

Book Review

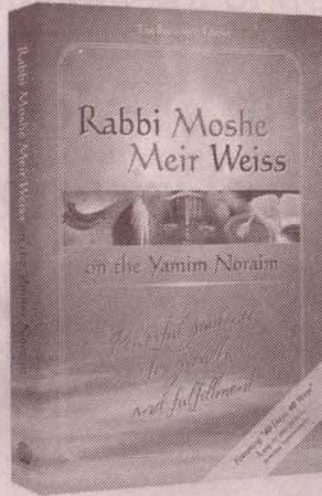
Reviewed by M. Haimoff

As the High Holidays approach, everything hangs in the balance — our families, our livelihood, our health, even our lives.

Well-known author and lecturer Rabbi Moshe Meir Weiss, whose *sefarim* and *shurim* inspire and instruct thousands of Jews all over the world, offers priceless wisdom to help us approach the *Yamim Noraim* in the right frame of mind. In this new book published by Judaica Press, Rabbi Weiss presents us with ways to make the most of this significant time of year.

The book begins with “40 Days, 40 Ways,” a step-by-step guide to personal improvement, with a daily suggestion for change and growth for each of the forty days between Rosh Chodesh Elul and Yom Kippur. This program gives readers a practical framework for self-improvement as the *Yamin Noraim* approach.

Rabbi Weiss devotes considerable space to the importance of the traditional three-part repentance process: *teshuvah*, *tefillah* and *tzedakah* — atoning for sins, prayer and charity. He discusses the practical applications of each theme, showing readers how to use the guidance of Torah and Chazal to find their inner spiritual



Rabbi Moshe Meir Weiss on the *Yamim Noraim*:

*Powerful guidance for growth
and fulfillment*

Hardcover, 216 pp.

on the most important issues of the season, including the daily challenges of the *yetzer hara*, the gift of *tzedakah*, combating the force of habit, emulating Hashem's compassion and understanding why some prayers seem to go unanswered. He also provides encouragement in practical areas such as prayer, keeping commitments and making our every action meaningful.

As we leave the relatively lazy, carefree days of summer and extend into the most

iVolunteer Brings Companionship To Homebound Holocaust Survivors

We are pleased to announce the opening of iVolunteer in Manhattan, a new program which services homebound Holocaust survivors in Manhattan.

“Thanks to iVolunteer, we are now meeting a critical need for Holocaust survivors,” explained Rabbi Tzvi Tauby, co-director of the new organization.

The program's name defines its unique mission — bringing caring neighborhood volunteers to the homes of frail Holocaust survivors. During their weekly visits, volunteers may read to survivors, escort them to doctors' appointments and assist with shopping and light household tasks. The visits enrich the lives of survivors and volunteers alike, and guarantee that the experience of the Holocaust will not be forgotten.

iVolunteer creates a sense of community by providing our survivors and volunteers with social events and special programs, including monthly Friday-night dinners for the volunteers and luncheons for the survivors. iVolunteer is not only a social

network for the survivors, but for the volunteers as well.

Volunteers come from all walks of life. Many of them are professionals who want to make a difference in the lives of their neighbors. Others are local high-school and college students who are excited by the chance to reach across the generations and establish a unique friendship with a lonely senior. All volunteers are screened and trained before starting their home visits. In particular, they are told how to identify the Holocaust survivor's other social service needs so that iVolunteer can bring in an outreach caseworker to help meet the senior's needs when necessary.

Volunteers communicate regularly with the iVolunteer directors, Tzvi and Elisheva Tauby, who work tirelessly to ensure that every senior, and every volunteer, is benefiting from the relationship. Mrs. Tauby also makes an initial visit to each senior's home in order to assess his/her needs and concerns. “When I visit with a survivor, I

feel so privileged to be able to get to know such unbelievable people and hope to assist them in any way I can,” she explains. “When I speak with volunteers, they often say that they got a lot more than they gave.”

iVolunteer's enthusiastic volunteers look forward to their visits almost as much as the seniors do. Sarah, a volunteer, described her feelings in detail. “It is so inspiring to spend time with Holocaust survivors. They have a wealth of wisdom and knowledge to share and have such a unique view of life's challenges. I also met a lot of wonderful people my age who live in my neighborhood through volunteering with iVolunteer.”

If you know of a Holocaust survivor who would like to participate in this program, or if you would like to volunteer, please contact Tzvi or Elisheva Tauby at (646) 461-7748, or email ivolunteer@gmail.com. If you are interested in learning about dedication opportunities or if you would like to partner with us in our new initiative, please contact us.



**PARK EAST
SYNAGOGUE**

163 East 67th Street, New York, NY, 10021

Tel: 212-737-6900 admin@parkeastsynagogue.org

Join us for inspiring