

# Jewish Center of Teaneck

Daniel Fridman, Rabbi

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בס"ד

March 15, 2020

Dear Friends,

Chaya and I continue to think of each one of you.

Let's please keep the name Malka Tova bat Rivkah in our tefillot, a sister of one of our members who is hospitalized with COVID-19 right now.

### JCOT Chessed Update

I wanted to thank everyone from the JCOT Chessed group. The calls and shopping for elderly members keeps them safe. If anyone is planning on going shopping (remember, guidelines are one per family), and thinks they might be able to get a few items for those in need, please join the JCOT Chessed WhatsApp group (<https://chat.whatsapp.com/HgONuwdqwuvAhxEn5Gke3i>) and let Coordinator Debbie Cohen Mlotek know that you are available to help out.

The best practice upon delivery is to simply leave the items outside the door. If that's not possible, then to have the person open the door for you and then have them stay six feet away. The key is to protect our elderly from exposure.

**For anyone who is able, please contribute to the groceries fund [here](#). Thank you so much to those who have contributed.** (Scroll down to Rabbi David Feldman Memorial Fund/Discretionary Fund)

### Davening Updates

Sunrise tomorrow is at 7:05. Please remember to add Avinu Malkeinu to Shacharit.

We will daven mincha and maariv together by Zoom starting at 6:50, with our learning between Mincha and Maariv at 7. It was very successful tonight. The Zoom ID is 484 416 0645, and the call number is 1-646-876-9923.

### Kaddish

As of tomorrow, our kaddish will transfer to the United Kingdom (virtually all minyanim in the United States are not meeting at present). We are deeply grateful to Rabbi Daniel Roselaar and Kehillat Alei Tzion in Hendon, London UK. This is a true testament to the idea of Kol Yisrael Arevim Zeh BaZeh. Rabbi Roselaar and I have never met but were introduced via a mutual friend, Rabbi Dov Lerner of Jamaica Estates. These are the worst of times, but also, as it was once written, the best of times.

### Community Shiur Tomorrow Night

We will have our first Haggadah Shiur. From Degradation to Exultation: The Structure of Sippur Yetziat Mitzraim. It will be open to the entire Teaneck community as a part of the RCBC series which launches tomorrow night..

### **JCOT Family Update**

Thank you to all those who continue to post family updates on JCOT Family WhatsApp. It's a great way to keep in touch, and share how people are using the time well. A special thank you from our family for all the Birthday wishes for Eliana! To join the group, please click here <https://chat.whatsapp.com/FM6a2aS20hs5MwOcZHGa1l>.

### **Health**

Please remember to keep up the exercise, healthy eating, and getting fresh air, even while avoiding any gathering in groups. While it's very hard, it's imperative that we continue to avoid playdates for kids across families, or any other form of social interaction.

Keep on calling our elderly members.

Please do not hesitate to reach out.

We're getting through this together.

Warmly,  
Daniel Fridman, Rabbi  
Uri Horowitz, President