

LSS UPDATE

We are happy to once again be open for prayer services. As with all our minyanim in these times, ***you must be pre-registered in order to attend*** - only those who have signed up for these minyanim and have received confirmation may participate, as we are limited in the number of people who can attend. Social distancing, wearing of masks, no communal singing and all of the other public health measures that we have been employing since we began weekday services (see the complete Attendance Guidelines in the electronic version of Echod) will be in effect. Please remember to bring your own tallit, siddur and chumush on Shabbat if you are signed up. There will be no Seudah Shlishit at the shul, so please remember to eat Seudah Shlishit before you come to Mincha. *All minyanim mentioned below will be held in the Nathaniel Richman Cohen Sanctuary:*

Shacharit:

Sunday, August 30 @ 8:30am

Monday, August 31 - Friday, September 4 @ 7:30am

Mincha/Maariv:

Sunday, August 30 - Monday, August 31 @ 7:20pm

Tuesday, September 1—Thursday, September 3 @ 7:15pm

SHABBAT TIMES

Friday Night:

Earliest Candle Lighting: 6:11pm

Zoom Mincha/Kabbalat Shabbat: 6:45pm

Mincha followed by Kabbalat Shabbat at shul: 7:00pm Location: Ballroom

Shabbat Candle Lighting: 7:16pm

Sunset (daven Mincha by): 7:32pm

Repeat Shema after 8:03pm

Shabbat:

Shabbat Morning Minyan at shul: 8:00am Location: Spira Family Terrace (weather permitting; if not it will be in the Nathaniel Richman Cohen Sanctuary).

Shabbat Morning Services at shul: 9:00am Location: Ballroom

Latest Shema: 9:37am

Latest Shacharit: 10:44am

Mincha followed by Maariv at shul: 7:15pm Location: Nathaniel Richman Cohen Sanctuary

Sunset (daven Mincha by, and begin seudah shlishit by): 7:31pm

Shabbat Ends: 8:15pm

Zoom Havdalah: 8:45pm

For access to the zoom links for Kabbalat Shabbat and Havdalah, please click the link in the electronic version of Echod.

MAZAL TOV

Tzipora and Stephen Kalish on the birth of a baby girl. Mazal tov to big brother Evan, big sister Atara, and great aunt & uncle Bluma and Dr. Steve Snyder.

Anna and Dr. Mark Freilich on the upcoming marriage of their son, Ethan to Ally Margulies, daughter of Rachelle and Steven Margulies of Teaneck, NJ. Mazal tov also to Ethan's sister, Erin.

Grandparents **Miryam and Amos Alter** on the birth of a baby boy to their children, Yoel and Chana Baila Alter, and on the Bar Mitzvah this Shabbat of his cousin, Chaim Yosef Alter, the son of Avraham and Tammy Alter.

HIGH HOLIDAYS 2020

High Holiday Seating Requests are now being taken.
Please visit our website at www.lss.org.

UPCOMING EVENTS

Shabbat, September 5: Perek in the Park: 4:45pm Join Rabbi Shaul Robinson for "perek in the park" - an outdoor Torah class and meetup. Meeting place will be at the Eleanor Roosevelt Statue in Riverside Park (72nd St). Please bring rugs or chairs to sit on. Weather permitting.

Monday, August 31: Palestine Posts: An Eyewitness Account of the Birth of Israel: 12:00pm Mordecai Chertoff was, variously, a local news editor, foreign news editor and war correspondent for the Palestine Post, soldier in the Haganah and resident of Jerusalem. In vivid letters to his family back in the United States, Mordecai described the news of the UN vote for partition, the declaration of the State of Israel, the siege of Jerusalem and other events of the 1947-49 period. Daniel Chertoff, a former LSS member before he made aliya, compiled his father's letters into a "you are there!" book about the birth of Israel.

October, date & time TBD: Moadon HaSefer (Israeli Book Club)

The next book written by an Israeli author that we will read and discuss will be "Trumpet in the Wadi" by Sami Michael [חצוצרה בוואדי/סמי מיכאל]. Michael's internationally acclaimed novel illuminates the vast range of interlocking relationships between Jews and Arabs, Muslims and Christians, men and women living in Israel. The English version of the book can be ordered on Amazon. For information on how to purchase the Hebrew version, please contact Harel Fenigstein at harelf@jafi.org.

For access to the links for these events, please click on the link in the electronic version of the Echod or visit our website at www.lss.org.

HAKARAT HATOV

On behalf of **Beth Epstein**, she would like to thank the members of the community who reached out to her with kindness and support during this difficult time.

WEEKLY LEARNING OPPORTUNITIES

For access to all the Zoom links for these classes, please visit www.lss.org/learningopportunities.

To dial into a class please call 646-876-9923 and enter the Meeting ID and password (if necessary) associated with the class below.

Sunday:

- **Sunday Morning Responsa** with Rabbi Josh Rosenfeld: 9:45am. *Meeting ID:* 827 823 0785 *Password (if necessary):* mds1234

Monday:

- ***(Resumes September 14) Chug Ivrit led by Harel Fenigstein:** 7:00pm-8:15pm. In this class, we read articles from the Israeli press, watch videos of news stories, documentaries and comedy clips, listen to (and sing along!) to Israeli songs and chat in Ivrit. *Meeting ID:* 459 533 337
- **The Book of Jeremiah** with Rabbi Josh Rosenfeld: 8:15pm-9:15pm *Meeting ID:* 827 823 0785 *Password (if necessary):* mds1234

Tuesday:

- **The Marilyn & Sam Isler, "Studies in the weekly Parsha"** led by Rabbi Shaul Robinson: 10:30am- 11:30am *Meeting ID:* 241 022 510
- **Beit Midrash night, The M'lachim (Kings) Study Group** Led by Ron Platzer: 7:00pm-8:00pm. *Meeting ID:* 811 662 074
- **Elul Miniseries: Spiritual Antibodies** led by Rabbi Shaul Robinson: 8:00m-9:00m. Topic: From Sadness to Simcha

Wednesday:

- **Jewish History Course: Some Distinguished Philosemites—Series I** led by Paul Shaviv: 8:00pm-9:00pm. Topic: James Parkes (1896-1981) *Meeting ID:* 948 8996 3778. *Passcode:* 906183

Thursday:

- ***(Cancelled until further notice) The Jacob Adler Parsha Class** Explorations in the Weekly Parsha led by Rabbi Shaul Robinson: 7:00pm-8:00pm. *Meeting ID:* 912 657 888
- **Parashat HaShavua** led by Dr. Moshe Sokolow: 8:30pm. *Meeting ID:* 846 701 6968.

Dvar Torah:

Parshat Ki Teitzei mentions 74 of the 613 mitzvot or 12% of all commandments, more mitzvot than any other Parsha in the Torah. Included among these mitzvot are employment rights, returning lost objects, and the rules of war.

The Torah commands us to remember "asher korchah baderech," what Amalek did to us on the way out of Egypt. Rashi asks why use the word korchah from the word "kar" or cold? Rashi answers that other nations heard of the miracles Hashem performed in Egypt and no one would have dared to attack us. But then Amalek came, like someone who jumps into a scalding hot tub. Although they were burned and defeated by Bnei Yisrael, Amalek cooled the water and opened the door for other nations to see that Bnei Yisrael was not untouchable. We should be careful to remember and fulfill the biblical obligation to inform our children of history.

Upcoming Events:

- Thursdays @ 4:30pm: In the Kitchen with Ariella & Margot: (LSS Facebook Live)
- September 13th @ 10:00 am - Shofar Factory with Rabbi Fried
- September 19-20 @ 10:00-11:30 am - Rosh Hashana Groups in Riverside Park @ 76th street (More information to come!)
 - Shofar Blowing with Rabbi Robinson @ 11:00 am
 - Parental/Guardian Supervision Required for Children 7 and under
- September 20 @ 4:00 pm - Teen Tashlich in Riverside Park

Questions:

1. How many mitzvot are covered in this week's Parsha?
2. Who attacked the Jewish people on their way out of Egypt?
3. Why does Rashi explain the use of the word "karcha" in this context?
4. What are a few examples of the 74 mitzvot covered in this week's Parsha?

4. Employment rights, returning lost objects, and the rules of war.
3. Rashi answers that other nations heard of the miracles Hashem performed in Egypt and no one would have dared to attack us. But then Amalek came, like someone who jumps into a scalding hot tub. Although they were burned and defeated by Bnei Yisrael, Amalek cooled the water and opened the door for other nations to see that Bnei Yisrael was not untouchable.
2. Amalek
1. 74 mitzvot

Answers:

Kids in the Kitchen: Homemade Granola Bars

Ingredients:

- 3/4 cup natural peanut butter, almond butter, cashew butter, sun butter, etc.
- 1/2 cup honey
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt*
- 2 1/4 cups old-fashioned oats*
- 1 cup slivered or chopped almonds
- optional: 1/2 cup mini semisweet chocolate chips or dried fruit (cranberries, raisins, apricots)

Instructions:

1. Line an 8 x 8-inch or 9 x 9-inch square baking pan with parchment paper. Set aside.
2. Stir the peanut butter, honey and coconut oil together in a medium saucepan. Cook over medium heat, stirring occasionally, until the mixture reaches a simmer. Continue to simmer for 1 minute, stirring often so that the bottom of the mixture does not burn. Remove from the heat.
3. Add the vanilla and salt, and stir until combined. Add in the oats and almonds, and stir until completely combined. (Optional step: If you would like the chocolate chips not to melt, I recommend chilling transferring the granola to the refrigerator at this point for about 15 minutes, or until it reaches room temperature.) Then stir in the chocolate chips until combined.
4. Press the granola firmly and evenly into the bottom of the prepared pan. (I use the bottom of a measuring cup to help press it down so that it's nice and flat.) Sprinkle a few extra chocolate chips on top if you would like. Then cover and refrigerate the granola bars for about an hour or so, or until they are chilled.
5. Use the parchment paper to lift the bars out of the pan and transfer them to a cutting board. Cut, serve, and enjoy! Or store in a sealed container for up to 5 days, or freeze for up to 3 months.

Recipe: Gimme Some Oven

DVAR TORAH

We invite all members to write a Dvar Torah for the Shabbat Echod from September through June. Enrich our Shabbat with your Torah thoughts. The next Shabbatot available are:

Parshat Netzavim (9/12)
Parshat Ha'azinu (9/26)
Sukkot (10/3)
Parshat Noach (10/24)

If interested, please email Bill Greenbaum at dvar@lss.org.

In case of a bereavement, please call our Clergy at 646-543-7485 (day or night)

If you would like to receive the Shabbat Echod by e-mail, sign up at www.lss.org or email info@lss.org

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