



Shaarei Orah - The Sephardic Congregation of Teaneck  
Shabbat Parashat Tzav - Para  
March 30th - 20 Adar II, 5784



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**Erev Shabbat, 3/29**

6:50pm Shir HaShirim

7:00pm Minha

7:01pm Candle Lighting

**Shabbat, 3/30**

8:45am Shaharit

5:30 Women's Tehillim

5:30pm Pre-Minha Shiur with Rabbi Dr. Ari Berman

6:30pm Minha

7:41pm Arvit

7:57pm Havdala

**Sunday 3/31**

8:00am Shaharit

9:50am Sof Z'man Sh'ma

7:00pm Minha/Arvit

**Seudah Shelisheet** is sponsored this week by Heidi and Jack Varon in honor of the Stern/YU Shabbaton.

To sponsor Seudah Shelisheet, please [click here](#).

**Pre-Minha Shiur:** We are honored to welcome back to Shaarei Orah Rabbi Dr. Ari Berman, President and Rosh Yeshiva, Yeshiva University and Rabbi Isaac Elchanan Theological Seminary (RIETS) who will be speaking on Shabbat at 5:30pm.

**Welcome Yeshiva University and Stern College** students to Shaarei Orah this Shabbat for a Sephardic student Shabbaton. We are looking forward to a student-led Tefila and K'riyat HaTorah this Shabbat. Special thanks to Heidi and Jack Varon for their continued generosity in sponsoring this important and popular event. Kol HaKavod to everyone who hosted students, to Rabbi Haim Jachter for his Divrei Torah and participation in the Shabbaton, to Rabbi Dr. Ari Berman for his pre-minha shiur, to Malkie Benson and Erica Ohayon for coordinating housing, and to Joshua Murad for organizing it all. Everyone is invited to join the YU/Stern students for Friday night Oneg at 10:30pm at Shaarei Orah.

**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 only.

**Purim Chagiga Gratitude:** Kol HaKavod to our President, Joshua Murad, who once again worked non-stop and overtime in organizing our wonderful annual Purim Chagiga. Rain didn't stop Shaarei Orah families from enjoying the fun! Thank you to our generous Purim Chagiga sponsors: Silver: Susan and Ezra Douek; Bronze: Moriyah and Menachem Besthof, Erica Ohayon and family; Donor: Rabbi Haim and Rabbanit Malca Jachter, Sara and Ehud Sasson, Deena and Oren Vaknin, Danielle and Yakir Haim Yosefian.

**Tehillim this week will take place on Tuesday, April 2nd at 7:45pm** followed by a shiur with Rabbi Daniel Fridman, Rav of the Jewish Center of Teaneck and Limudei Kodesh Rabbi of Torah Academy of Bergen County.

**Shabbat Mevarchim Communal Kiddush:** Shabbat, Parashat Shemini, April 6th. Sponsorships of any amount are welcome (suggested amount is \$36). To sponsor, please [click here](#).

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

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

**Gabbai Shalom Shushan's weekly D'var Torah** audio shiur on the Parasha in Hebrew: [Please click here to listen to this week's shiur.](#)

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

**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:**

**Annual Keylim Mikvah Campaign:** As we begin to prepare for Pesach, we ask that you take the time to recognize that 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).

**Boots for Israel:** Conducting a drive to provide boots for specific battalions of paratroopers. Please contact Moshe Anapolle for more information and for donation details - [manapolle@yuhsbstudents.org](mailto:manapolle@yuhsbstudents.org).

**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.

**Congregation Rinat Yisrael Pre-Pesach Wine & Cheese Tasting:** Motzei Shabbat, March 30th, 9pm. To register, go to [www.rinat.org/socialevents#](http://www.rinat.org/socialevents#) Please note, this is a tasting not a meal.

**The Beit Midrash of Teaneck:** located at JCT/Heichal HaTorah, 70 Sterling Place, welcomes the community, both men and women, to our weekly Tuesday shiurim on Parsha & Jewish History. This week's Parsha shiur (10:30-11:30am) will be delivered by Rabbi Shalom Baum of Congregation Keter Torah. Jewish History shiur (11:45-12:45) with Dr. Ronnie Perelis of Yeshiva University, who will give the third part of a 3-part shiur entitled: Exploring Sephardic History.

**Jewish Federation of Northern New Jersey:** Movie screening, Wednesday, April 10th - HBO original movie, A Tree of Life: The Pittsburgh Synagogue Shooting, followed by a panel discussion with Trish Adlesic, Director of the movie, Steven Weiss, a survivor, Tim Torell, Security Director, and Brad Orsini, Senior Security Analyst with the Secure Community Network. A donation of \$18 will be directed to Federation's work fighting antisemitism. Register at

**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:** May 5th, 7:30pm at Bergenfield High School, 80 South Prospect Avenue, Bergenfield, NJ. Visit <https://teaneckyomhashoa.org/> for updates.

**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. Please register at [Norpac.net](http://Norpac.net) or contact (201) 788-5133 / [avi@norpac.net](mailto:avi@norpac.net). Click [here](#) for a flyer of the mission.

**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!

**JFCS, Ride to Fight Hunger:** Sunday, June 9th. Join our ride for 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://jccnnj.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@jccnnj.org](mailto:info@jccnnj.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)