

Engagement Lists for the Lubavitcher Kallah

Imagine having a curriculum for real life... something that teaches you all the practical “adulting” skills your kallah teacher doesn't have time to.

Things like:

- Organizing your home and time, and learning cooking and cleaning skills
- How to make a budget, invest money and choose a career
- Tips on building a relationship that lasts
- Taking care of your health, hormones, and body (pregnant and not)

Over 35 experts teach it all to you at ShanaRishonaSummit.com

CTRL + F to search for a specific word

Originally created in 2015.

Last updated: June 2025.

Updates are still being made, if you submit them.

PLEASE DROP A COMMENT WITH CHANGES OR ADDITIONS. This list is only as good as current kallahs keep it.

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Welcome

Mazel tov! You're a kallah!

There's so much to do, and it can be so overwhelming. I was lucky enough to be sent lots of lists from friends and family when I was engaged, and I put them all together here to help the next kallah. In the years since, multiple other kallahs have provided information, hacks and tips. So, this document really is "for the people, by the people!" *I still incorporate all comments!!*

Pass it forward. Please share with all your friends! **Please share DOC LINK not pdf** - as the doc is constantly being updated.

Mushka Gopin

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PS: I've got you covered for the next stage too... imyh when you are expecting, I'll guide you in this important new job of parenting so that you know what you're doing and love doing it. It's like kallah classes, but for motherhood! [check out my course "A Motherhood Manual"](#) or follow me [on Instagram](#)

If you have anything to add or update, please leave a comment (open editing was disabled due to spam).

(Computer: highlight, right click and comment. App: tap on the hovering blue pencil icon in bottom right to edit. Select text, tap on the three dots and add comment)

Where Do I Start?

- "Omg, those engagement lists are great but they're a million pages long and so overwhelming, I couldn't look at them for a week..."
- "I wanted to print it but it was like 40 pages!!"
- "...I was too stressed out to open the doc"

-Real feedback from kallahs like you. You're not alone! Lol

Relax. You don't have to read this all at once!

1. Read the "Mazal tov" message and *Engagement Hashkafa*
2. Check out your *Outline List of Kallah Obligations*
3. Book kallah classes at Mikvah.org/instructors as soon as you have the wedding date. (And for many, to consult and work out a wedding date!)
4. Check out important guidelines for the wedding preparation at mikvah.org/wedding.
5. Buy a notebook and sefer for kallah classes.
6. Once you have your wedding date, book hair and makeup
7. Call Ten Yad to find out if you are eligible/how to receive their services. Then go shopping with what they give you and make a registry or shopping list for remaining items.
8. If financially applicable, apply for food stamps and/or Medicaid (see: *Useful Phone Numbers*). Make sure you have health insurance if you are moving to NY or USA after marriage

9. Gown hunt: (unless you know exactly what you are getting/are buying/are doing custom-made) if you're on a budget - start with Ten Yad (free), move on to gemachs (~\$250), or consignment / rental. Mrs. Raitzes (rentals start ~\$600 can make anything so it helps if you know exactly what you want, which you'll get a better idea of as you try on gowns)
10. Start looking for a shaitel
11. Over Shabbos (because who has time otherwise) read the books suggested in *Recommended Reading*
12. Lastly (in the week before your wedding), schedule your mikvah appointment, making sure to say you are a kallah

The "MZT You're Engaged" Message

It's so fun to be a kallah, enjoy it!!! It's also a super stressful and draining time, so it makes sense if you think it's NOT at all fun.

And the most important thing I can tell you is to not talk about your chosson especially not to other kallahs. Don't compare stories, don't answer questions like "was he the first guy you dated, how did he propose, how long did you go out for..." it's nobody's business. It sounds so obvious but it's so important, you're in a vulnerable place now and the last thing you need is a thoughtless comment.

Also remember that the process you went through in dating is different and unique from everyone else's, so don't worry if they are "head over heels" and you're not, or if you're the one in la la land and your friend seems out of it... whatever you are feeling now is valid and fine.

Keep in touch with your mashpia or whoever you were consulting but don't give in to the temptation of talking to even your best friend... It's practice for your marriage imyh :)

and of course, now is when to add in davening, tzedakah etc and daven for clarity during this time and that your chosson should be your bashert - from shoresh neshama (bc your davening can change the reality).

And may you have lots of mazel so that both ruchnius and physical prep go smoothly!

Engagement Hashkafa

- ["Are Doubts Normal During Engagement?"](#) by Rabbi Aron Moss
- halachic guide to marriage on ask the rav
<https://asktherav.com/wp-content/uploads/2021/01/The-AskTheRav-Wedding-Guide.pdf>

From *Eternal Joy*, volume 2 (compiled letters from Rebbe, published by Sichos in English)

- [Chosson and Kallah during engagement](#)
- [Preparations of the Kallah for marriage](#)
- [Wedding Preparations](#)
- [Week of Wedding](#)
- [Day of Wedding](#)

Below: articles from old Nshei Chabad newsletters

dach it is not right to discuss other shidduchim one went on.

Even after one is married one should not discuss with whom else he/she went out. It is not right to discuss the private life of other people, even with your own husband.

WHAT IS THE TERM "SHOMER N'GIYA" THAT IS USED A LOT LATELY. IS THIS A LEVEL?

There are three different types of behavior when we are dealing with members of the opposite gender: There is behavior which is tzniusdik; there is behavior which is not tzniusdik; and there is behavior which is pritzus. The halacha clearly states that touching is forbidden before the wedding. This is pritzus mamash.

It has gotten out of hand because of lack of knowledge. Those who think it is a madreiga, it is because they are confused. But according to halacha this is an issur. It is not a "madreiga" to be "shomer n'giya." It is a complete prohibition for boys and girls to touch.

CAN YOU OFFER GUIDELINES FOR THE "PROPOSAL"?

The proposal must be done in a Yiddishe and Chasidishe way. It used to be that the proposal was, "Let's write in to the Rebbe for his brocho," or "Are we ready to write to the Rebbe?" The same manner should be continued today, by saying, "Let's go to the Rebbe," or "Are we ready to go to the Rebbe?" That is how the shidduch should be finalized.

In no way does the "proposal" include copying the non-Jewish or secular customs. Bringing a bottle of champagne is goyish. Doing any "romantic" act is Goyish.

WHAT CHASIDISHE GUIDELINES SHOULD I GIVE TO THE CHOSSON OR KALLAH ONCE THEY ARE ENGAGED BUT NOT YET MARRIED.

According to halacha only when you get married can you act close, as man and wife. Before that you are strangers, even after the L'Chaim. The attitude that a chosson and kallah should build up their feelings towards each other during the engagement is not correct. Feelings will come after they are married. The Rebbe said that a chosson and kallah could meet once week to keep up the connection, so that they should not feel so strange. But there must be limits. In the Hagada it says, "Kol HaMarbe harei zeh meshubach - All who increase are praiseworthy." Here it is just the opposite. What is allowed is allowed, but we may not stretch the Rebbe's words.

During the time when they do get together (it is not a "must" that they see each other once a week) they should not go to any of those types of places listed above that were inappropriate before they got engaged. When they spend time on the phone it should be made up in advance how long they will converse.

Also, chosson and kallah should not shop together for anything connected with the bedroom or her clothing and sheitlach. Needless to say, it is forbidden for them to discuss anything in the area of Taharas Hamishpocha.

The Rebbe says that if there is too much closeness when there shouldn't be, then when closeness is allowed, they will be distant.

WHAT ABOUT CHOSSON OR KALLAH LEARNING THE "FACTS OF LIFE" FROM NON-JEWISH SOURCES?

There is a tremendous chisaron in this, for "our ways are not their ways" and the secular attitude in this area is generally not in keeping with that of Torah. When a person starts his married life based on the Yetzer Hora, he will always be confused. By preparing ourselves to begin a beautiful life not according to Torah, but rather, according to secular values and knowledge, we are harming ourselves. We are taking away pleasures that we know are according to Torah and should be without guilt; we will be confused about what are our natural needs and what are our needs based on non-Torah sources.

It would be our wish that our children would ask us - we would not have to bring up the subject - but not always do our wishes come true. Sometimes we have to tell them even if they don't ask. It is very important that we should tell them the Torah way, the way our parents and grandparents told us, and we can tell them that throughout the generations people were happy following the derech of Torah. We see an example from the many baalei teshuva who before had no limits and now that they are frum are "limited." But they are happy with the limitations. Having limits does not take away happiness and pleasure. It is a confusion to think that way.

ARE THERE GUIDELINES CONCERNING THE VORT/L'CHAIM?

The Rebbe's guideline is not to spend a lot of money. Spending the amount of money that people spend these days (serving meat, etc.) is completely against the Rebbe's ratzon.

A simcha is not matir pritzus - does not give permission for pritzus. There should be a separate entrance for men and women. Just because there is a L'Chaim, it does not mean that men and women are allowed to push each other.

continued on following page

commitment you have entered into a relationship and must be ready to accept all that it entails. Do not jump into anything or take any risks. If you would like to risk your own life that is your concern, but to risk someone else's life is unforgivable. You must realize that your decisions after engagement don't affect just you but someone else as well.

Step #4 - The Engagement Period

The Rebbe always stressed (Igros 4 p. 365), that the duration of the engagement should be short and that the wedding should be held as soon as possible. The time of the engagement is called by the Rebbe "yokor mikol yokor." During this period, you are going to prepare and set yourself up in gashmius and ruchnius to enter the marriage in the proper state of mind. The Rebbe says (Igros 4 p. 62) that the foundation of a structure must be made out of the right materials or it will not last. The right materials are Torah, mitzvos and chasidus.

In the secular world, the concept of being engaged is a very different one. The wedding does not take place right away, and may very well be delayed for several years. To a certain extent, there is no concept of commitment. It is just a mutual agreement to date only each other and to eventually consider actually getting married. There is no such concept in the Torah world. This is not a time to become better acquainted and spend all of your time together. Until you are sharing your daily lives together it will not be possible to have a relationship. To attempt to become closer during this time can be both dangerous and frustrating. Casual and lighthearted behavior, which after marriage will be the norm, might have a negative effect during your engagement. A joke, a tease, or sharp comment, which may go unnoticed after marriage, can cause tremendous pain at this time.

There are strong opinions as to how often you should see each other. The Rebbe said regarding this matter, "once a week is appropriate," and "the less, the better." If a situation arises that there is a need to see one another more often, you should discuss it with your mashpia or mentor. Focusing on strengthening yourself spiritually and keeping your time together to a minimum will be very beneficial to your relationship once you are married. Anything confidential shared during these times should not be discussed with anyone other than your future mate. Sharing this information with others is an act of disloyalty.

Halachically speaking, you are not related to each other whatsoever; any physical contact is absolutely forbidden. The laws of niddah are one and the same for a single girl and a married woman. The spiritual repercussions for violating these halachos are very severe and may have a tremendous effect on your children and future relationship chas veshalom. The Rebbe says (Igros 15 p. 113) that distance in a relationship is caused by being close when it is not allowed. "When you're close when you should be distant, you end up being distant when you should be close."

The word for a man in Hebrew is Ish and for a woman Isha. The hei in the Isha, and the yud in Ish represent the manifestation of Hashem in the union. If halacha is not properly observed right from the beginning, you are, in effect removing Hashem from the union. When you remove the yud and the hei from the Ish and Isha, all that remains is aish, fire. Without Hashem standing between these two fiery beings and bringing them together, they will inevitably consume each other.

In order for your marriage to be based upon Torah and chasidus, you must use this time to strengthen yourself in these areas, so that right from the beginning you will be fully prepared to incorporate them into your marriage. The way you set the tone in the beginning of your marriage will have a profound effect on the way it will be for the rest of your life. Be prepared. This is what your efforts and energy should be used for during your engagement. Once you have accomplished this you will be ready to make your home a proper dwelling place for the Aibershter's brochos. ❧

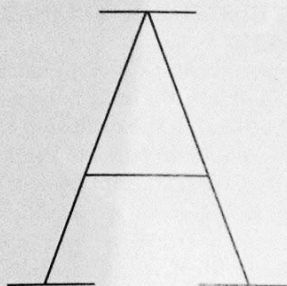
The author's email address is DovMandel@aol.com for further discussion on this matter
Suggested Reading Material on this topic:
Eternal Joy Vol. 1,2,3
The River, the Kettle and the Bird

Located in Crown Heights
718-467-9139

Certified Make-Up Artist
Hanya Holtzberg

Professional
MAKE-UP
Application

*For L'Chaim, the Rebbe's
and Special Occasions*



woman gives up much more in a marriage than a man (physically, and also psychologically, as symbolized by her giving up even her name, her very identity—and, when she becomes pregnant, her body, her sleep, her freedom...). The task to be accomplished by the man in the *shanah rishonah* is to give the woman the assurance that she is his absolute top priority and thus to give her the security to cheerfully give up virtually everything for her husband and future family.

CHASSIDUS SAYS that a husband and wife are *mashpia* (giver) and *mekabel* (receiver). A healthy connection between them produces healthy children.

But what does it mean to be a *mashpia* and what does it mean to be a *mekabel*? It is a very vast and rich subject. In this article, we will discuss just one aspect:

To be *mekabel* you have to have a certain degree of *bitul*. You have to make yourself extremely vulnerable, to surrender yourself, to the *mashpia*.

When we were teenagers, Reb Yoel Kahn became our teacher. But he was a teacher unlike any other. And so, for the first time, we lost our arrogance completely. For the first time, we felt like students, like *mekablim*.

When he would talk we would become completely absorbed and receptive, with no other thought in our minds than to understand what he was explaining, no other hope than that he should continue speaking. When he finished explaining as only he can, and the class was over, we had trouble re-adjusting to just being teenagers again.

We trusted him completely, and were putty in his capable hands.

ABSOLUTE SECURITY

For a wife to feel like a wife, she has to be able to surrender completely and she can't do that if the husband doesn't provide absolute security.

Of course, it's not just financial security. She has to be confident that no matter what happens, he is there for her; any problem she will have will not be hers alone. The role of a husband/*mashpia* is to take full responsibility for everything that happens in the home and in the family. A husband can never say, "I'm doing my part, let her do hers," because he is responsible for helping her do her part as well. Only he can inspire her to do her part by making her feel she is his first priority, that she can trust him completely and feel secure that he will share her burdens.

In some ways the *mekabel* makes the *mashpia*; in other ways the *mashpia* makes the *mekabel*. It seems like a paradox. The student makes the teacher by being receptive and by surrendering to the teaching?

But it's true. Even a mediocre teacher discovers new talents when a student really wants to know. A student's hunger reveals new capacities in the teacher.

A husband might argue, "If she was more of a *mekabel*, I would be more of a *mashpia*."

But it is the responsibility of the husband/*mashpia* to enable the wife/*mekabel* to be as receptive as she needs to be. Rabba would make a light-hearted comment in order to stimulate students' interest and minds before beginning his lesson. Why would it be the teacher's job

to stimulate the students? Shouldn't it be the student's job to come to class already motivated, interested and ready to learn?

It seems that even the most motivated and dedicated student is a little overwhelmed by the role and the responsibility. They take their education seriously. A *mashpia* therefore has to relax the students and encourage them to not be afraid of what they're going to experience by being totally open to the learning; to surrender, to trust, like a true *mekabel*.

There's a natural instinct in a wife to make herself completely vulnerable to her husband, completely dependent on the goodness and decency of her husband. But being that trusting is an awesome undertaking. It is therefore the husband's responsibility to provide the security, the confidence, and the strength so she can be as trusting as she needs to be and wants to be.

The husband who hasn't given his wife that assurance that he is there for her forever leaves the wife with a need to protect herself and withhold at least something about her own life—like a back door through which she can escape if she should need to.

But withholding doesn't work, you see,

If I can rely on you only 99% then I can't rely on you.

because the nature of a *mekabel* is all or nothing. There can be no partial *mekabel*. You've either surrendered and absorbed, or you haven't. Just as there is no such thing as partial security. If I can rely on you only 99% then I can't rely on you.

This is basically the content and substance of the *ma'amar* that every *chosson* says before the *chuppah*. His behavior at the *badeken* in some way is the *chosson's* assurance of his total devotion, thus encouraging the *kallah* to go willingly, happily, to the *chuppah* despite all she will give up.

The modern craziness of thinking that a marriage is a 50-50 proposition never made any sense, not for the *mekabel* and not for the *mashpia*. The whole concept is problematic because you can't surrender only 50% and you can't be only 50% reliable. Each one has to give 100 percent. This doesn't mean they can't divide the chores between them in whichever way works for them. This has nothing to do with who cooks and who takes out the garbage.)

WHY GET MARRIED?

Why should a husband be willing to take such responsibility, become unconditionally devoted and responsible, forever?

Because without a wife he's not a human being. When the Torah says that Adam was created male and female, and then he was divided into two people, are we to assume that the division made them normal? Or were they normal before, and division is always artificial and unnatural?

When the Torah says that "therefore should a man leave his father and mother and cleave to his wife, and the

two will become one," it becomes obvious that being separate is unnatural and undesirable.

Our true nature is to be one. Only then do we receive blessings from Above. The Torah is telling us that the reason we can be one is that we were created that way. Removing all things that separate us automatically results in oneness. But this oneness is so precious that the Aibershter wants us to achieve it through our own effort, not as a free gift from Above. And so He separated Adam into two distinct people, male and female, who then have to find each other and become one again.

Why do we have a *mechitzah* even between husband and wife? So the husband won't become distracted when he should be thinking about Hashem? No. It is because Hashem says, "When you're sitting next to your wife, don't talk to Me."

That is the way Hashem is. He is not jealous of your *shalom bayis*. He wants your *shalom bayis*. He wants you to focus on others at the right time and place. Avrohom Avinu was talking to Hashem when he saw guests coming, people who were not Jews. Hashem said, "I won't keep you."

The objective for the *bachur* getting married is to become more of a *mashpia*. In contrast to the *mekabel*, who needs encouragement, the *mashpia* needs confidence that what he has to offer is valuable. His care. His support. His leadership. His taking responsibility.

He has to behave in such a way that she enjoys following his lead. He must be responsible but never rejecting or scornful, so if he feels they cannot afford something, he can say gently but firmly, "I wish I could do this for you right now..."

There is a way to be responsible without being dismissive of her feelings, her dreams. A husband has to always be in sympathy with his wife, knowing that being a *mekabel* is much harder than being a *mashpia*.

TO THE HUSBAND ABOUT SHANAH RISHONAH

During the *shanah rishonah*, the first year of marriage, the entire obligation of the husband to the exclusion of all else is *vesimach es ishto*, to make his wife happy. He is exempt from social, military, and financial responsibilities (to the extent possible) because he must devote himself to making his wife happy. This doesn't mean going to amusement parks, restaurants, vacations, and partying for a year. Rather, it takes about a year for the security that he's offering his wife to really settle in to her bones. By the end of the year, her reliance and dependence on her father has shifted to her husband, gradually but definitely. Now, in a moment of crisis, he is her first thought, like her father used to be.

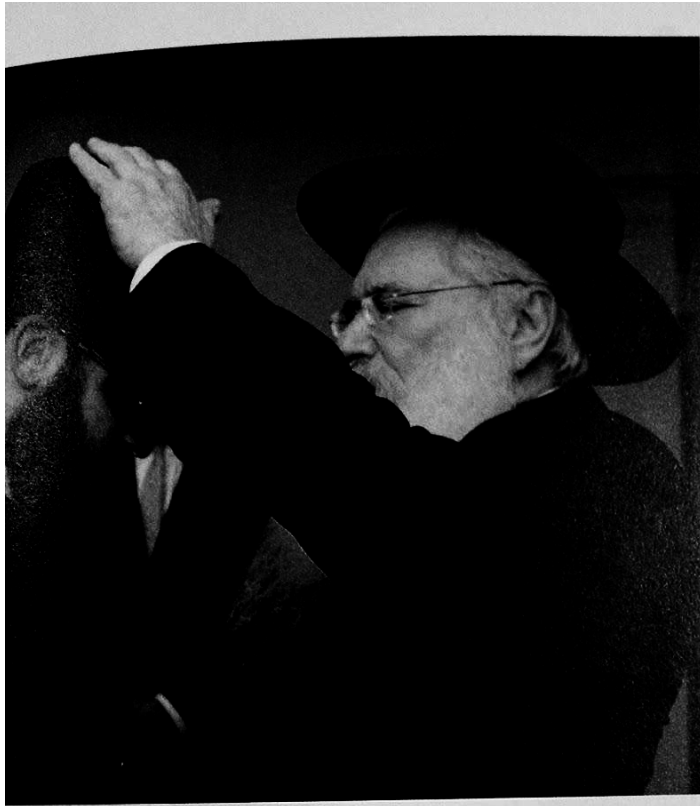
In the olden days when marriage was really sacred, the wife's security was instantaneous. If he marries me, he's there for me, it's for keeps. Today we need a little more assurance. It takes time to build the trust, to create a willing *mekabel*.

Since every match was made in Heaven, Hashem obviously believes that you can be a *mashpia* and she can be a *mekabel*. It is really amazing that G-d entrusts us with this, but He does. Take confidence in the Aibershter's trust in you and pass it on to your wife.

Chassidus teaches us that when you feel like a man it helps her feel like a woman. You take responsibility. You be trustworthy. She will be the wife she can be.

A lot of new husbands worry about taking responsibility. "What if I can't find a job, what if I can't support her?" he worries.

It doesn't necessarily mean she has lost respect for you. The worse things are, the



more blessed you are to have a good wife who is there to support you in your struggles, to care about you, to *daven* for you, despite your situation, despite, even, any weaknesses you may have. She doesn't expect you to be Superman, as long as you don't use your financial failures to justify neglecting her or abusing her.

Let's not get caught up in the psychobabble. Let's treat our marriages in the Jewish fashion, in the *chassidishe* fashion. Then we'll never need any interventions or secular self-help books.

Stop worrying about the details and be a *mentsch*. ■

Post Script: It is never too late to do what should have been done during shanah rishonah.

Join the hundreds who have already enjoyed Rabbi Friedman's online courses on shana rishonah and other topics. Visit itsgoodtoknow.org for details or see ad on these pages.

Outline List of Kallah Obligations

Engagement

- Get health insurance (see # under Useful Numbers)
- Kallah classes
 - Arrange classes - find a certified teacher on mikvah.org [Kallah Teachers](#) (see below for list)
 - Buy *Kitzur Dinei Tahara* (Kehos).
 - Buy notebook (use this same notebook any time you go to TH review classes or shalom bayis shiurim etc once married).
 - Buy *Family Purity* by Rabbi Jacobs (Kehos, any judaica store) (buy the kindle version to have on your phone to always be able to look things up- this comes in super handy when you are traveling, away from home or even just to quickly review as you walk to mikvah!)
 - Consider subscribing to mikvah calendar app (mymikvahcalendar.org)
- Ring design
- Bouquet
- Gown, veil, shoes and dancing shoes.
- book hair and makeup (# below)

- shaitel. shaitel heads (get from sheitle macher where you buy your sheitle). Teasing brush for baby hair. Tichels. T pins, the velvet shaitel band
- Velcro (helps keep sheitel straight)
- Apartment (see basic setup below)
- invitation/ monogram - **Hassle Free, non expensive, beautiful and elegant online invitations**, follow this link for more info! Its taken care of for you from A-Z
<https://bit.ly/custombeautifulinvitations>
- Bentchers

Gift Ideas for Chosson side to Buy Kallah before the wedding:

- Necklace (before the Ichaim)
- Leather Tehillim with name
- Ring - band & diamond (diamond ring given in yichud room or anytime after chuppah)
- Leichter
- Sifrei Halacha that are relevant to the home and are practical and easy to read. (Shmiras Shabbos, Tahara K'halacha etc)

Gift Ideas for Kallah side to buy Chosson before the wedding:

- Tallis
- Shas & Sifrei Chassidus
- Gartel
- Watch/Seforim
- Kittel
- Pushka

Gifts ideas to buy chosson. can be later on:

- Tallis bag (or a nice leather one from Prestige Embroidery)
- Becher
- Menorah or Megillah
- Nice gift idea - Mekadesh Yisroel [from Kehos](#), book with pics of the Rebbe being mesader kidushin

Basic house set up (see registry list below)

Prepare for wedding day (list below)

Prepare for wedding night (list below)

Bridal Gowns, Veils & Headpieces

<i>Bridal G'machs/Rentals</i>		973-471-7251
(718) Brooklyn, Staten Island, Queens & Far Rockaway		
❖ Ehrenfeld, Bridal: Sun 7:30-9:00.	854-0334	
❖ Gemilas Chesed headpieces (Falkowitz)	387-4554	
❖ Stunning Bridal Crowns (Deblinger)	917-309-1538	
❖ Horowitz: headpieces. By appt. only.	436-7267	
❖ Neiman Bridal Petticoats & Challah covers, bechers & basket with towels	252-2157	
❖ Engelman: White capes & brown mink jackets, hdpcs, crowns, tiaras, veils, headbands & side pieces.	972-5794	
❖ Fur Capes: for outdoor Chuppas.	218-8124	
❖ White Fur Capes - Fischer	435-3594	
❖ Neshai Chasdei Leah Bridal G'mach.	868-3997	
❖ Ten Yad Bridal Gown G'mach by appt.	756-1482	
❖ Crowns - no charge. Mrs. Frankel	435-0084	
❖ Staten Island: Gowns Kallah/family	494-1905	
❖ Queens: Golda Gross Kallah Gowns	347-495-1011	
❖ Far Rock: Wedding Shoes (Tzedakah)	868-0022	
❖ Far Rock: Mifal Brocha Bridal Gowns (Garbacz)	327-0385	
(732) Lakewood \ Deal		
❖ Kallah Gown G'mach: (Ateres Esther)	370-4591	
❖ Kallah Gown G'mach: By appt. Steger.	363-4587	
❖ Hudson Brides	901-0829	
❖ G'mach Simchas Baila: Headpieces	363-7369	
❖ G'mach Chasdei Chana Perel: Headpieces, veils & decktichels (new & up to date) by appt only	942.1624	
❖ Kallah Shoe G'mach	730-1916	
❖ Kallah Gowns	886-1830	
❖ Shelly Cohen Bridal G'mach - Deal	222-2080	
(845) Monsey \ Monroe		
❖ Ateres Esther Bridal G'mach	369-3384/598-2822	
❖ Tiaras & crowns. -Tzeddaka. By appt only	356-8217	
❖ White shoes for Kallahs.	425-8765	
❖ White shoes for Kallahs, very comfortable, sz. 6,7	356-1636	
❖ White shoes for Kallahs - Monroe	782-6264	
(718) Brooklyn, Staten Island & Queens		
❖ Childrens gown G'mach. Size 2-16	384-4297	
<i>Clothing G'machs/Rentals</i>		

2015 picture from the Chosson-Kallah Guide which is free and available in most stores in Boro Park/Flatbush (try a jewelry or hardware store in which a kallah would most likely shop) You can also find it in Crown Heights at Ten Yad

Mrs. Raizes

<https://www.instagram.com/fradysdressmaking/>

Starting price around \$1200 to rent

also rents veils separately average \$50 and has tall dancing sneakers. She has a lot of beautiful gowns and will customize them to your preference. She also can make a gown start to finish, starting from \$3,000. 1615 Carroll btwn Schenectady and Utica. make appointment

718-221-0017

Cell: 347-282-7704

gowngmach

<https://www.instagram.com/gowngmach/>

3477704136

MIRI Bridal

<https://www.instagram.com/miribridal/>

<https://www.miricouture.com/>

Ehrenfeld - open only Sunday evenings. Very very nice there, very clean, lots of beautiful gowns not just Boro Park style, inventory changes often so it's worth it to check back. Rents up to 3 months in advance. \$300 rent includes gown, veil (they don't have such nice ones), headpieces (not so nice) and cleaning. 1737 54th St, Boro Park (dead end street) - (718) 854-0334

If you're coming in from out of NY you can ask for an appointment not on Sunday, they sometimes will open for out of town Kallas.

(no dressing rooms so dress accordingly. Go with someone! They let 1 person in the gown room with kallah. Other people wait in the waiting room.

CHANA MARELUS

<https://www.instagram.com/chanamarelus/?hl=en>

www.chanamarelus.com

info@chanamarelus.com

Engelman head pieces - gorgeous and exquisite headpieces. Also has some veils. Price depends on the piece, like \$70-100. It's in her house, call to make appt

Ten Yad - Free, you only need to pay a deposit. And alterations (estimate \$100-300) Amazing selection of beautiful gowns, some brand new, in lots of sizes including plus sizes. Beautiful showroom and private appointments. Definitely worth going here first! Call to make appt, it's a basement on 1291 president (718) 756-1482

Ohr Naava - \$225 plus \$225 deposit

Nice selection of gowns, veils and headpieces, very nice lady

Jodi Rubin: 646-354-1151, info@ohrnaava.com

Bubby Witkes Fur Gemach - Crown Heights

Good selection of furs for kallah and mother, light and dark colors, all different sizes and styles.

\$50 for fur plus \$50 deposit, returned to you when you give it back

Contact Leeor Elirone 347-451-9968

Gemach list - [Hakhel's Gemach List for 5782](#)

Gemach list - **please note this is NOT my list and so I cannot confirm that anything listed is still active: [Wedding Gowns/Veils/Crowns Gemachs: NY+NJ+Baltimore+LA](#)

Sheva Brochos Gemach

Dassie Hecht just opened up a beautiful place called _The Bridal Boutique_ which gives Kallahs gorgeous dresses for Sheva brachos (to keep!!) It's up to date, an elegant room, and by appointment only for privacy!

They also give a piece of jewelry, tichel (they have Halfasquare!), evening bag, pair of shoes and makeup, depending on if you find what you like.

U can see the details on insta, @nybridalboutique

Message for appointment +19294617405

Gowns for Sisters & Mother of Bride

- Consignment rental: @sash_ny (by appt only, see account for phone #)
- Consignment rental: @Boutique25. Have a great selection of gowns to rent. Rentals start at \$200 and always have a sale rack \$50-300. Open hours. WhatsApp # 646-470-6363.
- Simchas Rochel V'Golda Gown Gemach (CH) you now have to schedule an appointment online, must be within 2 months of the wedding. FAQ are answered on their website
 - 347 770 4136
 - 1522 President st between Albany and Troy
 - <https://gowngmach.com/home>
 - \$200 for a gown now
 - \$50 non refundable deposit to hold a gown (will go towards gown if get it)
 - \$18 if dont get a gown
- Zlata Design has a nice selection of gowns in lots of sizes, including plus size. Very affordable, some as low as \$100.
718-484-7774
779 E. NY Ave
- Gown Craigslist CH - [The Gown Craigslist, CH | Facebook](#)
- Tzniut Gown Swap - [Tzniut Gown Swap :\) | Facebook](#)
- Gemach list - [Hakhel's Gemach List for 5782](#)
- Erenfeld in Boro Park also has a sisters gown gemach (see above by Kalla gowns). They are mostly Boro-Park style. No sizes over a 14-16. Pretty busy, come very early because you might have to wait in a long line.
- Local department stores and outlets like Saks Off Fifth, Macy's, Neiman Marcus Last Call, etc. also Asos carries really beautiful brands. Designers: Needle & Thread, Mac Duggal are expensive but usually fully tznius
- Gown Whatsapp group

Jewelry Gemach

Chaya Tzirel Jewels, located in Crown Heights, by appointment only. Costume jewelry for the kalla, mothers and sisters of the bride and groom. Full selection of earrings, bracelets, necklaces, and more. Call 718-771-3443 or text 347-385-5678

Hair

CONFIRM ALL PRICES (AND UPDATE HERE), NO PRICES ARE GUARANTEED

Rochie Popack \$300 including trial.

Chaya'le K aka chavaleshair4u

<https://www.instagram.com/chayale.hair/>

chayale.hair@gmail.com

Kallah 300-350 includes a hair consultation

Hair/shaitels 120-150 pp

There's a 200 non refundable cash deposit to confirm

This is her pricing as of June 2023

Shaina Pollak

<https://instagram.com/shainapollak>

hairbyshaybookings@gmail.com

Bride \$200, \$100/head, trial \$50, + \$100 travel to CH

Hair by Sarah Shipper

<https://www.instagram.com/sarahshipper/>

845-274-2160

\$650 for 4 people, additional \$125/head, Sundays +100

Salon Leah - no longer does hairstyling (updated 5/11/2023)

- Devora Namdar (Instagram @hairbydevora.n) 718-938-8958 (\$350 including trial)
- Danielle Chayo
- Chaya Chayo 347 453 3989
- Iris (718)-484-1111
- Mrs. Bronstein (Midwood) 347-678-1341
- Naomi Kohan-Amrami 347-417-2901
 - Updo for Girls, Teens & Adults
 - [Naomi K Amrami \(@naomi_hairandwigs\) • Instagram photos and videos](#)
- @chavaleshair4u Chayale Kivman 718 249 3398
- @brooklynhairloft Faigy Vail - Brooklyn Hair Loft 732-630-5535

Little girls (may or may not also do regular, bridal or shaitel updo)

- Chanie Brikman <https://www.facebook.com/chanie.hairwigs/>
- Esty Prus https://www.facebook.com/esty.prus.1?hc_location=ufi
- Bracha Kanar <https://www.facebook.com/BrachaKHairAndWigs>
- Dikla Steinmetz <https://www.facebook.com/dikla.steinmitz> 3474205159
- Hair Lounge on Kingston - Sara Abikassis
- Salon MB - Mushky Baumgarten
- Shani Lechan 347 586 4215
- Mimi Fehler - amazing at shaitel updo
- Hair by fruma 951-333-9040
- Sarale Giter 929-274-4606: @HairbySarale (she does wigs as well as all hair, bride etc)

Makeup

- Valeria Shatashvili - (201) 213-7430, @valeriia.shatashvili
- Yael Helfgott: 718-664-5359
- @makeupbychava / Chava Farkash Merovitch / 347 407 4047
- Ziva 917 518 9595
- Mushky Segal (718) 964-8054
- Estee Gottlieb 714 715 1938
- Yehudis Lent 347 244 0261
- Estee Pruss 718 219 1610
- Devora Leah Gurevitch (347) 885-1002
- Blimy Tabak - from Williamsburg, she'll come to ch. Really good pricing - on Instagram @Blimy_tabak. 347-452-5084
- Breina Zirkind - 347-224-5392
- Rochel New-Dietsch
- Shaina Groner (Bankhalter) @shainabank 9736027105

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Gnesha Hurwitz (beginner prices)

<https://www.instagram.com/gneshahh>

Gneshamakeup@gmail.com

Sory Farkash

https://www.instagram.com/sory_makeup

www.facebook.com/SaraHechtMakeup

3474181576

\$95

Chana (Claudia) Goldreich

https://www.instagram.com/_makeup_by_claudia_/

9177048682

Claudia 917 765 9260

G I L A R U S S Y

<https://www.instagram.com/gilarussy/?hl=en>

7183442205

\$250/face, \$1000 for up to 4 faces

Talia Lyons

<https://www.instagram.com/makeupartbytalialyons/?hl=en>

Makeupartbytalialyons@gmail.com

\$100 per face (3 face minimum for travel) \$200 bride, (\$1200 for 5 faces), additional \$120, trial 120

SARALA LIEBERMAN

<https://www.instagram.com/sarala.makeup/>

makeupbysarala@gmail.com

\$150

Gittel Rosenberger-Best

<https://www.instagram.com/makeupbygittel/?hl=en>

www.facebook.com/makeupbygittel

3479850567

\$95

Henry Holtzberg

<https://www.instagram.com/henryholtzbergmakeup/>

Henryholtzbergmakeup@gmail.com

9175582142

\$120

Goldie

makeupbygoldief@gmail.com

<https://www.instagram.com/makeupgoldief/>

\$1100 for 5 faces + Bride

Shaitels

- Chanie fishman on maple st i think between kingston and brooklyn
- Ita wigs on Albany

- Shaytell.com - info on different brands and shaitel machers
- Chaya Althaus Neuwirth @chayanwigs 718-804-3316
- Raizy Schwartz 718-467-4120
- Ella Skoblo
- Zlata Wigs (Kingston, location of former Nosh World) - Great customer service!
- Yaffa Wigs (Kingston between Mont. and Crown)
- Elle wigs cheaper and not great quality, good for an every day. Really nice people to work with.
- Hair Lounge (Sarah) -- amazing person to work with, air dry, non-processed nor chemicals, very comfortable and lightweight shaitels
- Salon MB (Mushkie baumgarten) - 347-419-3400
- Malky Wigs Flatbush - beautiful, comfortable sheitles. Wholesale prices (very inexpensive). Very sweet lady, carries tons of sheitles. Call for appointment . +1 347-267-3444 now she only sells & doesn't style, but the price is so good it's worth getting from her and taking elsewhere to finish.
- Shani Lechan - very good to work with. more expensive sheitles. Good with sheitles (baby hair, cut, style, etc.) a bit pricey. +1 347-586-4215
- Lillys Precuts (Kingston Btwn. Montgomery & crown)
- Sheeba wigs - big selection of curly and wavy shaitels
- Ask your sheitle matcher for a sheitle head

Consignment wigs (gently used, cheaper than new)

- Red Carpet Wigs - <https://www.facebook.com/RCWigs/>
- Doppelganger Wigs - <https://www.facebook.com/doppelgangerwig/>
- MOPS - <http://www.mopswigs.com/>
- Lena Fleminger - <https://www.facebook.com/Lenaswigs/>
- Whatsapp Group

Monograms

- Monograms by Chana Leah Lesches. Chanaleahart@gmail.com. WhatsApp 6463348679
- designbyshainagd@gmail.com, Instagram @designbyshainagd 347-770-0575
- Monograms by Hadassa Monogramsbyhadassa@gmail.com Instagram @monogramsbyhadassa WhatsApp (646)-991-1213
- NDR Monograms
www.ndrmonogram.art
Instagram @ndrmonograms
WhatsApp (347) 452-5460

Photography

CONFIRM ALL PRICES (AND UPDATE HERE), NO PRICES ARE GUARANTEED

Bridal Studio

https://www.instagram.com/bridalstudio_/

www.bridalstudiony.com

7187828900

CJ Studios

<https://www.instagram.com/cjstudiosphotos/>

www.cjstudios.info

3472010613

Benams Photo

<https://www.benamsphoto.com/>

https://www.instagram.com/benams_photo/

<https://www.benamsphoto.com/wedding101>

Eliau Piha Studio

<https://www.instagram.com/eliaupihastudio/>

www.eliaupiha.com

9179828879

Robinson Studios / Cinematics

www.elirobinsonphotography.com

https://www.instagram.com/robinson_studios/

eliyahurobinson@gmail.com

6463341112

\$4500 (\$5200 with albums)

MGinFocus

mginfocus.com

Event Planning

Debby Events LLC

<https://www.instagram.com/debbyeventdesign/>

Debby.design@gmail.com

9176273734

Chani Greenbaum

<https://www.instagram.com/chanigreenbaumevents/>

www.chanigreenbaum.com/rhblooms

info@chanigreenbaum.com

347-362-3154

\$800-1200

Shtick

Put a friend in charge of this! Communicate beforehand what kind/how much you want.

Also, put someone (on both sides of the family) in charge of making sure you dance with all the relatives. Someone should be in charge of just sending people in from the circle to dance with you.

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- Sara fogelman- +1 (646) 468-7332
- Shtick With It - Chaya Rivkin shtick rental CH +1 (917) 864-2733
- Shticky Shtick Boro Park - [facebook](#) / @shtickyshtick / 4111 13th Avenue / 718-854-1367
- Raizy Kievman shtick CH - 917-660-4499
- Gemach list - <http://www.hakhel.info/gemach-list.htm>
- Golomb wedding shtick (maple st)
 - +1 (917) 327-2024 - proceeds to KSCVK
 - \$250 deposit. CASH OR CHECK ONLY
 - We offer for rental:
 - Arches (\$20.00)
 - Umbrella (\$15.00)
 - Parachute (\$15.00)
 - Jumprope (\$5.00)
 - Balloon popper (\$10.00)
 - Balloon sticks (\$10.00)
 - Skirts (\$10.00)
 - Fans (\$10.00)
 - Basket (\$10.00)
 - We offer for purchase: Petals (\$2.00)
 - Package deal! If you rent everything the total cost is \$60.00
 - This is a rental where the money goes to tzedakah so you may use maaser.
 - Pick up is the day of the wedding or the day before if it's available then
 - Return is the night of the wedding no later than 11:00 pm or the next morning before 8:00 am or between 4 and 7 pm
 - My address is 524 Maple st. between Kingston and Brooklyn ave.

Furniture

- @furnitureshadchan on Instagram
- Free furniture gemach whatsapp group 917-361-8260
- Furnituregemach.blogspot.com (view desktop not mobile for contact info)
- Chabad Chessed - always giving things away
<https://www.facebook.com/Chabad-Chessed-394199944004857/>
- Crown Heights Craigslist on facebook <https://www.facebook.com/groups/CHcraigslist/>
- regular Craigslist and Facebook Marketplace
- Gemach list - <http://www.hakhel.info/gemach-list.htm>
- Yad Shniya - status where things are sold for super cheap, locations are throughout tri-state area. To join: <https://wa.me/17328207878?text=Subscribe>
- Everything but the baby - in CH

Apartment Hunting

- FB group "Apartment hunting in Jewish CH"
<https://www.facebook.com/groups/Chapartments/>
- Apartment List Email RENTALSINCH@gmail.com

Brokers:

- **M & I Management**
- **Abba Realty** 718-773-7130 www.abbarealestate.com

Building	Management	Phone Number
565 Crown Street	Berkowitz	212-385-4120
1324 Carroll Street 556 Crown Street	Shaul Cohen	718-953-4048
481 Crown Street 672 Empire Boulevard	Drizin	718-756-0121
440/456 Brooklyn Ave & others	Fisher	718-773-6600
706 Eastern Parkway	Golden Touch	
888 Montgomery Street	Lilmor (David)	718-692-2525 ext: 211
601 Crown Street	Pinnacle Group	718-287-6700 ext: 106
	W Realty	Dedicated person 586-666-2188 daniel

	Popack	718-953-3300
701 Empire Boulevard	Slavin	718-773-2323
	AH Realty	rentalsinch@gmail.com

Fun things to do with the broken plate

- Mosaicmirm.com
- Bring to jeweler and make into bracelet, pendant, ring (like Rebbe dime) and matching cufflinks
- @leahpontos makes memory boxes
- I went to a mosaic shop with my husband and made a picture frame with both my engagement plate and wedding plate. We glued down the pieces and they grouted it.
- Glue the pieces together on a pretty board in the shape of monogram and frame it

Useful Phone Numbers

- **Devorah Benjamin** 917-225-2515
- **Ten Yad** (718) 756-1482
- **Miriam Weiss** swimming instructor 917-657-4353 (she can help with water phobias)
- **Mrs. Schwartz** - for medicaid and food stamps - expedites application approval but charges \$100 to process (you can apply for free online but unless it's a simple case you can easily get declined if you do it on your own)
 - hours 10:30-4pm and 8:30-10pm
 - work (718) 388-7359 (keep calling, line is always busy)
 - fax (718) 388-9531
 - Office address: 185 Rutledge in Williamsburg
 - Mailing address (if she tells you to mail anything in): 805 Bedford #1R or email address: [consulting185@gmail](mailto:consulting185@gmail.com) (call to say if you emailed stuff bc they don't otherwise check the email)

Central Jewish Council is the easiest place to do it - everything online or over the phone and they are very helpful 718-246-2100 Medicaid assistance is free and food stamps cost 60 but is worth every penny!

Kallah Teachers

Kallah teachers (all teachers listed are certified by mikvah.org)

Mrs. Nechama Dina Lipskier - kallah teacher. whatsapp 929 370 8649

Mrs. Rishi Raichik 718-290-4151

Mrs. Rivky Boyarsky 973-570-6964

Mrs. Mushky Kaplan 718-213-9524
Mrs. Itta Broh 631-746-2222
Mrs. Chanie Kalmenson 718-664-5289
Mrs. Ruthie Sperlin 347-439-7314

One on One Kalla teachers: <https://www.mikvah.org/instructors>

Basic House Set Up

Basic house set up - see registry list:

- **Kitchen:** Registry. Clock. Garbage bags. Garbage can. Sponge. Soap. Washer/dryer.
- **Bedroom:** Furniture. Lamp. Linen. Hangers. Full length mirror. Bed frames, mattresses, mattress covers, blanket, pillows, alarm clock (for shab), air conditioner/fan, floor rug, curtains
- **Bathroom:** Curtain and rings. Pads, bedika cloths. Toothbrush. Mouthwash. Floss. Shampoo. Toilet paper. towels and hand towel
- **Living/dining room:** Furniture. Bookshelves. Couch. Picture frames. Rebbe pic, paintings of all the Rebbeim (there's a great painting gmach in Baltimore)
- Salt. Certain seforim and chitas to move. Tzedakah, pushka. Hanging pushka for kitchen or hang up a cup

Notes About Shopping

- This needs to be said first - **Stores are open even after your wedding... if you don't need it to get married, don't stress out to buy it now!!** Get the bare minimum basics (listed above under basic house set up, under kallah obligations), the rest can be a shopping trip with your new husband or buy as you figure out what you need.
- Remember that some stuff depends on your personal preferences like lifestyle and living space... as you figure all that out, expect (and be pleasantly surprised if you don't end up with) a LOT of buying and returning the first few months!
- **White nightgown** - make sure it is fully tznius for you - Amazon has an option [here](#) (check stock of [this one](#))
 - Nightgowns made in Italy, Jewish company - <https://www.magnifica.info/>
- **Toiveling dishes** - 1 part oil to 2 parts baking soda removes stickers without having to use strong-smelling chemical like Goo-Gone
- There's a hardware store in Boro Park that gives kallah discount - <http://www.chossonandkallah.com/wedding-vendor/Wilhelm-s-Kallah-Housewares.html>

- **Linen** - Beyond Bedding, a basement on Kingston near Judaica World, they have really nice things and have similar prices plus you can see it on display. Linen in Boro Park is more expensive (except for stores like the Chasunah Depot)
 - Online Lakewood based Jewish company: <https://www.auraandbelle.com/>
 - if you're buying a white bottom sheet buy a flat sheet as well to take with you when/if you go away for Shabbos as you won't know the size of the bed you'll be sleeping on...
 - White sheet - buy anywhere such as Target, [\\$10 on Amazon here](#)
- **Dishes** -
 - ****Corelle**** heads up - their square dishes are wayyyy bigger than their round ones! Small square plate is like the size of a big plate. Soup bowls hold double the amount. Etc
- **Cutlery** - if you're buying your own, manufacturer websites like oneida.com may be cheaper
- For small things (not good quality pots and pans but like peelers, cutting boards, even serving bowls etc) It's probably cheaper to go first to Home Goods and Amazing Savings and then fill in the rest at the bigger stores like Target
- Amazon gift registry is best option for a registry. Can connect to other stores too
- Jewish items registry - giftsbygilda.com

Basic Registry List

Basic list to get you started. Nothing is a must so don't feel like you have to check it all off!

If you are making a registry for people buying you gifts, choose things with a variety of price ranges so people can buy cheap things (or bundle together a lot of small things like measuring cups and bowls into a baking themed gift) or splurge/chip in for a big one. Remember you can return anything anyways but know your crowd and make your registry accordingly.

Try to buy LESS rather than MORE (it's a tough balance bc now is when you have ppl willing and ready to spend on you lol) but it takes a while until you figure out your own cooking/household management style... (for ex you hate Pyrex and love disposables / you think Pyrex is the easiest and don't own a single "real" serving bowl... turns out you host all the time and need gorgeous Shabbos dishes / you never end up hosting and will never need shabbos china, etc)

(cheap things are listed under CH/Dollar Store Shopping Trip instead of here)

****buy your own knives** - not supposed to receive knife as gift. Kingston sells very good Victorinox

AMAZON LINKS ARE NOT NECESSARILY RECOMMENDED (for ex a full pot set may be better price than individual ones)... prices and availability change too often... it's just to give you an idea. Basically don't blindly add all to cart, do your own research

FLEISHIG

- Pots (approximate sizes)
 - [1.5 qt. small](#) (for reference this size fits rice, two bowls of soup, boils a few eggs)
 - [3 qt medium sized](#)
 - [6qt good for making soup](#)
 - 8qt is huge - big enough for cooking chicken soup
 - ([Pot sets](#) may be a better value but then again you don't really need it all...)
- Pans
 - [Frying pan](#)
 - Medium pan (10")
 - Skillet
- Grill pan
- Plates big and small (think about if this will be your shabbos set too, or if you want china (now or eventually). If it's doubling for Shabbos, you might want neutral patterns like [white Corelle](#), glass/plain white ceramic dishes etc). If this is your chance to get an expensive gift, go for china too.
- Bowls, Cups
- Flatware
- Serving spoons or [salad hands](#)
- Salad bowls - [these Pyrex](#) double as prep and serving
- Mixing bowls (redundant in a small kitchen if you have Pyrex or similar)
- Challah mixing bowl - buy on Kingston or in Jewish store
- Baking dishes like [real 9x13](#), 8in round pans, and [dishes to cook in](#)
- Baking/cookie sheets
- Sheet pan for roasting veggies
- Measuring spoons/cups
- Utensils: Soup ladle / tongs / masher / slotted spoon / whisk / garlic press
- Colander
- Oven mitts
- Apron
- Coaster for putting hot dishes on table
- Rolling pin
- Cutting board / knives / peelers

MILCHIG

- Plates, bowls, cups
- Flatware
- Pot/s for pasta/soup (one ~6qt is enough for both... Depends how much dairy you eat)
- Pan for frying

- Colander
- Utensils: Soup ladle / slotted spoon
- Measuring spoons/cups
- Coaster for putting hot dishes on table
- Smoothie maker / blender
- Salad bowls / serving bowls
- Cutting board / knives / peelers
- Containers for food storage

PANTRY

- Olive oil bottle
- Containers for food storage like opened rice, quinoa (oxo pop containers are too tall for standard apartment kitchen cabinet shelves, they need pantry space)
- Pantry containers or clips for opened bags of chips and snacks
- [Sugar](#) and [salt shaker](#) (oxo most expensive but the best)
- Canisters for flour, sugar, confectioners sugar, brown sugar, baking soda, corn starch, cocoa powder
- Cereal containers

APPLIANCES

- [Shabbos urn](#)
- [Electric kettle](#) or regular kettle
- [Hand blender](#) - with electric whisk attachment / immersion blender (for both meat and dairy if you like dairy blended soups)
- Coffee maker
- Toaster oven big enough to fit 9x13 pan for dairy (KitchenAid - Costco carries)
- Microwave
- KitchenAid or Bosch mixer
- Food processor
- Ninja or Magic Bullet
- Crockpot
- [Sandwich maker](#) or panini grill

ORGANIZATION

- Over-the-counter hooks for [towels](#) and [mitts](#)
- Cutlery drawer dividers
- Spice storage system ([magnetic tins](#), [3-tier shelf](#) or whatever works for your space)
- Dish drying rack or [drying mats](#)
- Shoe rack / over-the-door hanging shoe organizer (depends on your closet space)
- Hanging shoe organizer - hang inside a closet to store cleaning supplies or junk drawer items
- Hangers - skirt, pant and shirt
- Cubbies or cubes to organize closet shelf space

- Bathroom organizational cubbies, 3-drawer organizer, [over-toilet storage](#) etc depending on your space

BEDROOM

- Mattresses
- Mattress covers
- Blankets
- Pillows
- Pillow protectors
- Linen (more on linen above)
- Curtains and rod
- Rug between beds
- Jewelry box or storage
- Reading lamp, kosher lamp

BATHROOM

- Bath towels or robes (stay away from white - ask kallah teacher). If you do get a robe for yourself, hooded is way more convenient
- Hair towel like [Turbie Twist](#) or - more expensive but actually works = no going to sleep in a wet tichel that smells (just add some vinegar to the load when that happens) - [Aquis](#)
- Rug or mat for bath and/or toilet
- Over-door hooks to hang towels
- In-shower organizer for bottles
- Shower curtain, liner, hooks
- Garbage can (buy in dollar store)
- Hand drying towel
- Pretty accessories for tissues, soap holder etc

CLEANING

- Iron and ironing roll-up mat or small table
- Mop
- Brooms/dustpan
- Vacuum cleaner especially if apt gets dusty
- Drying rack for clothes
- Hampers for dark and light
- Mesh laundry bags

DECOR

- Clock - kitchen and living room, and something in your bedroom for Shabbos
- Curtains / curtain rod
- Picture frames
- Vase

PRACTICAL

- Umbrellas
- Luggage
- Window fans
- Air conditioner
- Ring dish/holder (so many cute options for this)

HOSTING (ideas if someone wants to buy you a gift)

- Shot glasses
- Nice serving bowls/spoons for Shabbos
- Pitcher
- Napkin holder
- Trifle dish

SHABBOS

- Shabbos lamp
- Corkscrew opener
- Challah board / cover / basket / knife
- Besamim
- Havdalah candle
- Light switch covers
- Nice tray or mirror for candlesticks
- Shabbos tablecloth
- blech
- Candles or tealights
- Matches or lighter

JEWISH GIFTS

- Any items for Shabbos ^
- Nice havdalah candle
- Rebbe picture
- Meat/dairy stickers or other kosher color-coded kitchen items
- Negel vasser
- Kosher cookbooks
- Pushka
- Hanging pushka for kitchen
- Nice kvort for kitchen
- Tichels from Post-Mark-It, Totally Her, hosiery store, little people, @boutique25, @tichelyourfancy. Really great new tichels that actually stay on your head - halfasquare.com also sold in ch
- Nifty Nogginz shaitel head

Dollar Store Apartment Stock Up

Easy but long shopping trip in CH (Family Dollar) or Amazing Savings etc

Shower:

- 2 scrubs
- shampoo
- conditioner
- body wash
- face wash
- 2/3 toothbrushes
- toothpaste
- mouthwash
- hair brush
- nail clipper
- nail filers
- Floss
- q-tips
- cotton balls
- rubbing alcohol
- baby oil
- baby shampoo/herbal essence
- thin combs
- pads/tampons

Cleaning supplies:

- mop (sponga and shmattes? get that in weinsteins)
- shmattes
- broom
- shovel
- 3 diff sponges (2 for sinks, one for cleaning)
- dish wash soap
- steel wool for pots (brillo)
- shabbos sponges
- windex
- fantastic
- floor cleaner - mr clean
- oven cleaner -
- toilet bowl cleaner - sno- bowl
- Bathtub cleaner - soft scrub
- scrub for shower
- toilet bowl sponge
- plunger
- garbage bags
- laundry detergent (can get a small/convenient size and refill it from a bigger one)
- Detergent with bleach for white shirts

- dryer sheets
- stain remover
- shout spray (you'll need for his white shirts)
- ironing board, you can get small table-sized one or a roll-up mat
- lint roller

Disposables:

- big and small ziploc
- Plates, big and small
- bowls
- cups
- napkins
- Plastic cutlery
- paper towel
- toilet paper
- shabbos tissues
- matches
- Plastic tablecloth

Kitchen:

- Aluminum pans
- Wax paper
- Silver foil
- Clips for chip bags

First aid kit

- tylenol/advil/painkiller of choice
- Band aids
- Something for burns
- Alcohol or alcohol wipes

Supplies - ALWAYS GOOD TO HAVE

- Magnets for fridge (or useful magnets like magnetic bag clippers)
- paper
- Pens
- Permanent marker
- pencils
- tape
- stapler
- glue
- scissors!!
- batteries
- extension cord !!
- one of those things that make 2 outlets into like 6 outlets
- sewing kit
- tape measure

Basic tool kit (just listing here but don't run out and buy it. put your chosson in charge of this, he may already own some of it)

- Hammer
- Nails
- Screwdriver
- Measuring tape

Basic Food Stock Up

Think of the first few days at home, what you're gonna nosh on, what you're gonna wanna eat mornings, lunch, etc.

don't get too much of things that go bad, like fruits and veggies and even milk and cheeses because you're not making suppers the first week and you're gonna be left with a bunch of moldy things. **If someone is stocking up your apartment for you (either as a “surprise” or not) make sure to tell them that!** (unless it's a real surprise lol)

painkillers - advil, tylenol, motrin... vitamin c

Cheapest place to stock up: for non-Jewish foods, ShopRite or Aldi. For Jewish, Kollel store or Bingo. If you can't go to either, Empire Kosher.

If you have Google Express and can connect a Costco card - get the staples like oils, plastic/paper goods. Don't get big spices, takes forever to finish and you want your spices to be fresh.

Good things to get at Trader Joe's (in general):

- Spices - fresh, Himalayan pink salt, sea salt, and their exclusives like 21 seasonings, coffee garlic rub, chile lime
- Babka
- Vegetable soup broth
- Almond milk / coconut milk
- Ezekiel bread / Many breads are pas yisroel depending on location like bake-at-home baguettes and French rolls, sourdough
- Mezonos - babka, black and white cookies, chocolate peanut butter cookies
- Nuts
- Chips - plantain, potato
- Herbal popcorn
- Cereals
- Almond butter
- Ice cream / frozen fruit ices
- Chips / popcorn / plantain chips
- Pizza dough (can be frozen)
- Feta cheese

Condiments:

- canola oil

- olive oil
- mayonnaise
- lemon juice
- Cooking spray
- soy sauce
- Rice vinegar
- White vinegar (regular)
- Balsamic vinegar
- Red wine vinegar
- Sesame oil

Baking:

- sugar
- confectioners sugar
- Brown sugar
- flour
- Baking powder
- Baking soda
- Vanilla extract
- Chocolate chips
- Oatmeal
- cocoa

Pantry:

- honey
- tea
- coffee
- ketchup
- mustard
- peanut butter
- Bread crumbs

Spices: (Trader Joe's sells the best spices - cute jars and great quality, \$1.99 each)

- salt
- pepper
- garlic powder
- onion powder
- oregano
- parsley flakes
- dill
- Cinnamon
- Basil
- Rosemary
- Shawarma spice
- Trader Joe's 21 Seasoning spice (it's a mix)
- Montreal Steak Spice
- Paprika (smoked paprika has an actual flavor)

Pasta and grains:

- spaghetti
- macaroni
- farfel
- quinoa
- orzo
- Lasagna
- Sushi rice
- Rice, white or brown
- Instant rice like rice pilaf
- couscous

Snacks:

- juice
- cereal
- granola bars
- crackers (tam tam, shibolim)
- rice cakes
- dried fruit
- junk (chips, gum, chocolate, nuts)
- mezonos (rugelach, cake, etc.)
- Pretzels

Fridge/freezer:

- bread
- cheese
- eggs
- frozen garlic
- milk
- yogurt
- frozen pizza
- ice cream
- Wraps

Recommended Reading

No time during engagement? Read the condensed notes version below, with all the main points

- *Holy Intimacy*, by Rivky Slonim & Sara Marasow. Addresses all aspects of marriage, intimacy, sensitive subjects, and lots more.
- *Eternal Joy* - letters from Rebbe - all volumes online
<http://www.sichos-in-english.org/books/eternal-joy-1/>
- *Mazel Tov* by Rabbi Dubov (out of print) - summarizes *Eternal Joy* into practical - read online [here](#) or download [pdf](#) (read on your phone in a pdf reader app)

- *Made In Heaven* by Rabbi Aryeh Kaplan - explains clearly all the customs of the wedding day and is wonderful so you know what's going on spiritually
- *The Jewish Home 1* - read online [here](#). A bit more convoluted than either *Mazel Tov* or *Made in Heaven* but has a lot more chassidus and depth than either of them.
- *From the Plate to the Ring* (Kehos) - short and simple read
- *Mashpia and Mekabel* video series on 11213.org by Rabbi Manis Friedman
- Tahara K'halacha
- The Secret of Jewish Femininity
- Podcast: Shais Taub "Beyond mashpia and Mekabel" practical guide on mamaar Lecha Dodi for kallahs

(After wedding... these can wait) - in no particular order. compiled suggestions from various women. not necessarily by Jewish authors or endorsed by your kallah teacher

- *GPS For a Happier Marriage* by Rabbi Aron Laine - easy, light, practical and more enjoyable but many of the same concepts as *Men are from Mars*
- *The Surrendered Wife* by Laura Doyle - not Jewish author but have heard it recommended by kallah teachers. Very interesting and practical way of implementing mashpia-mekabel (basically shows you how not to be a nagging wife). Reader comment: "this book is literally taking what a mekabel is, what malchus is, and teaching women how to do it. It works miracles." She also wrote *First Kill All the Marriage Counselors*
- *Men are from Mars, Women are from Venus* - not Jewish author. Basic, classic, very popular book. Can find free download online. About how to understand the differences between men and women
- *Dear Daughter* by Eliyohu Goldschmidt
- *The Ladder Up* by R. L. Kremnizer
- *The Five Love Languages* - not Jewish author. Can find free download online. About how to express love in different ways and how different ways work for different people.
 - Heard [this speech](#) by Goldie Plotkin in person - it's great - 5 Love Languages in chassidus, worth watching
- *The River, the Kettle and the Bird* by Sharon Feldman
- *The Menuchah Principle in Marriage* by Shaya Ostrov, L.C.S.W.
- *The Seven Principles for Making Marriage Work* by John Gottman, Pd.D.
- *Marriage Fitness: 4 Steps to Building and Maintaining Love* by Mort Fertel
- *Nonviolent Communication: A Language of Life: Life-Changing Tools for Healthy Relationships* by Marshall B. Rosenberg, Ph.D. - This Book teaches an amazing way to communicate that can benefit marriage and any relationship in general!
- *Attached: The New Science of Adult Attachment* by Amir Levine & Rachel Heller
- *Getting Through to the Man You Love: The No-Nonsense, No-Nagging Guide for Women* by Michele Weiner-Davis
- *The Proper Care & Feeding of Husbands* by Dr. Laura Schlessinger
- *The Relationship Handbook* by Dr. George Pransky
- *Getting the Love You Want* by Harville Hendrix, Ph.D.
- *Have a New Husband by Friday* by Dr. Kevin Leman

- *Setting a Table for Two - Enhancing Relationships, Achieving Intimacy* by Avraham Peretz Friedman
- Mikvah.org - has terrific articles under relationships
- 11213.org / Manis Friedman on YouTube
- Also heard some Lubavitch shadchanim recommend this new book called "10 dumb mistakes even very smart couples make"

Notes on *Jewish Home, Mazel Tov* and *Made In Heaven*

The Talis:

- Represents Ohr Makif that wife gives the husband
- Each tassel has 8 strings $\times 4 = 32 = \text{לב}$. Kallah is giving whole heart to Chosson <3
- Represents light that contains power of creation - Hashem's name is mentioned 32x during creation. Through marriage, couple emulate Hashem in the ability of creation
- Chosson begins wearing Talis at wedding just like it says Hashem was wrapped in a Talis at Matan Torah

Ufruf:

- Chosson is like a king and King has to write his own Torah. Through being called to the Torah, shows he has similar status
- Nuts thrown at Chosson: $\text{אגוז} = 17 = \text{טוב}$. Chosson forgiven for all sins and they're transformed to state of good
- Torah שבכתב is the idea of נעשה , which represents אמונה פשוטה , with will help a person overcome life challenges that he may encounter.
- Torah is the יסוד of the world. Before building a Jewish home we build a bound with the תורה .

Mikvah:

- Like being reborn. Represents water in womb - leave with new spirit
- The word $\text{טבילה} = \text{הביטול}$. Represents total ביטול to Hashem
- Represents water of Gan Eden, place where love between man and woman is flawless
- Immersing in water which is compared to Torah

Week before wedding:

- Chosson and Kallah like king and his queen
- So holy, need extra protection from מזיקין
- Before Yitzchak's wedding, Midrash says he hid in Gan Eden to hide from evil forces

DAY OF:

Fasting:

- Pure of all sin, just like Yom Kippur
- just like Adam and Chava who got married clean of sin (married before חטא עץ הדעת)
- Also, since seeking forgiveness from sin, we fast because first sin involved eating
- Adam and Chava were in perfect harmony *before* sin. We want that in our relationship.
- Breaking away from Gashmius allows us to focus on Ruchnius aspects of marriage - uniting in **soul**. Shows that Chosson and Kallah both value more than just physical in the relationship
- Bnei Yisrael fasted before Matan Torah
- Custom of early Chassidim to fast the day before a beloved Mitzvah

Mincha before Chuppah:

- Adam was created in the afternoon - he davened the first Mincha. Chava was brought to him soon so applies until this day to Daven Mincha before the Chuppah

Wearing white:

- On Tu B'av all girls wore white
- Kohanim wore white in Bais HaMikdash, and Kohen Gadol on Yom Kippur
- Like parchment of Tefillin
- All sins are forgiven = pure
- White is the *only* color that is revealed in this world the same as it is above, it's not a man-made color. We wear white to show that marriage is established by heaven - decided from above
- All other colors are best visible and site their truest shade when on a white background
- White has no leaning or similarity to any other color

Kabbalas Panim:

- Some say custom from when Eliezer gave Rivkah's family delicacies
- Chosson says Torah to show that marriage is founded on the basis of Torah.
- All Neshamos of Rabbeim are invited when saying maamer "Lecha Dodi"

Kesubah:

- Begins with letter "Beis" just like Torah. Torah is like the Kesubah between Bnei Yisrael and Hashem

Veil:

- Sign of modesty (like Rivkah)
- Shows that Chosson is not only attracted to physical beauty but also spiritual qualities which never fade
- Symbolizes husband providing clothing for wife

- Kallah covered so can't see ring. When married, accepts everything husband gives her with faith

Chuppah:

- Represents Mishkan made of tapestries and beams where the Chosson and Kallah (Bnei Yisrael and Hashem) began new life together
- Symbolizes house (that's why it's outdoors)
- Open on all 4 sides like Avraham's tent
- Adam and Chava got married under a Chuppah
- Symbolizes mountain over heads of Bnei Yisrael at Matan Torah
- Allows for Kidushin in private domain
- It's Makif. Represents special "Sovev" powers that Chosson and Kallah receive

Under stars:

- Children should be as numerous as the stars
- Under heavens because heavens are source of Bracha (Debating 26:15)
- Heavens reveal Hashem existence: when people gaze at stars and orbits, easily recognize Hashem
- On earth, different places have different characteristics (climate, type of land etc) = ממלא, vs Heaven where all is same = טובב

What to think under Chuppah:

- Rebbe Rayatz: "constantly think G-d fearing thoughts under the Chuppah; that you should have G-d fearing children, and upright blessed generations."
- Thoughts of Chosson and Kallah impact their whole life together!
- Some say to daven that your husband and children should always be yiras shamayim
- Some people have in mind each Rebbe's name with their mothers name for each of the 7x going around under the Chuppah. Here is the list:
 - Shneur Zalman Ben Rivkah
 - Dovber Ben Shterna
 - Menachem Mendel Ben Devorah Leah
 - Shmuel Ben Chaya Mussia
 - Shalom Dovber Ben Rivkah
 - Yosef Yitzchak Ben Shterna Sara
 - Menachem Mendel Ben Chana

Escorts:

- Alter Rebbe: "Chosson and Kallah require shushvinim to escort them to go alone because of embarrassment; they are in need of someone who will assist and support them"
- Specifically married couples who can encourage them
- Adam was escorted by מלאך מיכאל and מלאך גבריאל
- By מתן תורה, the 2 "escorted" Hashem

- Kallah is brought to Chosson just like:
 - Chava was brought to Adam
 - Bnei Yisrael were brought to Hashem at Matan Torah

No knots:

- About to be 100% bound to wife

Nothing in pockets/no Jewelry:

- Symbolizes that each is accepting partner for who they are without possessions
- Kittel reminds of death and nothing in pockets reminds Chosson that will leave world empty handed
- No Jewelry just like Kohen Gadol didn't wear gold on Yom Kippur
- Chosson starts walking with right foot to represent starting off marriage on the "right foot"

Candles:

- =Fire at Matan Torah
- "Ish" and "Isha:" when there is love and harmony between man and woman, then Hashem's name rests with them. But if not, then there is "Eish"
- Ner = 250. 2 candles = 500. Man has 248 limbs and woman had 252. Symbolizes man and woman uniting
- Also 500 is the Gematria of "פרו ורבו"

Kallah circles Chosson:

- Chosson is like a king
- Represents Moshiach's times when men and women will be equal and woman will also be able to protect husband
- Protecting Chosson from outside desires
- Represents אור מקיף

Circling 7x:

- As soon as married, 7 relatives are forbidden to Chosson
- Kallah is davening that 7 Nivios and 7 shepherds of Bnei Yisrael protect their marriage
- Committed devotion for every day of the week. 24/7
- After circles, Kallah stands on Chosson's right: symbolizing that she will always be on his right side to help him
- In Tehillim: "נצבה שגל לימנך." The word שגל means a queen. Last letter of each word spells כלה

The ring:

- Changes status of Kallah from single to married
- Like the Torah; endless, never finishes
- Just like Torah is the ring that **forever** bonds Bnei Yisrael to Hashem, so too the couple's bond should be everlasting

- Like link in a chain; couple becomes link in chain of humanity
- Symbolizes giving authority over household - from now on, life is shared
- Protection of husband surrounding wife
- Represents space before creation. Hashem created a space b4 creation - so too here, represents space before a new creation
- Represents space you have to make for your spouse for a happy marriage
- Will serve as reminder to wife at all times that she's married
- Represents both:
 - Sovev - encompassing shape
 - Makif - needs to fit finger
- Through placing ring on finger, shows unification of spiritual and physical aspects of marriage

Ring on finger:

- On *right* hand. Right represents love (דוד)
- 7th finger to the right facing Chosson (יטוד שבמלכות)
- 7th finger: wedding is reenactment of the 7-day creation
- Giving ring = unity of Hashem's name. This name of Hashem represents the marriage of the זכר and נקבה elements of creation:
 - Yud = wisdom of creation (1st letter in creation)
 - Hey = Chosson's hand (5 fingers)
 - Vov = Kallah's finger (shape of vov)
 - Hey = Kallah's hand
- The phrase "הרי את מקודשת לי" has **32** letters.
 - The name אלוקים appears 32x in creation
 - 32 = 'Lev' - represents Chosson giving his heart to Kallah and that they love each other with their whole heart
 - Beis = בראשית, (first letter in Torah) Lamed = ישראל, (last letter in Torah.) Encompasses all of Torah. Torah is marriage between Bnei Yisrael and Hashem

Breaking glass:

- Represents first Luchos broken at our wedding with Hashem
- To be Yotzie the מלאך המות if anything bad was supposed to happen to the couple (ח"ו)
- Unlike ceramic, glass CAN be re blown (תחיית המתים)
- In the Beis HaMikdash, Shlomo had a special gate for Chasanim made of glass. Breaking glass symbolizes the destruction of the Beis HaMikdash along with this gate

Dancing:

- We dance in circles symbolizing the Makif powers which unite the Chosson and Kallah
- Way of expressing pure joy :)

Sheva Brachos:

- It says that when a person gets married, that gain from 7 benefits:

- Full human stature
- Joy
- Good
- Bracha
- Torah
- Protection
- Peace
- Earliest hint for Sheva Brachos is when Rivka's family blessed her before marriage

Mikvah Checklist

Most mikvaos provide the basics (if you're using one out of town, call and ask what they provide) but it's good to create your own kit so you don't have to rely on your room having what you need, or you may not want to use those things. Buy travel-sized items or containers and keep the mikvah kit separate from your regular toiletries. After each time, make sure to refill what you've used.

**not necessary for chafifa*

Don't forget to bring cash!

- Mouth
 - Toothbrush
 - Toothpaste
 - Unwaxed dental floss
- Face
 - Strong makeup remover
 - Cotton pads for liquid makeup remover
 - Tweezers (also for splinters)
 - Contact lens solution/case
- Head
 - Q-tips
 - Spare earring to clean earlobes (you may not always come wearing earrings!)
 - Alcohol to clean ears and belly button (every mikvah has)
 - Hydrogen peroxide (every mikvah has)
 - Comb for hair
 - *Tichel to wear during prep once you've taken off your shaitel (post-wedding)
- Hands and feet
 - Nail clipper
 - Nail file
 - *Cuticle remover
 - Nail polish remover
 - Cotton balls
 - Pedi foot (Kingston sells a very good wooden one, similar to [this](#))

- Body
 - *Razor (ask your kallah teacher about shaving day of - better not to)
 - Shower loofa
 - Baby shampoo
- Post tevilah suggestions
 - Tzedakah (18c or other)
 - Candy like toffee so it gets stuck in your teeth (ask kallah teacher)
 - Moisturizer, body lotion, lip balm
 - Deodorant
 - Color of underwear (pre-wedding) - ask kallah teacher
 - Post-wedding:
 - Perfume - rollerball or sample size
 - Makeup
 - Colored underwear
 - Lingerie

Prepare for Wedding Day

Day b4/of the wedding

- Pan/ohel (nice idea: make copy of pan to read between badeken and chupah)
- Mani. Pedi. B4/after Mikva
- Bedikah (ask kallah teacher/rav) and colored underwear
- Gown. -headpiece -veil -shoes -dancing shoes and socks -jewelry -panty hose
- Makeup
- Hair
- Perfume
- Coins and pushka for everyone to keep giving tzedaka during hair and makeup
- Fashion emergency kit: scissors, deodorant, safety pins, needle with white thread, white chalk for stains, extra bobby pins/ponytail for dancing, nail file, scotch tape, tweezers
- Yichud room food - request coffee if you want (with straw! Bc of lipstick) - aspirin if you get headache from fasting
- Tzedakah/pushka for yichud room
- Tehillim
- Siddur with Yom Kippur viduy for mincha isn't available online
- Lipstick/makeup touch up in yichud room b4 pics
- First night bag.
- Send out a Google sheet link for friends and family to fill out names for davening in correct categories like healing, shidduchim, kids, etc. Print (daven for others at kabbalas panim, not under chuppah)

Prepare for Wedding Night

First night:

- Bedika cloths
- Lubricant (KY although widely suggested is not the healthiest. You can use coconut oil - refined has no smell - either melt some under hot water or it melts in your hand)
 - *(people have posted differing comments on this. Someone said coconut oil promotes yeast infection because it changes the ph balance which is very delicate in the vaginal area. Someone else said that coconut oil actually helps heal skin there. Do your own research and if you are having yeast infection issues, don't use)*
 - *Reader comment: My Kallah teacher suggested vitamin E oil. Make sure to get one that is natural. search nature's bounty vitamin e oil on amazon. There is a \$7 bottle that lasts a while*
 - *Reader comment: before using any oils (almond, coconut etc) first spread some on your belly or thigh and wait a day to see if you react. Just in case you are allergic when it's applied, even if you're not allergic when eating*
 - Note that all oils WILL STAIN YOUR SHEETS
- White sheet (ask your kallah teacher)
- White towel (ask your kallah teacher)
- Tznius nightgown - socks
- Thick pad - not tampons
- Tichel
- Sleep tichel
- Ponytail for under shaitel, shaitel, velvet headband
- Phone charger (with kallah teacher/rav number saved)
- GOOD makeup remover and q-tips for all the heavy wedding makeup
- Negel Vaaser
- Optional: Tzedakah box with coins
- If going to hotel - change of clothing/makeup/toiletries/lens solution or glasses - and don't forget your shaitel! :)
- If home - make sure you have towels and shower things

After the Wedding

Post wedding:

- Sheva brochos outfits (see below for a Gemach for this)
- Shoes
- Haircut appt or your mother/sister/etc can cut your hair (so that it fits under shaitel). Prepare yourself emotionally, it can be a big deal to lose your hair suddenly and take it slowly if necessary - you can always cut more!
 - Toby wilansky (646) 830-5132 gives haircuts for hair under sheitel and she can also possibly come to your house

- Sarah's hair lounge on kingston
- Ask your shaitel macher

Before Your First Shabbos

Make sure you have...

- Shabbos keys/belt
- Matches
- Everything needed to light candles (glass cups + neironim candles or oil lamps + oil)
- Tissues for bathroom
- Clock in the house or a watch
- Shabbos light switch covers
- Urn - Put up hot water for coffee
- Wine for havdalah (corkscrew if necessary)
- Besamim / havdalah candle
- Becher

Once You Are Married (Pregnancy, Birth & Shalom Bayis)

(Don't read this now. Don't freak out!! Just know that it's here, for when you need it.

Obviously, these things are way beyond the scope of this list, so here are some resources just to set you in the right direction.)

Start taking folate vitamins (better than folic acid) and take them regularly in your childbearing years.

INCREDIBLE resource on all things expecting, choosing a provider, etc: [Tinyurl.com/bshaatova](https://tinyurl.com/bshaatova)

If you're worried about trying to get pregnant:

- Don't worry at all until a year AFTER you've already figured things out. (If you've been married for less than a year and have no good reason to stress (re your age/health), stop stressing.)
- *Taking Charge of Your Fertility* by Toni Wechsler will help you understand what's going on
- If you think you should be worried, reach out to your mikvah.org-certified kallah teacher for further resources as to the best course of action.

If you think you're pregnant:

- Buy a pregnancy test (the cheap strips [online](#) or from dollar store work just as well as the [expensive brands](#) like First Response sold on Amazon. Also you will want to take more than one.) Follow the directions on the package (each brand might be slightly different). Best time to take it is first thing in the morning.

Am I pregnant?

The first sign of pregnancy is a missed period.

The way to know for sure is to take a test. However, you can be feeling symptoms even before a test shows a positive. (The more expensive tests like \$10 each from Amazon will be more sensitive, the cheap ones like a pack of 50 strips for \$10 can show a positive a week or two later. Tests work by detecting HCG levels in your urine which is a hormone that rises during pregnancy so it's possible to test "too early" for the test to detect it. You can be getting negative results while actually being pregnant.)

Some common early signs that can show up even before a test:

- Aching or tender breasts
- Sensitivity or gag reflex when brushing your teeth or swallowing pills
- Nausea, not necessarily just in the morning
- Appetite changes (hungry but not wanting to eat - the opposite of morning sickness)
- Being nauseated from food especially raw meat like chicken
- Feeling hormonal or not like yourself
- Achy or tender in your lower belly
- Bloating
- Changes in vaginal discharge - you'll see this in your underwear
- Some women say they just "know it"

As you see, your whole body starts to change, possibly even before you're aware of it. Much like motherhood itself, our bodies have intuition before our brains catch up.

When you imyh find out you are pregnant:

- Directives from the Rebbe on pregnancy: [Eternal Joy](#)
- Your everything resource: <https://www.mothersofcrownheights.com/>
- If you want to know everything about parenting without actually having to read all the books, or if you feel overwhelmed or not ready to become a mother, [this course is for you](#): **A Motherhood Manual** *Your Complete Guide to Get Prepared & Confident to Navigate Baby's First Year, Support Bonding & Development, and Discover Your Own Motherhood Identity*
 - It's like kallah classes, but for motherhood: an all-in-one crash course to transform you from anxious to empowered and prepare you for the most important role of your life... Because you shouldn't have to learn on the job.
 - [Sign up or sign up for the waitlist here](#)
- Consider not telling anyone who you will also be prepared to UNTell if (G-d forbid) you have a miscarriage. For that reason, many women wait til at least after the first trimester to share. Conversely, think about telling someone who *would* be a support to you - if they would celebrate, they would also support you. The Rebbe's instructions: wait until the 5th month to publicize (this does not mean family/close friends).

- Miscarriage: 1 in 4 women will have a miscarriage. It is very common, normal, and not your fault. It is not shameful and your body is not broken. 2 or more in a row is considered a medical issue and should be brought up with your doctor.
- If you'd like a doula, book one earlier rather than later (at least 5 months in advance)
- When to book a doctor's appointment? Right away, even though the first appointment won't be until at least 8 weeks. This is so that you officially have a provider in case you need emergency services / have a miscarriage early on, etc
- Sonograms (many hospitals require at least 1) / finding out gender: ask your rav
- Go follow [@MotheringMindset](#) on instagram to learn how to parent from birth :)
- Mixed reviews on *What to Expect When You're Expecting* (one comment said it gave her anxiety by outlining every possible thing that could ever go wrong, one comment said it was very helpful)
- Good books to read:
 - *A Labor of Love*, by Rachel Broncher (on pregnancy and birth)
 - *Your Self-Confident Baby*, by Magda Gerber
 - *Elevating Childcare*, by Janet Lansbury
 - *Momma Natural* (recommended by Rivky Boyarksy, RN/Kalla Teacher)
 - *The Baby Whisperer Solves All Your Problems*, by Tracy Hogg (read after baby is born, or right before, like don't spend 9 months reading up on sleep schedules)
 - *The Happiest Baby on the Block* (helpful after baby is born for how to soothe babies)
- In the 9th month, ask rav for shailos about giving birth on Shabbos - copy and paste this list for him to answer! (how to light candles, make kiddush and havdalah, calling doctor, calling Uber/paying for cab, bringing your bag with you, bringing phone with you, what muktza can you do - adjusting bed, calling nurse - while in labor or after giving birth, etc)

Sign up for WIC!

If you live in Crown Heights you can go next door to Empire Kosher with all your documents and within an hour you'll walk out with a card. Tip: go in the morning as it gets busier toward the afternoon. As part of WIC you'll get money to buy cheese, cereal, produce, milk, etc

You can also apply via email at Info@odawic.org (Williamsburg branch that is taking online applications since Covid and hasn't stopped - as of June 2024)

Cash assistance program for low income pregnancy in NYC or Rochester

(Copied and pasted from their website. Check website for current accurate info)

<https://bridgeproject.org/>

mothers who are part of The Bridge Project receive \$1,000 a month for the first 18 months of the program and \$500 a month for the last 18 months, all on a biweekly basis

In order to fill out the interest form for The Bridge Project, you must meet all of the below eligibility requirements:

- Be 18 years old or older
- Be 23 weeks pregnant or less with your first child
- Have an annual household income under \$52,000
- Live in New York City

Hospital Packing List: (don't overpack - space is tiny!)

- Tichels
- Robe with long zipper, or comfy outfit - nursing accessible
- Makeup for visitors or taking pics
- Naot / comfortable shoes or slippers
- Warm socks for labor (many women's feet become cold)
- Nursing bra - remind doula to remove during active labor so you can do skin to skin immediately
- Essential oils for smelling (besamim is a segula)
- Bag of toiletries (toothbrush and toothpaste, shampoo/conditioner, consider skipping deodorant bc you'll be cuddling with newborn and they'll smell it)
- Hair towel (optional, hospitals have towels)
- Flip flops for hospital shower
- Books, magazines or books loaded onto your phone
- Phone charger **with long wire!!** so it reaches your hospital bed
- Music, earbuds
- Bottle of witch hazel (pink bottle, alcohol free) to soak pads with. Soothes much better than anything hospital provides
- Lots of snacks with fiber, dried fruit
- Frozen real meal to eat immediately after giving birth! (it will defrost by then)
- Dollar bills for vending machine
- Water bottle to refill
- Outfit to bring baby home in (a visitor can bring this for you) - something loose or with a side zipper (not front zipper or buttons) bc of umbilical cord stump
- Nice baby outfit (hat, outfit or blanket) if your hospital offers baby photos (session is free and you receive a gallery link to purchase from or just screenshot lol)
- Real jewelry - be cautious so it doesn't get lost - but it's nice to get a pic while wearing your rings and holding those tiny hands
- Pacifier
- Chocolates for nurses - around 10 to hand out. Give it right when they introduce themselves at beginning of shift bc they tend to leave at end of shift without telling you
- Foldable canvas bag to take home hospital goodies (like, grandma underwear)
- Outfit and shaitel to go home in

Spiritual Birthing Checklist / Reminders for Doula

- Shir Hamaalos card - for your robe and for baby's bassinet
- Dollar from Rebbe (if you have), images of Rebbeim like the [accordion baby book](#)
- Chitas
- pushka and coins for staff to give
- Recording on your phone of Rebbe saying Modeh Ani - to play when baby is born
- Page of Aleph Bais (or small chart) to put in bassinet and show to baby
- Ask doula to help you keep your hair covered
- Wash negel vasser after giving birth - before nursing
- Nurse from left side first, closer to heart (segula for child to have binah)

A Note On Shalom Bayis

Just as when you got engaged, you should not have been discussing your chosson, his proposal, etc... DO NOT DISCUSS YOUR MARRIAGE WITH YOUR FRIENDS. Don't compare what your husbands do or don't do, help or don't help, eat or don't eat. Your relationship with your husband is private, personal, sacred, special. It's a growing process, which means there will be growing pains, but you are growing together - and stronger together.

Find a mentor or ask your kallah teacher for a referral, if you need to speak to someone.

- The Rebbe on shalom bayis: [Eternal Joy](#)

If you think something is wrong or you're not sure if you are being abused:

- Not everything is supposed to be swallowed "for the sake of shalom bayis". Not everything is your fault or your job as "eishes chayil" or "akeres habayis". **IF YOU FEEL LIKE SOMETHING IS *OFF* IT PROBABLY IS.**
- PLEASE reach out to your kallah teacher (or healthy parent, mentor or someone else who can HELP - not your newly married friend). You can also anonymously call [Shalom Task Force](#) (718-337-3700 or 1-888-883-2323). **DO NOT SUFFER IN SILENCE. YOU ARE WORTH IT** (even if he says you're not). **YOU DESERVE TO BE HAPPY.** You don't get points for "sticking it out" and suffering in silence if you are miserable, and it doesn't make you a failure, loser or nebach if your marriage doesn't seem off to a magical start. GET HELP.
- Not sure if it's normal? [Checklist of warning signs](#). Also read *I'm So Confused, Am I Being Abused?* by Lisa Twerski
 - Lisa has an interview inside [ShanaRishonaSummit.com](#)
- Go on birth control immediately - ask a rav
- Do NOT read a book like "The Surrendered Wife" and try to implement it. That book is meant for normal, healthy men who are good guys. You cannot and should not implement its methods with someone who is in any way abusive, unstable or not fully healthy.

Tips on Cooking for Two

- There are incredible presentations on ShanaRishonaSummit.com to help you with this!
- Make a recipe whatsapp group with your friends!
- Buy chicken and chicken cutlets/breasts on sale. Clean/cut up, and freeze in portion sized quantities. (Chicken in individual sandwich bag. About 1 ½ chicken breasts is serving for two.) Defrost chicken overnight in fridge, or in cold water takes about an hour. Defrosting chicken cutlets in **cold** water (warm breeds bacteria) takes about 20 min.
- When you make soup, freeze extras in portion sized containers - the [plastic deli containers](#) (get on Kingston) in 16oz is about 1 bowl, 32oz is 2 bowls. Or, for more freezer space, portion out into ziploc bags and freeze flat so you can stack up
- Pasta, large shells, fettucine or spaghetti - make half box at a time. Small pasta like penne, elbow macaroni, small shells, etc measure 1 c dried pasta per person.
- Make extra and eat leftovers for lunch the next day
- When vegetables start going soft - cook them. Roast, put in soup or freeze for later
- View Marketplace and Empire Kosher specials at watsonsale.com - new specials every Tuesday
- It will save time and money (not to mention “what should I make for supper tonight??”) if you make a menu at the beginning of the week. Even having a weekly plan is helpful ex Mon is always dairy, Tues is always chicken, Wed is pareve, Thurs meat, Sun leftovers.
- If you make a menu you can take it a step further and shop the weekly specials and cook with what's on sale (eggplant is on sale - make eggplant parmesan for dairy night), or in general be able to use up all of something. Ex package of corn with more than 2 pieces - make corn on cob one night, use the rest in a soup at the end of the week.

Breakfast Ideas

- Oatmeal
- Cereal and milk
- Eggs - scrambled/omelet
- Fruit salad
- Smoothie
- Farina
- Healthy Pesach [banana-egg pancakes](#)
- Yogurt and granola

- French toast
- Pancakes (you can freeze pancake batter) with blueberries/chocolate chips
- Waffles
- Cheese latkes
- Whole grain muffins

Lunch Ideas

- Salad
 - Greek
 - Caesar
 - Garden (add chickpeas, tuna, or hardboiled egg for protein)
- Wraps
 - Tuna
 - Salmon
 - Chicken
 - Grilled vegetable
 - Pizza wrap with sauce and cheese
- Sandwiches or toast (and if you have a panini grill or sandwich maker, options are endless).
 - Grilled cheese
 - Egg salad
 - Hard cheese
 - Peanut butter/jelly
 - Cream cheese with onion/olive/tomato
 - Tuna (regular or spicy) with pickles/tomatoes/onions/lettuce
 - Salmon spread
 - Guacamole
 - Pesto, mozzarella cheese and tomato slices - in panini grill
- Sushi
- Pizza
- Pizza pita
- Soup with garlic bread or croutons
- Bagels - sandwiches, pizza bagels
- Pasta
 - Penne a la vodka
 - Fettuccine alfredo
 - Macaroni and cheese
 - Lasagna
- Eggplant parmesan
- Falafel
- Vegetable stir fry

Supper Ideas

Ideas of menus - mix and match sides

DAIRY Main (Carb)	Salad	Soup or Side
Homemade pizza (can use pre-made dough - Trader Joe's has great freezable)	Greek salad	
Lasagna	Nish nosh salad	Corn on cob
Zoodles (zucchini noodles) and cheese	• Greek • Caesar • Fresh • Non-salad ideas here and here	French onion soup Zucchini soup (super easy)
Fettuccine alfredo (healthy recipe here)		
Penne a la vodka		
Ravioli (buy frozen) in sauce		
Ravioli, breaded and fried recipe		
Mac and cheese		
Baked ziti		
Stuffed shells Quiche		

MEAT Main (Protein)	Side 1 (Starch/Carb)	Side 2 (Vegetable)	Soup
Wraps			
Chicken salad	Toasted baguettes / garlic knots		
Chicken salad	Sweet potato chips with garlic dip		
Chicken with olive oil and spices			
BBQ chicken	Corn on cob /	Green beans	

	mashed potatoes		
Shnitzel			
Pepper steak			
Burgers			
Tacos/Sloppy Joes			
Shepherd's pie			
Minute steak			
London broil			
Chicken pot pie			
Deli/ deli rolls		Roasted veggies	
Hot dogs	Homemade buns	Fresh salad	
Sweet chicken	Couscous	Sesame broccoli	
Spicy chicken	Rice	Popcorn cauliflower	
Chinese schnitzel	Rice	Roasted veggies	
Meatballs	Spaghetti / rotini	String beans	
Tacos with meat and corn	Couscous	Salad	
Steak	Small red potatoes	Purple cabbage salad	
Steak	Mashed potatoes	Green beans	
Burgers	Buns	Cut veggies	

PAREVE Main (Protein)	Side 1 (Starch/Carb)	Side 2 (Vegetable)	Soup
Salmon	Spaghetti	Fresh salad	Squash soup
Salmon	Sweet potato chips	Green beans	
Salmon red and	White basmati rice		

yellow (recipe below)			
Tilapia	Quinoa		Mushroom barley
Wraps			
Shakshuka			
Tuna patties			
Breaded filet			
Fish sticks			
Tuna casserole			
Rice-stuffed peppers			

VEGETABLE SIDES	CARB	SOUPS
String beans Roasted mini pepper Popcorn cauliflower Breaded cauliflower Roasted broccoli Roasted veggies Salad fresh Coleslaw Salad purple lettuce Salad Greek Salad Caesar Salad hearts of palm Breaded eggplant Roasted asparagus	Quinoa Rice Couscous Spaghetti squash Roasted beet and sweet potato cubes Butternut squash fries/chips/roasted cubes Corn on cob Potatoes fries Potatoes roasted Potatoes chips Rice pilaf	Zucchini Minestrone Tomato Potato Lentil Split pea Corn chowder Soups by Overtime Cook

IDEAS - MAKE WITH CUTLETS	IDEAS - MAKE WITH GROUND MEAT
Breaded Baked Shawarma Chicken salad Schnitzel sandwich or wrap	Meatballs Sloppy Joe Tacos/burritos Burgers Meat lasagna

Chinese chicken Honey mustard chicken strips Fire popper chicken Stir fry Pan seared shnitzel Fajitas Sesame chicken	Shepherd's pie Meatloaf Eggplant rollatini Meat-stuffed zucchini Meat sauce Korean beef Stuffed cabbage Moroccan meat Patties (with potatoes) Meat pizza Arayas Empanadas Stuffed shells Meat stuffed eggplant boats
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Easy Supper Recipes

Start or get added to a friend whatsapp recipe group!!

Supper for a year cookbook [download here](#)

- **Honey Mustard Chicken Stir Fry**
 - Cut chicken cutlets into 2-inch strips. Season with salt and pepper. Heat 1-2 T oil in large frying pan and fry 1 large onion, diced, for 10-15 minutes or until golden brown. Add chicken strips and cook for 5 minutes. Add vegetables, if using - works well with pepper strips, zucchini or anything you want to add. Add 1.5 T each honey, soy sauce, and mustard. Cook for 10-15 minutes (stirring occasionally) or until sauce reduces. Serve over orzo or rice.
- **Two-Second Teriyaki Salmon**
 - Wash salmon. Place in baking dish or on silver foil. Spread with [Mikee Teriyaki Sauce](#) and bake, covered, at 350 for about 20 minutes or until done.
- **Mustard and Dill Salmon** (lazy version of Salmon Primavera from Kosher by Design)
 - Coat salmon with either honey mustard or equal mixture honey + mustard. Sprinkle with toasted breadcrumbs and fresh dill. Bake at 350 for 20 minutes covered.
- **Stuffed Shells (Dairy)**
 - You can find any recipe on Google but this is what I do:
Preheat toaster oven to bake 400 (for some reason I think it's less strong than oven). Cook half box of shells, al dente. Make mixture of 1 egg, 1 c ricotta or cottage cheese (if cottage, whip well to make creamy), 1 c mozzarella cheese, salt and pepper, mix well. In 8 inch round foil pan, use half jar marinara sauce or 1 can tomato sauce (mix LOTS of spices into tomato sauce), line shells up and fill with stuffing. Bake covered for 40min-1 hr until done.

Can also follow the recipe on the box. You can also fill the shells with stuffing while raw, add a little more sauce and water (it should cover the shells), and bake for an extra half hour

- **Easy Crunchy Chicken**

- Spread mayonnaise all over chicken. Cover with flavored bread crumbs. Bake at 400 for 1 hour covered and additional 20 minutes uncovered.

- **One-Pan Chicken and Potatoes**

- In 8 inch round foil pan, smear chicken with honey, garlic and salt. Surround with 2-3 diced potatoes (or halved little gold or red potatoes) dressed with a bit of olive oil, salt, garlic and paprika. Bake at 425 uncovered for an hour.

- **Pan Seared Shnitzel** (tastes fried but without all the work)

- In a large frying pan, saute onions. Coat chicken cutlets with flour and then sprinkle spices (salt, black pepper, garlic pepper, or use Montreal steak spice). You can also first mix the spices into the flour. Heat oil on high, fry shnitzel on one side for 30 seconds, flip over and fry another 30 seconds. Cover tightly, remove from flame, and keep closed for twenty minutes. Do not lift lid even to peek!

- **Red and Yellow Salmon**

- In a large saucepan, saute 1-2 diced onions and 2-3 cloves garlic. Dice about 6 plum tomatoes (the softer the better - great way to use up mushy tomatoes) or 2-3 large regular tomatoes. Add a bit of water (so it doesn't burn) and simmer on low until tomatoes become soft and use fork or masher to mash down even further. (Or skip this step and use 1 can crushed tomatoes.) Flavor with turmeric and cumin. Put salmon in pan so it is covered by sauce and cook about 20 minutes on medium heat, covered. Serve over rice or rice pilaf.

- **Popcorn Cauliflower**

- 2 heads cauliflower, cut head into medium sized florets and discard stems
- 1 teaspoon salt
- 2 tsp sugar
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/2 tsp paprika
- 1/4 - 1/2 tsp turmeric
- 6 - 8 Tablespoons olive oil

1. Preheat oven to 450

2. Line a jelly roll pan or baking sheet with parchment paper

3. in a large bowl, combine the salt, sugar, spices and oil. Add cauliflower florets and toss to evenly coat.

4. Place in a single layer on the prepared sheet

5. Roast uncovered for 30-35 minutes until the largest piece can be pierced with a fork. If the tops are starting to get too brown, toss the cauliflower during the baking process.

SALADS

- **Canned Salad** (for when you're out of everything)
 - Chickpeas, corn, hearts of palm, pickles, red pepper, purple onion. Dress with olive oil, a drop of vinegar and lemon juice, any spices (salt, pepper, parsley, garlic, onion). You can put this salad away dressed and it doesn't get soggy, it's marinated so it's almost better.

Other, Non-Lubavitch Wedding Resources

This is listed last so you don't get overwhelmed by the possibly irrelevant information. However some of it may be of use (if so, incorporate it into the above text!)

- <https://sites.google.com/view/everythingwedding>
- Frum wedding facebook group <https://www.facebook.com/groups/1709935719328290/>
- Wedding checklist
http://chesedfund.com/wp-content/themes/chesedfund/downloads/Wedding_Checklist_11Nov.pdf
- Vendors and resources <http://www.chossonandkallah.com/new-york/>