

Friday, September 22 (Tishrei 7)

5:35am Selichos	MS
6:05am Shacharit	MS
6:25am Selichos	BM
6:55am Shacharit	BM
7:25am Selichos	MS
7:55am Shacharit	MS
7:00am Men's Daf Yomi	LB
6:35pm Candle Lighting	
6:45pm Zman Mincha Maariv	MS
6:45pm Sephardic Minyan	SH
7:30pm 3040 Dinner (RSVP)	BM

Shabbat, September 23 (Tishrei 8)

Shabbat Shuva, Ha'Azinu

7:30am Hashkama	BM
8:45am Haftorah Class	MS
9:15am Shacharit	MS
9:30am Youth Groups	
11:15am Shuva Drasha by R' Schwartz:	
Thesis, Antithesis, and Synthesis –	
Balancing Life's Conflicts,	
Inconsistencies, and Paradoxes	
4:45pm Youth Play Date	
5:35pm Text & Context	MS
6:15pm Mincha	MS
6:35pm Men's Daf Yomi	LB
6:35pm Shalosh Seudos	BM
7:35pm Maariv	MS
7:42pm Havdalah	

Sunday, September 24 (Tishrei 9)

Erev Yom Kippur

6:45am Selichos	MS
7:00am Shacharit	MS
7:45am Selichos	MS
8:00am Shacharit	MS
8:45am Selichos	MS
9:00am Shacharit	MS
2:00pm Mincha	MS
4:00pm Mincha	MS
6:32pm Candle Lighting	
6:40pm Kol Nidrei	MS
6:45pm Youth: Yom Kippur	

Monday, September 25 (Tishrei 10)

Yom Kippur, Yizkor

7:00am Hashkama	BM
8:30am Shacharit	MS
8:45am Youth: Yom Kippur	
5:15pm Mincha	MS
5:15pm Youth: Yom Kippur	
6:30pm Neilah	MS
7:38pm Shofar & Maariv	MS
7:38pm Havdalah	

Tuesday, September 26 (Tishrei 11)

Shacharit: 6:10am, 7:00am, 8:00am
7:00am Men's Daf Yomi
6:35pm Zman Mincha Maariv

Wednesday, September 27 (Tishrei 12)

Shacharit: 6:10am, 7:00am, 8:00am
7:00am Men's Daf Yomi
5:00pm Youth: Sukkah, Sushi, & Slice
6:35pm Zman Mincha Maariv

Thursday, September 28 (Tishrei 13)

Shacharit: 6:00am, 6:50am, 7:50am
7:00am Men's Daf Yomi
6:35pm Zman Mincha Maariv

WEEKS OF SEPTEMBER 22, 2023

Ha'Azinu, Shabbat Shuva, and Yom Kippur

YOM KIPPUR IS AROUND THE CORNER

#MakeItMeaningful this High Holiday season with OZ! Our Kol Nidrei Appeal is a one of our most important fundraisers of the year, your generosity is deeply appreciated!

MAZEL TOV

Michael & Rachel Zaslowsky, on the recent birth and bris of their son Daniel

BARUCH DAYAN EMET

David Arbesfeld & Family, on the passing of his sister Pnina Arbesfeld z'l

Regina & Brook Haberman, on the passing of Regina's mother Evelyn Foont z'l

SHABBAT SHUVA AT OZ – THANK YOU TO OUR SPONSORS!

Yoni & Karyn Vega, in memory of Karyn's father HaRav Elon ben Yiztchok HaLevi z'l

For the Refuah Sheleimah of Yisroel Gidon ben Shulamis Tsivia

Noam Ehrlich, in honor of living with his clueless parents for one year!

The entire Galena Family, commemorating the 20th Yartzheit of Dr Harold Galena z'l

Leonard Brauner & Beth Moritz, Percy Deift & Rebecca Davis, Ari & Leslie Hirsch,

Fred & Pia Hirsch, Joe & Carol Tuchman, Anonymous

Sephardic Minyan is sponsored by Benjamin & Eliana Nechmad, and Anonymous

PICK UP YOUR HIGH HOLIDAY GIFT!

In appreciation for reserving a Seat for the High Holidays and supporting our Kol Nidrei Appeal, make sure to pick up your High in the lobby on Shabbat Shuva...

YOUTH DEPARTMENT SHABBAT SHUVA & YOM KIPPUR

We're excited to host a New Mommy & Baby Room in the downstairs classroom, reserved for mothers to bring their young babies to change, nurse, feed, and play!

The three older groups will meet in the upstairs classrooms & social hall for Davening, Play, Kiddush, and Special Shows!

Drop off is at the times listed below and pick-up is when the Main Shul finishes:

Kol Nidrei Eve – 6:45pm, Yom Kippur Morning – 8:45am, Mincha & Neilah – 5:15pm

All children are required to have a parent or guardian on premises during services

Stay tuned Sukkot / Simchat Torah programming!

LOOK WHAT'S IN STORE FOR 5784 (...AND SO MUCH MORE!)

Monday Night Mishmar with Rabbi Allen Schwartz returns after Sukkot!

- Meaning in Mishlei: Probe Proverbs and explore its textual & philosophical themes
- Reading the Rav: Analyze the development & impact of the Rav's Halachic positions

Live@95 returns in October with a new Dine & Discuss mini series

- Thursday Evenings with Micah Halpern: Great Jewish Debates

The Scholar in Residence Committee hosts our first guest of the season!

- Shabbat Bereishit, Oct. 13-14 with Rabbi Dr. David Harbater, with a Wine & Dine!

**FASTING 101: WWW.OU.ORG
ALAN FREISHAT**

PREPARING FOR THE FAST

- Begin drinking on a consistent basis 36 hours beforehand. Increase your fluids by 25% or 30%.
- Eat more fruit — particularly fruit that is dense in fluid; melon and watermelon are particularly good. Fruits help retain the liquid you are consuming.
- If you are a coffee or caffeinated tea drinker, or a chocoholic, it's imperative that you begin weaning yourself from these and other caffeinated foods or drinks 72 hours before the fast begins. Failure to do so may bring on headaches during the fast.
- At the meal before the fast, stick with complex carbohydrates with a normal amount of lean protein—DO NOT go high protein at this meal. Whole Grains, vegetables, fruits, and baked potatoes or, preferably, sweet potatoes are great.
- Keep drinking non-caffeinated beverages and remember that water and some fruit juices are best.

BREAKING THE FAST

- Begin with four or five glasses of water.
- Have a light meal, a bowl of soup, a small amount of whole grains (a slice of bread or a portion of brown rice, for example), and fresh cut salad is perfect. Keep proteins light and lean.
- Finish with a fruit or two. Stop there!
- Leave the table and go for a short walk; do your stretching.
- If you are really still hungry after that, have a small snack and some more water or tea.
- Don't eat late at night, and the next day, you should wake up feeling hungry and healthy.
- Don't eat an entire day's worth of calories in one Meal.
- Overeating after the fast can cause great gastric discomfort!

Preparing for a fast and breaking it properly is just another way to "add hours to your days, days to your years, and years to your lives."

OZ YOUTH
YOM KIPPUR

Yom Kippur with the OZ Youth Department
Davening • Stories • Games • Treats • Puppet Show • Friends

KOL NIDRE
Evening Groups: 6:45pm - Pick-Up After Minyan Ends

MORNING SCHEDULE
8:45am Drop-Off & Free Play
9:30am Davening
10:30am Groups & Games
11:50am Youth Kiddush & Light Lunch
12:00pm Puppet Show
Pick-Up After Main Shul Minyan Ends

NEILAH
Evening Groups: 5:15 - Pick-Up After Minyan Ends

Programming for ages 1-10
Babysitting or drop-off with parent on premises
Parent or guardian must be registered for a high holiday seat in the main shul
Registration & Sponsorships
ozny.org/youth

****NEW****
Our new Mother / Infant Room will be available - playmat, and baby changing areas

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

OZ YOUTH Happy Sukkot!

SUKKAH, SUSHI & SLICE
Kids Sukkah Decorating Extravaganza

Join OZ and June Slotkin as we decorate our shul's Sukkah and enjoy delicious sushi and pizza!

September 27th at 5pm
All Ages Welcome!
\$10/ child
Register at [ozny.org/youth](https://www.ozny.org/youth)

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Sukkot @ OZ

We've got you covered!

- Lulav Sets
- Yizkor Book
- Sukkah Meals
- Youth Program
- Holiday Schedule

www.OZNY.org/Sukkot

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JOIN

Zip

Congregation Ohab Zedek Annual
September's for New Members Campaign

DON'T DELAY, JOIN OZ TODAY
Discounted 2024 Membership
Free 2024 High Holiday Seat
Monthly Payment Plans for all Membership Levels Available
Complimentary Wine & Dine, and More!

OZNY.org/New

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Celebrate Your Mazel Tovs & Milestones

KIDDUSH SERIES
Fall 2023

OZNY.ORG/KIDDUSH

October 28, 2023
National Chocolate Day

November 25, 2023
Thanksgiving Kiddush

December 16, 2023
Cholent Fest

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OZ MONDAY NIGHT MISHMAR
with Rabbi Allen Schwartz

MONDAYS STARTING 10.9.23

7:15PM
MEANING IN MISHLEI
Probe Proverbs & explore the textual & philosophical themes that develop throughout this Sefer and how they connect to other books of Tanach

8:15PM
READING THE RAV
Exploring the works of Rabbi Joseph B. Soloveichik z'l, we will analyze the development and impact of the Rav's different Halachic positions

JOIN & LIVE

OZNY.ORG/MISHMAR

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OZ SUKKAH RESERVATIONS: CATERED MEALS + BRING YOUR OWN SHIFTS AVAILABLE

Sign Up at [www.OZNY.org/Sukkot](https://www.ozny.org/Sukkot) - including Lulav Order, Youth, Schedule, and Yizkor