“And whatever will be too difficult for you, you shall bring to me and I will hear it.” Devarim 1:17

Quite often we find a great deal of psychological wisdom contained in the words of the Torah. It is common knowledge in the practice of psychology that in the process when the client or patient is describing their particular problem they discover a solution. King Solomon tells us in Proverbs 12:25 – “if one is worried let him relieve himself of it.” The Talmud explains this to mean that if one is worried about something he should speak it over with another person, because this will bring relief. The Gerer Rebbe said that this idea can be seen in the words of Moshe Rabbeinu that if you have something difficult, bring it to me and I will listen to it. Moshe doesn’t say he will solve it – he said he will listen. Simply by asking, and allowing the other person to describe the problem, one may help the person find its solution. This is a very important point which goes a long way in fostering healthy relationships, love and comradery, because many times what people crave is just a listening, sympathetic ear.
It shows that we care and we are here for you, and that can go a long way in removing worry and fear from a person’s heart. This Tisha B’Av, let’s do our part in creating an atmosphere of more love and that can be done with a little less talking and a lot more listening.

*Sefer: Living each week*

Wishing all of you an inspiring Shabbos and an easy and meaningful fast!

*Rabbi Moshe Gruenstein*

**B”H**

*Together let us rebuild our holy Beis Hamikdash on Tisha B’Av*

*Transforming days of sadness to days of joy*

Please join the women and girls of our community for a spiritual morning of prayer, inspiration, unity and Ahavat Yisrael on behalf of our brothers and sisters in Israel, our Holy Land, and all over the world.

Your participation and prayers will surely bring blessings from our Father in Heaven.

*At the Shul*

9540 Collins Avenue, Surfside

*Tisha B’Av*

*Sunday, August 14, 2016 at 12:00pm*

Rebbetzins: Miriam Elmaleh, Rina Gruenstein, Michal Haliwa, Yael Koskas and Chani Lipskar

*(Simultaneous Children’s Program)*

The last statements for this fiscal year were mailed. If you have a balance due, please pay it as soon as possible. Membership renewal starts as of August 1, 2016. It is very important to clear the account. Should you have any question regarding your statement, please contact the Young Israel Office.

The Membership Renewal/High Holidays reservation letter was sent out – by both email and US mail. Please respond at your earliest convenience. Should you have any questions please contact the Shul’s office.

Thank you for supporting your Shul!
Classes and Upcoming Events

- Table Talk is on hiatus.
- Ladies Tehillim group will meet on Monday at 10:30AM at the Young Israel.

Congregational Family and Shul News

- Kiddush is co-sponsored by Dennis & Rachel Lisbon, Julie & Yechezkel Schreiber and the grandchildren of Shelly & Miriam Lisbon – Shani, Yitzi, Ari, Dina, Danielle, Shalom Lev, Saran and David – in honor of Shelly & Miriam Lisbon’s 50th Anniversary; and by Alice Lekht in honor of introducing the Lekht family to the congregation.

   Building Fund

   - Important! Please pay your building fund pledge commitments at your earliest opportunity. Thank you.

   Youth Program

   - All youth may turn in the tickets they received for their wonderful participation for great prizes.
   - Any parents who would like their young sons to lead parts of davening in shul, please speak to Rabbi Fried.

Upcoming Simchas and Events

- August 20, 2016 – Bar Mitzvah of Moshe Restler
- August 27, 2016 – Bas Mitzvah of Rachel Attias
- September 3, 2016 – Bas Mitzvah of Baily Spitz
- September 10, 2016 – Shabbos of gratitude and support for the police in our community.
- September 17, 2016 – Bar Mitzvah of Liam Senker

Please Note:
Baby strollers are not allowed in the Sanctuary.

If you are interested in sponsoring Kiddush or Seuda Shlishis, please contact Stuart Harris or Yakira at (305) 866-0203.
New Mailing Address: 9580 Abbott Avenue, Surfside, FL 33154
P.O. Box 545985, Surfside, FL 33154-5985

Shabbos/Holiday Schedule: To view the schedule, please go to our website, www.yicbh.org and click on Holidays/Shabbos Info.

Email Addresses: To contact Rabbi, Office, Youth Director or Gabbaim, please email Rabbi@yicbh.org; yakira@yicbh.org; Rabbifried@yicbh.org; gabbai@yicbh.org

Please coordinate with the office prior to setting up a meeting at our shul. The office will coordinate and make sure the building is open at the appropriate time and that there is no conflict in scheduling.

Thank You

The Young Israel Congregation of Bal Harbour has an extensive Torah Library both in Hebrew and English. Our English Torah lending Library is located in the conference room and will be open Monday-Thursday 9:00AM-5:00PM. The Torah library has been made possible through the generous sponsorship of Andrew and Basya Lowinger in memory of Maurice Lowinger z’l.

We can now accept on-line donations via our shul website directly through PayPal. Please use this link http://www.yicbh.org/payment.php, or first go the website, www.yicbh.org, and click on Membership & Donation and press Donate. Please note it is very important you indicate in the “Payment Notes” the specific donation that is being paid for (membership, kiddush, aliyah, etc.).

Please submit all insertions for the Shmooze News to yakira@yicbh.org by noon on Thursday.