



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 17-24, 2020

כ"ה תמוז-ג' אב תש"פ

**Shabbat Matot-Masei
Mevarchim HaChodesh**

**שבת מטות-מסעי
מברכים החודש**

Shabbat Times	זמני שבת
Candle Lighting	7:05, 7:35 & 8:04 pm
Latest <i>Shema</i>	9:21 am
Zman <i>Mincha</i> followed by the "Ask the Rabbi" w/ R' Pruzansky	7:50 pm
Maariv	9:09 pm

A Message from Rabbi Pruzansky



Well, I was wrong. When I began my rabbinate more than 35 years ago in Kew Gardens Hills, I insisted on signing one-year contracts, eventually signing nine of them. One reason was that I wanted each year to be a dual referendum – did they want me and did I want them? It worked out well, until I came to Teaneck. Having retired my law practice, a little more job security was necessary so the contracts

Join Us This Saturday Night at 10:00 pm!

CONGREGATION BNAI YESHURUN INVITES YOU TO

Rabbi Steven Pruzansky's
Farewell Address
and Tribute Video

Saturday, July 18, 2020
10:00 pm

Limited in-person attendance available via registration at:
www.bnaiyeshurun.org/form/rsp-farewell-address.html

Due to governmental restrictions and safety guidelines, attendance without registration will not be permitted. Thank you.

The event will also be available via livestream at:
www.bnaiyeshurun.org/rabbinic-tribute.html#

were always multi-year.

The second reason was – get this – I assumed and even stated publicly that I did not think any rabbi should stay in one community for more than five years. I figured that after five years, you probably run out of material, the act goes stale, and new challenges are necessary for both sides. And if you are successful, then it is only fair that different congregations be exposed to your Torah. Your influence is that much greater.

Here is where I was wrong. When I began as a young man in my 20's, I saw the rabbinate as the vehicle through which Torah is taught, Jewish values are imparted, and ideas are sharpened and exchanged. That is certainly true but what I did not anticipate at all (it just never occurred to me) was that the Rabbinate consists of far more than teaching Torah; the personal relationships that are established are paramount and become the most indelible aspect of the entire endeavor. That closeness cannot be achieved in five years.

And so it is. Aside from leaving behind (temporarily, I hope, and that goes for all of you) our American children and grandchildren, parting from our beloved friends and our CBY family is extremely poignant and difficult. Karen and I have been overwhelmed by the expressions of love and affection, and especially by the indefatigable efforts by so many people to make this farewell special. It was more than we expected, and we are truly grateful. The comments and reminiscences about different interactions over the years, times in which we were of special assistance to someone, and recollections of past joys and heartbreaks shared, have been quite meaningful and even rewarding. It is fair to say that I have such a memory with almost everyone in the shul, despite the great size of our membership.

This is a tribute to all of you, for not only welcoming us into the neighborhood 26 years ago but also welcoming us into your homes and families. I have been privileged to see the birth (well, shortly after the birth) of so many people with whom I decades later had the privilege of standing under their *chupa*. You have brought us comfort during difficult times in our lives, and for that we thank you profusely. Without being macabre, two weeks ago I walked through the CBY plots in Cedar Park just to say goodbye to so many cherished members who left this world years ago, and with whom I felt a close attachment. I am not known for sentimentality (you might have noticed) but I just felt it was appropriate and I am glad that I did.

We conclude the reading of *מסעי* and thus the book of *במדבר* with the traditional blessing *חזק חזק ונתחזק* "be strong, be strong and may we be strengthened." Perhaps there is no more appropriate farewell

Continued on page 2

For limited in-person attendance registration click [here](#).
For the livestream of the Rabbi's Farewell Address click [here](#).



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Mazal Tov

מזל טוב

- Ellen & Morris Bienenfeld on the birth of a granddaughter, a daughter to Melissa & Ethan.
- Lisa & Asher Brukner on the birth of a grandson, a son to Miriam & Jason Goldman.
- Marion Schechter on the birth of a great-grandson, Lavi Shmaya, born to Rivkie & Yehuda Strauss.
- Gina Frommer and Gilla & Yitz Stern on the bat mitzvah of their great-granddaughter and granddaughter, Zahava Stern.

CBY Notes

- R' Pruzansky will give a special "Ask the Rabbi" session in the parking lot following the 7:50 pm mincha on shabbat afternoon.
- R' Zahtz's women's shiur will not take place this coming week.
- CBY Adult Ed & Mizrahi Present a Three Weeks Program. Please click on the flyer to access the live links to the daily shiur.
- Sunday, July 26th CBY & Yeshivat HaKotel present Vayichan Ahavas Yisrael Pre Tisha B'Av Schedule. To access the full program of shiurim click [here](#).
- CBY is in the midst of a Gala Fundraising campaign as the shul depends on your donations for cash flow & operations. To support CBY at this time please click [HERE](#).
- If you or someone you know requires any kind of assistance, please contact office@bnaiyeshurun.org.

Beis Medrash Committee

- While the doors to our Beis Medrash are physically closed we have many Torah opportunities. Please see our chart on page 4 with all our online/phone learning options.
- Mishna Yomit is learning Masechet Middot.
- Manny Freed z"l Parent Child Learning is back this Shabbat. Click [here](#) for this week's learning 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. Each parent and child chavruta should fill out the following [google doc](#) on Motzei Shabbat indicating that they participated.
 3. Each child will be entered into a raffle for awesome prizes that will be picked on Sunday morning. Prizes will be delivered to your homes!!

R' Pruzansky continued from page 1:

חזק חזק, and to precious friends, than these words. חזק חזק: Over the years, we strengthened each other, together built a community and shared each other's lives. It has been the most gratifying experience of my life. But ונתחזק, those memories and experiences that shaped us will always be with us and provide us with inspiration and direction for many years into the future.

This long goodbye still hasn't ended (!) but I am heartened and encouraged for the future by the words of יואב that resonate still today when we finish a חומש (שמואל ב פרק י'): חזק חזק - be strong and may we strengthen ourselves for our people and for the cities of our G-d. All our energies should be expended for good causes, for Torah, for the people and land of Israel. There are great days ahead for Bnai Yeshurun, with its rabbis and leaders, and with its devoted membership.

May ה' bless all of us with life and good health, נחת from all our children and grandchildren, a home for all of us in Israel, and בב"א, ביאת משיח צדקנו

שבת שלום, חודש טוב, וכל טוב סלה!

A THREE WEEKS
ISRAEL JOURNEY

INSPIRING ONLINE CONTENT FOR SHIVA ASAR B'TAMMUZ, THE THREE WEEKS AND TISHA B'AV

VIEW ON DEMAND

DAILY THOUGHTS

ON LOCATION AND IN OUR HEARTS

DAILY THOUGHTS DURING THE THREE WEEKS FILMED AT KEY SITES ACROSS ISRAEL

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
THE CAUSE OF THE DESTRUCTION							
WEEK 1	20 Tammuz July 12 Hebron Hills Vineyard <i>The Sin of the Spies</i> RABBI DORF LIPMAN RABBI EYE HARROW	21 Tammuz July 13 Nebi Samuel <i>Bloodshed</i> RABBI PINCHUS LEVITSKY RABBI EYE HARROW	22 Tammuz July 14 Hinom Valley <i>Idol-Worship</i> RABBI DAVID SACHIN RABBI BARNIA SELAVAN	23 Tammuz July 15 Herodian Quarter <i>Senseless Hatred</i> RABBI BIRNY HECHMAN RABBI BARNIA SELAVAN	24 Tammuz July 16 City of David: Area G <i>Rejecting Rebuke</i> RABBI MOYSE TADOSH RABBI KEN SPIRO		
	WHAT WE NEED TO FIX						
	WEEK 2	27 Tammuz July 19 Yavneh <i>Torah from the Depths</i> DE YAEI ZIEGLER RABBI BARNIA SELAVAN	28 Tammuz July 20 Har Grizim and Har Etival <i>Jewish Responsibility</i> RABBI YISHAI FLEISHER RABBI EYE HARROW	29 Tammuz July 21 The Ophel and Shiloh <i>Relationships</i> RABBI YOSHEF ZUR SHKON RABBI EYE HARROW RABBI KEN SPIRO	1 Av July 22 Ketef Hinom Graves <i>Unrequited Love</i> RABBI DORON PEREZ RABBI BARNIA SELAVAN	2 Av July 23 Kever Rachel <i>Never Giving Up</i> RABBI JEREMY KEMPEL RABBI EYE HARROW	
		WHAT WE YEARN FOR					
		WEEK 3	5 Av July 26 Jerusalem Archeology <i>Appreciating What We Lost</i> RABBI RACHLE FRAENKEL RABBI EYE HARROW	6 Av July 27 Madaba Map and Sussya <i>The Centrality of Jerusalem</i> RABBI YELCHIKO BRINDER RABBI EYE HARROW RABBI KEN SPIRO	7 Av July 28 Batei Machse Square <i>Bringing The Redemption</i> RABBI YEHOSHUA PARS RABBI KEN SPIRO	8 Av July 29 Temple Mount Lookout Point <i>The Legacy of Rabbi Abba</i> RABBI SHANI TADOSH RABBI BARNIA SELAVAN	9 Av July 30 Full Tisha B'Av Program

VIEW ON DEMAND OR REGISTER TO RECEIVE THESE TO YOUR EMAIL OR WHATSAPP AT
WWW.MIZRACHI.ORG/THREEWEEKS



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Earliest <i>tefillin</i> – 4:36 am Latest <i>Shema</i> – 9:21 am <i>Mincha Gedola</i> – 1:39 pm <i>Plag Mincha</i> – 6:40 pm <i>Zman Mincha</i> – 8:10 pm	Sun. July 19	Mon. July 20	Tues. July 21	Wed. July 22	Thu. July 23	Fri. July 24
	כ"ז תמוז	כ"ח תמוז	כ"ט תמוז	א' אב ראש חודש	ב' אב	ג' אב
דף היומי	שבת קל"ה	שבת קל"ו	שבת קל"ז	שבת קל"ח	שבת קל"ט	שבת ק"מ

Full members are able to access our weekly minyan schedule at www.bnaiyeshurun.org

Tefilah Instructions from Rabbi Pruzansky

If you are healthy, not especially vulnerable and can maintain the requisite masking and distancing, do come back to shul. The Shabbat indoor (and outdoor) minyanim are working out quite well, although attendance could always improve. Compliance in the shul is excellent. For those who must or will remain at home (and for those davening in private minyanim) herewith are davening procedures for this Shabbat.

Kabbalat Shabbat is as per usual. If you start Shabbat early, please remember to recite שמע after nightfall, this week after 8:55 PM. Shacharit is as per usual.

The פסוקים we recite before taking out the Torah (אין כבוד, etc.) can be recited; after all, they are פסוקים. בריך שמי is not recited without a minyan. One who can read the Torah from a Chumash with the *trop* should do so. If not, one can just read from a Chumash. We read מטות and מסעי this Shabbat (it is the longest Torah reading of the year) and the הפטרה is the second of the דפורענותא, the three prophetic accounts of rebuke that are appropriate for this mourning period. It is taken from the second and third chapters of the book of ירמיהו and is connected to מסעי.

אב (according to most opinions) is not recited at all, i.e., none of the three paragraphs, in the absence of the minyan. ר"ח מנחם is recited this Shabbat wherever you are, despite the fact that we say ברכת החודש, owing to the sadness of the time. חצי אב falls out on Wednesday and the restrictions of the Nine Days begin - abstaining from meat, wine, bathing for pleasure, etc.; חצי תנ"ך is recited. The פסוקים we sing when returning the Torah can be sung as well – יהללו, מזמור לדוד, ובנחה – again, they are פסוקים from תנ"ך.

Daven מוסף. The שיר הכבוד is not recited but of course the "שיר של יום", for שבת, is recited. Mincha follows the same format. צדקתך is recited. Learning פרקי אבות is a wonderful experience. Daven מעריב as well, with ויהי נעם and ויתך לך.

Spend even more time this Shabbat in Talmud Torah. Besides the personal benefit, it carries great merit for all. And certainly, one should say Tehillim and daven for a רפואה for all and an end to this plague.

And wear special שבת clothing for the whole שבת. It looks great on you, you bought it for that reason, and is a special fulfillment of כבוד שבת, honoring Shabbat. And this applies even when davening alone: wear jackets and ties as if you are standing before the King of Kings (because you are). Wear Shabbat clothing even in the street. If davening in a private minyan, and ties are uncomfortable... make them more comfortable! Be sensible but dignified. Always.

Shabbat Shalom and Chodesh Tov to all!



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ONLINE LEARNING OPPORTUNITIES JULY 19-24, 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
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 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, 17 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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A Message from Rabbi Ari Zahtz



Our Parsha begins with Moshe addressing the ראשי המטות, the heads of the tribes, in order to relay the unique הלכות regarding vows. This is a unique formulation. Many מצוות are introduced with Hashem relaying the content of the מצוה, and then Moshe relaying it to the people, but the typical formulation begins with וידבר ה' אל משה לאמר, Hashem spoke to Moshe to relate to everyone else the details of the laws. Here, however, the laws are not expressly given to Moshe first, rather the Torah first says Moshe is relaying them specifically to the heads of the tribes, מטות and then it's mentioned that the laws came from Hashem. It's a different language and mode of transmission than elsewhere in the Torah. There are several explanations offered in the מפרשים for this anomaly that shed light on the unique topic of vows.

There is however, one additional detail that stands out in the פסוק and I believe is worth highlighting. The word used for the tribes here is מטתה, often the tribes are referred to as שבטים, what is the difference between a מטתה and a שבט? Interestingly, these same two words are synonyms for the word staff, or stick as well, as we see in ספר שמות, when Moshe takes his מטתה, his staff, with him to approach פרעה and as the פסוק משלי says חושך שבטו שונא בנו, the one who withholds the stick hates his son.

What is the difference between these two words and what is the significance in it also being two different ways of referencing the tribes of Israel?

Several years ago, Rabbi Pruzansky introduced me to the Gutnik edition of the Lubavitcher Rebbe's z"l commentary on the חומש. In that commentary he suggests that in its most basic meaning a שבט refers to the branch of the tree that is still soft and pliable, while מטתה refers to the hardened branch after it has been severed from the tree and is dried and no longer pliable. So yes, they are synonyms, but as the מלבי"ם often comments, synonyms in the תורה still have slightly different connotations. When Moshe is taking his staff in a variety of contexts in the Torah, it has long been removed from the tree and is quite hard, the פסוק משלי however, can even refer to the slightly softer stick, still pliable, perhaps still attached to the tree.

What's the significance of these two words also being used as the words to identify the tribes of Israel?

Perhaps they represent the different roles and challenges that a Jew must take in his or her life. There are times when we must be flexible and there are other times we must remain firm, and the survival of our people and our tradition requires both, and it is the ראשי המטות that we speak of at the beginning of the פרשה who often must make that determination.

It's hard for me to believe that 12 years have passed since I joined the Bnai Yeshurun family and began working alongside Rabbi Pruzansky. And it's even harder to believe that this is his final Shabbos before making aliyah. Immediately upon accepting the position at Bnai Yeshurun I received a phone call from a member of the shul offering some unsolicited advice, "You'll have the opportunity to work alongside a master, make sure you pay attention." And pay attention I did. I have been fortunate to see Rabbi Pruzansky in a wide variety of situations, from the routine davening and speaking in shul, dealing with tragedy and joining together in many שמחות. I have taken note of many different things over the years and hopefully will have other time to elaborate. But there was one constant theme that I noticed and it was often highlighted to me by Rabbinic colleagues. I would be with other Rabbanim and they'd inquire of me which shul I am privileged to serve. When I would tell them Bnai Yeshurun the answer was often similar, "I may not always agree with Rabbi Pruzansky, but I have the utmost respect that I know he at least speaks his mind truthfully". That is both a very laudable and rare trait.

I believe that this trait is this very lesson of the שבט and the מטתה. Rabbi Pruzansky understands the responsibility of a Rav to be a keeper of the מסורה and it requires delicately balancing these two descriptions of the Jewish tribes, knowing when to be flexible, like the pliable שבט and also knowing when it is necessary to be strong and firm and unwavering like the מטתה. It has been both inspiring and informative to see these lessons in action.

It is extremely gratifying, exciting and humbling to step into this Rabbinic position as the Interim Rabbi. I sincerely hope that the lessons learned working with Rabbi Pruzansky will help me in navigating our shul over the coming months.

I want to take this opportunity to publicly thank the Rabbi and Karen for all they have done for Michal and myself. They have been supportive of us in so many ways over the last decade plus. We have both learned so much from both of you and will miss seeing you in Teaneck. We wish you both tremendous הצלחה in ארץ ישראל and are so happy that you will have the chance to live out your dream, not everyone gets that opportunity. We will do our part to try and build upon all that you have built here in Teaneck and hope to both make you proud and to help the shul grow and go מחיל אל חיל!



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A Message from Rabbi Yosef Weinberger

As sefer Bamidbar comes to a close, so does the life & mission of Moshe Rabeinu. And if we look carefully, we can see the beautiful tension going on behind the scenes: a nation that refuses to let go of its beloved leader, & a leader who refuses to put himself before the congregation. There are two prominent examples of this.

First, Hashem commands Moshe to wage war against Midian, in an effort to avenge the honor of Bnei Yisral. Now, this wasn't any ordinary battle. This fight would be different than wars waged against Amalek, Sichon & Og, because this one would be *it* for Moshe. As the pasuk says נָקַם נְקָמָת בְּנֵי יִשְׂרָאֵל מֵאֶת הַמִּדְיָנִים אַחַר תֹּאכַף "אל-עמקד", *Take vengeance for the Children of Israel against the Midianites; afterward you will be gathered to your people.* Moshe was to lead Bnei Yisrael into one last battle, after which he would hand in his papers & collect quite a pension in Gan Eden.

Rashi comments, quite movingly, *אף על פי שמתה תלויה בדבר עשה בשמחה ולא איחר, even though his death was dependent upon the matter, he did so with joy & without delaying.* Moshe's loyalty was true to the end; he acted with alacrity, knowing that fulfilling this mission would hasten his own demise.

The Kli Yakar here has an incredible insight. While Moshe was ready to plough ahead, Bnei Yisrael were not quite as eager to do so. Moshe knew Bnei Yisrael would be hesitant, knowing what the completion of this task meant for their beloved leader. This is why Moshe actually changes- ever so slightly- the wording of the command. Hashem tells him to destroy Midain *for the sake of the Jewish people*- נָקַם נְקָמָת בְּנֵי יִשְׂרָאֵל- to avenge their loved ones who died in the plague at the hands of the מִדְיָנִים. However, when Moshe delivers the message to Bnei Yisrael, he refers to it as *נקמת ה'*, *vengeance for G-d*. Why the change? Because if Bnei Yisrael knew this was all being done for *their own* honor, they would have gladly been מוהל on their כבוד, & delayed the war, just to keep Moshe around. That's why Moshe said it's not your call; this is for G-d's honor. We cannot delay.

We find an even more remarkable example of this a little later on. After Bnei Yisrael defeated Midian & were now ready to cross the Yarden, Bnei Reuven & Gad come forth with an earth-shattering request: we actually want to stay here. Many of the Mefarshim take them to task for it- Rashi quoting the Midrash says they were blinded by their material possessions. However, the חַדוּשֵׁי הַרִי"ם, quoting R' Simcha Bunim M'Peshischa, offers an incredible pshat. Of course, Bnei Reuven & Gad wanted to go to Eretz Yisrael. But they didn't want to leave Moshe behind. Therefore, they said, let's stay here. *And you'll stay with us!* We'll expand the borders of Eretz Yisrael. Hashem won't let you cross the Yarden but he'll let you stay here.

What an amazing narrative that emerges from all of this: Moshe's fate has been sign & sealed but Bnei Yisrael simply refused to let him go. This is the power of the connection- & in some ways, dependence- one can have with a Rebbe or a Rav. The Bluzhever Rebbe tells a story of when he was standing before a mass grave, along with a large group of Jewish prisoners, on a freezing cold night. The SS officer in charge said everyone must jump across the pit. Whoever makes it across, will live; whoever falls in will be shot on the spot. It was an impossible feat; just another cruel game of the Nazis. The Bluzhever Rebbe & an acquaintance of his (from the camps) reached the foot of the pit, closed their eyes & leaped. When they opened their eyes, they had somehow landed on the other side. "We did it! There must be a G-d in Heaven & He is looking out for you," his friend said. On their way back to the camp, his friend asked, "Rebbe, how did you make it across?" "I was holding on to the coattails of my holy parents, grandparents & great-grandparents." Then the Bluzhever Rebbe turned to his friend, "And how did *you*, my friend, make it across." "I was holding on to you", the chassid replied.

I believe I speak for our congregation when I say how difficult it is for us to see the Rabbi & Rebbetzin move on to their next stage in life. Throughout the many ups & downs of life, they have been the constant rock of support for us to lean on. For 26 years, we have all been holding onto them for guidance, inspiration, & support.

I grew up attending Bnai Yeshurun & have never been a member of any other shul, so Rabbi Pruzansky is the only mara d'atra I've ever known. It would be impossible for me to articulate, in one article, everything that he & the Rebbetzin have meant to me. Growing up, I spent countless hours in their house. There was the weekly kiddush after shul (dry, of course). On Pesach, when I couldn't have the delicious *gebrochts* coffee cake, the Rebbetzin always made sure to have a non-*gebrochts* seven-layer cake option for me. Needless to say, I spent many hours playing x-box under their roof, at least until the Rabbi made us shut it off so he could watch the evening news (usually saving Ari from another defeat). As I got older, I turned to them on many occasions for advice & guidance. And, of course, I owe a tremendous personal debt of gratitude to the Rabbi for kickstarting my rabbinic career by bringing me in as his intern.

During my time here, I have seen the Rabbi's unwavering commitment to the Torah & our *mesorah*. You just need to listen to one drasha to know how extremely well-read, well-rounded & worldly he is. But it is all linked- & ultimately subservient- to the Torah & the will of Hashem. I have always said with a tremendous sense of pride that I attend- & now, work in- CBY, & a major source of that pride comes from the top, starting with Rabbi & Rebbetzin Pruzansky. He is world-renown for the many attributes that we have had the privilege to see firsthand. As I said above, a true ode to Rabbi Pruzansky is well beyond the scope of a weekly dvar Torah, but it has been a privilege for me to learn from one of the most well-respected & unique Rabbanim of our generation.

Like Bnei Yisrael at the end of Sefer Bamidbar, we too are not ready to let the Rabbi & Rebbetzin go, but we are so happy for them that they are able to live out their dream of making Aliyah. Hatzlacha Rabbah & thank you for everything!



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 17-24, 2020

כ"ה תמוז-ג' אב תש"פ

**Shabbat Matot-Masei
Mevarchim HaChodesh**

שבת מטות-מסעי
מברכים החודש



Virtual Youth Wing!



Mattot-Masei in "Hashtag" Form

- If a person makes a neder, a vow, then they must fulfil it. **#ThatNederLife #Commitment #WordPower**
- The long anticipated, as well as epic, battle against Midyan finally occurs. Pinchas leads 12,000 Jewish troops, who crush Midyan. **#YallBeMessinWithTheWrongTribe #WeWon #GoTeam**
- We learn about some laws of ritual purity; the laws about kashering vessels makes a quick cameo. **#DipDemVessels #FireDemVessels #GlattKosherHome**
- After a quick census, the people realized that not a single Jew fell in battle. To show their gratitude to HaShem, the soldiers donated the spoils which they collected to the Mishkan. **#HappyDay #MiracleOfMiracles #I<3HaShem**
- Reuven and Gad request the fertile land on the opposite side of the Jordan River **#Bounty #YummyGrass #HomeOnTheRange**. After Moshe accused them of being like the Meraglim **#Ouch**, they promised that they would lead the nation in battle and help conquer Eretz Canaan **#VictoriousVanguard**.
- We are reminded about the 42 journeys which we went through in the midbar- **#AreWeThereYet?** We are then taught about the process of dividing up Eretz Canaan, which included the Arei Miklat, cities where certain people could run to when in danger. **#SafeCity #FunTimes**

Fun Facts #NoWay

1. Did you know that the longest wedding veil is longer than 63 football fields?
2. Or that the national animal of Scotland is the unicorn?
3. Ooor that according to the 2010 census, Teaneck had a population of 39,776 people?

Congratulations to this week's PCL-To-Go Raffle Winners:

Lily Hopkovitz

Women's Tehillim Group with Randi Wartelsky: With thanks to Hashem for the positive direction of our covid-related Tehillim list the Women's Zoom Tehillim Group will cease to meet. Thank you to all those who joined in the past. If you are still interested in participating in communal Tehillim please join our Tehillim WhatsApp group, below.

CBY Tehillim Opportunity - A WhatsApp Group has been created dedicated to a refua shleima for all the cholim from our Shul and community (and of course all of Klal Yisrael). To join, click [HERE](#).

Once joined, it works as follows: just type in the number of the next tehillim that you will say immediately. You can sign up for a few in a row, but no need to get carried away as there's always the next person right behind you to say the next one.

Ideally, all comments should be kept to a bare minimum to ensure this is really about the tehillim.

Tizku L'Mitzvot and may all our cholim have a speedy refua shleima, be"h.



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מברכים החודש

CBY YOUTH MATOT-MASEI

SEARCH!

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N N A C H A L A H I
E G G D G L F K W R
D O A O R R I O G M
E E D N A P R S M I
R L C A T I E H I K
W H A T I N U E D L
A A T I T C V R Y A
T D T O U H E V A T
E A L N D A N O N N
R M E S E S L W P M
    
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Donations	Goel Hadam	Nachalah	Pinchas
Ir Miklat	Kosher	Midyan	Water
Cattle	Gratitude	Reuven	Neder
Fire	Vow	Gad	

JOIN THE INTERNATIONAL CONTEST:

PAY IT FORWARD CHALLENGE!

The Three Weeks are a time to display חנם אהבת 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!

AABJ&D-Ahavah Achim Highland Park, NJ-Aish Chaim of Philadelphia-BBJ Synagogue of Savannah-Beth Aaron-Beth Israel Congregation Miami Beach-Beth Jacob Atlanta-Beth Jacob of Beverly Hills-Beth Joseph Congregation Phoenix Arizona-Boca Jewish Center-Boca Raton Synagogue-BRS West-Congregation Ahavat Torah-Congregation Ariel Dunwoood, GA-Congregation Beth El Atereth Israel of Newton, MA-Congregation Bnai Yeshurun-Congregation KINS of West Rogers Park-Congregation Ohr Torah-West Orange NJ-Congregation Or Torah Skokie-Congregation Sons of Israel-Allentown-Eitz Chagim of Dogwood Park-Elmore Avenue Shul in Elizabeth, NJ-Great Neck Synagogue-Irving Place Minyan Woodmere, NY-KJ-Kehillah Jeshurun-Kehillat Chovevei Zion (KOT)-Kemp Mill Synagogue KMS Silver Spring-Keter Torah-Kingsway Jewish Center-Lower Merion Synagogue-Ner Tamid, Baltimore MD-Ohr Hatorah Bergenfield, NJ-Ohr Torah of Edison, NJ-Shaare Tefillah of Lawrence-Shaarei Tefillah of Dallas-Shaare Tefillah of Teaneck, NJ-Shaarei Shomayim in Toronto-Shomrei Torah of Fair Lawn-Woodside Synagogue Ahavas Torah Silver Spring, MD-Young Israel of Brookline-Young Israel of Great Neck-Young Israel of Hollywood-FL-Lauderdale-Young Israel of Lawrence Cedarhurst-Young Israel of Memphis-Young Israel of Southfield-Young Israel of Staten Island-Young Israel of Teaneck-Young Israel of Woodmere & Many More!

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Shabbat Matot-Masei
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שבת מטות-מסעי
מברכים החודש



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



NOW MORE THAN EVER: #DRIVESAFE #RIDESMART

BERGEN COUNTY BICYCLE SAFETY INITIATIVE



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 RBCB together with:
The Jewish Elementary and High Schools of Bergen County

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

Contact Us

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כ"ה תמוז-ג' אב תש"פ

שבת מטות-מסעי
מברכים החודש

Community Announcements

- Sunday, July 19th, 9:30am- R' Moshe Kahn. "The Skin of Moshe's Face Became Radiant. Why?" For more details, go to <https://www.rinat.org/event/rabbi-moshe-kahn.html>. To join, go to <https://zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbMnNkaThEbWpYb09qZz09>.
- Tuesday, July 21st, 8:30pm- "Rinat Reads" Book Discussion, facilitated by Ora Bayewitz-Meier. For more details, go to <https://www.rinat.org/event/rinat-reads.html>. To join, go to <https://zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbMnNkaThEbWpYb09qZz09>.
- Sunday, July 26th, 9:30am- Rachel Weber Leshaw. "What is "Legitimate Protest?" A Closer Look at Kamtza and Bar Kamtza." For more details, go to <https://www.rinat.org/event/rachel-weber-leshaw.html>. To join, go to <https://zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbMnNkaThEbWpYb09qZz09>.
- Sunday, July 26th, 8pm- Elana Kaplan. "Night at the MET Museum: A Journey through Jewish History in Ancient Egypt." For more details, go to <https://zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbMnNkaThEbWpYb09qZz09> To join, go to <https://zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbMnNkaThEbWpYb09qZz09>.
- The Orthodox Union is proud to present: Calm Amid Corona – Pandemic Parenting OU's Mental Health series Three Monday night presentations for the parents of teens, featuring Kristen M. Roye, PsyD. – Clinical Director, Destinations for Teens, Rabbi Dov Rosenbluth - Director of Guidance & 11th grade Rebbe at YULA, Monday nights 8:30 pm EDT/5:30 pm PDT ou.org/mental health or fb.com/OrthodoxUnion; Monday night, July 27 Substance Abuse 101: Talking About Drugs & Alcohol With Your Teen
- Sunday, July 26 at 10:00 AM EDT, IY"H, Moshe Miller will give a shiur entitled God of Small Things: Understanding Tisha B'Av. Join Zoom Meeting <https://us02web.zoom.us/j/89774726985?pwd=TOQ3SKdPUExjNTltOHV0Z3lzWk5CZz09> Meeting ID: 897 7472 6985 Password: 732238. One tap mobile +16465588656,89774726985#,0#,732238# US (New York)
- 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>.
- Please join Sharsheret on Monday, July 27th at 8:00PM for a community-wide event, Midsummer Miracles: Sharsheret's Chain of Lifesaving Work, to pay tribute to the women & families in our community who have been touched by breast & ovarian cancer. Register, donate & watch at www.MidsummerMiracles.com.
- 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 & twenty-somethings, 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



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Shabbat Matot-Masei
Mevarchim HaChodesh

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שבת מטות-מסעי
מברכים החודש

- 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 high school 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 Bruria, 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 Reimagined! Even though the school year may look different, the need for school supplies & PPE is greater than ever. You Can Make a Difference! Let's start kids on a path to a successful school year. 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
- COVID-19 has effected every aspect of life as we know it. We are here as a resource for you during these trying times! CareOne at Teaneck is offering our services to you. We will gladly deliver glatt kosher, Cholov Yisroel & Pas Yisroel meals to all seniors who need. If plans change or aids cancel, we have respite service available for you.
- 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. We are especially in need of shopping volunteers in the Jewish community & ask those able to do so, to sign up!
- We hope everyone is staying inside & 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?pwd=Z0VpaVRkaDNMTzFjeGEvVHltOTFBQT09>. 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.
- Nate Geller, longtime Teaneck resident, is in need of a life-saving blood stem cell donation. In the midst of the pandemic, he was diagnosed with cancer, acute lymphoblastic leukemia (ALL), & has since started treatment. 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.
- Subscribe to BergenShulsTogether.com updates at <https://www.bergenshulstogether.com/contact>. Give us a hand & start making a difference <https://www.bergenshulstogether.com/helpus>