

זמנים	מוצש"ק		הדלק"ג	
	מוצש"ק	הדלק"ג	מוצש"ק	הדלק"ג
Brooklyn:	4:52	6:21	Toronto:	4:38 6:07
Monsey:	4:51	6:20	Montreal:	5:08 6:38
Monroe:	4:51	6:20	Manchester:	4:26 5:37
Lakewood:	4:51	6:23	London:	4:25 5:55
Miami FL:	5:45	7:14	Jerusalem:	4:33 6:27



### The Best Medicine

Last week I found a painful lump behind my ear, and I was panicking! I was informed that it was a cyst, and it would need to be pierced and drained from the infection. It is a rather uncomfortable procedure. I decided to Thank Hashem that it was only a cyst and nothing serious. I also did my Hishtadlus and put a drop of coconut oil on it. I thanked Hashem for all the years I was free of cysts and asked Him to remove it. The next morning it had almost disappeared, and no need for any procedure now! Thank You Hashem!



### Pain Free Chest

My daughter was complaining for a few days that whenever she took a breath her chest hurt. She woke up during the night and still complained. I was going to take her to the doctor today. I thanked Hashem for all the times her chest didn't hurt and said I will Thank Hashem publicly when she wakes up and it won't hurt. Thank You Hashem, she woke up pain free!

### Hashem Helps All

I went to see my friend today. Last year this time, my friend was in such a difficult situation, they didn't have any food to put on their table. They didn't have any income, or profession, and her credit cards were turned off. They were thinking of moving, but she held on to her Emunah. She thanked Hashem every day and made thanking Hashem her Avodah. After a month, she got offered her dream job of being a caterer and making a nice living. Today, I got to see her apartment that she just renovated! Thank You Hashem for helping everyone in need!

### Banking with Hashem in Mind

I was struggling with a bank transfer that was supposed to be done yesterday, and most likely it won't work. I promised to thank Hashem in public if it will work, and everything went well. Thank You Hashem it everything worked!

#### Thought of the Week

The Holy Tzaddik R' Elimelech of Lizensk writes in his Sefer Noam Elimelech, on the Pasuk **ולמטן** **תספר באזני בנך**, that when Hashem with his ultimate Rachmanos brings a miracle for a Yid, it awakens the righteousness of Hashem, and it stays for generations to come. Which means, when a Yid needs a Yeshua, and he reminds Hashem of the miracle that was already done in a previous time, he merits to have the miracle brought back in his time of need. So too, when an individual thanks Hashem in public for a miracle that happened to him, and others hear about it, it brings the Yeshua for them as well. It is important to remember, that when you thank Hashem in public, you are not only helping yourself by bringing Hashpaos for yourself, but also for other Yidden.

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דאבריש בת  
ר' יצחק הלוי ע"ה

You can take the opportunity to sponsor the expense of this pamphlet and inspire others to thank Hashem in public, which will result in Yeshuos for yourself as well.  
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