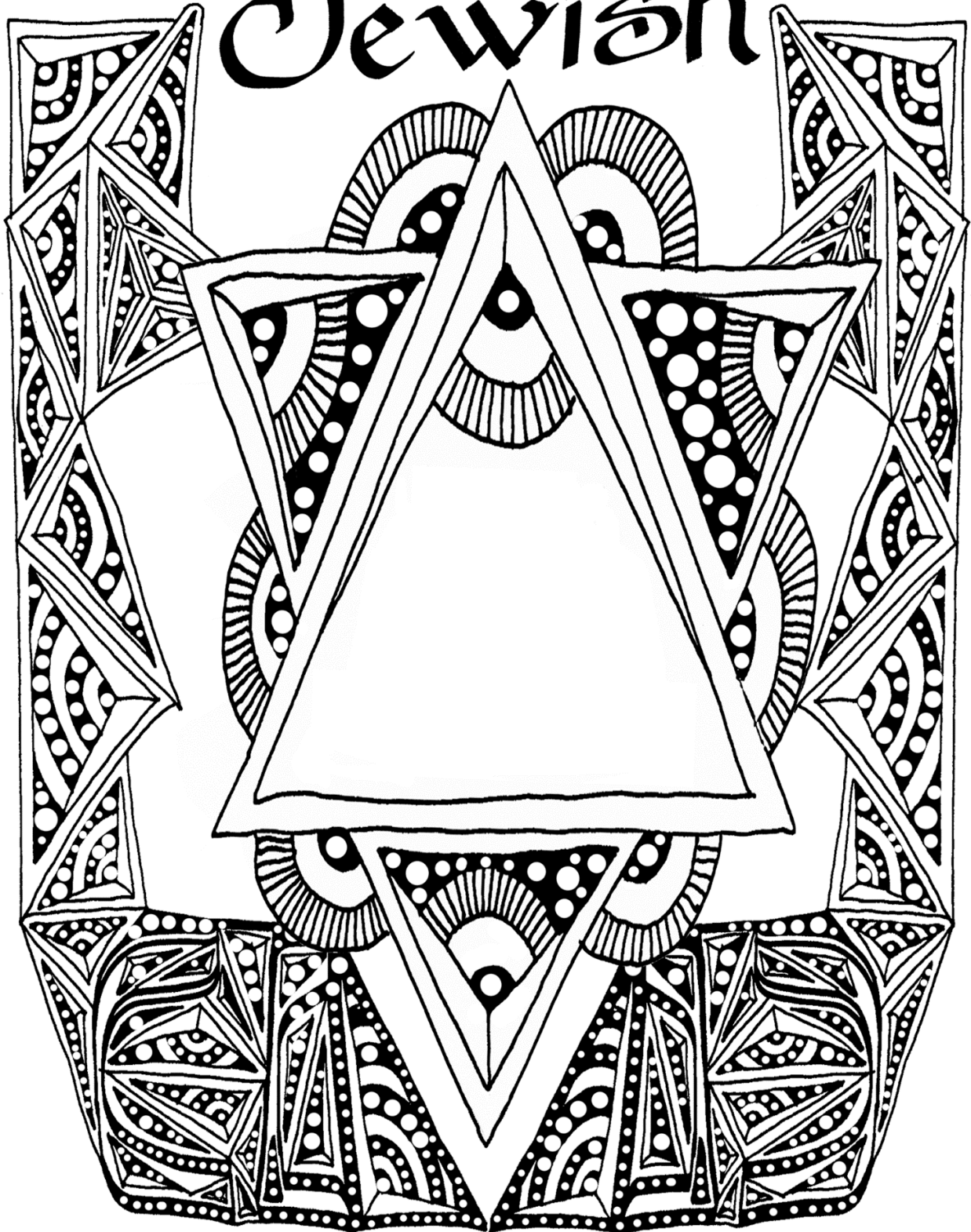
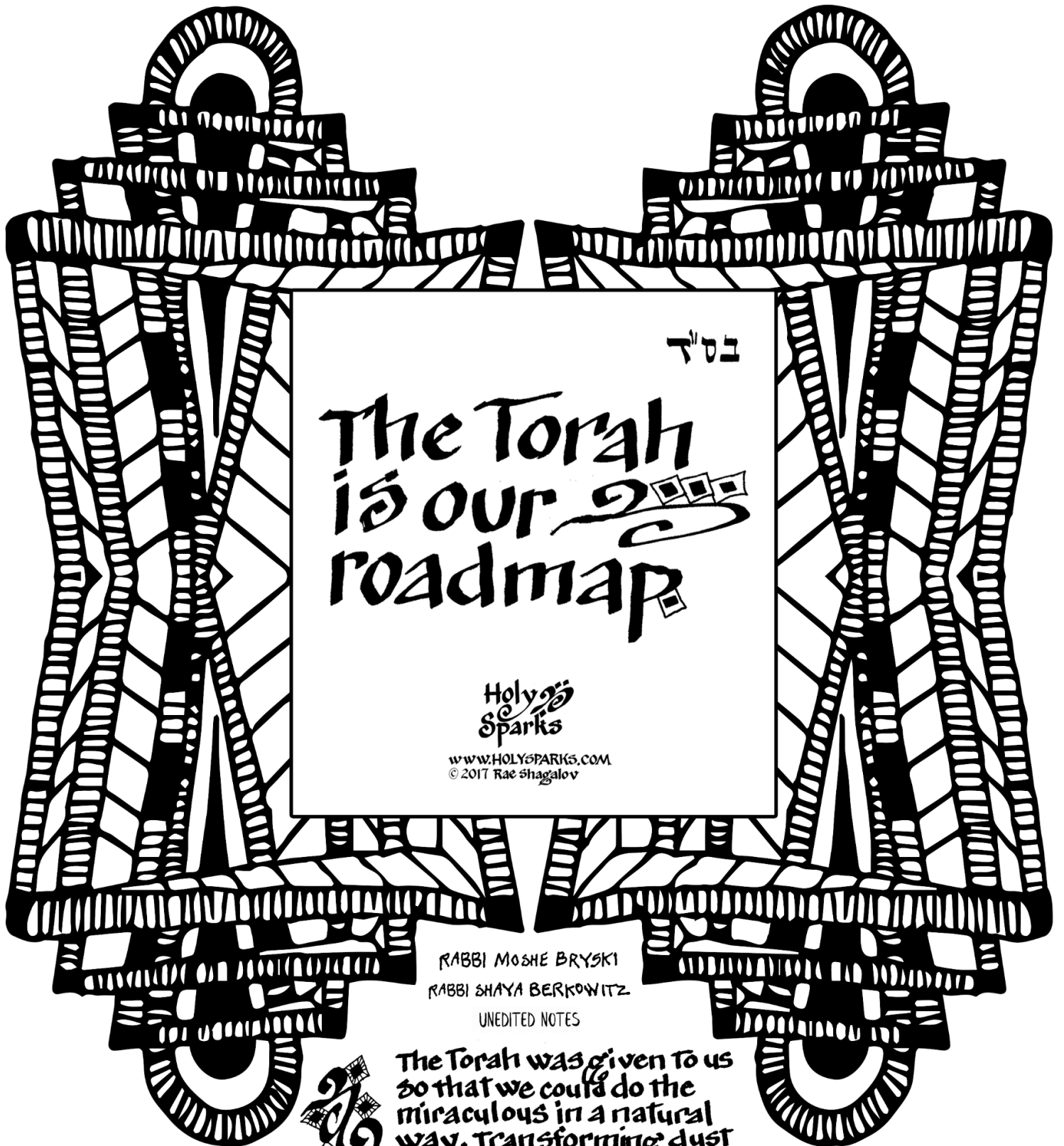


שמחה

Joyfully Jewish





ת"ת

The Torah is our roadmap




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RABBI MOSHE BRYSKI
RABBI SHAYA BERKOWITZ

UNEDITED NOTES



The Torah was given to us
so that we could do the
miraculous in a natural
way, transforming dust
to  
godliness 

ב"ה

Birth is G-d's
statement that
you matter.

You
matter
to the
One
Who
matters
most.

YOU ARE
IMPORTANT,
IRREPLACABLE,
INVALUABLE.
HOW DO YOU KNOW?
BECAUSE YOU EXIST.
WHAT YOU ARE HERE
TO DO, NO ONE ELSE
WHO HAS EVER LIVED
OR WHO WILL EVER
LIVED CAN REPLACE
YOU OR DO WHAT
YOU AND ONLY YOU
WERE CREATED TO DO.



MAY WE MERIT THAT
WE NO LONGER HAVE
TO STRUGGLE. MAY
WE HAVE THE STRENGTH
TO MAINTAIN OUR VISION.

RABBI SIMON JACOBSON

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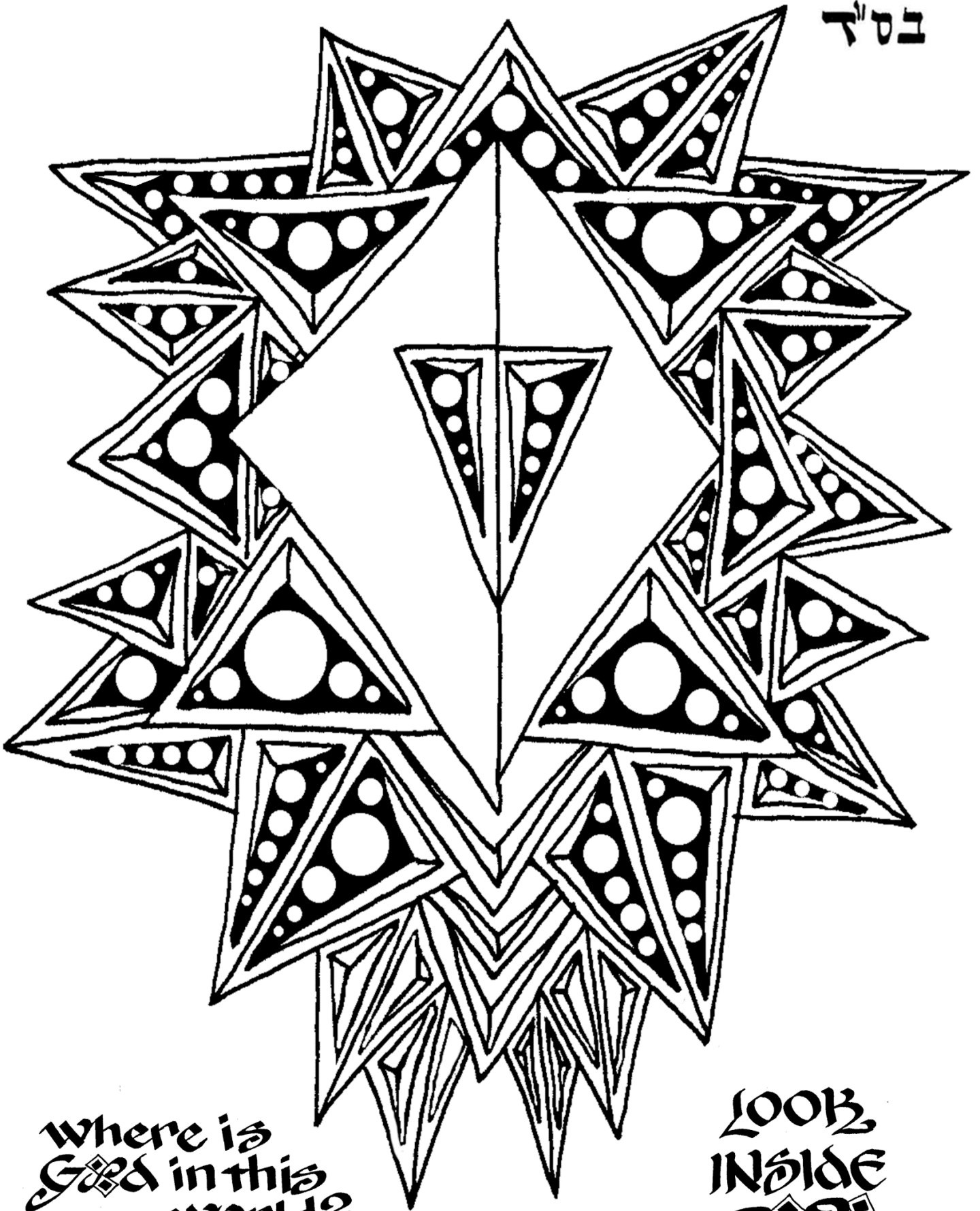
Thank G-d for Everything!

Stop for a moment and look at your life and all your blessings. List everything for which you are grateful, especially the most basic things that perhaps you take for granted such as the breath of life, the ability to move, the delicious flavors of food & scents of flowers, etc.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Find a partner who would like to become 25% happier with you. Once a week, write, email or text each other five things for which you are grateful each week.

חט"ב



Where is
God in this
world?

LOOK
INSIDE
GOD

Living with Moshiach means going beyond your limitations.

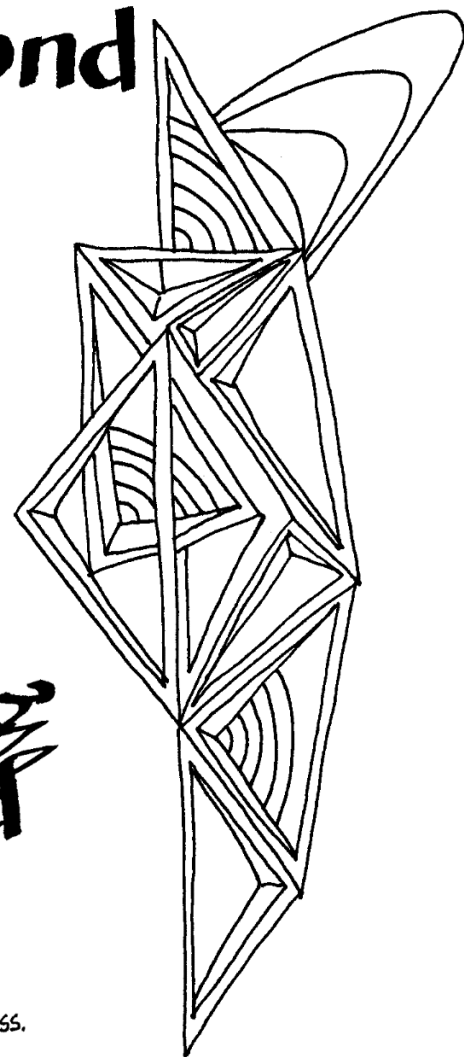


IN THE TIME OF GEULAH, THE THINGS THAT LIMIT US NOW WILL NO LONGER BE LIMITATIONS. IF WE IMAGINE THAT WE ARE NOW IN THE TIME OF REDEMPTION, WHAT THAT LOOKS LIKE, FEELS LIKE, AND THEN ACT AS IF WE NO LONGER HAVE THOSE LIMITATIONS, THEN WE ARE LIVING WITH MOSHIACH.

The coming of Moshiach is a process. The world is gradually preparing itself for complete Truth.

We are engaging the entire world in Godliness.

WE HAVE BEEN SCATTERED ALL OVER THE WORLD,
DOING MITZVAHS,
ELEVATING EVERY BIT OF CREATION, IN ORDER TO STRENGTHEN
AND PREPARE IT TO RECEIVE COMPLETE, UNRESTRAINED GODLINESS.



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When we do mitzvahs, we strengthen ourselves to be able to receive a greater level of light. In the time of Moshiach, there will be a tremendous revelation of Godliness. By doing Torah and mitzvahs, we will be ready.

UNEDITED NOTES TEACHER UNKNOWN

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ב"ה

Make a map to Geulah Moshiach Action Plan

1. What talent or skill do you enjoy using?

2. What do you LOVE to do?

3. What kind of people do you enjoy being around? [family, older folks, children, special needs, etc.]

4. What are the problems, needs & wants of the kinds of people you enjoy?

5. What product or service could you happily create or offer with your talents, interests, strengths, or skills to help that person or group of people solve their problems or fill their lack?

6. What is one small action step you could take to get this started?

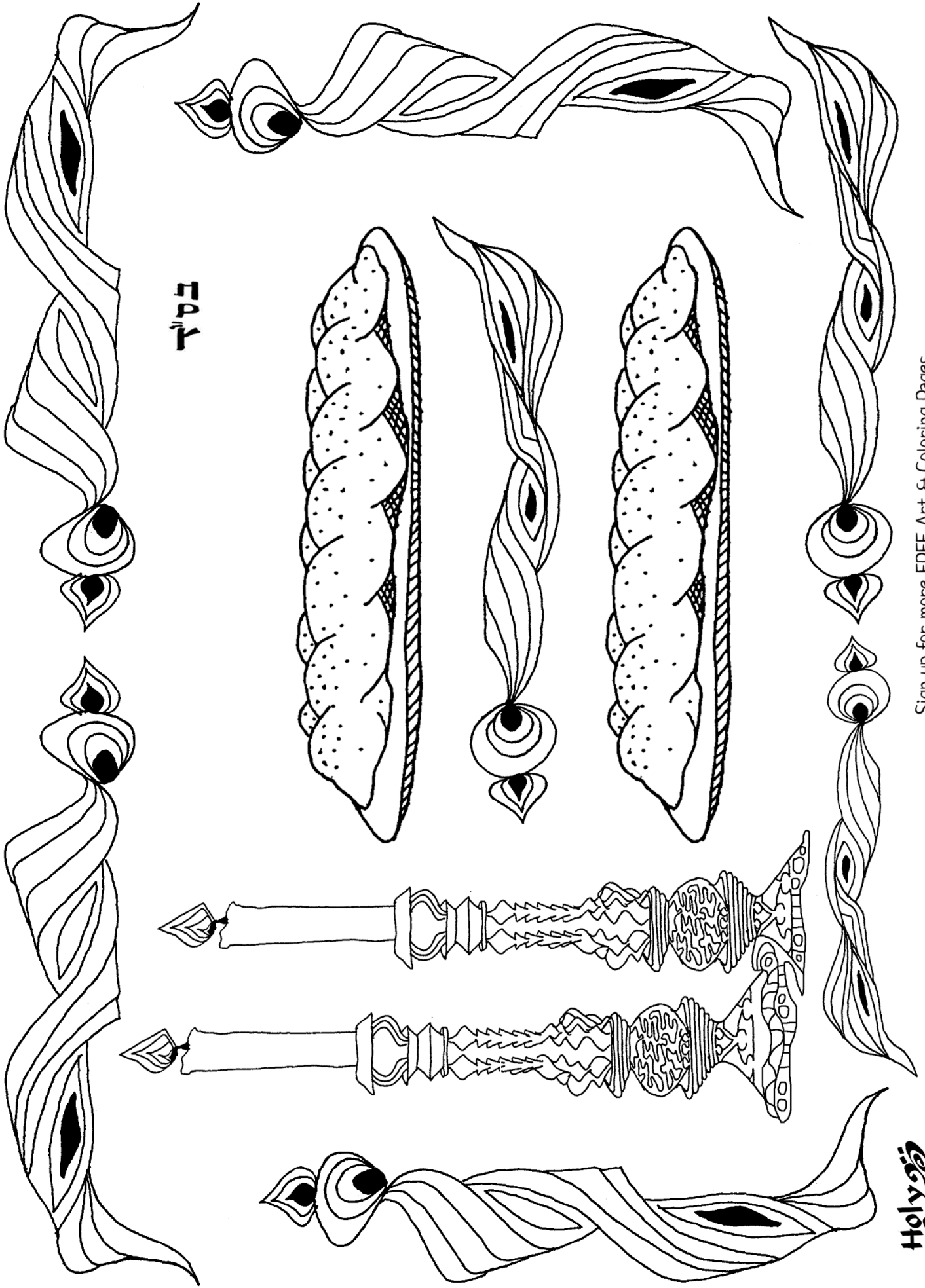
7. What is the soonest you could do this & who could help you?

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חמץ

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הַשַּׁבָּת

CANDLE LIGHTING BLESSING

בְּרוּךְ אַתָּה אֲדֹנָי אֱ-לֹהֵינוּ מֶלֶךְ
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבַּת קֹדֶשׁ

TRANSLITERATION:
BARUCH A-TA A-DO-NAY
ELO-HEI-NU ME-LECH HA-O-LAM
A-SHER KI-DI-SHA-NU
BI-MITZ-VO-TAV VI-TZI-VA-NOO
LI-HAD-LEEKNER SHEL SHA-BAT
KO-DESH.

TRANSLATION:
BLESSED ARE YOU, L-RD OUR G-D,
KING OF THE UNIVERSE, WHO HAS
SANCTIFIED US WITH HIS
COMMANDMENTS, AND
COMMANDED US TO KINDLE THE
LIGHT OF THE HOLY SHABBAT.

Lighting Shabbos
candles brings
peace, not only
to the family,
lighting Shabbos
candles illuminates
the whole world.

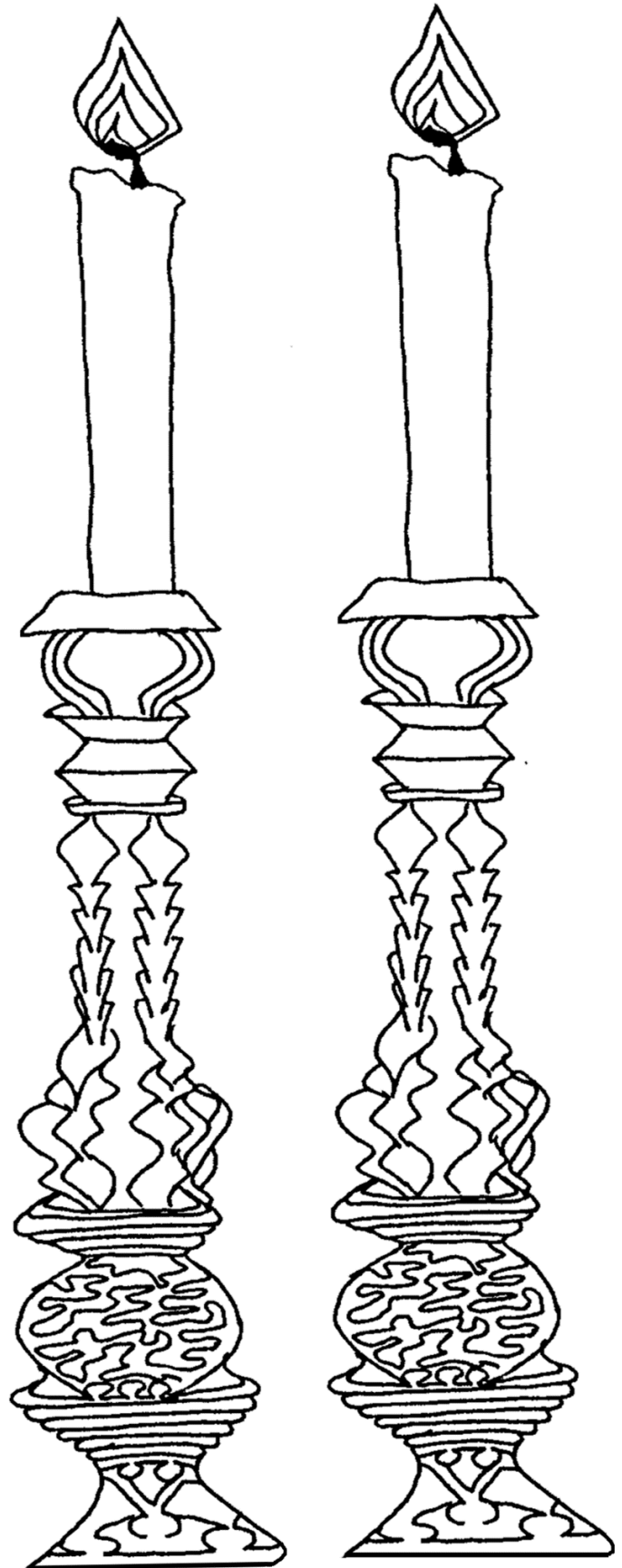
~ The Zohar ~

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Enjoy coloring! But please do not color on Shabbat or other Jewish Holy Days.
The candle-lighting blessing printed here is sacred.
Please do not discard or desecrate

ב"ה

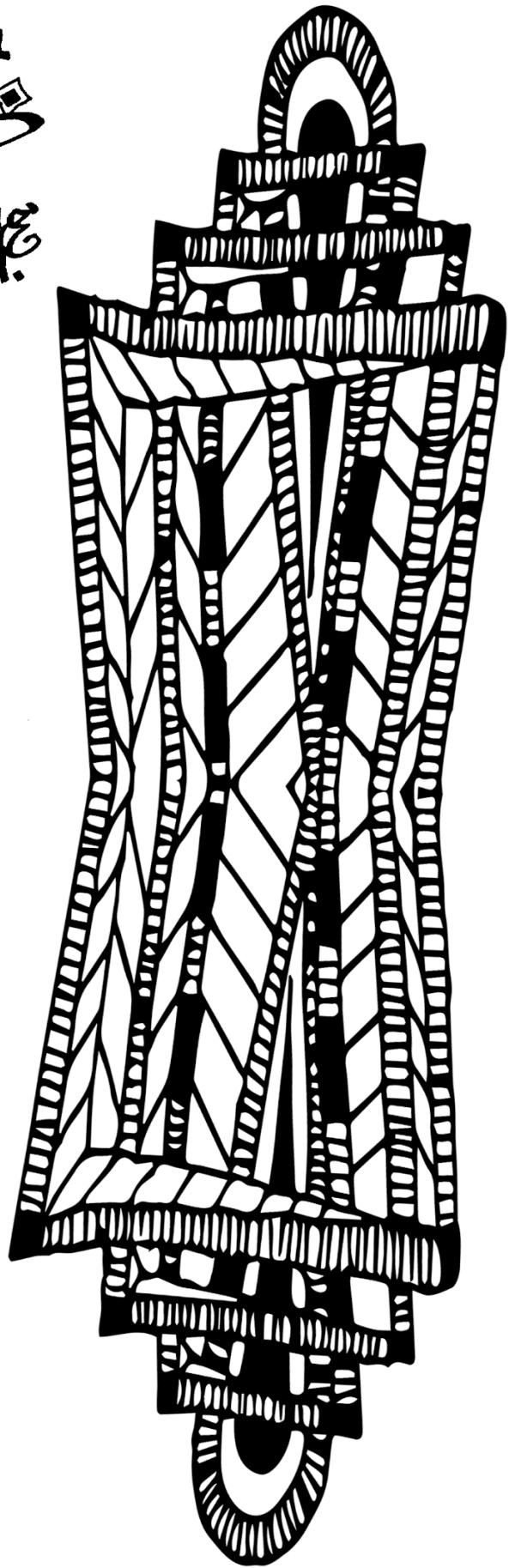
Believing with my
whole heart:
God gives me everything
I need.

Faith
is
becoming
aware
of life,



Looking at every
breath of life,
every blade of grass,
every star, every
grain of sand,
everything in your life.

Everything
is a
gift
from
God!
is
from
God!






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Tisha B'Av 5762


World Peace NOW!
7 Universal Laws
for All Mankind. 
The true Hope for all of humanity!

① **Belief in G-d** 
Don't worship idols 


② **Honor G-d** 
Don't be disrespectful
to G-d with your speech 

③ **Preserve** 
Human Life 
Do not murder.
Value the sanctity
of all human lives 

④ **Respect Family**
Relationships 
No acts that undermine
traditional family life 

The Seven Laws of Noah 
G-d's Rules for All Humanity


⑤ **Respect**
other's 
property 

Even if times get
tough, don't cheat
others or steal
their money or stuff 



⑥ **Show** 
compassion
for animals 

Don't eat meat that came
from a live animal.
No cruelty to animals!

⑦ **Establish**
Honest
Courts 

Uphold a just legal
system 

FOR MORE INFO GO TO:
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LEARNMOSHIACH.COM
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Moshiach is ready to come NOW!
Our part is to add in acts of goodness
and kindness.  The Lubavitcher Rebbe 

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 SELF-CARE **AND** NETWORKING

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 WEDNESDAY
 OR THURSDAY
 COHORT!



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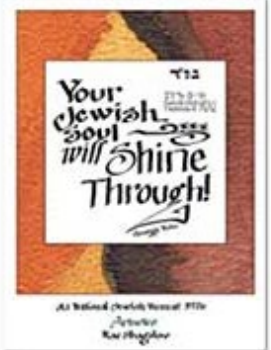
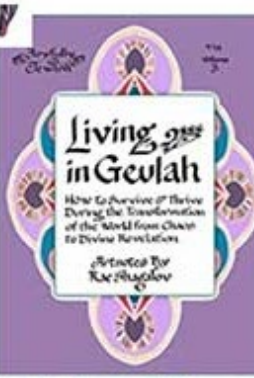
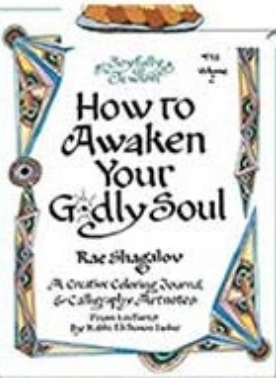
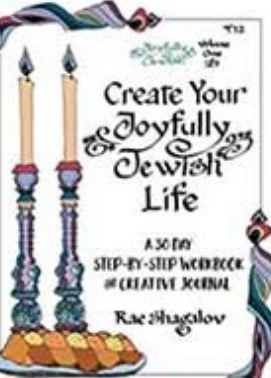
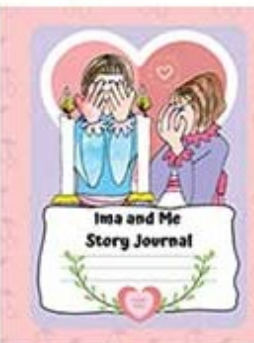
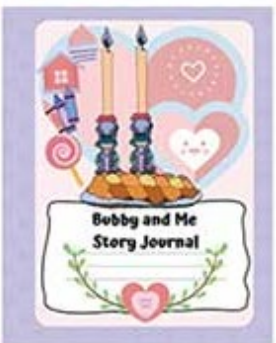
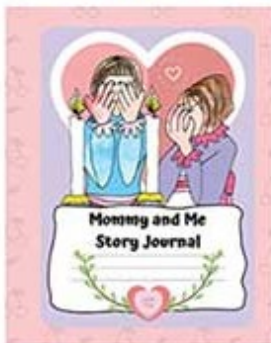
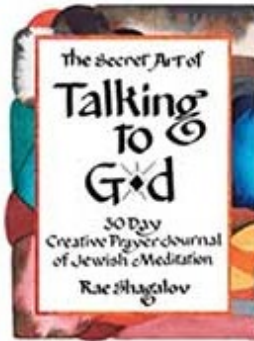
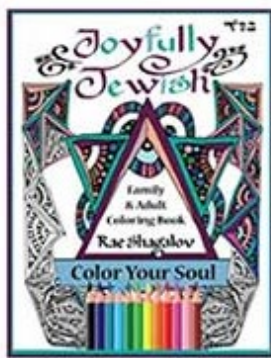
- TIME MANAGEMENT
- THE YETZER HARA
- YOUR INNER MEAN GIRL
- INNER PERFECTIONIST

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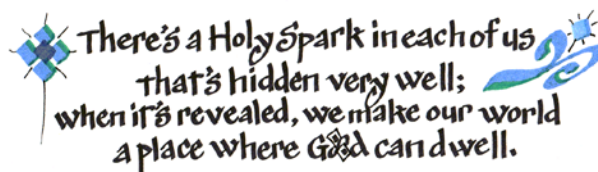
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