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31st July 2020
Starts: 20:34 Ends 21:50 (22:02)

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Q&A Session

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8:15pm BST

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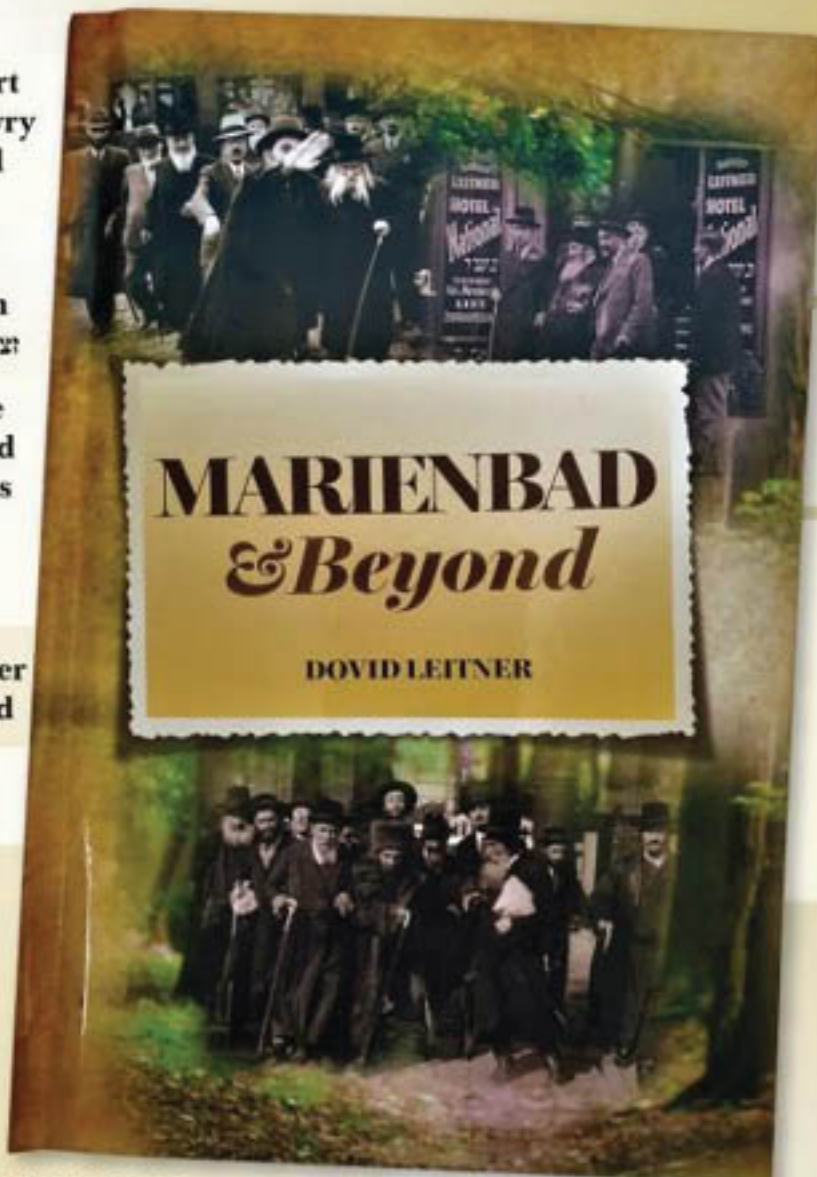
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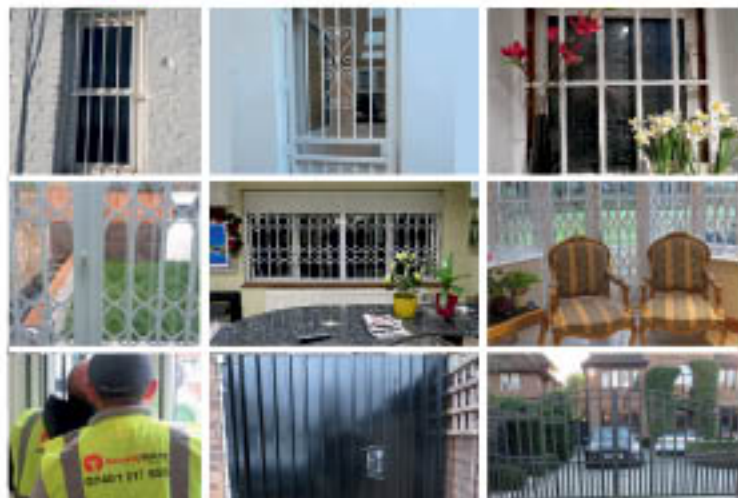
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11:20AM
RABBI
HAIM
TELLER



12PM
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FRIEDMAN



12:20PM
RABBI AKIVA
RUTENBERG



12:40PM
RABBI ELZER
BRODY



1PM
RABBI
BENZION
SHAFIR



1:20PM
RABBI DAVID
ASHEAR



1:40PM
RABBI ILAN
MEIROV



2PM
RABBI
DANIEL
GLATSTEIN



2:20PM
RABBI YOSSE
BENS-GOUSSAN



2:40PM
RABBI
YITZCHOK
GELBAUM



3PM
CHIEF RABBI
WARREN
GOLDSTEIN



3:20PM
RABBI
BENZION
KLATZKO



3:40PM
RABBI
YITZCHOK
SIROVITZKIN



4PM
RABBI
YECHIEL
SPERO



4:20PM
RABBI
ISRAEL
TSHAKOV



4:40PM
RABBI
YOMTOV
GLASER



5PM
RABBI
DR. DANIEL
ROTH



5:20PM
RABBI
FISCHEL
SCHACHTER



5:40PM
MR. HARRY
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6PM
CHIEF RABBI
YITZCHAK
YISRAELI



6:20PM
RABBI
YANKOV
RAHM



6:40PM
RABBI
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KLEIN



7PM
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Our next issue will be iy'h on
Thursday 27th August



10 Minutes
with



Your Questions Answered

Q: We have a member of the family who suffers from depression and has just started being treated under a psychiatrist and is meeting a therapist weekly. We are reaching out to you because we would like to know how we as a family can best support him. Thank you.

Answer: You have already taken a very crucial step in supporting him as the most important thing anyone can do for the depressed person is to help him or her get an appropriate diagnosis and treatment. This may involve encouraging the individual to stay with treatment until symptoms begin to abate (several weeks), or to seek different treatment if no improvement occurs. Here are some ways in which you can help and support:

- The person who is depressed should be encouraged to obey the doctor's orders about the use of alcoholic products while on medication.
- Offer emotional support. This involves understanding, patience, affection, and encouragement. Engage the person who is depressed in conversation and listen carefully. Do not disparage feelings expressed, but point out realities and offer hope.
- Report any comments of concern to the depressed person's therapist.
- Encourage participation in activities that once gave pleasure, such as hobbies, social activities, but do not push the person to undertake too much too soon. The person who is depressed needs diversion and company, but too many demands can increase feelings of failure.
- Do not accuse the person who is depressed of faking illness or of laziness, or expect him or her "to snap out of it."
- Eventually with treatment, most people do get better. Reassure the person who is suffering from depression that, with time and help, he or she will feel better. In fact, depression is among the most treatable of mental disorders. Between 80 percent and 90 percent of people with depression eventually respond well to treatment. Almost all patients gain some relief from their symptoms.

It can be very difficult to be the caregiver, so make sure that as a family you get the support you need. Remember that HaShem is the ultimate Rofeh so have your family member in mind by Refoelnu because tefilla is a gift for all involved.

Please note that these answers are general guidelines. Each individual should consult with their Doctor/Moreh Derech.

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2		5			3		8	
			6		7		4	
		4				8		
	5		8		9			
	8		9			1		4
		9		2			6	8
			5	8	9	2		

DIFFICULT PUZZLE

		8	5	6				3
4			7		3			
				8	1			
				9		8		6
1				6				7
8		4			5			
			8	5				
				1		9		3
	3				6	5	2	

Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.

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Story by
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Schachter**
& **Yonasan
Schwartz!**



SO YOU SEE-IT
JUST WASN'T
GOING VERY
GOOD WITH
VELVEL! ONE DAY,
VELVEL CAME
OVER TO ME, AND
HE SAID...



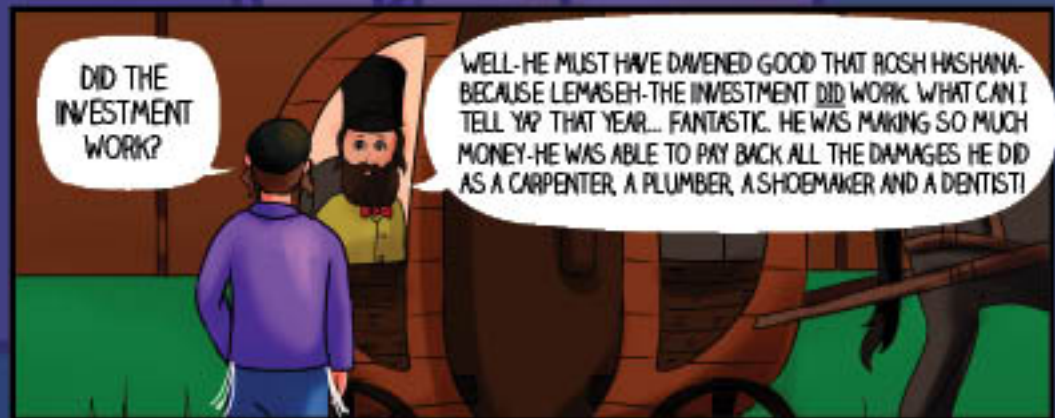
MOSHE MODCHA, I
DON'T KNOW WHAT TO
DO! THIS TIME I THINK
THAT IF YOU WOULD
LEND ME 1,000
DOLLARS-I COULD
MAKE AN INVESTMENT
SO GREAT, THAT
SUCH AN INVESTMENT
NEVER EXISTED
SINCE-SHESHES
YEMEI BERESHES!



CAN YOU PLEASE-PLEASE
PLEASE LEND ME THE
MONEY?...



YOU KNOW
VELVEL... I
WOULDN'T
DO THIS FOR
ANYONE ELSE-
BUT YOU'RE MY
FRIEND. OK!



DID THE
INVESTMENT
WORK?

WELL- HE MUST HAVE DAVENED GOOD THAT ROSH HASHANA-
BECAUSE LEMASEH- THE INVESTMENT DID WORK. WHAT CAN I
TELL YAP THAT YEAR... FANTASTIC. HE WAS MAKING SO MUCH
MONEY- HE WAS ABLE TO PAY BACK ALL THE DAMAGES HE DID
AS A CARPENTER, A PLUMBER, A SHOEMAKER AND A DENTIST!

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07 AUGUST - 2H 1st

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THIS YEAR, FOR THE FIRST TIME EVER,
THE CHOFETZ CHAIM HERITAGE FOUNDATION'S
TISHA B'AV EVENT IS AVAILABLE IN YOUR HOME.

Live Shalom Bring Geulah

Message from

Hafetz HaGeon
Shmuel
Kamenetsky
SHLITA

LIVESTREAMING
ON TISHA B'AV

Rabbi Binyomin Eisenberger
IN YIDDISH Tzava L'Yeshuah
10:00 PM Tisha B'Av night

Rabbi Yisroel Reisman
8:45 AM Introduction
to Tisha B'Av
9:30 AM Kinyan

Shimon Yehuda
Reichman
Making
Tisha B'Av Real

PROGRAM A

Rabbi Yisroel
Frand

Rabbi Paysach
Krohn

Rabbi Yosef
Eliav

Charlie
Harary

Dr. David
Lieberman

LIVESTREAM

SPECIAL FEATURE
A WOMEN'S PANEL:

Why is peace
our ultimate goal?
How can we acquire it?
MRS. MIRIAM SWEDELOV
MRS. ZERAH LEONOVITZ
MRS. DEBBIE SELEGNY
MRS. STERNA LERMAN (LSD)

VISIT **TISHABAV.LIVE**
TO PURCHASE YOUR TICKETS

2019-2020
12:00 PM - 12:30 PM
12:30 PM - 1:00 PM
The Joy and Justice
Foundation

2019-2020
12:00 PM - 12:30 PM
12:30 PM - 1:00 PM
The Joy and Justice
Foundation

2019-2020
12:00 PM - 12:30 PM
12:30 PM - 1:00 PM
The Joy and Justice
Foundation

2019-2020
12:00 PM - 12:30 PM
12:30 PM - 1:00 PM

SpecialtyRx
SpecialtyRx
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SpecialtyRx
SpecialtyRx

MERIDIAN
CAPITAL GROUP
Meridian Capital Group
Meridian Capital Group
Meridian Capital Group