



Congregation Bnai Yeshurun Weekly Shabbat Announcements

August 3-10, 2018

Parshat Ekev

Shabbat Mevarchim HaChodesh

כ"ב – כ"ט מנחם אב

פרשת עקב

שבת מברכים החדש

Shabbat Times		זמני שבת	
Candle lighting	7:05 pm	הדלקת נרות	קודש
	7:35		
	7:49		ערכי שבת
Mincha only	5:15	מנחה (בלבד)	
Mincha and Kabbalat Shabbat	6:45	מנחה וקבלת שבת	
	7:15		
	8:00		

Special Women's Seudah Shlisheet And You Are Still Invited to Attend

Bnot will be hosting a special women's *seudah shlisheet* this Shabbat and you're invited. To be held in our Social Hall at 5:00 pm, the event will honor our own Sara Grinfeld and feature guest speaker psychotherapist, counselor, and popular lecturer Shera Dubitsky. Her presentation is entitled "Maggid and the Yellow Brick Road: Lessons We Learn from Bnai Yisrael and Dorothy".

Sara is being honored for her tireless efforts and dedication to our shul. From the day she and her family moved into our community she has been a "go to" member in many ways. She has served as president of Bnot, been an active member of our welcoming committee, and chaired numerous successful events including our annual Purim chagigah, Panoply, cooking events, and more.

Guest speaker Shera Dubitsky holds master's degrees in clinical, counseling, and educational psychology from Columbia University. Having completed her training towards a doctoral degree in clinical psychology, Ms. Dubitsky is a psychotherapist with twenty years of experience working with children and families experiencing trauma. She has served as a consultant to schools and professionals addressing the needs of children and was the clinical supervisor and director of navigation support service, at Sharsheret.

Special thanks to Chaya Schwartz, Aviva Vogel, Sora Grunstein, Miriam Kopel, and Sari Sheinfeld for organizing this event. For women who want to attend but failed to make reservations, you are still welcome to join Bnot at what will be an enjoyable and informative afternoon.



Sara Grinfeld

courtesy of Dalia Grinfeld, age 7



Shera Dubitsky

Shabbat Times		זמני שבת	
Latest Shema	9:25 am	סוף זמן ק"ש	שבת בבוקר
Hashkama – New Main	7:00 am	השכמה	
Ashkenaz – Social Hall	8:30	נוסח אשכנז	
Sefard – Beis Medrash	8:30	נוסח ספרד	
Ashkenaz – New Main	9:00	נוסח אשכנז	
Ashkenaz – Old Main	9:15	נוסח אשכנז	
Youth Supervised Play	9:00	גן ילדים	
Youth Groups (Nursery – 4 th grade)	9:20	כיתות נוער	
Mommy & Me - Nursery Wing	10:15	אמהות ותינוקות	

Shabbat Times		זמני שבת	
Daf Yomi - Elliot Small	7:30 am	דף היומי	לוח שיעורים
Mishna Yomit (Masechet Nazir)	8:15 am	משנה יומית	
Ramban al HaParsha - R' Zahtz	8:40 am	רמב"ן על הפרשה	
Gemara Shiur - R' Frank Breslau & Dr. Joey Bench	After 8:30am	שיעור בגמרא	
Minchas Chinuch – Avi Hirt	After Sefard	מנחת חינוך	
Manny Freed z"l Parent-Child Learning	4:45 pm	הורים וילדים	
Josh Notkin- Maharal Pirkei Avot	7:15	פרקי אבות	

Shabbat Times		זמני שבת	
Shabbat Mincha	1:45 pm	מנחה	ש"ש ומוצאי שבת
	5:30		
Mincha & Rabbi's Shiur	7:45	מנחה ושיעור של הרב	
R' Zahtz's shiur "Iyov part 3" following 7:45 pm mincha			
Ma'ariv	8:53	מעריב	

Next Shabbat		זמני שבת	
Candle lighting	7:05	הדלקת נרות לשבת הבאה	
	7:35	פרשת ראה, ראש חדש	
	7:40		

This week's bulletin is sponsored in honor of Oshrat & Rabbi Avidan Elkin's new son by all of his excited aunts, uncles & cousins. מזל טוב!



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Special Events

ארועים מיוחדים

- Ufruf of Arieh Levi in the 9:00 am Ashkenaz
- This Shabbat, CBY women are invited to a *Seudah Shlisheet* paying tribute to Sara Grinfeld at 5:00 pm in the Social Hall. Shera Dubitsky will speak on "Maggid and the Yellow Brick Road: Lessons We Learn From Dorothy and Bnai Yisrael." Thank you to all those who participated in the Scroll of Honor.

Mazal Tov

מזל טוב

- Linda Appel on the marriage of her grandson Yehuda Klein to Melanie Moore
- Pamela & Harold Falik on the birth of a granddaughter, a daughter to Dr. Shana Kaye & Donni Falik
- Esther & Mark Kook on the marriage of their daughter Elana to Adam Wiesel
- Shira & Jeff Kuritzky and Esther & Jerry Friedman on the marriage of their children Tamar & Nati
- Sallie & Ernie Levi on the ufruf and upcoming marriage of their son Arieh Levi to Shaindel Gross of Montreal
- Phyllis & Rabbi Michael Miller on the bar mitzvah of their grandson Izzy Jerome in Efrat
- Sharon & David Rauch and Rikki & Alex Folkman on the birth of a granddaughter and great-greatgranddaughter, a daughter to Rachel & Akiva Romanoff
- Devorah & Hagai Rosilio for the birth of a baby boy
- Beth & Ronnie Stern on the engagement of their son Eitan to Ayelet Itzhak of Norfolk, Virginia
- Dvora & Roy Spiewak on the birth of a grandson, a son to Naomi & Yoni Spiewak
- Alissa & Sammy Zagha on the forthcoming marriage of their daughter Annie to Brad Waldstreicher
- Oshrat & Rabbi Avidan Elkin on the birth of a baby boy

Reminders

- High Holiday seat forms were mailed in June. If you have not yet made your reservations, please do so as soon as possible.
- Yizkor Book forms are in the mail and available online. Please sign up to be able to include your loved ones. **When filling out the online form, please make sure to log in to your account in order to be able to bill to your account.** The deadline for all submissions is August 24th. For more information, please contact Dov Elefant at 201-928-1267 or dovelefant@gmail.com.

CBY Notes

- One Man Art Show of the Paintings by Jeffrey Packard on Sunday August 5th from 6 pm to 9 pm. Special viewing for CBY members only beginning at 5:00 pm. Free to view. All art work is for sale – partial proceeds to benefit CBY. www.packardstudios.com

- Shabbat, August 11th CBY Adult Education Committee welcomes Scholar in Residence Rabbi Daniel Feldman. He will speak at 6 pm in the New Main on "Shabbos in Outer Space, and its Implications for Us Back on Earth", **Mincha will be at 6:50 pm (note the new time)** followed by a *Seudah Shlisheet* in the Social Hall to include a siyum by the CBY Daf Yomi group, followed by Rabbi Feldman's shiur on "Technology, Surveillance and the Ethics of Personal Privacy". To sponsor the Scholar in Residence or *Seudah Shlisheet* please contact the shul office.

- Teaneck Community Mother-Daughter Bat Mitzvah Trip to Israel led by Rebbetzin Michal Zahtz, Nov. 18-24. For more information please visit www.emunah.org/teaneck-bat-mitzvah-mission/

- CBY Project Ometz is available to provide peer support for parents who have children suffering with mental illness. For information visit www.projectometz.org or email projectometz@bnaiveshurun.org

Men's Club

- Sponsor the next Men's Club Kiddush on Shabbat, August 18th. Contact Neal Landerer or the shul office if interested.

David Frohlich Youth Department

- August 11th Youth Shabbat Lunch for kids entering grades 1-3. Register at www.bnaiveshurun.org/youth/ - \$18 before 8/8; \$22 after. Walking groups for those registered by 8/8.
- Sign up for High Holiday Babysitting. Deadline is Aug. 29. Fill out the form at www.bnaiveshurun.org/youth.

Bnot

- Sign up for the Bnot Rosh Hashanah 5779 Greeting. Deadline is August 15th. Fill out the form at www.bnaiveshurun.org/rh-greeting.html.
- Save the Date! Sunday, October 7th at 4 pm CBY Family Block Party! Join CBY families for fun activities, food trucks, and more. Stay tuned for more details.

Beis Medrash Program

	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.
Daf Yomi	7:00am			5:30am		
Mishna Yomit	8:30am			7:45am		
Daf Yomi B'Halacha				8:30pm		
R' Meir Shalem		9:35-10:45 am				
Rav Elkin (Moroccan minyan)		8-9:30 pm				
Rav Goldwicht – Parsha			HIATUS			
Senior Lunch n' Learn -R' Taubes				HIATUS		
Tzurva Merabanan – R' Pruzansky				HIATUS		
Rambam's Mishneh Torah – R' Meier				HIATUS		
R' Sobolofsky- Halacha				HIATUS		
R' Zahtz parsha call					HIATUS	
Navi Chavura – R' Schachter			HIATUS			
R' Moshe Tzvi Weinberg					HIATUS	
Parsha & Halacha w/ R' Taubes					10:15 pm	



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Weekly Davening Schedule

Earliest tefillin - 4:55 am Latest Shema - 9:28 am Mincha Gedola - 1:38 pm	Sun. Aug. 5	Mon. Aug. 6	Tue. Aug. 7	Wed. Aug. 8	Thu. Aug. 9	Fri. Aug. 10	
	כ"ד מנחם אב	כ"ה מנחם אב	כ"ו מנחם אב	כ"ז מנחם אב	כ"ח מנחם אב	כ"ט מנחם אב	
דף היומי	זבחים ק"ד	זבחים ק"טו	זבחים ק"טז	זבחים ק"יז	זבחים ק"יח	זבחים ק"יט	
Daf Yomi	7:00 am	5:30 am	5:30 am	5:30 am	5:30 am	5:30 am	
Shacharit <i>Beis Medrash</i>	6:25	6:20 7:20	6:30 7:30	6:30 7:30	6:20 7:20	6:30 7:30	שחרית
Shacharit <i>Old Main</i>	7:30 8:50	6:05 7:00 8:00 8:50	6:15 7:00 8:00 8:50	6:15 7:00 8:00 8:50	6:05 7:00 8:00 8:50	6:15 7:00 8:00 8:50	
Shacharit <i>New Main</i>	7:00 8:00 9:15						
Mincha	1:45 pm 4:30 7:50	1:45 pm 7:50	1:45 pm 7:50	1:45 pm 7:50	1:45 pm 7:50	1:45 pm 5:15 pm	מנחה
Plag Mincha <i>Old Main</i>	6:25 pm	6:25 pm	6:25 pm	6:25 pm	6:25 pm		
Ma'ariv	9:00 pm 10:01 11:00	9:00 pm 10:01 11:00	9:00 pm 10:01 11:00	9:00 pm 10:01 11:00	9:00 pm 10:01 11:00	9:00 pm 10:01 11:00	מאריב

Community Announcements

- The Ohr HaTorah Sisterhood invites the Teaneck/Bergenfield Community to an inspiring 6-part **Summer Women's Shiur Series on Tefillah**. The shiurim are for ages 12-120. The third shiur is this Shabbos, Parshas Eikev by **Mrs. Rachel Schuh** entitled "**Shema**" at 5 pm hosted by the Gross Family at [50 Rector Ct., Bergenfield](#).
- The Yeshivat Noam Parent Education Committee is pleased to present a summer evening event with Rabbi Hagler "Putting the 'We' Back Into the 'I': Managing Social Relationships in the Age of Technology" Monday, August 6th at 8:30 pm, at the home of Valerie & Etan Mirwis. For more info, & the exact address or to RSVP, please contact PSP@yeshivatnoam.org.
- Do you have a H.S. daughter who is around for the summer? Join us 7:15 on Tuesday nights for NCSY's Summer Girls Learning Initiative (through-8/14). **Aug. 7-Mrs. Kayla Bluman**. SGLI is an opportunity for H.S. girls to spend time with other girls their age & enjoy Torah learning experiences. SGLI is sponsored by NCSY & supported by Bruria, Central, Maayanot, Naaleh, & Frisch. The sessions will be at Beth Abraham, 396 New Bridge Rd, in the social hall. Food will be served! For more info please contact Dr. Aliza Frohlich at afrohlich613@gmail.com.
- Refa'enu's peer-led mood disorder support groups will meet Tuesday, August 7, at 7:30 pm in the Ben Porat Yosef Building at E. 243 Frisch Ct. in Paramus, NJ. Doors open at 7:10 pm. Groups are divided between a group for those with a disorder (depression,

bipolar) as well as a group for their loved ones. No reservations are required. For more information contact: dena@refaenu.org.

- Family Support Group for loved ones of those suffering from addiction and substance abuse. We meet every other Wednesday in Teaneck at 8 pm, free of charge. Our meetings for August will take place on August 8th and August 22nd. For location and more information please email: Time2TalkAddiction@gmail.com.
- Thursday, August 9 at 10:15 am Mrs. Chani Juravel plans to give a shiur on "Tefilla" at the Fink home 57 Maiden Lane, Bergenfield. There is a \$10 charge for the class.
- Feldenkrais Awareness Through Movement class with Joyce Bendavid OTR GCFP, sponsored by Rinat's Nerot. Classes meet on Tuesdays at 11-12 pm & 8-9 pm Aug. 7, 14, 21, & 28. Bring a mat & wear comfortable clothing. \$15 donation recommended. Please RSVP JBendavidOTR@gmail.com.
- The next TORA (Teaneck Orthodox Retiree Association) lunch & lecture event is on Tuesday, August 21 at CBY, featuring professional organizer Eileen Bergman. Lunch will be at 12:30 pm, lecture at 1:30 pm. Topic - "Are You Sick of Your Stuff?" Whether you plan on moving or staying in the family home of 50+ years, you probably have accumulated too much STUFF. Come hear tips on how to downsize & de-clutter your stuff in order to make your home more comfortable & safe. The cost is \$12 with reservations by Aug. 18, & \$15 at the door or reservations after Aug. 18. To make a reservation please email mkarlin@aol.com.



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First Annual Bnai Yeshurun Achdut Softball Gala

The first annual Bnai Yeshurun Achdut Softball Gala will be held in Votee Park on Sunday, September 2nd, starting at 11 am. It will be great fun for the entire family and we are now recruiting both players and spectators. The plan is to have multiple games, perhaps an Old-Timer's game, a home run derby, ball throw and base-running competitions for the kids, etc. but final details will depend on your response to the invitation to play.

This week, each of you will get an email requesting that you indicate if you'd like to play and asking you to answer a few simple questions. Alternatively, you can stop at the office and fill out the very short entry form. Once the level of participation is established, details of the games and competitions will be formulated. You can also contact Yudy Sheinfeld (chicagoyud@yahoo.com) or David Miller (dmiller@championsoncology.com) who are on the planning committee (which is still in formation).

Admission is free and there are no fees to participate. Bridge traffic is expected to be light. (Reference is, of course, to the State Street Bridge.) The planning committee is making arrangements with local businesses to serve food at the games, so you won't go home hungry. Cheer for your friends and take the opportunity to make new ones. Who will be honored with tossing out the first pitch? Can younger members run faster than older members? Can older members remember the score? Who will be the surprise stars?

With your participation and support we can make this a really memorable shul event. Years from now you can reminisce about your participation in our shul's very first annual Softball Gala. (Rain date: Labor Day, September 3rd.)



Business Manager needed to solicit and manage advertisements and contribute in other ways to the soon-to-be Bnai Yeshurun Bi-Monthly Bulletin. For more information contact the shul office.

Thank you to our summer volunteers who have helped out in the office these past 2 weeks: Noah Barkai, and Naomi, Eliana, & Meirav Elkin, & Abby Stein (see photo).



these past 2 weeks: Noah Barkai, and Naomi, Eliana, & Meirav Elkin, & Abby Stein (see photo).

If you are interested in sponsoring next week's Adult Ed Scholar in Residence, Community Seudah Shlisheet, and Daf Yomi Siyum, please contact the shul office.

Sponsorship opportunities are available to commemorate yahrzeits, smachot, and other special occasions. To sponsor or for more information please contact the shul office.

Day of Learning	\$36
Weekly Bulletin	\$54
Manny Freed ז"ל Parent-Child Learning	\$360

Contact Us

- Rabbi Steven Pruzansky, Rabbi
rabbi@bnaiveshurun.org
- Rabbi Ari Zahtz, Assistant Rabbi
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- Rabbi Jonathan Schachter, Teen Programming
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- Jennifer Miller, Third Vice President
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