



Congregation Bnai Yeshurun Weekly Shabbat Announcements

August 21-28, 2020

א' - ח' אלול תש"פ

Shabbat Shoftim

שבת שופטים

Shabbat Times זמני שבת

Pre-Shabbat Drasha with Rabbi Zatz (see p. 2 for Zoom link)	6:00 pm	ערב שבת דרשה
Candle Lighting	7:05 & 7:24 pm	הדלקת נרות לחש היום
Mincha & Kabbalat Shabbat - NM	6:45	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat - Ogden Lot	7:15	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat - NM	7:30	מנחה וקבלת שבת

***All Shabbat Minyanim are by registration only and are open to all CBY members.**

Latest Shema	9:36 am	סוף זמן ק"ש
Hashkama—Old Main	7:00 am	השכמה
Hashkama—Ogden Lot	7:00 am	השכמה לחש היום
Ashkenaz—W. Englewood Lot	8:30	נוסח אשכנז
Sefard—Social Hall	8:30	נוסח ספרד
Ashkenaz—New Main	9:00	נוסח אשכנז
Youth Groups in the Parking Lot	10:30-11:15 am	קבוצות נועד
Mincha-New Main	1:45 pm	מנחה
Manny Freed z"l Parent Child Learning - Ogden Lot	4:45 pm	לימוד הורים וילדים
Mincha-New Main	7:20 pm	מנחה לחש היום
Mincha-Ogden Lot	7:20 pm	מנחה
R' Zatz's shiur on "Making Coffee on Shabbos" between <i>mincha</i> & <i>maariv</i> will take place in the <i>New Main</i>		
Ma'ariv & Shabbat Ends followed by Kiddush Levana -New Main	8:28 pm	מעריב לחש היום
Ma'ariv & Shabbat Ends followed by Kiddush Levana— Ogden Lot	8:28 pm	מעריב
Next Shabbat Candles	7:05 & 7:13 pm	שבת פרשת כי תצא לחש היום
Mincha & Kabbalat Shabbat	6:45 & 7:20 pm	הדלקת נרות לחש היום

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

This week's bulletin is sponsored by:

- ***Gilla & Yitz Stern** commemorating the Yahrzeit (6 Elul) of Yitz's mother – Zlata bas R' Yitzchok a"h.
- ***Lani & Shimmy Tennenbaum**, in honor of Jacob and Zachary Becker, Dani Grinfeld and Yaakov Halstuch for supporting the 7:00 am minyan the entire summer.
- ***Marcia & Lee Weinblatt**, in honor of Lee's mother, Eve Weinblatt, becoming a Great, Great Grandmother this week! May we all be zoche to reach this milestone!!

A Message from Rabbi Weinberger



שופטים deals with the nuts and bolts of societal life once Bnei Yisrael cross the ירדן. The need to establish courts; the establishment of a monarchy; the process of waging war etc. And as Shoftim often coincides with the beginning of Elul, many of these mundane mitzvos contain allusions to our spiritual journeys as well.

"שופטים ושופטים תתן לך בכל שעריך",

Judges and officers you shall place for yourselves at all your gates, is a reminder for us to establish safeguards for what enters and leaves our gates. The things that come out of our mouths, that are seen by our eyes or heard by our ears. Here we are reminded that we are the judge, jury, and executioner of our own spiritual well-being.

"שום תשים עליך מלך", *You shall set a king over yourselves*, is a reference to submitting ourselves to the will of the מלכי המלכים.

In advance of the יום הדין, it is in our best interest to reestablish our relationship with the King of all kings.

The final such reference in this week's parsha is a little less obvious but no less meaningful. With regard to warfare, one of the first things we are commanded to do, before we engage in battle, is to send home four groups of soldiers. He who has built a house but not yet lived in it; he who has planted a vineyard but not yet benefited from it; he who is engaged to a woman but not yet married; and anyone who is too afraid to go out to war.

Sending home the soldier who is "ירא ורך הלבב", *afraid and disheartened*, is easy enough to understand. It is a tactical decision that is in the best interest of the army. Fear is infectious and if he sticks around, he will negatively impact the morale of his fellow soldiers.

The first group of three, however, is a bit of a headscratcher. Why these three? What is so special about building a house, planting a garden and marrying someone that *their* lives are too important to risk? What about the person who just started learning Daf Yomi for the first time or the man whose wife is pregnant with their first child? There are many significant moments in life, so why these three over other worthy milestones?

Moreover, the Rambam (הלכות דעות ה"א) outlines the appropriate sequence of events one should follow as we reach adulthood, and he uses *these pesukim* as his blueprint. First, one should "plant a vineyard" (i.e. get a job); then build a house and finally find a spouse. The foolish people, says the Rambam, first get married and only then consider how they will make a living and where they will live. (Guilty!) While the Rambam quotes the pesukim from our Parsha, he actually changes the order. The Torah first describes building a house. The Rambam begins with planting a vineyard. The Rambam's order is quite logical- *first* make a living and *then* build a house. So that adds to the question: why does the Torah record these three *and why put it in this order?*

Rabbi David Fohrman suggests that these three events are not simply meaningful goals in a person's life but are actually our attempt of walking in the footsteps of G-d. How did Hashem begin it all?

(Continued on page 2)



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Special Events

אירועים מיוחדים

- Bar Mitzvah of Netanel Katz.

Mazal Tov

מזל טוב

- Rochel & Alan Feld and Marsha & Seymour Kaye on the wedding of their daughter and granddaughter, Ashira, to Eli Senter.
- Sury Kaminetsky on the engagement of her grandson, Yaakov, to Chayala Cohen of Passaic.
- Micol & Doron Katz and Hana & Brian Katz on the bar mitzvah of their son and grandson Netanel.
- Rebekah Langer on the marriage of her granddaughter Ronit Langer, daughter of Jessica & Richard Langer, to Andrew Katz.
- Yetta & Charles Selengut on the birth of a great grandson, Chaim Yisrael Berman, of Lakewood NJ.
- Anne & R' Harvey Senter on the marriage of their grandson, Eli Senter, to Ashira Feld.
- Alissa & Sammy Zagher on the birth of a granddaughter, Amelia Everly, born to Rebecca & Benji Markoff.
- R' Meier Brueckheimer and Leah & Yitzy Silver on the forthcoming marriage of their granddaughter and daughter, Margalit Silver, to Matan Goldman.

Condolences

נחומים

- David Wisotsky, on the loss of his beloved brother, Morris Wisotsky a"h.

CBY Notes

- Join Rabbi Zahrtz every Friday at 6:00 pm for a Pre-Shabbat Drasha. <https://zoom.us/j/92572782130> Password: cby. To access last week's pre-Shabbat Drasha, please go to www.bnaiyeshurun.org/events.
- Save the Date for CBY Adult Education Committee's Zoom lecture on Tuesday, September 1, at 8:00 pm. Speaker: Dr. Henry Abramson Topic: "Plague and Pandemic in Jewish history: Perspectives in Preparation for the Yamim Nora'im". More details to follow.

Beis Medrash Committee

- Mishna Yomit will begin learning Masechet Keilim.
- Manny Freed z"l Parent Child Learning returns in person in the shul tent at 4:45 pm. Tables will be set up socially distant from one another and masks must be worn. There will be a story with Rabbi Zahrtz, a raffle, and special snack to take to go!
For those that are not able to join us in person, please continue to learn at home for 30 minutes, or more, and fill out the following [google doc](#) on Motzei Shabbat. Each child will be entered into a raffle for prizes, on Sunday morning. Prizes will be delivered to your homes!

R' Weinberger continued from page 1:

First, He built a house (i.e. the world); then He planted a garden (גן עדן); and finally, He invited someone else to come and enjoy it. It is our life mission, among other things, to emulate the ways of Hashem. Like G-d, we do our best to build a home, find a פּרנסה, and invite someone into our lives to share in our journey. Of course, there are other values in life- Torah, tzedakah, chessed, Eretz Yisrael etc.- but perhaps these three milestones represent the very essence of והלכת בדרכיו. These goals are the building blocks that we first establish, and then infuse with the many values of the Torah. So when the Torah highlights these three groups as those who are not ready to give up their lives yet, it is merely a reference to those who are in the process of establishing the foundation of living בצלם אלקים, *in the image (shadow) of G-d*.

Elul is a time of reacclimating ourselves with Hashem and His Torah. How do we do that? How do we connect to an indescribable and intangible G-d? Sure, we can get a jolt by a nice kumzits or a beautiful sunset. But the truth is we connect to Hashem by living our lives- in our homes, at work and with our families. By not just sleepwalking through the routine but realizing that every interaction and every challenge is an opportunity to come closer to Hashem. By not settling for getting by, but by looking for ways to infuse our daily schedule with Torah and Tefilah. When given the proper context, our ordinary lives are actually the most fertile ground for teshuva and for feeling אני לדודי ודודי לי.



Rebbetzin Michal Zahrtz:

Please remember that Michal is available to help with Halachic questions pertaining to Taharat Ha'Mishpacha or other sensitive matters, or for general support and Chizuk. Feel free to text or call her at (917)822-6188

My heartfelt gratitude to Rabbis Pruzansky, Zahrtz & Weinberger & to the entire CBY community for the kindness & thoughtfulness shown to me & my family during this challenging time while mourning the passing of my father Dr. Uriel Paul Federbush z"l.

This has been a challenging several months for Karen & me, losing both our fathers so close together & during a pandemic with all the social restrictions that we have in place, yet neither of us ever felt alone and that is a tribute to our wonderful kehillah. David Federbush



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Weekly Davening Schedule

Earliest tefillin – 5:17 am Latest Shema – 9:36 am Mincha Gedola – 1:32 pm	Sun. Aug. 23 ג' אלול	Mon. Aug. 24 ד' אלול	Tues. Aug. 25 ה' אלול	Wed. Aug. 26 ו' אלול	Thu. Aug. 27 ז' אלול	Fri. Aug. 28 ח' אלול	
דף היומי	עירובין י"ד	עירובין ט"ו	עירובין ט"ז	עירובין י"ז	עירובין י"ח	עירובין י"ט	
Shacharit–Ogden Lot	6:25 am	6:00 am	6:10 am	6:10 am	6:00 am	6:10 am	שחרית
Shacharit- Old Main		7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
Shacharit–Ogden Lot	7:30 am	7:20 am	7:30 am	7:30 am	7:20 am	7:30 am	
Shacharit–New Main	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
Shacharit–Old Main	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	
Shacharit–Ogden Lot	9:15 am	9:15 am	9:15 am	9:15 am	9:15 am	9:15 am	
Shacharit–New Main	9:15 am						
Mincha only-Beis Medrash	1:45 pm	1:45 pm	1:45 pm	1:45 pm	1:45 pm		מנחה
Plag Mincha- Old Main	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm		
Plag Mincha- Ogden Lot	6:00 pm	6:00 pm	6:00 pm	6:00 pm	6:00 pm		
Zman Mincha-New Main	7:25 pm	7:25 pm	7:25 pm	7:25 pm	7:25 pm		
Zman Mincha-Ogden Lot	7:25 pm	7:25 pm	7:25 pm	7:25 pm	7:25 pm		
Maariv only- Beis Medrash	10:01 pm	10:01 pm	10:01 pm	10:01 pm	10:01 pm		

Please note, at this time our minyanim are open for all CBY members.

Tefilah Instructions from Rabbi Zahtz

Friday night:

Plag haMincha is 6:20 pm. Those who are accepting Shabbat early may light candles after that time.

Shema should be repeated after 8:24 pm.

For those making Shabbat b'zman candle lighting is at 7:24 pm.

Shabbat day:

Sof Zman kria shema is at 9:36 am.

This week's sedrah is Parshat Shoftim.

This week's haftarah is Yeshayahu 51:12-52:12. It is the fourth of the seven haftarot of consolation.

The earliest time for Mincha is 1:33 pm.

Mincha should be completed by shkiah at 7:43 pm.

Maariv and Shabbat ends at 8:28 pm, followed by Kiddush Levana.

For those who wait for the zman of Rabeinu Tam it is 8:56 pm.

Davening protocols:

We have beautiful minyanim both in Shul and outdoors on the Shul campus, please join and please remember your masks (both mouth and nose must be covered) and social distancing.

For those davening at home, the following parts of the tefillah are omitted: Magen Avos, Kaddish, Kedusha, Barchu, Brich Shmei, Yekum Purkan and Anim Zemiros.

We recite Av harachamim, and Tzidkascha Tzedek this week.

We recite *לדוד ה' אורי וישעני* at Ma'ariv and Shacharis throughout the month of Elul.

Elul Shofar Blowing: Minyanim under the aegis of Bnai Yeshurun will be adopting the following guidelines for Elul shofar blowing.

Indoor minyanim: The ba'al tokea will blow the shofar from the corner of the room, not in close proximity to anyone else & will face & have the shofar face towards the wall.

Outdoor minyanim: The ba'al tokea should be at the edge of those gathered for the minyan & should turn himself & the shofar away from the rest of the people to blow. Please use common sense, based on both time & location of the minyan to determine if the shofar can be blown in a way that is sensitive to those living near the minyan location. If it is deemed that the shofar should not be blown, then that minyan may blow at mincha instead. These guidelines will be revised before Rosh Hashana.



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ONLINE LEARNING OPPORTUNITIES AUGUST 23-28, 2020		
Daily	Short Vort WhatsApp Group - Inyanei D'Yoma from Rabbi Steven Pruzansky	Sign up Here
Throughout week	Chizzuk WhatsApp Group from Rabbi Ari Zahtz	Sign up Here
Throughout the week	WhatsApp Group – Myth-busters in Halacha with Rabbi Yosef Weinberger	Sign up Here
Sunday -7:00 am, M-F at 6:00 am & Motzei Shabbat at 9:30 pm	Daf Yomi with rotating magidei shiur	https://zoom.us/j/99037398916 Password: CBY
Sunday–Thursday at 7:30 pm	Mishna B'rurah Chavurah with Ari Wartelsky	https://zoom.us/j/611771378 Password: cby
Sunday at 9:00 am	Hilchos Shabbos Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday at 9:00 pm	Gemara Iyun Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Wednesday at 1:30 pm	Senior "Lunch" & Learn with Rabbi Michael Taubes	https://yeshiva-university.zoom.us/j/7494189014 Password: YSH
Wednesday at 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

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

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

SHIURIM BEGIN 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

ANSHI SHALOM
R' Elon Soniker

ARI ZAHTZ
R' Ari Zahtz

LARRY ROTHWACHS
R' Larry Rothwachs

SHMUEL MARCUS
R' Shmuel Marcus

YA'AKOV NEUBURGER
R' Yaakov Neuburger

EFRON SCHWAB
R' Efron Schwab

URI ORLAN
R' Uri Orlan

KEHILLAS ZICHRON MORDECHAI

R' Michael Taubes

ANDREW MARKOWITZ
R' Andrew Markowitz

YA'AKOV TRUMP
R' Ya'akov Trump

MASHE TEITELBAUM
R' Mashe Teitelbaum

ZVI SOBOLOFSKY
R' Zvi Sobolofsky

MORDECHAI WILLIG
R' Mordechai Willig

YEHUDA KELEMER
R' Yehuda Kelemer

SHALOM AXELROD
R' Shalom Axelrod



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שבת שופטים



Virtual Youth Wing!

Shoftim in "Hashtag" Form



- This week's parsha is all about **#Leadership**. We are taught to appoint judges and police officers in each of our cities, in order to maintain **#LawAndOrder**. We are also commanded to follow the rules of our Torah leaders. **#RespectDemElders**
- When we enter Eretz Yisroel, we are supposed to appoint a king. Even though it's **#GoodToBeTheKing**, the king needs to be focused on HaShem and the Jewish people, so he can't collect a ton of horses, wives, or cars... **#TheFrugalRoyal** Additionally, the king needs to write two sifrei Torah **#DatScribeLife**.
- We also learn about the leadership role of the Kohanim **#PriestItUp**. They don't receive a specific portion in the land, since HaShem is their portion **#GimmeAPieceOfDat**.
- The Neviim must be heeded **#PraiseThosePropheticProphets**. We have to **#TrustTheOneAbove**- no fortune telling or magic. Also, we learn about the Ir Miklat, beautiful cities which house Leviim and keep people safe! **#SafeCity #Run!!!!**
- The parsha ends off with some of the rules of war. We must first offer peace treaties before attacking **#AllWeAreSayin** is **#GivePeaceAChance**. We must remain sensitive and caring people and therefore aren't allowed to destroy fruit trees **#BaalTashchit #SeferHaChinuch**. We also learn from here about the importance of not being destructive or wasteful, in general.

CBY YOUTH SHOFTIM SEARCH!

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UCJBIRWYLTTGYIQ
DLTNSRGHPGNTAEL
LDCNJBMAPOXQBXY
TUUKGAQIVXLGVQP
JKCWBAAPKMXILDY
JOAASLJEDLLSCWY
UHNSLTGALCAHOES
DEATKAHCTAZTXHC
GNV IISREEZGHNZR
EDINNHUTHORSESI
WYJGGCLRMLTKYJB
QKZFWHEEAADOLBE
CLTTRISAGHLURAF
GRKNTTFTIJS EWAW
WLBHCGKYCCOURTH
    
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Baal Tashchit	Ir Miklat	Wasting	Horses
Peace treaty	Police	Court	Judge
Rules	Torah	Magic	King
Navi	Law	Scribe	Kohen

Fun Facts #NoWay

- The American Supreme Court didn't have a fully functional home until 1935. The Court was in various locations before the Civil War, and it was housed in the Old Senate Chamber from 1861 to 1935. The chamber wasn't spacious; the Justices ate lunch in the robing room. Chief Justice William Howard Taft led the drive for a Supreme Court building in the 1920s.
- What happens when two justices take their oath on the same day? On January 7, 1972, Lewis F. Powell Jr., and William H. Rehnquist were sworn in during a special sitting of the court. When two justices join the court on the same day, seniority is determined by age.
- John Marshall is only one of two justices to appear on U.S. currency. Marshall was on the \$500 bill, while Salmon P. Chase was on the \$10,000 bill. Neither bill is in circulation today.

Congratulations to Rena Landerer and on being this week's winner of PCL-To-Go!



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שבת שופטים

BEIS MEDRASH PROGRAM PRESENTS

MANNY FREED Z"l

PARENT CHILD Learning

OUTDOOR EDITION!
SOCIAL DISTANCING GUIDELINES & MASKS REQUIRED

EXCITING TORAH!
RAFFLE PRIZES!
SPECIAL SNACK TO GO!

SHABBAT AFTERNOONS
4:45 PM
OGDEN PARKING

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

Pre-Shabbat DRASHA WITH RABBI ZAHTZ

EVERY FRIDAY

6:00 PM

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

PASSWORD:
cby

Contact Us

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

Masks work.

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

Masks are really no big deal.

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

Masks allow us to reopen.

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

It's apolitical.

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

It shows you care.

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

It's a mitzvah.

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

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

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

How can I be confident in wearing a mask?

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

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

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

Do I need to wear a mask outside?

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

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

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

Everyone had Covid-19 already.

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

Do masks make people nervous?

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

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

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

Are masks healthy?

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

Are masks safe for all people?

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



Congregation Bnai Yeshurun Weekly Shabbat Announcements

August 21-28, 2020

א' - ח' אלול תש"פ

Shabbat Shoftim

שבת שופטים

Community Announcements

- We are pleased to announce that with the guidance of medical professionals and the RCBC, the Teaneck Keylim Mikvah is open, for self-service by APPOINTMENT ONLY, for the hours of 8:00 am - 2:00 pm Monday through Thursday and 8:00 am - 5:30 pm on Friday. Please go to <http://www.teaneckmikvah.com/> to book your appointment.
- Free training for Mental Health, Addiction, Primary Care, & General Health Care Providers NJ Department of Human Services/Division of Mental Health Services Presents: ZERO SUICIDE ACADEMIES- When: September 9, 10, 11. Organizations will have the opportunity to participate in one of the three Academies, each of which consists of three half-day (8:30 am – 12:30 pm) virtual training sessions. The Zero Suicide Academies teach teams about SAMHSA recommended tools & interventions. The NJ Academies will have special focus on firearm safety & suicide by firearm presented by the Rutgers School of Public Health, Center on Gun Violence Research For Additional Information & to obtain an application to participate: www.zerosuicideinstitute.com/zero-suicide/academy
- To celebrate the 20th anniversary of TeaneckShuls, during a pandemic, there was only one thing to do-try to help people in need with the powerful reach of this listserve & our fabulous membership! We have chosen two very worthwhile organizations to be the beneficiary of ALL the monies raised here - Leket Israel and Tomchei Shabbos of Bergen County. All donations will be split evenly between both of these worthwhile organizations. We are giving away a free mask with any donation, featuring a TeaneckShuls 20th anniversary logo designed just for this fundraiser! We will be delivering them ourselves, only locally & quantities are limited so please indicate on the donation page if you want a mask. No hard feelings if you don't want one. <https://my.israelgives.org/en/campaign/teaneckshuls>
- United Hatzalah, in partnership with CoronaCareIsrael, is proud to present free & anonymous online counseling to US frontline healthcare providers. It is a partnership group of mental health trauma professionals practicing in Israel. Our team has accrued much experience in addressing continuing trauma situations. Our team has developed a protocol specific to treating frontline healthcare workers affected by the ongoing pandemic. Our protocol is designed to be brief & practical so that it is accessible & appealing to busy, overextended personnel. Given our time zone difference, we can offer 24/7 mental health support at hours when these services may not otherwise be readily available. Sign up anonymously at www.bit.ly/UHCoronaCare. Confidentiality is of prime importance to us, & we will never require any identifying details. We invite all frontline staffers to utilize our services during this challenging time.
- The Age-Friendly Teaneck initiative is to make the Township as great a place to grow old as it is to grow up. We raise awareness of the needs of Teaneck's rapidly growing population of older adults, & in keeping with that goal, we have drafted a new survey, the results of which we hope to use to shape our advocacy goals today & in the future. We know the COVID-19 crisis has amplified old challenges & created new ones for many of Teaneck's residents. Please fill out the survey below: <https://www.agefriendlyteaneck.org/aftsurvey.html> All survey submissions are anonymous, & we will use the compiled data to help inform government leaders & social service providers about the always-evolving experiences & needs of older adults in the Township. If you have any questions about the survey, or would like to respond over the phone, feel free to call us at 201-530-6756.
- Shopping Angels is a program designed to provide services to those populations deemed especially at-risk for the COVID-19 virus. To help ease the uncertainty, anxiety, & fear surrounding this pandemic, we are volunteering our time to personally deliver groceries or other shopping necessities to those who may prefer to stay within the safety of their own home at no additional cost. This program is entirely volunteer-based – we do not ask for gas money, tips, or delivery fees! To request service or to volunteer please visit www.shoppingangelsglobal.org.
- Feldenkrais lessons for posture, calm and wellness continue-note the new schedule. Mondays at 8-9 pm and Tuesday-Friday at 11:30-12:30 pm. Joyce Bendavid is inviting you join Zoom Meeting: <https://us02web.zoom.us/j/5864270795>. Meeting ID: 586 427 0795. Password: 337785. Call with questions Joyce Bendavid OTR GCFP 201-759-4222.
- Areyvut would like to share 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.