

## 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 23 @ 8:30am

Monday, August 24 - Friday, August 28 @ 7:30am

### Mincha/Maariv:

Sunday, August 23 - Monday, August 24 @ 7:30pm

Tuesday, August 25—Thursday, August 27 @ 7:25pm

## SHABBAT TIMES

### Friday Night:

Earliest Candle Lighting: 6:20pm

Zoom Mincha/Kabbalat Shabbat: 7:00pm

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

Shabbat Candle Lighting: 7:27pm

Sunset (daven Mincha by): 7:43pm

Repeat Shema after 8:14pm

### 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: 9:35am

Latest Shacharit: 10:43am

Mincha followed by Maariv at shul: 7:25pm Location: Nathaniel Richman Cohen Sanctuary

Sunset (daven Mincha by, and begin seudah shlishit by): 7:42pm

Shabbat Ends: 8:26pm

Zoom Havdalah: 9:00pm

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

## MAZAL TOV

**Rabbi Jonah & Fran Kupietzky** on the marriage of their grandson Duvi Wildes to Gayil Jungreis this past week. Mazal tov to uncle Steve Kay Kupietzky and aunt & uncle Joy & Morey Wildes.

## ELUL MINISERIES: SPIRITUAL ANTIBODIES

5780 was the year that changed everything, and challenged us in ways we could never have imagined.

When our bodies fight off a virus, antibodies are created that protect us from future infections. The same is true of our souls. The unique times we have lived through can fortify us and make us wiser, stronger, happier people in the year ahead - but only if we apply mindfulness and careful application of the lessons learned. Join us for an Elul Series of classes exploring how to do exactly that.

Tuesday, September 1: From Sadness to Simcha: 8:00pm

Tuesday, September 8: From Isolation to Connection: 8:00pm

Tuesday, September 15: From Self Protection to Chesed: 8:00pm

\*Thursday, September 24: From Fear to Faith: 8:00pm

(\*Eruv Shabbat Shuva)

Zoom link to follow.

## UPCOMING EVENTS

### **Thursday, August 27: Parenting in a Pandemic with Nava Silton: 8:00pm**

Join us as Dr. Silton offers tips on how to alleviate our own anxiety and that of our children and how to plan a fun, innovative, and creative year ahead.

Nava R. Silton, Ph.D., a Developmental Psychologist, received her B.S. from Cornell University in 2002 and her M.A. and Ph.D. from Fordham University in 2009. Silton has worked at Nickelodeon, Sesame Workshop, and Mediakidz, and has consulted for Netflix, Blue's Clues & You and The Autism Seaver Center. She appears regularly on Fox 5 News as a Psychological Correspondent, and has appeared on Good Day New York, Good Day Street Talk and NBC. Nava is currently an Associate Professor of Psychology at Marymount Manhattan College. She has written over three dozen peer-reviewed journal articles, over twenty chapters, book reviews and encyclopedia entries and has edited six full textbooks. Her first two books discuss innovative technologies for individuals with autism and other disabilities, her third delves into creativity, her fourth into family dynamics and romantic relationships, her fifth explores the constructs of happiness, gratitude, kindness, empathy and well-being and her sixth text discusses best parenting and child development practices for the 21st century.



### **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. If you would like to read the book prior to the lecture, you can purchase it either from Amazon or directly from the publisher's website [www.korenpub.com](http://www.korenpub.com), enter the code "posts" to get a 15% discount.

*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](http://www.lss.org).*

## WEEKLY LEARNING OPPORTUNITIES

For access to all the Zoom links for these classes, please visit [www.lss.org/learningopportunities](http://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:

- **\*(Cancelled this week) 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*

### Wednesday:

- **Jewish History Course: Some Distinguished Philosemites—Series I** led by Paul Shaviv: 8:00pm-9:00pm. Topic: 'George Eliot' (Mary Anne Evans) (1819-1880) *Meeting ID: 948 8996 3778. Passcode: 906183*

### Thursday:

- **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:**

The name of the Parsha, Shoftim, means officers or judges. At the end of the Parsha, the Torah recounts a pep talk from the Kohen Gadol to soldiers before battle. "Shema Yisrael, do not be afraid, Hashem is with you," he would say. The officers would then announce that whoever had built a new home but hadn't dedicated it, planted a vineyard but not yet enjoyed the fruit, or had gotten engaged but not yet married his fiancée, was exempt from battle and should go home. A fourth category was also exempt — one who is scared. That person should leave the battle so as not to infect other soldiers with his fear. Rashi asks who is this Yarei Vi'rach Ha'levav? Rabbi Akiva says this person can't stomach the idea of battle; if he saw a drawn sword he would faint. Rabbi Yossi Haglili says the Torah is talking about someone who is fearful of G-d because of an avayra, a mistake he had made, and the battle is where he would own up to it. The Torah lists an engagement, a vineyard, and a house so that when this scared fellow returns, people would assume it's for a happier occasion. The lesson for us is to eliminate avayrot or mistakes from our lives so that we can live with confidence. Nothing can harm us as long as we stand on the three pillars: Emet, Din and Shalom.

**Upcoming Events:**

- Wednesday, August 26th @ 2:00pm: 9/11 Day of Service and Remembrance – Zoom and Private Cardmaking Programs with Dorot: Make a card, post on social media, & mail to Dorot!
- August 27th @ 8:00pm: Parenting in a Pandemic Series with Nava Silton. Zoom Meeting ID: 305 809 0379
- In the Kitchen with Ariella & Margot: Thursdays @ 4:30 pm (LSS Facebook Live)

**Questions:**

1. Who was a shofet?
2. Which four people did the shoftim exempt from battle?
3. How do Rabbi Yossi Haglili and Rabbi Akiva differ on Ha'Yarei Vi'rach Ha'levav?

**Answers:**

1. A judge
2. Whoever had built a new home but hadn't dedicated it, planted a vineyard but not yet enjoyed the fruit, or had gotten engaged but not yet married their fiancée was exempt from battle and should go home. A fourth category was exempt — one who is scared.
3. Rabbi Akiva says this person can't stomach the idea of battle; if he saw a drawn sword he would faint. Rabbi Yossi Haglili says the Torah is talking about someone who is fearful of God because of an avayra, a mistake he had made, and the battle is where he would own up to it.

**Kids in the Kitchen: Best Ever Banana Milkshake**

**List of Ingredients:**

- 2 bananas peeled and cut into pieces
- 1 1/2 cup vanilla ice cream
- 1/2 cup milk
- Optional: ¼ cup peanut butter

**Instructions:**

1. Place the bananas on a plate and freeze for 20 minutes.
2. Place the bananas in the blender.
3. Add in ice cream and whole milk. Sprinkle the ground cinnamon.
4. Blend for 12 to 18 seconds until all is mixed.
5. Serve immediately with whipped cream and cinnamon.

Recipe Source: <https://www.unicornsinthekitchen.com/>

**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](mailto:dvar@lss.org).

*Shabbat  
Shalom!*

**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](http://www.lss.org) or email [info@lss.org](mailto:info@lss.org)*

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