

SHABBAT PROGRAM

MAY 15-16, 2020 / 22 IYYAR 5780

PARASHAT BEHAR-BECHUKOTAI

וְלֹא תוֹנוּ אִישׁ אֶת-עֲמִיתוֹ וְיִרְאַתָּ מֵאֱ-לֹהֶיךָ כִּי אֲנִי ה' אֱ-לֹהֶיכֶם:

"Do not wrong one another, but fear your God; For I the Eternal am your God."
(Leviticus 25:17)

וְנָתַתִּי שְׁלוֹם בְּאֶרֶץ וְשִׁכְבַּתְכֶם וְאִין מִחֲרִיד וְהַשְׁבַּתִּי חַיָּה רָעָה מִן-הָאָרֶץ וְחָרֵב לֹא-
תַעֲבֹד בְּאֶרְצְכֶם:

"I will give peace throughout the land, so that you will lie down with none to make you afraid; I will rid the land of wild beasts, and no sword shall cross through your land."
(Leviticus 26:6)

Rabbi Sharon Kleinbaum, D.D., SENIOR RABBI
Gregg H. Passin, PRESIDENT
Yolanda Potasinski, EXECUTIVE DIRECTOR
Rabbi Yael Rooks Rapport, ASSISTANT RABBI
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JUSTICE PROGRAMMING
Rabbi Mike Moskowitz, SCHOLAR-IN-RESIDENCE
Joyce Rosenzweig, MUSIC DIRECTOR

Beit
Simchat
Torah CONGREGATION
קהלה קדושה בית שמחת תורה

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CBST Welcomes Our Hebrew-Speaking Guests!

ברוכים וברוכות הבאים לקהילת בית שמחת תורה! קהילת בית שמחת תורה מקיימת קשר רב שנים ועמוק עם ישראל, עם הבית הפתוח בירושלים לגאווה ולסובלנות ועם הקהילה הגאה בישראל. אנחנו מזמינים אתכם לגלות יהדות ליבראלית גם בישראל! מצאו את המידע על קהילות רפורמיות המזמינות אתכם להגות את סיפור החיים שלכם בפלאיירים בכניסה. לפרטים נוספים ניתן לפנות לרב נועה סתת: noa@irac.org

- [A healing prayer from Joyce Rosenzweig & Cantorial Intern David Fair](#)
- [Rabbi Kleinbaum's thoughts on "Spiritual Lessons for Today's Plague"](#)
- [A Prayer for Healthcare Workers](#)

“The CBST community knows what it takes to live through a plague. Love and compassion and support are at the center of survival. Remember to be kind and generous while being cautious and vigilant about staying healthy and keeping others safe. We will continue being a powerful spiritual community of resistance and love. May the Holy One surround you and your loved ones and give you strength and comfort as we face the uncertainty of the times we are in. Be the reason people have faith in the goodness of others.” —**Rabbi Sharon Kleinbaum**

Thanks to: Better Events Sound Technicians · Shabbat sponsors & donors.

Music to Soothe the Soul

Psalm 150 (Excerpts from *Psalm Enchanted Evening* concert, June 2, 2019)

1. Kol Haneshama (Anonymous Baroque setting composed for the Spanish-Portuguese Synagogue in Amsterdam, ca. 1675); Marc Molomot, Tenor / Joyce Rosenzweig, Piano
2. Hallelu–Kol Haneshama (Adapted from a Sufi chant by Nusrat Fateh Ali Khan (1948-1997); Judy Ribnick, Clarinet / The CBST Chorus / Joyce Rosenzweig, Piano

This week, we would like to share [two contrasting interpretations](#) of what is probably one of the most well-known of all psalms. Psalm 150 (the last of the 150 psalms) is an ecstatic exclamation of praise to God, celebrating all the musical instruments from the Temple Orchestra that would elevate these sacred words with melody, harmony and exultation. The Psalm ends with the words, *Kol han'shamah t'halel Yah!* (Let all that has breath sing Your praises!) May each of us become an instrument for praising God, through the beauty of our own unique melodies!

**MAY 15, 2020 / 22 IYAR 5780
PARASHAT BEHAR-BECHUKOTAI**

OPENING PRAYERS AND MEDITATIONS

הַקְנַת הַלֵּב

38	הַדְּלֵקַת נְרוֹת שֶׁל שַׁבָּת	Candle Blessing	Abraham Wolf Binder (1895-1967)
40	שְׁלוֹם עָלֵיכֶם	Shalom Aleichem	Israel Goldfarb (1879-1956)

KABBALAT SHABBAT/WELCOMING SHABBAT

הַקְנַת שַׁבָּת

52	לְכוּ בְרַנְנָה (תהלים צה)	L'chu N'ran'nah (Psalm 95)	Chabad Chasidim*
58	זַמְרוּ לַה' (תהלים צח)	Zamru Ladonai (Psalm 98)	Suki Berry*
62	מִזְמוֹר לְדָוִד (תהלים כט)	Mizmor L'David (Psalm 29)	Shlomo Carlebach (1926-1994)*
66	לְכֵה דוּדֵי	L'chah Dodi (Shlomo Alkabetz)	Abayudaya Ugandan* Chasidic*
	תְּפִלָּה לְרַפּוּאָה	Prayer for Healers	
72	מִזְמוֹר שִׁיר (תהלים צב)	Mizmor Shir (Psalm 92)	Daphna Rosenberg (Born 1967)

MA'ARIV/THE EVENING SERVICE

מַעְרִיב

78	בָּרְכוּ	Bar'chu	Nusach
80	הַמַּעְרִיב עֲרָבִים	Hama'ariv Aravim	Nusach
86	אַהֲבַת עוֹלָם	Ahavat Olam	Eric Mandell (1903-1988)*
88	שְׁמַע יִשְׂרָאֵל	Sh'ma Yisrael	Salomon Sulzer (1804-1890)
89	וְאַהֲבַת	V'ahavta	Torah Cantillation (Trope)
94	מִי כַמְּכָה	Mi Chamochah	Hanna Tiferet Siegel (Born 1948)*
98	הַשְּׂכִיבֵנוּ	Hashkiveinu	Modzitz Chasidim*
102	וְשִׁמְרוּ	V'shamru	South African Melody*
104	חֲצִי קַדִּישׁ	Chatzi Kaddish	Nusach
106	עֲמִידָה	Silent Amidah	
118	יְהִי לְרַצּוֹן / עֲשֵׂה שְׁלוֹם	Yih'yu L'ratson/Oseh Shalom	Bonia Shur (Born 1923)
118	עֲשֵׂה שְׁלוֹם	Oseh Shalom	Michael Ochs (Born 1975)*
133	מִי שֶׁבֵרַח	Mi Shebeirach	Debbie Friedman (1951-2011)*
Program	תְּפִלָּה לְמַדִּינָה	Prayer for Our Country	
138	קַדִּישׁ שְׁלָם	Kaddish Shalem	Nusach

DRASHAH: RABBI SHARON KLEINBAUM :דְּרָשָׁה

140	עֲלֵינוּ	Aleinu	Salomon Sulzer (1804-1890)
228	סְפִירַת הָעוֹמֵר	Counting of the Omer	
150	קַדִּישׁ יְתוֹם	Mourner's Kaddish	

Announcements:
CBST President Gregg Passin

133	רוח אֱ-לֹהִים	Ruach Elohim	Lisa Levine (Born 1961)*
156	קידוש & המוציא	Kiddush & Motzi	
<i>Postlude</i>	כי אֵשְׁמְרָה שַׁבָּת	<i>Ki Eshm'ra Shabbat</i>	<i>Sephardic Shabbat Melody</i>

*Arranged by Joyce Rosenzweig

This Week's Shabbat Services

Friday, May 15 / 22 Iyyar

Kabbalat Shabbat, 6:30 pm

Ba'al Tefillah: Cantorial Intern

David Fair

Piano: Music Director

Joyce Rosenzweig

Service Leader & Drashah:

Rabbi Sharon Kleinbaum

Visit [CBST's main Facebook page](#)--you will find the livestream of the Shabbat service at/near the top of the page.

Through a gift from a generous donor, we are offering purchase of the CBST Friday Night Prayerbook at reduced price [here](#).

Saturday, May 16 / 22 Iyyar

Shabbat Morning--Traditional Egalitarian Minyan, 10 am

Ba'alei Tefillah: Cantorial Intern David Fair, Larry Kay

D'var Torah: Cooperberg-Rittmaster Rabbinical Intern Deborah Megdal

[RSVP here](#) to be sent the Zoom link

Families with Children

- *Limmud b'Shabbat (K-8):* 10 am; See teacher email for Zoom link. Weekly Hebrew class by Jennifer Kleinbaum; [email to schedule](#).
- *Alef Bet Shabbat Live on Facebook:* 11:45 am
- *Teen Track Shabbat:* 1:30 pm
- *Parenting Discussion with Rabbi Rapport:* 1:30 pm

Havdalah, 9 pm

Service Leader: Cooperberg-Rittmaster Rabbinical Intern Deborah Megdal

Zoom: <https://zoom.us/j/654880356>

Meeting ID: 654 880 356; phone: +1 646 876 9923 (New York)

COMPOSER FEATURE: Michael Hunter Ochs

Michael Hunter Ochs (b. 1975) has served as Composer In Residence at Congregation Micah in Nashville, TN since 2000 and East End Temple in New York City since 2017. He has performed for members of the Nobel Committee, the Congressional Prayer Breakfast, the URJ Biennial, and The Jewish Museum of Berlin – to participate at the 70th Commemoration of Kristallnacht. His songs have been recorded by international entertainers including Helene Fischer (the number-one selling artist in Germany), Cheat Codes, Nico Santos, Natalie Grant, Cece Winans, and more. His song “In Her Eyes” was recorded by famed superstar Josh Groban.

Prayer for Healers

May the One who blessed our ancestors

Bless all those who put themselves at risk to care for the sick

Physicians and nurses and orderlies

Technicians and home health aides

EMTs and pharmacists

Hospital social workers and respiratory therapists

(Please include other frontline healthcare workers. And bless especially _____)

Who navigate the unfolding dangers of the world each day,

To tend to those they have sworn to help.

Bless them in their coming home and bless them in their going out.

Ease their fear. Sustain them.

Source of all breath, healer of all beings,

Protect them and restore their hope.

Strengthen them, that they may bring strength;

Keep them in health, that they may bring healing.

Help them know again a time when they can breathe without fear.

Bless the sacred work of their hands.

May this plague pass from among us, speedily and in our days.

מי שברך לאבותינו ולאמותינו, הוא יברך את כל צוותי הרפואה המסכנים את עצמם על מנת לרפא ולטפל בחולים – הרופאות והרופאים, האחים והאחיות, הטכנאיות, אנשי המשק, המטפלות, הפארמדיקים והרוקחות. (ברך במיוחד את ____).
על עולמנו בכל יום, על מנת לרפא את יצורי כפיך. המנווטים בסכנה המתרגשת
ברך אותם בבואם, וברך אותן בצאתן. הקל על הפחד שלהם. חזקם ואמצם.
רופא כל בשר, הענק להם אומץ רוח ומרץ רב לעשות עבודתם נאמנה. אדון כל הנשמות, הגן עליהם והענק להן תקווה. חזק אותם כדי שיוכלו לחזק אחרים. הגן על בריאותן כדי שיוכלו לסייע בהחלמה. סייע להם להגיע לזמן שבו יוכלו לנשום עמוק בלי פחד. ברך את מלאכת ידיהן הקדושה. מגר את המגיפה מעולמנו, במהרה בימינו רפאנו ה' ונרפא, הושיענו ונושעה.

Rabbi Ayelet S. Cohen, March 2020

Hebrew by Rabbi Noa Sattath

Refuah Shleimah – Healing Prayers

Chana Kayla bat Layah
Chana
Chaim ben Yehoshua v'Sa-
rah-Dina

Samantha Davis
Christopher Kennedy
Betty Lifton
Heidi Miller

Gilda Pavloff

We include in our healing prayers all those currently afflicted with COVID-19, in the CBST community & at large. We also include in our prayers the thousands of immigrant children in US custody, most of whom are separated from their families. This list is for those with acute illness. Any member can submit their name for one-month inclusion. We only print names of members who have consented. You may say any name aloud during the healing prayer. If you or a CBST member you know is ill & would like support, contact cbstoffice@cbst.org. We're here for you.

Yortzeits 22 Iyyar to 28 Iyyar 5780

Members memorialized on the Wine Family Sanctuary Memorial Wall

Robert Getreuer

Family & Friends memorialized on plaques on the Kuriel Chapel Memorial Wall

Samuel Aptner

Harold Levine

Betty Schneider

Tal Barshank

Morris Levy

Bernice Schwaber

Alvin Gursky

Ethel Rosen

Anita Siegel

Condolences

The CBST community extends condolences to mourners among us.

We also offer condolences to the families, friends, and communities of all those who are dying each day from the COVID-19 pandemic.

As of today, the total number of deaths are:

- **20,476** in New York City;
- **27,641** in New York State;
- **87,662** across the United States;
- **306,119** worldwide.

May God comfort you among all who mourn. We pray for peace.

PRAYER for OUR COUNTRY Rabbi Ayelet Cohen

Our God and God of our ancestors,
bless this country and all who dwell within it.
Help us to experience the blessings of our lives and circumstances,
To be vigilant, compassionate, and brave.
Strengthen us when we are afraid,
Help us to channel our anger, so that it motivates us to action.
Help us to feel our fear, so that we do not become numb.
Help us to be generous with others, so that we raise each other up.
Help us to be humble in our fear,
knowing that as vulnerable as we feel,
there are those at greater risk, and
that it is our holy work to stand with them.
Help us to taste the sweetness of liberty,
To not take for granted the freedoms won
in generations past or in recent days.
To heal and nourish our democracy,
that it may be like a tree planted by the water
whose roots reach down to the stream;
it need not fear drought when it comes,
its leaves are always green (Jeremiah 17:8).

Source of all Life,
Guide our leaders with righteousness
Strengthen their hearts, but keep them from hardening.
That they may use their influence and authority to
speak truth and act for justice (Isaiah 16:3-5).
May all who dwell in this country
share in its bounty, enjoy its freedoms,
and be protected by its laws.
May this nation use its power and wealth
to be a voice for justice,
peace, and equality for all who dwell on earth.
May we be strong and have courage
To be bold in our action and deep in our compassion,
To discern when we must listen and when we must act,
To uproot bigotry, intolerance, misogyny, racism,
discrimination, and violence in all its forms,
To celebrate the many faces of God reflected
in the wondrous diversity of humanity,
To welcome the stranger and the immigrant
and to honor the gifts of those who seek refuge
and possibility here, as they have since
before this nation was born.
Let justice well up like waters, and righteousness
like a mighty stream (Amos 5:24)

אלוהינו ואלוהי אבותנו ואמותינו. ברך את ארצנו ואת כל
היושבות והיושבים בה
יחד לבבנו להודות לך על חיינו ועל הזמן הזה
להיות דרוכות, אמיצים, ומלאי חמלה.
חזקנו וחזק ידנו כאשר אנו אחוזים בפחד
סייע בידנו לנתב את כעסנו לידי מעשה
חזק לבבנו לחוש את מלוא הפחד שלנו
כדי שלא נהפוך לאדישות
סייע לנו להשפיע נדיבות על אחרים כדי שנרים זה את זה.
סייע לנו להיות צנועות בפחד, כדי שנדע כי גם כשאנו מרגישים פגיעות,
יש אחרות, הנמצאות בסיכון גבוה אף יותר, וזוהי חובתנו הקדושה להיות
עמו.
ברכנו בטעם המתוק של החופש
כדי שנשכיל להעריך את החופש לו זכינו בדורות קודמים ובעת הזו
לרפא ולחזק את הדמוקרטיה שלנו שתהיה כְּעֵץ שְׂתוּל עַל-מַיִם, וְעַל-
יִבְל יִשְׁלַח שָׂרְשָׁיו, וְלֹא יִרְאֶה כִּי-יָבֵא חֶם, וְהָיָה עֲלָהּ רֶעָנָן; (ירמיהו יז, ח)

שכינה, אם כל חי,
שלחי אורך ואמתך למנהיגנו
חזקי לבבותיהם שלא יתקשו
שישתמשו בכוחך כדי לדבר אמת ולפעול בצדק (ישעיהו טז, ג-ה)
מי יתן וכל יושבי הארץ יחלקו בעושרה, ישגשו בחופש שתציע, ויהיו
מוגנים בחוקיה
מי יתן ואומה זו תשתמש בכוחה ובעושרה על מנת לקדם צדק, חופש
ושלום לכל יושבי תבל
מי יתן ונהיה חזקות ואמיצים
מי יתן ונהיה נועזים במעשי ידנו ועמוקות בחמלה שבלבנו
שנבחין מתי עלינו להקשיב ומתי עלינו לפעול
לעקור שנאה, גזענות, שוביניזם, אפליה, אלימות בכל צורה,

לחגוג את צלם אלוהים בפנים שונות המשתקפות בכל המגוון האנושי
לקבל את הזר ואת המהגרת, ולכבד את המתנות שמביא כל מי
שמבקשת מקלט והזדמנות בארץ זו, כפי שהיה מאז לפני שאומה זו נולדה
וַיִּבֶל כְּפַיִם, מִשְׁפָּט; וַיִּצְדָּקָה, כְּנַחַל אֵיתָן
(עמוס ה כד)

Hebrew by Rabbi Noa Sattath

Beit Simchat Torah CONGREGATION

קהלה קדושה בית שמחת תורה

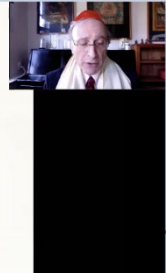
העלה ותרבה כד
לפני יהוה והקרי
ולרקו את הדם
מועד והפליטה
בני אהרן הכהן
האש וערכו בני
הראש ואת הנ
אשר על המזב



A Look Back: May 9: Adult B'nai Mitzvah

Click to read the *divrei To-rah* from [Julia Porper](#), [Barbara Gaines](#), and [Ivan Zimmerman](#), all of whom celebrated their b'nai mitzvah this past Shabbat.

קדש הויש כהן
כי יהיה לפני קלין
הם יאכלו בלחמו
הוא הדרומת הקו
וגיה: אכמנה ואר
גיה אגיה כלעורי
לא יאכל בו ואיש
דמועיתו עליו ונתן
את קדשי בני יעו
והשיאו אותם עין



Pictured: Ivan and Julia chanting their Torah portions from our own (digital) CBST scroll, Barbara and the CBST community reciting Birkat Kohanim

[Photo credit: Jason Zivic]



May 8: Rabbi Kleinbaum's Drashah

Watch Rabbi Kleinbaum's [drashah from this past Shabbat](#). Click [here](#) to view all her drashot from the past few months.

May 8: One-Year Anniversary of Our Pro Se Immigration Clinic

On May 8, 2019, we held our first clinic at CBST in coalition with NSC, SAFE, and RUSA. We had many volunteers, a couple of friends, and a few tables. By early March, we had met over 100 friends and needed every room in the basement each Wednesday! Click [here](#) to view a handout detailing our clinic's accomplishments!

May 9: Families with Children on Shabbat

Children of all ages continue to gather on Shabbat for interactive *t'filah* and learning. This past week, second graders learned about Havdalah (see right), preschoolers sang and danced, and teens discussed political situations in depth and how schools might safely reopen in the fall.



May 11: CBST's 5th Members Only Town Hall: Judy Ribnick and Dr. Diane Burhenne on Mental Health in the Time of COVID-19

Listen to the recording [here](#).



Edith Golub—age 99—joins CBST for Friday night services!

Edith, CBST member and the mother of long-standing CBST member Sharon Golub, joins us for our livestream and Zoom!

[Email us a photo of yourself online](#) for us to share in a future e-newsletter.

NYC Primary Elections



Make your voice heard! The NYC primary elections are coming up on **June 23!** To help prevent the community spread of COVID-19, all registered, eligible voters may apply to vote by absentee ballot for the June 23 elections.

For more info and to apply for an absentee ballot, click [here](#).

Ramadan Greetings from CBST

For 162 consecutive Fridays, from January 20, 2017 to March 6, 2020, members of House of Peace, our Jewish-Muslim outreach initiative, greeted our Muslim friends at the Islamic Center at New York University as they gathered for Friday Jummah prayers.

For the past three years, we also volunteered to prepare and serve iftar meals as they broke their Ramadan fast. Given the current need for social distancing, they've temporarily suspended their communal Jummah prayers and observed Ramadan at a distance this year. We miss seeing our Muslim friends in person and made [this video message](#) for them as they enter the last ten days of Ramadan. Many, many thanks to **Harold Levine** for creating this video, and thanks to **Kristen Plylar-Moore**, the composer of the music.



CBST in the News

CBST member **Dr. Kavitha Ram**, who works in maternal fetal medicine at Jamaica Hospital, appeared in [an article](#) about a Brooklyn mother who had COVID-19 but miraculously delivered a healthy baby and is recovering. Kavitha is pictured on the left pushing the wheelchair. *[Photo credit: Jamaica Hospital Medical Center]*

- **CBST Cultural Recs:** Got recommendations for spiritually nourishing books, songs, movies, or other ways of passing the time? Share them with the community [here!](#)
- [CBST COVID-19 Resources list Google doc](#)



- [Membership: New & Renewal](#)
- [Shabbat & Livestreaming Sponsorships](#)
- [CBST Bail Bond Fund](#)
- [Make a Contribution](#)
- [Planned Giving](#)

JOB LISTING: Director of Development, CBST: *Applications reviewed on a rolling basis until the position is filled.* To apply online, click [here](#).

CBST's 25th Annual Benefit Concert – נשיר למרות הכל

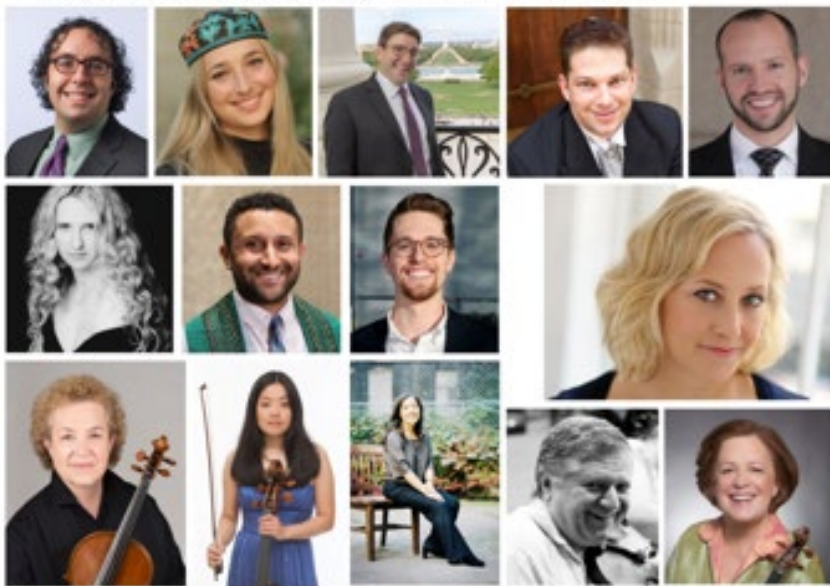
Our community will celebrate the 25th Anniversary of our Annual Benefit Concerts on **Sunday, June 7, at 4 pm**. The program is AMAZING...Along with our magnificent CBST Chorus performing together in a special virtual presentation, all of our past and present cantors will perform—Cantors David Berger, Magda Fishman, Jason Kaufman, Dan Singer, Steve Zeidenberg, and Re'ut Ben-Ze'ev, David Fair, and Sam Rosen.

And we are delighted that Adria Benjamin and her wonderful instrumental colleagues we've come to know these past years will perform as well. Also, we're thrilled that Sally Wilfert, who moves us every year at Yom Kippur Yizkor services, will be joining us. All of this is of course under the direction of our beloved Music Director Joyce Rosenzweig, all brought directly into our homes via the internet this year. Aside from bringing glorious music to our community, this annual concert is a major fundraiser to sustain Music at CBST. So please click and [give as generously you are able](#), and plan on joining us on June 7th!

CBST's 25th Annual Benefit Concert: "And Yet, We Sing!" Sunday, June 7, 2020 at 4:00 pm

נשיר למרות הכל

Throughout the ages, music has provided comfort and hope in the most challenging of times. Music fortifies us personally and unites us as a community. On **Sunday, June 7th**, CBST will present a special concert celebrating 25 years of gorgeous, groundbreaking Shirah concerts. Since 1995, our concerts have featured Yiddish, Sephardic, Israeli, operatic, chamber music, Broadway, liturgical music from every genre, and so much more, performed by the CBST Chorus, our Cantors, Music Director, and guest artists. You're invited to be reunited in song, for despite everything, we sing!!



- Music Director Joyce Rosenzweig
- Cantor David Berger
- Cantor Magda Fishman
- Cantor Jason Kaufman
- Cantor Dan Singer
- Cantor Steve Zeidenberg
- Cantorial Soloist Re'ut Ben-Ze'ev
- Cantorial Intern David Fair
- Cantorial Intern Sam Rosen
- The CBST Community Chorus
- Adria Benjamin, violist
- Tomoko Fujita, cellist
- Adrienne Kim, pianist
- Sebu Sirinian, violinist
- Lisa Tipton, violinist
- and Sally Wilfert, Soloist

This event will come to the Congregation Beit Simchat Torah community via the internet—details to follow. CBST is a 501c3 Religious Organization. All contributions are fully tax deductible. Proceeds benefit Music at CBST. To become a Sponsor/Patron/Donor, contact Ann at giving@cbst.org. CBST • 130 West 30th Street, NY NY 10001 • cbst.org



Photo credit: *From Christina Mattison Ebert's D'rash Designs series.*

Thursday-Saturday, May 28-30: Plagues, Pandemics, and Shavuot!

CBST will celebrate a ZOOM revelation in the midst of the pandemic and plague.
Registration coming soon!

THURSDAY, MAY 28

- **Ma'ariv Service, 8 pm:** Led by Rabbi Marisa James and CRR I Deborah Megdal.
- **Tikkun Leil Shavuot–Study: 9 pm–midnight: Study Sessions:** Learn with teachers Rabbi Sharon Kleinbaum, Rabbi Yael Rapport, Rabbi Marisa James, Music Director Joyce Rosenzweig, CRR I Deborah Megdal, CRR I Ben Dyme, Cantorial Intern David Fair, Rabbi Reuven Greenvald, and bring your own cheesecake!

FRIDAY, MAY 29

- *Please note that Connecting in Community with CRR I Deborah Megdal (ordinarily Fridays, 3-4 pm) is **CANCELLED ON MAY 29** because of Yom Tov.*
- **Shabbat Yom Tov Shavuot Service, 6:30 pm:** Led by Rabbi Sharon Kleinbaum, Joyce Rosenzweig, and Sam Rosen. Livestreamed on our Facebook page.

SATURDAY, MAY 30

- **Shabbat Shavuot Yom Tov Morning Services with Megillat Ruth and Yizkor, 9:30 am:** Led by Rabbi Yael Rapport, Rabbi Marisa James, Cantorial Intern David Fair, and teaching by Cooperberg-Rittmaster Rabbinical Intern Deborah Megdal.
- **Havdalah, 9:30 pm:** Led by Cantorial Intern David Fair.

Members Only

**CBST Members Only Town Hall: Updates on How CBST is Doing During the Pandemic
Monday, May 18, 6:00-7:00 pm; via Zoom (RSVP to receive link)**

*The Members' Town Hall is available via Zoom for CBST members only. Any questions?
Email membership@cbst.org or you may [renew/join CBST](#) online.*

Rabbi Sharon Kleinbaum, CBST President Gregg Passin, and Executive Director Yolanda Potasinski will bring you updates on how CBST is weathering this crisis and will address the question of "What will we do for High Holy Days?"

Open to All

Mindful Yoga via Zoom

Sundays, 9:00-10:15 am, begins Sunday, May 17; weekly, except for May 31st, when you are invited to attend [A Practice In Seeking Peace with Aleinu](#)

Zoom: <https://us02web.zoom.us/j/85168776767>; Meeting ID: 851 6877 6767; Call-in: +1 646 876 9923 (New York)

Let's come back to our body and senses! Join us for a moderate to gentle yoga practice that reminds us to be fully present. All levels welcome, and modifications will be offered for whomever shows up. **What you will need:** comfortable clothes; a long sock, tie, or yoga strap; a place to lie down (firm bed or floor); a chair (for those who need to modify postures); and/or if possible, an available wall.

The class will begin with a brief 5-10 minute introduction so the instructor can help assess and welcome each participant. Class will end with a 5 minute Q&A, where you will have the opportunity to ask questions. Please be aware there are some limitations when it comes to doing yoga on Zoom because it is not easy to position one's computer so that you can see the instructor, and the instructor can see you, doing all postures. You will have to decide what works best for you. Hilary Nudell, the instructor, has been teaching courses in Yoga, Stress Management and Meditation at Fashion Institute of Technology for over 25 years.

Pets of CBST–Fetch, Don't Kvetch

Sunday, May 17, 11 am-noon; ZOOM: <https://us02web.zoom.us/j/86733649706>

Meeting ID: 867 3364 9706; Call-in: +1 646 876 9923 (New York)

Pets of CBST and the people who love them are invited to a Zoom hangout with Rabbi Sharon Kleinbaum (and Penny and Bella). It's time to play fetch, not kvetch!

Roadmap to LGBTQ Rights in the US & Israel: A Wider Bridge Panel Discussion

Tuesday, May 26, 12:30 pm; RSVP: awiderbridge.org/roadmap

A panel discussion featuring prominent American and Israeli LGBTQ activists, hosted by CBST board member Lee Goldberg. This talk will focus on the histories and struggles of the LGBTQ communities of the United States and Israel, looking at both our shared struggles and our unique differences.

Psalm Study with Rabbi Kleinbaum

Mondays through Thursdays, 10-10:45 am; ZOOM: <https://zoom.us/j/513468144>

Meeting ID: 513 468 144; Dial by phone: +1 646 876 9923; *Recordings available [HERE](#)*

Join in study of the Book of Psalms with Rabbi Kleinbaum. No experience necessary!

Pirkei Avot Study with Rabbi Moskowitz

Monday through Thursday until May 28, 4-4:30 pm; ZOOM: <https://zoom.us/j/92665533458>

Meeting ID: 926 6553 3458; Dial by phone: +1 646 876 9923 or +1 301 715 8592

Pirkei Avot, a classic of Jewish ethics, is customarily studied between Passover and Shavuot to prepare us to accept the Torah. Our class will start at the beginning and learn one mishnah a class, in order. *No experience, Hebrew, or registration necessary. All are welcome!*

Revamped RESISTANCE: Calls & Cards meets Democracy Action Team!

Thursdays from 12:30-1:15 pm, via Zoom (RSVP [here](#) for the link)

We'll help you make your voice heard by contacting elected officials and key figures in city, state, and federal government through texting, emailing, calling, and sending letters and postcards. Some areas we work on: Voting access (protection, registration, turnout), immigration, refugee protection, environmental protection, common sense gun laws, ending mass incarceration, education reform, healthcare, & the fight against rising antisemitism, racism, and bigotry in all forms.

Connecting in Community with CRRRI Deborah Megdal

Fridays, 3-4 pm, ZOOM: <https://zoom.us/j/256347787>

Meeting ID: 256 347 787; Dial by phone: +1 646 876 9923

In this stressful time, we need to love, support, and listen to one another with an open heart. All are invited to a short text study & support session. No registration required.

Please "arrive" 10 minutes early for any Zoom call so we can start on time. Thanks!

Hosted by Aleinu, Open to All

Aleinu Emotional and Spiritual Health Workshop

Sunday, May 24, 2 pm

Join Ramiz Rafailov, Chief Clinical Consultant to the *RUACH: Emotional and Spiritual Support* project, to explore our experiences related to the pandemic and learn tools for improving our mental and spiritual health. [RSVP here](#). *Hosted by Aleinu, open to all.*

"Moving Toward Mt. Sinai" with Aleinu

Saturday, May 30, 8 pm

What does it mean to be witness to revelation at Mt. Sinai? How does that moment reverberate in these times? What are the revelations we experience in our own lives? Choreographer Sasha Soreff will guide us in exploring the theme of revelation through movement and story sharing. No movement experience is necessary, nor is movement obligatory – though it tends to reveal cool and interesting things. Afterward, we'll migrate over to CBST's weekly Havdalah service. [RSVP here](#). *Hosted by Aleinu, open to all.*

A Practice In Seeking Peace with Aleinu

Sunday, May 31, 10 am

During times of uncertainty and unease, it's natural to feel fearful, restless, and unsettled. Ancient practices for mind and body can help you ground your Self, especially when times are tough. Join Aleinu member and registered Yoga instructor, Corey Dane, for an all-levels guided practice, including mantra, light asana (postures), pranayama (breath work), and meditation, and learn to connect more deeply with the world around you and the worth within you. [RSVP here](#). *Hosted by Aleinu, open to all.*

Notes: Bring a yoga mat or plan to practice on some comfy carpet. While not necessary, props like pillows, bolsters, and blankets can assist with support, balance, and relaxation. Wear comfortable clothing to allow for ease of movement.

Sponsorships

Tonight's Livestream Sponsored by

Annette Niemtzw and Eve Ellis in honor of Rabbi Kleinbaum.

Lee Goldberg Mazal Tov to CBST's 2020 adult B'nai Mitzvah cohort - George Aul, Jamie Beckenstein, Sharan Bonder, Martin Bruner, Megan Cossey, Carol Feinman, Barbara Gaines, Julia Porper, Phyl Soonachan, Jeffrey Weiss, Ivan Zimmerman, and Brian Zumhagen!

Daniel Jacobson in gratitude to Rabbi Kleinbaum and Rabbi James and CRRIs Deborah Megdal and Ben Dyme for providing a healing space for me to mourn the death of my beloved brother Steve, z"l.

Ruth Randall in loving memory and in observance of the yortzeit of Alyne Model, z"l.

Sheri Clemons

Barbara Dolgin & Hanna Gafni

Michael Goldstein

Jen Johnson

Rosanne Leipzig

Livestream Supported by

Yael Bat-Chava to commemorate my mother, Chava Mendel, z"l, on her first yortzeit.

Jinny Henenberg thank you David Fair and Joyce Rosenzweig for bringing us such joyful music!

Daniel Jacobson in gratitude to Rabbi Yael Rapport for her wise and compassionate counsel during my brother Steve's final illness.

Roberta Hand, Susan Howard, Richard Levine, and Marilyn Cheek, in loving memory of our father, Harold Levine z"l, on his 20th yortzeit.

Bill Rosenbloom in honor of Barbara Gaines, Julia Porper, and Ivan Zimmerman on their becoming B'nai Mitzvah.

Bonnie Siegel and Linda Solomon on the 21st yortzeit of Anita Siegel, z"l, mother of Bonnie.

Saul Zalkin and Cedric Walker to thank Yael Bat Chava for her homemade face masks. Todah Rabah!

Dale Azaria

Chana Buchwald

Liz Edman

Carol Feinman

**Erica Forman
Donna Garda
Gerald Goldhaber
Jerry Hyman
Jacqueline Kolmes
Marc Molomot
Laurie Siegel
Sheldon Wertman**

Shabbat Morning Livestream Supported by

Bill Rosenbloom in honor of Rabbi Kleinbaum, Joyce Rosenzweig, Cantorial Intern David Fair, Larry Kay, Rabbi Moskowitz, and Rabbi James