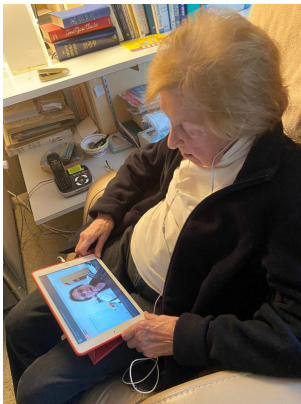


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**Martha Melnick Richheimer — age 99 —  
masters technology to join CBST for Friday  
night services**

Martha, a long-standing CBST member, has mastered our  
livestream and Zoom!

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

**May 4: CBST's 4th Members Only Town Hall:  
Speaker Corey Johnson  
on the State of the City in the Time of COVID-19**  
Listen to the recording [here](#) .

**May 1: Kabbalat Shabbat Services with Stav Shaffir**

Watch her inspirational speech [here](#) .

**Stav Shaffir**, one of the most prominent leaders of the Israeli left, joined CBST for Shabbat services this past Friday live from Tel Aviv. She spoke about the challenges to democracy and the impact of the lockdown in both Israel and the US, and the opportunities to build more supportive community across the ocean and within our local circles. Thank you, Stav--we're so grateful to have you as a partner.

**Music to Soothe the Soul**

**"Bless the Lord"** (from *Godspell* ) Words and Music by Stephen Schwartz (based on Psalm 103)

*Cantor Steve Zeidenberg, Cantor David Berger, Galeet Dardashti, The CBST Chorus, Dror Baitel, pianist, Joyce Rosenzweig, conductor*

An excerpt from CBST's 2019 Annual Benefit Concert, "Psalm Enchanted Evening"

This week, we bring you something to rouse your spirits and hopefully bring a smile to your face. Even in these challenging times, we continue to offer thanks and praise to God, whose love and kindness comforts and sustains us.

**Last week's pre-service music:**

Music from last Shabbat's pre-service musical offerings (excerpted from CBST's 2018 Annual Benefit concert, "Shiv'im Panim--70 Faces of God"):

1. **Psalm 113** by Yehezkel Braun: The CBST Chorus, Dror Baitel, pianist, Joyce Rosenzweig, conductor
2. **V'ulai** (Music: Yehuda Sharett, Words: Rachel Bluwstein) **a.** arranged by Joyce Rosenzweig: Shani Ben Or and Joyce Rosenzweig, **b.** arranged by Gideon Efrati: The CBST Chorus
3. **Three Songs without Words** by Paul Ben-Haim: Leerone Hakami, violinist, Dror Baitel, pianist
4. **Hatishma Koli** (Music by Shmulik Kraus, Words: Rachel Bluwstein): Dori Aarlev, Risa Aarlev, Arielle Green soloists; The CBST Chorus, Joyce Rosenzweig, pianist
5. **Or** (Music and words by Naomi Shemer, arranged by Izhak Graziani): The CBST Chorus, The CBST Retreat Chorus, Ramzi El-Edlibi, percussion, Joyce Rosenzweig, pianist
6. **Yonati** (Song of Songs 2:14, Music: Boaz Dorot and Shani Ben Or) Shani Ben Or, vocalist, Leerone Hakami, violinist, Joyce Rosenzweig, pianist

## CBST in the News

- [A great piece](#) appeared in *Ha'aretz* mentioning our *pro se* immigration clinic. **Rabbi Kleinbaum** and long-time CBST member **Noemi Masliah** were quoted.
- CBST member **Dr. Isaac Namdar**, physician extraordinaire, gave [a wonderful interview](#) with *Queerantime and Chill* on these days of crisis.
- CBST member **Evie Litwoc** published [a beautiful piece](#) in the *Forward* about her mother, z"l, who passed away from COVID-19.
- **Rabbi Kleinbaum** was featured in Channel 4 report aired across the United Kingdom on Friday, May 1. Watch the interview [here](#).
- CBST member **Andy Cohen** also spoke with Channel 4 about loosening the homophobic restrictions on gay people donating blood. Watch his interview [here](#).



**Friday, May 8 / 15 Iyyar**

**Connecting in Community, 3 pm**

Led by Cooperberg-Rittmaster Rabbinical Intern Deborah Megdal

**Zoom:** <https://zoom.us/j/256347787>

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

**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.

**Saturday, May 9 / 15 Iyyar**

**Shabbat Morn.--Liberal Minyan, 10 am  
B'nai Mitzvah of Julia Porper, Barbara  
Gaines, and Ivan Zimmerman**

*Ba'al Tefillah:* Cantorial Intern

David Fair

*Service Leaders:* Rabbi Sharon

Kleinbaum, Rabbi Yael Rapport

*Divrei Torah :* Julia Porper, Barbara

Gaines, & Ivan Zimmerman

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

**Families with Children**

- *Limmud b'Shabbat (K-8):* 10:00 am; Zoom links will be shared by class teachers. K-6 students can learn Hebrew with Jennifer Kleinbaum by appointment.
- *Alef Bet Shabbat* [Live on Facebook:](#) 11:45 am
- *Teen Track Shabbat:* 1:30 pm

**Havdalah, 9 pm (please note the changed time!)**

Service Leader: Rabbi Marisa James  
 Zoom: <https://zoom.us/j/654880356>  
 Meeting ID: 654 880 356; phone: +1 646  
 876 9923 (New York)

**Sutton Place Synagogue Egalitarian Morning & Afternoon Minyans**: **Email Harold** for the password.

**Letting Us Know About Illness**: If you or a CBST member you know is ill & would like support, **please contact us** . We're here for you!

### Spiritual Guidance

- **A healing prayer from Joyce & David Fair**
- **Rabbi Kleinbaum's thoughts on "Spiritual Lessons for Today's Plague"**
- **A Prayer for Healthcare Workers**



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

**NEW: Tech Support at CBST!** Need help accessing an online service or program? Email [techsupport@cbst.org](mailto:techsupport@cbst.org) . Need help ASAP? Text **646-450-3556**.

### Members only

**CBST Members Only Town Hall: "Mental Health in the Time of Covid-19"**

**Monday, May 11, 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](mailto:membership@cbst.org) or you may **Renew/Join CBST** online.*

Featuring Judy Ribnick, LCSW, CBST's newly appointed Director of Aging Initiatives. She will speak with us about mental health in the time of Covid-19. Dr. Diane Burhenne, PhD, clinical psychologist, will also present. She will address "Rowing Your Boat in Turbulent Waters: Mental Health Challenges and Coping Strategies During the Pandemic."

### Open to all

#### **Aleinu Pre-Havdalah Virtual Game Night**

**Saturday, May 9, 7:30 pm -- Zoom link will be sent to those who RSVP**  
**RSVP here** by Thursday, May 7 at 5 pm so we can set up accordingly

Wind down Shabbat with a virtual game night. We'll be using a Jackbox Party Pack to play over Zoom. You don't need to know anything about how this works to participate! We'll then migrate over to CBST's Havdalah at 9 pm. *Hosted by Aleinu, open to all.*

#### **Connecting in Community with CRR I 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.

#### **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! Every morning Monday-Thursday 10:00 am to 10:45 am.

**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 necessary; no Hebrew necessary; no registration required. 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)**

Welcoming stalwarts as well as newcomers, we will provide information and support to anyone interested in participating in vital political and social justice work around the key issues we face as Americans and as progressive Jews. 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.

## Resources in Times of COVID-19

[CBST COVID-19 Resources list Google doc](#)

[Zoom Instructions - click this link!](#)



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