



CBY Weekly Shabbat Announcements
10-17 Shevat 5778 - January 26-February 2, 2018
SHABBAT BESHALACH / SHABBAT SHIRAH

SHABBAT JANUARY 26-27

Candles.....	4:45 pm
Plag.....	4:04 pm
Mincha	4:55 pm
Carlebach minyan (OM) led by Ben Zion Feld	4:55 pm
Moroccan <i>Shir HaShirim/mincha</i>	4:55 pm
Kids Parsha Shiur	7:45 pm
<i>Minyanim:</i>	
Hashkama	7:00 am
Sefard (Beis Medrash)	8:30 am
Ashkenaz (Social Hall).....	8:30 am
Moroccan.....	9:00 am
Ashkenaz (NM).....	9:00 am
Ashkenaz (Old Main).....	9:15 am
Teen Minyan (Social Hall)	9:00 am
<i>CBY David Frohlich z"l Youth Department</i>	
Youth Supervised Play	9:00 am
Youth Groups (Nursery - 5 th grade)	9:20 am
Daf Yomi Elliot Small.....	7:30 am & 3:45 pm
Ramban al HaParsha - R' Zahtz.....	8:40 am
Gemara Shiur-R' Breslau & Dr. Bench	after 8:30 am
shacharit (back of BM)	
Minchas Chinuch—R' Etiel Goldwicht.....	after 8:30 am
shacharit	
Josh Notkin shiur Rav Kook-Ein Ayah	4:15 pm
Mincha	1:45 & 4:45 pm
R' Sultan's shiur "Using the Apple Watch for Medical Monitoring on Shabbat."	after 4:45 mincha
Moroccan mincha	4:25 pm
Maariv	5:52 pm
Manny Freed z"l Parent Child Learning (BM)	6:30 pm

WEEKDAY SCHEDULE JANUARY 28-FEBRUARY 2

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>	6:14 am
Latest <i>shema</i>	9:39 am
Mincha <i>gedola</i>	12:40 pm
Early <i>mincha</i> Sun (Old Main).....	12:45 & 1:45 pm
Early <i>mincha</i> Mon – Thurs.....	1:45 pm
<i>Mincha</i>	5:00 pm
<i>Maariv</i> Sun-Thurs	6, 7, 8, 9, 10:01, 10:45 pm

SPECIAL EVENTS

- ◆ Ben Zion Feld ufruf 8:30 am (Sefard)
- ◆ CBY welcomes our Yeshiva University, Community Wexner Scholar, Rabbi Ike Sultan

NEXT SHABBAT-YITRO

Candles	4:54 pm
Plag	4:11 pm
Mincha.....	5:05 pm
Moroccan <i>Shir HaShirim/mincha</i>	5:05 pm

MAZAL TOV

- ◆ Rochel & Alan Feld and Marsha & Seymour Kaye on the ufruf and forthcoming marriage of their son and grandson, Ben Zion Feld, to Sarah Levin of Jamaica Estates.
- ◆ Dvora & Roy Spiewak on the birth of a granddaughter, a daughter to Yael & Gabi Spiewak.
- ◆ Gilla & Yitz Stern and Gina Frommer on the birth of a granddaughter and great-granddaughter, a daughter to Estee & Elon Soniker.

We are happy to include your mazal tov announcements.
To share your Simcha please send an email to
bulletin@bnaiyeshurun.org.

CBY DAVID FROHLICH Z"l YOUTH DEPARTMENT

- ◆ We are excited to announce that we will be restarting our Mommy & Me program in the Nursery classroom. All newborns & toddlers are welcome to join. Please note, each child must be accompanied and supervised by a parent.

SAVE THE DATE: Important Project Ometz upcoming teleconference, "What Parents Need to Know about Self-Harm" Rabbi Ari Zahtz & Dr. Tzipora Wallach. Monday evening, February 5th at 8:30pm. (641) 552-9173, access code 636984. Questions may be submitted prior or during the call to: projectometz@bnaiyeshurun.org.

CBY NOTES

- ◆ **Join us** Saturday, night February 3rd 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. Registration is open online at 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 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 or email projectometz@bnaiyeshurun.org

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

BNOT

- ◆ 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. The deadline for all orders is February 14, 2018.
- ◆ ICE (Inspirational Community Events) sponsored by BNOT, is pleased to announce two upcoming events for women of all ages. On Motsei Shabbos, March 17, Miss Chevi Garfinkel, a beloved teacher in Bruriah, Lev Bais Yaakov, and Ohr Nava, will be speaking on a topic relating to Pesach. Refreshments will be served at 9:15PM and the Shiur will begin at 9:30PM. Then, on Motsei Shabbos, May 5, Rav Judah Mischel, executive director of HASC and founder of Tzama Nafshi, will be speaking at 9:45PM and refreshments will be served at 9:30PM. Please be in touch with Lauren Szpilzinger (Lasurenspilz@gmail.com) with any comments or questions about ICE. Looking forward!

BEIS MEDRASH PROGRAM

DAILY

Daf Yomi 7:00 am (Sun), 5:30 am (M-F)
Mishna Yomit Masechet Yevamot
..... Sun 8:30 am, M-F 7:45 am, Shabbat 8:15 am
R' Zartz *Emunah U'Betachon* resumes on Jan. 30th;
T-Th..... after 9pm maariv

SUNDAY

Daf Yomi B'Halacha Chavura 8:30 pm

MONDAY

Daf Yomi B'Halacha Chavura 8:30 pm

TUESDAY

Kollel Yitzchak Yaakov 6:20 am
R' & Michal Zartz's women's shiur series "Bilvavi
Mishkan Evneh-Developing our Spiritual
Personalities" 10:15 am
Parsha shiur w/Rav Goldwicht 8:30 pm

WEDNESDAY

Kollel Yitzchak Yaakov 6:20 am
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

R' Zartz's Parsha Conference Call - (530)-881-1212 /
Access Code 784-494-382# 12 noon
R' Moshe Tzvi Weinberg series on "Mitzvos Bein Adam
Lechaveiro" 8:15 pm
Daf Yomi B'Halacha Chavura 8:30 pm
Parsha & Halacha w/R' Taubes 10:15 pm

FRIDAY

Kollel Yitzchak Yaakov 6:20 am

**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

The 8th Annual Bonnie Berman a"h Yahrzeit Shiur will take place this Shabbat January 27th at 3pm at 1184 Trafalgar Street. R' Yonah Berman will speak on "Critical Verses: Whittling Judaism Down to One Central Concept."

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. We can be reached at 201-579-3066 or visit our website at 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. 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

Shabbat Feb 2-3, Parshat Yitro, Cong. Beth Abraham is honored to host R' Moshe Taragin of Yeshivat Har Etzion as our scholar in residence. R' Taragin will be speaking on Friday night and several times during the day on topics related to Matan Torah & Parshat Yitro. Please contact Aaron Ross (aaronshalom@gmail.com) for more info or to sponsor.

The Beth Aaron Men's Club is welcomes award-winning baseball writer Bob Klapisch, 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 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, of the Young Israel of Fort Lee, will take place on Monday February 5. 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. Please make a reservation by Thursday February; please email Michael Karlin at 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

On Feb. 6th at 8pm, Rinat Yisrael is hosting an evening of Mindful Movements in Your Everyday Life: A comprehensive workshop to enhance the physical well-being of women of all ages and stage; featuring our own Joyce Bendavid.

Join one of the most popular annual Seforim Sale events with YUConnects! Come to YU's Belfer Hall for a fascinating talk on Wednesday night, February 7th at 8 pm. Hear unique perspectives in a conversation on dating and relationships with Rosh Yeshiva Rav Mordechai Willig and his sister, noted author Mrs. Chava Willig Levy. Opportunity to browse the seforim sale, mingle with others and meet excellent matchmakers! Sushi and refreshments are an added bonus! Free

Parking available. Open to all and geared for singles ages 21- 33. Cost is only \$10, payable at the event.

Registration appreciated at www.yuconnects.com/upcoming-events
Questions? email mglatt@yu.edu or call (516) 603-8141

Join us in an interactive hands-on workshop at Beth Aaron on Sunday, February 11, at 10:00 a.m., exploring 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.

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. Please contact Pam Ennis: ennisp@maayanot.org for more information.

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.

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 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 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.

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

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.

We are happy to include your family announcements in the Weekly Bulletin. Please submit your announcements to bulletin@bnaiyeshurun.org by **THURSDAY 12:00 pm** for inclusion in the current week. Announcements received after that time will be included the following week.