

# Jewish Center of Teaneck

Daniel Fridman, Rabbi

## OFFICERS

Uri Horowitz, President  
Dr. Benjamin Cooper, Vice President  
Allen Ezrapour, Treasurer  
Daniel Chazin, Secretary

## BOARD OF TRUSTEES

Shmuel Elhadad  
Ginnine Fried  
Eva Lynn Gans  
Ephraim Love  
Dr. Steve Myers  
Bob Rabkin \*\*  
Rebecca Richmond  
Daniel Wetrin

## PAST PRESIDENTS

Edward Anfang\*  
David N. Bilow  
Dr. Barnet Bookstaver\*  
Henry Dubro  
Jules Edelman\*  
Sen. Matthew Feldman\*  
Eva Lynn Gans  
David W. Goldman\*  
Joseph Gottesman  
Leonard Gould\*  
Steven Morey Greenberg  
Sanford Hausler  
S.E. Melvin Hecht  
Kurt J. Heilbronner\*  
Seymour Herr\*  
George H. Kaplan\*  
Philip Kaplan\*  
Martin H. Kornheiser  
Major L. Landau\*  
Herman B. Levine\*  
Merwin S. Levine\*  
Leonard Marcus\*  
Murray Megibow\*  
Milton Polevoy  
Howard Reinert\*  
Adolf Robison\*  
Sidney Roffman\*  
Abbe Rosner  
Mark I. Schlesinger  
Abraham Schlusser  
Fred Schneider\*  
Dr. J. Dewey Schwarz\*  
Louis Stein\*  
Herbert Stern  
Archie A. Struhl\*  
Isaac Student  
David S. Waldman  
George Jack Wall\*  
Dr. Howard Wang  
Jeffrey Weber  
Norman Weiss  
Albert Zorn\*

\*\* Immediate Past President  
\* deceased



70 Sterling Place  
Teaneck, NJ 07666  
Phone: 201-833-0515  
www.jcot.org

בס"ד

May 8, 2020

Dearest Friend,

Chaya and I wish you and your family a Shabbat of peace, of rest, and good health. I look forward to sharing my drashah with you, and learning for the children, later in the afternoon.

**I would like to strongly encourage each and everyone of you to participate in our preventive health seminar on Motzaei Shabbat at 9:30.** Based on my conversations with the physicians who will be presenting, I believe there is critical information for each one of us.

A special thank you to all of those who have been reading for our children on a nightly basis as part of our **JCOT Children's Book Club.**

To sign up to read, please click here,

<https://docs.google.com/document/d/1BSsos0XF387rgyH90bDd9he9z2CZJlns8kfnKMHnfg/edit> , and upload your video to JCOTFamily

WhatsApp by 5 pm on your selected day. To join the WhatsApp group, please click here

<https://chat.whatsapp.com/FM6a2aS20hs5MwOcZHGa11>.

As noted below, we only have two parshiyot which remain for us to be able to make a **Siyum on the entire Torah** in preparation for Shavuot. The siyum, God willing, will take place on Wednesday evening, May 27th, at 8:30 PM.

And, of course, to all of the mothers, a Happy Mother's Day! You earned this one:)

Shabbat Shalom  
Daniel Fridman  
Rabbi, Jewish Center of Teaneck

[Table of Contents](#)

- I. **Shabbat/Sunday Schedule**
- II. **Motzaei Shabbat Preventive Health Seminar with Dr. Kaufman and Dr. Fridman**
- III. **JCOTNetwork**
- IV. **Interest Free Loans**
- V. **Community Wide Project: Completing the Torah for Shavuot in Memory of our Loved Ones**
- VI. **JCOT Torah**
- VII. **Upcoming Events- Relationship Seminar with Yoetzet, Project Sarah Breakfast, JCOT Comedy Night**

## **I. Davening Schedule**

### **Shabbat Schedule**

Earliest Candles: 6:32 PM

Candles: 7:42 PM

Mincha/Kabbalat Shabbat: 7:45

Shacharit- 9 AM

Mincha- 7:40 PM

Pirkei Avot- Chapter 4

Maariv- 8:42 PM

Havdalah- 8:50 PM

Preventive Health Seminar- 9:30 PM

Sunday Shacharit 8:00 AM

4th/5th Grade 8:30 AM

Mincha/Maariv 7:40 PM

**Zoom ID is 484 416 0645, and the call number is 1-646-876-9923 (followed by meeting ID).**

## **II. Preventive Health Seminar- What We Need to Know During the Pandemic**

Please join us this Motzaei Shabbat, 5/9 at 9:30 PM for an Important Preventative Health Seminar with Dr. Margit Kaufman, a Critical Care Specialist at Englewood Health, as well as Dr. Mort Fridman, for a mental health perspective on staying well during this stressful period. We are proud to co-host this event together with Congregation Shaare Tefillah and Congregation Keter Torah,

Topic: JCOT, Keter Torah and Shaare Tefillah Preventative Health Seminar: Dr. Margit Kaufman and Dr. Mort Fridman

Time: May 9, 2020 09:30 PM Eastern Time (US and Canada)

<https://zoom.us/j/4844160645>

Meeting ID: 484 416 0645

Dial by your location

+1 646 876 9923 US (New York)

### III. JCOTNetwork: Inquiries and Opportunities

Please contact [jcotnetwork@gmail.com](mailto:jcotnetwork@gmail.com) for inquiries regarding access to financial benefits, employment, and professional guidance.

Please find a listing of job opportunities here. Thank you to Neal Yaros for compiling this information, and all members of the JCOTNetwork.

Please also email the same address if you hear about employment opportunities.

### IV. Interest Free Loans

Please contact [rabbi@jcot.org](mailto:rabbi@jcot.org) for information regarding our interest free loan program for those who have been unable to work during the pandemic.

I want to thank our community for their incredible generosity in supporting this program.

### V. Community Wide Learning Project- Completion of the Torah for Shavuot

As we prepare for *Zman Matan Toratenu*, we find ourselves mindful both of our renewed commitment to Torah, and of those who we have lost as a community during this period. We will, God willing, be making a community wide virtual Siyum on the Torah in time for Shavuot in memory of those who have passed during this crisis. **To sign up for a parshah, please simply fill in your name in the spreadsheet here. We only have two parshiyot left to fill!**

[https://docs.google.com/spreadsheets/d/1ILN5hTnRi3nhmymFyR38z9cAXW\\_Vc8KCVmykVlj2QA/edit#gid=0](https://docs.google.com/spreadsheets/d/1ILN5hTnRi3nhmymFyR38z9cAXW_Vc8KCVmykVlj2QA/edit#gid=0)

Please learn at whatever level is comfortable for you, whether that is Hebrew or English, with commentaries, or simply studying the text of the Chumash.

### VI. JCOT Torah

Sign up for our WhatsApp group here

<https://chat.whatsapp.com/GPxU0XVWzqEJTCA9WLA0iW> for daily ten minute studies of one mishnah of Pirkei Avot and a reflection on one chapter of Tehillim, as a source of spiritual strength for these challenging days.

## **VII. Upcoming Communal Events**

Relationship Seminar for Women, Dr. Rena Goldin and Yoetzhet Halacha  
Tova Warburg Sinensky, <http://zoom.us/j/4653630025>

Project Sarah Breakfast, Sunday Morning May 17th at 9:30 AM.  
See [projectsarah.org](http://projectsarah.org) for registration information.

JCOT Comedy Night, Motzaei Shabbat May 23rd, 9:45 PM