



## **Young Israel of Bal Harbour**

### **The Dose**

Wednesday November 4, 2015, Cheshvan 22 , 5776

**Sponsored by: Susan and Aaron Weinberg**

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

We live in a society today of tremendous pressure. The desire to climb the ladder of financial success and to have what others have, the technological advances which allow us to be plugged in 24-7, the generation of conspicuous consumption and of ostentatious living all leads to great stress, unhappiness, and strained relations at home with the people we love the most. The Jewish antidote to the “me” generation, which can help alleviate some of this pressure, is taking out the time to study Torah and reevaluate our priorities of what's truly important in life -- to establish at home special times when we disconnect from our smart phones and computers and are focused on our spouses and children. The world will not come to an end if for 1 or 2 hours in the evening we disengage a little from technology and connect with humanity. It will only make us happier, wiser, and less stressful.

Wishing you an inspiring day!

Rabbi Moshe Gruenstein