

Precious Women and Girls:

**A tried and true Segula from Rav Shteinman זצ"ל for all Yeshuos:**

On erev shabbos, one should daven mincha before accepting Shabbos, so that you can be מקבל Shabbos 10 minutes before the time for candle-lighting on the calendar. Married women should accept Shabbos by lighting the candles. Girls who do not light candles by themselves should clearly state: "הרני מקבלת עלי תוספת שבת קודש" (Note - Women who are lighting candles should NOT verbally accept Shabbos, as they will then not be able to light if they verbally accept it before lighting).

Before the first time when you begin this practice, and similarly with the following recommendations, you should be careful to say בלי נדר.

These 10 minutes that you now have before Shabbos are a great "עת רצון" for several reasons.

1. The time that Shabbos comes in is an עת רצון in it of itself.
2. When you are מקבל שבת early, it is as if you were bringing a קרבן, and when a person brings a קרבן, it is an עת רצון and a time of "מהילת עוונות".
3. All of the women and girls who accept Shabbos early are מכפר for the women who light at the last minute, and this zechus bring שכר for all of them.
4. This mitzvah has the power to save a person from any difficulty, like it says in sefer תולעת יעקב – that "one should add from the weekday to the Shabbos to extend the borders of Kedusha, and one who is careful with this Mitzvah, Hashem will widen his border at his time of need, middah kneged middah. And in another sefer of hidden matters, he added: **In this zchus, when a person calls to Hashem in a time of need, Hashem extends the border of Kedusha and shortens the border of the tzara**, and the person will be zoche to a portion without constraints.

Therefore, these 10 minutes should be used to daven and beseech of Hashem, and it is promised that B'ezras Hashem, your tefillos will be accepted.

Similarly, one should also learn 1 halacha of Hilchos Shabbos at the Shabbos table.

It is obligatory to check all Mezuzos every 3.5 years.

**In the name of R Chaim Kanievsky שלי"טא:**

Every woman and girl should daven 3 Tefillos a day. Even if you do not manage to have proper כוונה during the entire tefilla, the very fact that you are davening from a siddur counts for 50% of the כוונה.

**The difference between the children of a mother who davens versus a mother who doesn't daven, is Heaven and Earth.** Children of a mother who daven have more יראת שמים, better מידות, and less nisyonos. They also grasp their learning better.

**The tefillos of the mothers are the most valuable investment in our generation.**

A mother that has to go out early and work, and gets up early to daven, it is guaranteed that this will not deduct from her time to sleep; if she has younger children, they will sleep better at night, and if she has older children, she will have fewer worries from them and her quality of sleep will be better.

Similarly, it is important to emphasize that even if difficulties arise as a result of the efforts to fulfill the instructions on this page, nevertheless, do not give up! It is all worthwhile because every person has to suffer certain difficulties and it's **better that he will suffer hardships from trying to accomplish spiritual advancements, which he will then be rewarded for, rather than to chas v'challilah suffer from other tzaros.**

Like the Chofetz Chaim wrote on the pasuk "אך טוב והסד ירדפוני כל ימי חיי", that Dovid Hamelech davened that the hardships decreed on him should be fulfilled through the efforts he invested in doing good deeds and chessed, and not through material suffering.

that in the zechus of the Shabbos, which is the source of all Blessing, and the zechus of the tefillos of the righteous women and girls, that each one will be zoche to find her right shidduch soon, and all should be zoche to have hatzlacha, good health, parnassa, nachas, healthy and successful children and ושיתמלאו כל משאלות לבכם לטובה!

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