

COVID-19 Update #7
Monday, March 23, 2020

Dear Friends,

This email contains important information about Pesach and UOS Programing. [TONIGHT at 8PM - Hidden Gems of The Haggadah](#). Topic - The Most Important Part of the Seder is...?

I have been in touch with a number of people who may find themselves alone for Pesach Seders. If you are in this category or know of anyone who is, please be in touch with me. (RBG)

Zoom instructions. There are 2 ways to join Zoom meetings.Via Video or Via Tel.

[To join via video simply click here.](#)

To join via tel.

Step 1. Call one of these numbers:

301 715 8592

253 215 8782

646 876 9923

Step 2. You will be asked for Meeting ID #. It is 719-018-2866#.

Step 3. You will also be asked for personal ID #. Just press #.

Pesach:

1. [Click here for the Pesach Cleaning Made Easy Guide](#). It contains Kashering instructions as well as helpful product information.
- [Click here for a Concise Seder Guide. Some folks may be making Pesach for the first time or for the first tie in a long time.](#) This guide will help.
- [Click here \(and scroll down\) for Seder In a Box \(Ready Made Seder Plates\)](#) from Jenny Tavor. This was created to make it easier for people to make seders.
- Tevillat Keilim - [For those who need to Kasher some utensils for Pesach. Please read carefully.](#)
- [Please use this link to arrange for the sale of your Chametz.](#)
- **Fun Pesach Project:Communal Haggadah Commentary: For all UOS Tots, Elementary School Kids, Adults and all school children not at RMBA. (RMBA is creating their own Haggadah with Middle School and High School Students).** I would like to invite each household (as per above) to submit a short dvar torah, story, poem, picture etc. connected to pesach / the haggadah. Once collected, I will produce a pdf. of the Haggadah that you can print and thereby connect with others. I am especially eager to receive pictures and Divrei Torah from kids. Please email all submission to uosspecialprojects@gmail.com

Programs and Classes

Emotional Health Check In. Thursday 3 / 26 at 8:45pm. For those looking for tips on how to cope with stress, and changing family dynamics (including tips for couples) due to the current situation, please join us on Thursday night at 8:45pm. Three brief presentations on:

- Helping kids cope with changes in schedule, online schooling and uncertainty. [Click here for a helpful sheet using the 4 sons of the seder as away to address COVID - 19 with children](#)
- Anxiety and approaches to self-care in times of distress.
- Shalom Bayit Tips for couples.

Join via Zoom: <https://zoom.us/j/7190182866>

Family Programs:

The UOS team has been hard at work creating fun and active programs for families.

- Chalk Your Walk. See flyer below. [Special Zoom Link](#)
- Virtual Challah Bake. See flyer below. [\(Click here - starting on Thurs for MOther Daughter Learning Sheets for Pre event Mother Daughter Study\)](#)
- UOS Treasure Hunt . See flyer below - STARTS MARCH 25th

Classes:

- A four part online series on: Hidden Gems of the Haggadah. Each class will explore some of the lesser known aspects and customs of the Haggadah and the Pesach Seder.

Dates: Monday Nights (3/ 16, 3/23, 3/30, 4/6) at 8PM Via Zoom. <https://zoom.us/j/7190182866>

TONIGHT: Topic - The Most Important Part of the Seder is...?

- Ruthie will be offering a three part online series on Shir Hashirim (Song of Songs)

Dates: Wednesday Nights 8pm 3/18 / 3/25 / 4/1. Via Zoom Ruthie will be offering a three part online series on Shir Hashirim (Song of Songs). Via Zoom - <https://zoom.us/j/7190182866>

Lunch and Learn Wed. at 12PM. Join us for an interactive discussion on Parshat Hashavua. Via Zoom - <https://zoom.us/j/7190182866>

UOS Pre Pesach Learning with Rabbi

Gelman and Ruthie.

Starting This Monday

via zoom

<https://zoom.us/j/7190182866>



Hidden Gems of the Haggadah.

With Rabbi Gelman

Explore some of the lesser known aspects and customs of the Haggadah and the Pesach Seder.

Dates: Monday Nights (3/ 16, 3/23, 3/30, 4/6) at 8PM.

THREE PART ONLINE SERIES
ON SHIR HASHIRIM (SONG OF
SONGS)

WITH RUTHIE

**DATES: WEDNESDAY NIGHTS
8PM 3/18 / 3/25 / 4/1**



Mother and daughter virtual Hafrashat Challah



Mothers and daughters- come join us Thursday 3.26 for a virtual Hafrashat Challa.
Make your favorite recipe, and have your dough ready to roll (and shape) by **8:00pm**
Join us via zoom- <https://zoomus/j/63884844>



CHALK YOUR WALK

Help our UOS kids get out and about while social distancing and get in on the fun - draw games or write messages outside your homes

IDEAS:

- Color Coding*
- Follow the line*
- Obstacle Course*
- Math Hop-scotch*



Write Plague in box

Each of these 10 homes has a hint to a Makkah, (plague)



UOS

TREASURE HUNT

Can you figure out all of the clues?!?

-  דם
Blood
-  צפרדע
Frogs
-  כנים
Lice
-  ערוב
Wild Animals
-  דבר
Cattle Disease
-  שחין
Boils
-  ברד
Hail
-  ארבה
Locusts
-  חשך
Darkness
-  מכת בכורות
Slaying of the Firstborn

tag UOS with your completed map with #UOSTreasureHunt