AHAVAS ACHIM NEWSLETTER

DECEMBER 30, 2022 | **ויגש** | **ז' טבת תשפ"ג**

SCHEDULE OF SERVICES

Friday

Candlelighting..... 4:21 p.m.
Mincha/Kabbalat Shabbat/Maariv.....
..... 4:30 p.m.

שבת

Shacharit .....7:30 & 9:00 a.m.
Inspiration from the Rambam.....
.....8:40 a.m.
Pre-Group babysitting .....9:30 a.m.
Teen Minyan.....9:30 a.m.
Latest Shema.....9:40 a.m.
Youth Groups ..... 10:00 a.m.
Tot Shabbat..... 10:30 a.m.

Kiddush is sponsored by the Sisterhood.

Daf Yomi ..... 3:45 p.m.
Mincha ..... 4:20 p.m.
Seudah Shlishit..... 4:40 p.m.
Maariv..... 5:27 p.m.
Motzei Shabbat ..... 5:31 p.m.

ויחי

Sunday & Monday (Legal holiday)
Shacharit .....8:00 & 9:00 a.m.

צום עשרה בטבת
Tuesday

Fast begins.....6:09 a.m.
Shacharit .....6:15 & 7:45 a.m.
Mincha..... 4:15 p.m.
Maariv..... 4:45 p.m.
Fast ends..... 5:24 p.m.

Wednesday & Friday Shacharit.....
.....6:35 & 7:45 a.m.
Thursday Shacharit ..6:25 & 7:45 a.m.
Sunday, Monday, Wednesday &
Thursday Mincha/Maariv .... 4:30 p.m.
Monday-Thursday Late Maariv.....
..... 9:30 p.m.
Friday Candlelighting..... 4:28 p.m.
Mincha/Kabbalat Shabbat/Maariv .....
..... 4:35 p.m.

Northside Minyan December
Alan and Bernice Shapiro
135 North 8th Avenue, Highland Park

ברוך הבא

Ahavas Achim would like to warmly welcome all newcomers, visitors and guests who are joining us for Shabbat. If **President Yossi Benedek** or **Rabbi Steven Miodownik** don't get a chance to greet you personally, please come up and introduce yourself. We'd like to meet you!

SYNAGOGUE NEWS

מזל טוב

Mazel Tov to **Lorraine and Abe Schwartzbard** on the upcoming marriage of their granddaughter, **Miriam Farkas** to **Benji Kattan** of Great Neck. Mazel Tov to Miriam's parents, **Amy and Shmuel Farkas.**

Mazel Tov to **Riki and Robert Kreitman** on the forthcoming marriage of their son, **Rafi** to **Racheli Freundlich.**

צום עשרה בטבת

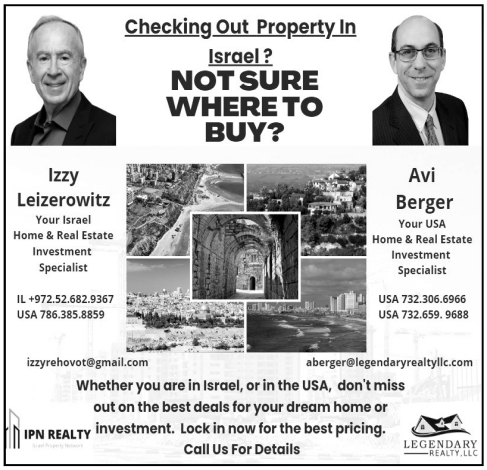
The fast day of **Asarah B'Tevet,** commemorating the beginning of the Babylonian siege against Yerushalayim that ended in the destruction of the first Beit Hamikdash, will take place on **Tuesday, January 3.** The fast begins at **6:09 a.m.** and ends at **5:24 p.m.** Minyanim will be at the following times: Shacharit: **6:15** and **7:45 a.m.;** Mincha: **4:15 p.m.;** Maariv: **4:45** and **9:30 p.m.**

HAKARAT HATOV BAKE-OFF THANK YOU

Thank you to all of our bakers who participated in the Hakarat Hatov Bake Off!! We had a total of 11 beautifully prepared trays of treats and they were very much appreciated by the recipients. Special thanks to the **Ostrin kids** and their friends who artfully and lovingly prepared the trays. Yasher Koach !

YOM HASHOAH SEFER ZIKARON

In observance of Yom Hashoah this year, the shul will be compiling a **Sefer Zikaron** to preserve the stories of shul members whose families were affected by the Shoah. This would include accounts of spiritual and physical survival, rescue, immigration, escape, efforts of those in the U.S. to help, and memorials to those who were lost. With time passing and survivors passing, this is an important time to document and share this history of our shul families. If you are interested in participating or have questions, please contact **Miriam Oles** at **732-247-3012** or **moles623@aol.com.**



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רפואה שלמה

Please include the following חולים in your תפילות.

שלמה בן מנוחה

אסתר בת לאה

ראובן סורה הלוי בן אסתר

בת-שבע בת מלכה

מינדל בת תמימה

משה אהרון בן חיה

חיה דבורה בת שרה שפריצא

מרדכי בן לאה

רחל לאה בת פריידה

יצחק בן גיטל

שמעון דניאל בן מיכל

מרים בת לטיפה

חיים ברוך בן גולדה

Avi Mandelbaum - אברהם מנשה בן חנה ברכה

Janet Peleg - יעל בת רבקה

George Shrier - יהודה דוב בן רחל לאה

Eric Silverman - ישראל יחזקאל בן חנה

Kay Silverman - גילה בת גולדה

Yussie Weiss - יוסף חיים בן באשא

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

RABBINIC INTERN HOSPITALITY NEEDED

Looking for housing and meals for the following Shabbatot to host **Rabbi Gans** and his lovely family:

- Jan 13-14
- Jan 27-28
- Feb 17-18

Please contact **Keren Avery** at **keavery04@gmail.com** if you are able to host. Thank you in advance for your generosity!

WEDNESDAY NIGHTS IN THE BEIS

Make the AA Beit Midrash your address for Wednesday night learning. Come with your chavruta, or on your own to join our learning groups, and contribute to the sound of Torah study in our shul. Each **Wednesday night,** from **8:00-9:30 p.m.,** fantastic refreshments will be served in the Beit Midrash to fuel your learning, and an array of study options will be available. *We look forward to seeing you there!*

AAU SHIURIM

DAILY

9:15 p.m. Mishnah Yomi via Zoom: ***https://us02web.zoom.us/j/86296212963?pwd=aEt1aVNERDZ4akpxekdZZEZ4b2N5dz09***

TUESDAY

8:30 a.m. Parsha Gems with Rabbi Moshe Goldberger in the Beit Midrash or via telephone: **605-313-5890** code: **399719#**

WEDNESDAY

8:00 p.m. Wednesday Nights in the Beis

THURSDAY

8:30 a.m. Men's Retirees Kollel Gemara Masechet Chulin with Rabbi Miodownik

9:00 p.m. Parshat Hashavua with Rabbi Yissocher Frand on the TCN *(No charge; donations welcome!)*

SHABBAT/MOTZEI SHABBAT

8:40 a.m. Inspiration from the Rambam with Elisha Russ-Fishbane

50 Minutes before Mincha: Daf Yomi with Judah Abraham

Navi with Rabbi Yisroel Reisman on the TCN ***(7:30 pm. through end of January.*** *No charge; donations welcome!)*

MISHNAH YOMI

Now studying Seder Moed

9:15 p.m. Every Night (Except Friday)

Can you spare 15 minutes per night to study two Mishnayot together with your Ahavas Achim family? You can accomplish so much through the study of just two Mishnayot per day. Our rotation of AA teachers will guide you through the Mishnayot each night, so please open up your sefer and follow along with us on Zoom.

Please note: The Zoom link has changed! Do not use any previous Zoom links.

- https://us02web.zoom.us/j/86296212963?pwd=aEt1aVNERDZ4akpxekdZZEZ4b2N5dz09
- Meeting ID: 862 9621 2963
- Passcode: Mishnah

Call-in Numbers:

- +1-929-205-6099
- Meeting ID: 862 9621 2963
- Passcode: 8408127

Strub Law LLC
Wise Counsel for Wellness, Wealth & Legacy

Seeing family soon? Things TO talk about
but maybe not at Thanksgiving dinner

☐ **Incapacity** & End-of-Life wishes
☐ Managing **Money** to support goals
☐ Creating a meaningful **Legacy**

AND, IF YOU NEED A PLAN, CALL ME:
StrubLaw.com | 732-743-5120
Rebecca Begelman Strub, JD, LLM
rebecca@strublaw.com

NJ License # 35SI00389400

Ann M. Reese, Ph.D., Psy.D.
Licensed Psychologist
Clinical Specialty

320 Raritan Avenue, Suite 307A
Highland Park, NJ 08904
732-846-2300

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George Abadiotakis, Mgr.
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highlandparkservice.com

MASONRESNICK Photography
Mazal tov to the 133rd AA Dinner Honorees!

www.masonresnick.com
732-221-8748
masonresnick@gmail.com

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MESSAGE FROM THE SECURITY COMMITTEE

Each of us has a role to play in the security of our fellow members. Please follow our security policies:

1. Please use the front door on Shabbat morning.
2. Please refrain from holding the front and rear doors open for any extended period of time.
3. At no point should the side doors of the Downstairs Social Hall be opened to let people in or out.
4. Please do not let anyone you do not know into the building for any reason.
5. Please do not leave any backpacks or bags unattended.
6. When leaving the building, double check to make sure the doors have properly closed and locked behind you.
7. Please avoid congregating in groups outdoors near the building for the foreseeable future.
8. Above all, if you see something, say something. Any suspicious activity should be reported immediately to a Gabbai, the security committee or a board member. As a reminder, we have panic buttons and telephones located throughout the building.

AHAVAS ACHIM COVID POLICY

If you have any COVID-19 symptoms, including fever, chills, cough, or shortness of breath, you may not come to Ahavas Achim as long as the symptoms persist. When in doubt about symptoms, for the purpose of this policy assume that they are COVID-19. For similar symptoms that are unrelated to COVID-19, you may obtain a doctor's clearance to come to Ahavas Achim.

SISTERHOOD NEWS

MAKE YOUR OWN EXFOLIATING FELTED SOAP

Join Ahavas Achim Sisterhood on **Tuesday, January 10** at **7:30 p.m.** in the Downstairs Social Hall for another fun crafting event. Learn to make your own **exfoliating felted soap** with our very own **Jill Schulman.** Cost: **$30** per person. Space is limited so reserve yours quickly by contacting the shul office at **secretary@ahavasachim.org** or **732-247-0532.**

BOOK CLUB

The next Book Club will be held on **Tuesday, January 31** at **8:30 p.m. via zoom only.** We will be discussing ***People Love Dead Jews*** by Dara Horn. Please pick an essay you would like to discuss from the book. Hope you are all well and look forward to seeing you soon!

KIDDUSH REMINDER

Shabbat, December 31: *Giyora and Sherry Simantov, Mark and Shana Shoulson, Ari and Teri Sofair-Fisch*

Shabbat, January 7: *Anna and Alan Steif, Mark and Rachel Stein, Marc Storch and Karen Stern*

Shabbat, January 14: *Ken and Barbara Strassman, Hank and Rebecca Strub, Ze'ev and Rachel Strupinsky*

Shabbat, January 21: *Claire Taubenblat, Michael Fradkine and Yael Lechtchiner, Marc and Deb Turansky, Miro and Merri Ukraincik*

YOUTH NEWS

KOL HANEARIM

Introducing Ahavas Achim *Kol HaNearim* Divrei Torah written by the AA youth! Please stop by rack marked **Youth News** in the front lobby and pick up the first print. The Divrei Torah were written by 4 AA Youth All Stars: **Gabe Feiler,** senior at JEC. **Ora Russ-Fishbane,** sophomore at Maayanot. **Maayan Flancbaum,** 6th grader at RPRY. **Shmuel Kurtz,** 7th grader at RPRY.

TEEN MINYAN KIDDUSH SPONSORSHIP

Teen Minyan Kiddush is sponsored by **Hank and Rebecca Strub** in commemoration of the Yahrzeit of Hank's mother, **Helen Strub - חנה בת ניסן זאב**.

If you'd like to sponsor Teen Kiddush, email **Kivi** at: **aayouth100@gmail.com.**

TOT SHABBAT

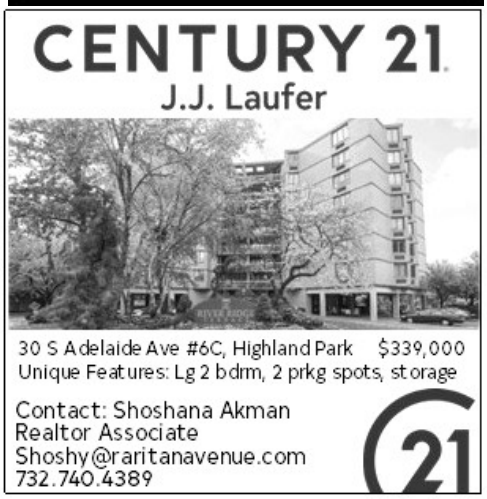
All kids ages **0-3** are invited to **Tot Shabbat** which now meets weekly at **10:30 a.m.** in the baby room. Join us for songs, snacks, stories and lots of fun! Please remember that all children must be accompanied by an adult.

YAHRZEITS

12/31	Nina Winer	Father
1/1	Joseph Benedek	Father
1/4	Lisa Kleinmann	Mother
	Dr. Janet Peleg	Mother
	Lori Resnick	Brother
	Henry Strub	Mother
1/5	David Friedman	Father
	Rabbi Robert Pilavin	Father
	Jane Stein	Sister

JUMPING JELLYBEANS WITH FRESH THEATRE ARTS

Children ages **0-5** are invited to join us for **Jumping Jellybeans** with Fresh Theatre Arts on **Sunday, January 8** from **10:30-11:15 a.m.** at Ahavas Achim. Jumping Jellybeans is a program which invites children to explore their surroundings in a fun, energetic and exciting environment through drama, movement and music. Cost is **$5** per child and includes a snack. RSVP to **Chani** at **aayouth100@gmail.com.** All children must be accompanied by an adult.



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COMMUNITY NEWS

TOMCHEI SHABBOS BENEFIT CONCERT THIS MOTZEI SHABBAT

Tomchei Shabbos of Middlesex County presents **Moshav Band and Noah Solomon of Soulfarm** live in concert **this Motzei Shabbat, December 31** at **Chabad of Rutgers**, 170 College Ave, New Brunswick. Doors open at **8:00 p.m.** To purchase tickets, please visit: **www.tomcheimc.org.** Please email: **tomcheimc@gmail.com** for more information. Please support Tomchei Shabbos of Middlesex County and give the gift of Shabbos!

Come get a sneak preview of the music. The community is invited to a **Friday night Oneg** featuring **Yehuda Solomon** (lead singer of the Moshav Band) and his brother, **Noah Solomon** (lead singer of Soulfarm) graciously hosted by **Michie and Sari Klerer, 16 Cellar Road, Edison, tonight** at **8:30 p.m.**

TABC ANNUAL DINNER

Join **Torah Academy of Bergen County** for their **Annual Dinner this Wednesday, January 4, 2023** at **Keter Torah.** They will celebrate 40 years of Yeshiva education in Bergen County. TABC is proud to pay tribute to Guests of Honor, **Rachel and Azi Mandel;** Service awardees, **Bonnie and George Silfen;** and Faculty Recognition awardee, **Rabbi Ben Krinsky** '05.

This is a wonderful opportunity to both express gratitude to the esteemed honorees who give generously of their time, energy and resources and to come together as a family to celebrate TABC students and accomplishments. Your contributions to the **Bruce Ritholtz z"l Scholarship Fund** will help ensure that all of the young men in the community, regardless of family finances, will have access to the TABC experience. RSVP or donate online at: **www.tabc.org/dinner2023.**

MAYA GRUNSTEIN'S BAT MITZVAH PROJECT

Do you or your kids love playing sports? Do you have any extra equipment laying around? Help **Maya** team up with **Leveling the Playing Field,** an organization that gives underprivileged children the equipment they need to play. Please donate your gently-used sports equipment to the **labeled bin in the coat by this Sunday, January 1.** Thank you!

HIGHLAND PARK COMMUNITY KOLLEL BREAKFAST

The **Highland Park Community Kollel** is pleased to announce that the Guest of Honor at this year's breakfast will be **Dr. Arnie Lustiger.** The Guest Speaker will be **Rabbi Yehuda Leib Eichenstein,** Rosh HaYeshiva of Rabbi Jacob Joseph School and Rov of Congregation Ateres Shlomo. There will be a special presentation, inaugurating the kollel's new aron kodesh and bimah.

The breakfast will take place on **Sunday, January 29** at **Ohr Torah.** Formal invitations and further details to follow. Online donations can be made at: **http://www.hpkollel.com**. If you do not receive a formal invitation, please email: **hpcommunitykollel@gmail.com** with your address. Thank you!

WOMEN'S HEALTH FORUM

Women are invited to a powerful panel discussion **next Sunday, January 8** at **8:00 p.m.** at **Ohr Torah.** Come to explore a variety of topics including: How to help your teen girl understand her body, prenatal health, birthing, lactation, postpartum recovery, pelvic floor health, female strength and beyond! Panel Participants will be **Sue Brill Goldberg, MD FAAP, Sara Feigenbaum, DPT, Nicole Dietz, RNC-OB, Marninah Hersh, BScN, IBCLC, Shira Sheldon, APN** and **Marla Rottenstreich.** This program is *free and open to women of all ages!*

SOLOMON GRUNSTEIN RUNS THE JERUSALEM HALF-MARATHON TO SUPPORT SHALVA

Shalva (the Israel Association for the Care and Inclusion of Persons with Disabilities) helps 2,000 children and adults per week in Yerushalayim by providing life-changing therapies in their state of the art facility. On **March 17, 2023, Solomon Grunstein** will be running the **Jerusalem Half-Marathon** to raise funds to support Shalva in their important work. Solomon is moving steadily toward his mileage and fundraising goals but needs your help! Please visit Solomon's fundraising page at: **https://www.run4shalva.org/my/solomonruns4shalva** and help Shalva know that HP/Edison cares.

REBBITZEN EICHENSTEIN

For status of Sunday and Monday classes, please contact **Aviva Siegel** at **siegelmom@gmail.com.**

FINDING BALANCE IN THE EVERYDAY: TIME MANAGEMENT & WORKING JEWISH WOMEN

Raritan Valley Chapter of Hadassah invites you to a virtual program, **Finding Balance in the Everyday: Time Management & Working Jewish Women** with Guest Speaker **Dr. Shari Bloomberg, LCSW.** The program will be presented **next Sunday, January 8** at **1:00 p.m.** Zoom link: **https://us06web.zoom.us/j/82713744841?pwd=eGY0NnplVFdHVWFFQ2ZvU0pkSSt5UT09;** Meeting ID: 827 1374 4841; Passcode: 2023. Advance registration is not required. For more information, contact **Marnie Kean** at **RaritanValleyHadassah@gmail.com.**

BOOK DRIVE FOR THE BRIDGE OF BOOKS FOUNDATION (501C3)

Ophir Filhart is collecting new and gently used books for kids 0-18. To donate books, please email **Ophir** at **ophirben9@gmail.com.** Please do not donate adult books, textbooks, encyclopedias, coloring books, magazines or used workbooks.

HELP JFS FIGHT HUNGER

Jewish Family Services pantries need your support—help them help families in need by donating non-perishable, unexpired kosher food items or donating online: **https://jfsmiddlesex.org/donate-form** to support their efforts. If you would like to arrange a food drive or food delivery to JFS pantries, email **office@jfsmiddlesex.org.** Thank you!

DR. PRESBY SHIURIM

- **Tuesdays at 8:00 p.m., Woman only:** Pele Yoetz (a combination of halacha and mussar shiur) at the Presby home, 467 Lincoln Ave
- **Wednesdays at 12:00 p.m., Men/Women:** Eicha via conference call, Dial in 605-475-6333 code 9017189
- **Thursdays at 8:00 p.m., Men only:** Megillah via conference call, Dial in 605-475-6333 code 9017189
- **Shabbat at 3:00 p.m., Men/Women:** Nach shiur at the Presby home, 467 Lincoln Ave

For more information, please contact **Dr. Presby** at **732-925-4828.**