



Young Israel of Forest Hills Shabbos Handout

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4 Shevat 5778 Shabbos Bo January 19-20, 2018		
SHABBOS SCHEDULE	SHABBOS CLASSES	WEEKLY SCHEDULE
Candle lighting 4:39pm		Daf Yomi (Rabbi Bezalel Ostrow)
Mincha 4:44pm		Sunday – 7:15am, Mon-Fri – 6:00am
Sephardic Mincha 4:25pm		
	Daf Yomi (Rabbi Bezalel Ostrow)	Advanced Gemara (Rabbi Schreier)
Hashkama Minyan 8:00am	3:05pm	Sunday 9:00am
Main Shul 8:45am		Halacha (Rabbi Ilan Meirov)
GBM Minyan 9:15am	Talmud Shiur (Rabbi Schreier)	Sunday 9:15am
Tiffereth Shalom 8:30am	4:05pm	Sunday pm Shiurim (Rabbi Shai Tahan)
Sof Zman Krias Shema 9:40am		Sunday 8:00pm
Mincha 4:35pm	Women's Parsha Group	Tehillim Group
Maariv 5:40pm	On winter break	Monday 7:40pm
Shabbos ends 5:48pm	Watch handout for date of next session	Nach – Shmuel I (Rabbi Chaim Wagner)
Seudah Shlishis is sponsored by Judah and Rachel Wiederkehr in memory of Judah's mother, Raizel bas Simcha Moshe haLevi a"h -Rose Wiederkehr.		Monday 8:20pm
		Adv. Talmud (Rabbi Hershel Schachter)*
		Tuesday 8:00pm
SHACHARIS	MINCHA THIS WEEK	"Beyond the Parsha" (Rabbi Schreier)*
Sunday 8:15am	4:50pm	Wednesday 8:00pm
Mon, Thurs 6:40am		*previous shiurim available on
Tues. Wed. Fri. 6:50am		www.yutorah.org

****Cong. Tiffereth Shalom** – the Sephardic Minyan of YIFH (Shabbos, Sun. -Ballroom, weekdays – Wagner Bais Medrash)

Daily Shacharis: Sunday 8:00am, Mon-Fri. 7:00am

Shabbos Shacharis 8:30am

MAZEL TOV

to Roberta and Allan Arnold on the forthcoming marriage of their granddaughter, Shira Aharon, to Avraham Wein, son of Marjorie and Joel Wein of Kew Gardens Hills. Mazel Tov to Shira's parents, Drs. Pauline and Yigal Aharon. We thank the Arnolds for their generous donation to our Simcha Fund.

TZAISCHEM L'SHALOM

to Chaya and Rabbi Bezalel Ostrow who are going to Eretz Yisrael. The Daf Yomi will meet through Tuesday and is scheduled to resume March 7.

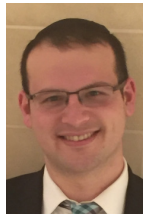
We are Happy to announce that Chaim and Judy Rubin will be our Guests of Honor at this year's Shul Annual Dinner. Michael and Sheryl Fruchter will be our Young Leadership honorees and Dr. Jeremy and Anael Chemla will be our Tifferet Shalom honorees.

Mazel Tov to all the Honorees. The date and time of the Annual Dinner will be announced in the near future.

WELCOME to our new members Danny and Melanie Cohen.



Once again our Sisterhood will prepare "communal" **MISHLOACH MANOS** baskets for shul members to give and receive for Purim. If you are thinking of joining the shul, now is the time so that you can be part of the Mishloach Manos project. If you are behind in paying your dues, please call the shul office to make payment arrangements.



This Wednesday, at 8:00pm in the Gluck Bais Medrash, **RABBI SCHREIER** will give the next in the series **"BEYOND THE PARSHA: CONNECTING THE PARSHA TO OUR DAILY LIVES"**. The topic this week is **"ding dong the king is dead"** is it ok to rejoice over the downfall of our enemies?. Men and women are invited to attend any or every shiur.

YOUNG ISRAEL OF FOREST HILLS

TU B'SHEVAT SEDER

a participatory celebration of the New Year of the Trees



Tuesday, January 30, '18 at 7:30pm
Young Israel of Forest Hills Ballroom

Have a light supper at home. Then, learn with Rabbi Ashie Schreier, sample a variety of fruits and grains, drink 4 cups of wine (or grape juice) - mixing red and white, and discuss the spiritual significance of the holiday, its food and drink, and its deeper meanings.

\$5, maximum \$18 per family if you pre-register by January 25.

(A "family" is parents and children under 18 years of age)

After January 25: \$10, \$25 per family.

Sponsorship: \$25 or more includes 2 reservations.

Help us by registering early, so we know how much food to buy!!

To register, call the shul office at 718-268-7100, return the form you receive in the mail, email youngisraelhf@aol.com, or donate at yifh.org (choose Special Events under "Type" and enter "Tu B'Shvat Seder" in the payment notes).

For more information, or to volunteer to help with shopping or setup, contact the shul office.

YOUNG ISRAEL OF FOREST HILLS
ANNOUNCES THE START OF A **NEW**
WOMEN'S YOGA CLASS WITH MARIANA
THURSDAYS AT 7:00PM (come early)
IN THE BALLROOM

Mariana has been teaching Yoga for over 12 years. In her own style, she combines Yoga, Traditional Naturopathy & Cosmetology to help people improve their health, nurture their body and cultivate beauty.

Bring a mat or a large towel, and a bottle of water.
Wear comfortable clothing (for bending, stretching, lying down).
Come, and enjoy!
\$10 per class for shul members, \$12 per class for non-members

CHILDREN'S CLASSES BEGINNING NEXT SUNDAY
FITNESS

Sundays 10-11am, Ages 5-8
In this fun and exciting class we will work on functional and creative fitness, with an emphasis on improving strength, balance, coordination, and flexibility. In addition to our workouts we'll be working on artistic fundamentals, with a variety of drawing projects.

FITNESS & ANATOMY

Sundays 11am-12pm, Ages 9-12
In this class we'll be learning the basics of anatomy, with an emphasis on the function of the different bones and muscles. There will be a variety of drawing lessons, games, and new movements taught throughout this class.

(We will not have class on Jan 21 - winter vacation)

cost: \$62 for 4 classes. There are still a few openings.
Info: Call or text Galit: 646-354-3826.

REFUAH SHLAIMAH:

Chaim Yaakov Lev ben Miriam - Jerry Ornstein
Yaakov Ben Sarah - J.E.
Yaakov Menachem Mendel ben Yocheved (Zimmer brother)
Yechezkel Moshe ben Leah - Charley Braunfeld of C Town
Avner ben Gittel Tova (fr. Sandy Cohen)
Alon ben Shoshana (fr. Epstein)
Azriel Meir ben Yehudis Avigail (boy, fr. Klein)
Eliyahu Simcha ben Rivka Chaya (fr. CK)

Raizel bas Pessel - Rai Garfield
Sima Gittel bas Etta Reva
Chaya Bracha bas Miriam Tova (fr. Epstein)
Esther bas Malka (Epstein relative)
Shayna Bas Leah (fr. Holcman)
Chaya Fayga bat Zlata (SK)
Shoshana Basya bas Rochel D'vorah
Nechama bas Shayna (Rachel E's mother)
Miriam bat Chana (BLS)
Batya bas Miriam (BLS)
Aviva bas Rus
Nechama Yocheved bas Hana (fr. HL)
Esther Golda bas Hinda (fr.SGR)

Jerusalem Bus Station Stabbing: Asher ben Tamar

Brooklyn Fire: Shilat bat Luza Aliza, Daniel ben Luza Aliza,
Yosef ben Ahuva Masuda

COMMUNITY ANNOUCEMENTS

CHAZAQEVENTS: 718-285-9132, info@Chazaq.org, www.chazaq.org

See our bulletin boards for details:

CHAZAQ, Maimonides, ABA & Beth Gavriel present a Blood Drive Sunday January 21 10AM, Beth Gavriel (Forest Hills)

CHAZAQ & Beth Gavriel present Dr. Jack Cohen: "What's Getting in the Way of You Getting Married?", Sunday Jan. 21, 8PM, Beth Gavriel (Forest Hills)

SENIORS EVENT: Self-Defense Demo, Tues. Jan. 23, 3-6PM
Queens Library (Kew Garden Hills)

RSVP Required please call 718-285-9132

CONTACT INFO FOR RABBI AND LONNI OPPENHEIMER:

Rabbi: 053-624-1802 lenopp@gmail.com
Lonni: 053-623-7266

The first **yahrzeit gathering for Rabbi Yehuda Simes zt"l**, beloved husband of Shaindel, dear son-in-law of our members Rochel a"h and Rabbi Dovid Vinitzky, will iy"H take place Motza'ei Shabbos, January 27 at 8:00pm at Yeshiva Chofetz Chaim 76-01 147 St. KGH.

YIFH SENIOR LEAGUE

68-07 Burns Street 718-520-2305 Hindy Chanales, Director

Mon. - Turkey Stuffed Peppers	Soup is served Mon. Wed. and Fri.
Tues. - Grilled Chicken Breasts	
Wed. - Beef Moussaka	Menus are subject to change
Thurs. - Salmon Burger	
Fri. - BBQ Chicken	

