

8 Nissan 5779/April 13, 2019—Parshat Metzora/Shabbat HaGadol

## This Weekend— April 12-14th, 2019

The topic for this week's **Shivti seder limud at Cong Beth Aaron** is *"How Much Maztah Do I Buy? Enough for One Day or One Week?"* Rabbi Sason Gabay will lead the shiur and the chabura before the shiur. The program is held on Sunday mornings in the Beit Midrash, beginning at 9:00 a.m. A light breakfast will be served at 8:45 a.m. Each Sunday morning program typically will be independent from the previous and subsequent programs. For more information, please contact Mordy Ungar, 201-741-3920, [m\\_ungar2@yahoo.com](mailto:m_ungar2@yahoo.com).

## April 14th and beyond

**The Beit Midrash of Teaneck (BMT)**, located at Heichal Hatorah, 70 Sterling Pl., provides an interactive Talmud Torah learning experience for men who are retired or have flexible schedules on Monday and Wednesday mornings between 9:15 a.m. and 12:45 p.m. This week **MONDAY ONLY**: seder begins at 9:15 am until 10:45 with a joint shiur between our Chaverim and Heichal's 10th grade Honor's class, given by Rabbi Dovid Komet; at 11:00 a.m., Rabbi Yosef Adler (Rinat) will discuss "The Mitzvah of Baking Matzos on Erev Pesach"; at 12:00, Rabbi Hayyim Angel (Yeshiva University) will give a shiur on Sefer Malachi. **THERE WILL NOT BE ANY CLASSES HELD ON WED. APRIL 17.** Source sheets are provided and can be obtained in advance by contacting [BMTeaneck@gmail.com](mailto:BMTeaneck@gmail.com)

## Tomchei Shabbos collection of Matzot

Tomchei Shabbos of Bergen County is once again collecting your free 5 pound packages of matzo at 421 Churchill Rd., Teaneck (side room by the driveway.)

## Refa'enu Peer led support groups to meet

**Tuesday, April 16 | Paramus, NJ**

Groups meet regularly on the 1st and 3rd Tuesdays of every month, with some exceptions, as noted on the website. Groups meet at 7:30pm in the Ben Porat Yosef Building at E. 243 Frisch Ct. in Paramus, NJ. Doors open at 7:10pm. Please make an effort to be on time (by 7:30pm) so as not to disrupt the flow of the groups. Groups are divided between a group for those with a disorder (depression, bipolar) as well as a group for their loved ones. Please check website to confirm meetings: <http://www.refaenu.org>. No reservations are required. For more information contact: [dena@refaenu.org](mailto:dena@refaenu.org).

## Big Bread Burn

**Friday, April 19th | 9:00am to 11:45am | Jewish Center of Teaneck parking lot.**

## Post-Pesach food collection—donation to Gemachs and food pantries

**Sunday April 28th until Sunday, May 5th | home of Debby & AZ Rapps, 1499 Sussex Rd, (Corner Warwick).** (201)837-9683. We will once again be collecting all of your unopened, non-perishable food to be donated to local Gemachs and food pantries. Please leave food on the back deck, on Warwick Ave., during daylight hours so that animals don't get into it overnight. Please don't leave the food in the rain.

## Annual Yom Hashoah commemoration

**Wednesday, May 1st | 7:30pm | Teaneck High School auditorium**

This year marks the 80th Anniversary of the start of the Shoa. A pre-event reception for survivors and their families in our community will be held at 6PM in the multi-media room at Teaneck High School. To RSVP, contact Annette Prager at 201-385-1612. The guest speaker is Toby Levy, an orthodox woman from Chodorow, Poland in 1933. Toby and her family were saved by righteous

gentiles who hid them during the Nazi occupation. They were among the few survivors of the thousands of Jews who lived in this area. For more information, go to [www.teaneckyomhashoa.org](http://www.teaneckyomhashoa.org). The Holocaust Commemoration Committee is currently seeking Holocaust survivors as well as Second and Third Generations to participate in the candle lighting portion of our program. For more information and for potential participation, contact Jeanette Malca at 201-248-4648 or at: [jmalca44@gmail.com](mailto:jmalca44@gmail.com).

## MENTAL HEALTH AND ADDICTION SYMPOSIUM: ELIMINATING STIGMA

**Sunday, May 5th | 9:00am – 11:30am | Yeshivat He'Atid | 1500 Queen Anne Rd, Teaneck,** The symposium will open with a keynote address delivered by Dr. Norman Blumenthal and Lisa Twerski, LCSW, on stigma, its impact on the community, and ways to combat it. This is an opportunity for you to participate in several sessions led by professionals on numerous topics including sexual abuse, suicide, vaping, marijuana, mood disorders, peer support, and ways to approach loved ones with concerns. This event is co-sponsored by Communities Confronting Substance Abuse and Refa'enu. For more information: email [time2talkaddiction@gmail.com](mailto:time2talkaddiction@gmail.com) or go to our website [www.time2talkaddiction.org](http://www.time2talkaddiction.org)

## Mickey Marcus Memorial Service

**Sunday, May 5th | 10:00am | U.S. Military Academy, West Point** Annual program commemorating Col. David Mickey Marcus among the 41 U.S. and Canadian volunteers. For details, contact Susan Levin, [Susanklevin@gmail.com](mailto:Susanklevin@gmail.com); or Mark Wiesen, [srwiesen@aol.com](mailto:srwiesen@aol.com)

## Jewish National Fund communal brunch celebration

**Sunday, May 5th | 9:00am – 11:30am | The Rockleigh,** featuring Professor Alan Dershowitz. The celebration will feature over 300 JNF investors, students, clergy and community leaders. Further information and registration details are available at [www.jnf.org/nnjbrunch](http://www.jnf.org/nnjbrunch) or by contacting Jacqueline Yehudiel, JNF Director for Northern NJ at [jyehudiel@jfn.org](mailto:jyehudiel@jfn.org).

## Join Beth Aaron Sisterhood for a cooking demo with Victoria Dwek

**Sunday, May 5 | 7:30pm | Neugroschl home, 100 Edgemont Place, Teaneck.** K kosher food personality Victoria Dwek will offer a Pre-Shavuot cooking demonstration. Victoria is the co-author of many cookbooks, including the "Made Easy" cookbook series, "Everyday Secret Restaurant Recipes," and "Secret Restaurant Recipes." The cost is \$30, and sponsorships are available. Register at [www.bethaaron.org/event/SisterhoodShavuotCooking](http://www.bethaaron.org/event/SisterhoodShavuotCooking).

## Nitzanei Noam Summer program for 2-3 year olds

Nitzanei Noam, located in Bnai Yeshurun, Teaneck, is accepting applications for its 2-3 year old summer program. Experienced head counselor, fun junior counselors, outdoor climbing and play area, outdoor water play, dynamic daily programming and learning, music, yoga and more. Hours are 9:00am-3:00pm with early drop off and late pick up available. For more information visit [www.yeshivatnoam.org](http://www.yeshivatnoam.org), call Morah Joyce Buckman at 201-836-6871, or email her at [jbuckman@yeshivatnoam.org](mailto:jbuckman@yeshivatnoam.org).

## NORPAC's Advocacy Mission to Capital Hill on Tuesday May 21st.

Take one day to advocate for Israel's security - Israel's critics are becoming bolder and we cannot afford to sit on the sidelines! Register at [Norpac.net](http://Norpac.net), (201) 788-5133 or email Laurie Baumel at [lbaumel@norpac.net](mailto:lbaumel@norpac.net). Registration - \$185 adults/ \$125 for

students and \$135 for young professionals up to age 30.  
Transportation and Meals included.

#### **Torah in Motion Jewish Medical Ethics Conference**

**May 23rd-26th** | Gideon Putnam Resort and Spa in Saratoga Springs, NY. Join for a weekend of inspiring learning surrounded by the serenity of Saratoga Spa State Park. For information or to book call 416-633-5770 or email [info@torahinmotion.org](mailto:info@torahinmotion.org)

#### **Ongoing/Miscellaneous**

**Bikur Cholim Bergen County (BCBC)** is a volunteer run 501(c)3 organization which provides support, facilities, and services to ease the burden of families during crises. Bikur Cholim Bergen County can be reached at 201-579-3066 or visit their website at [www.bikurcholimbergencounty.org](http://www.bikurcholimbergencounty.org) for a full list of services.

#### **Tomchei Shabbos of Bergen County**

**Volunteers needed to pack | Wednesdays | 2:30pm—Early pack— (Adults only), or 5:45pm Regular packing**

Please only reply if you are willing and able to make a serious commitment. Contact Sara Walzman at [sdwalzman@yahoo.com](mailto:sdwalzman@yahoo.com)  
**Chesed Opportunities Bar and Bat Mitzvah boys and girls!** For information how to commemorate your Simcha with a chesed project thru partnering with Tomchei Shabbos, contact Andrea Fields at 973-371-1771x411 or [AJBier@aol.com](mailto:AJBier@aol.com)

**Teaneck Simcha Gemach** has folding tables, cocktail tables, chairs and coat racks (w/ hangers) available for loan. Contact [teanecksimcha@yahoo.com](mailto:teanecksimcha@yahoo.com).

#### **Project YECHI Tablecloth Gemach**

Project Yechi helps to provide financial support for families fighting illness. Please email [projectyechi@gmail.com](mailto:projectyechi@gmail.com) for details.

#### **Down the Aisle Gemach (Chatan and Kallah Gemach)**

Setting up a home can be daunting and expensive. Help couples by donating new or unopened gifts. We accept household, Judaica, linens, gift-ware, engagement and wedding gifts that perhaps are not your taste but others would enjoy as they start their new lives together. **Teaneck Drop off:** Carrie Cooper, 1060 Windsor Road 201-801-9028. [candscooper@gmail.com](mailto:candscooper@gmail.com).  
**Bergenfield Drop off:** Meredith Yager, 65 Lee Place 201-321-4301 [Meredithyager@gmail.com](mailto:Meredithyager@gmail.com)

**Toiletry Collection Drive** - Ongoing collection of full size shampoo, conditioner, body wash and bar soap that is distributed on a regular basis to community members in need. This is a year-round collection and very much needed. **Drop off at the Stone residence** - **578 Grenville Avenue, Teaneck** - purple collection box located at the right side door. Questions? Please contact Gila - [gr5thkid@msn.com](mailto:gr5thkid@msn.com).

#### **Bat Mitzvah Dress Gemach**

Do you have a gorgeous Bat Mitzvah dress that no longer fits, hanging in your closet? Teaneck Bat Mitzvah Gown/Dress Gemach now accepting dresses in excellent condition. Current styles only please. Happy to pick up or you can drop off. Come take a look at our great selection! For more info email the Gemach at [bmdressgmach@gmail.com](mailto:bmdressgmach@gmail.com)

#### **CAN YOU USE FREE FOOD ONCE A WEEK?**

**Shearit Haplate of Bergen County** is our only local kosher food rescue and distribution organization. If you think this would help you and your family, please email us at [shearithaplate@gmail.com](mailto:shearithaplate@gmail.com). If you would like to volunteer 2hrs/ week to help Shearit HaPlate pick up or repack food donations, please email us at [shpbcinc@gmail.com](mailto:shpbcinc@gmail.com) and we would be happy to put you to work ASAP! If you would like to donate catered leftovers from a special gathering or event, small or large, please call for pick-up Danny Chazin 201-835-5338. For more information about our not-for-profit organization and for donation opportunities please visit [www.shpbc.org](http://www.shpbc.org) or visit our Facebook page.