



March 14, 2020

Shabbat Shalom- Ki Tisa

18 Adar 5780

Shabbat Parah

Please note that our services use the Koren Sacks Sabbath & Festival Siddur (prayer book)
Torah & Haftarah readings may be found in either the Hertz or the Artscroll edition Chumash.

Parshat Ex. 30:11-34:35	Hertz p.352	Artscroll p.484
Maftir Numbers 19:1-22	p. 652	p. 838
Haftarah: Ezekiel 36:16-38	p.999	p. 1216
Davening commences		9:00am
Rabbi's Sermon: <i>You can Learn a lot from a virus!</i>		
Eunice Drive D'var Torah by Rabbi Yaffe		
Forest Park D'var Torah by Rabbi Wolff		
Grtr. Springfield Shabbat Afternoon Women's Class		
Rochel Leah Kosofsky, 795 Converse St., Long.		4:30pm
Eunice Drive Shabbat Class by Tuvia Pollack		5:30pm
Forest Park Shabbat Class by Rabbi Wolff		6:00pm
Mincha (Afternoon Service)		6:30pm
Forest Park D'var Torah by Rabbi Wolff		
Shabbat Concludes		7:46pm

Continuing Education

Eunice Dr. Talmud Class

Shabbat, 1-hour before Mincha

Sumner Ave. Afternoon Class

Shabbat, 30-min. before Mincha

Daf Yomi Brachos 64

Until further notice, which we will review weekly, there will be no daily breakfast, weekly Kiddush and Seudah Shlishit at either the Eunice Drive or Sumner Avenue campus of B'nai Torah.

Services for the Week of March 15, 2020

Shacharit- Morning Services

8:00am - Sunday
6:50am - Monday & Thursday
7:00am - Tuesday, Wednesday & Friday

AM Shema- 9:54am

Mincha & Maariv - Afternoon & Evening Services

6:45pm - Sunday -Friday

PM Shema- 7:32pm

Rabbi Yaffe's Postcard Contact Information: 617-595-6437

rabbi@bnaitorahma.org

Please reach out to R. Yaffe to schedule an appointment at any other time.

Sun. 03/15.: By appointment Wed. 03/18: Phone/Text/Email
Mon. 03/16: 9:00am-11:00am Thurs. 03/19: 9:00am-10:00am
Tues. 03/17: Phone/Text/Email Fri. 03/20: 9:00am-11:00am

Yiddish Club w/ Chanie Yaffe

Tuesdays, 11:00 am
Next Class: March 17

Classes -Week of March 15- ALL CLASSES OPEN TO ALL- All Classes on Facebook Live!

Class times occasionally change -Please check each week for times!

I. MASTERING THE TALMUD!

Beginners Welcome (Acquiring Talmud study skills): Sundays, 9:30am- Next class 3/15

II. Advanced Talmud & Halachic: Beit Midrash- Sundays, - 5:35pm Next class 3/15

III. PARSHA MONDAY Torah in Depth; A deeper look at Exodus: Mondays 7:00pm Next class 3/16

IV. Not just Stories: New perspectives on the Midrash: Thursdays, 1:00pm Next Class 03/19

V. Great Ideas of Jewish Philosophy on Thursday evenings – 7:30pm Next Class 03/19

A unique opportunity for serious interactive study of the works of some of our greatest thinkers on the core beliefs of Judaism.

Upcoming Events at B'nai Torah

Cannabis Culture, Wellness and Holistic Healing: May 17th, 2020, 10:00am - 12:00pm

Join Joel Buckman at B'nai Torah on Sunday, May 17th as he breaks down the barriers and stigmas associated with cannabis. Ever wonder how Cannabis works? What will it do for me? Why would I use it? Where do I get it? Or simply put, is it for me? Join Joel S. Buckman at B'nai Torah on May 17th as he breaks down the barriers and stigmas associated with cannabis. Examine the impact of modern-day cannabis culture, healing, wellness and medicine. Joel S. Buckman graduated with a Bachelor of Science degree in Interdisciplinary Studies from Boston University. In 2013 Joel founded Strain Doctor LLC now MatureReLeaf, a medicinal cannabis company located in Maine that services the 55 plus community. Prior to this, while working at the Harvard Business School as a leading technology management consultant, Joel founded Your Technology Solutions, Inc. He has also been an Adjunct Instructor at ITT Technical Institute. This event is free and open to the public.

More than the Blues: understanding the differences between sadness and clinical depression. Jun 14th, 2020, 11:00am - 12:30pm

Join Dr. Michelle Anfang will explore signs and symptoms, as well as strategies for wellness and categories of treatment. Dr. Anfang will discuss the differences between sadness and clinical depression. We will explore signs and symptoms, as well as strategies for wellness and categories of treatment Dr. Michelle Anfang is a board certified psychiatrist in private practice in Longmeadow for 20 years. Dr. Anfang sees a wide variety of patients for both psychotherapy and pharmacotherapy. She completed medical school at the University of Chicago, and Psychiatry training at Massachusetts General Hospital and McLean Hospital. She has taught residents and medical students, serving as assistant professor at Tufts School of Medicine. A Wexner Heritage Fellow, Michelle is also very active in the Springfield Jewish community, serving on the boards of the Jewish Federation of Western Massachusetts and Temple Beth El. This event is free and open to the public.

Our Family

Happy Birthday

Alan Goodman, Dean Curtis, David Hirschhorn, Hy Robinovitz, Rabbi Shlomo Yaffe, Chanie Yaffe.

Happy Anniversary

*Is your anniversary this week? Mazal Tov!
Please let the office know.*

Refu'ah Shleimah – Speedy Recovery

Nachum ben Devorah, Shifra bas Rachel, Avraham Yael ben Chayah, Dr. Ruth Birnbaum, Shulamit bat Phyllis, Nathalie bat Batya Yisraela, Shifra Avigail bas Fruma Leah, Yenta Sora bat Esther Shluma, Josef ben Leah, Braha bat Leah; Chaim Fivel ben Bassa Gitel, Eli bar Rachel Leah, Emily Freedman, David Meir Ben Shaindyl, Josefa Schmoyela bat Malka, Yoel Solomon ben Myriam, Sidney Weiner (Schanah ben Miriam), Kele bas Machleh, Rachamim ben Eliyahu, Elcha bat Esther, Simcha Eliayu ben Elena Sarah, Avraham Yitzhak ben Sara; Daniel ben Sara, Meir Shmuel ben Rivka, Nofar Bat Yael Binyamin, Yael bat Mazal, Menachem Mendel ben Chana.

We observe the following Yahrzeits

Ronni Susan Bloom, Sarah Herzog, Edward Kaplin, Sara Shnap, Gertrude Blau, Bernice Buckberg, Samuel Slovak, Sarah Brothers, Ida Falk, Estelle Goldberg, Morris L. Green, Esther Herman, Harry Kaye, Bessie Shriman Salwen, Walter Vogel, William Cohen, Sophie Grey, Rose Hankin, Meyer "Mickey" Schoenberg, Morris Glushien, Harry Eckman, Stella Goldberger Heiden,

Weekday services are held at 2 Eunice Dr. Longmeadow

Morning minyan is followed by a delicious breakfast, thanks to Bob Kushner, Leon Herman and other volunteers. All are welcome

Congregation B'nai Torah

Two Eunice Drive Longmeadow, Massachusetts 01106 / Forest Park Shabbos Minyan 124 Sumner Ave. Springfield

Telephone: 413-567-0036 Email: office@bnaitorahma.org Web: www.bnaitorahma.org

Rabbi Shlomo Yaffe Rabbi Yaakov Wolff

Co-Presidents: Robert Kushner, Joel Creeger

Officers: Robert Kushner, Joel Creeger, Beverly Hirschhorn, Bruce Robinovitz, Ken Gorenstein, Betty Szlajen

Ritual Chair: Bart Nierenberg

Gabba'im: Samuel Pava, Bart Nierenberg, Robert D. Foint, Dr. Ira Nathanson

Office Admin.: Lisa Nascembeni & Annie Rivera