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בס"ד

March 26, 2020

Dear Friends,

It's very hard to believe that it was exactly two weeks ago that we davened our last ma'ariv in the shul two weeks ago tonight. So little time has passed, and so much has changed.

We are all being tested now, in different ways, and I could not be prouder of this community. Crisis reveals much about character, and, I have no doubt that each of you will continue to rise to the occasion as long as these measures are necessary.

I want to thank everyone for all of the chessed that has been done, and all of the care and vigilance that has been shown over these last two weeks. In particular, I would like to thank everyone for their generosity in contributing to our Ma'at Chittin fund, which has been put to very good use providing food for Pesach.

I equally want to thank the many of you who contributed to provide desperately needed Personal Protective Equipment for the tireless and heroic staff at Holy Name Hospital. We were proud to be able to contribute substantially to the emergency fund as a shul thanks to your ongoing generosity.

Thank you to all those who have already submitted to our special community project, Haggadat Mah Nishtanah, with reflections and Divrei Torah on these challenging days. I encourage everyone to participate at office@jcot.org.

Below, please find some important updates for the community. **As I have the last two weeks, I continue to ask the women of the community to daven for Shalom Bayit at candle lighting.** These can surely be stressful times for families, even as it provides an opportunity for an unusual amount of bonding time. Once again, please do not hesitate to reach out to me regarding any referrals for mental health services during this stressful period.

I look forward to sharing a drashah with you tomorrow, and some questions for reflection regarding the parshah for children of all ages.

Shabbat Times

Friday Night

Candle Lighting 6:58 PM

Mincha/Kabbalat Shabbat/Maariv 7 PM

Shabbat Day

Shacharit 9 AM

Mincha 7 PM

Maariv 8 PM

Community Havdalah Via Zoom, Led by Uri Horowitz, 8:15 PM

Zoom Information:

<https://zoom.us/j/3568077063>

Meeting ID: 356 807 7063

Call Number: 16465588656,, US (New York)

Sunday Activities

4th-5th Grade Mishnah, 8:30 AM

Zoom ID: 484 416 0645, Call Number: 1-646-876-9923

Cookie Baking and Decorating with Morah Chevy, 4 PM

Zoom ID: 3568070763, Call Number: 16465588656

Pesach

Mechirat Chametz

Please click here to complete the Mechirat Chametz form.

https://docs.google.com/forms/d/e/1FAIpQLScuB_mUUK6ftRcp1OIMMOtPfb2CKpdvMD0wDcif2ulOh4RvIA/viewform

Pesach Digest

For our Pesach digest including kashering information, medications, cosmetics, care for pets, and more, please click here:

<https://images.shulcloud.com/1271/uploads/Holidays/PesachGuide2020-KasheringMedicineCosmeticsandPets-GoogleDocs.pdf>

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 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.

Davening Updates

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.

Friday Morning Shacharit, 3/27 6:47 AM
Sunday Morning Shacharit, 3/29 6:43 AM

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

While there are differing opinions regarding reciting Avinu Malkeinu during the month of Nissan, in light of the ongoing health situation, **we will continue to recite Avinu Malkeinu going forward**. There is no Tachanun throughout the entire month of Nissan.

We will continue to daven mincha and maariv together by Zoom starting at 7:10 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.

Helping our Hospitals

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.

JCOT Learning Updates

Join JCOT Torah at

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

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/FM6a2aS20hs5MwOcZHGa1l>.

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 continue to 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 For additional assistance, call at 201-801-9001 xt 500, email at 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