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Daniel Fridman, Rabbi

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בס"ד

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Dear Friends,

Chaya and I continue to think of each one of you and your families. We know these are trying days, especially for those home alone, and for those trying to manage with small children as well.

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. In addition, let's please keep in mind the name Yisrael Yissachar ben Batya, a member of our community fighting COVID-19.

As a shul, despite the innumerable worthy causes that we have in our community, we do not raise money for any outside organization with the exception of Project Ezrah, as they are directly involved in providing assistance to members of our immediate shul community. However, I am making an exception on the basis of the ongoing crisis.

**Holy Name Hospital is in dire need of funding to secure lifesaving Personal Protective Equipment for its medical staff, who, as you know, are working around the clock fighting this horrific virus. Without this protective equipment, the medical staff will not only be unable to function properly in this critical hour, but will be in grave personal danger. If you are in a position to do so, please contribute to [HelpHolyName.org](https://www.helpholynames.org), to help them obtain N-95 surgical masks, isolation gowns, facemasks, and goggles.**

## Davening Updates

Sunrise this week is at:

Wednesday, 3/23 6:50 AM

Thursday, **Rosh Chodesh Nissan**, 3/24 6:49 AM

Friday, 3/25 6:47 AM

As sunrise continuously gets earlier, I would ask that anyone unable to daven at sunrise continue to daven together starting at 7 AM.

**Please remember to add Avinu Malkeinu to Shacharit and Mincha, except on Erev Rosh Chodesh and Rosh Chodesh.**

\*\* Immediate Past President  
\* deceased

We will continue to daven mincha and maariv together by Zoom starting at 7 PM, with our five minutes of learning between Mincha and Maariv at 7. It has been very meaningful to continue to daven and learn together. **The Zoom ID is 484 416 0645, and the call number is 1-646-876-9923, as it is for all of our shiurim and classes.**

### **Kaddish**

Our kaddish is currently being recited in Israel at Yeshivat HaKotel. Please continue to send me names for ongoing recitation as well as yahrzeits.

### **Pesach Kashering Webinar and Mechirat Chametz**

Tomorrow night Wednesday night at 8:30 PM, L'chvod Rosh Chodesh Nissan, we will have a webinar on kashering for Pesach which I will record for anyone who cannot make it. **Please submit any questions in advance to [rabbi@jcot.org](mailto:rabbi@jcot.org).** I will try to cover as many points as possible but this will help me get to all of the questions that people might have.

**Mechirat Chametz** forms will be available later this week and next week we will have a webinar on Seder for Beginners. More information on **Bi'ur Chametz** will be forthcoming.

### **JCOT Learning Updates**

Join JCOT Torah at

<https://chat.whatsapp.com/GPxU0XVWzqEJTCA9WLA0iW> for daily installments of Tehillim MiMa'amakim and Laws of Pesach.

### **New Community Project: *Haggadat Mah Nishtanah***

This year, our Pesach experience will surely be different. We're launching a shul wide project called *Haggadat Mah Nishtanah*, which will be a companion for everyone for the Sedarim this year. We call upon each family to submit one or multiple Divrei Torah, reflections, pieces of children's art to [office@jcot.org](mailto:office@jcot.org) to be compiled for this unique work documenting our experience as a community this Yom Tov season.

For children's art, a picture can be taken and sent to the office via email. This Seder companion will be produced digitally, and, if possible, in print as well.

We hope these Divrei Torah, reflections, and works of art will enable us to more meaningfully experience the essence of the mitzvah of Sippur Yetziat Mitzrayim, which is to imagine ourselves liberated from enslavement. I believe that this year we have a unique opportunity to come closer than ever before to understanding what it means to deal with vulnerability, uncertainty, and trusting that redemption will, in His good time, come to us all.

### **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.

### **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. **Thank you to our Youth Director Shevy Chait, and our Shlichei Beit HaKnesset, Boaz and Raz Ben Chorin, for continuing to produce outstanding content for our children.** To join the group, please click here <https://chat.whatsapp.com/FM6a2aS20hs5MwOcZHGa1I>.

### **Health**

Please remember to keep up the exercise, healthy eating, and getting fresh air (this is permissible even with the shelter in place order, just not in groups larger than 4), 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. This will mitigate the spread of the virus and ensure the structural soundness of our healthcare infrastructure.

### **Message from Judaica House**

Judaica House of Teaneck is offering online shopping for your Passover needs which includes *free* delivery within Bergen County for orders over \$20. Logon to [www.judaicahouse.net](http://www.judaicahouse.net) For additional assistance, call at 201-801-9001 xt 500, email at [info@judaicahouse.net](mailto:info@judaicahouse.net).

### **In Conclusion....**

*Keep on calling our elderly members.*

*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