



Young Israel of Bal Harbour

The Dose

Wednesday January 27 , 2016, Shevat 19 , 5776

Sponsored by: Susan and Aaron Weinberg

in honor of our Rav, Rabbi Moshe Gruenstein for his teaching and spiritual leadership.

I found the following an amazing prayer that a great Rabbi & Tzadik would recite to G-d every day.

- Please G-d help me not feel that I have to say something at every opportunity and about every subject.
- Spare me from the urge to arrange everyone's lives for them.
- Make me a thinking person and not a person who is moody.
- Help me to be patient and to listen to the suffering & pain of other people
- Help me to realize that I too make mistakes.
- Grant me the ability to see good things even in places where I did not expect to see them.
- Help me to discern the positive qualities of others & most important to have the opportunity to express this to them

Wishing you an inspiring day!

Rabbi Moshe Gruenstein