

### CANDLE LIGHTING 5:13 PM | 8 ADAR | | FEBRUARY 17, 2024 | HAVDALA 6:18 PM

### שבת פרשת תרומה SHABBAT PARSHAT TERUMAH

Haftorah is Kings 5:26-6:13.

#### **FRIDAY EVENING**

MINCHA 5:15 PM

SHKIA 5:32 PM

TZAIT HAKOCHAVIM 6:12 PM

### **KIDDUSH**

Kiddush is sponsored by Deborah & Mitchell Kempin to celebrate the birth of their granddaughter Isabelle Sarah to Elissa and Michael. Mazel tov to the whole family.

יגדלוה לתורה ולחופה ולמעשים טובים May they raise her to Torah, chuppah and good deeds.

### **SEUDAH SHLISHIT**

Seudah Shlishit is sponsored by Lori & David Garfunkel on the Yahrzeit of Lori's father, משה מרדכי בן אהרן, Moish Markovitz<sup>מ"י</sup>, and David's grandfather, חיים בן אברהם הלוי, and by Dina & Elliot Greene on the Yahrzeit of Elliot's mother, Sylvia Greene<sup>a"</sup>, Sarah bat Ya'acov Tzvi.

### **ROUND ROBIN MEGILLAT ESTHER PEREK-BY-PEREK SHIUR**

The Megillat Esther "round robin" will be at Seudah Shlishit on March 23. To present on a perek please contact Andrew Wigod or click here to indicate the Perek you want to speak on: <u>ESTHER</u>.



### 30 AM SELF-DEFENSE

Five weekly classes on basic self defense techniques, from 2/21 through 3/20, for a total cost of \$150. Deadline to register is 2/10. Register here: <u>SELF</u> DEFENSE!

#### MISHLOACH MANOT

Purim is rapidly approaching, which means it is time to order your Ahavat Achim Community Mishloach Manot! The deadline to order is March 10th! This year, you can order using the printed form, or you can order using this <u>Google Form!</u> Mishloach Manot will be delivered on 3/24!

TZAIT HAKOCHAVIM	6:12 PM
SHABBAT	
HASHKAMA	8:00 AM
MAIN	9:00 AM
LAST KRIAT SHEMA	9:30 AM
POST-HASHKAMA SHIUR	10:00 AM
FUNDAMENTALS SHIUR	11:30 AM
PRE-MINCHA SHIUR	4:25 PM
MINCHA	5:05 PM
MAARIV	6:18 PM

ORTHODOX UNION INCIDENTAL PROPERTY OF THE PROP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Enhancing Jewish Life	2/18	2/19	2/20	2/21	2/22	2/23		
WEEKDAY MINYANIM AT AHAVAT ACHIM								
<u>SHACHARIT</u>	8:00 AM	8:00 AM	6:25 AM	6:25 AM	6:15 AM	6:25 AM		
MINCHA/MAARIV	5:22 PM	5:23 PM	5:25 PM	5:26 PM	5:27 PM	5:25 PM		
ZMANIM								
Earliest Talit	5:52 AM	5:51 AM	5:50 AM	5:48 AM	5:47 AM	5:46 AM		
Gedolah	12:38 PM	12:38 PM	12:38 PM	12:38 PM	12:38 PM	12:38 PM		
Shkia	5:34 PM	5:35 PM	5:37 PM	5:38 PM	5:39 PM			
Tzait	6:14 PM	6:15 PM	6:17 PM	6:18 PM	6:19 PM			
Rabbi Elv Shestack President Robert Safren								

### **UPCOMING EVENTS**

March 8 - Musical Kabbalat Shabbat

March 9 - Dr. Nava Silton Lecture.

March 10 - Musical Hallel and Open House

March 23 - Megillat Esther Round Robin.

Contact Andrew to volunteer.

March 30 - Trivia Night, Details to Follow.

April 20 - Pre-Pesach Luncheon/Shir

Hashirim Round Robin

May 11 - Prospective Family Shabbaton

May 18 - Mental Health Awareness

Discussion at Seudah Shlishit.

### **IN OUR FUTURE**

February 24 - Seudah Shlishit is sponsored in honor of Stu Oppenheim to help him to celebrate one of his favorite holidays, Shushan Purim Koton (his other favorites are Tu B'Shevat, Purim Koton, Shushan Purim, Pesach Sheni, Lag B'Omer, and Tu B'Av). March 9 - Suedah Shlishit is sponsored by Eli Zezon in memory of רינה בת חנה May 25 - Kiddush is sponsored by Aliza & Richie Mayer in honor of Sophie's Bat Mitzvah.

### **UPCOMING BOARD MEETINGS**

Feb. 27 - 8:30 PM, March 26 - 8:30 PM, May 28 - 9:00 PM, June 25 - 9:00 PM, July 30 - 9:00 PM, August 27 - 9:00 PM, Sept. 24 - 9:00 PM, Oct. 29 - 8:30 PM, Nov. 26 - 8:30 PM, & Dec. 24 - 8:30 PM.

### **KIDDUSH & SEUDAH SHLISHIT**

### • THIS WEEK'S KIDDUSH HAS MEAT.

- To sponsor a Kiddush (prices start at \$318, plus a bottle of scotch) email dmgarfunkel@gmail.com to coordinate details and budget.
- To sponsor for \$136 Seudah Shlishit (or in the case of multiple sponsors, \$100 per sponsor), email David at dmgarfunkel@gmail.com.

### **SELF-DEFENSE**

Five weekly classes on basic self defense techniques, from 2/21 through 3/20, for a total cost of \$150. Deadline to register is 2/10. Register here: SELF DEFENSE!

### **SHIURIM**

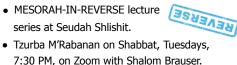


- SAMSON RAFAEL HIRSCH ON THE PARSHA, Tuesdays at 1:00 PM, in person and on zoom: https://zoom.us/i/ 7291311899 (PW: 112233).
- TORAH FOR YOUR COMMUTE, via a Whatsapp group, with 3-minute daily halacha insights and a

weekly 5-minute parsha

elucidation. To join email Rabbi Shestack at rabbishestack@gmail.com.

- SHABBAT SHIUR, 40 minutes before mincha.
- FUNDAMENTALS OF JEWISH THOUGHT, after Shabbat kiddish.
- MESORAH-IN-REVERSE lecture series at Seudah Shlishit.



### SHALOM BRAUSER, TEEN **MENTOR/ADULT EDUCATOR**



Middle school Chabura takes place every third shabbat: Feb. 23/24, March 15/16, April 5/6

### DR. NAVA R. SILTON **LECTURES**

Last part of "Parenting & Mental Health in the Modern World", is March 9 at 8:30 PM at the shul entitled "Creativity" with an



interactive game: RSVP click: Mental Health

### COMMUNITY NEWS

Feb. 17 - First Annual Fair Lawn Mikvah Dinner, at Shomrei Torah, 8:00 PM, \$85 PP. Sign up at fairlawnmikvah.org/dinner.

### RABBI'S OFFICE HOURS



The Rabbi is always available for halachic and/ or pastoral matters. For

less exigent discussions, drop by during the Rabbi's office hour, Tuesdays, 2:00 PM to 3:00 PM, or feel free to reach out to the Rabbi to make other meeting arrangements.

### YOUTH EVENTS

March 10 - Musical Hall & Mask Making, 9:45 AM. RSVP: Hallel/Masks March 17 - Hamantash Baking, 2:00 PM. March 23 - Youth Zachor reading and Dinner, 4:00 PM. To RSVP by March 20, email youth@ahavatachim.org.

### YOUTH PROGRAM



- SHABBAT YOUTH LEADERS, 1ST -4TH GRADE: NICOLE & ARIELLA; 3 YRS - K: LYLA & ABBY
- Youth group for children in 1st to 4th Grades starts at 9:00 AM (Drop Off) in the Youth Room on the left upon entering the social hall
- Youth group for children 3 years old through Kindergarten starts at 9:30 AM (Drop Off) in the Youth Room on the right upon entering the social hall.
- Parent & Me room opens at 9:30 AM in the Beit Midrash.
- 5th through 9th graders will meet for Torah and games at 10:00 AM in the David Schwitzer Social Hall.
- · Rabbi Meet & Greet, every Friday night, kids can come over to the Rabbi after davening to receive a cup of grape juice and a ticket!



- Children's corner at Seudah Shlishit, 1st to 4th graders will get 10 Torah questions in 10 minutes from Rabbi Shestack, with special snacks, tickets and more.
- · Children earn tickets for coming to minyan (Friday night and/or Shabbat day), asking the rabbi questions or attending parent-child learning programs! Tickets can be redeemed for prizes.

18-25 Saddle River Road Fair Lawn, NJ 07410 201.797.0502 http://www.ahavatachim.org



ORDER BY MAR 10TH!

# MAR 23, 2024 14TH ADAR, 5784

WE INVITE YOU TO PARTCIPATE IN SENDING MISHLOACH MANOT TO OUR MEMBERS.

COST: \$7 PER HOUSE OR \$185 FOR THE ENTIRE SHUL

SIGN UP ONLINE OR MAIL FORMS TO LORI GARFUNKEL, 12-56 LYLE TERR, FAIR LAWN, NJ 07410

### **PAYMENT OPTIONS:**

CHECK MADE OUT TO AHAVAT ACHIM OR PAY ONLINE THROUGH PAYPAL

YOU CAN ALSO PARTNER WITH
US TO SEND MISHLOACH
MANOT TO AN ISRAELI CHAYAL!





#### MISHLOACH MANOT PURIM 5784

- Amy & Stephen Agress
- Talia & Etai Barach
- Zehava & Norman Baron
- Renee & Lior Ben-Biniamin
- \_ Tami & Mark Berman
- Sara & Larry Bernstein
- Audrey & Jack Bickel
- \_ Natasha & Daniel Borsuk
- \_ Lisa & Aryeh Brenenson
- \_ Bobbie & Heshy Brooks
- \_ Sharon & Adam Brooks
- \_ Saragail Chessin Carpe
- \_ Grace Carrion
- \_ Shifra & John Caruso
- \_ Ellen & Murray Chass
- Laura & Javier Coello
- \_ Avi Cohen
- Jordana & Isaac Cohen
- Lisa & Yossi Cohen
- Elianna & Aaron Czinn
- \_ Michelle & Zvi Dubin
- Evi & Michael Dworkis
- \_ Rose & Ron Dworkis
- Lisa & Jacob Eis
- \_ Elfie & Jamie Eisman
- Barbara & Ziv Farajun
- \_ Bonnie & William Farbstein
- Robin & Evan Fineman
- \_ Stacey & Yitz Finkelstein
- Marina & Fred Fontaine
- Barbara Frank
- Rachel & Jonathan Frank
- Renee & Larry Freund
- Sammy Friedman
- \_ Sarit & Jay Friedman
- Lori & David Garfunkel
- Arkady Geltzer
- Chava & Chayim Goldberg
- \_ Joan & Barry Goldberg
- Ronnie & Mitchell Goldstein
- Tamar & Yoni Gorelick
- Farnaz & David Gorelik

- Naomi & David Graber
- \_ Risa Goldman & Eli Greenbaum \_ Alana & Slava Rubin
- \_ Dina & Elliot Greene
- \_ Margo Greenstein
- \_ Ruchama & Jerry Halpern
- \_ Joyce Heller
- \_ Rebecca Berger & Jay Herman \_ Arielle & Jonathan Schachter
- Gail & Elliott Hershkowitz
- \_ Liz Jacob
- Olga Jaeger
- \_ Vicki & Ian Joseph
- Marc & Elisheva Katz
- \_ Deborah & Mitchell Kempin
- \_ Georgette Kestler
- \_ Debra Kira
- \_ Janie & Hymie Kirschenbaum
- \_ Tova & Ben Kohane
- Sheree & Hazkiel Kor
- \_ Evelyn & Larry Kraut
- \_ Al Kustanowitz
- \_ Melanie Kwestel
- \_ Deborah Lader
- \_ Debbie & Ben Lang
- \_ Eita Latkin
- \_ Vivian Lerner
- Michal & Eliezer Lesser
- \_ Sara & Kenny Levine
- Gloria & Robert Lewissohn
- \_ Rena & Marc Liebman
- Aliza & Richie Mayer
- Lana & Boris Mihailevsky
- Brett Norton
- \_ Miriam & Adam Nudelman
- \_ Joanne & Stuart Oppenheim
- \_ Laurie Phipps
- Gail & Steven Plotnick
- Amanda & Chaim Pollak
- Shelly Racenstein
- \_ Marty Reichardt
- Howard Rein
- Andrea & Greg Riskin
- Tani & Josh Rossman

- \_ Angela & Isaac Rozenfeld
- \_ Robyn & Jeffrey Safier
- \_ Jewel & Robert Safren
- \_ Marleny & Alex Salazar
- \_ Sara & Natan Santacruz
- Rena & Matt Schaikewitz
- Madeline Schmuckler
- \_ Jessica & Andrew Schultz
- Esther Schwed
- Ilana & Nathen Schwitzer
- Margo Heda & Brian Shanblatt
- \_ Chana & Rabbi Ely Shestack
- \_ Miriam & Eli Shteingart
- \_ Sabina & Howard Shultz
- \_ Esther Silvestri
- \_ Elyce & Steve Smedresman
- \_ Tamar & Joe Smith
- \_ Ronald Sokoloff
- \_ Julie & Dan Sokolsky
- Betsy & Marty Sonnenblick
- \_ Randi & Arnie Spier
- Rachelle & Adam Stern
- \_ Linda & Michael Stock
- Fern & Oded Strich
- \_ Shira & Elliot Teichman
- \_ Shirley & Avi Vann
- \_ Beth & Steve Wechsler
- Alex & Chana Weidenfeld
- Mimi & Barry Weinraub
- Sami & Zach Weixelbaum
- \_ Kira & Andrew Wigod
- \_ Seymour Wigod
- \_ Shelly & Steven Winchester
- Ray & Steven Wolfson
- Sara Yehaskel
- Stacey & Avi Zanjirian
- \_ Susan Zarabi
- Orit & Eli Zezon
- Esther & Matt Zimmelman



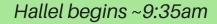
### MUSICAL HALLEL+ COMMUNITY OPENHOUSE



**SUNDAY MARCH 10, 2024** 



### SHACHARIT W/ MUSICAL HALLEL





### PURIM MASK DECORATING

For Youth





## BREAKFAST + MEET & GREET







# 

Join Congregation Ahavat Achim as we learn the basic techniques used to escape holds and get an attacker to back off. You will also gain the mental training you need to deal with sudden attacks

## WITH FORMER USA TEAM COACH AND INTERNATIONAL REFEREE, MASTER KIM

Deadline to

REGISTER:

Feb 10th





This will be a co-ed class Open to all adults

\$150 COVERS ALL 5 CLASSES

WEDNESDAYS 8:30-9:30 PM

2/21 2/28 3/6 3/13

3/20







THE FAIR LAWN MIKVAH ASSOCIATION CORDIALLY INVITES ALL WOMEN to the

# FIRST ANNUAL DINNER OF THE MIKVAH CHAVA FAIGA OF FAIR LAWN

### FEATURING

Dairy/Parve Buffet Dinner & Dessert
Motivational Health Coach Rorie Weisberg
Israel-focused Kumzitz with Singer Shani Brick
Raffle

INGE & FREDY HEISER SIMCHA HALL
AT SHOMREI TORAH

FEBRUARY 17, 2024 8-10 PM

SCAN ME

\$72 EARLY BIRD, \$85 AFTER 1/26 SPONSORSHIP OPPORTUNITIES AVAILABLE





FAIRLAWNMIKVAH.ORG/DINNER

SEPHARDIC CENTER OF FAIR LAWN











# CHILDREN'S CORNER © SEUDAH SHLISHIT 1ST-4TH GRADERS

10 questions in 10 minutes!

EXCLUSIVE KIDS TABLE
FEATURING
TORAH QUESTIONS WITH RABBI SHESTACK
SPECIAL SNACKS, TICKETS & MOREI
FOLLOWED BY FREE PLAY
Starting 11/25 until Pesach





# PARENTING & MENTAL HEALTH IN THE MODERN WORLD

DR. NAVA R. SILTON, PH.D.

MONDAY, NOVEMBER 13TH @ 8:30PM ON ZOOM: EMOTIONAL INTELLIGENCE

TUESDAY, JANUARY 2ND @ 8:30PM ON ZOOM: GRIT / EFFORTFUL PERSEVERANCE

SATURDAY, MARCH 9TH @ 8:30PM AT AHAVAT ACHIM: CREATIVITY (W/INTERACTIVE GAME!)

Nava R. Silton, Ph.D. is a Developmental Psychologist and a Full Professor at Marymount Manhattan College, where she teaches classes in Child Development, Cognition, Personality, Creativity, Children's Media. Learn more here: https://www.drnavasilton.com/



# Shabbat Afternoon Youth Fun & Games at Ahavat Achim

March 23rd, 4:00 PM

### youth zachor reading

dinner free play questions with rabbi shestack

Rsvp by March 20th: youth@ahavatachim.org





### BERGEN COUNTY UNITY MISSION TO ISRAEL IN PARTNERSHIP WITH SULAMOT AND MIZRACHI

JOIN FRIENDS FROM TEANECK, BERGENFIELD, FAIR LAWN, FORT LEE, AND OTHER COMMUNITIES ACROSS BERGEN COUNTY

FEBRUARY 20-22, 2024















- Bikur cholim
- Volunteer Opportunities
- Meet families of hostages
- **☼** Nichum aveilim

VIRTUAL INFORMATION SESSION WITH COMMUNITY RABBIS REGARDING MISSION AND REGISTRATION ON JANUARY 9TH AT 8 PM HTTPS://US06WEB.ZOOM.US/J/4844160645?OMN=81290407621

Mission Registration will Open January 10th

\$800 INCL. DAN PANORAMA HOTEL / \$500 MISSION ONLY / AIRFARE NOT INCLUDED





## Covenant & Conversation



תרומה • TERUMAH

FROM THE TEACHINGS AND WRITINGS OF RABBI LORD JONATHAN SACKS 7"2"

With thanks to the Schimmel Family for their generous sponsorship of Covenant & Conversation, dedicated in loving memory of Harry (Chaim) Schimmel.

"I have loved the Torah of R' Chaim Schimmel ever since I first encountered it. It strives to be not just about truth on the surface but also its connection to a deeper truth beneath. Together with Anna, his remarkable wife of 60 years, they built a life dedicated to love of family, community, and Torah.

An extraordinary couple who have moved me beyond measure by the example of their lives." — Rabbi Sacks

This year's series of essays and videos were originally written and recorded by Rabbi Sacks zt"l in 5771 (2010–2011). These timeless messages are accompanied by a new Family Edition (2023–2024), created to inspire intergenerational learning on the parsha.

### **Building Builders**

As soon as we read the opening lines of Terumah we begin the massive shift from the intense drama of the Exodus with its signs and wonders and epic events, to the long, detailed narrative of how the Israelites constructed the Tabernacle, the portable Sanctuary that they carried with them through the desert.

By any standards it is a part of the Torah that cries out for explanation. The first thing that strikes us is the sheer length of the account: one third of the book of Shemot, five *parshiyot* – Terumah, Tetzaveh, half of Ki Tissa, Vayakhel and Pekudei, interrupted only by the story of the Golden Calf.

This becomes even more perplexing when we compare it with another act of creation, namely God's creation of the universe. That story is told with the utmost brevity: a mere thirty-four verses. Why take fifteen times as long to tell the story of constructing the Sanctuary?

The question becomes harder still when we recall that the Mishkan was not a permanent feature of the spiritual life of the Children of Israel. It was specifically designed to be carried on their journey through the wilderness. Later, in the days of Solomon, it would be replaced by the Temple in

Jerusalem. What enduring message are we supposed to learn from the construction of a travelling Sanctuary that was not even designed to endure?

Even more puzzling is that fact that the story is part of the book of Shemot. Shemot is about the birth of a nation. Hence Egypt, slavery, Pharaoh, the Ten Plagues, the Exodus, the journey through the sea, and the covenant at Mount Sinai. All these things would become part of the people's collective memory. But the Sanctuary, where sacrifices were offered, surely belongs to Vayikra, otherwise known as *Torat Kohanim*, Leviticus, the book of priestly things. It seems to have no connection with Exodus whatsoever.

The answer, I believe, is profound.

The transition from Bereishit to Shemot, Genesis to Exodus, is about the change from family to nation. When the Israelites entered Egypt, they were a single extended family. By the time they left they had become a sizeable people, divided into twelve tribes plus an amorphous collection of fellow travellers known as the *erev rav*, the "mixed multitude."

What united them was a fate. They were the people whom the Egyptians distrusted and enslaved. The Israelites had a common enemy. Beyond that they had a memory of the patriarchs and their God. They shared a past. What was to prove difficult, almost impossible, was to get them to share responsibility for the future.

Everything we read in Shemot tells us that, as is so often the case among people long deprived of freedom, they were passive and they were easily moved to complain. The two often go together. They expected someone else, Moses or God Himself, to provide them with food and water, lead them to safety, and take them to the Promised Land.

At every setback, they complained. They complained when Moses' first intervention failed:

"May the Lord look on you and judge you! You have made us obnoxious to Pharaoh and his officials and have put a sword in their hand to kill us."

Ex. 5:21

At the Red Sea they complained again. They said to Moses:

"Was it because there were no graves in Egypt, that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? Didn't we say to you in Egypt, 'Leave us alone; let us serve the Egyptians'? It would have been better for us to serve the Egyptians than to die in the desert!"

Ex. 14:11-12

After the division of the Red Sea, the Torah says:

"When the Israelites saw the mighty hand of the Lord displayed against the Egyptians, the people feared the Lord and believed in Him and in Moses His servant."

Ex. 14:31

But after a mere three days they were complaining again. There was no water. Then there was water but it was bitter. Then there was no food.

The Israelites said, "If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death."

Ex. 16:3

Soon Moses himself is saying:

"What am I to do with these people? They are almost ready to stone me."

Ex. 17:4

By now God has performed signs and wonders on the people's behalf, taken them out of Egypt, divided the sea for them, given them water from a rock and manna from heaven, and still they do not cohere as a nation. They are a group of individuals, unwilling or unable to take responsibility, to act collectively. Their first response is always to complain.

And now God does the single greatest act in history. He appears in a revelation at Mount Sinai, the only time in history that God has appeared to an entire people, and the people tremble. There never was anything like it before; there never will be again.

How long does this last? A mere forty days. Then the people make a Golden Calf. If miracles, the division of the sea, and the Revelation at Mount Sinai fail to transform the Israelites, what will? There are no greater miracles than these. That is when God does the most unexpected thing. He says to Moses: speak to the people and tell them to contribute, to give something of their own, be it gold or silver or bronze, be it wool or animal skin, be it oil or incense, or their skill or their time, and get them to build something together — a symbolic home for My Presence, a Tabernacle. It doesn't need to be large or grand or permanent. Get them to make something, to become builders. Get them to give.

Moses does so. And the people respond. They respond so generously that Moses is told, "The people are bringing more than enough for doing the work the Lord commanded to be done" (Ex. 36:5), and Moses has to ask them to stop giving.

During the whole time the Tabernacle was being constructed, there were no complaints, no rebellions, no dissension. What all the signs and wonders failed to do, the construction of the Tabernacle succeeded in doing. It transformed the people. It turned them into a cohesive group. It

gave them a sense of responsibility and identity.

Seen in this context, the story of the Tabernacle was the essential element in the birth of a nation. No wonder it is told at length; no surprise that it belongs to the book of Exodus; and there is nothing ephemeral about it.

The Tabernacle did not last forever, but the lesson it taught did. It is not what God does for us that transforms us, but what we do for God. A free society is best symbolised by the Tabernacle. It is the home we build together. It is only by becoming builders that we turn from subjects to citizens. We have to earn our freedom by what we give. It cannot be given to us as an unearned gift.

It is what we do, not what is done to us, that makes us free. That is a lesson as true today as it was then.



### Around the Shabbat Table

- 1. Think about a time when you had to work collaboratively to create something. How did this experience change your relationship with the people you were working with?
- 2. How does the Mishkan project compare with other times in Tanach when people built together?
- 3. Why do you think Bnei Yisrael were so motivated to donate to the Mishkan? Can you picture what inspired them?
- These questions come from this week's **Family Edition** to Rabbi Sacks' Covenant & Conversation. For an interactive, multi-generational study, check out the full edition at **www.RabbiSacks.org/covenant-conversation-family-edition/terumah/building-builders/**



(f) ♥ (®) (in) ● | RABBISACKS.ORG