

Here's a small token toward your wonderful *מקום* and life-building *זמן*! Though it may seem small, the extent of a new mother feeling cared for & nourished literally puts her back on her feet.. Thank you for being the one to help out myself & so many others!

- Questions for your Healthcare Team -

Dear *מישה* who are going straight to *הר*!
 Thank you so, so much for the delicious lunches that you sent. It was so warming to know that there are women like you who are doing whatever they can to help new mothers feel pampered at home. The lunches were delicious, nutritious & so appreciated!
 May you continue to have the opportunities to help others in such a significant way!

Dear Brekas Menachem, *אמנו*
 Wow! A wonderful organization -! Thank you for helping me on my road to recovery after my baby - knowing I can stay bed a little longer to come downstairs for a delicious, *ארוחת* different lunch is amazing!
 May *ה'* bless you to continue to make people happy & better!

Thanks for your help in helping me care my wife. If I wouldn't have had myself, she will never have enjoyed eating. It just tastes much better when you feel pampered and cared for by others.

To the wonderful people at Brekas Menachem, I wanted to express my *אמונה* to you for the beautiful *זמן* you did for me when I had my baby. Never would I have imagined how much a delicious, home-delivered lunch would mean to me - but with a new baby who needed a lot of care, there's no way I would have made it myself. Sending these *ארוחות* nutritious lunches really making me feel much-needed *אין*, and really making me feel pampered. I am so grateful to you for that! May your amazing organization have the best of luck in *העולם* to continue your special work of helping out new mothers in *העולם*, *אגואם*.
 Thanks so much,
 Sincerely, *אמנו*

Dear Mrs. Trachman,
 I wanted to thank you so very much for the delicious, fresh lunches that you delivered to my door after I gave birth. It was very, very appreciated and made a challenging, hectic time much easier.
 Tziki L. Altovolsky

Dear Zissy and Tzippi,
 Thank you so, so much for making this past week home with my baby so relaxing. It was such a treat to eat wholesome and delicious lunches that I didn't even have to prepare! It felt really good to be pampered.
 May you continue to be busy with good things. *אמנו*

Dear *מישה*,
 I'm writing this note to thank you for the tremendous *זמן* you provided by dropping off such beautiful lunches this past week. The nourishment you gave me enabled me to calmly weather the ups & downs of an afternoon with small children. It gave me such *אמונה* & I know that there was one less responsibility for me to tend to before the children get home. May this extraordinary *זמן* be an *אמון* for the *מקום*.
 Sincerely,
 # I would love to participate in meal preparation in a few months

ENDORSED BY:

RABBI SIMCHA BUNIM COHEN
 RABBI AVROHOM SPITZER
 RABBI YITZCHOK SOROTZKIN

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Ten years ago a brainstorm idea turned into a successful chessed organization – Birchas Menachem. The Friedman family began Birchas Menachem as a small volunteer organization to help local kimpiturin at a delicate time, after giving birth, l'ilui nishmas our beloved brother in law Menachem Mendel ben Yosef Yitzchok Isaac Kohn z'l.

Birchas Menachem provides hot nourishing lunches to kimpiturin in the Lakewood community. These lunches provide the much needed energy for new mothers to run their homes peacefully and happily, and help ease the transition for the entire family. These scrumptious meals are prepared in a local café and delivered to the doors of new mothers in need. Even though our service is not advertised, its demand has grown exponentially due to the burgeoning Lakewood community. The good name of Birchas



Menachem has spread through word of mouth, and we receive requests to serve approximately 200 meals weekly. This translates into 8000 lunches a year. Due to lack of funds we are only able to service half of these requests. Positive feedback from the grateful mothers keeps us going. Knowing that we are enabling N'shei Yisroel to recuperate properly in order to return to the helm of their households is a tremendous motivation to continue this Mitzva of Bikur Cholim, Tzedaka, and Chessed.

At this time, we appeal to you to help us continue to provide Birchas Menachem's wholesome, succulent care packages that revitalize and invigorate Yiddishe Mammias physically and emotionally. For some of these women, these meals make all the difference in preventing what may have spiraled into a more serious scenario.

Please partner with us in this gesture of Chessed that helps to restore the equilibrium and peace of mind of N'shei Yisrael at a time when feeling cherished makes all the difference. With your assistance, mommy can feel calm and cared for, which carries over as a sense of serenity in the home.

Funds are desperately needed to sustain our services. In addition, upon the request of families in the community, we would love to expand our assistance to support women who have experienced pregnancy loss or stillbirth. In the merit of extending yourself in this holy endeavor, we Bentsh you and your families with abundance in health, wealth and Yiddishe Nachas.

