

Zmanim & Services

SHABBAT MEVARCHIM
PARASHAT HAYE SARA

Friday Night

Shir Hashirim	5:25 pm
Candle Lighting	5:33 pm
Minha	5:35 pm

*followed by Kabbalat Shabbat /
Arvit*

Shabbat Morning

Shaharit	8:30 am
Latest Shema	10:03 am
Pre Minha Shiur	4:35 pm
Minha	5:15 pm
Arvit	6:17 pm
Havdala	6:27 pm

Weekly Schedule

Shaharit

Sunday	8:00 am
Mon/Thu	6:20 am
Tue/Wed/Fri	6:30 am

Minha/Arvit

Sunday	4:25 pm
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Rabbi Haim Jachter

Wednesday's Shir Shel Yom Differing Conclusions

The Shir Shel Yom (Psalm of the Day) recited at the conclusion of Shaharit mirrors the Shir Shel Yom recited by the Levi'im in the Beit HaMikdash. If it is a simple replication, then why is there a divergence between Sephardic and Ashkenazic traditions as to where we conclude this psalm of the day? Both groups recite Tehillim Mizmor 94. Ashkenazim, though, add the first three Pesukim of the next Mizmor, which begin with the words "Lechu Neranena LaHashem".

A Rav Soloveitchik Story: A story from Rav Soloveitchik helps shed some light on this difference. A student of Rav Soloveitchik was with the Rav on Shemini Atzeret in the early 1980's. There was a few minutes break and the student engaged Rav Soloveitchik in conversation. The student asked for the basis of the practice of many Hassidim to abstain from eating their meals in the Sukkah on Shemini Atzeret (outside of Israel). This practice on its face runs counter to the conclusion of both the Gemara (Sukkah 47a) and Shulhan Aruch (Orah Haim 668:1) that one sits in the Sukkah on Shemini Atzeret but refrains from reciting the Bracha. Rav Soloveitchik responded with his answer that now has been well known. Rav Soloveitchik noted the importance of the night of Shemini Atzeret, following the positive judgment that Kabbalists/Hassidim associate with the day of Hoshana Rabbah. Like the exemption accorded to the celebrants of Sheva Berachot from sitting in the Sukkah, when the Sukkah does not comfortably provide adequate room, one can argue that the large celebrations by Hassidim where they are Mekabeil Penai Rabbom (greet their rabbi), would similarly provide an exemption.

Rav Soloveitchik, recounts the student, excitedly developed the parallel between the Hatan with his entourage and Hassidim on Shmini Atzeret. He compared Shemini Atzeret to a wedding, in as much as just as at an Ashkenazic wedding the bride circles the groom seven times, so too we circle seven times during the Hakafot. Rav Soloveitchik became enthralled explaining how during the seven days of Sukkot we circle the Sefer Torah during the Hoshanot, but on Shmini Atzeret we hold the Torah and the middle of the circle is empty. Explained Rav Soloveitchik, the empty space is Hashem and we are the Kallah circling the groom, who is none other than Hashem! The student, so impressed with Rav Soloveitchik's rousing defense of the Hassidic practice, proceeded to ask, "then why do we sit in the Sukkah on Shmini Atzeret"? Rav Soloveitchik simply responded "because that is what is stated in the Gemara".

The Conclusion to Wednesday's Shir Shel Yom: What emerges from this charming exchange is that while some practices have elaborated and even quite elegant explanations, nonetheless at times our preference is for the simple and straightforward approach. In the case of the conclusion to the Shir Shel Yom of Wednesday I discovered two explanations for the Ashkenazic practice to add three Pesukim from the subsequent Mizmor. The Ari z"l introduced the idea of adding the first three Pesukim of Tehillim 95 in order not to end the Shir Shel Yom with Puranut (suffering) "The Lord our God will destroy them". This is similar to our concluding our reading of Megillat Eicha, the book of Yeshayahu (when reading the Haftarah for Rosh Hodesh which falls on Shabbat) and the book of Malachi (on Shabbat HaGadol) with the repetition of the positive penultimate Pesukim of these Sefarim. Hassidim (Minhagei Habad Yalkut Minhagim page 161) provide an additional reason. They explain that one needs to make spiritual and physical preparations for Shabbat beginning on Wednesday. For this reason, Ashkenazim add these three Pesukim which are said at the beginning of the service of Kabbalat Shabbat.

An Explanation of the Sephardic Practice: We may offer two reasons why Sephardic Jews did not adopt this practice. First, there is no concern for concluding with Puranut, since Sephardic Jews add the positive plea "Hoshi'einu Hashem Elokeinu" after the Shir Shel Yom. In addition, many Sephardic Jews begin Kabbalat Shabbat with Mizmor L'David (Mizmor 29) and not Lechu Neranena (Mizmor 95). Thus, the first three Pesukim of Mizmor 95 do not necessarily stir feelings of Shabbat in a Sephardic Jew and would not alert us to begin preparing for Shabbat. However, a more basic explanation may be offered for the Sephardic practice. Simply put, the Shir Shel Yom is, as we plainly state, the Shir that was recited in the Beit HaMikdash. Thus, Sephardim argue that we must adhere to the text used in the Beit HaMikdash for Wednesdays - Mizmor 94 - without making any additions. In other words, in contrast to the

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stirring explanations given for the Ashkenazic practice, we may explain the Sephardic practice by simply noting (similar to Rav Soloveitchik and his student) that we say only precisely what was said by the Levi'im in the Beit HaMikdash on Wednesday.

Conclusion: Regarding many of the divergent Sephardic and Ashkenazic practices one may draw an overarching rule. The Ashkenazic approach tends to be more creative while the Sephardic approach is more conservative and straightforward. The three added Pesukim to the Shir Shel Yom of Wednesday certainly fits with this insight. The bold Ashkenazic approach to add three Pesukim has a rich variety of reasons to support it. The Sephardic approach, though, is far more conservative and straightforward: We state what we will do - recite the Shir sung by the Levi'im in the Beit Hamikdash on Wednesdays - and proceed to do so, with nothing added or detracted.

Announcements

- ❖ **Kiddush** this Shabbat is sponsored by the Kiddush Fund and is dedicated to the community of Squirrel Hill, Pittsburgh. Shaarei Orah joins other synagogues in Bergen County and across North America in a Solidarity Shabbat commemorating the victims of the deadliest attack on the Jewish community in the United States. ה' יניקום דמם.
- ❖ **Seudah** Shelishit this shabbat is sponsored by Ruth and Avi Gilad in memory of Ruth's father Kalman Kalonymus Drimmer Ben Shlomo.
 - ❖ **Thank** you to Heidi and Jack Varon for sponsoring the Shabbaton and Seudah Shlisheet last week.
- ❖ **Happy Birthday** to Ariel Chechik (14 Heshvan), Noa Cohen (16 Heshvan), Sophia Esses (14 Heshvan). Happy Birthday to all our November birthdays being celebrated in youth groups this Shabbat. For more information please contact ericajgoldberg@gmail.com.
- ❖ **Come and participate in our wonderful classes. See details below.**

Shorashei Orah

- ❖ **Father-Son Flag Football Game:** Sign up soon (we are very close to reaching capacity) for the Shaarei Orah father-son football game (with pre-game tailgating party) on Thanksgiving morning!! Note: You can play even if you do not have your own child or father playing.
- ❖ **Zumba for Girls and Fitness Dancing for Women/Teens** are in session! Zumba on Thursdays at 530pm will continue for another 3 sessions. Fitness dancing on Mondays at 7pm will continue for another 5 sessions. All classes are held in our social hall. Come join the FUN!! Females only, no photography permitted.

See Erica Ohayon or email shorashai.orah@gmail.com if you are interested.

Shaarei Orah Inaugural Dinner

SAVE THE DATE: Dear Members and Friends, It is our pleasure to announce that the Inaugural Shaarei Orah Dinner will take place on **Sunday, March 10, 2019, at 5:00pm** at Congregation Ahavath Torah in Englewood, New Jersey. We are very excited to recognize the exceptional dedication and meaningful contributions of our Honorees and Awardees.



Our Dinner is also an opportunity to celebrate the past, present and future of our wonderful Synagogue and Sephardic community. We hope you will join us in expressing our gratitude to our outstanding Honorees and Awardees and to celebrating Shaarei Orah as the center of the Sephardic community in Teaneck. We look forward to personally greeting you on **March 10, 2019!**

Congregation Shaarei Orah is an inclusive kehillah, all are welcome regardless of edah or level of observance.

A Story – The Weight of the Glass

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?" Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class shook their heads in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them."

The moral: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.

Dvar Torah by Rabbi Zelig Pliskin

Avraham asked his trustworthy servant Eliezer to find a wife for Isaac. Eliezer journeys to Aram Naharayim, taking ten camels with him. Upon approaching the town, he neared a well and prayed to God:

"Let it come to pass that the maiden to whom I shall say: 'Incline your pitcher that I may drink,' and she shall say, 'Drink and I will give your camels to drink also,' she will be the one whom You have designated for Your servant, for Isaac; and thereby shall I know that You have shown kindness to my master" (Gen. 24:14).

Eliezer, the devoted servant of Avraham, had learned from his great master to appreciate the profound significance of helping others. Chesed is not merely a kind act, but a manifestation of one's belief in God. Doing chesed is an act of emulating Him whose kindness is without bounds.

Eliezer realized that the woman who would be deemed worthy of becoming a mother of the Jewish people must be the paragon of chesed. He therefore fashioned an appropriate test for determining the bride of Isaac to find someone who loved to do chesed, to help others and try to save them from bother under all circumstances.

And what happened? Rivka ran of her own volition to water the ten thirsty camels -- an act which she was not even asked to perform. This act of chesed indicated that she was worthy of being Avraham's daughter-in-law. Remember to look for kindness in choosing a spouse!

Source – Aish.com

Wisdom of The Week by Ezra Ghazal

If your actions inspire others to dream more, learn more, do more and become more, you are a leader – John Quincy Adams

Weekly Riddle

You can drop me from the tallest building and I'll be fine, but if you drop me in water I die. What am I?

Answer is located on the back sheet, guess before you look!!!

Time to Smile

A woman walks into a library and asked if they had any books about paranoia. The librarian says "They're right behind you!"



ALLERGY NOTICE

Please be aware that we have children with serious, life-threatening, nut allergies in our synagogue. Due to concerns for nut allergies, Congregation Shaarei Orah is a "nut aware" facility. Accordingly, all food for both public and private events, including our Shabbat youth groups, may not contain nuts or nut products of any kind (this includes products that "may contain" nuts or that were "processed in a facility" that also processes nuts). While each parent is primarily responsible for the safety of his or her children, we do ask that you do not send your children to Shabbat groups with snacks and candy from home and to refrain from bringing in and distributing any food in the synagogue that contains (or may contain) nuts. Your cooperation in keeping our children safe is appreciated.

Also, candy used for any simha, such as bar mitzvah candy bags, must also abide by these guidelines.

If you have any questions about what products are safe and what are prohibited, kindly contact the office at office@sephardicteaneck.org, prior to bringing into the synagogue. If your child has life threatening allergies of any kind, please let the office know ASAP so we can alert the congregants and youth leaders to help minimize the risk of any harm.

UPCOMING EVENTS & MORE...

This Shabbat, following Mincha at **5:15pm** at Keter Torah, 600 Roemer Ave, Teaneck, Rabbi Yosef Carmel will speak on "The Jewish Identity Crisis in Israel and Eretz Hemdah's Solution."

Congregation Bnai Yeshurun, 641 W Englewood Ave, Teaneck, is privileged to host the Chief Rabbi of Israel, HaRav David Lau, shlit"a, **November 2-3, 2018**. Friday night Oneg Shabbat **8:45 PM** Rav Lau will discuss (in English) "The Chief Rabbinate: Accomplishments and Challenges". Shabbat morning Rav Lau will deliver the drasha (in English). Shabbat afternoon, after **5:30 pm** Mincha: Rav Lau will give a shiur (in Hebrew) on "Yitzchak and Rivkah".

COMMUNITY EDUCATION EVENT - Sunday, **November 4, 2018, 7:30 – 9 p.m.** Congregation Keter Torah, 600 Roemer Avenue, Teaneck. "ADDICTION AND SUBSTANCE ABUSE: UNDERSTANDING THE LANDSCAPE AND ITS IMPACT ON US" Understand more about recent drug trends, state and local initiatives, addiction and what we can do to address and prevent it. This is an opportunity for you to ask questions of a panel featuring local and State experts in addiction as well as relevant community leadership and members. The event is free of charge. See our website at <https://www.time2talkaddiction.org/> to submit your questions for the panel, or email Time2TalkAddiction@gmail.com for more information. Sponsorship opportunities are available on our website. **Family Support Group** for loved ones of those suffering from addiction and substance abuse. We meet every other Wednesday in Teaneck at 8 p.m., free of charge. For location and more information please email: Time2TalkAddiction@gmail.com.

Congregation Bnai Yeshurun, 641 W Englewood Ave, Teaneck, presents Jon Medved, Founder and CEO, OurCrowd: Turning Curses into Blessings: How Israeli Startups are Meeting Global Challenges. Monday, **November 5, 2018, 8:00 pm**, CBY Social Hall. Jonathan Medved is a serial entrepreneur and according to the Washington Post (2007) "one of Israel's leading high-tech venture capitalists."

On **Tuesday, November 6, at 7:00 p.m.**, at Congregation Beth Aaron in Teaneck - Calm coach Kirk Martin and his son Casey will lead a workshop, CelebrateCalm, that will offer strategies to help stop defiance, disrespect, and yelling by children.

Join the YAD LEAH, Clothing for Israel Dash for Dignity- 5K - Sunday **November 11th**, at Overpeck Park - Run, Walk or Stroll 1 Mile - All ages, levels and abilities are welcome – there will be activities for everyone! Register at <https://www.wizathon.com/dashfordignity> Form a team with your shul, friends and family - Donors and Sponsors Welcome! For more information please reach out to Shoshana Poloner at sspol@optonline.net

The Kaplen JCC on the Palisades is pleased to host Mosab Hassan Yousef on Sunday **November 11** at 7PM. Hear a first-hand account about the world's most dangerous terrorist organization, Hamas, and hear Mosab's incredible story, as he unveils the truth about his own secret role and his outspoken advocacy for Israel. Q&A follows. Tickets are available at www.jccotp.org/mosab.

The Teaneck Orthodox Retiree Association will hold its next lunch and lecture on Tuesday **November 13** at 12:00 PM. The lecture will begin at approximately 12:45, and will feature speaker Elozor Preil, who will speak on "How to Win the Retirement Marathon". The cost is \$12 for those who register by 11/8/18, and \$15 for those who just show up or register after that date. To register, please go to the following link <https://www.bnaiyeshurun.org/tora>.

**** Answer to the Weekly Riddle – Paper. ****

WEEKLY SHIURIM @ SHAAREI ORAH

- ❖ **Rabbi Jachter:** - Shabbat morning Pre-Sha'harit Humash Shiur at 8:30am - Shabbat afternoon shiur on Hilchot Shabbat: 40 min before Minha - Thursday evenings at 7:30pm at 315 Churchill Road on Torah & Science.
- ❖ **Rabbi Michael Chernlck:** Hilchot Yom Tov, Tuesday night, 8:15 pm
- ❖ **Isaac Dayan:** Hilchot Shabbat, Monday night, 8:00 pm.
- ❖ **Shlomo Sudry:** Maimonides' Fundamentals of the Tora התורה יסודי Wednesday night, 8 pm.

Shaarei Orah Contact Information

Thank YOU for joining Tefilot @ Shaarei Orah. Please mail all donations & payments to:
Shaarei Orah – 1425 Essex Road, Teaneck, NJ 07666 or online at www.sephardicteaneck.org

Tizku L'mitzvot!!! To sponsor any event, send a donation card, place an ad in the newsletter or to receive our weekly newsletter by email please contact office@sephardicteaneck.org or call 201-833-0800.

Shorashai Orah, the sisterhood of Shaarei Orah contact: shorashai.orah@gmail.com

RABBI: Rav Haim Jachter - rabbi@sephardicteaneck.org

President: Joshua Murad - president@sephardicteaneck.org

Vice President: Shlomo Levy | **Treasurer:** Isaac Dayan | **Secretary:** Blanche Silver | **Gabbai:** Shalom Shushan

Billing questions contact: finance@sephardicteaneck.org

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