



CONGREGATION OHR TORAH Weekly Newsletter

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

Ki Tisa 17 - 24 Adar, 5780 March 14 - 20, 2020

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



SHABBAT KIDDUSH and SE'UDAH SH'LISHIT - CANCELLED UNTIL FURTHER NOTICE.

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

Due to the Corona Virus, the Ohr Torah Board has decided to close the Shul down effective immediately. This includes all minyanim on Shabbat and during the week. If anybody needs to pick up their t'filin, taleitim or other personal items, the Shul will be accessible between the hours of 6:00-7:00 am and 4:30-5:30 pm on Friday, March 12. If you cannot make it to the building during these hours, please reach out to Rabbi Spivak or David Goldstein to arrange an alternate time.

מזל טוב Mazal Tov to Howard Charish on his 75th birthday!

תודה רבה Thank you to Bob Eagle, Avi Klein and Rabbi Robert Grosberg for their beautiful reading of M'gillat Esther on Purim.

KABBALAH CLASS: Ed Croman's Kabbalah classes scheduled to return this week for the Spring is postponed until further notice.

FOR SENIORS: As of time of publication, we do not yet have word if this meeting will take place. Please call the number below to find out if the program is on or not. Together on Tuesdays. Tuesday, March 17, 12:30-1:00pm - light lunch (cost \$3.00), 1:00-2:15pm "Mrs. Maisel and the Catskill Mountains" by Janice Michaelis, Hirschhorn scholar. Those three words can only describe one location and time -vacation time in the Catskills from the late 1800s through the 1960s. Our trip in history will evoke our own memories at the hotels and bungalow colonies and more... 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.

FOR THE LADIES: We need you to become part of our Sisterhood programming committee and help us plan for the future. The Sisterhood would love to have your input in the scheduling and programming of Sisterhood events. Please contact Bertha Sharret at rsharret@hotmail.com or give her a call.

A MOST HONORED GUEST: Nechama Price will be giving a shiur on March 23 at 8:15 p.m. (open to men and women) at the home of Rachel and Avi Klein, 13 Howell Drive. The shiur is entitled: "Cup of Eliyahu, Chair of Eliyahu: Why Do We Invite Eliyahu to Our Celebrations?" Ms. Price is head of the Graduate Program in Advanced Talmudic Studies For Women at Yeshiva University and she is also our community Yoetzet Halacha.

POSTPONED

Schedule 03/13 - 03/20

Friday (03/13)

ALL SERVICES CANCELLED

Light Candles 6:44pm
Shkia 7:02pm

Shabbat (03/14) Parashat Parah

ALL SERVICES CANCELLED

Latest Shema 10:07am
Shabbat ends 7:45pm

Sunday (03/15)

ALL SERVICES CANCELLED

Monday - Thursday (03/16-19)

ALL SERVICES CANCELLED

Friday (03/20)

ALL SERVICES CANCELLED

Light Candles 6:52pm
Shkia 7:10pm

KI TISA



Eruv Hotline: (973) 736-1407 x6

TEHILLIM STILL NEEDED:

Ohr Torah Gabbai Mark Grebenau has shown some improvement at St. Barnabas Hospital but still needs our prayers. Please say Tehillim for Mordechai Dovid ben Gittel for a complete recovery and return to his Gabbai duties at Ohr Torah.

REMINDER: PESACH STARTS WEDNESDAY EVENING, APRIL 8TH!



Sisterhood Hat Sale. See page 5

Sisterhood Events and Donations

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 March 14 - March 20

19 ADAR-I: Sam Goldfischer for his Brother, Shalom ben Ze'ev Ha'Levi, Sholom Goldfischer, on Sunday, March 15.

19 ADAR: Deena Rubin for her Father, Baruch Benzion ben Yehuda, Bernie Shultz, on Sunday, March 15.

19 ADAR-I: Florence Schlanger for her Father, Mordechai ben Avraham Yaakov Halevi, Max Leff, on Sunday, March 15.

20 ADAR-II: Deborah Druce for her Cousin, Reuven ben Abish Leib, Richard Handros, on Monday, March 16.

21 ADAR: Susan Lando for her Father, Asher Chaim ben Aaron Dovid, Oscar Frommell, on Tuesday, March 17.

21 ADAR: Barry Rubin for his Father, Shmuel Binyamin ben Asher Tzvi, Cyril Rubim, on Tuesday, March 17.

22 ADAR-II: Michelle Degen for her Grandmother, Sima bat Heshel, Sally Kurtz, on Wednesday, March 18.

22 ADAR-I: Simi Schwartz for his Mother, Chana Naomi bat Elchanan, Naomi Schwartz, on Wednesday, March 18.

23 ADAR: Morris Bocian for his Father, Yerachmiel Yisroel Yitzchak ben Moshe Chaim, Raymond Bocian, on Thursday, March 19.

24 ADAR-II: Larry Freedman for his Father, Ze'ev Velvel ben Avraham, William Freedman, on Friday, March 20.

24 ADAR: Arlene Kaye for her Sister, Sarah bat Hillel Halevi, Charlotte Shevick, on Friday, March 20.

24 ADAR: Raphael Sharret for his Aunt, Hana bat Raphael, Hannah Weinstein, on Friday, March 20.

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

TIPS FROM THE CDC

- Avoid **close contact** with people who are sick, and **avoid shaking hands** with others.
- When you are sick, **keep your distance** from others to protect them from getting sick too.
- **Cover your mouth and nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Washing your hands** often will help protect you from germs.
- **Avoid touching** your eyes, nose or mouth.
- **Clean and disinfect** frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- **Contact your health provider** immediately if you think you've been exposed to COVID-19.
- **Stay at home** if you believe you might be sick.

Practice other **good health habits**. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

WHATS APP GROUPS: General Announcements: To join the Ohr Torah General Announcements group, go to <http://congregationohratorah.org/whatsapp>. on your mobile phone (be sure WhatsApp is installed first) and tap the "Join Chat" button. Alternatively, email Tami (office@congregationohratorah.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://congregationohratorah.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@congregationohratorah.org

CONTACT INFORMATION:

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Board: board@congregationohratorah.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@congregationohratorah.org

Monthly Calendar: Elia Weixelbaum

Newsletter: ShabbatNewsletter@congregationohratorah.org

Reading Torah: Avi Klein, otlaining@congregationohratorah.org

Scheduling Calendar: Tami Puder, e-mail to

Schedule@congregationohratorah.org

Tributes/Siddurim/Chumashim/Machzorim Donations: Debbie Druce

Bookplate Design-Bar, Bat Mitzvah Inscriptions: Debbie Druce

Yahrzeit/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@congregationohratorah.org

Newsletter Advertising: Howard Charish

advertising@congregationohratorah.org



Karen Barrow Thumim

TORAH THOUGHT:

Ki Tisa: The Golden Calf and the Smartphone

Karen Barrow Thumim has lived in West Orange for 5 years with her husband, Leron, three children, Samantha, Maya and Asher, and her dog, Schnitzel. She is an editor for The New York Times. (Please keep your opinions to yourself.) When she's not on her phone, she enjoys running, chasing small children through the social hall and the simple act of sitting down.

The image of Moses coming down Mt. Sinai, carrying the two tablets containing the Ten Commandments is one of the most iconic images in the Torah. And with good reason -- for us Jews, it represents the moment that we became "the People of the Book" -- the nation that Hashem chose to be subject to his full set of laws and to accordingly serve as a light to the world.

But before that iconic moment, we had one of our lowest points as a nation. And that is the moment discussed in this week's Parsha: Ki Tisa. When the people felt that Moses was taking too long to come down from his mountain hike (carrying pretty heavy stone tablets), they grew restless and built a golden calf. When Moses finally does return and sees his people dancing around their false idol, he breaks the tablets, and marches back up Mt. Sinai asking for forgiveness for his people and a second pair of tablets.

The golden calf incident conjures up images of people in sandals and robes dancing around an idol. It feels like ancient history, and yet, the lesson of it remains particularly relevant to our modern day lives.

When you are in line at the supermarket (Shoprite, not Aron's), waiting with your cartful of groceries behind a slow cashier and a customer double-checking that he's gotten the best deal on bananas, what do you do? You likely get frustrated. Maybe you look to see if there's a shorter line you wish you had gotten in. Then, you get bored. You resign yourself to waiting, reach into your pocket and pull out your handy-dandy mobile device to soothe your impatience.

Think about the Jewish people sitting at the base of a mountain with no end to the waiting in sight. They didn't have smartphones with which to text Moses and see what was taking so long, and they certainly didn't have the endless scroll of Instagram or the mindless tapping of Candy Crush. Their minds wandered. They grew restless as they sat idly. So, they built an idol to worship.

I'm not saying we worship our phones. (Not really, any-

way.) But the pull of their shiny glowing screens and warm bodies is hard to ignore. We crave stimulation, even when that stimulation is not the best for the body, mind or soul. How much time have you spent on your phone this week doing real work or tasks vs simply wasting time?

The phone is easy. It's always there. You can turn to it whenever you like. Idols are easy too. You build one, it's always there. It doesn't ask much of you and you can worship it basically however you want. It's easier to follow the religion of an object when compared to the rigorous rules and structure that is asked of us by Hashem.

Hard work, one-on-one conversations, exercise, chesed, real activities -- these are all difficult to stay focused on. The pull of the phone is always there, nudging, pulling, lulling us away from the stuff that makes life worthwhile and fulfilling.

For me, the best part of Shabbat is the removal of my phone from my pocket and its twenty-five-hour-long vacation on my night table. With its pull gone, I spend a day focused on my family and friends. I taste my food more fully. I play games with my children and notice their growth. (I discover clothes they've outgrown and stash them away.) I enjoy a hot cup of tea next to my husband. I'm present.

For many, Shabbat is the one day a week when they are also present for Hashem. No distractions from prayer, no shiny golden calves in the periphery. It would be the one day of the week we may be willing to wait for a silver-haired leader to come back from the mountain and really take notice of his two tablets full of commandments. I mean, what would be better to do on Shabbat? Maybe we'd even read them fully and stop to consider how good a job we are doing of following them. But any other day of the week? I'm not so sure. Hold on, I just got a text message...

Shabbat Shalom.

Over the course of the next few months, we will 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



Have you lost a child to illness, accident or suicide?

Are people, even loved ones, friends and family, telling you to "move on already"? Feeling like nobody understands what you're going through? Embarrassed to talk about your feelings with your friends and family?

There are a number of other parents out there feeling the same way as you. Losing a child is never something we get over, whether your child passed away when they were very young, or in adulthood. WOJC is looking to start a monthly peer support group geared to helping talk, share, network and support each other - talk it out, ask questions, maybe get some helpful advice, cry a little, maybe even laugh a little.

All inquiries will be kept strictly confidential. Meetings are held in a private, safe and confidential environment.

This initiative is supported by local community rabbis, and sponsored by the
WestOrangeJewishConnectionZ

Call 973-207-7700 or email: WestOrangeJewishConnectionZ@gmail.com

THE OHR TORAH SISTERHOOD PRESENTS...

HATS INCREDIBLE

Sunday March 22, 2020

10am-12pm

Congregation Ohr Torah
270 Pleasant Valley Way



Designer hats, Shabbos and everyday hats, scarves, and bandanas.

Wide range of styles, and prices.

Many Israeli, Canadian and US manufacturers included.

Custom orders also!!!



SMILE TIME: Sarahlei and Morris are heading down I-95 on their way to Miami for the winter. The elderly couple stops at a roadside

diner for lunch (they weren't particularly observant). After finishing their meal, they leave the restaurant and resume their trek south. They get about 20 miles down the highway, Sarahlei realizes she forgot her glasses and left them on the table. Morris gets quite aggravated that he has to turn around and fetch the specs and begins to complain bitterly, especially when he has to drive another five miles to be able to get off the Interstate and turn around. All the way back, the elderly Morris becomes the classic grouchy old man. He fussed and complained and scolded his wife relentlessly during the entire return drive. The more he chided her — the more agitated he became. He just wouldn't let up one minute. To her relief, they finally arrive at the restaurant. As she gets out of the car and hurries inside to retrieve her glasses, the old geezer yells to her, "While you're in there, you might as well get my hat and the credit card."

OHR TORAH ON PURIM



It was a day filled with fun, a celebration of Purim and the victory over Haman (boo!) and as always, great reading of the M'gillat Esther by Bob Eagle, Avi Klein and Rabbi Robert Grosberg. As in prior years, Rabbi Spivak, Rebbetzin Debra (who once again provided congregants with her delicious Purim soup) and family were there to greet everyone decked out in Purim costumes. For the younger set, during the 3rd M'gillah reading there was a Purim

Puppet Show and thanks to Rivky Balser, we have the pictures here to show you.

