

Attention Women

IS FRIDAY AFTERNOON THE MOST HECTIC AND STRESSFUL TIME OF YOUR WEEK?

BY THE TIME YOU LIGHT CANDLES, ARE YOU READY TO COLLAPSE IN BED?

WAS THE LAST TIME YOU SANG *קבלת שבת* AT A SHABBATON IN SEMINARY?

Introducing

ממהרים לבוא

A FOUR WEEK REVOLUTIONARY PROGRAM
TO ENHANCE YOUR EREV SHABBOS

Week 1: *פרשת פקודי* / Week of February 27th

How does the program work?

1

BEGINNING MONDAY, MAKE AT LEAST 1
PREPARATION FOR SHABBOS EACH DAY.

(You will receive a checklist after signing up.)

*By Friday afternoon, you will have very few
Shabbos preparations left to do, making
Erev Shabbos a relaxed and stress-free time.*

2

BE ENTIRELY READY TO BE *מקבל שבת*
10 MINUTES BEFORE THE *זמן הדלקה*.



TO REGISTER
AND RECEIVE THE
CHECKLIST AND
COMPLETE SET OF
GUIDELINES

please email (preferred)
mimaharimlavo@gmail.com
or call 732-730-4422

ALL PARTICIPANTS WILL
BE ENTERED INTO FOUR
GREAT RAFFLES WEEKLY!

WEEK 1
PRIZES

- | | |
|----------------------------|---------------------------|
| 1 \$250 AT KAYLAH DIAMONDS | 3 \$250 AT GIRLS ON GLEN |
| 2 \$250 AT GOURMET GLATT | 4 \$250 AT JUDAICA SQUARE |

"RAV SHTEINMAN ZT"L SAID, 'BEING MEKABEL SHABBOS 10 MINUTES BEFORE THE ZMAN IS A TRIED
AND TRUE SEGULAH FOR ALL YESHUOS.'" - REBBETZIN KOLEDETSKY

"I NEVER WOULD'VE BELIEVED THAT IT WAS POSSIBLE TO
WELCOME SHABBOS WITH SUCH SERENITY AND CALMNESS
EVEN THOUGH I WORK ON FRIDAYS." – S.E.

"THE QUALITY OF OUR SHABBOS PREPARATIONS IS SO MUCH
FINER AND MORE ENJOYABLE WITH ADVANCE PLANNING"
– R.M.