

# ONEFAMILY

## 2018

**משפחה אחת**  
מתגברים על הטרור ביחד



**OneFamily**  
Overcoming Terror Together

## Rehovot Support Group Learns About Dreams

Jan 3

The Rehovot support group for bereaved parents holds meetings monthly with a guest speaker. Limor Shalom, an expert on guided imagery and dreams, taught the group how to interpret their own dreams.



## Soccer Team Bonds

Jan 7

OneFamily Soccer team, a support group for injured and bereaved young adults, gathered in Jerusalem for their monthly meet-up and enjoyed an evening of fun and support. Their activities included a team-building session of laser tag.



# Bereaved Parents in Morocco

Jan 8-15

Bereaved parents experience the splendor of Morocco, visiting areas of Jewish interest, and spending time together exchanging strategies on coping with their bereavement. The time away allows the parent to focus on healing rather than their day-to-day responsibilities while also enjoying themselves, relaxing in the stress free environment, and recharging to build strength for the challenges ahead.



## Volunteers Share Experiences

Jan 16

Thirty OneFamily volunteers currently on their gap year in seminary gathered to share their experiences and learn from one another. Each of them visits a victim family each week to help around the house and watch the children. The volunteers spoke to a OneFamily psychologist about the importance of working with the families. “When you give kindness, you receive kindness,” one of the volunteers said.



## OneFamily Screens Classic Film

Jan 18

Legendary Hollywood Director David Zucker screens film, *The Naked Gun*, at OneFamily Jerusalem Center followed by a Q&A.

The event brings joy and humor to the appreciative audience, which includes many supporters and victims of terror, and provides a particularly entertaining evening to learn about the work of OneFamily and the plight of terror victims.



# OneFamily Holds Spa Day

## Jan 23

The OneFamily Jerusalem Center transforms into a first-class Spa to provide pampering for bereaved women and widows.

Tens of local volunteers treat the ladies to manicures, facials, make-up consultation, hair styling and reflexology. Well done ladies !



# Volunteers Pack 2800 Mishloach Manot Jan 28-30

Hundreds of volunteers, young and old, from Israel and overseas pack and wrap 2800 mishloach manot packages.

The packages are distributed to terror victims across Israel to give each one a special lift for Purim and remind them that OneFamily is always thinking of them and wants to brighten their lives.

As part of the experience, volunteers learned about OneFamily's work building resilience and strength in terror victims and became ambassadors for the organization, sharing what they learned with others.



# Tu B'shvat in Ra'anana

Jan 30

Bereaved and injured victims from the central region celebrated Tu B'shvat together in Ra'anana. Rabbi Kobi Pascal attends the event and blesses everyone who attended. There is music and singing, sampling the many fruit of the season, and a special booklet to remember the event.



# Creative Writing Workshop

Jan 31

To celebrate Tu B'shvat, bereaved women enjoy an afternoon of personal growth with a creative writing workshop followed by a baking demonstration. The experience allows women to express themselves in different ways while focusing on the theme of the day.





# Congratulations to Scholarship Recipients

Jan 31

OneFamily hands out educational scholarships for university study to terror victims. Congratulations to Yaffa Isakov, Linoy Borcho, Naama Gavrieli, Meir Shai Saban, Mattat Omer, Ran Abukasis, and Avir Abu Khamed from the north and Yafit Moshe, Daniel Peretz, Yaa'kov Ben David, and Paz Goldmacher from the south, and Avraham Malko, Yitzchak Herschkowitz, Puah Palmer and Shai Najari from the Jerusalem area. We wish them much success in their studies and future careers.



## Widows Unwind in Caesarea

Feb 2

A group of widows spend the weekend together in Caesarea, at a home kindly donated by a OneFamily supporter. The weekend away gives the widows a chance to unwind, enjoy each other's company, and draw strength from one another.



## Caesarea Support Group

Feb 3

A support group for injured victims and their spouses formed after participating in a therapeutic retreat in Caesarea last year. The group meets monthly at the home of one of the couples to share experiences about coping strategies. This month the group meets at the home of Sharona and Nissim Nagav in Kiryat Gat.



# Youth Division Shabbat Activities

The Youth Division holds a series of weekend activities around the monthly theme of “feeling safe.” Each weekend, a different age group gathers at the Jerusalem Center to bond and discuss what makes them feel safe in different situations and shares tools for coping when they feel unsafe.

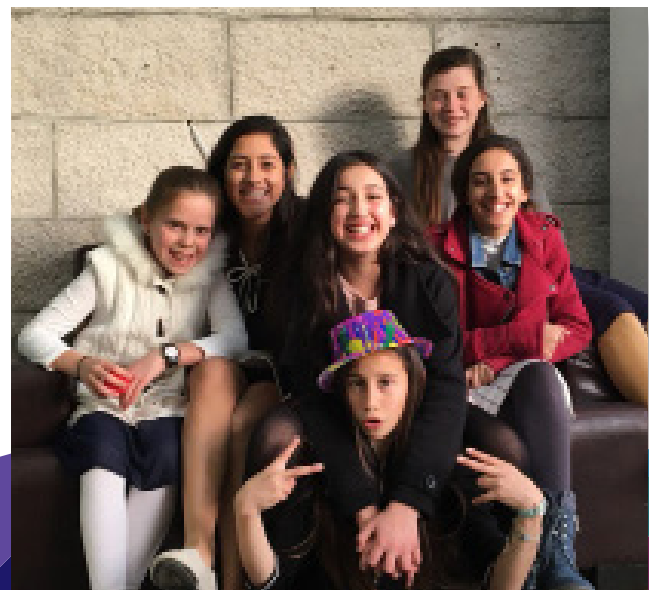
Feb 2-3 older boys - ages 16-17



Feb 9-10  
Older girls - ages 16-17



Feb 22-24  
younger girls - ages 8-11



## The Heart Remembers

Feb 8

The older girls from the Youth Division participate in a ceramic art workshop at an artist's studio in Moshav Revaya. They make ceramic hearts as part of a project called "The Heart Remembers." Each girl writes the name of the person in their family who was killed on one side of the heart and their name on the other as a tangible way to connect them with their loved one.



## Soccer Team Meets

Feb 11

The OneFamily Soccer Team - a support group for injured or bereaved young adults - gathers at the OneFamily Center for their monthly meetup. They watch Maccabi Tel Aviv play Hapoel Acre, shared a meal together, and provide essential emotional support.



# Volunteers host carnival

## Feb 15

Volunteers from Yeshivat Torat Shraga turn the OneFamily Center into a carnival hall for children. They brighten the lives of children who have suffered. Thank you to all those involved.



# Police Deliver Mishloach Manot

Feb 18

When terror strikes, police are among the first to make contact with the victims. So we are thrilled that officers from the Shalem Station in Jerusalem volunteer to hand-deliver mishloach manot to victims in their area. Shlomit (pictured), one of the participating police officers, herself was injured in the attack on Café Hillel in 2003. The officers say the deliveries give them an opportunity to meet those who have suffered from terror and gain a sense of personal closure.



# Distributing Purim Packages

## Feb 15-28

To mark Purim, more than 600 volunteers helped distribute and pack mishloach manot, traditional Purim packages, to 2700 families throughout Israel. The project is designed to help terror victims feel that people care about them and that they are never alone to cope with their pain.

### Southern Region



# Jerusalem Region





# Central Region



# Northern Region



# Three-day therapeutic retreat for Young Adults Feb 22-24

The Young Adult Division (aged 25-35) holds a two-day retreat on Kibbutz Tel-Hai. The retreat features confidence building activities such as a rope course, a phototherapy workshop, group therapy, and bonding activities such as a night-time bonfire and bowling.



# Three-day retreat for the Senior Youth division

## Feb 22-24

The Ein Gedi nature reserve served as the backdrop for a three-day retreat for the Senior Youth division (ages 18-24). The youths took time away from their regular routines to focus on building resilience skills through workshops focusing on their bereavement. In addition, art therapy and outdoor therapy help them process their loss.



# Purim in Ra'anana

Feb 26

Victims of terror from the central region came together at the Ra'anana warm house for a joyous meal and party to celebrate Purim.



# Youth Explore Their Feelings

Feb 27

The mixed group of younger kids (age 8-11) from the Youth Division has an empowering and interactive experience at “Hide and Seek” in Tel Aviv. The kids hide and seek in groups within a maze in the dark. After the activity, the counselor returned to the theme of “feeling safe” asking the children if the situation made them feel unsafe, what made them feel safe, and what tools they used to ease their fears.



# OneFamily UK Hosts Senior Youth Division March 4-8

Members of the Senior Youth Division (ages 18-24) travel to London for a therapeutic break from their everyday lives. The youths share their stories with the London Jewish community and tour the sites. The bonding experience helps them form a support network that they can visit whenever they need, long after they returned to Israel. The bonds with their new UK friends and hosts will also last a lifetime.



# Druze Retreat

## March 7-9

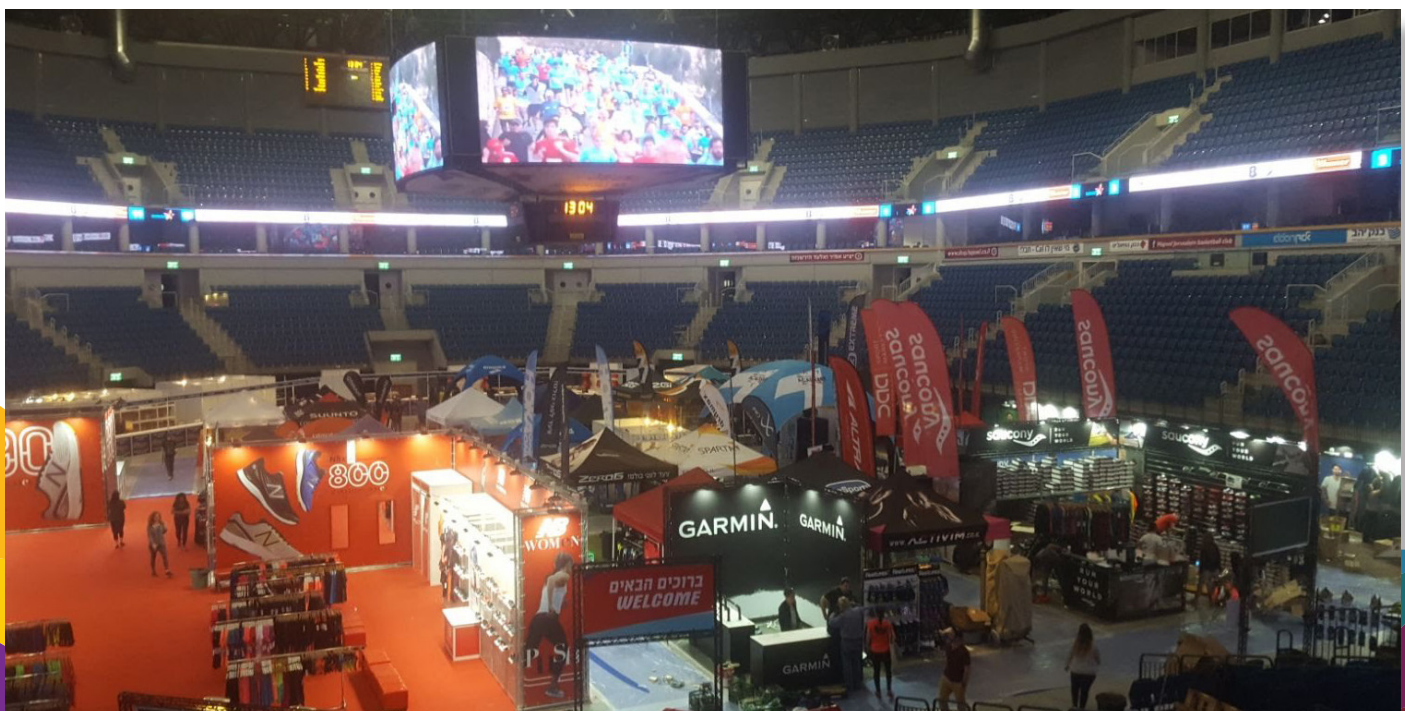
Bereaved parents from the Druze, Circassians, Arab Christians and Arab Muslim communities gathered for a 3 day retreat at the ancient springs of Hamat Gader. The parents shared their grief over their fallen children, provide comfort and support, and participated in therapeutic activities to build their resilience. The retreat is particularly important for the families as it provides an opportunity to mourn publicly. Their communities often see the contribution of these families to Israel's military as a social taboo do not acknowledge it openly.





# Expo at Pais Arena March 8

Representatives from Team OneFamily, the fundraising team to benefit victims of terror, participate in the Jerusalem Marathon expo at the Pais Arena to raise awareness of the plight of terror victims in Israel.



# Pasta Party March 8

The TeamOneFamily pre-Marathon pasta party features local celebrities Mor Ben-Simon, Ayala Sinai, and Ohad Hitman, all of whom perform onstage to the delight of the crowd .

Both Mor and Ayala have been contestants on the hit television program X-Factor, and Ohad Hitman is a renowned Israeli singer and composer.



# Jerusalem Marathon here we go !!!

## March 9

Nearly 300 runners, including over 100 members of the OneFamily Youth Division and 30 members of the Druze community, join Team OneFamily for the Jerusalem Marathon, raising money and awareness for victims of terror.

Participants come from across the world to show support. This year, Team OneFamily member Beatie Deutch placed first among all women in Israel in the full marathon!

The victims who take part overcome many fears as they run past sites of terrorist attacks, some of which took the lives of their siblings or parents. Sometimes both. These places are a source of anxiety in their lives. But with encouragement from their friends at OneFamily, they turn these places of pain into sites of strength.





# Good Deed Day at Ra'anana OF Centre March 13

In honor of Good Deed Day, volunteers from Israeli hi-tech company NCR and two members of the Ra'anana City Council join victims of terror at the OneFamily Center in Ra'anana, working together to clean up the garden and plant new flowers.



# Day of Bonding for OneFamily Staff

## March 22

OneFamily staff take part in a day of bonding and team-building at the Jerusalem OneFamily headquarters. The day features team-building games and a therapeutic art project consisting of painting tiles to form a picture of OneFamily's logo.



# Shabbat Hagadol Retreat for Orphans of both Parents

March 23-24

Yonatan Razel, one of the most expressive singers in Israel whose heartfelt songs speak of survival and strength, joins the orphans of both parents and their children, singing songs that enter deep into their hearts.

Yonatan sings the song 'Vehi Sheamda' - "Every generation, they rise up against us, and every generation we are saved.", to the orphans, each of whom personally experienced the devastating power of those who would destroy the Jewish people, and each has survived the ordeal. Many of them have their own children to carry on into the next generation.



# Three day trek in the desert

## March 24-27

Thirty 12th graders take part in an intensive three-day journey of self-discovery. The group combines daily group therapy sessions with hiking, desert survival training, and healing circle sessions. Many of the participants were too young to grieve properly when their loved ones were killed. This trip is designed to prepare them to grieve by remembering the family they lost while participating in a series of challenges to strengthen their resilience in the face of their loss.





# Two Day Retreat for Children ages 8 to 11

## March 27-28

The Younger Boys and Younger Girls divisions (age 8-11) hold a two-day retreat under the theme of “memories.”

The boys sleep under the stars in Nahal Habikbutzim. The group experience helps the children bond, share their experiences, and speak about their memories of family members they lost. They also enjoy the indoor climbing park, working together to reach the highest places.

The girls camp in Neot Kedumim. They reflect on special memories they have of their loved ones.



# For Widows “Flowers with Love”

## March 28-29

Before the Passover, OneFamily sends widows and their children a plant with a beautiful note, showing support to each and every one of them, as they enter Passover with an empty seat at their table where their husband used to sit. One of the recipients shares this with us:

“ I want to thank the wonderful organization "OneFamily" for a holiday gift that made us so happy!

I wish everyone a happy holiday,

A holiday of blossoming and renewal,

Continue in your ways to do the good work the organisation does

Continue to live life happily despite all the hardships

and great loss we all suffer.

Thank you!”



# Pessach Gathering at the OneFamily Centre in Raanana

March 27

Victims of terror from the Ra'anana region participate in an art therapy project together to prepare for the coming Passover holiday.



# Senior Youth Division Night Hike

April 1

On the second night of Passover, the Senior Youth Division breathes in the cool air of the desert and takes part in an empowering night hike, an annual tradition. Passover tells the story of the journey from Egypt, so on this hike, the youth share their memories of their own life journey with each other.



# Shabbat Before Yom Hazikaron

## April 12-14

OneFamily organizes a weekend retreat for bereaved parents in the days before Yom Hazikaron to give the bereaved parents coping tools and support for the overwhelming pain of Memorial Day,

This year's highlight was special guest Rabbi Yisrael Meir Lau.

Chazan Israel Parnas and his son Shai also join OneFamily for Shabbat providing a musical Kabbalat Shabbat, songs throughout the day and a musical Havdalah service. The songs of hope and joy to bereaved families, raise spirits when people needed it most.



# Youth Prepare for Memorial Day Together

## April 13-14

The days leading up to Memorial day can be overwhelmingly difficult for all terror victims, but especially to children who may have never fully grieved parents or siblings who were killed. To help the children process their loss and cope with their feelings, children from the Youth Division's mixed group ages 8-18, spend a weekend together in the Golan, sharing memories and feelings.



# Memorial Day

## April 17

More than 500 victims of terror gather at the OneFamily's Jerusalem Center to mark Memorial Day as one big family. The event provides a platform for victims to share their personal stories about their loss; bereaved mothers speak about losing their sons, brothers and sisters evoke their siblings, and children who were mere toddlers at the time of their parent's death also share their memories.



# An evening of Courage and Inspiration

## April 28

Shay Gross was only six years old when he and his family were held as hostages in Entebbe, Uganda in 1976. He shares his inspirational story of courage and his memories from the complex hostage terror attack with bereaved parents from Central Israel and tells of the harrowing experience and dramatic return home.



# Rehovot Parents Group Meeting

## April 28

The Rehovot bereaved parent group meets at the home of Hendler family to hear Dr. Moshe Rubovitch speak about “When conscience and emotion meet with the history of Alexander Rubovitch”.



# Preparing for Shavuot

## May 1

Members of the Central region met for a pre-Shavuot workshop at the OneFamily centre in Ra'anana.





# Victims of terror from Central Israel celebrate Lag B'omer

May 3

Victims of terror from Central Israel celebrate Lag B'omer with a traditional bonfire and joyful songs.



# Yoga in Hadera for bereaved mothers

## May 8

Every day is better when it starts with yoga! OneFamily's yoga group for bereaved women in the north of Israel has a special aromatherapy workshop and breakfast to enhance their regular therapeutic yoga practice.



# OneFamily joins Soccer tournament in Eilat

May 8-12

The OneFamily soccer team reaches the semi-finals of the Machoziada soccer tournament in Eilat! The soccer team is a support group for injured and bereaved young adults who bond over their love of soccer and their common experience of loss. Their successful performance is a testament of their bond and support for one another, on the pitch and in their everyday lives.



# Caesarea Parents Support Group Holds Monthly Meeting May 13

An evening with Hani Horesh, who leads an animation workshop for the Caesarea Parents Support Group, which brings together victims of terror from the central region to help one another cope with the burden of bereavement.



# An evening of dance and inspiration

## May 22

Shimrit Adar, renowned inspirational speaker and dancer from New York, empowers woman and girls with music and movement. Noya Mandel brings laughter to the evening giving the victims of terror an escape from the pressures of daily life. There were 300 women, young, old, bereaved and injured, religious and secular, all gathered together to dance and laugh. Thank you Shimrit and Noya for bringing so much happiness to our lives.



# Overnight for Senior Youth Division

## May 24-25

Fifty members of the senior youth division took part in an overnight beach retreat where they played games to get to know each other better and deepen their friendship.



# Bereaved fathers day retreat in Neot Kedumim, biblical nature reserve

May 27

Fifty bereaved fathers experience the healing power of nature therapy in the scenic hills of Neot Kedumim. Nature therapy is designed to harness the healing power of the natural world. The bereaved fathers learn how to herd sheep, build a rope bridge, and shoot arrows from bows, as well as hike in the trails. The experience allows them to quiet their minds and shows how important it is to accept support from other people - something the fathers naturally resist. Time spent in outdoor activities has been shown to reduce anxiety, rumination, and negative feelings – maladies that are common among people who have experienced the trauma of losing a child to terror.



# Taste for Life in Toronto

## May 27-June 3

OneFamily Canada hosts its annual Taste For Life event, bringing four victims of terror and their OneFamily caseworkers to share their stories of survival and resilience. The evening has inspirational conversation, delicious food, musical entertainment and an exciting silent art auction featuring contemporary Israeli artists.





# OneFamily Helps Break World Record June 5

OneFamily is part of a world-record breaking effort to build the biggest flag made entirely of cookies. The giant Israeli flag is made of 117,000 cookies and measures 3,224 square feet. It is built by the Atlanta community to show support for Israel on its 70th anniversary. People sponsor the cookies for \$10, and donate the money to three Israeli charities – including OneFamily.



# President Trump's advisor Rudy Giuliani speaks about combatting terror

## June 6

Former New York Mayor Rudy Giuliani electrifies OneFamily donors at a fundraising dinner in his honor in the OneFamily Gardens. "The people who protect you, and all the citizens of Israel, and the people who come here, have to know that if something happens to them, their families will not be abandoned," he tells the invitation-only audience. "And OneFamily has, from the very beginning, stepped in and filled that role."



# An inspirational visit to the Nachson school

June 19

OneFamily National Service volunteers inspire students at the Nachson school about OneFamily's work for victims of terror. Their stories about their experiences working with terror victims and the difference they are able to make in their lives lit a fire in the girls, encouraging them to volunteer at OneFamily.



# OneFamily UK hosts bereaved fathers

## June 12-18

Bereaved fathers from Israel travel to London for an uplifting and therapeutic visit. The Jewish community embraces the fathers. They return feeling refreshed, relaxed, and ready to face their challenges. The bonds created with their UK hosts will last for years to come.



# Victims of terror celebrate their Bat-Mitzvah with girls from Singapore

June 22

Five Bat Mitzvah girls who live in Singapore meet their Israeli twins at the OneFamily Center in Jerusalem. The girls cook, laugh, and talk, and they now plan to stay in touch.



# New York hosts Orphans and Survivors of Terror

## June 24-July 2

Four young victims of terror – Orit Mark, Eden Dadon, Tehiya Zhaga, and Liraz Chai – visit New York to share their stories of healing, resilience, and finding inner strength. Between speaking appearances, the girls saw the sights of New York. They are silly together at the Wax Museum, enjoy a Broadway production, and relax as a group in Central Park. Highlights from the trip include a meeting with Israel's Ambassador Danny Danon at the UN, a bus tour around New York City, a boat ride to see the Statue of Liberty, and Six Flags Great Adventure.



# Bereaved Parents 3-Day Retreat at Dead Sea July 4-6

Bereaved parents spend three days at the Dead Sea to heal together and prepare emotionally for the long, hard summer. They are pampered with massage therapy and given the rare chance to leave their normal lives behind and focus on their own needs.



# Six day sleepaway camp in northern Israel for bereaved children

July 4-9

The OneFamily Summer Camp provides 350 bereaved children ages 8-18 with fun and therapeutic activities to help the children build their resilience. At camp, even the fun activities are therapeutic because they help the children bond and open their hearts to one another. From horse-back riding, swimming, rafting and color war to a midnite kumzitz under the stars and much more, fun times pave the way therapeutic circle time and group therapy.





# Creative Writing Workshop Celebrates Achievements July 4

Bereaved mothers who participate in the creative writing workshop hold an end of year party to mark the beginning of summer break and celebrate the progress they made during the past year.



# Spoiling First graders July 11

Everyone remembers their first day of school. To make sure children of terror victims start school with pride and honor, OneFamily supplies them with gorgeous new backpacks filled with school supplies. The new first graders meet for an afternoon of workshops at the OneFamily Center and discuss the challenges and fun times ahead.



# JWRP ladies visit OneFamily

## July 12

OneFamily is honored to host the amazing, incredible, and inspiring women of JWRP. Their visit warms our heart and their inspiration encourages us to never stop the important work OneFamily does.



# OneFamily's annual Conference on Women's Empowerment

## July 15

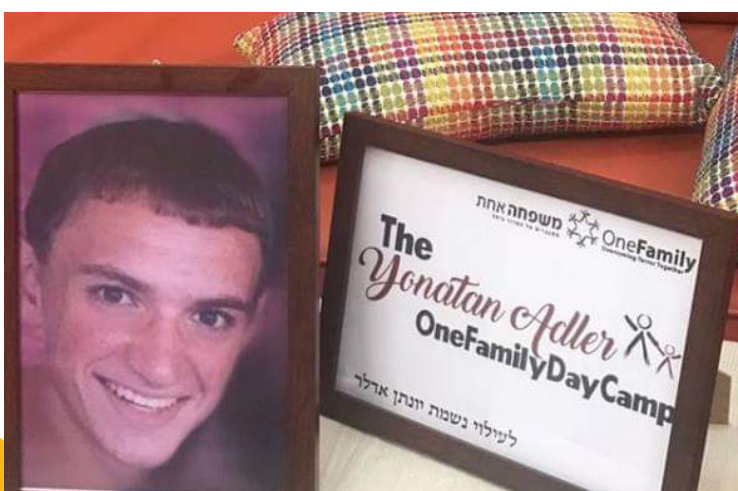
OneFamily's annual Conference on Women's Empowerment brings together 300 bereaved and injured women from across Israel for a day of fascinating and inspiring speeches, free-flowing love, and a deep sense of common purpose. The women enjoy rousing lectures from R. Yemima Mizrachi and renowned television personality Sivan Rahav Meir, a panel on Empowerment with well-known journalist Emily Amrasi, MK Aliza Lavi, and retired Col. Ronit Lev, and a panel on Faith and Bereavement with OneFamily board member Lt. Col. Alona Salamon, Israel Prize Winner Miriam Peretz, and actress, inspirational speaker and bereaved mother Osnat Shir-vishinsky, and bereaved mother Devorah Gonen.



# The Yonatan Adler OneFamily Day Camp

## July 12-19

The Yonatan Adler OneFamily Day Camp is named in memory of the a popular and dedicated counselor tragically killed in a hiking accident in 2017. This year, Yonatan's mother Nomi Adler came to speak to the children about how much they and the camp meant to Yonatan and to inspire them to live in his spirit.



# 30 bereaved children go to Camp Timberlane July 12-19

Thirty bereaved children attend Camp Timberlane in Canada. They make many new friends, expand their horizons, and enjoy breathing in the fresh Canadian air. They return home with renewed energy, ready to face all the challenges ahead.



# Summer party to show appreciation to the national service volunteers

## July 25

Every year OneFamily appreciates the hard work and dedication of the national service volunteers. To show our gratitude, the victims of terror from central Israel attend a summer evening party in the Ra'anana Center. National service volunteers from the past 16 years join the fun and catch up with the families.



# Visit with Issac 'Bougie' Herzog

## July 31

OneFamily coordinator Pini Rabinowitz joins newly-appointed head of The Jewish Agency, Isaac Herzog on a visit to the Buchris family, whose home had been hit by a rocket from Gaza two weeks earlier, wounding three members of the family.



## Summer Fun for Orphans Aug 2

Members of the Orphans Division and their children ages 5-12 spend a fun day at indoor trampoline park in Ra'anana. The day was a welcome relief from the long hot summer holidays and gave the orphans the opportunity to spend time together in a relaxed setting. The Orphans Division is for terror victims who lost both parents in a single terrorist attack.



## Looking after Shevach Children Aug 2

OneFamily National Service volunteers spend the day with the children of Raziel Shevach, who was brutally murdered in January 2018 leaving behind eight young children. The outing is a distraction from the hardship of bereavement.





# The Surf is Up

## Aug 5-7

Fifty members of the Young Adult Division enjoy a three-day therapeutic surfing workshop. The surfing helps participants build confidence and feel empowered by teaching them to navigate the waves and keep themselves centered. After three days, the bereaved young adults gain self-assurance, trust, and resilience.



# Respite in Herzliya

## Aug 8 & 12

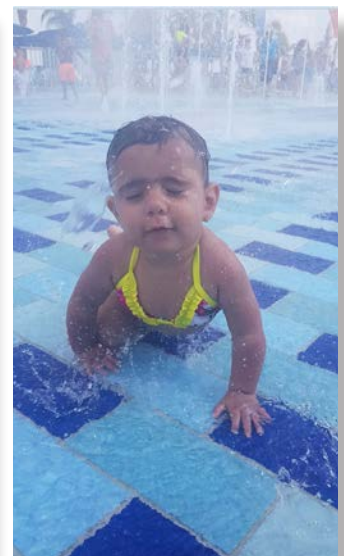
Keith and Lauren Breslauer open their lovely home to terror victims on two occasions, once for women living in the south and once for women from the north, allowing them to relax and unwind away from the constant tension around them. The women in the south face an onslaught of rocket attacks and arson kites continually since the start of the summer and residents of the north face ongoing tensions and threats across the northern border. Along with a day by the pool, yoga, and Tai Chi, the women learn mindful breathing techniques to help cope with the stress of everyday life in the South.



# OneFamily hosts Families from the South at Yamit 2000 Waterpark

Aug 14

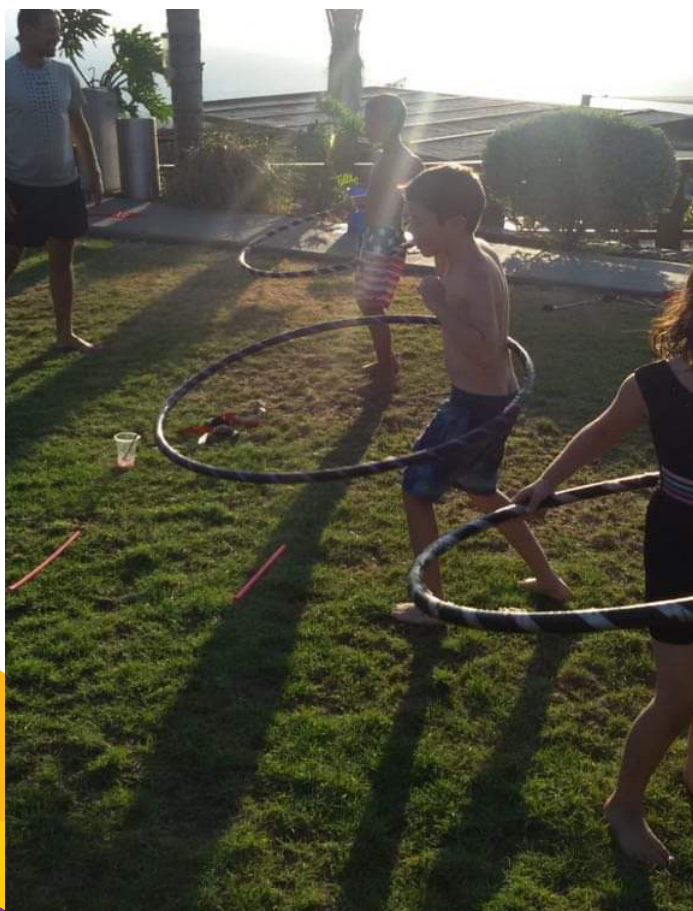
Three hundred fifty residents of the South get a day of peace and quiet, away from the constant threat of rockets and burning kites, to enjoy the Yamit 2000 water park with their children. With every rocket that lands in the south, the residents are reminded of the trauma of recent wars. A day away from alarms and bomb shelters allows them to refresh their spirits and regain their strength.



# Orphans Division Summer retreat

Aug 15-17

Orphans and their children enjoy a relaxed break from the routine of normal life during a retreat in northern Israel. In orphan families, the siblings no longer have a place to meet under one roof, creating difficulties keeping families together. OneFamily provides that space, giving love and joy during the hard summer days.



# Three day retreat for Widows and Orphans

## Aug 23-25

OneFamily holds a special program for widows and orphans, allowing both to heal while enjoying time with others who understand their specific challenges. A three day retreat for widows and their children helps recharge the batteries for the start of the school year.



# Celebrating the New Year in Raanana Sep 4

To welcome the New Year, with blessings and sweetness, fifty members of OneFamily attend a New Year's Greeting event in Raanana. The victims gain strength from a local rabbi who talks about the importance of the Jewish New Year and gives a blessing to have a sweet and healthy new year.



# Day of Bonding for OneFamily Staff

## Sep 6

The OneFamily staff welcome in the New Year with a day of bonding and hiking in the hills of Jerusalem.



# Slichot in Jerusalem and Tzfat

## Sep 13 & 16

Members of the Young adult division enjoy an interesting and spiritual journey in Jerusalem and Tzfat, where they take part in traditional 'slichot' prayers before the High Holidays.



**סיור  
סליחות  
בצפת**

מחכים לפתוח איתכם את השנה,  
להכיר ולהתחבר בערב סיור סליחות חוויתי ומעצים!  
**הסיור יתקיים ביום ראשון ה-16/9  
בשעה 20:00 בצפת היפה!**

מחכים לראותכם מחלקת הבוגרים,  
זיו, נעה ויעלי.

לפרטים והרשמה: יעלי- 054-735-3173

**משפחה אחת**  
מתגברים על הסדרו כיחד



**משפחה אחת**  
מתגברים על הסדרו כיחד

**סיור  
סליחות  
בירושלים**

**יום חמישי, ד' תשרי 13/9**

דמי השתתפות:  
**60 ש"ח**

מחכים לפתוח איתכם את השנה,  
להכיר ולהתחבר בערב סיור סליחות חוויתי ומעצים!  
שיתקיים בשעה 20:00 ברחבי ירושלים הקדושה.

מחכים לראותכם,  
מחלקת בוגרים - זיו, יעלי ונעה

לפרטים והרשמה: נעה - 050-652-7762



# Sukkot fun activities for the youth

## Sep 30

Members of the Younger Girls and Younger Mixed divisions help activities during the Sukkot holiday to spend time together are groups and deepen their friendships.



# Challah Baking in Ra'anana

Sep 30

Ladies from central Israel chat and laugh as they fold, turn and punch the dough until it becomes smooth. The ladies come together to do a joint challah bake sharing a prayer for injured victims of terror and for each other to have strength and hope for the future.



# Art Therapy for Bereaved Parents

Oct 2

Rehovot bereaved parents group get together for an empowering and healing evening of art therapy.



# Maccabi BG Lawn Bowls visits OneFamily

## Oct 10

The OneFamily headquarters is filled with emotion when visitors from the GB Lawn Bowls Tour 2018 meet victims of terror. Bereaved mother Bracha Kupinsky, whose 'son was killed in the Har Nof attack encourages the visitors to do good deeds in her son's merit; bereaved mother Cheryl Mandel whose son was killed in Gaza show the visitors how through music and dance she is able to still feel happiness in the world as that is what her son would have wanted; Shuki Gilboa, an injured terror victim captivates the audience with his story of courage and bravery and bereaved mother Sarah Rosenfeld shares her journey of losing two sons and how she has the power to still remain strong.



## Visit from Canadian friends

### Oct 14

Visitors from Canada from Congregation Machzikei Hadas, under the leadership of Rabbi Idan and Shifra Scher, spent an afternoon at OneFamily with terror victims Amichai Ben-Yishai, whose sister, Ruth Fogel was murdered in her home along with her husband Ehud, and three of their children, Yoav, Elad, and Hadas, a three month old baby; Bracha Kupinsky, bereaved mother of Aryeh Kupinsky from the Har Nof Massacre of 2014; and Cheryl Mandel, bereaved mother of IDF soldier Daniel Mandel.



# Hiking in the Arava Valley

Oct 14-18

For five days, 60 Canadian Friends of OneFamily hike in the mountains of the Arava valley near Eilat. Each day, victims of terror join them for the day's hiking, forming friendships and deepening understanding between the visitors and the victims. The empowering trip is rich in history, ancient culture and archaeology, magnificent vistas, lush agricultural lands, unique wildlife, and much more. The hikers raise money to help support the life-changing programs for more than 12,000 bereaved, injured and psychologically traumatized Israelis who are currently being helped by OneFamily.



# Senior Youth Division Welcomes New Members Oct 26

The Senior Youth Division welcomes its newest members - bereaved youth who graduated from the Youth Division. The group take part in playback therapy, music and bonding.



# New York welcomes MK Yehuda Glick

Nov 1-4

MK Yehuda Glick joins a OneFamily delegation to New York where he shares his insights and thoughts on the “The Road to Recovery Leads to the Knesset”. Yehuda was shot by a terrorist for promoting Jewish rights in Israel four years ago. He shares his unforgettable story of courage and resilience. Yehuda Glick is currently a Member of the Knesset and the voice of terror survivors for OneFamily.



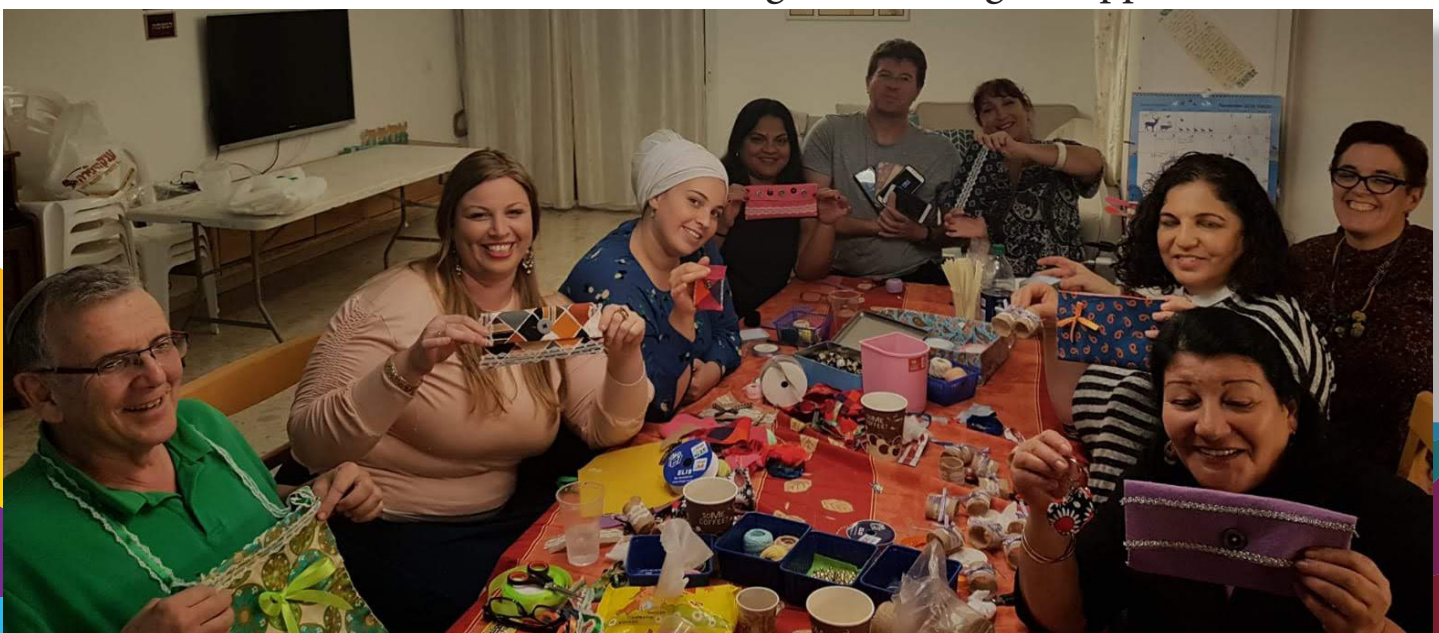
## A Bereaved Mother and Renowned Psychologist Nov 6

Bereaved parents from the northern region attend a lecture about learning disabilities by Dr Esther Firstatter. Esther is a psychologist and also a bereaved mother and member of OneFamily. Her daughter Smadar was murdered in a suicide bus bombing at the Moriah Junction in March 2003.



## Caesarea Parents Support Group Holds Sewing Workshop Nov 7

The Caesarea Parents Support Group holds a therapeutic sewing workshop under the leadership of bereaved mother Karen Orbach. The session gives mothers a creative outlet for their feelings in a setting of support and love.



# Irvine and Los Angeles welcome Meir Pavlovsky

Nov 6-12

Four years ago, Meir Pavlovsky was brutally attacked by a terrorist, giving him a 10% chance to live. Yet despite the odds, Meir survived and now he shares his emotional journey of courage and determination with members of the Jewish community in Irvine and Los Angeles. OneFamily has encouraged and stood by Meir throughout his journey and helped him follow his dream of becoming a photographer and filmographer.

## Irvine



## Los Angeles





# Spa day in Ra'anana

Nov 13

Female victims of terror from Central Israel get to indulge in a spa day at the OneFamily Ra'anana Center. Thanks to volunteer beautician Elka who is giving her time and skills bringing smiles all round!



# OneFamily Bereaved Choir perform at the Ministry of Foreign Affairs

Nov 19

OneFamily's Bereaved Father's Choir perform to 150 people at the Ministry of Foreign Affairs. Between songs, the fathers speak about the children they lost to terror and honored their memory.



## Rehovot support group

Nov 22

The Rehovot bereaved parent support group enjoy a cultural evening learning about the history of Macedonia with Dr. Rachel Dromer and Dan Orin, Israel's Ambassador to Macedonia.



## Using Clay to Help Heal Emotional Wounds From Terror Attacks

Nov 25

Bereaved women meet on a weekly basis in the Jerusalem OF headquarters to take part in ceramic art therapy support group to help heal emotional wounds.

Rifka Leibowitz, the ceramics teacher, herself a bereaved sister, believes the women benefit in two ways. First, the activity itself is fundamentally therapeutic and second, the regular weekly meetings provide structure and community. The victims develop a deep friendship and support with other victims, learning and helping each other.



# Handcraft Workshop Meeting

## Nov 26

Bereaved women meet on a weekly basis to take part in a support group doing therapeutic embroidery and jewellery making. The ladies embrace their creative talents to join together, bringing hope and support to each other stitch by stitch, jewel by jewel.



# Channuka Camp

## Dec 4-6

For three days, 200 bereaved children feel the light of Chanukah at OneFamily camp. They bond, share their coping strategies, take part in therapeutic activities, and have fun with ski surfing, paintball, and more. On the festive final night, children stand up before the entire camp and spoke about their journey of healing. This year's theme was "Time" - how it helps heal but also diminishes the memories of the loved ones lost to terror.



Hello.

My name is Adi Doas.

I am 10 and a half years old and am part of the mixed younger kids division.

I live in this area and am in fifth grade.

I joined OneFamily 8 months ago.



Four days before my birthday and two weeks before Passover my older brother Ziv was murdered in a terrorist attack near Mevo Dotan.

Ziv was 21 and a half and I think we were very similar.

Ziv was my older brother and I have another sister who is also older than me and is now doing national service.

Ziv was like the king of the house

He was the role model of the house.

He was perfect and smart and very modest - without talking too much, he did amazing things and we did not even know about them.

During the shiva, I was barely at home - it was exactly the same time as my birthday so my friends made me a surprise party and I went to sleep at another friend every night.

It has now been eight months since my brother was killed and sometimes the time that passes helps me to forget what happened.

I feel time flies and despite all the sorrow and pain I have, I also do all kinds of happy and fun things like making jewelry, painting and spending time with my friends.

This helps me to forget some of the troubles.

At the point where I am now, I try to cope with many pressures and tests in life and I want to do many things. And I also feel the pressure intensifying from the fact that I will soon have a bat mitzvah.

I have such fear in the face of time - that time will pass and I will not be able to do everything I want.

So if I met 'time' I would ask why sometimes it moves so fast and sometimes so slowly.

Thank you for listening and Happy Chanukah.

# Cookie event at OneFamily center

Dec 17

A group of 45 girls from Jerusalem seminaries come to OneFamily to learn about the plight of terror victims and help lift the spirits of those who were injured in recent attacks. The girls listened to a bereaved mother speak about her life after terror then decorate cupcakes to donate to people in the hospital.



## Victims killed during 2018

OneFamily is devastated and deeply saddened by the tragic murders of the following people by terrorists this year. May their memories always be a blessing. OneFamily stands by the sides of the families in every step of their journey of bereavement. We are at their side through the difficult mourning period and continue to be there through the stages of grieving that follow. We will stay at their side as long as they need us so that they never feel alone.

### Raziel Shevach - January 9

Rabbi Raziel Shevach, 35, was murdered in a drive-by shooting on a highway near his home in Havat Gilad on January 9, 2018. Rabbi Shevach is survived by his wife and their six children ranging in age from 8 months to 10 years.

### Itamar Ben-Gal - February 5

Rabbi Itamar Ben Gal, 29, of Har Bracha who was fatally stabbed while at a bus stop just outside Ariel. Itamar, a father of four, was an 8th grade teacher at a yeshiva in Givat Shmuel.

### Ziv Daus and Netanel Kahalani - March 16

IDF soldiers Ziv Daus and Netanel Kahalani were murdered in a car-ramming attack. The terrorist accelerated into a group of soldiers. Two more soldiers were seriously wounded in the attack. Ziv is survived by his parents and two younger sisters. Netanel is survived by his parents, Naomi and Dani, and four brothers.

### Adiel Kolman - March 18

Adiel Kolman, 32, was fatally wounded when he was stabbed by a terrorist, on his way home after leaving his job at the City of David. He sustained multiple stab wounds to the upper body and but tragically died of his wounds several hours later. Kolman grew up in Moshav Keshet in the Golan Heights. He is survived by his four young children and his wife.



## Ronen Lubarsky - May 26

Ronen Lubarsky, 20, was seriously injured in an IDF operation near Ramallah. During the operation terrorists dropped a heavy slab of marble from a third story window. The marble struck Ronen on his head, shattering his helmet. Ronen arrived at Hadassah Hospital Ein Kerem's intensive care unit in critical condition. Two days later, Ronen succumbed to his wound.

## Yotam Ovadia - July 26

Yotam Ovadia was murdered by a 17 year old terrorist who stabbed him to death in Adam. Two other people were wounded in the attack. Yotam, 31, was a married father of two young children. The murder took place on the night of Tu B'Av, which is similar to Valentine's Day in Israel. Yotam had brought flowers for his wife Tal and the couple put their children to sleep. He then went to his parents' home to collect items he had purchased for a romantic dinner when the attack took place.

## Ari Fuld - September 16

Ari Fuld, 45, was murdered by a terrorist who snuck up behind him outside a shopping mall in Gush Etzion Junction in broad daylight and stabbed him in his upper back. With his last ounce of strength, Ari pursued the terrorist and managed to shoot him, only to collapse from his wounds. He succumbed to his injuries a short time later. Ari, was a true hero of the Jewish people, he defended Israel day in and day out, online and in person. He died as he lived, fighting those who hate Israel. He leaves behind his parents, his wife and four children between the ages of 13 and 22, and four brothers.

## Kim Levengrond Yehezkel and Ziv Hajbi - October 7

Kim Levengrond Yehezkel, 29 and Ziv Hajbi, 35, were brutally murdered at the Barkan Industrial Park by a Palestinian terrorist who was a co-worker..

Both were married with young children. Kim leaves behind her husband and baby who was 1 year and four months old. Ziv was married and father to three children. The terrorist entered the factory, armed with a Carlo-style submachine gun. Inside, he tied up and shot dead Kim and Ziv and shot them at close range, as well as wounding a third victim.

## Amiad Yisrael Ish Ran- December 12

Amiad Yisrael died four days after he was delivered prematurely. His parents, Amichai and Shira Ishran, had been wounded in a shooting attack at Ofra when Shira was 30 weeks pregnant. Shira was the first one shot by the terrorists and lost a great deal of blood by the time help arrived. The baby was delivered in an emergency c-section as his mother remained unconscious. He fought bravely for four days before succumbing to his condition.

## Yosef Cohen - December 13

Yosef Cohen, 19, was murdered in a shooting attack at the Givat Assaf outpost. Yosef, a member of a chareidi infantry battalion in the IDF, was waiting with three other people at a pick up stop when two terrorists drove up to them and shot them at close range. Yosef and another soldier were killed on the spot. Another soldier and a civilian were seriously wounded.

## Yuval Mor Yosef - December 13

Yuval Mor Yosef, 20, a soldier in the infantry battalion for chareidi soldiers, was murdered in a brutal shooting attack at the Givat Assaf outpost. He was waiting for a ride when the two terrorists pulled up in a car. One terrorist then stepped out of the car and opened fire on the group of soldiers and civilians, killing Yuval and another soldier and seriously wounding another two people

## Mazal Tov!

OneFamily is thrilled to share in the joyous events of the following victims of terror! We wish them continued happiness.

Mazal Tov to Shilo Leibowitz and Michal on their recent engagement.

Mazal Tov to bereaved brother Maoz Rosenfeld and Anya on their recent engagement. Maoz's brother Malachi was murdered in a terrorist attack in 2015 and his other brother Yitzhak, an Israeli Ari Force pilot in 2002 was killed in a tragic accident at the Tze'elim stream in the Judean desert.

Mazal Tov to Elisheva and Gil Chai who had a baby boy who they named Noam Elimelech. Elisheva, a widow and mother of seven children, remarried four and a half years ago to Gil. This year, to her delight, she gave birth to her eighth child.

Mazal Tov to David Biliah who was severely wounded in 2014 when terrorists threw a Molotov cocktail at his car. Now he is celebrating the Bar Mitzva of his son Meir together with his family. Mazal tov Meir on your Bar Mitzva.

Mazal Tov to Dina and Omer Kit on the occasion of a new granddaughter. Dina and Omer are bereaved parents and both very involved in OneFamily. Dina is the OneFamily office Manager and Omer is a long-standing member of the bereaved father's choir.

Mazal Tov to Ateret Shevach and Amit on their wedding. Six weeks earlier, Ateret's brother, Rabbi Raziel Shevach, was murdered in a terrorist shooting. a new baby boy called Oz, meaning courage. The baby's uncle Sgt, Ido Kubani, 20, was murdered by terrorists during operational activity on October 17, 2007.

**Mazal Tov** to the Agfin family from Ashkelon on the occasion of Tair's Bat Mitzvah. Tair and her mother were injured in a rocket attack when she was three years old. She has had to wear a leg brace ever since and is the epitome of courage.

**Mazal Tov** to Aharon Karov on his marriage to Maya! Aharon was the most critically wounded soldier in Operation Cast Lead, but miraculously survived. His courage and perseverance has inspired many, particularly his determination to run marathons with Team OneFamily.

**OneFamily** wishes mazel tov to Adina Viflick on her wedding to Yehoshua. Adina's brother Daniel was murdered at the age of 16 by an anti-tank missile fired at his school bus.

**OneFamily** wishes mazel tov to Talya and Ariel Alon on the birth of a daughter. Talya is the daughter of OneFamily founders Chantal and Marc Belzberg. We wish them all a lifetime of health and happiness.