



## CONGREGATION SHAARE TEFILLAH

510 Claremont Ave, Teaneck, NJ 07666  
201-357-0613

Kenneth Schiowitz, *Rabbi*

Karen Orgen and Mark J Schwartz, *Co-Presidents*

## Shabbat Parshat Bo

### Friday, January 19

Candle Lighting: 4:39 PM  
Mincha/Maariv: 4:45 PM

### Shabbat, January 20

Hashkama: 7:15 AM  
Main Minyan: 9:00 AM  
Overflow Minyan in Beit Midrash:  
9:15 AM  
Youth Groups: 9:15 AM  
*S"Z Kriat Shema*: 9:41 AM  
Mincha: 4:30 PM  
*Seudat Shlishit*  
Maariv: 5:39 PM  
Havdalah: 5:45 PM

### Sunday, January 21

Shacharit: 8:30 AM  
Mincha/Maariv: 4:35 PM

### Weekday Schedule

Shacharit:  
Mon/Thurs: 6:20 AM  
Tues/Wed/Fri: 6:30 AM  
No Mincha  
Maariv Mon-Thurs: 7:45 PM

### Friday, January 26

Candle Lighting: 4:47 PM

## SHAARE LINKS

For the **Simcha Policy**, click [here](#).  
To **reserve a Simcha**, click [here](#).  
To **sponsor a Kiddush**, click [here](#).  
To **rent the social hall**, click [here](#).  
To **volunteer to help** at an upcoming kiddush, click [here](#).

## Shul News

**Mazal Tov To** Yehoshua and Leah Gold and family on the occasion of Yosi's bar mitzvah.

**Main Minyan Kiddush** is sponsored by **Yehoshua and Leah Gold** in honor of the occasion of Yosi's bar mitzvah.

**Hashkama Kiddush** is sponsored by **Yehoshua and Leah Gold** in honor of the occasion of Yosi's bar mitzvah.

**Seudat shlishit** is sponsored by **Yehoshua and Leah Gold** in honor of the bar mitzvah of Yosi Gold. Rabbi Schiowitz's parsha shiur will take place during seudat shlishit this week. Daf hashavua review shiur will also take place.

From Debbie Gilbert: **Thank You** to Shaare Tefillah's members for their kindness and support during the shiva and shloshim for my mother. Thank you, too, for the Shabbat meals during shiva. May we all share more happier occasions than sad in the future.

Orders for **Yahrtzeit Nameplates** are now being accepted. The nameplates will be clear lucite with white lettering and the cost for each will be \$360. Please click [here](#) to process your order.

The **Daf HaShavua program** is learning Masechet Rosh Hashana, daf 27, this week. Please contact Rabbi Schiowitz or Ezra Schneck for details.

The next meeting of the **Tehillim Group** will take place Wednesday, January 31, at 8:00 PM, in the Beit Midrash, and will continue every other Wednesday night. Please use the link [here](#) to add and edit the names of anyone in need of a refuah so we can keep the list up to date.

**Lost and Found:** There is a Lost and Found Area in the Coat Room. All items not claimed by the week before Pesach, will be donated.

It's almost that season! Click [here](#) to **order Mishloach Manot** through the Shaare Tefillah Sisterhood. Cost is \$75 per family to send Mishloach Manot to all full shul members and any participating associate members. Order deadline is Wednesday, February 21. Become a sponsor too!

It's no joke. It's only Shevat, and the **Shaarei Tefilah Men's Club** is looking for a few volunteers for its first-ever **PURIM SHPIEL!** Experience not necessary, but always welcome! For more information, contact Nathan at [nathan.kruman@gmail.com](mailto:nathan.kruman@gmail.com) or 646-942-2675.

Shaare Tefillah can benefit from your **Amazon purchases!** Go to [smile.amazon.com](https://smile.amazon.com) and choose "Shaare Tefillah of Teaneck" as your charity of choice. Every time you shop at Amazon using the url [smile.amazon.com](https://smile.amazon.com), our shul receives a percentage of your total purchase.

## UPCOMING LOCAL COMMUNITY NEWS

The Teaneck Orthodox Retiree's Association (TORA) and Young Israel of Fort Lee proudly presents the second part of a two part **lunch and lecture series with Rabbi Zev Goldberg**, Rabbi of Young Israel of Fort Lee. The title is "*Eternal Impact - 6 Defining Moments in Jewish History*," and Part II will take place Monday, February 5 at Young Israel of Fort Lee. Time: Lunch at 12:00 PM, lecture at 12:45pm. Cost: \$125per session.

On Sunday, January 28, at 7:30 p.m., at Congregation Beth Aaron, Larry Shafier will discuss "**Solutions for Retirement Planning: Five Retirement Derailers.**" Larry is a Chartered Financial Consultant, a Chartered Mutual Fund Counselor, and Chartered Life Underwriter with 30-plus year's experience. Additionally, Larry is a Life and Qualifying member of the Million Dollar Round Table. Among other topics, he will discuss healthcare costs in retirement, outliving retirement savings, low interest rate environment, market volatility, and taxation.

Jewish Federation invites you to participate in **Super Sunday**, its largest community telethon, on January 28 by volunteering, donating or 'answering the call'. You can do this all online at: [www.jfnnj.org/supersunday](http://www.jfnnj.org/supersunday) or contact Laurie Siegel at: [201-820-3956](tel:201-820-3956) or email [Lauries@jfnnj.org](mailto:Lauries@jfnnj.org).

The **Teaneck Fire Department** will perform a full fire safety inspection in your home, They will check your smoke detectors/carbon monoxide detectors and inspect your boiler room, laundry room, kitchen, etc., from a fire safety perspective. They also will help you with a fire escape plan for your family. Call [201-808-8080](tel:201-808-8080) to schedule an appointment.

Get inspired and informed this Spring at **Lamdeinu**. Classes begin Tuesday January 30. Topics include Talmud, Parshanut HaMikra, Megillat Esther, Megillat Ruth, Parashat HaShavua and Hilkhhot Pesach. Check out our full schedule of fascinating classes at [www.lamdeinu.org](http://www.lamdeinu.org).

Congregation Bnai Yeshurun presents **Stayin' Alive: An Israeli Comedy Show**. A hilarious, satirical stage show (in English), by Gady Weissbart & Noam Jacobson, which brings the Israeli side of the complicated life story to non-Israelis. The show demonstrates, in hysterical ways, how the writers/actors deal with the BDS movements, the world media, and other common issues in Israeli life. Saturday, night February 3rd at 8:30 PM in the CBY Social Hall Admission: \$15 per person. Please register at [www.bnaiyeshurun.org/events](http://www.bnaiyeshurun.org/events).

Please join **AIPAC** on Tuesday, February 6th at 8:00 PM, for a community event with Elliott Abrams, noted diplomat, author, and former Deputy National Security Advisor under President George W. Bush. This important program will take place at Congregation Keter Torah. Additionally, we will salute Teaneck's own Dr. Mort Fridman as he ascends to AIPAC's Presidency of AIPAC this March at the AIPAC Policy Conference. For Security purposes RSVP's are required. Please RSVP at [www.aipac.org/teaneck](http://www.aipac.org/teaneck).

On Tuesday, February 6, at 8:00 PM at Rinat Yisrael, all women of the community are invited to join Deena Elias, PT, DPT, Joyce Bendavid, OT, and Shoshana Samuels, Yoetzet Halacha, for "**Mindful Movements in Your Everyday Life: A Comprehensive Workshop**," a night dedicated to improving our physical quality of life. The goal of this workshop is to provide women with a tangible understanding of common physical and anatomical causes of pain and injury, and to educate on ways to promote physical well-being through mindful movements, while preventing pain. We will look at various stages of woman's life, including emerging adulthood, pregnancy and post-partum, working adults and mothers, as well as post menopause and continued free movements in older adults, to examine the physical challenges associated with each stage.

**Refa'enu's** peer-led mood disorder support groups meet in the Ben Porat Yosef Building at E. 243 Frisch Ct. in Paramus. Groups will be divided between those with a disorder (depression, bipolar, and/or related anxiety) as well as their loved ones. The groups will meet on the 1st and 3rd Tuesday of every month. Please check website to confirm: [www.refaenu.org](http://www.refaenu.org). No reservations are required. For [more info](#), [contact dena@refaenu.org](mailto:dena@refaenu.org).

**RCBC Kosher Directory:** Click [here](#) to view the recently updated Rabbinical Council of Bergen County kosher directory.

**Events Around Town:** Click [here](#) to view Congregation Rinat Yisrael's "Happenings Around Town."