



# Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 17-24, 2020

כ"ג-כ"ז טבת תש"פ

Shabbat Shemot

שבת שמות

## Shabbat Times      זמני שבת

Candle Lighting	4:34 pm	הדלקת נרות
Mincha & Kabbalat Shabbat	4:40	מנחה וקבלת שבת
Moroccan Mincha	4:40	מנחה נוסח מורקו

Latest <i>Shema</i>	9:41 am	סוף זמן ק"ש
Hashkama— <i>New Main</i>	7:00 am	השכמה
Ashkenaz— <i>Social Hall</i>	8:30	נוסח אשכנז
Sefard— <i>Beis Medrash</i>	8:30	נוסח ספרד
Ashkenaz— <i>New Main</i>	9:00	נוסח אשכנז
Ashkenaz— <i>Old Main</i>	9:15	נוסח אשכנז
Teen Minyan— <i>Social Hall</i>	9:00	מנין נועד
Moroccan— <i>Ogden Building</i>	9:30	נוסח מורקו
Jr. Congregation— <i>SH Stage</i>	9:25	מנין לכתות ה'ו'
Youth Supervised Play	9:00	גן ילדים
Youth Groups (N-4 <sup>th</sup> grade)	9:20	כיתות נועד
Mommy & Me	10:15	אמהות ותינוקות

Daf Yomi-Manny Adler	7:30 am & 3:35 pm	דף היומי
Mishna Yomit (Menachot)	8:15 am	משנה יומית
Parsha HaShavua-R' Pruzansky	8:40 am	שיעור לפני שחרית
Moroccan pre-shacharit shiur	9:00 am	שיעור בגמרא
Gemara Shiur - R' Frank Breslau & Dr. Joey Bench	After 8:30 am	מנחת חינוך
Minchas Chinuch – R' Mark Gottlieb	After Sefard	שיעור עין איה
Josh Notkin-Ein Aya"h	4:05	

Shabbat Mincha	1:45	מנחה
Moroccan Mincha after shacharit & kiddush		מנחה נוסח מורקו
Mincha & Shiur	4:35 pm	מנחה ושיעור הרב
R' Zartz's shiur "UberEats, DoorDash and Halacha" following mincha		מעריב
Ma'ariv	5:40 pm	הורים וילדים
Manny Freed z"l Parent Child Learning	6:15 pm	

Next Shabbat Candles	4:42 pm	שבת פרשת וארא
Mincha	4:45 pm	הדלקת נרות מנחה

## Every Child Has a Place in CBY...

If you see a bunch of animated children scurrying around the Beis Medrash Shabbat morning with a number of their assigned youth educators, you need not worry, they're just participating in the first-ever David Frohlich z"l Youth Department "Get to Know Your Shul" scavenger hunt! Youth Directors Rivka, Yehoshua, and of course, little Moshe Dovid Szafranski, have been working non-stop to develop creative, fun, and spiritual programming for the youth of this esteemed congregation. So, if you are losing sleep at night, struggling to find out how many mezuzot there are in CBY, or if you're yearning to discover what's actually written inside those small, rectangular boxes, be sure to ask a groups participant (that's one of the tasks on the hunt!).

In other news, the DFYD's "Tefillah of the Week" learning curriculum, which helps give meaningful and experiential insights into the various tefillot recited on a daily and weekly basis, has infused intention and emotional resonance into numerous tefillot spanning the length of the siddur, ranging from Modeh Ani to Shemoneh Esrei.

Other notable recent highlights include the exciting victories of Eitan Carmi in the annual groups-wide Bracha Bee and of Noam Zerkowitz in the annual Chanukah Dreidel Showdown. Yasher Kochachem! Thank you to Youth Educators Yitzzy Shlagbaum, Zachary Becker, and Eytan Jacoby, for helping lead the 2<sup>nd</sup>-3<sup>rd</sup> grade boys group to spiritual and physical success!

In addition, December also consisted of both "Sing with Simcha" and "Chopped" events, which helped bring hundreds of people together to celebrate HaShem's Chanukah miracles. A special shoutout goes to Chaim Kiss for helping coordinate and train our Youth Chazanim for the various "Sing with Simcha" events. Congratulations to Chefs Sheinfeld and Fuld, who led team "No Boys Allowed" to culinary victory at the Chanukah themed Chopped event. Together, parents and children learned Torah sources during MFPCL which discussed the various foods of Chanukah. Then, everyone gathered in the social hall for a series of heated, yet tasty, competitions. Thank you to World of Goodies for helping sponsor the evening's prize. Also, thank you to our renowned guest judges, Chef Sarah Linder of LensesAndLentils.com and to Chef Richelle Tarko of CookingNotCleaning.com. It was truly a special evening.



Chanukah Chopped Champions



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## Mazal Tov מזל טוב

- Rochel & Alan Feld and Marsha & Seymour Kaye on the birth of a grandson and great grandson born to Brocha & Yehoshua Feld.
- Robin & Mark Hoenig on the engagement of their daughter, Emily, to Robert Bentlyewski, and on the birth of a grandson, a son to Talia & Adam.
- Malkie & Michael Karlin on the engagement of their daughter, Tova, to Yossi Goldstein of Brooklyn.
- Sandra & David Lerer on the engagement of their son, Yehoshua, to Talya Zuller of Woodmere, NY.
- Sara & Carl Markowitz on the engagement of their grandson Zev Markowitz of Bergenfield to Amira Tepler of New Rochelle.
- Harriet & Yosef Zitter on the engagement of their grandson, Shmuel Zitter of Yerushalaim to Esther Klitnik of Givat Zeev.

## Condolences נחומים

- Joel Eckstein on the loss of his beloved brother, Dovid Eckstein a"h.
- Rickie Folkman on the loss of her beloved sister, Lillian Gertzulin a"h.
- Cathy Hoffman on the loss of her beloved mother, Helen Jacob a"h.

## CBY Notes

- CBY Adult Ed's next monthly Chavura on the shiurim of R' Joseph Soloveitchik (in Yiddish) on the *Aggadic* sections of *מסכת ברכות* will take place on Tuesday, February 11<sup>th</sup> at 7:45 pm and will be led by R' Tuly Polak. Contact Sol Rosenberg at [Sol.Rosenberg@ieee.org](mailto:Sol.Rosenberg@ieee.org) or David Chesir at [davidzchesir@aol.com](mailto:davidzchesir@aol.com), if interested.
- Mark your calendars! Shabbat February 21<sup>st</sup> & 22<sup>nd</sup> CBY Adult Ed presents the Joseph N. Muschel Scholars-in-Residence, Sivan Rahav Meir & Yedidya Meir. Stay tuned for more details.

## Beis Medrash Committee

- Manny Freed z"l Parent Child Learning will take place on Motzei Shabbat at 6:15 pm.
- Thank you to the Parent Child Learning Sponsors:  
**Winter Season Sponsor:** The Sheinfeld Family, I'ilui nishmat Tzipora bat Yisrael z"l & Noam Rachel bat Ephraim Tzvi Moshe z"l and for a refuah shleimah of Ephraim Tzvi Moshe ben Shulamit Tzivia & Etai Yaakov ben Tzipora. **Tevet Month Sponsor:** Anonymous

## David Frohlich z"l Youth Department

- Tot Shabbat led by Rachel Wilens in the Nursery room.
- Jr. Congregation Dunkin Donuts Kiddush this Shabbat.
- Family Havdalah on February 1<sup>st</sup>. Details to follow.
- Tefillah of the Week: 3<sup>rd</sup> שמונה עשרה of ברכה
- Middah of the Month: אמת

## BNOT

- Save the date for BNOT's Comedy Night, featuring MODI on Motzei Shabbat, February 22<sup>nd</sup>. Dairy dinner and dessert at 7:30 pm; the show will begin at 8:30 pm. Tickets are \$36/person by February 19<sup>th</sup>, and \$40/person at the door. Sponsorship of \$360 includes four tickets and VIP seating. Register at [bnaiyeshurun.org/bnot](http://bnaiyeshurun.org/bnot).
- Project Meet Your Match welcomes dating profiles to be sent to [MEETYOURMATCH@bnaiyeshurun.org](mailto:MEETYOURMATCH@bnaiyeshurun.org)

## Men's Club

- The next Men's Club Kiddush will take place next Shabbat, January 25<sup>th</sup>. To sponsor please contact the shul office.

Please join BNOT for an evening of stand-up comedy and great food!

# COMEDY NIGHT



MOTZEI SHABBAT,  
FEBRUARY 22,  
2020

7:30 PM DAIRY DINNER  
& DESSERT  
8:30 PM SHOW

\$36 PER PERSON  
WHEN REGISTERING AT  
[www.bnaiyeshurun.org/bnot](http://www.bnaiyeshurun.org/bnot)  
BY FEBRUARY 19TH

\$40 at the door

SPONSORSHIP \$360 INCLUDES 4 TICKETS & VIP SEATING

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



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## Weekly Davening Schedule

Earliest tefillin – 6:19 am Latest Shema – 9:41 am Mincha Gedola – 12:37 pm	Sun. Jan. 19	Mon. Jan. 20	Tues. Jan. 21	Wed. Jan. 22	Thu. Jan. 23	Fri. Jan. 24
	כ"ג טבת	כ"ג טבת	כ"ד טבת	כ"ה טבת	כ"ו טבת	כ"ז טבת
דף היומי	ברכות ט"ז	ברכות י"ז	ברכות י"ח	ברכות י"ט	ברכות כ'	ברכות כ"א
Daf Yomi	7:00 am	5:30 am	5:30 am	5:30 am	5:30 am	5:30 am
Shacharit–Old Main		<b>6:07</b>	6:15	6:15	6:05	6:15
Shacharit–Beis Medrash	6:25	6:20	6:30	6:30	6:20	6:30
Shacharit–Old Main	7:30	7:00	7:00	7:00	7:00	7:00
Shacharit–Beis Medrash		7:20	7:30	7:30	7:20	7:30
Shacharit– Old Main	8:50	8:00	8:00	8:00	8:00	8:00
Shacharit– Old Main		8:50	8:50	8:50	8:50	8:50
Shacharit– New Main	<b>7:00</b> <b>8:00</b> <b>9:15</b>	<b>9:15</b>	<b>9:15</b>	<b>9:15</b>	<b>9:15</b>	<b>9:15</b>
Mincha - Beis Medrash	12:45 & 1:45 pm	1:45 pm	1:45 pm	1:45 pm	1:45 pm	
Mincha - Old Main		4:45 pm	4:45 pm	4:45 pm	4:45 pm	
Mincha -New Main	4:45 pm					
Ma'ariv - Old Main	6:00 7:00 8:00 9:00	6:00 7:00 8:00 9:00	6:00 7:00 8:00 9:00	6:00 7:00 8:00 9:00	6:00 7:00 8:00 9:00	
Ma'ariv - Beis Medrash	10:01 11:00	10:01 11:00	10:01 11:00	10:01 11:00	10:01 11:00	

Beis Medrash Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Yitzchak Yaakov Kollel Boker						
Daf Yomi	7:00 am	5:30 am	5:30 am	5:30 am	5:30 am	5:30 am
Mishna Yomit	8:30 am			7:45 am		
Kids Navi Shiur (מלכים א')						
Daf Yomi B'Halacha Chavurah			8:30 pm			
Olam Ha'avodah-R' Zahtz						
Navi Chavurah-R' Schachter-Sefer Shmuel I						
Parsha w/Rav Goldwicht			8:30 pm			
Senior Lunch & Learn				1:00-2:30 pm		
Tzurva Meraban-R' Pruzansky						
Shiur with R' Meier – Sefer Shmuel				8:15 pm		
Halacha Shiur w/R' Sobolofsky						
Gemara Shiur w/ R' Zahtz (8 <sup>th</sup> perek of Chullin)						
Shiur w/ R' Moshe Tzvi Weinberg					8:15 pm	
Parsha & Halacha w/ R' Taubes					10:15 pm	



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The month of January is jampacked with new programs! From the exclusive Youth Educator Paint Night, to the first ever Youth Department themed Carlebach Minyan (thank you to Youth Educator Sam Wartelsky for giving the inspiring drasha before Maariv), to this week's groups-wide Scavenger Hunt, to next week's "Parsha Gameshow" Shabbat, the youth wing seems to be the place to be.



Youth Educators Paint Night

In this vein, everyone should please mark their calendars for the first week of February. On February 1st the DFYD will be hosting its first ever "Family Havdallah Extravaganza!" All children, siblings, friends, parents, and grandparents are invited to ebb Shabbat away after the main maariv, with song, music, dance, and delicious food. Furthermore, on February 2nd, the DFYD will be coordinating a one of a kind Chessed program entitled "SOUPer Heroes." Together, we will cook and deliver food to those in this community who could use a little pick me up.

Thank you to all of our phenomenal community Youth Educators who make all of this possible. Don't forget to follow the Youth Department on Instagram, @YouthCBY, for the latest pictures and event updates.

The Rabbinic Tribute Committee is creating a Memory Book to be presented to the Rabbi & Karen at the Tribute Dinner on Sunday, May 31<sup>st</sup>. This memory book will be instead of a dinner journal and will be printed only for the Pruzanskys. Please note there is no cost to participate in the Memory Book. Please send in your memories - in either word, pictures, or both - by April 30<sup>th</sup> to [PruzanskyTribute@bnaiyeshurun.org](mailto:PruzanskyTribute@bnaiyeshurun.org). Please share this with your friends who have moved away, your children who grew up in CBY or whoever you know who would like to contribute.

Thank you,  
Miriam Kopel & Deena Wrubel  
Memory Book Committee



CBY encourages everyone to wear safety reflector items whenever walking outside in the dark and to always use crosswalks when crossing any streets.

### Contact Us

Rabbi Steven Pruzansky, Rabbi [rabbi@bnaiyeshurun.org](mailto:rabbi@bnaiyeshurun.org)  
Rabbi Ari Zahtz, Associate Rabbi  
[rabbizahtz@bnaiyeshurun.org](mailto:rabbizahtz@bnaiyeshurun.org)  
Rabbi Yosef Weinberger, Assistant Rabbi  
[rabiweinberger@bnaiyeshurun.org](mailto:rabiweinberger@bnaiyeshurun.org)  
Elysia Stein, Executive Director [office@bnaiyeshurun.org](mailto:office@bnaiyeshurun.org)  
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[youth@bnaiyeshurun.org](mailto:youth@bnaiyeshurun.org)  
Rabbi Jonathan Schachter, Teen Programming  
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Steven Becker, First Vice President  
Doron Katz, Second Vice President  
Jennifer Miller, Third Vice President  
Andrew Berkowitz, Treasurer  
Saul Kaszovitz, Assistant Treasurer  
Esti Kaminetzky, Secretary  
Chaim Kiss, Gabbai Rishon [gabbai@bnaiyeshurun.org](mailto:gabbai@bnaiyeshurun.org)



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### Community Announcements

- Inviting all Bnai Yeshurun members to the FDU Women's Basketball game for free as guests of Coach Ang on Monday, January 20, 2020 MLK Day at 1:00 pm at the Rothman Center. Please contact Coach Megan (mcunn@fdu.edu) for free tickets in advance.
- Congregation Beth Abraham is pleased to announce that it has initiated a new nightly Daf Yomi Shiur at 8:15. Maariv is at 9:05. Shiurim are Sunday through Thursday nights. For info: [jsphealth@optonline.net](mailto:jsphealth@optonline.net)
- Youth Mental Health First Aid (YMHFA) training course on February 9th to be hosted by Refa'enu. What: The course will teach how to identify, understand and respond to signs of mental illnesses and substance use disorders, and will offer skills needed to provide initial help and support to youths who may be developing a mental health or substance use problem or experiencing a crisis (e.g. suicidality, psychosis, overdose, panic attacks). February 9<sup>th</sup>, 9:00 am-5:30 pm at Congregation Shaare Tefillah, 510 Claremont Ave, Teaneck. Who Should Attend? Parents, educators, youth program directors, clergy and anyone who works with or interacts with youths ages 12-18 RSVP: 1/31/20 \*The class is limited to 25 participants, so make sure to sign up ASAP to reserve your spot! Sign up at: <http://refaenu.org/mhfa/>
- BMT will be on 3-week intersession, from 1/16 until 2/10. Shiur resumes on Monday, February 10<sup>th</sup>.
- Refa'enu's peer-led mood disorder support groups will meet Tuesday, January 21, at 7:30 pm in the Ben Porat Yosef Building at E. 243 Frisch Ct. in Paramus, NJ. Doors open at 7:10 pm. Please make an effort to be on time (by 7:30 pm) so as not to disrupt the flow of the groups. Groups are divided between a group for those with a disorder (depression, bipolar) as well as a group for their loved ones. Please check website to confirm meetings: [www.refaenu.org](http://www.refaenu.org). No reservations are required. For more information contact: [dena@refaenu.org](mailto:dena@refaenu.org).
- Join Cong. Rinat Yisrael on Friday night, January 31st, 8:00 pm: Rabbi Yonah Berman- Scholar in Residence, Shabbat Parshat Bo, "Vi'afilu Ba'hastara: Finding G-d in Time and Space."
- AMIT Great Teaneck Hindy Weinstock Geula Chapter invites you to Monte Carlo Night on Saturday, February 1st at 8:30 pm at the home of Annie & Yale Baron in Teaneck. For more information and to make a reservation, visit [www.amitchildren.org/TeaneckMonteCarlo](http://www.amitchildren.org/TeaneckMonteCarlo) or contact Robbie Fried at [RobbieF@amitchildren.org](mailto:RobbieF@amitchildren.org).
- The next Kavana minyan will be hosted by **CBY** on February 2<sup>nd</sup> & on March 1<sup>st</sup> at 8:00 am in the Beis Medrash.
- Ma'ayanot Yeshiva High School for Girls presents the 11th Annual Day of Big Ideas. Sunday, February 2, 2020 9:30 am - 12:30 pm. Keynote address by Mrs. Esther Slomnicki, teacher of Biology, AP Biology and Anatomy, on the topic of "Knowledge and Privacy in Conflict: DNA Testing", followed by breakout sessions with Ma'ayanot faculty. Men and women are invited to attend.
- NCSY presents a 4-part series on Practical Parenting, Foundations & Applications led by Rabbi Dr. Alex Mondrow, which will take place on Mondays, February 3, 10, 17, & 24 from 9:00 pm - 10:00 pm at Congregation Ohr HaTorah, 36 Rector Ct. in Bergenfield. Pricing: \$150/person or \$250/couple. Limited spots available, register today at [newjersey.ncsy.org/parenting](http://newjersey.ncsy.org/parenting). For more info, contact R' Josh Grajower at [grajowerj@ncsy.org](mailto:grajowerj@ncsy.org).
- Motzei Shabbat, February 8<sup>th</sup>, 8:00 pm at Congregation Rinat Yisrael, Nerot Sisterhood presents Comedy Night, featuring Andrew Ginsburg. 8:00 pm dessert and 8:30 pm show. \$30/person before January 28, \$35/person after. Visit [rinat.org/nerot-comedy-night](http://rinat.org/nerot-comedy-night) for tickets.
- The Frisch School's Annual Dinner will take place on Saturday night, February 8, 2020 honoring Ilana and Stuart Goldberg, Allison Adler, **Ben Breda** '99, and Barry & Barbara Kessler. Reservations and more information at [www.frischdinner.com](http://www.frischdinner.com)
- Project Ezrah is pleased to once again be offering "The Aisle", a very important seminar to young couples in Bergen County. This seminar will take place on February 9<sup>th</sup>, at 5:30 pm at Congregation Beth Abraham. The goal is to educate newlyweds and engaged couples on the importance of talking about money and providing them with the tools to work together on a path toward a financially healthy lifestyle. There is no charge for this event and dinner is included.
- Cong. Rinat Yisrael, Shabbat February 28<sup>th</sup> & 29<sup>th</sup>, Joey Rosenfeld- Scholar in Residence: Friday night Tisch at 8:30 pm, led by Joey Rosenfeld and Yoni Stokar, owner, manager and drummer for Ta Shma Orchestra. Shabbat morning after 9:00 am minyan: "The Inner World of Addiction: Spiritual Insight into a Growing Crisis." Shiur between mincha and maariv: "The Redemption of Doubt: Doubt as a Spiritual Ideal."
- JLE has an ongoing class on 48 Ways to Wisdom given by R' Justin Wexler. Based on the classes by R' Noach Weinberg on Wednesdays at 8:15 pm in Beth Aaron in the basement.



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- The Kinnor Project with a mission to reintroduce the Harp to Jewish Cultural life, is offering one free Harp/Keyboard lesson to children ages 6-9, for info [www.thekinnor.com](http://www.thekinnor.com) or call 201-837-1214.
- Experience night seder with Nachlas Dov Community Kollel of Teaneck/Bergenfield along with R' Sobolofsky & Ohr HaTorah. S/M/W/Th evenings 9:00 pm -10:00 pm at Ohr HaTorah Ct. Contact R' Parmett at 862-777-4758 or [kollelnd@gmail.com](mailto:kollelnd@gmail.com) or call/text Michael Frohlich 201-410-6500.
- CCSA welcomes anyone with a loved one who is suffering from substance abuse/addiction to our local support group, which meets every other Wednesday evening in Teaneck. The group is free of charge & is facilitated by professionals specializing in addiction. For information & location of the meeting, please email [Time2TalkAddiction@gmail.com](mailto:Time2TalkAddiction@gmail.com).
- Chessed for Tzedakah is a chessed organization that tutors and babysits for low, affordable prices, and gives all of their tutoring and babysitting money to Beit Elazraki, a Jewish orphanage in Israel. This organization is running for its second year. Please visit us at [www.chessedfortzedakah.com](http://www.chessedfortzedakah.com)
- High school students are welcome to join Team OneFamily run in the Jerusalem Marathon in March of 2020. For more information they may email [Naomi@OneFamilyFund.org](mailto:Naomi@OneFamilyFund.org).