



CONGREGATION OHR TORAH Weekly Newsletter

270 Pleasant Valley Way □ PO Box 6169 □ West Orange, NJ 07052

VAYERA 18 – 24 Cheshvan, 5780 November 16 – 22, 2019

Rabbi Marc Spivak, President David Goldstein, Rabbinic Intern Matt Lubin

SHABBAT KIDDUSH and **SEUDAH SH'LISHIT** are sponsored by the Shul.

To sponsor a Shabbat Kiddush or Seudah Sh'lishit at the Shul, please contact Tami Puder at office@congregationohrtorah.org.

SHABBAT FAMILY MINYAN takes place this week at 9:30am in the Beit Midrash.

MISHNA B'RURA CLASS with Rabbi Grosberg after Shabbat Mincha will be held in the Beit Midrash.

SHABBAT SHI'UR with Rabbinic Intern Matt Lubin this Saturday morning at 8:30am.

RABBI SPIVAK'S WEEKLY CLASS will meet this Wednesday evening at 7:45pm.

ED CROMAN'S KABBALAH CLASS: The next class in the Fall session is this Thursday, November 21st, 7:30 - 9:30pm, in the Beit Midrash and concludes next month on Thursday, December 5th.

ברוך דיין האמת: We regret to inform you of the passing of our dear member Rabbi Dr. Shmuel Tokayer- founder of the West Orange Chevra Kadisha, husband of Chana Tokayer and father of Rabbi Etan Tokayer, Ziporah Torbiner, and Malca Jachter. Interment was in Israel. Shiva continues at the Tokayer home at 38 Sullivan Drive in The Woodlands until Monday morning. Minyan times are: Sunday-Shacharit 7:00am Mincha and Maariv 4:30pm, Monday- Shacharit 6:35am. May the mourners be comforted together with the mourners of Zion and Jerusalem.

THANK YOU so much to the Ohr Torah community for the kindness and consideration given to me and my family upon the passing of my mom, Natalie Weiss. Your support made such a huge difference. May we all share Simchas together. Marcia Feldman.

FOR SENIORS: Together on Tuesdays. Tuesday, November 19, 12:30-2:15pm- "When does Thanksgiving Day occur in Judaism? Achieving a Jewish Understanding of Gratitude" by Chaim Lauer, educator and lecturer. Tuesday November 26, 12:30-2:15pm- "Increasing Joy and Contentment as We Age"

CONTINUED ON PAGE 2

FROZEN

ON BROADWAY
Tickets sold out

LEARN TO KNIT

FREE WORKSHOP
See page 4

YOUR NUTRITION

INTERACTIVE TALK
See page 5



Schedule 11/15 – 11/22

Friday (11/15)

Shacharit	6:10am
Light Candles	4:20pm
Mincha	4:25pm
Shkia	4:38pm

Shabbat (11/16)

Shi'ur	8:30am
Shacharit	9:00am
Latest Shema	9:13am
SAY SHEMA BEFORE COMING TO SHUL	
Shacharit—Beit Midrash	9:30am
Mincha	4:10pm
Maariv	5:15pm
Shabbat ends	5:22pm

Sunday - Thursday (11/17 - 11/21)

Shacharit Sun	8:15am
Shacharit Mon/Thu	6:00am
Shacharit Tue/Wed	6:10am
Mincha/Maariv Sun	4:25pm
Maariv Mon-Thu	7:30pm

Friday (11/22)

Shacharit	6:10am
Light Candles	4:15pm
Mincha	4:20pm
Shkia	4:33pm

Eruv Hotline:

(973) 736-1407 x6

Sisterhood Events and Donations

SAVE THE DATE: Ohr Torah Sisterhood's Annual Membership Brunch will be on Sunday morning, **December 8th**. Our guest speaker this year is nutritionist Michelle Routhenstein. Flyer and details to follow in the coming weeks.

LEARN TO KNIT: **Sunday November 17** at 10:00 am. Free workshop. See ad on page 4 for more information.

Sisterhood Tribute Fund:

Siddur: Donated in memory of Natalie Weiss, beloved mother of Marcia Feldman by Daryl and Ed Shapiro.

Please consider making a donation to honor or in memory of someone in any of the following categories. Tributes—\$5; Sefer Fund—\$10; Youth Fund—\$18; Siddur or Machzor—\$40; Chumash—\$60. For more information, please contact Debbie Druce deborahdruce@gmail.com

Yahrzeits November 16 - 22

22 CHESHVAN: Edward Shapiro for his Sister, Sara bat Tuvia, Sandra Tedder, on Wednesday, November 20.

23 CHESHVAN: Jeff Stiel for his Grandfather, Avroham Yehudah ben Yonah, on Thursday, November 21.

24 CHESHVAN: Rosalyn Flatow for her Father, Yisrael Tuvia ben Yosef Hesh, Stanley Pakett, on Friday, November 22.

For changes/corrections to this list, please contact Elia Weixelbaum or send an e-mail to : ShabbatNewsletter@congregationohrtorah.org

CONTINUED FROM FRONT PAGE

by Karen Frank, Project SHIN, Pastoral Care Nurse. At AABJ&D Sephardic Wing. 12:30-1:00pm- Light lunch of soup, salad, dessert, coffee and tea (Cost \$3.00). 1:00-2:15pm- Featured Program. In case of inclement weather and the possibility of cancelling a program, call (973) 736-1407 x240 and listen for the recorded message.

RKYHS OPEN HOUSE: Rae Kushner Yeshiva High School invites all 8th graders and their parents to join their Open House on Motzei Shabbat, November 16th at 7:30 pm. Experience RKYHS during an inspirational evening as they highlight the vast opportunities for students, demonstrate values, and define their difference. Come see the dynamic and innovative academic and Judaic programs, first-rate educational initiatives and co-curricular opportunities. Registration begins at 7:30pm followed by the program at 8:00pm. You can register at www.rkyhs.org/RKYHSOpenHouse. For more information, contact Allison Lyons at alyons@rkyhs.org or (862) 437-8050.

NINTH GRADE PREVIEW: The Rae Kushner Yeshiva High School in Livingston, NJ invites prospective 9th grade students and parents to join them at a community informational meeting at the home of Nilli and Andrew Yolin on Wednesday, November 20th at 8:00pm. Come hear about the dynamic and innovative academic program and Judaic offerings, forward-thinking educational initiatives, supportive faculty and co-curricular opportunities offered in a warm environment where every child matters. For questions, please email Allison Lyons, Director of Admissions at alyons@rkyhs.org or call (862) 437-8050.

BRURIAH OPEN HOUSE: Please join us at the Open House on Sunday, November 17th at 9:30am at Bruriah High School, 35 North Avenue, Elizabeth. Come and see why Bruriah is such a special place. We look forward to greeting you personally! To register visit <https://bruriah.org/bruriah>.

OT SECURITY: Thank you to our security volunteers this week who stepped up to keep us all safe. ***We need volunteers for November.*** Even if you've never volunteered in the past, please try it out! Sign up and send Dov Chelst a message at dnchelst@gmail.com and he can tell you what is required.

MEMBERSHIP PLUS DONORS 5780

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NEWSLETTER SUBMISSIONS: Items for the Newsletter must be submitted **before 4:00pm on the Wednesday before publication**. Anything submitted after that time will be considered for the following issue.

Email to: shabbatnewsletter@congregationohrtorah.org

CONTACT INFORMATION:

Rabbi Marc Spivak rabbi@congregationohrtorah.org

Office: Tami Puder office@congregationohrtorah.org

Board: board@congregationohrtorah.org

Men's Club President: Larry Freedman, larry@18thstory.com

Sisterhood President: Bertha Sharret, rsharret@hotmail.com

Chesed: Rabbi Spivak, Tami Puder

Shiva Assistance: Rabbi Robert Grosberg

Shiva Meals: Gail Bukiet

Building Committee: Arnold Barton

Subscription Requests: listserv@congregationohrtorah.org

Monthly Calendar: Elia Weixelbaum

Newsletter: ShabbatNewsletter@congregationohrtorah.org

Reading Torah: Avi Klein, otlaining@congregationohrtorah.org

Scheduling Calendar: Tami Puder, e-mail to

Schedule@congregationohrtorah.org

Tributes/Siddurim/Chumashim/Machzorim Donations: Debbie Druce

Bookplate Design-Bar, Bat Mitzvah Inscriptions: Debbie Druce

Yahrtzeit/Tree of Life Plaques: Jack Rosen

Youth Committee: Leron Thumim and Chavi Trenk (co-chairs)

leron.Thumim@gmail.com and ebtrenk@gmail.com

Youth Director: Rivky Balser Youth@congregationohrtorah.org

Newsletter Advertising: Howard Charish

advertising@congregationohrtorah.org



Gabriel Maron

TORAH THOUGHT:

Vayera: A guide to happiness & health

Gabriel Maron is a junior at Yeshiva University studying Finance. He currently attends Rav Moshe Tzvi Weinberg's shiur in the Beit Midrash Program. He has been an integral part of the youth teen minyan for many years as a Gabai and a Baal Koreh. He is an alumnus of Yeshivat Torat Shraga and Rae Kushner Yeshiva High School.

In this week's Parsha, we learn so much about how our feelings and behaviors are intertwined. The melachim came to Avraham to do bikur cholim after he did his Brit Milah, they ask where is Sarah? The Seforno says that the purpose of the angels' visit was to tell Sarah she will finally have a child after so many years, they wanted her to feel the simcha of the anticipation of having a child and appreciative that the baby will be healthy. Could being thankful for having a baby have an impact on the health of a child? Simcha and hodaah are middot. The act of the angels teaches us how middot can affect a person's body and health. Middot are powerful.

Earlier, when Hagar was given to Avraham as a wife, Sarah said that hopefully she will be the one to bear him a child. She was jealous yet still hopeful that Hagar could give Avraham a child while she couldn't. An act caused Sarah's womb to be strengthened. Since she was selfless, she wanted Avraham to be happy. HaShem gave her the ability to have a child, even at an old age. We see that the right type of feelings can sometimes affect one's body in a positive way.

The opposite is also true. Cain killed Hevel because of jealousy. It is easy to let our jealousy affect us in a negative way; however, it's possible to use jealousy in a positive way. An example is when someone watches another perform a good deed, and then wants to be like that person and improve as a human, so tries to do better the next time. Imagine an athlete who came so close to winning a marathon, but just came up short. Of course, he is upset and jealous at that particular moment when he sees the winner with the gold medal around his neck and the cameramen surrounding him. However, it can cause him to achieve greatness and win the next race. Similarly, when Sarah saw that Hagar had a child she was upset since she could not produce children, but at the same time she was happy for Avraham and thus motivated to pray with more kavanah to ask HaShem for a child. Her tefilot paid off, as she gave birth to the next leader of the Jewish people, Yitzchak Avinu.

Another idea that we can learn from this is that when one has emunah and bitachon in HaShem, he/she becomes a different person. All of the weight that was on the person's heart is lifted giving a sense of ease. He feels like he is floating in the air.

When Avraham is told by an angel that he should go and sac-

rifice Yitzchak to HaShem, Avraham wasn't upset, rather he brought him willingly. He could have begged the angel not to take Yitzchak, but rather, he was happy to do what HaShem wanted. He was crying as he proceeded to carry out the act yet stayed true to his beliefs. This middah of ahava (love) was so intense that he was willing to sacrifice Yitzchak to make HaShem happy and fulfill His words.

Through the melachim, we also learn about the importance of bikur cholim. The human body is amazing and mysterious - it is fascinating to see the relationship between our feelings and our health. In fact, scientists discovered happiness affects the immune system and makes it stronger. Therefore, the mitzvah of bikur cholim is so important. When we visit the sick, they light up and they are so thankful that we came to visit since it shows how much we care and appreciate them. Just by our presence, we help the person's immune system and thus enhance their health.

We should all be zoche to improve our middot every day so we too can walk in Avraham's footsteps and live a long and healthy life. **Shabbat Shalom.**



**Learn How to Make
an Edible
Thanksgiving Turkey**

**Thursday, November 21st
7:30pm**

Chabad of West Orange, 401 Pleasant Valley Way

\$36 per person
includes all fruits and supplies

**Sponsored by the Sisterhoods
of Chabad of West Orange
and Congregation Ohr Torah**
RSVP to sheinagrapes@gmail.com

A regular feature of the newsletter is to have different people write a D'var Torah for the newsletter. The goal is to hear words of Torah from other Ohr Torah members and learn a little about who they are. I encourage everyone to participate. Please email me at Rabbi@congregationohrtorah.org if you would like to volunteer to share your ideas with us. Torah unites our nation. We are really excited about this project and I hope it will strengthen our bonds as a community. **Rabbi Marc Spivak**

LEARN TO KNIT

FREE WORKSHOP



Sunday November 17 at 10:00am

At the home of:

Nancy Perl

**52 Cummings Circle
in the Woodlands**

Light refreshments

You will be provided with needles and yarn.

RSVP to knittingnachus@aol.com

Sponsored by the Ohr Torah Sisterhood

WHATS APP GROUPS: General Announcements: To join the Ohr Torah General Announcements group, go to <http://congregationohrtorah.org/whatsapp>. on your mobile phone (be sure WhatsApp is installed first) and tap the "Join Chat" button. Alternatively, email Tami (office@congregationohrtorah.org) or David Goldstein (davesmail@golddave.com) with the phone number you use with WhatsApp and they will add you to the group.

MINYAN HELP: Help us make a minyan by joining the WhatsApp group for alerts when the shul needs help. To join this group, please go to:

<http://congregationohrtorah.org/minyanwhatsapp> (be sure WhatsApp is installed first) and tap the "Join Chat" button. Alternatively, you can email Bruce Schlanger (Bruce.Schlanger@gmail.com) or David Goldstein (davesmail@golddave.com) with the phone number you use with WhatsApp and they will add you to the group.

SENDING IN A CHECK FOR A PAYMENT TO OHR TORAH? Assist us in our record keeping by writing on the memo line or include a note about the reason for the check. Also, remember that mail should always be sent to PO Box 6169, West Orange, NJ



**V
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AROUND OUR TOWN

COMEDY AT KUSHNER: The annual Joseph Kushner Hebrew Academy/Rae Kushner Yeshiva High School ATID SOCIETY Event, Sunday, November 24. The ATID SOCIETY presents the stand-up comedy of MODI, voted one of the "Top 10 comedians in NYC" by *Hollywood Reporter & Backstage*. The performance will take place at JKHA/RKYHS, 110 South Orange Avenue in Livingston, at 7:30pm and followed by a deluxe dessert reception. A pre-concert dinner reception for all members of the ATID SOCIETY will take place at 6:00 PM. Please visit www.jkha.org/atid to purchase tickets and join the ATID SOCIETY. For more information, please contact: slevinson@jkha.org or 862-437-8001.

CONCERT: Thursday, December 5, 12:30-4:30PM– NJ Symphony Matinee Concert at NJPAC, Newark with conductor Xian Zhang, and pianist George Li. Repertoire: Rachmaninoff; Third Piano Concerto, Dvorak; Symphony #8 and Anna Clyne Premiere; "With Her Arms." Cost: \$32.00; Make reservations and submit checks written out to: Cong. AABJD, memo: NJSO concert by November 26, 2019. *Bus leaves Cong. AABJD 12:30PM and returns @ 4:30PM.

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WHEN: SUNDAY NOVEMBER 24TH, 2019

**WHERE: AABJ&D
700 PLEASANT VALLEY WAY
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Questions:

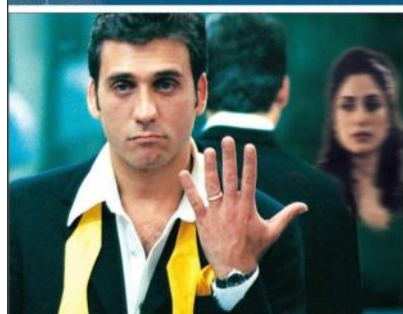
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WEDNESDAY NOV. 20
12:30pm

LATE MARRIAGE

The Israeli film centers on 31 yr. old Zara, and his tradition minded Georgian Jewish immigrant parents who are anxiously trying to arrange a marriage for him.

Hebrew with English Subtitles

FREE FOR ALL - REGISTRATION ENCOURAGED

For more information visit
www.jcc.metrowest.org/njiff or call (973) 530-3417



SMILE TIME: Herman was pacing back and forth nervously in the hospital as he was about to have an operation. His wife asks him: "What's the matter? Why are you getting all worked up?" He replies, "I heard one of the nurses say 'It's a very simple operation, don't worry, I'm sure you'll be all right.'" "She was just trying to comfort you," says his wife, "What's so frightening about that?" "She was talking to the surgeon!"

THE ATID SOCIETY
Joseph Kushner Hebrew Academy/Rae Kushner Yeshiva High School
PRESENTS

THE STAND-UP COMEDY OF
MODI

Voted one of the
"Top 10 comedians in NYO"
— *Hollywood Reporter & BackStage*

Sunday, November 24, 2019 • 26 Cheshvan 5780
7:30pm

Dr. Morris Epstein—Bernard Stein Auditorium
Joseph Kushner Hebrew Academy • Rae Kushner Yeshiva High School
110 South Orange Avenue, Livingston, New Jersey

For ticket and sponsorship information: www.jkha.org/ATID

For additional information please contact the Development Office: development@jkha.org • 862-437-8001

ATID SOCIETY chairs: Bat Sheva and Murray Halpern



OHR TORAH SISTERHOOD
MEMBERSHIP BRUNCH



Interactive talk about Nutrition & health for your family

with

MICHELLE ROUTHENSTEIN, MS RD CDE CDN
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DEC 8 • 10:00 AM

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CHAMBER MUSIC CONCERT SERIES @ JCC METROWEST
2019/2020 SEASON

CURTIS ON TOUR

thursday
NOVEMBER 21
7:00PM



The Nina von Maltzahn Global Touring Initiative
of the Curtis Institute of Music
Winds & Strings featuring Benjamin Schmid

ARTISTS

Sara Han, Clarinet
Doron Laznow, Bassoon
Gabriel Kovach, Horn
Benjamin Schmid, Violin
Haeji Kim, Viola
John Lee, Cello
Marcus Elliott Gaved, Double Bass
Benjamin Krasner, Piano

PROGRAM subject to change

Duo Concertante Kizysztof Penderecki
(b. 1923)

Sextet
Allegro moderato
Larghetto

~INTERMISSION~

Septet in E-flat major, Op. 20 Ludwig
van Beethoven (1770-1827)

Adagio—Allegro con brío
Adagio cantabile
Tempo di menuetto
Tema con variazioni
Scherzo: Allegro molto e vivace
Andante con moto alla marcia—Presto

TICKETS: \$10/Member or Student; \$15/Guest

Dessert reception following concert

TO PURCHASE TICKETS, VISIT: jccmetrowest.org/gaelen

For more information, contact Katy Strulson at 973-530-3915 or kstrulson@jccmetrowest.org



760 Northfield Avenue
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jccmetrowest.org

JCC Metrowest is a beneficiary agency of Jewish Federation of Greater Metrowest NJ.
We strive to ensure access and meaningful participation by all members of the community.