

RKYHS JLC SCHMOOZE

Date: October 12, 2018 3rd of Marcheshvan 5779

In memory of Theodore and Eleanor Rubin

Shabbat Times:

Edison: 6:04

Highland Park: 6:04
East Brunswick: 6:04
West Orange: 6:03
Livingston: 6:04
Staten Island: 6:03

Basking Ridge: 6:05

Springfield: 6:04 Hillside: 6:03 Elizabeth: 6:03

Jewish Song of the Week

Artist: Halakot Hatzvaiot and DJ Gal Malka

> Song: Ein Lach Mah L'dog



PARSHAT NOACH Torah Tidbits

- Hashem saw that the world was corrupt
- He instructs Noach, the only righteous man in the world to build a large, wooden teivah
- Rain falls for 40 days and 40 nights, and the waters churn for another 150 days.
- Noach releases a raven and then doves to see if the waters had receded
- Hashem swears never again to destroy all of mankind because of their deeds
- He sets the rainbow as a testimony of His new covenant with man

Yiddish Word of The Week:

happy = פריילער

Quote of The Week:

"It does not matter how slowly you go as long as you do not stop."

- Confucius

Have a beautiful Shabbos!The Jewish Life Committee

If you would like to sponsor the schmooze contact jewishlife613@gmail.com



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ARK FLOOD NOACH CHAM			EVIL ANIMALS SHEM DOVE								GOOD PAIRS YAFET KOSHER								
SEVEN RAINBOW			ELEPHANT PROMISE									LIZARD BRANCH							

Halacha Of The Week:

Sleeping

 One should try to get between 6-8 hours of sleep a night (there is a halachic requirement to be healthy)
 One may not sleep in a shul

One should not sleep alone in a room

 Leaving one's door slightly open (if there are other people in the house) is considered sleeping in the same room as them

One shouldn't sleep during the day (unless it will help them in their Avodat Hashem)

One should try to sleep on their side (as opposed to sleeping face down or face up)

Mitzvah Of The Week:

We are commanded to say Shema twice a day: "When you lie down and when you rise up"—<u>Deuteronomy 6:7</u>.

Morning: During the first quarter of the day—starting from when there is sufficient light to recognize a casual acquaintance from a short distance.

Night: From when the stars appear until dawn. Preferably, however, before midnight.

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