



TEA

THE EMUNAH AWARENESS INITIATIVE

Transforming lives with the power of Emunah

Elevate your summer with TEA.

WHAT IS TEA?

The Emunah Awareness program aims to raise awareness about incorporating Emunah and Bitachon in one's daily life by inspiring women to learn about the power of Emunah and Bitachon through inspirational TEA gatherings.

The idea of TEA gatherings is to inspire each other to incorporate some form of Emunah learning into our daily routines individually and on a group level.

You just took the first step towards boosting your Emunah and Bitachon. How about taking it to the next level and bring Emunah and Bitachon into your life on a daily basis? Don't worry, this doesn't have to be complicated or time-consuming. There are so many ways and resources for learning Emunah.

Consider starting a TEA group in your neighborhood.

Please reach out to us at (920) EMUHAH-3 or email at TheEmunahAwareness@gmail.com, and we will get you set up with all you need to get started.

"We do TEA every Shabbos mevorchim it's a highlight of our month we look forward to. It's been life transforming for ourselves and our families and So easy the gatherings are non pressured, we gain so much from each others inspiration and start off each month with a focus and direction for that coming month with the shiur that's given to us". T.D.

START LEARNING EMUNAH. HOW? IT'S YOUR CHOICE.

What works best for you? Listen to a Bitachon hotline? Sign up to a daily email or phone shiur? Is it easiest for you to learn an English Sefer on your own? Partner with a friend? Attend a Shiur? Say Perek ב' in tehillim - יושב בסתר

Establish the habit of consistent daily focus of incorporating Emunah and Bitachon learning as part your daily routine. Experience the transformational effect of viewing your life through the lens of Bitachon.

On the next page is a convenient list of resources, including seforim, hotlines, daily audio recordings via email/phone, and shiurim on Emunah and Bitachon. Choose the one that best suits your lifestyle. It can be 3 minutes a day that will enrich your day and transform your life.

Please take a look at the resources and find something you feel is doable and sustainable for you to incorporate in your life.



*L'ilui nishmas Yehudis (Isseroff)
Fried a'h, whose long battle with
illness showed us the true
meaning of Emunah & what real
strenght is all about.*



TEA

THE EMUNAH AWARENESS INITIATIVE

Transforming lives with the power of Emunah

TAKE IT TO THE NEXT LEVEL: INSPIRE EACH OTHER!

Now that you're learning Emunah and Bitachon on a daily basis, we want to help you keep the momentum going. Tap into the power of your peers and group energy and be inspired by the group power of like minded peers.

Decide with your group on a day that's best to gather to consistently share inspiration. It can be each Shabbos mevorchim, one day of the week at a specified time, Rosh Chodesh, etc. It can also be via a conference call or while you're sitting on the steps Shabbos afternoon and Shmoozing anyways.

Each Shabbos Mevorchim TEA will provide an exclusive and inspirational shiur on "Women's role for that month pertaining to Emunah and Bitachon".

Have someone read the shiur to all and use it as a springboard for follow up conversations, sharing how Emunah impacted their lives over the month.

You can also Choose a sefer to learn together. TEA can supply each person who wants to learn, with an English Sefer on Bitachon. (Email TheEmunahAwareness@gmail.com with the quantity needed). Your follow up TEA's should be in an informal pressure free setting. That's what keeps it sustainable, simple and so life changing. Additionally, TEA provides beautiful inspirational resources for continued learning for each participant every so often.

Each host can dedicate their TEA gathering for their own personal cause bringing countless zechusim. Contact us and we'll help you with the planning and provide you with all materials needed.

SPREAD TEA AND HELP INSPIRE OTHERS

Join other TEA participants world -wide for inspiration and motivation. Every so often, the TEA Initiative hosts global teleconferences to unite and strengthen our commitment. Join these teleconferences and be uplifted by our collective mission.

Please call or email us so we can keep you informed of future TEA events and other exciting updates. Sponsorship and dedication opportunities available as a Zechus for you or others by helping spread and bring inspiration to others. Tax deductible donations can be made through Zelle to TheEmunahAwareness@gmail.com or through any Charity giving platform

TEA was launched in Memory of our beloved friend Yehudis Fried (Isseroff) a"h who was nifters on Rosh Chodesh Nissan. She faced many challenges battling cancer for years and leaving no generations behind her. She embodied Emunah and the zchusim that you are creating by inspiring yourself and others to learn about Emunah are immeasurable and will surely be a zchus for her and for you.

May the zchus of you hosting TEA and inspiring others, protect you and your family bringing an abundance of Bracha and the ultimate Yeshua with the coming of Moshiach b'mheira biyameinu.

"It's praiseworthy to gather and be mechakek each other in Emunah and Bitachon. I bench all those strengthening themselves in this way with bracha and they should be matzliach" Bracha from R' Shmuel Kamenetzky

Always consult with your Rav Upon being inspired by what you hear and read on Bitachon before making any significant life changes. TEA is under the guidance of Rav Uri Deutsch and Rav Nochum Malinowitz.



L'ilui nishmas Yehudis (Isseroff) Fried a"h, whose long battle with illness showed us the true meaning of Emunah & what real strenght is all about.



TEA

THE EMUNAH AWARENESS INITIATIVE

Transforming lives with the power of Emunah

Emunah & Bitachon Resources

Bitachon 4 Life- Rabbi Malinowitz

- ❖ Receive a 4-minute daily Bitachon Audio shiur sent directly to your email and to ask a question. Email: Bitachon4life@gmail.com
- ❖ Hotline number 732-479-7323 Press 2# for latest shiur. For previous shiurim, press the shiur number then #
- ❖ USB of 1,000 shiurim on Bitachon is available for purchase by emailing Bitachon4life@gmail.com

Life of Bitachon -Rabbi Golombeck

- ❖ Hotline number 732-719-3898 option 1 for daily chizuk on Bitachon. Many other options and songs of Bitachon available listen out for prompts

R Yehuda Mandel

The Weekly Vaad can be heard on Kol Halashon

- ❖ www.kolhalashon.com / 718-906-6400 Press Option 1, 4, or 9
- ❖ You can request a copy of the Bitachon Weekly pamphlet by calling 845-245-4278 or to receive by email send a request to: weeklybitachon@gmail.com

Kav Hashgacha Pratis Hotline

- ❖ Call 518-613-0140 prompt #3 different options on Bitachon

Chazak Hotline

- ❖ Call 732-806-8599 4 option 1,1

Spring Hill times weekly newspaper

- ❖ Has considerable content on Emunah and Bitachon
Can be ordered for home delivery at 845-400-8584

Aleph Beis Gimmel

Rabbi Shalom Mordechai Rubashkin weekly shiurim. Email info@alephbeisgimmel.com

Chazal say Saying Perek 91 of tehilim - יושב בסתר - and internalizing its message is a form of working on your bitachon. It teaches us how to live with bitachon and is a zechus for protection and hatzlacha. Please enjoy a complimentary card with each pasuk explained and adapted from shiurim given on Bitachon4life

Additional cards can be obtained by emailing Yosheivbseiser@gmail.com



Lilui nishmas Yehudis (Isseroff)
Fried a'h, whose long battle with
illness showed us the true
meaning of Emunah & what real
strenght is all about.



TEA

THE EMUNAH AWARENESS INITIATIVE

Transforming lives with the power of Emunah

Emunah and Bitchon Books



Rav Yosef Zundel of Salant, listed specific pesukim that strengthen our trust in Hashem. Rabbi David Sutton examines each of those pesukim, and gives us a greater understanding of the many lessons we can learn from them. he shows us how to use the pesukim to strengthen our bitachon and discover the amazing power of just a few words to transform our lives and lead us to the simchah, the joy, that comes from living a life defined by bitachon.



With the brilliance and perception of the Alter of Novardok as our guide, we will find ourselves walking on the "Path to Bitachon" – and dealing with life's challenges with calm and tranquility, secure in our trust in Hashem and His goodness.



The Beis HaLevi on Bitachon gives us clear answers to many of life's most important questions. What is the proper balance between hishtadlus, effort, and bitachon, trust? How should a person react in times of trouble? Why does fear have no place in a Jew's life? What are the many benefits of bitachon - in this world and the next.



A Life of Bitachon offers us short, readable capsules of Torah wisdom and engaging true stories to strengthen our faith and trust. To give us the priceless gift of bitachon.



The Concise Shaar HaBitachon addresses the countless perplexing challenges that confront every Jew in the contemporary world. For any Jew who wants to come closer to Hashem, The Concise Shaar HaBitachon is required reading!



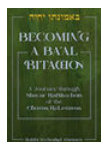
Each reading ends with a practical takeaway, ensuring that we incorporate bitachon into our everyday encounters. And of course, Rabbi Sutton shares stories that show us the amazing power of bitachon.



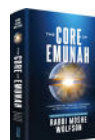
In The Parshah of Emunah, it takes us through the parshiyos, bringing out insightful yet practical lessons in emunah and bitachon and showing us that they are as applicable and relevant today as ever.



Rav Miller's words come to life in this fascinating new book! Virtually every decision we make is affected by our grasp of the principles of emunah and bitachon. But where do we turn to gain clarity about these issues, to find answers to our many questions?



Is learning about bitachon really necessary? Isn't it enough to just believe in Hashem? What exactly is bitachon? What am I supposed to believe and feel? How will having bitachon bring me closer to Hashem? And how will my life change? How will being a ba'al bitachon make me into a happier, calmer person? These questions and many more will be addressed in this book.



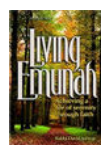
In The Core of Emunah, Rav Moshe Wolfson shlita, guides readers, step by step, in properly establishing a solid foundation of emunah, to be able to withstand even the fiercest winds. Included is - Understanding emunah peshutah - The truth of the Torah- The mesorah from Har Sinai - Practical advice - dealing with challenges - In-depth discussion of Mashiach and his arrival



Join Harav Avigdor Miller and transform your life with a heightened awareness of Hashem



This Sefer features the Hebrew text with an English translation, classical commentary, with an infusion of Chasidic teachings, and takeaways to help guide the reader. Shar Habitachon takes us on a transformational journey towards genuine trust, guiding us to a state of tranquil reliance on Hashem. Studying this vital work shows us how to confront and even transform unpredictable and challenging events by exercising and implementing the messages of genuine unyielding trust in Hashem.



Think about living a life of no stress. No anxiety. No fear. Is it an impossible dream, an unreachable fantasy? Or... can it be achieved? And can YOU achieve it?