



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבת

Yom Tov & Shabbat Times זמני יום טוב ושבת

Thursday, May 28th Erev Shavuot - ערב תבשילין		
Candle Lighting	7:20 & 7:58 pm	הדלקת נרות
Tikkun Leil Shavuot in your own homes – see page 11		
Friday, May 29th Shavuot Day 1 - אקדמות		
Early Shacharit	4:30 am	שחרית מוקדמת
Latest Shema	9:09 am	סוף זמן ק"ש
Zman Mincha & Kabbat Shabbat	8:05 pm	זמן מנחה
Candle Lighting	7:05, 7:35, & 7:59	הדלקת נרות
Shabbat, May 30th Shavuot Day 2 Megilat Rut / Yizkor		
Latest Shema	9:10 am	סוף זמן ק"ש
Zman Mincha	8:00 pm	זמן מנחה
Maariv & Kiddush Levana	9:05 pm	מעריב וקדוש לבנה
Zoom Musical Havdalah at 9:25 pm – see page 8		

Message from the President

Dear Members,

I don't generally share deep thoughts in this space, as we have so many other more capable contributors, but I can't help but reflect on the connection between Shavuot and the time we are in.

The period leading up to Shavuot, Matan Torah, is a time full of preparation. As we count from Pesach to Shavuot during *sefirat haomer* we increase our efforts in interpersonal relationships, and we try to learn a bit more. When we contemplate the gift of receiving the Torah we acknowledge what a void there would be without it. It's our moral compass, our anchor and guidebook for how to answer life's challenges and difficult questions. This intensifies during *שלושת ימי הגבלה* as we not only get ourselves ready spiritually, but we make physical modifications, getting haircuts, gearing up for the big moment when we receive the Torah. And after all of that counting and planning, we say we are ready. We are ready to finally rejoice in the gift of the Torah, experiencing it as if for the very first time, with a heightened appreciation for its wisdom and generosity, and for the centrality of the Torah in every aspect of our lives.

During the last few months, I have witnessed our interpersonal relationships rise to a new level. The unity of our collective kehilla and the individual help and support our members have exhibited to each other is unprecedented, at least during our time. For some of us, the Torah we've learned has also ramped up. Attending Zoom shiurim has become the norm. Reading divrei Torah from our rabbis each week and watching their WhatsApp snippets is now routine. And I have heard so many people say in the last couple of weeks- ok I'm ready. Ready to get back to shul, ready for minyan again. There is a void. I am counting down the days.

So it's impossible not to equate Shavuot with reopening. As we proclaim to be ready for *מתן תורתנו*, we are almost simultaneously struck with a fresh appreciation for the central role our shul plays in our lives, with the recognition that it is our moral anchor, with the gratitude that our community will always be there for us and we for them. I believe we have been strengthened and are ready to rejoice in the gift of CBY, experiencing it and each other with renewed appreciation and awe.

Continued on page 7

A Message from Rabbi Pruzansky



In the illustrious history of our people, we have never replicated the type of unity that we had when we received the Torah from ה' סיני: "And Israel encamped there, opposite the mountain" (Shemot 19:2). Rashi explains the anomalous use of the singular verb notwithstanding that "Israel" is a nation and the plural verb *ויחזנו* should have been employed. At Sinai, we were *כאיש אחד בלב אחד*, like one person

with one heart, unlike the other encampments that occurred that were replete with dissension and discord. At Sinai, all Jews – but *all* Jews – were overwhelmed by the desire to serve ה' by accepting His Torah and committed for eternity to be His chosen people.

Why has it been so difficult to reproduce that sublime moment? Presumably we all cherish unity, we all wish we all did and thought the same things, and we all hope for an era without any disagreements or divergence of opinion. Or do we? Perhaps we haven't again achieved the degree of unity we enjoyed at Sinai because that is not how it is supposed to be. The elusive quest for unity was meant to be elusive.

People are different; as the Talmud (Berachot 58a) states "just like no two people look alike, so too no two people think alike." When we view a gathering of 600,000 Jews in one location (it doesn't happen often), we are supposed to recite the blessing "ברוך חכם הרזים," Blessed is the Knower of Secrets," the One who knows what is in the heart of each member of such a large and diverse nation.

Jewish law provides for diversity of behavior but even more for diversity of thought. Within the bounds of הלכה, there are often conflicting views. Wouldn't it be nice if we all *davened* the same נוסח or resolved whether or not *קטניות* can be consumed on פסח? Wouldn't it be nice if after this coming Shabbat we didn't again fall one סדרה behind Israel *פרשת השבוע*? Wouldn't it be nice if Israel only had one political party? It sounds like it would be – but maybe not.

Artificial and contrived demands for unity, especially the promiscuous use of "unity" as a platitude whose virtue goes unquestioned, might actually be a vice, not a virtue. After all, every dictator would love to have unity, the better to secure his tyranny. The *צלם אלקים*, the divine image within us, presupposes that human beings exercise independent thought and choice and are not simply robotic adherents to incomprehensible, inexplicable or irrational dictates. The notion of asking questions is at the heart of סדר – because the right to question acknowledges that we are free-willed beings.

An artificial, coerced, manufactured or disingenuous unity can actually be harmful. It can induce groupthink, analyses of issues that are less than rigorous, pressure to conform, fear of dissent, and even ostracism of dissidents. It is well known that our sages taught (Sanhedrin 17a) that a capital defendant is acquitted when the Jewish court first votes unanimously for his conviction; it is not possible that 23 rabbis should sit at a trial and hear all the evidence without even one judge offering an argument in favor of the defendant. It means that true debate was stifled and that justice was therefore suborned.

Unity is certainly a practical value in crises. How reasonable, sensible and appropriate it would have been had the Jewish underground forces

Continued on page 2



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבת

Mazal Tov

מזל טוב

- Brenda & R' Darren Blackstein on the birth of a granddaughter, a daughter to Miriam & Avi LaTova.
- Sandi & Steven Grodtko on the birth of a granddaughter, a daughter to Aliza & Jesse Leon.
- Susan & Alan Heideman on the engagement of their son, Yossi Heideman to May Swissa of Elizabeth, NJ.
- Yael & Chad Hopkovitz on the birth of their daughter.
- Sara & Carl Markowitz on the forthcoming marriage of their granddaughter, Ilana Markowitz, to Moshe Spirn.
- Priva & Simmy Safier and to Michael Naiman, on the birth of a granddaughter and great-granddaughter, a daughter to Sarena & Yehuda Safier in Atlanta.
- Michael Naiman on the forthcoming marriage of his grandson, Ariel Forman, to Elisheva Pfeiffer.

Condolences

נחומים

- Esther Berezin on the loss of her beloved mother, Miriam Gross, a"h.
- Jonathan Harrison, on the loss of his beloved mother, Lois Harrison a"h.
- Sarah Schleifer, on the loss of her beloved brother, Moshe Rosenblatt a"h.
- Avi Katz, on the loss of his beloved mother, Judith Katz a"h.

CBY Notes

- Thank you to our generous sponsors of the Pre-Shavuot Shiurim:
-Deena & Harvey Wrubel לזכר נשמת דבורה בת יהודה קלוגנימוס וברנדל
-Diane & Ushie Selevan in commemoration of the yahrzeit of Diane's mother, Tzipora bat Yehuda a"h and the yahrzeit of Uncle Lester, Eliezer Tzvi ben Avraham a"h
-Deena & Saul Kaszovitz l'iluy nishmat their parents, Avraham Yosef ben Yisrael Shalom (Avi Blumenfeld), Gedalia Yitzchok ben Shmuel Yosef (Gabriel Kaszovitz), & Sora Leah bas Harav Shaul (Vivian Kaszovitz)
-Chaya and Joe Schwartz
- CBY is in the midst of a Gala Fundraising campaign as the shul depends on your donations for cash flow and operations. To support CBY at this time please click [HERE](#).
- 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 we have many Torah opportunities. Please see our chart on page 4 with all our online/phone learning options.
- Mishna Yomit is learning Masechet Keritot.

R' Pruzansky continued from page 1:

in the Warsaw Ghetto been able to cooperate with each other against the Nazi enemy rather than acting as distinct organizations, and occasionally even fighting against each other. As unity can be flawed, so can disunity be the product of clashing egos rather than the pursuit of truth, justice and proper conduct.

Unity of thought and action, therefore, existed only at Sinai, and only in deference to the will of ה'. That is why we submit ourselves to His law, and when questions or doubts arise, that is why we turn to a Rav to answer those questions and resolve those doubts, recognizing that fallibility exists in any human being. But no one should ever demand that we abandon our right to serve ה' in line with a legitimate rabbinic view because of "unity," without explaining why in that particular case, unity is a value or a virtue.

The Torah world recognizes and lauds not "unity" as a cliché but the *מחלוקת לשם שמים*, the dispute for the sake of Heaven, in which rabbis disagree on substantive issues but remain friends and colleagues, each glimpsing the divine truth from a different perspective. Indeed, the Yerushalmi (Sanhedrin 4:2) makes this explicit: "If the Torah had been given *בפסק הלכה* (as a book of rules and laws, without multiple opinions or possibilities), it would never have endured." Diversity of thought and views enable the Torah to be a living entity, the vibrant expression of G-d's will. Suppression of that concept destroys the Torah rather than strengthens it and weakens the nation as well.

Can this idea be more beautifully rendered than in the Gemara (Chagiga 3b), citing the verse from the end of Kohelet (12:11) that refers to our sages as *בעלי אסופות*, the "masters of collections?" "These are the *תלמידי חכמים*, the scholars, who sit in many assemblies and study Torah, some pronouncing clean and some unclean, some permitting and some prohibiting, some disqualifying and others declaring fit. Should a person say, 'if so, how can I learn Torah?' Thus we are taught *כולם נתנו כולם*, they were all given by one Shepherd, one G-d gave them, one leader [Moshe] spoke them from the mouth of G-d, as it says *וידבר ה' את כל הדברים האלה*, 'and G-d spoke *all* these words'" (Shemot 20:1).

ה' spoke *all* of them – even (especially) when diverse views are enunciated and defended for the sake of Heaven, with both sides genuinely pursuing the truth. That is how the Torah was given to us, on that basis we accepted it, and thus we have preserved it and sacrificed our lives for it – for 3332 years. The true unity we seek is the recognition that we are all part of one nation, with a shared fate and destiny, members of G-d's army, loving, learning and living His Torah, and awaiting the recurrence of complete harmony under the banner of the *בשיח*, may he arrive speedily and in our days. *הג* שמו to all!



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבת

Tefilah Instructions from Rabbi Pruzansky

That it is becoming the unfortunate new normal does not make it any easier to celebrate Shavuot away from our beloved shul. Nonetheless, here is the basic guide to rejoicing this זמן מתן תורתנו.

Remember to make an Eruv Tavshilin on Thursday afternoon that will permit cooking on Friday in preparation for Shabbat. See the details in your handy סידור. At candle lighting, recite להדליק נר של יום טוב and שהחיינו.

Most people wait until nightfall to daven מעריב. For many years now, we in CBY have had an earlier minyan as well. For those who wait to see the stars, nightfall is at 9:08 PM (some daven Maariv a few minutes before that). Those who daven earlier should at least have a כזית of bread after צאת הכוכבים. Maariv is a Yom Tov davening with the additions for Shavuot. קידוש is that of Yom Tov as well. Do not count the Omer.

It is customary to learn Shavuot night. For those who will remain awake the entire night, the earliest time to don a טלית is at 4:27 AM and sunrise is at 5:27 AM. For those who won't, the last time to read the שמע is at 9:10 AM.

It is 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 ציבור and maintain some semblance of communal prayer as well.

The blessings of שמע begin with המאיר לארץ. Note that before reciting the שמע, the three words "א-ל מלך נאמן" are added. ה' אלקיכם "אמת" is not repeated at the end of שמע, as the שליח ציבור in shul ordinarily does; א-ל מלך נאמן takes its place to complete our count of 248 words in the שמע. Of course, קדיש and ברכו are not recited. The עמידה is for Yom Tov, full הלל is recited, and on Friday, the first day of Shavuot, the שיר של יום is, of course, for Friday.

The פסוקים we recite before taking out the Torah (אין כמוד, etc.) can be recited; after all, they are פסוקים. The י"ג מדות are not recited unless davening in a minyan, although the תפלה beginning רבש"ע can be recited. בריך שמי 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. On the first day of Shavuot we read the account of מתן תורה, prefaced by אקדמות, a paean to the Torah and its Giver. The עשרת הדברות are read בטעם תחתון unless in a minyan, where they are read עליון מפטיר. בטעם עליון מפטיר is from Bamidbar 28:26-31. The הפטרה is found in the first chapter of יחזקאל, his vision of מעשה מרכבה; give the הפטרה to someone special.

You can recite י-ה-א-לי, the introduction to the Yom Tov מוסף. The פסוקים we sing when returning the Torah can be sung as well – יהללו, מזמור לדוד, ובגחה – again, they are פסוקים from תנ"ך. Daven מוסף for Yom Tov. There is no *duchaning* in private. The שיר הכבוד is not recited.

Mincha is that of Yom Tov. Some accept Shabbat early; others wait until the זמן. Candle lighting is להדליק נר של שבת ושל יום טוב and שהחיינו. Kabbalat Shabbat is simply the recitation of שיר מזמור and ה' מלך. Daven מעריב as well, a Yom Tov עמידה with the additions for Shabbat. If you start Shabbat early, remember to repeat שמע after 9:00 PM.

The second day of Shavuot falls on Shabbat, so include all references to Shabbat in the davening, including הכל יודוך. Otherwise the davening follows the same format as on Day One. Read מגלת רות, even better: study it. We omit the י"ג מדות and accompanying tefilot.

The Torah portion is taken from פרשת ראה, beginning עשר תעשר (Devarim 14:22-16:17). Same מפטיר as on Day One, and the הפטרה is the only time this year we will read the prophetic vision of חבקוק (2:20-3:19). You can certainly chant the יציב פתגם of שופט, an ode to the Torah and those who learn it.

אב הרחמים is recited, as is יזכור.

Mincha is for Yom Tov with Shabbat additions, Maariv is that of a regular post-Shabbat. We do say ויתן לך and ויהי נועם (who wouldn't?), ה' מלך is the regular one. קידוש לבנה can be recited as well, if the moon cooperates.

The CBY minhag (I think by now it's in the shul Constitution) is that when davening alone, we wear jackets and ties even if we are not receiving a Kibud. And wear something special for Yom Tov!

אסרו חג is on Sunday and thus תחנון is omitted. We resume saying תחנון on Monday; don't believe the vicious rumors to the contrary. May we soon meet again! Chag Sameach and Shabbat Shalom to all!

Please remember to take special care when walking the streets, riding bicycles or driving cars. The good weather brings increased pedestrian traffic and should also bring a renewed awareness of safe practices. It's a good time especially to remind teenagers who drive to exercise even more caution than usual. Take it slow. Literally. -RSP



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה'–י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבט

Weekly Schedule

Earliest <i>tefillin</i> – 4:20 am Latest <i>Shema</i> – 9:10 am <i>Mincha Gedola</i> – 1:32 pm	Sun. May 31	Mon. June 1	Tues. June 2	Wed. June 3	Thu. June 4	Fri. June 5
	ח' סיון אסרו חג	ט' סיון	י' סיון	יא' סיון	יב' סיון	יג' סיון
דף היומי	שבת פ"ו	שבת פ"ז	שבת פ"ח	שבת פ"ט	שבת צ'	שבת צ"א

Group davening available at https://zoom.us/j/841865073 during the following times		
Sunday	Shacharit	8:00 am
Monday to Friday	Shacharit	7:15 am
Sunday to Thursday	Mincha	6:00 pm Tehillim followed by mincha
Sunday to Thursday	Maariv	9:00 pm

SHAVUOT "AT" BNAI YESHURUN LEARNING PROGRAMS:

CBY will be providing three source sheet packets for *Tikun Leil Shavuot* learning for adults, teens and youth.
For access to the Source Sheet Packets see page 11.

Thank you to our generous sponsors of these initiatives:

All Tikun Leil Shavuot learning by CBY members Sponsored by:

-Mona & Itzy Weinberger, their children & grandchildren in commemoration of the yahrzeit of Frances Freed a"h on Shavuot

Tikun Leil Shavuot Source Packet Sponsored by:

-Anonymous, l'iluy nishmat Moshe ben Yaakov, Marvin Oppenheim a"h, with appreciation for his dedication and devotion to CBY for many years

-Beth & Ronnie Stern לעילוי נשמת חיים ירמיהו בן יוזפה יואל, מרים גיטל בת יצחק הכהן, פערל יוטא בת יצחק אייזיק

-Sari & Yaakov Sheinfeld in honor of their parents

-Linda & Leib Koyfman in memory of the beloved Dr. Shalom Buchbinder a"h

Teen Learning pre-Shavuot Shiur & Tikun Leil Shavuot Source Packet Sponsored by:

-Cara & Ron Aducalesi in loving memory of Cara's parents Vivian and Robert Freund, grandparents of Lauren, Rebecca, Gabrielle, and Hannah.

David Frohlich z"l Youth Department Shavuot Source Packet Sponsored by:

-The Sugarman & Wisotsky Families in loving memory of Shirley Billet, Sarah Rivka bat Eliezer Melech, Shirley Wisotsky, Shoshana bat Moshe Eliezer, and Meyer Wisotsky, Meir ben Yehuda Aryeh.

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

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

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

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

For more Shavuot learning opportunities please see click on the links below:

- [YU Torah to Go](#)
- [RCBC Shavuot 5780 Learning Packet](#)



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבת

ONLINE LEARNING OPPORTUNITIES MAY 31-JUNE 5, 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
Daily	WhatsApp Group – Myth-busters in Halacha with Rabbi Yosef Weinberger	Sign up Here
Sunday–Thursday at 8:20 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
Sunday at 10:00 am	Kids Navi Shiur with Zev Halstuch	https://us04web.zoom.us/j/9527480295
Monday at 9:00 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 8:30 pm	Navi Chavurah with Rabbi Jonathan Schachter	https://zoom.us/j/563762421
Tuesday at 9:00 pm	Gemara Iyun Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Wednesday at 10:00 am	Women's Shiur with Rabbi Ari Zahtz Pirkei Avot	https://zoom.us/j/562461957 Password: cby
Wednesday at 1:30 pm	Senior "Lunch" & Learn with Rabbi Michael Taubes	https://yeshiva-university.zoom.us/j/7494189014 Password: YSH
Wednesday at 7:45 pm	Sefer Shmuel II, 3 with Rabbi Menachem Meier	https://zoom.us/j/376058136 Password: cby Phone: 646-558-8656; Meeting ID: 376 058 136
Wednesday at 7:30 pm	Tzurva M' Rabanan with Rabbi Steven Pruzansky	https://zoom.us/j/292848755
Wednesday at 9:15 pm	Halacha Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Thursday at 8:10 pm	Gemara Shiur with Rabbi Ari Zahtz	https://zoom.us/j/176817727 Password: cby
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 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

DAF YOMI AT CBY

We all are instructed to do our best to be "Kovea Itim LaTorah" - to set a regular time to learn. One of the advantages to Daf Yomi is the motivation not to miss today is the knowledge that there will be dappim to be made up tomorrow.

After our Corona related hiatus, the CBY Daf Yomi Chaburah is planning its return on Monday June 1. In advance of our return to in-person shiurim in shul, the shiur will take place via zoom Monday-Friday 6:00 am, Motzaei Shabbat 9:30 pm, Sunday at 7:00 am.

Over the hiatus our group lost one of its long serving participants and Maggidei Shiur when Marvin Oppenheim passed away. The remaining Maggidim have agreed to rotate covering the slot in Marvin's memory until a suitable replacement can be located.

For those of you who have not yet joined, the CBY Daf Yomi Chaburah has a rotating group of Magidei Shiur. Our regular Maggidim are:

Monday: Kenny Bander/ Alex Gutman	Tuesday: Tully Pollak/ Rotation IMO Marvin Oppenheim
Wednesday: Jackie Stromer/ Alan Krantz	Thursday: Rabbi Ari Zahtz/ David Zomick
Friday: Ira Cooper/ Moshe Grinfeld	Shabbat: Manny Adler
Sunday: Irv Klavan, Isaac Shulman	

All participants are welcome to join regularly or as per your convenience. If you would like to be added to our email distribution list please let us know via CBYDaf@gmail.com.

The Zoom shiur information is: <https://zoom.us/j/99037398916?pwd=SnJmbTAVakdqUFdNR3gyNmV0aHRJUT09>

Meeting ID: 990 3739 8916 / Password: CBY

One tap via phone: +16465588656,99037398916#,1#,892420#

Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבט



A Message from Rabbi Ari Zahtz

The Gemara has a debate as to the proper way to celebrate our חגים. R' Eliezer says that one must make a choice; we must either eat and drink, or sit and learn, 'או כולו לכם או כולו לה' whereas R' Yehoshua says, Divide it—half for eating and drinking, and half for the *beit midrash*, 'הציו לכם והציו לה'. The Gemara concludes, that both opinions concur, that on שבועות the element of eating and drinking, לכם, is required. Why? יום שנתנה בו תורה הוא, it is the day on which the Torah was given to the Jewish people.

The Gemara supports this notion with the story of R' Yosef who every year on שבועות, would say: עבדי לי עגלא כמנה יוסף איכא בשוקא תלתא אמר אי לא האי יומא דקא גרים

"Prepare me a choice third-born calf. He said: If not for this day on which the Torah was given that caused the Jewish people to have the Torah, how many Yosefs would there be in the market?". Essentially, he was saying, "If it were not for the Torah, then I would be indistinguishable from all the other "Yossis" in the שוק, marketplace.

Yet, even with the story, the explanation of the גמרא seems difficult. The Torah is a spiritual guide, shouldn't the conclusion be the opposite? If normally there is a debate as to whether you must choose to either spend the holiday rejoicing through eating or drinking or through learning Torah as R' Eliezer suggested, or splitting the day in half as R' Yehoshua suggested, of all חגים, I would assume שבועות is the one on which all agree you need to learn?!

Rashi explains the Gemara as meaning by eating and drinking we express our satisfaction in the gift we were given. Yes, Torah is a spiritual pursuit, but by rejoicing with the Torah on שבועות by eating and drinking we express, in the way we naturally know how, that we are fortunate to have been the recipients of the Torah.

The קדושת לוי, authored by Levi Yitzchok of Berditchev, offers a beautiful added dimension of understanding to this Gemara. On שבועות all opinions understand that there must be a לכם, physical celebration, precisely, as the גמרא explains because the Torah was given on that day. I may have thought that the גוף, our physical bodies, have no reason to celebrate on a holiday of התורה, accepting the Torah, because it is only a spiritual pursuit. Therefore, the גמרא specifically teaches that we need to celebrate with food and drink as well, it is a mistake to think that the Torah is only about creating for ourselves a portion in עולם הבא, the world to come, the reality is that it enhances our עולם הזה, as well. The spiritual connection that we create with Hashem in this world as well fills our days with meaning and purpose.

At times we may err and think that our relationship to Torah is limited to תפלה, חגים, שבת. However, while those areas are essential, they do not speak to the full gamut of our daily activities. The way we speak to or about others, the way we conduct business or the myriad of other activities we engage in throughout the day are equally mandated and informed by the Torah. And what חז"ל revealed to us in this גמרא is that in no way does this diminish our experiences in this world but it in fact enhances them. It gives added meaning, significance and purpose to all that we do throughout the land.

This is the message of שבועות. It is a time to reflect on the gift that we have been given. To realize that we have been chosen, from all the nations of the world to receive the Torah. And we should not think that Torah is a pursuit that will only bring us to an elevated place in עולם הבא, but it enhances our experience in this world. Our task then, as we commemorate הר סיני is to find and expand our portion in Torah. To find an area of Torah that speaks to us and to grab hold of it. To bring it near so that we may deepen our connection to Hashem and His Torah and thereby fill all of our days with much שמחה וברכה.

This week's bulletin is sponsored by Eleanor & Frank Breslau in commemoration of the yahrtzeit of Eleanor's mother, Claire May z"l (Kayla Bas Yaakov Aryeh) on the 8th of Sivan.

This week's bulletin is sponsored by the Gilad Family in commemoration of the one-year yahrzeit of אביהוא בן משה. May his נשמה be a מליץ ישר for us all.

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 shul's daily email.

Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה'–י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבט



A Message from Rabbi Yosef Weinberger

One of the central themes of Shavuot is the unity exhibited by Bnei Yisrael as they encamped around Har Sinai, awaiting the דבר ה'. The pasuk says "ויוחז שם ישראל נגד ההר", and *Israel encamped in the front of the mountain*. Rashi comments, כאיש אחד בלב אחד, like one man with one heart. A united nation, with a unified purpose.

Unfortunately, their unity dissipated over time. We find, in general, that there is a much greater level of harmony among Bnei Yisrael in ספר שמות, than there is in ספר במדבר. Once we get to ספר במדבר, the tension begins to rise. Korach's rebellion, the sin of the spies and a plethora of complaints by Bnei Yisrael. Even Moshe Rabeinu (on his level) ultimately slipped under the immense pressure he

was feeling.

So, what changed? What happened to the great harmony and unity of יציאת מצרים and מתן תורה? Rabbi Jonathan Sacks suggests that it was a distinction in their psyche that made all the difference. In ספר שמות, Bnei Yisrael were on a journey *from*; in ספר במדבר, they were already on a journey *to*. The mindset of the Jewish people leaving Mitzrayim (in ספר שמות) was one of escaping. Fleeing from the slavery and leaving Mitzrayim as far behind as possible. Achieving unity under such circumstances is usually easy enough. They didn't have to agree about much, to agree on the need of breaking away from their lives as they knew it.

By the time we get to ספר במדבר though, it was now phase two of the journey. The time to enter Eretz Yisrael had arrived and with that came many questions. When was the right time to go? Would they be able to overcome its inhabitants? How should the leadership be divided once they got there? With the finish line drawing near, Bnei Yisrael struggled to adjust to their new reality. That, says Rabbi Sacks, could explain the great divide (and ultimately downfall) of ספר במדבר.

As we look around the world, and Jewish community, today, we can sense a similar shift in our journey. When the severity of the situation came to light a few months ago, everyone banded together in the recognition that we needed to shut down and stay indoors. We put life on hold, in what was the only possible course of action at that time. Now, as the world appears to be entering a new phase, we can already see how easily this could lead to discord. The journey "from" (danger) is always simpler than the journey "to" (a resolution).

So, how can we maintain the אחדות that we, as a community, have been experiencing- one that feels so similar to the אחד בלב אחד at Har Sinai- as we head into a phase where there will, inevitably, be different approaches? First of all, we can remind ourselves of the obvious, by taking a lesson from ספר במדבר. How well did it end for all those involved in the fighting and disputes? Not very! No adults from that generation- aside from יהושע and כלב- made it to Eretz Yisrael. But equally important is reminding ourselves that we *are* all in agreement. Every community leader values life and understands the importance of something like תפילה בציבור. It's a question of how to best navigate through the uncertainty and balance these different values.

Seeing things differently is one of the fundamental components of מתן תורה. As Chazal say regarding the Talmudic disputes, "אלו ואלו דברי אלקים חיים", both these and those are the words of the living G-d (Eiruvin 13b). The Midrash, quoted by several Rishonim, says that when Hashem gave Moshe the Torah, He taught him every halacha in 49 different, *acceptable* ways. Inasmuch as the Torah represents Hashem's infinite wisdom and, on its deepest level, can actually be decoded to spell out Hashem's name (i.e. His essence), it should come as no surprise that it contains multiple layers of truth.

As the world begins to turn, let us consider the lessons of מתן תורה: the importance of unity and the multi-faceted truth of the Torah. Hopefully, this will help guide us peacefully and safely through the upcoming months. And א"ה, G-d will see a very familiar sight of כאיש אחד בלב אחד, which will be a reminder of the love and commitment we shared at מתן תורה, thousands of years ago.

Message from the Pesident – continued from page 1

And like the שלשת ימי הגבלה, this week has been full of activity and physical preparation. We are getting minyanim set, members signed up, backyards ready. The awesome moment of returning to our timeless rituals with rekindled energy is at hand.

Please watch your emails for an opportunity to sign up for phase one, small backyard minyanim. Our hope is that every male 13 and above who chooses to do so will have the opportunity to daven to a minyan beginning on June 4 at mincha. We will say kaddish for those we have lost. And we will celebrate coming together as a minyan, looking forward to a time soon when all of those small groups will join together in our building as one kehilla, כאיש אחד בלב אחד.

Chag sameach,
Ethan



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבת



Virtual Youth Wing!

Shavuot Kriot in a Nutshell

This week we don't have a set parsha. Instead, we read from various parshiyot on each day of Shavuot. On the first day, we read from parshat Yitro. In this *kriah*, HaShem tells us that we are supposed



to be a "*mamlechet kohanim, v'goy kadosh*, a kingdom of priests, and a holy nation." Then, when HaShem descends upon Har Sinai, we hear the *Aseret HaDibrot*. YAY!!!! Whoever came to the "I Scream" youth program on Wednesday now knows them by heart! On the second day we learn about forms of *maaser*, the *shalosh regalim*, as well as some *korbanot*. Plus, we get to hear Megillat Rut!

Fun Facts

1. The Arabic term for the "Sinai Peninsula" is: "Shibh Jazīrat Sīnā'."
2. The Sinai is the only part of Egypt's territory located in Asia.
3. This is due to the fact that the Sinai is actually a land bridge between two continents.

In lieu of Chelm stories, please check out the CBY Youth Department's Shavuot pamphlet!



Please join us for a

Musical Havdallah

with Congregation Bnai Yeshurun

on Saturday Night - May 30, 2020

Led by

Sam & Jonah Wartelsky at 9:25pm

Please use the following

Join Zoom Meeting:
zoom.us/j/234778617 & Meeting ID 234 778 617
 Password: cby

Or by Phone:
 (646)-558-8656 & Meeting ID 234 778 617





Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבט

Reflections on the Day That Changed My Life- Aviva Breda

(Article first published in The Jewish Link of New Jersey)



Wow, it's hard to believe it's been a year since that fateful day last May that changed everything. 12 months, 52 weeks, 365 days, 525,600 minutes, since I saved someone's life. On May 21, 2019 I donated my kidney to a stranger and gave him a second chance at life. Looking back at this past year it would seem that nothing has changed. I still work, take care of my children, and exercise. I go to the supermarket, make Shabbos, and pay bills. Sure, I have a tiny scar near my belly button that serves as a physical reminder of my donation. Yes, I've had to switch from Advil to Tylenol as my pain killer of choice, and true my tackle football days are over, but other than that I'm just as healthy, if not healthier than I was when I had two kidneys. This past year, however, has been completely different from any other year of my entire life.

As a result of my kidney donation I have been privileged to become part of a few new families. First and foremost, the Renewal family. I have met and become close with many of the leaders of this life saving organization. I have found a kinship with other donors and wives of donors. I have been privileged to speak and share my story at Renewal events, help with swabbing, and have spoken to many prospective donors. I have been honored to visit donors in the hospital following their surgeries just as previous donors visited me. I have seen crowds of people come together in search of a kidney for someone they love. I was privileged to spend many hours with my dear friend and fellow kidney donor, Micah Kaufman, visiting and helping at one of the first donations at Hackensack Hospital. I have seen the whole process from the inside and I am in awe.

I have also gotten to speak to prospective donors before they get to Renewal and help guide them and answer their questions. I was privileged to spend many hours on the phone with a stranger, a friend's coworker, who was set to donate to her father and was absolutely terrified. I was able to cry with her in anticipation and celebrate with both her and her father after the success of their transplant.

Second, I was welcomed with open arms into my recipient's family. I am one of the donors who did not get to meet my recipient before our surgeries, in fact I did not get to meet him until 7 months (to the date) later. My recipient and I had a very emotional meeting and shared our feelings and our thoughts at great lengths. We've gotten to celebrate each other's birthdays together with text messages and emails. Throughout the covid19 crisis we have checked in on each other and given each other strength. We are bonded for life and it is wonderful. In January when my family and I visited Israel during winter vacation, my husband and I had the opportunity to meet my recipient's sister and niece. We spent hours sitting at Café Rimon in the Mamilla Mall learning all about each other and enjoying each other's company. My children ask about my recipient very often and inquire as to his health and wellbeing. There is a constant back and forth between us and we are very much a part of each other's lives.

This past year has changed my perspective on life and the way I live it. I've always loved the quote from Rabbi Nachman of Breslav that says "the day you were born is the day G-d decided the world could not exist without you" and that rings true for each and every one of us. Every one of us was put on this earth for a reason and with a mission to fulfill. There is simply no one else who can do it for us. We are each extremely precious to Hashem and just because He deemed to put us on this earth we are special. It has never mattered what are outward appearances are or if we practice differently, we are all Hashem's children and He loves us. This past year I have seen that up close and personal. I have never felt more love than I have in this past year, from my family, my community, my new Renewal family, and the Jewish community as a whole.

We are facing difficult times right now. The entire world is facing difficult times and we are all in this together. But unfortunately once this is over, Renewal is aware that there will be more challenges to contend with. According to Dr. Stuart Greenstein, a transplant nephrologist at Montefiore Medical Center, more than 30% of COVID patients who spent time in the ICU are facing kidney injury. Many endured dialysis during their hospitalizations.

Even once these patients are out of the woods they may be facing years of being tied to dialysis machines waiting for a new kidney. This is a real crisis that cannot be taken lightly. Before the COVID-19 pandemic, there were thousands of people waiting for kidneys across the United States and now there may be tens of thousands. Renewal is launching a campaign to raise awareness for this new need that is arising. There is going to be a flood of new recipients hitting the system and we need more donors.

This year on May 21, 2020 I had hoped to host a get together to celebrate the anniversary of this monumental day. I had hoped to maybe meet my recipient and his wife for a celebratory dinner. I had hoped to take my kids somewhere special just because. I had hoped to see a different world, where we'd all be back home in yerushalyim with Mashiach... instead I will likely be in quarantine, luckily safe at home with my family. I'll still reflect on the greatness of the day that changed my life for the better, the day that turned into the year that taught me so much about myself and all of klal yisreal. The day that I know will shape the way I live the rest of my life.

12 months, 52 weeks, 365 days, 525,600 minutes. Wow, what a year.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבת

Teens-Message from R' Jonathan Schachter



At the Heart of the 10 Commandments...

The Ibn Ezra (Shemos 20:1) divides all mitzvos into three categories – those performed through thought, those performed through speech, and those performed through action. In fact, the aseres hadibros contain all three categories (in a chiasitic structure). The first two commandments direct the beliefs of our heart towards Hashem and away

from other gods. The third commandment warns us from using our speech to cheapen His name. The fourth and fifth command us to observe Shabbos and honor our parents through our actions. On the other side of the luchos, the focus is initially on avoiding harming others through our actions, such as murder, kidnapping and adultery. Next, we are warned against using our speech to lie in court, and finally we are commanded not to desire in our hearts what belongs to others.

A spiritually healthy person has all three aspects of avodas HaShem in sync, where one's heart feels a deep connection with HaShem, and then one's speech and actions testify and express all that the heart feels. This message is conveyed to us in the passuk from parashas Nitzavim (30:14): "Ki karov eilecha hadavar me'od; b'ficha u'vilvav'cha la'asoso," "The Torah is so close to each of us, it's in our speech, our hearts, to act on it."

The Ibn Ezra then dares to suggest that of the three categories of mitzvos, the one that HaShem cares the most about is the mitzvos of the heart, as they introduce and conclude the ten commandments. The gemara (Sanhedrin 106b) confirms this with its famous expression "Rachamana liba ba'i," "The Merciful One desires our hearts."

Three scenarios from the gemara further illustrate that primacy goes to what is in our hearts. First, if a person intends to perform a mitzvah, but then due to uncontrollable circumstances, is unable to execute one's plan, the individual is rewarded as if the mitzvah was completed, since the heart was in the right place (Kiddushin 40a). Second, and the inverse of the first, if one eats meat intending it was non-kosher, but lo and behold the meat turned out to be kosher, the person still needs forgiveness because the heart intended to sin, even though the body did not sin at all (Kiddushin 80b). Finally, the gemara relays how in very unique and limited circumstances, such as the story of Yael and Sisra in Sefer Shoftim (chapter 4), even an aveira can be more beloved to God than a mitzvah, if the aveira was done for God's honor and the mitzvah was done without a focus on God.

As we daven this Shavuot, let's pay special attention as we recite the "Birchos Ha'Torah" in the morning. We will first focus on our bodies being involved in Torah - "Asher kidishanu b'mitzvosav la'asok b'divrei Torah." Next we will focus on our mouths - V'ha'arev na HaShem Elokeinu es divrei sorasecha b'finu u've'fiyos amcha Beis Yisrael." But we will emphasize and conclude with the highest level, and that is when we ask HaShem to purify our hearts and our intentions when we learn and have His honor in mind - "V'nihye anachnu v'tze'etza'einu kulano yod'ei shemecha v'lomdei sorasecha lishma."

Jr. Congregation-Message from R' Ezra Stone



Although the Gemara suggests that we read Parshas Bechukotai which discusses the Tochecha, the curses before the holiday of Shavuot, we have adapted the custom to read Bamidbar before Shavuot. Our question is, why does the reading of Bamidbar take place the week before the holiday of Shavuot? What is the connection between the

reading of Bamidbar and Shavuot? There are many answers given to this question but I would like to focus on one. There is a well-known question that asks why is the Torah given in the desert? Wouldn't such an event be more fitting to have taken place at a gorgeous venue? The Medrash suggests several reasons in response to this question. The underlying answer that the Medrash suggests is to avoid any dispute and excuses to not learning Torah. The first answer presented is to prevent any excuses for the Non-Jews for not accepting the Torah. By not giving the Torah in the Land of Israel, the Non-Jews have no claim to say that the Torah was not meant for them. The second answer avoids any excuses from the Jews themselves. It was purposely given in the desert to avoid fighting amongst the tribes of Israel and to tell each tribe that each and every one of them have an equal share in the Torah. If the Torah was given in Israel, specifically in one of the tribe's areas, this would have caused tremendous fighting amongst the Jews. Lastly, the Medrash writes that the reason the Torah was given in the desert was to teach us an important lesson. There is something unique about the giving of the Torah. The Medrash writes that the Torah was specifically given with three things: the desert, fire and water. The connection between all of them is that they are all free and are available to everyone! The Medrash is teaching us that if a person wants to have an amazing experience in the desert, it will only come about if he gives it his all, so too with Torah, one can only have an incredible experience if they give it their all. When something is free, often times the way you have a positive experience is by the attitude you show. That is the connection between reading Bamidbar and its proximity to Shavuot; to teach us the valuable lesson of the unique nature of a desert and how we are supposed to apply that to our attitude towards Torah. Torah is "free" to all of us but ultimately, the experience we have is totally based on how much we give. The more we give, the more we will get, and that's really the message of Shavuot, the day we celebrate the giving of the Torah. Perhaps this is one of the reasons we have the custom of staying up all night. It is a demonstration of our commitment to Torah and a demonstration towards our attitude towards Torah. We stay up all night to show Hashem that we are giving it our all and because of this, we are able to take from the beauty of Torah.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבט

Click on the images to access the full Source Packet

Shavuot
"at" Bnai Yeshurun

תיקון ליל שבועות תש"פ
Tikun Leil Shavuot 5780

Teen Department Source Packet
Sponsored by **Cara & Ron Aduclesi**
in loving memory of Cara's parents Vivian and Robert Freund, grandparents of Lauren, Rebecca, Gabrielle, and Hannah

FEATURING

Rabbi Jonathan Schachter
"Risking One's Life for Minyan"
The halachic dilemma the Jews of the Kovno ghetto faced in 1942

Rabbi Ben Krinsky
"10 for 10"
10 Ramban's Relating to the Aseres Hadobros

Shavuot night learning by CBY members
Sponsored by Mona & Itzy Weinberger, their children & grandchildren in commemoration of the yahrzeit of Frances Freed a"n on Shavuot

Shavuot
"at" Bnai Yeshurun

תיקון ליל שבועות תש"פ
Tikun Leil Shavuot 5780
Source Packet Sponsored Anonymously
I'luy nishmat Moshe ben Yaakov, Marvin Oppenheim a"n, with appreciation for his dedication and devotion to CBY for many years

FEATURING

Rabbi Steven Pruzansky on
"Money, Wealth and Poverty: An Analysis"
Sponsored by Beth & Ronnie Stern
לעלי נשמת חיים ידמיהו בן יזופה יזאל, מרים גיטל בת יצחק הכהן, פערל יזטא בת יצחק אייזיק

Rabbi Ari Zachtz on
"Fascinating Halachic Questions"
Sponsored by Sari & Yaakov Sheinfeld in honor of their parents

Rabbi Yosef Weinberger on
"צער בעלי חיים" - Inflicting Pain on Animals
Sponsored by Linda & Leib Koyfman in memory of the beloved Dr. Shalom Buchbinder a"n

Due to the unusual circumstances prevailing this year, we cannot learn together.
But please learn on Shavuot night by yourself or with family.
May the sounds of Torah usher in an era of safety, peace and redemption!

Shavuot night learning by CBY members
Sponsored by Mona & Itzy Weinberger, their children & grandchildren in commemoration of the yahrzeit of Frances Freed a"n on Shavuot

Shavuot
"at" Bnai Yeshurun

שבועות תש"פ
Shavuot 5780

Source Packet Sponsored by the Sugarman & Wisotsky Families
in loving memory of Shirley Billet, Sarah Rivka bat Eliezer Melech, Shirley Wisotsky, Shoshana bat Moshe Eliezer, and Meyer Wisotsky, Meir ben Yehuda Aryeh

FEATURING

Divrei Torah
Shavuot Songs
Shavuot Jokes
Tikun Leil Shavuot Learning Activity
And more!

From the David Frohlich z"l Youth Department
Directors and Youth Educators

Shavuot night learning by CBY members
Sponsored by Mona & Itzy Weinberger, their children & grandchildren in commemoration of the yahrzeit of Frances Freed a"n on Shavuot

Contact Us

Rabbi Steven Pruzansky, Rabbi rabbi@bnaiyeshurun.org
 Rabbi Ari Zachtz, Associate Rabbi
rabbizachtz@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

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבט

Community Announcements

- Teaneck Mikvah - Usage is BY APPOINTMENT ONLY. No walk ins accepted at this time. The appointment system closes daily 4 hours before opening. Please plan accordingly. To book your appointment please visit www.teaneckmikvah.com/Appointment/default.asp. The keylim mikvah is closed until further notice. For more details, www.teaneckmikvah.com.
- 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, we have respite service available for you.
- Shopping Angels is a program designed to provide services to those populations deemed especially at-risk for the novel COVID-19 virus. To help ease the uncertainty, anxiety, and fear surrounding this pandemic, we are volunteering our time to personally deliver groceries or other shopping necessities to those who may prefer to stay within the safety of their own home at no additional cost. This program is entirely volunteer-based – we do not ask for gas money, tips, or delivery fees! To request service or to volunteer please visit www.shoppingangelsglobal.org. **We are especially in need of shopping volunteers in the Jewish community and ask those able to do so, to sign up!**
- 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, and Mizrahi backgrounds. To learn more visit www.JScreen.org.
- We hope everyone is staying inside and 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. Thank you and stay healthy
- Heichal HaTorah invites men from the community to join the following weekly chaburos: Wednesday evenings at 9:45pm: "Preparing for Matan Torah with the Rambam: An analysis of Hilchos Talmud Torah" given by R' Yitchak Reichman. To attend the shiur, go to: <https://zoom.us/j/99072134059>. Thursday evenings at 9:15pm: "Derech Eretz Kadma L'Torah: Working on Our Middos Before Receiving the Torah," given by R' Moshe Dan Kestenbaum. To attend the shiur, go to: <https://zoom.us/j/93199105143>.
- Kosher Experience/Madison caterers is proud to present our new Shabbos Take Out Menu. We offer Shabbos Specials as well as a full menu of items. Please order thru our website Koshrexperience.net Orders must be in by Noon on Thursdays, deliveries will be made on Thursday Evening and Friday Morning.
- "Feldenkrais Awareness Through Movement" classes continue daily at 11:30-12:30. For improving posture, reducing pain and enhancing overall sense of well-being. Contact **Joyce Bendavid** by email or text for the zoom link. jbendavidotr@gmail.com 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 and those that serve senior citizens. These are resources for Shavuot: <https://bit.ly/2A4RvzA>
- Communities Confronting Substance Abuse is now holding its support group virtually. We welcome anyone with a loved one who is struggling with substance misuse or addiction. Since we are conducting these meetings online, now is the time to participate yourselves or encourage others to join who may not be local. Loved ones can "meet" others who share common ground and can offer dialogue and support. The group is facilitated by professionals specializing in addiction. For more information on how to join the group, please email Time2TalkAddiction@gmail.com. Our meetings are held on Wednesday evenings – the next meetings are June 3rd and 17th at 8:15 p.m.
- The Bergen County High School of Jewish Studies (BCHSJS) has moved its fundraising drive online and will publish its ad journal as planned. BCHSJS, Bergen County's only weekly Hebrew high school, depends on funds raised from an annual gala dinner and journal. The honorees are Sy Blechman, Jill Strassberg, Bruce Prince, Chanan Strassman and **Fred Nagler** who will receive the Walter Ramsfelder Exemplary Service Award. The Award was named after Walter Ramsfelder, a longtime member of CBY. Fred Nagler, a member of CBY since 1969, served as Principal of BCHSJS from 1982-2010 and returned in the spring of 2016. He initiated many innovative programs including Shabbatonim, an Israel trip, and "gemelas chesed" projects – and personally participating in each of them. Additionally, he applied for and received a grant; for the last twenty years, BCHSJS has been the only Hebrew high school in the country with a guidance counselor on staff. In further recognition of Fred's tireless and enduring service to the School for over 30 years, the BCHSJS Board also will honor him as its first Principal Emeritus. To donate or place an ad please go to www.bchsjsdinner.org. For info, contact: Fred Nagler at principal@bchsjs.org.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבט

- Subscribe to BergenShulsTogether.com updates at <https://www.bergenshulstogether.com/contact>. Give us a hand and start making a difference <https://www.bergenshulstogether.com/helpus>

WE'RE GOING VIRTUAL!

JFCS | WHEELS FOR MEALS

RIDE OR WALK
WHEREVER YOU ARE

SUNDAY JUNE 14

Let's come together across communities to help stop hunger one mile at a time.

CHOOSE YOUR OWN ROUTE

WE NEED YOUR HELP NOW MORE THAN EVER!

REGISTER NOW AT RIDETOFIGHTHUNGER.COM

A BENEFICIARY AGENCY OF
Jewish Federation
OF NORTH NEW JERSEY

201.837.9090 | JFCSNJ.ORG

יחידת תמיכה
במרכז הקהילה
היהודי-אמריקני

NEED TO ENERGIZE YOUR SIMCHA DURING QUARANTINE?
BIRTHDAYS, BAR/BAT MITZVAHS, AND MORE!

A SIMCHA ON WHEELS

NETANEL KATZ'S BAR MITZVAH
CHESED PROJECT

INCLUDES:
LOUD SOUND & MUSIC | ORGANIZED PARADE
NETANEL LIVE ON A FULLY DECORATED TRICYCLE WITH INCREDIBLE ENERGY & SO MUCH MORE!
*COMPLIANT WITH SOCIAL DISTANCING GUIDELINES

COST:
\$50 MINIMUM DONATION FOR 30 MINUTES
ALL PROCEEDS GO TO TOMCHEI SHABBOVS OF BERGEN COUNTY

Contact us for more information at SimchaOnWheels@gmail.com @SimchaOnWheels

simon wiesenthal center eastern region
SOCIAL ACTION
leadership with a global reach

Coronavirus has unfortunately led to a serious spike in anti-Semitic activity on social media and is impacting on local Jewish communities.

We must remember that immediately prior to the pandemic residents from the Tri-State area marched across the Brooklyn Bridge and through the streets of the City to express our outrage against double digit increases in felony-level hate crimes against Jews. Clearly, we MUST remain vigilant in these times of crisis.

The Simon Wiesenthal Center dedicated experts and researchers are working around the clock to finding, exposing, and combatting anti-Semitism and hate. We cannot afford to allow such hate to go unchallenged.

We have to rely on scientists to find a vaccine against the newest deadly virus---anti-Semitism.

Please partner with the SWC by reporting anti-Semitic or other coronavirus-related hate activity online or impacting your community by contacting the Simon Wiesenthal Center at SWCNY@Wiesenthal.com.

For updates on breaking developments every day please follow the Simon Wiesenthal Center at Facebook: facebook.com/simonwiesenthalcenter/



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה' - י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבת

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.

<u>Bergenfield</u>			
Grand and Essex	89 New Bridge Road	(201) 244-9955	https://www.grandandessex.com
Little Italy (at Grand and Essex)	89 New Bridge Road	(201) 244-9955	https://www.grandandessex.com
<u>Englewood</u>			
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/
<u>Fair Lawn</u>			
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	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	
<u>Fort Lee</u>			
Amal Tov	1061 Harvard Place	(201) 410-9976	http://www.amaltov.com
<u>Teaneck</u>			
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 and 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



Congregation Bnai Yeshurun Weekly Shabbat Announcements

May 28-June 5, 2020

ה'–י"ג סיון תש"פ

Shavuot & Shabbat

שבועות ושבת

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 Ane 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.sammynj.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.signaturesushi.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
Tenaflly			
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://tavlintenaflly.com/
Other			
Kosher Experience			Kosherexperience.net