



CONGREGATION OHR TORAH Weekly Newsletter

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

Bo 12 - 18 Shevat, 5780 February 1 - 7, 2020

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

SHABBAT KIDDUSH is our annual International Ice Cream for Breakfast Kiddush. More details on Page 4. **SEUDAH SH'LISHIT** is sponsored by Gail and Jeff Gruber in commemoration of the end of the Sh'loshim for Jeff's father, David.

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

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

RABBI SPIVAK'S WEEKLY CLASS will meet this Thursday evening at 7:45pm following Maariv. This will allow people to go to the Sivan-Meir speech this Wednesday night.

KABBALAH CLASS: Ed Croman Kabbalah classes return for the Spring on the following days: March 5th and 19th, April 2nd and 23rd, and May 7th and 21st. Classes meet on Thursdays from 7:30 to 9:00pm in the Beit Midrash.



THANK YOU everyone for extending support through a very difficult time. We are so grateful for all the help, the preparations for shiva, and the generous donations in memory of Jeff's father. We are very fortunate to be a part of such a wonderful and caring community. Please join us at a Shloshim Seudah this Shabbos between Mincha and Maariv at Ohr Torah to celebrate the life of David Gruber. May his Neshama have an aliyah. Gail and Jeff Gruber.

OHR TORAH CHINESE FOOD SHABBAT DINNER: A reminder for those who have registered for the dinner this erev Shabbat, the meal follows Maariv services. Enjoy!

MELAVEH MALKA: There will be a Melaveh Malka on **February 8th, 8pm** at the shul celebrating the completion of the Sefer HaChinuch Mitzvah project at Ohr Torah. More details can be seen on Page 3. Everyone is invited.



TIME TO "BURY THE HATCHET": Want to learn how to throw an axe? You need a good target, a coach, your friends and spouses and maybe a little bit to drink. On **Saturday, Feb. 15**, at 9:15pm, Ohr Torah will be tossing some axes in a grown-up version of darts, sponsored by the Men's club. Please join us at Bury the Hatchet, 672 Bloomfield Ave., Bloomfield. Members: \$20 per person, Non-members: \$30 per person. Open to people 14 and older. Spots are limited, so please reserve ASAP at <https://www.congregationohrtorah.org/hatchet>

FOR SENIORS: Together on Tuesdays **Tuesday, February 4**, 12:30-1:00pm - light lunch (cost \$3.00), 1:00-2:15pm - "Game Day" Time for some fun and socializing with favorite games such as Family Feud and word games. At AABJ&D's Sephardic Wing. In case of inclement weather and the possibility of cancelling a program, call (973) 736-1407 x240. and listen for the recorded message.

RETIREMENT SEMINAR: "Planting the Seeds for your Successful Retirement" by Adam Shefsky, Regional Vice President – NJ (North) Jackson National Life Distributors LLC. Mr. Shefsky will be leading a seminar on retirement income planning.

CONTINUED ON PAGE 2

Schedule 01/31 – 02/7

Friday (01/31)

Shacharit	6:10am
Light Candles	4:55pm
Mincha	5:00pm
Shkia	5:13pm

Shabbat (02/01)

Shacharit	9:00am
Latest Shema	9:39am
Mincha	4:45pm
Maariv	5:51pm
Shabbat ends	5:58pm

Sunday (02/02)

Shacharit	8:15am
Mincha/Maariv	5:00pm

Monday - Thursday (02/03 - 02/06)

Shacharit Mon/Thu	6:00am
Shacharit Tue/Wed	6:10am
Maariv Mon-Thu	7:30pm

No Mincha Service Mon-Thu

Friday (02/07)

Shacharit	6:10am
Light Candles	5:03pm
Mincha	5:10pm
Shkia	5:21pm

Eruv Hotline: (973) 736-1407 x6

URGENT TEHILLIM NEEDED:

Ohr Torah Gabbai Mark Grebenau is in critical condition at St. Barnabas Hospital after a heart attack and surgery. Mark is the one who on Shabbat, Chaggim, and Mondays and Thursdays, says a Mishabayrach in the shul for everyone else, and now he needs our help. Please say Tehillim for Mordechai Dovid ben Gittel for a complete recovery and return to his Gabbai duties at Ohr Torah.

Sisterhood Events and Donations

SAVE THE DATE for an upcoming Sisterhood program on Sunday morning, February 16. Join us for a royal icing cookie decorating class! Learn how to make gorgeous professional-looking sugar cookies for your next event! See our Ad on 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

Yahrzeits February 01 - 07

6 SHEVAT: Bob Eagle for his Father, Avrohom ben Chaim, Abraham Eagle, on Shabbat, February 1.

6 SHEVAT: Elaine Scherman for Herman's Mother, Liba bat Ze'ev Wulf, Luba Scherman, on Shabbat, February 1.

7 SHEVAT: Lee Alexander for her Brother, Reuven Tzvi ben Nachman, Reuven Gross, on Sunday, February 2.

7 SHEVAT: Beverly Barton for her Mother, Sarah Breindel bat Avraham HaLevi, Sally Feigen, on Sunday, February 2.

7 SHEVAT: Debby Stiel for her Father, Avraham ben Eliezer, Arthur Klein, on Sunday, February 2.

10 SHEVAT: Chesky Trenk for his Mother, Chaya bat Alexander, Chaya Trenk, on Wednesday, February 5.

11 SHEVAT: Sam Goldfischer for his Mother, Hadassah bat Ha'Rav Yehudah Leib, Hadassah Goldfischer, on Thursday, February 6.

11 SHEVAT: Sam Goldfischer for his Grandfather, Yosef ben Yaakov Ha'Levi, Joseph Goldfischer, on Thursday, February 6.

12 SHEVAT: Fernand Schoppik for his Grandfather, Uri ben Eliyahu, Fernand Schoppig, on Friday, February 7.

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

CONTINUED FROM FRONT PAGE

Wednesday, February 12, 7:30 pm at Congregation AABJ&D, 700 Pleasant Valley Way in West Orange, NJ. Dinner to be provided. Space is limited, please RSVP to Bennett Degen at bdegen@investmentctr.com or call 973-996-4635. All securities offered through The Investment Center, Inc. Member FINRA/SIPC. Alan Eisenstein and Bennett Degen are registered representatives of The Investment Center, Inc. Sponsored by the Men's Clubs of Congregations AABJ&D and Ohr Torah, together with Alan Eisenstein and Bennett Degen of The Investment Center.

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



FREE DENTAL SCREENINGS! Student Doctors of the Rutgers School of Dental Medicine are looking for patients for their licensing exam on: Sunday, March 1. Qualifying patients must be available on that day. Do you want your teeth filled and/or cleaned for free? If you qualify as a patient, the procedures will be done for FREE and you will be compensated for your time! We will be conducting FREE screenings every Monday through Friday in February. Day and night-time appointments available. Screenings include free X-Rays and a free dental exam. They are looking for:

- Patients age 18+
- Patients with most or all of their teeth
- Patients in need of a cleaning OR think they have cavities

If you are interested, please call or text 717-902-9771.

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 email 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 07052, and not to 270 Pleasant Valley Way. Thank you!

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 Balsler Youth@congregationohrtorah.org

Newsletter Advertising: Howard Charish

advertising@congregationohrtorah.org



Rabbi Boruch Klar

TORAH THOUGHT:

Bo: Our Own Mitzrayim

Rabbi Boruch Klar is the Director of Lubavitch Center of Essex County. He and his wife, Devorah run the innovative Shabbat House on Eagle Rock Road, hosting visitors each Shabbat for a warm and inviting Shabbat meal. He is an honorary member of Ohr Torah.

What are we to learn from these Parshas? Why are we slaves in Egypt again, more pain and suffering? The drama? The 10 plagues? The Splitting of the Sea and Revelation at Sinai?

“In every generation a person is obligated to see himself or herself leaving Mitzrayim”! Mitzrayim means boundaries or limitations, anything which holds us back from expressing our true Divine selves. Every word of Torah and celebration of Judaism teaches us to be who we really are, not what is imposed upon us whether from a Pharaoh or society at large or even our own limitations or weaknesses.

Pharaoh asks, “Who is this G-d (YKVK) that I should let you go? I don’t recognize Him”. Not the G-d we see in nature, but a G-d who is the Creator, the reason and the purpose of creation, who allows us to be G-dly. Ten plagues later, watching his army drown in the sea, he knows very well. So does the world. And, more importantly, the Jewish people know. We know. When it appears hopeless and dark, in an instant, there can be clarity of mind, purpose and direction.

We are not only free from the depravity and evil of Egypt; we are on our way to Sinai. The journey is not an easy one. On the way we will be confronted by a sea in front of us and our enemies coming behind us. It’s a nightmare. Should we have ever left in the first place? Should we give up, go back? Should we fight or jump into the sea? G-d says to Moshe, “Tell B’nai Yisroel to *Go Forward*”.

What does that mean? Each of us has a different Mitzrayim, different tests and challenges and each of us has a different ‘Go Forward’. What we’re not doing is going back, we’re going to Sinai and we are

not alone. There is opportunity and growth. There’s revelation! We have a meeting with G-d. We can discover who we really are, what we truly need and what we are needed for.

This is our journey. No, it’s not easy, but it is magnificent! **Shabbat Shalom.**



Celebrating the completion of the study of the 613 Mitzvot by Members of Ohr Torah

Saturday □ February 8th □ 8pm

Since the High Holy Days, Rabbi Marc Spivak has led our Congregation members in the study of the 613 mitzvot. Join us as we come together to celebrate the Siyum of their learning with the Sefer Hachinuch.

Light Dinner Served All are welcome!

Congregation Ohr Torah
Pleasant Valley Way
West Orange, NJ

Rabbi Mordechai Becher is a Senior Lecturer for the Gateways Organization and teaches Jewish history and philosophy at the James Striar School (JSS) of Yeshiva University. He was a Senior Lecturer at Ohr Somayach, Neve Yerushalayim and Darchei Binah in Jerusalem, and a chaplain in the Israel Defense Forces. Rabbi Becher is the co-author of *After the Return* and author of *Gateway to Judaism*, published by Shaar Press.

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**

Boruch Hashem

THE NEXT JRA DAY WILL BE @ Cong. Ohr Torah

Sunday
February 2nd
9:30am
270 Pleasant Valley Way,
West Orange, NJ 07052

The Jewish Relief Agency packs and delivers monthly food boxes to over 250 needy families in the MetroWest Area. Join us in helping local and #FightingHungerLocally.

Box assembly is on Sunday. Deliveries can be made any day that week.

- For more information or to reserve a route:
- Jrametrowest.com
 - Moishe@jewishrelief.org
 - Call/text 973.307.0195

Volunteers needed!
Pack and/or deliver food to hundreds of people in need!



A Project of the Rabbinical College of America



Ice Cream for Breakfast Day has been celebrated around the world, including in China, Uruguay, Australia, New Zealand, Canada as well as the United States and Israel.

The celebration is an invention of Florence Rapaport of Rochester, NY to brighten up the cold winter days of Upstate New York for her two youngest children, Ruth and Joe. To celebrate it, you had to eat ice cream for breakfast on the first Saturday in February.

Ruth and Joe grew up went to college. They taught their friends their custom of Ice Cream for Breakfast Day. Many of their friends became Ice Cream for Breakfast Day observers, vowing to celebrate each year and to bring more people into the fold.

Nobody has kept precise track, but through word of mouth ICFBD has been celebrated in many homes, states and countries all over the world. Some people give parties with musical instruments, others simply celebrate with family members. The minhag of celebrating ICFBD day with a Kiddush began in the early 1980s. There is no right or wrong; just follow the three simple Ice Cream For Breakfast Day Rules:

- (1) Eat ice cream
 - (2) For breakfast
 - (3) On the first Saturday in February
- The rest is up to you!

WORLD MIZRACHI SHLICHIM PROGRAM

ORTHODOX ISRAEL COALITION

AN EVENING WITH **SIVAN RAHAV MEIR**

MEDIA PERSONALITY • BEST-SELLING AUTHOR • TORAH EDUCATOR



JUDAISM AND JOURNALISM IN ISRAEL TODAY: A PERSONAL STORY

FOLLOWED BY Q&A

Television newscaster, Sivan Rahav Meir, and radio personality, Yedidya Meir, are an Israeli power couple. Sivan was included by Forbes magazine in their list of the 50 most influential women in Israel, and listed by the Jerusalem Post as one of the 50 most influential Jews in the world. Her weekly lecture is watched online by thousands of people around the world.

Wednesday, February 5, 2020
8:00pm
Congregation AABJ&D, 700 Pleasant Valley Way, West Orange, NJ

YOUR CHANCE TO VOTE AND INFLUENCE ISRAEL AND WORLD JEWRY AT THE WORLD ZIONIST CONGRESS
SLATE A: ORTHODOX ISRAEL COALITION - MIZRACHI: VOTE TORAH
REGISTER AND VOTE AT WWW.VOTEDIC.ORG BETWEEN JANUARY 21 - MARCH 11, 2020

For Sponsorship Opportunities Please Contact: Gregory.Zuckerman@Wsj.com



Cookie Decorating Workshop

Step by step instruction!
All materials provided!
Learn to decorate a set of cookies to take home

Sunday, February 16th, 10 a.m.
270 Pleasant Valley Way
Cost: \$12 per person
RSVP by 2/13 to rsharret@hotmail.com
Limited to first 20 reservations
(post bat-mitzvah young women welcome)

Sponsored by Ohr Torah Sisterhood

