

SHABBAT SCHEDULE

Candle Lighting	4:31 pm
Mincha/Maariv	4:35 pm
Dr. Deena Rabinovich	FOLLOWING
"Fermentation in Egypt: BNY Confront a Great Power"	MINCHA/MAARIV
Main Shul	
Nerot Annual Oneg with	8:00 pm
Dr. Deena Rabinovich	
Home of Adina & Rabbi Ezra Wiener	

SHABBAT MORNING

Ami Goldsmith , Bar Mitzvah	9:00 am
Shacharit	
Main Shul	7:00, 9:00 am
Beit Midrash	8:30 am
Social Hall B	8:45 am
Teen Minyan Social Hall A	9:00 am
Rambam Shiur, Murray Sragow	8:15 am
Beit Midrash	
Youth Groups	9:00 am
Sof Zman Kriat Shma	9:42 am
Shailot uTshuvot Shiur,	RECONVENES
Elie Berman	NEXT WEEK
Tot Shabbat	10:45 am
Back of Beit Midrash	

SHABBAT AFTERNOON

Mincha	2:00 pm
Main Shul	
Daf Yomi	3:15 pm
Back of Beit Midrash	
Mincha	4:15 pm
Main Shul	
Dr. Deena Rabinovich	BETWEEN MINCHA
"Moshe: The Pangs of Leadership."	AND MAARIV
Man Shul	
Maariv	5:25 pm
Main Shul	
Shabbat Ends	5:33 pm
Parent Child Learning	6:20 pm
Beit Midrash	
Bar Mitzvah Class,	6:45 pm
Rabbi Strauchler	
Classroom D/E	

January 19th

Candle Lighting	4:39 pm
Mincha/Maariv	4:45 pm
Main Shul	

MAZAL TOV

Rose & Noah Burstein on the birth of twin grandsons, born to Lauren Burstein & Avi Faitelewicz.

Miriam & Joshua Goldsmith on the bar mitzvah of their son, Ami. Mazal tov to siblings, Eitan and Sarah, grandparents, Estee & Lenny Goldsmith and Cary & Marsha Pineles and to all family and friends joining for the simcha.

Harold & Esther Perl and **Norbert & Dorothy Strauss** on the birth of a great grandson and great great grandson. Mazal tov to parents Yael & Elimelekh Perl of Elizabeth, NJ.

CONDOLENCES

Juda Engelmayer on the loss of his beloved mother, *Roslyn Engelmayer*, z"l.

Susie Gitler on the loss of her granddaughter's husband, *David Schwartz*, HY"D, who was killed in combat in Gaza, while defending *Am Yisrael*.

Susan Pollock (Wiseman) on the loss of her beloved brother, *David Pollock*, z"l.

Resa Warburg on the loss of her beloved mother, *Muriel Gopin*, z"l.

May the **Engelmayer, Gitler, Gopin, Pollock, Schwartz, Warburg** and **Wiseman** families be comforted among the mourners of *Tzion vYerushalayim*.

For shiva and chesed details, go to www.rinat.org/ShivaInformation. To send a condolence card through Nerot, please contact Carrie Cooper at CandSCooper@gmail.com or go to www.rinat.org/nerot-mitzvah-cards.

THIS WEEK AT RINAT

OU Women's Initiative Nach Shabbat—Dr. Deena Rabinovich—Shabbat, January 12th–13th. Friday night following Maariv, "Fermentation in Egypt: BNY Confront a Great Power". Nerot Friday Night Oneg, "Between Hishtadlut and Bitachon: Sarai and her Relationship with Hagar". Shabbat afternoon between Mincha and Maariv, "Moshe: The Pangs of Leadership". Sponsored by **Erik, Noah, Jacob and Sarah Kessler** in honor of Dana's completing of Nach Yomi. Main Shul.

Nerot's Annual Oneg with Dr. Deena Rabinovich—Friday, January 12th, 8pm. "Between Hishtadlut and Bitachon: Sarai and her Relationship with Hagar". Sponsored by **Reva & Danny Judas**, in memory of Reva's beloved sister, *Sara Green Korf*, שרה שולמית בת הרב, ז"ל. At the home of **Adina & Rabbi Ezra Wiener**, 420 Maitland Ave.

Parent/Child Learning—Motzei Shabbat, January 13th, 6:20pm. Sponsored by **Sara & Nathan Light** in memory of *Shmaya Yisrael ben Natan Zev*, z"l. Beit Midrash.

Bar Mitzvah Class 5784—Motzei Shabbat, January 13th, 6:45pm. Seventh in a series of eight classes. Classroom D/E.

Lunch and Discussion with Rabbi Strauchler—Tuesday, January 16th, 1pm. We will be reviewing articles from *Tradition: A Journal of Orthodox Jewish Thought* each month. January's article: "In Praise of Esau: Between Rashi's Commentaries to Torah and *Nakh*" by Lisa Fredman. For source materials go to rinat.org/source-materials. Classroom D/E.

Blood Drive—Tuesday, January 16th. 1–7pm. To make an appointment go to donate.nybc.org/donor/schedules/drive_schedule/311315. Social Hall.

WEEKDAY SCHEDULE—JANUARY 14–19

Shacharit	
Sun (Main)	7:00, 8:00, 9:00 am
Mon (MLK Day) (Main)	6:20, 7:20, 9:00 am
(Beit Midrash)	7:00, 8:00 am
Tue, Wed, Fri (Main)	6:30, 7:30 am
(Beit Midrash)	7:05, 8:00 am
Thu (Main)	6:20, 7:20 am
(Beit Midrash)	7:00, 8:00 am

Mincha	
Sun (Main)	12:45 pm
Mincha / Maariv	
Sun (Main)	4:40 pm
Mon–Thu (Beit Midrash)	4:40 pm
Late Maariv	
Sun (Main)	9:15 pm
Mon–Thu (Beit Midrash)	9:15 pm

ADULT EDUCATION SCHEDULE

Women's Chumash B'Iyun Shiur with Rabbi Strauchler, Wednesdays, 12:30pm. For up to date information on this shiur, join the WhatsApp group at chat.whatsapp.com/IC6JrkMmdBfASLM6Vhlf43. Beit Midrash.

Rabbi Wiener's Topics in the Weekly Daf Yomi is on hiatus and will resume, **Wednesday, January 31st.**

Rabbi Effy Unterman's Chabura, Wednesdays, 9pm. Beit Midrash Back Room or via Zoom at zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbmNkaThEbWpYb09qZz09.

Making Sense of Divine Providence with Rabbi Wiener is on hiatus and will resume **Friday, January 26th.**

Rambam Shiur—Shabbat Mornings, 8:15am. Beit Midrash.

Shailot uTshuvot Shiur with Elie Berman will not be meeting this week and will resume **Shabbat, January 20th.**

Recordings of recent webinars/shiurim, available at www.rinat.org/rinatwebinars#

Sponsor adult education programs at www.rinat.org/form/Adult-Education-sponsorship.html

NACH YOMI

Kol Hakavod to the following Rinat women who have completing the two-year Torat Imecha Nach Yomi: **Judy Golowa, Dana Kessler, Miriam Schenker, Samara Wasserman.** To be added to this list, please e-mail office@rinat.org.

MEALUIM

Rinat's Israel Initiatives Committee is partnering with Tzohar to support their new Mealum program to connect communities outside Israel with communities within Israel by sponsoring meals for the families of soldiers serving in miluim. For more information and to donate to this initiative, go to www.rinat.org/mealum#.

RINAT COMMUNITY WHATSAPP

To join Rinat's Community Notifications whatsapp chat.whatsapp.com/DM0GjuMPoOQ3Ln6valQXCO

KOL RINAT

Please email your announcement to office@rinat.org by **Wednesday at 12pm.**

**A MESSAGE FROM RABBI STRAUCHLER
STRONG BREATHING**

Since October 7, when you ask someone how they are doing, how do they respond?

We all lead our lives, but we carry with us a certain heaviness. The people of Israel are on our minds, day and night. The hostages. The soldiers. The displaced families. We think about that weight on our hearts, as we read about the shortness of breath in *parsha vaera* this week:

ולא שמעו אל-משה מקצר רוח ומעבדה קשה:

They did not heed Moshe, because of shortness of breath and hard work.

Rashi comments that the people had a physiological response at this moment, their circumstances had caused them to hyperventilate:

כל מי שהוא מצר, רוחו ונשימתו קצרה, ואינו יכול להאריך בנשימתו

If one is in anguish his breath comes in short gasps and he cannot draw long breaths.

Ramban further explains that this is not a critical statement against the Jewish people. Their rejection of Moshe was not from lack of faith in Hashem. Rather, they couldn't pay attention – they were so overwhelmed by their helplessness that the hope that Moshe offered was irrelevant to them:

לא בעבור שלא יאמינו בה' ובנביאו, רק שלא הטו אוזן לדבריו מקוצר רוח, כאדם שתקצר נפשו בעמלו, ולא ירצה לחיות רגע בצער

There is something almost physiological different in our breathing, too.

We would like to be strong, and we are strong. But it's also hard to breathe. When it's hard to breathe, it's often hard to listen. We try to listen. But as we try, let us also hear Hashem's understanding. Let us appreciate Hashem's *rachmanus* for our failure to listen all those years ago. Let us have understanding for ourselves. Let us have just a little more understanding for one another.

We are strong. Let us be strong. May we both give and receive *rachmanus* amidst the strength.

UPCOMING EVENTS

Communal Luncheon—Shabbat, February 3rd. More details to follow.

Two community members are in need of a kidney, please come to the **Renewal, Kidney Donation Awareness & Swabbing Event** on **Sunday, February 4th, 8:30am-11am.** Main Lobby.

YU's Sacks—Herenstein Center Book Launch—Sunday February 4th, 8pm. *"An Ode to Joy: Judaism and Happiness in the Thought of Rabbi Lord Jonathan Sacks and Beyond."* ed. Dr. Erica Brown, Dr. Shira Weiss. Featuring a presentation by **Dr. Tal Ben-Shahar.** Main Shul.

Nerot Challah Bake— Thursday, February 8th, 8pm. For more details and to register, go to www.rinat.org/challahbaking. Social Hall.

Nerot Mezuzah Stitching Workshop—Sunday, February 11th, 9:30-11:30am. Come stitch a mezuzah case for families in Southern Israel who lost their homes. For beginners and master stitchers. 100% of proceeds goes toward the mezuzah klaf. \$36 to come stitch. \$72 to purchase a klaf. Sponsorship opportunities available. In memory of the grandson in-law of **Susie Gitler, David Schwartz, HY"D.** For more details and to register, go to www.rinat.org/mezuzah. Social Hall.

Save the Date: Baby Boomer Dinner—Friday, March 22nd. More details to follow.

BERGEN COUNTY UNITY MISSION TO ISRAEL

Join friends from Teaneck, Bergenfield, Fair Lawn, Fort Lee and other communities across Bergen County on **February 20th-22nd** for a mission to Israel in partnership with Sulamot and Mizrahi. The trip will include an in depth visit to Kerem Shalom, meeting with displaced residents of Kerem Shalom, a visit with Rav Yosef Zvi Rimon, bikur cholim, volunteer opportunities, meeting families of hostages and a visit to Mishpachot Shekulot. For more information and to register go to form.jotform.com/240092163126043.

YOUTH NEWS

Groups for children in nursery – 6th grade meet on Shabbat mornings from 9am until the end of Mussaf, in the youth wing. To sponsor a birthday cake or cupcakes, go to www.rinat.org/form/youth-sponsorship.html. Questions? Email youth@rinat.org.

Tot Shabbat meets at 10:45am on Shabbat mornings, in the back of the Beit Midrash.

Parent/Child Learning—Motzei Shabbat, January 13th, 6:20pm Beit Midrash. Sponsored by **Sara & Nathan Light** in memory of *Shmaya Yisrael ben Natan Zev, z”l*. To sponsor parent/child learning, go to www.rinat.org/form/parent-child-learning-sponsorship. Beit Midrash.

Join the Rinat Youth WhatsApp group. chat.whatsapp.com/GbLOYKTqs9KGkZCjdmp3ny

TEEN NEWS

Teen Minyan meets on **Shabbat mornings at 9am** in Social Hall A. Sponsor a kiddush at www.rinat.org/form/teensponsorship.

Bar Mitzvah Class 5784—Motzei Shabbat, January 13th, 6:45pm. Seventh in a series of eight classes. Classroom D/E.

Sports Trivia Night—Motzei Shabbat, February 17th, 8pm. Teen boys with a sporty adult of your choice or a friend. Members: \$18 per team. Affiliate Member: \$22 per team. Non-Members: \$25. To register, go to rinat.org/teen-sports.

Bat Mitzvah Program 5784 Prepare for your Bat Mitzvah with your Friends! For Girls in 5th and 6th Grade. Motzei Shabbat Learning: **March 2, 9, 16, 30 April 6, Chesed Sundays: March 10,17, Havdallah Kumzitz: April 13.** Topics include: Women in Halacha, Timeless Lessons in Tanach. Tzedakah and Social Action, Becoming a Bat Mitzvah. For flyer and to register go to www.rinat.org/batmitzvah#. For more information contact: avital.strauchler@gmail.com

Join the Teen WhatsApp group for all the latest Rinat teen news, events and happenings. chat.whatsapp.com/J0sAEd6pdxLElsl0UslluB

SPONSORSHIPS

WEEKLY BRIEF SPONSORSHIP

Rivi & Avi Katz in honor of the birth their grandson, Aryeh Adin, born to Dena and Avi Block of Ra'anana, Israel, and in commemoration of the fifth yearzeit of Avi's beloved father, *Dr. I. Norman Katz, z”l*, on the 9th of Shevat.

Cecile & Michael Wollman in commemoration of the yearzeit of *Harold Wollman, z”l*.

LEARNING SPONSORSHIP

Stephanie & Michael Kaufman in commemoration of the yearzeit of Michael's beloved grandmother, *Leah bat Mordechai, z”l*. (1/12)

Cecile & Michael Wollman in commemoration of the yearzeit of *Harold Wollman, z”l*. (1/14-1/21)

Save the Date: Rinat Yisrael 36th Annual Dinner—Motzei Shabbat, February 24th, 8pm.

Guests of Honor: **Riki & Seth Landa**. Sruli Guttman Service Award: **Ranon Mann**. Young Leadership Award: **Emily Adler**, honoring our graduating group leaders and a l'hitraot to **Adina & Rabbi Ezra Wiener** as they make Aliyah. To register, go to www.rinat.org/dinner.

We are honored to be able to pay tribute to our deserving honorees. The Books of Tribute, traditionally presented to each Rinat honoree, are an opportunity for Rinat members, dinner attendees, friends and family to have personal messages to each honoree included in a meaningful keepsake. Submitting a message for inclusion is a wonderful way to acknowledge an honoree's contribution and to offer your congratulations and good wishes. Messages should be sent to the emails listed below. Please submit all messages by **February 4th** to ensure they are included in the Tribute Books. Riki and Seth Landa - landattribution@rinat.org, Ranon Mann - ranontribute@rinat.org, Emily Adler - emilytribute@rinat.org

In keeping with Rinat's dedication to limmud haTorah, every year we learn as a community and a siyum is made at our Annual Dinner. This year, our learning will be dedicated for the zechut of the hostages and in memory of the Tzaddikim who were killed Al Kiddush Hashem. Please help make our Annual Dinner a seudat mitzvah and take a minute to sign up to learn for this year's siyum on Chamisha Chumshei Torah. You can sign up even if you will not be attending the dinner or have registered for the dinner already at: www.rinat.org/siyum#

JOIN OUR WHATSAPP GROUPS:

Rabbi Strauchler's Daily Divrei Halacha Whatsapp group. www.rinat.org/rabbi-strauchler-shiur

Rabbi Wiener's Mishna Yomit Whatsapp group, chat.whatsapp.com/E7Ua880sAQuELI6RlxsXlv. Sponsored by **Becky & Avi Katz and Family** in loving memory of Becky's father, *David Grossman, z”l, בן מנחם מוניש, ז"ל*. May the learning serve as an aliyah for his neshama. Additionally sponsored by **Chanie & Jeff Kohn** in memory of Chanie's father, *Chaim Yaakov Ben Pinchas Eliyahu, z”l*. May his neshama have an aliyah in the merit of all the learning.

Rinat's Nach Yomi Whatsapp group chat.whatsapp.com/LFfWCBpdCzw07Sn2BGVVdI. This group will share information from the OU women's initiative relating to the current Nach Yomi cycle.

Daf A Week Chaburah Whatsapp Shiur

To join the whatsapp group, go to chat.whatsapp.com/CJldztqmHKzJ4Wjo623mhH. For more information, contact Rabbi Ezra Wiener, 201-220-7314 or at rabbiwiener@rinat.org.

CHAYALIM AND MISSING

Please take a moment to review the names of the Chayalim with a direct connection to the Rinat family and Missing at www.rinat.org/chayallimandmissing. If you have relatives or friends that are serving in the IDF, please send their Hebrew names and Mother's name so that they can be included in the shul tefillot to office@rinat.org.

IDF SOLDIERS FOR OUR TEFILLOT

Please include in your tefilot soldiers from the Rinat family currently serving in the IDF: **Avi Bursztyn, Lior Chasid , Sophie Dubitsky, Dani Forman, Elitzur Gitler, Reuven Gross, Moshe Klavan, Zachary Kohn, Shlomo Kroopnick, Ari Milgram, Ronel Roos, Yitzi Rothschild, Elan Schwartz, Orlee Schwartz, Asher Stein, Gavriel Weiss and Eliyahu Zimbalist**. Email office@rinat.org to add a name to this list.

MAIN MINYAN MECHITZAH UPDATE

The curtain mechitzah in the women's section of the main sanctuary will be moved to row J, in response to the increased number of women attending Friday night Mincha/Maariv minyan.



Hollyrock Entertainment
January 2024



DR. DEENA RABINOVICH

Shabat, January 12th-13th

Friday, Following Mincha/Maariv. Main Shul.
"Fermentation in Egypt: BNY Confront a Great Power"

Nerot Friday Night Oneg.

"Between Hishtadlut and Bitachon: Sarai and her Relationship with Hagar"

Shabbat, between Mincha and Maariv. Main Shul.
"Moshe: The Pangs of Leadership"

Deena Rabinovich chairs the Rebecca Ivry Department of Jewish Studies and the Legacy Heritage Jewish Educators Project at Stern College for Women. She directs the PEP Program at the Azrieli Graduate School of Jewish Education and Administration. She received her bachelors from Stern College for Women, her Masters from New York University, and her doctorate from the Azrieli Graduate School of Jewish Education. Prior to teaching at Stern College for Women, Deena taught at Central-Yeshiva University High School for Girls and at the North Shore Hebrew Academy.

Sponsored by **Erik, Noah, Jacob and Sarah Kessler** in honor of Dana's completing of Nach Yomi



OU WOMEN'S INITIATIVE
NACH SHABBAT



CONGREGATION
RINAT YISRAEL



NEROT WELCOMES YOU TO THE

Annual Oneg

Friday, January 12 at 8pm

With a discussion led by
Dr. Deena Rabinovich

"Between Hishtadlut and Bitachon:
Sarai and her Relationship with Hagar"

At the home of
Adina and Rabbi Ezra Wiener
420 Maitland Ave

Deena Rabinovich chairs the Rebecca Ivry Department of Jewish Studies and the Legacy Heritage Jewish Educators Project at Stern College for Women. She directs the PEP Program at the Azrieli Graduate School of Jewish Education and Administration. She received her bachelors from Stern College for Women, her Masters from New York University, and her doctorate from the Azrieli Graduate School of Jewish Education. Prior to teaching at Stern College for Women, Deena taught at Central-Yeshiva University High School for Girls and at the North Shore Hebrew Academy.

Generously sponsored by
Reva and Danny Judas
in memory Reva's sister
Sara Green Korf z"l

שרה שולמית בת הרב שמחה אהרון

**BLOOD
EMERGENCY**

DONORS NEEDED

TUESDAY, JANUARY 16TH

1pm to 7pm

Congregation Rinat Yisrael

389 W. Englewood Ave, Teaneck.

Appointments encouraged. Walk-ins welcomed if drive capacity permits.

For an appointment: https://donate.nybc.org/donor/schedules/drive_schedule/311315

Or Scan QR code



Thank you for being a blood donor and to support our mission of saving lives.

If you are unable to donate, you can still help by sharing the need for blood donations.

Appointments are preferred however walk-ins will be welcomed if space permits. Please remember to eat, drink, and bring your ID with your name and photo. Visit nybc.org/coronavirus for COVID-19 safety protocols.



800.933.BLOOD • nybc.org #njbloodservices



CONGREGATION
RINAT YISRAEL

LUNCH AND DISCUSSION

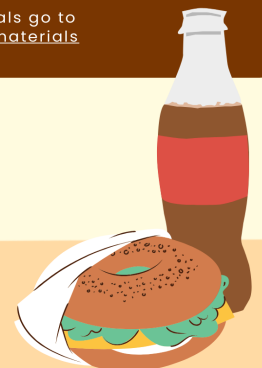
WITH RABBI STRAUCHLER

TUESDAY, JANUARY 16TH, 1PM
CLASSROOM D/E

We will be reviewing articles from **Tradition: A Journal of Orthodox Jewish Thought** each month.

January's Article: "In Praise of Esau: Between Rashi's Commentaries to Torah and Nakh" by Lisa Fredman.

For source materials go to
rinat.org/source-materials





Save the Date

Winter Communal Luncheon

Shabbat, February 3rd,
at the conclusion of the
9am minyan

Enjoy a nice meal, good conversation, fun
for the kids and a chance to take a break
from cooking and cleaning! Seating will be
preassigned by the event committee.

Registration information to follow.

TWO COMMUNITY MEMBERS ARE IN
URGENT NEED OF A KIDNEY TRANSPLANT

SWAB, SAVE A LIFE NOW OR IN THE FUTURE

Please come to the

Renewal

KIDNEY DONATION AWARENESS & SWABBING EVENT

Swabbing
throughout the event
8:30-11:00 AM

**FEB
04**
SUNDAY

Presentation featuring
Renewal representative,
kidney donors & recipients
9:45-10:30 AM



CONGREGATION
RINAT YISRAEL
389 W Englewood Ave
Teaneck, NJ



Anatomy of Kindness
RABBI JOSH STURM
Director of Outreach, Renewal

THANK YOU TO LOCAL SHULS FOR SUPPORTING THIS EVENT:

Ahavat Shalom • Ahavath Torah • Arzei Dorom • Bais Medrash of Bergenfield • Beth Aaron • Beth Abraham
Beth Shalom • B'nai Yeshurun • Chabad of Tenafly • East Hill Synagogue • Jewish Center of Teaneck
Kehilat Kasher • Keter Torah • Teaneck Chabad • Lev LeDaas • Netivot Shalom • Ohr Hatorah • Ohr Saadya
Rinat Yisrael • Shaarei Orah, The Sephardic Congregation of Teaneck • Shaare Tefillah • Temple Emeth
Young Israel of Teaneck • Zichron Mordechai

LIGHT REFRESHMENTS SERVED



www.renewal.org

SEE PAST KIDNEY DONOR STORIES
f t i @renewalnews

Renewal is a non-profit organization dedicated to saving lives
by helping kidney donors and recipients navigate all aspects of
the transplant process.



YU'S SACKS-HERENSTEIN CENTER

BOOK LAUNCH

*"An Ode to Joy:
Judaism and
Happiness in the
Thought of Rabbi
Lord Jonathan
Sacks and Beyond."*
ed. Dr. Erica Brown,
Dr. Shira Weiss.

**FEATURING A
PRESENTATION BY:**
DR. TAL BEN-SAHAR

**SUNDAY,
FEBRUARY 4TH, 8PM**
MAIN SHUL



NEROT IS PROUD
TO PRESENT

THE GREAT RINAT CHALLAH BAKE



\$36/FULL MEMBERS \$40/AFFILIATE MEMBERS \$42/NON-MEMBERS
INCLUDES ALL INGREDIENTS FOR 2 CHALLOT AND TOPPINGS

\$54, \$72, and \$100 SPONSORSHIPS AVAILABLE
THURSDAY, FEBRUARY 8TH
8PM RINAT SOCIAL HALL

TO REGISTER, GO TO WWW.RINAT.ORG/CHALLAHBAKING



CONGREGATION RINAT YISRAEL
 Join Nerot
MEZUZAH STITCHING
Workshop

Come stitch a mezuzah case for families of Southern Israel who lost their homes

In memory of David Schwartz, HY"D, grandson-in-law of Rinat member **Susie Gitler**. David gave his life defending Klal Yisrael in Gaza.

Sunday, February 11
9:30 - 11:30 AM
 Rinat Social Hall

Register at www.rinat.org/mezuzah
 \$36 for all supplies
 \$72 to sponsor a klaf
 \$180 to sponsor the event
 Donations welcome

100% of the proceeds goes towards the mezuzah klaf

FOR BEGINNERS AND EXPERTS!

For questions contact Felicia Grossman at felicia0221@optonline.net

CONGREGATION RINAT YISRAEL יחד ננצח

BERGEN COUNTY UNITY MISSION TO ISRAEL
IN PARTNERSHIP WITH SULAMOT AND MIZRACHI
 JOIN FRIENDS FROM TEANECK, BERGENFIELD, FAIR LAWN, FORT LEE, AND OTHER COMMUNITIES ACROSS BERGEN COUNTY
FEBRUARY 20-22, 2024



★ An In Depth Visit to Kerem Shalom

★ Meeting with Displaced Residents of Kerem Shalom

★ Visit with Rav Yosef Zvi Rimmon

★ Bikur cholim

★ Volunteer Opportunities

★ Meet families of hostages

★ Visit Mishpachot Shekulot



REGISTER AT

[HTTPS://FORM.JOTFORM.COM/240092163126043](https://form.jotform.com/240092163126043)

\$800 INCL. DAN PANORAMA HOTEL / \$500 MISSION ONLY / AIRFARE NOT INCLUDED



Rinat Bat Mitzvah Program

Prepare for your Bat Mitzvah with your Friends!
 For Girls in 5th and 6th Grade

Motzei Shabbat Learning:
 March 2, 9, 16, 30 April 6
Chesed Sundays: March 10, 17
Havdallah Kumzitz: April 13

Topics include:
 Women in Halacha
 Timeless Lessons in Tanach
 Tzedakah and Social Action
 Becoming a Bat Mitzvah

To Register:
www.rinat.org/batmitzvah#
 For more information contact:
avital.strauchler@gmail.com

CONGREGATION RINAT YISRAEL

Tzohar CONGREGATION RINAT YISRAEL

MEALuim
 Becoming a Neighbor an Ocean Away

Rinat's Israel Initiatives Committee is partnering with Tzohar to support their new Mealum program to connect communities outside Israel with communities within Israel by sponsoring meals for the families of soldiers serving in miluim.

MEALuim provides this practical help to families dealing with the uncertainty and fear they experience from having a parent or loved one on reserve duty during the war.

For a four week period, Rinat will be sponsoring meals for families. Please join the effort by donating at <https://www.rinat.org/mealum#>

Sponsorship Opportunities Include.
 Meals per person per day = \$16
 Meals per person per week = \$80
 Meals per person for 4 weeks = \$320
 All donations small or large welcome!



Guests of Honor:
Riki & Seth Landa



*Sruli Guttman
Service Award:*
Ranon Mann



*Young Leadership
Award:*
Emily Adler

Congregation Rinat Yisrael **36th Annual Dinner**

Honoring our Graduating Group Leaders

Kayla Antosofsky | Yedida Baer | Zachary Cohen | Shay Fields | Yakir Hirsch
Aviva Kurz | Aliza Mermelstein | Yakira Mermelstein | Shifra Prager
Meital Rimberg | Atara Strauchler | Eitan Vogel | Benny Zelig

L'hitraot to **Adina & Rabbi Ezra Wiener** as they make Aliyah

Motzei Shabbat,
February 24th, 8pm
15 Adar I 5784

Congregation Keter Torah
600 Roemer Avenue
Teaneck NJ

2024 Dinner Comittee

Rachel Antosofsky | Shelley Cohen
Bina Faber | Debby Teicher

To register go to rinat.org/dinner

