



welcome
to BNAI YESHURUN

Congregation Bnai Yeshurun Weekly Shabbat Announcements

March 20-27, 2020

**Shabbat Vayakhel-Pikudei
Parshat HaChodesh/ Shabbat
Mevarchim HaChodesh**

כ"ד אדר ב' ניסן תש"פ

שבת ויקהיל-פרקדי

פרשת החודש

שבת מברכים החודש

Shabbat Times

זמן שבת

Candle Lighting	6:48 pm	הדלקת נרות
Latest Shema	9:59 am	סוף זמן ק"ש
Shabbat Ends	7:54 pm	סוף שבת

A Message from the President

What a week. Just days ago, we thought we may be faced with a mild and brief interruption of our daily routine. And, yet, so much of our reality has changed in such a short period of time. Each day we hear of more restrictions, a more uncertain economic period ahead, and most concerning, more of our dear friends and neighbors who are struggling to get better.

But each day, we also hear of fantastic initiatives across the greater Jewish community to connect and bring chizuk to one another, with ever more opportunities for creative Torah learning. Our schools have pivoted to online education in a way that appears seamless, and the resilience and adaptability of our students is remarkable. And, looking internally, it's astounding to me just how many members have reached out to offer their support, with the strong solidarity of our CBY community acting as a beacon of light emerging from the shadows of these trying times.

Since there are no Zoom calls on shabbat (although at press time plans were underway for an inspirational virtual pre-shabbat kabbalat shabbat) we've compiled an expanded newsletter for you to print and enjoy over this well-deserved day of menucha. It includes thoughts and reflections from many corners of our shul, including each of our Rabbis, the teen minyan, the junior congregation, and the DFYD, as well as reflections from one of our yeshiva students whose year was impacted by the outbreak.

These past several days certainly seem like a blur (who can even remember Purim?!), but a tremendous thank you goes to Rabbis Pruzansky, Zahtz and Weinberger for their tireless and ongoing efforts during this time in keeping us inspired, informed and connected, as well as to Elysia, Elizabeth and Galina, who continue to keep our organization running with limited mobility and resources.

We hope and pray that we will all be back to shul soon, but for as long as we remain physically apart, we will strive to provide this expanded edition to ensure we remain connected throughout these hopefully peaceful upcoming Shabbatot.

Wishing all of you a Shabbat Shalom.

Ethan

Rabbi Pruzansky's Message



Is the world coming to an end?

No, but the world as we knew it has certainly gone on hiatus. The proliferation of illness and the extensive dislocation this Corona virus has brought to our lives were unimaginable just a few weeks ago. The world to which we have become accustomed has shut down. Many people are ill, we are aggrieved at the loss of our spiritual centers, the business of America – business – has ground to a halt, and the familiar rites of spring – opening day in baseball – is a hazy dream. Entire industries have disappeared, tens of thousands of workers have already lost their jobs, and trillions of dollars of wealth has dissipated.

It is a timely reminder that for all our sophistication, modernity and haughtiness – for all of the ramifications of “kochi v’otzem yadi asah li et hachayil hazeh” – we are not in control and are as vulnerable as ever, submissive before the Master of the world. “Flattening the curve” strikes me as a euphemism for “we can’t treat or end this scourge, at least not now, so we have to try to limit its spread.” It makes sense but it must be enormously frustrating for those on the front lines of health care.

Others have pointed out that for the first time in Israel’s history, there cannot be a public Chilul Shabbat this week as all the recreational and commercial centers of modern life are closed. Who knows what that could bring? “If Israel would properly observe two Shabbatot, they would immediately be redeemed” (Shabbat 118b). That is something to ponder. I also saw this tantalizing tidbit in Parshat Hachodesh that we read this Shabbat: “Do not eat [the Korban Pesach] na, not fully roasted” (Shemot 12:9), on which Rashi points out that “anything not fully roasted “coro na,” is called “na” in Arabic. Corona! But I confess I do not know what that means, if anything.

For sure, the era prior to the coming of Moshiach will feature all sorts of upheaval, likened by Chazal to the birth pangs, the throes of labor. So many things that preoccupy our lives and dominate our time – just consider the hold that sports has on so many of us – have poof (!), disappeared in an instant. So now we can really assess our values and allocation of time, see what we can and can’t do without.

The admonition that begins Vayakhail prioritizes the observance of Shabbat even over the construction of the Mishkan. It is hard for us to accept but there are times when abstention is the greatest divine service. That is our world now. If it prepares us for the different world ahead then we will have drawn the appropriate conclusions from this experience and paved the way for only good things to happen in the month of redemption that begins this week.

May we soon be reunited, may the afflicted be healed and the healthy protected by the Master of Compassion. Shabbat Shalom!



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Mazal Tov

מזל טוב

- Felice & Chaim Fisher on the birth of a grandson, a son to Marlee & Levi Farkas.
- Barbara & Bill Gononsky on their 50th wedding anniversary.
- Shani & Zev Halstuch and Shelly & Henry Frisch on the bar mitzvah of their son and grandson, Yonatan.
- Deborah & Fred Nagler on the bar mitzvah of their grandson Binyamin Mermelstein, son of Aviva & Simcha Mermelstein
- Susan & Richard Polevoy and Selma & Milton Polevoy on the forthcoming marriage of their son and grandson, Joshua to Nomi Mermelstein.

Condolences

נחומים

- Bernard Strauss and Stuart Rothschild on the loss of their wife and sister, Mildred Strauss a"h.

CBY Notes

- Our annual appeal for Ma'ot Chitim is underway. Please donate generously to the "CBY Rabbi's Discretionary Fund."
- If you or someone you know require any kind of assistance, whether errands, food delivery, or a listening ear, please contact office@bnaiyeshurun.org.

Beis Medrash Committee

- While the doors to our Beis Medrash are physically closed, please feel free to access Torah from a number of online sources:
YUTorah.org
<http://www.bcbm.org/>
<https://www.torahanytime.com>
- Please see our chart on page 3 with all our online/phone learning options.

David Frohlich z"l Youth Department

- JOIN THE ENTIRE NEW JERSEY COMMUNITY TO ACCOMPLISH THE BIGGEST BRACHOT CAMPAIGN EVER IN NJ! Keep track of the Brachot you say on the special chart. Access and print the pamphlet [HERE](#). Take a picture and send your completed chart to Yehoshua & Rivka Szafranski (youth@bnaiyeshurun.org) to be entered into an epic shul-wide raffle!

Please recite תהלים for all the cholim of this and other illnesses in our community and around the world. For a list of names, please see the Rabbi's email.

We know how the recommendations that were announced by the RCBC are disruptive to our everyday lives. It is particularly difficult for the local eating establishments that we benefit from on a daily basis. The loss of income from not having sit down customers is great. Several restaurants have graciously offered discounts on delivery during this period of time. We encourage those who are able to, to please patronize our local establishments during this difficult time.

Communal Keylim Mikvah Update:

In light of the current situation and in an effort to accommodate the anticipated increase in Keylim Mikvah usage in preparation for Pesach, we have instituted the following:

1. We have extended the hours of operation to 6AM-6PM.
2. Usage will be limited to one patron/family at a time, by making a reservation at www.teaneckmikvah.com. We ask that you sign up for only one 15 minute slot a day and do all of your pre tevilah preparation (unwrapping, removing labels, etc..) at home to make the most efficient use of your time slot.
3. Please be respectful of other patrons and wait in your car until it is your time slot.
4. Please limit your time to your assigned 15 minutes session.
5. Please refrain from congregating outside of the Mikvah.

The water in the keylim mikvah is chlorinated and the surfaces and baskets in the mikvah room will be cleaned on a regular basis. Please feel free to bring your own gloves/Purell, if you wish, as we cannot provide them at this time.

We expect that there may be a greater need for tevilat keylim this year than ever before, so please plan accordingly. As with any other activity now, we ask that you not patronize the Mikvah if you have been advised not to go out, are feeling ill or are in quarantine. Lastly, we ask that you are considerate of others and help us by cleaning up after yourself. There are garbage cans both inside and outside of the mikvah as well as a table set up outside to ease the process.

We are trying this system in an effort to balance Pesach preparations with the realities of the current state of affairs. We ask for your consideration and cooperation during this difficult time.



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Weekly Schedule

Earliest tefillin – 6:02 am Latest Shema – 9:59 am Mincha Gedola – 1:34 pm	Sun. Mar. 22 כ"ז אדר	Mon. Mar 23 כ"ח אדר	Tues. Mar. 24 כ"ט אדר	Wed. Mar. 25 כ"ט אדר	Thu. Mar. 26 א' ניסן ראש חודש	Fri. Mar. 27 ב' ניסן
ד"ה דיוומי	שבת ט"ז	שבת י"ז	שבת י"ח	שבת י"ט	שבת כ'	שבת כ"א

Group davening available at <https://zoom.us/j/764675594> during the following times

Sunday	Shacharit	8:00 am
Monday to Friday	Shacharit	7:15 am
Sunday to Thursday	Mincha	7:00 pm
Sunday to Thursday	Maariv	9:00 pm

Tefilah Instructions from Rabbi Pruzansky

We are all in the unusual position of davening this Shabbat biyichidut, without a minyan. It would be proper to daven at the same time one ordinarily davens - 7:00, 8:30, 9:00 am, etc. - in order to underscore our connection to the tzibur and maintain some semblance of communal prayer as well.

It gives us all a wonderful opportunity to approach the davening in a different way that we customarily do - perhaps davening a little longer or spending some time reading the commentaries on a few parts of the tefilah. We can even practice not talking during the davening!

The CBY minhag, established last week, is that when davening alone, we wear jackets and ties even if we are not receiving a Kibud.

Kabbalat Shabbat is as per usual, unless you join the CBY Zoom Kabbalat Shabbat. It would be beautiful if families davened and sang together! "Bameh Madlikin" is still recited. The "Bracha achat me'ein Sheva" (including Magen Avot) is omitted.

Note that before reciting the Sh'ma, the three words "E-l Melech Neeman" are added. "Hashem Elokeichem Emet" is not repeated at the end of Sh'ma, as the Shliach Tzibur in shul ordinarily does; "E-l Melech Neeman" takes its place to complete our count of 248 words in the Sh'ma.

Of course, Kaddish, Borchu and Kedusha are not recited.

The Psukim we recite before taking out the Torah (Ein Komocha, etc.) can be recited; after all, they are psukim. "Brich Shmei" is not recited. One who can read the Torah from a Chumash with the trop should do so. If not, one can just read from a chumash. The mafotir, Parshat HaChodesh can be read from the Chumash also. (You need not take out a second Chumash). The haftara is for Parshat Hachodesh also. "Yekum Purkan" (according to most opinions) is not recited at all, i.e., none of the three paragraphs. Av Harachamim is not recited (because of Shabbat Hachodesh).

We can say Birkat Hachodesh as well. **Rosh Chodesh is Thursday. The molad is Tuesday 10:14 and 11 chalakim, am, Jerusalem Sundial time.**

The Psukim we sing when returning the Torah can be sung as well - "Yehalelu, Mizmor L'David, and U'venucho yomar" - again, they are psukim from Tanach.

Daven Musaf, and the tefilot that follow Musaf. The "Shir Hakavod" is not recited but of course the "Shir Shel Yom," for Shabbat, is recited. Mincha follows the same format.

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

Shabbat Shalom and Chodesh Tov!



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ONLINE LEARNING OPPORTUNITIES

Daily	Short Vort WhatsApp Group - Inyanei D'Yoma from Rabbi Steven Pruzansky	Sign up Here
Sunday – Thursday at 8:20 pm	Mishna B'rurah Chavurah with Ari Wartelsky	https://zoom.us/j/815055523 or call 646 558 8656; Meeting ID: 815 055 523
Sunday at 9:00 am	Hilchos Shabbos Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Monday & Wednesday at 9:00 pm	A Fresh Look at the Siddur with Rabbi Ari Zahtz	https://zoom.us/j/103268013
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday at 8:30 pm	Navi Chavurah w/ R' Jonathan Schachter	https://zoom.us/j/563762421
Tuesday, 3/24 at 8:00 pm	Rav Soloveitchik Aggadeta Chavura with Rabbi Tuly Polak	https://zoom.us/j/170277120 or call 646 558 8656; Meeting ID: 170 277 120
Tuesday at 9:00 pm	Gemara Iyun Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Wednesday at 10:00 am	Women's Shiur with Michal Zahtz Tehillim: A Deeper Look	https://zoom.us/j/562461957
Wednesday at 1:30 pm	Senior "Lunch" & Learn with Rabbi Taubes	https://yeshiva-university.zoom.us/j/7494189014 or call 929 205 6099; Meeting ID: 749 418 9014
Wednesday at 8:00 pm	Tzurva M'Rabanan with Rabbi Steven Pruzansky	https://zoom.us/j/292848755
Wednesday at 8:00 pm	Sefer Shmuel 1 with Rabbi Menachem Meier	https://zoom.us/j/376058136 or call 646 558 8656; Meeting ID: 376 058 136
Wednesday at 8:30 pm	Hagaddah Highlights Part 2 with Rabbi Yosef Weinberger	https://zoom.us/j/524429742 or call 646 558 8656; Meeting ID: 524 429 742
Monday & Wednesday at 9:00 pm	A Fresh Look at the Siddur with Rabbi Ari Zahtz	https://zoom.us/j/103268013
Wednesday at 9:15 pm	Halacha Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Thursday at 6:30 pm	Manny Freed z"l Parent Child Learning Thursday Night Mishmar!:	https://zoom.us/j/456088978
Thursday at 8:10 pm	Gemara Shiur with Rabbi Ari Zahtz	https://zoom.us/j/176817727 or call 646 558 8656; Meeting ID: 176 817 727
Thursday at 8:30 pm	Shiur with Rav Moshe Tzvi Weinberg	https://yeshiva-university.zoom.us/j/2018032749
Thursday at 9:30 pm	Parsha & Halacha with Rabbi Michael Taubes	https://yeshiva-university.zoom.us/j/7494189014 or call 929 205 6099; Meeting ID: 749 418 9014
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	https://zoom.us/j/156897284



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A Message from Rabbi Ari Zahtz



This Shabbos we were supposed to be taking two sifrei Torah out from our *aron*, one for *Vayakhel-Pekudei* and a second torah, to read *Parshas hachodesh*. Those Torahs will remain in the aron, while we instead read and inculcate the message of *Parshas hachodesh* at home.

That special *parsha*- the final of the 4 special *parshiyos* leading up to Pesach tells us of the first *mitzvah* given to the Jewish people as a nation, the mitzvah of sanctifying the new lunar month.

But why? Of all of the 613 mitzvos, why was this the first mitzvah given to the Jewish people as they were getting ready to leave mitzrayim? What's special about this particular commandment?

Many mefarshim explain that the existence of the Jewish people is similar to that of the moon, just like the moon waxes and wanes, so too the Jewish people go through different periods, ups and downs. The message however of Rosh Chodesh is that we have the power of *hischadshus*, of renewal, just like the moon starts again from scratch each month, so too we can break out of the old. In essence, that's what the *geulah*, redemption, is all about! As a nation we can make a sudden shift or change just as the moon starts new each month and we can change the trajectory of our People. Just as this is true on a national level, it is certainly true as individuals, we possess that very same strength and ability. That is why this message was so critical at this moment of exodus- on the verge of leaving mitzrayim Hashem tells us never to forget our ability to change, to break from old habits and to improve.

But where does this ability to change suddenly- whether drastically or in one specific area- come from?

Rav Avrohom Schorr suggests that it stems from our *emunah*, our faith- the fact that we believe that Hashem is constantly involved in the world מה חדש בתומו בכל יום תמיד every moment is a new beginning because it required G-d's active creation- it's not simply inertia continuing from yesterday, an hour ago or even one second ago. If a person has the perspective that without G-d actively willing the sky to exist at this very moment it actually would cease to exist, then every moment is a new world, and with a new world comes a new opportunity.

The Chidushei Harim comments on the well known *mishna* in *Pirkei Avos* אם לא עכשוי אמת' לא, "if not now then when", that "now", *achshav*, this moment never existed before and it will never exist again, it only exists right now, so if I don't do something with it I literally will never have another opportunity.

Parshas hachodesh teaches us and reminds us of two fundamental points, firstly of *kedushas hazman*, the sanctity of time, time is sacred and is important and we should use it wisely. And even more since every second is a new one- don't worry about what happened earlier, whether today, yesterday, last week or last year, how can I make the most out of the moment in front of me right now.

When we are in times of difficulty and uncertainty as we certainly are now, it is even more crucial to look forward with *emunah* and instead of dwelling on the past. It is easy to get bogged down by the news reports and statistics and theories, but it is far more valuable to take advantage of the new situation that has been thrust upon us. Would we ever have chosen this? Clearly not, but now that it has become a reality, how do we shift, how do we adjust, how do we renew ourselves to maximize the opportunities.

Over the last week, the Jewish people have infused technology with immense kedusha, (Who even heard of Zoom before last week?!), transferring and creating online shiurim, Shabbos ruach, davening and more. We have the chance to daven without interruption, to think about our tefillos, to dress for Shabbos, because of *kedushas Shabbos* and to bond with family. We never know why things happen, but we do know what has happened and we look towards the moon and we read *parshas hachodesh* and it reminds us, there will be times where we wax and times when we wane- but the ability to create something new and positive each day is ours.

Hashem should give us the strength to grow from this difficult situation and in the merit of that growth and our tefillos and ma'aasim tovim should remove this machala and lead us back to our shuls and ultimately to His home שיבנה במהרה בימינו אמן.



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A Message from Rabbi Yosef Weinberger

There is an old Chassidic tale told of the two holy brothers, Reb Zusha and Reb Elimelech of Lizhensk, who were once wrongfully thrown into prison. Towards the end of their first day in jail, Reb Zusha noticed his brother Reb Elimelech crying and asked him what was wrong. Surely, their dire circumstances were no reason for a Tzadik such as Reb Elimelech to break down. Reb Elimelech pointed out that it was time to daven Mincha but there was a pail of human waste (used as the toilet for the inmates) in the corner of their cell, and halacha forbids them to daven in such a setting. Understanding his frustration, Reb Zusha responded, "So be it. The same G-d who wanted to hear your Mincha prayer yesterday, wants to hear your silence today. Today, we don't daven. And in doing so, we bring nachas to Hashem." Upon hearing these words, Reb Elimelech got to his feet and began to dance around the toilet pail with Reb Zusha, delighted once again in his ability to serve G-d. (As the story goes, the warden became so enraged by the scene that he immediately removed the pail- which was apparently the cause for such joy- from the cell, and the two brothers were able to daven mincha).

The message of this story is one which resonates with me- and I imagine many of us- right now, as I write from my apartment (where I have been since Purim). Every day seems to bring about more precautions for the community. While the coronavirus itself often gets better before it gets worse (so I have heard), it seems like the communal restrictions will inevitably get worse before they get better. And so, we would all benefit from taking the perspective of Reb Zusha. The same G-d that has always wanted us to come to shul for minyanim and shiurim; to join together and in bringing joy to a chassan and kallah; to schep nachas from a bar mitzvah boy laining his parsha; to sit as a multi-generational family around the seder table; and so much more... now wants us to, basically, keep away. And in doing so, we are serving Him all the same.

Of course, our natural reaction here is that of Reb Elimelech: disappointment. We should all be disheartened by these restrictions. Restrictions, by the way, which are not coming from any anti-Semitic regime as they have throughout our history, but from G-d Himself. Ultimately though, we know, the truth lies with Reb Zusha. The will of G-d is becoming more and more clear. Not that we know why any of this is happening (though, there have been no shortage of attempted "suggestions"- including Covid19 being a reference to "Kavod 19", as in we haven't had enough kavod for the 19 brachos of Shmoneh Esrei!). We have no idea why Hashem does what He does. But we do know- through the instruction of medical health professionals and rabbanim- what G-d wants of us, even if it's not what we're hoping for.

R' Yisrael Alter, the Gerrer Rebbe known as the Beis Yisrael, escaped from the Holocaust and made it to Eretz Yisrael, but lost his entire family in the war. In the first Seder following the war, together with a group of orphaned chassidim, he said the following idea. The Haggadah has a very peculiar back and forth, as if it were a Gemara, where it says, I would have thought the mitzvah of Sippur Yetzias Mitzrayim should start on Rosh Chodesh Nisan, if not for the pasuk which specifically says it should be done "bayom ha'hu" - on that day (first night of Pesach). Similarly, I would have thought the mitzvah of Sippur Yetzias Mitzrayim should actually be done on the eve of Pesach, while still light out, if not for the pasuk specifying that it must be done at night, when the matzah and marror are present.

The Beis Yisrael explained this paragraph homiletically, that I would have thought one can only begin praising G-d in a time of "Rosh Chodesh"- once the new page has been turned. That one should wait for a hischadshus, a rebirth post-tragedy, before they can really praise G-d. The Torah tells us otherwise- "bayom ha'hu". We can, and must, start on that day, whatever the circumstances are. And it continues, I might have at least thought it should be done while there is light in the day? Once again, the Torah rejects this thought by saying it should be done at night, while the marror is palpable.

We don't push off our responsibilities towards G-d and one another for better times. We act today, "bayom ha'hu", with whatever we have at our disposal. I remember listening to an interview of New York Jets quarterback Sam Darnold, after he was drafted with the 3rd pick of the NFL draft, which came along with high expectations. The interviewer asked him how he would react if the coach decided to begin the season with him as the backup quarterback, instead of the starter. He said, "I would try to be the best backup in the league." Truthfully, I would have liked the answer, "I will work harder to become the starter" a little better, but his answer certainly has merit, and it's how many of us feel right now. We would've preferred a different decision, but it's not our call. It is our duty to continue to serve Hashem and help others in the most optimal way we can under these circumstances.



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Virtual Youth Wing!

Vayakhel-Pekudei in a Nutshell*

Moshe assembles the people of Israel and reiterates to them the commandment to observe the Shabbat. He then conveys G-d's instructions regarding the making of the Mishkan. The people donate the required materials in abundance, bringing gold, silver and copper; blue-, purple- and red-dyed wool; goat hair, spun linen, animal skins, wood, olive oil, herbs and precious stones. Moshe has to tell them to stop giving.



A team of wise-hearted artisans make the Mishkan and its furnishings: three layers of roof coverings; 48 gold-plated wall panels, and 100 silver foundation sockets; the parochet (veil) that separates between the Sanctuary's two chambers, and the masach (screen) that fronts it; the Ark and its cover with the Keruvim; the table and its showbread; the seven-branched menorah with its specially prepared oil; the golden altar and the incense burned on it; the anointing oil; the outdoor altar for burnt offerings and all its implements; the hangings, posts and foundation sockets for the courtyard; and the basin and its pedestal, made out of copper mirrors.

An accounting is made of the gold, silver and copper donated by the people for the making of the Mishkan. Betzalel, Aholiav and their assistants make the eight priestly garments—the ephod, breastplate, cloak, crown, turban, tunic, sash and breeches—according to the specifications communicated to Moshe in the Parshah of Tetzaveh.

The Mishkan is completed and all its components are brought to Moshe, who erects it and anoints it with the holy anointing oil, and initiates Aaron and his four sons into the priesthood. A cloud appears over the Mishkan, signifying the divine presence that has come to dwell within it.

*summary courtesy of Chabad.org

Parshah Riddles

Submit your answers to Yehoshua and Rivka Szafranski (youth@bnaiyeshurun.org)
for a chance to be featured in next week's bulletin!

1. After which 'joyous' holiday did Moshe gather the Jewish people?
2. Name one passuk in these parshiyot that the Tzudukim took literally.
3. Who is this week's O.G. "ChaBaD" (or "ChaTaB") Chossid?
4. Name one thing mentioned in these parshiyot is known to ward off sickness?
5. What personal/spiritual hygiene practice do we learn about in these parshiyot?
6. Name three colors that are mentioned in this week's parsha!

2. What bracha do you make when you sit on Bazooka bubblegum?
Leishev Bazooka.
3. What bracha do you make on one of our corny jokes?
Borei pri ha'adama

Calling all Architects!

Build your own mishkan in your home and send a clear picture of it to us! Extra points for creativity. The winner will receive a gift card to 5Below :-)

Bracha Jokes!

1. What bracha do you make on a barbecue?
Charcoal nihiye b'dvaro!

Warning:

***As per Yehoshua & Rivka's psak, all Ashkenazim **MUST** finish these Bracha jokes **before** Pesach, as they are certified Kitnoyot. ***



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Teens-Message from R' Jonathan Schachter



What the Teens contributed to the Mishkan

Did you know that Betzalel was only thirteen years old when he assumed the role of lead builder for the Mishkan, according to the Gemara (Sanhedrin 69b)? Just imagine for a moment that in the presence of 80 year old Moshe and 83 year old Aharon, it was 13 year old Betzalel calling all of the shots!

In fact, the youth were recognized in an even more prominent and permanent way, as their faces were featured in the Kodesh Hakodoshim, of all places!! On top of the Aron Hakodosh, protecting the luchot, were 2 angelic figures known as Keruvim, facing one another. Rashi (Shemos 25:18) points out that their faces were not the faces of angels, or elderly scholars, but were the faces of two youngsters, staring at one another. And every time HaShem would communicate to Moshe, His voice would descend from the Heavens, travel between the youthful faces of the 2 Keruvim, before reaching the ears of Moshe Rabbeinu, who was waiting on the other side of the Paroches.

Perhaps the message HaShem is teaching us, by having the Keruvim's faces be youthful, is that a prerequisite to hearing the Dvar HaShem or to learning the Torah is that one must approach these endeavors with the excitement and freshness of the youth! We must avoid the trap of feeling as if "we learned this already". Every time we open a sefer, there is an opportunity to discover a chiddush, a new insight. HaShem has filled every passuk with endless wisdom that is waiting to be uncovered, but it requires us to refresh our perspective every time we approach begin learning.

While we are no longer able to see the original keruvim, we must continue to draw inspiration from the excitement of the youth of our families and the youth of our shul. Their excitement and fresh perspective should remind us to dig deeper to come up with new insights in our quest to understand the Torah.

V'nihiye ananchnu, v'tze'etza'einu, v'tze'etzaei amcha Beit Yisrael, kulunu yodei Toratecha lishma!!!

Jr. Congregation-MESSAGE from R' Ezra Stone



Hi to everyone! Obviously, this has been a challenging time for everyone and we hope that we can get back to our normal lives very soon. I wanted to share one thought that I have been thinking. In addition to what is going on in world, the sports world also had breaking news. After 20 years, Tom

Brady has decided to leave the New England Patriots. For people like me who root for the Jets, we have been waiting many years for this. Finally, the dynasty of the Patriots is over. The NFC east, for the first time in 20 years, has a chance to be won by someone other than the Patriots.

The irony of this week is that the first word of this week's Parsha is "וַיִּקְהֶל" which means "and Moshe assembled the whole nation." On the surface, our current state seems to be the exact opposite of how our Parsha begins. We are not physically assembling together but instead, we are living distant from one another. This creates a sense of being alone in a troubling time. But when we look at the greater context of the Parsha, perhaps it can give us hope and inspiration.

The Mishkan, which the Parsha goes into great length about, really serves as a place of closeness to Hashem. That closeness we feel towards Hashem really only exists when specifically, the people come together with a common goal. This allows us to achieve our own personal spiritual growths. When a group of people come together with a common mission it enables the group to become close with one another which ultimately leads to us getting closer to Hashem.

Whether or not Brady is making the right decision, the key to the Patriots success and the reason why most consider them the greatest franchise in all of sports, is the fact that everyone bought into the system. It was because everyone had the same goal that allowed the Patriots to compete at the highest level each year. What I have found to be remarkable is the common goal that our community has shown. There are constantly shiurim available and services being offered to help out community members. During these difficult times, let us take the lesson of this week's Parsha of uniting with a common goal. It's specifically when we do this that we are able to reach greater heights. It is for this reason that when Bnai Yisrael unified with one another, they were able to get the Torah. During these times let us continue to unite with one another and grow together.



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Upon Return from Israel: Thoughts from Elli Spinowitz

In the blink of an eye, the entire world has flipped completely on its head and the word “normal” has been made no longer applicable. Basic things like going to school, going to minyan, hanging out with friends, playing outside - all things that were always highly encouraged to do, have suddenly been advised not to do so. It’s a moment in history that has never been experienced before, and people are panicking as the world keeps realizing a new sense of normalcy.

One of the many results was the very quick, mass exodus of yeshiva and seminary students who were in Israel for the year. For me, in Yeshivat Sha’alvim, it started a few weeks back, when the COVID-19 epidemic sparked rumors that our trip to Poland, an event that we had all been so excitedly awaiting for the entire year, may be cancelled. The rumors slowly turned into meetings with the tour guide and Rebbeim that were supposed to be going on the trip with us, that informed us simply, that they were unsure of the verdict but were hopeful and optimistic and that we should be the same. That then turned into a meeting with the **ראש הישיבה**, who told us how big of a decision it was, and how heavy both sides of the equations were: On one hand, the poland trip has proven to be such an integral part of the experience, contributing to the year of growth and inspiration; However, on the other hand, the possibility (which was fairly low at that point) of being quarantined on the way back and spending the seder alone, or even worse, **ושלום** on, of someone getting sick, was definitely a strong opposing side. We were then called in for one final meeting where we were told that the yeshiva will not be going to Poland this year.

This all happened in the few days leading up to Purim and most of the guys who were going to go home for Pesach began moving up their flights heading back home a week or so earlier than initially planned. As things started getting worse and worse very quickly, particularly in Europe and generally around the world, some of the parents started getting concerned and began moving flights up to even a week earlier. But as the virus spread even more rapidly, and travel bans and quarantine lists were being made, suddenly a quarter of the yeshiva was told by their parents in the few days leading up to purim that they would be leaving before Shabbos that week. After the seudah on Purim day, which we all spent with our Rebbeim, there were already some guys that began to leave for the airport. By shabbos, a quarter of the yeshiva had left.

Whomever was still remaining, was strongly advised to stay in yeshiva for Shabbos and not to go out, even on Friday, unless it was absolutely necessary. With all the stress of the world events at hand and the fact that we were yeshiva bochrim left in Yeshiva without a clear plan in sight, one Rebbe sent out an initiative to not mention the words “corona”, “virus”, “quarantine”, or “flights” the entire shabbos, so that we can just enjoy Shabbos without any worry. **שלא תהא צרה ויגון ואנחנו ביום מנוחתינו**. But by Motzei Shabbos, almost half of the guys that were left rolled out the door with their bags, on their way to the airport to catch their flight home.

That night, the Israel Ministry of Health issued a mandate that no more than ten people can be in a room at one time, effective Sunday morning. That was when things really started getting scary. Whenever klal yisrael needs to come together to save each other, tefillah has always been the first thing to turn to, but now, even that was being sacrificed. The yeshiva sent out a spreadsheet that night to sign up for a room to daven in for shacharis the next morning to make sure that no room had more than ten guys at once. Breakfast had to be isolated in the dorm rooms. For shiur, each Rebbe sat with nine guys in the room, and if there were any more, the rest sat outside the room with the door open, so that they could hear.

By Monday night, whether it be on flights that were switched from later dates, flights that parents fought for them to get on, charter flights that were privately made for yeshiva and seminary students, or even if the student had to just show up to the airport without a flight and force themselves on to any flight to America, practically the entire yeshiva was gone. The few that were left and were supposed to stay for Pesach were highly encouraged by the yeshiva to find a flight home so that they can be with their families during this unpredictable time, as there was really no clear end in sight. By Wednesday night, the entire yeshiva was empty.

The year has been so incredible and full of growth and inspiration towards developing a deep love for torah and learning. It was disappointing the way it so unexpectedly and abruptly ended without a proper goodbye to our old and new dear friends and Rebbeim whom we have grown so attached to for insight and guidance. However, I don’t think that it is a coincidence that it all happened to fall out between Purim and Pesach a time when we experienced the הסתר פנים of Hashem and are tasked with the opportunity to find Him in every aspect of life, even when it is not so clear that He is there. It is a time when we go from the הסתר פנים to the Rosh Hashana of Emunah, reliving the birth of klal yisroel, through all the ניסים גלויים with which we were taken out of מצרים, and seeing the Yad Hashem so clearly in every part of the story. I don’t think it is a coincidence. It is exactly now that we are tasked with this challenge: In a time of הסתר פנים, where even minyanim, shiurim, and batei midrashim are being shut down, still to have full emunah that Hashem is in control of all of it. May the Yad Hashem be fully recognized hopefully in the coming days as we pray for an end to this disastrous virus.





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CARING FOR SENIORS

- Advise seniors to stay at home.
- Many are experiencing levels of loneliness and isolation. Call them daily to check up on them.
- Offer to pick up groceries and medications for seniors.
- Help seniors shop online.
- Refrain from visiting nursing homes.
- If you are away from family make sure someone looks in on them.
- Ensure strict caregiver guidelines.
- It is important that they stay engaged and active.
- Encourage them to walk around the garden.
- Make sure they are not immobile for long periods of time.

STAY PRODUCTIVE

It is so important to stay productive now. You can:

- Learn a new language
- Learn how to cook new recipes
- Spring clean for Pesach
- Exercise at home and participate in online fitness classes
- Spend quality time with family
- Work on science experiments
- Learn how to use coding programs online
- Build your own indoor obstacle course
- DIY arts and crafts projects
- Plant your own garden in the backyard
- Teach others a skill that you have

TAKE CARE OF YOURSELF AND YOUR FAMILY

Remember that chesed begins at home.

- Hand washing should be a top priority. Use soap and water and always carry a hand sanitizer with you.
- Clean and disinfect surfaces.
- Avoid close contact with anybody showing symptoms of respiratory illness.
- Do not go to work if you feel sick.
- Work remotely from home.
- Avoid public transport.
- Obey travel restrictions and travel warnings.
- Avoid going to any public gatherings.

STAY POSITIVE AND CALM

Your attitude impacts you and those around you.

- Do not overreact and stay informed.
- Communicate openly and often with those you trust.
- Break it down and take small steps to manage through tough times.
- Treat everyone with respect and dignity. Racism is never acceptable.
- Everyone should be on guard against any fear-based impulse to ostracize or confine people who have, for example chronic coughs or breathing difficulties that are normal for them.
- Be kind to one another.
- Follow all recommended advice.
- Stock up sensibly and do not give into panic and over buy.
- Reflect on how gratefulness might help to calm us, reduce fears and expectations, open us to greater clarity and love and fuel action grounded in our deeper intentions. Gratitude can foster connection, kindness and wellbeing.
- Count your blessings.
- Embrace the quality and quantity time you are now spending with your families.
- Communicate your needs.
- Prepare a daily schedule.
- Treat everyone with respect and dignity.
- If you are working from home work near a window. Get your inside feeling like the outside.

SUPPORT YOUR LOCAL COMMUNITY

- Pray for those in need of healing.
- If you have connections try to help others bring their loved ones home.
- If you are a psychologist volunteer to offer free sessions and/or free online workshops on ways to reduce stress and anxiety during this difficult time.
- If you are fitness coach offer complimentary online workout sessions.
- Order delivery from local restaurants.
- Support all local businesses.
- If you are a business strategist or have a background in e-commerce marketing, offer your skills and brainstorm with small businesses how they can transfer their services and skills online.
- People with backgrounds in Information Technology can offer to teach organizations how to transform upcoming physical events to virtual.
- Support frontline nonprofits that are tending to people needing medical care, suffering from lost work or shut in for long durations.
- Encourage nonprofits collaborate to reduce costs and expand impact.
- Help members of the community who have had to postpone life cycle functions such as weddings. Connect them with vendors and offer any physical and emotional support.
- Donate clothing, toys and other household items to a local charity.
- Donate food to a local foodbank.
- Offer to drive around a family member, friend, neighbor or colleague who may not have access to a car.
- Implement disinfecting cycles in local facilities.
- Thank all health care workers and custodial staff.



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VA'AD HARABANIM
RABBINICAL COUNCIL OF BERGEN COUNTY, INC

PO BOX 1233 Teaneck, NJ 07666 • (201) 895-RCBC • <https://www.rcbcvaad.org>

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March 19, 2020
כ"ג אדר תש"פ

Dear Friends,

We are writing with an update regarding COVID-19 and the ongoing health situation in our community. We have all been following the news of the spread of this virus with great concern. Based on our consultation with medical experts from the local area hospitals, we know that the spread of the virus is on the rise and our hospitals are nearly at capacity.

Therefore, we urge the entire community to uphold the social distances measures we adopted last week with ever greater vigilance. No one should be within six feet of anyone else, aside from the family with whom one lives. The guidelines that were set last week are reprinted below as a reminder. In addition, we would like to add a number of updates:

A. There should be no stigma attached to this disease. It is no one's fault and we are all trying our best. In addition, please realize that many, many of us might have it with mild symptoms or even no symptoms. We should not be frightened because the vast majority of people who contract this virus will be completely fine and will recover after a few days of mild symptoms. Our communal efforts are for the sake of the small minority that are having significant symptoms and who can overload our healthcare system, which in turn may imperil the health of the entire population. Thank you to everyone who is helping make our community part of the solution to this challenge.

B. If you feel mild symptoms, call your doctor. The hospital is requesting that you treat mild symptoms at home and if you go to the emergency room with symptoms that may be COVID-19, please call them ahead so that they can prepare.

C. All RCBC updates are posted on our website: www.rcbcvaad.org, including online community events and sales at our local stores.

D. As we look towards Pesach, we acknowledge that while we cannot predict precisely what the situation will be in three weeks, we must plan based on the current fact pattern, and the expected course of the spread of COVID-19. On this basis, we urge everyone to stay home with immediate family, even separated from parents and grandparents. This is a painful but necessary precaution. Similarly, we should not travel to other areas of the country, even by car, especially not to Florida where we have a very large vulnerable population.

E. We anticipate that we may have to execute both the sale of chametz as well as the siyum on Erev Pesach online. Please stay tuned to your shul's announcements for details on that as we get closer. Alternatively, for first-borns who are able, there is still time to learn a small masechet and to make a siyum at home.



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Rabbi Ari Zalzt

F. We have been working with the local stores and groceries in order to arrange for the sale of fully prepared boxed Pesach meals that will be able to be purchased. Please look out for more information about that if you are interested.

G. We are all inspired by the way that the community is making this challenge into an opportunity for solidarity, for mutual concern and for personal growth. It is hard to keep track of all of the amazing creative virtual programming that is taking place. We are trying to post as many of them as we can on our website. We would also like to invite the entire community to sing Yedid Nefesh from your front doors or porches, starting at exactly 7 PM on Friday night.

Guidelines of Social Distancing: Always keep six feet away from other people-try to avoid sharing an elevator with someone else, if possible. Only do essential errands and try to do them at off times.

1. All community members are strongly encouraged to work from home, if possible, and to stay home whenever possible. It is critical for adults to set the right example. If you have to go to work, minimize interactions in transit and while there.
2. As the schools are currently closed, there should not be playdates between children of different families. This would undermine the entire purpose of the school closing.
3. Shuls are closed for all minyanim and shiurim until further notice. There should be no house minyanim.
4. There should be no public celebrations for smachot.
5. People should not invite guests for Shabbat meals.
6. Shiva visits should be replaced by phone/video calls.
7. Levayot should be restricted to a small group of family members and a minyan.
8. Refrain from contact sports.
9. Restaurants should not seat customers. People should order for pick-up and delivery only.
10. The Mikvaot will remain open, at the guidance of CDC and local health authorities. Women under mandatory quarantine or who are experiencing symptoms of illness may not use the mikvah. Please consult your rav for further clarification or for specific questions.

Please take these days as a critical opportunity to intensify our prayers and concern for each other and our communities. May we join together in health and happiness in the near future.

Sincerely,
The Rabbinical Council of Bergen County



welcome
to BNAI YESHURUN

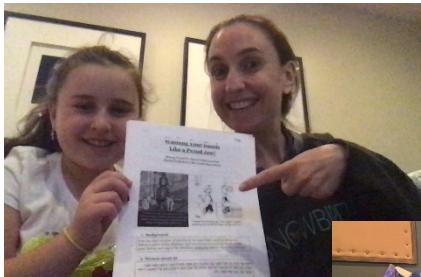
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**Check out some scenes from this week's
Manny Freed z"l Parent Child Learning
Mishmar Edition!**



Contact Us

Rabbi Steven Pruzansky, Rabbi-rabbi@bnaiyeshurun.org

Rabbi Ari Zahtz, Associate Rabbi
rabbizahtz@bnaiyeshurun.org

Rabbi Yosef Weinberger, Assistant Rabbi
rabbiveinberger@bnaiyeshurun.org

Elysia Stein, Executive Director office@bnaiyeshurun.org
Rivka & Yehoshua Szafranski, Youth Directors
youth@bnaiyeshurun.org

Rabbi Jonathan Schachter, Teen Programming
rabbischachter@bnaiyeshurun.org

Executive Committee executivecommittee@bnaiyeshurun.org
Ethan Keiser, President president@bnaiyeshurun.org

Steven Becker, First Vice President

Doron Katz, Second Vice President

Jennifer Miller, Third Vice President

Andrew Berkowitz, Treasurer

Saul Kaszovitz, Assistant Treasurer

Esti Kaminetzky, Secretary

Chaim Kiss, Gabbai Rishon gabbai@bnaiyeshurun.org



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Community Announcements

- As everyone knows, it is vital that we all participate in the political process to make our community's voices heard by our elected officials. It has never been easier to register to vote, & for those so inclined, you can even choose to vote by mail-in ballot. The short Voter Registration Form is available in the shul office or at www.state.nj.us/state/elections/voter-registration.shtml. Lastly, please remember that this includes all voting-age children, even if they are away at school.
- There has been a dramatic rise in antisemitism; NJ has among the highest number of incidents in any state in the country. Our schools, synagogues & other communal institutions remain highly vulnerable. Teach NJ, a part of the OU, advocates for government funds for day schools. We are requesting a federal security grant increase from \$90 million to \$360 million, a state level grant increase from \$2 million to \$10 million, & that every school receive \$250 in security funds per student (up from \$150). This is an issue that requires the entire community to make a difference. We must work together to make sure that these security bills get passed. We can only ensure that these security measures get passed if we flood our government leadership with communications. Please contact NJ leadership immediately at <https://teachcoalition.org/nj/take-action/143/>.
- 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 and Pas Yisroel meals to all seniors who need. If plans change or aids cancel for Passover (and now) we have respite service available for you.
- Yad Leah-MEGA Clothing Drive for Israel. Seeking infant through adult clothing in EXCELLENT condition. Also collecting linens, towels, tablecloths, handbags, backpacks, hair accessories & outerwear. Requested donation: \$36 to help defray shipping & distribution costs. The Teaneck drop off location and the Passaic headquarters are open for drop offs.
- Nechamacomfort invites you to shop at the Big Bow Shop. Take a little time for yourself while helping Nechamacomfort. The Big Bow Shop will be live on "INSTAGRAM LIVE" This Sunday March 22 from 12:00 to 1:00 pm to help you shop our website THEBIGBOWSHOP.COM . Ladies clothes dresses, skirts, casual and dressy and casual hats for the Pesach season.

Mention Reva Judas in the notes of your order and a portion of the sale will be given to Nechamacomfort. For more information on the important work Nechamacomfort does please go to Nechamacomfort.org

Join us *ONLINE* for

Seder SURPRISE!

RCBC ועד הרבנים

PASSOVER HAGGADAH הגדה של פסח

Zalman Sultan will offer creative, hands-on ways to make your seders amazing, engaging, and exciting!

SUNDAY, MARCH 22, at 7:30 p.m.

Sponsored by the Rabbinical Council of Bergen County (RCBC)

Go to <https://zoom.us/j/9417858434>

- CCSA welcomes anyone with a loved one who is suffering from substance abuse/addiction to our support group every other Wed. evening in Teaneck. The group is free & is facilitated by professionals specializing in addiction. Info & location, email Time2TalkAddiction@gmail.com.
- Chessed for Tzedakah is an organization that tutors & babysits for low prices, & gives all of their earned money to Beit Elazraki, a Jewish orphanage in Israel. Please visit us at www.chessedfortzedakah.com
- JScreen is a non-profit initiative providing easy, affordable, at-home testing on saliva for over 200 genetic diseases, including those most common in people with Ashkenazi, Sephardi, & Mizrahi backgrounds. To learn more visit www.JScreen.org.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

March 20-27, 2020

Shabbat Vayakhel-Pikudei Parshat HaChodesh/ Shabbat Mevarchim HaChodesh

כ"ד אדר ב' ניסן תש"פ
שבת ויקהיל-פקוד
פרשת החודש
שבת מברכים החודש

We know how the recommendations that were announced by the RCBC are disruptive to our everyday lives. It is particularly difficult for the local eating establishments that we benefit from on a daily basis. The loss of income from not having sit down customers is great. Several restaurants have graciously offered discounts on delivery during this period of time. We encourage those who are able to, to please patronize our local establishments during this difficult time.

Bergenfield			
Grand & Essex	89 New Bridge Road	(201) 244-9955	https://www.grandandessex.com
Little Italy (at Grand & Essex)	89 New Bridge Road	(201) 244-9955	https://www.grandandessex.com
Englewood			
Friendly Ghost	185 Humphrey Street	(201) 503-9880	
Hummus Elite	39 E Palisade Avenue	(201) 569-5600	http://www.hummuselite.com
Jerusalem Express Pizza	24 East Forest Ave.	(917) 985-9558	www.jerusalemexpresspizza.com
Kosher by the Case and Less	255 Van Nostrand Avenue	(201) 568-2281	
Menagerie	41 E Palisade Avenue	(201) 569-2704	http://www.kosherplatters.com
Schnitzel Plus	6 E Palisade Avenue	(201) 731-3092	http://www.schnitzelplus.com/
Fair Lawn			
Benjy's Kosher Pizza	12-46 River Road	(201) 773-6195	
Food Showcase	24-28 Fair Lawn Avenue	(201) 475-0077	https://www.food-showcase.com
Hot Bagels Fairlawn (uncut bagels only)	6-07 Saddle River Road	(201) 796-9625	
Kosher Express	22-16 Morlot Avenue	(201) 791-8818	https://www.flkexp.com/
Mashu Mashu	20-20 Morlot Ave	(201) 254-9522	
Perfect Pita	13-22 River Road	(201) 794-8700	http://perfectpitanj.com
Petak's Deli	19-05 Fair Lawn Avenue	(201) 797-5010	http://www.petaksglattkosher.com
Zadies Bake Shop	19-09 Fair Lawn Avenue	(201) 796-6565	http://www.zadiesbakeshop.com
Zevy's	10-16 River Road, Store A	(201) 300-6113	
Fort Lee			
Amal Tov	1061 Harvard Place	(201) 410-9976	http://www.amaltov.com
Teaneck			
Butterflake	448 Cedar Lane	(201) 836-3516	http://www.butterflake.com
Cedar Market	646 Cedar Lane	(201) 855-8500	http://www.thecedarmarket.com
Chickies	172A W Englewood Avenue	(201) 266-6033	https://www.chickiesonline.com
Chopstix	172 W Englewood Avenue	(201) 833-0200	http://www.chopstixusa.com
Cake & Co	454 Cedar Lane	(201) 530-7555	http://www.cakeandconj.com
Dougie's BBQ	184 W Englewood Avenue	(201) 833-6000	http://www.dougiesbbq.com
Dovid's Fresh Fish Market	736 Chestnut Avenue	(201) 928-0888	
EJ's Pizza	1448 Queen Anne Road	(201) 862-0611	http://www.ejsplaceteaneck.com
Estihana	515 Cedar Lane	(201) 530-5665	http://www.estihana.com
Etc Steakhouse	1409 Palisade Avenue	(201) 357-5677	http://www/etcsteakhouse.com
Glatt Express	1400 Queen Anne Road	(201) 837-8110	https://www.glatt-express.com



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**כ"ד אדר ב' ניסן תש"פ
שבת ויקהיל-פקוד
פרשת החודש
שבת מברכים החודש**

Hot Bagels Teaneck (uncut bagels only)	976 Teaneck Road	(201) 833-0410	
Humble Toast	1383 Queen Anne Road	(201) 897-3080	https://www.thehumbletoast.com/
Kosher Concessions	244 Elm Street	(201) 836-3770	http://www.kosherconcessions.com
Lazy Bean Café	1404 Queen Anne Road	(201) 837-2326	www.glatt-express.com/lazybeancafe
Ma'adan	446 Cedar Lane	(201) 692-0192	https://www.maadan.com
Mocha Bleu	1399 Queen Anne Road	(201) 837-2538	http://www.mochableu.com
NoBo	1400 Palisade Avenue	(201) 837-1000	http://nobowineandgrill.com
PickleLicious	384 Cedar Lane	(201) 833-0100	https://picklelicious.com
Pizzalicious	439 Cedar Lane	(201) 836-1700	https://www.pizzaliciousnj.com
Poppy's Bagel/TCBY	204 W Englewood Avenue	(201) 862-0800	http://www.poppysbagels.com
Rabica Restaurant	192 W Englewood Avenue	(201) 837-7558	http://www.rabicacafe.com
Rock and Roll Sushi	1448 Queen Anne Road	(201) 499-7655	http://www.rocknrolltogo.com
Sababa Grill	456 Cedar Lane	(201) 530-0808	http://www.sababagrill.com
Sammy's	1439 Queen Anne Road	(201) 837-1111	http://www.sammysnj.com/
Schnitzel Plus	1450 Queen Anne Road	(201) 833-2301	http://www.schnitzelplus.com
Senders Smoke Joint	190 West Englewood Ave	(201) 357-2255	http://www.sendersusa.com
Signature Sushi	1400 Queen Anne Road	(201) 266-5223	http://www.signature sushi.com
Sushi Metsuyan	192 W Englewood Avenue	(201) 837-8888	http://www.metsuyan.com
Teaneck Doghouse	1415 Palisade Avenue	(201) 530-7733	http://teaneckdoghouse.com/
World of Goodies	198 W Englewood Avenue	(201) 833-9950	https://www.theworldofgoodies.com/
Yalla Teaneck	198 W Englewood Avenue	(201) 885-1555	http://www.yallateaneck.com
Tenafly			
JCC on the Palisades	411 E Clinton Ave	(201) 569-7900	https://www.jccotp.org/jccafe
Liba's Challahs	11 Harold Street	(201) 837-7636	
Tavlin	7 W Railroad Ave.	(201) 871-6060	http://tavlintenafly.com/
Other			
Kosher Experience			Kosherexperience.net