



Friday, June 9 (Sivan 20)

Shacharit – 6:10am, 7:00am, 8:00am
7:00am Men's Daf Yomi
6:40pm Plag Mincha Maariv
8:08pm Candle Lighting
8:20pm Zman Mincha Maariv

Shabbat, June 10 (Sivan 21)

Parshat Beha'alotcha

7:30am Hashkama in Bet Medrash
8:45am Haftorah Class
9:15am Shacharit in Main Sanctuary
9:30am Youth Groups
11:30am Kiddush in Beit Medrash
4:45pm Youth Play Date in the Park
6:30pm Summer Schmooze in Library
7:15pm Text & Context
7:50pm Mincha
8:10pm Men's Daf Yomi
8:10pm Shalosh Seudos
9:10pm Maariv
9:17pm Havdalah

Sunday, June 11 (Sivan 22)

Shacharit – 7:00am, 8:00am, 9:00am
All Shacharit Minyan will be in Main Shul
8:45am Men's Daf Yomi in Classroom
8:20pm Zman Mincha Maariv

Monday, June 12 (Sivan 23)

Shacharit – 6:00am, 6:50am, 7:50am
7:00am Men's Daf Yomi
6:40pm Plag Mincha Maariv
7:15pm Mitzvah Class
8:00pm Tehillim Class
8:20pm Zman Mincha Maariv
9:00pm Women's Emunah on Zoom

Tuesday, June 13 (Sivan 24)

6/13 Mitzvah Meal Campaign

Shacharit – 6:10am, 7:00am, 8:00am
7:00am Men's Daf Yomi
7:30pm TNLP meets on Zoom
6:40pm Plag Mincha Maariv
8:20pm Zman Mincha Maariv

Wednesday, June 14 (Sivan 25)

Shacharit – 6:10am, 7:00am, 8:00am
7:00am Men's Daf Yomi
6:30pm Discover Judaism in Library
6:40pm Plag Mincha Maariv
8:20pm Zman Mincha Maariv
8:30pm Parenting: Yonina Rubinstein
9:00pm Women's Emunah on Zoom

Thursday, June 15 (Sivan 26)

Shacharit – 6:00am, 6:50am, 7:50am
7:00am Men's Daf Yomi
7:50am Shacharit
6:40pm Plag Mincha Maariv
8:20pm Zman Mincha Maariv

Friday, June 16 (Sivan 27)

Shacharit – 6:10am, 7:00am, 8:00am
7:00am Men's Daf Yomi
6:40pm Plag Mincha Maariv
8:11pm Candle Lighting
8:20pm Zman Mincha Maariv

MEMBERSHIP MEETING – BBQ, BUDGET REVIEW, TRUSTEE VOTE

NEW DATE: TUESDAY, JUNE 27 @ 7:20PM BETWEEN PLAG & ZMAN MINYANIM

Nominating Committee: Riva Atlas, Andrew Einstein, Azriel Genack, Jeff Koreman, and Shira Silton

New Slate of Trustees for 2 Year Term (2023-2025):

- **New:** Avi Assaban, Amy Fechter-Mezrahi, Jerry Litwin, Joseph Offenbacher, Ari Samuel, Mara Stuhlberger
- **Returning:** Nicky Debora, Devorah Goldman, Stuart Milstien, Carrie Jacobs, Daniel Leibler, Gabe Levi, Shira Silton

MAZEL TOV

Mitchell Golner, on his engagement to Dr. Michelle Chavkin

Arielle Wasserman & Yechiel Schwab, on the Pidyon HaBen of their son Caleb

Mira & Joey Billet, on the birth and upcoming bris of their son

CONDOLENCES

David Retchkiman & Melissa Bramowitz, on the passing of David's father Manuel Retchkiman z'l

SHABBAT SPONSORSHIPS

Premier Kiddush is sponsored by the Debora Family in commemoration of the 20th Yartzheit of David's father Frank Debora, Ezra ben Moshe z'l

Seudah Shlishit is sponsored Sarah Stambler & Shlomo Bar-Ayal, commemorating the 56th Yartzheit of Sarah's father Benedict Stambler - Baruch Zalman ben Moshe Yehuda Leb z'l

MORE THAN A GRADUATION KIDDUSH! WWW.OZNY.ORG/KIDDUSH

Celebrate your recent and upcoming Mazel Tovs & Milestones at next week's Celebration Kiddush – including your Graduations, Promotions, and just because's next Shabbat June 17

WOMEN'S WELLNESS UPDATE

Due to the recent poor air quality, this past Wednesday's Women's Wellness event with Dr. Gila Leiter was postponed – stay tuned for the new date...

UPCOMING EVENTS: WWW.OZNY.ORG/EVENTS

- June 10 6:30p Summer Schmooze with Micah Halpern meets in the Library
- June 12 7:15p Monday Night Mishmar Returns: 7:15p Mitzvah Class & 8:00p Tanach Class
- June 13 6/13 Mitzvah Meal Campaign supports Chessed Food Deliveries in our community
- June 14 8:30p Parenting: Yael Rubenstein – Creating a Culture of Healthy Sexuality in the Home
- June 17 11:15a Summer Celebration Kiddush – Mazel Tovs, Milestones, & Graduations!
- June 19 6:30p WIN: Women in Network Rosh Chodesh Tamuz with Shira Ganz
- June 24 12:00p New Member Luncheon at the home of Rabbi Allen & Alisa Schwartz
- June 27 7:20p OZ Membership Meeting & BBQ + Vote on New Slate of Trustees

PARENTING WORKSHOP WITH YONINA RUBINSTEIN – WEDNES. @ 8:30PM ON ZOOM



Yonina Rubinstein, BEd, is a certified sexuality educator, coach and group facilitator living in Israel. She is the author of the internationally acclaimed book, 'Sexuality After Childbirth,' and runs the highly popular course 'Growing Together: Raising Sexually Healthy Children' (2 new groups opening November 2021). She is also the founder of the Facebook community, 'Jewish Parents Raising Sexually Healthy Kids and Teens.' With Yonina's unique approach blending professional knowledge, a holistic outlook, and practical skills, she is redefining sexuality education in the Jewish world.

THIS MONTH IN HISTORY ▶

- 1 Sivan**
Korach and his followers vanished into the depth of the earth.
- 2 Sivan**
Moshe Rabeinu ascended Mt. Sinai.
- 4 Sivan**
Moshe wrote the first part of the Torah, from B'reishit until Ma'amad Har Sinai.
- 5 Sivan**
Reuven found mandrakes (duda'im) in the field.
- 6 Sivan**
Bnei Yisrael received the Torah
- 12 Sivan**
Agudat Yisrael founded 1912.
- 14 Sivan**
Yahrzeit of Rabbi Chaim of Volozhin, 1821.
- 15 Sivan**
Traditional date for the birth of Yehuda.
- 17 Sivan**
Noah's Ark rested on Mt. Ararat.
- 18 Sivan**
OU - Union of Orthodox Jewish Congregations founded, 1898.
- 19 Sivan**
The first Jewish hospital in America – Jews' Hospital of New York – admitted its first patient, 1855.
- 20 Sivan**
Although Yom Yerushalayim is 28 Iyar, 20 Sivan marks the day that Israel annexed the Old City and officially untied all of Jerusalem, 1967.
- 21 Sivan**
Mentioned by some sources as the day Miriam was afflicted with Tzoraat
- 23 Sivan**
King Yerovam stopped the Jews of the northern kingdom from bringing Bikurim to Yerushalayim.
- Mordechai issued a royal decree calling upon the Jews of the kingdom to defend themselves against attack.
- 27 Sivan**
End of Miriam's confinement in the Midbar.
- 29 Sivan**
Moshe sent the Meraglim to survey Eretz Yisrael.



Start the summer on the right foot with Rabbi Allen Schwartz's

MONDAY NIGHT MISHMAR

SELECT MONDAYS IN JUNE & JULY
7:15pm Mitzvah Chaburah
8:00pm Tehillim Class

ZOOM & LIVE

[OZNY.ORG/MISHMAR](https://ozny.org/mishmar)

CONGREGATION OHAB ZEDEK
THE HEART OF THE UPPER WEST SIDE | 118 WEST 95TH STREET NY NY 10025 | OZNY.ORG



THIS JUNE 13, JOIN THE OZ **613** MITZVAH MEAL CAMPAIGN

The OZ Mitzvah Meal Fund supports food delivery for those in need, including:
New Moms | Tomchei Shabbos
Bikkur Cholim | Shiva Homes

Donate at ozny.org/613

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Creating a Culture of Healthy Sexuality in the Home

A Zoom Workshop with Yonina Rubenstein, B. ed.



Yonina is a certified sexuality educator, coach & group facilitator. She is the author of 'Sexuality After Childbirth' and runs the popular course 'Growing Together: Raising Sexually Healthy Children'. She founded the Facebook community, 'Jewish Parents Raising Sexually Healthy Kids and Teens.' With Yonina's unique approach blending professional knowledge, a holistic outlook, and practical skills, she is redefining sexuality education in the Jewish world.

What is Healthy Sexuality?
Defining Our Values Around the Topic

YOUNG CHILDREN AGES 0-5	Normative behaviors, red light behaviors, using every day opportunities and the Jewish calendar to open the conversation
PRE-TEENS & TEENS AGES 6+	How to talk about body changes, instilling values, holding the tension between religion and sexuality
SEXUAL SAFETY & PREVENTING ABUSE	Prevention, noticing red flags, what to do, and how to talk to our kids about sexual abuse in a healthy way

Wednesday June 14
8:30pm | ZOOM
RSVP REQUIRED
Sponsors welcome
[OZNY.ORG/PARENTING](https://ozny.org/parenting)

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Summer Mazel Tovs & Milestones KIDDUSH

6.17.2023

Join OZ to celebrate your graduations, promotions, birthdays, anniversaries, and just because's!

SPONSORSHIPS & SUBMISSIONS [OZNY.ORG/KIDDUSH](https://ozny.org/kiddush)

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CHALLENGE GRANT RECIPIENT


THE OU WOMEN'S INITIATIVE for Innovative Women's Programming

OZ PRESENTS

WOMEN in NETWORK

ROSH CHODESH TAMUZ
6.19.23
Monday • 6:30pm
RSVP REQUIRED
[OZNY.ORG/WIN](https://ozny.org/win)
\$10 MEMBERS • \$15 NON-MEMBERS

FEATURING **SHARON GANZ**
Living Every Part of Your Life with Emunah and Bitachon



Sharon Ganz has been running singles events for over 33 years. Her mission has been to help singles meet, marry and create beautiful families. To date, she has made 126 Shidduchim made with over 350 Children Born.

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OZ SUMMER BBQ & MEMBERSHIP MEETING



TUESDAY, JUNE 27 7-20PM

Join your fellow members as the board presents:
Year in Review • Budget Summary • Trustee vote

NOT YET A MEMBER?
JOIN TODAY AS A FAMILY, INDIVIDUAL, ASSOCIATE OR NON-RESIDENT - MONTHLY PAYMENT PLANS AVAILABLE

[OZNY.ORG/JOIN](https://ozny.org/join)

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