

# WEEKLY NEWSLETTER

Shabbos August 8, 2020 • 18 Menachem Av 5780

Parshas Eikev

## Shabbos Times

### Friday, Aug 7

Evening service  
7:30pm

Candle Lighting  
7:47 pm

### Saturday, August 8

Morning service  
10:00am

Evening Service  
7:57pm

Shabbos Ends  
8:48 pm

### Sunday mornings

8:00am

### Mon—Fri mornings

7:00am

## Office Hours

Monday & Thursday:  
9am - 3pm

## Synagogue spiritual and physical safety guidelines due to covid We are currently open to our entire Bris Avrohom of Fair Lawn community

### Who may enter?

Up to 45 Adults only, men and women, feeling healthy with no cold or flu symptoms at all, and have not been sick or had symptoms in the past two weeks, have not been in contact with anyone who has been sick or had symptoms in the past two weeks, and have not had temperatures above 100.4F in the past two weeks.

### Who may not yet enter?

Children under age 8

Anyone who has not yet been out of the home since March.

Anyone that is coughing, sneezing, or is feeling sick like a cold or flu. Anyone that has had cold or flu symptoms in the past two weeks, has been sick in the past two weeks, or has been in contact with anyone who has been sick or had Covid or Covid like symptoms in the past two weeks, or has a temperature above 100.4F

### While at synagogue:

- Wash hands with soap and water, or sanitize upon entering.
- Do not shake hands, hug or kiss anyone.
- Speak only with G-d, not with people, from the beginning of Prayer until the end.
- Keep conversation quiet before and after prayer to respect those who start early or end late.
- During the week, turn off your phone, or put on vibrate.
- Stay at least 6 feet away from others.
- Do not bring in any food or drink, there is no coffee, tea or Kiddush on Shabbos.
- Do not touch or kiss the Torah as it is carried to and from the ark.
- Notify the Rabbi if you do not want an Aliya.
- Wear a mask, unless wearing a mask will be a detriment to your health.
- Announcements you may want to make must be approved by the Rabbi in advance.
- Address any concerns to the Rabbi in advance and privately by way of phone or message.

### Staying safe and sane guidelines:

- Making eye contact with people poses no risk of infection and is healthy and encouraged.
- Please do not discuss politics or current events while at Synagogue.
- Nod to acknowledge and say hello and goodbye.
- Laugh, sing and smile to one another.
- Be polite to others by saying please, thank you and your welcome.
- Offer to help others.
- Spend quality time with your children.
- Read and watch less news and stay away from social media including WhatsApp.
- Engage in extra Torah study, Tzedaka, and prayer.
- Put yourself into your work, and other forms of educational and constructive uses of your time.
- Eat healthy, protein, vitamin c, drink plenty of water, get a good eight hours of sleep every night.
- Relax, do exercise.
- Be safe and trust in G-d!

**With prayers for spiritual and physical health and safety to all.**

**We want Moshiach Now!!**

## A Word Of Torah

The Torah makes for a lousy history book. Often times significant historical events are completely omitted, whereas seemingly trivial incidents are related at length. To make matters a bit more confusing, the Torah has a penchant for recounting events out of chronological sequence.

This is because the Torah, although presented in story form, is not a history book at all. Every biblical episode is actually “current events,” applicable to our daily lives. Thus the Torah relates only stories whose messages are timeless, and even those stories are “edited”—leaving only the details which are germane to its eternal messages, and presented in a manner which will bring across the message in an optimal manner.

Thus, to study Torah without exploring the text for its pertinent messages is to ignore the Torah’s soul. For example, when we feel overwhelmed and flooded by life’s troubles, we look to Noah for inspiration. When we are locked in combat with evil—temptations from within, or opposition from without—we read the story of Jacob and Esau, and learn how to react. The story of the Exodus teaches us how to deal with our enslavement to our impulses, nature and/or addictions.

The Book of Deuteronomy is

replete with Moses’ descriptions of the upcoming conquest of the land of Canaan, and his assurances that the Israelites will be successful in battle. The following, taken from this week’s Torah reading, is one of Moses’ many statements on this subject: Will you say to yourself, “These nations are more numerous than I; how will I be able to drive them out?” You shall not fear them . . . You shall not be terrified of them, for the L-rd, your G-d, who is in your midst, is a great and awesome G--d. (Deuteronomy 7:17–21)

Moses was addressing a nation that was as accustomed to miracles as we are to nature. With Moses at their helm, the Israelites had just conquered the two mighty kingdoms of the Amorites and Bashanites. Their daily diet consisted of heavenly manna and water which spewed forth from a rock. Yet Moses sensed their dread and trepidation, and felt the need to reassure them. They were keenly aware that once they entered Canaan they were on their own. G-d wouldn’t send ten plagues upon the Canaanites, nor would Moses be there to manipulate nature at whim. And facing the 31 Canaanite kings in battle on an even playing field was a frightening prospect. And Moses didn’t deny that the foe was formidable. But he reassured them that while G-d’s hand would not be patent in their impending war, it would nevertheless be behind the scenes, ensuring the Israelites’ victory. Recognizing the importance of morale, Moses

infused the Israelites with confidence, reassuring them that they need only do their part on the battlefield, and G-d will arrange the favorable outcome.

It would be foolhardy to underestimate the battle which we face daily, and we may not have the wherewithal to succeed merely on our own powers. Yet, Moses enjoins us to remember that we are not alone on the battlefield. G-d wants us to struggle and toil, but when we do so, He personally guarantees our victory.

“The L-rd, your G-d, will drive out those nations from before you, little by little . . .” (Deuteronomy 7:22)

The battle is slow; we do not become spiritual people overnight. But with persistence, determination and help from Above, we will eventually become the spiritual and refined individuals we so yearn to be.

-adapted from [www.chabad.org](http://www.chabad.org)

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## A Biselleh Humor

Betty and Hyman are celebrating their golden wedding anniversary at home with their family and friends.

During the afternoon, Isaac, one of their friends, goes over to them and says, "Mazeltov! You two look so happy together. I hope you don't mind me asking,

but how have you both managed to stay so happy and so loving for so long?"

Hyman replies first, "Well, as far as I'm concerned, I've tried very hard in all this time never to be selfish. After all, as my dear mother used to say, there's no 'i' in the word 'marriage'."

Then Betty has her say. "Well," she

says, smiling, "I look upon it differently. As far as I'm concerned, I have never tried to correct Hyman's spelling."

## Kids Parasha Lesson

In this week's *parshah*, Moses continues his last speech to the People of Israel. He says: If the Jews keep to the Torah's commandments, they will be rich and satisfied in the Land of Israel. Moses criticizes the people for the sins they did over their forty years in the desert: the sin of the Golden Calf; Korach's rebellion, the sin of the spies who spoke badly of Israel, and other sins. Then he tells them of G-d's forgiveness, and the second tablets they received after their repentance. Moses then speaks about the Land of Israel, which the Jews are about to enter. He says it is

G-d's chosen land, flowing with milk and honey, and blessed with "seven kinds" of fruit and grain: Wheat, barley, grapes, figs, pomegranate, olives and honey dates. He commands them to destroy any idols in the land, and to always realize that the good they have comes from G-d. The final thing in

the Parshah is the second chapter of the Shema, which talks about the rewards for doing mitzvot and the punishments for not doing them.



## Daily Dose

### Mirror Love

Sometimes you feel that you are good, but G-d is not being good to you. So how does G-d feel?

Just as you do—that He showers you with all the love you can receive, but when will you return that love to Him? G-d is your mirror. Let the love

flow.

By Tzvi Freeman

### It's time to get back to normal, but, what is normal? Is there still a normal?

For us Jews the normal has always been and always will be consistent with our G-d given values, morals, and ethics. Our family first values and traditions, community life, prayer and the respect for, and celebration of life.

We are happy to report that our synagogue has been conducting daily and Shabbat services for a very small amount of regular attendees for a few weeks now. We have been adhering to all covid guidelines, and thank G-d all are well.

As of this Shabbat we will be officially opening to our Bris Avrohom of Fair Lawn community.

Please see below for schedule and services, as well as safety guidelines.

We will continue to provide our online Shabbat print resources for those that are not yet ready to return to Synagogue.

We look forward to seeing you soon, and drink L'chaim to our continued good health and happiness.

## UPCOMING ONLINE EVENTS

Consider a convenient online donation to help support your center for Jewish life.

[www.JewishFairLawn.org/Donate](http://www.JewishFairLawn.org/Donate)



### Bris Avrohom of Fair Lawn

We are your center for everything Jewish, whatever your need may be, do not hesitate to contact us. Our ever popular holiday celebrations will enable you and your family to celebrate the Jewish holidays in style, with fun and educational ideas helping to make Judaism relevant to our youth.

Our Torah classes will give you a second opinion on any subject or matter you may be dealing with, our Holiday programs will allow you to celebrate your Jewish pride with your family and friends.

Our fun Hebrew School and Day Camp will fill your children with an educated sense of what it means to be Jewish and our synagogue services will give you the opportunity to pray, be inspired and experience spirituality. From pregnancy and baby celebrations to weddings and after life services including Kaddish and unveiling, we will be there for you and help create a meaningful and memorable experience.

We are here to help you and serve you and look forward to seeing you soon!

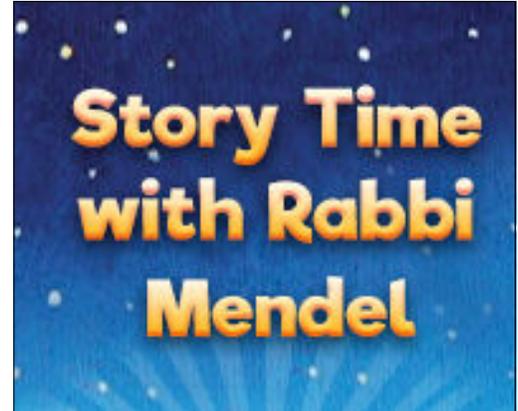


Find out more & join online at [www.JewishFairLawn.org/Partnership](http://www.JewishFairLawn.org/Partnership)



## Rabbi Mendel's Blog

— *Let's Connect!*



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This bulletin, and all archived weeks, are available on our website as well!  
<http://www.jewishfairlawn.org/shabbos-bulletins.html>