



# Congregation Bnai Yeshurun Weekly Shabbat Announcements

October 30-November 6, 2020

י"ב-י"ט חשוון תשפ"א

Shabbat Lech Lecha

שבת לך לך

Shabbat Times		זמני שבת
Candle Lighting	5:33 pm	הדלקת נרות
Mincha & Kabbalat Shabbat - <i>New Main &amp; Ogden Lot</i>	5:40 pm	מנחה וקבלת שבת
Sephardic Mincha & Kabbalat Shabbat*	5:40 pm	מנין עדות מזרח
Latest <i>Shema</i>	9:59 am	סוף זמן ק"ש
Hashkama— <i>Old Main &amp; Ogden Lot</i>	7:00 am	השכמה
Ashkenaz— <i>Ogden Lot</i>	8:30 am	נוסח אשכנז
Sefard— <i>Social Hall</i>	8:30 am	נוסח ספרד
Ashkenaz— <i>New Main</i>	9:00 am	נוסח אשכנז
Sephardic Shacharit *	9:00 am	מנין עדות מזרח
Mommy & Me ( <i>Shul Office Lawn</i> )	10:00 am	אמהות ותינוקים
Youth Groups in the Parking Lot	10:30- 11:15 am	קבוצות נוער
Minchas Chinuch – Danny Saks following Sefard minyan-SH	10:30 am	שעור מנחת חינוך
Mincha- <i>New Main</i>	1:45 pm	מנחה
Manny Freed z"l Parent Child Learning in the Ogden Lot	4:00 pm	הורים וילדים
Sephardic Mincha *	5:25 pm	מנין עדות מזרח
Mincha- <i>New Main &amp; Ogden Lot</i>	5:30 pm	מנחה
R' Weinberger's shiur "Loshon Ha'Kodesh" between <i>mincha</i> & <i>maariv</i> will take place in the <i>New Main</i>		שבת נאמרים
Sephardic Maariv *	6:35 pm	מנין עדות מזרח
Maariv & Shabbat Ends – <i>New Main &amp; Ogden Lot</i>	6:37 pm	מעריב
<b>*MOVE CLOCKS BACK ONE HOUR*</b>		
Next Shabbat Candle Lighting	4:25 pm	הדלקת נרות
Mincha & Kabbalat Shabbat	4:30 pm	מנחה

\* Due to limited capacity allowance in the Sephardic Minyan (formerly Moroccan Minyan), anyone interested in attending must pre-register through [sephardicminyan@bnaiyeshurun.org](mailto:sephardicminyan@bnaiyeshurun.org)

## A Message from Rabbi Zahtz



Which of Avraham's ten tests was the most challenging? Clearly, the test of the עקדה, being asked to slaughter his only son immediately after Hashem promised him, he would become a large nation, was the most difficult. We can't even fathom such a difficult test. Yet, listen to the words of the אמר רבי לוי, שני פעמים כתוב לך לך, אין אנו מדרש: יודעים איזו חביבה, אם הראשונה או השנייה. מן מה דכתיב אל ארץ מוריה, הוישניה חביבה מן הראשונה.

The term לך לך appears twice, at the beginning of our parsha when Avraham is told to leave his homeland and his family to travel to the land G-d will show him and also when Hashem commands Avraham to take Yitzchak to the עקדה. The מדרש continues that the common language seems to imply a comparison between them and we don't know which one is greater, more beloved to Hashem.

Do we really not know which one is more beloved? How can the two even be compared? To be honest, in the end the מדרש says that the עקדה was the greatest and most beloved as we would have guessed. However, not for the reasons we said. Rather the מדרש says cryptically because regarding the עקדה it says אל ארץ מוריה. I think the challenge of the עקדה is clear to us, but let's try and delve deeply into the נסיון of לך לך to better understand the נסיון and this enigmatic statement of Chazal. Hashem says to Avraham Avinu הארץ אשר אראך אל לך מארצך וממולדתך ומבית אביך אל, your hometown and your father's house and travel to the land I will show you.

What was specifically being asked of Avraham Avinu? Oftentimes people need to relocate, for work, health or other reasons, what was unique- what was the challenge of Avraham Avinu? Avraham was being told to forget everything he learned in his father's home, not only to physically separate from the land, but to spiritually and psychologically disassociate himself from the land of his youth. And it wasn't just his youth, Avraham was 75 years old! He had lived already a large portion of his life including his formidable years, and now he was being told to go to a new land, a new place to start over. Not just to start over physically in a new land, building a home, but to start his entire life over, forgetting everything he had learned at home. What a difficult challenge, to make real, permanent life altering changes. We know how difficult changes can be, and certainly changes that incorporate uprooting part of your personality.

Rav Levi in this מדרש contrasts this נסיון, challenge, with that of the עקדה. The עקדה, was a very different challenge, it was a challenge to rise to the occasion, to a defined particular moment, will he, Avraham, have the courage and faith to rise to this specific exceedingly difficult challenge.

This in fact is the contrast Chazal are making, Avraham had two difficult but very different challenges. There was the single dramatic event of the עקדה and there was the נסיון, of making personal changes, uprooting everything learned in the past, and living every day, from now on differently. **Continued on page 2**



For our continued safety it is important to be aware and vigilant both as pedestrians and as drivers. Use the designated crosswalks. Stop for pedestrians. Park only in legal spaces. As always, it is illegal to park within 25 ft. of a crosswalk or 50 ft. of a stop sign. Please also be respectful of the driveways of our neighbors.





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## Weekly Davening Schedule

Earliest tefillin – 5:32 am Latest Shema – 9:03 am Mincha Gedola – 12:10 pm	Sun. Nov. 1	Mon. Nov. 2	Tues. Nov. 3 Election Day	Wed. Nov. 4	Thu. Nov. 5	Fri. Nov. 6	
	י"ד חשוון	ט"ו חשוון	ט"ז חשוון	י"ז חשוון	י"ח חשוון	י"ט חשוון	
דף היומי	עירובין פ"ד	עירובין פ"ה	עירובין פ"ו	עירובין פ"ז	עירובין פ"ח	עירובין פ"ט	
Sephardic Netz Shacharit*	5:50 am	5:50 am	5:50 am	5:50 am	5:50 am	5:50 am	שחרית
Shacharit–Ogden Tent	6:25 am	6:05 am	6:15 am	6:15 am	6:05 am	6:15 am	
Shacharit–Old Main	6:25 am	6:05 am	6:15 am	6:15 am	6:05 am	6:15 am	
Shacharit–New Main	<b>7:00 am</b>	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
Shacharit–Social Hall- *Slow Paced Minyan*	7:45 am	7:15 am	7:15 am	7:15 am	7:15 am	7:15 am	
Shacharit–Old Main	7:30 am	7:20 am	7:30 am	7:30 am	7:20 am	7:30 am	
Shacharit–Ogden Tent	7:30 am	7:20 am	7:30 am	7:30 am	7:20 am	7:30 am	
Shacharit–New Main	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
Shacharit–New Main	<b>*8:50 am OM</b>	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	
Shacharit–W. Englewood			<b>8:50 am</b>				
Shacharit –New Main	9:15 am						
Mincha only New Main	1:45 pm	1:45 pm	1:45 pm	1:45 pm	1:45 pm		מנחה
Mincha only–Ogden	1:45 pm	1:45 pm	1:45 pm	1:45 pm	1:45 pm		
Zman Mincha–New Main	4:35 pm	4:35 pm	4:35 pm	4:35 pm	4:35 pm		
Zman Mincha–Ogden Tent	4:35 pm	4:35 pm	4:35 pm	4:35 pm	4:35 pm		
Sephardic Mincha*	4:35 pm	4:35 pm	4:35 pm	4:35 pm	4:35 pm		
Maariv only–Old Main	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm		מעריב
Maariv only–Ogden Tent	8:00 pm	8:00 pm	8:00 pm	8:00 pm	8:00 pm		
Maariv only – Old Main	9:00 pm	9:00 pm	9:00 pm	9:00 pm	9:00 pm		
Maariv only– Old Main	10:01 pm	10:01 pm	10:01 pm	10:01 pm	10:01 pm		

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### Tefilah Instructions from Rabbi Zahtz

#### Friday night:

פלאג המנחה is 4:48 pm. Those who are accepting שבת early may light candles after that time.

שמע should be repeated after 6:30 pm.

For those making שבת בזמן candle lighting is at 5:33 pm.

#### שבת day:

סוף זמן קריאת שמע is at 9:59 am.

This week's פרשה is לך לך. This week's הפטרה is ישעיה 40:27-41:16

The earliest time for מנחה is 1:10 pm. מנחה should be completed by שקיעה at 5:53 pm.

מעריב and שבת ends at 6:37 pm. For those who wait for the זמן of רבנות it is 7:05 pm.

#### Davening protocols:

We continue to have beautiful minyanim both in Shul and outdoors on the Shul campus, please join and please remember your masks (both mouth **and** nose must be covered) and social distancing. In the Old Main Shul and in the Social Hall please only sit where the chairs have been set up. In the New Main Shul please only sit in the seats with blue tape on the back of them.

For those davening at home, the following parts of the תפלה are omitted: יקום פורקן, מגן אבות, קדיש, קדושה, ברכו, בריך שמויה, יקום פורקן and אנעים זמירות. We recite צדקתך צדק and אב הרחמים this week.

קדוש לבנה may be recited until מוצאי שבת at 9:45 pm.





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### CBY Covid Safety Protocols

As the weather gets cooler, CBY's Medical Committee has been discussing ways to ensure the safety of our members in the coming winter months. These recommendations and guidelines are formulated based on information and advice available as of October 2020. They also take into account recommendations disseminated by the OU, released just before the Yamim Noraim. All recommendations apply to both CBY members and non-members who enter shul.

As always, our shuls and communities should follow, at a minimum, the guidelines provided by local and national authorities, including the CDC and local health departments. By-and-large, our shul has been a model of compliance with public health recommendations during this crisis. This is profoundly inspiring and represents a true kiddush Hashem and affirmation of our choosing life. By working together and adhering to the following guidelines, we hope to ensure that our shul remains safe.

1. Health: No one with a fever or symptoms of COVID-19 may attend any event at CBY.
2. Masking: Masking is required at all indoor and outdoor minyanim. Masks should cover both nose and mouth. There are no exceptions.
3. Seating Plans: In addition to masking, we continue to urge social distancing, leaving six feet between seats occupied by non-family members. There are blue stickers in the New Main sanctuary which indicate where people should sit to ensure a safe environment. In other locations throughout the shul and outside chairs are spaced appropriately; please do not move or add seats in these locations. In the Ogden Tent we have put out chairs in groups of two to allow one chair for sitting and one for tallis/tefillin/chumash etc.
4. Adding Minyanim: Our shul administration, Rabbis and gabbaim have begun providing additional minyanim based on the increased need as the cold and rain necessitate. In addition to more indoor minyanim, plans for a second heated tent are in the works. Each minyan will have a captain who will determine if there is a need to add a simultaneous minyan elsewhere to avoid crowding.
5. Ventilation & Duration: Efforts, including consultation with HVAC experts, have been made to ensure proper ventilation of the space. Masking, distancing, and ventilation reduce risk but do not eliminate it. Every individual who chooses to daven inside must be aware of this risk and signs are posted to this effect. We do suggest N95 masks for those individuals at increased risk as they are proven to be safer in most studies.
6. Avoiding Crowding: While in shul, as well as while entering and exiting, congregants should maintain social distance.
7. Any individual returning from travel from a state defined as "impacted states" by the State of NJ (access up to date list [HERE](#)) may not attend any minyanim or events (whether indoors or outdoors) at Bnai Yeshurun for 2 weeks upon return. Additionally, any individual returning from international travel from a country listed as Level 2 (moderate) or Level 3 (high) risk, as defined by the CDC Travel Recommendation list (accessible [HERE](#)), may not attend any minyanim or events (whether indoors or outdoors) at Bnai Yeshurun for 2 weeks upon return. As of the writing of this email Israel is defined as Level 3 on the CDC listing. Please note that these lists may change daily and therefore must be checked upon return from travel for confirmation.
8. In the event that a member or non-member tests positive, we will send out a communication to the entire shul with that information. We will not identify the member or non-member by name but will attempt to report where (at which minyan) and when that person davened at CBY. Each individual in that minyan should then reach out to their doctor to discuss their individual need for quarantine. We request that any person who davens at a CBY minyan (either indoor or outdoor) communicate with the office ([office@bnaiyeshurun.org](mailto:office@bnaiyeshurun.org) or 201-836-8916 ext.5) in a timely manner in the event that they test positive for COVID.

We are trusting our members and other attendees to follow this practice. If you have any concerns related to a violation of this policy, please speak with the Gabbai of that minyan or please inform the shul office.

### A Message from the Nominations Committee-continued from page 2

Nominations by petition for an Officer position require a minimum of thirty (30) current member signatures per nominee. Nominations by petition for a Director position require a minimum of ten (10) current member signatures per nominee. Any petitions must be submitted to the office, no later than the close of business on Thursday, November 12th. In recognizing the challenges this year in securing in-person signatures for a petition, the Nominations Committee will be accepting electronic submissions. For directions on how to be nominated via electronic petition please contact Elysia Stein at [estein@bnaiyeshurun.org](mailto:estein@bnaiyeshurun.org).



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ONLINE LEARNING OPPORTUNITIES NOVEMBER 1-6, 2020		
Daily	Short Vort WhatsApp Group - Inyanei D'Yoma from Rabbi Steven Pruzansky	<a href="#">Sign up Here</a>
Throughout week	Chizzuk WhatsApp Group from Rabbi Ari Zahtz	<a href="#">Sign up Here</a>
Throughout the week	WhatsApp Group – Myth-busters in Halacha with Rabbi Yosef Weinberger	<a href="#">Sign up Here</a>
Sunday at 7:00 am, M-F at 5:30 am & Motzei Shabbat at 7:30 pm	Daf Yomi with rotating magidei shiur	<a href="https://zoom.us/j/99037398916">https://zoom.us/j/99037398916</a> Password: CBY
Sunday–Thursday at 8:15 pm	Mishna B'rurah Chavurah with Ari Wartelsky	In person in the Old Main Shul and on Zoom <a href="https://zoom.us/j/611771378">https://zoom.us/j/611771378</a> Password: cby
Sunday at 9:00 am	Hilchos Shabbos Shiur with Rabbi Zvi Sobolofsky	<a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Tuesday, Wednesday, Friday at 6:20 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	In person in the Beis Medrash and on Zoom at <a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
<b>Tuesday at 9:15 pm</b>	Gemara Iyun Shiur with Rabbi Zvi Sobolofsky	<a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Tuesday, Wednesday, Friday at 6:20 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	In person in the Beis Medrash and on Zoom at <a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Wednesday at 1:30 pm	Senior "Lunch" & Learn with Rabbi Michael Taubes	<a href="https://yeshiva-university.zoom.us/j/93287566078">https://yeshiva-university.zoom.us/j/93287566078</a> Password: YSH
Wednesday at 9:15 pm	Halacha Shiur with Rabbi Zvi Sobolofsky	<a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Thursday at 9:15-9:45 am	Women's shiur on Shmuel Aleph with Rabbi Ari Zahtz	On Zoom at: <a href="https://zoom.us/j/98497375550">https://zoom.us/j/98497375550</a> Passcode: cby
Thursday at 8:15 pm	Gemara Shiur Daf-a-Shavua with Rabbi Ari Zahtz	On Zoom at : <a href="https://zoom.us/j/93158801243">https://zoom.us/j/93158801243</a> Passcode cby
Thursday at 9:15 pm	Chumash Rashi Chaburah	In person in the Old Main following 9:00 pm maariv.
Thursday at 9:35 pm	Parsha & Halacha with Rabbi Michael Taubes	<a href="https://yeshiva-university.zoom.us/j/93287566078">https://yeshiva-university.zoom.us/j/93287566078</a> Password: YSH
Tuesday, Wednesday, Friday at 6:20 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	In person in the Beis Medrash and on Zoom at <a href="https://us02web.zoom.us/j/9658958942">https://us02web.zoom.us/j/9658958942</a>
Friday at 8:30 am	Minchas Chinuch w/Eli Weber	<a href="https://zoom.us/j/156897284">https://zoom.us/j/156897284</a> Password: cby



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



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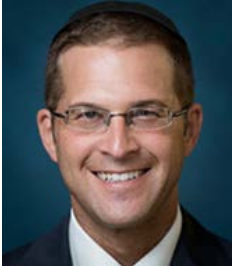
October 30-November 6, 2020

י"ב-י"ט חשוון תשפ"א

Shabbat Lech Lecha

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### Teen Department – A Message from Rabbi Jonathan Schachter



#### Wearing my Zaidy's tallis

*Chazal* teach us that the Jewish people merited the mitzvah of *tzitzis* from two great acts of kindness, one from last week's *parasha*, and one from this week's *parasha*. In *parashas Noach*, *Sheim* learns that his father was in a compromised state, in need of clothing. *Sheim* immediately collects a garment and covers his father, thereby restoring his father's dignity. The *midrash* records that as a result, *HaShem* rewarded *Sheim's* descendants with a *mitzvah* that relates specifically to clothing and dignity, namely the *mitzvah* of *tallis*.

In *parashas Lech Lecha*, *Avraham Avinu* hears that his nephew *Lot*, along with five small cities, were captured by four larger nations. Immediately, *Avraham* jumps into action and courageously rescues the victims. When the king of *Sedom* offers him a reward, *Avraham* refuses, explaining that he could not accept even "a thread or a shoelace" ("*mi'chut ad s'roch na'al*") as payment for performing a mitzvah. According to the *midrash*, *HaShem* then promises a reward to the descendants of *Avraham* by giving them a mitzvah that relates to threads, namely the mitzvah of *tzitzis*.

But one could ask, of what consequence was *HaShem's* reward to *Avraham*? After all, *Avraham* was a direct descendant of *Sheim* (albeit nine generations later), and *Sheim's* descendants were already promised the mitzvah of *tallis* for *Sheim's* act of sensitivity and modesty!

The *Tur* (1269-1343) answers that *Sheim* had many descendants, and it was unclear which one of them would "inherit" the mitzvah of *tallis*. *HaShem* was searching for the descendant who would emulate *Sheim's* model of sensitivity and only he would earn the mitzvah. When *Avraham* risked his life to save the captured cities, and then chose not to accept a reward, he proved to *HaShem* that he was the worthy heir of *Sheim* who emulated *Sheim's* example of selfless, modest *chessed*.

A powerful lesson emerges from the *Tur*. We cannot sit back and merely collect the dividends of our ancestors' great deeds. We must earn it. The mitzvah of *tzitzis* was available to all the potential inheritors of *Sheim*, but it was only *Avraham Avinu* that received it (nine generations later!!) because only he truly embodied his ancestor's teaching. Similarly, there are many blessings and spiritual opportunities that *HaShem* promised *Avraham* and his descendants, but perhaps *HaShem* firsts waits for us to resemble our *Avos* in deed before bestowing upon us those blessings.

*Tana d'bei Eliyahu* (25:1) requires each one of us to ask ourselves: "*masai ya'gi'u ma'asai l'ma'sei avosai?*" "When will my actions reach those of my ancestors?" The greatest inheritance that our ancestors pass on to us is not in the form of finances or the estate. It is in the example they set for us, and it is our responsibility to internalize and emulate that, the way that *Avraham* did with his ancestor *Sheim*. Then *HaShem* will unlock the blessings He has reserved for the loyal descendants of the *Avos*, "*V'zocher chasdei avos u'meivi go'el livnei v'neiheim!*"



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## Virtual Youth Wing!

### Lech Lecha in "Hashtag" Form



- HaShem commanded "Avram," **#sic**, to leave his hometown and to travel to a secret land, to **#TheGreatUnknown**. As a reward, HaShem promised to make Avram's descendants into a great nation. **#LotsaPeople #AbrahamicCrew #Legit**.
- And **#OffHeWent**, with wife Sarai and nephew Lot in tow. Avram arrived in Eretz Canaan, and walked throughout the entire land, thus acquiring it. **#CanSomeoneCallMeAnUber #OyMyKnees #LoveThatLand #BabaBasra100a**
- Unfortunately, famine struck, forcing Avram to go down to Mitzrayim. **#Ewww. #AvramInDeNile**. Since Sarai was the **#FairestInAllTheLand**, Avram referred to Sarai as his sister, in order to save his own life. **#SheBeMySista**.
- Pharaoh liked Sarai a lot and wanted to marry her, so he kinda took her captive. **#SayWhaaa? #NotCool**. HaShem wasn't too happy about this, so He brought a plague onto Pharaoh's house. **#ThingsJustGotSerious. #Don'tMess**. Pharaoh apologized, sent Sarai back to Avram, and gave them loads of riches. **#SweetDeal. #AllsWellThatEndsWell. #UntilNextTime**.
- Avram's **#crew** headed back to the Holy Land. **#HolyHummus**. The shepherds of Avram and Lot got into an argument, so the two **#split** and went in opposite directions. **#SayonaraLot**. Lot and Co went to Sodom, **#PoorChoice**. HaShem tells Avram that his descendants will be **#LikeTheDustOfTheEarth**.
- When the four kings fought against the five kings, Lot was captured. **#Karma**. Avram and a handful of volunteers traveled to the battlefield and single handedly defeated the enemy armies, they saved Lot and the rest of Sodom. **#HERO. #AboveAndBeyond. #NoOneLeftBehind**.
- HaShem promised Avram that he would have children and that his descendants would be as numerous as the stars. **#Sparkly**. We then witness the Brit Bein HaBetarim, where HaShem and Avram walk through a bunch of animals, and HaShem shows Avram the future of the Jewish people. We are **#InThisForTheLongRun**.
- Hagar became pregnant before Sarai, **#UhOh**, prompting a feud between the two. Hagar ran away, then an angel of HaShem convinced her to return. Hagar gave birth to Yishmael, HaShem changed Avram's name to Avraham. **#HehYou #DatHehLife**
- HaShem changed Sarai's name to Sarah, HaShem promises Avraham **#sic** another son, Avraham gets a Brit Milah at 99. **#MazalTov #OfSimchas #OnlySimchas #SimchaOnWheels**

\*\*\*\*\*

### CBY YOUTH LECH LECHA

#### SEARCH!!!

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B B N S L M I L A H
R R A H O F S B V W
I S M E T W E A R X
T A E P C W S P A F
S R A H A A I H H A
E A V E N L S A A M
D H R R A K T R M I
O S A D A I E A G N
M X M S N N R O G E
S A R A I G W H O B
  
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Shepherds	Walking	Pharaoh	Canaan
Sister	Famine	Avraham	Avram
Sarah	Sedom	Sarai	Milah
Name	Brit	Lot	Go

### A Mini-Vort From the Szafranski Table to Yours!

- The Torah introduces Noach as an "ish tzadik, a righteous person," yet, the Torah never introduces Avraham. In fact, Avraham really just shows up out of nowhere, with no introduction whatsoever! The Maharal explains that this was very much intentional. It was in order to teach us that HaShem didn't choose Avraham for a specific action or quality, rather, He chose Avraham because he was Avraham, and nothing can ever change that. We are HaShem's treasured nation forever! (Maharal Derashos l'Shabbos Hagadol, Netzach Yisroel 11, Derech HaShem 5:17).





# Congregation Bnai Yeshurun Weekly Shabbat Announcements

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י"ב-י"ט חשוון תשפ"א

Shabbat Lech Lecha

שבת לך לך

## Contact Us

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## Congregation Bnai Yeshurun Weekly Shabbat Announcements

October 30-November 6, 2020

י"ב-י"ט חשוון תשפ"א

Shabbat Lech Lecha

שבת לך לך

### Community Announcements

- Election Day is November 3<sup>rd</sup>. Please note if you want to participate in the General Election in New Jersey, please use your Vote-by-Mail ballot. There will be a limited number of polling places available on Election Day, where voters may vote by Provisional Paper Ballot only or return their own Vote-by-Mail ballot. Vote-by-Mail ballots may be submitted using the provided postage-paid envelope through USPS or by depositing it in a secure ballot drop box. For a listing of convenient ballot drop box locations please visit [www.bergenclerk.org](http://www.bergenclerk.org) or call 201-336-6230. Ballots returned by mail must be postmarked no later than 8:00 pm on November 3, 2020. The deadline for delivering your ballot in-person to the Bergen County Board of Elections, placing it in one of the secure ballot drop boxes, or delivering it to your polling place is also 8:00 pm on November 3, 2020.
- Teaneck Mikvah Winter Hours: The Teaneck Mikvah will open nightly at 7:00pm with the last appointment slot at 9:20pm. Mikvah usage is BY APPOINTMENT ONLY. We are not accepting walk-ins at this time. The appointment system closes daily at 5:30 pm for that night's appointments. All preparations must be done at home, including showering. For more information and to book an appointment, please visit [teaneckmikvah.com](http://teaneckmikvah.com).
- Keylim Mikvah Update: We are pleased to announce that with the guidance of medical professionals and the RCBC, the Teaneck Keylim Mikvah is open, for self-service by APPOINTMENT ONLY, for the hours of 8:00-2:00 Monday through Friday. Please go to [teaneckmikvah.com](http://teaneckmikvah.com) to book your appointment.
- Join Rinat Yisrael on Motzei Shabbat, October 31st, 8:30 pm Aaron Koller: "Did Abraham Fail the Akedah? Criticism of Avraham in the Jewish tradition?" Aaron Koller is professor of Near Eastern studies at Yeshiva University, where he studies Semitic languages. To join via Zoom, go to <https://zoom.us/j/4653630025> Password: 8372795 or To Call In: 1 929 205 6099 Meeting ID: 465 363 0025 Password: 8372795.
- RYNJ invites all prospective parents to two events on November 1st. Please join us with your family at 10:30 am for a car parade in the RYNJ parking lot - "Get into Gear - Prepare for Next Year." At 7:30 pm that evening, join us from your home for our virtual Open House where you will meet our Head of School, see classes in action, hear a parent's perspective & so much more! Please register for either or both events at [RYNJ.org](http://RYNJ.org). For more information, please contact Mrs. Tamar Kahn, Director of Admissions, at [tkahn@rynj.org](mailto:tkahn@rynj.org) or 201.986.1414 x338.
- Shalva Presents Saturday Night At The Movies October 31st at 8:30 pm. Renowned Israeli mentalist Lior Suchard will be hosting a virtual event to benefit Shalva's programs for children & adults with disabilities in Israel. The event will include special performances by Lior Suchard & the Shalva Band followed by a classic "oldie" comedy. All to be enjoyed with gourmet popcorn shipped directly to you! Studio contract prevents us from publicizing movie title. Here is a hint. "New England", "Vodka" & "Submarine". To RSVP & reveal the film go to [www.shalvamovienight.com](http://www.shalvamovienight.com) or email [alexis@shalva-usa.org](mailto:alexis@shalva-usa.org).
- "Maintaining Emotional Health—A Father-Son Conversation". Rabbi Daniel Fridman interviews his father, psychiatrist Dr. Morton Fridman, regarding maintaining our emotional wellbeing in challenging times. Join Zoom Meeting <https://zoom.us/j/4844160645?pwd=cnpYmmlLWWp1YzQ2aks3eTBrdkFKQT09> Meeting ID: 484 416 0645 Passcode: 005914 One tap mobile+13017158592, 4844160645# Contact [Office@JCOT.org](mailto:Office@JCOT.org) with any questions.
- Dash For Dignity! Join Yad Leah on Sunday, November 8th, 8:00 am -1:00 pm for a safe & socially distant 5K! Choose between 4 beautiful parks or run in your own neighborhood/treadmill. With options for a 5K or 1-mile family walk, there is something for everyone! Proceeds will provide warm clothing for struggling families in Israel. All participants will receive an event t-shirt, official race bib, snack pack & more! Register today at [www.yadleah.org/dash](http://www.yadleah.org/dash).
- Naaleh High School for Girls invites 8th grade girls and their parents to our Virtual Open House, Sunday November 8 at 8:00pm. For more information and to register please visit our website: [www.naalehhighschool.org/admissions](http://www.naalehhighschool.org/admissions)
- Sunday, November 8th, 7:30 pm Rabbi Jacob J. Schacter- "Appreciating the Importance of Gratitude." In memory of Mrs. Pnina Schacter, a"h, on her second yahrzeit. To join via Zoom, go to <https://zoom.us/j/4653630025> Password: 8372795 or To Call In: 1 929 205 6099 Meeting ID: 465 363 0025 Password: 8372795.
- Sunday, November 15th, 9:30 am Rabbanit Gilla Rosen- "Did our Ancestors Keep Mitzvot? How to Read a Midrash: From Rambam and Rashi to Rav Lichtenstein." To join via Zoom, go to <https://zoom.us/j/4653630025> Password: 8372795 or To Call In: 1 929 205 6099 Meeting ID: 465 363 0025 Password: 8372795.
- The Idea School's Virtual Open House will be held on Wednesday evening November 11th from 7:30 to 9:00 p.m. Watch our video at <https://youtu.be/ymILz6X1r4U> to learn more about our Modern Orthodox Co-Educational High School, Project Based Learning and our unique partnership with the Kaplen JCC on the Palisades. Register for the Open House at [www.theideaschool.org](http://www.theideaschool.org) and apply at [www.theideaschool.org/admissions](http://www.theideaschool.org/admissions).



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- Lubavitch on the Palisades Preschool (Daycare-K), Springboard School (Special program for bright children ages 3-6 with learning challenges) & Tenafly Chabad Academy (Grades 1-8) invite you to an open house on the evening of Wednesday, November 11th at our spacious facility (11 Harold Street, Tenafly). Groups will be limited & times will be assigned based on registration in order to ensure proper physical distancing. Masks are required. Please RSVP to sonya@lpsnj.org.
- The Bergen County Food Security Task Force found at: <https://www.facebook.com/BCFoodTaskForce2020>. The Task Force has been working to coordinate efforts between our food pantries, civic organizations, & private corporations to meet increased demand, source nutritious food products, & resolve logistical issues caused by the COVID-19 pandemic. Our Facebook page aims to keep county residents informed of all available food resources & to ensure all community-based emergency food providers have the necessary supplies to assist our residents.
- United Hatzalah, in partnership with CoronaCareIsrael, is proud to present free & anonymous online counseling to US frontline healthcare providers. It is a partnership group of mental health trauma professionals practicing in Israel. We offer 24/7 mental health support at hours when these services may not otherwise be readily available. Sign up anonymously at [www.bit.ly/UHCoronaCare](http://www.bit.ly/UHCoronaCare). Confidentiality is of prime importance to us, & we will never require any identifying details. We invite all frontline staffers to utilize our services during this challenging time.
- Shopping Angels is a program designed to provide services to those populations deemed especially at-risk for the COVID-19 virus. We are volunteering our time to personally deliver groceries or other shopping necessities to those who may prefer to stay within the safety of their own home at no additional cost. This program is entirely volunteer-based – we do not ask for gas money, tips, or delivery fees! To request service or to volunteer please visit [www.shoppingangelsglobal.org](http://www.shoppingangelsglobal.org).
- Feldenkrais lessons for posture, calm & wellness continue. Mondays at 8-9 pm & Tuesday-Friday at 11:30-12:30 pm. Join on Zoom: <https://us02web.zoom.us/j/5864270795>. Meeting ID: 586 427 0795. Password: 337785. Call Joyce Bendavid OTR GCFP 201-759-4222 with any questions.
- Mitzvah Day on the Move! November 10 through 24. Due to the pandemic, Federation's Mitzvah Day has been reimagined. You can choose one of the six Pop-Up Mitzvah projects to do at home with your family & trusted friends. These projects will help support vulnerable women & children, seniors, the homeless, hospitalized patients, & non-medical frontline workers in our community. Each project requires a \$50 donation to participate. All materials are provided & may be picked up at Jewish Federation's office (50 Eisenhower Drive, Paramus) on November 10 & 11. Drop off completed projects to Jewish Federation's office on or before November 24. If you are not able to host a pop-up, you can still support Mitzvah Day through a donation or sponsorship. Shara Nadler, Manager, Volunteer Center, [SharaN@jfnj.org](mailto:SharaN@jfnj.org). Go to: <https://www.jfnj.org/Mitzvah/>
- Join Yeshiva University High School for Boys (MTA) at our virtual Open House on Sunday, November 15th, 9:30 am to learn more about our warm, personalized, & inspiring approach to Torah, academic, & extra-curricular programs & explore all of the incredible opportunities available at our yeshiva. We truly have something for everyone, enabling each & every talmid to shine & make an impact on our community. Choose your journey & discover how you can make the most of your MTA experience. To RSVP, visit [yuhsb.org/openhouse](http://yuhsb.org/openhouse). Questions? Contact R' Yoni Stone at [ystone@yuhsb.org](mailto:ystone@yuhsb.org) or 646-592-6106.
- The 28<sup>th</sup> Annual Bergen County Chanukah Toy Drive is almost here. Collection will begin on Monday, November 16<sup>th</sup>. Stay tuned for more details.