"But only in this should one glory: in one's knowing and understanding of My ways. For I, the Eternal, practice kindness, justice, and righteousness throughout the earth; for in these I delight–declares the Eternal One." (Jeremiah 9:23)
CBST Welcomes Our Hebrew-Speaking Guests!

ברוכים הבאים לקהילת בית שמחת תורה!

הקהילה מקיימת קשר רב שנים ועמוק עם ישראל והקהילה הגאה בישראל.

 אנו מזמינים אתכם למצוא את הקהילות המזמינות אתכם לחגוג את סיפור החיים שלכן.

を見つけ את המידע על קהילות רפורמיות המזמינות אתכם.

בכניסם בפלאיירים: נספיםeree:<noa@irac.org

• 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
### OPENING PRAYERS AND MEDITATIONS

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**DRASHAH: RABBI SHARON KLEINBAUM**

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This Week’s Shabbat Services

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COMPOSER FEATURE: Shir Yaakov Feit

Shir Yaakov Feit lives in New York’s Hudson Valley, where he leads the Kol Hai Jewish Renewal Community. He has recorded and released four albums of original music, and co-founded and performs with The Darshan Project. Shir Yaakov has served as Creative and Music Director for Romemu, New York City’s largest Renewal synagogue; Director of Engagement at ALEPH: Alliance for Jewish Renewal; ritual consultant for Eden Village Camp; and visiting faculty at Hebrew College and the Academy for Jewish Religion-NY.

He is a rabbinical student in the ALEPH Ordination Program. His song “Broken-hearted” won the Jewish Daily Forward’s 2016 “Soundtrack of Our Spirit” songwriting contest.
**Sow in Tears, Reap in Joy**  
Text: Psalm 126:5       Music: Debbie Friedman

ה农业大学 בראשת יהודה.

Those who sow, who sow in tears, will reap in joy, will reap in joy.  
Those who sow, who sow in tears, will reap, will reap in joy.

**Healer of the Broken-Hearted**  
Text: Psalm 147  
Music: Shir Yaakov Feit

Healer of the broken-hearted  
Binder of their wounds  
Counter of uncountable stars  
You know where they are

Healer of the broken-hearted  
Binder of our wounds  
Counter of uncountable stars  
You know who we are

Oh God, please heal her.
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.

Rabbi Ayelet S. Cohen, March 2020
Hebrew by Rabbi Noa Sattath
Oh, Guide My Steps (Text and music: Debra Winston)

Oh, guide my steps and help me find my way.
I need Your shelter now.

Rock me in your arms and guide my steps,
And help me make this day a song of praise to you.
Rock me in Your arms and guide my steps.

Adir Hu

Adir hu yivneh beito b’karov.
Bimheirah, bimheirah, b’yameinu b’karov.
El b’nei, el b’nei, b’nei beito b’karov

God is powerful! May God rebuild the Temple speedily in our day - soon!
Refuah Shleimah – Healing Prayers

Ester bat Bryna Sima Benyamin ben Chana Suzanne Hanen
v’Abraham Chanan ben Tzima Diane Leader
Chana Kayla bat Layah v’Kalman Howard Leader
Chana Chaim ben Yehoshua Jane Leader
Asna bat Rut v’Sarah-Dina Victoria Marks
v’Nechemia Jay Galst

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 10 to 16 Nisan 5780

Members memorialized on the Wine Family Sanctuary Memorial Wall
Danny Jacobs Sheldon Stone Thelma Taylor
Family & Friends memorialized on plaques on the Kuriel Chapel Memorial Wall
Herbert S. Cohen Betty Leaderman Samuel Tau
Hilda Dubin Abraham Katz Sandy Temkin
Albert Fineberg Eugene Katz Alfred Weiss
Melvin Goldberg Ida Malloy
Richard Gray Louis Stone

Condolences

The CBST community extends condolences to mourners among us:
CBST member Louis Seagull on the death of his former wife and dear friend, Rhea Bolasny Seagull, z”l, who died Mar. 25 in Naples, FL.
CBST member Laurie Krotman on the death of her sister, Meri Apfel, z”l, who died Mar. 28 from COVID-19.
CBST Board member Risa Tanania on the death of her cousin, Marsha Janover, z”l, who died Mar. 28 at age 77.
CBST Development Assistant Candice Orr on the death of her classmate, Hunter O’Kelly-Rodriguez, z”l, who died Mar. 29 from complications of COVID-19 at age 34.
CBST member Andy Austin on the death of his uncle, Sanford Ostrofsky, z”l, who died Apr. 2 at age 91.
CBST members Arthur Fox & Frederico Farina & family on the death of dear friend Kevin Shea, z”l, age 63.

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)
JOB LISTING: Director of Development, CBST

*Applications 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 ambitious goals for today and for securing its financial health for the future. Development is an 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)

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!
PROGRAMMING

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
CELEBRATE

**A CBST Exclusive Passover Theater Production! DOWN THE NILE: A PASSOVER AGGADAH ADVENTURE**  
[for ages 2-7 & their grownups]  
**Wednesday, April 8, 10 am**  
Although we can’t gather at the synagogue, we’ll bring the performance to your home with new interactive content. [Click here now to see the trailer](#); check back on Wednesday to watch the full video and participate in special CBST Passover Challenges.

**1st Night Community Passover Seder on Zoom**  
**Weds., April 8, 6 pm; Zoom: [https://zoom.us/j/589495681](https://zoom.us/j/589495681);**  
By phone: +1 646 876 9923 US (New York)

**Out at the J Queer Passover Seder (Virtual) - all welcome!**  
**Thurs., April 9, 7-9 pm, $10; link sent upon registration**

Click [HERE](#) for information about all our Passover events and services.
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!

Psalm Study with Rabbi Kleinbaum
4/6, 4/7, 4/8, 10-10:45 am: Join in study of the Book of Psalms with Rabbi Kleinbaum. No experience necessary!
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: 3/17; 3/18; 3/19; 3/23; 3/24

Preparing for Passover with Rabbi Moskowitz
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](https://zoom.us/j/238671634)  
Meeting ID: 238 671 634; Dial by phone: +1 646 876 9923
"Connecting in Community" with CRRI Deborah Megdal
Fridays, 4/10, 4/17, 4/24, 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 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.

Online Limmud Classes
Saturday, 4/11; Grades K-8: 10-11 am; Teen Track: 1:30-2:30 pm
For students who want to connect with their teachers and each other, Limmud will be held via Zoom. Teachers will email their classes the Zoom link and details.
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

Zoom Instructions  
Zoom is a free technology for calling & 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’ll 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
Tonight’s Livestream Sponsored by

Anonymous
Sherri and Simon Dratfield
Frank-Lerner family in honor of the CBST clergy for all the support they are giving in these difficult times, for the support of the CBST community at large, and in honor of Steven Frank’s birthday.
Lee Goldberg in loving memory of my paternal grandfather Melvin Goldberg, z”l, on his fourteenth yortzeit.
Mark Nash in honor of Howard Rebenstock's birthday, the most wonderful man I've ever met.
Shari and Debbi to thank Rabbis, staff, board, and volunteers for all you do. Sending health to all. We are so grateful.

Supported by

The Aarlev Family
Andrew Blecher
Anika Cooper
Liz Edman
Sabrina Farber
Donna Gray honoring my father Richard Gray, z”l, on his first yortzeit.
Jinny Henenberg to thank CRRI Deborah Megdal for her encouragement following my recent knee replacement surgery.
Judy Hollander
Patrice Ruel to all CBST members, clergy, staff, and members of the Board of Directors. Thank you so much for your love and support during these difficult times.
Laurie Siegel
Linda Solomon and Bonnie Siegel in memory of our friend, Harvey Fuchs, z”l, who passed away this morning of the coronavirus; in honor of a friend, Dvorah Stoll, wishing her a full and speedy recovery after surgery this week.
Curt Wagner

Bimah Flowers sponsored by David Wine & Michael MacElhenny

To sponsor an oneg or kiddush, please contact Ruth at giving@cbst.org

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.