



Jewish Center of Teaneck

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

Journeys ☆ Connections ☆ Traditions

Shabbat Matot-Masei

Friday, July 13

1 Av – 8 Av 5778



Friday, July 13

6:55 PM Earliest Candles

7:00 PM Mincha/Kabbalat Shabbat

8:09 PM Last Candles

Shabbat, July 14

8:30 AM Rabbi Solomon and Bella Gopin Memorial
Rambam Shiur

9:00 AM Shacharit Services

Shabbat Youth Schedule (See inside for details)

Kiddush after davening in the Stein Auditorium sponsored by Sarah Rindner & Robert Blum and family as they welcome the birth of their new daughter Esther Malka.

5:30 PM Dr. Walter and Betty Hauser Youth Parsha in the Park

7:10 PM Ramban Shiur

7:55 PM Mincha

Seudah Shlishit is sponsored by Rabbi Daniel & Chaya Fridman in honor of Chaya's brother Joshua T. Gopin becoming a "black belt" actuary, completing his 10th and final exam, as we complete the Book of Numbers.

9:09 PM Maariv

9:17 PM Havdalah

Upcoming Shul Events

This Sunday, July 15 at 7:00 pm at the Jewish Center of Teaneck there will be a presentation entitled "*Postpartum Depression: Raising Awareness and Breaking the Stigma.*"

Arona Berow will share her own personal experience with postpartum depression, followed by a presentation by Marilyn Laves, LCSW-R, a psychotherapist specializing in perinatal mood and anxiety disorders.

The presentation will address the causes of perinatal mood and anxiety disorders; how postpartum depression differs from the Baby Blues; various treatments; and what we can do as a community to ensure that women do not suffer in silence.

The Teaneck Baby Gemach is a cosponsor of this event.

Upcoming Mens Club Event

Fiddler on the Roof in Yiddish at the National Yiddish Theatre where our very own Zalmen Mlotek is Artistic Director.

Sunday, August 5 at 6:00 PM

Please contact Avi Fried at mensclub@jcot.org for information on tickets.

Save the date: Community Gala Farewell Kiddush

Shabbat 8/11, for Jonas and Ruth Weiser, who are moving permanently to Florida.
Sponsorship information to follow.

Sponsorships Needed

We are looking for weekly sponsorships for our youth kiddush.

Those interested in sponsoring or "contributing towards" our Shabbat morning kiddush or seudah shlishit can be in touch with Ginnine Fried at Ginninefried@aol.com.

We are also looking for sponsors for Mishnayot Yomi between Mincha and Maariv.

Please contact the office for any additional sponsorship inquiries.
Thank You

Sephardic/Moroccan Minyan

9:00 AM Shacharit (Hodu)

Message from Yishai & Yiskah Klein

To our beloved community,

Thank you all for the beautiful rich kiddush you organized in the honor of Oriya's birth.

We are greatly thankful for the help, warmth and love we have been receiving from you all for the last week since we gave birth.

May we all celebrate together many happy "smachot" in the future.

With great love and appreciation,
Yishai and Yiskah

Happy Birthday/Anniversary

Happy Birthday to Serena Jenkelowitz,
Sarah Rindner and Barbara Love

Happy Anniversary to Arthur & Jeanne Freiman

Mazal Tov

Mazal Tov to Barbara and Neal Yaros on the birth of a grandson, Calev Dan-Or, to their children Shlomo and Rochelle, and to older siblings Gavi and Liana.

Mazal Tov to Rochelle's parents
Neil and Noreen Sonenberg.

Shabbat Afternoon in the Park

Please join us for our youth "Parshah in the Park,"
See time on front page.

Please meet at the Martin Luther King Jr. Park, on Broad Street, right down the block from the shul. In case of inclement weather this will be held in the shul. Parents will be responsible for transporting children to and from the park.

Thank you to Sigi Laster for his sponsorship of Parshah in the Park.

Shabbat Youth Schedule

9:45 -11:15 Pre-K, Kindergarten, 1st and 2nd with
Miriam Leah Mincis and Daphna Cohen in Room 106

10:30-11:15 Mommy and Me in the
Playroom with Dahlia and Anna

We recall with heartfelt affection the following individuals whose names are inscribed on the memorial tablets that adorn our Sanctuary, as well as in our hearts. Their yahrzeits/memorial anniversaries are being commemorated today and in the days of this coming week, 2 Av 5778.



Date	Name
2 Av	Irma Kahn
4 Av	Hilda Kantowitz
4 Av	Irving Kaplan
5 Av	Lee Guthartz
6 Av	Jonah Aksler
6 Av	Bessie Goldberg
7 Av	Gustav Kahn
8 Av	Rae Kaplan

Yahrzeit Donations

Myra and Samuel Aksler in memory of Samuel's brother Jonah Aksler z'l.



Davening Schedule—Week of July 15 to July 20

	Morning	Evening
Sun 15	Shacharit 8:30 AM	Mincha/Maariv 8:15 PM
Mon 16	Shacharit 7:00 AM	Mincha/Maariv 8:15 PM
Tues 17	Shacharit 7:15 AM	Mincha/Maariv 8:15 PM
Wed 18	Shacharit 7:15 AM	Mincha/Maariv 8:15 PM
Thurs 19	Shacharit 7:00 AM	Mincha/Maariv 8:15 PM
Fri 20	Shacharit 7:15 AM	
Shabbat Devarim		
<u>Last Candles</u>	8:05 PM	Mincha/Kabbalat Shabbat 7:00 PM

The Dr. Joel Dennis and Mr. Ruvin Fridman Memorial Teaneck Tanach Study Group will resume in the Fall.

Community Events

Annual Yoetzet Event

Wednesday July 18th 2018 at 8:00 PM at Rinat

Life in Transition: Looking Back and Looking Forward

Women of all ages and stages are welcome to join us for a stimulating and informative conversation with Yoetzet Halacha Shoshana Samuels, who is making Aliyah to Israel this summer and in-coming Yoetzet Halacha Tova Warburg Sinensky, moderated by Rebbetzin Shira Schiowitz. Hear their personal reflections, visions, lessons learned from work in this field, and why so women say after they call, "Really?! I'm so glad I asked!"

Suggested donation: \$10

Please consider a sponsorship to support our Teaneck Yoetzet Halacha Initiative. RSVP, sponsor, and message the panelists at www.rinat.org/yoetzetevent2018

NCJW BCS to award \$9,500 scholarship to graduate student

The NCJW is pleased to announce that to mark their 95th anniversary they are establishing the 95TH ANNIVERSARY SCHOLARSHIP. It will be awarded to a Jewish woman who is pursuing a career in the public arena. The \$9,500 scholarship is to be used toward tuition in a graduate program for public administration, social work or other applicable Public policy fields.

The applicant must be currently enrolled in or accepted in such a program.

If you need further information or to apply please contact

Marcia Levy mllevy0648@gmail.com or office@ncjwbc.org. Thank you

Kidney Donor needed

Eileen Steinman has End Stage Kidney Disease and desperately needs a life-saving kidney donor. (blood type B or O). A loving mother, grandmother and educator she now needs help.

She is working with Renewal, a remarkable non-profit organization that matches potential kidney donors and recipients. There are many that have donated a kidney and their health after is fine. To learn how you can save a life or for more information about Kidney donation, please call 718-431-9831 ext 209. Or e-mail R23580@renewal.com. Inquiries should be made for Eileen Steinman or case #R23580. All inquiries to Renewal are strictly confidential and are without obligation.

Support Group

Family Support Group for loved ones of those suffering from addiction and substance abuse. We meet every other Wednesday in Teaneck at 8 p.m., free of charge. For location and more information please email: Time2TalkAddiction@gmail.com.

