



CONGREGATION SHAARE TEFILLAH

510 Claremont Ave, Teaneck, NJ 07666
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Kenneth Schiowitz, *Rabbi*

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

Shabbat Parshat Beshalach

Friday, January 26

Candle Lighting: 4:47 PM
Mincha/Maariv: 4:50 PM

Shabbat, January 27

Hashkama: 7:15 AM
Main Minyan: 9:00 AM
Youth Groups: 9:15 AM
S"Z Kriat Shema: 9:40 AM
Mincha: 4:40 PM
Seudat Shlishit
Maariv: 5:47 PM
Havdalah: 5:53 PM
Parent-Child Learning: 6:45 PM

Sunday, January 28

Shacharit: 8:30 AM
Mincha/Maariv: 4:55 PM

Weekday Schedule

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

Friday, February 2

Candle Lighting: 4:56 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

Main Minyan Kiddush is unsponsored this week.

Hashkama Kiddush is unsponsored this week.

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 28, this week. Please contact Rabbi Schiowitz or Ezra Schneck for details.

The next meeting of the **Tehillim Group** will take place this 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 Tefillah 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 or 646-942-2675.

Shaare Tefillah can benefit from your **Amazon purchases!** Go to 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, our shul receives a percentage of your total purchase.

UPCOMING LOCAL COMMUNITY NEWS

This 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 at www.jfnj.org/supersunday or by contacting Laurie Siegel at: [201-820-3956](tel:201-820-3956) or email Lauries@jfnj.org.

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 Hilkhos Pesach. Check out the full schedule of fascinating classes at 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 3, at 8:30 PM in the CBY Social Hall Admission: \$15 per person. Please register at www.bnaiyeshurun.org/events.

The Teaneck Orthodox Retiree's Association (TORA) and Young Israel of Fort Lee proudly presents the second part of a 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 12:45 PM. Cost: \$12.50 per session.

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 the 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. Various stages of a 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 will be discussed, and the physical challenges associated with each stage will be examined.

Please join **AIPAC** on Tuesday, February 6, 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, they 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, RSVPs are required. RSVP at www.aipac.org/teaneck.

On Sunday, February 11, the National Association of Chevra Kaddish and Congregation Bnai Yeshurun will be holding a Yom Iyun on **"What You Need to Know About Preparing for the Inevitable."** The program will begin at 9:00 AM at Congregation Bnai Yeshurun and admission is free. Please register at www.ckofbc.org.

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. No reservations are required. For [more info](#), contact dena@refaenu.org.

Koshertroops sends Jewish holiday and Shabbat care packages to Jewish American Service members around the world. Help support their work by buying Purim cards from their website. Proceeds will be used to send holiday packages to the soldiers. Cost: \$18 for 10 cards or \$38 for 22 cards. For more information, contact ava@koshertroops.com or call 845-354-7763.

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.

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