

Keeping Connected

We hope that everyone is feeling well, physically and mentally, and following the latest guidance on maintaining health and limiting the spread of the virus. As the number of cases in Shelby County have increased – and there is now one confirmed case in the Orthodox Jewish community – please be cautious and read the suggested recommendations at the end of this bulletin. (We are grateful to our friends at Baron Hirsch Congregation and the Chicago Rabbinical Council for providing information to share).

Please join us via ZOOM today at noon as the Rabbi gives his Shabbos Dvar Torah. ***Here is the link for the online meeting:*** <https://us04web.zoom.us/j/6607859383> . If you have questions about joining, please contact him directly at rabbijmf@gmail.com . Next week, He will meet on Tuesday(how to relax), Thursday(pre-Pesach workshop) and Friday at noon (sermon) to continue to connect, to teach and to share some prayers and songs with Cantor Samberg.

Join Cantor Samberg for a musical Havdalah on ZOOM Saturday evening at 8:30pm. Use the Rabbi's Zoom link to connect. <https://us04web.zoom.us/j/6607859383>

With the assistance of Jason Lefkowitz, he is producing additional learning videos during this time, and will be happy to dedicate them to the memory of those who passed away in the past year, and for those with yahrzeits.

Those with yahrzeits are encouraged to study Mishnah in lieu of saying kaddish. Rabbi Finkelstein is also happy to have kaddish recited for you in a different community.

Since we are not paying in-person shiva calls during this period, Steve Gold has asked for phone calls from those of you who knew his mother Raenell of blessed memory. His phone number is 561-602-7737. Thank you very much to Myra Gold for sponsoring the Rabbi's video "Living with Decisions" in memory of her mother Raenell z"l. You may watch it here:

https://youtu.be/5Wa_1klI7QY

Thank you to everyone who has contributed to shiva meals for the Lazar family, and donations in memory of Diana Lazar's mother Audrey Roth z"l and in memory of Steve Gold's mother Raenell Gold z"l. If you would like to contribute toward these causes or for any other reason, you may use this link to pay online. <http://PayPal.me/AnsheiSphard> Please note the purpose of the donation in the "notes".

Sadly, as all Shabbat services are cancelled this week, we will miss seeing our Anshei family at shul. But we hope you take some measure of comfort in knowing that we are all doing our part in making sure that this virus does not spread, particularly to the most vulnerable in our community. Shabbat Shalom!

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COVID-19 Guidance as of Today

Feeling Symptoms:

It goes without saying that everyone should be monitoring themselves carefully. Please be in touch with your medical provider should you develop any symptoms (fever, cold, cough, shortness of breath etc.).

Leaving Home:

- Social distancing is difficult but a crucial part of keeping safe during this crisis.
- One should only leave their home if absolutely necessary, and even then, for the shortest time possible.
- When outside the home, one must diligently maintain a distance of at least 6 feet from others.

Visiting Elderly

- Grandchildren should not visit grandparents over the age of 70.
- Outside guests and aids should only enter the home when essential, and in such-cases, gloves should be worn in addition to maintaining distance.
- It is extremely painful and difficult to take these steps that will lead to isolating the elderly, but this is what must be done for their safety. We strongly encourage that families should overcompensate in other ways to maintain a connection to grandparents and other older members of our community.

Visitors/Other Social Gatherings

- Visitors should only be allowed into homes for absolutely essential needs. This includes babysitters, housekeepers, handymen etc.
- Family and friends should not be invited or visit for Shabbat or Yom Tov.
- Children living in different households should not have playdates at each other's homes or even play outside together.
- Individuals returning to Memphis from areas with active communal transmission (including Israel, New York and New Jersey) should practice separation for 14 days in the family home, having a separate room for sleeping, a separate bathroom if possible, and otherwise keeping a safe distance.

Private Minyanim

- It is forbidden and against Halacha to form a private minyan, whether it be in a Shul, a home, outdoors, or any other location.

- Individuals that need to recite Kaddish or have a Yahrzeit should learn Mishna as a merit for the deceased. You are welcome to join the Rabbi's Daf Yomi class by phone in the evening.

Centers for Disease Control COVID-19 Website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Shelby County Health Department: <http://www.shelbytnhealth.com/>

World Health Organization: <https://www.who.int/>