

She's Still There Group Bible Study Series – Session Two

MEMBERS ONLY

https://drive.google.com/drive/folders/10M5tNPAfFu_3p81aQ37J2tcq_bXNZIH3?usp=sharing

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](#)

5779 Women's Torah Portion

Card

The new sweet year has begun and we hope you had an amazing high holidays. This is my favourite time of the year and this Shabbat, we are starting from the beginning – Parashat Bereshis.

I always look forward to reset once again and see what G-d has in store for my life this year. Going back from the beginning is such a blessing. There is always something new to learn or be reminded from each Parashat.

Here at Nishmati, we would love to share you our free [5779 Women's Torah Portion PDF Card](#), available on the [CMY website](#).

[Click here](#) to download the PDF. If you are in the Toronto area, you can pick up a card at CMY.

We hope this is a great tool for you to follow in the year 5779.

Blessings!

May 2018 Bible Study Notes & Link

[notesMay2018](#)



The Zoom meeting for the Bible Study is below.

When: May 3, 2018 7:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://zoom.us/meeting/register/575cf567d6178c9fdc2040ba88984b7b>

After registering, you will receive a confirmation email containing information about joining the meeting.

Password: Shalom2018

[Bible Study Notes Click Here!](#)

Decluttering your Email & Digital Mess

For me, I can testify that having a cluttered computer makes me lose focus on my work because I have to constantly re-find files or go through multiple (same) files to get to the most current one. And to further put myself out there- because I am busy, my email inboxes get cluttered with unread emails and spam or promotions that can often get left unattended for months at a time. I currently have 13,000 unread emails!!!!!!!!!!!!!!!!!! On top of this, my husband hates to see my desktop (the place I save my “go-to” files) lol.

So for me, a photographer and graphics design- the computer is my best friend. However, it can be a love-hate relationship when I leave those cluttered files unattended to. So join me as I clean my digital mess over the next month.

As we approach our May 2018 Bible Study on “Decluttering your Life”, here are a few links to help you in an area that most people skip (or don’t even think about) – your digital mess.

-Rebbetzin Keturah

[The 13 Step Digital Declutter](#)

[How to Easily Clean & Organize Your Digital Files](#)

[It's 'Clean Out Your Computer' day. Here's how to declutter your computer in 4 steps.](#)

The Kosher Pet Life

Ever wonder what we should feed our pets? Has it ever cross your mind of what is the “kosher” pet food standard for your furry ones?

This subject wasn't the first thing that came to mind. Until, I saw an article about the kosher pet food commandments.

I would love to share what I've learned, so the Kosher Pet Food Fact Sheet was born. This will list all the information on what we can and cannot feed our pets during the whole year-round and Passover.

[Click here or image below to download the information sheet.](#)



Based on the information, we must be aware of ingredients that are listed in the pet food. There is some pet food that are

not safe and we must be well aware if there are any recalls. Hopefully this small guide will help you, as it helped me and my fur ball Rocky.

For more information, regarding pet foods and being kosher, visit [Kashruth Council of Canada: Kosher Certification Agency](#). If you have any Halakhic questions regarding Pesach, always remember to consult your local Rabbi.