



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 31-August 7, 2020

י' - י"ז אב תש"פ

**Shabbat Vaetchanan
Shabbat Nachamu**

שבת ואתחנן
שבת נחמו

Shabbat Times זמני שבת

Candle Lighting	7:05, 7:35 & 7:52 pm	הדלקת נרות
Mincha & Kabbalat Shabbat - NM	6:45	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat - West Englewood Lot	7:15	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat - NM	7:55	מנחה וקבלת שבת

***All Shabbat Minyanim are by registration only and are only open to our full members at this time.**

Latest Shema	9:27 am	סוף זמן ק"ש
Hashkama - Old Main	7:00 am	השכמה
Hashkama - Ogden Lot	7:00 am	השכמה
Ashkenaz - West Englewood Lot	8:30	נוסח אשכנז
Sefard - Social Hall	8:30	נוסח ספרד
Ashkenaz - New Main	9:00	נוסח אשכנז

Mincha - New Main	1:45 pm	מנחה
Mincha - New Main	7:50 pm	מנחה
Mincha - Ogden Lot	7:50 pm	מנחה
R' Zahtz's shiur on "Bringing the Melachos to Life: Interesting Hilchos Shabbos Questions" between mincha & maariv will take place in the New Main		
Ma'ariv & Kiddush Levana - New Main	8:56 pm	מעריב
Ma'ariv & Kiddush Levana - Ogden Lot	8:56 pm	מעריב

Next Shabbat Candles	7:05, 7:35, & 7:44 pm	שבת פרשת עקב הדלקת נרות
Mincha & Kabbalat Shabbat	6:45, 7:15, 7:50 pm	מנחה

The full weekday davening schedule is listed on page 3 and is updated on the shul's homepage.

A Message from Rabbi Zahtz



Moshe beseeches, begs Hashem to allow him to fulfil his life's dream of entering ארץ ישראל. But Hashem responds no. But not just no, Hashem adds אל תוסף דבר אלי עוד בדבר הזה, do not even speak to me about this topic again, Hashem seems to be forbidding Moshe from engaging in prayer.

Interestingly, this is not the first time that Moshe storms the gates of Heavens with his prayers to try and achieve a specific result. In פרשת כי תשא following the חטא העגל Moshe poured out his heart to Hashem and would not take no for answer, שתפסו להקב"ה בבגדו, he, as it were, grabbed Hashem by the cloak and demanded their forgiveness, according to חז"ל and was not commanded to stop. Why not? What's the difference between the two scenarios?

Rav Soloveitchik explained that there is a fundamental distinction. The צבור was Moshe davening on behalf of the nation of the Jewish people, while in our פרשה he was praying for his individual need. Regarding the צבור there is a special covenant that G-d has made with the Jewish people and that תפלה will never be rejected. When it comes to a יחיד, an individual, there is no such promise and thus Hashem tells Moshe, "no more, enough is enough". This, the Rav explains, is the reason that every prayer of the individual begins with אלקינו ואלקי אבותינו in the plural, trying to connect to the צבור, to strengthen the power of the individual's prayer.

Communal prayers are different, there is nothing as potent as the תפלה of the צבור.

Over the past few months, I have been constantly inspired by the shul Tehillim WhatsApp group. Conceived and implemented by Rachelle and Steven Margulies, it was designed in the depths of the crisis to give our shul the opportunity to pray for other members of our shul family who were in desperate need of רפואה. It was awe inspiring to watch. At all hours of the day and night a wide variety of people of many different age brackets reciting kapitel after kapitel of Tehillim for people they may not have even known but shared one common bond- were part of the CBY family. And many רפואות, unfortunately not all, were seen and I personally believe much of that was impacted by these heartfelt תפלות.

Although, the pandemic is not behind us and there is so much anxiety and uncertainty, the acute urgency for Covid related רפואה is behind us. So what should be with our Tehillim group? The impetus is gone, but how can we give up the shared experience and the shared power of our תפלות?

I am excited to share that in the coming days this group will be rebranded! We will still have the opportunity to join together in the powerful experience of communal prayer for members of our shul family, but under a much broader heading. There are so many people

Continued on page 2



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Special Event	אירועים מיוחדים
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- Ufruf of Jacob Levy
- Ufruf of Eitan Rolnick

Mazal Tov	מזל טוב
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- Miriam & Alan Greenspan on the birth of a granddaughter, a daughter to Chana & Ari Greenspan.
- Alisa & Stephen Levy on the ufruf and forthcoming marriage of their son, Jacob, to Danielle Rabinowitz of Livingston, NJ.
- Mindy & Henry Orlinsky on the bar mitzvah of their grandson, Akiva, son of Aliza and Doriah Zaret.
- Aviva & Paul Rolnick on the ufruf and forthcoming marriage of their son, Eitan, to Racheli Lovy.
- Andria & Rabbi Yehuda Rosenbaum on the birth of two grandsons, Dov Yishaya David, to Ariella & Dr. Aryeh Rosenbaum of New Rochelle and a son to Avital & Dr. Yaakov Zeffren of Cherry Hill.
- Sheryl & Stanley Turitz on the birth of a great-granddaughter, a daughter to Ora & Elan Turitz in Jerusalem.

Condolences	נחומים
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- Judy Goldman, on the loss of her beloved mother, Fay Flax a”h.
- Selma & Milton Polevoy and Richard Polevoy on the loss of their beloved son and brother, Marc Polevoy a”h.

CBY Notes	
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- To see R' Pruzansky's Farewell Address & Tribute Video please visit bnaiyeshurun.org/rabbinic-tribute.html
- CBY is still raising funds through our Gala Fundraising campaign as the shul depends on your donations for cash flow & operations. To support CBY at this time please click [HERE](#).

Beis Medrash Committee	
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- While the doors to our Beis Medrash are physically closed we have many learning opportunities. Please see page 6.
- Mishna Yomit is learning Masechet Middot. On Monday, August 3 they will begin Masechet Kinim.
- Manny Freed z”l Parent Child Learning- Click [here](#) for this week's source sheets. 1. Parents should learn for 30 minutes, or more, on Shabbat afternoon with their children. Each additional 30-minute PCL learning slot on Shabbat afternoon will earn you another ticket!
2. Fill out the following [google doc](#) on Motzei Shabbat.
3. Each child will be entered into a raffle for prizes that will be picked on Sunday morning. Prizes will be delivered to your homes!

R' Zahtz continued from page 1:	
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who are in pain, whether emotional or physical, and so many people looking for a variety of *ישועות*. In the realms of health, both physical and mental, fertility, raising children, *שלום בית*, *שידוכים*, financial, and others both related to this pandemic and not, people are looking for Hashem's help and we can do our part to strengthen ourselves as a communal family and with Hashem's help bring about the salvation they desire with the power of our *תפלות*.

More details will follow in the coming days. If anyone is interested in volunteering to help with this endeavor please let me, Rachele or Steven know.

May the *תפלות* of our *צביר* pierce the heavens and may we see the *אבל* of this time period turned into *שמחה* on both a national and personal level *במהרה בימינו אמן*.

David Frohlich z”l Youth Department	
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- Please note that there are no “parking lot” youth groups this shabbat.

BERGEN COUNTY

BICYCLE SAFETY INITIATIVE

**NOW MORE THAN EVER:
#DRIVESAFE #RIDESMART**

1. Everyone should wear a helmet
2. Ride with traffic, not against traffic
3. Please follow all local laws about where it is permitted to ride
4. Yield to pedestrians who have the right of way
5. Keep a distance with the rider ahead of you and the rider behind you
6. Learn proper signaling on a bike for turning
7. Don't wear headphones so you can hear traffic
8. Bikers should be mindful that streets are active
9. Be sure to be visible to cars
10. Parents should supervise young children while they ride
11. Be sure to drive slowly when bikers are present
12. When possible, park your vehicle in a driveway to ease visibility on the streets

An initiative of the RCBC together with:
The Jewish Elementary and High Schools of Bergen County



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Weekly Davening Schedule

	Sun. Aug. 2	Mon. Aug. 3	Tues. Aug. 4	Wed. Aug. 5	Thu. Aug. 6	Fri. Aug. 7	
Earliest tefillin – 4:52 am Latest Shema – 9:27 am Mincha Gedola – 1:38 pm Plag Mincha – 6:25 pm Zman Mincha – 7:55 pm	י"ב אב	י"ג אב	י"ד אב	ט"ו אב Tu B'Av	ט"ז אב	י"ז אב	
דף היומי	שבת קמ"ט	שבת ק"ג	שבת קנ"א	שבת קנ"ב	שבת קנ"ג	שבת קנ"ד	
Shacharit–Ogden Lot	6:25 am	6:00 am	6:10 am	6:10 am	6:00 am	6:10 am	שחרית
Shacharit- Old Main		7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
Shacharit–Ogden Lot	7:30 am	7:20 am	7:30 am	7:30 am	7:20 am	7:30 am	
Shacharit–New Main	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
Shacharit–Old Main	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	
Plag Mincha- Old Main	6:25 pm*	6:25 pm	6:25 pm	6:25 pm	6:25 pm		מנחה
Plag Mincha- Ogden Lot	6:25 pm	6:25 pm	6:25 pm	6:25 pm	6:25 pm		
Zman Mincha-New Main	7:55 pm	7:55 pm	7:55 pm	7:55 pm	7:55 pm		
Zman Mincha-Ogden Lot	7:55 pm*	7:55 pm	7:55 pm	7:55 pm	7:55 pm		

Our minyanim are open, at this time, to full members only by registration.

Please note, on Sunday, August 2nd both outdoor Mincha minyanim will take place in the West Englewood Lot

Tefilah Instructions from Rabbi Zahtz

Friday night:

Plag haMincha is 6:42 pm. Those who are accepting Shabbat early may light candles after that time.

Shema should be repeated after 8:47 pm.

For those making Shabbat b'zman candle lighting is at 7:52 pm.

Shabbat day:

Sof Zman kariat shema is at 9:27 am.

This week's sedrah is Parshat Vaetchanan.

This week's haftarah is Yeshayahu 40:1-26.

This Shabbat, Shabbat Nachamu, derives its name from the opening of the haftarah. It is the first of the seven haftarot of consolation.

The earliest time for Mincha is 1:38 pm.

Mincha should be completed by shkiah at 8:11 pm.

Maariv and Shabbat ends at 8:56 pm.

Davening protocols:

We have beautiful minyanim both in Shul and outdoors on the Shul campus, please join and please remember your masks and social distancing.

For those davening at home, the following parts of the tefillah are omitted:

Magen Avos, Kaddish, Kedusha, Barchu, Brich Shmei, Yekum Purkan and Anim Zemiros.

We recite both Av harachamim and Tzidkascha Tzedek this week.

One who has not yet said Kiddush Levana should do so; the last time to say it is Monday night (it can be said the entire night).

Wednesday is Tu b'Av and Tachanun is not recited, nor is it recited at Mincha on the day prior.



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ONLINE LEARNING OPPORTUNITIES AUGUST 2-7, 2020

Daily	Short Vort WhatsApp Group - Inyanei D'Yoma from Rabbi Steven Pruzansky	Sign up Here
Throughout week	Chizzuk WhatsApp Group from Rabbi Ari Zahtz	Sign up Here
Throughout the week	WhatsApp Group – Myth-busters in Halacha with Rabbi Yosef Weinberger	Sign up Here
Sunday -7:00 am, M-F at 6:00 am & Motzei Shabbat at 10:00 pm	Daf Yomi with rotating magidei shiur	https://zoom.us/j/99037398916 Password: CBY
Sunday–Thursday at 7:30 pm	Mishna B'rurah Chavurah with Ari Wartelsky	https://zoom.us/j/611771378 Password: cby
Sunday at 9:00 am	Hilchos Shabbos Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Monday at 8:30 pm	Women's Tehillim Group with Randi Wartelsky	https://zoom.us/j/671139519 Password: cby
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday at 2:00 pm	Navi Chavurah with Rabbi Jonathan Schachter	https://zoom.us/j/563762421
Tuesday at 9:00 pm	Gemara Iyun Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Wednesday at 10:00 am	Women's Shiur with Rabbi Ari Zahtz-Pirkei Avot	https://zoom.us/j/562461957 Password: cby
Wednesday at 1:30 pm	Senior "Lunch" & Learn with Rabbi Michael Taubes	https://yeshiva-university.zoom.us/j/7494189014 Password: YSH
Wednesday at 7:45 pm	Sefer Shmuel II, 19 with Rabbi Menachem Meier	https://zoom.us/j/376058136 Password: cby Phone: 646-558-8656; Meeting ID: 376 058 136
Wednesday at 9:15 pm	Halacha Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Thursday at 9:35 pm	Parsha & Halacha with Rabbi Michael Taubes	https://yeshiva-university.zoom.us/j/7494189014 Password: YSH
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Friday at 8:30 am	Minchas Chinuch Shiur with Eli Weber	https://zoom.us/j/156897284 Password: cby



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Teen Department – A Message from Rabbi Jonathan Schachter



One of a Kind

In parashas Va'eschanan, we arrive at the all-encompassing mitzvah to love HaShem with all of one's heart, with all of one's soul, and with all of one's "me'od" (Devarim 6:5). What does this last phrase "me'od" mean? Furthermore, what does it demand of us that isn't already included in the first two categories of loving HaShem with all of one's heart and soul?

Rashi, following one of the interpretations from the *mishna* in Berachos (54a), explains "me'odecha" to mean one's possessions, of which one may have "me'od" ("a lot"), and the commandment obligates us to spend money to fulfill positive mitzvos and forfeit money for negative commandments. But this approach is difficult on two accounts. Even if "me'od" means "a lot", why must it refer to "a lot" of money? One can have "a lot" of wisdom, "a lot" of talent, "a lot" of personality, and even "a lot" of problems (as we say in *tachanun*, "Vayomer David el gad, *tzar li me'od* ...")! Additionally, even if "me'odecha" does refer to money, why would the *passuk* need to mention it? The beginning of the *passuk* already commanded us to love HaShem with all our hearts and all our souls, which seems to be much more expansive than loving HaShem with our money! (The *gemara* in fact asks this question – Berachos 61b).

Rav Shimon Shwab (1908-1995, New York), in his sefer *Iyun Tefila*, offers a different interpretation of "me'odecha". It refers to whatever makes a person unique from others. In an area in which one was blessed to have "a lot" of talent, skill, or interest, that is one's "me'od" and that is what one must utilize in one's *avodas HaShem*. It can refer to one's wisdom, scientific interest, or musical abilities. What makes this so special, even more so than "all of one's heart and soul," is that no two people's "me'ods" are the same. There has never been, nor will there ever be, someone with the same exact "me'od" as you, and if you can offer that exclusive "me'od" to HaShem, then you will have offered something that is literally one of its kind. What more precious gift can there be!

Rabbeinu Yona offers the following analogy in *Pirkei Avos* (2:1). There was a king who had a large lawn behind his palace. He decided to hold a competition in its vast space, open to his entire empire, to see who could plant the most beautiful plant over the next three months. Thousands of people participated, each being assigned a small space on which to plant. Some people researched the king's favorite color, others researched his favorite fragrance, while still others looked inside and chose the flowers that made them the happiest. After three months, the king called all his subjects to the lawn to announce the winner. As the people arrived, they were stunned at what their eyes beheld. What had once been an enormous empty lawn, was now a magnificent garden, filled with every color and every fragrance imaginable. The King announced that the "winner" was the entire nation, and therefore, there would be a one year hold on everyone's taxes. "I have the most beautiful garden in the world," exclaimed the king, "all because each one of you used his or her own personality and unique perspective!"

There are two important messages to take away. First, we must all look inside and see what kind of flower, what kind of "me'od", we can offer HaShem. The fact that He made each of us different from everyone else in the world means that we must use that uniqueness to serve Him. Second, we must recognize in other people their uniqueness and therefore their greatness. Corona has trained us to be very cautious of others and worry about what they might be carrying. However, we must also train ourselves to recognize the great treasure and contribution that each individual is able to offer as well. Then we, as a nation, can plant HaShem the most beautiful garden of all. In the words of Yeshayahu Hanavi (60:21): And your people, all of them righteous, shall possess the land for all time; they are the shoot that I planted, My handiwork in which I glory."



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Virtual Youth Wing!

Vaetchanan in "Hashtag" Form



- Moshe remembers how he asked HaShem to let him into Eretz Yisroel. Instead of letting him in, HaShem told Moshe to climb a mountain and gaze into the land **#SometimesTheAnswerIsNo. #ScenicVista #SelfieOrItNeverHappened.**
- We are reminded to keep the mitzvot and are told not to add to them or take away from any of them, since the Torah is **#AmazingJustTheWayItIs.**
- Moshe teaches us about the beauty of Torah and encourages us to remember the giving of the Torah. HaShem can't be captured by a mere image, since He is **#TheBombDotCom** and **#AboveAll.**
- HaShem cares about us! He personally redeemed us from Mitzrayim and revealed Himself to us at Har Sinai! **#Whatta Gentleman**
- A reminder about the mitzvah of Ir Miklat, the cities of refuge where **#inadvertent** killers escape to.
- In the words of the legendary **#UncleMoishy** and his passionate Mitzvah Men **#10RTheAseretHaDibrot.** These are repeated with great excitement and zeal.
- The first paragraph of the Shema is recited. We are commanded to love and serve HaShem, with passion and excitement! **#CoverDemEyes #Echad #Meyuchad.**

Fun Facts #NoWay

1. Israel is the only country in the world that has more trees today than it had 50 years ago.
2. Israel has more museums per capita than any other country, including the world's only one underwater.
3. Har HaZeitim in Yerushalayim is the world's oldest continuously used cemetery.

Congratulations to this week's PCL-To-Go Raffle Winners: Netanel Schwartz & Lilly Hopkovitz

**CBY YOUTH VA'ETCHANAN
SEARCH**

J Y Z I I X F P Z G E T J A C
Y J P X B J F R U W G Y A S C
U G H A S H T A G J A U I E C
T N A T T O R A H V D R R R L
A J C V I C G C X T D E M E T
M N N L O S R T Q B X V I T H
B P A I E D H N H U I L K H V
O D R F N M A A M A X O L A W
K W D E A E O Z B O P N A D S
G I L E S B V I A A A E T I H
L X U Y T E L W S R A E C B E
O D C P T R N M T H A V T R M
V T H A L H A T U C Y O O O A
E M O S H E R C X B X A K T F
M J T T W V N M T K K Q V G R

Aseret Hadibrot	Uncle Moishy	Tisha Baav	* Ir Miklat
Avoda Zara	Present	Hashtag	Detract
Luchot	Moshe	Shema	Torah
Love	Nine	Add	One

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YOUTH Department INVITES YOU TO

MOMMY & ME
KABBALAT SHABBAT

JOIN US FOR

**SONGS, ACTIVITIES,
TOYS & SNACKS**

6:00 PM | FRIDAY NIGHT

ZOOM LINK:
[HTTPS://ZOOM.US/J/527677872](https://zoom.us/j/527677872)
PASSWORD: cby

FACILITATED BY RANDI WARTELSKY

JOIN THE INTERNATIONAL CONTEST:

PAY IT FORWARD CHALLENGE

The Three Weeks are a time to display **חנם חנם** to help bring **משיח**. How can you pay it forward?

WRITE A THANK YOU CARD-HOLD THE DOOR FOR SOMEONE-CLEAN UP A MESS-SHARE-RETURN LOST ITEMS-GIVE A COMPLIMENT-GIVE UP YOUR SEAT-LET OTHERS GO IN FRONT OF YOU-OFFER HELP-DONATE FOOD-SEND A POSITIVE TEXT MESSAGE-INCLUDE EVERYONE-THANK A HEALTHCARE WORKER-LEAVE A BOTTLE OF WATER FOR THE MAIL CARRIER-MAKE GET WELL CARDS

Share your random act of kindness here:
Bit.ly/AJYPAOK
The Shul with the most submissions wins!



Manny Freed z"l PCL To-Go!

Brought to you by the CBY Beis Medrash Committee

Parents should learn for 30 minutes, or more, on Shabbat afternoon with their children. Each additional 30 minute PCL learning slot on Shabbat afternoon will earn you another ticket!

Log your hours on Motzei Shabbat by clicking [HERE!](#)

Together, let's make Shabbat AMAZING, and fill our homes with the joyous song of Torah! #ShabbosIsAmazing



Contact Us

Rabbi Steven Pruzansky, Rabbi rabbi@bnaiyeshurun.org
Rabbi Ari Zahtz, Associate Rabbi
rabbizahtz@bnaiyeshurun.org
Rabbi Yosef Weinberger, Assistant Rabbi
rabbiweinberger@bnaiyeshurun.org
Elysia Stein, Executive Director office@bnaiyeshurun.org
Rivka and Yehoshua Szafranski, Youth Directors
youth@bnaiyeshurun.org
Rabbi Jonathan Schachter, Teen Programming
rabbischachter@bnaiyeshurun.org
Executive Committee executivecommittee@bnaiyeshurun.org
Ethan Keiser, President president@bnaiyeshurun.org
Steven Becker, First Vice President
Doron Katz, Second Vice President
Jennifer Miller, Third Vice President
Andrew Berkowitz, Treasurer
Saul Kaszovitz, Assistant Treasurer
Esti Kaminetzky, Secretary
Chaim Kiss, Gabbai Rishon gabbai@bnaiyeshurun.org



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Why should I wear a mask? (presented by the Mask to Protect group, endorsed by Hatzalah)

Masks work.

- When people breathe, cough, or sneeze, [small droplets leave their mouths](#) and float through the air. When someone is infected with COVID-19, these droplets contain tiny virus particles.
- Some droplets travel through the air (usually six feet, sometimes up to [twenty-seven feet](#)), some droplets may linger in the air, and some evaporate. Once the droplets evaporate, the viral particles (which are much smaller) may continue to travel on their own.
- If a person wears a mask to protect themselves, it's possible that some viral particles from other infected individuals will seep through microscopic holes in the mask or around the edges. But if a person who is infected with COVID-19, knowingly or not, wears a mask, this helps trap most of the droplets that they may be releasing.
- One reason that COVID-19 is so hard to contain is that infected people can spread the virus [before they feel sick](#). It's also possible for people to be spreading the virus without ever feeling sick at all. Even if anyone who felt slightly ill stayed home, that still wouldn't be enough to stop the virus from spreading.

Masks are really no big deal.

- Deciding to wear a mask is something small you can do to help protect others from becoming sick. The first few times you wear a mask, it might feel uncomfortable, but after wearing a mask for a little while, it'll become more comfortable and feel natural. It does take some effort, and [about \\$7](#), to buy a mask and to remember it at the door, but wearing a mask is the one thing you can do to stop the virus that shouldn't have a negative impact on any part of your life (unless you happen to be a public speaker or politician).

Masks allow us to reopen.

- If you believe that the world shouldn't stay on lockdown forever, or if you're going a little crazy in lockdown, you should wear a mask. Wearing masks in conjunction with social distancing slows the transmission of the virus and allows businesses to open up.

It's apolitical.

- While there is true complexity in the tradeoff between [economic](#) and [health priorities](#), wearing a mask is one of the few measures that everyone agrees helps to stop the virus.

It shows you care.

- There are people in our community who have recently lost a loved one to COVID-19. Imagine what they must be thinking watching people congregate without bothering to put on a mask. By wearing a mask, you are showing compassion to these people who are in so much pain right now.

It's a mitzvah.

- Doing something because you believe that it's the right thing to do, [despite discomfort](#), is the definition of greatness.

You may be thinking: How can I be comfortable with a mask?

- It is pretty uncomfortable to wear a mask - for the first few days. Once you get used to it, you may not even notice it.

How can I be confident in wearing a mask?

- In some communities where people don't yet wear masks, putting one on can feel awkward. No one wants to stand out. But if enough people decide to tolerate that discomfort, then it will no longer be embarrassing.

Do I need to wear a mask indoors if I'm social distancing?

- Any building with a closed ventilation system has the potential to spread virus farther than six feet. If you're indoors with people who are not in your household (for example, in a shul), one person may be able to make everyone else sick even if they're all standing six feet apart. The choir in Washington State, where one person infected fifty-three others, two of whom died, is a prime example of that; although social distancing guidelines weren't followed fully, they did refrain from hugging and handshaking.

Do I need to wear a mask outside?

- Although the virus degrades relatively rapidly outside, if you are standing within six feet of someone else and conversing, viral particles can easily exit your mouth and nose and travel directly into theirs. Thus, while wearing masks isn't necessary if you are six feet apart from others at all times, we recommend that you keep a mask with you while outdoors in case you come within six feet of another individual.

The government didn't recommend masks a few months ago. what changed?

- Masks aren't 100% effective in protecting each individual interaction, and originally, politicians and scientists were worried that endorsing masks would encourage vulnerable populations to mingle with others, albeit with masks. However, if we all wear masks to prevent the vast majority of viral particles from leaving our mouths and noses, the potential of the virus spreading is lowered drastically.
- Masks still aren't fully effective in stopping the spread completely, and mask-wearers do need to stay socially distanced, especially from vulnerable people. This is a somewhat nuanced message and the government was, perhaps justifiably, concerned about the public not understanding this subtlety.

Everyone had Covid-19 already.

- This is possible, but unfortunately, if you do the math, that possibility is remote. If math isn't your thing, then you can think about it this way: the people who you know that were infected already are those who you're focused on, which causes your mind to only think of them when you're trying to consider what percentage of the people you know were infected. This is called the [Focusing Effect](#). We're also all very hopeful that this is over already, which causes our minds to believe in our hopes.

Do masks make people nervous?

- Being a little nervous is sometimes a good thing. Hashem gave us the ability to become nervous so that we should avoid getting hurt. Really, though, we should view wearing masks as normal hishtadlus. Just as we wouldn't expect to earn a parnassah without making any hishtadlus toward that goal, we need to realize that without masks in conjunction with social distancing, the likelihood of a second outbreak is real.

I already had COVID-19. do I need to wear a mask?

- Many people who think that they have had COVID-19 do not have the antibodies for the disease. A Mount Sinai study of would-be plasma donors found that [only 36% of people](#) who were symptomatic for the disease but weren't tested with a nasopharyngeal test had antibodies to COVID-19. Additionally, it is possible that individuals who have some level of immunity to COVID-19 and are then re-exposed to the virus can still transmit the virus to others even if they have no symptoms themselves.

Are masks healthy?

- Masks can sometimes make you feel a little cramped and may even lead to hyperventilation in some rare cases.
- [Click here](#) for a great video to help with that feeling.
- Remember that the benefit you are accomplishing by wearing the mask is tremendous and use that as a motivation to keep at it.

Are masks safe for all people?

- Currently, the only people for whom wearing masks is contraindicated are children under the age of 2.
- People who have asthma or other breathing disorders can try a surgical mask instead of a cloth mask if they find a cloth mask uncomfortable, but there is little medical risk from mask-wearing. See advice above about hyperventilation.
- We do not recommend wearing a KN95 or N95 mask for most people as it is more restrictive, unless you were advised to do so by your doctor.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 31-August 7, 2020

י' - י"ז אב תש"פ

Shabbat Vaetchanan

שבת ואתחנן

Shabbat Nachamu

שבת נחמו

Community Announcements

- We are pleased to announce that with the guidance of medical professionals and the RCBC, the Teaneck Keylim Mikvah is open, by APPOINTMENT ONLY, for the hours of 8:00-2:00 Monday through Thursday and 8:00-5:30 on Friday. Please go to <http://www.teaneckmikvah.com/> to book your appointment.
- Project Proactive works toward destigmatizing mental health in the Jewish community through creative methods of education. This summer Project Proactive is running a virtual Teen Leadership Development Program for two weeks, between July 27- August 7. To learn more or to apply please go to <https://www.jproactive.com/summer2020>.
- United Hatzalah, in partnership with CoronaCareIsrael, is proud to present free & anonymous online counseling to US frontline healthcare providers. It is a partnership group of mental health trauma professionals practicing in Israel. Our team has accrued much experience in addressing continuing trauma situations. Our team has developed a protocol specific to treating frontline healthcare workers affected by the ongoing pandemic. Our protocol is designed to be brief & practical so that it is accessible & appealing to busy, overextended personnel. Given our time zone difference, we can offer 24/7 mental health support at hours when these services may not otherwise be readily available. Sign up anonymously at www.bit.ly/UHCoronaCare. Confidentiality is of prime importance to us, & we will never require any identifying details. We invite all frontline staffers to utilize our services during this challenging time.
- The Age-Friendly Teaneck initiative is to make the Township as great a place to grow old as it is to grow up. We raise awareness of the needs of Teaneck's rapidly growing population of older adults, & in keeping with that goal, we have drafted a new survey, the results of which we hope to use to shape our advocacy goals today & in the future. We know the COVID-19 crisis has amplified old challenges & created new ones for many of Teaneck's residents. Please fill out the survey below: <https://www.agefriendlyteaneck.org/aftsurvey.html> All survey submissions are anonymous, & we will use the compiled data to help inform government leaders & social service providers about the always-evolving experiences & needs of older adults in the Township. If you have any questions about the survey, or would like to respond over the phone, feel free to call us at 201-530-6756.
- <https://www.jewishtogether.org/> - Discover virtual opportunities for kids & college students, families & twentysomethings, offered by all types of Jewish organizations, all curated by JewishTogether. Find connection, community, learning & laughter. Add structure to your summer & make #Summer5780 matter. Check out all of the Jewish offerings available to you & your family this summer – & sign up for updates! VISIT #SUMMER5780
- Do you have a high school daughter who is around for any part of the summer? Join us 6:45 pm on Tuesday nights for NCSY'S Summer Girls Learning Initiative through August 18 . SGLI is an opportunity for H.S. girls who are home for the summer to spend time with other girls their age & have some exciting Torah learning experiences. Classes will be offered by dynamic presenters from our local shuls & Yeshivot. SGLI is sponsored by NCSY & supported by Bruriah, Maayanot, Naaleh & Yeshivat Frisch. The sessions will be outdoors on the Congregation Beth Abraham campus, 396 New Bridge Rd, Bergenfield. All will be in accordance with CDC & state guidelines. (In case of rain, please bring a mask as the learning will be moved inside, while maintaining guidelines). Zoom link will be available for those who want to participate from home. For more information please contact Dr. Aliza Frohlich at afrohlich613@gmail.com.
- JFNNJ Supplies for Success 2020! The need for school supplies & PPE is greater than ever. There are many ways you & your family can help. Donate now! Host a Pop-Up - Be one of a select group to host a backpack Pop-up in your home. All supplies may be picked up at Federation offices between August 3-6 & filled backpacks should be returned on August 16. Join a Pop-Up in Federation's parking lot - Schedule a time to pack backpacks in a reserved Pop-Up tent for you, your family, & friends (no more than 8 people per tent) Sunday, August 16 (Raindate Monday, August 17). Donate - Donate the cost of one or more backpacks (\$25 each) or supply an entire class (\$360) with backpacks. Be a Sponsor - Your family or your business will be featured on all print & digital marketing materials for Supplies for Success. Questions? Contact Shara Nadler at SharaN@jfnnj.org or call 201-820-3947
- Join Yad Leah for a Covid 19 Recovery Drive-By Clothing Drive on August 3rd from 4-8 pm at Yeshivat He'Atid, 1500 Queen Anne Road, Teaneck. This contactless event will enable Yad Leah to collect much needed clothing to ship to Israel this summer! For more information, text "clothing" to 50155 or email info@yadleah.org. All social distancing guidelines will be observed.
- Shopping Angels is a program designed to provide services to those populations deemed especially at-risk for the COVID-19 virus. To help ease the uncertainty, anxiety, & fear surrounding this pandemic, we are volunteering our time to personally deliver groceries or other shopping necessities to those who may prefer to stay within the safety of their own home at no additional cost. This program is entirely volunteer-based – we do not ask for gas money, tips,



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י' - י"ז אב תש"פ

שבת ואתחנן

שבת נחמו

or delivery fees! To request service or to volunteer please visit www.shoppingangelsglobal.org.

- We hope everyone is staying healthy. As you can imagine the Teaneck Volunteer Ambulance has been extremely busy with the large amount of COVID19 patients in our community. We are hoping you can help us by going to our website at: www.teaneckambulance.org/covid19.html.
- Feldenkrais lessons for posture, calm and wellness continue-note the new schedule. Mondays at 8-9 pm and Tuesday-Friday at 11:30-12:30 pm. Joyce Bendavid is inviting you join Zoom Meeting: <https://us02web.zoom.us/j/5864270795>. Meeting ID: 586 427 0795. Password: 337785. Call with questions Joyce Bendavid OTR GCFP 201-759-4222.
- Areyvut would like to share this resource with our community: Kindness Club <https://bit.ly/KC42020>. It is a great resource for parents, educators & those that serve senior citizens. Go to <https://bit.ly/2Zw9zwP> for summer crafts.
- Nate Geller, longtime Teaneck resident, is in need of a life-saving blood stem cell donation. The best way to cure his cancer is to receive a marrow donation. If you are between 18-44, you are the perfect candidate to be a blood stem cell donor. If you are between the ages of 45-60, you can also join the registry but you will be asked to make a \$100 donation to cover the cost of the test. All you need to do is, fill out the info form, & Be The Match will send you a swab to return to them in the mail. You can also text "Hesed" to 61474 to register. This link & code will allow the Geller Family to track (anonymously) how many people register & send in a swab in honor of Nate. For every swab sent in to Be the Match using this link & the text code "Hesed" to

61474, the Geller Family will donate \$5 to the Equal Justice Initiative. We hope you will join the registry & help to spread this message. Register at: <http://Join.BeTheMatch.org/Hesed> Or Text: "Hesed" to 61474.

URGENT!

COVID19 RESPONSE CAMPAIGN

תל אביב יפו

YAD LEAH
CLOTHING FOR ISRAEL



NEW
JERSEY
DRIVE-BY
CLOTHING
DRIVE

MONDAY
AUGUST 3RD
4-8PM

YESHIVAT HE'ATID

1500 Queen Anne Road, Teaneck

SPONSOR		
50	BOXES OF CLOTHING	\$1,800
30	BOXES OF CLOTHING	\$1,080
15	BOXES OF CLOTHING	\$540
5	BOXES OF CLOTHING	\$180
1	BOX OF CLOTHING	\$36

PLEASE DROP OFF CLOTHES IN TIED-UP BAGS

SEEKING ALL CLOTHING IN EXCELLENT CONDITION

info@yadleah.org • www.yadleah.org • 973-955-0861