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קהלה קדושה בית שמחת תורה

**A Prayer for Health Care Workers**

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
 (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.
 Rabbi Ayelet Cohen, March 2020

**RSK on "The Takeaway" &
 Watch What Happens Live!
 with Andy Cohen**



Rabbi Kleinbaum discussed creative ways to congregate amid the pandemic on WNYC's The Takeaway podcast.

[Take a listen](#) !

She also made an appearance on *Watch What Happens Live!* last night -- watch the clip [here](#) ! The full episode will be available later today.

CBST Community Cultural Recommendations

Got some recommendations for spiritually nourishing books, songs, movies, or other ways of passing the time in quarantine? Share them with the community [here](#) -- simply type any suggestions you have under the appropriate category, and enjoy!



Kabbalat Shabbat

Friday, Apr. 3 / 10 Nisan

Kabbalat Shabbat, 6:30 pm

Ba'alat Tefillah: Judy Ribnick

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.

Saturday, Apr. 4 / 3 Nisan: Shabbat Morning – Services Cancelled

Congregational Havdalah Service

4/4, 4/11, 4/18, 8:30 pm; 4/25, 9 pm

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

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

Frontline: A Meeting of CBST Healthcare Professionals & Their Family Members

Sunday, 4/5, 6-7 pm, via Zoom: <https://zoom.us/j/568226295>

Meeting ID: 568 226 295; phone: +1 646 876 9923 US (New York)

This meeting is reserved for CBST healthcare professionals & family members.

At a time when most of our city is sheltering in place, our doctors, nurses, therapists, and other healthcare workers are wrestling with COVID-19 and what it means to provide care in this new age. With a complete shortage of resources and inadequate means of testing, healthcare professionals are feeling ill-equipped and overwhelmed, struggling with how to best serve a panicked community. Join Rabbi Sharon Kleinbaum in a meeting to share experiences and discuss how we can support one another.

Online Meditation M-Fr 12:30-1:00 pm (Weds. 12:30-1:15 pm) ; runs through April 7.

[More details here](#)

Egalitarian Morning and Afternoon Minyans

- 8:00 am Morning Minyan (M-Fr) Zoom: <https://zoom.us/j/983632710>; Phone: +1 646 876 9923; meeting ID: 983 632 710
- 5:45 pm Afternoon Minyan (M-Thu) Zoom: <https://zoom.us/j/400624092>; Phone: +1 646 876 9923; meeting ID: 400 624 092

Spiritual Guidance

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

Celebrate

1st Night Community Passover Seder on Zoom

Wednesday, April 8, 6 pm; Zoom: <https://zoom.us/j/589495681>;

By phone: +1 646 876 9923 US (New York)

CBST will be hosting a first night seder following a brief Festival Ma'ariv service.

[Out at the J Queer Passover Seder \(Virtual\)](#) - all are welcome!

Thursday, April 9, 7-9 pm, \$10; Zoom link to be sent upon registration

Click [HERE](#) for all the information about our Passover events.



*Please note that, in observance of Passover, there will be no classes on Apr. 8, 9, 15, and 16, and the CBST virtual office will be closed. **Please "arrive" 10 minutes early for any Zoom call so that we can start on time. Thanks so much!***

Open to all

Psalm Study with Rabbi Kleinbaum

Tomorrow-4/3, 4/6-4/7, 10-10:45 am

Join in study of the Book of Psalms with Rabbi Kleinbaum. No experience necessary! Every morning Monday-Thursday 10:00 am to 10:45 am.

ZOOM INFORMATION: <https://zoom.us/j/513468144>

Meeting ID: 513 468 144; Dial by phone: +1 646 876 9923

RECORDINGS OF PSALMS CLASS (click the date): [3/17](#); [3/18](#); [3/19](#); [3/23](#); [3/24](#)

Preparing for Passover with Rabbi Moskowitz

Today-4/2, 4/6-4/7, 6:30-7:15 pm

In preparation for Passover, Rabbi Moskowitz will be sharing thoughts on identity, communal responsibility, and unity from the Haggadah. Monday-Thursday 6:30-7:15 pm until Passover.

ZOOM INFORMATION: Join Zoom Meeting: <https://zoom.us/j/238671634>

Meeting ID: 238 671 634; Dial by phone: +1 646 876 9923

"Connecting in Community" with CRR I Deborah Megdal

Fridays, 4/3, 4/10, 4/17, 3-4 pm, Zoom: <https://zoom.us/j/256347787>

Meeting ID: 256 347 787; 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 led by Cooperberg-Rittmaster Rabbinical Intern Deborah Megdal via Zoom. OPEN TO ALL. No registration required.

Quarantine Baking for Passover

Sunday, 4/5, 2 pm; open to all; Zoom: <https://zoom.us/j/880314815>

Meeting ID: 880 314 815 ; by phone: +1 646 876 9923

Join Aleinu member Johanna Sanders as she bakes her grandmother Helga's *Pesadich* chocolate cake recipe. Follow along in your own kitchen or just watch for some inspiration. If you'd like to bake simultaneously, the ingredients are 6 oz of semisweet chocolate chip morsels, 1/4 lb of butter, 6 tsps of sugar, and 4 eggs. You'll also need a hand mixer or electronic mixer, and it would be helpful to have a double boiler (or the equivalent thereof) and a springform pan but we're using what we have these days. Brought to you by Aleinu.

Cool things happening online in the community

- [Temple Emanu-El Streicker Center free online classes](#)
- [National Yiddish Theatre Folksbiene free broadcasts](#)
- [Nightly Metropolitan Opera livestreams](#)
- [300,000+ books available to download from the New York Public Library](#)

Resources in Times of COVID-19

- New York State COVID-19 Emotional Support Hotline: **1-844-863-9314**
- New York State COVID-19 Hotline: **1-888-364-3065**
- [Met Council resource center on coronavirus](#)
- [NY State Department of Health information about coronavirus](#)
- [Centers for Disease Control information about coronavirus](#)
- [Listing of important NYC coronavirus links](#)
- [NY State information on tenants' rights](#)
- [List of NYC mutual aid groups and coronavirus resources](#)
- [NYC coronavirus crisis resources](#)
- [Unemployment insurance fact sheet](#)

RUACH: Emotional and Spiritual Support

Do you need someone to talk to? We are Jewish emotional and spiritual care providers looking to help you during these challenging times. We are a 100% volunteer-run initiative made up of therapists, social workers, rabbis, chaplains, and providers-in-training offering support during the COVID-19 pandemic. Caregivers span the spectrum of Jewish identity and practice, and we have providers who specialize in LGBTQ+, multi-faith, & accessible care. If you are in need of free support, please [fill out this form](#) and you will be matched with a caregiver for a 30-minute call. Your caregiver will reach out to you within 48 hours [Monday-Friday]. Questions? [Contact us](#) .

CBST member Hugh Baran has offered to talk with our members who have questions or are seeking help with unemployment insurance. [Contact him here](#) .

Zoom Instructions

Zoom is a free technology for calling and videoconferencing. You don't need a personal Zoom account. It's available on your desktop computer, iPhone, iPad, Android, or Mac.

Overall Guides: Zoom has step-by-step instructions on how to use it [here](#); [This](#) is also a good guide to using Zoom; [This](#) is the simplest video on how to "join a meeting."

Video/Microphone: If your computer has a camera, you can use video (or audio only). If you want to talk, you must have a microphone or call in on the phone.

Basic Requirements and Directions: Directions [if you want to use Zoom on Windows \(PC\) or Mac](#); [You can download the app here](#) for your computer.

On Your Phone:

- On your iPhone or Android, download the app from the App Store/Google Play-- search for Zoom Cloud Meeting and download the app.
- Once you are on the Zoom class/conference/meeting--with or without video, on your phone, tablet, or computer: Make sure you are in a relatively quiet place. If you talk to someone else when you are unmuted, we can hear you. Consider earphones or headphones. In a large group, we will mute you.
- If you want to "raise your hand" to be recognized, hit *9 (star 9).

- To unmute or mute yourself, press *6 (star 6).

Advanced Instructions

[Here are directions](#) for how to “raise your hand” on different platforms.

[Here are directions](#) on how to use the spacebar to unmute in large groups.



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