

# **She's Still There Mom's Group Bible Study Online – Session 2**

Hi Ladies,

You are invited to our “She's Still There” Mom's Group Bible Study Online.

When: Dec 16, 2018 12:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://zoom.us/meeting/register/da43349aed249514dc2040ba88984b7b>

After registering, you will receive a confirmation email containing information (like the password) about joining the meeting. Those who are registered will also receive a password protected Bible Study page here on our website to view the study material each week. Please note that this is being offered FREELY to you, although the materials are purchased by Nishmati and copyrighted by the Author, so please do not share your login information out of respect for the author and HaShem. □

## **ABOUT THE BIBLE STUDY**

Every year the CMY Mom's Group has a special Bible study just for us so that we can deal with our own issues, joys of motherhood and get encouragement from each other. This year we have decided to offer this online so that you ladies can also join with us online.

## Who is this Bible Study for?

It is for Moms, number 1... and secondly- it is also for any woman who may feel burnt out in life or feels that they may have missed their chance in doing things that were in their heart but lost sight of. It is also for any woman who just needs to breathe and let HaShem in.

This will be a Zoom Bible Study Online in 4-6 Sessions. You will have homework (watch the Sessions at home before we meet) and if you choose to purchase the book from the author below- read the book as well. If you do not have the book, that is also ok since the video/audio materials in our password protected page here on our website details the books.

We will then go over the study workbook when we met online.

To find out if you are interested in this study before signing up and to purchase the book online from the author- if you want it as well, please visit the author's website below:

[Shes Still There](#)

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## Join us for "Relax & Paint!"

We are close to our amazing event at our home base in Kehilat Melech Yisrael.

If you are in the Toronto Area and attend our CMY services, the CMY Sisterhood has there last event on December 2nd, 2018 @ 10AM.

"Relax & Paint!" – \$10 donation

Come enjoy grape juice, fruit, cheeses & other delicacies while we group into teams to paint special Hanukkah Themed personal sized canvas. Enjoy fellowship with your sisters, laugh and be merry for the Hanukkah Holiday! RSVP with Cheryl by November 24th, 2018.

See you there!

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## **The Great Challah Bake Notes**

The Great Challah Bake Notes are here! Download the pdf's below

[Notes #1](#)

[Challah Blessing](#)

[Adina's Easy Challah Recipe](#)

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## **Adina's Easy Challah Recipe**

### **Ingredients**

1.5 cups WARM water

3 tbsp margarine

1 tbsp dry active yeast

7 tbsp sugar

2 eggs

1/2 tsp salt

**3 cups flour**

Foil or wrap for your challah

Additional Preferred Toppings (see the bottom of the recipe below)

## Directions

- 1. Mix all the ingredients (except flour) together with the WARM water into a large bowl. Then stir together nicely.**

*TIP: DO NOT USE WATER THAT IS TOO HOT OR IT WILL KILL THE YEAST.*

**2. Next, add the flour and knead everything together using your hands to form the dough.** (If too sticky, add a little flour to make it more “doughy”. If too hard, add a little bit of water to soften. You want a perfectly balanced dough.)

*You can divide the dough into two smaller loaves or keep as one extra large challah.*

**PLEASE NOTE THAT A BLESSING FOR REMOVAL OF THE FIRST PIECE OF CHALLAH BEFORE FORMING IT IS DONE HERE. PLEASE REFER TO THE CLASS NOTES.**

**3. After deciding if you would like two small loaves or one big loaf, take the dough that you will use for making one challah loaf and now divide it again into 3 or 4 times.** (You should now have 3 or 4 small balls of dough as we will be rolling and then connecting them into one giant braid which is a distinctive characteristic for challah).

**4. Using a rolling pin or your hands, roll each ball into a long roll.**

**5. Connect the top of the long rolls together by pinching the dough to seal it into place.**

*It should look like an “octopus” with 3 or 4 long arms*

*pointing out...lol.*

**6. Now braid until the end of the roll and pinch the dough together again to connect and seal the end.**

*TIP: Making the dough ahead of time and letting it sit 2 hours at a time in between kneading will allow it to fluff up better. Also letting the formed loaf sit under the tea towel for a while before baking will also allow it to fluff better. So try to let your loaf sit for a while before preheating. Patience is key!*

**7. Preheat oven to 350 degrees F. Grease the bottom of a pan and set challah on top. Cover with a tea towel to keep moist until ready to bake. When the oven is ready, bake until the challah is nice and brown. The time needed is determined by your oven type and elevation but normally between 30 min to 1 hour. (DO NOT BURN BY OVERBAKING!!!!) When finished, let the challah sit to cool down.**

## **Optional toppings:**

*Eggs, honey, powdered sugar, poppy seeds or a mix of "everything" seasoning...*

For a golden brown top- before putting the loaf into the to oven, crack an egg, mix it and then lightly brush the top of the challah loaf for producing a nice golden color.

For sweet challah, add a bit of honey on top halfway the

cooking time. When it is finished and still hot, sprinkle the powdered sugar on top.

For that everthing bagel taste, brush with your egg mix and then sprinkle the toppings all around.

Enjoy!

-Nishmati

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# The Great Challah Bake

PLEASE NOTE THE UPDATED DATE & TIME:

Experience “The Great Challah Bake” with Rebbetzin Keturah on behalf of the CMY Sisterhood & Nishmati Ministries:

Ladies join us as we learn about the woman’s role in ushering in the Shabbat, create your own challah & fellowship with our CMY sisterhood during a light brunch.

\$10 Sisterhood donation (Sign in with Cheryl) RSVP by Oct 28, 2018.

For those ladies who can not make it locally, we will have Free online streaming via Zoom conference with downloadable PDFs so that you can participate and make your own challah at home.

A short presentation will follow the Challah bake featuring

one of our own ladies who has her own Scentsy shop as we continue to promote the atmosphere of encouragement for our ladies who also are small business owners. We try to help promote them after each event to foster love and a sense of community within CMY.

Links will be posted on Facebook & [www.nishmati.com](http://www.nishmati.com) the same week.

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## **60 Days of Psalms Summer Bible Study**

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Join us as a community as we read through the Book of Psalms this Summer. The schedule will run from July until September (High Holy Days excluded) to prepare our hearts for the next Jewish year.

We are asking the ladies to read 2 Psalms a day and to reflect on them. We will post discussion questions, thoughts and insight about some of the Psalms as we go along as well as schedule a few Zoom Conferences where we can discuss them as a community. Rebbetzin has picked a few lucky ladies to oversee the discussions so that our entire online community can share their insight!

Look forward to our study!

# Zoom Online Meeting Registration Here!

Ladies Only,

You are invited to a Zoom Online Bible Study meeting.

## Future Summer Meetings Schedule:

When: **Sep 2, 2018 10:30 AM Eastern Time (US and Canada)**

Register in advance for this meeting:

<https://zoom.us/meeting/register/c8c362e4c639eb927510d14dfea9e911>

After registering for each meeting, you will receive a confirmation email containing information about joining the meeting (such as your password). **You must register to each meeting separate in order to join in on the online meetings.**

**[Bible Study Notes HERE! –  
July 22nd, 2018](#)**

**[Images of HaShem in the Psalms  
Graphics & Notes Click HERE! –](#)**

# Rebbetzin Keturah – August 2018

## Daily Living the Psalms Handout- September 2018

### Daily Reading Schedule

Psalms 1 & 2	July 15th
Psalms 3 & 4	July 16th
Psalms 5 & 6	July 17th
Psalms 7 & 8	July 18th
Psalms 9 & 10	July 19th
Psalms 11 & 12	July 20th
Psalms 13 & 14	July 21st
Psalms 15 & 16 <b>Conference “Discussion #1”</b>	<b>July 22<sup>nd</sup> Sunday @10:30 am</b> <b>Zoom Online</b>
Psalms 17 & 18	July 23rd
Psalms 19 & 20	July 24th
Psalms 21 & 22	July 25th

Psalms 23 & 24	July 26th
Psalms 25 & 26	July 27th
Psalms 27 & 28	July 28th
Psalms 29 & 30	July 29th
Psalms 31 & 32	July 30th
Psalms 33 & 34	July 31 <sup>st</sup>
Psalms 35 & 36	August 1st
Psalms 37 & 38	August 2nd
Psalms 39 & 40	August 3rd
Psalms 41 & 42	August 4th
Psalms 43 & 44 <b>Conference "Discussion #2"</b>	August 5 <sup>th</sup> <b>Zoom Online Sunday @10:30 am</b>
Psalms 45 -47	August 6th
Psalms 48 – 50	August 7th
Psalms 51- 53	August 8th
Psalms 54 & 55	August 9th
Psalms 56 – 58	August 10th
Psalms 59 & 60	August 11th
Psalms 61 -63	August 12th
Psalms 64 & 65	August 13th
Psalms 66 -68	August 14th
Psalms 69 & 70	August 15th

Psalms 71 -73	August 16th
Psalms 74 & 75	August 17th
Psalms 76 – 78	August 18th
<b>Psalms 79 &amp; 80 Conference “Discussion #3”</b>	<b>August 19<sup>th</sup> Zoom Online Sunday @10:30 am</b>
Psalms 81- 83	August 20th
Psalms 84 -86	August 21st
Psalms 87 & 88	August 22nd
Psalms 89 & 90	August 23rd
Psalms 91 -93	August 24th
Psalms 94- 96	August 25th
Psalms 97 & 98	August 26th
Psalms 99 & 100	August 27th
Psalms 101 – 103	August 28 <sup>th</sup>
Psalms 104 – 106	August 29th
Psalms 107 & 108	August 30th
Psalms 109 & 110	August 31st
Psalms 111 – 113	September 1st
<b>Psalms 114 – 115 Conference “Discussion #4”</b>	<b>September 2<sup>nd</sup> Zoom Online Sunday @10:30 am</b>
Psalms 116 – 118	September 3rd
Psalms 119 & 120	September 4th

Psalms 121 & 122	September 5th
Psalms 123 – 126	September 6th
Psalms 127 – 129	September 7th
Psalms 130 & 131	September 8 <sup>th</sup>

-Rebbetzin Keturah