

PRODUCTS

End-of-Life

- Viduy – Audio Recording
- Final Prayers
- Laws that Apply from the Moment of Passing
- Laws of Aninus
- Above 3 items in 1 Package
- Cremation or Burial – Book
- The Complete Burial Service

Shivah through Yahrtzeit

- Mishnah Tracker App
- The Concise Laws of Shivah
- HaMakom Poster
- Shivah Visitors' Guide
- Mishnah Chart
- The Kaddish Handbook **NEW!**
- Kaddish Companion
- Prayers to Be Said at a Grave
- The Yahrtzeit Companion – Book

Nichum Aveilim

- The Neshamah Should Have an Aliyah – Book
- To Comfort and Be Comforted – Book
- Condolence Cards

Kids and Teens

- I Lost Someone Special – Picture Book
- May the Neshamah Have an Aliyah – Curriculum
- I Wish Someone Would Have Told Me – Book
- I Wish Someone Would Have Told My Friends – English booklet
- I Wish Someone Would Have Told My Friends – Hebrew booklet **NEW!**
- Story USB by Rabbi Mayer Erps **NEW!**

Education and Support

- When Caring Counts Most – Book
- Kibbud Av v'Eim Magnet and Card
- Yizkor Card – with English Instructions
- Yizkor Card – with English Translation **NEW!**
- Don't Waste the Wait During Yizkor Card
- Heartfelt Healing – Newsletter for Rabbis
- The Rosh Hashanah Companion – Book
- Relief from Grief Podcast – Online
- Relief from Grief Podcast – USB **NEW!**

Learning

- Mishnas Chayim I and II – Books
- Shishah Sidrei Mishnah Poster
- Mishnayos Review Charts
- Eternal Connections Newsletter **NEW!**
- Kuntress MiMishnas Lomdei HaChevrah

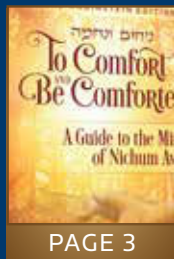
SERVICES

Chevrah Lomdei Mishnah Services

- Mishnah Study
- Gemara Study
- Kaddish
- Yizkor
- Tehillim Recital

Better Than A Segulah Services

- 40 Days of Learning Segulah
- Masechta Kallah Segulah
- Masechta Kinnim with Kan Mefureshes Segulah
- Special Limudim Around the Year



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CHEVRAH CONNECTIONS

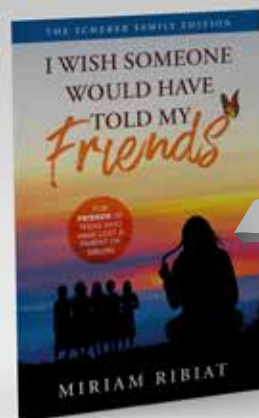
CHEVRAH LOMDEI MISHNAH

NEWS

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TEEN GUIDE CROSSES THE OCEAN

Perel Goldberg is an extraordinary individual who saw a need – and did something about it! Chevrah Lomdei Mishnah is proud to be part of her efforts.

CLM: Hi, Perel, can you tell us a little bit about yourself?

P: My parents are originally American, but I was born and grew up in Yerushalayim, where I still live today. I speak and write Hebrew and English fluently. Aside from my older siblings, I have three younger sisters who are close in age to me.

CLM: What was your initial experience with *I Wish Someone Would Have Told My Friends*, the booklet for friends of teens who lost a parent?

P: In 2022, following a short illness, my father was *niftar*. When he was sick, Chevrah Lomdei Mishnah did some learning as a *zechus* for him, and after the *shivah*, we ordered a lot of the support materials they have available, including *I Wish Someone Would Have Told My Friends*. I and my three younger sisters, who were all teens at the time, found it helpful and on target. When we gave it to our friends, they really appreciated the insight it gave them. However, many of our friends were not so comfortable with the English, and they wanted to know if they could have it in Hebrew. I also showed it to some teachers and therapists, and they asked me the same thing.

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CLM: I understand that you actually translated the booklet yourself. What motivated you to do that?

P: I felt like the concept was so important, and there were so many people asking for it in Hebrew. While researching to find someone to do the translation, several people pushed me to try to do it. Although it wasn't what I originally intended, I finally decided that if I wanted it to happen, I should just sit down and translate it, and, *B"H*, I was able to see it through.

CLM: It sounds like you put tremendous effort into making this happen. What kind of response are you getting now that it's available?

P: I have already had many requests for it. There was a woman to whom I had given the English version, as well as a draft of the Hebrew version, and just recently she contacted me and asked if she could have 20 copies of the Hebrew edition. Rav Noach Orlowek, a well-known *mechanech* here who gave his *haskamah* to the Hebrew edition, asked for several copies to give to some teens he knows who lost parents. A number of friends, teachers and therapists asked for copies too.

CLM: So, from there you had it printed?

P: Aside from the language barrier it presented, the English version had certain nuances that needed to be adapted for the native Israeli, so I had it reviewed by a Hebrew editor, as well as a therapist. There were others who went through it as well. It really couldn't be translated word for word. First of all, there are phrases that just don't work when you translate from English to Hebrew. There are also cultural sensitivities that needed to be taken into account. We even had to have a graphic artist make a new cover that would appeal to the crowd here. The Hebrew edition is titled: *Halevai Shemishehu Yisapeir Lchaveirah Sheli*.

CLM: What have you learned about being there for those who have suffered a loss?

P: My father wasn't sick for long. But his illness was a tough journey and was kept a secret. During those months of fighting to live life normally while carrying a heavy secret, we never felt understood (people didn't know, so they couldn't do anything. Those who knew about my father's cancer either didn't know how to go about it or were amazing!), and when my father was *niftar*, the need to feel cared for, understood, and validated just got bigger. People really didn't know what to do, and instead of trying to change the world, which we couldn't do, we tried understanding those who can't understand us and really see what we can do for ourselves to feel better around those people. So it's basically about us and how we go about our challenges. But for those who do care and want to show their sensitivity and do it right, the booklet can be so helpful, or just open your minds to more ideas and maybe even help you understand yourself better!



TO COMFORT AND BE COMFORTED

Real experiences shared by those sitting *shivah*:

◆ *Some people who experienced similar tragedies [to mine] came and shared their stories at length (including one woman whom I didn't know at all). I didn't really think it was the place for them to go on and on...*

◆ *I remember the wife of Rav Nosson Tzvi Finkel and her daughter-in-law talking to me and to my eight-year-old daughter during shivah, and they asked her about her experiences with her sister. Not too many people talk with the younger folk, but it was very meaningful to her.*

◆ *At the shivah for my mother, a distant cousin gathered us all together telling us how she must speak to us. I thought she was going to share things about my mother that we didn't know, since they grew up together. Instead, she told us about the importance of genetic testing! I was like...seriously?!*

◆ *My friend walked in, and he looked at me, and I looked at him, and we both just started crying. He didn't have to say a word. There is a sense of solidarity that you can bring when you go to pay a shivah call.*

◆ *A woman rubbed my arm reassuringly (or so she thought) and said, "Don't worry, you're young. You'll get remarried."*

◆ *I so appreciated those who extended themselves to pay respects; a number of years have gone by, and I remember those who traveled from far to come. I remember those who lingered and those who offered us food and drink and were there for us.*



Do you know the **right way** to be *menacheim aveil*? Are your words

helpful or hurtful?

Most of us mean well. We certainly don't want to add to the pain the *aveilim* are experiencing. Sometimes we excuse ourselves from going altogether, for fear of messing up. And then the *aveil* is pained that we didn't come.

It doesn't have to be that way! The gamechanger for many has been a wonderful book produced by Chevrah Lomdei Mishnah entitled *Nichum V'Nechamah: To Comfort and Be Comforted – A Guide to the Mitzvah of Nichum Aveilim*. Since its publication eight years ago, countless individuals have benefited from its *halachic* and *hashkafic* guidance for properly performing the mitzvah of *nichum aveilim*, as well as the *chizzuk* and perspective offered to the bereaved and those who care for them.

Thirty-six *rabbanim*, psychologists, laypeople who have experienced tragedy, and speakers of note offer direction and insight for a multitude of circumstances. Their words of wisdom and range of personal outlooks leave comforters **and** mourners with much food for thought and encouragement, as well as practical tips for how to conduct themselves.

The fact is, the mitzvah of *nichum aveilim* is a tremendous opportunity for us to be there for the mourners and for the mourners to feel supported. With the appropriate guidance and proper understanding of this unique mitzvah, we can bring real comfort to those who are challenged by the loss of a loved one.

Order your copy of *To Comfort and Be Comforted* today or gift it to a loved one by visiting ChevrahLomdeiMishnah.org or calling (732) 364-7029.

“I know how you feel” is just a very insensitive thing to say.
(Rabbi Paysach Krohn)

...there is something we can do at every *nichum aveilim*, and that is to convey to the *aveilim* that you are not alone.
(Rabbi Yissocher Frand)

The *shivah* itself is like a cocoon. It protects you. It takes care of you. *(Rabbi Bentzion Klatzko)*

Here is one major “don’t.” Do not decide to explain to the *aveil* that the Eibershter has a plan, and they shouldn't worry because it's all in Hashem's hands. *(Mr. Charlie Harary)*

When you're going to make a *shivah* call, it is not about you. When you walk through that door, put yourself away; you are there for them, and you are there to respond to them.
(Rebbetzin Aviva Feiner)

When it comes to the way you're feeling about losing somebody, nobody can tell you you're wrong. *(Mrs. Zahava Farbman)*

Your role is not over after going to be *menacheim aveil*... What's demanded from you is not to forget the person.
(Mrs. Shani [Stefansky] Waldman)



DO IT RIGHT WITH THE KADDISH HANDBOOK



Even those with little background knowledge in Judaism recognize the importance of Kaddish recital as a way of bringing merit to the deceased. In fact, when done correctly, Kaddish is a special way of elevating Hashem's name, and this is what brings great merit to those who have passed away, as well as to those who recite it.

When done correctly? How hard could it be to recite the right words at the right time?

Well, for starters, there are actually five different kinds of Kaddeishim. So, when is each said, and by whom, exactly? What is the optimal way of reciting it? What about bowing during Kaddish? While perhaps viewed as a "simple, uncomplicated" mitzvah, there are actually many important details to know.

Enter Chevrah Lomdei Mishnah. Since we specialize in *aliyas neshamah* opportunities, we felt a responsibility to help people "do Kaddish the right way." To this end, we created an eye-catching, compact handbook that includes a *halachic* summary of various Kaddeishim and how and by whom they should be recited. Also included is the text of the Mourner's Kaddish and its translation, according to Rabbi Mayer Birnbaum, author of the highly acclaimed *Pathway to Prayer* series.

Cleverly designed with beautiful, clear print, this compact handbook can easily be kept on hand to enhance this most valuable mitzvah.

Get your copy of the Kaddish Handbook today at ChevrahLomdeiMishnah.org or by calling (732) 364-7029.

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NOW ON USB

The Complete Relief from Grief Podcast Series

Over the last few years, Mrs. Miriam Ribiat has hosted an amazing line-up of guests on her Relief from Grief podcast. Mrs. Ribiat, who has extensive experience with loss and grief, launched this podcast with the goal of offering *hashkafically* appropriate support and encouragement to those affected by loss.

Guests included laypeople who shared their grief and growth journeys; professionals; *rabbanim* and *rebbetzins*; and well-known speakers and personalities. And indeed, listeners found comfort and validation and gained valuable perspectives and ideas.

With an eye toward making this resource accessible to everyone, at any time, all 56 episodes have now been compiled into one USB for easy access, with no internet required. Listeners can scroll through and find the episodes that speak to them or listen to them all. The USB also makes a thoughtful gift for a friend or family member who can benefit from this library of inspiration.

The Relief from Grief USB offers support and connection; ideas that resonate; understanding and clarity; and practical tools and suggestions.

Because life goes on, but it's never the same after you lose a loved one.

To obtain your copy of the Relief from Grief podcast, please visit ChevrahLomdeiMishnah.org; email info@chevrahlomdeimishnah.org; or call 732-364-7029.

