



Shaarei Orah - The Sephardic Congregation of Teaneck  
Shabbat HaGadol Parashat Metzora  
April 20th - 12 Nisan, 5784



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**Erev Shabbat, 4/19**

6:50pm Shir HaShirim

7:00pm Minha

7:23pm Candle Lighting

**Shabbat, 4/20**

8:45am Shaharit

6:00pm Women's Tehillim (note new time)

6:10pm Pre-Mincha Shiur

7:10pm Minha

8:03pm Arvit

8:19pm Havdala

**Sunday 4/21**

8:00am Shaharit

9:31am Sof Z'man Sh'ma

7:25pm Minha/Arvit

*Please click [HERE](#) for the Shaarei Orah Pesah Schedule*

**Mazal Tov** to Pamela and Gabi Benloulou on the occasion of their daughter, Amalya becoming a bat mitzva.

**Seudah Shelisheet** is sponsored this week by Moriyah and Menachem Besthof and Anat and Meir Best, לעילוי נשמת סעידה שולמית בת רחל ומאיר הלוי. To sponsor Seudah Shelisheet, please [click here](#).

**Mommy and Me:** Please join us in the *Beit Midrash* at 10:45am on Shabbat for Mommy and Me featuring songs, stories, and snacks led by Morah Isca. For children ages 0-4 accompanied by an adult.

**Pre-Pesach Shiur for Women:** With our Youth Director, Isca Friedemann, Judaic Studies teacher at BPY. This Shabbat, April 13th at 6pm following the 5:30pm Women's Tehillim. Main Sanctuary.

**Mechirat Hametz:** Rabbi Jachter will be available for Mechirat Hametz on Sunday, April 21st after Shaharit and Arvit. If these times do not work for you please contact [rabbi@sephardicteaneck.org](mailto:rabbi@sephardicteaneck.org) to arrange for an appointment.

**Click Here for UPDATED Help for Israel:** Email [office@sephardicteaneck.org](mailto:office@sephardicteaneck.org) to add items to the list.

**NORPAC's Mission to Washington, DC:** Wednesday May 15th. Your presence is vital to our efforts to advocate for bipartisan congressional support of Israel at this critical time. Congress is inundated with anti-Israel voices and violence but May 15th is our day! Meals and transportation from the tristate area are included. Register at [Norpac.net](http://Norpac.net) or contact (201) 788-5133 / [avi@norpac.net](mailto:avi@norpac.net). Click [here](#) for a flier.

**DAILY Shiurim in English:** Please [click here](#) for information on our daily shiurim. For more information please contact Shalom Shushan (914) 334-8127.

**The Big Bread Burn:** Monday, April 22nd, 8:30am-12pm, Jewish Center of Teaneck, 70 Sterling Place. Please place your chometz in paper bags before throwing them into the dumpsters. The Teaneck Fire Department will have fire trucks in the parking lot. Fire chief hats and kosher for Passover lollipops will be given out. There also will be garbage cans available for plastic bags and other garbage. For questions, email [office@jcot.org](mailto:office@jcot.org).

**Weekday Minyanim:**

6:00am Shaharit Monday and Thursday

6:05am Shaharit Tuesday, Wednesday and Friday

*Minha/Arvit B'zman Minyan 20 minutes before Sh'kiya (Sunday-Thursday)*

Shaharit start times shown are for Korbanot. The time for Hodu is approximately 12-15 minutes after the start time.

**Rabbi Jachter's WhatsApp and Audio Shiurim:** Daily Rashi Highlight to Go and Daily Halacha to Go. Weekly emailed Audio Shiurim on 5 Minute Sephardic Teshuva of the Week and Audio Shiur addressing topics submitted by women. Please email your question/topic to Rabbi Jachter: [rabbi@sephardicteaneck.org](mailto:rabbi@sephardicteaneck.org). To sign up for any WhatsApp daily shiur, please email your name and cell number to [finance@sephardicteaneck.org](mailto:finance@sephardicteaneck.org) or text (201) 647-2466. To be included in the weekly emailed audio shiurim, please send your name and email address to [finance@sephardicteaneck.org](mailto:finance@sephardicteaneck.org) or text (201) 647-2466. Sponsorships: If you would like to sponsor the Rabbi's Audio Shiurim, please [click here](#). To sponsor Rabbi Jachter's WhatsApp shiur(im) please [click here](#).

## **Community Announcements and Resources:**

**BCJAC Voting Toolkit:** As the June 4, 2024 primary election draws closer, we are excited to share this voting toolkit with you. You may use it to register to vote if you are not registered, and if anyone in your household is eligible to vote but not registered, they may use it as well. It is essential that our community maximizes its political voice. Our elected officials take great note of the raw number of voters in our community. As such, it is critical that each and every member of our community comes out to vote, both in the primary this year and on Election Day in November. Click [Here](#) for voting toolkit.

**Annual Keylim Mikvah Campaign:** The Keylim Mikvah is one of the many benefits of the Teaneck, Bergenfield and New Milford community. In order to provide a clean and efficient Keylim Mikvah, significant resources are required to keep it operational and accessible to all. This time of year, approaching Pesach, is our highest traffic time and we are asking every family to support the Keylim Mikvah campaign by making a donation of \$36. Of course, any contribution is meaningful and appreciated. The funds collected from this campaign will be used for daily operational expenses of maintenance, insurance costs, supplies and equipment. Donations may be made by check payable to the "Teaneck Mikvah Association" or by visiting [www.teaneckmikvah.org](http://www.teaneckmikvah.org).

**Calls For A Cause:** Teach NJ needs your tweens & teens to make their voices heard for affordable education! While you're busy preparing for Pesach, the next generation can send emails and make calls to their local legislators - and we give them the tools to do it. For more information please visit: <https://www.parentsforNJstudentsupportact.com/action>

**The Bergen County Jewish Action Committee (BCJAC):** a 501(c)(4) social welfare organization, encourages communal engagement as well as undertakes direct political advocacy around local and state elections. The objective of these activities is to further the interests of our community in the policy and political arena, including countering anti-Semitism. Learn more at <https://www.bcjac.org/>.

**Run For Their Lives:** Teaneck, NJ: All Sundays until all the hostages are home. Join us at 10:00 am at Votee Park at Queen Anne Road and Court Street. Walk/Run one loop around at your own pace. #BringThemHomeNow.

**Chessed V'Rachamim Pesach Campaign:** In a grand and awe-inspiring display of solidarity, achdut and ahavat Yisrael, Rabbi Shai Graucher's Standing Together/Chesed V'Rachamim Campaign has orchestrated a remarkable operation across Eretz Yisrael. Please click here for the Pesach campaign which will provide support for widows, orphans, displaced families, families of soldiers and hostages.

**Pre-Pesach trip to Urban Air:** Sunday, April 21st, 9:00am. To register, go to [www.rinat.org/youthevents](http://www.rinat.org/youthevents).

**Nishmat Torah Mission - A Summer of Torah and Women's Solidarity:** July 4-25 (One-week, Two-week, or Three-week option). For women of all ages and stages, with options for all levels of learning. Now, more than ever, as we defend Jewish life in our homeland and around the world, we must strengthen ourselves through delving into the depths of Torah. Come learn with us, come volunteer with us. Come strengthen and be strengthened by Medinat Yisrael's remarkable women. For more information and to apply please [click here](#).

**Communal Yom Hashoa Commemoration:** The Holocaust Commemoration Committee of the Jewish Community Council of Greater Teaneck program, Sunday, May 5th, 7:30pm at Bergenfield High School, 80 South Prospect Avenue, Bergenfield with guest speaker - Tova Friedman. Tova is one of only five children to survive Auschwitz from the 5,000 who came from her hometown of Tomaszow, Tova's story appears in the book she wrote this past year with reporter Malcom Brabant entitled "The Daughter of Auschwitz: My story of Resilience, Survival and Hope." Given the rise in antisemitism, this year more than ever, we are imploring the community to join us to remember the Shoa and not forget that our current events post October 7th are directly connected. Visit <https://teaneckyomhashoa.org/> for updates.

**BPY Annual Community Yom HaZikaron Tekkes:** May 12th at 8:00pm. This year we will be requiring all those who wish to come, to RSVP prior to the event. *The deadline to sign up is May 8th.* Please [click this link](#) to register. Please note that for security reasons, no one who is not signed up in advance will be allowed entry to the program. Program is geared towards adults and children 5th grade and up.

**The Yom Haatzmaut Experience:** Monday, May 13th, 6pm-9pm. With an ongoing war in Israel and growing antisemitism around the world, the importance of Yom Hazikaron and Yom Haatzmaut in our lives only grows. Please note this is a closed private event, open to Israel supporters community-wide, and to invited guests. Registration is required. Please click [HERE](#) to register. Click [HERE](#) for more information.

**Celebrate Israel Parade:** Save the Date - Sunday, June 2nd. The parade comes at a time of great tension, and our thoughts continue to be with our brothers and sisters in Israel. We believe this is all the more reason for our community to come together to show our love for Israel and pride in being part of the largest Jewish community in the diaspora!

**ORA Lighting the Way Dinner:** The Organization for the Resolution of Agunot will hold its dinner on Thursday, June 6th, 7pm to 9:30pm at Tempura, NYC. Please click [here](#) to register and sponsor.

**JFCS, Ride to Fight Hunger:** Sunday, June 9th. Join our ride for a fun and meaningful b'nei mitzvah project. Fundraise to help those in need in our community. Be an important part of the Ride's planning process. Earn a Ride Bike Jersey with your logo on it. A great way to have fun while making a difference. For more information contact Michele Wellikoff at [micheleW@jfcsmnj.org](mailto:micheleW@jfcsmnj.org), 201-837-9090 x250 [theridetofighthunger.rallybound.org/](http://theridetofighthunger.rallybound.org/)

**Dialysis Rides:** The chesed that our very own Eitan and Elad Shushan started is in need of more volunteers who can drive people who receive dialysis. This is not a commitment but simply something you can do when you have the time or opportunity once a week, once in a while, anything! Click on this link to sign up and for more information: <http://freedialysisrides.com>.

**Wheelchair Gemach:** If you or someone you know needs to borrow a wheelchair please contact Shalom Shushan 914-334-8127.

**Kidney Donor Match Needed:** Long time Teaneck resident, Howie Sterman, Elchanan Leib ben Bracha, is fighting kidney failure and is in urgent need of a kidney donor. To learn more about kidney donation or to see if you are a match, email [RN25869@renewal.org](mailto:RN25869@renewal.org) or call (718) 431-9831 ex. 315. Visit [www.renewal.org](http://www.renewal.org) for more information.

**Something Borrowed:** New gown Gemach, is now open. Looking for donations of bridal, sister, mother of the bride, as well as bat mitzvah gowns/dresses. Open hours for shopping are Sundays from 10-11am and Wednesdays from 8-9pm at 1111 Korfitsen Ave. Bergenfield, NJ. Contact for questions and to confirm open hours: 201-522-7719, [somethingborrowedTGG@gmail.com](mailto:somethingborrowedTGG@gmail.com).

**The Chevra Tehillim of the Greater Teaneck area** is seeking to increase its membership. Men & women are invited to join. Our aim is to ensure that the entire Sefer Tehillim is recited every day to daven for a Refuah Shleimah for seriously ill people. Participants recite an assigned Perek/Perakim daily. Updated lists of Cholim are emailed periodically. To join contact Jeanette Wermuth, [jswermuth@gmail.com](mailto:jswermuth@gmail.com) or Carol Wurzbarger [caw1300@msn.com](mailto:caw1300@msn.com)

**JCC of Northern New Jersey's Active Seniors Program:** This program, supported by Jewish Federation of Northern New Jersey and the Bergen County Division of Senior Services, provides events and opportunities for seniors. Visit <https://jccnj.org/active-seniors/> for programming and registration. Suggested donation per person per day is \$5 and includes lunch. Two days advance registration required. Unless otherwise noted, all Active Seniors programming takes place at Temple Avodat Shalom - 385 Howland Avenue, River Edge. Questions? [info@jccnj.org](mailto:info@jccnj.org) or (201) 666-6610 x2.

**Chaverim and the Office of the Bergen County Sheriff** asks all Bergen County residents to ensure your home address is lit up and clearly visible. This allows emergency responders to efficiently identify your home during an emergency, when every minute counts. [Chaverim@COBChelp.org](mailto:Chaverim@COBChelp.org), [COBChelp.org](http://COBChelp.org), 201-800-4357.

**My Extended Family** provides programs and support to children (1st-8th grade) from single-parent homes including: Weekly Club Meetings with Big Brother/Big Sisters, Delicious Dinners, Homework Help, Hands-On Activities/Special Programs, Seasonal Trips, Family Events, Yom Tov Assistance, Parenting Workshops. To enroll [click here](#).

**Teaneck Mikvah** usage is BY APPOINTMENT ONLY. Please [click here](#) to book your appointment. Please [click here](#) for updated hours. The appointment system closes daily 1.5 hours before opening. Please plan accordingly to book your appointment. Keylim Mikvah - The Teaneck Keylim Mikvah is open for self service for the hours of 7:00AM-5:00PM Sunday through Thursday and 7:00AM-4:00PM on Friday. The Teaneck Mikvah, Florence and Joseph Appleman Building is located at 1726 Windsor Road.

**Teaneck Volunteer Ambulance Corps (TVAC)**: The Teaneck Volunteer Ambulance Corps was created in 1939 to serve the residents of Teaneck, NJ. We have always been Teaneck's only emergency ambulance service, and have since grown to include over 100 members in our organization. All of our members are volunteers, serving the township 24 hours a day, 365 days a year, without pay. As a volunteer non-profit organization, we count on your generous donations to keep us operating. To help please visit: [www.teaneckambulance.org/donate](http://www.teaneckambulance.org/donate) or follow instructions online for donating by check.

**Teaneck-Bergenfield Tzedakah Committee**: Please visit the website for updated information: [Teaneck Bergenfield Tzedakah Committee](#). Questions: 201-343-5190, [TBTzedakah@gmail.com](mailto:TBTzedakah@gmail.com). Direct contact: 201-298-6565 (landline) or [Shmuel.tbtc@gmail.com](mailto:Shmuel.tbtc@gmail.com).

**Project S.A.R.A.H.** has free Zoom therapeutic support groups, led by our skilled and trauma informed therapists: For Men - Stronger Together, For Women - The Healing Circle and High Conflict. For questions or more information about our groups, please visit [ProjectSARAH.org](http://ProjectSARAH.org) or call 973-777-7638 ext 151.

**Teaneck Bergenfield Gemach (TBG)** was established to provide interest free loans for personal purposes. Loans are available to residents of the Teaneck, Bergenfield and New Milford community. All applicants' personal information will remain confidential. TBG was developed under the halachic guidance of Rabbi Yaakov Neuburger. For more information and to find out how you can get an interest free loan, please email [info@tbgemach.com](mailto:info@tbgemach.com).

**Jewish Family & Children's Services of Northern New Jersey** is a nonprofit organization dedicated to providing a diverse range of social support services which include mental health counseling, case management, senior services (including Kosher Meals on Wheels delivery), two food pantries, career counseling and more. Contact: (201) 837-9090; [jfcsnnj.org](http://jfcsnnj.org).

**JScreen** is a non-profit initiative providing easy, affordable, at-home testing on saliva for over 200 genetic diseases, including those most common in people with Ashkenazi, Sephardi, and Mizrahi backgrounds. Genetic carrier testing helps individuals and couples understand their genetic risks and plan ahead for the health of their future families. It's essential for all couples to get tested before eventually starting or expanding their families. To learn more, request a kit, or purchase one for a loved one, visit [www.JScreen.org](http://www.JScreen.org)