

How do I get a **Shmiras Haloshon Awareness Group started?**

What's a Shmiras Haloshon Awareness Group?

By forming a Shmiras Haloshon Awareness Group, you have the power to create a great shield of protection to spread out across the world. The unmatched power of a group effort in Shmiras Haloshon truly can change your life -- and our world! **It's a simple way to fill the entire day with the merit of Shmiras Haloshon.**

Step 1: Invite members (family, office, shul, school, neighborhood) to join your group.

Step 2: Each member commits, bli neder, to a one-hour period during the waking hours of the day to be especially careful with shmiras haloshon.

Step 3: Begin the Machsom L'fi by reciting:

- o The short kabbalah (verbal acceptance) accepting the Machsom L'fi
- o The Chofetz Chaim's tefillah for success in Shmiras Haloshon

o Keep the schedule for 40 days as a zechus for someone. You can renew for another 40 days for the same or a different person.

o For optimum success, **start by learning two halachos of Shmiras Haloshon.**

What does Chofetz Chaim Heritage Foundation Provide?

1. We are offering a weekly teleconference.

o Every Motzai Shabbos at 9:00 PM call in for an inspirational teleconference to keep your group motivated and get details and chizuk on how to start a group in the most powerful way.

Call the Chazak line at 718-258-2008 option 9 selection 1.

1. Website - Start your Shmiras Haloshon Awareness Group in an instant!

Visit our website at www.startamachsomlfi.org and follow the few simple steps.

Each participant can **sign up for a free daily learning email** and an **email reminder** that they will receive right before their Shmiras Haloshon Hour begins.