

THE NW LONDON  Issue 538

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שבת פרשת בשלח תשפ"ב || 13th January 2022
Starts: 16:03 || Ends: 17:17 (RT: 17:34)

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Monday
17th January



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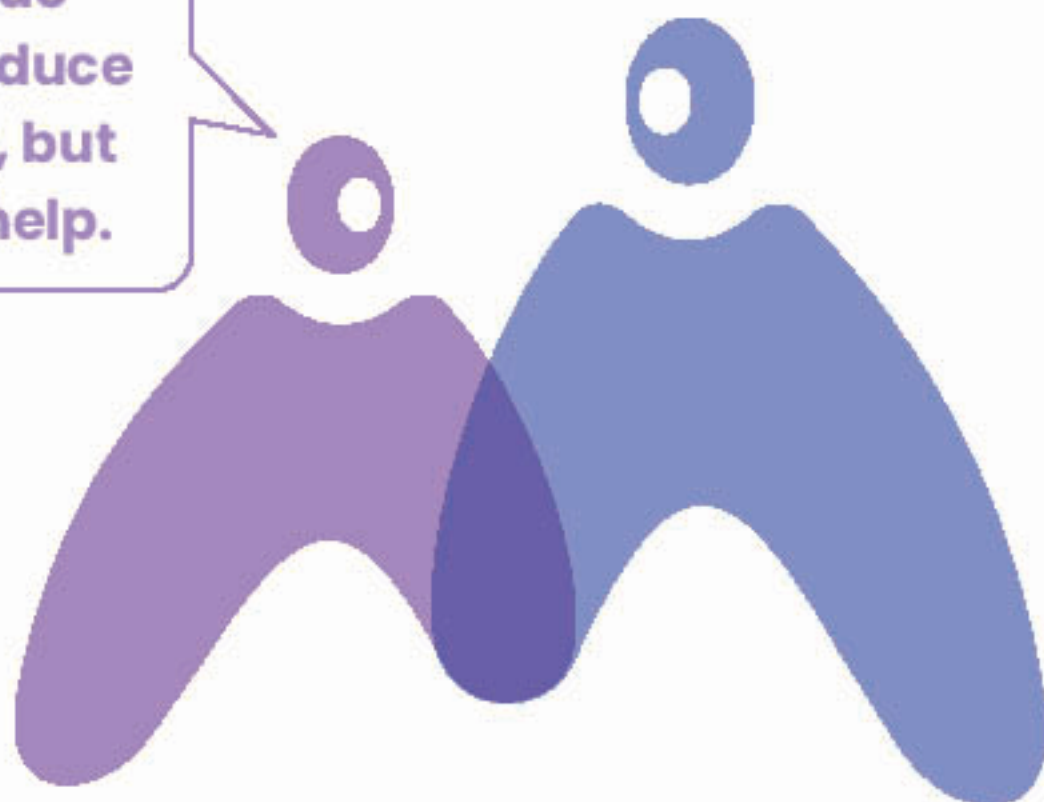
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Do thoughts and images keep coming into your mind, making you anxious?

Yes, and I repeatedly do things to reduce the anxiety, but they don't help.



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Perinatal OCD (Obsessive Compulsive Disorder) affects 2-3% of women with repeated, unwanted thoughts – obsessions – about their baby's or others' safety. This causes anxiety leading to compulsive behaviours, like performing rituals or checking things, which 'have' to be done to feel better, if only in the short term.

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- **OCD**
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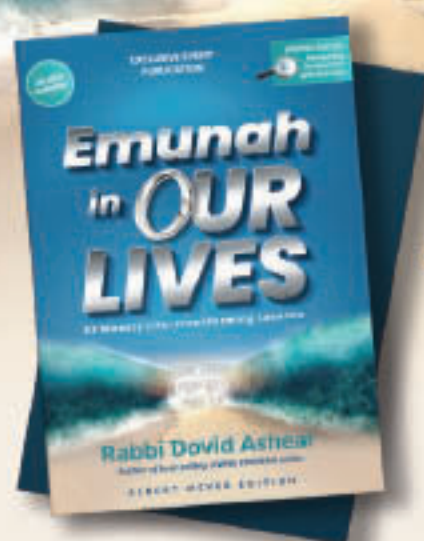
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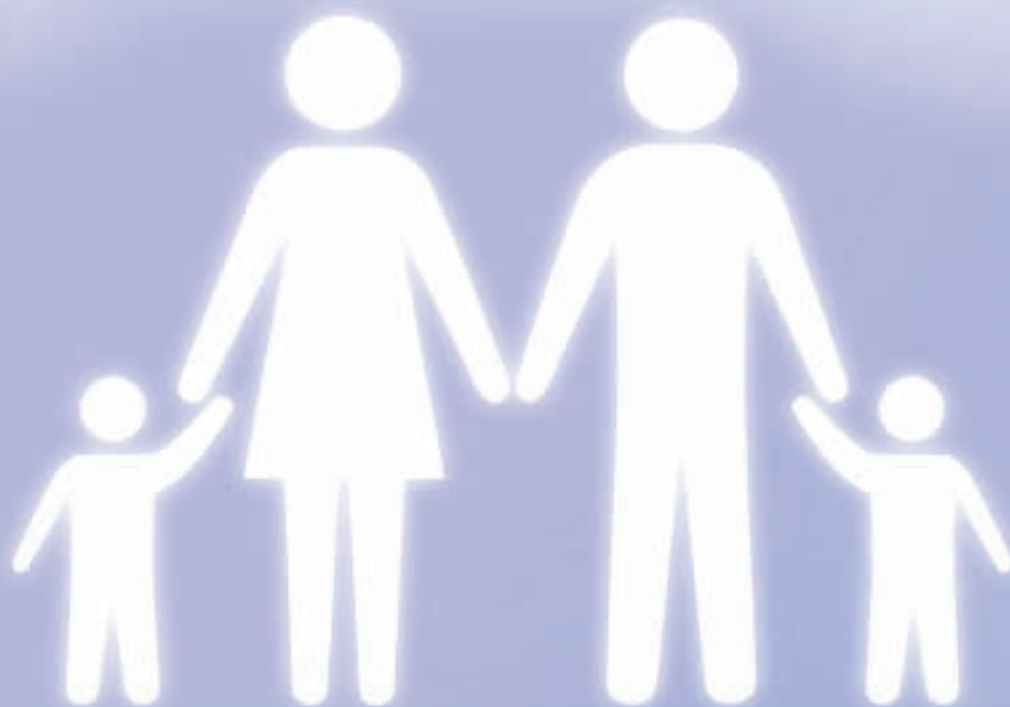
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zoom

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שבת מנחה	ערב ש"ק
1.14.48 בית אברהם, בידרוס לין	מנחה גדולה
1.14.45 ק"ו חיים, קהילת אהל משה	12.48 בית יוסף דוד
21 Green Walk	12.41 ק"ו חיים
בית יוסף דוד, תורת משה	1.05 קהילת אהל משה
61 Cranbourne Gdns	
1.38	4.08 חולדת הדודים
1.45	מנחה וקבלת שבת
1.49	4.08 ג"ג ב"ר, תורת חיים
1.58 בית אברהם	4.03 אברכים, אלכסנדר
2.25 ג"ג ב"ר	אורי שפי
	בית אברהם, בית המדרש
	דוד
	מ"ו, ק"ו חיים
	קהילת אהל משה
	תורת משה
	ג"ג
	בידרוס לין
	מרחוק, תורת מ"ו, ק"ו
	4.03 חשבוני שבת
	4.06 בית יוסף דוד
	4.08 אורי דוד
	4.18 דאנסון דוד
	4.13 בית שמואל, מאסוב
	תפארת ישראל
	4.38 ספרות צבי
	21 Green Walk

פרשת יתרו

מערב בחול	מנחה בחול
1.40 בית יוסף דוד	12.48 בית יוסף דוד
1.49 בית יוסף דוד	1.05 קהילת אהל משה
1.58 בית יוסף דוד	4.08 חולדת הדודים
2.25 ג"ג ב"ר	מנחה וקבלת שבת
	4.08 ג"ג ב"ר, תורת חיים
	4.03 אברכים, אלכסנדר
	אורי שפי
	בית אברהם, בית המדרש
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	ג"ג
	בידרוס לין
	מרחוק, תורת מ"ו, ק"ו
	4.03 חשבוני שבת
	4.06 בית יוסף דוד
	4.08 אורי דוד
	4.18 דאנסון דוד
	4.13 בית שמואל, מאסוב
	תפארת ישראל
	4.38 ספרות צבי
	21 Green Walk

Daily Times

	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	4:19	4:20	4:22	4:24	4:25	4:27
לילה	5:15	5:17	5:18	5:18	5:21	5:22

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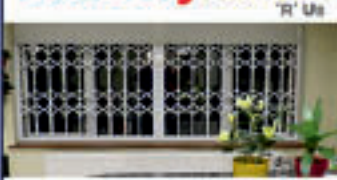
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