



BAYIT BULLETIN

3700 Henry Hudson Parkway, Bronx, NY 10463
718-796-4730 www.thebayit.org



January 26 - February 2, 2024
16 - 23 Shevat, 5784

Parshat Beshalach Shabbat Shirah

- Zoom Kabbalat Shabbat: **4:00pm**, click [here](#).
- Candle Lighting: **4:47pm**
- Mincha/Kab. Shabbat: **4:57pm**
- Shacharit: **7:10am, 9:00am**
- Sof Zman Kriat Shema: **9:39am**
- Niggun Circle: **4:00pm**
- Mincha: **4:40pm**
- Maariv: **5:42pm**
- Shabbat Ends: **5:52pm**
- Zoom Havdalah: **5:57pm**

WEEKDAY TIMES: Livestream:
zoom.us/j/6136133700

Shacharit:

- Sun: **8:30am**
- Mon/Thu: **6:40am, 7:50am***
- Tue/Wed/Fri: **6:45am, 7:50am***

*Zoom only (non-minyan)

Mincha/Maariv

Sun-Thu: **4:50pm**

Daf Yomi: see page 2

NEXT SHABBAT

Parshat Yitro
Shabbat Mevarchim

- Zoom Kabbalat Shabbat: 4:10pm, click [here](#).
- Candle Lighting: 4:56pm
- Mincha/Kab. Shabbat: 5:06pm
- Shacharit: 7:10am, 9:00am
- Mincha: 4:50pm
- Maariv: 5:50pm
- Shabbat Ends: 6:00pm
- Zoom Havdalah: 6:06pm

In two weeks on Shabbat Parshat Mishpatim, Rosh Chodesh Adar I, we will be celebrating a Shabbat morning Bat Mitzvah in the Main Sanctuary. Please see page 5.

MAZAL TOV TO: Tova Bieler & Harris Mazur on the birth of their daughter Eilah Michaela Mazur. Mazal Tov to grandparents Jeffrey & Sheryl Mazur and Abby Bieler. With loving memory of Ron Mordechai Bieler z'l.

Paula and Peter Singer on the birth and bris in Baltimore of their great grandson, Yerachmiel Aryeh Couzens. Mazal Tov to parents Peninah & Moshe Couzens and the entire Singer and Couzens families.

Zan & Daniel Alhadeff on the birth of a daughter. Mazal Tov to grandparents David Frackelton and Joyce Alhadeff.

Shira & Steven Katchen on the birth of a daughter. Mazal Tov to big sister Gila, grandparents Susan & Bob Zeif and Alice & Hazzan David Katchen, and Rafi and Micah.

THANK YOU TO: Please see page 3

WELCOME NEW MEMBERS: Talia Moss & Raymond Habbaz; Yadin Teitz & Benji Kurnick.

CONDOLENCES TO: Brian Spira (& Atara Gorsetman), Avi Spira (& Susa Pruyn), Dan Spira (Dena Zyroll), Shalom Spira, and Bonnie Rudner on the passing of their father and spouse, Dr. Alexander Spira.

Shiva information is available @ thebayit.org/shiva

SHABBAT SHIRAH

Please see back cover for Youth Department information.

Derashah: Rav Steven

Celebration Kiddush: Thank you to all our sponsors - page 3

Pop-up Niggun Circle @ 4:00pm (MS). Join Rabbanit Bracha for uplifting singing.

Speaker between Mincha & Maariv: Ariel Daube
"The drowning of the Egyptians: Can nationalistic and compassionate responses coexist?"



Next Shabbat is the Annual Refugee Shabbat

We will mark this annual Shabbat with a special prayer for refugees worldwide and a focus on the tens of thousands of internally displaced Israelis since October 7th.

UPCOMING EVENTS

- **Wednesday, January 31:** Knitting for the IDF - page 5
- **Shabbat, February 3:** Guest Speakers Rabbi David Bigman and Rabbi Yossef Slotnik from Yeshivat Maale Gilboa.
- **Sunday, February 4:** Book Talk with Michael Feldstein - page 3
- **Monday, February 5:** Golden Age w/R' Steven - page 3
- **Tuesday, February 6:** The Rabbi's Book Club - page 5
- **Motzaei Shabbat, February 10:** Book Talk w/Sally Berkovic - page 4
- **Tuesday, February 13:** Bayit Connections: Movie - page 4

Israel: Please visit page 6 for details on support and more.

Contact Us:**Phone: 718-796-4730****Email: office@thebayit.org**

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ravsteven@thebayit.org

917-494-3380

Bracha Jaffe, Associate Rabba:

rabbanitbracha@thebayit.org

443-983-5083

Sara Hurwitz, Rabba (Part Time):

rabbasara@thebayit.org

646-337-4047

Avi Weiss, Founding Rabbi:

ravavi@thebayit.org

929-269-2892

Richard Langer, Executive Director:

richard@thebayit.org

718-796-4730 x 104

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bryan@thebayit.org

914-809-0203

Yali Szulanski, Youth Director:

yali@thebayit.org

845-418-2781

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phyllis@thebayit.org

201-503-4923

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yael@thebayit.org

201-503-5562

Shuli Boxer Rieser, Assistant to Rabbis Weiss and Exler:

shuli@thebayit.org

929-269-2892

Susanna Kochan, Communications Associate & Committee Liaison

susanna@thebayit.org

718-796-4730 x 101

ALIYOT AT THE BAYIT: Have a guest or special occasion coming up? Contact Bayit Gabbai, Hillel Jaffe to arrange for aliyot and other kibbudim: Gabbai@hir.org.

Please contact the Bayit office at office@thebayit.org or 718-796-4730 for the zoom password.

Daf Yomi this week: Motzaei Shabbat–Sun: Zoom only.

Mon-Fri: in-person and Zoom. Taught by Eliezer Oberstein and Rabbi David Schwartz.

The link for the classes is: zoom.us/j/6136133702.

Please [click here](#) to join the Bayit's Daf Yomi WhatsApp group for schedule updates.

MONDAY - January 29th

- **10:00am:** Halacha Chaburah: Blessings after meals (*Birchat Hamazon*) w/ Burt Nusbacher: [Zoom](#) only.
- **10:30am:** Learning Service w/Livya Tinstet-Weiss, [Zoom](#) only
- **8:30pm:** Weekly Parashah with Modern Commentators w/R' Steven, [Zoom](#) only.

TUESDAY - January 30th

- **7:15am-7:30am:** Shir Chadash Shel Yom w/Rabbi Dr. Wendy Zierler, in-person and [Zoom](#).
- **10:00am:** Torat Ahavah w/R' Avi, [Zoom](#) only.

WEDNESDAY - January 31st

- **11:00am:** Haman the Wicked | Antisemitism is an Old Trope *in English* w/R' Bracha, in-person and [Zoom](#).
- **7:30pm:** Open Space w/Barbara Gochberg *returns February 21

THURSDAY - February 1st

- **9:00am:** HaStatus HaYehudi | Sivan Rahav-Meir *in Hebrew* w/R' Bracha, [Zoom](#) only.
- **11:00am:** The Bernice & Arthur Schwartz z'l Memorial Tanach Class | The Book of Jeremiah w/R' Steven in-person and [Zoom](#).
- **5:30pm:** Breath, Body, Mind w/Ruth Litsky/Carole Oshinsky, [Zoom](#) only.

Please visit thebayit.org/classes for more details.

Shabbat afternoons there will be a 30 minute learning session between Mincha and Maariv. If you would like to teach a shiur, please contact Rav Steven or Rabbanit Bracha.

SOCIAL WORKER @ THE BAYIT - RABBI ADAM HUTTEL, LMSW: Adam is available to the Bayit community through the Partners in Caring (PIC) program facilitated by The Jewish Board and funded by UJA-Federation of New York. He facilitates bereavement support groups, provides short-term individual counseling, connects people to social services, and is active in community outreach. He can be reached at ahuttel@jbfcs.org or by phone at: 917-601-1783. He is available: Tue: 1:00pm-4:30pm | Thu: 9:00am-1:00pm
For information on Jewish Board support groups please see Beyond the Bayit. *In case of an emergency please call 911*

**Abraham & Sarah's Tent: Dedicated in Memory of Henry and Goldie Guttman z'l
& sponsored by Joe Guttman z'l**

Join us at our communal dinner every Friday night.

Welcome to our friends from Greystone Residence and Sylvan House and Kulanu Chaverim Families who will join at this Friday night's Tent dinner.

We are joining other initiatives around the world to remember those kidnapped in Gaza and now missing at the Shabbat table. Each week we will reserve 4 seats for 4 different members of Am Yisrael who were kidnapped on October 7th.

To see which Shabbatot are available for sponsorship, please visit thebayit.org/tent.

If you know you're joining us for Friday night dinner, please email James Lapin at tent@hir.org.

TU B'SHVAT GREEN CELEBRATION KIDDUSH: Thank you to Abby Bieler for her generous sponsorship of this week's Kiddush in honor of the birth of her granddaughter, Eilah Michaela Mazur. Thank you to our co-sponsors: Lisa Baer in honor of Nina and Wendy; Noga Benmor-Piltch & Clive Benmor; Josh Cohn in honor of Tiferet Zussman; Moshe Edelman in honor of the 10 who unpacked with him at his new home; Lauren & Jack Gorman; Carolyn & Howard Graybow; Jessica & Chad Haller; Sheryl Haut in honor of Ayelet receiving her Master's degree; Felice Helfgott in honor of her wonderful daughter Wendy's birthday; Candace Plotsker-Herman & Melvin Herman in honor and gratitude to R' Bracha; Lisa Licht Hirsch & Danny Hirsch in honor of the birthdays of Ruth Licht, Danny Hirsch, Malka & Evan Harris and the anniversary of Carolyn & Howard Graybow; Joseph Hirsch in memory of his parents Paula & Max Hirsch; David Kanowitz; Wendy Levinson & Bob Kaplan in honor of Ruby Alla Zinger's birthday; Ruth Licht in honor of the birthdays of Malka Hirsch Harris & Evan Harris and Danny Hirsch and the anniversary of Carolyn & Howard Graybow; Jessica & Stu Loeser; Judy & Alfie Marcus in honor of their birthdays; Fern & Leslie Penn in honor of all their friends at the Bayit; Adele & Elliott Rabin in honor of the Bayit Green Team; Sofia & Maksim Shapiro in honor of Efi's 16th birthday; Judith Smith in honor of her sister Joan Wolpert for her dedication to cultivating and supporting the seeds of knowledge and wellness; Barrie Tankel.

THANK YOU TO: Everyone who participated in our Winter Clothing Swap. Multiple people traded in clothing for alternate styles and sizes - a win for the environment and household budgets! Special thanks to our partners at the 4Bronx Project who picked up surplus clothes for distribution at shelters around the Bronx.

Bill Stock for his interesting and well attended program last Saturday night over zoom. Click [here](#) for his lecture: "Judaism & American Movies."

The family of Dr. Sherrell Beverly Najman ז"ל שפרה בילה בת ישראל יצחק ושרה רבקה, would like to express their deepest gratitude to Rav Steven Exler, Rabbanit Bracha Jaffe, Rabba Sara Hurwitz, Rav Avi Weiss, Richard Langer, Hillel Jaffe, Bernie Horowitz, the custodial staff and the entire HIR community for all the support, generosity and love they gave to our family during the shiva period and beyond. This community and the leadership strengthened our family, gave us so much attention and support. We deeply appreciate the chizzuk and the kindness during this most difficult time in our family's lives. Tizku l'mitzvot.

**Golden
Age**

Monday, February 5th @12:15pm • Lunch & Learn w/R' Steven

Join R' Steven and meet friends for Lunch & Learn. After lunch R' Steven will talk about topics relevant to Judaism today. Cost:\$10/person. RSVP required please visit thebayit.org/ga or call Yael @ 718-796-4730 x116 by noon on February 2nd.

Mibayit LaBayit: There are available dates for members to exhibit their artwork in the Bayit's lobby. If you would like to share your creative work with the community please reach out to: richard@thebayit.org.

BOOK TALK

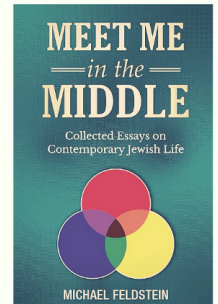


MICHAEL FELDSTEIN

AUTHOR OF MEET ME IN THE MIDDLE

SUNDAY | FEB 4 | 7:30 PM

LOWER LEVEL BEIT MIDRASH



Michael Feldstein writes a weekly column on contemporary Jewish issues for The Jewish Link, a newspaper serving several Jewish communities in the New York Metropolitan area.

"Meet Me in the Middle" collects more than 75 of the author's best articles in this book. Feldstein writes about Chabad, Israel, antisemitism, synagogue life, Jewish education, Modern Orthodoxy, and a host of other topics, with a personal flavor that has made his writing extremely popular with readers. This is a treasure trove for anyone seeking to gain wisdom and perspective on life.

PLEASE REGISTER AT [THEBAYIT.ORG/EVENT/FELDSTEIN](https://thebayit.org/event/feldstein) TO RECEIVE A DOOR ACCESS CODE.

DEATH DUTIES: THE CHEVRA KADISHA JEWISH BURIAL SOCIETY

What Being Around the Dead
Taught Me About Life



BOOK Talk WITH SALLY BERKOVIC

February 10 • 8:00 PM

Lower Level Beit Midrash

zoom.us/j/6136133703

On a significant birthday, Sally gave herself the gift of joining the Chevra Kadisha in London, UK. Her presentation, marking the 7th of Adar, will talk about these experiences, and drawing on historical objects and visual arts, Sally will highlight how the Chevra Kadisha has been represented as an integral part of Jewish communal life. Her book, Death Duties, is a poignant reflection on her own experiences of grief and loss, and challenges the reader to ask the tough questions about one's legacy, digital footprint and the conversations about death and dying with our loved ones.

Learn more & RSVP for the door access code at thebayit.org/event/berkovic



**BAYIT
CONNECTIONS**

**Bring a Friend,
Make a Friend!**



MOVIE & POPCORN Tuesday • FEB 13 • 2 PM



Please join us on Tuesday, February 13th for a screening of the film *Woman in Gold*. The film is about a Jewish refugee who takes on the Austrian government to recover artwork she believes rightfully belongs to her family. Suggested donation: \$5. RSVP at thebayit.org/connections by Monday, February 12th.





ISRAEL

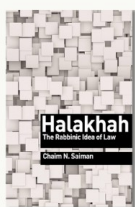


- To explore small initiatives that embrace meaningful connections to the people and the land of Israel, please visit [here](#). You can learn about the newly formed Riverdale [Run for Their Lives](#) group meeting **this Sunday at 10:00am**, at Seton Park (232nd & Independence). There is also a Tu B'Shvat project to purchase trees near the Gaza border. Please click [here](#) to donate online or [here](#) to print the form. Small initiatives are featured in our daily email on Tuesdays.
- To find ways to donate, information about rallies, calls for action, access to emotional support, and words from our clergy, please visit thebayit.org/israelresponse.
- We will continue to keep our hostages front and center in our daily emails. Please visit oneminaday.com and bringthemhomenow.net for more resources and information.
- **Wednesday, January 31 @ 1:00pm** - join our knitters with Helping Hands as they knit caps for the soldiers in Shiryon Brigade 401. Rav Steven & Shira's nephew is a member of this unit. If you would like to knit or donate to this project, or if you have any questions, please reach out to helpinghands@thebayit.org. Next session will be on **Tuesday, February 20**.

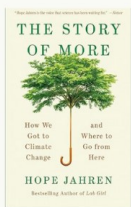


THE RABBI'S BOOK CLUB

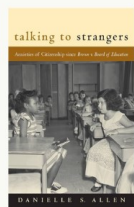
Join Rav Steven for a year-long book club exploring issues central to our Bayit's mission:
Medinat Yisrael (Jewish Nationhood and Israeli-Palestinian relationships),
Am Yisrael (Jewish Identity & Antisemitism), and Kol Yoshvei Teivel (Justice and Human Rights)



FEB. 6



MAR. 5



APR. 2

FIRST TUESDAY OF THE MONTH • IN-PERSON • 8:00PM-9:00PM DISCUSSION
THOSE WHO WISH TO SHARE DINNER AT 7:30PM TO BE DELIVERED DIRECTLY TO THE SHUL BY KAI FAN,
PLEASE CALL 347-275-8056 USING THE PROMO CODE "HIR BOOK CLUB".

THEBAYIT.ORG/BOOKCLUB

In two weeks on **Shabbat Parshat Mishpatim, Rosh Chodesh Adar I, February 10**, we will be celebrating a Shabbat morning Bat Mitzvah in the Main Sanctuary (following a model begun in 2019). Shabbat Schedule is as follows:

7:10am: Early tefillah in the Main Sanctuary

8:30am: (note earlier time): "Main Sanctuary" tefillah begins in Lower Level Beit Midrash

9:00am: Women's Tefillah (all are welcome) in celebration of Noga Brot's Bat Mitzvah begins in Main Sanctuary

10:00am: All are invited up from LLBM, after completion of Haftarah, to join the Women's Tefillah and hear the Bat Mitzvah read the Torah. Those who do not come upstairs will continue downstairs through Musaf.

10:45am: After the Haftarah reading in the Main Sanctuary, the Women's Tefillah portion is concluded, and all remain for returning the Torah, derashah, and Mussaf in standard Main Sanctuary format.

Kiddush after tefillah for the whole kahal!

There will also be signs and ushers on Shabbat morning to guide you.



YOUTH DEPARTMENT

YOUTH DIRECTOR: YALI SZULANSKI yali@thebayit.org

FRIDAY NIGHT - TEEN ONEG (see below)

8:30pm • 5th & 6th GRADES

Learning, singing, snacks, and discussion at home w/R' Steven & Shira

SHABBAT

TOT SHABBAT • 10:30AM - 11:30AM • Right Hand Social Hall: Parents and toddlers welcome!

NURSERY ROOM / TOT SHABBAT GRADUATES • 10:15AM - 11:30AM • Third Floor

GROUPS: PRE-K - 4TH GRADE • 9:30AM - 11:30AM

****ALL INVITED TO A TU B'SHVAT ACTIVITY AT THE END OF GROUPS****

Parents are welcome to bring their younger children.

Groups meet in the playground. In case of inclement weather, groups will meet on the third floor. Pick up is in the Main Lobby at 11:30am.

Questions? Please email Yali.

Sponsorship needed and appreciated for our youth programs. Please [click here](#).



PARENT/CHILD LEARNING • THROUGH MAR 9, 2024

45 Minutes after Shabbat Ends • 2nd FL BM

Parents, come with your children to learn at the Bayit every Motzaei Shabbat. Includes pizza and ticket prizes.

Sponsor a Motzaei Shabbat learning to celebrate a birthday or a family simcha. Your support is greatly appreciated. Scan the QR code to the left to sponsor.

For questions please email yali@thebayit.org

TEEN ONEG

RAV STEVEN'S AND SHIRA'S HOME

FRIDAY EVENINGS:

1/26 • 8:30PM • 5-6TH

2/9 • 8:30PM • 7-8TH

2/23 • 9:00PM • 9-10TH

3/8 • 9:00PM • 11-12TH

RSVP BY EMAIL TO:

RAVSTEVEN@THEBAYIT.ORG

THE BAYIT

The Hebrew Institute of Riverdale – The Bayit – is an open Orthodox synagogue serving the entire Jewish community by warmly embracing all Jews, regardless of affiliation, commitment, orientation, race, or background. It is affectionately known as the "Bayit," which is a home – a place of love and welcome. We are known nationally for bringing spirituality into the synagogue; activism on behalf of the oppressed; youth and teen engagement; learning programs; and work on behalf of the elderly, the homebound, and those with developmental and physical challenges. ***If these words resonate with you, if our Bayit has touched your life, then please join our growing membership.***

BEYOND THE BAYIT

National Mobilization: The Riverdale Jewish Community Partnership, in coordination with major American Jewish organizations, is asking members of our community to call our elected officials to thank them for their support of Israel during these challenging times and to request their continued support. Make your voice heard and call: Rep. Ritchie Torres (NY-15) (202) 864-4488 | Sen. Kirsten Gillibrand (NY) (202) 938-1281 | Sen. Charles Schumer (NY) (202) 938-1375

Join the Riverdale Y, No Initiation Fee in January! Live a happier, healthier, more heartfelt way to live by becoming a fitness community member at the Riverdale Y. Become a fitness member by January 31, 2024 and we'll waive the initiation fee. Learn more: <https://riverdaley.org/become-a-member-join-a-community-with-special-new-year-bonuses/>

Summer Camp Early Bird Special: The Riverdale Y Summer Camp Early Bird Special is ending on January 31! Take advantage and save up to \$150 off of the price of registration. Limited spots are still available for all weeks so don't miss out! For all registration information, please visit www.riverdaley.org/youth/camp.

Summer Stage Theater Arts Camp: For ages 6 – 14, the ultimate summer performing arts experience. Young artists learn acting, music, and dance from industry professionals. Save up to \$300 with early bird registration when you register by January 31. For more information and to register, visit www.riverdaley.org/youth/camp/summer-stage.

Riverdale Y ECC Registration: The Riverdale Y Early Childhood Center will be hosting weekly tours for children 2-5 years old every Wednesday from Jan 24th to Feb 21. Contact Mindy Gluckman at mgluckman@riverdaley.org for more information or visit <https://riverdaley.org/youth/early-childhood-center/>

Kosher Food Pantry: Riverdale Y is hosting our next pantry, on **January 31**. If you need access to food, please join us between 1pm and 3pm. Should you be free to volunteer to distribute food or deliver pantry items to those who are homebound, please email anyashina@riverdaley.org.

Conversational Hebrew Class for Beginners: Riverdale Y is hosting a 10 week course in conversational Hebrew for beginners. Thursday Mornings at 10:30 - 11:30 am from February 8-April 11. Course taught by Sigal Chen. \$150 per person. Register at www.riverdaley.org/hebrew.

Vaccine Clinic: Riverdale Y is hosting a Vaccine Clinic in partnership with Project Find on **Monday, January 29 at 9:00 am - 2:00 pm**. Seasonal and high dose flu shots will be provided along with COVID-19 shots. Both vaccines can be given at the same time, but COVID-19 vaccines must be requested in advance. Pre-registration is required. To register for this event, please contact Grethel at (347) 913-4395 or gsamuel@riverdaley.org.

Celebrate Israel Parade: Save the date: The Riverdale Jewish Community Partnership will march in the Celebrate Israel Parade on **Sunday, June 2, 2024**. We hope you will join us in expressing our love and support for our siblings in Israel.

Riverdale Y Sunday Market: The Riverdale Y Sunday Market is now every week! Our 2024 Winter Market is back to business as usual with our amazing vendors available to you every single week. The market is located at 4545 Independence Avenue in the Riverdale Temple parking lot. The winter hours are 10:00 am to 2:00 pm.

BEYOND THE BAYIT contd.

Nefesh B Nefesh is offering free flights for one parent to visit their lone soldier child in Israel. Feel free to share: nbn.org.il/operation-hug/

Family Concert & Dinner at The Leffell School - Sunday, January 28, 3:30-5:00pm: The Leffell School is hosting a fun-filled family concert and kid-friendly dinner featuring the award-winning Little Maestros of NYC on its Lower School campus in White Plains. This program is open to families of children ages 0-5 years. RSVP for this free event here: <https://www.leffellschool.org/little-maestros>.

International Holocaust Remembrance Day event "Betraying the Oath" Webinar: Monday, January 29th, 12:00pm: @ Columbia University Medical Center. Bayit member Rebecca Kobrin will be the moderator. Please register [here](#).

Wednesday, January 31st at 11:00am: "5 Tips for Talking to Youth About Personal Safety" with Shira Berkovits. With the immense up rise of antisemitism join Shira Berkovits, President and CEO of Sacred Spaces (and former Bayit Youth Director) for a Zoom presentation on tips to talk about personal safety and security. Please register [here](#).

Past and Present: Exploring Jewish New York: June 24-27, 2024, Fordham University, Rose Hill Campus. Fordham University's Center for Jewish Studies is excited to announce, in partnership with Fordham's Summer Leaders Academy, our first-ever week-long summer program for high school students titled "Past and Present: Exploring Jewish New York." Over the course of four days, students will gain experience researching in the archives and conducting oral history interviews. Students will split their time between Fordham's Rose Hill campus, including the Bronx Jewish History Project and Judaica collection at Walsh Library, and the streets, landmarks, and institutions of the Lower East Side, Brooklyn, and the Bronx. They'll learn about how history is made and written, and what college life entails. Residential and commuter options are both available. To learn more about this program and to register before it fills, click [here](#). You can read more about Fordham's Bronx Jewish History Project [here](#), [here](#), and [here](#).

Riverdale Mikvah: please visit our website to make a reservation: riverdalemikvah.com | 718-549-8336

The Jewish Board offers many support groups available at no cost to the community

They offer support in four areas:

Bereavement (Spousal Loss, Sibling Loss, Parent Loss, Child Loss) contact JCSsupport@jbfc.org or 212-632-4790

Recovery (*Supporting the Pathways*: for those with a loved one struggling with addiction and *Food for Thought*: for those experiencing restrictive, impulsive, or inflexible eating patterns); contact JCSsupport@jbfc.org or 212-632-4790

Domestic Violence (for Jewish Women who are no longer in the abusive relationship or for Jewish women who are in high conflict relationships); contact lev@jbfc.org or 646-273-1800

Breast Cancer: contact JCSsupport@jbfc.org or 212-632-4790

United Hearts for Israel: If you have been affected by the crisis in Israel and the rise in antisemitism in New York City and around the world, we invite you to join our community of healing. Please reach out to us at 646-766-6875 or IsraelSupport@jbfc.org if you, a loved one, or a community member is hurting and/or in need. We can support or connect you to: Crisis counseling | Mental health services | School/community support | Housing assistance | Medical | Benefits | Food/finances | Legal support. Visit jewishboard.org/unitedhearts to learn more.

BEYOND THE BAYIT contd.

JACS (Jewish Alcoholics, Chemically dependent persons and Significant others) is planning a retreat open to all Jews in recovery. **April 5 - 7.** Friday afternoon to 9:00am Sunday @ The Pearlstone Retreat Center in Reisterstown, MD. There is Amtrak train service to Maryland which gets one to within 20 minutes' drive time to the retreat center. (Possible pick up at the station or use cabs/Uber.) The costs cover room, meals, and use of meeting spaces. Costs listed do not yet include all taxes. Room availability is limited: Rain Garden rooms: (one Queen bed): Single occupancy: \$485.35 per person. Double occupancy: \$365.00 per person Orchard View rooms: (two queen beds and a twin sleeper sofa): Single occupancy: \$494.00 per person Double (triple) occupancy: \$369.00 per person To reserve a spot, please respond to Chaye Kohl at: chayekohl@gmail.com.

Coming Soon! Caregivers Support Group. Caregivers serve such an essential role and also require support. We are starting a very important group in order to help support them in Spring 2024. For more information or to register, please contact: JCSupport@jbfcs.org or call 212-632-4790.