

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 2 @ 8:30am  
Monday, August 3 - Friday, August 7 @ 7:30am
- Mincha/Maariv:**  
Sunday, August 2 - Monday, August 3 @ 8:00pm  
Tuesday, August 4—Thursday, August 6 @ 7:55pm

SHABBAT TIMES

**Friday Night:**  
Earliest Candle Lighting: 6:43pm  
Zoom Mincha/Kabbalat Shabbat: 7:00pm  
Mincha followed by Kabbalat Shabbat at shul: 7:00pm  
Shabbat Candle Lighting: 7:54pm  
Sunset (daven Mincha by): 8:11pm  
Repeat Shema after 8:42pm

**Shabbat:**  
Shabbat Morning Minyan at shul: 8:30am Location: Spira Terrace (weather permitting; if not it will be in the ballroom).  
*\*please note, for those that feel it may be too hot for them, there is not currently a tarp on terrace.*  
Shabbat Morning Services at shul: 9:00am  
Location: Nathaniel Richman Cohen Sanctuary  
Latest Shema: 9:26am  
Latest Shacharit: 10:38am  
Earliest Mincha: 1:37pm  
Mincha followed by Maariv at shul: 7:50pm  
Sunset (daven Mincha by, and begin seudah shlishit by): 8:09pm  
Shabbat Ends: 8:54pm  
Zoom Havdalah: 9:15pm

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

TISHA B’AV 2020: A Look Back

Tisha b’Av 2020 was an especially moving one for our community. From an Eicha zoom with hundreds of participants to our Kinnot program featuring all of our clergy. The learning transcended our continued physical distance from one another and opened up a new way to mourn and hope in these extraordinary times.

**Tremendous Hakarat Hatov goes to:** Our CSS Security Committee Chair, Ian Silver and the Volunteer Team; Jake Brozowsky, Ari Dubinsky, Bill Greenbaum, Mark Hus, Jeffrey Levine, Shirley Stark, Bernie Zweig, and Jay Ziffer. Thank you for assuring Tisha B’Av went smoothly and safely.

CALENDARS

As you know Plaza Funeral Home usually delivers calendars directly to LSS. This year, given the circumstances of the pandemic, they are happy to mail them to members. Simplyemail [Plaza@plazajewish.org](mailto:Plaza@plazajewish.org), put the word “Calendar” in the subject line and include your address in the email. Wishing everyone a healthy and happy year ahead!

UPCOMING EVENTS

**Wednesday, August 5: Israel and Covid-19: What's Going On?: 1:00pm**  
*Live from Israel!* About a month ago, Israel seemed to have gotten the coronavirus under control. The curve had been flattened and everything looked very promising. Then, things went south. A panel of Magen David Adom experts will discuss what is currently happening in Israel, what went wrong, what is being done about it, and lessons we can apply in the States. The presenters will include: **Uri Shacham**, MDA Chief of Staff, **Dr. Eilat Shinar**, Director of MDA Blood Services who will speak on testing and contact tracing in Israel, **Dr. Shafir Botner**, Director of MDA's Paramedic School, and **Dr. Moshe Abramowitz**, Psychiatrist who has served as head of the IDF Medical Corps and the Chief Mental Health Supervisor at the Ministry of Health who will discuss the emotional toll the pandemic is having on the people of Israel. There is no charge to attend the webinar, but you need to register in advance.

**Wednesday, August 12: Israel Book Club: 6:30pm** We are thrilled to launch an Israel book club where we will read and discuss books by Israeli authors. The first book club selection is "**Someone to Run With**" by Israeli author, **David Grossman**. You can purchase the book in English from either Amazon or Barnes & Noble, either print or digital versions. Are you up to the challenge of reading the book in its original Ivrit? Email [harelf@jafi.org](mailto:harelf@jafi.org) and he will send you the link to purchase. The discussion will be in English. You need to register in advance in order to participate in the discussion.

*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).*

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: 10:15am.  
*Meeting ID:* 827 823 0785 *Password (if necessary):* mds1234

**Monday:**

- 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

**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.

**Returning: Paul Shaviv mini series beginning next Wednesday 8/5/20—more info to follow**

DVAR TORAH

We are currently looking for a writer for:  
Parshat Netzavim (9/12), Rosh Hashana (9/19)  
Parshat Ha’azinu (9/26), and Sukkot (10/3)  
If interested, please email Bill Greenbaum at [dvar@lss.org](mailto:dvar@lss.org).

**Dvar Torah:**

In this week's Parshat Vaetchanan, Moshe's final speech to Bnei Yisrael continues. We are again reminded of the time after the Exodus from Egypt when the Jews were wandering the desert. Moshe had asked Hashem if he too could enter the land of Israel, and Hashem declined. Instead Hashem gave Moshe permission to stand on top of a mountain and look into the land of Israel from afar.

Moshe highlights two particular events the Jewish people should never forget; being saved from Pharaoh in Egypt, and being gifted the Torah on Har Sinai.

Vaetchanan also includes reminders of the Ten Commandments, and the Mitzvah to recite the *Shema prayer which teaches us the mitzvot of tefillin, mezuzah, and that there is only one G-d, Hashem.*

**Upcoming Events:**

- In the Kitchen with Ariella & Margot: Thursdays @ 4:30 pm (LSS Facebook Live)
- Teens in Central Park: August 9th @ 4:00 pm (86th & CPW) (masks required)

**Questions:**

1. Does Moshe enter the Land of Israel?
2. Which two events does Moshe tell Bnei Yisrael to never forget?
3. What are the two Mitzvot we learn from the words of the Shema?

**Answers:**

1. No, but Hashem lets him see Israel from on top of a mountain.
2. Hashem saving them Pharaoh in Egypt and being gifted the Torah on Har Sinai
3. Tefillin and Mezuzah

**Kids in the Kitchen:**

**Kids in the Kitchen: Flourless Peanut Butter Oatmeal Chocolate Chip Cookies**

List of Ingredients:

- 1 cup natural creamy peanut butter (just peanuts + salt)
- 2/3 cup packed dark brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 3/4 cup rolled oats (gluten-free if desired)
- 1/2 teaspoon baking soda
- 2/3 cup chocolate chips, dairy free if desired
- Flakey sea salt for sprinkling on top

Instructions:

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In a small bowl, mix together the oats and baking soda; set aside.
3. In a large bowl, mix together peanut butter, brown sugar, eggs and vanilla until smooth. Mix in dry ingredients with a wooden spoon, then gently fold in chocolate chips.
4. Roll cookies into 2-inch dough balls and place 2 inches apart on the prepared baking sheet. BARELY flatten the top of the cookie with your hand. The dough should be pretty sticky so if you find this method annoying, simply use a cookie scoop to drop the cookie dough onto the prepared baking sheet. The cookies may not be as round in shape and perhaps a bit thicker, but that's okay, they will still be delicious!
5. Bake cookies for 9-12 minutes and remove when edges barely begin to turn a golden brown. The cookies may look a little underdone, but they will continue to cook once you remove them from the oven.
6. Cool for 5 minutes on the cookie sheet then transfer to a wire rack to cool completely. Sprinkle each cookie with flakey sea salt. Repeat with remaining cookie dough. Makes 16-20 cookies.

\*Recipe from Ambitious Kitchen

***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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