



Rav Ya'akov Neuburger, Rabbi
 Rav Tanchum Cohen, Assistant Rabbi
 Rav Moshe Tzvi Weinberg, Mashpia

www.bethabraham.org

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Shabbos Matos Masei
July 13th & 14th / 2nd Av

Friday July 13 th ראש חודש	Shabbos July 14 th	Weekdays/Weeknights	Next Friday July 20 th
Shacharis 5:13v/6:00/7:00am	Shacharis	Shacharis	Shacharis 5:19v/6:30/7:10am
Candles 8:10 pm	Vasikin 5:01 am	Sun 5:15v/6:50/8:00/8:45 am	Candles 8:06 pm
Plag 6:54 pm	Hashkama 7:15 am	Mon 5:15v/6:20/7:10 am	Plag 6:52 pm
Plag Mincha 6:39 pm	NS 8:40 am	Tue 5:16v/6:30/7:10am	Plag Mincha 6:37 pm
Mincha 7:00 pm	Main Shul 8:45 am	Wed 5:17v/6:30/7:10 am	Mincha 7:00 pm
NS Mincha 7:00 pm	Bais Medrash 9:10 am	Thu 5:18v/6:20/7:10am	NS Mincha 7:00 pm
Zman Mincha 8:10 pm	SZKS 9:19 am	Mincha	Zman Mincha 8:10 pm
Repeat krias shma after 9:17 pm	Daf 7:45/9:30am/7:00 pm	Sun 1:45, 8:10 pm	
	Mincha 2:30/8:00 pm	Mon-Thurs 8:10 pm	
	Pre-Mincha seudah shlishis 7:00 pm		
	NS Mincha 7:45 pm	Maariv	
	Maariv 9:09 pm	Sun-Thurs. after Mincha, 9:05, 10:00 pm	
	Shabbos ends 9:17 pm	NO SUNDAY 10 PM MAARIV	

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FROM OUR RAV:

L'chvodchem hayikarim loy"t – Shalom rav uveracha merubah.

We have **once again come to the Rosh Chodesh of Av having to reduce our expressions of simcha** through the prescribed observances. Please keep in mind that **these traditions come to help us introspect and appreciate the loss of the Bais Hamikdash**, the loss of national charisma that should be ours, and the distance from spirituality to which we have become too accustomed. Perhaps more importantly is giving thought to our participation in speeding up the redemption, whose initial steps have seemed to unfold.

To help us have a productive and inspiring preparation for the upcoming fast we welcome the renowned Rosh Yeshiva and speaker HaRav Yissocher Frand who will be speaking on **Tuesday, July 17, 2018, at 8:00 pm** on the Three Weeks. We are **grateful to the Just One Life organization**, responsible for saving tens of thousands of babies in Israel, for bringing HaRav Frand to our neighborhood **and to Rachel and Azi Mandel** for opening their home to host the event.

Mazal tov to **Yocheved & Nathan Lindenbaum** on the birth of a grandson, born to Meir and Shani Lindenbaum (of Riverdale, NY). *Tegadluhu letorah lechupa ulemaasim tovim vetachnisuhu lebriso bezmano uveito.*

This Shabbos we bid a **tzeisech lesholom uvo'ech leshalom to Daniella Lejtman** who heads to Israel this week. We look forward to hearing only good news from your new home.

The **Cohen's cell numbers while in Eretz Yisrael** should be active through Mon 8/13 morning - Yaffa: 058-400-9399 or 516-725-9779, Rabbi Tanchum Cohen: 058-400-3428 or 516-725-9782. They can also be reached via WhatsApp (using their usual US cell numbers) or email.

SHABBOS SHIURIM:

Daf Yomi (Zevachim-92): (i)7:45 (ii) after Vasikin, (iii) 9:30 am and (iv) one hour before later mincha.

Following Hashkomo, everyone is invited to **learn bechavruso**, attend **daf yomi or Rabbi Ross's Iyun b'parsha shiur**. The Nach chabura is on summer break.

Kedushas Levi shiur will meet at **8:20 in the Main Shul**.

Shabbos afternoon parent and children learning continues. Please join us from **5-6 pm in the Social Hall**.

Pre-Mincha seudah shlishis with Chumash Rashi at 7:00 pm in 406.

Our shiur following mincha will discuss **"A Weekend Tisha b'Av or a Weakened Tisha b'Av? - Understanding the Halochos and the Phenomena"**.

Save the date: On **July 27-28, Shabbat Va'etchanan/Nachamu, Beth Abraham** will, b'ezrat hashem, be hosting **Rabbi Dr. Aaron Rakeffet Rothkoff as a scholar in residence**. Rabbi Rakeffet is a well-known and sought after speaker who, over many years, has served as a Rebbe and teacher to many in our shul and in the broader community at such institutions as the Gruss Kolel, BMT, Machon Gold, Michlala, and Midreshet Moriah. He was part of the

Mossad's secret Nativ project to teach Torah in the Soviet Union, which inspired his later being involved in the founding of the Shvut Ami organization, which promotes and teaches Torah in Russia and other former Soviet Republics. This promises to be a stimulating and enjoyable Shabbos. Sponsorships are available --please contact Seth Lebowitz at SethL41@yahoo.com for more information on sponsoring this exciting event.

WEEKDAY SHIURIM:

Our Monday night Taanis Shiur will be a special nine day edition during which we will study the sugyos of the nine day observances.

Monday night Halacha Chabura - This week we will be covering siman 319, seifim 4 and 5. **Shiur will be given in the Social Hall by Rav Shalem after the 9:05pm maariv in Shul**. Please contact Benjy Rubim for further information, to connect with a chavrusa or to sponsor our weekly kugel and soda.

Rav Moshe Tzvi Weinberg is giving a **mini-series for women on Tuesday, July 17 at 10:30 am** on "Reconnecting with Hashem and Ourselves - Emunah and Bitachon" **at the home of Yael Jacoby, 271 Briarcliffe Road, Teaneck**.

Due to the extensive nature of NCSY Kollel programming, the **Tuesday lunch conference-call shiur on Mesillas Yesharim is on hiatus for the summer**.

Please note change in day: This **Wednesday** night **Rav Moshe Tzvi Weinberg** continues his **weekly summer chaburah for men** on the topic: "Chovos halevavos sha'ar habitachon: A practical guide to living a life of Bitachon". **8:30-9:30pm**, followed by Ma'ariv. **Chaburah will take place at the home of Terri and Yitzi Karasick, 75 Thames Blvd**. If you are interested in hosting and/or sponsoring please contact Yossi Friedman at yossika11@yahoo.com

Wednesday night machshava is on hiatus for the summer.

Thursdays (1) at 8:15 pm- **Rabbi Preil's shiur** in the Bais Hamedrash, (2) at 9:00 pm: **A weekly shiur on Halacha L'Ma'aseh** issues brought to life today through the Teshuvot of Rav Moshe (3) after 10pm maariv, join a 20-minute chabura with your mikraos gedolos in the Bais Medrash.

You are cordially invited to join **Dovid Dashevsky, Michael Kirshner, Ron Koesterich and Richard Reisman** who are making a **siyum on Masechta Chulin** at the **Teaneck Doghouse on Wednesday July 18th at 7:00 p.m**. The cost will be \$35 per person, which includes tax and tips. If you would like to attend, please email skoesterich@gmail.com.

Thank you to the following for sponsoring the learning and shiurim in shul for the upcoming week: **Elana and Yossi Cohn**, for a refuah sheleimah for Leora Chana bas Shulamim Nechama, **Fran and Phil Friedman**, l'ilui nishmas Yitzchak ben K'seel Meir beloved father of Phil and Leah and **Sam Levi**, l'ilui nishmas Hachover Rabbi Yehuda ben Hachover Rabbi Meir Halevi and Maras Grasya bas Hachover Rabbi Raphael, Sam's parents. For future sponsorships, please email cbalearning@gmail.com.

FROM THE SISTERHOOD:

Let's continue our hospitality and sign up to be part of the Host The Members program at <https://goo.gl/forms/eH86CmZpy0vsJcd03>. If you have any questions, contact Linda Stamker 646-234-9900 or lindastamker@gmail.com.

FROM THE YOUTH DEPARTMENT:

This Shabbos, we will continue summer groups. The program will consist of groups for nursery aged through first grade boys and girls and will be from 9:15am-11:15am. The programming will take place in the youth wing in the main building and will make its way to the park.

The **Shabbos afternoon Parent Child Learning** program for K-8th grade continues! 5:00pm-6:00pm in the **Social Hall**, with quality parent child learning and bonding, delicious desserts and a raffle for authentic sports gear sponsored by the **Wiederkehr family**. We are looking for parents to volunteer to help run the event and pick up food before Shabbos. If you are available, please contact Ed Abramovitz or Avi Glanzman.

There are **new group leader positions** (both weekly and sub) open for next year. Apply or more info at youthdirector@bethabraham.org

FROM THE TEEN DEPARTMENT:

The teen minyan is **NOT meeting** during the summer.

COMMUNITY NEWS, CHESSED, EVENTS & ANNOUNCEMENTS:

Bikur Cholim Bergen County (BCBC) is a volunteer run organization which provides support, facilities, and services to ease the burden of families during trying times. Their goal is to partner with families within the community to relieve some of the stress and effects of illness with confidentiality, care and concern. Some of their services include: medical equipment gemach, rides to and from local medical appointments, meals for families facing medical crises, and taxi service "with Shabbat arrangement". In addition, they provide weekday as well as Shabbat sleeping accommodations at and near Hackensack University Medical Center. They can be reached at 201-579-3066 or visit the website at bikurcholimbergencounty.org for a full list of services.

Yael Weil's parsha shiur meets on Wed: 10:30am at Keter Torah.

This Shabbat, following Mincha at 8:05pm at Keter Torah, Judy Lowy, Executive Director of JobKatif, will speak at Seuda Shlishit.

Rabbi Dr. Dovid Katz will be a scholar in residence at BMOB this Shabbat. Rabbi Katz will speak: (a) after Mussaf on "Consensus, Democracy, Machlokes and Murder: When Rabbinical Elections Got out of Hand in 19th Century Poland", (b) on Shabbat afternoon at 7:05 PM on "A Pious Feminism: Rebbetzin Rubenstein and the Crisis of Judaism in Wartime Vilna 1914-1920" and (c) at Seudat Shlishit (immediately following Mincha at 8:05 PM) on "Is Every Rishon a Rishon? A story about Ibn Ezra and Rabbenu Tam".

AMIT Hindy Weinstock Geula Chapter invites you to their Summer Afternoon Tea on **Shabbat, July 14 at 5:00 pm** at the home of **Lois Blumenfeld & Dr. Norman Sohn, 1358 Sussex Road, Teaneck**. Shira Schiowitz, Tanach Teacher, SAR High School will speak on, "Devarim as a Handbook for Life." For more information or to register online, go to www.amitchildren.org/GeulaChapterTea or contact Gene Kaye at genek@amitchildren.org.

The **Ohr HaTorah Sisterhood** invites the Teaneck/Bergenfield Community to an inspiring 6-part **Summer Women's Shiur Series on Tefillah**. The shiurim are for ages 12-120. The second shiur is this Shabbos, Parshas Matos-Massei by **Mrs. Elissa Hochbaum** entitled "**Morning Brachos**" at 5pm hosted by the Moskowitz Family at [12 Wilbur Road, Bergenfield](http://12WilburRoad.Bergenfield).

This Sunday, July 15 at 7:00 pm at the Jewish Center of Teaneck there will be a presentation entitled "Postpartum Depression: Raising Awareness and Breaking the Stigma." Arona Berow will share her own personal experience with postpartum depression, followed by a presentation by Marilyn Laves, LCSW-R, a psychotherapist specializing in perinatal mood and anxiety disorders. The presentation will address the causes of perinatal mood and anxiety disorders; how postpartum depression differs from the Baby Blues; various treatments;

and what we can do as a community to ensure that women do not suffer in silence.

Ladies, please join us for a "**Shabbos Party**" to benefit **Chesed 24/7 on Monday, July 16th at 8 pm at the home of Miriam Fried, 21 Laurel Ct, Bergenfield, NJ**. Come hear inspiring words, mingle with friends, and assemble "Shabbos in a box" for our local hospitals. Suggested donation \$36 to cover cost of each Shabbos in a box package.

This year World Renowned **Rabbi Yissocher Frand** to give a Three Weeks Zman Shiur on **Tuesday, July 17, 2018, at 8:00pm**. Co-Hosted by Rachel & Azi Mandel and Sheryl & Aaron Liberman. **At the house of Rachel & Azi Mandel 60 Westminster Avenue, Bergenfield**. Event in support of **Just One Life** and over **17,000 babies** they helped save.

Mrs. Chani Juravel is returning **July 19** to speak on "The Three Weeks" at **10:15am at the home of Chani Fink, 57 Maiden Lane, Bergenfield**. There is a \$10 charge for the class.

Join the **Ohr HaTorah** Community for an inspirational and meaningful Tisha B'av weekend with **Rav Menachem Mendel Blachman**, Dean of Overseas Program at Yeshivat Kerem B'Yavneh. Rav Blachman will be speaking multiple times throughout **Shabbos Chazon and Tisha B'av, July 20-22 at Ohr HaTorah**.

On Tisha B'Av, at 5:45pm, Keter Torah will screen, "When the Smoke Clears: A Story of Brotherhood, Resilience and Hope" that tells the true story of three Israel soldiers who suffered mental and physical injuries in war, whose trauma makes it difficult for them to connect with society. The 83-minute film tracks their journey through the darkest times of their lives, to new ideas of hope and courage, to the growth and healing that come from giving to others.

Do you have a high school daughter who is around for any part of the summer? Join us **7:15 pm on Tuesday nights for NCSY'S Summer Girls Learning Initiative from July 3-August 14**. SGLI is an opportunity for high school girls who are home for the summer to spend time with other girls their age and have some exciting Torah learning experiences. Classes will be offered by dynamic presenters from our local Yeshivot. SGLI is sponsored by NCSY and supported by Bruriah, Central, Maayanot, Naaleh and Frisch. **The sessions will be at Congregation Beth Abraham, 396 New Bridge Rd, Bergenfield** in the social hall. Yummy food will be served! **The presenter for July 17 is Rabbi Andrew Markowitz**. For more information please contact Dr. Aliza Frohlich at afrohlich613@gmail.com.

CBY BNOT Summer Pottery Class! A 6-session summer pottery class will be given by Michael Preston (pottery teacher at Teaneck Rodda Center, JCC, Teaneck Community Charter School, Teaneck Sports and Arts, etc.). This year we will be offering 2 classes one on Tuesday nights & one on Wednesday nights. There are only 10 spots in each class and they will ONLY be held with receipt of payment. **Tuesday classes:** July 17, 24, 31 & Aug. 7. **Wednesday classes:** July 11, 18, 25, Aug. 1, 8, & 15. 8:00 -10:00 pm - Congregation Bnai Yeshurun, Lower Level Classrooms 1-3. Class fee \$100. Open to men & women. To register please visit www.bnaiyeshurun.org/events. For more information contact Sari Sheinfeld at TheSheinfelds@gmail.com

Family Support Group for loved ones of those suffering from addiction and substance abuse. We meet every other Wednesday in Teaneck at 8 p.m., free of charge. For location and more information please email: Time2TalkAddiction@gmail.com.

Teaneck Community **Mother-Daughter Bat Mitzvah Trip to Israel!** Led by Rebbetzin Michal Zahtz **November 18-24, 2018**. Highlights include: Unique chessed opportunities, Shabbat at Emunah Children's Home in Afula, Jerusalem scavenger hunt, Dialogue in the Dark, Jeeping, Bat mitzvah program with girls from Afula 4 Nights at the Dan Panorama; 1 Night at Kibbutz Lavi. Land Package \$1,950/per person. To register visit www.emunah.org/teaneck-bat-mitzvah-mission. For more information please contact Ronnie Faber ronnie@emunah.org or Michal Zahtz mzahzt@gmail.com

Boy Scout Troop 226 invites boys grades 6-12 to attend its **Monday night meetings 7:30-9:30 pm at the Teaneck Jewish Center**. Utilizing outdoor activities the **Shomer Shabbos Troop** strives to provide youth training in character development, citizenship, and mental and personal fitness. For info contact Danny Chazin at 201-835-5338 or dchazin@aol.com

If you have an announcement to add to the Shabbos announcement sheet e-mail it by **10 AM Thursday** to: cba-announcements@groups.io
Important email addresses – cba-announcements@groups.io; cholim@bethabraham.org; president@bethabraham.org; administrator@bethabraham.org; youthdirector@bethabraham.org; bethabraham+subscribe@groups.io; TeaneckShuls+subscribe@groups.io

Beth Abraham Office Hours Mon, Thur 9:30am-5pm, Tue 1-5pm Wed 9am-1pm, Fri 9:30am-12:30pm Tel: (201) 384-0434 / Fax: (201) 384-7407 Administrator– Claire Strauss