

CONGREGATION BETH AARON ANNOUNCEMENTS

Parshat Lech-Lecha

November 8-9, 2019

11 Cheshvan 5780

SHABBAT TIMES

Friday, November 8

Latest Candles: 4:26 p.m.

Mincha/Kabbalat Shabbat: 4:30 p.m.

Shabbat, November 9

Shacharit: 7:15 a.m., in the *Beit Midrash*

Shacharit: 7:30 a.m., in the Social Hall

Nach Shiur: 8:20 a.m.

Shacharit: 8:45 a.m., in the Main *Shul*

Sof Zman Kriat Shema: 9:07 a.m.

Youth *Minyan*: 9:15 a.m.

Early *Mincha*: 1:45 p.m.

Daf Yomi: 3:10 p.m.

Women's Learning Group: 3:10 p.m., on

the lower level: *Melachim Aleph*,

chapters 9-10, led by Rivka Herzfeld

Meir Hirsch's *shiur*: 3:20 p.m.

5th and 6th Grade Boys' *Mishna* Group:

3:50 p.m.

Mincha: 4:20 p.m., followed by a *shiur* by

Rabbi Menachem Penner (Dean of

RIETS), "Repetition or Reflection?"

Finding Meaning in *Chazarat ha-Shatz*"

Maariv: 5:26 p.m.

Havdalah: 5:35 p.m.

Friday, November 15

Latest Candles: 4:19 p.m.

Bishul B'Shabbos

5 Week Series

Monday Nights, 8:15 p.m.

At Congregation Beth Aaron

with Rabbi Larry Rothwachs

Beginning November 11

This 5-week series will explore the *halachic* issues relating to the preparation and serving food on *Shabbat*.

A new season of the **Rabbi Stanley Fisch zt"l** Parent-Child Learning

will begin this *Motzaei Shabbat*,

November 9, at 6:15 p.m.

More details can be found on page 2 of the newsletter.

On Shabbat,

the *shul* elevator will operate in *Shabbat* mode as follows:

Friday:

4:30-6:00 p.m.

Shabbat:

7:15 a.m.-12:30 p.m.

1:30-2:30 p.m.

3:00-5:25 p.m.

Is the *Eruv* Up? Call the *Eruv* Hotline before *Shabbat*: 201-530-0222

This week's announcements are sponsored by Lamdeinu. For information on their schedule of classes, see page 4 and go to lamdeinu.org. Study in depth; be inspired!

SCHEDULE FOR THE WEEK OF NOVEMBER 10

	Sun	Mon	Tues	Wed	Thu	Fri
	10	11	12	13	14	15
Earliest <i>Tallit</i>	5:38	5:39	5:40	5:41	5:42	5:43
<i>Shacharit</i>	6:30 MS 7:15 MS 8:00 MS 8:45 MS	5:40 SH 6:20 BM 7:10 BM 8:00 BM	5:55 SH 6:30 BM 7:15 BM 8:00 BM	5:55 SH 6:30 BM 7:15 BM 8:00 BM	5:40 SH 6:20 BM 7:10 BM 8:00 BM	5:55 SH 6:30 BM 7:15 BM 8:00 BM
<i>Mincha</i>	1:00 MS					
<i>Mincha/Maariv</i>	4:25 MS	4:25 BM	4:25 BM	4:25 BM	4:25 BM	4:25 MS
<i>Maariv</i>	8:00 BM 9:30 BM	8:00 BM 9:30 BM	8:00 BM 9:30 BM	8:00 BM 9:30 BM	8:00 BM 9:30 BM	

KEY: MS = Main *Shul* BM = *Beit Midrash* SH = Social Hall LL = Lower Level

MAZAL TOV TO

- **Malka Lebovic & Michael Alweis**, on the birth of a girl.
- **Susie & Ze'ev Atlas**, on the *Bat Mitzvah* of their oldest granddaughter, Chaya Liba Sevrinsky, in Ma'ale Adumim, Israel. *Mazal Tov* also to Chaya Liba's parents, Zippy and Daniel Sevrinsky.
- **Rachel & Michael Cohen**, on the engagement of their daughter Alyssa to Haim Tobaly, son of Elianne & Yehuda Tobaly of Cedarhurst. *Mazal Tov* also to Alyssa's grandparents, Rabbi Samuel Tzvi Cohen and Zisel Chaya Samuel.

PARNAS HAYOM

Dedicate a day of learning at Beth Aaron on the occasion of a *yahrtzeit*, in the *zechut* of a *refuah shelaima*, or in honor of a *simcha*, a birthday or any other occasion. Each week's dedications are prominently displayed in the *shul* lobby and sent out to the membership via email. For more information, or to sign up, please go to www.bethaaron.org/parnashayom.

This week's *Parnas Hayom* sponsors are:

- **Monday, 13 Cheshvan: Fran & Jerry Weinberg**, commemorating the *yahrtzeit* of Shirley Zelenetz, mother of Alan Zelenetz and Fran Weinberg.
- **Tuesday, 14 Cheshvan: Lisa & Ross Breen**, commemorating the *yahrtzeit* of Ross' mother, Adrienne W. Breen, Enya bat Reuven.

MEN'S CLUB KIDDUSH

The *kiddushim* following the 7:15 and 7:30 a.m. *minyanim* are both sponsored by Erica & Jason David, in honor of Jason's being honored as a *Chasan* on *Simchat Torah*. To sponsor a *kiddush* for either the 7:15 a.m. or 7:30 a.m. *minyan*, please contact Moishe B. Singer, moishe@gmail.com.

This week's *Kugel Men's Club Kiddush* following the 8:45 a.m. *minyan* is sponsored by:

- **Ellen & George Friedman**, in honor of Seth Greenberg's visit from Israel.
- **Chaviva & Rabbi Larry Rothwachs**, in honor of Yisrael Rothwachs' 18th birthday.

Upcoming Kiddushim:

November 16 - Birthday/Anniversary *Kiddush*

November 30 - Herring *Kiddush*

November 23 - Hot Multi-Sponsored *Kiddush*

There now are multiple options for sponsoring a *Kiddush*, including the new monthly Birthday and Anniversary *Kiddushim*. If you are celebrating a *simcha*, commemorating a *yahrtzeit*, or simply want to say "thank you," consider sponsoring an upcoming *Kiddush* following any of our *minyanim*. To become a sponsor for *Kiddush*, please go to www.bethaaron.org/kiddush. For questions, contact kiddush@bethaaron.org.

CONDOLENCES TO

- **Toby Eisenman**, on the passing of her beloved father, Simon Wenger. *Shiva* will be observed on *Motzaei Shabbat* and Sunday at the Eisenman home, 739 Palmer Avenue.

BETH AARON YOUTH and JUNIOR HIGH

The **5th and 6th grade boys' Mishna group** with Rabbi Rothwachs, which meets each *Shabbat* 30 minutes before *mincha* in the Book Room, will meet this *Shabbat* at 3:50 p.m.

Please note that groups for Pre-K to 2nd grade begin *Shabbat* mornings at 9:30 a.m. and continue until the end of the *davening* in the Main *Minyan*. There is an early drop-off at 9:00 a.m.

For those in **grades 3 to 5, *davening* begins at 9:30 a.m.**, followed at 10:10 a.m. by *parsha*, *kiddush*, snack, and games.

A new season of the **Rabbi Stanley Fisch zt"l Parent Child Learning** will begin this *Motzaei Shabbat*, November 9, at 6:15 p.m. Additional dates are November 23, December 7, December 21, January 4, February 1, February 15, and February 29. Bring your own materials to learn, or take out a book from our Youth Library. There will be Torah learning, snacks, a raffle for prizes, and lots of fun! Children are encouraged to sign up to say a *Dvar Torah*. To sign up to say a *Dvar Torah*, please go to <http://www.bethaaron.org/event/pcl5780> or contact youth@bethaaron.org. Back by popular demand is our PCL Pizza Society. Become a \$36 sponsor to join the society and have hot pizza at the next Parent-Child Learning session. To sponsor a session or to join the PCL Pizza Society, please go to www.bethaaron.org/event/pcl5780.

SHUL ANNOUNCEMENTS

Beth Aaron's ***Shivti* learning program** will resume this Sunday, November 10, at 9:00 a.m. This week's topic will be ***Chinuch ha-Banim*** and we are honored to have **Rabbi Aryeh Lebowitz** speak as part of the program. A light breakfast will be served at 8:40 a.m. We are exploring expanding our program to include babysitting services. If you would be interested in these services, or for more information about the program, please contact Mordy Ungar, m_ungar2@yahoo.com, 201-741-3920.

This Monday, November 11, at 5:00 p.m., **The Reading Circle**, led by Rachel Frazer, will meet in the *shul*. This new bi-weekly group will be exploring reflections of *Tanach* in secular literature. For more information, please call 201-692-8271.

On Sunday, November 17, from 7:00 to 9:00 p.m., the **Beth Aaron Sisterhood will hold its Kickoff Event**: Create your own glass *challah* board/platter. **Registration is now closed**. For more information, contact sisterhood@bethaaron.com.

On Sunday, November 24, at 9:00 a.m., in the *shul*, **Avi Greengart** will speak on **"Pre-Black Friday Tech Talk."**

On *Motzaei Shabbat*, December 8, at Bowler City, 85 Midtown Bridge Approach, Hackensack, **our *shul* is having a bowling night**. The cost is \$25 per person. For more information, please contact Steve Gruber, grubey1@yahoo.com.

Help support the Men's Club. Purchase your **Men's Club Apron** with the new Beth Aaron logo. For details, visit BethAaron.org/apron.

Morris Zimmerman, a long-time member of Beth Aaron, is now living at Care One at Teaneck, 544 Teaneck Road, and would appreciate visitors.

WEEKLY SHIURIM AT CONGREGATION BETH AARON

- **Daf Yomi**: For *Daf Yomi shiurim* and resources in Teaneck, go to www.teaneckshuls.org/daf/.
- **Daf Yomi shiur**: Monday-Thursday evenings, at 9:45 p.m.
- **Daf ha-Shavua**: Tuesdays and Thursdays at 8:55 p.m. Sunday morning *chazara shiur* at 7:55 a.m. on the previous week's *daf*. *Shiurim* will be given by Rabbi Larry Rothwachs, Rabbi Yair Hindin, and David Schnaidman.
- **Tanya shiur** by Rabbi Moshe Rosenberg: Tuesdays, at 9:00 p.m.
- Rabbi Rothwachs' ***Sanhedrin shiur***: Wednesdays, at 8:30 p.m.

PROJECT THANKS

Congregation Beth Aaron will show appreciation and express our *hakarat ha-tov* to Teaneck's firefighters on Thanksgiving Day with the annual Project THANKS, providing firefighters on duty with a turkey dinner with "all the trimmings." A limited number of spots are available for a parent-chaperoned tour of the Teaneck Fire Station on Thanksgiving Day. Please notify the *shul* office, office@bethaaron.org, of the number of children you would like to join the tour. Prior to Thanksgiving, you will receive an email with a confirmation and time of the tour.

Please make your donations at <https://www.bethaaron.org/event/projectthanks19> or send a check to the *shul* office by Sunday, November 24. For more information, please contact Alden Leifer, aldenleifer@gmail.com.

THE 2019 SHABBOS PROJECT

Please join us on the evening of Friday, November 15, as we share a festive evening with friends and newcomers to our *shul* at this year's *Shabbos* Project Friday Event. Congregation Beth Aaron is partnering with the Jewish Learning Experience and the *Shabbos* Project to bring the beauty of *Shabbat*, which includes candle lighting on the premises at 4:15 p.m., Carlebach-style *davening* at 4:30 p.m., dinner with Capella Duo Jewbilation, and *zemirot*. All *shul* members are encouraged to spread the word to fellow affiliated Jews and especially unaffiliated friends, neighbors, and colleagues. This evening is designed to share the beauty of *Shabbat* with those less observant. Please help us make this event a success!

The cost is \$25 (\$20 for JLE members and guests). Children ages 3 to 12 are \$10. Reservations/sponsorships can be made at <https://www.bethaaron.org/event/shabbosproject2019>. The deadline for reservations is November 10. For any questions, please contact Joy Sperber, joy.sperber@gmail.com.

TEFILOT NEEDED

Hanania Weissler, son of long-time Beth Aaron members Zvi and Chana Weissler, who have made *aliyah*, is in need of our *tefilot*. Please *daven* for חנה דבורה בן חנה דבורה. If you would like to choose a *perak* of *Tehilim* to say for Hanania, go to <https://new.tehilimyahad.com/mr.jsp?r=kCfaOT012tG>.

The Weisslers are looking for a furnished one-bedroom or studio apartment in *Yerushalayim* to rent for up to four months, at up to 2,000 *shekels* per month, preferably (but not necessarily) near the Keren Hayesod/King George area. If you know of any such apartment, please contact the Weisslers, hweissler@yahoo.com.

SCHOOL OPEN HOUSES

This Sunday, November 10, at 9:00 a.m., at 120 West Century Road, Paramus, **Yeshivat Frisch** will hold its Open House. Pre-register at frisch.org/openhouse.

This Monday, November 11, at 7:45 p.m., at 11 Harold Street, Tenafly, **Lubavitch on the Palisades of Tenafly** will hold its Open House. Pre-register at lpsnj.org.

On *Motzaei Shabbat*, November 16, at 7:30 p.m., at 110 South Orange Avenue, Livingston, **RAE Kushner Yeshiva High School** will hold its Open House. For more information, please contact Allison Lyons, Director of Admissions, alyons@rkyhs.org or 862-437-8050.

On Sunday, November 17, at 9:00 a.m., at 1600 Queen Anne Road, **Torah Academy of Bergen County** will hold its Open House. Pre-register at www.tabc.org/openhouse2019.

On Sunday, November 17, at 9:30 a.m., at 35 North Avenue, Elizabeth, **Bruriah High School** will hold its Open House. Register at <https://bruriah.org/bruriah-admissions/openhouse-bruriah>.

On Sunday, November 17, at 3:30 p.m., at 53 South Woodland Street, Englewood, **Moriah School's Yocheved Orbach Campus** will hold its Nursery and Kindergarten pre-school Open House. Pre-register at www.moriahschool.org/open-house.

COMMUNITY LEARNING OPPORTUNITIES

This Tuesday, November 12, at 8:30 p.m., at Congregation Bnai Yeshurun, 641 West Englewood Avenue, **Rav Meir Goldvicht** will give his weekly *parsha shiur* in Hebrew.

Congregation Keter Torah, 600 Roemer Avenue, offers **Torah in the AM** classes for men and women on Tuesdays and Thursdays: 9:10 a.m. - *Chavura* study of *Sefer Devarim*; 9:45 a.m. - *Gemara Rosh Hashanah* 32a, with Rabbi Menachem Meier; 10:45 a.m. - the book of Shmuel with Rabbi Meier (Thursdays only).

On Thursdays, from 10:00 to 11:00 a.m., at Ma'ayanot Yeshiva High School for Girls, 1650 Palisade Avenue, Rabbi Donny Besser offers a series of classes entitled "**A Dialogue with the Divine: Sugyot about Communication with Hashem.**" Both men and women are invited to attend.

Were you koveah time to learn today? Learn what you want, at the pace you want, when you want! Join for free at Koveah.org, a project of Yeshiva University Center for the Jewish Future.

The Daf ha-Shavua program (dafaweek.org) is learning *Masechet Mo'ed Katan*. *Daf ha-Shavua shiurim* are held at Beth Aaron each Tuesday and Thursday evening at 8:55 p.m., with a *chazara* on Sunday from 7:55 to 8:45 a.m. Please go to www.dafaweek.org for many helpful resources, study materials, and useful links. You also can hear *shiurim* at OUTorah or join a WhatsApp group.

The Amud Yomi shiur meets weeknights at 9:30 p.m. at Congregation Rinat Yisrael, 389 West Englewood Avenue. For more information, please contact Mordechai Ungar, 201-741-3920, m_ungar@yahoo.com.

COMMUNITY ANNOUNCEMENTS

This *Motzaei Shabbat*, November 9, at 7:30 p.m., at Congregation Keter Torah, 600 Roemer Avenue, **Ezer Mizion will hold a meet-and-greet with IDF heroes** who donated their stem cells to save the lives of strangers. Enjoy a musical *havdalah* with *Chasidic* music sensation Shulem Lemmer, a fascinating fireside chat with **Pulitzer Prize winner Bret Stephens**, and food and wines from Israel. For more information and to RSVP, please visit eveningofheroes.com.

This *Motzaei Shabbat*, November 9, at 8:00 p.m., at Congregation Bnai Yeshurun, 641 West Englewood Avenue, Bnot Yeshurun and the Beth Abraham Sisterhood will host a **Melava Malka** and a showing of **17th Annual Yahrzeit of Rachel Imeinu Video: "Your Inner Spark: Finding the True You."** The video includes an introduction by *ha-Rav* Shmuel Kamenetsky, *shlita*, and features words of inspiration from Rabbi Moshe Weinberger, Rabbi Paysach Krohn, Rabbi Ephraim Shapiro and Rebbitzin Tehila Jaeger. The event is for women and girls only. For more information, please contact Sharon First, 201-837-0354.

This Sunday, November 10, at Overpeck County Park, 199 Challenger Road, Ridgefield Park, Yad Leah will hold its **5K Dash Dignity 2019**. Registration begins at 8:00 a.m., and the event begins at 9:30 a.m. For more information, please contact dashfordignity@yadleah.org.

This Monday, November 11, at 10:00 a.m., at 1510 Jefferson Street, **Mrs. Marcy Stern** will speak on "**The Difficulty in Owning Up to Having Made the Wrong Decision: Lessons to be Learned from Various Individuals in Tanach.**"

This Tuesday, November 12, at 12:00 noon, at Congregation Bnai Yeshurun, 641 West Englewood Avenue, the **Teaneck Orthodox Retiree Association (TORA)** will host a lunch and lecture. **Deborah Marcus**, audiologist, will speak on "**Fall in Love with Better Hearing.**" The cost is \$12 if you register by November 10 and \$18 after that. Register at www.bnaiyeshurun.org/tora, or email mkarlin@aol.com with the names of those who will be attending.

This Thursday, November 14, at Factory 220, 220 Passaic Street, Passaic, the Jewish Journeys **Great Big Challah Bake** will be held. Register at: <https://www.showclix.com/event/jewishjourneysgreatbigchallahbake-general>. For more information, please visit jjgreatbigchallahbake2019@gmail.com.

On Monday, November 18, at 7:00 p.m., at the Teaneck Movie Theater, 503 Cedar Lane, the Holocaust Commemoration Committee of Greater Teaneck will show "**Prosecuting Evil: The Extraordinary World of Ben Ferencz - The Last Surviving Prosecutor from the Nuremberg Trials.**" Admission is \$7. For more information, please contact Blanche Silver, blancjay@optonline.net.

On Tuesday, November 19, at 7:30 p.m., at Ben Porat Yosef, East 243 Frisch Court, Paramus, **Refa'enu's peer-led mood disorder support groups will meet**. Groups meet regularly on the 1st and 3rd Tuesdays of every month, with some exceptions, as noted on the website, www.refaenu.org. Doors open at 7:10 p.m. Groups are divided between a group for those with a disorder (depression, bipolar) as well as a group for their loved ones. No reservations are required. For more information, contact dena@refaenu.org.

On Wednesday, November 20, at 7:30 p.m., at Congregation Keter Torah, 600 Roemer Avenue, the **Teaneck Mikvah Association will hold its Tenth Anniversary Women's Event**. This fundraiser will feature Judith Rubin of Ohel Sara Amen Group and awards will be presented to Renee Blumenfeld and **Adeena Mayerfeld**. Register at teaneckmikvah.com/event.

On *Motzaei Shabbat*, November 23, at 7:45 p.m., the **Jewish Learning Experience of Bergen County** will be holding its 34th Annual Dinner at Congregation Beth Aaron. The honorees are Beth Aaron members **Susie & Ze'ev Atlas** and **Danit & Garron Macklin**. Dinner reservations are \$250 per couple or \$125 per person. For more information, contact Rabbi Justin Wexler, RabbiWexler@jle.org.

On Sunday, November 24, from 10:00 a.m. to 2:00 p.m., the Northern Jersey Jewish Federation, 50 Eisenhower Drive, Paramus, will hold a **Mitzvah Day**. Volunteers of all ages can participate in a variety of hands-on activities. For more information, please contact Beth Figman, bethf@jfnj.org.

Every other Wednesday, at 8:00 p.m., a **free Family Support Group for loved ones of those suffering from addiction and substance abuse** meets. The group is facilitated by clinicians specializing in addiction. For information about vaping, marijuana, opioids, resources for treatment and education, and other topics, visit www.Time2TalkAddiction.org. For location details and more information, please email time2TalkAddiction@gmail.com.

Every Wednesday, at 8:15 p.m., at Congregation Beth Aaron, 950 Queen Anne Road, Rabbi Justin Wexler of the Jewish Learning Experience presents a program on the **48 Ways to Wisdom**. Classes are adapted from the works of Rabbi Noach Weinberg of Aish HaTorah.

The Beit Midrash of Teaneck (BMT), 70 Sterling Place, invites Bergen County's male retirees to the first trimester of our second year. The **BMT is a unique Talmud Torah experience** providing interactive learning in a *Beit Midrash* setting. It meets on Mondays and Wednesdays from 9:15 a.m. to 12:45 p.m. At 9:15 a.m., there is *chavrusa* learning; at 10:00 a.m., Rabbi Ronen Dvash and Rabbi Moshe Genack (Heichal) will give *shiurim* on *Gemara Berachot* and *Kiddushin*; at 11:00 a.m., Rabbi Boruch Bodenheim (PTI, Associate Rosh Yeshiva) will speak on "Is Doing a *Mitzvah* for Utterior Motives Considered a *Mitzvah*"; at 12:00 noon, Rabbi Hayyim Angel (Yeshiva University) will give a *shiur* on *Sefer Yeshayahu*. Source sheets are provided and can be obtained in advance by contacting BMTeaneck@gmail.com.

TIRED OF CARRYING ITEMS TO SHUL? RENT A LOCKER!

Are you tired of carrying your cell phone, a sweater, a poncho, comfortable shoes to *shul*? Rent a locker! A locker is a great place to securely store your cell phone until *davening* ends. The rental fee is \$100 per fiscal year (July 1 to June 30) and can be pro-rated. To rent a locker, contact the *shul* office, office@bethaaron.org. Please contact Isaac Hagler, isaachagler@gmail.com, with any further questions.

LAMDEINU: Study in depth. Be inspired.

For class details or to register, go to lamdeinu.org.

Parshanut HaMikra:

Sefer Bereishit

Insights into Kohelet

Unexpected Models of Teshuvah

Talmud: Masekhet Sukkah, Perec 3

Elkanah & Channah: Explore the

Haftarah of Rosh Hashanah

דרשו ה' בהמצאו Sefer Yonah and

God's Desire for Teshuvah

Halakhot & Minhagim of Erev Yom

Kippur

Parashah & Haftarah Pointers

Rachel Friedman, Dean

Lamdeinu at Congregation Beth Aaron

(advertisement)

DONATING SEFORIM OR BOOKS

DO NOT JUST LEAVE SEFORIM OR BOOKS AT SHUL

We are often willing to accept donations of used *seforim* to our library in the *Beit Midrash*. If you wish to donate such *seforim*, contact Mitch First or Joshua Zakheim, library@bethaaron.org. Please do not bring any donations of *seforim* or books of any kind directly to the *Beit Midrash* or leave them elsewhere in the *shul* building or outside. Please do not drop books off at their homes without first contacting Joshua or Mitch.

SAFETY AT BETH AARON

We all can do our part in maintaining the security of our *Beit Kneset*. Please remain aware and vigilant whenever you are in or around the *shul*. If you see a suspicious person or object, please report it to a *shul* officer and/or the office as soon as possible. Additionally, please partner with us in ensuring the safety of our children by making certain that your children are either next to you in *shul* or in our youth groups.

REFLECTOR BELTS

Safety reflector belts safeguard you when walking to and from *shul* and any other night activity. Comfortable and lightweight, they are adjustable for men, women, and children. The belts are available at no cost to members, but a donation to offset costs is appreciated. If you would like one, please stop by the *shul* office or contact Penina, office@bethaaron.org, 201-836-6210.

BETH AARON OFFICE HOURS

Monday to Thursday: 8:30 a.m. to 4:30 p.m.

Friday: 9:00 a.m. to 2:00 p.m.

Lunch break: approximately 12:30 to 1:30 p.m.

JUMP INTO SHAPE

(<http://www.jumpintoshape.fun>)

A men's fitness program with 3 local classes each week, is celebrating their first anniversary by providing a free one-month membership to those who would most benefit from starting a fitness program. Males interested in applying for a free one-month membership should visit jumpintoshape.fun and submit a brief application with your name, contact details, and explanation of their need and fitness goals, such as weight reduction, stress reduction, etc. All applications must be received by November 15 to be considered, and those selected will be notified by November 22. Please contact Russell at jumpintoshape@icloud.com

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1270 Avenue of the Americas #1000

New York, NY 10020

Tel.: 212-817-3878

Fax: 212-262-0291

lawrence.shafier@prudential.com

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CONGREGATION BETH AARON

950 Queen Anne Road Teaneck, NJ 07666

Phone: 201-836-6210

www.bethaaron.org

office@bethaaron.org



Laurence Rothwachs, Rabbi

Josh Klavan, President