

NORTH SHORE  
CONGREGATION  
ISRAEL

# The Bulletin

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## What's Your *Kvell* to *Kvetch* Ratio?

BY RABBI WENDI GEFFEN page 3

"What if we chose to use the rest of the year for the daily practice of seeing the good in all our experiences?"

## SENIOR STAFF

**Wendi Geffen**  
*Rabbi*

**Lisa S. Greene**  
*Rabbi, The Susan C. Longo  
Associate Rabbi Chair*

**Ryan E. Daniels**  
*Rabbi*

**David M. Goldstein**  
*Cantor*

**Todd Braman**  
*Executive Director*

**Dr. Roberta Goodman, RJE**  
*Education Director*

**Joel Miller**  
*Director of Operations*

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*President*

**David Cohen**  
*Brotherhood Co-President*

**David Rothschild**  
*Brotherhood Co-President*

**Debra Cohen**  
*Women of NSCI Co-President*

**Mimi Horowitz**  
*Women of NSCI Co-President*

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# What's Your *Kvell* to *Kvetch* Ratio?

BY RABBI WENDI GEFFEN



## I RECENTLY READ

a Harvard Business Review article<sup>1</sup> offering insights from research on the most effective teams in

the business world. Ultimately, the key differentiating factor between the most and least successful groups boiled down to the ratio of positive comments to negative comments offered within the team, and of note, the highest performing teams offered 5 or 6 positive comments for every 1 negative comment, with the least effective teams coming in with a 1:3 ratio instead. Interestingly, the renowned psychologist John Gottman's research concluded that long-lasting marriages share a very similar complement to complaint ratio of 5:1 as well!<sup>2</sup>

Think about the way you communicate. In the aggregate, what percentage of what you "put out there" is positive versus negative? When you consider your reactions to and evaluations of different situations you encounter, is your tendency to offer a complement or a complaint? If you had to tabulate it, what's your *kvell* to *kvetch* ratio? Are you close to the 5:1 ideal? Sadly, most of us come in somewhere in the range of an even split to 1:5! Oy.

It turns out that discerning the negative in any given situation and then "venting" proves very comfortable for us — even comforting. We likely assume that if we just "get it off our chest," we'll feel better about the situation. However, our

When you consider your reactions to and evaluations of different situations you encounter, is your tendency to offer a complement or a complaint?

complaint complacency literally makes us feel worse, as every time we complain, the stress hormone cortisol is released, weakening our immune systems, increasing our blood pressure, risk of heart disease, and predisposing us to a plethora of other negative ailments.

Worse, our tendency to *kvetch* can become second nature to us. As you might remember from biology class, "synapses that fire together, wire together." Every thought we have causes one synapse to fire a chemical to another synapse, bridging them with an electrical signal that carries the information about which we are thinking. Of note is that the connection gets stronger every time that same electrical charge is triggered. This makes thinking the same thought "easier" and more efficient. Put more simply: having a thought makes it easier for us to have that same thought again. But not only that, because we are essentially building up a stronger "complaint muscle" in our brain, the process also predisposes us to negative thinking in general. Instead of seeing only one cup as half empty, we can come to see every cup that way.

What, then, can we do to counter this pull? Can we flip our ratio so our *kvelling* exceeds our *kvetching*? Judaism, not surprisingly, offers a profound, counter-cultural, yet seemingly simple solution: that we learn to be satisfied with and grateful for what we already have, whether positive or negative! The 2,000 year old Mishna succinctly teaches: "Who is rich? Those who are happy with what they have."<sup>3</sup> Whereas in Western culture, we tend to define gratitude as the reactive quality or feeling of being thankful for the gifts and blessings we receive, Judaism moves the concept into an active, transformative experience. One Hebrew term for gratitude — *hakarat hatov* — offers key insight into this shift. Literally meaning "recognizing the good," *hakarat hatov* invites the understanding that gratitude need not only be that feeling after experiencing or receiving something positive, but moreover, gratitude can be something we seek out

and cultivate proactively, recognizing the good that is *already* ours in every situation, even the negative ones. In a gratitude practice such as this, we apply what Judaism calls our *ratzon* — our will — literally to transform the way we think. Through the exact same process that made complaining so commonplace, we can consciously invite ourselves to see the positive, and strengthen our *kvell* muscle instead.

To be sure: not all negative assessments or critiques are bad! When our pure purpose is focused on actually improving ourselves, our relationships, our communities and our world, then certainly our charge is to do whatever we can to take action to bring our vision to reality, and that often begins with complaint. However, if we are honest, most of the time, our default *kvetching* is motivated by self-interest instead.

So, a challenge — or opportunity, depending on how you choose to hear it — as our secular Thanksgiving season approaches, what would it look like to commit ourselves to the practice of getting our *kvell* to *kvetch* ratios in proper order? What if we chose to use the rest of the year for the daily practice of seeing the good, in all our experiences? I'm willing to bet the results will be pretty positive.

As the great liturgist Rabbi Chaim Stern taught: "Days pass and the years vanish and we walk sightless among miracles. God, fill our eyes with seeing and our minds with knowing; let there be moments when Your Presence, like lightning, illumines the darkness in which we walk. Help us to see, wherever we gaze, that the bush burns unconsumed. And we, clay touched by God, will reach out for holiness and exclaim in wonder: "How filled with awe is this place and we did not know it!" ■

1. <https://hbr.org/2013/03/the-ideal-praise-to-criticism>

2. <https://www.gottman.com/blog/the-magic-relationship-ratio-according-science/>

3. *Pirkei Avot* 4:1

# L'Shanah Tovah!

BY JEFF ECHT, PRESIDENT

The following are excerpts from NSCI President Jeff Echt's remarks to the congregation at Rosh Hashanah services:



**THE STATE** of our congregation is strong: *spiritually, administratively, programmatically and financially.*

- **Spiritually** — Our clergy, Rabbis Geffen, Greene and Daniels and Cantor Goldstein continue to find innovative ways to teach and lead us spiritually.
- **Administratively** — Todd Braman and the entire staff continue to provide energy, creativity and organization that allow NSCI to run so very efficiently. As I have said many times, nothing around here happens by accident.
- **Programmatically** — The combination of our Clergy team, the administrative team and Dr. Roberta Goodman and all those involved with our school have created an environment (sometimes physically and sometimes virtually) in which participation in all sorts of programming continues to expand. In fact, enrollment in religious school now exceeds enrollment prior to the pandemic.
- **Financially** — The foundation of our financial strength rests on identifiable pillars.
  1. We have no debt;
  2. We have significant reserves, and our Board is committed to maintaining reserves;
  3. NSCI has built a sizable Endowment and, as an organization, we are committed to build the endowment as an essential component of NSCI's long-term financial stability; and
  4. We benefit from a thoughtful, diligent and comprehensive budget process. Once again, NSCI has operated on a balanced budget.

This solid foundation allows us to look to the future through an optimistic lens.

Let's talk about tomorrow—the future. Not 5 or 10 years from now, but the next 12 months. The success of the *Imagine the Possible* campaign puts us in a place where we no longer need to Imagine.

The *Imagine the Possible* campaign is another reflection of the generosity of those congregants that have already contributed and those future contributors that will help us generate sufficient capital to complete a project of the scale and quality that is fitting for this building and consistent with the quality that our congregants expect and, frankly, deserve.

This is all wonderful and a bit humbling as well. And leads me to a question, how did we get here? Fundamentally, what is the foundation to NSCI's success? Put another way, what could be the true foundational element of NSCI? Let's look to Abraham, the first Jew. Why did G-d choose Abraham as the first Jew, the first monotheist in the world? After all, his family business was idol making. Literally, they made idols. And if this Jewish thing took off, he would have put his family out of business. To put Abraham in a modern context, he was a disruptor—a disruptor of Biblical proportions, in Biblical times.

Ok, but Why Abraham? One word—*chesed*—kindness.

Biblical scholars do not mean kindness of the ordinary variety. Of course, being civil in the Sunset parking lot, helping friends or strangers in need when the occurrence arises—that is kindness. Abraham's brand of kindness was more than that.

Rabbi Jonathan Sacks had this to say: [*Chesed*] is the mark of a people joined by covenant...A community based on *chesed* is a place of grace, where everyone feels honored and everyone is at home."<sup>1</sup>

Jewishness is not measured by the number of times you walk through our doors. Jewishness is not an objective measure. It is a quality, not a mere quantity. I say a quality measured in kindness, dedication to family and community. In a year that saw incredible hardship, struggle, and loss, this year also included immeasurable amounts of kindness, dedication, and community. This year was incredibly Jewish.

Fundamentally, what is the foundation to NSCI's success? Put another way, what could be the true foundational element of NSCI?

NSCI is here every day, every moment—to do what—not just perform acts of kindness, but to be prepared to act and react for this community at any time. And that is what occurred during this past year. Out of innate instinct your fellow congregants, staff and clergy immediately helped fellow congregants and members of our community after an unthinkable and horrific flurry of events.

Why is it important to be prepared, to have no debt, sufficient reserves, a meaningful endowment and to continue to improve this physical structure through the success of the *Imagine the Possible* campaign?

Why? So we, NSCI, can continue to provide both *tzedakah* and *chesed* to our fellow congregants—In all the shapes and forms, on any day of the week, for years and decades to come.

I proffer that NSCI's entire being—the essence of NSCI—is founded in kindness. That is our NSCI. A place where kindness exudes through our hallways, classrooms, sanctuaries and through the individuals that comprise NSCI—our fellow congregants, staff and clergy. In a strange juxtaposition, while it is difficult to imagine all—encompassing *chesed*; at the same time, we enjoy and experience the privilege of all encompassing kindness, right here at our synagogue.

I thank every congregant that has contributed their time, expertise, or financial resources to put NSCI in a position to flourish, and to both receive and express kindness.

Even more simply, thanks to each of you, for your kindness.

*L'Shanah Tova*—wishing you and your network of friends and family a happy, healthy, and yes, a kind 5783. ■

1. Sacks, Rabbi Jonathan. Ten Paths to God, Chessed: Love as Compassion

# The Annual Appeal and *Imagine the Possible* Campaign: Helping Us Deliver Chesed

BY ONNIE SCHEYER,  
DEVELOPMENT CHAIR



**FOR MANY MEMBERS** of the NSCI community, this year's High Holy Days season brought with it a renewed sense

of belonging and commitment. Given the option, once again, of attending services in person or via livestream, an increased number of people chose to come together during the holidays in our beautiful and inspiring spaces, filling every corner of the campus—indoors and outdoors—to pray, to sing, and to feel the power of being with one another. For me, it was a profound time to reflect, to reset, and to move forward together after a long and challenging few years. I hope it was the same for you, wherever and however you marked the holidays.

Rosh Hashanah morning our President, Jeff Echt, considered the concept of

**Our success is measured not just by whether we meet our fundraising goals, but also by how many of our congregants have made an investment in our community.**

*chesed* (kindness) and asserted that our very congregation is founded upon the essence of kindness. What a beautiful thought! He made the direct correlation between the financial wellbeing of NSCI and our ability to act with kindness. As Jeff stated, **having no debt, sufficient reserves, a balanced budget, a meaningful endowment and improved physical structure allows us to focus on the most important work—that of providing our community with kindness.**

He invited each and every member to engage in continued acts of *chesed* and *tzedakah* as a way of supporting one another and expressing our commitment to this community at a critical time in its history.

Many of you regularly support the immediate needs of our congregation every year at this time through the Annual Appeal—funds that enable every congregant to participate in NSCI worship and programming fully, regardless of financial constraints, and that ensure our everyday operational needs are met as well.

By the same token, thanks to the generosity of so many of you, we are poised to complete the ambitious and important *Imagine the Possible* campaign—ensuring that our physical home continues to serve the congregation's needs into the future.

**This year we are asking you to consider supporting both efforts, taking us over the finish line side**

**by side, together.** Your support for the Annual Appeal provides critical operating funds. Your participation in the *Imagine the Possible* campaign will help ensure our health and vibrancy today and into the future. Our success is measured not just by whether we meet our fundraising goals, but also by how many of our congregants have made an investment in our community. While we regularly recognize our Annual Appeal donors, and we will have a special, permanent recognition for those who have helped bring the *Imagine the Possible* campaign to a successful conclusion, we are happy to offer a unique designation in a future Bulletin for those who have answered the challenge to support both efforts. For truly, as Jeff reminds us, it is in these acts of *chesed* and *tzedakah* that we find our humanity, our connection to one another.

Please keep an eye out for a mailing to arrive in early November. You will have the opportunity to contribute to the Annual Appeal, the *Imagine the Possible* campaign, or both. I hope that you will take the time to make as generous a donation as you are able this year. If you have any questions about how to support both efforts or want to make sure that the Annual Appeal meets its needs this year, please reach out to Todd Braman at [toddb@nscli.org](mailto:toddb@nscli.org) or 847.835.0724. ■



**We are ever grateful to Paul Vander Weele for his 50 years of dedicated service as our organist and High Holy Day choir director.**

Paul's presence, although rarely seen by our eyes physically, has never failed to suffuse our spirits, filling our most sacred spaces on so many varied occasions. Paul has added joy to our celebrations and created a vessel for our sadness in times of sorrow. He has brought awe, dignity, meaning and drama to a half century of Rosh Hashanah and Yom Kippur observances. From countless b'nei mitzvah services to the celebrations of our Festivals to Shabbat services and stand-alone concerts, Paul has blessed our NSCI community with his incredible talents and countless gifts. As a true staple of our synagogue for so much of its history, it is, indeed, difficult to imagine NSCI without Paul. Nevertheless, as Paul moves into retirement, we wish him and his beloved partner Mary many years to come filled with good health and immense joy, with a path of blessing unfolding before them both.

CAMPAIGN  
CLOSING  
SOON!



NORTH SHORE  
CONGREGATION  
ISRAEL

# IMAGINE *the* POSSIBLE

NOW IS OUR MOMENT TO IMAGINE TOGETHER

The *Imagine the Possible* campaign is our collective commitment for a better tomorrow.

We are on our way to achieving important goals to ensure the future  
of our congregation for generations to come.



“ NSCI is our synagogue. It belongs to each and all of us, so the ultimate success of this effort will not only be measured by what we are able to physically construct, but also, if not ultimately, by how many of our congregants participate in the *Imagine the Possible* campaign. It is not just that we need everyone's help to bring our efforts to a conclusion; it is that there is no real crossing of the finish line if we are not all there to cross it together. I hope each and every person who considers NSCI their synagogue will step in, in whatever way they can. ”

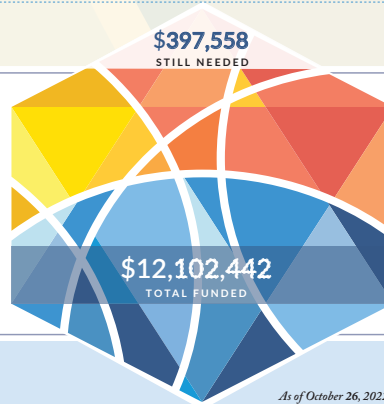
— RABBI WENDI GEFFEN



## PLEASE CONSIDER A CONTRIBUTION

so we can cross the finish line by November 30  
and complete construction by September 2023!

Visit [imagine.nsci.org](https://www.imagine.nsci.org) to contribute  
or for more information.



## CONSTRUCTION PLANNED FOR SUMMER 2023!

### Improve Security

- Main Entrance with Secure Entry Vestibule in the Arcade
- New Secure Vestibule at Religious School Entrance
- Renovated Office Suite; Elimination of Public Access from Exterior Door

### Optimize our Outdoor Spaces

- Stronger Connection between the Indoors and Outdoors
- New Patio Fitted for Tenting; Perfect for Indoor/Outdoor Events

### Modernize our Social Halls for Celebrations, Meetings, and Gatherings

- Contemporary Decors and Updated Aesthetics
- Relevant Technology Upgrades for the 21st Century
- Improved Acoustics and Noise Reduction
- Warm, Intimate Spaces
- Easily and Rapidly Reconfigurable
- Necessary Repairs



# Mazel Tov!

## WELCOME!



**Margot Leah Kalish**  
**BORN JUNE 15, 2022**  
Child of Scott & Lauren Kalish  
Sibling of Miles  
Grandchild of Steve & Marla  
Kalish, Michael & Nancy Yaffe



**Jonah Saul Kalish**  
**BORN JUNE 25, 2022**  
Child of Jeff & Marianne Kalish  
Grandchild of Steve & Marla  
Kalish, Chester & Nancy  
Conboy



**Caroline Minnie Burke**  
**BORN AUGUST 20, 2022**  
Child of Alix & Khaki Burke  
Sibling of Ethan and Nate  
Grandchild of Terri & Rob Olian,  
Mimi & Kevin Burke  
Great grandchild of Doris &  
Bob Olian, Toddy Leavitt,  
Barbara & Jerry Ruther,  
Claire & Charlie Burke



**Nash James Slinker**  
**BORN AUGUST 24, 2022**  
Child of Laura & Alex Slinker  
Grandchild of Kathy & Jim  
Klein, Lisa & Brad Aberle and  
Tony Slinker  
Great grandson of Inge  
Rothschild



**Benjamin Kurt Albertson**  
**BORN AUGUST 27, 2022**  
Child of Amy & Jeffrey Albertson  
Grandchild of Susan Rothschild,  
Bruce Rothschild, Kimberly &  
Jeff Albertson  
Great grandchild of Inge  
Rothschild



**Sophie Arielle Sloan**  
**BORN SEPTEMBER 19, 2022**  
Child of Lindsay & Alex Sloan  
Grandchild of Bonnie & Eric  
Sloan, Rhona & Ira Chick  
Great grandchild of Stuart  
Meyer, Millicent & Harvey  
Pine, Arlene Chick

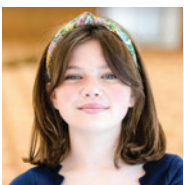


**Emmett Robert Bouta**  
**BORN OCTOBER 13, 2022**  
Child of Rachel & David Bouta  
Sibling of Taylor  
Grandchild of Jill & Bob Moss,  
Patricia Bouta and Bob  
Bouta  
Great Grandchild of June Moss

## B'NEI MITZVAH



**Miles Braman**  
**NOVEMBER 5**



**Lila Gladstone**  
**NOVEMBER 5**

**Matthew Horwitz**  
**NOVEMBER 12**



**Charlie Scher**  
**NOVEMBER 19**

**Lillian Preskill**  
**NOVEMBER 19**

## NEWLYWEDS



**Haley Greene &  
Eric Shan**  
**JULY 16, 2022**



**Sadie Freedman &  
Rob Balikov**  
**AUGUST 27, 2022**



**Allie Urbanus &  
Geoff Perlman**  
**SEPTEMBER 4, 2022**



**Lainie Kleifield &  
Ryan Blatt**  
**SEPTEMBER 10, 2022**

# We Remember

## THE CONGREGATION EXTENDS ITS HEARTFELT CONDOLENCES TO THE FAMILIES OF:

### Irving Amado

Husband of June Amado  
Father of Robert, Kathy (Steve) Mazur, and Karen (Ed) Angeli  
Grandfather of Brian, Robin, Rachel (Adam) Anderson, Amanda (Blake) Wood, Cassandra (Dave) Kockler, and Toni (Matt) Connor  
Great Grandfather of Asher, Mila, Declan, Collins, Vada, Jameson, Sullivan, Payton, Abbey, and Dylan

### Helga Bagan

Mother of David (Laura) Eisen and Marni (Steven) Lewis  
Grandmother of Jacquelyn and Sari Eisen, Jessica (Craig) Singer, and Lindsay (Adam) Grant  
Great Grandmother of Coen, Palmer, and Cooper Singer, Levi and Tessa Grant

### Scott Birnbaum

Son-in-law of Lois and Howard Cain

### Rebecca "Rae" Bolnick

Great Aunt of Tracy Hartlieb

### Rose Goldberg

Mother of Andria (Lee) Canel  
Grandmother of Matthew and Beth

### Dr. Robert "Bob" Goodman

Husband of Dr. Roberta Goodman  
Father of Shoshana and Evan  
Brother of Judy Goodman  
Son-in-law of Judy Louis

### Elaine Grant

Mother of Robert H. (Ilene) Brown, David (Janet) Grant, and Ilise (David) Schwartzwald  
Grandmother of Mitchell (Laura) Schwartzwald, Karen Schwartzwald, Emily (Yoni) Oinounou, Riegan Sage (Toby Scales), Byron Brown, Megan Grant, Michael Grant, and Laura (Andy) Becker  
Great Grandmother of Ten  
Sister of Enid Block

### Jill Grayson

Daughter of Marc (Sulie) Grayson  
Sister of Todd (Marcia) Grayson  
Aunt of Xander and Harrison

### Betty A. Greene

Mother of Rabbi Lisa Greene  
Grandmother of Noa, Talia and David

### Richard Lewis

Father of Steven (Marni) Lewis  
Grandfather of Jessica (Craig) Singer, Lindsay (Adam) Grant  
Great Grandfather of Coen and Palmer

### Mildred Lucas

Grandmother of Amy (Aaron) Galvin  
Great Grandmother of Mia and Lana

### Beverly Mandell

Mother of Steve (Ornit) Mandell  
Grandmother of Kobe, Eden and Emet

### Howard Menaker

Father of Gregg (Michelle) Menaker  
Grandfather of Michael, Harrison and Sally

### Martin Schachter

Father of Jason (Shari) Schachter  
Grandfather of Sam, Spencer and Jared

### Leslee Simon

Father of Ivy (Seth) Bender  
Grandfather of Eva and Lily

### Alice Stone

Mother of Debbie (Tim) Heywood

### Howard Walton

Father of Mark (Juli) Walton and Deborah (Michael) Miller  
Grandfather of Jessica (Seth) Friedman, Elissa (Jeremy) Cohn, Jorie (Griffin) Dwyer, Adam (Kristen) Walton, Jordan (Shannon) Miller, and Allie Walton  
Great Grandfather of Dylan Friedman

### Jerome Weinstein

Father of Liz (David) Kleifield  
Grandfather of Justin, Lainie (Ryan) and Nicki

**Are you prepared?** Pre-arranging burial is part of sensible estate planning. As an NSCI congregant, you are entitled to purchase from a selection of burial spaces at Shalom Memorial Park at a substantial discount. If you are interested in planning ahead or learning more about the congregational plots, please contact Micah Singerman at 847.255.3520.



## Women of NSCI's Judaica Gift Shop

### MENORAH MANIA!!!

**Chanukah 1st candle is December 18.** Our Gift Shop continues to be committed to bringing our congregants and the entire Chicagoland Jewish Community the finest selection of Judaica, carefully curated from American and Israeli Artisans. We have an amazing selection of Menorahs, Candles, Gifts and Books for kids as well as Mezuzot, Talitot, Candleholders, Kiddush Cups, Challah Boards & Covers and other ritual items. We feature the full line of Michael Aram Judaica and are able to special order any items from his extensive Tabletop and Jewelry catalogs.

**Hours: M,T,W,F 10 am – 1 pm, and on Sundays from 9 am – 12 pm when Religious School is in session. We are also open by appointment at a time convenient for you! Questions? Call 847.835.4009 or email [giftshopnsoci@gmail.com](mailto:giftshopnsoci@gmail.com).**



# Support

As a caring community, we strive to meet the growing needs of our NSCI family.  
Visit [www.nsci.org/support](http://www.nsci.org/support) for a full list of resources available to you.

## HANDS OF CHESED, NSCI'S CARING COMMUNITY



Chesed is Hebrew for kindness. Hands of Chesed is a group of NSCI volunteers who want to help you during a

difficult time. If you're dealing with illness, divorce, mourning or other challenges, let us drop off dinner, some groceries or stop by with the warmth of our NSCI community.

*If we can help you, or if you want to join our team to spread kindness, please tell Rabbi Greene, [rabbigreene@nsci.org](mailto:rabbigreene@nsci.org). Hands of Chesed is led by Leslie Rosen.*

*"We were blown away by the gorgeous floral bouquet that was delivered to us today... Thank you and your Hands of Chesed group for keeping us in your thoughts."*

*"I can't thank you and the NSCI volunteers for all you are doing for our family. My dad reports that he is being treated like a king! The rides to the Whitehall on the weekends are so appreciated by him. He is enjoying the wonderful food he is being brought by the kindly volunteers."*

## HEALING SERVICES WITH CANTOR GOLDSTEIN ON FACEBOOK

**WEDNESDAYS, NOVEMBER 9,  
DECEMBER 7  
8:00 PM**

Join Cantor Goldstein for a quiet and contemplative Healing Service. Whether seeking support in navigating the circumstances in which we or our loved ones find themselves, together we can create a quiet, gentle time for prayer, meditation, and song that focuses on healing and wholeness.

*Watch on Facebook (no account necessary): [facebook.com/NSCIGlencoe](https://www.facebook.com/NSCIGlencoe)*

*You can now submit a name to be included in the upcoming service. Submissions will be used as long as they have been received by 11:59 p.m. on*

*the Tuesday (day) before the service. Submit: [nsci.org/form/healing-services/submissions](https://www.nsci.org/form/healing-services/submissions)*

## FREE COUNSELING SERVICES FOR NSCI CONGREGANTS

NSCI is partnering with Jewish Child and Family Services in the coming year. Elizabeth Ury, LNHA and JCFS Chicago Director of Jewish Community Engagement will be available to work with individuals who are looking for resources to help with life events such as divorce, aging issues, mental health and parenting.

*Please email [ElizabethUry@JCFS.org](mailto:ElizabethUry@JCFS.org). This service is free to NSCI members. Additionally, you can call 855-ASK-JCFS (855-275-5237) or email [ask@jcfs.org](mailto:ask@jcfs.org) to access their other available resources including online grief support groups, counseling, Response Center programs.*

## ADDICTION AND RECOVERY SUPPORT GROUPS

As a caring community, we strive to meet the growing needs of our NSCI Family.

*Please visit our website for information on how to access the following support groups [www.nsci.org/support](http://www.nsci.org/support).*

- Alcoholics Anonymous Virtual and In-Person Meetings
- Al-Anon Electronic Meetings
- Alateen Chat Meetings
- Families Anonymous Virtual and In-Person Meetings
- JACS (Jewish Alcoholics, Chemically dependent, and Significant others) a peer-led support group for Jews in addiction recovery, offering space for all Jews in addiction recovery.

## IF YOU'RE IN NEED OF SUPPORT, EMOTIONAL OR TANGIBLE

Please visit our website [www.nsci.org/support](http://www.nsci.org/support) to learn about the various ways that we can assist you or your family and to request support. Your confidential information will go to the NSCI Clergy and we will follow up when appropriate.

## ALCOHOLICS ANONYMOUS MEETINGS

**WEDNESDAYS  
6:00-7:00 PM AT NSCI**

*For information on Alcoholics Anonymous (AA) meetings, contact Mark at 847.738.1919 or email [mopeters21@gmail.com](mailto:mopeters21@gmail.com).*

## FAMILIES ANONYMOUS MEETINGS

**TUESDAYS  
7:00-8:30 PM AT NSCI**

For family members impacted by a loved one's addiction.

*For information on Families Anonymous (FA) meetings, contact Margot at 847.738.0306 or email [mkpeters81@aol.com](mailto:mkpeters81@aol.com).*

**Did you know we have an archive of conversations on our Hub of Support page on our website?**

*Visit [nsci.org/support](http://nsci.org/support) to find conversations about:*

- Balancing caring for elder family and self care
- Parenting during a pandemic
- Healthcare professionals on the frontlines
- NSCI/JUF communal resources for support to our congregants during the pandemic

# Youth & Family Community

## Celebrating the High Holy Days



Left: Tots and their families gathered outdoors for Rosh Hashanah and Yom Kippur tot services.

Right: On Rosh Hashanah, our teens reflected on the past year and created birthday bags for children in families experiencing hard times. And of course, there was fresh apple pie!



*Goodman Center for Jewish Education students learn about the Torah.*

### IMPORTANT GOODMAN CENTER FOR JEWISH EDUCATION RELIGIOUS SCHOOL DATES

**SUNDAY, NOVEMBER 20-27:**  
No School

**SUNDAY, DECEMBER 18:**  
Winter Fest Family Experience

**SUNDAY, DECEMBER 25-  
JANUARY 8:**  
No School

### NEW FAMILY SHABBAT EXPERIENCE



**FRIDAY, NOVEMBER 4**  
**6:00-7:30 PM**

All families with children in grades K-5 are invited to end the week with us—come as you are! At 6:00 PM all children will gather for pizza and fun activities with longtime youth advisor and teacher, Andrea Dalinka, while the adults join for drinks, apps, and learning with Rabbi Daniels. Then at 7:00 PM both groups will come together for a brief musical Shabbat experience with Rabbi Daniels and Alan Goodis.

**RSVP to:** [nsci.org/form/FamilyShabbat](https://nsci.org/form/FamilyShabbat)

### FAMILY WINTER FEST: CELEBRATE CHANUKAH W/ FOOD TRUCKS & FUN!



**SUNDAY, DECEMBER 18**  
**11:00 AM-12:30 PM**

Celebrate Chanukah with hands-on mitzvah projects, holiday games & crafts, live music and food for purchase from local food trucks!

**RSVP to:** [nsci.org/winterfest](https://nsci.org/winterfest)

# Adult Learning & Programs

## ADULT B'NEI MITZVAH



### NEW CLASS STARTING IN NOVEMBER

Adult B'nei Mitzvah is a transformative journey of learning and community. For a year and a half you will learn Hebrew, delve into prayer, theology, holidays and more. On Shavuot, 2024, this class will be called to the Torah as b'nei mitzvah.

*You can still join the class—contact Rabbi Greene today.*

## THE GREATEST HITS OF THE TALMUD (CONTINUES)

**MONDAYS, OCTOBER 24–  
DECEMBER 12**

**1:00–2:00 PM IN CROWN HALL**

Join Rabbi Geffen in studying a selection of the most well-known or important sugiyot (Talmudic discussions) scattered throughout a variety of Talmudic tractates. No experience necessary. Texts will be provided.

*Register: [nsci.org/form/study-the-talmuds-greatest-hits-fall-session-2022](https://nsci.org/form/study-the-talmuds-greatest-hits-fall-session-2022)*

## THE MINDFUL OR MINDLESS LIFE



**SESSION 1: WEDNESDAYS,  
NOVEMBER 2 & 9**

**SESSION 2: WEDNESDAYS,  
NOVEMBER 30 & DECEMBER 7  
7:00–8:00 PM ON ZOOM**

Join Rabbi Geffen in exploration of ancient Jewish spiritual teachings that can strengthen our capacity to live with awareness, generosity and compassion even amidst the most uncertain of times.

*Register: [nsci.org/form/mindful-or-mindless-life-nov-2022](https://nsci.org/form/mindful-or-mindless-life-nov-2022)*

## COFFEE, BAGELS & PRAYER WITH RABBI DANIELS



**SATURDAYS, DECEMBER 3, 10, 17  
11:15 AM–12:15 PM IN PERSON AND  
ZOOM AFTER SHABBAT MORNING  
MINYAN**

You come to services and know the prayers by rote. Do you want a deeper understanding of their meaning? Come in person for coffee and bagels or join on Zoom and learn about the pieces of the Shabbat morning service and their deeper meaning.

*Register: [nsci.org/form/coffee-bagels-prayer](https://nsci.org/form/coffee-bagels-prayer)*

## SENIOR CONNECTIONS



**WEDNESDAY, DECEMBER 7  
1:00 PM**

Let's connect for lively conversation, camaraderie and entertainment.

**Remembering Marshall Fields,  
presented by historian Leslie Goddard:**

From 1852 to 2006, Marshall Field's reigned as Chicago's grandest department store. Learn the history of the Walnut Room, the legendary window displays and of course, Frango mints.

*Contact Susan Ellenby, [susane@nsci](mailto:susane@nsci) with any questions. Register: [nsci.org/form/senior-connections-dec2022](https://nsci.org/form/senior-connections-dec2022)*

## Brotherhood

### BOURBON WHISKEY TASTING AND JEWS IN THE LIQUOR INDUSTRY

**THURSDAY, DECEMBER 1  
7 P.M. AT NSCI**

Join Brotherhood for an American Bourbon Whiskey Tasting and a presentation on Jews in the Liquor Industry in America given by Rabbi Drew Kaplan. Rabbi Kaplan is a noted authority on this subject. Snacks and non-alcoholic beverages will also be provided.

*Cost: \$20 per person, must be 21 or older. Sponsored by Brotherhood. For more information contact Jordan Born or Aaron Wasserman at [brotherhood@nsci.org](mailto:brotherhood@nsci.org). Register: [nsci.org/form/bourbon-whiskey-tasting](https://nsci.org/form/bourbon-whiskey-tasting)*

## Music

### POST KABBALAT SHABBAT CONCERT – CELLO & PIANO SOIREE

**FRIDAY, NOVEMBER 4  
8:00 PM IN PERLMAN SANCTUARY**

Join us for a musical evening featuring Alexander Hersh on cello and Marta Aznavoorian on piano. Music will include Debussy, Stravinsky, Bruch, and Schumann. A light supper will be provided to those who attend the Kabbalat Shabbat service which begins at 6:15 PM. This free concert is generously sponsored by Jim Stone, Madeleine & Harvey Plonsker, and Bobby Takiff.

*Register: [nsci.org/form/cello-piano-soiree](https://nsci.org/form/cello-piano-soiree)*

*Save the date for the next Post Kabbalat Shabbat Concert on Friday, December 9. See [nsci.org/musicprayer](https://nsci.org/musicprayer) for more info.*



# Tikkun Olam



## THANK YOU OPERATION BACKPACK VOLUNTEERS!

With your help, we provided each of Jordan Community Elementary School's 500+ students with a personalized, individually wrapped package of school supplies for them to start the year with the tools they need to thrive in school.

## FAMILY TO FAMILY THANKSGIVING MITZVAH PROJECT

**SUNDAY, NOVEMBER 20**  
**10:00 AM-12:00 PM**

Provide a Thanksgiving meal for a student at Whittier Elementary School (Waukegan, IL) and their family. You can choose to participate in-person or

drop off the requested grocery items on Sunday, November 20 at NSCI.

RSVP to: [nsci.org/thanksgivingbaskets2022](https://nsci.org/thanksgivingbaskets2022)

## ADULT MITZVAH CORPS

**THURSDAY, NOVEMBER 24**  
**8:00-10:00 AM**

We will be picking up meal packages from The Ark Northwest, 3100 Dundee Rd., Suite 802, Northbrook and delivering them to Ark clients.

*Volunteers can sign up to deliver meals by emailing [sherman@arkchicago.org](mailto:sherman@arkchicago.org) to receive the Thanksgiving registration link.*

## HOLIDAY GIFT DRIVE FOR JCFS CHICAGO

**UNTIL NOVEMBER 28**

The JCFS Chicago annual Holiday Gift Drive project in 2022 will return to the tradition of giving gifts. Donations are accepted through November 28 at participating JCFS Chicago locations.

*To participate, sign up "on behalf of myself/my family" at [jcfs.formstack.com/forms/holidaygift](https://jcfs.formstack.com/forms/holidaygift)*

## HOLIDAY GIFT DRIVE FOR MARY LOU'S PLACE (YWCA EVANSTON/NORTH SHORE)

**UNTIL MONDAY, DECEMBER 12**

Donate NEW toys for children 14 years and under, especially for children under 3, for Mary Lou's Place, a shelter for women and children who are victims of domestic violence.

*Bring donations to NSCI's Administrative office outer lobby during regular business hours (Mon-Thurs, 9am-5pm and Fri, 9am-4pm).*

## WILL YOU DONATE BLOOD?

**SAVE THE DATE:**  
**SUNDAY, MARCH 19, 2023**  
**9:00 AM-1:00 PM**

We are partnering with the American Red Cross to host a blood drive at NSCI on Sunday, March 19, 2023, from 9:00 AM-1:00 PM. Before the Red Cross will open the official registration form for us, we must demonstrate that there are enough interested donors—we need 40 individuals to sign up!

RSVP to: [nsci.org/form/giveblood2022](https://nsci.org/form/giveblood2022)

# Women of NSCI

For more information or to register for an event, please go to [www.nsci.org/wnscli](https://www.nsci.org/wnscli).

## BOOK GROUP

**TUESDAYS, NOVEMBER 9,**  
**DECEMBER 13**

Join us as Judy Falk leads us in a discussion. **November book:** *The Last Green Valley* by Mark Sullivan. **December book:** *The Red Address* by Sofia Lundberg.

## SHABBAT SCHMOOZE

**FRIDAYS, NOVEMBER 11,**  
**DECEMBER 23**  
**5:00-5:30 PM ON ZOOM**

Join us for a quick virtual get together prior to Shabbat services.

*Registration is required.*

## WNSCI GENERAL BOARD MEETING

**SUNDAYS, NOVEMBER 13,**  
**DECEMBER 11**  
**9:00-10:00 AM IN THE NSCI FAMILY ROOM AND ON ZOOM**

Email [wnsci@nsci.org](mailto:wnsci@nsci.org) to RSVP.

## COFFEE & CONVERSATION

**WEDNESDAYS, NOVEMBER 16,**  
**DECEMBER 21**  
**7:30-8:30 PM ON ZOOM**

**November:** Judy Wexler and Michelle Scheinkopf: Civil Rights Journey: Reflections from Travels to Alabama and Georgia with WRJ. Join Judy Wexler, WRJ Vice President of Member Services and Michelle Scheinkopf WRJ Executive Committee member will share

their observations and reflections.

**December:** Dr. Madelyn Katz: Madelyn and Her Menorahs! Join WRJ Member At Large, Dr. Madelyn Katz, as she shares with us her extensive menorah collection.

*Registration is required.*

## CHANUKAH ART, CRAFT, FOOD AND FUN WITH PEGGY RUBENSTEIN

**WEDNESDAY, DECEMBER 7**  
**7:00-8:00 PM**

Join Peggy Rubenstein as she whips up some Chanukah miracles for us to enjoy.

*Advanced registration is required. Details to follow!*

# The Ruthie & Bill Katz Archives

## Clergy Feature: Cantor David Goldstein

BY ELLEN (KATZ) BLOCK

**WHEN CANTOR GOLDSTEIN** and Rabbi Geffen were asked, “what made you decide to be a cantor/rabbi and what influenced you?” on December 31, 2021 at our annual “Ask the Clergy” service, we might have expected Cantor Goldstein to say he had always loved music and “knew” that being a cantor was right for him. He did have an early affinity for music, playing the piano at age 5, as well as learning the clarinet, pursuing singing as a teenager and, later, opera and oratorio, but that early, “I just knew I would be a cantor” was not what started his path to the Cantorate.

David Goldstein’s father was a materials engineer, working on such complex projects as the Titan booster and the Lunar Landing Model. In those days, when a project was finished, all the engineers were laid off and had to find new projects to hire them. Cantor Goldstein was born in Baltimore, but the family moved to Denver when he was four, to Buffalo when he was nine, and to New Orleans when he was sixteen. In each city, the family joined reform congregations, and though they started a conservative congregation in Denver, David became Bar Mitzvah at Temple Beth Am in Williamsville, NY.

Along with religion, music was also always a part of family life. David’s mother played the piano, liked to sing, and was involved in social action activities. His father enjoyed listening to classical music. Barry, David’s older brother, is described by David as “a phenomenal artist”. His younger brother, Steven, is a software engineer with two black belts in martial arts and is also Raki healer. What is obvious is that all three boys gained a foundation of spirituality and of giving to others which has pervaded their various interests and careers.

One of David’s early influences at a young age was Barbara Wagner, Music Director and Organist at Temple Beth

Am, when the family lived in Buffalo. The temple at that time had no cantor so he had no Ordained Cantor role model to follow. Barbara sat David right next to her husband, the cantorial soloist. She was also the music director at a girls’ school and made sure young David had opportunities to perform in various musicals including some at her own school.

Though David was accepted into the first class of Biomedical Engineering at Tulane, he went to LSU in New Orleans (Later the University of New Orleans) as an Engineering Major. The summer he began his studies there, he auditioned for summer stock in musical theater. The director convinced him to take on a second major, Music. Not too long after that, he directed all his energies toward music.

David describes his involvement in a synagogue as constant, especially after his Bar Mitzvah. He began singing at the synagogue as a volunteer but later became a paid soloist. When the cantorial soloist at Temple Gates of Prayer synagogue in Metairie (New Orleans) retired, David was asked, at the age of eighteen, to replace him.

In New Orleans, David faced an important choice. The head of the music department at Tulane thought he should move to Germany and follow the “house system” to further his career, which meant you moved to a small German town, learned the operatic repertoire, and expanded your experience. Little by little you moved up to larger towns and, with luck, became well known enough to have roles in the major cities. Another influence on his choice was Judith Raskind, a world renown lyric soprano celebrated for both her voice and her acting and an acquaintance of David’s mother. David said her guidance and encouragement is the reason he stayed in New Orleans. Ms. Raskin’s thought was that David was already having opportunities to sing many different roles and was doing what every singer wants to do. “Why,” she asked



him, “would you move?” A third voice persuasive voice was that of Rabbi Ken Siegel at Temple Gates of Prayer who suggested that David become a Cantor. David asked, “Isn’t that what I’m doing?” and to David’s surprise, Rabbi Siegel replied, “No, you are a Cantorial soloist.” Rabbi Siegel brought Moshe Taube, a revered cantor and Holocaust survivor (saved by Oskar Schindler), to give a concert at the temple and asked him to spend time with David, which he did.

In fall of 1984, David entered the cantorial program at Hebrew Union College, earning his 4th Master’s Degree in Sacred Music. (He holds an MA in Drama and Communications, an MFA in Acting, Directing and Technical Theater and an MFA in Music-Voice). Upon completing his degree, he spent 5 years in Atlanta, then 14 years in Buffalo at Temple Beth Zion, the other reform congregation in Williamsville along with Beth Am, the temple to which his family had belonged when they lived in Buffalo. ■

*See Barry’s work on his website “The Heart of the Onion,” which is described as “a metaphor for a journey—peeling through layers of raw feeling and emotion.”*

**For the full article go to [NSCI.org/archives](https://www.nsci.org/archives).**



# November 2022 ■ Cheshvan/Kislev 5783

S	M	T	W	T	F	S
		<b>1</b> <b>7:00 pm</b> FA Meeting	<b>2</b> <b>9:00 am</b> Sandwich Prep for Feed the Homeless <b>6:00 pm</b> AA Meeting	<b>3</b> <b>1:00 pm</b> WNSCI Mahjong Games	<b>4</b> <b>6:00 pm</b> Family Shabbat Experience <b>6:15 pm</b> Kabbalat Shabbat Service <b>8:00 pm</b> Post Kabbalat Shabbat Concert - Cello and Piano Soiree	<b>5</b> <b>9:30 am</b> Shabbat Morning Minyan
<b>6</b>	<b>7</b> <b>1:00 pm</b> Study the Talmud with Rabbi Geffen - Fall Session <b>6:30 pm</b> Adult B'nei Mitzvah	<b>8</b> <b>1:00 pm</b> WNSCI Book Group on Zoom <b>7:00 pm</b> FA Meeting	<b>9</b> <b>9:00 am</b> Sandwich Prep for Feed the Homeless <b>10:00 am</b> Wise Aging 101 <b>1:00 pm</b> Wise Aging 201 <b>6:00 pm</b> AA Meeting <b>8:00 pm</b> Healing Service on Facebook	<b>10</b> <b>1:00 pm</b> WNSCI Mahjong Games	<b>11</b> <b>6:15 pm</b> Kabbalat Shabbat Service	<b>12</b> <b>9:30 am</b> Shabbat Morning Minyan
<b>13</b> <b>11:30 am</b> Feed the Homeless	<b>14</b> <b>1:00 pm</b> Study the Talmud with Rabbi Geffen - Fall Session <b>6:30 pm</b> Adult B'nei Mitzvah	<b>15</b> <b>7:00 pm</b> FA Meeting	<b>16</b> <b>10:00 am</b> Wise Aging 101 <b>1:00 pm</b> Wise Aging 201 <b>6:00 pm</b> AA Meeting	<b>17</b> <b>1:00 pm</b> WNSCI Mahjong Games	<b>18</b> <b>6:15 pm</b> Kabbalat Shabbat Service	<b>19</b> <b>9:30 am</b> Shabbat Morning Minyan
<b>20</b>	<b>21</b> <b>1:00 pm</b> Study the Talmud with Rabbi Geffen - Fall Session <b>6:30 pm</b> Adult B'nei Mitzvah	<b>22</b> <b>7:00 pm</b> FA Meeting	<b>23</b> <b>Thanksgiving Break Building Closes at 1:00 pm</b>	<b>24</b> <b>Thanksgiving Break Building Closed</b>	<b>25</b> <b>Thanksgiving Break Building Closed</b> <b>6:15 pm</b> Kabbalat Shabbat Service	<b>26</b> <b>9:30 am</b> Shabbat Morning Minyan
<b>27</b>	<b>28</b> <b>1:00 pm</b> Study the Talmud with Rabbi Geffen - Fall Session <b>6:30 pm</b> Adult B'nei Mitzvah <b>7:00 pm</b> Shir Chadash Rehearsal	<b>29</b> <b>7:00 pm</b> FA Meeting	<b>30</b> <b>9:00 am</b> Sandwich Prep for Feed the Homeless <b>10:00 am</b> Wise Aging 101 <b>1:00 pm</b> Wise Aging 201 <b>6:00 pm</b> AA Meeting			

# December 2022 - Kislev/Tevet 5783

S	M	T	W	T	F	S
				1 1:00 pm WNSCI Mahjong Games	2 6:15 pm Kabbalat Shabbat Service	3 9:30 am Shabbat Morning Minyan
4	5 1:00 pm Study the Talmud with Rabbi Geffen - Fall Session 6:30 pm Adult B'nei Mitzvah 7:00 pm Shir Chadash Rehearsal	6 7:00 pm FA Meeting	7 9:00 am Sandwich Prep for Feed the Homeless 6:00 pm AA Meeting 8:00 pm Healing Service on Facebook	8 1:00 pm WNSCI Mahjong Games	9 5:00 pm Shir Chadash Rehearsal 6:15 pm Kabbalat Shabbat Service 8:00 pm Marta Aznavorian with Two Chicago Symphony Orchestra Players: David Taylor on Violin and Richard Hirschl on Cello	10 9:30 am Shabbat Morning Minyan
11 11:30 am Feed the Homeless	12 1:00 pm Study the Talmud with Rabbi Geffen - Fall Session 6:30 pm Adult B'nei Mitzvah	13 7:00 pm FA meeting	14 6:00 pm AA meeting	15 1:00 pm WNSCI Mahjong Games	16 6:15 pm Kabbalat Shabbat Service	17 9:30 am Shabbat Morning Minyan
18 11:00 am Family Winter Fest	19 Chanukah 6:30 pm Adult B'nei Mitzvah	20 Chanukah 7:00 pm FA Meeting	21 Chanukah 9:00 am Sandwich Prep for Feed the Homeless 6:00 pm AA Meeting	22 Chanukah 1:00 pm WNSCI Mahjong Games	23 Chanukah 6:15 pm Kabbalat Shabbat Service	24 Chanukah 9:30 am Shabbat Morning Minyan
25 Chanukah	26 Chanukah Office Closed - Winter Break	27 Office Closed - Winter Break	28 Office Closed - Winter Break	29 Office Closed - Winter Break	30 Office Closed - Winter Break 6:15 pm Kabbalat Shabbat Service	31 9:30 am Shabbat Morning Minyan



**NORTH SHORE  
CONGREGATION  
ISRAEL**

1185 SHERIDAN ROAD  
GLENCOE, ILLINOIS 60022

Admin. Office: 847.835.0724  
School Office: 847.835.7258

**NSCI.org**

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## **IMPORTANT BUILDING DATES**

The office will be closed for  
Thanksgiving at 1:00 PM on  
November 23 and will reopen  
November 28 at 9:00 AM.

The office will also be closed for  
winter break starting on December 26  
and will reopen January 3 at 9:00 AM.

The building will still be open for  
Shabbat services and if needed,  
funeral services and memorials. In  
case of an emergency, please contact  
Todd Braman at 847.835.0724.

## **IN CASE OF AN AFTER- HOURS EMERGENCY—**

death of a loved one, unexpected  
hospitalization or accident— please call  
the synagogue office at 847.835.0724  
and follow the prompts for an emergency.  
One of our staff will call you back  
as soon as possible.

**Chanukah begins on Sunday night, December 18.**

*Chanukah blessings, recipes and resources can be found on the NSCI website:  
[www.nsci.org/worship/holidays#Chanukah](http://www.nsci.org/worship/holidays#Chanukah)*

**As a community, we will celebrate Chanukah at our Family Winter Fest.**



# **Family Winter Fest**

## **Hands-On Mitzvah Projects, Chanukah Games & Crafts, Food Trucks, Music & More!**

**SUNDAY, DECEMBER 18, 11:00 AM–12:30 PM**

**Celebrate Chanukah with hands-on mitzvah projects,  
holiday activities & crafts, live music, yummy food, and watch for  
an email with details about a special Chanukah surprise!**

*Register online at [www.nsci.org/winterfest](http://www.nsci.org/winterfest).*

*For more information, contact Susan at 847.835.0724 or [susane@nsci.org](mailto:susane@nsci.org).*