



# Congregation Bnai Yeshurun Weekly Shabbat Announcements

September 18-25, 2020

כ"ט אלול תש"פ-ז' תשרי  
תשפ"א  
שבת ראש השנה

Shabbat Rosh Hashanah

## Shabbat & Yom Tov Times זמני שבת ויום טוב

Hatarat Nedarim	6:39	התרת נדרים
Candle Lighting	6:39	הדלקת נרות
Mincha/Kabbalat Shabbat - All CBY Locations	6:45	מנחה וקבלת שבת

### Shabbat, September 19<sup>th</sup>, 1<sup>st</sup> Day of Rosh Hashanah

Latest Shema	9:45 am	סוף זמן ק"ש
Shacharit-All CBY Locations	8:30 am	שחרית
Mincha-All CBY Locations	6:35 pm	מנחה
Ma'ariv - All CBY Locations	7:28 pm	מעריב
Candle Lighting & meal preparation after....	7:43 pm	הדלקת נרות

### Sunday, September 20<sup>th</sup> - 2<sup>nd</sup> Day of Rosh Hashanah,

Latest Shema	9:45 am	סוף זמן ק"ש
Shacharit-All CBY Locations	8:30 am	שחרית
Mincha-All CBY Locations	6:40 pm	מנחה
Ma'ariv - All CBY Locations	7:40 pm	מעריב

**Shofar Blowings:** For those who are unable to be in minyan Rosh Hashanah morning, for tekias shofar, we have arranged several stand alone outdoor shofar blowings.

There will be shofar blowings in the CBY West Englewood lot at shul on Sunday, September 20th, at **4:00 pm, 5:00 pm & 6:00pm.**

Additionally, at **5:00 pm** on Sunday, September 20th there will be shofar blowing at the following locations:  
786 Downing Street, 562 North Forest Drive,  
573 Warwick Avenue, 1335 Trafalgar Street.



**Michal & Rabbi Ari Zahtz, Aviva & Rabbi Yosef Weinberger, Elysia & Marc Stein, Melissa & Ethan Keiser, the Executive Committee, Board of Directors & CBY Staff wish**

**everyone a** כתיבה וחתימה טובה!



ORDER your  
Lulav & Etrog

social distancing guidelines will be observed. Anyone who is picking up their sets from inside the social hall will have the opportunity to select their own lulav and etrog.

[Click here to order.](#)

Deadline for all orders is Thursday, September 24<sup>th</sup>. Sets are \$70/set. Pick up either in person or curbside will take place on Thursday, October 1<sup>st</sup> between 7:30 to 9:30 pm. Masking and

## Congregation Bnai Yeshurun Rosh Hashanah Guidelines 5781

### Erev Rosh Hashanah

- Candle lighting 6:39 pm. The beracha should conclude להדליק נר של שבת ושל יום טוב גר.
- Weekday Mincha should be completed before shkiya 6:58 pm.

### First Day of Rosh Hashanah

#### Friday Night

- An abridged קבלת שבת is recited that begins with מזמור שיר ליום השבת. ליום השבת במה מדליקין. should also be omitted.
- Minyanim that will not be having a dvar torah before ma'ariv, should sing ידיד נפש prior to ברנו.
- Both ושמרו and תקעו בחדש שופר are recited before the Amidah.
- Ma'ariv Amidah for Rosh Hashanah with proper insertions for Shabbos. There are a number of insertions into the Amidah that are recited throughout Aseres Yemei Teshuva.
- If הקל הקדוש is said instead of המלך הקדוש the Amidah must be repeated.
- We conclude the Amidah throughout Aseres Yemei Teshuva with המברך את עמו ישראל בשלום.
- Vayechulu is recited after the Amidah (omitting the beracha "Magen Avos") followed by לדוד מזמור and then Aleinu.
- In kaddish we recite לעילא לעילא without the connecting vav.
- Kiddush for Rosh Hashanah with proper Shabbos insertions. Kiddush begins with יום הששי. Shehechyanu is recited.
- The traditional symbolic foods (simanim) are eaten on the first night together with their respective ידהי רצון.
- Birchas HaMazon should include the insertions for Shabbos and Rosh Hashanah.

#### Shacharis/Mussaf

- Shir HaYichud and Shir HaKavod are omitted when davening without a minyan.
- Shir HaMa'alos is recited after Yishtabach.
- Birchos Kerias Sh'ma for Shabbos (הכל יודוך).
- The piyutim during Birchos Kerias Sh'ma will be omitted in shul.
- Shacharis Amidah for Rosh Hashanah with the proper insertions for Shabbos.
- Avinu Malkeinu is omitted on Shabbos.
- Those who are davening without a minyan are encouraged to study and recite the piyutim that are added to Chazaras HaShatz.
- The Torah reading for the first day is Bereishis 21:1-34, the maftir is Bamidbar 29:1-6 and the haftarah is from Shmuel I 1:1-2:10.
- The shofar is not blown on Shabbos.

*Continued on page 3*



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**Mazal Tov**

מזל טוב

- Linda Appel on the birth of a great granddaughter, a daughter to Ariella & Evan Seltzer and a great-granddaughter, a daughter to Melanie & Yehuda Klein.
- Tammy & David Katz and Florence & Joseph Appleman on the birth of a grandson and great-grandson, a son to Leora & Alan Katz in Israel.
- Linda & Isaac Szpilzinger on the birth of a grandson, a son to Debra & Jared Okun.

**CBY Notes**

- Adult Ed presents Aviva Edelstein, "Understanding Yonah: A Message of Hope & Healing For the Yamim Noraim", on September 24<sup>th</sup> at 8:00 pm. [Click here for Zoom link](#), password is cby.
- Michal Zahtz will give a women's shiur on Shabbat Shuva, September 26<sup>th</sup>, "Yonah & the Withering Kikayon" at 5:00 pm at the Kaminetzky tent 786 Downing Street.
- R' Zahtz's Shabbat Shuva Drasha, "The Final Call: The Shofar of Neilah", will take place on Motzei Shabbat September 26<sup>th</sup> at 8:30 pm in the New Main [via registration](#) and on [Zoom](#).
- The Nominations Committee is currently accepting nominations for officers and directors. If you would like to be considered to serve as an Officer or Director, or if you would like to recommend someone else for consideration, send an email to [nominationscommittee@bnaiyeshurun.org](mailto:nominationscommittee@bnaiyeshurun.org) by Monday, October 12, 2020.
- Mishna Yomit is learning Masechet Keilim.

**RABBI ZAHTZ'S  
SHABBOS SHUVA DRASHA**

## The Final Call: The Shofar of Neila

ATTENDANCE IN  
THE NEW MAIN SHUL  
VIA REGISTRATION AT  
[WWW.BNAIYESHURUN.ORG/EVENTS](http://WWW.BNAIYESHURUN.ORG/EVENTS)  
OR JOIN ON ZOOM

**Motzei Shabbos, September 26, 2020  
8:30 PM**

ZOOM LINK [HTTPS://ZOOM.US/J/94843361795](https://zoom.us/j/94843361795)  
PASSWORD CBY

THE DRASHA IS CO-SPONSORED BY HEIDI & ALAN FUCHS AND FAMILY IN MEMORY OF JOY & AL AMSEL, A'H AND COMMEMORATING AL'S YAHRZEIT ON 28 ELUL

## Weekly Davening Schedule

	Sun. Sept. 20	Mon. Sept. 21	Tues. Sept. 22	Wed. Sept. 23	Thu. Sept. 24	Fri. Sept. 25
Earliest <i>tefillin</i> – 5:50 am Latest <i>Shema</i> – 9:46 am <i>Mincha Gedola</i> – 1:18 pm	ב' תשרי יום ב' ראש השנה	ג' תשרי צום גדליה <b>Fast begins at 5:31 am &amp; ends at 7:36 pm</b>	ד' תשרי	ה' תשרי	ו' תשרי	ז' תשרי
דף היומי	עירובין מ"ב	עירובין מ"ג	עירובין מ"ד	עירובין מ"ה	עירובין מ"ו	עירובין מ"ז
Selichot/Shacharit – <b>WE</b>	<b>See page 1 for Rosh Hashanah schedule</b>	5:20 am	5:35 am	5:35 am	5:25 am	5:35 am
Selichot/Shacharit – <b>OM</b>		5:20 am	5:35 am	5:35 am	5:25 am	5:35 am
Selichot/Shacharit – <b>NM</b>		6:20 am	6:25 am	6:25 am	6:25 am	6:25 am
Selichot/Shacharit – <b>Ogden</b>		6:40 am	6:55 am	6:55 am	6:45 am	6:55 am
Selichot/Shacharit – <b>OM</b>		7:20 am	7:25 am	7:25 am	7:25 am	7:25 am
Selichot/Shacharit – <b>NM</b>		8:10 am	8:15 am	8:15 am	8:15 am	8:15 am
Mincha only – <i>Beis Medrash</i>		1:45 pm	1:45 pm	1:45 pm	1:45 pm	
Zman Mincha – <i>New Main</i>		6:30 pm	6:40 pm	6:40 pm	6:40 pm	
Zman Mincha – <i>Ogden Lot</i>		6:30 pm	6:40 pm	6:40 pm	6:40 pm	
Maariv – <i>New Main</i>		7:10 pm				
Maariv only – <i>Old Main</i>		9:00 pm	9:00 pm	9:00 pm	9:00 pm	
Maariv only – <i>Old Main</i>		10:01 pm	10:01 pm	10:01 pm	10:01 pm	



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### **Congregation Bnai Yeshurun Rosh Hashanah Guidelines 5781-(continued from page 1)**

Mussaf Amidah for Rosh Hashanah with proper insertions for Shabbos.

- When bowing outdoors during Aleinu, a towel or mat, (not a paper towel) should be placed on the ground.
- Those who are davening without a minyan are encouraged to study and recite the piyutim that are added to Chazaras HaShatz, particularly ונתנה תוקף.

#### **Mincha**

- The earliest time to daven Mincha is 1:20pm.
- Mincha Amidah for Rosh Hashanah with the proper insertions for Shabbos. Mincha should be recited before shekiyah (sunset) which is at 6:57pm.
- Seudah Shlishis should ideally be eaten before 4:55pm. If one did not do so, one may eat seudah shlishis until sunset.
- Preparations for the second day may not begin until nightfall (7:43pm). Even if one has already davened maariv, one may not prepare any earlier than 7:43pm.

#### **Second Day of Rosh Hashanah**

##### **Saturday Night**

- Candle lighting must be performed after 7:43pm.
- Ma'ariv for Rosh Hashanah includes ותודיענו.
- Kiddush for Rosh Hashanah includes Meorei Ha'Eish, Havdalah and Shehechyanu (יקנה"ז). The new fruit should be placed on the table before Kiddush and is eaten after Kiddush. If one does not have a new fruit or new clothing, one may still recite Shehechyanu.

##### **Second Day (Daytime)**

- Shir HaYichud and Shir HaKavod are omitted when davening without a minyan.
- Shir HaMa'alos is recited after Yishtabach.
- Birchos Kerias Sh'ma for weekday (המאיר לארץ).

Shacharis Amidah for Rosh Hashanah.

- Those who are davening without a minyan are encouraged to study and recite the piyutim that are added to Chazaras HaShatz.
- The Torah reading for the second day is Bereishis 22:1-22:24, the maftir is Bamidbar 29:1-6 and the haftarah is from Yirmiyahu 31:1- 31:19.
- If someone davening at home can blow shofar on his own, he should blow the first thirty sounds before Mussaf. The second thirty sounds should not be blown during the silent Amidah. One may blow 70 additional sounds after the Amidah, but there is no requirement to do so.
- If someone else is blowing on behalf of others:
- If the ba'al toke'a (shofar blower) already fulfilled his mitzvah, the berachos (שהחיינו and לשמוע קול שופר) should ideally be recited by one of the listeners. If the listeners are all women, the ba'al toke'a may not recite the berachos; they must be recited by one of the women.
- If the listeners are spread out across a large area, each person can recite his/her own beracha.
- Only 30 sounds are blown.

Mussaf Amidah for Rosh Hashanah.

- When bowing outdoors during Aleinu, a towel or mat, (not a paper towel) should be placed on the ground.
- Those who are davening without a minyan are encouraged to study and recite the piyutim that are added to Chazaras HaShatz, particularly ונתנה תוקף.
- Mincha Amidah for Rosh Hashanah. Mincha should be recited before shekiyah (sunset) which is at 6:55pm.
- Traditionally Tashlich is recited on Rosh Hashanah afternoon (not on Shabbos) next to a body of water. This year in order to avoid crowd gathering, it is recommended to recite tashlich after Rosh Hashanah, but before Yom Kippur. If it was not done before Yom Kippur, there is still some benefit in reciting it until Hoshana Rabba.

#### **Motzaei Yom Tov/Tzom Gedaliah**

- Weekday Amidah should be recited including Atah Chonantanu and the special insertions for Aseres Yemei Teshuva.
- Havdalah consists of two berachos: HaGafen and HaMavdil (no besamim or eish).
- The fast begins at 5:31am.



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**Shabbat Rosh Hashanah**

ONLINE LEARNING OPPORTUNITIES SEPTEMBER 21-25, 2020		
Daily	Short Vort WhatsApp Group - Inyanei D'Yoma from Rabbi Steven Pruzansky	<a href="#">Sign up Here</a>
Throughout week	Chizzuk WhatsApp Group from Rabbi Ari Zahtz	<a href="#">Sign up Here</a>
Throughout the week	WhatsApp Group – Myth-busters in Halacha with Rabbi Yosef Weinberger	<a href="#">Sign up Here</a>
Sunday -7:00 am, M-F at 6:00 am & Motzei Shabbat at 8:15 pm	Daf Yomi with rotating magidei shiur	<a href="https://zoom.us/j/99037398916">https://zoom.us/j/99037398916</a> Password: CBY
Sunday–Thursday following zman maariv	Mishna B'rurah Chavurah with Ari Wartelsky	In person in the CBY Beis Medrash and on Zoom <a href="https://zoom.us/j/611771378">https://zoom.us/j/611771378</a> Password: cby
Tuesday, Wednesday, Friday at 6:20 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	In person in the CBY Social Hall and on Zoom at <a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Tuesday at 9:00 pm	Gemara Iyun Shiur with Rabbi Zvi Sobolofsky	<a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Tuesday, Wednesday, Friday at 6:20 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	In person in the CBY Social Hall and on Zoom at <a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Wednesday at 1:30 pm	Senior "Lunch" & Learn with Rabbi Michael Taubes	<a href="https://yeshiva-university.zoom.us/j/7494189014">https://yeshiva-university.zoom.us/j/7494189014</a> Password: YSH
Wednesday at 9:15 pm	Halacha Shiur with Rabbi Zvi Sobolofsky	<a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Thursday at 9:35 pm	Parsha & Halacha with Rabbi Michael Taubes	<a href="https://yeshiva-university.zoom.us/j/7494189014">https://yeshiva-university.zoom.us/j/7494189014</a> Password: YSH
Tuesday, Wednesday, Friday at 6:20 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	In person in the CBY Social Hall and on Zoom at <a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Friday at 8:30 am	Minchas Chinuch Shiur with Eli Weber	<a href="https://zoom.us/j/156897284">https://zoom.us/j/156897284</a> Password: cby

Join us on **zoom** 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

Organized By: **TorahWeb.org**

Exclusive Divrei Torah

Exclusive Audio & Video Shiurim

Focused on Contemporary Issues

SUNDAY  
Sep. 13

RAV HERSHEL SCHACHTER

WEDNESDAY  
Sep. 23

RAV MAYER TWERSKY

IN CONJUNCTION WITH

R' Elon Soniker

R' Ari Zahtz

R' Larry Rothwachs

R' Shmuel Marcus

R' Yaakov Neuburger

R' Efrim Schwab

R' Uri Orlian

KEHILLAS ZICHRON MORDECHAI

R' Michael Taubes

R' Andrew Markowitz  
R' Benjamin Yudin

R' Ya'akov Trump  
R' Moshe Teitelbaum

R' Zvi Sobolofsky

R' Mordechai Willig

R' Yehuda Kelemer

R' Shalom Axelrod



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THE CBY ADULT EDUCATION COMMITTEE PRESENTS:

## Mrs. Aviva Edelstein

Thursday, September 24, 2020

8:00 pm on Zoom

Zoom link is <https://zoom.us/j/95178792504>  
Password: cby (case-sensitive)



"Understanding Yonah: A  
Message of Hope & Healing  
For the Yamim Noraim"

The Torah Scholars of 16th Century Tzfat had unique perspectives on Sefer Yonah that reveal a deeper understanding of the story. They offer inspiring messages about kavvanah, personal growth, healing, and teshuvah. Please join me in an exegetical analysis of verses from this fascinating sefer and learn the commentaries of Rav Moshe Cordovero and Rav Moshe Alshekh together.

Aviva Edelstein has her MA in Jewish Philosophy from Yeshiva University where she is also completing her doctorate in education. She has spent many years studying Hasidic and kabbalistic sources for healing and meditation and is researching benefits of mindfulness practices in education.

ORDER YOUR  
*Sukkot Flowers*

YOUTH Department

Hadas \$35

Bikkurim \$45

Ushpizin \$55

Etrog \$65

Hoshanot \$65

Aravah \$85

Lulav \$75

Decorate your Sukkah for Sukkot with beautiful floral arrangements and support the David Frohlich Z"L Youth Department at CBY!

Flowers will be delivered directly to your home. Orders must be placed by Wednesday September 23rd

CLICK HERE TO PLACE YOUR ORDERS

The Yeshiva University Batei Medrash for Elul  
*in your community!*  
IN PARTNERSHIP WITH

Young Israel of Woodmere WOODMERE, NY

Congregation Bnai Yeshurun TEANECK, NJ

CONGREGATION OHR HATORAH Congregation Ohr HaTorah BERGENFIELD, NJ

The sweet sounds of Torah from our YU talmidim ring out from our community locations. Thank you to our partnering shuls for helping us make this happen. Wishing you a *kesiva vachasima tova* and a happy healthy sweet new year

Yeshiva University  
UNDERGRADUATE TORAH STUDIES PROGRAM

### Contact Us

Rabbi Ari Zahtz, Rabbi  
[rabbizahtz@bnaiyeshurun.org](mailto:rabbizahtz@bnaiyeshurun.org)

Rabbi Yosef Weinberger, Assistant Rabbi  
[rabb Weinerberger@bnaiyeshurun.org](mailto:rabb Weinerberger@bnaiyeshurun.org)

Rabbi Steven Pruzansky, Rabbi Emeritus  
Elysia Stein, Executive Director [office@bnaiyeshurun.org](mailto:office@bnaiyeshurun.org)

Rivka and Yehoshua Szafranski, Youth Directors  
[youth@bnaiyeshurun.org](mailto:youth@bnaiyeshurun.org)

Rabbi Jonathan Schachter, Teen Programming  
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Executive Committee [executivecommittee@bnaiyeshurun.org](mailto:executivecommittee@bnaiyeshurun.org)

Ethan Keiser, President [president@bnaiyeshurun.org](mailto: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](mailto:gabbai@bnaiyeshurun.org)



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### 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.
- Nerot Pre-Yom Tov Boutique- Wednesday, September 23rd, 6-9pm at Congregation Rinat Yisrael, 389 West Englewood Avenue, Parking lot event. Featuring-Hats & Masks by Susan Richmond; Shopping Badger Jewelry; Biba Asher Boys Clothing; Splend'or Tablecloths & Gifts; Sheila Elaine Fascinators; Tutus & Ties; MW Jewels Housewares; Masklips Mask Chains
- NJ Department of Human Services present trainings posted on behalf of the Division of Mental Health and Addiction Services. For more information or questions please contact: [Adrienne.Fessler-Belli@dhs.nj.gov](mailto:Adrienne.Fessler-Belli@dhs.nj.gov). 3 trainings we are providing in September: The COVID-19 Pandemic: Supporting Healthcare, First Responders & Frontline Workers Mental Health Awareness Training - COVID-19: Strategies & Techniques for Coping and Question, Persuade & Refer COVID-19: Coping with Anxiety About Returning to School
- 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 listserv & 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>.
- The Bergen County Food Security Task Force has a new Facebook Page, which can be found here: <https://www.facebook.com/BCFoodTaskForce2020>. The Food Security Task Force, launched in July 2020, has been working to coordinate efforts between our food pantries, civic organizations, and private corporations to meet increased demand, source nutritious food products, and resolve logistical issues caused by the COVID-19 pandemic. The increased collaboration and cooperation will enable us to face this crisis and set the framework for more comprehensive and compassionate care for our neighbors in need going forward. Our Facebook aims to keep county residents informed of all available food resources and to ensure all community-based emergency food providers have the necessary supplies to assist our residents. I hope you will like and follow the page and share it with members of your community so we can all work together to meet the needs of our residents.
- 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](http://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.
- 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](http://www.shoppingangelsglobal.org).
- Feldenkrais lessons for posture, calm and wellness continue-note the new schedule. Mondays at 8-9 pm and



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תשפ"א  
שבת ראש השנה

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 these resources with our community: Kindness Club <https://bit.ly/KC42020>. 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. If you are between 18-44, you are a 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. 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. For every swab sent in, 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.
- Yad B'Yad, Yachad's Inclusive Israel Experience, is gearing up for an incredible Summer 2021! Applications open this Tuesday, September 22nd! Go to [www.yachad.org/yby/info-sessions](http://www.yachad.org/yby/info-sessions) to sign up for one of our Virtual Info Nights on 9/22, 9/24, or 9/29. Come learn all about this once-in-a-lifetime experience for post-10th and post-11th graders – and get \$75 off your tuition! Please contact Jen Saibel, Director, at [SaibelJ@ou.org](mailto:SaibelJ@ou.org) for more information.

Please daven for Eliezer Uri Ben Esther,  
a father of one of our members

Help us find a kidney for Popsy!  
Please help him stay in our lives!  
For more information email [R24098@renewal.org](mailto:R24098@renewal.org)

T: 718 431 9832 X209  
W: [www.renewal.org](http://www.renewal.org)

Since inception Renewal has facilitated over 200 life saving transplants. Renewal is dedicated to assisting those suffering from kidney disease through the facilitation of live kidney transplants.

Renewal

**MASK TO PROTECT OTHERS**

Help minyanim and yeshiva learning continue  
Help businesses stay open  
Mask/Distance in Public  
Help the high-risk stay safe  
Help schools reopen and stay open

People who don't feel sick can transmit COVID-19  
Masks can prevent large virus-containing droplets from leaving the mouth and nose

COMBINE MASKS WITH DISTANCING TO FULLY PROTECT YOURSELF AND YOUR COMMUNITY

#MASKUPROTECT  
Find free resources, guides, or join the movement at [www.maskuprotect.org](http://www.maskuprotect.org)

The importance of wearing masks is underscored by