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70 Sterling Place
Teaneck, NJ 07666
Phone: 201-833-0515
www.jcot.org

בס"ד

March 16, 2020

Dear Friends,

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

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

Pesach Food and Ma'ot Chittin

We have to start thinking about Pesach. I have been coordinating with Dani Secemski, of Glatt Express, to have Pesach food delivered to people's homes. Unfortunately, it does seem likely that people will not be able to have guests for Pesach, given the quarantine. **Please email Elanna at office@jcot.org to let us know if you would be interested in a delivery for Pesach covering food for the Sedarim, as well as prepared meals for the rest of the holiday.** We'd like to be able to get a sense of what the needs are in our community.

All of our Ma'ot Chittin funds (please click here to donate) will go towards supporting the elderly and homebound in our community who will be in need of Pesach food.

JCOT Family Update

Thank you to all those who continue to post family updates on the JCOT Family WhatsApp. It's a great way to keep in touch, and share how people are using the time well. **Beginning tomorrow, we will have new content posted every single day by our Youth Director Shevy Chait, and our Shlichei Beit HaKnesset, Boaz and Raz Ben Chorin.** To join the group, please click here <https://chat.whatsapp.com/FM6a2aS20hs5MwOcZHGa11>.

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.

Davening Updates

Sunrise tomorrow is at 7:03. 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. It was really beautiful to daven together tonight led by Ellie Mermelstein, to learn, and especially, to just spend time afterwards on Zoom, schmoozing like we do after minyan.

Kaddish

Our kaddeishim have transferred 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 Kol Yisrael Arevim Zeh BaZeh.

JCOT Torah Updates

Join JCOT Torah at

<https://chat.whatsapp.com/GPxU0XVWzqEJTCA9WLA0iW> for daily installments of Tehillim MiMa'amakim, Laws of Pesach, and bonus shiurim, including From Exultation to Degradation: The Structure of Sippur Yetziat Mitzraim.

Yoetzet on COVID-19 and Mikvah

Our outstanding Yoetzet Halacha Tova Warburg Sinensky will be leading an information session on Mikvah and COVID-19 on Thursday at 9 PM.

<https://zoom.us/j/4653630025> or call in +1 929 205 6099. The Mikvah continues to be safely open and has met all of the rigorous standards of compliance with health guidelines. We are deeply grateful to Mikvah President Nomi Rotblat and the entire Mikvah staff for their exceptional dedication.

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.

As you know, Bergen County Executive James Tedesco has issued an Executive Order (2020-1B) which prohibits gathering of more than four people, including family members, in any public spaces. In addition, there is a curfew against public activities from 8 PM-7AM. **Once again, the mikvah remains open.**

Keep on calling our elderly members.

Please contribute to Ma'ot Chittin.

Let us know if you need or know anyone who would like Pesach food delivered.

Please do not hesitate to reach out.

We're getting through this together.

Warmly,
Daniel Fridman, Rabbi
Uri Horowitz, President