"And everyone who excelled in ability and everyone whose spirit was moved came, bringing to the Eternal an offering for the work of the Tent of Meeting and for all its service and for the sacral vestments." (Exodus 35:21)
CBST Welcomes Our Hebrew-Speaking Guests!

A healing prayer from Joyce Rosenzweig & Cantorial Intern David Fair

Rabbi Kleinbaum's thoughts on "Spiritual Lessons for Today's Plague"

"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
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This Week’s Shabbat Services

Friday, Mar. 20/25 Adar: Kabbalat Shabbat, 6:30 pm [LIVESTREAM ONLY]
Ba’al Tefillah: Cantorial Intern David Fair
Piano: Music Director Joyce Rosenzweig
Service Leader & Drashah:
Rabbi Sharon Kleinbaum

Saturday, Mar. 21/25 Adar
Shabbat Morning–Services Cancelled
8:00 pm: Aleinu Havdalah Google Hangout (20s & 30s)

COMPOSER FEATURE

Baruch Chait is an Orthodox rabbi, musician, and composer, and the Rosh Yeshiva of the Israeli Haredi high school Maarava Machon Rubin. Since the late 1960s, Chait has composed hundreds of religious songs with wide popularity & appeal. Two of his most noted compositions are Gesher Tzar M’od & Mi Ha’ish. He founded several bands including The Rabbis' Sons and Kol Salonika, & has created dozens of recordings.

Hashkiveinu / כִּיבֵֽנוּ הַשׁ
Music by Rabbi Yoshi Zweiback // “Shelter Us” music and original lyrics by Larry Jonas
כִּיבֵנוּ הַשׁ הַשֶּׁנֶּאֶנֶּא רָפָא לָנוּ מַלְכֵּנוּ לְחַיּ
לְשׁוֹנַי לְפַרְוּשׂ עָלֵינוּ סֻכַּת שֶׁלֹּמֶשׁ וּפְרוֹשׂ עָלֵינוּ שֶׁלֹּמֶשׁ. אָמֵן
Hashkiveinu Adonai eloheinu l’shalom, v'ha-amideinu malkeinu l'chayim.

Ufros aleinu sukut sh'lomecha,
Shelter us beneath thy wings, O Adonai;
Guard us from all harmful things, O Adonai;
Keep us safe throughout the night;
Till we wake with morning’s light;
Teach us, God, wrong from right. Amen.

Gesher Tzar M’od
Lyrics: Rabbi Nachman of Breslov
Music: Rabbi Baruch Chait

Kol ha'olam kulo gesher tzar m’od
Ve’ha’ikar lo l’fached klal.

The whole world is a very narrow bridge.
And the main thing is to not be afraid...
Refuah Shleimah – Healing Prayers

Ester bat Bryna Sima
v’Abraham
Blooma bat Sarah
Benyamin ben Chana

Reuven ben Tzvi HaLevi
Chaim ben Yehoshua
v’Sarah-Dina
Diane Leader

Howard Leader
Jane Leader
Victoria Marks

We include in our prayers the almost 14,000 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 25 Adar to 2 Nisan 5780

Members memorialized on the Wine Family Sanctuary Memorial Wall
Giovanni Forte
Otto Grun Jr.

Larry Lercher
Harvey Mesnikoff

Robert Rothleder

Family & Friends memorialized on plaques on the Kuriel Chapel Memorial Wall
Melvin Blake
Josephine Gould
Helen Gursky
Alexander Kohn
Rae Kosow
Harry Lai

Edward Mills
Sam Mizrahi
Evelyn Nathan
Billie Oxenhirt
Hyman Sebolsky
Morris Shapiro

Benjamin Siegel
Vivian Sloan Honig
Marie Spahn
Solomon Strickler

Condolences

The CBST community extends condolences to mourners among us:

CBST members Andy and Patty Katz on the death of their mother, Doris Lee Katz, z”l, who died March 14 at age 91.

CBST members Stefanie Siegmund, Karen Krop, & Daniel and Eli Krop-Siegmund on the death of Stefanie’s mother, Joanne Halperin Siegmund, z”l, who died Mar. 18 at age 80.

CBST members Ira Rosenblum and Kenneth Karpel on the death of Ira’s cousin, David Siegal, z”l, who died March 19, in Marin County, California, at the age of 76.

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,
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).

Hebrew by Rabbi Noa Sattath
Online Meditation
If you'd like to participate in the Institute for Jewish Spirituality's daily midday online meditation, you can find information about it [here](#) (or, for those of you who are Facebook users, [here](#)). *M-Fr 12:30-1:00 pm (Weds. 12:30-1:15 pm)*; running through March 27. [MORE DETAILS & RESOURCES HERE](#)

Egalitarian Morning and Afternoon Minyans
For those who want to join a daily traditional egalitarian morning minyan, CBST Board Member Harold Levine highly recommends the Zoom service at Sutton Place Synagogue. CBST Member David Shmidt Chapman is the rabbinical intern there.

- 8:00 am Morning Minyan (Monday through Friday) will be accessible by Zoom: [https://zoom.us/j/983632710](https://zoom.us/j/983632710); Phone: +1 646 876 9923; meeting ID: 983 632 710
- 5:45 pm Afternoon Minyan (Monday through Thursday) will be accessible by Zoom: [https://zoom.us/j/400624092](https://zoom.us/j/400624092); Phone: +1 646 876 9923; meeting ID: 400 624 092

**JOB LISTING: Director of Development, CBST**

*Applications will be reviewed on a rolling basis until the position is filled.*

Reporting to the Executive Director and working closely with the Board President, Senior Rabbi, and the Development Chair(s) and Committee, the Development Director is responsible for designing, implementing, and leading a sustainable development strategy to support CBST’s many ambitious goals for today and for securing its financial health for the future. Development is an essential and integral part of CBST and is interwoven with everything the synagogue does to support its mission. To apply online, visit [https://app.trinethire.com/companies/22607-cbst/jobs](https://app.trinethire.com/companies/22607-cbst/jobs)
The Coronavirus (COVID-19) and CBST: Scheduling Updates as of March 20

Events that are OPEN TO ALL

- **3/23-3/26, 10 am: Psalm Study:** Rabbi Kleinbaum will lead a 45-min. study on a different psalm each day, starting with Psalm 1. Have a translation with you. No Hebrew required. We'll end with a healing prayer and an opportunity to shmooze. The Zoom link is the same every day!

  ZOOM INFORMATION: [https://zoom.us/j/513468144](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

- **Pesach Class with Rabbi Moskowitz, 3/23-3/26, 6:30-7:15 pm:** Join Rabbi Moskowitz for teachings on Pesach.

  ZOOM INFORMATION: Join Zoom

  Meeting: [https://zoom.us/j/238671634](https://zoom.us/j/238671634)

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

Events that require registration *If you are registered for these classes, we'll communicate with you directly about how to access them.*

- 3/24, 6:30 and 7:45 pm: Lehrhaus Adult Education classes
- 3/25, 6:00 pm: Pro Se Clinic -- teams will work remotely
- 3/27, 5:00 pm: Gerut Class
- 3/29, 1:15 pm: “Care-Being” Text Study & Support Group
**Postponed/rescheduled events**
- "Care-Being" Text Study & Support Group: moved to Sun. 3/29, 1:15 pm Cooperberg-Rittmaster Rabbinical Intern Deborah Megdal will lead a group for caregivers, in all the forms that we care for those we love. We’ll study one text each session & open up about our joys, struggles, & fears.
- Neshama Carlebach at CBST: postponed to May 8, 6:30 pm
- Pro Se Immigration Clinic Volunteer Training: new date TBA
- Yom Iyyun (Day of Learning): Aging Begins at Birth!: new date TBA
- Muslim History Walking Tour: new date TBA

**Events with status to be determined**
- 3/28, 10:00 am: Limmud b’Shabbat (K-8th grades)
- 3/28, 11:45 am: Alef-Bet Shabbat: [facebook.com/tkiyamusic](http://facebook.com/tkiyamusic)

**Cancelled events**
- 3/21 and 3/28: Shabbat morning services
- 3/21: Kiddush Lunch
- 3/25: RUSA
- 3/25: CBST Chorus rehearsal
- 3/25: Traditional Egalitarian Minyan
- 3/26: Trans, NB, & Gender-Nonconforming Torah Study Group
- 3/30: Gay Like Me Reading with Richie Jackson
- 4/4: Down the Nile: A Passover Aggadah Adventure
- 4/24-4/26: Congregational Retreat

**Cool things happening online in the community**
- [Temple Emanu-El Streicker Center free online classes](http://templeemanueel.org)
- [National Yiddish Theatre Folksbiene free broadcasts](http://nycyiddish.org)
- [Nightly Metropolitan Opera livestreams](http://metopera.org)
- [300,000+ books available to download from the New York Public Library](http://nypl.org)
**Zoom Instructions**

Zoom is a free technology for calling and videoconferencing. You do not need a personal Zoom account to use it. You can use Zoom on your desktop computer, iPhone, iPad, Android phone, 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 and Microphone**
- If your computer has a camera, you can participate by 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.

**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.
**Sponsorships**

**Kabbalat Shabbat Livestream Sponsored by**

**Staci Assael** today I honor the memory and the souls of my parents, Nathan and Mona Ehrlich, z”l. I see their unconditional love, compassion, and kindness always in the faces of my children.

**Paul Sebolsky, Kevin Bogue, and Nettie Sebolsky** in memory of Paul’s father, Hyman Sebolsky, z”l.

**The Starr Pellegrino Family** to our CBST community, may we all still worship together in health and safety from our couches!

**Carol Feinman**

**Livestream Supported by**

**Mitch Bloom** in celebration that the CBST community can still have Shabbat services together.

**Fran Dunkel, Leslie Bernstein, and Emily Bernstein Dunkel** in memory of Karl Dunkel’s fifth yortzeit.

**Jesse Katz and Gwynn Galitzer** in honor of the CBST Staff, Clergy, & Board who supported us during this challenging week. Thank you so much! The chicken is healing us! Love, Jesse & Gwynn

**Noreen Dean Dresser**

**Ora Ezrachi**

**Rosanne Leipzig**

**Stephen Lipmann**

**Bimah Flowers sponsored by David Wine & Michael MacElhenny**

To sponsor an oneg or kiddush, please contact Ruth at giving@cbst.org or 212-929-9498, ext. 815.

**Thanks to:** Better Events Sound Technician · our Facilities Staff Jorge Loyola, Teresa Gutiérrez, Russell Enmanuel, & Pablo Crespo · Members & Friends who serve as greeters · Shabbat sponsors & donors.