



# CBY Weekly Shabbat Announcements

3 - 10 Shevat 5778 - January 19-26, 2018

SHABBAT BO

## SHABBAT JANUARY 19-20

Candles.....	4:37 pm
Plag.....	3:56 pm
Mincha .....	4:45 pm

**NO Moroccan minyan this shabbat**

**NO Kids Parsha Shiur**

### Minyanim:

Hashkama .....	7:00 am
Sefard (Beis Medrash) .....	8:30 am
Ashkenaz (Social Hall) .....	8:30 am
Ashkenaz (NM).....	9:00 am
Ashkenaz (Old Main).....	9:15 am
Teen Minyan (Social Hall) .....	9:00 am

### CBY David Frohlich z"l Youth Department

Youth Supervised Play .....	9:00 am
Youth Groups (Nursery - 5 <sup>th</sup> grade) .....	9:20 am
Men's club Kiddush following davening	

Daf Yomi Manny Adler.....	7:30 am & 3:35 pm
Ramban al HaParsha - R' Weinberger .....	8:40 am
Gemara Shiur-R' Breslau & Dr. Bench .....	after 8:30 am
shacharit (back of BM)	
Minchas Chinuch–Nicolas Weill..	after 8:30 am shacharit
Josh Notkin shiur Rav Kook-Ein Ayah .....	4:05 pm
Mincha .....	1:45 & 4:35 pm
R' Pruzansky's shiur "Presumptions" ...	after 4:35 mincha
Maariv (Kiddush Levana) .....	5:43 pm
Manny Freed z"l Parent Child Learning (BM) .....	6:15 pm

## WEEKDAY SCHEDULE JANUARY 21-26

Daf Yomi.....	7:00 am (Sun), 5:30 am (M-F)
<i>Shacharit</i>	
Sun .....	6:25, 7, 7:30, 8, 8:50, 9:15 am
M/Th .....	6:05, 6:20, 7, 7:20, 8, 8:50 am
T/W/F .....	6:15, 6:30, 7, 7:30, 8:00, 8:50 am
Earliest <i>tefillin</i> .....	6:18 am
Latest <i>shema</i> .....	9:41 am
Mincha <i>gedola</i> .....	12:38 pm
Early <i>mincha</i> Sun ( <b>Old Main</b> ).....	12:45 & 1:45 pm
Early <i>mincha</i> Mon – Thurs .....	1:45 pm
<i>Mincha</i> .....	4:50 pm
<i>Maariv</i> Sun-Thurs .....	6, 7, 8, 9, 10:01, 10:45 pm

## SPECIAL EVENTS

- ◆ Men's Club Kiddush following davening.

## NEXT SHABBAT-BESHALACH /SHABBAT SHIRAH

Candles .....	4:45 pm
Plag .....	4:04 pm
Mincha.....	4:55 pm
Carlebach minyan (OM) BenZion Feld .....	4:55 pm
Moroccan <i>Shir HaShirim/mincha</i> .....	4:55 pm

## MAZAL TOV

- ◆ **Jane & David Carr** on birth of a granddaughter, Tziporah Nechamah, a daughter to Hadassah & Aryeh Gielchinsky in Israel
- ◆ **Ruby & Bobby Kaplan and Ruth & Samuel Stern** on the bar mitzvah of their grandson Ilan Kaplan, son of Debbie & Mordechai Kaplan of Israel.
- ◆ **Tammy & David Katz and Florence & Joseph Appleman**, on the birth of a grandson and great grandson, a son to Rebecca & Noam Block.
- ◆ **Helene & Terry Korn** on the birth of a grandson, a son to Sheri & Uri Korn.

We are happy to include your mazal tov announcements. To share your Simcha please send an email to [bulletin@bnaiyeshurun.org](mailto:bulletin@bnaiyeshurun.org).

## CONDOLENCES:

- ◆ **Judy Miller & Sandy Piontnica** on the loss of their beloved mother, Ida Baruch a"h.
- ◆ **Andy Neff** on the loss of his beloved father, Alan Neff a"h.

Thank you to Susan Fried, Karen Goldstein, Brenda Hanauer, & Marcia Weinblatt for their help in the office this week.

In an ongoing effort to maintain our shul, the carpet in the Old Main will be cleaned. Please note that all minyanim that normally take place in the Old Main will take place in the New Main on Tuesday, January 23rd.

Money was found near the lockers. Please contact Marvin Oppenheim.

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**CBY NOTES**

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- ◆ **Register Now!** Saturday, night February 3<sup>rd</sup> at 8:30pm in the Social Hall- CBY presents Stayin' Alive: An Israeli Comedy Show. A hilarious, satirical stage show (in English), by Gady Weissbart & Noam Jacobson, which brings the Israeli side of the complicated life story to non-Israelis. The show demonstrates, in hysterical ways, how the writers/actors deal with the BDS movements, the world media, and other common issues in Israeli life. Admission: \$15 per person. Sponsorships available, please contact the office if interested. Registration is open on the shul website. Go to [www.bnaiyeshurun.org/events](http://www.bnaiyeshurun.org/events).
- ◆ This year's Zayin Adar Seuda will take place at Congregation Beth Aaron Thursday, February 22nd following Mincha: 5:10, Maariv: 6:05 Fast ends 6:19. Speaker: Rabbi Rothwachs. Cost to attend the Seudah is \$20. If you would like to attend, please contact the CBY office by February 15th.
- ◆ **CBY Project Ometz** is available to provide peer support for parents who have children suffering with mental illness. For more information see [www.projectometz.org](http://www.projectometz.org) or email [projectometz@bnaiyeshurun.org](mailto:projectometz@bnaiyeshurun.org)

This month's calendar can be found at <https://www.bnaiyeshurun.org/monthlycalendar>

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**MEN'S CLUB:**

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Thank you to all our Men's Club Kiddush Sponsors.



BNOT's Mishloach Manot online ordering information has been sent to all members via Happy Purim. If you have not received it or are having trouble with the system, please contact Sora Grunstein at (917) 817-7586 or [cbybnot@gmail.com](mailto:cbybnot@gmail.com). The deadline for all orders is February 14, 2018.

Tomchei shabbos is seeking volunteers to pack next Wednesday, January 24th @ 4pm. Due to vacation, many of their regular packers & drivers will be away & they need some extra hands. Packing guidelines: 1. Volunteers must REGISTER in advance with [Ataramauskopf@gmail.com](mailto:Ataramauskopf@gmail.com), unfortunately we cannot welcome drop ins due to limited space. 2. Packers must be 12+ years old if unaccompanied by an adult or 10+ if accompanied by an adult.

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**BEIS MEDRASH PROGRAM**

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**DAILY**

Daf Yomi ..... 7:00 am (Sun), 5:30 am (M-F)  
Mishna Yomit-Masechet Chagigah  
..... Sun 8:30 am, M-F 7:45 am, Shabbat 8:15 am  
R' Zartz *Emunah U'Betachon* on hiatus until Jan. 29th

**SUNDAY**

Daf Yomi B'Halacha Chavura ..... 8:30 pm

**MONDAY**

Daf Yomi B'Halacha Chavura ..... 8:30 pm

**TUESDAY**

No Kollel Yitzchak Yaakov .....  
R' & Michal Zartz's women's shiur series "Bilvavi  
Mishkan Evneh-Developing our Spiritual  
Personalities" on hiatus until January 30<sup>th</sup>.  
Parsha shiur w/Rav Goldwicht ..... 8:30 pm

**WEDNESDAY**

No Kollel Yitzchak Yaakov .....  
Lunch & Learn for Seniors - R' Taubes ..... 1:00 pm  
Rambam's Mishneh Torah - R' Meier ..... 8:00 pm  
Tzurva Merabanan w/R' Pruzansky ..... 8:15 pm  
Daf Yomi B'Halacha Chavura ..... 8:30 pm  
R' Sobolofsky Halacha Shiur ..... 9:15 pm

**THURSDAY**

Daf Yomi B'Halacha Chavura ..... 8:30 pm  
NO R' Zartz's Parsha Conference Call  
R' Moshe Tzvi Weinberg series on "Mitzvos Bein Adam  
Lechaveiro" ..... 8:15 pm  
Parsha & Halacha w/R' Taubes ..... 10:15 pm

**FRIDAY**

No Kollel Yitzchak Yaakov .....

**Looking to mark a special occasion, commemorate a  
yahrzeit, or say thank you? Consider sponsoring the  
Shabbat Bulletin, a Day of Learning, or one week of  
Manny Freed z"l Parent Child Learning.  
For pricing and availability please contact the CBY  
Office.**



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### COMMUNITY ANNOUNCEMENTS

Mrs. Chani Juravel is currently giving a series on "The Morning Brochos: The Mindset of Blessed Living" at Ohr HaTorah, 36 Rector Court, Bergenfield at 10:00am. There is a \$10 charge for the class. Please note: No class January 25 or February 1 due to Winter Break.

Bikur Cholim Bergen County (BCBC) is a volunteer run 501(c)3 organization which provides support, facilities and services to ease the burden of families during trying times. Some of our services include: medical equipment gemach, rides to and from local medical appointments, meals for families facing medical crises, and taxi service with Shabbat arrangement. In addition, we provide weekday as well as Shabbat sleeping accommodations at & near Hackensack University Medical Center. We can be reached at 201-579-3066 or visit our website at [bikurcholimbergencounty.org](http://bikurcholimbergencounty.org).

On Sunday, Jan. 28, at 7:30 p.m., at Beth Aaron, Larry Shafier will discuss "Solutions for Retirement Planning: Five Retirement Derailers." Larry is a Chartered Financial Consultant, a Chartered Mutual Fund Counselor, and Chartered Life Underwriter with 30-plus years' experience. Additionally, Larry is a Life and Qualifying member of the Million Dollar Round Table. Among other topics, he will discuss healthcare costs in retirement, outliving retirement savings, low interest rate environment, market volatility, and taxation.

New Ma'ayanot shiur series begins on Thursday, Feb. 1  
Instructor: Mrs. Leah Herzog is back! Topic: Tov L'hodot LaHashem: An Exploration of the Shabbat Tehillim Dates: Feb. 1, 8, 15, 22 and March 8  
Time: 12:50 - 1:50 PM (please note the new time)  
Location: Ma'ayanot Mac Lab

The Beth Aaron Men's Club is pleased to welcome award-winning baseball writer Bob Klapisch, formerly of the Bergen Record, on Sunday, February 4, at 9:30 a.m. Bob will talk about the return of the Evil Empire and what to expect of the 2018 baseball season, the Astros winning the World Series, the Hall of Fame voting results, and the future of sports coverage in print media. He also will take questions from the audience on all baseball topics. A light breakfast will be served.

The Ma'ayanot Book Club meets on Mon., Feb 5  
Join Ma'ayanot English teacher, Mrs. Shalvi Isseroff, for a fascinating discussion about Sing, Unburied, Sing: A Novel by Jesmyn Ward. Time: 8 PM  
Location: Home of Pam Ennis, 400 Winthrop Road, Teaneck

Part 2 of the lunch and lecture series with Rabbi Zev Goldberg, rabbi of Young Israel of Fort Lee, will take place on Monday February 5 at Young Israel of Fort Lee, 1610 Parker Avenue, Fort Lee. Lunch will be available at 12:00 PM, with the lecture beginning at 12:45. The title is "Eternal Impact - 6 Defining Moments in Jewish History". This event is being jointly sponsored by the Teaneck Orthodox Retiree's Association (TORA) and Young Israel of Fort Lee. There is no charge for the 2/5 program, thanks to the generosity of the host, Young Israel of Fort Lee. However, we do ask that attendees make a reservation by Thursday February 1. To reserve, please email Michael Karlin at [mkarlin@aol.com](mailto:mkarlin@aol.com) with the names of those who will be attending.

Please join CBY in support of AIPAC on February 6th at 8PM for a community event with Elliott Abrams, noted diplomat, author, and former Deputy National Security Advisor under President George W. Bush. This important program will take place at Congregation Keter Torah. Additionally, we will salute Teaneck's own Dr. Mort Fridman as he ascends to AIPAC's Presidency of AIPAC this March at the AIPAC Policy Conference. For Security purposes RSVP's are required. Please RSVP at [www.aipac.org/teaneck](http://www.aipac.org/teaneck)

Join us in an interactive hands-on workshop at Beth Aaron on Sunday, February 11, at 10:00 a.m., when we will explore the art of Origami. The free introductory class will be taught by accomplished Origami artist Yaacov Metzger, long-time member of OrigamiUSA. All materials will be supplied; no prior experience necessary. Register at [www.bethaaron.org/event/origami-workshop](http://www.bethaaron.org/event/origami-workshop).

INTRODUCING A NEW TWO-PART NUTRITION SERIES BY: COACH GILA GUZMAN, Ma'ayanot Nutrition teacher!  
Session 1: Intuitive Eating & Healthy Habits vs. Willpower & Dieting Monday, Feb. 12, 8 PM. Relaxing on Shabbos while remaining diligent with your food choices.

Smoothie Demo: Perfect for breakfast, lunch or snack on busy Fridays! Session 2 Transforming Your Shabbat Table from Sweet to Savory Monday, April 23, 8 PM. An examination of your relationship with food: the banishment of guilt and shame. Cooking demo: Cauliflower rice with toppings bar. Both sessions will take place at the home of: Adeena and Yaakov Pultman 172 Bennett Avenue, Teaneck. For more information and sponsorship opportunities, please contact Pam Ennis: [ennisp@maayanot.org](mailto:ennisp@maayanot.org).

Onward Israel: Intern in your field of study in Israel this summer: spend 8 weeks living and working in the center of Tel Aviv. Open to students, ages 19-27, from Northern New Jersey. Find more information and apply until March 15, 2018 at [www.onwardisrael.org/NNJ](http://www.onwardisrael.org/NNJ).

We have started a new Partnership2Gether initiative with EVP (Emergency Volunteers Project), a non-profit Israeli agency. Jewish Federation and EVP are holding a local training session in NJ on Sunday, March 11 to certify firefighters, medical personnel, and community volunteers so they can serve in Israel in the event of a crisis. All community members are welcome. All that's needed is a desire to help others. Please visit [www.jfnj.org/evp](http://www.jfnj.org/evp) for more information and to register for the March 11 training session. There is a fee of \$60 (waived for firefighters). Once certified, participants called upon to respond in Israel will have the option to serve based on their personal circumstances.

On Israel's Yom Hazikaron (4/18/18), we invite you to join Yashar LaChayil in remembering every one of Israel's 23,550 fallen defenders! For your \$18 donation, you will receive a personalized certificate with the name & other details of one of Israel's fallen soldiers, unique to you. When Memorial Day begins, we ask that you light a candle & say a prayer in memory of your soldier.

Registration is now open for this year's NORPAC Mission to Washington on Wednesday, April 25. Please join us to advocate on behalf of the most pressing issues relating to Israel that are currently in front of Congress. These include countering Iran, BDS and foreign aid. Go to [www.norpac.net](http://www.norpac.net) to register or call the NORPAC office at 201-788-5133. The special rate of \$125 is in effect until March 4. Children 12 and up are welcome if accompanied by a parent. For students and young professionals under 30 it's \$75 and for college students it's \$36 until that date.

Do you know any teenagers

- who want to make a difference in people's lives?
- who want to learn about their Jewish heritage?
- who would like to receive a \$500 stipend?

The Hebrew Home at Riverdale is accepting applications for their L'Dor V'Dor Summer Internship; four-week program for Jewish teenagers. Interns volunteer at the Hebrew Home, connect with residents, & attend educational seminars & workshops. L'Dor V'Dor will be held from July 2 - July 27, Mon.-Fri. from 9:00 am – 5:00 pm. Participants are selected on the basis of their application, interview, & references. Those who complete all program requirements will receive a \$500 stipend. For more information, please call 718.581.1416 or email [LDorVDor@hebrewhome.org](mailto:LDorVDor@hebrewhome.org)

Please send all tehillim requests to:

[cholim@teaneckshuls.org](mailto:cholim@teaneckshuls.org). Include only the Hebrew name of the ill person. This list is meant for long term illness-type situations. Those requiring tehillim in the event of an immediate surgery, sudden accident, emergency type nature may, of course, post directly to TeaneckShuls on their own.

The Jewish Community Council of Greater Teaneck invites you to a special observance of Yom Hashoa, Holocaust Memorial Day, on Wednesday, April 11, 2018 at 7:30pm at Teaneck High School. A pre-event reception honoring the survivors in our community will be held at 6pm. Our keynote speaker is Moshe Avital, who was born in Bilke, a village in eastern Czechoslovakia. As in previous years, we will read aloud names of those who perished in the Holocaust. To be a sponsor and to ensure that your memorial names will be read that evening send them in with your contributions of \$25 or more by February 21, 2018. Please make your check payable to the: Jewish Community Council of Greater Teaneck and mail to: Sharon Penkower Kaplan, 534 South Forest Drive, Teaneck, NJ 07666 For more information, visit our website at [www.teaneckyomhashoa.org](http://www.teaneckyomhashoa.org).