



CONGREGATION SHAARE TEFILLAH

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Kenneth Schiowitz, *Rabbi*

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

Shabbat Parshat Yitro

Friday, February 2

Candle Lighting: 4:56 PM
Mincha/Maariv: 5:00 PM
Ruach Minyan: 5:00 PM

Shabbat, February 3

Hashkama: 7:15 AM
Main Minyan: 9:00 AM
Youth Minyan: 9:00 AM for 4th graders and older
Youth Groups: 9:15 AM
S"Z Kriat Shema: 9:37 AM
Mincha: 4:45 PM
Seudat Shlishit
Maariv: 5:56 PM
Havdalah: 6:02 PM
Parent-Child Learning: 7:00 PM

Sunday, February 4

Shacharit: 8:30 AM
Mincha/Maariv: 5:00 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 9

Candle Lighting: 5:05 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 sponsored by the Hashkama Kiddush Consortium.

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

The next meeting of the **Tehillim Group** will take place Wednesday, February 14, 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.

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

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.

On Shabbat, February 9-10, **Rabbi Moshe Taragin**, Ram at Yeshivat Har Etzion, will be the Scholar-in-Residence at Congregation Beth Aaron. His topic at 8:15 PM on Friday night will be "*Chassidut and the Restoration of Simcha to Religion*." At the conclusion of Musaf, he will speak on "*The Two Books of Har Sinai*," and between the 5:00 PM Mincha and the 6:05 PM Maariv on Shabbat, the topic will be "*Living Through a Redemption 'In Stages*.'"

Get inspired and informed this Spring at **Lamdeinu**. Topics include Talmud, Parshanut HaMikra, Megillat Esther, Megillat Ruth, Parashat HaShavua and Hilkhot Pesach. Check out the full schedule of fascinating classes at www.lamdeinu.org. Rabbi Ezra Frazer will be teaching a two part series at **Lamdeinu** on Wednesday mornings, February 6, and February 13, at 10:30 AM. The topic is "*The Purim Story: A Case Study in Diaspora Jewry*."

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](mailto: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 to schedule an appointment.

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