



Jewish Center of Teaneck

70 Sterling Place
Teaneck, NJ 07666
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jcot.org

Journeys ☆ Connections ☆ Traditions

Parshat Yitro

Friday, February 2
17 Shevat - 24 Shevat 5778



Friday, February 2

5:00 PM Mincha/Kabbalat Shabbat

Shabbat, February 3

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

9:00 AM Shacharit Services
Torah reading pages listed inside
Baal HaMaftir: Effie Love

Shabbat Youth Schedule (See inside for details)

**The following two families have contributed to this week's
kiddush after davening in the Lobby:**

**Jonas and Ruth Weiser in honor of their granddaughter
Shoshana's upcoming wedding.**

**Zalmen Mlotek and Debra Cohen- Mlotek in honor of Debra's mom
Miriam Wolkenfeld Cohen's birthday.**

4:45 PM Mincha

**Seudah Shlishot sponsored by Martin & Adelle Rosenfeld in
honor of Rabbi Fridman's Tehillim Shiur**

5:58 PM Maariv
6:06 PM Havdalah

Shul Announcements

The **Dr. Joel Dennis and Mr. Ruvin Fridman Memorial Teaneck Tanach Study Group** will continue on Wednesday evenings at 7:45 PM for both the Winter and Spring.

Tu B'Shvat Youth Program Sunday, February 4 10:30-11:45 AM Weiss Auditorium

For children between the ages of 3 and 10.
There will be crafts, music, etc...
Please come join for the fun.

Men's Club Super Bowl Party Sunday, February 4 6:30 Pm to end of game In the Stein Auditorium.

Game will be broadcast live on a 10 by 10 screen.
There will be catered food and refreshments.
Open to all adults and age 13 and older.
Cost is \$25 in advance or \$35 at the door.
There will be a split the pot raffle to benefit future Men's club events. Please email mensclub@jcot.org to register and go on shul website Donate page to pay. Please use the type: Men's Club.

If you would like more information on the Men's Club, please contact Avi Fried or Josh Lipowsky at mensclub@jcot.org.

Thank you to Steve Dennis and Caron Rockman for sponsoring the party in memory of Jacob and Berta Silverblatt.

Hamantashan making with Lisa Mincis
on Sunday, 2/18 at 10:00 AM.
Free of cost.

Sunday 2/25 Youth Purim Carnival
9:30-12:00 Details to follow

Mazal Tov

Mazal Tov to Andrew and Sandy Lanter on the birth of a baby boy!

Shalom Zachar will be 2/2 at
271 Churchill Rd at 8:00 PM

Mazal Tov

Mazel Tov to Ruth & Jonas Weiser on the forthcoming marriage of their granddaughter Shoshana, daughter of Rhonda & Dr. Marty Leibowitz of Teaneck to Elisha, son of Efrona & Rabbi Chaim Hagler of Elizabeth

Sephardic/Moroccan Minyan Shabbos Times

9:00 AM Shacharit (Hodu)
Upstairs in Yachad Lounge

Womens's Weekly Tehillim Group

This Group will meet Tues nights:
7:45-8:00 PM Mini-shiur on a Mizmor of Tehillim
8:00-8:30 PM Recitation of Tehillim for Cholim in the community

To sponsor a session in the zchut of a refuah shleimah, or to send in the name of a choleh, please contact office@jcot.org. Thank you

The Leaves of Faith Book Club being has been rescheduled to Sunday, 3/4 from 2/18. Thank You

Happy Birthday

Happy Birthday to Martin Singer

Mishloach Manot 2018

The Sisterhood is excited to commence preparations for the shul's Mishloach Manot fundraiser.

We are honored to be able to celebrate Purim together and honor this mitzvah as a community. Each family in the Shul will be receiving a Mishloach Manot package (within driving distance) and Purim cards will be sent to our extended members.

Participation is \$54 per member/member family. All proceeds will go to the Sisterhood's annual programming, to create meaningful events as we build our community. To be listed as a participant, please make your contribution on the Donate page of our website (look for mishloach manot under type) or call Elanna at the office at (201) 833-0515.

Deadline for \$54 is Feb 5 after cost is \$64

Please save the date of February 18th at 7:00 pm in the boardroom where members can gather and help assemble the mishloach manot.

Looking forward to seeing you there!
Please contact sisterhood@jcot.org with any questions.



The JCT is a member congregation of the Orthodox Union

Rabbi Daniel Fridman
 Reb Yitz Cohen, Ritual Director
 Josh Levine, Baal Koreh
 Abbe Rosner, President

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, 18 Shevat 5778.



Date	Name
18 Shevat	Nathan Stokamer
21 Shevat	Henry Singer
21 Shevat	Hyman Rabkin
22 Shevat	Hilda Rosner
23 Shevat	Martin Bloom
24 Shevat	Max Kaplan
24 Shevat	Goldie Sussman

Davening Schedule—Week of February 4 to February 9		
	Morning	Evening
Sun 4	Shacharit 8:30 AM	Mincha/Maariv 5:05 PM
Mon 5	Shacharit 7:00 AM	Mishnayot 7:20 PM Maariv 7:30 PM
Tues 6	Shacharit 7:15 AM	Mishnayot 7:20 PM Maariv 7:30 PM
Wed 7	Shacharit 7:15 AM	Mishnayot 7:20 PM Maariv 7:30 PM
Thurs 8	Shacharit 7:00 AM	Mishnayot 7:20 PM Maariv 7:30 PM
Fri 9	Shacharit 7:15 AM	
Shabbat Mishpatim		
<u>Candle Lighting</u>	5:05 PM	Mincha/Kabbalat Shabbat 5:10 PM

Shabbat Youth Schedule

9:45 -11:15 Pre-K and Kindergarten with Daphna Cohen and Miriam Leah Mincis in Room 106

9:45- 11:15 1st and 2nd grade in Room 107

9:45-11:15 Youth Minyan for 3rd-5th grade boys and girls with Ohr Musayov in room across from the gym Room 108

10:30-11:15 Mommy and Me in the Playroom with Dara Zaer

New
 Afternoon Youth groups for grades 3-5 right after Mincha

This Shabbat Torah Readings

Stone: Pg. 394
 Hertz: Pg. 288



Community Events

The Teaneck Orthodox Retiree's Association (TORA) and Young Israel of Fort Lee proudly present a two part lunch and lecture series with Rabbi Zev Goldberg, Rabbi of Young Israel of Fort Lee. The title is "Eternal Impact - 6 Defining Moments in Jewish History".

Date and Location- Monday, February 5 at Young Israel of Fort Lee, 1610 Parker Avenue, Fort Lee

Time - Lunch at 12:00 PM, lecture at 12:45 PM

To reserve (or questions) -
email Michael Karlin at mkarlin@aol.com

Congregation Bnai Yeshuran Presents Project Ometz

Mon, February 5 8:30 PM

What Parents Need to Know about Self Harm

Confidential Teleconference

641-552-9173 Access Code 636984

In conjunction with the Yoetzet Halacha program and Nerot:

[Tuesday, February 6th @ 8 pm](#) at Rinat

Mindful Movements in Your Everyday Life: A Comprehensive Workshop to Enhance the Physical Well-being of Women of All Ages & Stages

Women of the community, come join Deena Elias, PT, DPT, and Joyce Bendavid, OT, Feldenkrais Practitioner and Shoshana Samuels, Yoetzet Halacha, in enhancing self-awareness of our every day movements. We will explore ways to promote holistic physical well-being, identify and prevent injuries and pain, promote healing, and navigate common obstacles that arise throughout a woman's busy day. This interactive session will address actions, posture, body mechanics and the role of core strength throughout different life stages including: emerging adulthood, pregnancy, post-partum, menopause and continued free movements as older adults. Participants will take home practical tips to improve day-to-day activities in a more mindful way.

AIPAC Community Event

February 6 at Keter Torah 8:00 PM

Honoring Dr. Mort Fridman as President Elect
Elliot Abrams will be speaking

Yahrtzeit Donations

Howard & Eileen Goldstein

Leanore Gold in memory of her father
Abraham Rosenblum