

## ANNOUNCEMENTS

### Hakarat HaTov

Thank you Yosef Rabinowitz for checking the eruv.

### Kesher Sponsor

The kesher is sponsored in memory of Hadassa Behira bas Avraham.

### Comedy Night Sponsors

Thank you to all of our Comedy Night sponsors: Yamit Alpern Kol & Alon Kol, Ari Gordin, Eric Heine, Solomon Polachek, Aliza & Avi Rabinovich, Henry & Tehila Rieser, Zachary Schrieber, and Atara Tatarka.

### Junior Minyan Pizza & Pajama Party Sponsors

Thank you to our Junior Minyan Party sponsors: Yafit & David Sclar, Mirasha Moore, and Gila Stadler & Naftali Polachek.

### Welcome New Member

Welcome to our newest member Raphael Elspas.

### Mazel Tov!

Mazel tov to Chana Furhman Greenspan and Ari Greenspan on the birth of a baby girl, Ilana! Mazel tov to big sister Kayla and big brother Ezra! Mazel tov Pinny Wasser on his wedding to Tara Nesie. Mazel tov Jessica Levner on her wedding to Chanina Abramowitz. Mazel tov to Rabbi Shaya First, Hannah Golden, Ari Gordin, David Kaufman, Yael Klausner, Craig Kohn, Riva Preil, Sarah Schnoll, Sara Shatz, Miriam Shatz, Rabbi Yaakov Taubes, Brent Weinberg and everyone else finishing Masechet Shabat with Daf Yomi on Monday! A special thank you to Ezra Cohen, Rabbi Shaya First, Yael Klausner, Rabbi Dovi Nadel, and Rabbi Yaakov Taubes for giving the Daf Shiurim each week! Daf Yomi meets nightly and is always looking for more participants and shiur givers. Join us as we begin Masechet Eiruvim on Tuesday.

To Sponsor the eruv, kesher, or our weekly virtual programming, visit <https://www.mtsinaishul.com/sponsor>.

## VOLUNTEER OPPORTUNITIES

### Baalei Kriah

A number of our baalei kriah have recently moved away. We are looking for volunteers to join our leining rotation. If you are interested, please reach out to Rabbi Shaya First at [leining@mtsinaishul.com](mailto:leining@mtsinaishul.com).

## IN OUR COMMUNITY

### Uptown Jewish Film Festival

Uptown Jewish Film is coming back for its third year and this time, it's going to be all online!

**Thursday, August 13th at 7:30pm—“Outback Rabbis”** (2019)

Q&A with Rabbi Ari and Mushkie Rubin of Chabad of North Queensland.

**Sunday, August, 16th at 12:00pm—“The Light of Fire”** (2018)

Q&A with Meira Raanan, author of “Art of Revelation: A Visual Encounter with the Jewish Bible.”

**Sunday, August 16 at 7:30pm—“In Between”** (2013)

Q&A with Sarah Karmely, speaker on family purity and relationships.

**Thursday, August 20 at 7:30pm—“The Unorthodox”** (2018)

Q&A with Professor Ronnie Perelis, Professor of Sephardic Studies at Yeshiva University.

Tickets cost \$3 per film and can be purchased online at [www.juarts.org](http://www.juarts.org)

For more information contact [omanutarts@gmail.com](mailto:omanutarts@gmail.com) or call (646) 883-5397.

## UPCOMING EVENTS & PROGRAMS

### Masechet Shabbat Siyum—Monday, August 10th, 8:30pm

Masechet Shabbat siyum will take place on Zoom this Monday night. Shiur will begin at 8:30, followed by a Siyum at 9:00pm. All are invited, even if you are not finishing the masechta. Zoom Meeting ID: 540 883 465

### Taharat HaMishpacha Refresher Course—Tuesday, August 11th, 8:30pm

Join us for the last class of the series! Brush up on the laws of Taharat HaMishpacha with Yoetzet Halacha, Rebbetzin Racheli Taubes. Tuesday, August 11th at 8:30pm—The Mikvah: Practical Information, Complicated Cases, and FAQs. Meeting ID: 81329485750 Password: MSJC

### Membership Meeting—Sunday, August 16th, 8:00pm

The 3rd quarter membership meeting will take place on zoom, Sunday, August 16th at 8:00pm. The Board of Trustees vote will be done electronically and will be sent out after the meeting ends. All members in good standing are invited to attend. Zoom information will be emailed before the meeting.

### Delicious Israel—Sunday, August 23rd, 10:30am

Bored of the same old bagel or cereal for Sunday Brunch? Looking for fun activities the whole family can virtually enjoy together? Join your MSJC friends and Delicious Israel for a fun and educational interactive cooking experience! Discover how to make delicious shakshuka and homemade tahini while learning the history behind these Israeli brunch favorites. Pre-registration is required. Prices: Early Bird rate (before 8/9): \$15/screen (ingredients not included); \$25 (ingredients included). Regular rate (after 8/9): \$20/screen (ingredients not included); \$30 (ingredients included). [www.mtsinaishul.com/form/delicious-experience](http://www.mtsinaishul.com/form/delicious-experience)

## ERUV EXPANSION NEWS

The Mount Sinai Eruv has recently been expanded northward to include the YM & YWHA. The full map can be viewed online.

### Areas to be careful in the Mount Sinai Eruv

- ✦ The eruv has been extended past Broadway and Bennet to include the area between Nagle Ave and Hillside Ave until Ellwood.
- ✦ On Fort Washington north of 730 Ft Wash (*the last building before the A TRAIN*) you may walk ONLY on the WEST side of the street (alongside Javits Park). The traffic circle in front of Fort Tryon Park is OUT of the eruv.
- ✦ On Wadsworth, below 182nd Street, the eruv extends ONLY on the WEST (closer to the bridge) side of the street.
- ✦ You can cross Broadway on both sides of any street between 180th and 193rd, and ONLY on the NORTH SIDE of 179th
- ✦ On 181st Street, the eruv ends at the entrance to 867 W 181st St (between Cabrini and Haven). The rest of the street (going west), is outside the eruv.

### NOT IN THE ERUV

- ✦ Fort Tryon Park is **NOT IN** the eruv.
- ✦ The stairs on Fort Washington that go down to the A train near the entrance to Fort Tryon Park **ARE NOT IN** the eruv. The park that they lead to is also not in the eruv.

### Going to/from the YU Eruv

- ✦ For simplicity cross over between 183rd and 187th streets

### Parks/Playgrounds in the Eruv

- ✦ Bennett Park, on Fort Washington between 183rd and 185th, is in the eruv.
- ✦ Javits Park, on the North-West corner of Cabrini and Fort Washington, is in the eruv. North of 730 Fort Washington (*the last building before the A TRAIN*), you should not walk on the east side of Fort Washington.
- ✦ Dolphin Park, on Cabrini between 180th and 181st, is in the eruv.
- ✦ The top part of Gorman Park (on Wadsworth Terrace) is in the eruv.

## WEEKLY VIRTUAL PROGRAMMING

To join via computer, go to <https://zoom.us/join> and enter the meeting ID number. You may also join by dialing (929) 205-6099 followed by the meeting ID number.

### Saturday, August 8th

8:54pm Havdalah (At shul and on Zoom)	Meeting ID: 861 1353 9346
10:00pm Mesechta Avos with Yisroel Meir Frenes	Will resume August 22nd

### Sunday, August 9th

9:30am Daf Yomi	Meeting ID: 150 849 065
10:30am Post-Shabbat Parsha Shiur with Josh Skootsky	Meeting ID: 674 485 984
8:00pm Women’s Exercise Dance Class	Meeting ID: 598 314 755

### Monday, August 10th

8:00pm-10:00pm Monday Night Learning	Share your learning on the Education Facebook page!
8:30pm Daf Yomi Siyum	Meeting ID: 540 883 465

### Tuesday, August 11th

8:40am-8:55am Insights into the Shemoneh Esrei	Will not meet
6:30pm Happy Hour & Dinner	Meeting ID: 440 580 530
8:00pm Women’s Exercise Dance Class	Meeting ID: 598 314 755
8:30pm Taharat HaMishpacha #3	Meeting ID: 813 2948 5750
8:15pm-9:15pm Daf Yomi	Meeting ID: 540 883 465

### Wednesday, August 12th

8:30pm Book Club	Meeting ID: 925 3074 8296 Password: 527894
8:15pm-9:15pm Daf Yomi	Meeting ID: 540 883 465

### Thursday, August 13th

12:30pm-12:55pm Sandwich and Schmooze	Meeting ID: 123 060 282
8:15pm-9:15pm Daf Yomi	Meeting ID: 540 883 465
8:30pm Sefer HaChinukh	Meeting ID: 825 4150 2288

### Friday, August 14th

11:10am The Halachic Oreo with Yisroel Meir Frenes	Will resume August 21st
5:45pm Pre-Shabbat Drasha with Rabbi Taubes	Meeting ID: 142 188 821

All weekday tefilot will be available to join via zoom for those unable to attend in person.

Shacharit: <https://us02web.zoom.us/j/81244813901>

Mincha/Maariv: <https://us02web.zoom.us/j/77677253538>

## FROM THE DESK OF RABBI TAUBES

The modern Shul serves in many diverse capacities. It is a place of Torah, of shiurim and lectures on an array of subjects, of social events, of food, of *chesed* and of community building. Of course, its most central role is its function as a place of *Tefillah*, of prayer. It is this role of our Shul to which we have returned so quickly once it was safe to reopen, and while we have moved most of our other programming online, davening still happens there, in the Shul, on a daily basis. While we are certainly capable of davening alone at home, (as we unfortunately learned in the early months of the shutdown), there is no comparison between davening in that fashion and davening with a *tzibbur*, with a group of committed people in Shul (as *Chazal* affirm in numerous places and as we hopefully have now learned as well).

In *Parshas Eikev*, we find several of the most central commandments in the Torah, including *Bircas HaMazon*, *Yiras Hashem*, and *Tefillah*. There is a well-known dispute between the *Rambam* and the *Ramban* as to whether or not *Tefillah* is in fact to be enumerated as one of the 613 *mitzvos*, with the *Rambam* claiming there is a daily *mitzvah* from the Torah to pray at some point and the *Ramban* arguing that there is no such Torah obligation, except perhaps when a person is experiencing an “*eis tzarah*,” a time of distress. Some have explained this argument by claiming that both the *Rambam* and the *Ramban* actually agree that a person must pray when in a state of distress and that being in that state is in fact what generates the obligation to pray; they disagree as to whether one is defined as being in a state of distress each and every day because of his dependency on the fulfillment of numerous needs just to survive, or only at particular times, when something extraordinary is taking place that causes unusual concern and anxiety.

When I first heard this particular explanation, I found it to be a somewhat depressing take on the position of the *Rambam*. Is man really supposed to feel that he is in a state of constant distress? While I certainly understand and recognize that we should indeed constantly feel like we need Hashem at every moment, can every day truly be considered an *eis tzarah* that compels one to pray? Is it even healthy or productive to feel that way?

In his presentation of the reasons behind this commandment to pray, the *Sefer HaChinkukh* writes (in his second approach) that there is great benefit that comes to us through engaging in *tefillah*, for it causes us to remember that Hashem is always watching over us. We are alerted through prayer to the fact that with everything going on in the world at large and in our personal lives, Hashem is the One who extends good to us and is attentive to our cries to Him. From this point of view, our daily obligation of *tefillah* actually emerges from a position of joy, of awareness that Hashem is with us, and not out of depression or sadness.

We know full well that each of us lives in a very precarious situation in which things *chas ve-shalom* can change for the worse at any given moment. But because of *tefillah*, because Hashem has given us the right and indeed the responsibility to speak to Him, we are confident that things will work out in the long run, and that despite the real setbacks and even the tragedies that we experience as part of life, we know that there is someone on the other end of our prayers who cares for us and who wants what’s best for us even if we can’t always understand His actions. *Tefillah* should therefore be a source of joy and happiness because through it, we can actually alleviate our sorrows and stress.

During this past week alone, we experienced a massive storm in our part of the United States, a terrible bombing in Beirut, further fighting in Eretz Yisrael, and continued civil unrest around the country and the world. All this on top of the ongoing epidemic that continues to grow in much of the country and the great unknown about how it will affect jobs and schools in the coming months. Reading the news, especially first thing in the morning, can be incredibly depressing. It seems that our world could topple over at any moment.

Hopefully, though, through *tefillah*, we can come to remember that Hashem is the Guardian of Israel who never sleeps nor slumbers and that we can turn to him to get us through the current crisis and whatever else comes next. Let us use our *tefillas* to give us confidence in Hashem’s protection and hope for brighter days ahead.

## TORAH TIDBITS

### Nourishment Network

Following in the footsteps of the last parsha, when we recited the Ten Commandments as well as the Shema prayer, Eikev starts off relatively light, continuing Moshe’s farewell address to the Jews. If we are careful to observe all the commandments given to us by G-d, He will uphold our covenant, settle us in the land of Israel and we will flourish there. We’re given reassurances that factors like our relative size and strength do not matter. Everything is expected to turn out well so long as we are obedient. Still, Moshe places a deep emphasis on remaining vigilant – reminding us, even though we will be successful in the land, not to begin thinking that our accomplishments are ours alone. We should have learned from our years in the desert the most essential principles of how our world operates, most famously stated in Deut. 8:3 – “One does not live by bread alone, but by whatever comes forth from the mouth of the L-rd.”

At first glance, this concept seems simple. Life is not just the physicality in front of us, but includes the spiritual reality behind it; when I accomplish something, I recognize that G-d is the one enabling my achievement. This is the explanation of many commentators as well. However, I would like to suggest that this statement is discussing something a great deal broader, and this requires contextualization.

Moshe is actively framing the prior forty years as an educational experience intended to foster self-actualization, as preceded in verses 2-3: “you shall remember the entire way on which the L-rd, your G-d, led you these forty years in the desert, in order to afflict you to test you, to know what is in your heart, whether you would keep His commandments or not. And He afflicted you and let you go hungry, and then fed you with manna...” Here, Shadal and the Chizkuni help us interpret what Moshe means: These past forty years were not, as we recall from the Sin of the Spies (Num. 13), simply time to let an enslaved generation die off, nor as we might read the verse plainly, for G-d to try us through afflictions as punitive investigations. Rather, the difficult experience was designed to make us realize our own capabilities and, according to the Vilna Gaon, both quell their drive for evil and increase awareness of their good nature. This was a collection of moments that served to make the nation realize their own potential and guide them accordingly.

But this comment goes deeper. According to the Ibn Ezra, though the context here is a discussion on the manna, here bread is not literally bread, rather it is “*האדם דורו בו*”, that which man is accustomed to. It is an instruction not to become complacent with our own accomplishments and routines. Additionally, the Netziv, in his work *HaEmek HaDavar*, expands on this idea: “Whatever comes forth” includes many aspects, including all the experiences which G-d gives us. It’s not just that G-d provided us an opportunity for recognizing that we are not solely responsible for our actions, but we need to realize all the steps between creation and our activities and, as we learn a few verses later (v. 8) in the source for bentsching – “And you will eat and be sated, and you shall bless the L-rd, your G-d,” be thankful.

At the end of 2018, AJ Jacobs released his book, *Thanks A Thousand: A Gratitude Jour-ney*, where he attempts to literally thank, in person or by phone, every single person involved in the production of his simple cup of coffee. It started out easy enough, thank-ing the barista at the local shop who served him, but as he worked his way up the supply chain, to the person who delivered the beans, the farmers who grew them, even the steel mill that provided the material for the machines which ground the coffee, he realized the true extent to which even activities we might not think twice about are the result of gargantuan efforts spanning the entire world.

We’ve experienced the effects of a pandemic which has disrupted our personal lives and forced us to reconsider how all our lives interconnect. As our jobs, supply chains and economies restructure due to our changing world, we need to recall that, for everything we accomplish, we depend on a million others we can’t see, and only when we recognize that, and actively thank them, can we be appropriately humbled, develop an empathic approach to others and give purpose to our lives.

This week’s Torah Tidbit is written by R’ Caleb Fischer. If you would like to write a Torah Tidbit, email [torahtidbits@mtsinaishul.com](mailto:torahtidbits@mtsinaishul.com)

## REFUAH SHELEIMA

Noah Rafael ben Sara, Shoshana Metuka Sara bat Riva Miriam, Leiba Sasya bat Esther, Mindel Fayga bat Perel Bebbel, Avraham ben Malka, Bunna Reva bat Menucha, Hershel ben Esther, Etel Malka bat Chaya Guta, Aviva bat Esther, Avraham ben Malka, Ariel Moshe ben Avital, Yonatan ben Malka, Yitzchak ben Sara, Joanne bat Viola

To add/remove a name to the list, email [office@mtsinaishul.com](mailto:office@mtsinaishul.com).

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### OFFICE HOURS:

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**Parshat Eikev**  
August 7th-8th, 2020 • 18 Av 5780  
Artscroll Stone Chumash: Parsha (pg. 980) Haftorah (pg. 1197)

Mount Sinai Eruv - Up  
The eruv has recently been extended. See inside for more information.

## Shabbat Schedule

### Friday Night—August 7th

Candle Lighting	7:45pm
Mincha/Kabbalat Shabbat	7:50pm

### Shabbat Day—August 8th

Shacharit	9:00am
Zman Kri’at Shema	9:30am
Mincha	7:15pm
Shkiah	8:03pm
Maariv	8:44pm
Havdalah (At shul and on Zoom)	8:54pm

## Weekday Schedule

### August 9th-14th

	Shacharit	Mincha/Maariv
<b>Sunday</b> August 9th 19 Av	8:30am	7:45pm
<b>Monday</b> August 10th 20 Av	7:40am	7:45pm
<b>Tuesday</b> August 11th 21 Av	7:45am	7:45pm
<b>Wednesday</b> August 12th 22 Av	7:45am	7:45pm
<b>Thursday</b> August 13th 23 Av	7:40am	7:45pm
<b>Friday</b> August 14th 24 Av	7:45am	Candle Lighting 7:46pm

\*Due to NYC current guidelines, you **must** register for minyanim each week online at [www.mtsinaishul.com/tefilah-sign-up](http://www.mtsinaishul.com/tefilah-sign-up)