

### Erev Yom Tov | THURSDAY

6:15 am Shacharit (Beit Midrash)  
6:15 am Sephardim  
6:50 am Shacharit (Beit Midrash)  
7:30 am Shacharit (Main Shul)  
**Reminder to make an Eruv Tavshilin**  
7:58 pm Candle Lighting  
8:05 pm Mincha, followed by Ma'ariv  
11:30 pm Tikun Leil Shavuot

### SHAVUOT DAY 1 | FRIDAY

4:35 am Sephardim Shacharit  
4:55 am Shacharit (Main Shul)  
5:31 am Netz  
8:00 am Shacharit (Beit Midrash)  
9:12 am Sof Zman Kriat Shema  
9:15 am Shacharit (Main Shul & Sephardic)  
Shavuot Drasha by Bob Lichtman (Main Shul)  
4:30 pm Ice Cream at the Zwickler's House  
6:30 pm Sephardim Mincha  
7:00 pm Mincha, followed by Ma'ariv  
7:59 pm Candles

### SHABBAT | SHAVUOT DAY 2 | YIZKOR

7:15 AM Parasha Chabura  
7:30 am Shacharit (Beit Midrash))  
8:30 am Parsha Shiur (Social Hall)  
9:00 am Sephardim  
9:15 am Shacharit (Main Shul)  
9:12 am Sof Zman Kriat Shema  
9:30 am Shacharit (Beit Midrash))  
**Yizkor not before 10:15 AM**  
9:45 am Shabbat Morning Groups

5:00 pm Amit Women's Shiur (Beit Midrash)  
7:45 pm Mincha, followed by Seudah Shelishit  
8:57 pm Ma'ariv  
9:07 pm Havdalah

### Sunday Schedule

7:00 am Shacharit (Beit Midrash)  
7:45 am Daf Yomi (Library)  
8:00 am Sephardim  
8:00 am Shacharit (Beit Midrash)  
8:30 am Navi shiur (Youth Lounge)  
9:00 am Shacharit (Beit Midrash)  
1:45 pm Mincha (Beit Midrash)  
8:10 pm Mincha, followed by Ma'ariv (Beit Midrash)  
9:50 pm Maariv (Sephardic Shul)

### Weekday Schedule\*

6:15 am Shacharit (Beit Midrash)  
6:15 am Sephardim  
6:50 am Shacharit (Beit Midrash)  
7:30 am Shacharit (Main Shul)  
7:45 am Daf Yomi (Library)  
1:40 pm Mincha (Sephardic Shul)  
8:10 pm Mincha, followed by Ma'ariv (Beit Midrash)  
9:50 pm Maariv (Sephardic Shul)

**\*Monday, May 29 is memorial day and will follow a Sunday schedule.**

## RABBI'S MESSAGE

Chazal teach us that the period of Sefiras Haomer is considered to be the intermediate period, the Chol Hamoed that links the holiday of Pesach with Shavuot. Why is this connection between these chagim necessary? Rav Herschel Schachter shlit" a in his sefer "Mipninei Harav" explains that the essence of Pesach is for us to leave slavery and to become free. The Talmud teaches us that one is considered to be a free person only if they learn Torah. Hashem's purpose in taking the Jewish people out of Mitzrayim was to give them the Torah on Har Sinai. If we do not learn Torah then we are still considered to be slaves in Mitzrayim. Moshe is told by Hashem that the sign that He has sent him is that when the nation leaves Egypt they would worship Hashem at Har Sinai. There would be no point to leaving Mitzrayim if we never received the Torah at Har Sinai. The message of Shavuot is to re-engage with Torah, thereby expressing our freedom that we obtained on Pesach. On a deeper level it is important for us to recognize that throughout the year we often become enslaved to many distractions that prevent us from making Torah learning part of our daily routine. Shavuot is the time to start our commitment to Torah learning anew. Please commit to learning on Shavuot at night, in the afternoons in shul, throughout the chag and during the year. We have numerous opportunities to join a Torah class in the shul and beyond. May this Shavuot reconnect us with the experience of our ancestors and the gift that they received at Har Sinai. Good Yom Tov and Good Shabbos!

Watch Rabbi Zwickler's WebDvar at: [www.aabjd.org/webdvar](http://www.aabjd.org/webdvar)

## Welcome Rabbi Dr. Pecaric Visiting Scholar for Shavuot

Rabbi Dr. Sacha Pecaric obtained his rabbinic ordination from Yeshiva University, his master's degree in philosophy from Columbia University and his Ph.D. from Prague. He lived in Kraków where he ran the Ronald S. Lauder Foundation, aimed at providing education to the small local Jewish community as well as other local people, and where he set up Pardes Lauder, a Jewish religious publishing house which has published more than 30 books, including a prayer book and Haggada for Passover. He is on the Judaic studies faculty at the Rae Kushner Yeshiva High School. Pecaric speaks over a dozen languages and is also a chess master.

## Thank you to our Sponsors

Tikun Leil Shavuot is sponsored by Esti & Jason Buskin in loving memory of Esti's grandfather, Chaim ben Avraham Zev z"l, and by Felicia Schipper and Nili & Andrew Yolin, in commemoration of the 7th Yahrzeit of Zvi Schipper, Zvi Aryeh Ben Shumel Gronim z"l. Refreshments and Kiddush is sponsored by the AABJD Men's Club.

To sponsor a future kiddush or seudah shelishit, visit [aabjd.org/kiddush](http://aabjd.org/kiddush) or email [office@aabjd.org](mailto:office@aabjd.org)

## Farewell Captain Tony Dimeo

This Shabbat will be the last time that Captain Tony Dimeo (who's been our Shabbat & Yom Tov guard outside for many years) will be with us, as he is retiring from the Essex County Sheriff's Department. Please join us after davening in the Main Shul on Shabbat morning to wish him well.

## MAZAL TOV

Mazal Tov to Stefanie Kushner and Aaron Marcus on the birth of a baby girl, Aviva Sarah Bracha. Mazal Tov to grandparents Andrea Leah and Josh Marcus, to great grandmother Mrs. Marylin Marcus and to the entire Marcus family.

Mazal Tov to Paula Moskowitz and Zach Levy on the birth of a baby boy. Mazal Tov to grandparents Boni and Martin Moskowitz and Susan and Steven Levy and to Aunts and Uncles Gabrielle and Jacob Moskowitz, Kurt Moskowitz, Lauren and Daniel Allen, Alyssa and Charlie Altman and Alex Levy. Special Mazal Tov to great grandmother Carol Lee Loebenberg and to the extended Moskowitz/Levy Families.

Mazal Tov to Esther And David Moskowitz on the Upcoming Marriage of their son Max to Samantha Aaronson of Commack N.Y. Mazal Tov to The Moskowitz Family, Alexandra and Avi Baron, Joseph And Renee. Safta Rachel Yashar. Saba Israel Yashar and Grandparents Sylvia and Max Moskowitz. Mazal Tov to Sharon and Larry Aaronson, son Michael and wife Samantha.

Mazal tov to Rosalyn & Stephen Flatow on the marriage of their granddaughter Michal, daughter of Francine & Adam Mermelstein of Bergenfield, to Aryeh, son of Mara & Lawrence Margolin of Edison.

Mazel tov to Karen and Gary Eisenberg on the birth of a grandson, born to their children Alexi Lubel and Moshe Eisenberg. Mazel tov to big brother Daniel. Mazel tov to great-grandparents Sandra Gross, Sue and Ben Eisenberg, and Iris and Alan Lubel, and aunts and uncles Rina and Avi Levinson and their children, Miriam and Shimmy.

## REFUAH SHLEIMAH

*Please keep these names in your tefillah for a complete recovery*

Rivka bas Sora Rochel  
Henscha Miriam bat Roiza Ettel  
Immanual Shraga ben Leah  
Sara Necha bat Leya  
Moshe Tzvi ben Chana Malka  
Uri ben Mindel  
Shoshana Michla bas Hinda Golda  
Esther Bayla bat Batya  
Shmuel ben Hinda Leah

Melech Ben Frima  
Tzivia bat Miriam  
Binyamin Gershon ben Michal Elier  
Tova bas Chaya  
Chaim Lev ben Ora Yael  
Rachel Henna bas Liba  
Chaya Leah bas Chana  
Basha bat Tobah Baila  
Moshe Ben Bashe

Chaim Eliyahu ben Mina  
Shoshana Leah bas Daniella Chana  
Basha bas Malka  
Tova bat Miriam  
Henyah bat Chaya  
Chaya Gila bas Sora Hersha

## THANK YOU

Hattie Dubroff expresses great appreciation to the many visitors, phone calls and donations during her Shiva as she sat with her niece and nephew on the loss of her sister, their mother. In particular, Hattie thanks Jaicky Tammam, Cynthia Kestenbaum, Pnina Popack and Larry Rein for the extraordinary support they provided. Congregation AABJ&D and the West Orange Jewish Community are very special.

Alisha & Jerry Blugrind want to acknowledge and thank Ilan Rosenrauch, Avi Laub and the Finance Committee; Larry Rein, Melissa Caplan, Bennet Degan, Esther Stock, Andra Goldman, Yosef Birnboim, and Jennifer Kurlander for their extraordinary hard work and long hours putting together a comprehensive budget for our shul. We are so grateful for everything you continue to do for our shul and our community.

## YAHREIT

The following members of our shul are observing Yahrzeit for a loved one this coming week. May their *neshamot* have an *aliyah*.

7 Sivan Daniel Amster for his mother Hanni Amster on Shabbos May 27  
7 Sivan Michele Glazer for her father Barney Hahn on Shabbos May 27  
7 Sivan Murray Rothman for his mother Fruma Gittel Rothman on Shab May 27  
8 Sivan Joseph Bitton for his sister Mercedes Feldman on Sun May 28  
8 Sivan Rachel Cohen Weiser for her brother Moshe Friedman on Sun May 28  
9 Sivan Rachel Reichman-Hersey for her father Elias Reichman on Mon May 29  
10 Sivan Lydia Eckstein for her grandfather David Marson on Tue May 30  
10 Sivan Frances Urman for her brother Murray Mankofsky on Tue May 30  
10 Sivan Sharon Volk for her father Rubin Markowitz on Tue May 30  
10 Sivan Sharon Yedwab for her father Jacob Levine on Tue May 30  
11 Sivan Robbin Singerman for her mother, Gladys Schechter on Wed May 31

12 Sivan Jeff Lichtman for his grandfather Morris Lichtman on Thu June 1  
13 Sivan Rosella Berger for her mother Betty Aschner on Fri June 2  
13 Sivan Hattie Dubroff for her mother Rose Silverman on Fri June 2  
13 Sivan Alyson Greenstein for her father Glenn Gottdenker on Fri June 2  
13 Sivan Samuel Kaye for his father Yeshayah Kaye on Fri June 2  
13 Sivan Beverly Lipp for her father Max Weinberg on Fri June 2

Please visit [www.aabjd.org/member/yahrzeits](http://www.aabjd.org/member/yahrzeits)  
to keep your Yahrzeit information up to date

**Gabbai Note:** The next opportunity to make a *kel malei* will be at Mincha on Shabbos June 3 the 14th of Sivan

## ANNUAL HAKARAT HATOV SHUL DINNER

RSVP today for the Annual AABJ&D Hakarat Hatov Dinner on June 19th. Join us at the Wilshire Grand for a fun evening (including great food, a mentalist, and more) as we honor past presidents of the Men's Club and Sisterhood.

<https://www.aabjd.org/event/2023-shul-dinner.html>

## SAVE THE DATE

- **Wednesday May 31 at 8 pm.** Nechama Price, our community Yoetzet Halacha and director of GPATS will be speaking to women at a private home in Livingston. More details to follow.
- **Save the date June 10: Shifra Rabenstein**, renowned speaker and educator and the granddaughter of Rabbi Marcus z"l and Mrs. Marcus, will give two shiurim for women, starting at 5 pm on the topics "Burden of Mitzvos" and "Limited Vision." Light refreshments will be served. Generously sponsored by: The Koppelman, Friedman, Levitan and Rozezhadeh families in observance of the 5th Yartzeit of their father and grandfather Ben Koppelman, Binyamin Ben Yisrael, on the 21st of Sivan; Cheryl and Jason Munk in memory of Harold Dershowitz, whose gentle ask of a favor has led to years of women's learning; Esther and Jeffrey Stock; and Ronnie & Z Andrea Sultan in memory of Mrs Dubby Narushinsky Shulman, a childhood friend of Mrs. Marcus. Thank you also to our generous patrons: Hattie and Arthur Dubroff in commemoration of the yahrtzeits of Hattie's mother, Rose Silverman, זצ"ל, רחל בת חיים ברוך הלוי, and Arthur's mother, Muriel Dubroff, זצ"ל, מינדל בת יעקב ישראל זצ"ל; Yaffa and Larry Liebman; and Sharon and Jerry Volk in commemoration of Sharon's father's Yartzeit, ראובן בן אברהם בצלאל, June 19th 2023 at The Wilshire Grand. RSVP and Place your ad: [www.aabjd.org/event/2023-shul-dinner.html](https://www.aabjd.org/event/2023-shul-dinner.html)

## DAILY SHIURIM & LEARNING OPPORTUNITIES

- **Daf Yomi Shiur** daily with Rabbi Stone at 7:45 AM
- **Sunday at 9:00 AM** this week only in the Youth Lounge:: **David Cherna z"l Navi Class** in Beit Midrash
- **Sunday at 10:00 AM:** Join Joel Rich to learn Rambam's Mishneh Torah, Sefer Madda, Hilchot Sanhedrin: [aabjd.org/zoom](https://www.aabjd.org/zoom)
- **Monday, Tuesday and Wednesday Nights from 8:30 - 10:00 PM:** Weekday Kollel led by Rabbi Stone in the Albert Jacob z"l Sephardic Wing. Chavrusa learning nightly for men and boys. Please contact Rabbi Stone, Steve Malech, Menachem Zwickler, or Eldar Ben-Zikry for more information or to be connected with a Chavrusa.
- **Wednesday 8:15 am EST** current issues in Halacha with Joel Rich will resume on 4/19 after Pesach
- **Tuesday Women's Parsha Shiur at 10:00 AM** with Rabbi Zwickler on zoom: [aabjd.org/zoom](https://www.aabjd.org/zoom)
- **Tuesday at 8:00 PM** in the Beit Midrash: The Book of Mishlei with Rabbi Sharbat
- **Thursday Night Mishmar**
  - **Gemara Shiur (8:00 PM)** with Rabbi Zwickler in the Smilowitz Beit Midrash
  - **Young Professionals Chabura (8:45 PM)** with Rabbi Zwickler in the Smilowitz Beit Midrash
  - **Weekly Chaburah** now in its 25th year! (9:00 PM) in the Library. All are welcome. Studying Avodah Zarah.
- **Shabbat**
  - **15 minutes before Hashkama Minyan:** Parasha Chabura in the Beit Midrash
  - **Before Main Shul Shacharit (8:30 AM):** Parashat Hashavua Shiur given by Rabbi Zwickler
  - Rabbi Zwickler's **Torah in 20** following Kiddush
  - **Chevra Shas** 40 minutes before Mincha on Shabbos, we are learning Masechet Sukkah
  - **Pirkei Avot** shiur by Rabbi Zwickler, 50 minutes before Mincha
- **Nach Yomi:** Finish Nach, learning one perek a day. For information or to join contact Batya Sharbat or Sharon Zwickler

Did you know? You can sponsor a shiur, a class, a program, or a week of learning in memory or in honor of a friend or loved one.

Dedicate a leaf or a mezuzah, or buy a permanent memorial plaque. Email [office@aabjd.org](mailto:office@aabjd.org) to sponsor.



### Lauren Elise Bier Nursery School: Weekly Spotlight

*A section to highlight the exciting activities happening in our shul nursery program.*

The children enjoyed a special visit from Rabbi Eliezer Zwickler in honor of Shavuot. Each child was able to see both Ashkenazi and Sephardi Torahs. The 3s and Pre-K classes also had the opportunity to see the letter of their Hebrew names.

The Pre-K class released 12 butterflies today. After weeks of journaling the changes in the metamorphosis cycle, they learned that each stage looks completely different and serves a different purpose in the life of the insect. The children celebrated with a butterfly release party, where they wore beautifully painted wings and antennae.

LAUREN ELISE BIER NURSERY SCHOOL

**CHALLAH BAKE**

Thursday, June 8th at 8:00PM

ALL WOMEN ARE INVITED TO AN EVENING OF UNITY AND INSPIRATION LED BY MRS. ALTE ESKOWITZ, (SHANA Y'S MAM) AS WE PERFORM THIS BEAUTIFUL, MITZVAH TOGETHER.

\$36 Admission  
Sponsorship Opportunities\*  
\$72, \$118, \$250, \$500  
\*Sponsorship includes a dedication and opportunity to have your personal shulchan prayer printed.

## YOUTH ACTIVITIES AND PROGRAMMING

Shaindy and Dovid Saleman, Youth Directors ([youth@aabjd.org](mailto:youth@aabjd.org))

Shabbat Morning groups at 9:45 am | Minyan Katan at 10:15 am

Tikkun Leil Shavuot Programming: See schedule for details!

### Upcoming Youth Events:

- June 3: High School Girls Seudat Shlisheit, 6:00-7:30, at the Sharbat's. RSVP at Bsharbat@gmail.com
- June 10: Shabbat Lunch for 1st Grade, 12:00-1:30 at the Saleman's
- June 15: End of the Year Event. Details coming soon!
- June 17: Shabbat Lunch for Kindergarten, 12:00-1:30 at the Saleman's
- June 17: High School Oneg, 6:15-7:45PM at the Saleman's

Stay up to date on all Youth information: Check the bulletin boards located outside the youth lounge and outside the main entrance or the Youth webpage at [www.aabjd.org/youth](http://www.aabjd.org/youth)

## COMMUNITY RESOURCES & EVENTS

- **Elevate the Month of May With Mindful Speech:** We are joining over 25 participating synagogues, schools and Jewish organizations to challenge ourselves to uplift our speech and our community this May. For more information and to sign up go to <https://cleanspeech.com/nj>
- **Israeli Dance for Women only, Tuesdays at 7:30 pm.** \$12/week. Any questions contact Elyse Litt or Debbie Buechler.
- **Mikvah number (973) 731-1427; Email: womikvah@gmail.com.** Please make sure to call or text Leora at 347-277-4441 at least 30 minutes before coming to the Mikvah so our attendant can greet you. Yom tov and Shabbat appointments must be made at least 24 hours in advance. Women's Mikvah usage for Sivan is co-sponsored by Debra & Chaim Silverman in memory of Debra's mother, Chaya Tzivya bat Yisroel A'H, and by Esther and Jeffrey Stock, in memory of Esther's parents, Sarah and Ludwig Stiefel.
- **West Orange Mikvah Annual Membership Meeting- 5/31:** The meeting will take place in the AABJ&D Beit Midrash, immediately following davening. If you have not yet paid membership fees for 2023, you can donate through our website: <https://westorangemikvah.org>. The West Orange Mikvah needs your support through membership donations. Membership covers the calendar year. Please donate. Thank you.
- **Job Network (JJN)** for help finding employment: Visit <http://jewishjobnetwork.com>.
- **Nechama Price, our community Yoetzet Halacha,** is available to answer questions you may have regarding family purity, using the mikvah and more. She can be reached at asknechama@gmail.com or 201-888-6999.
- **Hatzalah Metrowest:** Keep the phone number (973) 604-4000 in a central location in your home and snap the QR Code to save it as a contact in your mobile phone. Call Hatzalah for all medical emergencies. Trained volunteers are available 24/7. Contribute to their life saving mission at [www.hatzalahmetrowest.org](http://www.hatzalahmetrowest.org)





Invite all Women to a lecture by our Yoetzet Halacha:

*Nechama Price*

The Value of Niddah:  
Through a Torah lens

Wednesday, May 31, 2023  
8:00 p.m.

At the home of Yonna Rosenberg  
48 Cobblewood Road, Livingston, NJ



Nechama Price is the Director of Yeshiva University's Graduate Program for Advanced Talmud Studies (GPATS), from which she earned certification in 2003. She is a Senior Lecturer in the Bible and Judaic Studies departments at Stern College, where she has been teaching since 2004. Nechama earned a Masters Degree in Jewish Education from Azrieli Graduate School, and an MA in Bible from the Bernard Revel Graduate School. She is also a graduate of the inaugural class of the American branch of Nishmat's Yoetzet Halacha Program, and currently serves as a Yoetzet Halacha (Halachic Advisor) to the communities of Englewood, Tenafly, Livingston, West Orange, Teaneck and Long Branch NJ. Nechama is a community scholar and speaks all over North America. She lives in Bergenfield, NJ with her husband & four children.



AABJ&D INVITES YOU TO THE ANNUAL

# HAKARAT HATOV DINNER

honoring

PAST-PRESIDENTS OF  
SISTERHOOD AND MEN'S CLUB


MONDAY  
JUNE 19, 2023  
6:30 PM

*Wildfire Grand Hotel*  
WEST ORANGE, NEW JERSEY

*Dinner committee*

ESTI BUKIN	MEYER REICHMAN
HANNAH KESTENBAUM	ELLEN ROTHMAN
RAVEENA LOPKIN	SUSAN TRICH
LEE WOLBERG	RAEY YOGEL
	ANDREW YOLIN

CLICK TO RSVP BY JUNE 1  
AND SUBMIT YOUR AD FOR THE ONLINE JOURNAL



Seeking secretary for the shul office  
flexible schedule  
full time or part time hours available  
email [office@aabjd.org](mailto:office@aabjd.org)