**Shabbos**

Candle Lighting 7:41 PM
Mincha/Kabbalas Shabbos 7:00 PM
Daf Yomi 8:00 AM
Talmud Sotah 8:15 AM
Shacharis 9:00 AM
Shiur 6:40 PM
Mincha 7:30 PM
Havdalah 8:44 PM

**Weekday**

**Shacharis**
Sunday 8:00 AM
Mon-Fri 7:00 AM

**Mincha**
Sunday-Thur 7:50 PM

You shall not hate your brother in your heart… Do not seek revenge nor bear a grudge against your people! (19:17-18)

Destructive behavior is invariably a result of faulty character traits. If we find ways in which a person has discontinued destructive behavior, we can safely assume that some faulty character traits have been corrected. One of the great pitfalls of life which can effect a person deeply and remain with someone for decades is resentment. In order for a person to move on in life, a person must train himself to let go. In fact, this concept is always mentioned in the meetings of “Alcoholics Anonymous,” where one seeks the serenity to accept that which cannot be changed, the courage to change that which can be changed, and the wisdom to know the difference. Trying to change the unchangeable can only lead to exasperation and frustration. Harboring resentment only brings anger, sadness and depression. Ultimately it is acceptance and understanding that in the end brings serenity and tranquility to one’s life.
This is actually conveyed in the aforementioned verses of not hating your brother in your heart and not bearing a grudge. How foolish to allow someone you dislike to dwell within you? Do not waste your efforts in futile behavior. Accept people for who they are, let go – move on and realize that you can only do what’s right, because it is only your actions and words over which you have control and not their consequences. In the final analysis it is G-d that will decide what the ramifications will be.

*(Sefer- Living Each Week Rabbi Abraham Twerski M.D.)*

**Wishing you an inspiring Shabbos!**

**Rabbi Moshe Gruenstein**

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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, מאיר משה בן בן-ציון הלוי ז”ל.

**Our Siyum on the Tanach will take place on the second day of Shavuos, when we will have a community wide celebration.** Although most of the Neviim and Kesuvim have been taken, the majority of the Chumash has not. Please click below to view what was taken and what is still available.
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

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.