

The Shalom Bayit Vaad

Welcome to The Women's Mussar Vaad with Mrs. Dina Schoonmaker!

This series we will be focusing on the topic of Shalom Bayit.

We're so excited that you joined The Vaad.

Below is important information concerning The Vaad. Please read through all of it and if you have any questions, feel free to be in touch.

-Shira Svei

The Women's Vaad

womensvaad@gmail.com

732 360 7981 (US)

052 766 3717 (Israel)

www.womensvaad.com

Teleconference Log-in information

For your convenience, the Vaad is offered on Sundays and Thursdays from 2-3PM Eastern, 9-10 PM in Israel.

Thursdays: LIVE Broadcast followed by 15 minutes of LIVE Questions and Answers with Mrs. Schoonmaker.

Sundays: Broadcast of Thursday's class followed by 15 minutes of LIVE Questions and Answers with Mrs. Schoonmaker.

Below are your local access numbers:

Israel	076-599-0022
United Kingdom	44 (0) 787 447 6105
United States	1 (559) 726-1300

Once you dial into the system, you will be asked for your pin code: **395009#**

You can also access the conference through the computer.

1. Log in to <http://www.freeconferencecallhd.com/>
2. Click on "HD Conferencing" (bottom left)
3. Click on "Dial in via our Flash Phone"
4. You will see a drop down box that says "list of numbers". Choose [559 726 1300](tel:5597261300)
5. Input the pin: **395009**
6. Type in your name

You don't need to download or sign up for anything to use this service.

Structure of each Class

1. Quick synopsis of material covered the previous week
2. Response to emailed questions and feedback
3. Main information: conceptual ideas - explaining and demonstrating
4. Homework
5. Questions and Answers (last 15 min)

Question and Answer Session

Once the Q and A session commences, you can press *6 to indicate that you have a question. This will place you "on line" to ask a question. You will be notified when it is your turn. At that point, you will be un-muted so that you can ask a question.

If your question does not get answered or there are technical difficulties, please email your question and Mrs. Schoonmaker will attempt to answer it in the coming weeks.

Please contact us if you find that your are consistently *not* getting a turn to ask a question.

Playback and MP3 Download

Playback by phone

Each class will be recorded and archived.

From America, dial [1-253-397-1495](tel:1-253-397-1495)

From Israel, dial: 02-372-1582

pin # 7425 (SHAL)

Input the # of the class you would like to listen to (0 for intro, 1 for class 1, 2 for class 2, etc)

*1 on the keypad will rewind the class by 30 seconds

*2 will pause it, *2 again will un-pause.

*3 will fast forward 30 seconds

The classes will always be on this line and you can access any class whenever you wish.

Playback/download online

The class is also archived on the website where you can listen online or download an mp3 file. The page is hidden from the navigation menu on the site and is password protected. The only way to access the page is through this URL:

<http://www.womensvaad.com/shalom-bayit-audios.html>

password: vaadmussar

To download, click on the "download file" link. A media player will pop up and the shiur will begin to play. At that point, right click , click on "save as", and the file will download.

Please send any questions about the material to womensvaad@gmail.com and Mrs. Schoonmaker will endeavor to respond in following classes.

e-groups

The e-group is your vaad community. This is where you can share your struggles, successes, and general observations about Shalom Bayit, the homework specifically

Mrs. Schoonmaker focuses on a few aspects of the middah each week and then gives "homework" based on the concepts discussed. This is where it all becomes "I'maaseh".

Don't be afraid to share. Though you certainly don't have to - the more you share and read other's experiences, the more concrete and practical (and inspirational) the avodah becomes. we will post a few lines each week very briefly summarizing the class and reviewing the homework.

To post to the group, simply send an email womensvaad.shalom@gmail.com
Your email will be forwarded to everyone in the group.

You can choose to post anonymously - simply indicate as such in the subject of your email. In that case, instead of forwarding your email, we will send your message directly from womensvaad.shalom (sans any identifying info)

You are automatically registered to receive the emails from the e-group though you certainly can opt out if you choose. (Send an email to womensvaad.shalom@gmail.com requesting to be removed from the list.)

We hope that you enjoy The Mussar Vaad. We're so happy that you decided to join us.

Sincerely,

Shira Svei
The Women's Vaad Coordinator
www.womensvaad.com
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