



# Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

**Shabbat Beshalach  
Shabbat Shira**

שבת בשלח  
שבת שירה

## Shabbat Times      זמני שבת

Candle Lighting	4:49 pm	הדלקת נרות
Mincha & Kabbalat Shabbat - NM, OM, BM & Ogden Lot	4:55 pm	מנחה וקבלת שבת
Sephardic Mincha & Kabbalat Shabbat*	4:55 pm	מנין עדות מזרח

**The listed starting time for Shabbat morning minyanim will be the time that "Rebbi Yishmael" (followed by the first Kaddish) is recited. Those who wish to gather to say brachos and Korbanos together certainly may do so five minutes or so beforehand. Alternatively, they can be recited at home (even at a slower pace) before arrival at Shul.**

Latest Shema	9:38 am	סוף זמן ק"ש
Hashkama—Old Main & Ogden Lot	7:00 am	השכמה
Ashkenaz—Ogden Lot	8:30 am	נוסח אשכנז
Sefard—Social Hall	8:30 am	נוסח ספרד
Sephardic Shacharit *	8:45 am	מנין עדות מזרח
Ashkenaz—New Main	9:00 am	נוסח אשכנז
Ashkenaz—Old Main	9:15 am	נוסח אשכנז
<b>No Mommy &amp; Me this week</b>		
Youth Groups (Parking Lot)	10:30 - 11:15 am	קבוצות נוער
Minchas Chinuch—Alan Fuchs following Sefard minyan-SH	10:30 am	שעור מנחת חינוך
Mincha-Ogden Tent	12:45 pm	מנחה
Mincha-New Main	1:45 pm	מנחה
Sephardic Mincha *	4:50 pm	מנין עדות מזרח
Mincha-New Main & Ogden Lot	4:50 pm	מנחה
R' Weinberger's shiur, "Miriam's Song and Kol Isha" between mincha & maariv will take place in the NM		מנחה
Maariv & Shabbat Ends – New Main & Ogden Lot	5:56 pm	מעריב
Manny Freed z"l Parent Child Learning – Ogden Lot	6:45 pm -7:45 pm	הורים וילדים
Next Shabbat Candle Lighting	4:58 pm	הדלקת נרות
Mincha & Kabbalat Shabbat	5:05 pm	מנחה

\*Due to limited capacity in the Sephardic Minyan, anyone interested in attending must register at [sephardicminyan@bnaiyeshurun.org](mailto:sephardicminyan@bnaiyeshurun.org)

**With the closure of the CBY parking lots for our tents we recognize there is a great challenge in finding parking spaces near shul, especially during minyan times. However, we implore every member to be cognizant of where you are parking; obey all parking regulations & be courteous of the shul's neighbors & never block their driveways. We would also like to take this opportunity to remind everyone when walking to shul during darkened times of day to please wear reflective materials & walk on the correct side of the street.**

## A Message from Rabbi Weinberger



What was so special about ים סוף קריעת ים סוף? Compared to the עשר מכות it appears to be in a league of its own. It was only *then* that Bnei Yisrael burst out into שירה. According to the Mishnah Berurah, anyone who says אז ישיר with a sense of שימחה and makes an effort to relive that experience in their minds- מוחלין לו עונותיו, *their sins are forgiven!* And, of course, the experience of קריעת ים סוף warrants its own Yom Tov within the overall framework of הפסח.

So, what exactly was so unique about the splitting of the sea, in a story that has no shortage of miracles? Perhaps it was just more impressive. Each and every מכה was miraculous but this could have been the most awesome sight to behold. Maybe it was the most severe. The Haggadah has a whole section dedicated to this point. According to one opinion the punishment the Egyptians endured at ים סוף was 25 times worse than whatever they experienced in Mitzrayim during the מכות. Or it could simply be that this was the culmination of the redemption.

The Beis Ha'Levi, Rav Yosef Dov Soloveitchick, in true Brisker fashion, says there is one major distinction here: קריעת ים סוף was the first time Bnei Yisrael encountered G-d as *their savior*. Meaning, up until this point, every miracle they witnessed was fundamentally viewed as a punishment for the Egyptians. It happened to be that the collateral damage from pummeling Paroh and Mitzrayim led to the freedom of Bnei Yisrael. Here, however, Bnei Yisrael were facing their imminent death- trapped between an army and the sea. Had Hashem struck down the Egyptian army with lightning that would have just been the 11<sup>th</sup> מכה. Another punishment that saved the day. Instead, He split the sea, which was fundamentally viewed as an act of ישועה. This changed Bnei Yisrael's perspective of G-d from a powerful King to a loving Father. It was a shift from 'יראת ה' to 'אהבת ה'. And it is *this* aspect of the change in the relationship between Hashem and His people that we recognize on שביעי של פסח and every time we sing אז ישיר.

The Sefer Keren L'Dovid, written by Rav Eliezer Greenwald, suggests the same idea of the Beis Ha'Levi but from a slightly different angle. In Mitzrayim, the מכות were examples of G-d changing nature- שינוי הטבע. In each מכה, the שינוי הטבע was directed at the Egyptians. The blood, the frogs etc. all only effected the מצרים. For Bnei Yisrael, the miracle was the fact that there was no שינוי הטבע vis-à-vis their lives. All they needed to happen was for their lives to go on as normal. They weren't stricken with lice and boils; nor were they pelted during the fire-hailstorm. Just another regular day for Bnei Yisrael, and that was enough. When it came to קריעת ים סוף though, it was the exact opposite. Bnei Yisrael experienced the שינוי הטבע- they saw the sea split and were able to walk through on dry land.

*Continued on page 2*



# Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

Shabbat Beshalach  
Shabbat Shira

שבת בשלח  
שבת שירה

## Mazal Tov

מזל טוב

- Jennifer & Ronnie Aranoff, June & Terry Aranoff, and Rita Cutler on the engagement of their daughter and granddaughter, Nicole, to Dani Ellenbogen of North Miami Beach, FL.
- Naomi & Boris Davidson on the bar mitzvah of their son, Nathan.
- Lani & Moshe Hans on the birth of twin boys.
- Rifkie & Uri Lerner on the recent marriage of their daughter Gavriella (Gabi) to Natan Siegel of Silver Spring, MD.
- Evelyn Morris on the birth of a granddaughter, a daughter to Michal & Danny Morris in Israel.
- Ruth & Phil Roth on the birth of a granddaughter, a daughter to Danielle & Barry Bornstein.
- Debby & Mark Teicher on the birth of a granddaughter, Lila, to Ilana Teicher & Dan Blas in Tel Aviv.
- Susan & Mark Wiesen on the birth of a granddaughter, Yakira Leora, a daughter to Yael & Raffi Wiesen.

## CBY Notes

- The Adult Ed Committee presents a Zoom lecture by Dr. Shai Secunda, "The Iranian Talmud; New Light on the Talmud Bavli" on Sunday, February 7<sup>th</sup> at 10:00 am. Click [here](#) for Zoom link; passcode is cby.
- R' Zartz's Women's shiur on שמואל א' is on Thursday mornings from 9:15 - 9:45 am. Click [here](#) for the WhatsApp group for updates. See page 5 for Zoom link.
- R' Zartz's Gemara shiur is on Thursday evenings at 8:15 pm. For the WhatsApp Group click [here](#). See page 5 for Zoom link.

## Beis Medrash Committee

- Manny Freed z"l Parent Child Learning Motzei Shabbat – at a **new time 6:45-7:45 pm** in the Ogden Tent.
- Mishna Yomit is learning Masechet Ohalot.

## CBY Teens

- Motzei Shabbat Teen Learning will not take place this week.



### Bnot Mishloach Manot!

Bnot is happy to again offer online processing of the Mishloach Manot Program! To access the Mishloach Manot order form please visit the CBY website by clicking [HERE](#). The deadline for orders is **Monday, February**

**15th**. Please note that in order to access the form you will need to be logged into your CBY online account. If you are unsure how to log into your account, please contact the CBY office during regular business hours.

## R' Weinberger continued from page 1

By the time the Egyptians got there, Hashem returned the sea to normal. It was the מצררים who experienced nature as it was meant to be, in the middle of the ocean. In other words, this was the first time Bnei Yisrael saw Hashem change the world *for their sake*. This distinction can help explain several challenging pesukim. One such pasuk is in Tehilim (106:7) which says "אבותינו במצרים לא הכשילו נפלאותיך", *our forefathers in Egypt did not understand your wonders*. What does that mean? What's not to understand about the מכות? R' Greenwald says so long as Bnei Yisrael were still in Mitzrayim (אבותינו במצרים) they didn't understand what the purpose of Hashem's miracles were. Were they simply to punish the Egyptians for being such cruel people? It was not until they left Mitzrayim- at קריעת ים סוף- that they understood Hashem's actions to be out of a deep love for His nation. Another example comes from the parsha. Once the Egyptian soldiers realized what was happening, the pasuk says "ויאמר מצרים אנוסה מפני ישראל כי ה' נלחם להם במצרים", *And Egypt said, let us run away from Bnei Yisrael, for Hashem fought for them in Mitzrayim*. What? They're just getting this revelation now? They didn't get the hint after the first ten מכות? Perhaps, it was not until they saw what Hashem did for Bnei Yisrael at the ים סוף that they understood what happened *in Mitzrayim* was also about saving Bnei Yisrael (כי ה' נלחם להם במצרים), not just punishing them.

This is something to think about every day when we recite אד וישיר. We are reminded that Hashem can- and will- change the world *for us*. This is true in our individual lives- He is our מושיע. And it is also true regarding our national destiny, as we continue to daven for the final גאולה, whose miracles will be even greater than wonders of קריעת ים סוף.

This week's Bulletin is sponsored by Susan & Mark Wiesen in honor of their new granddaughter, Yakira Leora Wiesen, daughter of Yael & Raffi Wiesen. Mazal tov to the first-time grandparents Helene and Ze'ev Saban of Toronto. Mazal tov to the great-grandmothers, Messody Ohayon, Edith Rieder, and Cyla Wiesen.

We are thankful that yeshivot & seminars were able to open in Israel & provide our children with the important gap year experience. Our youth are an important part of the Bnai Yeshurun family & we would like to send them some CBY love this Purim. Please fill out the form found [here](#), so that we can include your child. Deadline for responses is **February 1st**. You must be logged in to your CBY account to fill out the form.



# Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

**Shabbat Beshalach  
Shabbat Shira**

שבת בשלח  
שבת שירה

## Weekly Davening Schedule

Earliest tefillin – 6:11 am Latest Shema – 9:38 am Mincha Gedola – 12:40 pm	Sun. Jan. 31	Mon. Feb. 1	Tues. Feb. 2	Wed. Feb. 3	Thu. Feb. 4	Fri. Feb. 5	
	י"ח שבט	י"ט שבט	כ' שבט	כ"א שבט	כ"ב שבט	כ"ג שבט	
דף היומי	פסחים ע"א	פסחים ע"ב	פסחים ע"ג	פסחים ע"ד	פסחים ע"ה	פסחים ע"ו	
Sephardic Netz Shacharit*	6:30 am	6:30 am	6:30 am	6:30 am	6:30 am	6:30 am	שחרית
Shacharit–Ogden Tent	6:25 am	6:00 am	6:00 am	6:00 am	6:00 am	6:00 am	
Shacharit–New Main	6:25 am <b>OM</b>	6:05 am	6:15 am	6:15 am	6:05 am	6:15 am	
Shacharit–New Main	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	7:00 am	
Shacharit–Beis Medrash^ Slow Paced Minyan	8:00 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	8:00 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	
<b>Shacharit–Social Hall</b>	<b>8:30 am</b>						
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 –NM & Ogden	9:15 am						
Mincha only - Ogden Tent	12:45 & 1:45 pm	12:45 pm	12:45 pm	12:45 pm	12:45 pm	<b>12:45 pm</b>	מנחה
Mincha only–New Main	12:45 & 1:45 pm	1:45 pm	1:45 pm	1:45 pm	1:45 pm	<b>12:45 pm</b>	
Mincha only–Beis Medrash^		<b>1:45 pm</b>	<b>1:45 pm</b>	<b>1:45 pm</b>	<b>1:45 pm</b>		
Zman Mincha–NM & Ogden	5:00 pm	5:00 pm	5:00 pm	5:00 pm	5:00 pm		
Maariv only– Beis Medrash^	<b>6:00 pm</b>	<b>6:00 pm</b>	<b>6:00 pm</b>	<b>6:00 pm</b>	<b>6:00 pm</b>		מעריב
Maariv only – Old Main	7:00 pm	7:00 pm	7:00 pm	7:00 pm	7:00 pm		
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		

^The CBY Internet Minyan can be accessed by clicking [HERE](#). It is sponsored by Bibi, Dov Kelly, Liz & Abby Pavel in memory of Bibi's mother Miriam bat Betzalel Yehuda. All minyanim scheduled to take place in the *Beis Medrash*, as listed above, will be broadcast.

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

### Tefilah Instructions from Rabbi Zahtz

#### Friday night:

For those making שבת בזמן candle lighting is at 4:49 pm.

שמע should be repeated after 5:45 pm.

#### Sabbath day:

is at 9:38 am.

is at 10:28 am

This week is שבת שירה and the פרשה is בשלח. This week's הפטרה is ה'לא יקום פורקן.

The earliest time for מנחה is 12:40 pm. מנחה should be completed by שקיעה at 5:10 pm.

and מעריב ends at 5:56 pm. For those who wait for the מעריב it is 6:23 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 תפילה are omitted: יקום פורקן, ברכו, בריך שמי, יקום פורקן and אנעים זמירות.



## Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

Shabbat Beshalach  
Shabbat Shira

שבת בשלח  
שבת שירה

### CBY COVID Safety Protocols

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. COVID-19 symptoms are:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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 tents 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 are doing our best to provide additional minyanim based on the increased need as the weather necessitate. Each minyan should 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. Quarantine guidelines: Anyone who had significant exposure (within 6 feet of a positive COVID individual for cumulative 15 minutes or more) will be required to quarantine and will be restricted from shul for 14 days from the time of last contact. In special circumstances we will allow returning after 10 days with a negative COVID test. For any questions or to discuss an individual case please contact Elysia Stein at [office@bnaiyeshurun.org](mailto:office@bnaiyeshurun.org).

Additionally, we remind all that anyone who has a pending COVID test (unless it was done for screening purposes) or anyone with a symptomatic household member pending COVID test, should not attend shul until receiving a negative diagnosis.

8. Travel: 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.

9. COVID at CBY: 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.



# Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

**Shabbat Beshalach  
Shabbat Shira**

שבת בשלח  
שבת שירה

## ONLINE LEARNING OPPORTUNITIES JANUARY 31- FEBRUARY 5, 2021

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 <b>6:45 pm</b>	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
Motzei Shabbat at 9:00 pm	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 8:30 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
<b>Wednesday at 8:20 pm - 9:00 pm</b>	Navi shiur on Shmuel 1, 24 with R' Jonathan Schachter	<a href="https://zoom.us/j/97995986166">https://zoom.us/j/97995986166</a>
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 9:35 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.

When shopping on Amazon, support CBY by shopping through this link [smile.amazon.com/ch/22-6082951](https://smile.amazon.com/ch/22-6082951)—costs no money but CBY receives a donation with each purchase!



## Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

Shabbat Beshalach  
Shabbat Shira

שבת בשלח  
שבת שירה

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



#### The Lesson of the Manna

In *parashas Beshalach*, we begin to learn of the many miracles which *HaShem* performed for us, on a daily basis, in the desert. At the beginning of the *parasha*, we are told about the *amud anan* that accompanied us during the daytime and the *amud aish* that provided light for us each night. Towards the middle of the *parasha*, we learn about the heavenly *manna* which sustained the entire nation for forty years. At the end of the *parasha*, we encounter the miraculous well, which satiated us throughout our journey in the wilderness. What is surprising is that only by the *manna* are we told explicitly that it took a break on *Shabbos*. Why should that be?

This was already hinted at in the very beginning of the *Chumash*. In the paragraph of “*Vayechulu*” (*Bereishis* 2:1-3), we read “*Va’yevareich Elokim es yom ha’shevi’i va’yekadesh oso.*” *Rashi* explains that *HaShem* blessed *Shabbos* by preparing a double portion of manna for the future Fridays in the *midbar*, and He sanctified *Shabbos* by not raining down the manna each *Shabbos* in the *midbar*. What is the unique connection between *Shabbos* and the *manna*, that they are joined together from the days of creation?

*Rabbi Yitzchak Twersky*, one of my *Rabbeim* from *Neve Daniel*, offers the following approach in his *Sefer, Amitah Shel Torah*. Throughout the ten *makos*, *HaShem* revealed His powers of creation to both *Bnai Yisrael* and the *Mitzrim*. Time and time again, *HaShem* states that the purpose of the *makos* was so that everyone will know “that I am *HaShem*” (*Shemos* 7:17, 8:18, 10:2, 14:4). The same powers that were used to create life from the water on day five of creation were reversed when the waters brought about the death of the fish (*dam*) and caused the frogs (*tzefarde’a*) to swarm the land. The same powers that created animal life into distinct species on day six of creation were reversed as animals were mixed together (*arov*) and then killed (*dever*). The powers that were used to plant the trees and fruit of *Gan Eden* were reversed as *barad* and *arbeh* flew in to destroy the crops. The power that brought about the life of the very first human was reversed in *makas bechoros*. At the *Yam Suf*, both the Egyptians and *Bnai Yisrael* witnessed the reversal of the second and third day of creation. Whereas there, water and earth were given distinct boundaries, at the *Yam Suf*, water turned into dry land, and then dry land turned into water before all our eyes. By the end of *keri’as yam Suf*, the world had seen the powers of creation on full display.

There was only one thing which remained to be seen for our education to be complete, and that was how *HaShem* rested on the seventh day. However, this could not be witnessed by the Egyptians, since *Shabbos* is meant to be an exclusive sign between us and *HaShem*. Therefore, in the vast wilderness, with no one else around, *HaShem* revealed to our eyes alone the phenomenon of Him “working” for six days and resting on the seventh. This would continue for forty consecutive years, until the belief in *HaShem* creating the world in six days and resting on the seventh became a part of our national conscious.

This is why the manna was singled out from the time of creation as the symbol of *HaShem* blessing *Shabbos* and sanctifying it. Every *Shabbos*, as we make *hamotzi* over our *lechem mishneh*, we must pause to reflect and be grateful that *HaShem* invited us as His exclusive *Shabbos* guests. The hustle and bustle of the rest of the world carries on, but we have our own weekly retreat with *HaShem*, just like our ancestors did in the wilderness.



## Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

Shabbat Beshalach  
Shabbat Shira

שבת בשלח  
שבת שירה



### Virtual Youth Wing! Beshalach in "Hashtag" Form



- Pharaoh finally let Bnai Yisroel go, #FreeAtLast! When they left, HaShem purposely led them in a weird and circular route, as opposed to sending them directly to Har Sinai. This made wicked Pharaoh think that they were totally lost #ThisMightBeATrap. Consequently, Pharaoh gathered his army and led them in an attack against the "lost" and "vulnerable" tribes, #HeTotallyFellForIt #TheOldestTrickInTheBook #SayonaraBaby #IfTheyLoveYouTheyllComeBack.
- Bnai Yisroel were encamped along the Yam Suf. They watched in #horror as the Egyptian army speedily approached them; they were #TRAPPED and they #MamishFreakedOut. So they began screaming to Moshe, "Nu?! were there no graves in Mitzrayim?!" #SarcasmMuch? Moshe responded, #ChillaxBrothas. HaShem has our backs, sit back, and #EnjoyTheShow!
- HaShem told Moshe to raise his staff, split the sea, and tell the Jewish people to walk through the Yam Suf, #OnwardMarch. Wicked Pharaoh still gave chase. Moshe then stretched his hands over the Yam Suf, causing the waters to fall, which then killed the Mitzrim, #SoSad #TheyWereHaShemsCreationsToo. After realizing that they were truly free, Moshe led Bnai Yisroel in a joyous Az Yashir, while Miriam inspired the women to sing, dance, and play their tambourines, #WeGotRuachYesWeDo #WeGotTheMost.
- The Jewish people traveled for three days without water. They finally arrived at Marah, a desert oasis with bitter water, #Yuck. Moshe dropped a stick into the bitter water and miraculously made the water become sweet. #EinMayimElahTorah #VeHaarevNaHaShem #MondayThursdayShabbosLeining!
- Around a month later, the #JewCrew ran out of food. So what did they do? They complained, #Classic! In order to alleviate their #qualms, HaShem promised them mon for breakfast and fatty meats from heaven for dinner, #DontYuckMyYum.
- Bnai Yisroel traveled to Refidim. Unfortunately, they ran out of water, #again, and complained, #again. Clearly upset, they asked, "Yo, is HaShem even with us?" Immediately, HaShem sent Amalek to attack the weak and frail of Bnai Yisroel. It was only through the inspiring tefillah of Moshe's hands that Bnai Yisroel emerged victorious! #NeverForget #PutYourHandsInTheAir #WaveEmLikeYouDontCare

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

Yummy מן! What does the word מן even mean? Rashi says that it comes from the word "וימן," and means prepared food. Others, like Bechor Shor and Chizkuni, say that it is an Egyptian word for "what," as in "what is this food?" Rabbeinu Bechaya says that it comes from the word "מנה," present.



# Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

**Shabbat Beshalach  
Shabbat Shira**

שבת בשלח  
שבת שירה

SPEND WINTER BREAK WITH

**YOUTH Department**  
of Congregation Bnai Yeshurun

 <p><b>SUNDAY JAN. 24</b></p> <p><b>Family Movie Night</b></p> <p><b>IN THE CBY TENT</b> Free Admission BYOB - Bring your own blanket (and pillows and coats and more!) <b>6:00 PM</b></p>	 <p><b>MONDAY JAN. 25</b></p> <p><b>Escape the Zoom</b></p> <p><b>WITH YOUR CBY FAMILY</b> Form a team with your family or friends up to four computers per team. <b>7:15 PM</b> <b>\$8 per computer</b></p>	 <p><b>TUESDAY JAN. 26</b></p> <p><b>Snow Tubing</b></p> <p><b>AT CAMPGAW MOUNTAIN</b> <b>10:00 AM-12:00 PM</b> <b>\$21 per person</b></p>
 <p><b>WEDNESDAY JAN. 27</b></p> <p><b>NATURAL Tie Dye</b></p> <p><b>WITH YOUR CBY FAMILY IN THE CBY TENTS</b> <b>10:00 AM   \$6 per person</b> Learn about the Mitzvah of Bat Tzitzit and have a blast!</p>	 <p><b>THURSDAY JAN. 28</b></p> <p><b>TURN THURSDAY NIGHT INTO Erev Shabbat</b></p> <p>Live on Zoom sing songs and hear stories with Rabbi Zahra &amp; Rabbi Wertheimer. Learn how to make potato kugel with Furry Botter (@justoneit1011). <b>6:00 PM</b></p>	 <p><b>SHABBAT</b></p> <p><b>FRIDAY NIGHT JAN. 29</b> Family Kabbalat Shabbat Old Man</p> <p><b>MOTZEI SHABBAT JAN. 30</b> Manny Freed #1 Parent Child Learning</p>

[Click Here to Register](#)

The NJ Department of Health has set up a page to pre-register for the vaccine: <https://covidvaccine.nj.gov/>. Individuals who are already eligible to receive a vaccine right now can also schedule their vaccination at this link.

THE CBY ADULT EDUCATION COMMITTEE PRESENTS:


**Dr. Shai Secunda**

**Sunday, February 7, 2021**

10:00 am on Zoom

Zoom link is <https://zoom.us/j/91666113313>

Password: cby (case-sensitive)



**"The Iranian Talmud: New Light on the World of the Talmud Bavli"**

*To a considerable extent, Jewish life (Halacha, machshava, and more) is based on the Babylonian Talmud, which was composed at the center of the Sasanian Iranian Empire - a particularly diverse and colorful place. What did this world look like and what can it teach us about Jewish resilience and continuity, then and now.*

Dr. Shai Secunda holds the Jacob Neusner Chair in Jewish Studies at Bard College, where he directs the Interdisciplinary Study of Religions program. He is the author of *The Iranian Talmud* (UPenn Press, 2014) and *The Talmud's Red Fence* (Oxford University Press, 2020), and writes regularly on Jewish scholarship and Israeli popular culture at the *Jewish Review of Books*.

**TO SPONSOR PLEASE CONTACT THE CBY OFFICE**

**The SPIRIT Initiative**

**STIMULATING PROGRAM INITIATIVE FOR RETIREES\* THAT INSPIRES THOUGHT**

\*FOR RETIREES, EMPTY NESTERS, SANDWICH GENERATION PARENTS & SENIORS

We're proud to join the OU as a Partner Synagogue for the SPIRIT Initiative. Check community announcements for this week's offerings or learn more at <https://www.ou.org/community/programs/spirit-programming/>





# Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

**Shabbat Beshalach  
Shabbat Shira**

שבת בשלח  
שבת שירה

### Contact Us

Rabbi Ari Zahtz, Rabbi  
[rabbizahtz@bnaiveshurun.org](mailto:rabbizahtz@bnaiveshurun.org)  
 Rabbi Yosef Weinberger, Assistant Rabbi  
[rabbiweinberger@bnaiveshurun.org](mailto:rabbiweinberger@bnaiveshurun.org)  
 Rabbi Steven Pruzansky, Rabbi Emeritus  
 Elysia Stein, Executive Director [office@bnaiveshurun.org](mailto:office@bnaiveshurun.org)  
 Rivka and Yehoshua Szafranski, Youth Directors  
[youth@bnaiveshurun.org](mailto:youth@bnaiveshurun.org)  
 Rabbi Jonathan Schachter, Teen Programming  
[rabbischachter@bnaiveshurun.org](mailto:rabbischachter@bnaiveshurun.org)  
 Executive Committee [executivecommittee@bnaiveshurun.org](mailto:executivecommittee@bnaiveshurun.org)  
 Steven Becker, President [president@bnaiveshurun.org](mailto:president@bnaiveshurun.org)  
 Ronnie Stern, First Vice President  
 Doron Katz, Second Vice President  
 Chaya Schwartz, Third Vice President  
 Avram Holzer, Treasurer  
 Neil Friedman, Assistant Treasurer  
 Sari Sheinfeld, Secretary  
 Chaim Kiss, Gabbai Rishon [gabbai@bnaiveshurun.org](mailto:gabbai@bnaiveshurun.org)



## Congregation Bnai Yeshurun Weekly Shabbat Announcements

January 29-February 5, 2021

ט"ז-כ"ג שבט תשפ"א

Shabbat Beshalach  
Shabbat Shira

שבת בשלח  
שבת שירה

### Community Announcements

- There have been reports in our neighborhood of people misrepresenting themselves as PSEG employees to gain access to homes. Please do not let anyone in without the proper credentials. If you have any doubts, call PSEG and ask if they have employees in the area scheduled to visit your home.
- Teaneck Mikvah Winter Hours: The Teaneck Mikvah will open nightly at 7:00 pm with the last appointment slot at 9:20 pm. 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 information & to book an appointment, please visit [teaneckmikvah.com](http://teaneckmikvah.com).
- Keylim Mikvah Hours - With the guidance of medical professionals & the RCBC, the Teaneck Keylim Mikvah is open, for self-service by APPOINTMENT ONLY, for the hours of 8:00-2:00 Monday to Friday & from 8:00-1:00 on Sunday. Visit [www.teaneckmikvah.com](http://www.teaneckmikvah.com) to book an appointment.
- Teachings and Stories Commemorating the 12<sup>th</sup> Yahrzeit of Rav Noach Weinberg zt"l with Sam Kaplan, co-founder of JLE. Introduction with Rabbi Michael Taubes. Sunday, January 31<sup>st</sup> at 8:00 pm. Zoom ID: 305 125 2715. Passcode: JLE
- A new series of easy Feldenkrais lessons begins this week. The Feldenkrais Method of somatic education allows you to enjoy better posture, breathing, coordination & even stress reduction. As you learn to move with greater ease & efficiency you will take more pleasure in everyday activities such as walking, getting up & down from the floor or rolling out of bed. Feldenkrais lessons are fascinating & fun! Classes meet 11:30-12:30 pm on Zoom Monday-Friday. Tuesdays classes take place while sitting in a chair. On other days classes take place on the floor or a bed but can be adapted for those sitting in chairs. There is no charge for these classes. All ages are welcome to attend. <https://us02web.zoom.us/j/5864270795> Passcode: 337785
- The Ladies Shabbos Afternoon Shiur Group invites the Community to Join us for our Annual Bonnie Berman a"h Yahrzeit Shiur "Celebration & Mourning: Lessons my Mother Taught Me About COVID" By Rabbi Yonah Berman. January 31<sup>st</sup> at 7 pm. <https://us02web.zoom.us/j/82274766034> Passcode: 657386
- OU's The SPIRIT Initiative: Tuesday, February 2<sup>nd</sup> 11:00 am – 12:00 pm: Growth through Trauma: How a Challenging Past Becomes a Brighter Future. Science is slowly recognizing what the Torah has always taught. Recognizing the trauma that Jews have undergone and how it affects us today. Learning to accept and embrace our collective past so that we can thrive. Presented by: Bracha Rupp, LCSW, Program Supervisor of Ohel's JFNA Holocaust program. Click [HERE](#) to register.
- OU's The SPIRIT Initiative: Thursday, February 4<sup>th</sup> 11:00 am – 12:00 pm: Rediscover & Relocate – Delray Beach & Deerfield Beach, FL. Choosing the right community for you; Deciding about a full time move or snowbird experience; Ensuring an appropriate support system; Making the arrangements. Join us for a discussion moderated by Rebbetzin Judi Steinig, Director of Community Programs & Coordinator of SPIRIT with our guests, Mrs. Maurine Fox & Ms. Marilyn Levine. Click [HERE](#) to register.
- Yeshivat Frisch looks forward to celebrating its annual dinner virtually on Feb 6<sup>th</sup>. Mazel tov to Dr. Eran Bellin, Chair, **Dr. Avigayil Elkin**, Dr. Maureen Nemetski, Dr. Larry Stiefel '81, and nurse Leah Shteingart on being honored at the upcoming virtual Frisch dinner on Feb 6th, 2021. Reservations and more information at [www.frischdinner.com](http://www.frischdinner.com)
- Visit <https://www.teanecknj.gov/snow> for up-to-date snow information from the Township of Teaneck this winter.
- Download Areyvut's 2021 A Kindness a Day Calendar to your calendar at <http://bit.ly/AKAD21> for daily inspiration.
- 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.
- JEMA, a virtual free tutoring service, is seeking community volunteers for all subjects from grades K – 8 including math, English, Hebrew, Science, Social Studies & Judaic Studies to study with & support Yavneh students. JEMA volunteers are not required to have any formal teaching experience & can volunteer for as little as one-half hour per week. To volunteer, contact Dr. Brecker-Blum at [hr@thehrca.com](mailto:hr@thehrca.com) or Yavneh Academy at [yavnehedoffice@yavnehacademy.org](mailto:yavnehedoffice@yavnehacademy.org).
- 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.

