
9

דירה
12

דירה
19b

דירה
19

דירה
20

רחוב הנעל שם טוב

דירה
1b

Blue House

הרב מאפטא
The Apta Ruv

של הרב מאפטא
The Apta Ru

Mezibuz
Park

to
Tov's
מקוה 3

om
m

assic
tel



100 קטורה 1000

קטור נפטי מעזיבוז

MEZIBUZ

Map of Mezibuz



ביתו של
's House

ביהמ"ד
's Shul



די שול גאס

ביהמ"ד העתיק
של הבעש"ט
The Baal Shem
Tov's Shul



The Baal Shem
s Spring (Mayan)
מעיין הבעש"ט, ומי





הרב
מוטה פראנק
שליט"א



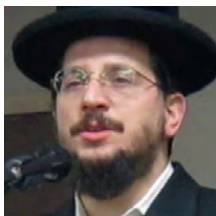
הרה"ג ר'
חיים יוסף וויינבערג
שליט"א
רב דק"ק תפארת ישראל, לונדון



הרה"ג ר'
יצחק לובינשטיין
שליט"א
חבר בית דין ובית הוראה
וראש הכולל בקרית ספר



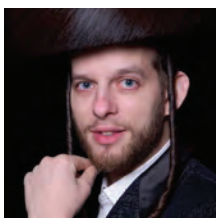
הרה"ג ר'
שמעון שניבלג
שליט"א



**Rabbi Shloime
Ehrlich**
Founder of 'Achim Baderech'
and 'Ohr Layesharim'



**Mordechai
Weinberger, LCSW**



Don Stern



Shmuly Hecht

**Batya
Ruddell**

**Shani
Lisser**



World famous speaker
and Psychotherapist

**Rabbi Shimon
Russell, LCSW**



הרה"ג ר' **משה**
וויינבערגער שליט"א

מרא דאתרא
of Congregation Aish Kodesh,
Woodmere, NY



@vi Fishoff

Master KiPologist

Founder & Director

Home **SWEEEEET** Home

TWISTED PARENTING!

GPS! NAVIGATION for YOUR SOUL

CPRI RESUSCITATION for YOUR SOUL



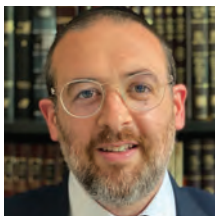
הרה"ג ר'
שלום נח לאנדא
שליט"א

ראש ישיבת ווערעצקי



**HaRav Yitzchok
Schwartz Shlit" a**

מרא דאתרא, קהילת ברכת שמואל
גבעת זאב, א"י



**Rabbi Avrohom
Yeshaya Goldman**

Rosh Hayeshiva Darchei Torah
Manchester, UK



**Chazan Shimmy
Miller**



**R' Isaac
Leib Miller**

**Miriam
Israeli**

**Orit Esther
Riter**

זמנים - מעזיבוז

יום ה' פרשת חיי שרה - כ"ב חשון תשפ"ב

4:52	פלג המנחה - גר"א
5:55	שקיעת החמה
6:44	לילה - צאת ג' כוכבים
7:07	לילה - 72 דקות

ערב שבת פרשת חיי שרה - כ"ג חשון תשפ"ב

6:17	עלות השחר
6:54	זמן ציצית ותפילין
7:53	נץ החמה
9:35	סוף זמן קריאת שמע - מג"א
10:23	סוף זמן קריאת שמע - גר"א
11:13	סוף זמן תפילה - גר"א
12:53	חצות היום
1:23	מנחה גדולה
4:51	פלג המנחה - גר"א
5:34	הדלקת נרות
5:53	שקיעת החמה
6:42	לילה - צאת ג' כוכבים
7:05	לילה - 72 דקות

שבת קודש פרשת חיי שרה - כ"ד חשון תשפ"ב

6:19	עלות השחר
7:55	נץ החמה
9:36	סוף זמן קריאת שמע - מג"א
10:24	סוף זמן קריאת שמע - גר"א
11:14	סוף זמן תפילה - גר"א
12:53	חצות היום
1:23	מנחה גדולה
4:49	פלג המנחה - גר"א
5:51	שקיעת החמה
6:42	לילה - צאת ג' כוכבים
7:04	זמן מוצש"ק - 72 דקות

CLOCKS ARE MOVED BACK 1 HOUR

יום א' פרשת תולדות - כ"ה חשון תשפ"ב

5:20	עלות השחר
5:57	זמן ציצית ותפילין
6:57	נץ החמה
8:37	סוף זמן קריאת שמע - מג"א
9:25	סוף זמן קריאת שמע - גר"א
10:14	סוף זמן תפילה - גר"א
11:53	חצות היום
12:23	מנחה גדולה

INFORMATION

Hotel Information

Holiness Hotel
Vulytsya Baal Shem Tova, Medzhybizh, Khmelnytskyi
Oblast, Ukraine, 31530
phone. 845-290-8144

Lost Luggage?

Have the airline send it to: Mr. Kola,
Ua 31530 Khmelnytskyi region, Medzhybizh,
str. Baal Shem Tova, 24.
phone: +380 97 267 2801

Room Keys

Please return your Room 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

Mezibuz: Under strict hashgacha
of Kedassia.

Berditchev: Under strict hashgacha
of the Badatz Eideh Hachreidus.



Tea Rooms

Located in the **Heichal Lobby** - will be open 24 hours
serving tea, coffee & light refreshments, alternating
between Parve & Milchig.

In the **Mezibuz Cafeteria** you'll find Milchigs & Coffee 24
hours throughout the weekend.

Medical Emergencies

Call: Kola at +380 97 267 2801

Non-Emergency Situations

Call Gingy at: 718-755-3100

Eruv

All Buildings/Hotels/Cabins/Dirahs/Houses in the
shtetl of Mezibuz, listed in this booklet are secured
within a kosher eruv. There are signs posted where the
eruv ends.

Mikvah

There are two mikvaos in Mezibuz.
Refer to the map for locations.

Questions

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



Touring Europe on a High
845-232-0973

Thursday

Buses at the Airport

Transportation will be provided at each airport based on the following estimated arrival times, and will head directly to their destinations.

Estimated Arrival Times on Thursday

10:45am - Kyiv Borispol airport - Group from Eretz Yisroel

12:25pm - Kyiv Zhulyany airport - Group from London

Buses provided by Keshet Nafshi will be at the airports to take everyone to Antevka.

Brunch will be served at the Antevka Jewish Refugee Community.

Relax until it's time for the buses to head-out toward Berdichev.

In Berdichev all groups will meet up, and continue together from there.

2:00pm - Kyiv Borispol airport - Groups from the United States

Buses provided by Keshet Nafshi will be there to drive everyone directly to Berdichev.

A Stop in Bardichev

5:30 - Estimated Arrival in Bardichev

Welcome Reception will be served, Relax and enjoy!

Note:

In order to make the arrival in Mezibuz more pleasant, keys to the Mezibuz rooms will be handed-out in Berdichev.

6:45 - Buses will head to the Tzion of R' Levi Yitzchok M'Berdichev ZY" A

Divrei regesh & hisorrerus from **Harav Moshe Weinberger Shlit" a** will accompany our tefillos at the tzion

8:00 - All buses leave the Tzion in Berdichev headed to Mezibuz

The women's bus will feature inspiration **Orit Esther Riter**

Travel to Mezibuz

Estimated time of Arrival

10:30pm

24 hour Tea-Room

Heichal Lobby

Full dinner will be served upon arrival

Grand Ballroom

Leil Shishi **Late Night** Program:

Men's Program

Rav Mota Frank will lead an uplifting Kumzitz, accompanied by **Don Stern** & the **Zingers** choir.

Premium Ballroom

Women's Program

A wonderful kumzitz & performance featuring **Miriam Israeli** and other inspiring guests.

Ulam Haetz Hangar 1

PCR Testing

Information and schedule of PCR Testing will be provided in the Mezibuz Cafeteria

Mezibuz Cafeteria

Friday Morning

24 hour Tea-Room

Heichal
Lobby

Shiur Daf yomi

7:00am

Rabbi Yitzchok Lobenstein

Please bring your own gemara

Heichal
Shul

Shacharis

8:00am & on

Heichal
Shul

Breakfast

9:00am - 11:00am

Grand
Ballroom

Special Women's program

Hafroschas Challah

10:00am

Featuring **Orit Esther Riter**
and **Miriam Israeli**

11:15

Sessions

#1

Session 1.1

Take Care of Yourself

Mordechai Weinberber

Premium
Ballroom

Session 1.2

A day in our life,

A view from our children

Rabbi Avrohom Yeshaya Goldman

Heichal
Ballroom

Session 1.3

11:15 - 1:00

Golden Oldies - By Invitation only

Roundtable Discussion, meet-up with

Rabbi Shimon & Mrs. Russell

Ulam Haetz
(Hangar 1)

12:15

Sessions

#2

Session 2.1

OTD (On Their Derech),

It's 'Their Journey', What is our job?

How to Get Through

When Nothing Seems To Be Working

Rabbi Yitzchok Lobenstein

Heichal
Ballroom

Session 2.2

Being ashamed of our Nesayon and how to deal with it
Shani Lisser

Premium Ballroom

Friday Afternoon

Toamehu

1:00 - 3:00

Grand Ballroom

3:00 - 5:00

Heichal Lobby

2:00

Sessions

#3

Session 3.1

How to have a united front, when you disagree with your spouse's way
Mordechai Weinberber

Premium Ballroom

Session 3.2

What the pros learned from parents
Rabbi Yitzchok Lobenstein

Heichal Ballroom

Session 3.3

How would the Baal Shem Tov & his talmidim deal with today's teens? A lecture with original sources.
Rabbi Shloime Ehrlich

Ulam Haetz (Hangar 1)

3:00

Keynote Session

Deeply Understanding Your Child
Rabbi Shimon Russell

Heichal Ballroom

Mayan Habaal Shem

4:30pm

A van will drive to and from the Baal Shem Tov's spring

From the Mezibuz Cafeteria

Friday Evening

5:34

הדלקת הנרות
Candle Lighting

Mezibuz
Cafeteria



Under no circumstances
should candles be lit
in hotel rooms

Early Minchah - (Minchah Only)

4:50

Heichal
Shul

Hachuneh L'Shabbos

5:15

Rav Shimon Shneebalg
(Yiddish)

Baal Shem
Tov's Shul

קבלת שבת

Men

Mincha & Kabolos Shabbos

5:35

Chazan Shimmy Miller
and the Zingers Choir

Baal Shem
Tov's Shul



Dvar Hamosed

R' Gedalia Miller,
Founder of Kesher Nafshi

Divrei Bracha

Harav Moshe Weinberger

א גאסט אויף א ווייל

R' Isaac Leib Miller

Women's program

6:00

Connecting the Baal Shem Tov
to my Journey

Batya Ruddell

Apta Ruv's
Shul

סעודת ליל שבת

7:50

Dvar Torah

Rav Chaim Yosef Weinberg

Pearls of Wisdom

R' Isaac Leib Miller

Grand
Ballroom



10:00

Keynote Session

Hear it from the Rabbonim

I Am Asking for a Friend

**Harav Moishe Weinberger
and a panel of Rabbonim**

Written questions will be accepted in advance
(more details to come)

**Grand
Ballroom**

Bota & Oneg Shabbos

11:30

Men's Bota

**Rav Mota Frank
Harav Moshe Weinberger
and the Zingers Choir**

**Grand
Ballroom**



Women's Oneg Shabbos

**True Joy with Emunah
Parents Sharing
their Experience**

**Heichal
Lobby**

Shabbos Morning

Women's Program & Breakfast

9:00 - 11:00

**Mezibuz
Cafeteria**

Shiur Daf yomi

7:30

Rabbi Yitzchok Lobenstein

Please bring your own gemara

**Heichal
Shul**

Shiur Chassidus

8:00

**Rav Shimon Shneebalg
(Yiddish)**

**Baal Shem
Tov's Shul**

שחרית

Divrei Bracha

Rabbi Sholom Noach Landau

**Baal Shem
Tov's Shul**

Lavish Kiddush

Men

Apta Ruv's Shul

Women

11:30

Heichal Lobby

1:00

Keynote Session

At the Crossroads of Pain & Plan, -
Why we and our children suffer
and where it can take us to?

Rabbi Yitzchok Schwartz

**Heichal
Ballroom**

Shabbos Afternoon

סעודת שבת

2:00

Dvar Torah

Rabbi Yitzchok Schwartz

On a Serious Note

R' Isaac Leib Miller

**Grand
Ballroom**

**A Shabbos afternoon
Panel Discussion**

3:45

Early Mincha

5:30

מנחה וסעודה שלישית

Women's Program

5:30 - ends at the zman 7:05

Q&A Discussion:
Tapping into Emunah
during challenging times

**Heichal
Lobby**

Havdalah for the women

7:05

**Preparing Ourselves for
Davening by the Baal Shem Tov**

7:10

Miriam Israeli & Orit Esther Riter

מנחה

6:00

**Baal Shem
Tov's Shul**

סעודה שליטית

Divrei Torah

Rabbi Sholom Noach Landau

**Apta Ruv's
Shul**

מעריב

7:45

**Baal Shem
Tov's Shul**

Motzei Shabbos

7:04 זמן מוצאי שבת קודש
(72 Minutes)

Tefillos at the Tzion - Women
7:45

**אוהל
הבעש"ט**

הבדלה Grand



**Heichal
Ballroom**

Words of Inspiration

Rav Chaim Yosef Weinberg

עליה לציון Men

9:30

**אוהל
הבעש"ט**

Words of Inspiration

Harav Moshe Weinberger

זכות התפילות

אצל הציון של הבעל שם טוב
הקדוש ותלמידיו זי"ע

לע"נ נתנאל בן יחזקאל שרגא
לע"נ מירל בת ר' משה

לזכות יחזקאל שרגא בן מירל
לזכות חיה רחל בת דרייזל
וכל יוצ"ח שיחיו

SPONSORED BY:



**Dialyze
Direct**

DARE TO CARE DIFFERENTLY

10:45

Presentation Session

Live demonstration of how the
struggling child is feeling

Mordechai Weinberger

**Heichal
Ballroom**

מלוה מלכה
Gala Melava Malka

11:30

MC, R' Isaac Leib Miller

Divrei Bracha

R' Gedalia Miller,
Founder of Kesher Nafshi

Honorary Speaker

Harav Moshe Weinberger

**Grand
Ballroom**

Sunday Morning

For those that will be leaving early Sunday morning, grab-n-go food will be provided.

**Mezibuz
Cafeteria**

Shiur Daf yomi

7:15

Rabbi Yitzchok Lobenstein

Please bring your own gemara

**Heichal
Shul**

Shacharis

8:00 & on

**Heichal
Shul**

Breakfast

9:00

**Grand
Ballroom**

**Women's Self-Care
Through Meditation**

9:30

Orit Esther Riter

**Ulam Haetz
(Hangar 1)**

10:30

Sessions

#4

Session 4.1

The five languages of love with which you will connect to your kid

Mordechai Weinberber

**Premium
Ballroom**

Session 4.2

Struggling with our challenged children, "My Personal Journey"

Rabbi Shlome Ehrlich

**Ulam Haetz
(Hangar 1)**

Session 4.3

Journaling About our Emunah

Batya Ruddell

**Heichal
Ballroom**

Sunday Afternoon

12:00

Keynote Session

The crucial limud from
Ben Sorer U'moreh

Rabbi Shimon Russell

**Heichal
Ballroom**

Lunch

1:30

**Grand
Ballroom**

Uman - The Grand Finale

3:00

Luggage is loaded onto the buses in Mezibuz

4:00

Buses depart Mezibuz to Uman

Sunday Evening

Dinner Reception in Uman

9:00

The Entire Group Together

Aliya L'Tzion of Rebbe Nachman zt"l

10:00

Words of Inspiration

Harav Moishe Weinberger

Departure from Uman to the Airport

11:00

Note:

*For those with flights leaving later (Monday),
sleeping arrangements for Sunday night will be
made.*

זכות תפילות מעזיבוז

בבית הכנסת של הבעל שם טוב הקדוש זי"ע

Sponsored by

**Avi Fishoff
and The Fishoff Family**



ויאני תפילתי לך הי עת לציון

1802 קטורה 1801
קטור
נפיו
מעזיבוז
MEZIBUZ



לעילוי נשמת
יהואל 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

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

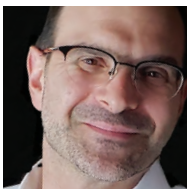
Dassie Bin-nun
Naftali & Chanie Einhorn
Yanky Goldman
Chesky Kaufheil
Eli & Roizy Kaufman
Mendy Lerner
R' Avrum A. Leser
Shloimy & Shternie Litzman
Gingy & Mindy Markowitz
Benny Raskin
Chaya Gitty Rosenberg
Hershel & Zeldy Rosenberg
Mendy Samet
Don Stern
Avrummy Wilner
Logistics Coordinator
Hainech Korman
קענער משה סורקיס

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

*The Keshar Nafshi
Committee*

THANKS TO OUR SPONSORS





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

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

**With heartfelt appreciation
to Hashem Yisborach for
helping us organize this
beautiful event, the Keshet
Nafshi Team appreciates your
participation at this Keshet
Nafshi event.**

All feedback will be greatly
appreciated.

Please send your feedback to
KeshetNafshi@gmail.com.

Please email us, to sign up, to
receive our updates.

**Visit KeshetNafshi.org to access
media from prior events and to
stay informed about our
upcoming events.**

**We look forward to greeting
you at our future events.**

**Wishing you a Nesiah Toiveh
Tzeischem L'Sholom**



KeshetNafshi.org