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One Nation, OneFamily

Dear Friends,

This has been the worst period of terror attacks that Israel has experienced since 2008. 26 people have been murdered in 2023, and even more have been seriously wounded. Headlines may fade after a day, but the profound and lasting impact on this 32 year old young lady is beyond imagination and will endure for a lifetime. Just days after returning from their honeymoon, a joyous bride and groom experienced a tragic incident in which the wife was intentionally run over by a terrorist. Instead of basking in the love and joy of their new life together, this terror attack has irrevocably altered their path.

For agonizing days, Sarah* endured excruciating pain, crying all day until her medications were finally adjusted to effectively manage her pain. Her lower back bears the weight of two broken vertebrae, while her pelvis, knees, and ankles are crushed. **Metal rods and pins hold her shattered body together**, necessitating multiple surgeries. Her future is now shrouded in uncertainty.

Unfortunately, the tiny studio apartment (fully furnished) Sarah and her husband had just moved into can no longer accommodate her. It's a fifth floor walk up without an elevator. Returning to her parents' home is also not an option due to the presence of stairs. Sarah finds herself displaced, in pain, and in need of full-time care. Both her **parents and her husband must take time off from work** to attend to Sarah, resulting in diminished income for all of them. The cost of medications and surgeries is already a significant burden, but **overcoming the trauma will present an even greater challenge**. Currently, the young

Sarah in her hospital bed awaiting another surgery, with visitors OneFamily Coordinator Mindee Levinger and ED Naomi Nussbaum*



Platinum Transparency 2023

Candid.

couple needs assistance buying appliances and furniture for a larger, more accessible apartment.

OneFamily has stepped forward to offer assistance to Sarah and her family. We provide crucial support, including mortgage and rent aid, funds for medications and surgeries, therapy sessions, and regular visits to Sarah and her loved ones. We actively advocate for social services to start or increase their benefits for victims. **Our commitment extends to doing whatever it takes to help them navigate this tremendously difficult period.**

Sarah's story represents just one among countless terror victims we assist at OneFamily. We invite you to join our mission of improving the lives of these victims today by donating generously. In addition to your special high holiday donation, please consider donating from an IRA or a DAF, contributing appreciated stock, or including us in your will. Donations of any size have a profound impact on the lives of our fellow brothers and sisters who are in desperate need. Each contribution is critically necessary, and we look forward to the day when our services are no longer needed. Until then, we won't stop for anything. Join us.

This holiday season we challenge you to increase the depths of your compassion and generosity by doubling your typical donation amount.

May you be blessed with a happy, healthy and sweet new year filled with blessings.



Marc Belzberg
Chairman, OneFamily



Widows & Orphans Retreat

Pictured here is Tal Tamari and her two children attending a therapeutic retreat arranged by OneFamily for widows and widowers along with their orphaned children. Tragically, Tal's husband, Meir, fell victim to a terrorist attack this past May, and his interment coincided with what should have marked his 32nd birthday. During this retreat, Tal and her children found themselves embraced in a warm and nurturing environment, thoughtfully curated by trauma specialists adept at guiding terror-stricken individuals towards healing and recovery.

Victims of all ages join together in a circle. They are introduced to each other, and instantly connect over shared pain which is unimaginable for those untouched by it. Guided breathwork is the first skill taught, a crucial step in attaining the inner tranquility necessary to address the profound suffering inflicted by acts of terror. The retreat's offerings include massages, reflexology sessions, and exquisite gourmet meals, pampering attendees.

Art therapy and creative writing are guided outlets for vulnerable emotional expression, and all works



Women's Empowerment Event

This summer, OneFamily organized a Women's Empowerment event in Jerusalem, which brought together 450 attendees from all across Israel. Each woman present had experienced the profound loss of a first-degree relative or had endured life-altering injuries from a terror attack. Despite their diverse backgrounds (all ages, races, religions), these ladies found unity through their shared, unimaginable pain, providing unwavering support to one another.

The event featured compelling speakers who courageously shared their personal stories and imparted invaluable wisdom on strength, coping skills, mindfulness, overall well-being, and finding joy amidst adversity. Among the attendees were widows, orphans, bereaved parents, and injured victims, who filled the room with their emotions, tears, laughter, and heartfelt embraces. Together, they experienced a journey of learning, healing, and solidarity.

As Sharon Alshul wrote, "Rabbanit Yemima Mizrachi, in an inspiring talk that began the day, said emphatically: We the women have the power. We are physically weaker but psychologically stronger. We can make it.

Next, educator and media personality, Michal Daliot stressed that how those who suffer bereavement continue their lives is not a given, but a choice that each one of them can make. She emphasized the need to understand each woman's role in putting the pieces of the family back together, while encouraging them to also find a personal salve in doing something each one desires.

Holistic trainer Paula Rosenberg made everyone feel exhilarated in an interactive talk on diet, well being, and how to achieve the mindfulness of happiness with a set of practical steps on how to get there, which she had the audience doing with her, along with an explanation of the physiological processes and foods containing hormones necessary for achieving a happy state of mind.

Standup artist Tsofia Getz had the audience laughing non-stop but, as a woman whose father was killed when she was eight years old and who has lost a daughter, she also knew how to use her one liners to give advice that would be taken.

Sivan Rahav-Meir provided food for thought on a national and personal level. Why do the terrorists attack us randomly, not caring who it is they kill, she asked. Because they know we are one family."

As the event concluded, the attendees left with a newfound sense of empowerment and belonging. The weight of loneliness lifted, replaced by hope and a diminished sense of depression. The connections formed during the gathering became a support network, a newfound "family" that could help them navigate through the challenging times, while also enhancing the joyful moments that lie ahead.

produced are applauded by the tight knit community of peers. Collectively, the group experiences moments of tears, shared screams, calming silences, synchronized breaths, and laughter. Cultural excursions, otherwise elusive, become a source of enjoyment. Each victim relaxes, releases some pain, and reintegrates into society in a meaningful and joyful way. It doesn't hurt to have some fun throughout the process!



Tal Tamari pictured at her husband's funeral in May and at the OneFamily Therapeutic Retreat this summer



Healing in Ethiopia

In Ethiopia, time seems to move at a different pace. Ethiopia is a unique country, reminiscent of a previous era, simple, yet complex, a world of joy and innocence. A landscape which evokes the beauty of creation. The culture, the scenery, and everyday life is a vast contrast to Israeli life.

OneFamily sponsored a therapeutic journey to Ethiopia for victims who are now in their 20's and 30's, and all having lost either a parent or a sibling. They represent a cross-section of Israelis- husbands, wives, fathers, mothers, working, and living what appear to be normal lives. They look, live and behave just like any other person of their age and social status. Except for one major difference: Their lives were shattered by the loss of a loved one. And unbeknownst to most people in their surroundings, they carry the pain of loss and bereavement which, even after years, fails to find closure. Despite the "normalcy" of their lives, many carry a deep and unresolved black hole of trauma which is crying out for resolution.

Along with a team of experienced therapists, case-workers and professional counselors, the Ethiopian journey was designed to help participants redefine who they are, their foundations and what they believe and want. The goal was to help them analyze how they see themselves as individuals, focusing on what was damaged by their bereavement: the ability to be strong, the ability to bond, the ability to share, contain, understand, to rely on another person, with the goal of remedying these insecurities.



Sometimes a person needs to travel far in search of answers to questions, only to discover that the answers lies deep within themselves.

Victims' feedback:

"I want to thank you for this expedition. Personally I was in a very low place. This trip has given me a new lease on life."

"I am finally able to divest myself of feeling responsible for my father's death."

"I no longer feel that I am being unfair to my children."

"I leave behind the feeling that I am detached from my heritage."

"Our journey ended but is by no means over. It will reverberate within us for a long time – appreciating the effect it has had on all of us."



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 Email USoffice@OneFamilyFundUS.org with your customizations.



Losing Chana Tova Finer Nachenberg ז"ל...Again in 2023

In 2001, Michal Belzberg, then 12, was preparing for her Bat Mitzvah in Jerusalem when the Sbarro attack occurred. In the wake of such destruction, Michal felt she could not hold a celebration, so she canceled her Bat Mitzvah party in order to contribute the Bat Mitzvah's expenses to needs of the victims in the attack.

And thus the OneFamily organization was created.

"We are heartbroken that our work remains vital 22 years later." The Funeral of Chana Tova Finer Nachenberg ז"ל was the painful end to an injury sustained 22 years ago. The terror attack in 2001 at the Sbarro Pizzeria in Jerusalem left Chana Tova in a coma, and her parents visiting a hospital bed four times per week for decades. Chana Tova was eulogized as a "survivor" who fought to hold on to life for 22 years. She was described as being happy, pure, loving, warm, and sweet throughout the first stage of her life. Chana Tova made sure to do the right thing because she was known to have pure intentions always. During the second stage of her life, the years spent in the hospital, she brought out the best in everyone around her; the family, friends and caretakers who frequently came to visit and attend to her needs.

OneFamily has been taking care of Chana Tova's family since her injury in 2001. Sarah, the two year old daughter in Sbarro with her that day, is now grown up, married, and has three children of her own. Her journey was difficult and painful, and continues to be so. The childhood years spent visiting the hospital, the emotions of her mother not "talking back" during "conversations," the desire to stop visiting, then missing her, and the decision to go back. Sarah attended the OneFamily Youth Division Therapeutic Programs throughout her childhood and spoke on many occasions. Sarah also

"We are heartbroken that our work remains vital 22 years later."



Chana's mother, Mrs. Finer, is pictured standing at the funeral next to her granddaughter Sarah, who thankfully survived the attack.

spoke at our 20th year remembrance ceremony of the Sbarro bombing, strong and brave, and inspiring those around her. She grapples with the fact that she doesn't even have memories of her beloved mother, as Sarah is raising her own children, which is an ongoing painful struggle- to be a great mother without remembering her own great mother. It's a struggle to be something that you are personally unfamiliar with.

We've been there for Sarah through it all, and even now as we organized the international speakers, live feed, and the crew, to make such a funeral possible.

Sarah said at the funeral: *"Dear mother, I know how much you loved me and I love you too, and even though I've missed you for 22 years, now I feel as if everything is starting from the beginning."*

We continue to be with the Finer and Nachenberg families as they mourn the tragic loss of their daughter, wife, mother, sister and beloved friend.



In memory of Mr. Stanley Hechtman, ז"ל, OneFamily hosted 47 children going into first grade for a fun-filled afternoon to mark the momentous occasion that their suffering parents might not be focused enough to celebrate on their own. Each year, we give out backpacks to children entering school for the first time, getting the kids excited about this new auspicious beginning.



Check out the new E-Cards for every occasion on our website - [OneFamilyFundUS.org/cards](https://www.OneFamilyFundUS.org/cards)
 Donations benefit Israel's terror Victims, and sending your cheer in a card brightens the world.