



נא לא לדבר בשעת התפילה
PLEASE NO CONVERSATION DURING SERVICES



WEEKDAY DAVENING INFORMATION

	Sunday (4/22)	Monday (4/23)	Tuesday (4/24)	Wednesday (4/25)	Thursday (4/26)	Friday (4/27)
Earliest Talit	5:07 AM	5:05 AM	5:03 AM	5:02 AM	5:00 AM	4:59 AM
Shacharit	<u>8:15 AM</u>	<u>6:15 AM</u>	<u>6:25 AM</u>	<u>6:25 AM</u>	<u>6:15 AM</u>	<u>6:25 AM</u>
Gedolah	1:29 PM	1:29 PM	1:29 PM	1:29 PM	1:29 PM	1:29 PM
Mincha - Maariv	<u>7:30 PM</u>	<u>7:30 PM</u>	<u>7:30 PM</u>	<u>7:30 PM</u>	<u>7:30 PM</u>	<u>7:00 PM</u>
Shkia	7:43 PM	7:44 PM	7:45 PM	7:46 PM	7:48 PM	
Tzait	8:28 PM	8:29 PM	8:30 PM	8:31 PM	8:33 PM	

שבת פרשת תזריע-מצורע
SHABBAT TAZRIA-METZORA
6 IYAR - APRIL 21
Haftorah is Kings II 7:3-20. The final time for Kiddush Levanah of Iyar is the entire night of Sunday, Apr. 29 (15 Iyar). Pirkei Avot Chap. 2.

FRIDAY NIGHT
MINCHA - 7:00 PM
CANDLE LIGHTING - 7:23 PM
TZAIT - 8:26 PM

SATURDAY
SHACHARIT YOUTH - 8:20 AM
SHACHARIT MAIN - 9:00 AM
LAST KRIAT SHEMA - 9:32 AM
GEMARA SHIUR - 6:10 PM
MINCHA - 7:10 PM
SHKIA - 7:42 PM
MAARIV/HAVDALAH - 8:27 PM

CONGREGATION AHAVAT ACHIM
18-25 SADDLE RIVER ROAD
FAIR LAWN, NJ 07410-5909
201-797-0502
WWW.AHAVATACHIM.ORG

BULLETIN INFORMATION
TO REQUEST A BULLETIN
ANNOUNCEMENT (BY 7:00 PM
WEDNESDAY) OR DEDICATE A
BULLETIN FOR \$36 (\$54 W/PHOTO),
EMAIL SEPLOTNICK@GMAIL.COM



Please join us at the "Sharsheret Pink Seudat Shelishit", Youth Taking Over - Part 2, sponsored by K&A Wigod (& Cayleb). Wear pink! Youth divrei Torah across all ages, with an hilarious short play and inspiring zemirot.

Mazal Tov to Randi & Arnie Spier who are this year's Ahavat Achim Journal Dinner Honorees to take place on Sunday, April 29. Get your ads in now. Dinner is approaching fast!




Welcome to NCSY Friday Night Lights at the Solomon's home, 42-01 De Bruin Dr. All teens are welcome.

Kiddush Information

- ☆ If you are around when the Rabbi says “על המחיה”, your assistance in clean up would be appreciated.
- ☆ Kiddush setup for this Shabbat: Baron, Zarabi, Safier
- ☆ Kiddush setup for next Shabbat: Schwed, Solomon, Winchester
- ☆ To sponsor a Kiddush (\$1000/\$613/\$318 plus scotch) send an email to gplotnick@aol.com.

Adult Education



- ☆ CHUMASH CLASS - Shabbat morning before Shacharit.
- ☆ GEMARA SHIUR - One hour before Mincha, through the first Shabbat in November.
- ☆ DAYTIME TORAH VOYAGES - Thursdays at 2:00 PM.
- ☆ FUNDAMENTALS OF JEWISH THOUGHT - After Kiddush.
- ☆ PEREK ON THE LAWN, Pirkei Avot Periodic Shiur.

Gita Cooperwasser ע"ה

Youth Program



- ☆ Please contact Melanie at mkwestel@gmail.com and volunteer to host Chad (our Youth Director) for shabbat and/or meals.
- ☆ Youth groups at 10:00 AM. Tot Shabbat in the playroom.

Pack 613 Meeting Dates

- ☆ Apr. 22: 3 PM - 6 PM;
- ☆ May 6: 4:30 - 5:30 PM
- ☆ June 17: 4:30- 6 PM

Points To Ponder

- ☆ (1st) What foundational biblical mitzvah that we still do is sourced in this aliyah?
- ☆ (4th) Bonus: Why is the sacrifice which atones for tzara'at 2 birds?
- ☆ (7th) There are 3 "counting mitzvot" in the Torah, one of them is in this aliyah. What is there a mitzvah to count?

Community Events

- ☆ Apr. 22 – **Paint Night with PAINT WITH ME!** All will go home with a painting to be proud of. Refreshments served. DARCHEI NOAM, Sun. night, 7:45 – 10:00 PM. \$45 per person (\$36 if RSVP received by March 30). RSVP to darcheinoam.com/event/paint-night.
- ☆ Apr. 22 – **Shomrei Torah Sisterhood Yom Iyun.** with Stern College Assistant Professor Mrs. Shoshana Schechter speaking on “Reflections Through the Mirrors of Mitzrayim: Women and the Fulfillment of Jewish Destiny.” SHOMREI TORAH, 7:30 PM. Please sign up to attend or sponsor the event at <https://www.shomrei-torah.org/event/leiliyun>.
- ☆ May 6 – **Ladies' Boutique.** Shop from local vendors supporting the Yoetzet Halacha Program of Fair Lawn. Sponsorships available. DARCHEI NOAM, Sunday night, 6:30 – 9:30 PM. For more info, click here: [Ladies Night](#).

Ahavat Achim Future Events

- ☆ Apr. 25 - Board Meeting
- ☆ Apr. 28 - YU Shiur Reunion
- ☆ Apr. 29 - Journal Dinner
- ☆ May 19 - Suedah Shlishit sponsored by Eli Zefon in memory of Shlomo ע"ה Ben Eliyahu (שלמה בן אליהו זון נלב"ע ז"סיון תשס"ד)
- ☆ May 23 - Board Meeting (Tentative)
- ☆ June 2 - Suedah Shlishit is sponsored by Eli Zefon in memory of Baroch Mafzir ע"ה Ben Samuel (ברוך מפציר בן (שמואל נלב"ע כ"ד סיון תשנ"ט)
- ☆ June 16 - Suedah Shlishit sponsored by the Winchesters to commemorate the first yearzeit of Steve's father, מאיר דוד בן, ע"ה David Winchester (שמאל גרשון הלוי

Friday Evening, April 20



Saturday Evening, April 21



Sunday Evening, April 22



Monday Evening, April 23



Tuesday Evening, April 24



Wednesday Evening, April 25



Thursday Evening, April 26



Answers to Points To Ponder

☆ (1st) Brit milah on the 8th day.
 ☆ (4th) suggested answer: (Rashi) birds chirp all and the sin of tzara'at is a sin of talking improperly; lashon hara. The atonement for speaking lashon hara is not to not speak, but rather one bird is sent away symbolizing improper speech and the other is slaughtered and sprinkled on the mezuzah, symbolizing that not all speech is a problem, but it needs to be utilized with discretion.
 ☆ (7th) There is a mitzvah to count the 7 clean days which follow zavah bleeding (we consider all bleeding today to be zavah bleeding). That is why checking over the 7 days is a Torah obligation. Please contact me or Rebbeztzin Chana with any questions regarding this Torah obligation.

Shirley Vann has dedicated this week's Covenant & Conversation (used with permission of the Office of Rabbi Sacks) in memory of her beloved mother Necha bat Yitzchok ע"ה.

You are invited to our

YOUTH TAKING OVER: Part II

Join the Ahavat Achim Youth for a PINK Seudat Shelishit in support of Sharsheret and in spreading the message of Achdut--Unity!

Youth Divrei Torah Across ALL Ages
Hilarious Short Play
Inspiring Zemirot with the Community



SHARSHERET
COME DRESSED IN PINK

April 21st, 2018
Immediately
following Mincha

To get involved, please email Chad at
shapiro.chad@gmail.com
by April 10th.

Sponsored by:
Andrew, Kira, & Cayleb Wigod

We'll be taking a community-wide picture immediately after Maariv with all those dressed in pink, so be sure to stick around!

Congregation Ahavat Achim of Fair Lawn, NJ



בס"ד

18-25 Saddle River Road Fair Lawn, New Jersey 07410
www.ahavatachim.org Ely Shestack, Rabbi

March 12, 2018

Dear Friends and Members,

It is with great pleasure that we announce that Ahavat Achim Orthodox Congregation of Fair Lawn will hold its 40th Anniversary Journal Dinner on April 29, 2018. This year, as our shul celebrates its 40th year, we are pleased to honor Arnie and Randi Spier, a family that has been an integral part of the shul since their arrival in Fair Lawn almost three decades ago.

Arnie and Randi joined our shul in 1988. Through the years, both Arnie and Randi diligently worked to better our synagogue and have served our community in many capacities. Arnie is a past President, Vice President, and has served multiple terms as a board member and has worked on numerous subcommittees. He also served on multiple Rabbi Search Committees and is currently Chairman of the Marketing Committee and is the first point of contact for our new members. Randi has served as Sisterhood Treasurer, a member of the Marketing Committee, multiple Rabbi Search Committees, and Chairwoman of the Kiddush Committee. She has served on the synagogue board for several years and has orchestrated innumerable Shabbat meals wherein the entire community gets together for relaxing evenings of good food and comradery. What many of our members view as a carefree Shabbat dinner is only possible because of the planning and tireless work that Randi does for our benefit. Arnie and Randi are the proud parents of Jeremy (and Shira) and Brett. They currently have two adorable grandchildren: Jonah and Ava.

As important as it is to honor and thank our dedicated members, please remember that our Annual Dinner is our largest single fundraiser event. Anyone, who has followed the shul's finances, knows how critical the success of this dinner is to our budget. To attend the dinner, you can either solicit ads from your local merchants and family members, or you can place your personal ads totaling \$400. This evening should be a celebration with 100% participation. It will be a fun night with laughter, good food and drink, where we celebrate our community and honor Arnie and Randi.

Attached is an ad blank for your solicitations and personal use. If you prefer printed ad blanks, they will be available in the shul lobby or feel free to email ahavatachimdinner@gmail.com). This year you can also place an ad or download the ad blank via the shul website at: ahavatachim.org/event/2018JournalDinner . Remember the more ads that come in; the less follow ups you will receive. The dinner is less than 2 months away, so we need to start soliciting immediately. A separate mailing of the dinner invitation will be forthcoming.

Please start soliciting ads and submit them to us (ahavatachimdinner@gmail.com) as soon as possible.

Aryeh Brenenson

President

Please check appropriate box:

- PARCHMENT PAGE.....\$3600
- DIAMOND PAGE.....\$2500
- PLATINUM PAGE.....\$1800
- GOLD PAGE.....\$1000
- SILVER PAGE.....\$750
- FULL PAGE.....\$400**
- HALF PAGE.....\$250
- QUARTER PAGE.....\$125
- EIGHTH PAGE (business card).....\$75
- LISTING\$50

NAME _____

ADDRESS _____

PHONE () _____

SOLICITED BY: _____

Make checks payable to: **AHAVAT ACHIM**
****\$400 donation entitles you to 2 reservations for the dinner****
 YOUR CONTRIBUTION IS TAX DEDUCTIBLE TO THE EXTENT ALLOWED BY LAW

TO PAY BY VISA OR MASTERCARD:

Name on Card: _____

Amount: \$ _____; Card #: _____; Exp. Date: _____ Sec Code: _____

Billing Address: _____; Phone #: _____

Authorized Signature: _____

Please return this ad blank with your check to:
DAVID GARFUNKEL, 12-56 LYLE TERRACE, FAIR LAWN, NJ 07410

THE FINAL AD DEADLINE IS APRIL 15, 2018

PLEASE PRINT AD CLEARLY OR ATTACH BUSINESS CARD *(use a separate ad bland for each ad)*
 Ad copy can be emailed to ahavatachimdinner@gmail.com

Special Recognition Pages:

Rabbi's page (\$18 per family)

Memorial Listing (\$10 per name)

Children's Listing (\$5 per child)

Grandchildren's Listing (\$5 per grandchild)

בס"ד



Orthodox Congregation of Fair Lawn
40th Anniversary Journal Dinner

Honoring
Randi and Arnie Spier

Sunday, April 29, 2018

14 Iyar 5778

Ahavat Achim of Fair Lawn
invites you to our
ANNUAL JOURNAL DINNER
celebrating our 40th anniversary

HONORING

RANDI & ARNIE SPIER

Sunday, April 29, 2018 at 5:00 PM

Factory 220

220 Passaic Street, Passaic, NJ

RSVP requested by April 15

\$200 per person

Business Casual Attire

COVENANT & CONVERSATION

LIFE-CHANGING IDEAS IN THE PARSHA WITH RABBI SACKS



7"ד1

www.rabbisacks.org

@rabbisacks    

I am deeply touched that Covenant & Conversation has been generously sponsored by The Maurice Wohl Charitable Foundation in memory of Maurice and Vivienne Wohl ז"ל. Maurice was a visionary philanthropist on a vast scale, driven throughout his life by a sense of Jewish responsibility. Vivienne was a woman of the deepest humanity and compassion, who had a kind word for everyone. Together, they were a unique partnership of dedication and grace, for whom living was giving. Through their Charitable Foundation, they continue to bring blessings to Jewish communities around the world.



THE MAURICE WOHL
CHARITABLE FOUNDATION

— RABBI LORD JONATHAN SACKS

The Power of Praise

Tazria & Metzora 2018 / 5778

From time to time couples come to see me before their wedding. Sometimes they ask me whether I have any advice to give them as to how to make their marriage strong. In reply I give them a simple suggestion. It is almost magical in its effects. It will make their relationship strong and in other unexpected ways it will transform their lives.

They have to commit themselves to the following ritual. Once a day, usually at the end of the day, they must each praise the other for something the other has done that day, no matter how small: an act, a word, a gesture that was kind or sensitive or generous or thoughtful. The praise must be focused on that one act, not generalised. It must be genuine: it must come from the heart. And the other must learn to accept the praise. That is all they have to do. It takes at most a minute or two. But it has to be done, not sometimes, but *every day*. I learned this in a most unexpected way.

I have written before about the late Lena Rustin: one of the most remarkable people I have ever met. She was a speech therapist specialising in helping stammering children. She founded the Michael Palin Centre for Stammering in London, and she had a unique approach to her work. Most speech therapists focus on speaking and breathing techniques, and on the individual child (those she worked with were on average around five years old). Lena did more. She focused on relationships, and worked with parents, not just children.

Her view was that to cure a stammer, she had to do more than help the child to speak fluently. She had to change the entire family environment. Families tend to create an equilibrium. If a child stammers, everyone in the family adjusts to it. Therefore if the child is to lose its stammer, all the relationships within the family will have to be renegotiated. Not only must the child change. So must everyone else.

But change at that basic level is hard. We tend to settle into patterns of behaviour until they become comfortable like a well-worn armchair. How do you create an atmosphere within a family that encourages change and makes it unthreatening? The answer, Lena discovered, was praise. She told the families with which she was working that every day they must catch each member of the family doing something right, and say so, specifically, positively and sincerely. Every member of the family, but especially the parents, had to learn to give and receive praise.

Watching her at work I began to realise that she was creating, within each home, an atmosphere of mutual respect and continuous positive reinforcement. She believed that this would generate self-confidence not just for the stammering child but for all members of the family. The result would be an environment in which people felt safe to change and to help others do so likewise.

I filmed Lena's work for a documentary I made for BBC television on the state of the family in Britain. I also interviewed some of the parents whose children she had worked with. When I asked them whether Lena had helped their child, not only did each of them say 'Yes' but they went on to say that *she had helped save their marriage*. This was extraordinary. She was, after all, not a marriage guidance counsellor but a speech therapist. Yet so powerful was this one simple ritual that it had massive beneficial side effects, one of which was to transform the relationship between husbands and wives.

“This one simple ritual has massive beneficial side effects, one of which is to transform the relationship between husbands and wives.”

I mention this for two reasons, one obvious, the other less so. The obvious reason is that the sages were puzzled about the major theme of Tazria-Metzora, the skin disease known as *tsaraat*. Why, they wondered, should the Torah focus at such length on such a condition? It is, after all, not a book of medicine, but of law, morality and spirituality.

The answer they gave was that *tsaraat* was a punishment for *lashon hara*: evil, hateful or derogatory speech. They cited the case of Miriam who spoke negatively about her brother Moses and was struck by *tsaraat* for seven days (Num. 12). They also pointed to the incident when at the burning bush Moses spoke negatively about the Israelites and his hand was briefly affected by *tsaraat* (Ex. 4:1-7).

The sages spoke more dramatically about *lashon hara* than any other offence. They said that it was as bad as committing all three cardinal sins: idolatry, incest and murder. They said that it kills three people: the one who says it, the one he says it about and the one who listens to it.¹ And in connection with Tazria-Metzora, they said that the punishment fitted the sin. One who speaks *lashon hara* creates dissension within the camp. Therefore his punishment as a *metzora* (a person stricken with *tsaraat*) was to be temporarily banished from the camp.²

So far, so clear. Don't gossip (Lev. 19:16). Don't slander. Don't speak badly about people. Judaism has a rigorous and detailed ethics of speech because it believes that "Life and death are in the power of the tongue" (Prov. 18:21). Judaism is a religion of the ear more than the eye; of words rather than images. God created the natural world with words and we create or damage the social world with words. We do not say,

¹ Maimonides, Hilkhos Deot 7:3.

² Arakhin 16b.

“sticks and stones may break my bones but words will never harm me.” To the contrary, words can cause emotional injuries that are as painful as physical ones, perhaps more so.

“Words can cause emotional injuries that are as painful as physical ones, perhaps more so.”

So Lena Rustin’s rule of praise is the opposite of *lashon hara*. It is *lashon hatov*: good, positive, encouraging speech. According to Maimonides, to speak in praise of people is part of the command to “love your neighbour as yourself.”³ That is straightforward.

But at a deeper level, there is a reason why it is hard to cure people of *lashon hara*, and harder still to cure them of gossip in general. The American sociologist Samuel Heilman wrote an incisive book, *Synagogue Life*, about a Modern Orthodox congregation of which, for some years, he was a member.⁴ He devotes an entire lengthy chapter to synagogue gossip. Giving and receiving gossip, he says, is more or less constitutive of being part of the community. Not gossiping defines you as an outsider.

Gossip, he says, is part of “a tight system of obligatory exchange.” The person who scorns gossip completely, declining to be either donor or recipient, at the very least “risks stigmatisation” and at the worst “excludes himself from a central activity of collective life and sociability.” In short, gossip is the lifeblood of community.

Now, not only Heilman but probably every adult member of the community knew full well that gossip is biblically forbidden and that negative speech, *lashon hara*, is among the gravest of all sins. They also knew the damage caused by someone who gives more gossip than he or she receives. They used the Yiddish word for such a person: a *yenta*. Yet despite this, argued Heilman, the shul was in no small measure a system for the creation and distribution of gossip.

Synagogue Life was published 20 years before Oxford anthropologist Robin Dunbar’s famous book, *Grooming, Gossip and the Evolution of Language*.⁵ Dunbar’s argument is that, in nature, groups are held together by devoting a considerable amount of time to building relationships and alliances. Non-human primates do this by “grooming,” stroking and cleaning one another’s skin (hence the expression, “If you scratch my back, I’ll scratch yours”). But this is very time-consuming and puts a limit on the size of the group.

Humans developed language as a more effective form of grooming. You can only stroke one animal or person at a time, but you can talk to several at a time. The specific form of language that bonds a group together, says Dunbar, is gossip – because this is the way members of the group can learn who to trust and who not to. So gossip is not one form of speech among others. According to Dunbar, it is the most primal of all uses of speech. It is why humans developed language in the first place. Heilman’s account of synagogue life fits perfectly into this pattern. Gossip creates community, and community is impossible without gossip.

³ Maimonides, *Hilkhot Deot* 6:3. Elsewhere I have dealt with the problem of the passage in Arakhin 16a that says that one should not speak in praise of others in case this leads others to disagree. For the different views of Rashi and Rambam on this, see *Covenant and Conversation, Leviticus: The Book of Holiness, Maggid*, 2015, 223–27.

⁴ Samuel Heilman, *Synagogue Life: A Study in Symbolic Interaction*, University of Chicago Press, 1976, 151–192.

⁵ Robin Dunbar, *Grooming, Gossip and the Evolution of Language*, London, Faber, 1997.

If this is so, it explains why the prohibitions against gossip and *lashon hara* are so often honoured in the breach, not the observance. So common is *lashon hara* that one of the giants of modern Jewry, R. Yisrael Meir ha-Cohen (the Chofetz Chaim) devoted much of his life to combatting it. Yet it persists, as anyone who has ever been part of a human group knows from personal experience. You can know it is wrong, yet you and others do it anyway.

This is why I found Lena Rustin's work to have such profound spiritual implications. Her work had nothing to do with gossip, but without intending to she had discovered one of the most powerful antidotes to *lashon hara* ever invented. She taught people to develop the habit of speaking well of one another. She taught them to praise, daily, specifically and sincerely. Anyone who uses Lena's technique for a prolonged period will be cured of *lashon hara*. It is the most effective antidote I know.

What is more, her technique *transforms relationships and saves marriages*. It heals what *lashon hara* harms. Evil speech destroys relationships. Good speech mends them. This works not only in marriages and families, but also in communities, organisations and businesses. So: *in any relationship that matters to you, deliver praise daily. Seeing and praising the good in people makes them better people, makes you a better person, and strengthens the bond between you.* This really is a life-changing idea.

Shabbat shalom,



LIFE-CHANGING IDEA #26

"In any relationship that matters to you, deliver praise daily. Seeing and praising the good in people makes them better people, makes you a better person, and strengthens the bond between you."

LIFE-CHANGING IDEAS IN SEFER VAYIKRA

- **VAYIKRA:** For each of us God has a task. Discerning that task, hearing God's call, is what gives a life meaning and purpose.
- **TZAV:** The more you celebrate the good, the more good you discover that is worthy of celebration.
- **SHEMINI:** What you think of as your greatest weakness can become, if you wrestle with it, your greatest strength.
- **TAZRIA-METZORA:** In any relationship that matters to you, deliver praise daily. Seeing and praising the good in people makes them better people, makes you a better person, and strengthens the bond between you.



Jonathan Sacks
The Office of Rabbi Sacks

For more material from Rabbi Sacks, or to join his mailing list, please visit www.rabbisacks.org

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