



# CONGREGATION OHR TORAH Weekly Newsletter

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

**TOLDOT** 2 - 8 Kislev, 5780 November 30 - December 6, 2019

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

**SHABBAT KIDDUSH** is sponsored by the Shul. **SEUDAH SH'LISHIT** is sponsored by Moshe and Renee Glick in honor of the upcoming marriage of their son Calev.

To sponsor a Shabbat Kiddush or Seudah Sh'lishit at the Shul, please contact Tami Puder at [office@congregationohrtorah.org](mailto:office@congregationohrtorah.org).

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

**RABBI SPIVAK'S WEEKLY CLASS** will meet this Wednesday evening at 7:30pm.

**ED CROMAN'S KABBALAH CLASS:** The final class in the Fall session is this Thursday, December 5<sup>th</sup>, 7:30 - 9:30pm, in the Beit Midrash.

**מזל טוב:** Mazal Tov to Paula Moskovitz on her marriage to Zachary Levy son of Susan and Steven Levy, to parents Boni and Martin Moskovitz and siblings Jacob and Gabrielle, Kurt, and nephew Noah Lev, to Grandmothers Judy Moskovitz and Carol Lee Loebenberg and to the entire Moskovitz and Levy Families.

**מזל טוב:** Mazal Tov to Calev Glick on his Aufruf in honor of his upcoming marriage to Esther Alexander, to Renee & Moshe Glick, siblings Hillel & Elianna, and grandparents Arlene & Naftali Glick, Shirley Glickman, Esther's parents, Tamar & Gershon, siblings Hami, and his wife, Hadassah, Sari & Moshe, and to the entire Alexander family.

**FOR SENIORS: Together on Tuesdays.** Tuesday, December 3 "How to Fall Asleep and Stay Asleep" by Jackie Morgado, Lead Technologist at the Center for Sleep Disorders, St. Barnabas Medical Center. Sleep plays a crucial role in improving your physical and mental wellbeing. Jackie Morgado will explain sleep disorders, the effect of sleep on your health and ways to sleep better. At AABJ&D Sephardic Wing. 12:30-1:00pm- Light lunch (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.

**IMPORTANT COMMUNITY MESSAGE:** WestOrangeShuls Yahoo Group is moving from Yahoo to groups.io. All members who want to continue participating in this community email list need to sign up for the new group. The changeover will take place on Sunday, December 15 when posting to YahooGroups will be disabled, and the new list on groups.io will be opened for messages. Don't be left out! To sign up, follow the detailed instructions at <http://bit.ly/wos-gio-instructions>. Any

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## Schedule 11/22 – 11/29

### Friday (11/29) ROSH CHODESH KISLEV

Shacharit	5:50am
Shacharit	8:15am
Light Candles	4:12pm
Mincha	4:15pm
Shkia	4:30pm

### Shabbat (11/30)

Shacharit	9:00am
Latest Shema	9:23am
<b>SAY SHEMA BEFORE COMING TO SHUL</b>	
Shacharit Family Minyan	9:30am
Mincha	4:05pm
Maariv	5:09pm
Shabbat ends	5:16pm

### Sunday - Thursday (12/01 - 12/05)

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

### Friday (12/06) ROSH CHODESH KISLEV

Shacharit	6:10am
Light Candles	4:11pm
Mincha	4:15pm
Shkia	4:29pm

### Eruv Hotline:

(973) 736-1407 x6



There are always new members or visiting guests in attendance that you may not have met. Let's take every opportunity to welcome these people to Ohr Torah! (After davening, of course).

## 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. See page 4.

### Sisterhood Tribute Fund:

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](mailto:deborahdruce@gmail.com)

## Yahrzeits November 30 - December 6

**2 KISLEV:** Lee Alexander for her Father, Nachman ben Reuven, Nachman Gross, on Shabbat, November 30.

**4 KISLEV:** Robert Zeldin for his Father, Hoshea ben Kasriel, Howard Zeldin, on Monday, December 2.

**5 KISLEV:** Steven Goldstein for his Sister, Zishla bat Yehuda, Sandra Goldstein, on Tuesday, December 3.

**6 KISLEV:** Alan Routhenstein for his Grandmother, Chaya bat Ephraim, Irene Routhenstein, on Wednesday, December 4.

**6 KISLEV:** Aharon Ben-Tziyon ben Yitzchak Nachman, Herbert Sorkin, on Wednesday, December 4.

**7 KISLEV:** Rabbi Marc Spivak for his Grandfather, Michael ben Chaim, Milton Spivak, on Thursday, December 5.

**8 KISLEV:** Andrea Goldberg for her Mother, Chaya Gitel bat Shmuel, Claudette Blumenson, on Friday, December 6.

**8 KISLEV:** Fernand Schoppik for his Father, Eliyahu ben Uri, Edgar Schoppig, on Friday, December 6.

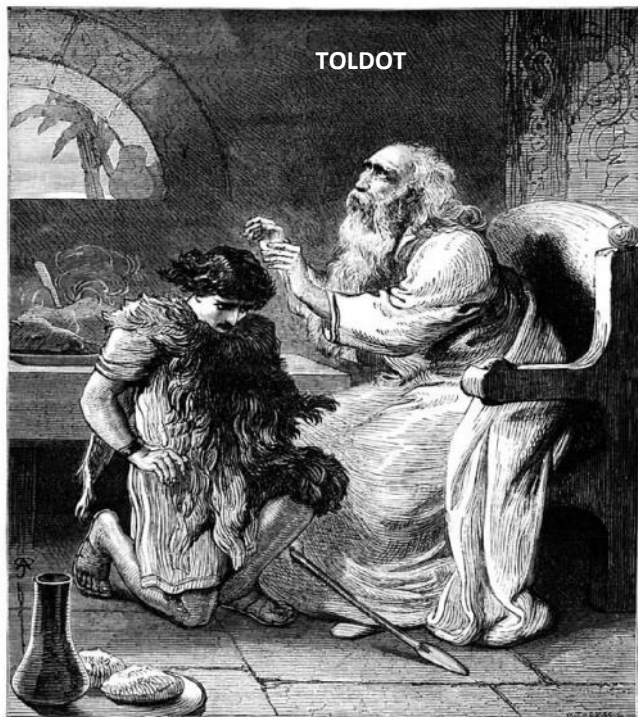
**8 KISLEV:** Annie Goldfisher for her Grandmother, Chana Shendel bat Nachum Yitzchak Ha'Levi, Anna Forman, on Friday, December 6.

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

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problems please check our Frequently Asked Questions at <http://bit.ly/wos-gio-faq>. If you still need help, contact the admin team at [westorangeshuls+owner@groups.io](mailto:westorangeshuls+owner@groups.io).

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



ISAAC BLESSING JACOB.

## 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](mailto:shabbatnewsletter@congregationohrtorah.org)

### CONTACT INFORMATION:

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**Men's Club President:** Larry Freedman, [larry@18thstory.com](mailto:larry@18thstory.com)

**Sisterhood President:** Bertha Sharret, [rsharret@hotmail.com](mailto: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](mailto:listserv@congregationohrtorah.org)

**Monthly Calendar:** Elia Weixelbaum

**Newsletter:** [ShabbatNewsletter@congregationohrtorah.org](mailto:ShabbatNewsletter@congregationohrtorah.org)

**Reading Torah:** Avi Klein, [otlaining@congregationohrtorah.org](mailto:otlaining@congregationohrtorah.org)

**Scheduling Calendar:** Tami Puder, e-mail to

[Schedule@congregationohrtorah.org](mailto: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](mailto:leron.Thumim@gmail.com) and [ebtrenk@gmail.com](mailto:ebtrenk@gmail.com)

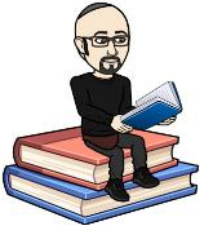
**Youth Director:** Rivky Balsler [Youth@congregationohrtorah.org](mailto:Youth@congregationohrtorah.org)

**Newsletter Advertising:** Howard Charish

[advertising@congregationohrtorah.org](mailto:advertising@congregationohrtorah.org)

## TORAH THOUGHT:

# Toldot: Prayer & Prophecy - Double Edged Swords



Dov Chelst

*Dov Chelst loves his wife Michal and his children Shlomit, Rivka, and Dalia too. He's lived in West Orange for the last 6 years and enjoys residing three blocks from Congregation Ohr Torah and a similar distance from his office. He's a mathematician, a fan of Avot deRabbi Natan, and wishes the library was closer.*

Reading over the introductory section of the week's Torah portion (Bereishit 25:21-28), I'm struck by how relatable the topic feels to me. I see Yitzchak and Rivka's dilemma as akin to my own or to those of my friends. Similarly, the way they address their predicament both together but individually resonates with my own experiences. What begins with concerns about fertility quickly turns into worries about pregnancy, followed by the daily anxieties and joys parents feel as their children slowly mature.

Of course, the religious concepts of prayer and prophecy suffuse these common themes. These twin topics appear in the literal Torah and receive expanded treatment in the Midrash (Bereishit Rabbah 63). The Midrash also explains some apparent unusual behavior while it clarifies other incomplete descriptions in the Torah. Why did Yitzchak pray for children but not Rivka? Experiencing her first pregnancy, why didn't Rivka check with other women to compare her experience with their own? How can the difficult words in verse 22 be explained?

"Yitzchak pleaded with the L<sub>r</sub>d on behalf of his wife, because she was barren; and the L<sub>r</sub>d responded to his plea, and his wife Rivka conceived." (Bereishit 25:21)

When faced with infertility, Avraham and Sarah didn't pray for children. Nevertheless, it feels natural to pray. Furthermore, the Midrash (BR 63:5) interprets the phrase "on behalf of" to conclude that while the Torah only documents Yitzchak's prayer, Rivka behaved similarly.

What if we imagine the details of their prayers? What if they weren't exactly the same? One parent might want a strong healthy child who could grow to adulthood. The other hopes for someone to continue the family's traditions. Maybe it was Yitzchak who focused on a legacy? Maybe Rivka wished for a child unlike her father and brother? Perhaps, G<sub>d</sub> answered two distinct prayers with a pair of children.

"But the children struggled in her womb, and she said 'If so, why do I exist?' and she went to inquire of the L<sub>r</sub>d."

Most of us experience this scenario personally or through a close acquaintance. A complication during pregnancy caus-

es alarm. While the Midrash (BR 63:6) offers alternatives on the nature of the "struggle," it was clearly a difficult pregnancy. In the story's midrashic version, Rivka discusses her symptoms with other women. Learning that her experience was unusual, she panics and seeks divine assurance.

Consulting prophecy sounds like an extreme decision, yet it echoes our appeals to modern medicine. During pregnancy, many of us face the same question. How much information do we want to know? This may be limited to questions regarding a child's gender. Yet, with advanced diagnostics or with prophecy, more details of the future are exposed. Foreknowledge may provide us with greater certainty, but will it truly change our decisions or influence the eventual outcome?

"And the L<sub>r</sub>d answered her. Two nations are in your womb, two separate people shall issue from your body, one shall be mightier than the other, and the older shall serve the younger... Yitzchak favored Esav because he had a taste for game; but Rivka favored Yaakov."

Yikes! Hoping for some peace of mind, Rivka learns startling information. It's as if someone went in for a minor checkup and received life-altering news. While reassured as to the nature of her pregnancy, she now knew her twins' complicated future. I wonder if this knowledge changed her relationship with her sons. This would explain the different affinities between the two parents and children.

This story illustrates both the strengths and limits of prayer and prophecy. Even when G<sub>d</sub> heeds a prayer for children, they will throw tantrums and misbehave. As Rivka learned, prophetic knowledge will tell you the future, but it is unlikely to look any rosier than the present.

Perhaps prayer and prophecy aren't ideal solutions. Maybe the best we can do for our children is to love them, while teaching them to love G<sub>d</sub> and our Torah's traditions. At the same time, were I in Yitzchak and Rivka's shoes, I doubt I would have walked differently. **Shabbat Shalom.**

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@congregationohratorah.org](mailto:Rabbi@congregationohratorah.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**



**NUTRITION AND HEALTH:** Michelle Routhenstein is the owner and president of Entirely Nourished LLC, a nutrition counseling and consulting private practice based in Forest Hills and New York City. She is a Registered Dietitian Nutritionist, Certified Diabetes Educator, and Preventive Cardiology Dietitian. She has over 10 years of experience counseling individuals on chronic disease prevention and management. Additionally, Michelle developed and implemented a risk assessment tool and program to identify and reduce an individual's risk for chronic disease, specifically heart disease and heart attacks, through lifestyle modification. Hear her interactive talk at Congregation Ohr Torah on December 8th at 10am.



**SMILE TIME:** ☆ Mordy bought his son Stevie a goldfish for Hanukkah. Mordy asks him, "What did you name it?" He replies, "The fish's name is Sparingly." "How do you know?" Mordy queries him. Stevie holds up the food and says, "Look, on the food can it says, 'feed Sparingly 3 times daily.'"

☆ Artificial intelligence is a wonderful thing. I told Amazon's Alexa that today is my birthday, and she said that I needed an upgrade.

☆ "When's your birthday?" "November 24th." "What year?" "Every year!"

**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](mailto:office@congregationohrtorah.org)) or David Goldstein ([davesmail@golddave.com](mailto: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](mailto:Bruce.Schlanger@gmail.com)) or email David Goldstein ([davesmail@golddave.com](mailto: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 07052, and not to 270 Pleasant Valley Way. Thank you!

## NEED TO DAVEN MAARIV?

JOIN US AT 7:30pm MONDAY THRU THURSDAY

Sundays and Holidays - check our schedule on Page 1



OHR TORAH SISTERHOOD  
MEMBERSHIP BRUNCH



# Interactive talk about Nutrition & health for your family

with

MICHELLE ROUTHENSTEIN, MS RD CDE CDN  
PREVENTIVE CARDIOLOGY DIETITIAN

DEC 8 • 10:00 AM

AT OHR TORAH  
270 PLEASANT VALLEY WAY  
WEST ORANGE NJ

NON-MEMBERS \$10 DONATION  
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Join us for an evening with author Jack J. Hersch

**Death March Escape tells the story of Jack's  
survivor father, who escaped the Nazi  
Holocaust twice**



**Jack will present aspects of the story his father  
never revealed**

Date: Wednesday, December 11, 2019 at 7pm  
Location: Congregation Beth Sholom  
354 Maitland Avenue, Teaneck

Suggested Donation: \$10 per person  
Books available for purchase

Please RSVP to [groups@jfcnsnj.org](mailto:groups@jfcnsnj.org) or 201-837-9090

