The Midrash says that G-d’s calling to Moshe Rabbeinu was both an expression of love and urging to be diligent. The message is that when G-d is urging us do to something it is out of His love for us. To give an example, the lobster has a soft body and hard shell. Since the shell cannot expand as the lobster grows the lobster will eventually feel confined by the tightness of the shell. It then retreats into an underwater shelter, sheds its shell and grows a new one. As it again increases in size the process is repeated. The feeling of pain and discomfort the lobster feels is a signal for it to take steps to rectify the situation. This phenomenon has its counterpart in human nature.

Sometimes the distress and discomfort one’s experiences in life is an indication that one has to grow and we must work on eliminating those factors that impede our spiritual and emotional growth. Positive change is painful because human beings like to maintain the status quo. Our culture has become so indoctrinated with psychological concepts that we are likely to interpret feelings of emotional discomfort as pathological, as a feeling of depression which requires treatment. Sometimes, that actually may be true, but many times the discomfort is a sign of health.
rather than a disease, and that it indicates a need for growth rather than treatment. Every person has potential that has not been realized. Achieving maximum growth is not easy, but if we are wise we will understand that “growing pains” are a signal of divine love.

Sefer: Living each week
Rabbi Dr. Abraham Twerski

Wishing you an inspirational Shabbos!

Rabbi Moshe Gruenstein

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**Friday night Dinner (Shabbos Hagadol)**
Friday April 7 after davening
Cost: Member adult $75, Child $36
Non-Member adult $85, Child $40
Please RSVP to the Young Israel office

**Pesach First Seder**
Monday night, April 10 after davening
Cost: Member adult: $150, Child $75
Non-Member adult: $175, Child $90
Rabbi Gruenstein will be leading the Seder
Please RSVP to the Young Israel office

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**WE ARE LOOKING FOR SHABBOS KIDDUSH SPONSORS**
The winter season is ending and we are approaching the summer season, which historically is the “slow season” for getting Kiddush sponsors. We are therefore asking our members and friends to sponsor Kiddushim over the coming months in commemoration of special family occasions (anniversaries, birthdays, yahrzeits, etc.) or as just a gesture of support to our shul. As a special bonus, Kiddush sponsorship cost now is at “summer rates”, so that the basic Shabbos Kiddush is an extremely affordable $700. Of course, more elaborate Kiddushim can still be sponsored. We thank all for your support to this wonderful Young Israel tradition that so greatly benefits us all by allowing us to socialize in our beautiful shul building – a place of Kedusha, holiness.
Young Israel Congregation
Shmooze News
Parshas Vayikra, April 1, 2017

**Classes and Upcoming Events**
- Mondays at 10:30AM – Ladies Tehillim Group in the Beis Midrash.
- Thursdays at 8:00PM – Beis Midrash Night.
- Monday April 3, Lunch and Learn by Rabbi Gruenstein – Topic; Insights into the laws of Pesach and the Hagadah.

**Congregational Family and Shul News**
- Kiddush this Shabbos is sponsored by Young Israel Congregation.
- This week’s Hashkama minyan Kiddush is sponsored by Matis & Sharon Cohen in loving memory of Matis’s father Rav Yaakov Simcha Cohen z”l.
- Yasher Koach to Shelly Benveniste for her wonderful article on our Shul last week in the Jewish Press.

**Building Fund**
- Our thanks and gratitude to Isaac and Bahee Salver for increasing their donation to our new Building Fund by $3,200 to a total of $5,000. Yasher Koach.

**Youth Program - rabbifried@yicbh.org**
- Father & Child learning will take place upstairs during Seudah Shlishit with treats & prizes!
- Pre-Pesach Scavenger hunt for all Middle School Students (6th, 7th and 8th graders) on April 2nd. Please see flyer for details.
- High School teens are invited to Learning and Frozen Yogurt every Wednesday night. Please contact Rabbi Fried for timing and location details.
- There will be a Middle School Shabbaton for all 6th, 7th and 8th graders April 28-29. Please see flyer for details.
- End of the school year High School Shabbaton May 12-13. Please see flyer for details.

**E-mail communication**
When you e-mail the office please make sure your e-mail is to yakira@yicbh.org

**NOT yibh.org**
The e-mail for Florence, our new receptionist/secretary is florence@yicbh.org

Rabbi Gruenstein will be available for Mechiras Chometz in the morning after Shacharis this week. If the time is not convenient for you, then please call the Rabbi and he will accommodate you.
ATTENTION ALL MEN!

Please do not walk behind the 2 ladies’ sections during services. Please use side doors to enter and exit Sanctuary after 10:00 AM. Thank you for your cooperation.

If you are interested in sponsoring Kiddush or Seuda Shlishis, please contact Stuart Harris or Yakira at (305) 866-0203.

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

Search for Young Israel of Bal Harbour