Matnat Chaim
Donating Kidneys with Love



Matnat Chaim has facilitated over 2110 transplants

President's Message
Rachel Heber, President of Matnat Chaim



Shalom and blessings,

The days of Bein HaMetzarim remind us not only of what we have lost, but also of what we have the power to rebuild. As our sages teach, the Holy Temple was destroyed because of baseless hatred, and its repair begins with unconditional love.

When a person chooses to donate a kidney, they are saying—without words—that the people of Israel are one family. That another person's suffering is their own, and that another person's life is as precious as their own. This is unconditional love in its purest form.

Especially during times of challenge, pain, and uncertainty, the light of giving shines brightest. Every kidney donation is a declaration of faith—faith in God, faith in the people of Israel, and faith that goodness creates more goodness, and that acts of kindness inspire even greater kindness.

My late husband, Rabbi Yeshayahu Heber z"l, often said that it is not enough to mourn the destruction with words alone—we must respond through action.

Each day, we are called upon to lay another stone in rebuilding life. Kidney donors embody this idea in the deepest possible way, giving the greatest gift imaginable: years of life, hope, and joy to entire families.

There is no doubt that even those who do not donate a kidney, but support our work and help us spread this message, raise awareness, and bring forward more kidney donors—thereby enabling us to continue saving lives—share in this tremendous merit.

I pray that we may continue to increase love, unity, and generosity.

May these days of Bein HaMetzarim soon be transformed into days of joy and celebration. May we merit to witness the rebuilding of Jerusalem, the unity of the people of Israel, and the complete redemption.

With deep appreciation,
Rachel Heber

From Reserve Duty to Saving a Life

Over the past year, Hagit Maor, a mother of five and grandmother of eight from Tzur Yigal, was called back to reserve duty, where she has been supporting soldiers wounded in the Swords of Iron War.

Amid the daily responsibilities, the encounters, and the care she provides to those injured in the war, she carried with her a long-held dream: to do something truly meaningful for someone outside her own family.

This year, that dream became a life-saving act. Hagit chose to donate a kidney to someone she had never met, giving them the chance for a new life.

At a time when we speak about unconditional love, Hagit's story reminds us that giving takes many forms: through service, support, compassion, and sometimes through one courageous decision that gives someone else the gift of life.





Read the full story (Hebrew) >>

When Unconditional Love Becomes the Story of an Entire People

Avner Ben Nun Donated a Kidney to Tal Weber

In a moving post, Chili Tropper shared the story of Avner Ben Nun and Tal Weber: two tall, strong men, and above all, two people with enormous hearts.

Avner, a man devoted to volunteering and helping others, chose to donate a kidney to someone he had never met. His kidney was transplanted into Tal, creating a deep human connection between two people brought together by one extraordinary act of giving.

On Tisha B'Av, this story reminds us that the path to healing is built through action. Sometimes through kind words, sometimes through a small gesture of help, and sometimes through the greatest gift one person can give another.



Read the full post (Hebrew) >>

Continuing to Give Life

Thanks to our partners and supporters, Matnat Chaim continues to accompany kidney patients, connect donors with recipients, and give more people the opportunity for a new life.

Every donation enables us to reach more people and continue saving lives.

This Tisha B'Av, let us choose unconditional love.

Donate to Matanat Chaim >>

Wondering Whether You Could Donate a Kidney?

Find out in less than 30 seconds



Complete the eligibility questionnaire >>

May we merit to transform pain into hope, destruction into renewal, and baseless hatred into unconditional love.

Wishing you an easy and meaningful fast;
may we share only good news