

Aix Les Bains • Australia • Baltimore • Basel • Belgium • Bet Shemesh • Boro Park • Cherry Hill • Chicago • Cincinnati • Cleveland • Dallas • Denver • Detroit • Edgware
Far Rockaway • Flatbush • Gateshead • Golders Green • Lakewood • Los Angeles • Manchester • Marseille • Mexico • Minneapolis • Monroe • Monsey • Montreal • Paris • Passaic
Philadelphia • Providence R.I. • Queens • Silver Spring • South Africa • South Bend, Indiana • South Fallsburg • Teaneck • Toronto • Vienna • Williamsburg • Yerushalayim • Zurich

Dear Seminary Graduate,

Welcome home!

We're delighted to share with you the daily *siyatta diShmaya* pouring into the worldwide Lechu V'Nelcha movement. We now have, Baruch Hashem, more than 40 branches across the globe, spanning Los Angeles to Montreal in North America, Gateshead, Switzerland, and Paris to name a few in Europe, and other locations such as Yerushalayim, Australia and South Africa.

New branches are constantly being started with the latest additions being Bet Shemesh and Cherry Hill. Beautiful *Shabbatons* were held last year around the world in distant locales such as Australia, Eretz Yisrael and Switzerland, in addition to the bi-annual *Shabbatons* on the East Coast. The key players responsible for this phenomenal growth are the dedicated volunteers at every branch who stop at nothing to ensure a rich program.

But what's a program without attendees? And that's where you come in! With your thirst for knowledge, love of truth and desire to befriend like-minded people, you can come and create an atmosphere that nurtures growth, warmth and real friendship, which is what LVN is all about.

As the new year approaches, and with it a heightened awareness of our goals, we look forward to serving you and your friends a full menu of weekly *shiurim*, augmented by Chol Hamoed trips, exhilarating weekend retreats, inspirational *Shabbatons* and exciting social activities. These events and programs are ideal for any graduate, whether you are newly returned from seminary or you are already part of the workforce.

Based on the enthusiastic feedback we receive on a constant basis, we can confidently say that Lechu V'Nelcha provides the anchor that you need during this crucial time in your lives, to enable you to maintain both your high standards and your *simchas hachayim* as you go forward.

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With summer soon behind us, the LVN branches are excited to launch the new season of *shiurim*. Many have already held their opening sessions with outstanding attendance. It is heartwarming to see the excitement and camaraderie that is generated as more and more girls get involved in the special electricity that is signature of LVN events. Plans are already being made by directors and coordinators for Chol Hamoed trips, discussion panels and *Shabbatons* for the upcoming year.

As Harav Mattisyahu Salomon, *shlita*, Mashgiach of Bais Medrash Govoha in Lakewood, stated when describing the necessity of Lechu V'Nelcha, "Lechu V'Nelcha is a wonderful project ...This is a program on which the future success of every Bais Yaakov will depend on... It's important. It's vital. Without which I don't think any girl can survive. And without which a family of *bnei Torah* will not be able to develop the way that the Bais Yaakov really wants them to develop..."

In closing we would like to pass on the *brachah* of the Gedolim given to all those who make Lechu V'Nelcha a consistent part of their schedule. "May you be *zocheh* to a *zivug hogun bekarov u'banekel*."

With wishes for a *gut gebentcht yohr* and the fulfillment of all your *tefillos*,

Lechu V'Nelcha



Be a
Part of the
Program The
World is Buzzing
About!!

LECHU V'NELCHA BRANCHES:

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ENDORSED BY GEDOLEI YISROEL

ATTENTION
POST-SEMINARY
GIRLS!!

Make your Seminary Experience
LAST A LIFETIME

Lechu V'Nelcha

The global program for post-seminary
girls that provides weekly Shiurim,
Shabbatonim and social opportunities

“
**IT'S IMPORTANT.
IT'S VITAL.
WITHOUT IT I DON'T
THINK ANY GIRL CAN
SURVIVE.**”

Harav Mattisyahu
Salomon shlita

Lechu V'Nelcha is the highlight of my week...
What this has done for me is incredible. I
can honestly say that I would not have the
same Hashkofas Hachayim that I have
today without LVN... My connection with
Lechu V'Nelcha helps me maintain the Yiras
Shamayim I acquired through all my school
years....

(A Lechu V'Nelcha participant)



BE A PART OF IT!!

Providing us with your details enables us to keep you in touch and informed with Lechu V'Nelcha events in your neighborhood.

It is preferable to sign up directly on our website.

Seminary attended:

BE A PART OF MAKING IT HAPPEN!!

Would you like to be a branch coordinator for your neighborhood?

LET'S HEAR FROM YOU!!

We'd love to hear your comments, questions and suggestions

Name:

Home Address:

City:

Email address:

Home phone

Cell phone:

How would you prefer to receive notifications? Text Msg / Email?

"My connection with Lechu V'Nelcha helps me maintain the Yiras Shamayim I acquired through all my school years...."

"The weekly LVN shiur is the highlight of my week"

"I can honestly say that I would not have the same Hashkofas Hachayim that I have today without it..."

Lechu V'Nelcha Branches

718-4-800-LVN (586)

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Australia
Baltimore
Basel
Belgium
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Boro Park
Cherry Hill
Chicago
Cincinnati
Cleveland
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Flatbush
Florida
Gateshead
Golders Green
Gibraltar
Lakewood
London
Los Angeles
Manchester
Marseille
Mexico
Minneapolis
Monroe

Lechu V'Nelcha Branches cont.

718-4-800-LVN (586)

Monsey
Montreal
Paris
Passaic
Philadelphia
Providence Rhode Island
Queens
Silver Spring
South Africa
South Bend, Indiana
South Fallsburg
Teaneck
Toronto
Vienna
Williamsburg
Yerushalayim
Zurich

Hotline Number

For more information about
Lechu V'Nelcha shiurim in your area,
please call our hotline number on:

U.S.A. 1718-4-800-LVN (586)

To request a branch in your
neighborhood call: NY 1718-256-0073

For all inquires email us at
lvnglobal@gmail.com

TO SIGN UP: <https://lechuvnelcha.org/>



Lechu V'Nelcha

The Program For The Seminary Graduate

TAKE
SEMINARY
home with you

WEEKLY SHIURIM IN YOUR NEIGHBORHOOD
SHABBATONIM WITH WORLD-RENOWNED MECHANCHIM/MECHANCHOS
OPPORTUNITY TO CONNECT TO MECHANCHIM/MECHANCHOS
SOCIAL OPPORTUNITIES | CHANUKAH & PURIM GATHERINGS
CHOL HAMOED TRIPS & SUMMER RETREATS
TZEDDACA V'CHESSED OPPORTUNITIES

As the year draws to a close, it's time to reflect on the past and plan for your future. You have invested this year in your growth. With Hashem's help, you've made tremendous strides and advancements in your ruchniyus. Your most important concern is the preservation and maintenance of those valuable gains. It's time to think of the next step.

This is where Lechu V'Nelcha steps in. We are here to do whatever we can to facilitate your advancement. Lechu V'Nelcha offers you the opportunity of attending weekly shiurim offered by top mechanchim/chos on a regular basis, in your neighborhood. These shiurim reflect the high standard of ruchniyus you are accustomed to. As such, they afford you the best possible opportunity to move onward and upward in your spiritual growth. All that is left for you to do, is to make sure you are part of it!

ATTENTION POST-SEMINARY GIRLS!

Something exclusive for you...

LECHU V'NELCHA HA-COME TO LOS ANGELES

A weekly program offering girls the opportunity to make friends and advance in their spiritual growth.

Please join us for an enlightening night by renowned authority

Rabbi Horowitz

Tuesday, August 26th - 7:00 PM
at 8:45pm, Lakeview

CALL IN OUR REG. LINE AT 712-461-1111 OR 1-800-451-1111 FOR OUR REG. LINE

Prime option 8 for 1200 LA. Angeles

ANY OF OUR STUDENT GIRLS CAN COME FOR FREE! WE'LL MAKE IT HAPPEN!

MINI-SEMINAR (1200-2400) & CLASS

ATTENTION ALL POST-SEMINARY GIRLS!

You are invited to an

Evening of Inspiration

A SPECIAL FEATURING OUR BELLOVED MECHANICALS:

Rebecca Rivka Eisenstadt
Deborah Eilat Hellerstein
Mrs. Sara Pollack

MODERATED BY MRS. RIVKA GINSBURG

"וְיָחַד נֶחֱמָה, מִתּוֹךְ שֵׁן נִדְרֹנָה"

Tuesday, February 17th
Zichron Yoel, 1014 Lawrence Avenue
Lakewood

Doors open 8:00pm, program begins 8:30pm Shabbat

Referrals not required

We look forward to greeting you!

Lechu V'Nelcha Lakewood

\$10 Suggested donation

LECHU V'NELCHA HA-COME TO LOS ANGELES

“Lechu V’Nelcha is a wonderful project. From the first time it was suggested to me I was extremely enthusiastic that this is a program on which the future success of every Bais Yaakov will depend on. Bais Yaakov was an original program for girls to be provided with the tools that they need to combat the environment which is not always conducive to Torah life. And it was meant to set up girls with the right hashkafah and the ability and the possibility to be able to marry bnei Torah and be wives to talmidei chachamim. Emesa, eishes chaver b’chaver.

"And this concept was born in order to afford you the opportunity to never lose sight of the Ohr Hashem that you received in Bais Yaakov. To leave the Bais Yaakov, to go ahead and progress and have always as your guiding light the Ohr Hashem. With shiurim. Continuous shiurim, shiurim which should be regular and keep you in contact with your friends from Bais Yaakov, keep you in contact with the mashpi'im from Bais Yaakov and have an opportunity to grow and grow further based on everything that you have learnt in the Bais Yaakov.

"I think it sets a young lady on her feet in a way that Seminary can not do the job. It's important. It's vital. Without which I don't think any girl can survive. And without which a family of bnei Torah will not be able to develop the way that the Bais Vaakov really wants them to develop. So I wish you all a lot of hatzlachah in understanding to appreciate what one is offering you with this one time opportunity to keep up contact with the Bais Vaakov and everything that it stands for."

הן הובא לתשומת ליבנו ונתעוררנו ע"י מחנכות חשובות ומפורסמות ונדעות לתהלה, על דבר האסון הרוחני שפקד לאחרינה את

בנות ישראל מבתי חרדים וכשרים

בגרו וסיימו את סדרי ההרצאות והשיעורים במסגרת

ובכל לב דודו וכל עני תומע על שבר "בח" עמי, התצאות המכאיות והמחיריות שרואים בעליל, אך
במשך זמן קצר נאבד ונפסד מהם מחינוכם הטהור, ומהשלל והאוצר הרוחני
שקנו ורכשו במשך כל שנות חינוכם
 וברבות הימים יורד לטמיון כל היצירה והאמץ שהשקיעו בן בבתי החרץ ובתי הספר, לכאב לבם של הוריהם,
 וטעיהם ראות וכלות אליהם ואין לאל דיומם.

אשר לכן מה מאוד שמח לבנו ולי קורות רוחנו לשמוע את אשר הגה רוחם של מחנכים ושושנים לייסד ולכונן **הרצאות ושיעורים קבועים ומסודרים באופן קבוע ותמידי במסגרת של ארגון חינוכי ומתאים לתלמידות בגיל ודרגה זה** מכאן קריאה וצאת מקרב כל עמך והמאה לתלמידות היקרות בנות ישראל שירות והגשמה ולתורות היקרים **אנא חוסו על נפשיתך ועל עתידכן הרחנני ועתיד דורותיכן, ותבטננן ופזננן ושיעוריהן והרצאות אלו** כמך תבטחנה ותנצננה ככל שמעית את כל היתרון והאוצר היקר שבינכן, ותיקנים ככל למשפרת לכל שמך שנות יסוד, לעמוד אתן בכל נסיבות חיות הכולל שונות של חינוך ופזון, והתקיימן כמות היתרון והצדקה הנצחית.

ואליהן המנהלות החשובות והעומדות בראש מוסדות בתי החינוך ובתי הספר לבנות, אנו מגלים דעתינו עפ"י דתוה"ק, שעליכם לחנך ולעודד ואף לדרוש מהתלמידות החשובות.

שאתר תסתיימנה את סדרת הכיתות בבית החינוך והסמינר, עליהם להירשם ולהצטרף לארגון כזה באופן קבוע שהוא באותה הרמה והדרגה של החינוך שקיבלו בבית"ס, וכמו הארגון הנודע לשבח ולתהלה "לכו ונלכה" וכדומה שהולכים בדרך המסורה.

למען משיח ולא יאבד ולא יופסד החינוך הטהור שקיבלו, ולמען ימשיכו קשר עם מסגרת הרוחני והחנכי שיהיה להם
מעין ולמחסה מולם הנסיבות ומפני הזמן, עד שבזמ"ה יבנו בית ברוך נאמן בישראל, א"י.
ע"ז אטאנה"ל למען עתידו וקדושתו של בנות ישראל, ביום **כ"א אדר ב'** שנת תשע"ד לפ"ק

[illegible]



How I Became A Part of Lechu V'Nelcha

I went to Bais Yaakov Intensive seminary and was enamored with Rebbetzin Fink's shiurim, many of them based on Rabbi Mordechai Miller from Gateshead's shiurim. Let me tell you a little secret. I always had a dream of attending Gateshead seminary, yet for many reasons, this remained just a dream. When I heard over the Torah from Gateshead through Rebbetzin Fink, I felt it touch a deep part inside me. When seminary was over, I knew there would be a deep void in my life in the absence of structured shiurim. Since I live out of town, I made a firm commitment to follow the Brooklyn Monday night shiurim on the phone. Monday night became the highlight of my week, when I would lock myself in my room, take out my notebook and be transported back to seminary. I'll never forget the excitement when I heard the announcement about the first Shabbaton and the magic I subsequently encountered there. I attended the first four Shabbatons and the first summer retreat, until I got married and "graduated" the school of Lechu V'Nelcha.

So... what does Lechu V'Nelcha mean to me today?

I'm not anymore a part of Lechu V'Nelcha. That is, I don't attend the shiurim (even though I do occasionally tune in to the Monday night shiur on the phone) and I don't anymore join the Shabbatons. But boy is Lechu V'Nelcha a part of me! It's within my home, my life, my heart. The messages I heard, the warmth I experienced, the atmosphere I inhaled, is part and parcel of my life and accompanies me every step of the day. Sometimes consciously, when I recall specific answers I heard from Rabbi Miller but more often subconsciously. I know the special Lechu V'Nelcha ruach is embedded in my bones.

So even though I've long graduated, and I'm baruch Hashem married with four children kah, I'm still benefiting from those first four Shabbatons I attended. I benefit intellectually, when I recall and sometimes reread the shiurim I've heard. Some of them I can repeat almost by heart, and they give me chizuk at the weirdest moments. I benefit emotionally, when I sing certain songs and I can almost touch the magic I experienced at a late-night kumzitz. I certainly benefit spiritually, as Lechu V'Nelcha has deepened my commitment to becoming the person I want to be. My family certainly benefits that their akers habayis is a Lechu V'Nelcha alumnae. The things that matter to me are not the same as the things that would've mattered had I not attended Lechu V'Nelcha. I cry when my son has a Chumash seudah. It gives me the greatest pleasure reading about Dirshu's latest accomplishments. When hardships strike, I feel that these are opportunities for self-development sent to me by a Father Who loves me. And no, I am not a baalas teshuvah who was exposed to these ideas at Lechu V'Nelcha the first time. I grew up in a chassidish home, attended an amazing school and a wonderful seminary, where I baruch Hashem excelled. So what difference did Lechu V'Nelcha make in my life? What did I get from there that I didn't get from my upbringing until then?

I think the answer is three fold. First of all, the Torah given over at Lechu V'Nelcha, with the unique Gateshead taam, was truly, for me, revolutionary and eye opening. Second,

the manner in which they give it over enters not only the mind, but the heart. The atmosphere at a Shabbaton, the acceptance and friendship and feeling of being among like-minded girls, prepare the ground so that the life-giving words of Torah seep right in. The consistency of attending a shiur every single week, ensures that the benefits of a Shabbaton are not lost over time, but are only strengthened and developed further. For me, listening on the phone, the shiur was just that, a shiur, but for the lucky 'Brooklynners', the shiur was a much-looked forward to opportunity to connect and socialize. Nowadays, with over 30 Lechu V'Nelcha branches, this opportunity is available to girls all over the world. Third, the timing at which Lechu V'Nelcha enters a girl's life is crucial. Already an adult, yet many times still with a childlike perception of Yiddishkeit from earlier years. Free from the confines of school and not yet committed to marriage, these post seminary years are a game changer in a girl's life. It is so easy for the direction of ruchniyus to take a sharp downward turn, without anyone even noticing, not even the girl herself. And no one takes responsibility for that. No one, except Lechu V'Nelcha which carries each and every girl lovingly to the safety of marriage, and sends along ample tzedah laderech to ensure an enjoyable journey until there and a safe landing.

And so, I extend my deepest thank you to Lechu V'Nelcha. Thank you for the good times, the uplifting experiences, the thought-provoking workshops. Thank you for connecting me to mentors and friends from all over. Thank you for setting up a support system to keep me in place. Thank you for caring enough for my ruchniyus and emotional wellbeing to invest untold amounts of time, effort, and money to ensure that I grow, remain strong and maintain the purity of a fresh Bais Yaakov graduate. May you be gebentched with hatzlachah and brachah and lots of nachas from all your graduates, the noshim tzidkonios who will hold the hands of their kinderlach as we march to greet moshiach tzidkeinu.

-Goldie M., Montreal, Canada

When I finished Seminary, there were many decisions to be made - from job opportunities, to schooling options, to working out a new schedule. But most probably the decision I made that is most crucial to the person I am today, was to join **לכו ונלכה**.

I attend the Lechu V'nelcha Shuir for post seminary girls every Monday night. What this has done for me is incredible. I can so honestly say that I would not have the education that I have today without the **שיעור**. I would not have the strong enough **השקפות** that I have today without the **שיעור**. But what my friends and I faced upon completion of seminary was and continues to be very difficult. There's the work force which presents its challenges, very different challenges than we have ever encountered. There are the college courses that can truly uproot certain **השקפות** and perspectives that were previously quite solid, in subtle and sometimes not - so - subtle ways. When a girl is in an environment that doesn't constantly infuse her with awareness of **ה'**, day after day, she just slips into that barren routine and slowly, actually it happens quite rapidly, she loses sight of her **torahdika** values. My connection with **לכו ונלכה** help me maintain the **שמים** that I aquired through all my school years. I cannot tell you how many times my decisions are based on a phrase from a **שיעור** reverberating in my mind.

The **שיעורים** also help fortify my friends and I to face new challenges, such as the **פרשה** of **שידוכים**. As much as my seminary teachers prepared us for this stage, I could not grow from these challenges without the constant and consistent reminders of who I am and what my role is in every moment of every stage.

The weekly **שיעור**, is so instrumental in making me **אשת חיל** I am today as well as the **בית ישראל** I will be very soon.

-Nechama R