The Mitzvah of counting the Omer is observed from the 2nd day of Pesach until Shavous. We begin by saying, “today is the first day of the Omer” and so on until the 49th day. When we think of the Exodus and all the miracles that took place, we may lose sight of the greatest miracle of all, which was that we left Egypt on the 49th level of tumah (spiritual impurity) and in 49 days we reached the 49th level of tahara (spiritual purity) which is the greatest level a human being can attain. How did that happen? The answer is the secret behind the mitzvah of counting the Omer, where we count one day at a time. We develop spirituality by addressing one’s defects and blemishes one day at a time. The Torah is telling us that greatness can be achieved one step at a time in manageable morsels. In commanding this mitzvah, the Torah stipulates that this is a mitzvah for all generations because today, no less than it was at the time of the Exodus, the formula for success is taking it one day at a time. The yetzer hara (evil inclination) tries to discourage us from achieving spirituality by magnifying the obstacles we must overcome. Our answer to the yetzer hara must be, “I am not concerned with the challenge of a lifetime. I have only today to worry about and just for today I can live up to the high standards of what the Torah demands from me.”
While the mitzvah of counting the Omer is restricted to the period between Pesach and Shavous, the principle of living one day at a time is not. Living one day at a time is a year-round success formula for confronting the challenges of life and achieving spirituality.

Wishing you an inspiring Shabbos!

Rabbi Moshe Gruenstein

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, מארו, בasya-lowinger, ז”ל

Or Oziel invites you to get ready for Shavuos with Rabbi Pesach Krohn
Friday June 3rd, 7:30PM at Young Israel

Topic: “Reflective Enthusiasm”
For dinner reservations please call Miriam Elmaleh 786 879-6338
Adults: $60 Children $40

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.
Classes and Upcoming Events

- Table Talk will be held in the social hall following Kiddush.
- Ladies Tehillim group will meet Monday 10:30AM at the Young Israel.
- **Men’s Beis Midrash Program:** Thursday Night, 8:00PM in the Beis Midrash.

Congregational Family and Shul News

- Kiddush this week is sponsored by Alan and Debbie Kestenbaum in honor of the birth of their grandson.
- Seuda Shlishis is sponsored by Jeff and Cathy Weiss commemorating the yahrtzeit of Jeff’s father Morton Weiss z”l.
- We are looking for Kiddush sponsors for June 25th. Please contact Stuart Harris or the YI office.

Youth Program

- Any High School Teens that are interested in signing up for an exciting Shabbaton (May 27-29) heading to Gainesville and then Orlando on Sunday please speak to Rabbi Fried for more details.
- On Tuesday June 14 there will be a special fun summer trip for all 6th, 7th and 8th graders to Busch Gardens in Tampa. To reserve your spot please email RabbiFried@Yicbh.org
- Father and Child learning will continue this week during a special Seuda Shlishit upstairs. There will be learning, ice cream, and prizes!!!
- High School teens are invited to Learning and Frozen Yogurt every Wednesday night. Please contact Rabbi Fried for timing and location details
- This Shabbos, all Youth can once again turn in the tickets they received for their wonderful participation for great prizes.

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 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

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Please note when writing a check to our Young Israel, the check should be payable to “Young Israel of Bal Harbour” - (not Young Israel Congregation).

Thank you for your ongoing support.

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.