



Congregation Bnai Yeshurun Weekly Shabbat Announcements

August 7-14, 2020

י"ז-כ"ד אב תש"פ

Shabbat Ekev

שבת עקב

Shabbat Times זמני שבת

Candle Lighting	7:05, 7:35 & 7:44 pm	הדלקת נרות
Mincha & Kabbalat Shabbat-NM	6:45	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat - Ogden Lot	7:15	מנחה וקבלת שבת
Mincha & Kabbalat Shabbat-NM	7:50	מנחה וקבלת שבת

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

Latest Shema	9:30 am	סוף זמן ק"ש
Hashkama—Old Main	7:00 am	השכמה
Hashkama—Ogden Lot	7:00 am	השכמה
Ashkenaz—W. Englewood Lot	8:30	נוסח אשכנז
Sefard—Social Hall	8:30	נוסח ספרד
Ashkenaz—New Main	9:00	נוסח אשכנז
Mincha-New Main	1:45 pm	מנחה
Mincha-New Main	7:40 pm	מנחה
Mincha-Ogden Lot	7:40 pm	מנחה
R' Weinberger's shiur on "Stitches on Shabbat" between <i>mincha</i> & <i>maariv</i> will take place in the <i>New Main</i>		
Ma'ariv -New Main	8:47 pm	מעריב
Ma'ariv - Ogden Lot	8:47 pm	מעריב
Next Shabbat Candles	7:05 & 7:34 pm	שבת פרשת ראה
Mincha & Kabbalat Shabbat	6:45, 7:15, 7:40 pm	הדלקת נרות מנחה

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

Please join us as
Rabbi Ari Zahtz
addresses the entire Kehilla

Erev Shabbat Eikev
August 7, 2020 | 6:00 PM

Striving for Clarity in an Unclear World

ZOOM LINK
<https://zoom.us/j/95531473542>
Password: cby

ADDITIONAL VIEWING **ZOOM LINK**

<https://zoom.us/j/97703808988>
 Motzei Shabbat, August 8, 2020
 9:45 pm
 Password: cby

A Message from Rabbi Weinberger



In this week's Sedrah we read a famous pasuk accompanied by an equally famous question. "ועתה ישראל, מה ה' אלקך שואל מעמך..." *And now, Israel, what does Hashem your G-d ask of you, but to fear Him...* (Devarim 10:12). And, here, the Mefarshim ask: How can Moshe Rabeinu say this is the *only* thing Hashem asks of us? What about the other 612 מצוות? What

about the three other things mentioned at the end of *this very pasuk alone*?! The Torah Temimah and Ibn Ezra are among those to deal with this question head on, providing several different approaches to it.

When all the dust settles though, it is clear that *יראת ה'*, *fear of Heaven*, plays a central role in our religion. As Moshe Rabeinu said, it is the only thing Hashem demands of us. In fact, in an equally cryptic statement, Chazal say *הכל בידי שמים חוץ מיראת שמים*, *everything is in the Hands of Heaven except for fear of Heaven* (נדה טז). Meaning, Hashem controls everything *other than* our decision of whether or not we will fear Him. And you might recall from *ברכת החדש* a couple weeks ago that we asked Hashem for many things, but we only asked for one thing *twice*: *יראת ה'*.

Why is that? What is it about *יראה* that is so essential? Most contemporary psychologists would suggest that people are drawn to positive ideas (or *vibes*, depending on your age) much more than the notion of fear mongering. That is one reason why the mussar movement, in its truest form, ceased to exist. It is simply too much for us to harp on the pitfalls of sin and its impending punishment. And besides the dangers of living in fear, it also seems quite unambitious. I understand striving for *אהבת ה'*, *love of G-d* or *דביקות בה'*, *spiritual connection to G-d*. But *יראה*? Is that what my relationship with G-d is? Fear of getting a potch or getting struck by lightning (or worse)? That's the *one thing* Hashem wants from us? That's the *one thing* that's in our hands?

I once heard a beautiful- and foundational- answer to all of this from Rabbi Mayer Twersky. He said that although we are not a religion predicated upon fear, there is a different word we can- and should- substitute in: our relationship with *ה'* must be *authentic*. No sane person would stick their hand in a fire, nor would they walk in front of a speeding bus, because the consequences are real. But some people do live an unhealthy lifestyle because the consequences of *that* aren't guaranteed. Maybe I'll get away with it; maybe I'll be o.k.; maybe all the studies are bogus or I'm the exception etc. The same attitude can be taken when it comes to our *עבודת ה'* as well. Davening when I can; learning when I can; chesed when I can etc. To treat our *עבודת ה'* with this mindset, like it's a religion of convenience instead of accountability, reduces its *authenticity*.

Hashem is not interested in punishing or scaring us. As such, *יראת ה'* does not mean walking around on eggshells. Rather, the concept of fear and punishment is supposed to indicate to us that our actions (or inactions) matter, the same way that any meaningful activity has consequences, for better or worse. Fear of Heaven means

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Shabbat Ekev

שבת עקב

Special Event

אירועים מיוחדים

- Bar mitzvah of Amir Glaser
- Ufruf of Abraham Gellman
- Ufruf of Jordan Soclof

Mazal Tov

מזל טוב

- Barbara Frohlich on the birth of a granddaughter, a daughter to Gabriella & Daniel Frohlich.
- Michelle & David Gellman and Evelyn & Elliott Gellman on forthcoming marriage of their son and grandson, Abraham, to Mollie Schwartz, of Sharon, Massachusetts
- Ariella & Aylon Glaser on the bar mitzvah of their son, Amir.
- Meryl & Gary Hoffman on the birth of a granddaughter, Kara Charlotte, born to Zahava & Jeremy Siegel
- Suri Kaminetsky, upon the marriage of her grandson, Aryeh, son of Elisheva & R' Yisroel Kaminetsky, to Nina Miller
- Sallie & Ernie Levi on the birth of a grandson, a son to Shannon & Arieh Levi.
- Elizabeth & Ronny Meier on the birth of grandson, a son to Hillary & Michael Meier.
- Jennifer & David Miller and Myril & David Zomick upon the marriage of their daughter and granddaughter, Nina, to Aryeh Kaminetsky.
- Karen & Rabbi Steven Pruzansky on the bar mitzvah of their grandson, Yehuda, son of Ayelet & Shmuly Katz, in Israel.
- Rena & Douglas Soclof on the ufruf and forthcoming marriage of their son, Jordan, to Sofia Simantov.

Condolences

נחומים

- Mark Teicher & Miriam Schenker on the loss of their beloved father, Rabbi Paul Teicher a"h.

CBY Notes

- Rabbi Zartz will address the Kehilla on Friday, August 7th at 6:00 pm via Zoom; to access click [here](#), password is cby. It will be rebroadcast on Motzei Shabbat at 9:45 pm via Zoom; to access click [here](#), password is cby.
- For R' Pruzansky's Farewell Address & Video click [here](#).
- CBY is still raising funds through our Gala Fundraising campaign as the shul depends on your donations for cash flow & operations. To support CBY at this time please click [HERE](#).

CBY HIGH HOLIDAYS 5781

By now all members should have received the email with CBY's plans for the Yamim Noraim. Please note the deadline to submit the registration form is **August 21st**. If you did not receive the email or have any questions, please contact the shul at office@bnaiyeshurun.org.

R' Weinberger continued from page 1:

internalizing that the 613 מצוות are Divinely ordained and not something we just teach our children and grandchildren about. There are two fascinating minhagim that- strange as they may seem- show just how authentic the Torah and mitzvos were to some people. First, Rabeinu Bachya (שמות כה:כג) writes about a custom among the pious people in France who would construct their coffins from wood taken from their dining-room tables. The idea was that when they arrived in the עולם האמת these tables could attest to the הכנסת אורחים they conducted while in this world. Apologies if you're currently sitting at your dining room table and you just lost your appetite, but these individuals understood what their Shabbos tables represented. They believed Chazal when they said גדולה הכנסת אורחים יותר מקבלת פני השכינה, *Hosting guests is even greater than confronting Hashem's presence*. That was not just a slogan to them. That was their lifeline, and they would hold onto until the very end. An equally interesting minhag is quoted by the Chafetz Chaim who wrote that there was a certain individual in Radin who would learn Mishnayos, every day, לעלוי נשמתו, *as a merit for his own soul*. When people questioned this strange practice of his he answered that he did not want to wait until after his death for others to take extra Torah learning upon themselves to get him into עולם הבא.

I'm not suggesting of bringing either of these minhagim to Teaneck, but the spirit of these practices shows a belief in the authenticity of what we are doing. What is *our* perspective of chesed or of learning mishnayos for a shloshim or of saying a perek of Tehilim upon receiving an urgent WhatsApp? On the flip side how do we view the ills of speaking loshon hara or being dishonest? How authentic is it all? The answer to that question depends on our יראת ה'. And in a sense, that is all G-d is asking of us: to treat our עובד ה' with the authenticity it deserves.

Beis Medrash Committee

- Mishna Yomit will begin learning Masechet Keilim.
- Manny Freed z"l Parent Child Learning- Click [here](#) for this week's source sheets. 1. Parents & children should learn for 30 minutes, or more, on Shabbat afternoon. Each additional 30-minute slot will earn you another ticket! 2. Fill out the following [google doc](#) on Motzei Shabbat. 3. Each child will be entered into a raffle for prizes that will be picked on Sunday morning. Prizes will be delivered to your homes!

This week's bulletin is sponsored by Gilla & Yitz Stern in commemoration of the yahrzeit (21 Av) of Ari Frommer – Ahron ben Mordechai Yehoshua a"h.



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שבת עקב

Weekly Davening Schedule

Earliest <i>tefillin</i> – 5:01 am Latest <i>Shema</i> – 9:30 am <i>Mincha Gedola</i> – 1:37 pm	Sun. Aug. 9	Mon. Aug. 10	Tues. Aug. 11	Wed. Aug. 12	Thu. Aug. 13	Fri. Aug. 14	
	י"ט אב	כ' אב	כ"א אב	כ"ב אב	כ"ג אב	כ"ד אב	
דף היומי	שבת קנ"ז	שבת קנ"ז	עירובין ב'	עירובין ג'	עירובין ד'	עירובין ה'	
<i>Shacharit–Ogden Lot</i>	6:25 am	6:00 am	6:10 am	6:10 am	6:00 am	6:10 am	שחרית
<i>Shacharit- Old Main</i>		7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
<i>Shacharit–Ogden Lot</i>	7:30 am	7:20 am	7:30 am	7:30 am	7:20 am	7:30 am	
<i>Shacharit–New Main</i>	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	8:00 am	
<i>Shacharit–Old Main</i>	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	8:50 am	
<i>Shacharit–New Main</i>	9:15 am						
<i>Plag Mincha- Old Main</i>	6:20 pm	6:20 pm	6:20 pm	6:20 pm	6:20 pm		מנחה
<i>Plag Mincha- Ogden Lot</i>	6:20 pm	6:20 pm	6:20 pm	6:20 pm	6:20 pm		
<i>Zman Mincha-New Main</i>	7:45 pm	7:45 pm	7:45 pm	7:45 pm	7:45 pm		
<i>Zman Mincha-Ogden Lot</i>	7:45 pm	7:45 pm	7:45 pm	7:45 pm	7:45 pm		

Please note, at this time our minyanim are open for Full Members of CBY.

Tefilah Instructions from Rabbi Zahtz

Friday night:

Plag haMincha is 6:36 pm. Those who are accepting Shabbat early may light candles after that time.

Shema should be repeated after 8:40 pm.

For those making Shabbat b'zman candle lighting is at 7:44 pm.

Shabbat day:

Sof Zman kriet shema is at 9:30 am.

This week's sedrah is Parshat Ekev.

This week's haftarah is Yeshayahu 49:14-51:3.

It is the second of the seven haftarot of consolation.

The earliest time for Mincha is 1:37 pm.

Mincha should be completed by shkiah at 8:03 pm.

Maariv and Shabbat ends at 8:47 pm.

Davening protocols:

We have beautiful minyanim both in Shul and outdoors on the Shul campus, please join and please remember your masks and social distancing.

For those davening at home, the following parts of the tefillah are omitted:

Magen Avos, Kaddish, Kedusha, Barchu, Brich Shmei, Yekum Purkan and Anim Zemiro.

We recite both Av harachamim and Tzidkascha Tzedek this week.



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ONLINE LEARNING OPPORTUNITIES AUGUST 9-14, 2020		
Daily	Short Vort WhatsApp Group - Inyanei D'Yoma from Rabbi Steven Pruzansky	Sign up Here
Throughout week	Chizzuk WhatsApp Group from Rabbi Ari Zahtz	Sign up Here
Throughout the week	WhatsApp Group – Myth-busters in Halacha with Rabbi Yosef Weinberger	Sign up Here
Sunday -7:00 am, M-F at 6:00 am & Motzei Shabbat at 10:00 pm	Daf Yomi with rotating magidei shiur	https://zoom.us/j/99037398916 Password: CBY
Sunday–Thursday at 7:30 pm	Mishna B'rurah Chavurah with Ari Wartelsky	https://zoom.us/j/611771378 Password: cby
Sunday at 9:00 am	Hilchos Shabbos Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday at 9:00 pm	Gemara Iyun Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Wednesday at 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, 20 with Rabbi Menachem Meier	https://zoom.us/j/376058136 Password: cby Phone: 646-558-8656; Meeting ID: 376 058 136
Wednesday at 9:15 pm	Halacha Shiur with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Thursday at 9:35 pm	Parsha & Halacha with Rabbi Michael Taubes	https://yeshiva-university.zoom.us/j/7494189014 Password: YSH
Tuesday, Wednesday, Friday at 7:30 am	Yitzchak Yaakov Kollel Boker with Rabbi Zvi Sobolofsky	https://yeshiva-university.zoom.us/j/8097026562
Friday at 8:30 am	Minchas Chinuch Shiur with Eli Weber	https://zoom.us/j/156897284 Password: cby

Mazel Tov to the Daf Yomi learners who will be finishing Massechet Shabbos on Monday and beginning Massechet Eruvin on Tuesday.
Mazal Tov to the Mishna Yomit learners who will be finishing Massechet Kinim and Seder Kodshim on Monday and beginning Massechet Keilim and Seder Taharos on Tuesday.



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Teen Department – A Message from Rabbi Jonathan Schachter



Shema versus Vehaya

Parashas Eikev contains the second paragraph of kerias shema, this coming on the “heels” of last week’s parasha, Va’eschanan, which includes the first paragraph of shema. The two paragraphs of shema have much in common – the commandment to love HaShem, the obligation to learn and teach Torah, and the mitzvos of tefillin and mezuzah. However, there are a few critical distinctions between them, and by analyzing them, we will uncover an important, subtle message hidden in the text.

There are three differences between the first and second paragraph of shema to which we will devote our attention. The first parasha is in singular, while the second is in plural. The first parasha places the mitzva of talmud Torah as the initial way with which to demonstrate our love for HaShem, followed by the mitzva of tefillin, whereas the second parasha places the mitzva of tefillin first, and then talmud Torah. Finally, the first parasha makes no mention of reward or punishment, while the second tells us of rain and produce as well as drought and exile.

The Lubavitcher Rebbe explains (as does Rav a Shlomo Volbe in the introduction to Alei Shor) that the two parshiyos address different audiences. The first targets an audience that is already on a high spiritual level, an audience that embraces the belief in a singular God (HaShem echad) and naturally yearns to serve Him (b’chol levavecha, b’chol nafshecha, u’vechol me’odecha). This service begins with Torah study, which solidifies our spiritual connection to the word of God (v’shinantam levanecha v’dibarta bam), and then spills over to our bodies, as we bind these words upon our arms and heads and enlist our limbs to join in avodas HaShem. For such a person, rewards and punishments are not relevant; one follows the will of HaShem simply because it is the will of HaShem.

The second paragraph of shema addresses an audience that is more focused on, and motivated by, the physical world. This group needs a community to strengthen one another, thus the plural language. They need to first enlist their limbs in mitzvos before they are ready for the spiritual encounter of talmud Torah, which is why tefillin precedes learning in this paragraph (u’keshartam l’os ... vi’limadetam osam). Rewards and punishments go a long way in motivating this audience to properly connect to HaShem so the Torah assures us that proper observance will lead to rain and crops, while a careless approach will lead to drought and exile.

This is not to say that the accomplishments of the second audience are less valuable than the first. On the contrary, the second audience has to work much harder than the first to achieve their love of HaShem. In fact, according to Rashi (11:18), this group will in fact be sent to exile, and that is where they will eventually do teshuva, through tefillin and action first, followed by the spiritual component of Torah study. Because of their great efforts to overcome their desires, they will succeed and be rewarded with a lengthy return to Eretz Yisrael (l’ma’an yirbu yemeichem ...”).

This pathway proscribed in the second paragraph of shema is reminiscent of the sanctity achieved by the second luchos. They had a much humbler origin than the original luchos, as the originals were prepared exclusively by HaShem, while the second had to be chiseled by Moshe’s own human hands. Yet, it was the second luchos that lasted throughout the generations, while the first were broken, since HaShem valued all of Moshe’s effort to produce these luchos.

As a nation, we are now transitioning from the mourning over the churban to our renewed focus on teshuva and the upcoming Yamim Nora’im, and we must use the second paragraph of shema as our inspiration. As much as possible, we should try to serve HaShem as a group, so we can inspire one another. We must enlist our limbs in the service of HaShem, which will lead to our hearts and minds engaging in Torah study as well. And we can be motivated by the prospect of returning to Eretz Yisrael and being able to remain there ki’yimei shamayim al ha’aretz. With this kind of effort, then our avodah will be received as favorably as the second luchos, which HaShem lovingly accepted from Moshe to be the base for His everlasting covenant with us.



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Shabbat Ekev

שבת עקב



Virtual Youth Wing!

Ekev in "Hashtag" Form



- Moshe continues his final spiel to the Jewish people... **#LongestSpeechOfAllTime**
#GiveTheManSomeWaterAlready
- Moshe guarantees the Jewish people that if we keep HaShem's mitzvot, then HaShem will allow us to easily conquer Eretz Canaan. **#SmoothLikeButter** Therefore, we are told not to be afraid, since HaShem will surely take care of us.
- We are commanded to destroy all avodah zarah upon entering the Land. **#SearchAndDestroy** **#NoWorries**
#GodGotYourBack
- After a brief chazarah session of the forty years in the midbar, HaShem tells us about how **#rad** Eretz Canaan is, and then commands us to "bentch" after eating a satisfying meal. **#VachaltaVsavataUverachta**
#YummyInMyTummy **#YallJustAte** **#YallBeBlessinNow**
- We are told to remember that all of our success comes from HaShem, it's not only because of all the hard work that we put into something. **#StrengthComesFromAbove** **#RememberFromWhenceYeCame**
- HaShem tells us that He hasn't forgotten what the Avot and Imahot did years ago **#RememberDemPatriarchs**
#Credz **#AncientCredz**
- We recount the episode of the second Luchot and the Leviim being designated as HaShem's personal assistants.
#SecondTimesACharm **#DerHeiligeHelp**
- Eretz Yisroel is the best. HaShem constantly watches it! We read the second parsha of the Shema.
#WatchfulEye **#Tefillin** **#Mezuzah** **#ScharVeOnesh**
- We are told to follow in HaShem's ways and to be close to Him. **#ImitatioDei** **#CleavinToTheBoss**
#NationGoals

Fun Facts #NoWay

1. Tis the season for slurpees and ice cream. Did you know that the medical word for Brain Freeze is "Sphenopalatine Ganglioneuralgia." Try saying that ten times fast! What berachah do you make on a slurpee?
2. Did you know that in 1945, a chicken once lived without a head for eighteen months? I wonder if it ran around like a chicken without a head...
3. Did you know that Moshe Dovid'l, like most children, won't develop kneecap bones until the age of three?



Pictures from the DFYD Tisha B'Av Chessed Program
We wrote Rosh Hashana letters to victims of terror, created mitzvah boxes, and Asher Yatzar cards!

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CBY YOUTH EIKEV SEARCH!

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

Parking Lot Groups	Imitatio Dei	Avodah Zarah	Bentching
Tefillah	Tefillin	Mezuzah	Zchut Avot
Dveikut	Canaan	Luchot	Eretz
Youth	Levi	Bread	CBY

Manny Freed z"l PCL To-Go!

Brought to you by the CBY Beis Medrash Committee

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

Log your hours on Motzei Shabbat by clicking [HERE!](#)

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

Contact Us

Rabbi Ari Zahtz, Rabbi
rabbizahtz@bnaiyeshurun.org
 Rabbi Yosef Weinberger, Assistant Rabbi
rabbiweinberger@bnaiyeshurun.org
 Rabbi Steven Pruzansky, Rabbi Emeritus
 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



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שבת עקב

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

Masks work.

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

Masks are really no big deal.

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

Masks allow us to reopen.

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

It's apolitical.

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

It shows you care.

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

It's a mitzvah.

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

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

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

How can I be confident in wearing a mask?

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

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

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

Do I need to wear a mask outside?

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

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

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

Everyone had Covid-19 already.

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

Do masks make people nervous?

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

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

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

Are masks healthy?

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

Are masks safe for all people?

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



Congregation Bnai Yeshurun Weekly Shabbat Announcements

August 7-14, 2020

י"ז-כ"ד אב תש"פ

Shabbat Ekev

שבת עקב

Community Announcements

- We are pleased to announce that with the guidance of medical professionals and the RCBC, the Teaneck Keylim Mikvah is open, for self service by APPOINTMENT ONLY, for the hours of 8:00 am - 2:00 pm Monday through Thursday and 8:00 am - 5:30 pm on Friday. Please go to <http://www.teaneckmikvah.com/> to book your appointment.
- Rinat Yisrael presents on Motzei Shabbat, August 8th, 9:30pm- Dr. Moshe Cohn- "COVID and Congregation: Fact, Myth, and Fake News" <https://zoom.us/j/4653630025> Password 8372795
- Rinat Yisrael presents on Sunday, August 9th, 9:30am- Rabbi Yehoshua Katz- "U'teshuvah U'tefillah U'tzedakah: Analyzing the Role of Teshuvah on Rosh Ha-shannah" <https://zoom.us/j/4653630025> Password 8372795
- Rinat Yisrael presents on Sunday, August 9th, 8:30pm- Singalong with Zalmen Mlotek- <https://zoom.us/j/4653630025> Password 8372795
- United Hatzalah, in partnership with CoronaCareIsrael, is proud to present free & anonymous online counseling to US frontline healthcare providers. It is a partnership group of mental health trauma professionals practicing in Israel. Our team has accrued much experience in addressing continuing trauma situations. Our team has developed a protocol specific to treating frontline healthcare workers affected by the ongoing pandemic. Our protocol is designed to be brief & practical so that it is accessible & appealing to busy, overextended personnel. Given our time zone difference, we can offer 24/7 mental health support at hours when these services may not otherwise be readily available. Sign up anonymously at www.bit.ly/UHCoronaCare. Confidentiality is of prime importance to us, & we will never require any identifying details. We invite all frontline staffers to utilize our services during this challenging time.
- The Age-Friendly Teaneck initiative is to make the Township as great a place to grow old as it is to grow up. We raise awareness of the needs of Teaneck's rapidly growing population of older adults, & in keeping with that goal, we have drafted a new survey, the results of which we hope to use to shape our advocacy goals today & in the future. We know the COVID-19 crisis has amplified old challenges & created new ones for many of Teaneck's residents. Please fill out the survey below: <https://www.agefriendlyteaneck.org/aftsurvey.html> All survey submissions are anonymous, & we will use the compiled data to help inform government leaders & social service providers about the always-evolving experiences & needs of older adults in the Township. If you have any questions about the survey, or would like to respond over the phone, feel free to call us at 201-530-6756.
- <https://www.jewishtgether.org/> - Discover virtual opportunities for kids & college students, families & twenty-somethings, offered by all types of Jewish organizations, all curated by JewishTogether. Find connection, community, learning & laughter. Add structure to your summer & make #Summer5780 matter. Check out all of the Jewish offerings available to you & your family this summer – & sign up for updates! VISIT #SUMMER5780
- Do you have a high school daughter who is around for any part of the summer? Join us 6:45 pm on Tuesday nights for NCSY'S Summer Girls Learning Initiative through August 18 . SGLI is an opportunity for H.S. girls who are home for the summer to spend time with other girls their age & have some exciting Torah learning experiences. Classes will be offered by dynamic presenters from our local shuls & Yeshivot. SGLI is sponsored by NCSY & supported by Bruriah, Maayanot, Naaleh & Yeshivat Frisch. The sessions will be outdoors on the Congregation Beth Abraham campus, 396 New Bridge Rd, Bergenfield. All will be in accordance with CDC & state guidelines. (In case of rain, please bring a mask as the learning will be moved inside, while maintaining guidelines). Zoom link will be available for those who want to participate from home. For more information please contact Dr. Aliza Frohlich at afrohlich613@gmail.com.
- JFNNJ Supplies for Success 2020! The need for school supplies & PPE is greater than ever. There are many ways you & your family can help. Donate now! Host a Pop-Up - Be one of a select group to host a backpack Pop-up in your home. All supplies may be picked up at Federation offices between August 3-6 & filled backpacks should be returned on August 16. Join a Pop-Up in Federation's parking lot - Schedule a time to pack backpacks in a reserved Pop-Up tent for you, your family, & friends (no more than 8 people per tent) Sunday, August 16 (Raindate Monday, August 17). Donate - Donate the cost of one or more backpacks (\$25 each) or supply an entire class (\$360) with backpacks. Be a Sponsor - Your family or your business will be featured on all print & digital marketing materials for Supplies for Success. Questions? Contact Shara Nadler at SharaN@jfnnj.org or call 201-820-3947
- Shopping Angels is a program designed to provide services to those populations deemed especially at-risk for the COVID-19 virus. To help ease the uncertainty, anxiety, & fear surrounding this pandemic, we are volunteering our time to personally deliver groceries or other shopping necessities to those who may prefer to stay within the safety of their own home at no additional cost. This program is entirely volunteer-based – we do not ask for gas money, tips, or delivery fees! To request service or to volunteer please visit www.shoppingangelsglobal.org.



Congregation Bnai Yeshurun Weekly Shabbat Announcements

August 7-14, 2020

י"ז-כ"ד אב תש"פ

Shabbat Ekev

שבת עקב

- We hope everyone is staying healthy. As you can imagine the Teaneck Volunteer Ambulance has been extremely busy with the large amount of COVID19 patients in our community. We are hoping you can help us by going to our website at: www.teaneckambulance.org/covid19.html.
- Feldenkrais lessons for posture, calm and wellness continue-note the new schedule. Mondays at 8-9 pm and Tuesday-Friday at 11:30-12:30 pm. Joyce Bendavid is inviting you join Zoom Meeting: <https://us02web.zoom.us/j/5864270795>. Meeting ID: 586 427 0795. Password: 337785. Call with questions Joyce Bendavid OTR GCFP 201-759-4222.
- Areyvut would like to share this resource with our community: Kindness Club <https://bit.ly/KC42020>. It is a great resource for parents, educators & those that serve senior citizens. Go to <https://bit.ly/2Zw9zwP> for summer crafts.
- Nate Geller, longtime Teaneck resident, is in need of a life-saving blood stem cell donation. The best way to cure his cancer is to receive a marrow donation. If you are between 18-44, you are the perfect candidate to be a blood stem cell donor. If you are between the ages of 45-60, you can also join the registry but you will be asked to make a \$100 donation to cover the cost of the test. All you need to do is, fill out the info form, & Be The Match will send you a swab to return to them in the mail. You can also text "Hesed" to 61474 to register. This link & code will allow the Geller Family to track (anonymously) how many people register & send in a swab in honor of Nate. For every swab sent in to Be the Match using this link & the text code "Hesed" to 61474, the Geller Family will donate \$5 to the Equal Justice Initiative. We hope you will join the registry & help to spread this message. Register at: <http://Join.BeTheMatch.org/Hesed> Or Text: "Hesed" to 61474.

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

**BERGEN COUNTY
BICYCLE SAFETY INITIATIVE**

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

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

