

Schedule

Friday January 26/16 Shvat

Shacharit (BM): 6:30, 8:00a

Candles: 4:47p

Mincha B'Zman (MS): 4:50p

שבת January 27/17 Shvat

Shacharit: 7:00a (MS), 8:30a (BM),
9:00a (MS)

Sof Z'man Kriat Sh'ma: 9:40a

Junior Congregation (BM): ~10:30a

Mincha: 2:00p

Daf Yomi Chabura: On break

Avoda Zara Chabura: 4:00p

Mincha: 4:40p

Seudah Shlishit: After Mincha

Sh'kia: 5:06p

Ma'ariv/Shabbat Ends: 5:50p

Sunday January 28/18 Shvat

Shacharit (MS): 7:00, 8:00, 9:00a

Mincha/Ma'ariv: 4:55p

Monday January 29/19 Shvat

Shacharit (BM): 6:20, 7:05, 8:00a

Mincha/Ma'ariv (BM): 4:55p

Tuesday January 30/20 Shvat

Shacharit (BM): 6:30, 7:05, 8:00a

Mincha/Ma'ariv (BM): 4:55p

Wednesday January 31/21 Shvat

Shacharit (BM): 6:30, 7:05, 8:00a

Mincha/Ma'ariv (BM): 4:55p

Thursday February 1/22 Shvat

Shacharit (BM): 6:20, 7:05, 8:00a

Mincha/Ma'ariv (BM): 4:55p

Friday February 2/23 Shvat

Shacharit (BM): 6:30, 7:05, 8:00a

Candles: 4:56p

Mincha B'Zman (MS): 5:00p

Mazal Tov

Mazal Tov to **Sandy and Bernie Horne** on the birth of a grandson born to their children Talya and Ben Borodach of Tenaflly .

Kiddush and Seudah Shlishit

Main Minyan Kiddush and Seudah Shlishit are sponsored by the shul.

Learning at YIOT

Navi Shiur returns at 8:00a in the Beit Midrash.

David Scharf will give the parsha shiur at 8:30a in the social hall.

Parent Child Learning is this motzei shabbos in the social hall at 6:30p

Daf Hashavua is in the Beit Midrash on Monday, Tuesday, and Wednesday at 6:00a.

Beit Midrash Night returns on Wednesday at 8:00p in the Beit Midrash.

B'Chol Nafshecha: The YIOT Mental Health Initiative

YIOT's Supporting Our Children's Emotional Health series with renowned psychologists and researchers continues on Sunday, February 4th at 8:00p with Dr. Michal Pelcovitz Galla and Dr. Martin Galla. For questions, email mentalhealth@yiot.org or speak with Rabbi Krohn.

YIOT Men's Club & Sisterhood Present Panoply

Panoply on February 3rd at YIOT is sold out. Please contact yioticsisterhood@gmail.com to be placed on the waitlist.

Survivors of the Nova Festival to Speak in Teaneck

Shira Cohen & Eden Shmuel, survivors of the Nova festival on October 7th, will bear witness as they address our community on Monday, January 29th at 8:30p. This event is sponsored by all shuls in Teaneck and will be hosted by the Jewish Center of Teaneck.

Youth Department

Pregroups at 9:00a in the 1st-2nd grade boys room for all groups-aged children (Nursery-5th grades and potty trained).

Groups and Junior Congregation for 3rd-5th graders will not be held on January 20th and 27th.

Chaim Sussman will be leading Junior Congregation davening for 3rd-5th graders in the Beit Midrash from approximately 10:30-11:00a on January 20th and 27th.

Riddle

Question: Tefillin boxes must be painted black. Approximately how many coats of black paint are applied to tefillin boxes? a) 3; b) 7; c) 12; d) 15.

Last Week's Riddle

Question: On the standard English keyboard, there are two alphabetical sequences of three letters each (f-g-h and j-k-l) and one sequence of two letters (o-p). On the standard Hebrew keyboard, there are three "alephbetical" sequences of two letters each. Do you know what they are?

Answer: gimmel - daled; mem - nun; chof (sofit) - lamed.

Stay Connected—Who Should I Contact?

Visit our website for information, schedules, shul services, and community info at yiot.org.

Questions/Concerns? Contact the President, **Dror Barber** at pres@yiot.org.

Reserve the Shul spaces for an event at <https://www.yiot.org/rentyiot>.

Contact **Cheri** from the shul office at cheri@yiot.org with questions.

For yahrzeits, kibbudim for simchas or other ritual needs please contact our Gabbai Shmuel Popper at shmuel.popper@yiot.org.

To make a kiddush, contact **Alon Stempel** at kiddush@yiot.org.

To sponsor a Teen Kiddush or for Teen Minyan questions, contact **Dov Muller**, Director of Teen Programing, at dov.muller@yiot.org.

For families that recently moved to the community and people interested in hosting, contact the **Welcoming Committee** at welcome@yiot.org.

For Gemilat Chesed, contact **Chani Krohn** at chesed@yiot.org.

For anything else, contact the office at office@yiot.org.

Shul Payments

Payments or donations to YIOT should be mailed to Young Israel of Teaneck, P.O. Box 418, Montvale, NJ 07645. Please clearly mark your name and to what the payment should be applied.

YIOT Safety/Security

Please help ensure children do not climb/sit/swing on any of our outside fixtures.

Community Announcements

- Luggage 4 Israel/Chaverim Bergen County collects essential supplies for Israel. To purchase needed items, visit their registry link [HERE](#). Volunteers also are needed to pack supplies and do other tasks. For updated volunteer opportunities and supply needs, join their WhatsApp group [HERE](#). If you are flying to Israel and can take duffle bags with supplies for displaced families (baggage fees will be paid for), please complete [THIS FORM](#). For questions, contact luggage4israel@gmail.com.
- Check out the Bergen County Beis Medrash website (bcbm.org) for recorded shiurim and Torah in Bergen County.
- A Kosher Hospitality room for Shabbat is now open at Holy Name & Hackensack Hospitals. To gain access for a patient staying at Holy Name, call Esther Katz at 201-220-2693. For hospitality at Hackensack, call Lydia Zuckier at 201-679-6756.
- Sign up [here](#) to help Care One with their Shabbat Minyan.
- To see the latest news from the National Council of Young Israel, click [here](#).
- Beit Midrash of Teaneck (JCT/Heichal HaTorah, 70 Sterling, Teaneck) is on break until 2/5.
- Chizzuk & Tehillim at Bnai Yeshurun, every Thursday at 8:00p.
- The National Torat Imecha Nach Yomi Siyum will take place at Congregation Keter Torah on February 4, 2024. For more details, go to ouwomen.org/siyum24
- Renewal, Kidney Donation Awareness & Swabbing Event on 2/4, 8:30-11:00a at Rinat.
- Shaarei Orah presents Rabbi Elliot Schrier on 2/5 at 8:00p for communal tehillim and chizuk.
- Yeshivat Shalsholet Information Session on 2/5, 7:00p at 411 E. Clinton Ave (Tenafly). RSVP [here](#).
- Ben Porat Yosef Annual Dinner is on 2/29, 7:00p at Edgewood Country Club. Honoring Rachel Barber Schwartz, Adam Groveman, and Naava Gavarin. RSVP [here](#).

AN EVENING OF STRENGTH, UNITY, AND RESILIENCE.

SHIRA COHEN & EDEN SHMUEL
Nova Survivors Bear Witness,
And Share Their Story of Survival.



MONDAY, JAN. 29, 2024, AT 8:30 P.M.
THE JEWISH CENTER OF TEANECK
70 STERLING PLACE, STEIN AUDITORIUM

Participating Shuls:

Ahavat Shalom, Arzei Darom, Beth Aaron, Bnai Yeshurun,
Chabad of Teaneck, Keter Torah, Netivot Shalom,
Ohr Saadya, Rinat Yisrael, Shaare Tefillah, Shaarei Orah,
Young Israel of Teaneck, Zichron Mordechai.

TWO COMMUNITY MEMBERS ARE IN
URGENT NEED OF A KIDNEY TRANSPLANT
SWAB, SAVE A LIFE NOW OR IN THE FUTURE

Please come to the



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 Keshet • Keter Torah • Teaneck Chabad • Lev LeDaas • Netivot Shalom • Ohr Hatorah • Ohr Saadya
Rinat Yisrael • Shaarei Orah-Sephardic Center of Teaneck • Shaare Tefillah • Temple Emeth
Young Israel of Teaneck • Zichron Mordechai

LIGHT REFRESHMENTS SERVED



SEE PAST KIDNEY DONOR STORIES
@renewalnews

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



נפש נפש
with all
YOUR SOUL
The Young Israel of Teaneck
Mental Health Initiative

A THREE-PART SERIES

SUPPORTING OUR CHILDREN'S EMOTIONAL HEALTH

A Guide for Parenting at Every Stage



NOV
12TH

Elementary School
DR. ELANA DUMONT

Clinical Psychologist & Director of
Psychological Services at Yeshiva of
Central Queens (YCCQ)



DEC
17TH

Pre-teens & Teens
DR. SARAH ROER

Clinical Psychologist with a specialty
in Teens & Eating Disorders

Speakers will also address the current situation in Israel



FEB 4TH

**Post-High School
& Emerging Adults**

DR. MICHAL PELCOVITZ GALLA
Asst. Professor of Psychology in Clinical Psychiatry
at Weill Cornell Medicine & the Psychology Chief
of the Payne Whitney Child and Adolescent
Psychiatry Clinic at NY Presbyterian.



DR. MARTIN GALLA
Clinical Psychologist and Clinical Director of
Adult Services at Achieve Behavioral Health
in Monsey, NY

All presentations will take place on Sundays at 8pm in the main shul.

For questions, please contact
mentalhealth@yiot.org

B'Chol Nafshecha has been endowed
by an anonymous YIOT family

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 Rimon
- ✦ Bikur cholim
- ✦ Volunteer Opportunities
- ✦ Meet families of hostages
- ✦ Nichum aveilim



VIRTUAL INFORMATION SESSION WITH COMMUNITY RABBIS
REGARDING MISSION AND REGISTRATION ON JANUARY 9TH AT 8 PM
[HTTPS://US06WEB.ZOOM.US/J/4844160645?OMN=81290407621](https://us06web.zoom.us/j/4844160645?OMN=81290407621)

Mission Registration will Open January 10th

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

