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Dearest Friend,

Chaya and I hope that this message finds you managing each day as best as possible, and in good health. Please continue to look after yourselves and one another during these stressful times.

We are thrilled that we are now able to have one on one outdoor visits with our most vulnerable members via our exceptional JCOT Chessed Team. For more information regarding safety protocols for these visits, which have been carefully crafted by our medical committee and consultants, please email [rabbi@jcot.org](mailto:rabbi@jcot.org). Please remember that all visits must be pre-arranged to ensure safety. The protocols are included in the body of the email below. To join JCOT Chessed, please click here: <https://chat.whatsapp.com/HgONuwdqwuvAhxEn5Gke3i>.

It is certainly a busy week ahead. On Wednesday evening, please join us for our **Community wide Siyum HaTorah** in honor of Shavuot, and in memory of all those who we lost during this pandemic. We will be privileged to hear words of inspiration from our Yoetzet Halacha, Tova Warburg Sinensky, in memory of her beloved grandmother Mindella Lamm, and then I will address the community regarding our path ahead during this pandemic.

I look forward to sharing learning resources on Erev Shavuot for guided study during Shavuot, both for adults and for children.

On Motzaei Shabbat/Shavuot, we will have our **JCOT Virtual Comedy night**, featuring our star case of Andy Dimond, Ginnine Fried, and Zachary Rosenberg. We are grateful to our panel of judges, Tamar Gross, Emma Horowitz, and Michelle Shapiro.

On Sunday, we will have an opportunity to celebrate the life of **Arthur Freiman**, a beloved community leader who we lost during this pandemic.

As always, please keep on doing exactly what you have been doing, taking care of yourselves and each other. Socialization is so critical to our ongoing mental health, so please continue to do so outdoors, observing all social distancing guidelines, and wearing masks in any public spaces.

### **I. Davening Schedule**

**Shacharit Tuesday-Thursday, 8 AM**

**Mincha/Maariv Tuesday-Wednesday, 8 PM**

**Sunday, 5/31, Shacharit 8 AM, Mincha/Ma'ariv 8:05 PM**

**Mishnah, 4th and 5th grade, 8:30 AM**

**Zoom ID is 484 416 0645, and the call number is 1-646-876-9923 (followed by meeting ID).**

### **II. Community Wide Siyum HaTorah**

Thank you for participating in our communal completion of the entire Torah as we enter *Zman Matan Toratenu*.

Our siyum, in memory of all those from our community who we lost during this pandemic, will be a singular opportunity for all of us to come together virtually in advance of the holiday, to reflect, remember, learn, and celebrate.

**The program will begin Wednesday, May 27th, at 8:45 PM**

**Tova Warburg Sinensky, Yoetzet Halacha, Music, Metamorphosis & Matan Torah  
*In Memory of Mindella Lamm, a'h***

**Rabbi Daniel Fridman**

**"The Road We Have Traveled, and the Road Ahead":**

**Reflections on Ten Weeks of Suffering, Loss, Isolation, Sacrifice and Hope**

**Rabbi Fridman will be delivering a major policy statement on shul policy moving forward prior to the siyum.**

**Followed by Community Wide Siyum HaTorah**

**Topic: JCOT Community Wide Siyum HaTorah**

**Time: May 27, 2020 08:30 PM Eastern Time (US and Canada)**

Join Zoom Meeting

<https://zoom.us/j/4844160645>

Meeting ID: 484 416 0645

+1 646 876 9923 US (New York)

### **III. Shavuot Schedule**

#### **Thursday Night/Friday Shavuot I**

**Eruv Tavshilin**

**Candles 8:01 PM**

Mincha 8:10 PM

Maariv 8:55 PM (This will allow for making Kiddush following nightfall)

Shacharit/Mussaf 9 AM

Mincha 7:45 PM

#### **Friday Night/Shabbat Shavuot II**

Candles 8:01 PM

Maariv 8:20 PM

Shacharit 9 AM

Ruth, Yizkor, Mussaf

Mincha 8 PM

Ma'ariv 9:02 PM

Havdalah 9:10 PM

*Kiddush Levana*

### **IV. Motzai Shavuot- JCOT Virtual Comedy Night**

“A Time to Laugh”

These have been stressful times. Sometimes, the best medicine is a bit of a laugh.

Join us for a virtual comedy night featuring Andy Dimond, Ginnine Fried, and Zachary Rosenberg, and Esteemed Panelists Tamar Gross, Emma Horowitz, and Michelle Shapiro

Topic: JCOT Virtual Comedy Night

Time: May 30, 2020 10:00 PM Eastern Time (US and Canada)

<https://zoom.us/j/4844160645>

### **V. Tribute to Arthur Freiman**

Please join us as we celebrate the life of our dear member and community leader, Arthur Freiman, who we lost during this pandemic.

Topic: Jewish Center of Teaneck Tribute to the Life of Arthur Freiman

Time: May 31, 2020 01:30 PM Eastern Time (US and Canada)

<https://zoom.us/j/4844160645>

## **VI. JCOT Chessed: One on One Visits with the Elderly**

Please consider visiting one of our vulnerable or homebound members. It is essential that all safety protocols be followed to protect everyone involved.

1. Call ahead to discuss the possibility of a brief visit (we are starting with no more than 30 minutes) with your buddy. If either party is uncomfortable, do not proceed.
2. If either party is feeling in any way unwell on the day of the visit, it should be cancelled.
3. If the weather is not good, the visit should be canceled. We do not want our elderly and vulnerable catching even a cold.
4. Identify a quiet outdoor space (no indoor visits under any circumstances) near the person's home. Backyard is preferable, where chairs can be set in advance. If that is not possible, try to identify a quiet outdoor space.
5. Masks must be worn by both parties at all times. Please make sure that this is safe for you and for your buddy (individuals with respiratory conditions should not be masked, according to CDC protocols).
6. 12 feet of distance should be maintained at all times. This is more than the standard guideline, as we know, but it is a reflection of the highest risk category.
7. If necessary, gloves should be worn. For example, if you need to set up a lawn chair for your buddy, wear gloves while doing so, so there is no possibility for surface transmission.
8. For individuals who tested positive for COVID-19 during this period, medical clearance to go on this visit is required. At minimum, at least two weeks must have passed since the onset of symptoms, and one week since you have been symptom free. Again, if you were positive, you should speak with your doctor before going.

## **VII. JCOT Torah**

Sign up for our WhatsApp group here

<https://chat.whatsapp.com/GPxU0XVWzqEJTCA9WLA0iW> for daily ten minute studies of one mishnah of Pirkei Avot and a reflection on one chapter of Tehillim, as a source of spiritual strength for these challenging days.

### **VIII. Interest Free Loan Program**

Thank you to all those who so generously supported this program. The pandemic has exerted a painful economic toll. For discreet inquiries into interest free loans, please email Rabbi Fridman at [rabbi@jcot.org](mailto:rabbi@jcot.org).

### **IX. Our Story**

**Shira Shans, a member of our community who has just completed her Freshman year at Johns Hopkins University, has started an oral history project. Please see the information below.**

**Do you have a story to share? This is your opportunity to share an individual story that will be shared worldwide.** I'm launching a collaborative project that humanizes history by preserving personal stories on a digital archive. In the next 3 weeks, we're collecting a starting archive of 100 bite-size stories that bring life to world history.

Submissions due June 9. **Share your stories here <https://forms.gle/Bqq4dnGsg7rWGkx99> or sign up to be interviewed. From any place and time period. All languages accepted.** We'll feature your submissions on OurStory's opening digital archive.

Please let me know if you're interested in **being interviewed, if you'd like to interview someone whose stories should be told, or to volunteer photos.** Wishing you strength, energy and happiness!

Whatsapp or call Shira at +1 201-759-1649 with any questions.