



## Bais Medrash of Bergenfield

Rabbi Moshe Stavsky, Rabbi

### Weekly Newsletter

January 18 - 25, 2019 י"ג - י"ט שבט תשע"ט

### Shabbos Parshas Beshalach

#### שבת שירה

Candle Lighting .....	4:37 PM
Mincha and Kaballas Shabbos .....	4:39 PM
Shacharis (Hashkama) .....	7:15 AM
Daf Yomi Shiur .....	8:15 AM
Shacharis (Main Minyan & Groups) .....	9:00 AM
Sof Zman Krias Shma .....	9:41 AM
Tot Shabbat (Adjacent House, Upstairs) .....	10:30 AM
Kiddush .....	Following the Main Minyan
Mincha .....	4:35 PM
Shalosh Seudos with Dr. David Luchins .....	Following Mincha
Ma'ariv .....	5:35 PM
Havdala .....	5:40 PM
<b>Parent Child Learning .....</b>	<b>6:30 PM</b>

### Weekday Schedule

#### Weekday Minyanim

##### Shacharis

Sunday and Monday .....	8:30 AM
Monday and Thursday .....	6:15 AM
Tuesday, Wednesday and Friday .....	6:25 AM

##### Mincha/Maariv

Sunday and Monday .....	4:45 PM
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##### Maariv

<b>Tuesday thru Thursday .....</b>	<b>8:30 PM</b>
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#### Shiurim + Programming

Monday and Thursday - Chaburah on Maseches Pesachim .....	9:20 PM
Wednesday Night - Women's Tehillim - 11 Alice Place .....	8:30 PM

To include an announcement, please send it to [announcements@bmob.org](mailto:announcements@bmob.org) by Thursday at 10:00 AM.

To join our email list, send an e-mail [bmob+subscribe@groups.io](mailto:bmob+subscribe@groups.io) with your name and home address.

## Announcements

The community extends its deepest sympathies to Beryl Udashkin, and the entire Udashkin family, upon the loss of Beryl's father, Mr. Donald Udashkin.

The *Ievaya* will take place Sunday in Montreal.

Beryl will be in Montreal sitting Shiva until Wednesday morning and can be reached via cell phone at 845-665-1681. Beryl will complete Shiva at his home in Bergenfield, 351 Newbridge Road, from Wednesday night until Friday afternoon.

The community extends its deepest sympathies to Noah Schmutter and the entire Schmutter family, upon the loss of Noah's father, Mr. Aaron Schmutter.

Noah will be sitting Shiva on Friday At Noah's home - 118 Dudley Drive Bergenfield, NJ  
Visiting times are until 2 PM.  
Shacharis at 7:00 AM

On Motzei Shabbos At Noah's home - 118 Dudley Drive Bergenfield, NJ  
Ma'ariv at 5:35 PM

On Sunday (Shacharis ONLY): IN BERGENFIELD is at 8:00 AM

On Sunday (Shiva): at 45 East End Avenue Apt 3A  
Mincha/Maariv at 4:45 PM  
Visitors until 8:00 PM  
Shiva ends Monday Morning

*May the families be comforted among the mourners of Zion and Jerusalem.*

This Shabbos we are privileged to host Dr. David Luchins for Shalosh Seudos.

Dr. Luchins will speak at Shalosh seudos on the topic:

"Current Events Lessons from the Rav and Rav Aharon Soloveichik zt"l on the Parasha"

Parent Child Learning (PCL) continues this week at BMOB!

Please join us at 6:30 PM on Motzei Shabbos during for learning, prizes and pizza!

To sponsor PCL for \$75 this week or in the future, please contact Elad Cnaan at [eladcnaan@gmail.com](mailto:eladcnaan@gmail.com)

The annual BMOB Meet the Members Event will take place Saturday Night, February 2nd!!

It's sure to be a fun night with comedian Eli Lebowicz!

Please find more information and RSVP details using the link below.

<https://members.bmob.org/mtm2019>

Mazel Tov to the Tuesday morning women's Matan Al HaPerek learning group on finishing *Sefer Yeshayahu*!! We will be taking a break for a few weeks and will begin learning again on January 29th. We would love new women to come join us as we begin *Sefer Yirmiyahu*. If you have questions, please email Mirel Stavsky at [miriamstavsky@gmail.com](mailto:miriamstavsky@gmail.com).

**We are looking to put into effect the Community Security Service (CSS) program at our shul.** CSS is a program which responds to the increasing threat to the American Jewish community through a series of programs to secure at-risk facilities and institutions.

In order to successfully implement this program, we NEED members (BOTH men AND women) to volunteer and take the upcoming training course. We are looking to assemble a team of AT LEAST 15-20 members who can alternate shifts and weekends. To apply for the training course, please visit <http://css.memberlodge.org> and click on "cadet application." If you are interested in volunteering and/or finding out more, please contact Sabrina Rimer ([sabrina@levllev.com](mailto:sabrina@levllev.com)) or Ariel Waintraub ([awaintraub30@gmail.com](mailto:awaintraub30@gmail.com)).

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We are pleased to announce that the two dates for photographing families for the photo directory will be FEBRUARY 10 AND FEBRUARY 24 between 11-6. If we see that those dates fill up, another date will be opened. A link for our member and affiliate families to sign up for a photography session will be sent out in the next few weeks.

### Youth Department

To celebrate your child's birthday at groups please e-mail [bmobgroups@gmail.com](mailto:bmobgroups@gmail.com).

Please email Elad Cnaan ([eladcnaan@gmail.com](mailto:eladcnaan@gmail.com)) and/or David Isaacson ([dji215@stern.nyu.edu](mailto:dji215@stern.nyu.edu)) if you would like information on volunteer opportunities or sponsoring of events going on in the Youth Committee.

Please Note: At least one parent or guardian must be in the shul AT ALL TIMES while their child is attending groups.

**Nursery and Pre-K:** *Adjacent House next the Shul (Nursery House)*

**Kindergarten thru 2<sup>nd</sup> Grade Boys:** *Youth House Downstairs*

**3<sup>rd</sup> and 4<sup>th</sup> Grade Boys:** *Shul Social Hall*

**5<sup>th</sup> and 6<sup>th</sup> Grade Boys:** *Junior Congregation at Greenbaum's Basement + Social Hall after minyan*

**Kindergarten thru 4<sup>th</sup> Grade Girls:** *Youth House Upstairs, Various rooms*

**5<sup>th</sup> and 6<sup>th</sup> Grade Girls:** *Junior Congregation at Greenbaum's Basement + Join 3<sup>rd</sup> + 4<sup>th</sup> grade girls after minyan*

All children must be toilet trained. Once in groups, children are not permitted to return to shul, unless picked up by a parent. Parents of children in the youth house must pick up their children before going to the Kiddush. Children will not be released to siblings.

Please pick up your child as soon as *davening* is over, before attending the *kiddush*.

### General Shul Information

**Sponsorships:** Kiddush Sponsorship: \$160 Basic (1 Kugel + Cold Food); \$450 Hot (Basic + Chulent, Chicken & add'l Kugel); \$585 Gala (Hot + Meatballs). Shalosh Seudos sponsorship: \$75. Parent Child Learning Sponsorship: \$75 Please e-mail Jason Pfeiffer ([jasonpfeiffer@gmail.com](mailto:jasonpfeiffer@gmail.com)) to reserve your Shabbos and visit <http://www.bmob.org/sponsorships/> once confirmed, to place your order.

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**Membership:** Please send your membership dues and building fund payments for the fiscal year to Joel Krinitz as soon as possible. There will be envelopes for this purpose in the entryway of the shul. Annual dues are \$700 for each member family and \$275 for each affiliate member family, and the building fund for each member family is \$1,000 per year for ten years. Please send checks to 139 Dudley Drive, Bergenfield NJ. Anyone who is unable to pay these amounts due to financial hardship should contact Josh Slomnicki ([josh.slomnicki@gmail.com](mailto:josh.slomnicki@gmail.com)) or Jason Koenig ([president@bmob.org](mailto:president@bmob.org)) to arrange for an alternative arrangement. Please note that you can now make all payments/donations to the Shul via the Shul's Paypal account: <http://www.bmob.org/donate/> and fill out our new members sign-up sheet by visiting <http://www.bmob.org/contact/>.

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**Ritual Committee Information:** We collect the Hebrew names of each member/affiliate member of our shul for the purposes of being called up for the Torah. Please fill out the form located at via <http://tinyurl.com/bmobname>. Similarly, anyone who would like to lein for any Shabbos or Yuntif, please email Leiber Schachter ([Leigh.Schachter@verizonwireless.com](mailto:Leigh.Schachter@verizonwireless.com)) to confirm availability.

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Our **Sisterhood** arranges meals for members with new babies. If you are interested in making a meal or would like to have meals arranged for your family, please contact Rachel Neufeld ([rachneufeld@gmail.com](mailto:rachneufeld@gmail.com)). To get involved in the sisterhood please email [sisterhoodbmob@gmail.com](mailto:sisterhoodbmob@gmail.com).

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For **Sisterhood** event information or volunteer opportunities, please contact Rebecca Adler, Lauren Hagler, Samantha Levenbrown and Sara Mechlin at [sisterhoodbmob@gmail.com](mailto:sisterhoodbmob@gmail.com). Please also find our Sisterhood on Facebook at BMOB Sisterhood or Instagram at @thebmobsisterhood

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**Welcoming Committee:** Please contact Leah Gottlieb, Mati Goldstein and Sara Mechlin at [bmobwelcomingcommittee@gmail.com](mailto:bmobwelcomingcommittee@gmail.com) if you are a new family or know of a new family that has moved into the community!

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**Message from the Bergenfield Police Department:** Please use the crosswalks when crossing. Also, please make eye contact with drivers to ensure they are stopping, and when the vehicles stop, proceed swiftly across the street, paying attention to traffic at all times. Please wear bright clothing, especially at night time, or utilize reflective tape on yourself and strollers.

### Community Announcements

The Frisch School's Annual Dinner on Feb 9th, 2019 honors Ruth and Ed Lubat, Natie Fox, Jennifer Wolf Seidel '87, and Rabbi Neil Fleischmann. To make a reservation and for more information: [www.frischdinner.com](http://www.frischdinner.com)

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She'arit ha-Plate of Bergen County, a volunteer, non-profit organization that collects excess kosher food from restaurants and smachot and distributes it discretely to people who can use it, is looking for a new site. We currently occupy a garage attached to a single-family home in Teaneck, an arrangement that has worked very well for many years, but the home will soon be put on the market and we will need to move. We are therefore looking for a new site in the Teaneck area. If you potentially have available space or know of others who might have space available for our operation, please contact Daniel Chazin, DChazin@aol.com, 201-835-5338.

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Rabbi Steven Pruzansky will be leading a Congregation Bnai Yeshurun Jewish Heritage Trip to Latvia, Lithuania and Belarus from May 13-20, 2019. We will be exploring Riga, Dvinsk, Boisk, Vilna, Kovno, Radin and Volozhin, among other places. Shabbat will be celebrated in Vilna. The resident historian will be Rav Avraham Krieger, founder of Shem Olam. There are about ten spots left, and we invite members of the community to join. Those interested should contact Rabbi Pruzansky at Rabbi@Bnaiyeshurun.org or log onto <http://heritageseminars.org/eventsarchive/congregation-bnei-yeshurun-seminar/>

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Life's challenges can often leave us feeling lost. Whether one is new to a community or a long time resident, loneliness, stress and depression can be the natural result of our over-scheduled lives. Jewish Family and Children's Services is available to help you come to terms with some of these issues, and to develop coping strategies. Whether someone is experiencing financial stress, marital discord or other relationship challenges, help is available. We are also available to consult with and for children who may be going through life stresses of their own. All calls are confidential and are handled with sensitivity to personal values and differing cultures. Please feel free to contact Paula Rozner at 201-978-2529; paular@jfcnnj.org. The agency link is [www.jfcnnj.org](http://www.jfcnnj.org).

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We welcome any family member with a loved one suffering from addiction and substance abuse issues to our local support group, which meets every other Wednesday evening in Teaneck. The group is free of charge and is facilitated by clinicians specializing in addiction. For more information and the time/location of the meeting, please email: Time2TalkAddiction@gmail.com. For more information about CCSA, please visit our website: [www.Time2TalkAddiction.org](http://www.Time2TalkAddiction.org). Communities Confronting Substance Abuse, Inc. is a nonprofit corporation founded with the goals of bringing awareness, education, prevention and programming regarding substance abuse and addiction to local communities. Please visit our website at [www.Time2TalkAddiction.org](http://www.Time2TalkAddiction.org) for information on prevention of substance abuse, resources for treatment and help, guidance on how to talk to our children, and critical information on marijuana, vaping, prescription medication, and other topics.

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