

This Weekend—January 11-13 2019

Rabbi Larry Rothwachs series—"Talking in Shul"

Friday night, January 11th | 7:45pm at Cong Beth Aaron

Rabbi Larry Rothwachs will lead another session in his "Talking in Shul" series. The topic for this week is: "*Frum a Distance: When Family and Friends Leave Orthodoxy.*" Adults and teenagers are strongly encouraged to participate in this discussion. Regardless of whether or not you plan to attend this coming Friday night, you are encouraged to take the time to read these articles and allow yourself the opportunity to reflect upon them and process them accordingly.

<https://blogs.timesofisrael.com/when-your-child-embarks-on-a-new-derech/>. <https://blogs.timesofisrael.com/on-a-new-derech-a-letter-from-a-son-to-his-mother/>

Cong Beth Aaron new Seder on Sunday morning

Sunday, January 13th.

The topic for this week's Shivti seder limud at Congregation Beth Aaron is "*The Greatest of the Grape: What Type of Beverage May Be Used for Kiddush?*" The program is held on Sunday mornings in the Beit Midrash, following the 8:00am. minyan. A light breakfast is served at 8:45am. Each Sunday morning program typically will be independent from the previous and subsequent programs. This week, **Rabbi Sason Gabay** will lead a chabura and also give the shiur. For more information, please contact Mordy Ungar, 201-741-3920, m_ungar2@yahoo.com

January 14 and beyond

Family Support Group for loved ones of those suffering from

addiction and substance abuse. We meet every other **Wednesday in Teaneck at 8:00pm.**, free of charge. The support group meets this week. For location and more information please email: Time2TalkAddiction@gmail.com.

The Beit Midrash of Teaneck (BMT), located at Heichal Hatorah, 70

Sterling Pl., provides an interactive Talmud Torah learning experience for male retirees on **Monday and Wednesday mornings between 9:15am and 12:45pm.** This week, Seder begins at 9:15am; at 10:00am, **Rabbi Ronen Dvash** (Heichal HaTorah) will give a shiur on Gemara Brachot; at 11:00am, **Prof. Nechama Price** (Yeshiva University) will discuss "The Tensions of an Isolated Jew in a Foreign Land: Yosef & Moshe" (Monday), and "Justifying Lies in Tanach" (Wednesday); at 12:00, **Rabbi Hayyim Angel** (Yeshiva University) will give a shiur on Sefer Nechemia. Source sheets are provided and can be obtained in advance by contacting BMTeaneck@gmail.com

Teaneck Baseball Registration is now open for Spring 2019!

TBO is open for Teaneck girls and boys in grades Pre-K through 8th grade. Register now and you will receive 2018 rates (until Dec. 15). Register at www.tbo.siplay.com. Any questions, please email Sue at suefeuer@gmail.com

The Frisch School's Annual Dinner

Saturday night Feb 9th, 2019

The honorees are: Ruth and Ed Lubat, Natie Fox, Jennifer Wolf Seidel '87, and Rabbi Neil Fleischmann. To make a reservation and for more information: www.frischdinner.com

Ninth Annual Bonnie Berman, a"h Yahrzeit shiur

Shabbat afternoon, January 19 | 3:00pm | Cong. Rinat Yisrael Classrooms D-E. Rabbi Yonah Berman will speak on "*Human Angels and Angelic Humans: Encountering the Divine in Breishit, Shemot and Beyond*". The shiur is sponsored by the Ladies Shabbos Afternoon Shiur Group and the Berman Family.

Bonei Olam Fundraiser—Save the Date!

Motzei Shabbat February 23rd | Cong Keter Torah

Bonei Olam Bergen County Event - A Taste of Hope. Come join us for a community-wide **Chopped Competition with Naomi Nachman**. To sign up for a chance to compete go to bit.ly/boneiolamchopped No RSVP required. To make a donation: <https://www.boneiolam.org/donation?event=bergencounty18&aff=bc18-email-121918>

Devorah Kigel will offer a shiur at Cong Beth Aaron

Tuesday, February 5 | 8:00 pm

This is part of the Beth Aaron Sisterhood's Rosh Chodesh Adar celebration. Her topic is: "*How to Become a Queen in your Home: Lessons Learned from the Three Women in the Purim Story.*"

Ben Porat Yosef's Annual Dinner

Saturday, February 23, 2019, 8:00pm | Montammy Country Club, Alpine, NJ.

We will be honoring BPY stakeholders, change makers and leaders Jessica Kohn, Liz and Alan Mitrani, Cheryl Weiner Rosenberg, and Ilana Tachauer. To participate in the commemorative eJournal, purchase tickets or for more information, please visit www.BPYdinner.org or contact Gabrielle Altman, Director of Development, gabriellealtman@benporatyosef.org.

Cong Shaarei Orah to host a CPR Course

Sunday, February 24 6:30pm Shaarei Orah 1425 Essex Rd., Teaneck is offering a 2-hour CPR course, for ages 13 plus. Price is \$75 per person. Price includes the 2-hour course and training materials as well as certification, textbook and a certification card from American Heart Association. To reserve and pay for a spot click on this link <https://www.sephardicteaneck.org/form/CPR> We have limited space, so please reserve ASAP. Spots will be reserved on a first come, first served basis. If you have any questions, please email office@sephardicteaneck.org or call the office at 201-833-0800.

We welcome any family member with a loved one suffering from **addiction and substance abuse issues to our local support group**, which meets every other Wednesday evening in Teaneck. The group is free of charge and is facilitated by clinicians specializing in addiction. For more information and the time/location of the meeting, please email: Time2TalkAddiction@gmail.com. For more information about CCSA, please visit our website: www.Time2TalkAddiction.org.

Rabbi Steven Pruzansky will be leading a **Congregation Bnai Yeshurun Jewish Heritage Trip to Latvia, Lithuania and Belarus from May 13-20, 2019.** We will be exploring Riga, Dvinsk, Boisk, Vilna, Kovno, Radin and Volozhin, among other places. Shabbat will be celebrated in Vilna. The resident historian will be Rav Avraham Krieger, founder of Shem Olam. There are about ten spots left, and we invite members of the community

to join. Those interested should contact Rabbi Pruzansky at Rabbi@BnaiYeshurun.org or log onto <http://heritageseminars.org/eventsarchive/congregation-bnei-yeshurun-seminar/>. Registration is now underway.

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 for a full list of services.

Tomchei Shabbos of Bergen County

Volunteers needed to pack | Wednesdays | 6:00pm

Please only reply if you are willing and able to make a serious commitment. Contact Sara Walzman at 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

Medical Equipment Gemach

The Rinat Chaim Gemach lends and delivers medical equipment throughout Bergen County. For more information or to contact the Gemach visit our website www.rinatchaimgemach.com. email info@rinatchaimgemach.com

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

Project YECHI Tablecloth Gemach

Project Yechi helps to provide financial support for families fighting illness. Please email projectyechi@gmail.com for details.

Down the Aisle Gemach Formerly known as: 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. **Bergenfield Drop off:** Meredith Yager, 65 Lee Place 201-321-4301 Meredithyager@gmail.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

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.

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. 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 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 or visit our Facebook page.

NORTH JERSEY SHIDDUCH GROUP

We are part of a group of volunteer, New Jersey matchmakers that would like to help Jewish singles of all ages and hashkafa levels find appropriate matches. This is a Shul by Shul initiative in nearby communities, and there is a commitment to Privacy. Please contact us if you'd like my group to introduce you to great singles and inform you of upcoming singles events. Esty Shafar 917-291-9912 Emil.rdh@gmail.com

PROJECT EZRAH INTEREST FREE LOAN PROGRAM

Project Ezrah has recently introduced an Interest Free Loan Program (IFLP). The IFLP is intended to help people with unexpected expenses (collapsed roof, unusual car repair, i.e.). If interested, please contact Robert Hoenig at robert@ezrah.org