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Daniel Fridman, Rabbi

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בס"ד

March 29, 2020

Dear Friends,

Another week is upon us. We all sense the presence of the virus around us, and I want you to know that Chaya and I are thinking of each and every one of you. As we all privately reflect on feelings of vulnerability, there has been a palpable strength that has emerged from our ongoing sense of community. Thank you to our Chessed volunteers for all that they have done to foster this sense of support.

Please see here for the schedule for the week ahead.

- 1) Community News
- 2) Davening/Kaddish
- 3) Pesach- Mechirat Chametz, Pesach Digest, Bi'ur Chametz
- 4) Helping Our Hospitals
- 5) JCOT Torah- Shiurim Monday Night, Wednesday Night, and Thursday Night
- 6) JCOT Chessed
- 7) JCOT Family

## Community News

It is wonderful, especially at a time like this, to share some good news.

Mazal Tov to Dr. Carol and Vincent Master on the birth of twin granddaughters to their children, Elana and David Master.

Mazal Tov to Lori Rosner on the forthcoming Bar Mitzvah this Shabbat of her grandson Yoav, son of Marisa and Rabbi Eitan Yammer, in Efrat.

Mazal Tov to Yossi and Abbe Rosner on the birth of a grandson, Benyamin Aryeh (Benjamin Leo), to their children, Josh Rosner & Nina Ragaz. The bris was held on Zoom!

## Davening

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

\*\* Immediate Past President  
\* deceased

member of our community fighting COVID-19. Finally, please keep in mind Mindel bat Toba Hessa as well, who is also fighting this terrible virus.

### **Sunrise times this week:**

Monday 6:42 AM

Tuesday 6:40 AM

Wednesday 6:39 AM

Thursday 6:37 AM

Friday 6:35 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 five minutes of learning between Mincha and Maariv. 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**

#### **Mechirat Chametz**

Please click here to complete the Mechirat Chametz form. It should be completed no later than Sunday, April 5th.

[https://docs.google.com/forms/d/e/1FAIpQLScuB\\_mUUK6ftRcp1OIMMOtPfb2CKpdvMD0wDcjf2ulOh4RvIA/viewform](https://docs.google.com/forms/d/e/1FAIpQLScuB_mUUK6ftRcp1OIMMOtPfb2CKpdvMD0wDcjf2ulOh4RvIA/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>

#### **Shabbat Ha-Gadol Drashah**

The Shabbat Ha-Gadol Drashah, entitled “VeHi She-Amdah: Embracing Vulnerability in a Time of Pandemic” will be delivered via Zoom, on Sunday evening April 5th at 8 PM. **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.**

#### **Bi'ur Chametz Update**

While the standard Minhag of Ashkenazic Jewry is to fulfill the mitzvah of destroying Chametz through burning in accordance with the minority view of R. Yehuda, given our inability to safely gather at the shul, I am advising that, for this year, we all rely on the majority opinion which allows Chametz to be

destroyed through “throwing into the sea” (flushing down a toilet will suffice), or by tearing it up into very small pieces and throwing to the wind. The last time for Bi’ur Chametz on Erev Pesach, Wednesday, April 8th, is 11:52 AM.

### **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.helpholyname.org), to help them obtain N-95 surgical masks, isolation gowns, facemasks, and goggles. **If you prefer, please contribute via our website at [jcot.org](https://www.jcot.org) to Rabbi’s Discretionary Fund, and let Elanna know that you are contributing. We will transfer the funds for you.**

### **JCOT Learning Updates**

Join JCOT Torah at

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

### **V’Higatida L’Vincha: For Our Children’s Sake**

There will be a special shiur tomorrow evening, Monday, March 30th, at 8 PM, in conjunction with Torah Academy of Bergen County, designed for parents during this Pesach, entitled “V’Higatida L’Vincha: For Our Children’s Sake.”

There will be a special presentation for women on Wednesday evening, May 1st, at 9 PM

The Atlanta & Teaneck Yoetzet Initiatives present: Yoetzet Halacha Tova Warburg Sinensky in conversation with Dr. Rena Goldin

### **Relationships in a Time of Distance**

Women of all ages are invited to hear about the emotional and physical challenges in marriage that are magnified during this period of social distancing and self-quarantine, and to learn the skills and tools that can help.

Wednesday April 1, 9-9:45 PM

<https://zoom.us/j/4653630025>

Call 1 929 205 6099

Meeting ID: 465 363 0025

Rena Goldin is a Licensed Clinical Psychologist and a Certified Gottman Couples Therapist in private practice in Teaneck, New Jersey. She received her degree from Ferkauf Graduate School in 2005, and her certification as a Gottman Therapist in 2013. She has been working in private practice for 13 years and treats couples in all stages of their relationships. Through her work, she teaches couples to communicate in a way that is effective and productive.

### Seder for Beginners

On Thursday evening, April 2, from 8:30-9 there will be a special presentation entitled "Seder for Beginners". **The Zoom ID is 484 416 0645, and the call number is 1-646-876-9923.**

### 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>. Thank you Shevy once again for organizing community havdalah, led by President Uri Horowitz, and for a wonderful baking program yesterday.

### 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](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