

תש"פ

Erev Shabbos		Shabbos		Sunday	
Plag/Early Candles	5:53 PM	Netz (Sunrise)	6:57 AM	Netz (Sunrise)	6:55 AM
Zman Candle Lighting	6:51 PM	Latest Shema (Gra)	9:59 AM	Efrayim Hershkowitz z"l Hilchos Shabbos Shiur (Zoom: Click Here)	9:00 AM
Zman Mincha	6:55 PM	Earliest Mincha	1:34 PM	Pre-Pesach Q&A Shiur for Women With Rav (Zoom: Click Here)	9:00 PM
Those who daven Maariv before 7:34 PM should repeat Kerias Shema later		Shkiah (Sunset)	7:10 PM	Monday-Thursday	
		Maariv	7:50 PM	Tuesday Iyun Shiur (Zoom: Click Here)	9:00 PM
		Shabbos Ends	8:00 PM	Rosh Chodesh Nissan is this Thursday, March 26th.	

The Molad for Nissan will be Tuesday, March 24th, 10:14 AM and 11 Chalokim. Rosh Chodesh Nissan is this Thursday, March 26th.

The RCBC invites the entire community to sing **Yedid Nefesh** from your front doors or porches, starting at exactly 7:00 PM this Friday night.

Please join the Ohr HaTorah community in signing up to complete Tehillim together after candle lighting or anytime over Shabbos. Please have in mind **Jack Pietruszka, Yaakov ben Rachel**, and all other *cholim* in our community and the World who are in need of *rachamei shamayim*. [Please click here to sign up for one or more slots.](#)

Mazel Tov to **Adina and David Lederer** on the birth of a granddaughter, **Aliza Chava**, this week, to their children Netanel and Esti. Mazel Tov to the great-grandparents, Fran and Phil Friedman and Dr. Rolf Lederer and Faith Lederer.

Mazel tov to **Dr. & Mrs. Michael Samet** on the engagement of their granddaughter **Kayla to Zvi Stern** of LA. Mazel tov to David & Jenny Samet, Kayla's parents and Shai & Meira Stern, Zvi's parents, and to the entire Samet and Sobolofsky families.

Please join us this Sunday, March 22nd at 9:00 PM for a special Pre-Pesach Q&A Shiur for Women With Rav Sobolofsky on Zoom. [Click Here](#) to access the Shiur on Zoom. **All questions to be discussed should be submitted in advance by no later than Motzai Shabbos to sisterhood@ohratorah.com.** As always, the Rav is also happy to answer any specific/individual questions at any time as we prepare for זמן חרותנו.

Several Shabbos Guidelines:

- One may begin Shabbos early any time after Plag. One who does so should daven Mincha before Plag.
- Some people may prefer to daven in their homes at the same time that the shul usually davens. Those who for practical purposes find it difficult to do so should daven at any time within the zmanei tefillah that works best for them.
- Everyone should try to read in a Chumash the parsha and **Parshas HaChodesh**. We will discuss at a later date about making up the lost Krias HaTorah.
- It is very important for halachic reasons and critical for the chinuch of our children that the proper honor be given to Shabbos. Shabbos clothing should be worn and our Shabbos meals should be conducted with the proper dignity as we do on any other Shabbos.
- Please try as best possible to serve as role models to our children in spending quality time with them – davening seriously even privately, learning ourselves and with our children, and joyous celebration of Shabbos even as we are all experiencing these unique Shabbos.

The Shul is now collecting **Maos Chitim** to be distributed locally and in Israel. Given the current situation we are in, many individuals and families will struggle to provide necessities for Pesach. We would like to address these needs as early as possible, particularly considering the logistical challenges that distributing the money presents this year. Therefore, we ask that you please participate in Maos Chitim as soon as possible this year. Beyond Pesach necessities, there are more families in our own community and beyond in need of our support due to the current economic challenges. As such, please consider donating to the Rabbi's Discretionary Fund to allow us to help these families in need. The following page has been set up on the shul website so that donations can be made online to both of these causes: <https://www.ohratorah.com/discretionary-fund.html>. Please use the dropdown to make donations either to "Maos Chitim" or "General" (Rabbi's Discretionary Fund).

Rav's Weekly Virtual Shiurim (Click Here):

- Sunday morning **Efrayim Hershkowitz z"l Hilchos Shabbos Shiur** at 9:00 AM.
- **YU Gemara Chullin Shiur - Sun, Mon, Wed, & Thurs** from **12:00 PM - 1:00 PM**, **Tuesday** from **11:00 AM - 12:00 PM**
- Tuesday night **Iyun Shiur** at 9:00 PM on the **3rd Perek of Sukkah (Lulav Hagazul)**.
- **Mini Series on Assorted Shaylos - Wed** at 9:15 PM.

- **The Kollel Boker on Gemara Chullin - Tues, Wed, and Fri** from **7:30 AM - 8:10 AM**.
- **RIETS Semicha Hilchos Geirus Series of Shiurim - Thursday** from **1:30 PM - 2:30PM**.

Community News:

All RCBC updates, including online community events and sales at our local stores, are posted at <https://www.rcbcvaad.org/>.

Tomchei Shabbos is having a virtual matza collection this year. When you receive your free matza coupon at shoprite paramus, simply write "Tomchei Shabbos" on it and submit it at the courtesy desk along with your receipt (as proof of eligibility). Please note, purchase requirements must still be met. Shoprite will deliver the matza directly to Tomchei free of charge. Please email any questions to info@tomcheishabbosofbergencounty.org.

Shul Contacts:

Help us include your announcements by emailing the text to announcements@ohratorah.com by 6:00 PM on Wednesday. Please let us know about your family simcha, whether or not it is taking place in the Shul, so it can be included in the announcements. If you would like to make a meal for someone who had a baby or R"L is in aveilus, please contact Alisa Salamon salamon.alisa@gmail.com 516-551-4392 or Sarah Savetsky ssavetsky@gmail.com. If anyone hears of new families moving into the community or can host new families for a Shabbos meal, please contact Rebecca Zerkowitz 718-551-5466 on the Welcoming Committee.

Have a Good Shabbos!

Congregation Ohr HaTorah – Rabbi Zvi Sobolofsky – 36 Rector Court Bergenfield, NJ 07621 - www.ohratorah.com