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A COMMUNITY OF LOVE & SUPPORT IN
CHALLENGING TIMES

Week of 3/16

Services & Programming Schedule

New updates to the programming schedule will be presented here in bold. You can also check our specially designated webpage about programming during these challenging times [HERE](#).

Zoom tutorial

Anyone who wants a quick tutorial in Zoom should **join tomorrow's Psalms Class class at 9:45 am**. At the bottom of this email or on [our special webpage](#), you can also find step-by-step instructions for Zoom.

- ZOOM INFORMATION: Join Zoom Meeting: <https://zoom.us/j/513468144>
 - Meeting ID: 513 468 144
 - Dial by your location: +1 646 876 9923 (New York)

Livestreamed events

To view a CBST service livestream, visit [our Facebook page](#)'s Livestream tab. If the livestream isn't live, please note that this link will lead you to a message saying, "Sorry, this content isn't available right now." If you want to view a previous week's service, visit the Videos tab of our Facebook page. Please note that you don't need a Facebook account to be able to view our Facebook Livestream--it's a public page.

- 3/20, 6:30 pm: Kabbalat Shabbat service
 - *Ba'alei Tefillah*: Cantorial Intern David Fair and Marc Molomot
 - *Piano*: Music Director Joyce Rosenzweig
 - *Service Leader & Drashah*: Rabbi Sharon Kleinbaum
- 3/27, 6:30 pm: Kabbalat Shabbat service
 - *Ba'alei Tefillah*: Cantorial Intern David Fair and Ira Rosenblum
 - *Piano*: Music Director Joyce Rosenzweig
 - *Service Leader & Drashah*: Rabbi Sharon Kleinbaum
- **4/8, 6:00 pm: Passover Seder**

Events that will be on Zoom/remote and require registration

If you are registered for these classes, please expect to receive emails directly about the logistics of how to access the remote sessions.

- 3/17 and 3/24, 6:30 and 7:45 pm: Lehrhaus Adult Education classes -- **Zoom**
- 3/18 and 3/25, 6:00 pm: Pro Se Clinic -- teams will work remotely
- **3/21, 8:00 pm: Aleinu Havdalah (Google) Hangout (20s & 30s)**: CRR I Deborah Megdal will lead us in Havdalah, followed by a chance to bring some of the peace of Shabbat into the new week by relaxing together. Even in this strange time, we can take comfort in tradition, and even in physical distance, we can still have fun and be in community! Bring whatever you would like to the event--a Havdalah set (official or makeshift), a siddur or printout of the blessings, drinks, snacks, or just yourself. [Please RSVP here](#) by **Friday at noon**. Registrants will receive an invitation link before the event. You can email aleinu@cbst.org with questions.
- **3/27, 5:00 pm: Gerut Class**
- **3/29, 1:15 pm: "Care-Being" Text Study & Support Group**

Events that will be on Zoom and are OPEN TO ALL

- 3/16-3/19, 3/23-3/26, 10 am: Psalm Study: Rabbi Kleinbaum will lead a 30-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.
 - ZOOM INFORMATION: Join Zoom Meeting: <https://zoom.us/j/513468144>
 - Meeting ID: 513 468 144
 - Dial by your location: +1 646 876 9923 (New York)
- **Mussar Class with Rabbi Moskowitz, 3/16-3/19, 3/23-3/26, 6:30-7:15 pm**: A Zoom class on *Derech HaShem*, The Way of God. Join Rabbi Moskowitz for philosophy in the Mussar tradition--this text explores the principles of Jewish belief in the existence of God and is a foundational work of Jewish thought.
 - Text: www.sefaria.org/Derech_Hashem%2C_Introduction?lang=bi
 - ZOOM INFORMATION: Click the link below to join, or dial the number below if you're using a mobile: Join Zoom Meeting: <https://zoom.us/j/238671634>
 - Meeting ID: 238 671 634
 - Dial by your location: +1 646 876 9923 (New York)
- **3/20, 3-4 pm: "Connecting in Community"**: In this stressful time, we need to love, support, & listen to one another with an open heart. A short text study & support session led by Cooperberg-Rittmaster Rabbinical Intern Deborah Megdal.

Postponed/rescheduled events

- "Care-Being" Text Study & Support Group: rescheduled to Sunday, 3/29, 1:15 pm
- 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

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](https://www.facebook.com/tkiyamusic)

Cancelled events

- **3/17: Living Successfully with HIV/AIDS group**
- 3/18 and 3/25: RUSA
- 3/18 and 3/25: CBST Chorus rehearsal
- 3/19 and 3/26: Trans, NB, & Gender-Nonconforming Torah Study Group
- 3/20: Mishpachah dinner
- 3/21 and 3/28: Shabbat morning services
- 3/21: Kiddush Lunch
- 3/25: Traditional Egalitarian Minyan
- 3/30: Gay Like Me Reading with Richie Jackson
- **4/4: Down the Nile: A Passover Aggadah Adventure**
- **4/24-4/26: Congregational Retreat**

Ongoing Spiritual Practice

- *Psalms Class with Rabbi Kleinbaum*: 3/16-3/19, 3/23-3/26, 10-10:30 am: Rabbi Sharon Kleinbaum will lead a 30-minute study on a different psalm each day, starting with Psalm 1. Please have a translation with you. No Hebrew required. We'll end with a healing prayer. OPEN TO ALL. No registration required.
 - ZOOM INFORMATION: Click the link below to join, or dial the number below if you're using a mobile: Join Zoom Meeting: <https://zoom.us/j/513468144>
 - Meeting ID: 513 468 144
 - Dial by your location: +1 646 876 9923 (New York)
- *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](#)).
- *Egalitarian Morning and Afternoon Minyans*: For those who would like to join a daily traditional egalitarian morning minyan (prayer service), CBST Board Member Harold Levine highly recommends the zoom service at Sutton Place Synagogue. CBST Member David Shmidt Chapman is the rabbinical intern there. Sutton Place Synagogue Rabbi Rachel Ain leads morning prayers. If you don't have a siddur (prayerbook) at home, let Harold know, and he'll help you out.
 - SUTTON PLACE DAILY MINYAN DETAILS
 - 8:00 am Morning Minyan (Monday through Friday) will be accessible by Zoom: <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>
 - Phone: +1 646 876 9923; meeting ID: 400 624 092
- [A healing prayer from Joyce Rosenzweig & Cantorial Intern David Fair](#)
- [Rabbi Kleinbaum's thoughts on "Spiritual Lessons for Today's Plague"](#)

Zoom Instructions

Zoom is a free technology for calling and videoconferencing. You do not need a personal Zoom account to use it.

- 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"](#)

How you can use Zoom

- You can use Zoom on your computer, iphone, android phone, or mac.
- You can use it on your desktop or your download an app on your computer or phone.
- You can listen in by landline phone as well.

Video and Microphone

- If you have a camera on your computer you can participate by video (or turn it off).
- If you want to talk you must have a microphone or call in on the phone.

Here are some good basic requirements and directions

- Directions [If you want to use desktop 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 our 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](#)

2020 Census Announcement

The 2020 Census is continuing, and it's important that you be counted! Please be aware of the following important information:

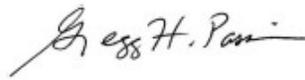
- The Census is easy to complete online at 2020census.gov
- If you already received an invitation to respond by mail, you can use the code in it to pre-populate your address. Your invitation should arrive between March 12 and March 20.
- You do not need the code to complete the census and can easily complete the online form without the code at 2020census.gov
- Please be sure to count everyone in your household, whether they are related to you or not. Your information is safe and protected by law.
- The questionnaire asks about your race. Once you've selected a racial category, there is an associated text box--you can fill it in however you like. Please be aware that in order to be able to submit the questionnaire successfully, you must write something in the text box.

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 believe in the goodness of other people.

With love and blessings to each of you,



Yolanda Potasinski
Executive Director



Gregg H. Passin
President



Rabbi Sharon Kleinbaum
Senior Rabbi

Contact our staff



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