

# Kanissa News



**ZMANIM**

Earliest Time for Tzitzit & Tefilin: 5:38 am  
 Best Time for Shema before: 9:18 am  
 Best Time for Tefila before 10:15 am  
 Earliest Time for Mincha: 12:36 pm  
 Earliest Time for Arvit and Candle Lighting: 4:36 pm  
 Sunset (Shkia): 5:47 pm \*



■ ZMANIM TIMES REFER TO FRIDAY

**Prayer Times & Events of the United Mashadi Jewish Community of America**

FRIDAY	21 ADAR I				MAR 1
	<u>Shaare Shalom</u>	<u>Ohr Esther</u>	<u>Shaare Rachamim</u>	<u>Town Minyan</u>	
Baruch Sh'Amar Mincha & Arvit*	6:20 am 7:00 am, 7:25 am, 8:05 am 5:35 pm RK	5:30 pm	7:00 am, 7:45 am, 8:15 am, 9:00 am 12:40 pm EARLY M	7:30 am	
			5:35 pm MAIN S.		
<b>Candle Lighting: 5:28 pm</b>					

SHABBAT	22 ADAR I		MAR 2
<b>BARUCH SH'AMAR</b>			<b>PARASHAT</b>
<u>Mashadi Jewish Center</u>	<u>Ohr Esther</u>	<u>Shaare Rachamim</u>	<b>תורה</b>
8:00 am, 9:30 am	8:30 am, 9:30 am	8:30 am, 9:30 am	<b>TORAH</b>
<b>EARLY MINCHA</b>			<b>Torah Haftarah</b>
<u>Mashadi Jewish Center</u>	<u>Ohr Esther</u>	<u>Shaare Rachamim</u>	Stone Edition (Blue Cover) 484 1160
12:30 pm MEZ. (NEW TIME)	TBA	12:35 pm	Living Torah (Purple Cover) 441 1128
			Vagshal Publ (Red Cover) 255 269
			Sinai Publ. (Brown Cover) 111 312
			F. Hakim Edition (Persian) 152 420
			Persian Tran (Ghermezian) 231 242
<b>MINCHA + ARVIT</b>			<b>SHABBAT ENDS</b>
<u>Mashadi Jewish Center</u>	<u>Shaare Rachamim</u>		<b>6:38 pm</b>
5:10 pm + SEUD. SHLS. R. B CHAIM - R. KOHANIM	6:20 pm ARVIT ONLY		
<b>LATE ARVIT: 7:15 pm &amp; 7:30 pm</b>			

**Shaare Shalom Shabbat Speaker - This week's Speaker: Rabbi Eliahu Ebrani**

Submitted by Hertzl Cohanpour on behalf of the Shaare Shalom Synagogue Board

**Saturday Night Family Learning Program is ON**

It's "Color Wars" @ FLP so wear your favorite colors and come to learn and win Prizes. FLP Junior is now part of our program for boys 5 and under and the first 10 boys that test every week will get a prize.

This weeks session is sponsored by Mr and Mrs Jacob Anavim, Mr and Mrs Aram Bakhshi, Anonymous.

Snacks, Kahoot challenges and cool Raffle prizes every week, all boys at FLP MUST BE SUPERVISED by an adult. To sponsor FLP please contact Mr Mehran Enayatian. For more info please contact Ayzik Kohan, Fariborz Livian or William Dilamani



SUNDAY	23 ADAR I				MAR 3
	<u>Shaare Shalom</u>	<u>Ohr Esther</u>	<u>Shaare Rachamim</u>	<u>Town Minyan</u>	
Baruch Sh'Amar Mincha & Arvit	7:15 am, 8:00 am, 8:30 am, 9:05 am 4:50 pm, 5:35 pm	9:15 am	7:45 am, 8:15 am, 8:45 am, 9:30 am 12:40 pm (E.M), 5:35 pm	8:30 am	

**Calling All 7th & 8th Graders!! – Sunday – MEET Middle School Programs Presents:**  
 New Exciting Tefillin and Tefillah Program for 8th and 7th grade boys. Great Food and Great Teachers!  
 Sunday Mornings at 54! Class begins at 10am followed by prayers, lunch and basketball!

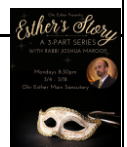
Please contact Arie Livieim (516)-532-5977 or R' Yoav Arjang (516)-695-7606 for more information



MONDAY	24 ADAR I		MAR 4
	<u>Shaare Shalom</u>	<u>Shaare Rachamim</u>	<u>Town Minyan</u>
Baruch Sh'Amar Mincha & Arvit	6:10 am 6:50 am, 7:20 am, 8:05 am 5:35 pm	7:00 am, 7:45 am, 8:15 am, 9:00 am 5:35 pm, 10.05 pm (Arvit)	7:15 am

**Special 3 Part Purim Class with Rabbi Maroof at Ohr Esther!**

Join us in the Ohr Esther Main Sanctuary over the next 3 Monday Nights (3/4, 3/11, 3/18) at 8:30 PM as Rabbi Maroof goes through the holiday story in depth! Submitted by Etan Hakimi.



<b>TUESDAY</b>	<b>25 ADAR I</b>			<b>MAR 5</b>
	<u>Shaare Shalom</u>	<u>Shaare Rachamim</u>	<u>Town Minyan</u>	
Baruch Sh'Amar Mincha & Arvit	6:20 am 7:00 am, 7:25 am, 8:05 am 5:35 pm	7:00 am, 7:45 am, 8:15 am, 9:00 am 5:35 pm, 10.05 pm (Arvit)	7:30 am	

<b>WEDNESDAY</b>	<b>26 ADAR I</b>			<b>MAR 6</b>
	<u>Shaare Shalom</u>	<u>Shaare Rachamim</u>	<u>Town Minyan</u>	
Baruch Sh'Amar Mincha & Arvit	6:20 am 7:00 am, 7:25 am, 8:05 am 5:35 pm	7:00 am, 7:45 am, 8:15 am, 9:00 am 5:35 pm, 10.05 pm (Arvit)	7:30 am	

### Calling All 7th & 8th Graders!! - Wednesday

MEET Middle School Programs Presents: New Exciting Classes for 8th and 7th grade boys and girls. Great Food and Great Teachers! This Wednesday Night at 54! Dinner: 7:15 pm - Classes: 7:30 pm. Please contact Arieh Livieim (516)-532-5977 or Rabbi Eli Livian (516)-423-4293 for more information



### Exploring Megilat Esther

Get ready for Purim with a new 4 week series by R' Jonathan Livi! Wednesday nights 2/28 - 3/20 at 8:45 pm in Shaare Rachamim. Open to men & women. Submitted by Michael Nassimi



### Israel 101 – Wed, Mar 6

-1 Hour Crash Course -Open to all ages – Free. Get your answers straight and face the world with Jewish Pride! Learn: - Fundamentals of Israel's history - Facts on the Israel/Gaza conflict – Antizionism: The New Antisemitism. Wednesday, March 6<sup>th</sup>, 9:00 pm at Shaare Shalom. Class by Reuben BenJehuda. SVP mandatory Link posted @ [www.kanissanews.com/web](http://www.kanissanews.com/web).



Israel 101 Workshop

<b>THURSDAY</b>	<b>27 ADAR I</b>			<b>MAR 7</b>
	<u>Shaare Shalom</u>	<u>Shaare Rachamim</u>	<u>Town Minyan</u>	
Baruch Sh'Amar Mincha & Arvit	6:10 am 6:50 am, 7:20 am, 8:05 am 5:35 pm	7:00 am, 7:45 am, 8:15 am, 9:00 am 5:35 pm, 10.05 pm (Arvit)	7:15 am	

<b>FRIDAY</b>	<b>28 ADAR I</b>				<b>MAR 8</b>
	<u>Shaare Shalom</u>	<u>Ohr Esther</u>	<u>Shaare Rachamim</u>	<u>Town Minyan</u>	
Baruch Sh'Amar Mincha & Arvit*	6:20 am 7:00 am, 7:25 am, 8:05 am 5:40 pm RK	5:40 pm RBH	7:00 am, 7:45 am, 8:15 am, 9:00 am 12:35 pm EARLY M	5:40 pm MAIN S.	7:30 am
<b>Candle Lighting: 5:36 pm</b>					



### SPECIAL ANNOUNCEMENT FROM MEGILLAH:

Our new website, Mashadi.IO is now live! Visit to access the digital catalog of Megillah Magazines published between the 1980s and present! <https://www.mashadi.io/>



**Dr Donna's Tip of the Week** - Exposure to direct sunlight each day has been shown to help fight off depression, improve sleep, and reduce stress. It has important impacts on physical health as well, including improving bone health and lowering blood pressure. Sun exposure is especially important in the winter, when the days are shorter and people spend less time outdoors.



**Purim & Kosher Food Fest - Wednesday March 20<sup>th</sup>** - All men & women are invited to an illuminating Pre-Purim lecture with Rabbi Shlomo Farhi and indulge in a unique Sip & Taste Kosher Food Fest experience on Wednesday evening, March 20<sup>th</sup>. For sponsorship opportunities please reach out to Josh Levian or Adam Kordvani. Stay tuned for more details to come!



### Community Wide Purim Seuda – Sun, Mar 24

UMJCA Sisterhood in conjunction with Shaare Rachamim and Ohr Esther present a Community Wide Purim Seuda. Sunday March 24th at Shaare Shalom. 1pm-5pm. \$50 per adult, \$36 per child. Extremely Limited capacity, please contact Arezou Tolou, Angela Hakimian or Rose Nassimiha for reservations.



### Annual SBM/MYC Ultimate Purim Seudah – Mar 24

Please join us Sunday, March 24th for the Annual SBM/MYC Ultimate Purim Seudah. Time: 1:30PM Mincha followed by a huge meat lunch. Location: Shaare Rachamim – BRING YOUR OWN WINE - Please Venmo \$26 to @Javoon-Minyan to secure your spot! <https://venmo.com/u/Javoon-Minyan>. Submitted by Aaron Aziz and R Michael Livi

