Worship Schedule (all on Zoom; 10 virtual attendees needed for full service)

- Friday Evening: 6:30 PM
- Saturday: 10:00 AM
- Monday–Friday Morning: 8:00 AM
- Sunday Morning: 9:30 AM

Using Zoom

Each meeting has a unique 9, 10, or 11-digit number called a meeting ID. If you are joining via telephone, you will also need our teleconferencing number, call the temple. See https://zoom.us/docs/en-us/covid19.html for more information.

Candle Lighting Times

- May 1: 7:33 PM
- May 8: 7:40 PM
- May 15: 7:47 PM
- May 22: 7:54 PM
- May 28: 7:59 PM
- May 29: 8:00 PM

VIRTUAL ZOOM PROGRAM

<table>
<thead>
<tr>
<th>VIRTUAL ZOOM PROGRAM</th>
<th>DAY AND TIME</th>
<th>ZOOM MEETING ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shohet Morning Minyan</td>
<td>Weekdays: 8 AM</td>
<td>Meeting ID# 799 405 500</td>
</tr>
<tr>
<td></td>
<td>Sunday: 9:30 AM</td>
<td></td>
</tr>
<tr>
<td>Friday Kabbalat Shabbat Service</td>
<td>Friday Evenings, 6:30 PM</td>
<td>Meeting ID# 230 955 304</td>
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<tr>
<td>10+ VIRTUAL ATTENDEES REQUIRED FOR</td>
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<tr>
<td>FULL SERVICE</td>
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<tr>
<td>Shabbat Service</td>
<td>Saturdays, 10 AM</td>
<td>Meeting ID# 242 651 284</td>
</tr>
<tr>
<td>10+ VIRTUAL ATTENDEES REQUIRED FOR</td>
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<tr>
<td>FULL SERVICE</td>
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<tr>
<td>A Peek Inside the Music with Peter</td>
<td>Mondays, 1 PM</td>
<td>Meeting ID# 710 047 839</td>
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<tr>
<td>Saltzman</td>
<td></td>
<td>Password: 013801</td>
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<tr>
<td>Creative Writing with Liz Liwazer</td>
<td>Tuesdays, 11 AM</td>
<td>Meeting ID# 534 255 897</td>
</tr>
<tr>
<td>Conversational Hebrew with Liz</td>
<td>Tuesdays, 5 AM</td>
<td>Meeting ID# 458 570 207</td>
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<tr>
<td>Liwazer</td>
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<tr>
<td>Journey into the Tanakh with Rabbi</td>
<td>Thursdays, 10 AM</td>
<td>Meeting ID# 990 415 095</td>
</tr>
<tr>
<td>Glick</td>
<td></td>
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</tr>
<tr>
<td>STARS For retirees and older people</td>
<td>Thursdays, 1 PM</td>
<td>Go to zoom.us/j/4851191476</td>
</tr>
<tr>
<td>learn and connect</td>
<td></td>
<td>To join by phone, call: 312.626.6799 Meeting ID# (phone or online): 485 119 1476</td>
</tr>
<tr>
<td>Positive Aging – Whatever Your Age</td>
<td>Thursdays, 4 PM</td>
<td>Meeting ID# 538 515 991</td>
</tr>
<tr>
<td>Meditation with Rabbi Glick</td>
<td>Sundays, 9 AM</td>
<td>Meeting ID# 489 884 312</td>
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</tbody>
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Haftarot Readers

- Shabbat, May 2
  - Achrei Mot-Kedoshim
  - Emor
- Shabbat, May 9
  - Behar-Bechukotai
  - Bamidbar
- Shabbat, May 16
  - Shavuot
- Shabbat, May 23
  - Shavuot
- Friday, May 29
  - Shavuot
- Shabbat, May 30
  - Shavuot

Bar Mitzvah

Jacob Brookes
May 2
Dear Friends,

It has been good to “see” so many of you at recent virtual synagogue events.

This is the strange world that we live in; the new “seeing.”

I think of all that has happened in the past month-and-a-half since the quarantine began.
The course of the year has changed beyond recognition.

As I write to you, I am contemplating what to speak about this weekend for the Torah portion of Tanach-Metzorah, ordinarily one of the most challenging parshiyot to drash on. It is all about the mysterious metzorah of Biblical times, stricken with a disease with both physical but also spiritual implications. Every year, I wonder how to connect to this story.

But this year, everything is on its head.
The parashah resonates easily with our situation.

Having the whole world upside down does have its advantages. (I think of a pose in a yoga class that I once attended where the instructor asked everybody to go upside down and said – “This is an opportunity to see the world from another angle.”)

It does help us find a new perspective, center us in what is most important, and hopefully gift us a new vision as we question the hard truths of the past.

We are redefining what a community is, as we connect across vast distances.

We are having a minyan just by ourselves physically but joined by others in the virtual webspace.

We are fulfilling our tradition’s commandment to do gemilut chassadim, acts of loving kindness, by sewing face masks (see “Social Action” on page 8).

Yet we are also discovering that community is more important than ever, despite the restrictions. We are seeing that the relationships we share with friends are important and nurturing. Human beings truly are made in the image of God. When we do not encounter others often, but when we do, it is precious, a revelation of our common humanity and what we do share.

How will we emerge from this? God only knows but I pray we will be stronger and closer, horizontally and vertically.

Once this is over, we will certainly maintain a lot more virtual options to draw people across the vast world in which we live, to help connect those who are challenged, for whatever reason, to come to services and learn Torah, or simply to be with each other.

I hope that by the end, the usefulness of our 4000-year-old tradition and religion will be more self-evident to the next generation as we task them with the burden and privilege of holding the torch of millennia.

That is all a long way away. Ahead may be a prolonged period of struggle for our society as the economic implications become clearer and more deeply experienced. At Har Zion, we will strive to continue to do what we have always done to fulfill our mission as a little corner of khal yisrael, the greater Jewish people, holding the ship steady as we keep our hearts open with a new spirit, serving our members and the broader community.

Thank you all for your engagement and hard work. Thank you to the staff and volunteers for their efforts in difficult times, and to the lay leadership for devoting considerable energy and time, and delving into difficult questions, at the same time as upholding their own professional and personal lives.

We are all quarantined like the metzorah of Leviticus in the parashah awaiting deliverance, redemption, and rebirth.

Sincerely,

RABBI ADIR GLICK
RABBI@WSTHZ.ORG
The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people and communities. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Everyone reacts differently to stressful situations. The emotional impact of an emergency on a person can depend on the person’s characteristics and experiences, the social and economic circumstances of the person and their community, and the availability of local resources. People can become more distressed if they see repeated images or hear repeated reports about the outbreak in the media.

People who may respond more strongly to the stress of a crisis include:

- People who have preexisting mental health conditions including problems with substance use
- Children
- People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders

Reactions during an infectious disease outbreak can include:

- Fear and worry about your own health status and that of your loved ones who may have been exposed to COVID-19
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms.

Ways to Support Yourself During Social Distancing, Quarantine, and Isolation

Understand the Risk

Consider the real risk of harm to yourself and others around you. Take steps to get the facts: Stay up to date on what is happening, while limiting your media exposure. Avoid watching or listening to news reports 24/7 since this tends to increase anxiety and worry. Remember that children are especially affected by what they hear and see on television.

Look to credible sources for information on the infectious disease outbreak.

Be Your Own Advocate

Speaking out about your needs is particularly important if you are in quarantine, since you may not be in a hospital or other facility where your basic needs are met. Ensure you have what you need to feel safe, secure, and comfortable.

Educate Yourself

Health care providers and health authorities should provide information on the disease, its diagnosis, and treatment.

- Do not be afraid to ask questions—clear communication with a health care provider may help reduce any distress associated with social distancing, quarantine, or isolation.
- Ask for written information when available.
- Ask a family member or friend to obtain information in the event that you are unable to secure this information on your own.

Connect with Others

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. You can:

- Use the telephone, email, text messaging, and social media to connect with friends, family, and others.
- Talk “face to face” with friends and loved ones using Skype, Facetime, or Zoom.
- Call SAMHSA’s free 24-hour Disaster Distress Helpline at 1.800.985.5990 if you feel lonely or need support.
- Use the Internet, radio, and television to keep up with local, national, and world events.
- If you need to connect with someone because of an ongoing alcohol or drug problem, consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices.

Use Practical Ways to Cope and Relax

- Relax your body often by doing things that work for you—take deep breaths, stretch, meditate, or engage in activities you enjoy.
- Talk about your experiences and feelings to loved ones and friends, if you find it helpful.
- Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.

SOURCES:

Centers For Disease Control and Prevention (CDC); SAMHSA (Substance Abuse and Mental Health Services Administration)
Since this month *The Har Zion Herald* and “The Cantor’s Voice” column is entirely electronic, I offer you the actual cantor’s voice through YouTube! Here is an excerpt from a concert from a tour in England a few years ago. “Ikh Zing”—appropriately enough “I Sing”—is classic from the Yiddish Theatre: bit.ly/IkhZing. I hope it lightens your day. Stay well!

CANTOR STEWART FIGA  
CANTOR@HARZION.ORG

Dear Congregants,

During this unprecedented time, we have come together as a community in so many ways and we have so much to be proud of. In this time of physical absence, we have presence, the presence of each other in new and creative ways. Our virtual minyan attendance has averaged between 20 to 25 households every day. Our Friday evening virtual Shabbat services and our Saturday morning services have had an overwhelming response and attendance. Many of us have participated in our virtual learning offerings. Our religious school and our preschool have been dedicated to virtual learning and virtual experiences since March, when School Districts 90, 97, and 200 closed.

During these difficult and unprecedented times, we define ourselves. Our congregation has defined itself as compassionate, available, reliable, and loving. Rabbi Glick and Cantor Figa have been a beacon showing us all the way to our continued spirituality and commitment to our faith. Lorrie Applebey and David Schwartz have kept our preschool, religious school, and adult education programs running excellently. Our administrative staff members have gone above and beyond in their efforts to keep our community moving forward.

The Temple Har Zion Executive Committee has served with passion and compassion making the decisions necessary to move us forward into whatever the “new normal” will look like. It has been an honor to serve with such a dedicated group. The Board of Directors have been a dedicated and calming body for us all.

Please join me in reaching out to each other by phone, text, email, or virtually. These can be very lonely times and it can be difficult to ask for help, even if the only help you need is a quick email from someone to feel connected. If each of us could take a few minutes to reach out to someone, anyone you know, just to say hello and tell them you’re thinking of them, we will be making a significant difference in someone’s life.

**Doing Jewish Things**

During this time, when we’re doing our part by staying at home there are Jewish things we can be doing. Here’s a list of “Jewish things” to do that I came across recently:

1. Watch a “Jewishly” themed TV show. Here’s a list
from Netflix, Hulu and Amazon Prime:
- The Baker and the Beauty (Amazon Prime)
- The Marvelous Mrs. Maisel (Amazon Prime)
- The Goldbergs (Hulu)
- Broad City (Hulu)
- Crazy Ex-Girlfriend (Netflix)
- Shtisel (Netflix)
- Difficult People (Hulu)
- Fauda (Netflix)
- Grace and Frankie (Netflix)

2. Get more comfortable having conversations with God.
3. Call your mother, or father, or grandparents, aunts, uncles, cousins, best friend... You get the idea.
4. Read a Jewish book.
5. Bake a challah.
6. Learn about this week’s Torah portion.
7. Say a Mi Shebeirach, a prayer for healing for those who are struggling.
8. Listen to Jewish music.
9. Try a “new to you” Jewish recipe.
10. Light the Shabbat candles at home.
11. Advocate for social justice.
12. Attend virtual minyan and/or Shabbat services.
13. Attend a Temple Har Zion virtual education program. (There are many; check your email and see harzion.org. Check in frequently; the temple’s offerings are often added to.)
14. Do a mitzvah.
15. Observe Havdallah.
16. Visit Israel virtually by joining the Facebook group “Virtual Israel.”
17. Call your mother... Yes, I put this on the list twice, because I am a Jewish mother!

Stay safe and be well.

Julianne Geldner
President

You can reach the temple administrator, Eddie Simon, by calling the temple office at 708.366.9000; until the crisis is over, calls to the office are being forwarded to his personal cellphone. If no answer, please leave a message. Or send email to office@harzion.org, or to Eddie at esimon@harzion.org, or the office manager, Sheila Essig, at sessig@harzion.org. You may also contact:
Rabbi Glick at rabbiglick@harzion.org or 310.227.9954
Cantor Figa at cantor@harzion.org or 312.335.1768.

In Memoriam
The Congregation extends its deepest sympathy to the families of:

David Druckman
Husband of Arlyne Druckman, father of Sara Stern, Samuel Druckman, and Jeni and John Tyrell, and grandfather of Lillian and Elliott Stern

Herbert Stopeck
Brother of Eugene Stopeck, uncle of Marc Stopeck and Janel Dennen, and great-uncle of Isaac Stopeck

Hilbert Heiferman
Father of Kenneth and Kim Heiferman, and grandfather of Daniel and Holly Heiferman, Michael Heiferman, and Jeffrey Heiferman

Yonatan “Yoni” Yoav
Yoni, 36, passed away Monday April 20th from COVID-19 related complications. Husband of Jennifer Yoav, and father of Bella and Noah, and cousin of congregant Michael Zmora

Roberta Jean Bakal
Mother of Robin and Lenny Soffer, grandmother of Michael and Rachelle Soffer, and Andrew and Leah Soffer, and great-grandmother of Aimi and Talia Soffer

“The memory of the righteous is a blessing” — Proverbs 10:7
Shalom,

Have I mentioned what a wonderful community we have? From the first stay home order to the announcement that the school closures would be extended through the end of the school year due to the ongoing coronavirus (COVID-19) pandemic, our Early Childhood Community has been incredible!

We set our goal to maintain the integrity of the preschool community and be ready to “hit the ground running” when we can safely return to the classroom. Social–emotional development is at the forefront of everything that we do. Translating a vibrant, noisy, messy, relationship-based 3-D learning environment to a 2-D space is particularly challenging.

“We applaud our teachers, many of whom are learning these technologies for the first time, in their devotion to keep their strong personal connection to the children and their families as well as facilitating the connections between the children. They do all of this with the love, caring and positive energy that is the hallmark of Har Zion Early Childhood Center.

“We just wanted to say thank you for providing some sense of structure and normalcy in what is quite a surreal moment.”

Finding meaning in times of crisis can help people persevere. We miss being in school with all of the children and are determined to maintain these wonderful connections as best we can.

We’re planning our Mesibat Siyum—a celebration honoring each child’s completion of a chapter of learning at Har Zion Early Childhood program—virtually and looking forward to being all together again when it is safe to do so!

Warmly,

LORRIE APPLEBEY; LAPPLEBEY@HARZION.ORG
WWW.HARZION.ORG/PRESCHOOL.HTML

“And, that special package was just beyond thoughtful!! Really excited to have some extra activities to do with Anna, and she was just as enthusiastic...especially because it all came from school :))”
Ten Ways to Do Jewish at Home

The home should be perceived as a microcosm of the universe. — Rebbe Menahem Schneerson

When the Jews could no longer go to the Temple, they learned to do Jewish at home. Instead of their leaders washing their hands, the Jews washed their hands. Instead of challah at the Temple, they ate challah at home. That was back in 70 CE, when the Romans made it such that the Jews could not go to the Temple. Now, 1,950 years later, we again can no longer go to our Temple (Har Zion). Learning from the resilience of our ancestors, and in honor of Shavuot coming up, here are ten ways to do Jewish at home.

1. Make challah—Challah is a great baking project, and all that kneading can be very therapeutic. Plus, there’s nothing quite like the smell of freshly baked challah on Friday afternoon to make the house feel like Shabbat, no matter what else you do for Shabbat. Here are two sites with recipes similar to the one I use: bit.ly/AbbeChallah, and bit.ly/PLCChallah; you are also welcome to email me for my recipe (dschwartz@wsthz.org).

2. Find Jewish music—It doesn’t matter what type of music you like—there’s a Jewish version of it waiting for you on YouTube. Rock and roll (Safam), reggae (Matisyahu), country (Joe Buchanan), bluegrass (Nefesh Mountain), folk music (Debbie Friedman), heavy metal and punk rock (just search it on YouTube)—even gospel music (Joshua Nelson—search “Kosher Gospel”). You can also turn on JewishRockRadio.com and have it play Jewish music in the background, and if you have kid(s) you can play PJLibraryRadio.com in the background (including on SleepyTime mode).

3. Count the Omer—Starting from the second day of Passover, we count 49 days until Shavuot. This is called “Counting the Omer,” because the “Omer” was a sheaf of barley that the Israelites would bring to the Temple to thank G-d for a successful harvest. We say the blessing Baruch Ata Adonai Eloheinu Melech haOlam, Asher kidshanu b’mitzvotav v’tzivanu al sfirat haOmer—Praised are You, L-rd our G-d, ruler of the universe, who made us holy with your commandments and commanded us to count the Omer. You then say the day that it is. My favorite way to keep track is with the “Homer Counter”: bit.ly/h-OmerCalendar

4. Light candles—Lighting candles on Friday night is a lovely way to bring in Shabbat. Originally this was done because Shabbat came in after sunset, and in a time before electric lights that meant eating your dinner in the dark. If you were reaching for more food and accidentally hit somebody else that wouldn’t be a very Shabbat-like atmosphere, so the rabbis said that we should light candles. Tea lights are good for this, but any candles will work. You can also say the blessing after you light: Baruch Ata Adonai Eloheinu Melech haOlam, Asher kidshanu b’mitzvotav v’tzivanu l’hadlik net shel Shabbat—Praised are You, L-rd our G-d, ruler of the universe, who made us holy with your commandments and commanded us to light the candles.

5. Do Bikur Cholim—Bikur Cholim is the mitzvah of visiting the sick, and while it’s not safe to physically visit people who are sick, there are lots of ways to do things from a distance to help people who are suffering from illness, loneliness, or negative feelings. You can call people, write letters/cards, or set up times to talk on the computer. You can write messages with chalk on the sidewalk, or just draw smiley-faces. You could also put signs in your windows, like “This too shall pass” (from a King Solomon story) or draw a rainbow.

6. Give Tzedakah—Giving what you can to make the world a better place is a very Jewish thing to do during this time. Tzedakah is usually translated as “charity,” but actually comes from the same Hebrew root as “justice.” One worthy recipient

FROM THE PRINCIPAL’S DESK

Marijuana: A Jewish Perspective

Sunday, May 3, 10:30 AM

This January, recreational marijuana became legal in Illinois. What does that mean for us?

Come learn from Nina Henry, LCPC, CADC, from JCFS Chicago as we discuss the effects of marijuana on the body and the things we should be aware of.

See you this Sunday, at 10:30 AM, as we learn together!

zoom.us/j/93594785830
Meeting ID#: 935 9478 5830
www.harzion.org 708.366.9000
which has partnered with the Koven Religious School is The ARK (arkchicago.org)—they are a Chicago organization who provide aid to those who are unemployed. You (perhaps with your friends) can also see if your favorite local restaurant will let you buy meals to be sent to a local hospital, thus helping twice for the price of once. See here for an Oak Park example:

7. **Learn some Hebrew via DuoLingo**—While you have this extra time, use it to keep your brain sharp by learning (more) Hebrew! **DuoLingo.com** is a free site that helps you to learn Hebrew (or other languages) in 5–20 minutes a day. You can start with the letters, or take a placement test to figure out where you should jump in. We’re using it in the Koven Religious School, and many adults are using it during this time too—you should join them!

8. **Cook something Jewish**—One thing that people are doing more during this time is cooking at home, and with all this time to experiment it’s a great opportunity to learn some new Jewish recipes. Here’s one site that has Jewish classics from around the world: **bit.ly/TastyBubbe**

9. **Learn something**—Finally, this is a great time to learn something Jewish. For instance, do you know why we eat dairy foods on Shavuot? (My family has ice cream for breakfast on Shavuot—feel free to adopt this custom.). Look it up! Some trustworthy sites include **Kveller.com** (Jewish parenting site), **JewFAQ.org** (general overview site), **Sefaria.org** (Jewish text site), **Bim bam.com** (kids’ videos meant for everybody), **MyJewishLearning.com** (general Jewish information), **JewishVirtualLibrary.org** (lots of encyclopedia-like articles), and **18Doors.org** (formerly InterfaithFamily). All of these can answer this question, or anything else you want to know.

David Schwartz, DSCHWARTZ@HARZION.ORG
WWW.HARZION.ORG/EDUCATION/RELIGIOUS-SCHOOL

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**SOCIAL ACTION AND ADAMAH/GREEN COMMITTEE**

**Changes for Our Current Times**

**HOUSING FORWARD (PADS):** Plans for future meals for PADS are on hold while we assess the situation. Thank you to our April PADS volunteers who prepared over 140 breakfast and lunch bags. Todah Rabah to Jackie Fields, Carol Flank, Rachel Glick, Judy Roth, Marlene Mann, Maxine Schneider, Susan Schneider, and Jessica Wilks. Questions: Contact Carol Flank carolflank@comcast.net, 708.369.8419.

**ISRAAID:** IsraAID has been delivering supplies to various hot spots dealing with COVID-19: Italy and Israel. Anyone inclined to donate would be helping with this global crisis and supporting a very worthy organization that is dear to us. Go to: bit.ly/IsraAIDCOVID

**PLASTIC BAG COLLECTION:** Please continue to save your plastic bags and bring them to the temple when we open up again. Better yet, don’t wait! Call Phyllis Rubin to come pick them up from you. Our plastic mat for the homeless is well underway. Should it be finished, we’ll start another one!

Please take an hour to watch one of these two PBS films to see why it’s so important to our environment to have such a practical reuse of plastic bags:

Now that we can see in “real time” that reducing markedly our use of cars and gasoline is changing our earth for the better—less seismic activity; less pollution—we have stark and undeniable evidence that our behavior can help our environment and help our earth live longer. Saving your plastic bags for reuse is one way to do this.

**An Important Need for Today: Masks**

There are people here at the temple, in our neighborhoods, and in Chicago who need masks. Healthcare workers’ need is obvious, but the rest of us must wear them when we go out. Wearing a mask protects the others you come in contact with, and their wearing masks protects you, even when everyone is staying at a safe distance from each other.

Phyllis Rubin (708.848.6168, phyllis.rubin@comcast.net) has more information on the following mask-making and mask-donating opportunities. She would love to hear from you.

**MASKS FOR TEMPLE HAR ZION MEMBERS, FRIENDS, AND FAMILIES:** There are master mask makers at the Temple Har Zion, so if you or someone you care about needs a mask, please contact Phyllis Rubin, 708.848.6168, phyllis.rubin@comcast.net. Phyllis is also looking for materials and volunteer sewers for this project.
MASKS FOR HEALTHCARE WORKERS: Chicago Mask Makers are making high quality masks for healthcare workers. They need people to donate materials, make the masks (with very specific requirements and materials), and/or transport the masks to where they are needed. Elastic is a very hot commodity, so if you have some to donate, please do! Phyllis can arrange for your materials to get to the Mask Makers. Go to: www.chicagomaskmakers.org

MASKS FOR SENIORS AND HEALTH-COMPROMISED IN AUSTIN: New Mount Pilgrim Baptist Church does not have masks for their more vulnerable congregants. If you can make cloth masks, they need 67! Talk to Phyllis about patterns and sewing in a twist tie to mold the mask to the nose. The pleated pattern is recommended because it fits all adult face sizes. When we finish that batch, the City of Chicago is asking for masks as well. There are two drop-off centers not far from us. Let’s keep sewing!

If there are other Tikkun Olam activities in May that can be done from home or alone, the temple will announce them through its email. For more information, call or email Phyllis Rubin, 708.848.6168, phyllis.rubin@comcast.net.

KULANU: Help is Needed More than Ever Now!

Last month, we made a plea for people to volunteer for the Kulanu (Caring) Committee to help those in need in our congregation. As some of you may be aware, Rabbi Glick has asked those who need help getting groceries or other basic/critical items, to contact the temple office. It is especially important at this time to come together, as a community, to support one another.

Now is the time to step up to volunteer for Kulanu. What a mitzvah it will be while we can’t congregate in large groups and are home from school and work! Helping those who are homebound or sick is something we can do!

To observe the highest precautions, we can pick-up and drop off on porches or in lobbies of buildings so we don’t come in direct contact with each other. Also, I have heard that newspaper sleeves make excellent protective gloves when you are delivering.

To volunteer for Kulanu, contact either Sue May Wilde smcwilde@gmail.com or Phyllis Rubin phyllis.rubin@comcast.net.

For more information, call or email Phyllis Rubin, 708.848.6168, phyllis.rubin@comcast.net.

STAR Thursday Afternoon Retirees

Thursdays, 1–3 PM: zoom.us/j/4851191476
To join by phone, call: 312.626.6799
Meeting ID# (phone or online): 485 119 1476
Smoozing on-line via Zoom is surprisingly fun. Give it a try! We look forward to meeting all Thursdays in May. Meaningful conversations and the joy of being together will be interspersed with programming that is in the works. Looking forward to being with you!!

Your passions and expertise are interesting to others, too. Please share them as we continue planning our programming for the year ahead. Please email Sandra Sokol at sandrasokol@sbcglobal.net or Hene Waterbury at henerichard@gmail.com.

Men’s Club News

I would like to send out a thank you to Jay Michaels, Jim Shirley and the rest of the temple staff, and anyone else who helped with or delivered Yom HaShoah candles for the Men’s Club. Thank you also to everyone who helped commemorate the Six Million by lighting a candle for Yom HaShoah.

We ask your support in remembering those who were murdered during the Holocaust, and in not forgetting their sacrifices. Donations to support Holocaust Remembrance may be made via check to the temple, made out to the Har Zion Men’s Club.

Thank you!
Morris Applebaum, morris.applebaum@icloud.com
Ed Sachs, edsachs25@gmail.com
May 8–9
Charles Bashall
Max Bashall
Isaac Aaron Bloom
Doris Blumenthal
Naomi Burnstein
Meyer Ditlove
Itah Fogelson
Gilford Fred
Sol Gannell
Louis Gang
Lillian Glickman
Fannie Goldberg
Alice Goldblatt
Harry L. Hootnick
Maurice Harry Judd
Minnie Kadish
Raymond Kalman
Rae Kattinz
Joyce Esther Katzman
Elionore Kaufmann
John Leszner
Seymour Lewis
Schiller Libby
Henry Marcus
Morris Mednick
Frank Miller
Dorothy Newton
Rebecca Orlin
Morris Perla
Virginia Poggi
Victor Rosin
Priscilla K. Rothschild
Minnie Saltzman
Klara Schmitt
Bess Skibell
Mildred Taff
Rita Vallance
Murray Weintraub
Veronica Wolf
May 15–16
Jacob Applebaum
Etta Bacall
Louis Jacques
Blumenthal
Harold Brindell
John Castro
Florences Chil
Wallace David Cohn
Isac Myron Felscher
Frances Fox
Hyman Freed
Lena Friedman
Suzanne Gertz
Ella Glasser
Samuel Graff
Jay Greengard
Jack M. Joss
David Kadish
Bertha Kreitman
Frieda Liebling
Epbrain Miller
Sadie Nathan
William Newman
Frances Peskin
Joseph Rozen
Ann Caplan Rymer
Leon Schneider
Irvig Seltz
Harry Shiner
Bluma Miriam Shohet
Seymour Silver
Felix Silverstein
Alan Eliot Smith
Sarah Speigel
Samuel J. Sussman
Selma Sussman
Walter Wijnhausen
Blossom Seidel Wilson
Abraham Zahn
Joseph Zayan
May 22–23
Sidney Barsky
John Bedner
Frieda R. Bernstein
Sonia Bloch
Boris Brown
Sam Burnstein
Bessie Corush
Mary Edelman
I.lda Eiserman
Michael Geldner
Sandra Goose Allen
Izk Gross
Alex Gruskin
George Irving Horwitz
Esther Jablon
Israel Katzman
Peter Kruley
Iris Schmeltzer Landau
Martin Landauer
Dora Levin
Tillie Melnick
Janice Patterson
Edith Rose
Sam Rosenberg
Jack Seligman
Irving Sheff
Joseph Sherman
Shirley Sloane
Sarah Stone
Rachel Etta Tuven
Josefin Velasquez
Laura Williams
May 29–30
Jane Bensinger
Max L. Cohen
Arthur Crown
Abraham Frazin
Julius Gonsior
Mae C. Gordon
Bertha Gottlieb
Sol Gottlieb
Harvey Gross
Benjamin Horwich
James Kahn
Sarah Stone
Rachel Etta Tuven
Josefin Velasquez
Laura Williams
Commemorate special life events—a birthday or anniversary; birth of a child, grandchild, great grandchild; graduation; retirement; and so on—with a contribution to Temple Har Zion. Such a gift is a meaningful way to honor any simcha. Donations can be directed to any of these funds. Your generosity will help our congregation maintain its fine programs, and will also affirm the importance of Judaism and Jewish ideals in your family’s life.

**ADULT STUDIES FUND:** Supports adult education

**BUILDING FUND:** Maintaining & improving the building

Hai & Carol Solomon in honor of Jacob Brookes becoming a Bar Mitzvah

Frank Vozak & Terrie Rymer in memory of Eugene Stopeck’s brother, Herbert Stopeck

Frank Vozak & Terrie Rymer in memory of Ken Heiferman’s father, Hilbert Heiferman

Frank Vozak & Terrie Rymer in memory of Debra’s father, Albert Zimblzer

**CANTOR HAROLD BRINDELL MEMORIAL FUND:** Memorializes the life and work of our late Hazan

**CANTOR’S MUSIC FUND:** Provides musical programming

Michael & Renee Slade in appreciation of Cantor Figa’s efforts to prepare Alana for her Bat Mitzvah

Howard & Norma Berlin in memory of Sara Stern’s father, David Druckman

**CHILDREN’S SHABBAT FUND:** Tot’s and Children’s services

**FAY STOPECK SHABBAT MUSICAL FUND:** Provides Friday night musical services

Carol Flank in memory of Gene Stopeck’s brother, Herbert Stopeck

Morris and Bev Applebaum in memory of Gene Stopeck’s brother, Herbert Stopeck

**GROPPER WINDOW PROJECT FUND:** Supports the restoration of the Gropper Windows

Barry & Andrea Sidorow: In honor of a Shabbat aliyah in tribute of our children; In honor of a Shabbat aliyah in tribute of the caregivers at The Selfhelp Home who are taking such good care of our father; and Bin memory of Debra Landay’s father, Albert Zimblzer

**GROWTH & DEVELOPMENT FUND:** To support the long-term stability and viability of the congregation

**JACK JOSS MEMORIAL FUND:** For the expansion and maintenance of the Catherine and Jack Joss Tot Lot

**JANICE PATTERSON KALLAH SCHOLARSHIP FUND:** Supports Kallah expenses and helps families attend Richard Johnson & Tracy Patton in memory of Sara Stern’s father, David Druckman

**JEWISH JOURNEYS FUND:** Supports learning and spiritual development in the community, including programs, ritual items and Jewish learning stipends

Carol Flank: In memory of Debra Landay’s father, Albert Zimblzer; In thanks to Rabbi Glick, Cantor Figa, Ed Sachs, and the many participants in the virtual Seder in an evening of highlights; and in appreciation of Michael Soffer’s lecture on Empathy, Strangers & the Holocaust

Paul & Judith Wolfman: In memory of Debra Landay’s father, Albert Zimblzer; In honor of Michael Soffer, for his innovative course and presentation on the Holocaust; and In honor of Peter Saltzman for his Zoom music series

**KIDDUSH & BREAKFAST FUND:** Provides for Shabbat & festival Kiddushim, and weekday minyan breakfast

David & Shirley Lieb in memory of Ken Heiferman’s father, Hilbert Heiferman

**KOVEN RELIGIOUS SCHOOL FUND:** Provides equipment, programs & scholarships for the Koven Religious School

Lance & Janet Bolonik: In honor of the Bar Mitzvah of Jacob Brookes; and In honor of the Bar Mitzvah of Reese Brotman

**LIBRARY FUND:** Supports both temple libraries

**LIEB FAMILY SUKKAH FUND:** For the Lieb Family Sukkah

**MALCOLM GETHER USY SCHOLARSHIP FUND:** Funds for our youth to attend regional events & retreats

**OREN CARMI ABRAHAM FUND:** Youth programming

**PAUL WOLFMAN LAY LEADERSHIP DEVELOPMENT FUND:** To support in the development of present and future leaders

**PRAYER BOOK FUND:** For the purchase of prayer books

Vafa & Liz Shayani in memory of Eugene Stopeck’s brother, Herbert Stopeck

Vafa & Liz Shayani in memory of Ken Heiferman’s father, Hilbert Heiferman

Vafa & Liz Shayani in memory of Sara Stern’s father, David Druckman

Hai & Carol Solomon in memory of Eugene Stopeck’s brother, Herbert Stopeck

Paul & Judith Wolfman in memory of Robin Soffer’s mother, Roberta Bakal

**PRESCHOOL FUND:** Special support for the Preschool

Carol Flank in memory of Ken Heiferman’s father, Hilbert Heiferman

Carol Flank in memory of Robin Soffer’s mother, Roberta Jean Bakal

**RA BiBBY JOSEPH TABACNHK MEMORIAL FUND**

**RA BiBBY ROBIN D AMSKAY ADAMAH FUND**

**RA BiBBY VICTOR A MiRELMA N EDUCA TiON FUND:** Supports early education, religious school, & adult education

Steven & Betsy Blumenthal in memory of Hilbert Heiferman

Diane Colletti in memory of Biagio Colletti

Diane Colletti in memory of Rose Harwitt

Karen & Rick Dale in memory of Robin Soffer’s mother, Roberta Bakal

Carol Flank mazel tov to Rabbi & Mrs. Mirelman’s granddaughter on her Bat Mitzvah

Michael & Renee Slade in appreciation of Rabbi Glick’s efforts to prepare Alana for her Bat Mitzvah

**RABBI’S DISCRETIONARY FUND:** Supports a variety of charities and special activities at the rabbi’s discretion

**SEFER HAFTARAH PROJECT**

**SENIOR ACTIVITY FUND:** Programming for seniors

**TEMPLE FUND:** Supports all temple programs

Morris & Beverly Applebaum in memory of Hilbert Heiferman, father of Kenneth Heiferman, grandfather of Daniel, Michael & Jeffrey

Howard & Norma Berlin in memory of Ken Heiferman’s father, Hilbert Heiferman

Carol Flank mazel tov to Morrie and Carol Fred on the birth of their granddaughter, Talia Veronica

Suzanne Fournier & Chris Martin in appreciation of wonderful streaming events.

Suzanne Fournier & Chris Martin in memory of Sara Stern’s father, David Druckman

Kenneth & Kim Heiferman in memory of Robin Soffer’s mother, Roberta Bakal

Walter & Ruby Hilker in memory of Ken Heiferman’s father, Hilbert Heiferman

Ted & Myra Lawrence in honor of Alana Slade becoming a Bat Mitzvah

Marlene & Jennifer Mann in memory of Robin Soffer’s mother, Roberta Bakal

Edward Sachs & Judith Grobe Sachs in memory of David Druckman

Barry & Jean Schub in memory of Irving Cohn

Michael & Renee Slade in appreciation of Mike Weinstein chairing a successful Purim Carnival

Michael & Renee Slade in celebration of Reese Brotman’s Bar Mitzvah

Michael & Renee Slade in memory of Gene Stopeck’s brother, Herbert Stopeck

Hai & Carol Solomon in memory of Michael Zmora’s cousin, Yoni Bradin

Larry Stark & Mimi Alschuler in memory of Sara Stern’s father, David Druckman

Paul & Judith Wolfman mazel tov to Carol & Morrie Fred on the birth of their new granddaughter, Talia Veronica Mendales

Paul & Judith Wolfman in memory of Ken Heiferman’s father, Hilbert Heiferman

**TZEDAKAH FUND:** Supports a variety of charities

Paul & Judith Wolfman in memory of the Shoah and the extraordinary loss of Jewish lives

Paul & Judith Wolfman in honor of Jacob Brookes becoming a Bar Mitzvah

**YONG FAMILY CAMP FUND:** Provides partial scholarships for members’ children to attend Jewish camps
<table>
<thead>
<tr>
<th>Sunday</th>
<th>April 26</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>17th day of Omer</td>
</tr>
<tr>
<td>9 AM</td>
<td>Meditation</td>
</tr>
<tr>
<td>ID#</td>
<td>489 884 312</td>
</tr>
<tr>
<td>9:30 AM</td>
<td>Shohet Morning Minyan</td>
</tr>
<tr>
<td>Zoom ID#</td>
<td>799 405 500</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>50th Anniv Earth Day: Adamah Comm. Celebration</td>
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<table>
<thead>
<tr>
<th>Monday</th>
<th>April 27</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>18th day of Omer</td>
</tr>
<tr>
<td>8 AM</td>
<td>Shohet Morn.</td>
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<tr>
<td>Min. ID#</td>
<td>799 405 500</td>
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<tr>
<td>11 AM</td>
<td>Conversational Hebrew with Liz Liwazer, ID#: 458 570 207</td>
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<table>
<thead>
<tr>
<th>Tuesday</th>
<th>April 28</th>
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</thead>
<tbody>
<tr>
<td>Rosh Ha'azikaron</td>
<td>19th day of Omer</td>
</tr>
<tr>
<td>8 AM</td>
<td>Shohet Morn.</td>
</tr>
<tr>
<td>Min. ID#</td>
<td>799 405 500</td>
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<tr>
<td>11 AM</td>
<td>Creative Writing with Liz Liwazer, ID#: 534 255 897</td>
</tr>
<tr>
<td>7:30 PM</td>
<td>Israeli Film Watch Party</td>
</tr>
<tr>
<td>8 PM</td>
<td>Parent Support Meeting for families w/ children ages 0-5</td>
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<table>
<thead>
<tr>
<th>Wednesday</th>
<th>April 29</th>
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<tbody>
<tr>
<td></td>
<td>Shohet Morn.</td>
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<tr>
<td></td>
<td>10th day of Omer</td>
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<tr>
<td>8 AM</td>
<td>Shohet Morn.</td>
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<tr>
<td>Min. ID#</td>
<td>799 405 500</td>
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<tr>
<th>Thursday</th>
<th>April 30</th>
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<tbody>
<tr>
<td>21st day of Omer</td>
<td>8 AM Shohet Morn.</td>
</tr>
<tr>
<td>Min. ID#</td>
<td>799 405 500</td>
</tr>
<tr>
<td>10 AM</td>
<td>Journey into Tanakh ID# 990 415 095</td>
</tr>
<tr>
<td>1 PM</td>
<td>STAR ID#: 485 119 1476</td>
</tr>
<tr>
<td>4 PM</td>
<td>Positive Aging, ID#: 538 515 991</td>
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<table>
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<tr>
<th>Friday</th>
<th>May 1</th>
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<tbody>
<tr>
<td>22nd day of Omer</td>
<td>8 AM Shohet Morn.</td>
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<tr>
<td>Min. ID#</td>
<td>799 405 500</td>
</tr>
<tr>
<td>10 AM</td>
<td>Tanakh</td>
</tr>
<tr>
<td>1 PM</td>
<td>STAR ID#: 485 119 1476</td>
</tr>
<tr>
<td>4 PM</td>
<td>Positive Aging, ID#: 538 515 991</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturday</th>
<th>May 2</th>
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<tbody>
<tr>
<td>23rd day of Omer</td>
<td>8 AM Shohet Morn.</td>
</tr>
<tr>
<td>Min. ID#</td>
<td>799 405 500</td>
</tr>
<tr>
<td>10 AM</td>
<td>Shabbat</td>
</tr>
<tr>
<td>ID#</td>
<td>242 651 284</td>
</tr>
</tbody>
</table>

May 2020 Iyyar/Sivan 5780

Schedule subject to change; see the online temple calendar or an email message from the temple for updates. All temple Zoom services and programs are password protected; email the office if you need it.

- **April 27**: 8 AM Shohet Morning Minyan, Zoom ID# 799 405 500
- **April 28**: 9 AM Shohet Morning Minyan, Zoom ID# 799 405 500, 10 AM Tanakh
- **April 29**: 8 AM Shohet Morning Minyan, Zoom ID# 799 405 500
- **April 30**: 8 AM Shohet Morning Minyan, Zoom ID# 799 405 500

Iyyar/Sivan 5780

- **April 27**: Shabbat Service, 6:30 PM
- **April 28**: Rosh Ha'azikaron, Yom Ha'atzmaut, 9:30 AM
- **April 29**: Erev Shavuot, Shavuot, 9:30 AM
- **April 30**: Yom Ha'atzmaut, 8 AM

Rosh Chodesh Sivan 5780

- **April 27**: Rosh Chodesh Sivan
- **April 28**: Rosh Chodesh Sivan
- **April 29**: Rosh Chodesh Sivan
- **April 30**: Rosh Chodesh Sivan

Yom Ha'atzmaut, Yom Ha'shoah

- **April 29**: Yom Ha'atzmaut, 9:30 AM
- **April 29**: Yom Ha'shoah, 9 AM

Iyyar/Sivan 5780

- **April 27**: Shabbat Service, 6:30 PM
- **April 28**: Rosh Ha'azikaron, Yom Ha'atzmaut, 9:30 AM
- **April 29**: Erev Shavuot, Shavuot, 9:30 AM
- **April 30**: Yom Ha'atzmaut, 8 AM

Rosh Chodesh Sivan 5780

- **April 27**: Rosh Chodesh Sivan
- **April 28**: Rosh Chodesh Sivan
- **April 29**: Rosh Chodesh Sivan
- **April 30**: Rosh Chodesh Sivan

Yom Ha'atzmaut, Yom Ha'shoah

- **April 29**: Yom Ha'atzmaut, 9:30 AM
- **April 29**: Yom Ha'shoah, 9 AM

Iyyar/Sivan 5780

- **April 27**: Shabbat Service, 6:30 PM
- **April 28**: Rosh Ha'azikaron, Yom Ha'atzmaut, 9:30 AM
- **April 29**: Erev Shavuot, Shavuot, 9:30 AM
- **April 30**: Yom Ha'atzmaut, 8 AM

Rosh Chodesh Sivan 5780

- **April 27**: Rosh Chodesh Sivan
- **April 28**: Rosh Chodesh Sivan
- **April 29**: Rosh Chodesh Sivan
- **April 30**: Rosh Chodesh Sivan

Yom Ha'atzmaut, Yom Ha'shoah

- **April 29**: Yom Ha'atzmaut, 9:30 AM
- **April 29**: Yom Ha'shoah, 9 AM
Join Us for Koven Religious School
Confirmation 2020, Hebrew High Graduation
And Teacher Appreciation Shabbat

SHABBAT, MAY 16, 10 AM – Zoom Meeting ID# 242 651 284

2020 Confirmands:

Noah Harter    Simon Leiderman    Timothy Mellman
Avraham Palomares    Arza Shapera    Samuel Taylor

2020 Graduates

Zeevielle Drizin    Lauren Flint    Hannah Maloy
Ruth Zuraw

Mazel Tov to these students, and to their parents,
for their dedication to Jewish education and Jewish living.