Congregation Bnai Yeshurun
Weekly Shabbat Announcements

July 23-30, 2021

Shabbat Va'Etchanan
Shabbat Nachamu

י"ד-כ"א אב תשפ"א

שבת ואתחנן
שבת נחמו

Shabbat Times		זמני שבת	
Candle Lighting	7:05, 7:35 & 8:00 pm	הדלקת נרות	
Mincha & Kabbalat Shabbat – *NM & Ogden Tent*	6:45 pm	מנחה וקבלת שבת	ערב שבת
Mincha & Kabbalat Shabbat–*OM*	7:15 pm	מנחה וקבלת שבת	
Mincha & Kabbalat Shabbat–*NM*	8:05 pm	מנחה וקבלת שבת	
Sephardic Mincha & Kabbalat Shabbat	7:00 pm	מנין עדות מזרח	
Latest *Shema*	9:23 am	סוף זמן ק"ש	
Hashkama–*NM & Ogden Tent*	7:00 am	השכמה	
Ashkenaz–*Ogden Tent*	8:30 am	נוסח אשכנז	
Sefard–*Beis Medrash*	8:30 am	נוסח ספרד	
Ashkenaz–*New Main*	9:00 am	נוסח אשכנז	
Sephardic Shacharit	9:00 am	מנין עדות מזרח	שבת בבוקר
Ashkenaz-*Old Main*	9:15 am	נוסח אשכנז	
Mommy & Me (*W.E. Tent*)	10:00 am	קבוצות נוער	
Youth Groups (*2/3 Social Hall*)	10:30-11:15 am	קבוצות נוער	
Daf Yomi in the *W. E. tent* following the 7:00 am Shacharit			
Minchas Chinuch–R' Yehoshua Feld after Sefard minyan	10:30 am	שעור מנחת חינוך	
Mincha-*New Main*	1:45 pm	מנחה	
Manny Freed z"l Parent Child Learning –*Ogden Tent*	4:45 pm	הורים וילדים	
Mincha-*New Main*	5:30 pm	מנחה	
Sephardic Mincha	7:25 pm	מנין עדות מזרח	מוצאי שבת
R' Wieder's shiur, "When Torah & Science Collide..." in the NM	6:45 pm	שעור לפני מנחה	
Mincha-*New Main & Ogden Tent*	**7:45 pm**	מנחה	
R' Wieder's shiur "Lifnim Meshurat HaDin" between *mincha* & *maariv* in the *New Main*			
Maariv & Shabbat Ends-*New Main & Ogden Tent*	9:04 pm	מעריב	
Next Shabbat Candle Lighting	7:05, 7:35 & 7:53 pm	הדלקת נרות	
Mincha & Kabbalat Shabbat	6:45, 7:15 & 8:00 pm	מנחה	

Save the date! Shabbat Parshat Re'eh, August 6-7th
Join us in welcoming
Rabbi Elliot & Rebbetzin Rena Schrier
to our community.
For details on full shabbat programming see page 4.

Message from Rabbi Weinberger

"ואתחנן אל ה' בעת ההיא", *And I entreated Hashem at that time.* Moshe Rabeinu opens up to Klal Yisrael and tells them how he begged Hashem to reconsider and allow him to enter Eretz Yisrael. According to Chazal, he offered 515 tefilos (the Gematria of "ואתחנן") at which point Hashem ordered him to stop, "רב לך אל תוסף דבר אלי עוד בדבר הזה".

While the Avos and Imahos had to wait many years to have children, their tefilos were ultimately answered in the affirmative. Moshe Rabeinu, on the other hand, was told to stop. Philosophically, it's a difficult episode to grapple with. What is the point of tefilah? Are we capable of "changing G-d's mind" about His decisions? Is that what we're aiming for? If we could, how come Moshe couldn't?

The answer (that most would give) is- no. That's not the point of tefilah. Hashem doesn't need our input for what's best in our lives. Lihavdil, it would be like a parent taking advice from their 5-year-old regarding good parenting practices. Thanks, but no thanks. I've been around a little been longer than my child.

Of course, tefilah *does* have the power to bring about change and deliver an abundance of brachah and happiness in our lives. But our mindset should be less about effecting change and more about encountering G-d. The extent to which we feel this encounter depends on our preparation and kavanah. But the encounter is real.

The Tur (Orach Chaim 122) quotes a Midrash which says כל הזריז לומר ד' דברים הללו זוכה ומקבל פני השכינה, *anyone who is careful to recite these 4 things will merit to encounter G-d's Divine Presence.* עשה למען שמך, עשה למען ימינך, עשה למען תורתך, עשה למען קדושתך. *Act for Your Name's sake; act for Your right hand's sake; act for Your Torah's sake; act for Your sanctity's sake.* This is the very last thing we say in our private Amidah, right before taking 3 steps back.

The Chasam Sofer cites a profound רמז to this idea, based on the pasuk in Eicha (3:144), "סכת בענן לך מעבור תפילה", *You wrapped Yourself in a cloud that no prayer can pierce.* This pasuk, referring to the daunting reality of galus, suggests that Hashem has, to some extent, locked the gates of prayer. However, we have another pasuk which provides an eternal promise, that uses the metaphor of clouds as well. After the flood, Hashem provides Noach with the sign of the rainbow, "את קשתי נתתי בענן", *I have set My rainbow in the clouds.* The word "קשתי" (My rainbow) is an acronym for "קדשתך, שמך, תורתך, ימנך". In other words, even though Hashem has become harder to find following the destruction of the Beis Hamikdash, He gave us His "קשתי" to latch onto amidst the dark and cloudy night of galus. According to the Midrash, the rainbow in the clouds is a reference to the closing words of the Amidah (cited above).

It's a beautiful רמז and a good plug from the Midrash to make sure

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Special Events — אירועים מיוחדים

- Ufruf of Rafi Selevan in the 9:00 am New Main minyan.
- CBY & the Adult Education Committee welcome Rabbi Jeremy Wieder as the Joseph N. Muschel Scholar in Residence. See flyer below for more details.

Mazal Tov — מזל טוב

- Jennifer & Ronnie Aranoff, June & Terry Aranoff, Rita Cutler, and Lisa Messinger on the forthcoming marriage of their daughter, granddaughter and great-granddaughter, Nicole to Dani Ellenbogen of North Miami Beach, FL.
- Gina Frommer and Gilla & Yitz Stern on the bar mitzvah of their great-grandson and grandson, Dovid Soniker.
- Pamela Hirt on the engagement of her daughter, Jordana, to Tzvi Kaplan, of Miami, Florida.
- Rachelle & Steven Margulies and Lois Blumenfeld & Norman Sohn on the birth of a granddaughter and great-granddaughter, a daughter to Ally & Ethan Freilich.
- Karen & Rabbi Steven Pruzansky on the forthcoming Aliya of their children and grandchildren, Tamar & Rabbi Dr. Ari Ginsberg & family.
- Elisheva & Amit Schwartz and Sylvia & Alan Schoffman on the birth of a granddaughter and great-granddaughter, a daughter to Yael and Yoni Schwartz.
- Diane & Ushie Selevan on the ufruf and forthcoming marriage of their son, Rafi, to Dassy Domnitch.
- Eva & Arturo Stern on the birth of a great-grandson, a son to Hadar & Meir Baum of Monsey.
- Miriam & Leon Schenker on the birth of a granddaughter, a daughter to Rebecca & David Kornbluth in Israel.

CBY Notes

- Pease submit your forms for Yizkor Book 5782 on our website at https://www.bnaiyeshurun.org/yizkor-book.html.
- Preparations for High Holidays 5782 are underway. Information regarding seat reservations was sent via email. If you did not receive it, please contact the office. Seat prices increase on Thursday, August 5th.

Beis Medrash Committee

- Manny Freed z"l Parent Child Learning will take place on Shabbat at 4:45 pm in the Ogden Tent.
- Mishna Yomit is learning Masechet Mikva'ot.

David Frohlich z"l Youth Department

- Youth groups will have a soft indoor relaunch this week in the 2/3 Social Hall beginning at 10:30 am. Children who are not vaccinated are REQUIRED to wear a mask indoors. At 11:00 am groups will move to the Tents for Shabbat morning kiddush. Pickup will be from the West Englewood tent. Looking forward to seeing everyone there!

Rabbi Weinberger Continued from pg. 1

we maintain our kavanah in davening *until the very end*. But if you look closely at the words of this "segulah", the Midrash says "זוכה ומקבל פני השכינה". It doesn't say we will merit for the answer to be "yes". No one could ever guarantee that. Rather, we will merit to feel the very real and existent relationship with G-d. A relationship that is all too easy to miss or walk away from (to our own detriment) during times of הסתר פנים. We don't get a confirmation receipt following Shacharis. That confirmation is something that we work on and build up within ourselves. Hopefully, as we continue to daven and navigate through a challenging and confusing world, Hashem will soon lift the veil for all to see the loving G-d who has been there every step of the way.

THE CBY ADULT EDUCATION COMMITTEE PRESENTS:
The Joseph N. Muschel Scholar-in-Residence

Rabbi Jeremy Wieder

Shabbat Nachamu
July 24, 2021

Rabbi Wieder will deliver two shiurim on Shabbat afternoon in the New Main Shul.

6:45 pm - "When Torah and Science Collide - The Response of Poskim to a Changed Science and it Application to Halakhah"

After 7:45 pm Mincha - "Lifnim Mishurat HaDin - Why is it So Important and is it Actionable?"

Rabbi Jeremy Wieder is the Joseph and Gwendolyn Straus Professor of Talmud at the Rabbi Isaac Elchanan Theological Seminary of Yeshiva University and an adjunct Professor of Bible at Yeshiva College. He is the scholar in residence at Congregation Kehillath Jeshurun in Manhattan. A graduate of Yeshiva College, he was ordained by RIETS and holds a PhD in Jewish Studies from New York University. Rabbi Wieder maintains an abiding interest in Tanakh and leining. He has published two complete recordings of the full Torah and Haftarah cycle (one in havarah ashkenazis and one in havarah sefaradit) and is the voice behind the leining on YUTorah.org.

TO SPONSOR PLEASE CONTACT THE CBY OFFICE

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Weekly Davening Schedule

Earliest *tefillin* – 4:36 am
Latest *Shema* –9:21 am
***Mincha Gedola* – 1:39 pm**

	Sun. July 25	Mon. July 26	Tues. July 27	Wed. July 28	Thu. July 29	Fri. July 30	
	י"ד אב	ט"ו אב	ט"ז אב	י"ז אב	י"ח אב	י"ט אב	
דף היומי	סוכה י"ח	סוכה י"ט	סוכה כ'	סוכה כ"א	סוכה כ"ב	סוכה כ"ג	
Shacharit–*Ogden Tent*	6:25 am	6:00 am	6:00 am	6:00 am	6:00 am	6:00 am	
Shacharit-*New Main*		6:05 am	6:15 am	6:15 am	6:05 am	6:15 am	
Shacharit-*Beis Medrash*^	6:25 am	6:20 am	6:30 am	6:30 am	6:20 am	6:30 am	
Shacharit-*New Main*	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
Shacharit-*Beis Medrash*^ *Slow Paced Minyan*	**8:00 am SH**	7:15 am	7:15 am	7:15 am	7:15 am	7:15 am	
Shacharit-*Old Main*	7:30 am	7:20 am	7:30 am	7:30 am	7:20 am	7:30 am	
Shacharit-*Ogden Tent*	8:00 am	7:20 am	7:30 am	7:30 am	7:20 am	7:30 am	
Shacharit–*New Main*	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
Shacharit-*Old Main*	8:50 am						
Shacharit-*New Main*	9:15 am	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	
Mincha only- *Ogden Tent*	1:45 pm						מנחה
Mincha only - *New Main*	1:45 pm & 4:30 pm	1:45 pm	1:45 pm	1:45 pm	1:45 pm	1:45 pm	
Plag Minyan-*Beis Medrash*^*#	6:35 pm	6:35 pm	6:35 pm	6:35 pm	6:35 pm		
Zman Mincha-*NM & Ogden#*	8:05 pm	8:05 pm	8:05 pm	8:05 pm	8:05 pm		
Maariv only – *Old Main*	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm		מעריב
Maariv only – *Beis Medrash*^	10:01 pm	10:01 pm	10:01 pm	10:01 pm	10:01 pm		
Maariv only – *Beis Medrash*^	11:00 pm	11:00 pm	11:00 pm	11:00 pm	11:00 pm		

*****Davening maariv at the Plag minyan should only be for those who are unable to attend a later maariv minyan.
#קריאת שמע should be repeated after 9:05 pm.

^The CBY Internet Minyan can be accessed by clicking HERE. It is sponsored by Bibi, Dov, Kelly, Liz & Abby Pavel in memory of Bibi's mother Miriam bat Betzalel Yehuda. All minyanim scheduled to take place in the *Beis Medrash*, as listed above, will be broadcast.

Rebbetzin Michal Zahtz:
Please remember that Michal is available to help with Halachic questions pertaining to Taharat Ha'Mishpacha or other sensitive matters, or for general support and Chizuk. Feel free to text or call at (917) 822-6188.

Please note the Township of Teaneck has reinstated a No Parking zone along the western side of Jefferson Street from Maitland Avenue through Ogden Avenue.

We recognize there is a great challenge in finding parking near shul. We implore everyone coming to CBY to be cognizant of where you are parking; obey all parking regulations & be courteous of the shul's neighbors & never block their driveways.

Additionally, please remember to wear reflective materials & walk on the correct side of the street when walking to shul when it is dark.

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To sponsor go to www.bnaiyeshurun.org/events

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A Message from CBY President, Dr. Steven Becker

It is with tremendous gratitude to Hashem and with thanks to the tireless efforts of the Rabbinic Transition Committee, Rabbinic Search Committee, Rabbinic Probah Committee, Rabbinic Integration Committee, Executive Committee, Board of Directors, our Rabbinic leadership, and shul employees that finally brings us to this great day. After more than two years of planning, Congregation Bnai Yeshurun will welcome its new Mara d'Atara, Rabbi Elliot Schrier along with Rebbetzin Rena and their three sons on August 1st.

As we usher in this new era, it is an opportunity for us both as individuals and as a community to reinvigorate our connection to Torah, chesed, and community. With much excitement, the Rabbinic Integration Committee, chaired by Clive Lipshitz and Sari Sheinfeld and comprised of Daniel Gibber, Sarah Guttmann, Chaim Kiss, Rochel Stechler, and Avi Vogel, have been working eagerly to prepare the upcoming year's activities with an assortment of inspirational, uplifting, delicious, and of course fun activities that will help us all connect and reconnect with each other and the Schriers.

We invite the entire shul to join the Rabbi and Rebbetzin for what will be a truly inspiring inaugural Shabbat, Parshat Re'eh (August 6-7). Please see the flyer on the preceding page for more details. We encourage everyone to participate in any and all of the events taking place that Shabbat. In addition, members are invited to join in welcoming the Schriers as sponsors of the shabbat at a variety of levels (for more information see flyer or visit www.bnaiyeshurun.org/events).

Additional events over the course of the year are designed so that every member will have the chance to interact in many different forums - personal and communal - with the Schriers. These include private time with the rabbi, as well as fun events such as a block party, several Onegs and Seudot Shelisheet, a game night, and special programming for young children and teens. Next up will be a welcome event on August 16th at 7:30 pm hosted by BNOT for Rebbetzin Rena Schrier where the women of our community will have an opportunity to pack Shabbos boxes for Chessed 24/7 and enjoy a light dinner together - stay tuned for more details.

We welcome Anchor Sponsors to underwrite this series of special programming to integrate Rabbi Schrier and his family into our community. Sponsorships are available for $3,600 or to discuss additional opportunities, please contact Avi Vogel at vogelay@gmail.com. All such donations will be acknowledged at all events that are part of this programming.

As we usher in the month of Elul and begin to prepare for a new year, we look forward with great excitement as we embark on this new chapter in Bnai Yeshurun's history.

Shabbat Shalom,

Steven Becker

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ONLINE LEARNING OPPORTUNITIES JULY 25-30, 2021		
Daily	Short Vort WhatsApp Group - Inyanei D'Yoma from Rabbi Steven Pruzansky	Sign up Here
Throughout week	Chizzuk WhatsApp Group from Rabbi Ari Zahtz	Sign up Here
Throughout the week	WhatsApp Group – Myth-busters in Halacha with Rabbi Yosef Weinberger	Sign up Here
Sunday at 7:00 am, M-F at 5:30 am,	Daf Yomi with rotating magidei shiur	Beginning on Tuesday, 7/6 in the CBY Beis Medrash Live online at www.bnaiyeshurun.org/internet-minyan.html.
Sunday 9:30-10:00 am	Gemara shiur w/R' Frank Breslau & Dr. Joseph Bench	https://zoom.us/j/98188165600 Passcode cby
Sunday–Thursday at 8:15 pm	Mishna B'rurah Chavurah with Ari Wartelsky	In person in the Old Main Shul and on Zoom https://zoom.us/j/611771378 Password: cby
Thursday at 9:15-9:45 am	Women's shiur on Shmuel Aleph with Rabbi Ari Zahtz	On Zoom at: https://zoom.us/j/98497375550 Passcode: cby
Friday at 8:30 am	Minchas Chinuch w/Eli Weber	https://zoom.us/j/156897284 Password: cby

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Virtual Youth Wing!

Va'Etchanan in "Hashtag" Form

- Moshe remembers how he asked HaShem to let him into Eretz Yisroel. Instead of letting him in, HaShem told Moshe to climb a mountain and gaze into the land **#SometimesTheAnswerIsNo**. **#Scenic #Vista #PicsOrItNeverHappened.**
- We are reminded to keep the mitzvot and are told not to add to them or take away from any of them, since the Torah is **#AmazingJustTheWayItIs.**
- Moshe teaches us about the beauty of Torah and encourages us to remember the giving of the Torah. HaShem's essence can't be captured by a mere image, since He is **#TheBombDotCom** and **#AboveAll.**
- HaShem cares about us! He personally redeemed us from Mitzrayim and revealed Himself to us at Har Sinai! **#WhattaGentleman #ChivalryAintDead**
- A reminder about the mitzvah of Ir Miklat, the cities of refuge where **#inadvertent** killers escape to.
- In the words of the legendary **#UncleMoishy** and his passionate Mitzvah Men: **#10RTheAseretHaDibrot**. The Aseres HaDevorim are repeated with great excitement and zeal. **#TenThings #TenPhrases**
- The *first* paragraph of the Shema is recited. We are commanded to love and serve HaShem, with passion and excitement! **#CoverDemEyes #Echad #Meyuchad.**

CBY YOUTH VA'ETCHANAN SEARCH!!!

I	C	H	I	V	A	L	R	Y	S
T	R	A	S	E	R	E	S	R	U
H	E	M	J	L	O	V	E	E	B
M	A	F	I	O	Z	O	J	J	T
S	I	D	I	K	T	Q	N	E	R
H	A	T	I	L	L	C	F	C	A
E	D	P	Z	B	L	A	F	T	C
M	D	G	H	V	R	A	T	I	T
A	Z	K	R	U	O	O	H	O	W
M	O	S	H	E	E	S	S	N	D

Rejection	Tefillah	Subtract	Ir Miklat
Chivalry	Moshe	Mitzvos	Love
HaDibros	Aseres	Shema	Add

A Mini-Vort From the Szafranski Table to Yours!

Rav Soloveitchik teaches that the word "*echad*" in the first passuk of Shema is related to the word "*meyuchad*," meaning "unique." HaShem is *ECHAD*- singular, exceptional, and completely unique since there is none like Him. Rav Soloveitchik opines that we, too, must emulate our Creator, and accentuate our own uniqueness. As the saying goes, "be yourself, everyone else is taken!" (Nefesh HaRav, "V'Halachta B'drachav").

Also see Berachos 58a; Sanhedrin 37a-b; Reb Nosson, Likkutei Halachos, O.C. Birchos HaReiach 4:2; Likkutei Mohoran 17:1; etc.

For additional mar'eih mekomot, please reach out to Rivka and Yehoshua Szafranski at youth@bnaiyeshurun.org.

"I would leave the kids with you guys now, but I'm shepping so much nachas seeing my kids excitedly talk about the Beit HaMikdash."-Anonymous parent

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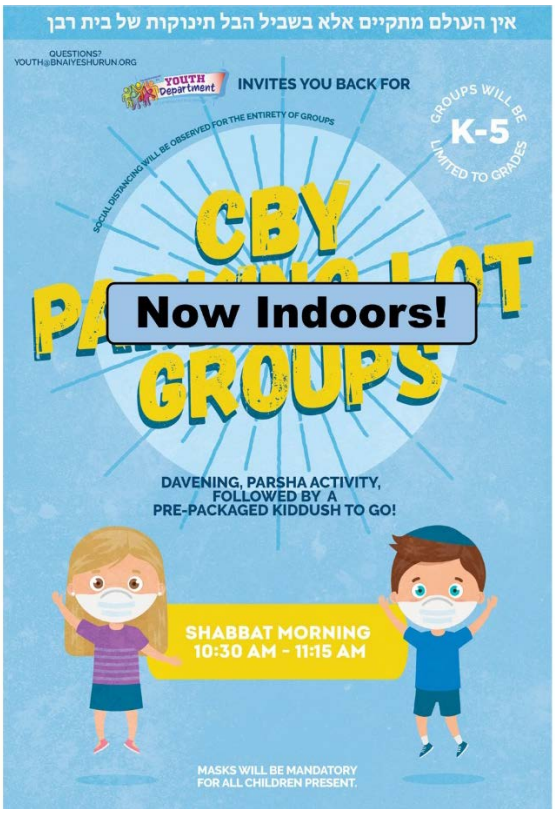

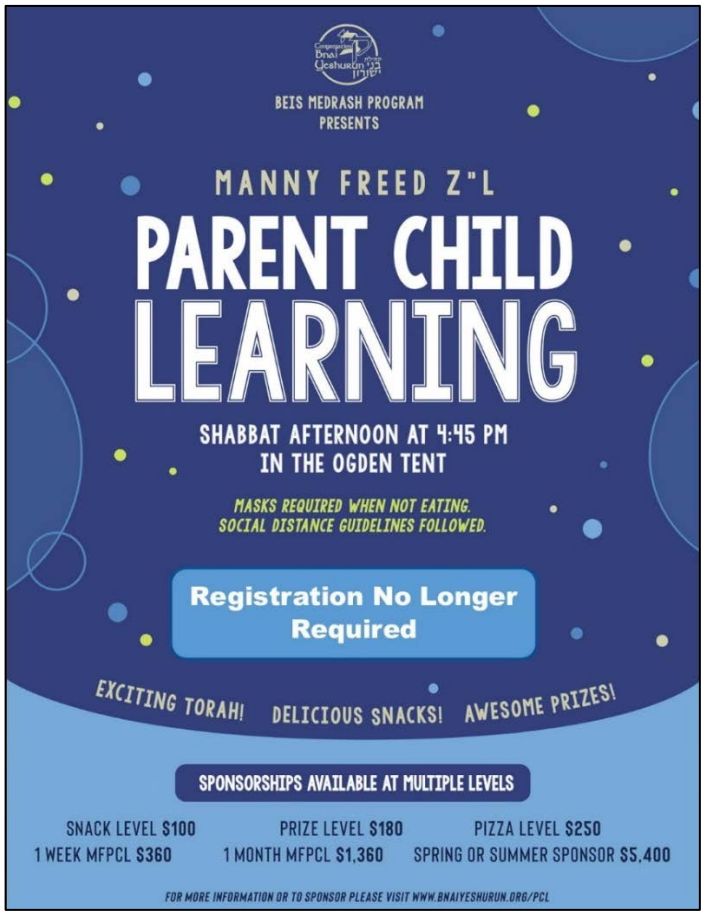

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Community Announcements

- Mikvah usage by appointment only. Please click here to book your appointment. The appointment system closes daily 1.5 hours before opening. All preparations must be done at home.
- The Teaneck Keylim Mikvah is open for self-service for the hours of 7:00 am-5:00 pm Sunday through Thursday & 7:00 am-4:00 pm on Friday.
- Teach NJ is pleased to announce Governor Murphy approved New Jersey's new budget this week with the largest funding allocation to nonpublic schools ever! These expansions are critical to our yeshivot & day schools as we transition out of COVID. Please take a moment & thank our elected officials who increased funding for our schools. If you would like to get more involved in this effort, please join the movement at www.teachcoalition.org.
- Friends of Avi Aviner z"l, announce a memorial service to be conducted on Sunday, August 1st at 10:00 am, graveside, at Americus Memorial Cemetery, North Midland Avenue, Saddle Brook, NJ. For more info contact Dave Goldschmidt or Siggy Fried.
- The family & friends of Yosef (Joe) Pincus, son of Helen & Emile a"h Pincus, are coming together to write a Sefer Torah to carry on his legacy & as a zchus for his neshama. To donate visit: thechesedfund.com/friendsofyosefyoelpincusjoe. For more information call or text 718-581-6564.
- Congregation Beth Aaron is pleased to announce that Rabbi Nosson Rich will be visiting our shul as a Scholar-in-Residence on Shabbat, July 23-24. He will speak in the Main Shul on the following topics: On Shabbat morning after Kiddush (following the 8:45 a.m. minyan), Rabbi Rich will speak on "Return Again: How to Make this Elul Different" On Shabbat afternoon, at 6:55 p.m., Rabbi Rich will speak on "What Kids Need To Hear: Insights from a Rebbe in Yeshiva." On Shabbat afternoon, between Mincha and Maariv, Rabbi Rich will speak on "Rules Without Reasons: Gzeiros of Chazal When the Reason no Longer Applies." Sponsorships are welcomed. To become a sponsor for this event, please go to: https://www.bethaaron.org/event/SIRrabbirich.
- Shabbat, July 24th, 6:45pm- Pre-Mincha Shiur at Rinat Yisrael with Dovid Schwartz. "Rambam vs. Maimonides: Is Judaism Compatible with Other Cultures?" Located in Rinat's Main Sanctuary.
- Sunday, July 25th, 8:30pm- "Eretz haCovid: Practical Advice on the Process of Getting Your Ishur (for first degree relatives only)." Presented by Maureen Ash. To join, go to https://zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbmNkaThEbWpYb09qZz09.
- This Sunday, July 25, at 8:45 a.m., join Beth Aaron's Shivti learning program as we begin a new topic addressing children doing melacha on Shabbat. We will discuss the different scenarios, i.e., asking a child to do a melacha directly or indirectly, preventing a child from doing a melacha, whether the melacha benefits the child or the adult, etc. The Shivti learning program this week is in appreciation of Jesse Giles' work in managing our weekly Shivti Zoom sessions. https://zoom.us/j/91366375195?pwd=d3NacnA2SVdLbDJQZjNoSnlaaHhzUT09 Zoom meeting ID: 913 6637 5195. Passcode: 888717. For additional program details, contact Mordy Ungar m_ungar2@yahoo.com .
- Tuesday, July 27th at 11:00 am, SPIRIT presents, Researching your Jewish Roots with JewishGen JewishGen.org offers both archival and networking components that are relied upon by thousands of people each day. The program will be presented by Avraham Groll, who discusses common challenges that people encounter when researching their family history, and how JewishGen can help. Avraham Groll is passionate about connecting people with their Jewish roots, and helping them experience what it means to be part of the Jewish people. As Executive Director of JewishGen, he partners together with a global network of volunteers in overseeing the premier online resource for Jewish genealogy, which provides unparalleled access to millions of records, networking opportunities, and a treasure trove of historical and community information. Click here to register for the program.
- Rinat Yisrael presents on Shabbat, July 31st, 6:40pm- Pre-Mincha Shiur with Rabbi Maccabee Avishur. "Is Color War Breakout אסור ?" Located in Rinat's Main Sanctuary
- Sunday, August 1st, 8pm- Nerot Art Event: Artist Reception-Meet the Artists, David Friedman and David Wander. Admission is $18 in advance and $20 walk in. Light refreshments will be served. A portion of the art sales will be donated to Rinat. To register, go to https://www.rinat.org/nerot-art#.
- Race to Save Lives for United Hatzalah* combines an incredible training and fundraising experience over the course of several weeks in preparation for our August 15th 5K. The Race is a unique family friendly experience bringing together our global communities with a shared commitment to saving lives in Israel. Follow these next steps for an amazing race experience and directly play a role in saving lives in Israel! Step 1: Welcome to Race to Save Lives! Visit www.SaveLives5K.com (http://www.savelives5k.com/) to register as a runner or create your own team. Upon registration, you will receive special VIP race swag and race information! Step 2: Use your individualized Race link and share your run with family and friends to raise lifesaving funds for United Hatzalah. Step 3: Get ready for race day on August 15. The race can be run virtually or with a local regional Race running group. There will be a North Jersey in person run! A race representative will be in touch with you to share the local running options. Thanks, and please reach out with any questions! Miriam Tennenbaum

miriamt@israelrescue.org * United Hatzalah of Israel is the largest independent, non-profit, fully volunteer Emergency Medical Service organization that provides the fastest and free emergency medical first response throughout Israel. United Hatzalah 's service is available to all people regardless of race, religion, or national origin.

- Rinat Yisrael presents on Shabbat, August 21st, 6:10pm- Pre-Mincha Shiur with Rabbi Jeremy Wieder. "A Case Study in Honoring a Parent's Request for a Bequest- A Clash Between Torah and Contemporary Values." Located in Rinat's Main Sanctuary.
- Areyvut Summer internship and volunteer opportunities available at https://bit.ly/2T7urJN.
- Do you have a high school daughter who is around for the summer? Have her join us 7:30 on Tuesday nights for NCSY's Summer Girls Learning Initiative through August 26. SGLI is an opportunity for H.S. girls who are home for the summer to spend time together & have some exciting Torah learning experiences. Classes will be offered by dynamic presenters from our local Yeshivot. SGLI is sponsored by NCSY & supported by Bruriah, Maayanot, Naaleh & Frisch. The sessions will be at Beth Abraham, 396 New Bridge Rd, Bergenfield in the social hall. Yummy food will be served! Contact Dr. Aliza Frohlich at afrohlich613@gmail.com or click HERE.
- New Feldenkrais Awareness Through Movement lessons begin on Tuesday June 29. During each lesson different aspects of posture are explored for enhancing balance , walking & general well-being. Classes meet on Zoom At 11:30 am-12:30 pm M-F. To join the Zoom meeting click here. Meeting ID: 586 427 0795 Passcode: 337785.
- **Update from the Teaneck/Bergenfield צדקה Committee:** We are so happy that we have reached the stage where international travel has substantially returned. This brings many of our impoverished brethren & underfunded mosdos to these shores & to our community & once again allows us the opportunity to share in their difficulties-& minimize them to the best of our own blessings. As the number of requests continues to increase, we wanted to remind the community of a few important items from the Tzedakah Committee:
  1. **Safety** continues to be at the cornerstone of our efforts. Please continue to be mindful of how you interact with those who come to your door. Approval from our organization does not imply any assumptions regarding COVID-19 adherence.
  2. Our **website** **www.tbtzedakah.org** continues to be the most updated & convenient way to look up individual approvals and real-time updates.
  3 TBTzedakah has now reintroduced physical **Teudot** (Certification) which will match online approvals. In addition, each printed Teudah from our Vaad will have a tamper-proof raised seal with a unique barcode which will be affixed to each Certificate. If you have any questions, please don't hesitate to reach out to our office at 201-343-5190 or via email at TBTzedakah@gmail.com.