

CONGREGATION BETH AARON

September 8-9 23 Elul

NITZAVIM-VAYEILECH

Larry Rothwachs, Rabbi
Ben Zion Feld, Assistant Rabbi

Moishe B. Singer, President



SHABBAT SCHEDULE

Earliest Candles:
5:58 p.m.
Latest Candles:
6:59 p.m.
Mincha/K. Shabbat:
5:45 p.m. BM
7:05 p.m. MS
Shacharit:
7:15 a.m. BM
8:00 a.m. SH
8:00 a.m. LL (Masks)
8:45 a.m. MS
9:15 a.m. BM
Sof Zman Kriat Shema:
9:41 a.m.
Early Mincha:
1:45 p.m. BM
Mincha: 6:40 p.m. MS
Shkiah: 7:22 p.m.
Maariv: 7:59 p.m. MS
Havdalah: 8:08 p.m.
Selichot: 12:54 a.m.

For more information
about Selichot,
please see page 4.

SCHEDULE: Week of SEPTEMBER 10

	Sun	Mon	Tues	Wed	Thurs	Fri
	10	11	12	13	14	15
Earliest Tallit	5:31	5:32	5:33	5:34	5:35	5:36
Shacharit	6:30 MS 7:15 MS 8:00 BM 8:45 MS	with Selichot 5:10 SH 5:50 BM 6:45 SH 7:50 BM	with Selichot 5:20 SH 6:00 BM 6:50 SH 7:50 BM	with Selichot 5:20 SH 6:00 BM 6:50 SH 7:50 BM	with Selichot 5:10 SH 5:40 BM 6:35 SH 7:50 BM	with Selichot 4:30 SH 5:00 BM 6:00 SH 7:00 BM 8:00 SH
Mincha	1:45 BM					
Mincha/Maariv	6:55 MS	6:55 BM	6:55 BM	6:55 BM	6:55 BM	6:50 MS
Maariv	9:30 BM	9:30 BM	9:30 BM	9:30 BM	9:30 BM	
Selichot	10:00 BM	10:00 BM	10:00 BM	10:00 BM	10:00 BM	

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

THE WEEK AHEAD

SHABBAT, SEPTEMBER 9

Nach shiur: 8:20 a.m., Rabbi Rothwachs
Daf Yomi shiur: 5:30 p.m., Kiddushin 27,
Rabbi Gedalyah Berger. For
questions, contact David Hes,
dhes613@gmail.com.
Women's Pre-Rosh Hashanah Shiur:
5:30 p.m., Lower Level, Shulamit Hes
Seudah Shlishit between Mincha and
Maariv: Rabbi Dr. Matisyahu Shulman on
his new book, *Reimagining Repentance*.
Pre-Selichot Drasha: 12:05 a.m.: Rabbi
Larry Rothwachs

TUESDAY, SEPTEMBER 12

Shelly Mermelstein z"l Semichat Chaver
Program: 8:30 p.m., Rabbi Feld, Main
Shul. Laws of the seudah chabura,
for men only

WEDNESDAY, SEPTEMBER 13

Tehillim Mechulak for women: 7:15 p.m.,
Lower Level, Aliza Fischman
"Roadblocks Ahead: How Common
Defense Mechanisms Obstruct Our Path
Towards Teshuva": 8:15 p.m., Rabbi
Rothwachs

WEEKDAY DAF YOMI

Monday-Thursday at 9:15 p.m.
LL Book Room, with Rabbi Dovid Levy.
Also on Zoom Meeting ID: 878 74906 117
Passcode: 001400

NIGHT SEDER FOR YOUNG PROFESSIONALS

Monday-Thursday at 9:00 p.m., Beit
Midrash. In conjunction with YU,
Masechet Gittin

DAF HASHAVUA

In the Beit Midrash
Sunday morning, at 7:55 a.m.
Tuesday and Thursday nights, at 8:55 p.m.
Also on Zoom Meeting ID: 997 4153 396.
Passcode: Daf

ANNOUNCEMENTS SPONSORSHIPS

To sponsor our weekly Shabbat
announcements, please send your
dedication, along with your check for
\$54, to the shul office, or email
office@bethaaron.org.

Send all Mazal Tavs and submission
requests to office@bethaaron.org by
9:00 a.m. Wednesday.

MAZAL TOV TO

- **Dr. Barry Weissman**, on the Bar Mitzvah of his grandson Elan Landa. Mazal Tov also to Elan's parents, Allison & Dr. Josh Landa of Englewood.

HIGH HOLIDAY SEATS AND YOUTH GROUP SIGNUP

If you have not yet signed up for High Holiday seats, please do so as soon as possible to give our seating committee sufficient time to plan out seating, as well as to ensure that you get the seats of your choice at the minyan of your choice. To request seats, please click [HERE](#).

To register children between Nursery and age 12 for youth groups, please click [HERE](#). Please note that you need to submit a separate form for each child.

YOM KIPPUR APPEAL

We at Beth Aaron understand what it means to be unified in support of the kehilla. Despite significant economic challenges faced by members and by the greater community, we came together last year and raised close to \$100,000! We are focused on achieving our communal goal of 100% participation of our membership, as well as our financial goal. Any amount you can pledge and donate is appreciated and will help us reach these important and achievable milestones.

If you have not already done so, please consider contributing to the campaign to help boost participation and inspire others to participate as well. Please make your donation at www.bethaaron.org/yomkippur or send your check to the office, noting in the memo line that it is for the Yom Kippur Appeal.

ORDER YOUR LULAV AND ETROG

Log in at www.bethaaron.org/lulavetrog5784.html to order your Arba'ah Minim set. The cost is \$80.00 for a better quality set and \$70.00 for a good quality set. If you cannot order online, complete the form [HERE](#) or pick up a form from the lobby. Return it to the shul office with full payment. **The deadline to order is this Wednesday, September 13.**

For questions, contact Rich Feldman, lulav@bethaaron.org, 201-738-7966.

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. Dedications are sent out to the membership via email. For information or to sign up, please go to www.bethaaron.org/parashayom.

Last week's Parnas Hayom sponsors were:

- Thursday, 21 Elul: **Rachel & Michael Cohen**, commemorating the yahrtzeit of Michael's mother, Susan Cohen, Zissel Chaya bat Dovid Dov

This week's Parnas Hayom sponsors are:

- **Shabbat, 23 Elul: Leora & Nati Sulimanoff**, commemorating the yahrtzeit of Nati's mother, Isabel Sulimanoff, Elisheva bat Feivel Shraga vi-Chana Esther.

SHUL ANNOUNCEMENTS

Rabbi Duvie Nachbar is away this Shabbat, September 9, and will not give his 7:35 a.m. halacha shiur.

Please note updated time: This Shabbat, September 9, at 5:30 p.m., on the Lower Level, Shulamis Hes will offer a **Women's Pre-Rosh Hashanah shiur**, "The Power of Remembrance During the Yamim Noraim and Year Round." For further information, contact Joy Sperber, joy.sperber@gmail.com.

This Shabbat, September 9, at a Seudah Shlishit following the 6:40 p.m. Mincha, **Rabbi Dr. Matisyahu Shulman** will discuss his new book, *Reimagining Repentance*. Rabbi Dr. Shulman's talk will reimagine the rituals of the High Holiday as psychologically informed steps to foster personal growth using sources from the worlds of Torah and modern psychology.

SELICHOT: This Motzaei Shabbat, September 9, we will begin reciting Selichot in preparation for Rosh Hashanah 5784. In addition to the Selichot times on the calendar, there will be an

evening option, beginning Sunday, September 10, at 10:00 p.m. Please note that it is halachically proper to recite Selichot during the time frame beginning at Chatzot through the early morning hours and that reciting Selichot at night before Chatzot should be done only in instances where one is unable to recite Selichot during the hours noted above.

The Women's Sunday Learning Group is on hiatus until after Sukkot, when they will begin the study of *Iyov*.

Help build the Men's Club Sukkah this Sunday, September 10, from 8:45 to 10:00 a.m. **Many people use the Sukkah, so please give an hour or two to help build it.** Thank you in advance for your help!

This Sunday, September 10 and Monday, September 11, our **sofer, Rabbi Yitzchok Weinberger** of Lakewood, will be at Beth Aaron **to check Tefillin and Mezuzot**. There will be a box in the shul lobby where they can be left, and another into which Rabbi Weinberger will place checked items. Please leave your name, email address, and cell phone number with your Tefillin/Mezuzot so you can be reached in the event extensive work is required. The cost is \$25 for an external examination of Tefillin and \$15 per Mezuzah. Should repair be needed, there will be an additional charge of \$20 per Tefillin and \$5 per Mezuzah. If more extensive work is needed, the sofer will contact you and make an arrangement. If you want an internal check, the cost is an additional \$80, for a total of \$105. If you have any doubts as to the external condition of your Tefillin, checking them is strongly advised. Should your Tefillin shel Rosh need tightening, the sofer will do that without additional cost. Checks should be made out to "Congregation Beth Aaron." No work will be done by the sofer unless a check for the full amount is left with the Tefillin/Mezuzot. If you have any questions, please contact David Hes, dhes613@gmail.com, 201-294-3258.

This Sunday, September 10, from 4:00 to 7:00 p.m., on the Lower Level of the shul, there will be an **Infant/Child CPR class, along with First Aid training**. The training session is for youth group leaders, but there is some space available for others. The cost for non-group leaders is \$65. If you wish to attend, please contact shul President Moishe B. Singer, president@bethaaron.org.

On Wednesdays, September 13 and 20, the **Tehillim Mechulak** gathering will take place at 7:15 p.m., so interested women also can attend Rabbi Rothwachs' series.

On Wednesdays, at 8:15 p.m., Rabbi Rothwachs is presenting **"Roadblocks Ahead: How Common Defense Mechanisms Obstruct Our Path Towards Teshuva."** Prepare for the unique opportunities and challenges that mark the months of Elul and Tishrei! To sponsor future shiurim, contact office@bethaaron.org. The weekly topics are:

- September 13: "Mirror, Mirror on the Wall: The Extraordinary Narratives We So Naturally Project"
- September 20: "All of My Parts: The Human Capacity for Compartmentalization"

For the eleventh year, the **Men's Club will be providing a light lunch on the Lower Level for young children on Yom Kippur afternoon**, thus permitting parents to remain in shul, rather than going home with their children. We are looking for a few parents to volunteer to set up and clean up lunch, as well as a few sponsors at \$36 each. To become a sponsor, click [HERE](#). To volunteer, please e-mail Moishe B. Singer, moishe@gmail.com.

MEN'S CLUB KIDDUSH

This week's Men's Club Kiddush following the Main Minyan is sponsored by:

- **Sharon & Mitch First**, commemorating the sixth yahrtzeit of Mitch's father, Harry First, Aharon ben Shlomo.

Shabbat elevator service schedule:

Friday: 5:40 p.m. to 8:15 p.m.
Shabbat: 7:00 a.m. to 12:15 p.m.
1:30 p.m. to 2:15 p.m.
5:35 p.m. to 8:15 p.m.

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

Teaneck Keylim Mikvah self-service hours:
Sunday-Friday: 7:00 a.m. to 6:00 p.m.

Teaneck Mikvah usage is by appointment only. The appointment system closes 1.5 hours before opening. For an appointment, go to <https://www.teaneckmikvah.com/Appointment/>

VOLUNTEER OPPORTUNITIES

We're looking for people to help with setup for the Yamim Noraim, which are right around the corner. We need help putting out selichot books and machzorim and also labeling chairs.

To volunteer for this and other projects, please contact Moishe B. Singer, president@bethaaron.org. Thank you in advance.

RETURNING SEFORIM

Now that Elul has arrived, we are examining our actions over the past year. Please also examine your possessions and return all seforim that should not have been removed from the Beit Midrash or the Book Room.

MEMORIAL PLAQUES

Memorialize your departed family members with tablets on the **Memorial Plaques** in the Main Sanctuary. Donations are \$375 per tablet.

Those who perished in the Holocaust may be memorialized on the **Holocaust Memorial Plaque** in the shul lobby for a donation of \$136.

Leaves on the Tree of Life in the shul lobby may be inscribed for a donation of \$100 per leaf to mark special occasions.

Contact the office, office@bethaaron.org, for more information.

YOUTH DEPARTMENT

The **Youth Minyan** will begin at 9:15 a.m. in the Beit Midrash.

Youth groups will begin at 9:30 a.m. and end at the conclusion of the Main Minyan. They will be held on the Lower Level. Parents, please pick up your children from groups before you go to Kiddush.

The **Torah Tots** program will return after the chagim.

We know that Sukkot seems so far away, but we are thinking ahead. If you are interested in **hosting a sukkah hop spot** this year, please sign up [HERE](#). The deadline to sign up is this Friday, September 15.

The Beth Aaron Youth Department is starting the year with a bang! **Torah Comics owner Andrew Galitzer will be the Cartoonist-in-Residence** on Shabbat Parshat Bereishit, October 14. He will visit with Shabbat morning groups to do activities, speak during the Youth Minyan, discuss art in Torah during a Seudah Shlishit, and offer a cartooning workshop during Parent-Child Learning on Motzaei Shabbat. To become a sponsor, please click [HERE](#).

YOUTH BIRTHDAY CLUB

The Beth Aaron Youth Birthday Club celebrates your child's birthday in Shabbat groups! Contribute \$36 to sponsor the weekly snack, or order and pick up cupcakes from Butterflake. There will be a shout-out in the weekly announcements, and groups will sing "Happy Birthday" to your child. The deadline to sign up is the Wednesday before each Shabbat.

To sign up, click [HERE](#). After you register, the Youth Department will be in touch.

A ROSH HASHANAH GIFT

The Beth Aaron Sisterhood and Men's Club wish everyone a year full of brachot. Please pick up a gift from the shul lobby for full members only. There is a sticker with names on each gift, so please take only your own -- and that of a neighbor to help with delivery.

GIVE A ROSH CHODESH SHIUR IN 5784

ISO women of all educational backgrounds and ages, to give Rosh Chodesh shiurim in 5784. Qualifications:

- Ability to speak in front of a friendly audience.
- Speak on any theme that relates to the current Hebrew month, holiday, or parsha.

If you are interested and available, we have lots of slots open for the coming year. Contact Shulamis Hes, meshanemazal@gmail.com or Joy Sperber, joy.sperber@gmail.com.

SHOFAR BLOWING FOR THE HOME-BOUND

If you know anyone who is unable to get to shul to hear shofar on Rosh Hashanah, please contact Rabbi Rothwachs, rabbi@bethaaron.org, as soon as possible. We will arrange for someone to come to their home on Rosh Hashanah to blow shofar, so that they may fulfill this important mitzvah.

COMMUNITY NEWS

This Motzaei Shabbat, September 9, at 11:30 p.m., at Ma'ayanot high school, 1650 Palisade Avenue, **Shayna Goldberg**, former Yoetzet Halacha of Bergen County, will offer a pre-Selichot shiur, "Zedonot Na'asot lo k'zechuyot - Transforming the Past." The shiur, which is open to both men and women, will be followed by Selichot with a minyan.

This Sunday, September 10, from 9:00 a.m. to 2:00 p.m., at Congregation Shaare Tefillah, 510 Claremont Avenue, will hold its annual **Blood Drive**. All donors will receive a \$5 Chopstix coupon. Register at www.redcrossblood.org; the sponsor code is Shaare Tefillah. For information, contact Ari Davis, ari.davis1@gmail.com. Please eat a healthy meal a few hours before your appointment, drink extra water, and bring your ID.

This Sunday, September 10, from 11:00 a.m. to 12:30 p.m., at the Hackensack Middle School, 321 State Street, Hackensack, the **Bergen County Girls Flag Football League will hold a free flag football clinic** for girls from Kindergarten to grade 8. Registration for the clinic and/or the fall season is not required. For more information, go to www.bergengirls.com or call Ken Goffstein, 201-314-8931.

This Sunday, September 10, from 2:00 to 4:00 p.m., at the Judas home, 1299 Dickerson Road, **The Big Bow Shop** will hold a sale of ladies' clothing and head coverings. A percentage of the sales will go to **NechamaComfort**, which supports Jewish families who have suffered pregnancy and infant loss. You can Facetime your order at 917-224-6788. For information, go to thebigbowshop.com.

This Monday, September 11, at 8:00 p.m., via Zoom, Ben Porat Yosef will present **Rabbi Hayyim Angel**, discussing "Yishmael in Pshat and Parshanut." Click [HERE](#) for the Zoom link.

The **Beit Midrash of Teaneck**, 70 Sterling Place, is offering a Kinnus Teshuva series on Tuesdays, September 12 and 19, at 10:30 a.m. This Tuesday, September 12, **Rabbi Elliot Schrier** of Congregation Bnai Yeshurun will offer the shiur. For information about accessing this program via Zoom, contact BMTeaneck@gmail.com.

This Tuesday, September 12, at 7:30 p.m., YU presents **Monavar's Journey: Bridge to Hope**, via Zoom. Hear **Regine M. Tessone** discuss her new life in America after fleeing Iran, marriage

to a non-Persian Jew, and founding of the Aqua Modesta clothing line. Register [HERE](#).

This Tuesday, September 12, at 8:30 p.m., at Congregation Bnai Yeshurun, 641 West Englewood Avenue, **Rav Meir Goldwicht** will deliver a pre-Rosh Hashanah shiur in easy-to-understand Hebrew. Men and women are welcome to attend.

This Tuesday, September 12, at 8:00 p.m., at the Mandel home, 60 Westminster Avenue, Bergenfield, **Rabbi Y.Y. Jacobson** will offer a shiur supporting the organization **Just One Life**.

The Teaneck Mikvah, 1726 Windsor Road, will be **open for men's use** on Erev Rosh Hashanah and Erev Yom Kippur. One of the three mikvaot will close at 12:30 p.m. on Erev Rosh Hashanah and at 1:00 p.m. on Erev Yom Kippur in order to prepare it for immediate post-Yom Tov use. Please shower at home and bring your own towels. Fees are payable by check, cash or Zelle/Quickpay: \$25 per person and \$54 per family. Mikvah hours are:

- Erev Rosh Hashanah, Friday, September 15: 4:30 a.m. to 3:00 p.m.
- Erev Yom Kippur, Sunday, September 24: 5:00 a.m. to 3:30 p.m.

For questions, contact the mikveh at 201-837-8220 or office@teaneckmikvah.org.

On Tuesday, October 3, Chol ha-Moed Sukkot, **NCSY is going to Six Flags Great Adventure and Safari**. Kosher food will be available for purchase; there will be a sukkah on the grounds. For details of opening times and to buy tickets, click [HERE](#). For teen transportation and tickets from Teaneck, click [HERE](#).

OU SPIRIT PARTNERS WITH BETH AARON



The weekly SPIRIT (Stimulating Program Initiative for Retirees that Inspires Thought) program focuses on timely topics that are of interest to those in the +60 demographic. SPIRIT attracts Retirees, Not-yet-Retirees, Baby Boomers, Empty Nesters, Sandwich Generation Parents, and Seniors.

This Monday, September 11, at 7:30 p.m., there will be a meeting of the **Parkinson's Support Group**. A Q & A will follow the presentation of a research update from The Michael J. Fox Foundation. Register [HERE](#).

This Tuesday, September 12, at 12:00 p.m., the topic will be **"Planning for Your Future – If Not Now, When?"** presented by Toby Weiss, MS, OD. Click [HERE](#) for the Zoom link and to receive the recording following the program.

To sign up and for additional details, go to www.ou.org/spirit. For questions, contact Moishe B. Singer, president@bethaaron.org.



CONGREGATION BETH AARON

WOMEN'S PRE-ROSH HASHANAH SHIUR



TISHREI SHIUR PRESENTED BY:

SHULAMIS HES

THE POWER OF REMEMBRANCE DURING
THE YAMIM NORAIM AND YEAR ROUND

SHABBAT NETZAVIM-VAYELECH
SEPTEMBER 9, 2023

5:30 PM IN

BETH AARON'S LOWER LEVEL
950 QUEEN ANNE ROAD, TEANECK



Questions? Contact Joy Sperber at joy.sperber@gmail.com



Roadblocks Ahead

How Common Defense Mechanisms
Obstruct Our Path Towards Teshuva

RABBI LARRY ROTHWACHS

Congregation Beth Aaron, 950 Queen Anne Road, Teaneck

WEDNESDAY NIGHTS AT 8:15 PM

AUGUST 30

Let Me Try and Explain:
Our Remarkable Propensity
for Rationalization

SEPTEMBER 6

Who Me? Couldn't Be:
Confronting Our Tendency
Towards Denial and Blame

SEPTEMBER 13

Mirror, Mirror on the Wall:
The Extraordinary Narratives
We So Naturally Project

SEPTEMBER 20

All of My Parts:
The Human Capacity for
Compartmentalization

**RABBI DR.
MATISYAHU
SHULMAN**

REIMAGINING REPENTANCE

at Seudah Shlishit
after the 6:40 p.m. Mincha,
September 9



This talk will reimagine the rituals of the High Holiday
as psychologically informed steps to foster
personal growth using sources from the worlds
of Torah and modern psychology

Rabbi Dr. Matisyahu Shulman is a clinician-scientist at the New York
State Psychiatric Institute with an academic appointment at Columbia
University Irving Medical Center. He completed a general psychiatry
clinical residency at Northwell, Zucker Hillside Hospital and a clinical
and research fellowship at Columbia University. He is the author of
numerous peer-reviewed journal articles and book chapters on general
and addiction psychiatry, before medical school, he received Semicha
from the Rabbi Isaac Elchanan Theological Seminary and taught physics
and Talmud at Midway High School.



SELICHOT INFORMATION

The Selichot/Shacharit time listed on the grid on page 1 indicates the scheduled start time of the Selichot. These times are based on the expectation that Selichot will end about the time that the corresponding Shacharit minyan is scheduled to begin. However, depending on various factors, Selichot may end earlier than anticipated (by as much as 15 minutes) and will be immediately followed by Shacharit. Thus, those planning to attend only Shacharit and not the Selichot that precede it may wish to arrive earlier than the normal start time for Shacharit to ensure that they will be present for the entire Shacharit.

Slower-paced Selichot: From this Monday, September 11, through this Thursday, September 14, there will be slower-paced Selichot at Congregation Bnai Yeshurun, 641 West Englewood Avenue, at 6:45 a.m. Enter through the parking lot entrance; the combination is 3,5. Keep walking straight past the Social Hall to a large classroom where Selichot will take place, followed by a slow-paced Shacharit, expected to finish about 8:15 a.m. ArtScroll Selichot books will be available. On Friday, September 15, Erev Rosh Hashanah, there will be slow-paced Selichot and Shacharit at Congregation Zichron Mordechai, 268 West Englewood Avenue, at 5:00 a.m. For questions, please contact dhes613@gmail.com.

SELICHOT COURTESY REMINDER: Please be considerate of our neighbors. We ask that you not slam car doors, not use a remote locking device that beeps, and not speak loudly near the building. Please do not block a driveway at any time. We are certain that those living close to the Beth Aaron building will appreciate our courtesy and our thoughtfulness as we recognize that our ruchniyut is not elevated if it is at the expense of our neighbors.

CONGREGATION BETH AARON

950 Queen Anne Road Teaneck, NJ

Office Phone: 201-836-6210 office@bethaaron.org

In-person office hours: Fridays, from 10:00 a.m. to 1:00 p.m.