



Congregation Bnai Yeshurun Weekly Shabbat Announcements

August 14-21, 2020

כ"ד אב - א' אלול תש"פ

**Shabbat Re'eh
Mevarchim HaChodesh**

שבת ראה
מברכים החודש

Shabbat Times		זמני שבת
Pre-Shabbat Drasha with Rabbi Zachtz (see p. 2 for Zoom link)	6:00 pm	ערב שבת דרשה
Candle Lighting	7:05 & 7:34 pm	הדלקת נרות
Mincha & Kabbalat Shabbat - <i>NM</i>	6:45	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat - W. Englewood Lot	7:15	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat - <i>NM</i>	7:40	מנחה וקבלת שבת

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

Latest Shema	9:33 am	סוף זמן ק"ש
Hashkama—Old Main	7:00 am	השכמה
Hashkama—Ogden Lot	7:00 am	השכמה
Ashkenaz—W. Englewood Lot	8:30	נוסח אשכנז
Sefard—Social Hall	8:30	נוסח ספרד
Ashkenaz—New Main	9:00	נוסח אשכנז
Youth Groups in the Parking Lot		
Mincha-New Main	1:45 pm	מנחה
Mincha-New Main	7:30 pm	מנחה
Mincha- W. Englewood Lot	7:30 pm	מנחה
R' Zachtz's shiur between mincha & maariv will take place in the New Main		
Ma'ariv -New Main	8:38 pm	מעריב
Ma'ariv - W. Englewood Lot	8:38 pm	מעריב
Next Shabbat Candles	7:05 & 7:24 pm	שבת פרשת שופטים הדלקת נרות
Mincha & Kabbalat Shabbat	6:45 & 7:30 pm	מנחה

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

CBY HIGH HOLIDAYS 5781

By now all members should have received the email with CBY's plans for the Yamim Noraim. Please note the deadline to submit the registration form is **August 20th**. If you did not receive the email or have any questions, please contact the shul at office@bnaiyeshurun.org as soon as possible.

This week's Bulletin is sponsored by
Lani & Shimmy Tennenbaum in honor of
Michal & Danny Morris
and their crew going on aliyah this week.

A Message from Rabbi Zachtz



Every year when the month of אלול arrived, the Rav of Yerushalayim, Rav Tzvi Pesach Frank, used to relate a childhood memory from when he was still living in the city of Kovno. Rav Yisrael Salanter was also a resident of Kovno, and Rav Tzvi Pesach retained a vivid memory about Rav Yisrael one אלול when he was eight years old.

A sign had been posted in the main Shul of Kovno that Rav Yisrael Salanter would be giving a drasha in the afternoon of שבת מברכים אלול.

"I went to Shul at the designated time," said Rav Tzvi Pesach, "and I couldn't find a place to sit. With the innocence of a child, I decided to sit on the steps leading up to the ארון הקודש. A few minutes later, Rav Yisrael entered the Shul and walked past the ארון הקודש to speak. He called out, 'רבתי, רבותי, we have already bentedched אלול'. At the moment that Rav Yisrael cried out the word "אלול", he fainted from the awesomeness of the month, and as he fell, he landed on top of me. Everybody in the Shul stood up in shock and brought water to revive Rav Yisrael from his faint."

Rav Tzvi Pesach added, "I was only a boy of eight when this happened, but since that day, I have felt the weight of Rav Yisrael Salanter's אלול."

What do we feel during אלול?

The Torah tells us in this week's פרשה about our dealings with idolatry and an interesting point develops.

אלה החקים והמשפטים אשר תשמרון לעשות בארץ אשר נתן ה' אלקי אבותיך לך לרשתה כל-הימים אשר-אתם חיים עליהאדמה אבד תאבדון את-כל-המקמות אשר עבדו-שם הגוים אשר אתם ירשים אתם את-אלהיהם על-ההרים הרמים ועל-הגבעות ותחת כל-עץ רענן ונתצתם את-מזבחתם ושברתם את-מצבתם ואשריהם תשרפון באש ופסילי אלהיהם תגדעון ואבדתם את-שם מן-המקום ההוא לא-תעשון כן לה' אלקיכם

(1) These are the statutes and the ordinances, which ye shall observe to do in the land which the Lord, the God of thy fathers, hath given thee to possess it, all the days that ye live upon the earth. (2) Ye shall surely destroy all the places, wherein the nations that ye are to dispossess served their gods, upon the high mountains, and upon the hills, and under every leafy tree. (3) And ye shall break down their altars, and dash in pieces their pillars, and burn their Asherim with fire; and ye shall hew down the graven images of their gods; and ye shall destroy their name out of that place. (4) Ye shall not do so unto the Lord your God.

לא תעשון כן לה' אלוהיכם grapple with this command of Hashem your God. What is it that we should not do?

The Ibn Ezra explains that we should not emulate the ways of the idol worshippers.

(Continued on page 2)



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Mazal Tov

מזל טוב

- Sheila & Ronny Apfel on the birth of a grandson, Meir, born to Yakira & Jeremy.
- Mindy & Eli Davidoff on the engagement of their son, Gabe, to Emily Levine.
- Basheva & Murray Goldberg on the marriage of their granddaughter, Atara, daughter of Yocheved & Rabbi Efrem Goldberg, to Calev Minsky.
- Ruby & Bobby Kaplan on the engagement of their granddaughter, Sara Gdanski, to Moshe Cohen.
- Esther & Mark Kook on the birth of a granddaughter, Margalit Batya, born to Elana & Adam Weisel.
- Jean & Aaron Rothstein and Elizabeth & Ofer Naor on the ufruf and forthcoming marriage of their grandson and son, Yehoshua, to Batya Bousbib.
- Melody & Earl Sandor on the engagement of their daughter, Liana, to Daniel Binyaminov of Staten Island.
- Chaya & Joseph Schwartz on the forthcoming marriage of their daughter, Ariella, to Ari Pantiliat.
- Rabbi Meier Brueckheimer on the forthcoming marriage of his grandson Nafi, son of Elana & Yoni Lieber, to Tamar Gartenberg.
- Maya & Matthew Engler on the birth of a daughter, Romy Elizabeth, a granddaughter to Ilana Glickman.
- Faigi & Stanley Fischman on the bar mitzvah of their grandson, Jack Nathan Fischman.

Condolences

נחומים

- David Federbush on the loss of his beloved father, Dr. Uriel Paul Federbush a"h.
- Hana Katz, on the loss of her beloved mother, Sylvia Sack a"h.

CBY Notes

- Join Rabbi Zahtz every Friday at 6:00 pm for a Pre-Shabbat Drasha. <https://zoom.us/j/92572782130> Password: cby.
- To view the recording of R' Pruzansky's Farewell Address & Tribute Video please click [here](#).
- To view the recording of R' Zahtz's address from last week, "Clarity in an Unclear World" please click [here](#).

Beis Medrash Committee

- Mishna Yomit will begin learning Masechet Keilim.
- Manny Freed z"l Parent Child Learning- Click [here](#) for this week's source sheets. 1. Parents & children should learn for 30 minutes, or more, on Shabbat afternoon. Each additional 30-minute slot 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!

A Message from R' Zahtz (continued from p. 1):

They have varied locations and avenues for their service; we have a central location. Our relationship with Hashem, whilst unique to each person, coalesces into a larger national relationship המקום אשר יבחר י"י אלקיכם מכל שבטיכם.

Rabbeinu Bachya writes that today we find this reality in Shul:

גדול כח בית הכנסת שהוא דוגמת בית המקדש, ועל כן נקרא מקדש מעט, וכן דרשו רז"ל בפרק בני העיר: ואהי להם למקדש מעט - אלו בתי כנסיות ובתי מדרשות, והתפלה נשמעת שם יותר, לפי שהכל מתקבצין שם, ואין הקב"ה מואם בתפלתן של רבים

The power of Shul is immense for it is likened to the Beis HaMikdash... Since it is a place of coalescence, Tefillah is heard there, for Hashem will never turn away from the Tefillah of the many.

The Shul stands at the center of our lives and helps define what makes us unique. Our relationship with our Shul and the service of Hashem, specifically in the context of the congregation joining together in Tefillah in Shul, is a unique definitional trait of the Jewish nation. Our Shul lives have changed so much over the last few months, but it would be a violation of the message of this פסוק for us not to realize that something is lacking in our lives.

Perhaps our job in feeling the weight of אלול this year includes this task. Reassessing our current Tefillah set up. Where am I davening? How am I davening? What am I missing not being in a כנסת? And if I'm back in a כנסת how do I treat the כנסת?

אלול is a time for introspection and reflection. We have much to reflect on from this past year and I think one area to start is our relationship to תפלה and to the כנסת. It is to understand, that our תפלות are of a different quality just from being in the Shul, and if I can't be there yet, to feel the loss and yearn to return. And in the meantime? Put extra effort into how we approach תפלה. How we dress or act in the context of speaking with G-d is not impacted by where the תפלה takes place and perhaps the time one is not yet able to be in Shul is the ideal time to focus on what the words mean, not being distracted by others and to raise connection to תפלה.

The teshuva season is about asking ourselves the tough questions and really seeking the answers. May Hashem help us use this אלול as an opportunity to grow and deepen our connection to Him and help us merit the day soon when as one צבור we can pray in our כנסת and be granted by Hashem all of our heart's desires.



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שבת ראה
מברכים החודש

Weekly Davening Schedule

Earliest <i>tefillin</i> – 5:09 am Latest <i>Shema</i> – 9:33 am <i>Mincha Gedola</i> – 1:35 pm	Sun. Aug. 16 כ"ו אב	Mon. Aug. 17 כ"ז אב	Tues. Aug. 18 כ"ח אב	Wed. Aug. 19 כ"ט אב	Thu. Aug. 20 ל' אב ראש חודש	Fri. Aug. 21 א' אלול ראש חודש	
דף היומי	עירובין ז'	עירובין ח'	עירובין ט'	עירובין י'	עירובין י"א	עירובין י"ב	
<i>Shacharit–Ogden Lot</i>	6:25 am	6:00 am	6:10 am	6:10 am	5:50 am	5:50 am	שחרית
<i>Shacharit- Old Main</i>		7:00 am	7:00 am	7:00 am	6:45 am	6:45 am	
<i>Shacharit–Ogden Lot</i>	7:30 am	7:20 am	7:30 am	7:30 am	7:10 am	7:10 am	
<i>Shacharit–New Main</i>	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
<i>Shacharit–Old Main</i>	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	
<i>Shacharit–New Main</i>	9:15 am						
<i>Plag Mincha- Old Main</i>	6:10 pm	6:10 pm	6:10 pm	6:10 pm	6:10 pm		מנחה
<i>Plag Mincha- Ogden Lot</i>	6:10 pm	6:10 pm	6:10 pm	6:10 pm	6:10 pm		
<i>Zman Mincha–New Main</i>	7:35 pm	7:35 pm	7:35 pm	7:35 pm	7:35 pm		
<i>Zman Mincha–Ogden Lot</i>	7:35 pm	7:35 pm	7:35 pm	7:35 pm	7:35 pm		

Please note, at this time our minyanim are open for Full Members of CBY.

Tefilah Instructions from Rabbi Zahtz

Friday night:

Plag haMincha is 6:28 pm. Those who are accepting Shabbat early may light candles after that time.

Shema should be repeated after 8:34 pm.

For those making Shabbat b'zman candle lighting is at 7:34 pm.

Shabbat day:

Sof Zman kariat shema is at 9:33 am.

This week's sedrah is Parshat Re'eh.

This week's haftarah is Yeshayahu 54:11-55:5. It is the third of the seven haftarot of consolation

We recite ברכת החודש for Elul (Rosh Chodesh is Thursday and Friday and the molad is Wednesday 54 minutes and 16 chalakim after 1:00 am Jerusalem Sundial Time).

The earliest time for Mincha is 1:35 pm.

Mincha should be completed by shkiah at 7:53 pm.

Maariv and Shabbat ends at 8:38 pm.

For those who wait for the zman of Rabeinu Tam it is 9:06 pm.

Davening protocols:

We have beautiful minyanim both in Shul and outdoors on the Shul campus, please join and please remember your masks (both mouth and nose must be covered) 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 do not recite Av harachamim, but do recite Tzidkascha Tzedek this week.

Wednesday at mincha tachanun is omitted (erev Rosh Chodesh).

Thursday and Friday are Rosh Chodesh.

We begin reciting לדוד ה' אורי וישעי at Ma'ariv on Thursday night and begin blowing the shofar on Friday morning.



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שבת ראה
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ONLINE LEARNING OPPORTUNITIES AUGUST 16-21, 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 9:30 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
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
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 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, 20 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
Friday at 6:00 pm	Pre-Shabbat Drasha with Rabbi Ari Zahtz	https://zoom.us/j/92572782130 Password: cby

***Please note Rabbi Zahtz's women's shiur is on hiatus for the next two weeks.**

Join us on Meeting ID: 201 201 9201 Password: TW613

SHIURIM BEGIN Or call in by phone: 646-558-8656

AT 8:15 PM

Elul-Tishrei

IN UNPRECEDENTED TIMES

SUNDAY
Aug. 23

RAV MORDECHAI WILLIG

SUNDAY
Aug. 30

RAV ZVI SOBOLOFSKY

SUNDAY
Sep. 6

RAV AHARON LOPIANSKY

SUNDAY
Sep. 13

RAV HERSEL SCHACHTER

WEDNESDAY
Sep. 23

RAV MAYER TWERSKY

Organized By:

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KEHILLAS ZICHRON MORDECHAI

R' Larry Rothwachs R' Shmuel Marcus R' Yaakov Neuburger R' Efraim Schwab R' Uri Orlian

R' Michael Taubes

R' Andrew Markowitz R' Ya'akov Trump R' Zvi Sobolofsky R' Mordechai Willig R' Yehuda Kelemer R' Shalom Axelrod



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Virtual Youth Wing!

Re'eh in "Hashtag" Form



- HaShem gives us freedom of choice. We can choose a life of beracha, blessing, or a life of kelala, curse #Freedom. Keeping the Torah is a #blessing in its own right, doing so will allow us to be

the recipients of HaShem's special beracha 😊. #FeelinBlessed #TheFreedomToChoose #DecisionsDecisions

- We learn about the berachot and kelalot of Har Gerizim and Har Eval, which will be spoken about in Ki Tavo. We all responded amen! #ICantHearYou #CanIHearAnAmen #YodelingYidden

- A mysterious place, which we now know as #Yerushalayim, will be chosen as the place where we can offer korbanot to HaShem. #TheSkyIsSoBlue #YerushalayimShelZahav #BeitTefillahYikareiLiCholHaAmim

-HaShem says that we are allowed to eat meat outside of the context of korbanot, when ineligible korbanot have been redeemed (or, as we see later on, if we are privileged enough to afford meat and are hungry!). Just don't drink the blood!

#EinSimchaElahBasar #YummyInMyTummy #Moooooo

- The torah is perfect, don't add to it, don't take it away from it! #JustRight

- If an evil person claims to be a navi and performs miracles, but tries to convince people to violate the Torah, don't listen to the person. #HeOutToGetYou HaShem made us beautiful #JustTheWayWeAre. No permanent tattoos and the like. We also learn about some laws pertaining to kashrut.

- We learn about the laws of various forms of maaser, which we give to the Leviim, the Kohanim, and the less fortunate.

#TheMoreThatIGive #TheMoreIGotToGive The Torah tells us about the different holidays. We are commanded to be happy on these days. #CelebrateGoodTimes #ComeOn #FestivusForTheRestOfUs

Fun Facts #NoWay

First documented in Appenzell in 1545, yodeling was a way for Swiss herders to call to other herders or their livestock. These short yodels or "Juchzin" could mean things like "I'm close by" or "It's time for lunch".

CBY YOUTH RE'EH SEARCH

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

Yerushalayim	Decision	Blessing	Gerizim
Kashrut	Tattoos	Charity	Yom Tov
Choice	Curse	Yummy	Eival
Free	Blood	Meat	CBY

YOUTH DEPARTMENT is proud to present

for kids entering
2ND - 5TH GRADE

YOUTH WEEK AT CBY

Come join us at Youth Week for davening, learning, and fun galore at CBY!

\$125 PER CHILD

MONDAY, AUGUST 17TH TO FRIDAY, AUGUST 21ST
 9:00 AM - 12:00 PM DAILY

BYOFM - Bring Your Own Fun Mask!
Snacks will be provided.



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שבת ראה
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Congregation Bnai Yeshurun invites you to a weekly



Pre-Shabbat DRASHA WITH RABBI ZAHTZ

EVERY
FRIDAY

6:00 PM



ZOOM LINK:
<https://zoom.us/j/92572782130>

PASSWORD:
cby



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

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

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שבת ראה
מברכים החודש

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

August 14-21, 2020

כ"ד אב - א' אלול תש"פ

Shabbat Re'eh

שבת ראה

Mevarchim HaChodesh

מברכים החודש

Community Announcements

- We are pleased to announce that with the guidance of medical professionals and the RCBC, the Teaneck Keylim Mikvah is open, for self-service by APPOINTMENT ONLY, for the hours of 8:00 am - 2:00 pm Monday through Thursday and 8:00 am - 5:30 pm on Friday. Please go to <http://www.teaneckmikvah.com/> to book your appointment.
- Free training for Mental Health, Addiction, Primary Care, & General Health Care Providers NJ Department of Human Services/Division of Mental Health Services Presents: ZERO SUICIDE ACADEMIES- When: August 18, 20, 21 or September 9, 10, 11. Organizations will have the opportunity to participate in one of the three Academies, each of which consists of three half-day (8:30 am – 12:30 pm) virtual training sessions. The Zero Suicide Academies teach teams about SAMHSA recommended tools & interventions. The NJ Academies will have special focus on firearm safety & suicide by firearm presented by the Rutgers School of Public Health, Center on Gun Violence Research For Additional Information & to obtain an application to participate: www.zerosuicideinstitute.com/zero-suicide/academy
- Project EzraH is pleased to once again be offering “The Aisle”, a very important seminar to young couples in Bergen County. This seminar will take place Sunday, August 30th, at 6:00 PM via Zoom Live Stream. The goal is to educate newlyweds and engaged couples on the importance of talking about money and providing them with the tools to work together on a path toward a financially healthy lifestyle. There is no charge for this event and each couple that joins will receive a Humble Toast gift card! To register for the event, please email TheAisle@ezrah.org
- To celebrate the 20th anniversary of TeaneckShuls, during a pandemic, there was only one thing to do-try to help people in need with the powerful reach of this listserve & our fabulous membership! We have chosen two very worthwhile organizations to be the beneficiary of ALL the monies raised here - Leket Israel and Tomchei Shabbos of Bergen County. All donations will be split evenly between both of these worthwhile organizations. We are giving away a free mask with any donation, featuring a TeaneckShuls 20th anniversary logo designed just for this fundraiser! We will be delivering them ourselves, only locally & quantities are limited so please indicate on the donation page if you want a mask. No hard feelings if you don't want one. <https://my.israelgives.org/en/campaign/teaneckshuls>
- 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.
- 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 -



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Shabbat Re'eh

Mevarchim HaChodesh

כ"ד אב-א' אלול תש"פ

שבת ראה

מברכים החודש

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@jfnj.org or call 201-820-3947

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

**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