



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

**This Shabbat:**  
**Parshiot Acharei Mot - Kedoshim**

- Candle Lighting: 7:35pm
- Mincha/Kabbalat Shabbat: 7:00pm\*
- Shalom Bayit: 7:00am
- Shacharit Main Tefillah: 8:30am
- Sof Zman Kriat Shema: 9:22am
- Zman Tefilla: 10:32am
- Mincha: 7:20pm
- Shabbat Ends: 8:39pm

\*In the spirit of Tefillah B'yichud B'yachad, if you cannot join us on Zoom earlier, 7:00pm is our regular Mincha/Kabb. Shabbat time.

### Weekday Times:

#### Shacharit:

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

#### Mincha/Maariv:

Sun - Thu: 7:45pm

### Next Shabbat

#### Parashat Emor

- Candle Lighting: 7:42pm
- Mincha/Kabbalat Shabbat: 7:00pm
- Shacharit: 7:00am, 8:30am
- Mincha (Main/Sephardic): 7:pm
- Maariv/Shabbat Ends: 8:39pm

### LOOKING AHEAD

As the situation in NY continues to improve, Governor Cuomo has started talking about plans for a phased re-opening. In concert with other organizations in the Riverdale Jewish Community Partnership we will be following updated guidance from the city and state and consulting with local medical professionals to develop a comprehensive plan to reopen our shuls in a safe manner.

*At this time, we do not know when we will reopen or all the limits and changes we will have to put in place to operate safely. Thank you for your patience and support as we go through this process.*

Please continue to maintain current practices regarding social distancing.

Missed an email? Visit [www.thebayit.org/covid19updates](http://www.thebayit.org/covid19updates) to catch up.

**Mazal Tov to:** Rabba Sara Hurwitz on receiving a *Lives of Commitment Award* from Auburn Seminary.

**Condolences to:** Barry (& MJ) Kanner on the loss of his father, Leon Kanner. Shiva concludes Monday morning, May 4th. Barry can be reach by phone at 914-488-4881 or email at [bkirad@gmail.com](mailto:bkirad@gmail.com).

The family of our former member Albert Mendlovitz. There will be a Zoom shiva session on Sunday which will begin with a memorial service. <https://us02web.zoom.us/j/7068507221?pwd=SjNPVWQxSlZnZWVmOWhrMEthYW50Zz09>

## 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.

**6:40pm - Kabbalat Shabbat w/Reb Elli** [zoom.us/j/6136133700](https://zoom.us/j/6136133700)

Please join us for Mincha at 6:15pm

**Motzei Shabbat Melave Malka: 9:00PM.** [zoom.us/j/6136133703](https://zoom.us/j/6136133703)

Torah reading in the Stone Chumash:

- Acharei Mot: begins on page 636. To listen before Shabbat: [www.thebayit.org/achareimot](http://www.thebayit.org/achareimot) and [www.thebayit.org/kedoshim](http://www.thebayit.org/kedoshim)
- A page guide for tefillah and Torah reading for most commonly used siddurim and chumashim is available by [clicking here](#).
- Haftorah (Amos 9:7-15) page 1173. (Note: Most chumashim publish the reading from Amos as the Haftorah for Kedoshim. Stone edition prints it as the Haftorah for Acharei Mot.)

\*Praying individually together

**Daily Tefillah B'Tzibbur:** [zoom.us/j/6136133700](https://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](https://zoom.us/j/6136133702) Sun-Wed 7:30-8:30am, Motzaei Shabbat: 9:00pm

**Weekday Classes** [zoom.us/j/470341910](https://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](https://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

### LAYING THE SPIRITUAL GROUNDWORK FOR SHABBAT

#### W/RABBANIT BRACHA [zoom.us/j/6136133700](https://zoom.us/j/6136133700)

- After the 7:50am Tefillah on Thursdays, stay for a mini-shiur and discussion on the upcoming week of Sefirat HaOmer. Using God's attributes (Sefirot) as a model for our lives, we will follow the path towards personal spiritual refinement as set down by the Kabbalists.
- Niggun Circle returns! Each Thursday after Mincha/Ma'ariv join us as we sing Niggunim in wordless song and uplifting melody.

**Breath, Body Mind Workshop w/Shira Gordon: Monday - Friday 1:00pm-1:45pm**

A gentle, effective breathing practice to manage stress, anxiety, and depression and improve general health and well being. Facilitated by Shira Gordon, RN, MS, MPH. [zoom.us/j/6136133700](https://zoom.us/j/6136133700)

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.

<b>Contact Us:</b>	<b>Phone: 718-796-4730</b>	<b>Email: <a href="mailto:office@thebayit.org">office@thebayit.org</a></b>
Steven Exler, Senior Rabbi: <a href="mailto:ravsteven@thebayit.org">ravsteven@thebayit.org</a> 917-494-3380	Richard Langer, Executive Director: <a href="mailto:richard@thebayit.org">richard@thebayit.org</a> 732-626-5902	Phyllis Newsome, Bookkeeper: <a href="mailto:phyllis@thebayit.org">phyllis@thebayit.org</a> 201-503-4923
Ezra Seligsohn, Associate Rabbi: <a href="mailto:ravezra@thebayit.org">ravezra@thebayit.org</a> 610-405-5725	Emily Hausman, Co-Youth Director: <a href="mailto:emily@thebayit.org">emily@thebayit.org</a> x120	Yael Oshinsky, Program Associate: <a href="mailto:yael@thebayit.org">yael@thebayit.org</a> 201-503-5562
Bracha Jaffe, Associate Rabba: <a href="mailto:rabbanitbracha@thebayit.org">rabbanitbracha@thebayit.org</a> 443-983-5083	Joseph Robinson, Co-Youth Director: <a href="mailto:joseph@thebayit.org">joseph@thebayit.org</a> x120	Shuli Boxer Rieser, Assistant to R' Weiss: <a href="mailto:shuli@thebayit.org">shuli@thebayit.org</a> 929-269-2892
Sara Hurwitz, Rabba: <a href="mailto:rabbasara@thebayit.org">rabbasara@thebayit.org</a> 646-337-4047	Bryan Cordova, Facilities Manager: <a href="mailto:bryan@thebayit.org">bryan@thebayit.org</a> 914-809-0203	
Avi Weiss, Rabbi in Residence: <a href="mailto:ravavi@thebayit.org">ravavi@thebayit.org</a> 929-269-2892		

### YOUTH DEPARTMENT PROGRAMMING & RESOURCES

Please enjoy this Parshah page for [Achrei Mot-Kedoshim](#). It includes a summary, a Shabbat table discussion & activities for before Shabbat.

Next week we will host a guided discussion on Parashat Emor at 4 pm on Thursday. You can join us through this link: <https://jcca.zoom.us/j/95131215392>.

Virtual Havdalah: Join us on Sunday, May 3 at 9:30 am as we welcome a new week through Havdalah. This Sunday experience will allow us to start our week with the virtual embrace of friendship. Hope to see you there: <https://jcca.zoom.us/j/98799032367>.

#### 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](http://www.thebayit.org/csa) to sign up or email [csa@thebayit.org](mailto:csa@thebayit.org) for more information. To learn more about the Community Supported Agriculture movement visit [www.justfood.org/csa](http://www.justfood.org/csa). To learn about our farmers visit [www.greigfarm.com](http://www.greigfarm.com) (fruits) and [www.heartyroots.com](http://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.

#### 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](http://www.thebayit.org/parasha)

#### BOOK OF REMEMBRANCE YIZKOR BOOK: 2020 - 21

Our Book of Remembrance - Yizkor Book is now in formation. Please register online at [www.thebayit.org/bor](http://www.thebayit.org/bor). Deadline is Friday, May 15th. You must submit this form each year to have a listing in the book. For assistance, please call Phyllis Newsome at 201-503-4923 or email [phyllis@thebayit.org](mailto:phyllis@thebayit.org).

We hope to deliver copies of the Yizkor book to each member household before Shavuot.

#### 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](http://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](mailto:Emily@thebayit.org) or Joseph Robinson at [Joseph@thebayit.org](mailto:Joseph@thebayit.org).

#### 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](http://www.thebayit.org/softball)

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



#### 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.

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 \[POTS\]](#).

**ABRAHAM & SARAH'S TENT: DEDICATED IN MEMORY OF HENRY & GOLDIE GUTTMAN z"l & SPONSORED BY JOE GUTTMAN z"l**

The tent continues to operate by delivering meals instead of gathering together in the Bayit. Thank you to all of the volunteers who are making weekly deliveries.

The cost of individually packaged meals is substantially higher than our usual weekly expense. Please consider co-sponsoring a week at [www.thebayit.org/tent](http://www.thebayit.org/tent) to help keep this program running.

Sponsored this week by Rita Blachman in memory of the parents of Rita & Irving z'l Blachman, Annette & Henry Cohen and Helen & Morris Blachman.

**Shopping Volunteers Needed**

As we continue to adhere to social distancing, we become aware of more members of our community who need assistance with groceries and essential supplies. We want to discourage "extra" errand running, and are looking to match up shopping buddies with others in their building or neighborhood. When you plan a shopping excursion or an online order, you would check in with your shopping buddy, and see what they need. We need more volunteers. If you can help, please email [shiragordon25@gmail.com](mailto:shiragordon25@gmail.com)

# Shabbat Shalom!

## 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.*

## BEYOND THE BAYIT - COMMUNITY ANNOUNCEMENTS

### **New York Blood Center**

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/>

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](http://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](http://www.thebayit.org/form/localbiz).

**If you did not fill out your census form please do so at [www.2020census.gov](http://www.2020census.gov).**

### HEBREW FREE BURIAL ASSOCIATION

In light of the COVID-19 pandemic and its massive impact on New York's Jewish community, the Hebrew Free Burial Association is, unfortunately, busier than ever. Since April 1st, they have conducted **more than 134 burials**. Last year, in the same period of time, they did 30 burials. Each burial costs more than \$5,000.

**DONATE NOW** to help cover some of the costs of these burials: <https://www.hebrewfreeburial.org/donate/>

**SEND** old *taleisim* (full-size only) directly to: Mount Richmond Cemetery, 420 Clarke Avenue, Staten Island, NY 10306 (please do not buy new *taleisim*; over the past 24 hours, hundreds of *taleisim* have been donated)

### **Riverdale Run 2020**

Unique circumstances have led to the exciting announcement of our Virtual 2020 Riverdale Run to benefit our COVID Emergency Fund. This year, runners will "Go the Social Distance" with us, and support our community during this pandemic. Get out for your run at anytime, anywhere you'd like and run a 1K, 5K, or 10K. Post your results between May 10 and May 17, on [www.RiverdaleRun.com](http://www.RiverdaleRun.com).

### **Riverdale Y Sunday Market**

The Riverdale Y Sunday Market is back! We are relocating to the parking lot of Riverdale Temple (246th Street and Independence Avenue) with mandatory social distancing procedures in place. The market will open on **Mother's Day, Sunday, May 10**, with some of your favorite farmers and vendors, and will welcome even more vendors in the following weeks. Details will be posted on the Riverdale Y website at [www.RiverdaleY.org/SundayMarket!](http://www.RiverdaleY.org/SundayMarket!)

### **Riverdale Y Online**

As the world has switched to becoming virtual, the Y is now providing our fitness at home, community programs, dance, music, theater, senior center programs, Kid's Space, and early childhood education all from the comfort of your home. To find out more, please visit [www.RiverdaleY.org/online](http://www.RiverdaleY.org/online).

### **Dorot**

DOROT's prestigious Summer Teen Internship Program at Riverdale Y inspires high school students to develop leadership skills and to give back to the community. Volunteer with a diverse group of socially-conscious high school students to facilitate intergenerational programs with the Riverdale Y Senior Center. Learn more and apply at [www.RiverdaleY.org/dorot](http://www.RiverdaleY.org/dorot).

### **RIVERDALE MIKVAH**

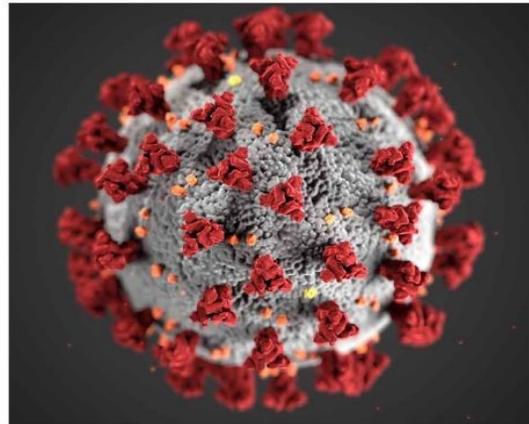
PLEASE VISIT OUR WEBSITE TO MAKE A RESERVATION AND TO READ THE NEW PROTOCOLS DUE TO COVID - 19  
[www.riverdalemikvah.com](http://www.riverdalemikvah.com) | 718-549-8336

**SUPPORT THE MEDICAL TEAMS URGENTLY BECAUSE #WeCare**

The Israeli-American community is proud to support healthcare workers and medical teams by providing food and supplies to hospitals throughout the country. Join us NOW in helping those who are risking their lives to help others. Donate online at [https://www.iaccare.org/give?gclid=EAlaIqobChMIv87yuf6Q6QIVQbqfCh1MjQrTEAEYASAAEgKVtvD\\_BwE](https://www.iaccare.org/give?gclid=EAlaIqobChMIv87yuf6Q6QIVQbqfCh1MjQrTEAEYASAAEgKVtvD_BwE) or register to for an online concert with Idan Raichel, David Broza, Keren Peles, Shlomi Shabbat, Rotem Cohen. **This Sunday, May 3, 8:00pm EDT.**

## Coronavirus causing financial troubles? Hebrew Free Loan Society can help.

**0% Interest  
Loans from  
\$2,000-\$5,000**



The Hebrew Free Loan Society's Coronavirus Financial Impact Loan Program provides interest-free loans of up to \$5,000 for residents of New York City, Westchester, and Long Island.

Loans may be used for purposes including, but not limited to:

- *Lost wages due to being unable to go to work*
- *Child care costs due to school closures*
- *Small business losses*
- *Related medical costs*

*\*All loans require one guarantor*

For more information or to apply:  
visit [www.HFLS.org/coronavirus](http://www.HFLS.org/coronavirus)  
Contact HFLS at (212) 687-0188 or [Loan@HFLS.org](mailto:Loan@HFLS.org).

Hebrew Free Loan Society fosters financial stability and opportunity among lower-income New Yorkers by providing access to safe, affordable credit in the form of interest-free loans. Since 1892, HFLS has provided nearly \$350 million to more than 875,000 borrowers.



Hebrew Free Loan Society  
675 3rd Avenue, 1905  
New York, NY 10017  
212-687-0188  
HFLS.ORG

The Bayit is not associated with HFLS or this program. Information provided solely as a resource. All inquiries should be directed directly to HFLS.

## *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.*

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## **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.**