



Welcome  
to Rikki's  
Mikvah



**R)KI'S**  
**M)KVAH**  
מקוה טהרה עין רבקה







# Rikki's Mikvah

Rikki's Mikvah is dedicated in Loving Memory of our dear sister Rivka - Riki Farkash ob"m.

Riki passed away on the 10th of Adar at the young age of twenty seven. In Hebrew 27 is za"ch = purity; At the age of Zac"ch she returned her Holy and Pure soul to its maker.

Riki lived a life filled with love, happiness and deep care for others. She extended a happy countenance and generous spirit to all she encountered, especially to the community of children with special needs whom she was a part of.

Riki founded "Shluvot" an organization for Special Needs children in Israel. She both fund-raised and planned the events on behalf of Shluvot

Riki was a true "Shlucha" emissary of the Lubavitcher Rebbe, she spread his teachings of chassidut and took an active role in the "Campaigns" established by the Rebbe,

Although she was unable to immerse in a Mikvah during her lifetime, it is in her great merit that all women who visit this special oasis will have the opportunity to immerse in Riki's Mikvah.

The Purity and Sanctity that you bring unto yourself and your family after immersing in this Mikvah, elevates Rivkahs soul and enables her to continue fulfilling her life mission.

With our parents blessing and support, we decided during Shiva that it would be most appropriate to dedicate the building of our Mikvah in honor of Riki.

With much appreciation to the Adar Foundation who donated the funding to complete the building of the Mikvah in her loving memory

May her memory be for a blessing.

*Rabbi Berry and Nechama Farkash*

Riki's Mikvah has been made possible due to the great support and talent of many special individuals. They have gone above and beyond...

On behalf of our beautiful Issaquah Jewish Community we thank you from the depth of our heart, for this beautiful gift you have granted us.

May G-d bless you all with health, wealth, joy and Nachat from your families and grant you with all your hearts desires "Letovah"

*We hope we did not omit any names, if so it was unintentional please accept our sincere apologies*

Fima Kotlyar • FK Construction

Vered Mizrahi • VeryRedDesign

Tamar Alsberg • Artistic

Al Benoliel • Mezuzah artist





# The Jewish Woman's Guide to Living Mindfully

*By Freidy Yanover*

If you are a woman, then you may have once baked a loaf of bread, offered a single prayer and loved another, like no one else ever has. But did you know that to eat, to pray and to love, are a great deal more than random, transcendent opportunities?

The three mitzvot of the Jewish woman; to sanctify the produce of our homes, to sanctify time and to sanctify our sexuality, are the keys that unlock the mystery of living mindfully. The souls deep-rooted yearning to live an inspired life is satisfied in the fulfillment of the mitzvot of the Jewish woman.



# What is a Mitzvah?

Remember when you first went off to college? After all the extra hours Mom had worked to bring you to this day, she was proud and a little sad. She seemed to be victorious and a bit melancholy as she gave you instructions; call home, stay mindful, and keep in touch. Be happy. Make a difference. Call home, remember your roots - call home.

A mitzvah is a call home.

With the creation of man, G-d gave the human being endless opportunities and a phone card. Sure, we call when we need money, but we can also check in all the time, stay connected, stay true to our roots and keep close to our Maker. Stay mindful while the world is losing its head. Even change the world, one divine deed at a time.

The Torah offers the Jewish woman opportunities that cater to her unique needs and sensitivities. Clothed in physical experiences, these spiritually infused acts become a link between a woman and her Creator. Mind and body, heart and soul, calibrate in a transcendent experience of a fuller life and a happier you.

# To Eat



The Mitzvah of sanctifying ones produce finds expression in preparing the Shabbat bread loaves. The raw materials used by Sara, the archetype Jewish woman, became a source of new dynamic energy through the act of separating a portion of the completed dough, with blessing and meditation. Our sages relate that the blessing in Sara's dough permeated her tent from one Shabbat, to the next. In Temple times, a portion of the loaves was separated and sanctified to the Temple priests.

Today, when every Jewish home replaces the Holy Temple, we separate and bless a portion of the produce of our own homes, the Shabbat bread dough, and consecrate the experience of food, home and creativity.

# To Pray



Flames have become a symbol for offering up a prayer. In times of joy and in moments of need and even anguish, the world lights a candle and we sense that G-d is watching, listening.

The soul of man is the candle of G-d. These words uttered by our Sages some two thousand years ago, resonate most powerfully with the lighting of the Shabbat candles, before sundown, on Friday evening.

The workweek has come to its end. Life on the fast track has played itself out to its very last jarring note, and now the Shabbat lights offer transformation. The opportunity to make holy that which, just moments ago, was mundane. To sanctify time itself.

Across the world Jewish women wave their hands over the flames, and whisper a hushed prayer, blessing time and the uniqueness of Shabbat. Praying for all their hearts desires, for loved ones and for humankind.

It is in those precious moments of deliberate, yet transcendent, reflection that prayer lets loose from its earthly abode and soars, taking us ever higher on the journey of self-discovery and ever deeper into a life of soul awareness and inner peace.



# To Love



Intimacy in Judaism is a sacred and wondrous thing. The physical union of husband and wife is the fusion of vibrant yet diverse divine matter in a single soul experience.

The ebb and flow of a woman's organic rhythm, dictates the pattern of a couple's sexuality. The onset of the feminine cycle determines a time of physical distance for husband and wife, while promoting creative opportunities for non-physical communication.

A couple blissfully reclaims their physical intimacy in a state of sanctity, achieved after a woman prepares herself for and immerses, in a Mikvah.

The Mikvah, is either a natural body of water such as an ocean or a river, or a man-made pool constructed in accordance with specifications deeply rooted in mystical Kabbalistic sources, the secrets passed from generation to generation. The Mikvah envelops a woman in a womb of life-sustaining waters, allowing her to experience a metaphysical rebirth with each immersion into this eternal pool of life.

The experience of intimacy, becomes a gift - love consecrated and sustained, in this mitzvah of Mikvah.

# The Author

**Freidy Yanover** was born in Brooklyn and now lives in Johannesburg, South Africa where she works as a spiritual counselor. She lectures internationally on the kabbalah and contemporary mysticism. Freidy and her husband are parents to a blended family of eight.

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# The Artistic Inspiration for the Mikvah

NEVE MIDBAR -  
DESERT OASIS



*By Amy Gunderman*

When Nechama approached community members, artist Tamar Alsberg, and interior designer Vered Mizrahi, about designing the Mikvah, they immediately jumped on board. Longtime friends, Tamar and Vered were excited to use their artistic experience and camaraderie to create a unique and beautiful Mikvah for our community.

Soon after meeting together to work on the project, Tamar and Vered came up with the theme, Neve Midbar-Desert Oasis. Surrounded by lush forests and bodies of water at almost every turn, the desert is an unlikely inspiration source in the Pacific Northwest. Yet that was Tamar's first thought when someone asked her why we needed a Mikvah here. "We need to build ourselves in a spiritual way. Even though we have so many trees, it's a desert here, spiritually." From that, came the idea of an oasis.

## OUR IMAHOT

Nechama added further inspiration when she brought up the idea of our four matriarchs, Sarah, Rebecca, Leah, and Rachel. Strengthening our connection to our roots, Nechama enlisted the artistic talent of Rabbi Farkash's cousin, Chomi Groman. Chomi generously painted the four matriarchs to be displayed on the walls in the Mikvah. "I hope that the walls will speak to them" Vered says, "I hope that what we have created has its own language and it will say something spiritually to them."

Though Tamar and Vered have worked together before, designing the mikvah may be their best collaboration yet. Their tremendous talent is rivaled only by their genuine love and respect for one another. "Tamar is a great visionary" Vered tells me. "Anything we do together is really inspiring. I'm saying it from the heart, working with Tamar is a treasure in itself." The beauty of their seamless partnership on this project, is that Vered takes Tamar's artistic vision and brilliantly brings it to life. Every detail is artfully selected and perfectly placed in a way that makes it look effortless. Tamar adds, "Vered makes it all come together with the best outcome."

In addition to being inspired by working on this project, Tamar and Vered are filled with gratitude. "We need to say thank you to Nechama and Rabbi Farkash" Tamar states, "They allowed us to do this biblical adventure. They were really amazing". "They gave us a voice. We don't take it for granted", Vered adds.

Tamar and Vered are eager for the women in our community experience of the oasis that they so passionately designed. They want women to enter the Mikvah and through the purity of the materials and the thread of light, surrounded by our Matriarchs, feel that they are being transported to another era. This spiritual journey is what they hope will connect us to our roots and allow us to feel that we too are woven in as a part of the story. "We wanted to make it a pleasure, not just physical, but spiritual" Vered says. "I hope women will love it so much that they will come just like they are going to a spa," Tamar continues, "because it is a spa, a spiritual spa, which is even better because you are doing something from the inside."



# Rikki's Mikvah

The first encounter with Rivkah our Matriarch, occurs at a well in ancient Mesopotamia.

Abraham sent his servant, Eliezer, off with a task: "Find a suitable wife for my son Isaac."

How, though, could Eliezer be secure in the knowledge that the woman he chose would indeed measure up to the standards of the saintly Isaac? Eliezer came up with a plan.

Hence was born the famous "camel test": Eliezer would ask a young girl for a sip of water, and if she offered to provide water for his camels as well, she would be the one! There was an essential characteristic that Eliezer was looking for in a potential wife, something ingrained in—and part and parcel of—the family of Abraham: boundless lovingkindness.

What made Abraham's chessed unique was not that he welcomed and catered to his guests in the most generous manner, but rather that he actively searched for the opportunity to do such deeds. This was the quality that Eliezer looked for in a future wife for Isaac.

# Rivkah's Water Jug



The numerical value of the word pitcher (כד) is 24, alluding to the twenty four books of the written Torah. The spring alludes to the source of Divine wisdom. The twenty four books form the channel through which G-d's wisdom flows into this world.

Additionally, the word for her pitcher (כדה) alludes to the Oral Torah. The Oral Torah is identified with the sefira of expression, malchut, which in turn is identified with the final "hei (ה)" of G-d's name. The Oral Torah is a pitcher that draws from the twenty four books of the Written Torah.

Alternatively, while the pitcher symbolizes the Written Torah, the spring into which it was lowered symbolizes the Oral Torah. Dipping the pitcher into the water thus signifies the synthesis of the Written and Oral Torah.

Furthermore, Isaac personified the Written Torah and Rebecca, the Oral Torah. Thus, the incident of the well is an expression of the unity soon to be accomplished through their marriage.

*The Rebbe's Chumash, Genesis 24:16*

# Women of the Well



Spiritual Purity and Sanctity, have been at the epicenter of Jewish and Family life from the inception of our existence as a nation.

Our four Matriarchs Sarah, Rivkah, Rachel and Leah introduced three special Mitzvot that are primarily fulfilled by the Jewish Woman: Challah, Lighting Shabbat candles and Mikvah.

After the Exodus of Egypt the practice of Mikvah followed us thru our 40 year journey in the desert: Miriam's Well was used both as a source of water and as a Mikvah.

During times of prosperity or persecution: Archeologists have found Mikvaot amidst the ruins of glorious Jerusalem and atop of the besieged Mountain of Masada where water was scarce.

Mikvah continues to follow us to this day...

In the year 2018, Luxurious and comfortable Mikvaot are being built all around the globe while Jewish Women reclaim this special Mitzvah with joy and pride.

This is your opportunity to link yourself to the timeless chain of  
WOMEN OF THE WELL





# *Dedications*





ר יוסף לוגער  
 ר אלעזר מייזליש  
 ר בנימין מיללער  
 לזכות רבקה בת מרים געלא ויצחק אייזיק בן סימא  
 לאה לזש ק  
 ר יואל פאלעטשיק  
 ר יוסף פריינד לע נ ר יושע ב ר חיים נתן. ברכה  
 בת ר חיים ר אברהם ב ר משה ז ל  
 לע נ ר אליעזר בן ר זאב ונעכא בת ר דוד מאיר  
 ע ה  
 ר נחמן שלאגער  
 ר משה שווארץ  
 ר צבי שווארץ  
 ר בערל שמיט  
 ר משה שטארק  
 ר חיים שלמה שטערנבערג  
 לזכות אהרן בן יהודת ומרים בת פריידא וכל  
 משפחתו יוצאי חלצוי  
 ר ליפא טייטעלבוים  
 לזכות שאול יחזקאל בן פראדיל רייזיל הינדא בת  
 חנה להצלחה בכל ענינים  
 לעילוי נשמת זיסא ארי ב ר אברהם חיים  
 ר ישראל זיגעלמאן

ר שמעון דוד אקערמאן  
 ר משה ארי בערקאוויטש  
 ר יהודה בלאכאראוויטש  
 ר אברהם בראך  
 ר יעקב משה דרעזנער לזכות יעקב משה בן הינדא  
 אסתר חו בילא שיינא רחל בת שרה הענדיל וכל  
 יוצ ח להצלחה בר וג  
 מרת חנה עליאס  
 ר חיים אלעזר פאלקאוויטש  
 ר יואל פילאפף לזכות יואל בן חנה מלכה  
 לע נ הינדא פעריל בת ר אברהם אביש ע ה  
 ר משה אליעזר גליק לזכות חוה בת פראדל יוטא  
 לזיוג הגון  
 ר שלמה גאלדמאן  
 ר טובי צבי גראס  
 ר אהרן גרינוואלד  
 ר אליעזר גרינוואלד  
 ר חיים הערצאג  
 ר מענדיל יאקאבאוויטש  
 ר משה קרויז  
 לע נ הרב החסיד יהודה אריה בן יצחק ז ל נפטר  
 י ב אייר תשע ה  
 ר נחמן לייפער  
 לזכות שלום אליעזר בן רבקה וכל משפחתו

**BOR MEI GESHUMIM**

**Is dedicated**

לע"נ

מוה"ר ר' משה חיים בן ר' יעקב יוסף ע"ה  
מנדלבוים

נפטר כ"ח אב תשס"ז לפ"ק  
ת.נ.צ.ב.ה.

**BOR MEI GESHUMIM**

**Is dedicated in the merit of**

מרת עלקא רבקה אסתר בת חנה תח'י  
לזכות זיווג הגון, ולהפקד בזרע של קיימא

במהרה אמן

Dedicated by her friends

## **BOR MEI GESHUMIM**

**Is dedicated in the merit of**

מוה"ר ר' עוזיאל בן מרים יוכבד הי"ו

וזוגתו מרת יטל בת שושנה תחי

להפקד בזרע של קיימא במהרה

We respectfully request that users  
of the Mikvah pray for them  
to be blessed with healthy children  
who will perpetuate the legacy  
of our matriarchs and Patriarchs

**BOR TEVILAH**

**Is dedicated by**

מוה"ר ר' יצחק משה ווערצבערגער הי"ו

וזוגתו מרת ח' מרים תח'י

New York

לע"נ זקינתם

מרת שינדל בת ר' נחמיה ע"ה

נפטרה ר"ח טבת תשס"ח לפ"ק

ת.נ.צ.ב.ה.

## **BOR TEVILAH**

**Is dedicated in the merit**

מוה"ר ר' יצחק משה ווערצבערגער הי"ו

ומוה"ר ר' אברהם בן מירל הי"ו

וזוגתו מרת פיגא נעכא מלכא בת שרה תחי'

להפקד בזרע של קיימא במהרה

We respectfully request that users  
of the Mikvah pray for them  
to be blessed with healthy children  
who will perpetuate the legacy  
of our matriarchs and Patriarchs

# BOR MEI GESHUMIM

נתנדב ע"י

מוה"ר ר' יוסף יצחק אייזיק שליט"א

וזוגתו מרת שפרה תח'י

לע"נ הוריהם

הרה"ח ר' מנחם אהרן בן הרה"ח ר' יחיאל מיכל ז"ל

וזוגתו מרת צביה בת הרה"ח ר' מאיר יעקב ז"ל

\*\*\*

הרה"ח ר' מרדכי בן ר' מנחם ז"ל

וזוגתו מרת ח'י זיסל בת ר' דוב מרדכי ז"ל

ת.נ.צ.ב.ה.

**R | KI'S**  
**M | KVAH**  
מקוה טהרה עין רבקה

In recognition of and with deep appreciation for  
**Mikvah USA**

For their invaluable assistance in constructing this Mikvah





לע"נ השלוחה מרת שיינא חי' ע"ה בת הרה"ח ר' שלום דובער ע"ה  
נלב"ע ערב חג הסוכות ה'תשע"ד  
נתרם ע"י חתנה ובתה הרה"ת ר' שלום דובער וזוגתו מרת מאשא שיחיו ליין

\*\*\*

לזכות מרת ביילא תחיל בת הרה"ת ר' יוסף שיחיל וכל יו"ח שיחיו  
נתרם ע"י בעלה הרה"ת ר' ישראל שיחיל רוזמריין

\*\*\*

לזכות דוד בן רחל וזוגתו מרת חנה בלומא בת גישא ברינא  
לנחת רוח חסידותי יהודי מכל יוצאי חלציהם  
מתוך בריאות הנכונה והרחבה גדולה בגשמיות  
בטוב הנראה והנגלה

\*\*\*

In memory of our beloved Mother, Edythe (Nanny) Winograd.  
By Sharyn Mintz and Ilene Steinman

\*\*\*

Rabbi Moshe and Ruty Weiss and their children  
Sholom Eliezer, Menachem Mendel,  
Yonah Mordechai and Chana Pearl  
*Sherman Oaks California*

\*\*\*

In loving memory of our mother  
Lea Bat Estrea Almo  
Dedicated by Eli and Rebecca Almo

\*\*\*

Dedicated in honor of Barry Rosinger and Family  
*Brooklyn, N.Y.*

\*\*\*

Dedicated in honor of Amram Liphshitz and Family  
*Lakewood, N.J.*

\*\*\*

Dedicated in honor of Fred and Michelle Cohen  
*Peoria, Arizona*

\*\*\*

Dedicated in honor of Amir and Limor Chitrit and Family  
*Issaquah, Washington*

Dedicated in honor of Rabbi Mordechai Rozenfeld and Family  
*Brooklyn, N.Y.*

\*\*\*

לע"נ הרה"ג ר' אברהם יצחק ב"ר נתן ז"ל  
ותבדלחט"א זוגתו מרת רחל נעמי שתחי' בת אלטא דבורה  
ע"י ולזכות הרה"ח אליהו בן רחל נעמי שיחי' וזוגתו יונה נחמה בת מטיל  
לאה וכל יוצ"ח שלוסברג

\*\*\*

Dedicated by Mendy and Chanie Fischer  
in honor of their children

\*\*\*

לזכות מוה"ר שלמה בן טויבא הי"ו וזוגתו מרת דינה מירל בת חי' שרה תחי'  
וכל משפחתם שיחי'  
לברכה והצלחה בכל מעשי ידיו ונחת מכל יוצאי חלציו  
נדבת מוה"ר שלמה הי"ו בויס

\*\*\*

לזכות ר' יצחק זאב שיחי' פרקש  
לכבוד יום הולדתו שנת החמישים לאויש"ט

\*\*\*

לזכות יהודה זאב בן דבורה כהנשטאם

\*\*\*

The Netilat Yadaim was dedicated in honor of  
LAURA COUGHLIN  
By her husband Akiva and the Coughlin Family

\*\*\*

The Mezuzah is Dedicated  
In Loving Memory of  
Mrs. Sarah Tema bat Harav Binyamin  
and Mrs. Sheindel Zelda Halevi Levitin  
Dedicated by her beloved family

\*\*\*

Dedicated by the Meromim Foundation

\*\*\*

This Mikvah Room is dedicated by  
Rabbi Yitzchak and Mrs. Shaindel Raitport  
*Brooklyn N.Y.*

May the Mitzvah of Taharas Hamishpacha  
serve as a source of blessing in all their endeavors  
Elul 5778 – September 2018

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### המצבה הזאת

והוא חקוק לזכרון שחדר הטבילה הזה נתנדב.  
לזכות ולע"נ הטהורה של האי קדוש וטהור צדיק יסוד עולם, עינם ולבם של  
ישראל עמוד התפילה ועמוד העבודה, מופת הדור אשר רבים מבני דורו עמדו  
אצלו לבקש על נפשם ולפעול בעת צרתם, ופעל ישועות בקרב הארץ למעלה  
מדרך הטבע, ואף לאחר מותו עודנו עומד ומשמש כאב רחמן  
ה"ה רבינו הרב הקדוש חיים זאנוויל בר' משה ויוטא צפורה, מריב(מ)ינץ  
זצוק"ל נ"ע

אשר הוא עצמו מסר את נפשו למען קדושתן וטהרתן של ישראל ולמען  
מקווה טהרה, ובפרט בימי צר ומצוק בגלות אירופה פעל למען מצווה רבה זו  
במסירות נפש עד כלות הנפש ממש,

וזכותו של האי נפש נקי וצדיק יגן בעד הנדיבים החשובים שיזכו שלא ימושו  
טהרה מהם ומזרעם וזרע זרעם עד עולם, ולא ימצא פסול בזרעם עד סוף כל  
הדורות, ויושפע עליהם חיים ארוכים להם ולכל הנלווים אליהם מתוך  
בריאות גופא ונהורא מעליא, ומזוני רוויחי מתוך אושר ועושר ושלוות הנפש  
והרחבת הדעת עד ביאת גואל צדק במהרה בימינו אמן

\*\*\*

The Windows of the Mikvah are dedicated in honor of  
Menachem Mendel be Velvel Hacoheh and Yocheved bat David  
By Mr. Lawrence Ginsberg

\*\*\*

In honor of דוד בן שיינא and פערל גאלדא בת לאה

\*\*\*

לזכות יצחק הכהן בן מינה  
וזוג' פרידה חגית בת צפורה וי"ח שיחי

\*\*\*

In Honor of Lea Solomon and Family



# R | KI'S M | KVAH

מקוה טהרה עין רבקה

