



The Family Division of Ohr Somayach, Monsey

Shabbos Nachamu

Shabbos Parshas Va'eschanan

Friday August 8th – Sunday August 10th

Av 5774

**Capturing the Menucha Principle...
Permeating our Homes
with Light and Joy**

A Seminar with **R' Shaya Ostrov, LCSW**
Renowned Author and Family Counselor
at **The Beit Shvidler Conference Center,**
Monsey NY

Friday - Erev Shabbos

4:30-7:00pm **Welcome**

A selection of delectable Hot and Cold Dishes are available in the Hospitality Room

6:00pm Early Children's Dinner

WE SPARE NO EFFORT OR EXPENSE TO MAKE SURE EVERY DETAIL IS TAKEN CARE OF. SHOULD YOU HAVE ANY LAST MINUTE CULINARY OR DIETARY REQUESTS, WE WILL TRY TO ACCOMMODATE YOU. OUR MASHGIACH TEMIDI IS RABBI MAYER KIRSHNER SHLIT'A.

OUR PRESENTERS ARE AVAILABLE FOR PRIVATE CONSULTATIONS. PLEASE FEEL FREE TO AVAIL YOURSELF OF THEIR RABBINICAL AND PROFESSIONAL GUIDANCE AND ADVICE.

Friday Eve

WOMEN

7:30 **Hadlakas Neiros**.....Dining Room

7:30-8:30 *Children's Program Begins: We request that you accompany your child to their proper location, and introduce them to our capable staff.*

8:00pm **Welcoming the Shabbos Queen**
A Round Table Rendezvous with Mrs. Azriela Jaffe.....Library

MEN

7:00pm **Mincha**.....Beit Shvidler Bais Medrash
Brief welcome address
Rabbi Naftali Reich, Director of Ora V'Simcha
Followed By A Joyous Kabalas Shabbos
led by Rabbi Ari Weber

8:30pm **Festive Gourmet Shabbos Meal**
.....Dining Room

9:30-11:30 *Children's Program & babysitting on floors*

MEN AND WOMEN

10:15pm **The Menuchah V'Simcha Principle**
Is joy a sustainable trait in today's fast paced and challenging world?"
Rabbi Naftali Reich & Shaya Ostrov, Lcsw

.....Bais Medrash

11:00pm **Oneg Shabbos**.....Hospitality Room
Come and enjoy a Taste of the Shabbos Cholent together with our Selection of Devils Brew.
Kumsitz with Rabbi Ari Weber

Shabbos Day

8:15am **Shacharis**.....Main Bais Medrash
Address by Rabbi Avraham Braun,
Menahel of Ohr Somayach, Monsey

9:00am **Continental Breakfast Available**
.....Hospitality Room

10:45am **Kiddush**.....Hospitality Room
Lavish Kiddush "ViaTease" with 'Hershel's Heimish' famous herrings and select boubons and malts

11:20-12:30 *Children's Program & babysitting on floors*

WOMEN

11:15am **Principles of Attracting Good Fortune in Life, Relationships and Work**
Mrs. Azriela Jaffe.....Library

MEN

11:20am **From Micro to Macro**
Fascinating life insights gleaned from my Rebbe zt"l, The Nesivas Shalom
R' Naftali Reich.....Bais Medrash

12:15-2:15 **Festive Shabbos Meal**



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Shabbos Afternoon Program

.....Shabbos Power Nap.....

2:15-4:30 & Children's Program
5:00-6:30

MEN

4:30-5:25pm **Can the Real Jew Please Stand Up**
Finding a Rebbe that hits my spot
Rabbi Label Lam.....Bais Medrash

5:30-6:25pm **Marriage Insights
from a Deeper Perspective**
Rabbi Naftali Reich..... Bais Medrash

WOMEN

4:45-5:40pm **Home Sweet...Home Grown**
Infusing Menucha and Simcha into our Homes
Mrs. Azriela Jaffe.....Library

5:45-6:30pm **Finding the Rose among the Thorns**
Insights into a spiritual life
Rabbi Label Lam.....Library

6:30pm **Mincha**.....Beit Shvidler Bais Medrash

6:50pm **Shalosh Seudos**.....Dining Room
Laughter is the Best Medicine
Rabbi Label Lam

7:10-9:30 Children's Program

8:00-9:15 **Keynote Address**
.....Beit Shvidler Bais Medrash

Challenging Times...Bold Solutions
*How can we inoculate ourselves from the
negative influences that surround us without
throwing out the baby with the bathwater*

Shaya Ostrov, Lcsw

9:15pm **Maariv**Beit Shvidler Bais Medrash

9:30pm **Havdalah**.....Dining Room
led by Rabbi Naftali Reich

WOMEN

9:45-10:30 **Finding our Inner Voice**
A Motzei Shabbos round table workshop
Mrs. Rivky Reich MA, SAS.....Library

MEN AND BOYS

9:45-10:30 **Avos U'Bonim''**
Exciting Prizes for all participants
..... Beit Shvidler Bais Medrash

10:30-12:00 **Midnight Melaveh Malka Buffet**
Musical Ensemble

Sunday Morning

8:00am **Shacharis**.....Main Bais Medrash

8:30am **Continental Hot Breakfast**..Dining Room

9:45-12:30 Children's Program

MEN AND WOMEN

9:40-12:30 **The 'Embers' Program**
**with hands on tools for finding our
inner rhythm**
A two part interactive workshop
Shaya Ostrov, Lcsw and Rabbi Naftali Reich
.....Beit Shvidler Bais Medrash

.....Lunch To Go.....

L'CHAYIM U'LSHALOM !!! BON VOYAGE!!!

PLEASE SIGN THE GUEST BOOK AT THE FRONT DESK BEFORE YOUR DEPARTURE WITH A NOTE OF APPRECIATION TO OUR BENEFACTORS MR. EUGENE AND ZARA SHVIDLER.