

# AHAVAS ACHIM NEWSLETTER

APRIL 24, 2020

תזריע/מצורע/ראש חודש

א' אייר תש"פ

Plag Hamincha ..... 6:22 p.m.  
Candlelighting..... 7:28 p.m.

**Suggested times for Shabbat Tefillah**  
Mincha/Kabbalat Shabbat/Maariv.....  
.....7:00 & 7:35 p.m.  
Shacharit .....7:00 & 8:45 a.m.  
Mincha..... 7:25 p.m.  
Maariv..... 8:34 p.m.  
Motzei Shabbat ..... 8:38 p.m.  
Havdalah B'Yachad ..... 8:45 p.m.

- For those observing the restrictions of the first "half" of sefirah, when Shabbat and Rosh Chodesh Iyar coincide like this year, it is permissible to get a haircut on Friday in honor of the extra level of simcha.
- I look forward to seeing you all at Havdalah B'Yachad on Motzei Shabbat. We will begin with Sefirat HaOmer at **8:45 p.m.**

proud to announce Congregation Ahavas Achim's **Match Campaign and Learn-a-Thon!** The match campaign begins **this Sunday evening, April 26** and runs through **Sunday night, May 3**. We will be ending the match campaign with a 12-hour virtual learn-a-thon with exciting Torah, content and fun for the whole family! Visit: [thechesedfund.com/ahavasachim](http://thechesedfund.com/ahavasachim) for more information and to donate.

## SYNAGOGUE NEWS

### RABBI'S TIPS FOR THIS SHABBAT:

- Although the **last** time for Candlelighting is at **7:28 p.m.**, Shabbat may be brought in and candles lit earlier, as long as it is after Plag Hamincha, which is at **6:22 p.m.** today. Ideally, one would daven Mincha before Plag Hamincha and then Kabbalat Shabbat/Maariv after Plag Hamincha.
- When davening at home on Shabbat morning, one does not recite the two paragraphs beginning with Yekum Purkan or the Mishebayrach for the Tzibbur which follows.
- This Friday and Shabbat are Rosh Chodesh. Half Hallel is recited on both days. On Friday, Mussaf is Mussaf for Rosh Chodesh. On Shabbat, Mussaf is the special Mussaf for Shabbat Rosh Chodesh ("Atta Yatzarta") which can be found on the bottom of the regular Shabbat Mussaf page.

### המקום ינחם

The Congregation extends its condolences to **Irene Balsam** on the loss of her sister, **Judith Bell z"l**. May she and her family be comforted among the mourners of Zion and Jerusalem.

### YOM HAZIKARON/YOM HAATZMAUT 5780

This year, Ahavas Achim is proud to partner with **RZA-Mizrachi** and participate in their international "**Tekes Maavar**" to mark the transition from **Yom HaZikaron** to **Yom Haatzmaut** this **Tuesday, April 28** at **7:30 p.m.** at [www.rza.org/live](http://www.rza.org/live). The planned program will feature Chief Rabbi Lau, Chief Chazan of Tzahal Shai Abramson, Miriam Peretz, Sivan Rahav Meir and others. Please join the program online and connect with thousands of others as we celebrate the 72nd anniversary of the founding of the State of Israel.

### MATCH CAMPAIGN AND LEARN-A-THON

As we all continue to be separated from each other and our Shul has been closed, the opportunity to join together in a new and uncharted way has arisen. We are

We are also looking for congregants to submit 30 second to 3 minute long videos of them presenting a D'var Torah for the event. Please email your submissions to: [dvartorah@aafundraising.org](mailto:dvartorah@aafundraising.org).

### HAVDALAH B'YACHAD

**Motzei Shabbat, April 18, at 8:45? p.m.**  
**Virtual Havdalah with the Ahavas Achim Family.**

Connect with Ahavas Achim via Zoom:  
<https://zoom.us/j/5757628337>

This Motzei Shabbat, please use your computer or other device to join all

(Continued on page 2)

**AHAVAS ACHIM 131ST ANNIVERSARY DINNER**  
**Postponed to a future date!**  
**Stay tuned for details!**

**Guests of Honor**  
**Steven and Ann-Sheryl White**

**Robert Rosner Memorial Young Leadership Award**  
**Ari and Teri Sofair-Fisch**

**Keter Torah Award**  
**Edward Epstein**

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## רפואה שלמה

Please include the following חולים in your תפילות.

בת-שבע בת מלכה

קלמן בן רחל

היגדה בת רייזל

אסתר בת לאה

ראובן סורה הלוי בן אסתר

מינדל בת תמימה

ביילה ליבה בת חוה פרל

ליבה שיינדל בת חוה

מאיר בן חנה ריטה

צבי דוב הלוי בן שרנה

אברהם יצחק הלוי בן רחל

פסח יהושע בן יוסף מאיר

**Rabbi Dovid Adlin - הרב דוד בן פנינה**

**Janette Arnold - שרון בת לאה**

**Candi Feinberg - חנה בת נחה**

**Michael Greenberg - משה יעקב בן צביה**

**Rebetzin Devorah Hilsenrath - דבורה בת חיה ביילה**

**Jaklin Rozen - ג'קלין בת רחל**

**Anny Safier - אופירה חיה בת רבקה צביה**

**Yussie Weiss - יוסף חיים בן בעשה**

**Alan White - אברהם יוסף בן פריידע**

*If you would like to submit a name for the cholim list, please call the Shul office: 732-247-0532 or email: secretary@ahavasachim.org.*

*(Havdalah, continued from page 1)*

together as a shul for a beautiful Havdalah. We ask you to light your Havdalah candle, turn down the lights, and sing along with us as we start the new week as a community. We look forward to seeing everyone from afar and illuminating our homes together. *(Please note that if able to, one should still make Havdalah in the home before or after the shul Havdalah.)*

After Havdalah there will be a Daf Yomi shiur so please stay logged in if you are interested in learning the Daf!

## AAU SHIURIM VIA ZOOM TELECONFERENCE

The learning has not stopped! It has just moved online. Please join us for this schedule of classes and maintain your regular learning from home!

Connect with Ahavas Achim via Zoom:  
<https://zoom.us/j/5757628337>

2 **MONDAY 8:00-8:30 p.m. Practical**

**Halacha** with Rabbi Miodownik

**8:30-9:30 p.m. Gemara Kiddushin** with Rabbi Miodownik

**TUESDAY 9:00-10:00 a.m.** Men's Retirees Kollel **Parsha Gems** with Rabbi Moshe Goldberger. Please call in to (605) 313-5890 and enter 399719# to access this shiur.

**WEDNESDAY 1:15-2:15 p.m. The Weekly Haftarah** with Rabbi Miodownik: Weekly Exploration of the Haftarah of the upcoming Shabbat (Wednesday women's class and Thursday men's class combined)

**THURSDAY 2:00-3:00 p.m.** Men's Retirees Kollel continues **Gemara Taanit** shiur with Rabbi Shruga Gross.

## TCN SHIURIM

If you've always wanted to try out Rabbi Reisman's Saturday night Navi shiur or Rabbi Frand's Thursday night parasha shiur on TCN, but somehow couldn't get up the energy to go to shul for them, now's your chance to view them from the comfort of your home. If you're interested in receiving a link to each week's recorded shiur, send email to: [aau.tcn@gmail.com](mailto:aau.tcn@gmail.com).

## DAILY INSPIRATION

Each weekday evening, the rabbi offers a short Parsha-based Dvar Torah between Mincha and Maariv. Would you like to be included in a WhatsApp group and receive these daily lessons as we adapt to virtual shul? Please email your phone number to: [socialdistancingsurvival@gmail.com](mailto:socialdistancingsurvival@gmail.com) and we will add you to our group! Let's make it a daily dose of Parsha!

## SISTERHOOD NEWS

### BOOK CLUB

The next AA Sisterhood Book Club meeting will take place on **Wednesday, June 3 at 8:00 p.m.** at the home of **Lisa Goldberg, 33 North 9th Avenue, Highland Park**. The book we will be discussing is *The Giver of Stars* by JoJo Moyes. We hope you can join us! We hope to meet in person but if not we will again do Zoom.



## COMMUNITY NEWS

### JEWISH FEDERATIONS OF NORTH AMERICA WORLDWIDE CELEBRATION OF ISRAEL'S INDEPENDENCE DAY

Join the **Jewish Federations of North America** for a worldwide celebration of Israel's 72nd birthday with celebrity guests and people from across the world on a one-hour **Facebook Live event this Wednesday, April 29** from **2:00-3:00 p.m.**, using the following link: <https://tinyurl.com/yaom6rt7>

- Matisyahu singing a medley of "One Day" with voices from more than 30 countries sharing a message of hope and celebration
- The Brothers Platt—Ben, Henry and Jonah Platt—singing in honor of Israel's celebration
- American film star Joshua Malina sharing about Israeli doctors and scientists on the front lines of COVID-19 battle
- Adeena Sussman, author of the bestselling cookbook *Sababa*, teaching how to make falafel

### PJ LIBRARY VIRTUAL PROGRAM

*Bagels and Blocks* (for toddlers and preschool children) will meet **this Sunday, April 26 at 9:30 a.m.** on Zoom. This monthly program is going virtual. Toddlers and preschoolers and their parents and grandparents are invited to celebrate Israel. You will play games, sing songs, listen to a story and have lots of fun. **RSVP to Inbar at [inbars@jewishheartnj.org](mailto:inbars@jewishheartnj.org)**. You will receive the Zoom link after you have registered.

### LEFKOVITS FAMILY PARK MIKVAH:

Please support the mikvah while purchasing on Amazon. Use the link: <http://smile.amazon.com/ch/23-7037953>. A donation will be made to Lefkovits Family Park Mikvah.

The Mikvah is currently by appointment only. All preparations should be done at home and all appointments must be made via the appointment page on the website: [www.parkmikvah.org](http://www.parkmikvah.org). Please email [hpmikvah@gmail.com](mailto:hpmikvah@gmail.com) if you have any comments or questions.

## RPRY VIRTUAL DINNER

Save the date: **Sunday evening, June 14**, for **RPRY's Virtual Dinner**. Details to follow.

## JFS COUNSELING BY PHONE

The impact of COVID-19 is far reaching. Social isolation, financial instability, disruption of daily routines, and more can take a heavy emotional toll. JFS counselors are available by phone and online video call to help. To make an appointment, call **732-777-1940**. Most insurance accepted.

## COVID RELIEF FUND

As the COVID-19 shelter-in-place requirements lengthen, unemployment increases, and more neighbors and friends become infected with or affected by the virus, now is the time to act. The **Jewish Federation in the Heart of NJ** has established a community-wide **COVID Relief Fund**. If everyone were to give **\$18** toward COVID relief, imagine the powerful impact that the collective community would create when it's needed most! Your support will meet the most urgent needs of vulnerable people, while also fostering the resilience and security of the Jewish ecosystem that serves them.

We are all in need, but as bad as we may have it...there are those who have it worse than us:

- People who cannot put food on their tables
- People who cannot bury loved ones they are losing because they have no income
- Elderly who have no one to shop for them
- People who cannot keep their lights on
- Organizations that cannot serve their communities
- Doctors and nurses who are on the front lines and barely eating because there is no food available at the hospital, yet they are helping save lives

Tzedakah is part of who we are as Jewish people. There is no time better than now to remember that! Please use this link to donate now: <https://tinyurl.com/rwxcdwa>.



## CALM AMID CORONA

The **Orthodox Union** is proud to present **Calm Amid Corona**, an ongoing series of Mental Health programs for the community, on Monday and Thursday nights, beginning **this Monday, April 27**:

**Rabbi Tzvi Hersh Weinreb: Grief, the Omer and Corona: Thoughts and Suggestions, Monday, April 27, 8:00 p.m. Watch Live at [www.ou.org/mentalhealth](http://www.ou.org/mentalhealth) or OU Fb Live**

Rabbi Dr. Tzvi Hersh Weinreb, executive vice president, emeritus, of the Orthodox Union, combines his background and skills as a trained clinical psychologist, accomplished scholar, and pulpit rabbi, to provide extraordinary leadership and insight.

**Eli Glaser, CNWC, CWMS: The Ideal Coronavirus Diet: Eating to Optimize Your Immune System and Maintain Overall Health During Prolonged Isolation and Home Confinement, Thursday, April 30, 8:00 p.m. Watch Live at [ou.org/mentalhealth](http://ou.org/mentalhealth) or OU Fb Live**

Eli Glaser, CNWC, CWMS, is the founder and director of Soveya. He is a Nutrition & Wellness Consultant and Weight Management Specialist, an ordained rabbi and an internationally acclaimed motivational speaker and author, who shares his own compelling story of struggle and success to help thousands of others. His book, *Enough is Enough*, was released in 2019 and is widely available.

## VOLUNTEERS NEEDED FOR KOSHER MEALS ON WHEELS

Do you have a couple of hours free in the morning? Can you help ensure that homebound seniors have fresh, nutritious meals to enjoy? The Jewish Family Services of Middlesex County Kosher Meals on Wheels program needs volunteers for Edison and Avenel on Mondays. Email [office@jfsmiddlesex.org](mailto:office@jfsmiddlesex.org) or call **732-777-1940**.

## GET COUNTED: CENSUS 2020

Your step-by-step guide for how to respond online at: [my2020census.gov](http://my2020census.gov).

English: Video Guide to Completing the 2020 Census Online can be found at: <https://tinyurl.com/wmr3usx>.

For links to this same video guide in other languages please visit: <https://tinyurl.com/qv8h6x6>.

## YAHARZEITS

4/25	Marcia Levinson	Father
	Ann-Sheryl White	Father
4/26	Rachel Strupinsky	Father
	Sharon Zavodnick	Father
4/27	Dr. Mark Goldring	Father
	Cynthia Greenberg	Mother
	Judi Seidemann	Husband
4/29	Rabbi Ronald Schwarzberg	Father
4/30	Candace Feinberg	Mother
	Maxine Pilavin	Father
	Tobi Schilowitz	Mother
	David Weintraub	Mother
5/1	Jonathan Abrahams	Father
	Heather Ross	Mother

## JFS: DONATE A GIFT CARD, HELP STOCK THEIR SHELVES

**Jewish Family Services** strives to make sure that those in need of food don't go hungry. Kosher groceries are available for curbside pickup so the most vulnerable can get food without any risk to their health. With their pantry shelves emptying quickly, please consider donating a gift card so JFS can purchase more food. You can mail or drop off gift cards or checks at their secure lockbox: **JFS of Middlesex County, 32 Ford Avenue, Floor 2, Milltown, NJ 08850**. To contact JFS of Middlesex County, call: **732-777-1940**, email: [office@jfsmiddlesex.org](mailto:office@jfsmiddlesex.org) or visit: [www.jfsmiddlesex.org](http://www.jfsmiddlesex.org).

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