



Davening times are listed as if we were together in the Bayit

**This Shabbat:
Parashat Shmini
Shabbat Mevarchim**

- Candle Lighting: 7:20pm
- Mincha/Kabbalat Shabbat: 7:00pm
- Shalom Bayit: 7:00am
- Shacharit Main Tefillah: 8:30am
- Sof Zman Kriat Shema: 9:33am
- Zman Tefilla: 10:40am
- Mincha: 7:05pm
- Shabbat Ends: 8:24pm

Weekday Times:

Shacharit:

- Sun: 8:30am
- Mon - Fri: 6:45am, 7:50am

Mincha/Maariv:

Sun - Thu: 7:30pm

Rosh Chodesh Iyyar will be on Friday and Shabbat

Post-Pesach shopping information on page 3

Yom Hashoah

Holocaust Remembrance Day

begins this Monday evening, April 20th

See page 3 for information about the Riverdale Community-wide commemoration and the Bayit's Yom Hashoah Seder.

Next Shabbat

**Parashiot Tazria-Metzora
Shabbat Rosh Chodesh**

- Candle Lighting: 7:28pm
- Mincha/Kabbalat Shabbat: 7:00pm
- Shacharit: 7:00am, 8:30am
- Mincha (Main/Sephardic): 7:15pm
- Maariv/Shabbat Ends: 8:32pm

TOT SHABBAT ON YOUTUBE

The Official Tot Shabbat with Morah Devorah (viewable anytime) at: https://youtu.be/sW_MG-lzVD0

Missed an email? Visit www.thebayit.org/covid19updates to catch up.

Mazal Tov to: Aviva Fink & Michael Goon on the birth of a son, Gil Shai.

Rabbanit Bracha Jaffe & Martin Flox on the birth of a grandson, Yahel, to their children Meital & Yishai.

Condolences to: Margaret Fried on the passing of her spouse, Mayer Fried. Margaret can be reached by phone at 718-884-7355. Shiva concludes Wednesday morning.

The family of Ann Scharf on her passing. Messages of condolence can be shared with the rabbinic team and will be relayed to the family.

Michael (& Ronnie) Becher on the passing of Michael's mother Faye Becher Weingarten. Shiva concludes Wednesday morning.

Fleur Levitz (& Ian Christener) on the passing of Fleur's father, Howard Joel Levitz. Fleur can be reached at fleurandian@gmail.com or 917-400-0862.

Sherry (& Ezra House) on the passing of Sherry's brother, Donald Pollack. Sherry can be reached at sherrhs@gmail.com or 917-783-3351.

Rita Blachman on the passing of her husband, Irving Blachman. Shiva has concluded.

Shirley Feldstein on the passing of her husband, Donald Feldstein. Shiva has concluded

THIS SHABBAT @ THE VIRTUAL BAYIT

We encourage everyone to follow our practice of Tefillah B'yichud B'yachad* and pray at home at the times we normally pray together.

6:25pm - Kabbalat Shabbat w/Reb Elli zoom.us/j/6136133700

Please join us for Mincha at 6:00pm

Motzei Shabbat Melave Malka 9:00PM with Bayit Rabbinic Team.

zoom.us/j/6136133700

Torah reading in the Stone Chumash:

- Shemini: begins on page 588. To listen before Shabbat: thebayit.org/shemini
- Haftarah: page 1168.

Please remember to add Birchot Hachodesh before Mussaf. Molad announcement on p. 3
*Praying individually together

Daily Tefillah B'Tzibbur: zoom.us/j/6136133700 Times as listed to the left.

At the end of each tefillah, a clergy member will teach a Mishnah from Pirkei Avot to honor the memories of those for whom community members have been saying Kaddish.

Daf Yomi zoom.us/j/6136133702 Sun-Wed 7:30-8:30am, Motzaei Shabbat: 8:30pm

Weekday Classes zoom.us/j/470341910 except where noted

Sunday

9:30am - **Brunch with Rabbi Brad Hirschfield** BYOB (Bring your own Brunch)
"6 Torah Characters Who Discovered the Power of Hineini, and How You Can Too"

Monday

9:30am - Talmudic Tales *in Hebrew* - R' Bracha
10:30am - Intermediate Talmud - Avodah Zarah - R' Ezra
11:30am - Halacha Chaburah - Burt Nusbacher
8:30pm: Advanced Gemara Shiur w/Rav Jeff Fox zoom.us/j/663037210

Tuesday

10:00am - Midrash HaShavua - R' Ezra

Wednesday

11:30am - Talmudic Tales - R' Bracha

Thursday

10:00am - Book of Isaiah - R' Steven

Nightly Support Space - 8:45PM zoom.us/j/373071966 We will have online Zoom support space for those wishing to connect and process this experience together. Facilitated by local mental health professionals.

Most of our staff is now working remotely. Please use the numbers listed below to contact them. If you call the main line, and leave a message it will automatically be sent to the intended recipient. **IMPORTANT:** We can only respond to your call if you leave a message with your name, phone number and the reason for your call! Your patience is greatly appreciated.

<p>Contact Us:</p> <p>Steven Exler, Senior Rabbi: ravsteven@thebayit.org 917-494-3380</p> <p>Ezra Seligsohn, Associate Rabbi: ravezra@thebayit.org 610-405-5725</p> <p>Bracha Jaffe, Associate Rabba: rabbanitbracha@thebayit.org 443-983-5083</p> <p>Sara Hurwitz, Rabba: rabbasara@thebayit.org 646-337-4047</p> <p>Avi Weiss, Rabbi in Residence: ravavi@thebayit.org 929-269-2892</p>	<p>Phone: 718-796-4730</p> <p>Richard Langer, Executive Director: richard@thebayit.org 732-626-5902</p> <p>Emily Hausman, Co-Youth Director: emily@thebayit.org x120</p> <p>Joseph Robinson, Co-Youth Director: joseph@thebayit.org x120</p> <p>Bryan Cordova, Facilities Manager: bryan@thebayit.org 914-809-0203</p>	<p>Email: office@thebayit.org</p> <p>Phyllis Newsome, Bookkeeper: phyllis@thebayit.org 201-503-4923</p> <p>Yael Oshinsky, Program Associate: yael@thebayit.org 201-503-5562</p> <p>Shuli Boxer Rieser, Assistant to R' Weiss: shuli@thebayit.org 929-269-2892</p>
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RIVERDALE MIKVAH
 PLEASE VISIT OUR WEBSITE TO MAKE A RESERVATION AND TO READ THE NEW PROTOCOLS DUE TO COVID - 19
www.riverdalemikvah.com | 718-549-8336

ONLINE WEEKLY PARASHA RECORDINGS
 Visit our website for audio recordings of the entire Torah, arranged by Parasha and Aliyah featuring our exceptional Ba'al Keriah, Bernie Horowitz. The site also includes a guide to each trop (cantillation note) and to the Hebrew pronunciation. www.thebayit.org/parasha

CSA @ THE BAYIT COMMUNITY SUPPORTED AGRICULTURE
 We hope you'll join us in supporting local farmers and enjoying fresh produce throughout the summer and into the fall! Fruit deliveries begin in early May. Vegetables & eggs start arriving in early June. Visit www.thebayit.org/csa to sign up or email csa@thebayit.org for more information. To learn more about the Community Supported Agriculture movement visit www.justfood.org/csa. To learn about our farmers visit www.greigfarm.com (fruits) and www.heartyroots.com (vegetables and eggs). Signup for full or half shares of fruits, veggies or eggs. Pickups are Wednesday evenings from 5:30-8:30pm and run from early May until late October.

Our local farmers need support from CSA shares more than ever! We are working on changes to make pickups easier and that will allow us to maintain proper social distancing. This will include a buddy system to reduce traffic, bagged vegetable shares to reduce handling and shorten pickup times and other changes we will finalize as we get closer.

If you would be interested in expanding the CSA to include shares from The Cheese Guy, please email csa@thebayit.org. If there is enough interest we will add this option.

HIR LEAGUE OF OUR OWN 2020
 Open to all girls in grades 3-8. No previous playing experience needed.
We are still hoping to have a season however shortened or delayed and will send updates as appropriate.

To register, visit www.thebayit.org/softball

Families who register will be offered a full refund if there is no season



CLIMATE CORNER
 April 22nd is the 50th observance of EARTH DAY. While our plastic film collection and other greening efforts may be on hold, we hope you will participate in some upcoming Earth Day activities. While our priorities have shifted we can never lose sight of the long term goal of protecting our environment.

Sign up at earthdaylive2020.org for programming on April 22 - 24th.

BAYIT SOCIAL ACTION COMMITTEE
 While we work together to protect ourselves and our Riverdale neighbors, there are things we can do to help the broader New York City community. Here are some suggestions:

Donate to an organization that is providing masks, gloves, and other medical gear to providers in need. [Direct Relief](#) is one such organization: there are many others.

If you have any medical supplies that are in short supply you can call the NY State Department of Health directly: 646 522 8477 or email COVID19supplies@esd.ny.gov.

Support your local food bank. Poor families have it hard in normal times; now, they are finding themselves with even fewer resources and in greater need than ever. One great local group is [Part Of The Solution \[POTS\]](#).

If you did not fill out your census form please do so at www.2020census.gov.

The Riverdale Y has created a robust online class program for all ages. Learn more at: www.riverdaley.org/online



Donate blood: The shortage is extreme, the need is desperate for blood and plasma donations. The New York Blood Center has numerous locations in the area, but call ahead to get current hours.
<https://www.nybc.org/donate-blood/donor-center-locations-march-2020/>

Table of Contents:

Page 1: Lifecycles, Shabbat Info, Daily Classes & Tefillot

Page 2: Updated Contact Info and Upcoming Programs

Page 3: Yom Hashoah

Pages 4 - 6: Social Distancing Guidelines

Pages 7 - 8: Combating Loneliness on Shabbat & Yom Tov

THANK YOU FOR DELIVERING

Thank you to everyone who helped deliver food on Erev Pesach!

Debi Yanover & Ira Bigeleisen, Michelle Biller-Levy and Orrie Levy, Daniel Chameides, Erica and Ephraim Edelman, Jessica and Leila Haller, Elizabeth Wolstein & Bob Heisler, Rabba Sara Hurwitz, Inbal and Liat Katz, Daniel and Shya Kestenbaum, Liba Kornfeld and Adin Linden, Talia Kupferman, Wendy Levinson, Perla family, Abby and Matar Rocker, Jordana Levine & Glen Ross, Ariela & Yoni Rosenberg-Brafman, Elizabeth Rotenberg-Schwartz, Stephanie and Ronald Sabban, Elana and Mattan Schachner, Jonathan and Zachary Scheiner, David and Mikey Schwartz, Luba Teten, Miriam Westheimer and Leora Einleger, Rebecca Lieberman & Jacob Wisse.

Local small businesses are especially hard hit by social distancing measures. While many have closed their doors temporarily, some are offering new or modified products and services. Check out the classified ads at

www.thebayit.org/covidbiz.

Businesses who wish to submit information about their updated business hours, products or services can do so at www.thebayit.org/form/localbiz.

PIRKEI AVOT YOUTH DEPARTMENT LEARNING

A message from our Youth Directors: *What better way to stand at Sinai poised to receive Torah, then with the guidance and wisdom of our sages behind us!* We invite the young people of the Bayit (and their families) to join the Youth Department as we collectively study Pirkei Avot, Ethics of Our Fathers. Sign up at www.thebayit.org/avot. For more details and information on how you could contribute to the communal learning please contact Emily Hausman at Emily@thebayit.org or Joseph Robinson at Joseph@thebayit.org.

Shabbat Shalom!

YOM HASHOAH COMMEMORATIONS

RIVERDALE JEWISH COMMUNITY COMMEMORATION

Please join us for a community-wide commemoration via Zoom on Monday evening, April 20th at 7:30pm. Advance registration is required. Please register at:

<https://riverdale.zoom.us/j/6136133700>
[tj0qcuqurTkiGdPKNze96y0hH3X5u8_bOUrZ](https://riverdale.zoom.us/j/6136133700)

Link to join will be sent prior to the event.

YOM HASHOAH SEDER - TUE. APRIL 21ST • 7:45PM

Join The Bayit's traditional Yom HaShoa Seder via Zoom, as we remember the Holocaust through **testimony, action, and song**, bear witness to its victims and heroes, and honor our community's survivors. The Seder will take place following Mincha (7:30), and conclude with Ma'ariv.

Join via zoom.us/j/6136133700 or dial-in audio at +1 646 558 8656; Meeting ID: 613 613 3700

MOLAD ANNOUNCEMENT – IYAR 5780-2020

המולד יהיה, אור ליום חמישי, חמישיים ושמונה דקות, ושנים עשר חלקים אחר השעה עשר בערב, בירושלים.

The Molad will take place, Wednesday night, April 22th, at 10:58pm & 12 fractions Jerusalem time. Rosh Chodesh will be on Friday and Shabbat.

Stay tuned for details about Riverdale Community programs to commemorate Yom Hazikaron and celebrate Yom Ha'Atzmaut.

Yom Hazikaron begins Monday night April 27th and ends with the start of Yom Ha'Atzmaut on Tuesday night.

POST-PESACH SHOPPING

The following establishments may be patronized after Pesach:

- All Vaad of Riverdale certified businesses.
- Other: 7 Eleven, Aldi, Associated, BJ's, Costco, CVS, D'Agostino's, Duane Reade, Dunkin' Donuts Skyview, Fairway, Food Emporium, Fresh Direct*, Garden Gourmet, Gristedes, Key Food 235th St.*, Key Food Skyview, Peapod, Rite-Aid, Riverdale Farms, Target, Trader Joe's, Walgreen's, Walmart, Whole Foods

*There is a source of debate on these since these stores are Jewishly owned, sold their chametz, and remained open selling chametz on Pesach: while some poskim accepted this, others were strict to wait until stock rotation (one week for breads, two weeks for other chametz products).

I do not feel one should be strict on this this year unless one has an equally viable way to get the hametz products one needs to purchase. (Rav Steven)

THE BAYIT

The Hebrew Institute of Riverdale – The Bayit – is an open Orthodox synagogue serving the entire Jewish community by warmly embracing all Jews, regardless of affiliation, commitment, orientation or background. It is affectionately known as the "Bayit," which is a home – a place of love and welcome. We are known nationally for bringing spirituality into the synagogue; activism on behalf of the oppressed; youth and teen engagement; learning programs; and work on behalf of the elderly, the homebound, and those with developmental and physical challenges.

If these words resonate with you, if our Bayit has touched your life, then please join our growing membership.

COMMUNITYWIDE SOCIAL DISTANCING GUIDELINES LETTER

Dear Riverdale Jewish Community,

As the coronavirus crisis grows, we consider it our most basic duty to share the further guidelines for us all to practice to help save lives - to best ensure the welfare of each of us and each other. This document was prepared by doctors and community representatives based on national guidelines.

Social Distancing: At first, COVID appeared to be limited to certain travelers or individuals. It has now spread randomly in the community. Please keep this in mind as you read the information that follows.

To slow the spread of COVID-19, the CDC has encouraged us all to practice "social distancing." Social distancing is a public health strategy that aims to reduce the encounters healthy people have with those who have a communicable disease like COVID-19. Remember, more than 80% of people with COVID-19 will not have symptoms or the illness will be very mild. Additionally, there are also people who think they have the flu or a cold, but actually have COVID-19. These people will be walking around with COVID-19 and it can be spread directly to you if they cough or sneeze. Additionally, the virus will be on their hands and passed to door knobs, counter tops, etc. By keeping your distance from others, you decrease your chances of being exposed.

Please read and consistently follow the guidelines below. More information and background follows at the end of the document.

May we be blessed with healing and strength,

Rabbi Steven Burton, Congregation Shaarei Shalom

Rabbi Steven Exler, HIR – The Bayit

Deann Forman, The Riverdale Y

Rabbi Aaron Frank, Kinneret Day School

Rabbi Thomas Gardner, Riverdale Temple

Rabbi Shmuel Hain, YIOZ of North Riverdale/Yonkers

Rabbi Tully Harsztark, SAR High School

Rabbi Simon Hirschhorn and Rabbi Noah Aronin, Hebrew Home at Riverdale

Rabba Sara Hurwitz, Yeshivat Maharat

Rabbi Barry Dov Katz, Conservative Synagogue Adath Israel of Riverdale

Rabbi Binyamin Krauss, SAR Academy

Rabbi Jonathan Kroll, SAR High School

Rabbi Dov Lerea, Congregation Beth Aharon

Rabbi Dov Linzer, Yeshivat Chovevei Torah

Rabbi Dan Margulies, The Riverdale Minyan

Rosh Kehilah Dina Najman, The Kehilah of Riverdale

Rabbi Joseph Robinson, Riverdale Jewish Community Partnership (an initiative of Riverdale Y)

Rabbi Levi Shemtov, Chabad of Riverdale

Rabbi Linda Shriner-Cahn, Congregation Tehillah

Rabbi Dovid Zirkind, Riverdale Jewish Center

Social Distancing Guide

Below is a quick guide to what you should not do, what you should do with caution (remembering the 6-foot rule and washing or sanitizing your hands frequently) and things you can do with relative safety.

*Please note: the following guidelines apply to those who are feeling healthy, have no underlying “at risk“ conditions, and are younger than 60 years old, based evidence of those who are at higher risk from COVID-19. If you are sick, have one of the “at risk“ conditions, or are 60 years old or older, CDC’s and other guidelines are clear that you should stay at home. **This more restrictive approach for these populations, especially people older than 60 who feel healthy and well, can be tremendously burdensome and challenging. But we truly view this as what each of us can do to help save lives.***

Do not:

- Gather in groups, including for such life cycle events as weddings and funerals, and home or synagogue minyanim
- Have sleepovers or playdates or hang out with friends (of any age)
- Play sports with non-household family members
- Have meals with friends and neighbors
- Do any non-essential driving with others (except household members not in quarantine)
- Have non-essential visitors or workers in your home
- Spend too much time in stores or places of business for any reason, get in and out as soon as possible
- Go to malls or crowded stores

Do with caution:

- Shop for groceries quickly and not in crowded stores, and shop during off peak hours when the stores are less crowded; opt for delivery by phone or utilize internet orders if possible
- Pick up a prescription at a pharmacy (if you cannot arrange for delivery)
- Go to work only if you must

In each of the above cases, try to keep to the 6-foot rule, wash or sanitize your hands frequently (especially as soon as you get home) and consider changing and washing your clothing upon returning home

Safe to do:

- Go for a walk or a run. Even if you live in an apartment building you can go outside and get some fresh air (keep in mind the 6-foot rule, and wash your hands frequently)
- Ride a bike
- Play in the backyard with household members not on isolation (if you live in a house), or sit outside on your balcony (if you live in an apartment)
- Go for a drive with household members (if not in quarantine)
- Cook a meal or bake together as a family
- Work from home
- Exercise at home
- Meditate
- Connect with others by phone, text, WhatsApp, FaceTime, Zoom

Please note: since this letter was complete, one additional guideline has been added (language taken from the Orthodox Union's synagogue communications):

*Many individuals - including thousands of students - are returning to their communities from areas with active communal transmission - including Israel, New York and New Jersey. These individuals should practice separation for 14 days in the family home, having a separate room for sleeping, a separate bathroom if possible, and otherwise keeping a safe distance. **They should not be the ones doing the shopping trips or any ventures out into the community until they have been home for 14 days symptom-free.***

We advise strongly against those returning from such areas - as well as all grandchildren - kissing or hugging or having other close contact with elderly grandparents or others considered high risk from COVID-19.

With regard to what specific steps to take within the family home to separate those returning from the other members of the family, parents should consult with their own medical advisors and should adhere to all governmental, public health and local medical guidelines for how to practice separation for returnees from areas of active transmission. Many local synagogues and communities are helping members to be informed and connected to appropriate sources of guidance.

FAQ

1) What does it mean to be in isolation?

In isolation, you should have no contact with anyone unless absolutely necessary. ***This is reserved for individuals who have tested positive for COVID-19*** because they have the greatest likelihood of spreading the disease.

2) What does it mean to be in quarantine?

Quarantine is in order when someone has been exposed to COVID-19. Because people can transmit the disease before they have symptoms, in quarantine you should restrict yourself to your home and have contact only with individuals in your home. You should do your best to stay 6 feet from each other and you should not share utensils, beds, cups, etc. with them.

3) So how does social distancing differ from quarantine?

Quarantine is when you are restricted to your home and can be in contact only with those living there with you. Social distancing allows for minimal movement in the community if you focus on reducing contact with others. One of the main ways of doing this is by avoiding events and crowds, reducing meetings and other gatherings to a few members, working from home with video and phone meetings as necessary, and keeping a safe distance of 6 feet with anyone you are with for longer than 6 minutes.

If you do go out, try to stay 6 feet away from others. If you live in an apartment, try not to touch handrails or other items in the stairwell and avoid crowded elevators. In all cases, use hand sanitizer frequently and wash your hands thoroughly as soon as you return.

Not easy, we know!! But during this uncertain time, when we are all looking for ways to help out and keep our community, friends and loved ones healthy, social distancing is something simple we can all do. It is a selfless act that saves lives.

Feeling Connection and Combating Loneliness on Shabbat and Yom Tov: A Bayit Guide

“Social Distancing”, the commitment we have all made to save lives in this coronavirus pandemic, has had a profound effect on our lives. We miss the human interaction of one-on-one connection and physical touch and of sharing space with our Bayit community and other communities. During the week we combat these feelings by connecting with others via social media and technology.

☒ There is a new phenomenon called “Zoom Fatigue”. Think about Shabbat as a real break from the non-stop chatter of technology and a time to unwind and recharge your screen-time batteries.

Shabbat brings with it an opportunity for quiet and reflection. While in many ways that can be welcome, it can also be a particularly lonely time, especially for those of us living alone. We understand the challenge of getting through this 25 hour period with no digital communication. We lovingly offer some ideas to help mitigate those feelings, and we invite you to share your ideas with us as we learn and grow together.

Pre-Shabbat Preparations:

Planning: In general, setting some type of structure or schedule for your Shabbat will help the time pass smoothly and comfortably. Break the night and the day up into sections. Consider even writing that schedule out and leaving it on the fridge or the table.

Reading: Shabbat is a perfect time to read books or articles, ones you’ve been wanting to read and catch up on or returning to old favorites. Perhaps choose a book to read together with a friend before Shabbat - you can discuss it after Shabbat and plan for that conversation on Shabbat.

Games/Puzzles: Jigsaw puzzles are great to work on, take breaks and come back to.

Here are some suggestions for games that you can play alone:

Friday: this card game was created to play solo!

The Game: This game is for the logically-oriented or mathematically inclined

Music: It is halakhically acceptable in this unique moment to leave music playing (radio or Internet) in one of your rooms. This can feel soothing and connect you to the outside world. We recommend finding a station with music that is calming such as soft jazz or soft classical music. It is about **music not radio**. It is not about listening to the news.

Eating: Prepare or order yummy food for your Shabbat meals!

Socializing:

If you can go outside, find a “walking buddy” and set times to walk together with social distancing.

Set a time to meet at a park with a friend and find a roomy place to sit or walk.

Get to know your neighbors. In apartment buildings you could leave your doors open and chat with each other from afar. Plan specific times you might meet up.

On Shabbat:

Ritual: When lighting Shabbat candles, take the time to think about setting aside your week and moving into a feeling of Shabbat. What are you grateful for? What are you praying for?.

Maintain the structuring rituals of Shabbat: Setting the table, Kiddush, HaMotzi...

Tefillah: Daven “together” at the times set for the whole community. If you attend shul on Shabbat, close your eyes and visualize being in shul. Look around at the people you usually see. In your mind’s eye, you can wish them Shabbat Shalom and wish them well.

Se’udat Shabbat:

Set the table and create a Shabbat atmosphere.

Eat with intentionality. Savor the food, think about where it came from. There are eating meditations that can bring calm and make extra meaning of our eating experience.

Sing aloud - having sound in the home can help us feel less alone.

Emotional Health: Practice breathing exercises to relax. Think of the people in your life who bring you strength. Send them, in your heart, messages of love and appreciation. You can share those messages directly after Shabbat.

Menuchat Shabbat: Enjoy the luxury of the opportunity to sleep a little later. Go to bed early and sleep a full night. If you feel tired during the day, take an afternoon nap.

Connect with nature: Make sure to sit by the window for natural light. Open your window if weather permits and wave to people you know who are walking by. Go for a walk - or more than one; bonus points for seeing greenery! The trees are starting to bud!

Sometimes when we are alone, we think that we are the only ones who are alone.

You are not alone in being alone.