



# Young Israel of Forest Hills Shabbos Handout

7100 Yellowstone Blvd, Forest Hills, NY 11375 email: [youngisraelhf@aol.com](mailto:youngisraelhf@aol.com)  
Tel: (718) 268-7100 Fax: (718) 268-7102 Eiruv Line: (718) 544-6898 website: [yifh.org](http://yifh.org)

19 Teves 5778		Shabbos Shemos	January 5-6, 2018
SHABBOS SCHEDULE		SHABBOS CLASSES	WEEKLY SCHEDULE
Candle lighting	4:24pm		Daf Yomi (Rabbi Bezalel Ostrow)
Mincha	4:29pm		Sunday – 7:15am, Mon-Fri – 6:00am
Sephardic Mincha	4:10pm		Advanced Gemara (Rabbi Schreier)
		Daf Yomi (Rabbi Bezalel Ostrow)	Sunday 9:15am
Hashkama Minyan	8:00am	2:50pm	Halacha (Rabbi Ilan Meirov)
Main Shul	8:45am		Sunday 9:15am
GBM Minyan	9:15am	Talmud Shiur (Rabbi Schreier)	Sunday pm Shiurim (Rabbi Shai Tahan)
Tiffereth Shalom	8:30am	3:50pm	8:00-9:00pm in the GBM
Sof Zman Krias Shema	9:40am		
Mincha	4:20pm	Women's Parsha Group	Tehillim Group
Maariv	5:25pm	will <u>not</u> meet this Shabbos	Monday 7:40pm
Shabbos ends	5:33pm		Nach – Shmuel I (Rabbi Chaim Wagner)
Seudah Shlishis is sponsored by Carol and David Kaplan in memory of David's father, Martin S. Kaplan a"h.			Monday 8:20pm
			Adv. Talmud (Rabbi Hershel Schachter)*
			Tuesday 8:00pm
			"Beyond the Parsha" (Rabbi Schreier)*
SHACHARIS	MINCHA THIS WEEK		Will <u>not</u> meet this Wednesday
Sunday	8:15am	4:35pm	*previous shiurim available on
Mon, Thurs	6:40am		<a href="http://www.yutorah.org">www.yutorah.org</a>
Tues. Wed. Fri.	6:50am		

**\*\*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



RABBI SCHREIER'S "BEYOND THE PARSHA: CONNECTING THE PARSHA TO OUR DAILY LIVES" will not meet this week.

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Rabbi Schreier will lead a **TU B'SHEVAT SEDER** on Tuesday evening, January 30 if we have enough interest, and volunteers to organize, shop and set up. Please contact the shul office (718-268-7100 or [youngisraelhf@aol.com](mailto:youngisraelhf@aol.com)) to indicate that you would like to come, to co-sponsor, or to volunteer

### FOR CHILDREN

Classes will begin soon.  
Info: Call or text Galit: 646-354-3826.

A "MOMMY AND ME" class for mothers and toddlers 18 months and up takes place at our Young Israel Wednesday mornings at 10am in the Gluck Bais Medrash. Play Hooray is running Mommy and Me.

Info: Rene Skoczylas: [rene.frank1@gmail.com](mailto:rene.frank1@gmail.com)

The GBM Minyan invites everyone to a **WINE AND CHEESE NIGHT!**

Saturday Night, January 13th, 2018  
at 8:00pm in the Ballroom.

\$12 Per Person For Members  
\$20 Per Person For Non-Members

Cheese provided by the Cheese Guy &  
Wine provided by Carmel Winery!



RSVP at [events.gbm@gmail.com](mailto:events.gbm@gmail.com).  
RSVP deadline - this Sunday, January 7.

#### Payment Options:

**Online at [yifh.org](http://yifh.org):** NOTE: Be sure to select GBM General Fund From the "TYPE" Section and add GBM Wine and Cheese Night in the "PAYMENT NOTES" section

**By Check:** Make the check out to the Young Israel of Forest Hills. In the memo write "GBM Wine and Cheese Night."

NOTE: Please send an email to [lauren.smolar@gmail.com](mailto:lauren.smolar@gmail.com) or call the shul office to indicate you will be sending a check.

Mail your check to: Young Israel of Forest Hills 7100  
Yellowstone Boulevard, Forest Hills, NY 11375

**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)  
Sholom Avraham ben Chana Raizel (Saul Holcman)  
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

**SNOW BIRD ALERT!!**



If you are **going away for the winter**, or for any length of time for which the Post Office holds your mail, please inform the shul office. Let us know whether you want your mail sent to your Florida (or other) address, or if email is sufficient. The Post Office will not forward bulk mail, and will charge us for every letter they return.

**COMING SOON TO YIFH!**

**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 BEGINNING JANUARY 18.**

*Mariana is a Certified Yoga Teacher and a Traditional Naturopath with a degree in Doctor of Naturopathy from Trinity College of Natural Health. She is a certified Herbal Specialist, and Tai-chi for Arthritis Instructor. In addition, she has completed Level 1 in Thai Yoga Massage Therapy, and is a Licensed Cosmetologist. 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

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**YIFH SENIOR LEAGUE**

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

Mon. – Stuffed Cabbage (Beef)	Soup is served Mon. Wed. and Fri.
Tues. - Sesame Chicken	
Wed. – Deli Roast Beef	Menus are subject to change
Thurs. – Veggie Burger	
Fri.– Honey-Apricot Glazed Chicken	

FUNDED UNDER CONTRACT WITH NYC DEPT FOR THE AGING

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**COMMUNITY ANNOUCEMENTS**

**CHAZAQ EVENTS:** 718-285-9132, info@Chazaq.org, [www.chazaq.org](http://www.chazaq.org)  
CHAZAQ & Chickens for Shabbos Present **A NIGHT OF CHIZUK IN MEMORY OF HARAV AHARON LEIB SHTEINMAN zt"l AND THE VICTIMS OF THE RECENT TRAGEDY IN BROOKLYN** this Sunday, January 7 at 8PM, Ohel Simcha, 141-41 72<sup>nd</sup> Ave. KGH. Men and women. Free.

**AIPAC** (American Israel Public Affairs Committee):  
**Conversation with Hillel Fuld** (Tech Blogger, Startup Advisor):  
**ISRAEL** is growing from **STARTUP NATION TO SCALE UP NATION**. Israel has become a leader in the tech industry. Without a strong US- Israel relationship Israel would not be able to scale and transform industries around the globe. Sun. Jan. 7, 8:00pm, YI Jamaica Estates, 83-10 188 Street.  
For security purposes, all guests must RSVP to Aaron Herman at [347-456-8839](tel:347-456-8839) or [aherman@aipac.org](mailto:aherman@aipac.org)

Dr. Joe Tibaldi director of endocrinology at NYP/Q and Dr. Bruna Babic, an endocrine surgeon, will clue you in on **THYROID PROBLEMS** Tuesday Jan 9 at 7:30pm at Etz Chaim, 147-19 73<sup>rd</sup> Ave. Free. Healthy refreshments.