

bina buzz

Volume 2: October 30, 2008

YOM IYUN

In preparation for the Yomim Noraim, BINA organized a Yom Iyun, an inspirational program exploring one of the themes around which these days revolve, sponsored by Avi & Michon Zysman. Using the powerful idea expressed in U'nesaneh Tokef, our three guest speakers discussed the tools we have – Teshuva, Tefilla, and Tzedaka - to ensure a positive judgment for the coming year.

Our first speaker, Mrs. Leah Weinreb, conducted a workshop about the power of Tefilla. She divided the girls into groups and had them address such questions as, "Hashem knows what I need. Why daven?" and "How can I improve my Tefillos?" She then inspired the girls with stories and parables to help them internalize the messages she was presenting.

Mrs. Weinreb not only provided "food for thought," but she also provided a delicious potato kugel fresh from the oven.

After lunch we had a short video presentation by Rabbi Yisochor Frand on the importance of forgiving those who have wronged us.

BINA is grateful to
Avi & Michon Zysman
who graciously
sponsored the
wonderful Yom Iyun.

We then heard from Mrs. Sara Chana Gibber on the topic of Teshuva. In the words of one of the students, she taught them that, "every decision I make . . .

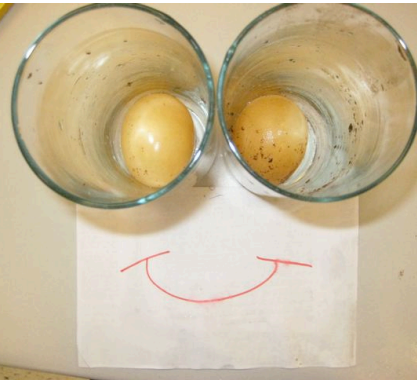
is a small step in choosing my destination . . ." Mrs. Gibber also told many inspiring stories about the impact small things can have on a person's life.

Rabbi Yossi

Lowenbraun then spoke about Tzedaka and the power of giving. He discussed the conflict a person sometimes has between what he wants to do and what he knows he should do. Going against one's natural inclination by giving Tzedaka helps to bridge that gap.

The day was stimulating and inspiring for the girls. After it was over, the girls had many positive things to say about it. "I learned how important it is to daven every day and to connect with Hashem." "No matter how far you go in the wrong direction – G-d allows u-turns."

We want to thank our speakers for taking time out of their busy schedules to come and speak.



A NAKED EGG EXPERIMENT

Mrs. Poborets' eleventh grade chemistry class experimented with chemical reactions. For the experiment the girls put an egg into a jar of vinegar and observed the changes each day for seven days. The most obvious..... was the stench. Said drama queen Aviva Greenspon, "It was so gross I nearly vomited!" So the girls had the clever idea of moving the experiment to the office (as if the smell wouldn't bother anyone there!)

The girls noticed bubbles on the egg, and the egg seemed to get bigger. Ultimately what they discovered was that the shell dissolved in the vinegar.



Leah Mostofsky commented, "Doing experiments make science more fun and understandable." The girls

celebrated the successful project with ice cream!

CHESED PROJECT

The BINA girls have been working on a new chessed program. They have been going to various homes to help the families get ready for Shabbos. The BINA girls have been helping to cook, take care of children, and do other general Shabbos preparations. Says Rabbi Litt of his helper Shayna Crystal, "Having a helpful and happy Shayna in our house before Shabbos allows us to have a productive Friday preparing for a peaceful Shabbos with our many guests."

WEEKEND ACTIVITIES

On a recent Sunday afternoon the girls enjoyed ice skating at Chilled Ponds. They came up with lots of clever games including bowling where Dassi was the bowling ball trying to knock down the other pins (aka girls). She had great success except with Miriam, whom she couldn't knock over!

Dates	Programs
Nov. 2	Beach trip 1-4
Nov. 8	Game Night
Nov. 9	Chesed