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בס"ד

May 3, 2020

Dearest Friend,

Chaya and I hope this message finds you in good health during these challenging days.

We continue to think of each and every one of you.

Please mark your calendars for a very important preventive health seminar this Motzaei Shabbat at 9:30 PM, concerning both physical and mental wellbeing and COVID-19, with Dr. Margit Kaufman and Dr. Mort Fridman. All of the details can be found below.

We are so pleased to launch our new Children's Book Club, that will feature a nightly reading of a book for our children. Whether or not you have young children, please feel free to pick a night and video record yourself reading for our children. You will find all of the details below.

Thank you to everyone who contributed to our interest free loan program, which has already distributed many thousands of dollars to members of our community who have been unable to work during this time. We are deeply grateful to our exceptionally generous community.

Please remember to email jcotnetwork@gmail.com regarding any question you have regarding navigating the economic impact of this pandemic, and for career direction as well.

We wish everyone a safe and healthy week.

Daniel Fridman
Rabbi, Jewish Center of Teaneck

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I. Davening Schedule

Shacharit (New Time) 8:00 AM

Mincha/Maariv 7:40 PM

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

II. 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.

III. Community Wide Learning Project- Completion of the Torah for Shavuot

As we prepare for *Zman Matan Toratenu*, we find ourselves mindful both of our renewed commitment to Torah, and of those who we have lost as a community during this period.

We will, God willing, be making a community wide Siyum on the Torah in time for Shavuot in memory of those who have passed during this crisis. **To sign up for a parshah, please simply fill in your name in the spreadsheet here.**

https://docs.google.com/spreadsheets/d/1ILN5hTnRi3nhmymFyR38_z9cAXW_Vc8KCVmykVlj2QA/edit#gid=0

Only two parshiyot remain. We will make our Communal Siyyum on Wednesday, May 28th.

IV. Preventive Health Seminar

Please join us this Motzaei Shabbat, 5/9 at 9:30 PM for an Important Preventative Health Seminar with Dr. Margit Kaufman, a Critical Care Specialist at Englewood Health, as well as Dr. Mort Fridman, for a mental health perspective on staying well during this stressful period. We are proud to co-host this event together with Congregation Shaare Tefillah.

Topic: JCOT and Shaare Tefillah Preventative Health Seminar: Dr. Margit Kaufman and Dr. Mort Fridman

Time: May 9, 2020 09:30 PM Eastern Time (US and Canada)

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

Meeting ID: 484 416 0645

Dial by your location

+1 646 876 9923 US (New York)

V. Children's Book Club- A Favorite Book for our Children

Our new children's book club is underway. Any member of the shul may sign up to read a book to our children any night of the week. To sign up for a night, please click here.

<https://docs.google.com/document/d/1BSsos0XF387rgyH90bDd9he9z2CZJlms8kfnKMhNfg/edit>

Simply video record yourself reading the book and send the video to our JCOT Family WhatsApp group by 5 pm on the night that you have chosen. To join the WhatsApp group, click here:

<https://chat.whatsapp.com/FM6a2aS20hs5MwOcZHGa11>

VI. Interest Free Loans

Please contact rabbi@jcot.org for information regarding our interest free loan program for those who have been unable to work during the pandemic. To contribute, please click here.

VII. JCOTNetwork: Inquiries and Opportunities

Please contact jcotnetwork@gmail.com for inquiries regarding access to financial benefits, employment, and professional guidance. Please also email the same address if you hear about employment opportunities. Thank you Rena Barta, Michele Cooper, Adira Hilbig, Bob Rabkin, Ryan Richmond, and Neal Yaros for your service to our community.