



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - ו' אב תש"פ

**Shabbat Devarim
Shabbat Chazon**

**שבת דברים
שבת חזון**

Shabbat Times זמני שבת

Candle Lighting	7:05, 7:35 & 7:59 pm	הדלקת נרות
Mincha & Kabbalat Shabbat-NM	6:45	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat-Ogden Lot	7:15	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat-NM	8:05	מנחה וקבלת שבת

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

Latest Shema	9:24 am	סוף זמן ק"ש
Hashkama-Old Main	7:00 am	השכמה
Hashkama-Ogden Lot	7:00 am	השכמה
Ashkenaz-W. Englewood Lot	8:30	נוסח אשכנז
Sefard-Social Hall	8:30	נוסח ספרד
Ashkenaz-New Main	9:00	נוסח אשכנז
Youth Groups (N-4 th grade) Parking Lots	10:30- 11:15 am	כיתות נוער

Mincha-New Main	1:45 pm	מנחה
Mincha-New Main	7:55 pm	מנחה
Mincha-Ogden Lot	7:55 pm	מנחה
R' Zahtz's shiur on "The Halachot of the 9 Days" between mincha & maariv will take place in the New Main		
Ma'ariv-New Main	9:03 pm	מעריב
Ma'ariv-Ogden Lot	9:03 pm	מעריב

Next Shabbat Candles	7:05, 7:35, & 7:52 pm	שבת פרשת עקב
Mincha & Kabbalat Shabbat	6:45, 7:15, 7:55 pm	הדלקת נרות מנחה

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

For the full Tisha B'Av Schedule please see page 5

A Message from Rabbi Pruzansky



Thank you all again for the heartfelt and emotional farewells of the last few months. I can assure you that the "hellos" were not as extravagant as the "goodbyes!" I will miss you all.

The (מסכת יומא פרק א הלכה א) תלמוד ירושלמי uses strikingly harsh language to place the current period of national mourning in context: כל דור

“Any generation in which the Temple is not rebuilt in its era is considered as if it has destroyed it [again].” But why should that be? Why should a subsequent generation be adjudged guilty for the sins of the ancients?

The של"ה explains that any generation in which the בית המקדש is not rebuilt must be guilty of the same sins that the ancients committed, for if they were innocent of them the בית המקדש would already be built! Certain iniquities in Jewish life persist – baseless, self-destructive hatred, envy, לשון הרע and the like. If the problems of old are not rectified, it stands to reason that the בית המקדש would not be able to endure even if the edifice was constructed, so there is no point in building it. That much is true, even if conceptually we could contend that not building something is not quite the same as destroying it. So what are חז"ל teaching us?

It occurred to me that the issue is not only the prevalence of sin but perhaps something else entirely: the loss of the longing, the absence of the yearning for the בית המקדש. We certainly pay lip service to it in all our תפילות. Every עשרה שמנה concludes with a prayer for the rebuilding of the Temple, בימינו, in our days, and not only in our days, but במהרה בימינו, speedily and in our days. “Our days” can mean anytime, when it most convenient and not disruptive to our other plans. במהרה בימינו means “quickly, now, I can't wait any longer.” Think of the longing for food at the end of תשעה באב - the first morsel of food, the first sip of water (or coffee, for those who indulge in that vice). We can't wait!

Do we similarly pine for the בית המקדש, feel a raw emptiness in the pit of our stomachs and some deficiency in our lives without it? I would think that very few of us do, one reason why many feel that even the mourning of these Nine Days culminating in the severe restrictions of תשעה באב (and compounded this year by all the other crises surrounding us) is more of an inconvenience than it is a genuine attempt to grieve over the חורבן and contemplate what we can do to remedy the problems of the past.

If a generation does not succeed in rebuilding the בית המקדש, it means that it does not miss it enough and does not appreciate its absence enough. And that is not much different from the generation of the חורבן that did not appreciate enough the existence of the בית המקדש or fear its disappearance. Let us not make that mistake –

Continued on page 2



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - י' אב תש"פ

**Shabbat Devarim
Shabbat Chazon**

שבת דברים
שבת חזון

Mazal Tov מזל טוב

- Alissa & Shimmie Horn and Marcia & David Kreinberg on the birth of a granddaughter, a daughter to Rivky & Ari Horn.
- Miriam & Irv Klavan on the birth of a great-granddaughter, a daughter to Adi & Reuven Klavan in Ginot Shomron, Israel.
- Rori & Sandy Srulowitz on the birth of a grandson, a son to Rebecca & Michael Rubin.
- Florence & Mel Zelefsky and Rena & Chaim Shulman on the engagement of their grandson and son, Eli, to Tirza Lehrfield of Staten Island.
- Heidi & Alan Fuchs on the birth of a granddaughter.

Condolences נחומים

- Rochel Stechler on the loss of her beloved sister, Devorah Lang a"h.

CBY Notes

- R' Zahztz's women's shiur will not take place this coming week.
- CBY Adult Ed & Mizrahi Present a Three Weeks Program. Please click on the flyer to access the live links to the daily shiur.
- Sunday, July 26th CBY & Yeshivat HaKotel present Vayichan Ahavas Yisrael Pre Tisha B'Av Schedule. To access the full program of shiurim click [here](#).
- Thank you to everyone who joined us last week, in person or virtually, for Rabbi Pruzansky's Farewell Address and Tribute Video. To see a recording of the program please visit bnaiyeshurun.org/rabbinic-tribute.html
- CBY is in the midst of a Gala Fundraising campaign as the shul depends on your donations for cash flow & operations. To support CBY at this time please click [HERE](#).

Beis Medrash Committee

- While the doors to our Beis Medrash are physically closed we have many learning opportunities. Please see our chart on page 6 with all our online/phone learning options.
- Mishna Yomit is learning Masechet Middot.
- Manny Freed z"l Parent Child Learning- Click [here](#) for this week's learning source sheets. 1. Parents should learn for 30 minutes, or more, on Shabbat afternoon with their children. Each additional 30-minute PCL learning slot on Shabbat afternoon will earn you another ticket! 2. Fill out the following [google doc](#) on Motzei Shabbat indicating that they participated. 3. Each child will be entered into a raffle for awesome prizes that will be picked on Sunday morning. Prizes will be delivered to your homes!!

R' Pruzansky continued from page 1:

but rather feel, truly feel, the sting of the חורבן and what it means for our lives, contemplate the loss of the בית המקדש, and envision the sublime joy of its rebuilding and the redemption of all Israel, במהרה בימינו אמן.

A THREE WEEKS
ISRAEL JOURNEY

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

VIEW ON DEMAND

DAILY THOUGHTS

ON LOCATION AND IN OUR HEARTS

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

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
THE CAUSE OF THE DESTRUCTION					
WEEK 1	20 Tammuz July 12 Hebron Hills Vineyard <i>The Sin of the Spies</i> RABBI DOV LIPMAN EYE-HARLOW	21 Tammuz July 13 Nebi Samuel <i>Bloodshed</i> RABBI MENACHEM LERETZIG EYE-HARLOW	22 Tammuz July 14 Hinom Valley <i>Idol-Worship</i> RABBI DAVID JASON RABBI BARNEA SELAVAN	23 Tammuz July 15 Herodian Quarter <i>Baseless Hatred</i> RABBI BINNY FREEMAN RABBI BARNEA SELAVAN	24 Tammuz July 16 City of David: Area G <i>Rejecting Rebuke</i> RABBI MOSHE TADGON RABBI KEN SPIRO
WHAT WE NEED TO FIX					
WEEK 2	27 Tammuz July 19 Yavneh <i>Torah from the Depths</i> DR. YAIR ZIEGLER RABBI BARNEA SELAVAN	28 Tammuz July 20 Har Grizim and Har Elval <i>Jewish Responsibility</i> RABBI YISHAI FLEISHER EYE-HARLOW	29 Tammuz July 21 The Ophel and Shiloh <i>Relationships</i> RABBI YOSSEF ZVI SHACHIN EYE-HARLOW RABBI KEN SPIRO	1 Av July 22 Ketef Hinom Graves <i>Unrequited Love</i> RABBI PORCIN PEREZ RABBI BARNEA SELAVAN	2 Av July 23 Kever Rachel <i>Never Giving Up</i> RABBI JEREMY SHAFER EYE-HARLOW
WHAT WE YEARN FOR					
WEEK 3	5 Av July 26 Jerusalem Archeology <i>Appreciating What We Lost</i> RABBI RACHEL FROEDER RABBI KEN SPIRO	6 Av July 27 Madaba Map and Sussya <i>The Centrality of Jerusalem</i> RABBI CHALOM KOPPEL EYE-HARLOW RABBI KEN SPIRO	7 Av July 28 Batei Machse Square <i>Bringing The Redemption</i> RABBI YESHAYAH DAVIS RABBI KEN SPIRO	8 Av July 29 Temple Mount Lookout Point <i>The Legacy of Rabbi Akiva</i> RABBI DAN TESSMAN RABBI BARNEA SELAVAN	9 Av July 30 Full Tisha B'Av Program

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

David Frohlich z"l Youth Department

- Register for the Tisha B'Av Chessed Event. Spots are limited to 30 kids at each session. Open to children in K-4th grade. To sign up click [here](#). For more details see flyer on page 11.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג'-ו' אב תש"פ

**Shabbat Devarim
Shabbat Chazon**

שבת דברים
שבת חזון

Weekly Davening Schedule

Earliest tefillin – 4:44 am Latest Shema – 9:24 am Mincha Gedola – 1:39 pm Plag Mincha – 6:35 pm Zman Mincha – 8:05 pm	Sun. July 26 ה' אב	Mon. July 27 ו' אב	Tues. July 28 ז' אב	Wed. July 29 ח' אב Fast begins at 8:14 pm	Thu. July 30 ט' אב צום תשעה באב Fast ends 8:55 pm	Fri. July 31 י' אב	
דף היומי	שבת קמ"ב	שבת קמ"ג	שבת קמ"ד	שבת קמ"ה	שבת קמ"ו	שבת קמ"ז	
Shacharit–Ogden Lot	6:25 am	6:00 am	6:10 am	6:10 am	5:50 am w/abridged Kinnot	6:10 am	שחרית
Shacharit- Old Main		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		7:30 am	
Shacharit–New Main	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am w/Kinnot	8:00 am	
Shacharit–Old Main	8:50 am	8:50 am	8:50 am	8:50 am	9:00 am w/ Kinnot	8:50 am	
Plag Mincha- Old Main	6:35 pm	6:35 pm	6:35 pm	1:45 pm 6:00 pm	1:40 pm (NM) 6:00 pm (OM)		מנחה
Plag Mincha- Ogden Lot	6:35 pm	6:35 pm	6:35 pm	8:05 pm followed by Eicha/Kinnot	7:45 pm (NM & Ogden Lot)		
Zman Mincha-New Main	8:05 pm	8:05 pm	8:05 pm	8:05 pm	8:35 pm maariv (NM & Ogden)		
Zman Mincha-Ogden Lot	8:05 pm	8:05 pm	8:05 pm				

Our minyanim are open, at this time, to full members only by registration.
For the full Tisha B'Av schedule see page 5.

Tefilah Instructions from Rabbi Zahtz

Friday night:

Plag hamincha is 6:48 pm. Those who are accepting Shabbat early may light candles after that time
For those making Shabbat b'zman candle lighting is at 7:58 pm

Our minhag on Shabbat Chazon is to sing Lecha Dodi to the tune of Eli Tziyon

Shema should be repeated after 8:53 pm

Shabbat day:

Sof Zman Kriat Shema is at 9:26 am

This week's sedrah is Parshat Devarim

This week's haftarah is Yeshayahu 1:1-27

This Shabbat, Shabbat Chazon, derives its name from the opening of the haftarah. Our minhag is that it is read with the sad Eicha trop except for pesukim 1, 17-19 and 24-27 that are read in the regular haftarah trop

The earliest time for mincha is 1:40 pm

Mincha should be completed by *shkiah* at 8:18 pm

Maariv and Shabbat end at 9:09 pm

Davening protocols:

We have beautiful minyanim both in Shul and outdoors on the Shul campus, please join and please remember your masks 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 both Av Harachamim and Tzidkascha Tzedek this week.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - ו' אב תש"פ

Shabbat Devarim
Shabbat Chazon

שבת דברים
שבת חזון

Guidelines for Tisha B'Av 5780

Erev Tisha B'Av

The *Seudah Mafsekes* should be eaten prior to the fast while sitting on the floor and should not have a *zimun* (a larger more substantial meal should be eaten earlier). The common *minhag* is to eat bread, with a boiled egg dipped in ashes as a reminder of the mourning over the *Beit Hamikdash*.

Tisha B'Av

The same afflictions that pertain on Yom Kippur apply on Tisha B'Av as well. It is prohibited to eat, drink, bathe, anoint oneself (except if required for medical purposes), wear leather shoes or engage in marital relations.

In terms of washing, one who has been strict throughout the pandemic about washing hands may continue to do so on Tisha B'Av.

As the learning of Torah fills us with joy, we are only permitted on Tisha B'av to learn areas of Torah relating to the destruction of the *Beit HaMikdash* and mourning.

We sit on the floor or low stools through Thursday at *Chatzot*, 1:02 pm.

The *minhag* is to avoid work that will divert one's attention from the mourning until *chatzot*.

Anyone who has specific needs involving the relaxation of any of these prohibitions should contact Rabbi Zahtz.

Tallis and tefilin are not worn at Shacharit, but are worn at Mincha, with a *bracha*.

It is prohibited to greet someone on Tisha B'Av. We are all considered as mourners during shiva.

*Those who are davening at outdoor minyanim, in an effort to make sure no one is exposed to the heat for too long, should finish davening all the way until after *Aleinu*. At that point either the abridged version of Kinnot can be recited (more details on that to follow), or for those for whom it is difficult, Kinnot may be recited at home (there will also be a Zoom link to the Kinnot in shul). Those davening at home may read Eicha (also available via zoom) and recite Kinnot as well.

After the Fast

We usually put on shoes and eat before reciting Kiddush Levana. On a practical basis, we will likely wait until Motzei Shabbat to recite Kiddush Levana in shul.

As the fire that destroyed the *Beit Hamikdash* continued burning through the tenth of Av, some of our mourning practices continue through Midday on Friday. Therefore, it is prohibited to eat meat or drink wine until Friday at midday.

Because this year the fast is on Thursday, and we are busy on Friday with Shabbos preparations, already on Friday morning it is permissible to shave, cut hair and do laundry. If necessary, there is room to be lenient even after the fast on Thursday night.

Certainly, there are many other laws, customs and practices that we observe on Tisha B'Av. Please feel free to reach out with any questions.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - ו' אב תש"פ

Shabbat Devarim
Shabbat Chazon

שבת דברים
שבת חזון

Tisha B'Av 5780 Schedule

*Please note that all minyanim and in-person programming will require advance registration
Stay tuned for details with registration information*

Erev Tisha B'Av – Wednesday, July 29th

Mincha: 1:45 pm (Ogden Lot), 6:00 pm (Ogden Lot), 8:05 pm (Ogden Lot & New Main Shul)

Please note no plag mincha minyan

Fast Begins: 8:14 pm

Maariv/Eicha in Ogden Lot: 8:20 pm

Maariv/Eicha & Kinnot in New Main Shul: 8:20 pm (*Eicha and Kinnot will be available via Zoom*)

Tisha B'Av – Thursday, July 30th

Shacharit:

5:50 am – Ogden Lot – with abridged Kinnot

8:00 am – New Main Shul with Kinnot led by Rabbi Ari Zahtz and Rabi Steven Weil (*Kinnot will be available via Zoom*)

9:00 am – Old Main Shul with abridged Kinnot led by Rabbi Yosef Weinberger (*Kinnot will be available via Zoom*)

Chatzot: 1:02 pm

Mincha: 1:40 pm (New Main Shul), 6:00 pm (Old Main Shul), 7:45 pm (Ogden Lot & New Main Shul)

Please note no plag mincha minyan

Maariv: 8:35 pm (Ogden Lot & New Main Shul)

Fast Ends: 8:55 pm

Programming:

9:00 am – 1:15 pm: Rabbi Ari Zahtz “Reflections on Tisha B'Av” and Rabbi Steven Weil “Reliving and Re-Experiencing the Tragedies of Jewish History through the words of the Kinnot” (New Main Shul and via Zoom)

Attendance in person by advance registration only. Zoom access open to all.

9:45 am-11:30 am: Rabbi Yosef Weinberger "Finding Meaning in Cryptic Kinnot"

Attendance in person by advance registration only. Zoom access open to all.

12:00 pm & 5:00 pm: Chofetz Chaim Heritage Foundation Film “Live Shalom Bring Geulah” (Social Hall)

By advance registration only.

Online viewing available for purchase through CCHF at www.tishabav.live

12:00 pm: Rabbi Steven Pruzansky “The Long Exile and the Hesitant Return” (Zoom)

2:00 pm – 4:00 pm: David Frohlich z”l Youth Department Chessed Activity (Social Hall)

By advance registration only – please register [HERE](#)

6:30 pm: Rabbi Steven Weil, “The Sonderkommando: Remembering the Lives of the Rarest and Most Tragic Survivors” (New Main Shul)

Attendance in person by advance registration only. Zoom access open to all.

8:15 pm: Rabbi Yosef Weinberger (shiur between mincha & maariv) "Where is the Nechama?"



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - ו' אב תש"פ

**Shabbat Devarim
Shabbat Chazon**

שבת דברים
שבת חזון

ONLINE LEARNING OPPORTUNITIES JULY 26-31, 2020

Daily	Short Vort WhatsApp Group - Inyanei D'Yoma from Rabbi Steven Pruzansky	Sign up Here
Throughout week	Chizzuk WhatsApp Group from Rabbi Ari Zahtz	Sign up Here
Throughout the week	WhatsApp Group – Myth-busters in Halacha with Rabbi Yosef Weinberger	Sign up Here
Sunday -7:00 am, M-F at 6:00 am & Motzei Shabbat at 10:00 pm	Daf Yomi with rotating magidei shiur	https://zoom.us/j/99037398916 Password: CBY
Sunday–Thursday at 7:30 pm	Mishna B'rurah Chavurah with Ari Wartelsky	https://zoom.us/j/611771378 Password: cby
Sunday at 9:00 am	Hilchos Shabbos Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Monday at 8:30 pm	Women's Tehillim Group with Randi Wartelsky	https://zoom.us/j/671139519 Password: cby
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday at 2:00 pm	Navi Chavurah with Rabbi Jonathan Schachter	https://zoom.us/j/563762421
Tuesday at 9:00 pm	Gemara Iyun Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
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

Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - י' אב תש"פ

Shabbat Devarim
Shabbat Chazon

שבת דברים
שבת חזון



A Message from Rabbi Ari Zahtz



In the opening סימן of שלחן ערוך, Rav Yosef Karro tells us על חרבן בית המקדש, it is proper for anyone who fears Heaven to be troubled and pained by the destruction of the בית המקדש. But how? How can we be expected to mourn and be troubled and pained over a temple we never saw? One that we nor our parents nor our grandparents experienced. It seems too difficult and too distant.

Before we can train ourselves to feel those emotions, it behooves to understand, why is it so important? If Rav Yosef Karro has chosen to one his code of Jewish Law with this idea, it must be something that not only are we capable of, but something that is significant in our spiritual lives.

It seems there are two paramount reasons why recalling and genuinely feeling the pain of the חרבן בית המקדש is so important. Firstly, because our Sages are unequivocal that if the בית המקדש has not yet been rebuilt, then whatever the underlying cause for destruction was is still prevalent, and we in some way are responsible for its destruction, for if we rectified the initial cause of destruction it would in fact be standing today. So, it is not just a destruction of centuries ago, but something that should be part of our lives today as well. And we need to be aware of the cause so that we may work hard to rebuild the בית המקדש.

The second reason relates to the pain of the גלות of the שכינה, because of the destruction of the מקדש, Hashem's presence in this world is diminished. We pray daily in our שמונה עשרה for the return of Hashem's שכינה to ירושלים, we recite ערך ברחמים ולירושלים ערך ברחמים, תשוב ותשכון בתוכה כאשר דברת, Hashem you should return to ירושלים with mercy and once again dwell there as in the days of old. I think we can more acutely relate to seeing a parent in exile, thrown out of home, רחמנא לעילן, and the anguish it causes the child, and certainly the same thing should arouse our emotions when reflecting that we as a nation have caused G-d to be exiled from and to destroy His temple, and in some way, כביכול, have caused G-d anguish.

The placement at the opening of שלחן ערוך is now understandable, mourning the loss of the מקדש is a critical aspect of our spiritual lives. It reflects our sensitivity to improve ourselves both nationally and individually, but it also speaks to a sensitivity to the Honor of Hashem who is not residing in His Home in this world in the maximum amount of glory.

Yet, it often seems so distant and difficult? How are we today, supposed to internalize the message and remind ourselves that we are not living our lives in the ideal setting of גאולה in the land of Israel?

Several months ago, I was learning with a small group from the shul after maariv and we came upon the following suggestion. It is one that myself and some of the others have tried to incorporate in our lives and I believe makes a difference, and I suggest at least for the Nine Days, to consider trying it. The משנה ברורה comments on this הלכה in שלחן ערוך that the של"ה הקדוש suggests that בכל סעודה על נהרות בבל, after every meal before you bentch, say the chapter of Tehillim, על נהרות בבל. It's fascinating that in most bentchers prior to bentching שיר המעלות is printed alongside על נהרות בבל and it is intended that on days on which we say תחנון that על נהרות בבל should be recited while on days on which תחנון is omitted, we say שיר המעלות. For some reason the practice to recite or sing שיר המעלות is almost universal, while the recitation of על נהרות בבל is uncommon. Read the chapter carefully and thoughtfully, it discussed the plight of the exiled Jews crying, pledging to remember ירושלים and it can serve as that reminder to us, to feel the pain of the חרבן, remind ourselves that we should yearn for redemption and that hopefully before this תשעה באב we will merit together (joining Rabbi Pruzansky and Karen) to greet the משיח שיבוא במהרה בימנו.

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

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

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

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

Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - י' אב תש"פ

Shabbat Devarim
Shabbat Chazon

שבת דברים
שבת חזון



A Message from Rabbi Yosef Weinberger

At the outset of Moshe Rabeinu's farewell address (aka Sefer Devarim), he opens his remarks by doing what he does best: teaching Torah. "בעבר הירדן בארץ מואב הואיל משה באר את התורה הזאת", *On the other side of the Jordan, in the land of Moab, Moshe undertook to expound this teaching* (Devarim 1:5). Rashi explains this to mean that Moshe translated the entire Torah into 70 languages, which represents the **שבעים אומות העולם**, 70 nations of the world. In other words, Moshe took something which was generally inaccessible- the Torah written in the **לשון הקודש**- and made it attainable for all.

Moshe's decision to translate the Torah is particularly interesting in light of the story recorded in **מסכת מגילה** (9a). The Gemara says that King Ptolemy forced 72 **חכמים** to translate the Torah into Greek- an episode is known as the Septuagint (the 70). The **חכמים** showed up without any knowledge of why they were summoned. Ptolemy put them into 72 different rooms and gave them the task of translating the Torah. They, miraculously, all translated the Torah with perfect consistency- all purposely including the same 13 deviations from the real text (for reasons explained in the Gemara).

Notwithstanding the miraculous events that took place, Chazal view this incident in a tragic light. In fact, it is one of the reasons given for why we fast on **י"ז בתמוז**. So, if that's the case, what was Moshe doing? How are to understand the notion of translating the Torah- was it a moment of triumph or mourning?

I saw a beautiful idea (with slight nuances in approach) suggested by the Sfas Emes as well as Rav Yehuda Amital, z"l. They suggest that Moshe Rabeinu translated the Torah into all 70 languages to safeguard its eternal accessibility and relevance. Thanks to Moshe, it was now a Torah that could be learned in any country, at any point in history. No matter where the Jews ended up, the Torah would be there with them.

The Rambam, one of the greatest Torah minds to ever live, grew up in Spain, was exiled to Morocco, and ultimately settled in Egypt. Wherever he went, he was accompanied by the **דבר ה'**. The famed Mir Yeshiva, started in the small, poor town of Mir, Poland. During the Holocaust, the members of the Yeshiva miraculously escaped to Shanghai, where they spent the duration of WWII, and ultimately ended up in Yerushalayim. And on a more personal note, the very same words that Hashem spoke to Moshe Rabeinu in the Sinai Desert, continue to reverberate through the walls of our shul and our homes, day and night, here in Teaneck, New Jersey.

This is why Moshe translated the Torah into 70 languages. By doing this, he ensured that any place a Jew would go- from Morocco, to China, to Teaneck- they could take the Torah with them.

In that sense, **הואיל משה באר את התורה הזאת**, Moshe's translation of the Torah, was a triumphant moment. A moment that predicted the eternity of the Jewish people and our ability to preserve the Torah, wherever we ended up. This is no doubt a source of national pride.

At the same time though, this very point should also trigger a strong sense of mourning. Not every one of the "70 languages" the Torah was translated into conjures up positive associations. We mourn for those who courageously clung to the Torah in the barracks of Auschwitz or behind the Iron Curtain. The Torah was ever-present for the many immigrants who struggled mightily to make ends meet in America. The ones who left work on Friday knowing they wouldn't have a job on Monday because they couldn't show up on Saturday. The list, unfortunately, goes on and on. So many of our destinations have been far from pleasant.

Yes, the Torah *can* be taken with us any place we go and it *has* been taken by many Jews, wherever they've gone. But that's not the way it was supposed to be. We say in Yom Tov davening **ולינו מארצנו** - it is because of *our transgressions* that we were exiled from Eretz Yisrael and dispersed to all four corners of the world. Had it not been for our sins, we could have kept the Torah in peace and harmony, with one language, in one land.

Throughout the year it's appropriate to give ourselves a pat on the back for building what we've been able to build here in galus. We should be extremely proud of carrying the Torah with us across the globe for nearly 2,000 years. But for 3 weeks of the year (and to a smaller extent, every day), we mourn over the less than ideal circumstances we find ourselves observing the Torah in. There is something so beautiful- and at the same time so off- about seeing MetLife Stadium (home of the Giants, Jets and Super Bowl XLVIII) packed to capacity for the Siyum HaShas. This is the tension of **הואיל משה באר את התורה הזאת**.

However you slice it, there's no doubt that the Torah (and our commitment to it) is the single greatest reason for why we as a people have survived throughout the long galus. Through our continued commitment to the Torah along with our genuine mourning, may we be zoche to see the coming of Moshiach and the rebuilding of the Beis Hamikdash, **בהמרה בימנו, אמן**.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - י' אב תש"פ

Shabbat Devarim
Shabbat Chazon

שבת דברים
שבת חזון

Teens-Message from R' Jonathan Schachter



Believing versus Knowing

The haftara for this week, taken from the first *perek* of the Navi Yeshayahu, describes the sins that ultimately led to the destruction of the first *Beis Hamikdash*. At first, Bnai Yisrael are described as a nation that has rebelled against HaShem and doesn't know Him. "I have raised and elevated them as My children, but they have betrayed Me. An ox knows its owner, a donkey its master's trough; yet, Israel does not know, My people takes no thought ... They have abandoned HaShem, angered the Holy One of Israel, turned their backs on Him" (1:2-4). Based on these *pesukim*, it seems clear that the cause for the *churban* is the deterioration of the nation's *bein adam la'makom* relationship.

However, just a few *pesukim* later, we are told that the quite the opposite is true. It's not that the nation has replaced *avodas HaShem* with *avoda zara*. Just the opposite - the nation is guilty of overdoing it with their *korbanos* to HaShem and their frequent visits to the *Beis Hamikdash* (1:11,12). They are keeping Shabbos and Yom Tov, yet HaShem is not pleased with them (1:13,14). They daven plenty, but HaShem does not listen (1:15). Why are their *mitzvos* eliciting such a negative response? The Navi explains that this is because their misbehavior specifically in *mitvos bein adam l'chaveiro* has made them unworthy. The judges are corrupt, the businessmen steal from their consumers, and the nation cheats the orphan and widow out of the little money that they possess.

But if the core of their sins is in the realm of *bein adam l'chaveiro*, why then did Yeshayahu begin his *nevuah* with the claim that Bnai Yisrael have abandoned and betrayed HaShem, instead of focusing on their mistreatment of one another? On Tisha B'Av morning, we will read Yirmiyahu (Ch 9) as our haftara. Here too, we encounter the same dilemma. Initially, Hashem laments that the nation "goes from one evil to another evil, and they don't know me" (9:2). Once again, the sin seems to be *avoda zara*. Yet, the next five verses all speak about the nation's sin of being deceitful, dishonest and conniving. "Every man, beware of his friend! Trust not even a brother! For every brother takes advantage, every friend is corrupt in his dealings. One man cheats the other, they will not speak truth; they have trained their tongues to speak falsely" (9:3,4). The question returns - why introduce the nation's crooked interpersonal behavior with the preface that "the nation does not know HaShem"? It seems that they do know HaShem but don't know how to treat others!

The answer to this question brings us to the underlying cause of the *churban*. Of course the nation believed in HaShem and acknowledged His existence. They davened every day and visited the *Beis Hamikdash* on the *shalosh regalim*. They kept Shabbos, celebrated Rosh Chodesh and rejoiced on all of the holidays. But there is a difference between believing in HaShem versus knowing HaShem. Real knowledge of HaShem requires a person to learn what God truly stands for, and to study God's ways and imitate them throughout the day. To have a real awareness of HaShem means that one asks oneself multiple times a day "How would HaShem want me to treat this person who has come before me and now seeks my help?" Yirmiyahu teaches us this very idea in the last *passuk* of the haftara we will read on Tisha B'Av. "Only in the following should one feel pride: in one's knowledge of Me, for I am HaShem who acts with kindness, justice, and fairness, in the world; for in these I delight, declares HaShem" (9:23) To "know HaShem" means to know how much he values honesty and *yashrus*, and then to practice it.

At the time of the *churban*, Bnai Yisrael were practicing a version of Judaism which lacked an understanding of HaShem's values. By way of analogy, they were like a wealthy philanthropist who wanted to perpetuate his wife's name and to honor her for all her selfless work on behalf of the underprivileged in the community. But instead of establishing a local school or community center in her name, which would have been really meaningful and in line with his wife's lifework, the philanthropist opted to create a baking museum since he knows that his wife enjoys cakes too. Clearly, this man missed the point. And even worse, he demonstrated that he doesn't truly understand his wife. Similarly, Bnai Yisrael demonstrated that they didn't properly understand what HaShem was all about if they honored Him with rituals alone and not by imitating His righteous ways in the way they treated each other.

We must use this time period of the 9 days as a time to reorient ourselves with what HaShem truly wants from us. Our community already does so much of what the *neviim* have urged us to take on, in terms of *chesed* and *tzedakah* and *middos tovos*. But there is always room to grow further. We should increase our Torah study, and learn with eyes and hearts that are open wider than ever before, so that we can incorporate more of HaShem's teachings into our lives. Then HaShem will listen more mercifully to our *tefilos* and approve more lovingly of our Shabbasos. Ultimately, He will invite us back to the *Beis Hamikdash*, once we show we truly understand His mission for us.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - י' אב תש"פ

**Shabbat Devarim
Shabbat Chazon**

שבת דברים
שבת חזון



Virtual Youth Wing!

Devarim in "Hashtag" Form



- We are officially starting sefer Devarim, the fifth sefer of the Chumash!
#SeferNo5 #LastButNotLeast #QuintoLibro #MuchasGracias
- Moshe reminds the people, both overtly and covertly, about some of their previous mistakes: Cheit Ha'Egel, the Meraglim, etc. **#RememberRemember #NuNu #ShortMemories #YayThisIsCoolBecauseWeCanAlwaysImproveAndGrow**
- "You are today like the stars in the Heavens..." That *today*, is in this week's parsha!
#TodayIsTheDay #HeyNowYouAreAllStars

Fun Facts #NoWay

1. Twice as nice: The Batei Mikdash each contained two Mizbachot (altars). The large copper Mizbeach in the courtyard was used for the many animal sacrifices that were brought. The golden Mizbeach inside the Temple was used only for incense, brought twice a day by the priests.
2. Even though the Beit Hamikdash has lain in ruins for nearly 2,000 years, the Temple Mount is still sacred, for G-d's Presence has not left. In fact, tradition tells us that the Aron HaBrit is still there, in a specially built vault deep under the Temple Mount.
3. There is an organization in Yerushalayim called Machon Hamikdash that has started to rebuild some of the vessels that were used in the Beit Hamikdash so that when Mashiach arrives we are all set and ready to build and use a brand-new Beit Hamikdash!

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

Shimi Schwartz, Rena Landerer & Nava Landerer





Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - ו' אב תש"פ

Shabbat Devarim
Shabbat Chazon

שבת דברים
שבת חזון

CBY YOUTH

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

Land of Israel	Nine days	Tochacha	Repetition
Meraglim	Speech	Devarim	Yarden
Moshe	Forty Years	Tribes	Stars

Join us as we rebuild the Beit Hamikdash together, one act of kindness at a time!

Tisha B'av
Thursday, July 30, 2020
CBY Social Hall
2:00-3:00 pm | 3:00-4:00 pm

\$8 charge per child
Social distancing will be observed. Masks must be worn for the entirety of the time.

Sign Up Here

Only 25 participants per time slot. Sign up while commitments to time at that time.

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

Manny Freed z"l PCL To-Go!

Brought to you by the CBY Beis Medrash Committee

Parents should learn for 30 minutes, or more, on Shabbat afternoon with their children. Each additional 30 minute PCL learning slot on Shabbat afternoon will earn you another ticket!

Log your hours on Motzei Shabbat by clicking **HERE!**

Together, let's make Shabbat AMAZING, and fill our homes with the joyous song of Torah! #ShabbosIsAmazing



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

ג' - ו' אב תש"פ

Shabbat Devarim
Shabbat Chazon

שבת דברים
שבת חזון

JOIN THE INTERNATIONAL CONTEST:

PAY IT FORWARD CHALLENGE

The Three Weeks are a time to display אהבת חנם to help bring משיח. How can you pay it forward?

WRITE A THANK YOU CARD-HOLD THE DOOR FOR SOMEONE-CLEAN UP A MESS-SHARE-RETURN LOST ITEMS-GIVE A COMPLIMENT-GIVE UP YOUR SEAT-LET OTHERS GO IN FRONT OF YOU-OFFER HELP-DONATE FOOD-SEND A POSITIVE TEXT MESSAGE-INCLUDE EVERYONE-THANK A HEALTHCARE WORKER-LEAVE A BOTTLE OF WATER FOR THE MAIL CARRIER-MAKE GET WELL CARDS

Share your random act of kindness here:
Bit.ly/AJYPAOK
The Shul with the most submissions wins!

**NOW MORE THAN EVER:
#DRIVESAFE #RIDESMART**

BERGEN COUNTY BICYCLE SAFETY INITIATIVE

1. Everyone should wear a helmet
2. Ride with traffic, not against traffic
3. Please follow all local laws about where it is permitted to ride
4. Yield to pedestrians who have the right of way
5. Keep a distance with the rider ahead of you and the rider behind you
6. Learn proper signaling on a bike for turning
7. Don't wear headphones so you can hear traffic
8. Bikers should be mindful that streets are active
9. Be sure to be visible to cars
10. Parents should supervise young children while they ride
11. Be sure to drive slowly when bikers are present
12. When possible, park your vehicle in a driveway to ease visibility on the streets

An initiative of the RCBC together with:
The Jewish Elementary and High Schools of Bergen County

URGENT! COVID19 RESPONSE CAMPAIGN

YAD LEAH CLOTHING FOR ISRAEL

NEW JERSEY DRIVE-BY CLOTHING DRIVE

MONDAY AUGUST 3RD 4-8PM

YESHIVAT HE'ATID
1500 Queen Anne Road, Teaneck

SPONSOR		
50	BOXES OF CLOTHING	\$1,000
30	BOXES OF CLOTHING	\$1,000
15	BOXES OF CLOTHING	\$540
5	BOXES OF CLOTHING	\$180
1	BOX OF CLOTHING	\$36

PLEASE DROP OFF CLOTHES IN TIED-UP BAGS

SEEKING ALL CLOTHING IN EXCELLENT CONDITION

info@yadleah.org • www.yadleah.org • 973-955-0861

Contact Us

Rabbi Steven Pruzansky, Rabbi rabbi@bnaiyeshurun.org
 Rabbi Ari Zahtz, Associate Rabbi rabbizahtz@bnaiyeshurun.org
 Rabbi Yosef Weinberger, Assistant Rabbi rabiweinberger@bnaiyeshurun.org
 Elysia Stein, Executive Director office@bnaiyeshurun.org
 Rivka and 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



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

Shabbat Devarim

Shabbat Chazon

ג' - י' אב תש"פ

שבת דברים

שבת חזון

Community Announcements

- Sunday, July 26th, 9:30 am- Rachel Weber Leshaw "What is "Legitimate Protest?" A Closer Look at Kamtza and Bar Kamtza." For more details, go to <https://www.rinat.org/event/rachel-weber-leshaw.html>. To join, go to <https://zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbmNkaThEbWpYb09qZz09>.
- Sunday, July 26th, 8 pm- Elana Kaplan "Night at the MET Museum: A Journey through Jewish History in Ancient Egypt." For more details, go to <https://zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbmNkaThEbWpYb09qZz09> To join, go to <https://zoom.us/j/4653630025?pwd=Z2p4bWM2YVFYbmNkaThEbWpYb09qZz09>.
- The Orthodox Union is proud to present: Calm Amid Corona – Pandemic Parenting OU's Mental Health series Three Monday night presentations for the parents of teens, featuring Kristen M. Roye, PsyD. – Clinical Director, Destinations for Teens, Rabbi Dov Rosenbluth - Director of Guidance & 11th grade Rebbe at YULA, Monday nights 8:30 pm ou.org/mental-health or [fb.com/OrthodoxUnion](https://www.facebook.com/OrthodoxUnion). Monday night, July 27: Substance Abuse 101: Talking About Drugs & Alcohol With Your Teen.
- Sunday, July 26 at 10:00 am, IY"H, Moshe Miller will give a shiur entitled God of Small Things: Understanding Tisha B'Av. Join Zoom Meeting <https://us02web.zoom.us/j/89774726985> Meeting ID: 897 7472 6985 Password: 732238.
- The Shaimos truck will be at Rinat parking lot, 389 West Englewood Avenue on Sunday July 26th from 5:00 to 8:00 pm. Costs are \$5 to 12 per shopping bag (depending on the weight) or \$25 for a box. Make checks payable to Capitol Seform.
- Project Proactive works toward destigmatizing mental health in the Jewish community through creative methods of education. This summer Project Proactive is running a virtual Teen Leadership Development Program for two weeks, between July 27- August 7. To learn more or to apply please go to <https://www.jproactive.com/summer2020>.
- Please join Sharsheret on Monday, July 27th at 8:00 pm for a community-wide event, Midsummer Miracles: Sharsheret's Chain of Lifesaving Work, to pay tribute to the women & families in our community who have been touched by breast & ovarian cancer. Register, donate & watch at www.MidsummerMiracles.com.
- CareOne at Teaneck is proudly sponsoring a unique Tisha B'Av film & Zoom experience to benefit the Holocaust education initiatives of the Northern New Jersey Holocaust Memorial & Education Center. It will feature the impactful, historical docudrama by Director & Producer Roberta Grossman & Executive Producer Nancy Spielberg called "Who Will Write Our History," the story of Emanuel Ringelblum & the Oyneg Shabes Archive, the secret archive he created & led in the Warsaw Ghetto. Narrated by Adrien Brody & Joan Allen, this docudrama tells the courageous story of those who risked their lives so that the story of life in the Warsaw Ghetto would be told from a Jewish perspective. The film link will be available to all those who signed up on Wednesday, July 28th & will expire on Thursday, July 30th at midnight. The live Zoom event with Nancy Spielberg & Roberta Grossman will take place at 5:30 to 7:00 pm on Thursday, July 30th, Tisha B'Av. We recommend watching the film before the Zoom event. The minimum donation is \$36. To register & to see a trailer of the film, go to www.njholocaustmemorial.org. For info, contact Steve Fox at (201) 362-6776 or Bruce Prince at (201) 410-8292
- Rabbi Michael Taubes will give a shiur on Thursday afternoon (Tishah B'Av) at 3:00 pm entitled "A World-Wide Pandemic? Blame Us - Scapegoating Jews During the Black Death and Other Plagues" <https://yeshiva-university.zoom.us/j/7494189014> Password: YSH
- 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



Congregation Bnai Yeshurun Weekly Shabbat Announcements

July 24-31, 2020

Shabbat Devarim

Shabbat Chazon

ג' - י' אב תש"פ

שבת דברים

שבת חזון

survey submissions are anonymous, & we will use the compiled data to help inform government leaders & social service providers about the always-evolving experiences & needs of older adults in the Township. If you have any questions about the survey, or would like to respond over the phone, feel free to call us at 201-530-6756.

- <https://www.jewishtogether.org/> - Discover virtual opportunities for kids & college students, families & twentysomethings, offered by all types of Jewish organizations, all curated by JewishTogether. Find connection, community, learning & laughter. Add structure to your summer & make #Summer5780 matter. Check out all of the Jewish offerings available to you & your family this summer – & sign up for updates! VISIT #SUMMER5780
- Do you have a high school daughter who is around for any part of the summer? Join us 6:45 pm on Tuesday nights for NCSY'S Summer Girls Learning Initiative through August 18. SGLI is an opportunity for H.S. girls who are home for the summer to spend time with other girls their age & have some exciting Torah learning experiences. Classes will be offered by dynamic presenters from our local shuls & Yeshivot. SGLI is sponsored by NCSY & supported by Bruria, Maayanot, Naaleh & Yeshivat Frisch. The sessions will be outdoors on the Congregation Beth Abraham campus, 396 New Bridge Rd, Bergenfield. All will be in accordance with CDC & state guidelines. (In case of rain, please bring a mask as the learning will be moved inside, while maintaining guidelines). Zoom link will be available for those who want to participate from home. For more information please contact Dr. Aliza Frohlich at afrohlich613@gmail.com.
- JFNNJ Supplies for Success 2020! The need for school supplies & PPE is greater than ever. There are many ways you & your family can help. Donate now! Host a Pop-Up - Be one of a select group to host a backpack Pop-up in your home. All supplies may be picked up at Federation offices between August 3-6 & filled backpacks should be returned on August 16. Join a Pop-Up in Federation's parking lot - Schedule a time to pack backpacks in a reserved Pop-Up tent for you, your family, & friends (no more than 8 people per tent) Sunday, August 16 (Raindate Monday, August 17). Donate - Donate the cost of one or more backpacks (\$25 each) or supply an entire class (\$360) with backpacks. Be a Sponsor - Your family or your business will be featured on all print & digital marketing materials for Supplies for Success. Questions? Contact Shara Nadler at SharaN@jfnnj.org or call 201-820-3947
- Join Yad Leah for a Covid 19 Recovery Drive-By Clothing Drive on August 3rd from 4-8 pm at Yeshivat He'Atid, 1500 Queen Anne Road, Teaneck. This contactless event will

enable Yad Leah to collect much needed clothing to ship to Israel this summer! For more information, text "clothing" to 50155 or email info@yadleah.org. All social distancing guidelines will be observed.

- Shopping Angels is a program designed to provide services to those populations deemed especially at-risk for the COVID-19 virus. To help ease the uncertainty, anxiety, & fear surrounding this pandemic, we are volunteering our time to personally deliver groceries or other shopping necessities to those who may prefer to stay within the safety of their own home at no additional cost. This program is entirely volunteer-based – we do not ask for gas money, tips, or delivery fees! To request service or to volunteer please visit www.shoppingangelsglobal.org.
- We hope everyone is staying healthy. As you can imagine the Teaneck Volunteer Ambulance has been extremely busy with the large amount of COVID19 patients in our community. We are hoping you can help us by going to our website at: www.teaneckambulance.org/covid19.html.
- Feldenkrais lessons for posture, calm and wellness continue-note the new schedule. Mondays at 8-9 pm and Tuesday-Friday at 11:30-12:30 pm. Joyce Bendavid is inviting you join Zoom Meeting: <https://us02web.zoom.us/j/5864270795>. Meeting ID: 586 427 0795. Password: 337785. Call with questions Joyce Bendavid OTR GCFP 201-759-4222.
- Areyvut would like to share this resource with our community: Kindness Club <https://bit.ly/KC42020>. It is a great resource for parents, educators & those that serve senior citizens. Go to <https://bit.ly/2Zw9zwP> for summer crafts.
- Nate Geller, longtime Teaneck resident, is in need of a life-saving blood stem cell donation. The best way to cure his cancer is to receive a marrow donation. If you are between 18-44, you are the perfect candidate to be a blood stem cell donor. If you are between the ages of 45-60, you can also join the registry but you will be asked to make a \$100 donation to cover the cost of the test. All you need to do is, fill out the info form, & Be The Match will send you a swab to return to them in the mail. You can also text "Hesed" to 61474 to register. This link & code will allow the Geller Family to track (anonymously) how many people register & send in a swab in honor of Nate. For every swab sent in to Be the Match using this link & the text code "Hesed" to 61474, the Geller Family will donate \$5 to the Equal Justice Initiative. We hope you will join the registry & help to spread this message. Register at: <http://Join.BeTheMatch.org/Hesed> Or Text: "Hesed" to 61474.