



Shalom from Rabbi Adam Chalom *“Reflections on Two Months of* *Being Alone, Together”*

Some years ago, I realized that when I was training to become a rabbi twenty years ago, I never expected to spend as much time in front of a computer screen as I actually did. Little did I know...

Centuries ago we were told to beware the Ides of March, but the knives we face are much harder to see and avoid than those used by Roman senators to kill Julius Caesar. We have learned to live with a level of fear in our daily lives that we never anticipated, and this stress has affected our rest, our dreams, our relationships, and the very act of leaving our houses. We know more about epidemiology, supply chains, cleaning

methods and our rate of toilet paper consumption than before. Technology that already existed and was already infringing on our reality has become omnipresent through our children or grandchildren's e-learning, our own business and social lives, and most forms of entertainment. I count it a victory that my children enjoy playing cards with me - real, physical, tangible playing cards with no screen!

We have also had new insight into ourselves. Some couples and nuclear families have drawn closer together through the challenges and enforced isolation, while others are uncomfortable spending so much time together - it may depend on the particular day which one of these your household is! We can get used to almost anything, from leaving more space in the grocery store to wearing masks to protect others. Even the introverts and people used to living alone are starting to miss seeing people in real life.

No doubt, this has been a difficult few months so far, with more difficult months to come. There have been a few nonfatal cases of COVID-19 in our Kol Hadash extended family, and deaths not connected to the disease whose mourning processes have been affected by our isolation. And as we move forward, there will be more challenges, more illness, and possibly returning to more restrictions after a period of more freedom. Returning a limited life would be both easier and harder than experiencing it for the first time. And there are many more new experiences yet to come - a socially-distanced summer and then High Holidays and a national election and more.

Through all of this, I draw strength from the resilience of the Jewish people, who have adapted to new challenges and circumstances many times in their long history. I am inspired by the hard-working people who are performing the real miracles: feeding the hungry, curing the sick, helping all of us to survive and even thrive. And I am grateful to be part of a caring and concerned community which asks often how and whom it can help, a community that draws strength from each other. Though we are alone, we have been and will be alone, together.

If context matters, then we need to both understand this new context and then be flexible enough to change and adapt - as Judaism always has.

All programs have been moved to online video conferences - please be sure to check your email for current notices of program dates, times and video links. If you have questions, you can always contact our administrator Jeremy Owens at info@kolhadash.com.

Celebrations

Friday, June 5, 7:30pm

Confirmation Class Shabbat Service

Join us as we celebrate Jonah Aristodemo, Daniel Gruenbauer, Lili Katz, and Lily Ratnaswamy who have all completed our congregational education program!

Friday, June 12, 7:30pm

Annual Meeting Shabbat Service

This certainly has been a challenging year, but also rewarding in unexpected ways. Join us as we learn from our experience of the past few months and look forward to what the next year promises.

Friday, June 19, 7:30pm

LGBTQ+ PRIDE Shabbat Service

Guest Speaker: Stephanie Goldfarb

Join us for a conversation with Jewish educator and LGBTQ+ activist Stephanie Goldfarb about the complex identities of being queer and Jewish. We'll discuss hot topics such as intersectional feminism, and identity politics in order to gain a deeper understanding of the gatekeeping that prevents marginalized communities from supporting each other. Bring your questions and ideas to the table!

Friday, July 10, 7:30pm

Shabbat Service:

Obscure Jewish Holidays & the Evolution of the Jewish Calendar

If you have Jewish Holidays on your calendar, you might have seen this week includes "the Fast of Tammuz." How did Jewish sources assimilate this pagan practice into Jewish Life?

Friday, July 17

Shabbat Double-Header Including Guest Speaker

6:30pm: Rabbi Chalom Speaks to Oraynu Congregation in Toronto.

What should Humanistic Jews Know? What would we want young Humanistic Jews to learn?

7:30pm: Rabbi Denise Handlarski of Oraynu Speaks to Kol Hadash.

Rabbi Denise is also a Jewish doula, a professor of education, runs an online congregation, and is the author of *The A to Z of Inter marriage*. Rabbi Denise will lead a shabbat celebration and talk on sustainable happiness, resilience, and poetry for the pandemic.

Friday, July 24, 7:30pm

Shabbat Service:

Election Preview 2020 What's at Stake?

What are the major issues (including and beyond Coronavirus) that will decide control of the House, Senate and Presidency? And how can we preserve one American identity through a bitter and divisive campaign season?

Wednesday, July 29, 7:30pm

Tisha B'Av Observance: The Book of Lamentations and Jewish Disaster

The traditional Jewish calendar held a specific space to mourn national destruction and loss - the Ninth of Av, traditionally remembered as the anniversary of the destruction of both Jerusalem Temples (in 586 BCE and 70 CE). The Book of Lamentations was traditionally read in mournful tones, and Jewish disasters of all centuries were remembered. Join us to explore the history of Jewish loss.

Activities

Kol Hadash Blood Drive

Monday, June 1, 12:00-5:00pm

The North Shore Unitarian Church will be a site for a Red Cross Blood Drive. Contact Georgeen Carson at georgeencarson@hotmail.com

Movie Club: The Birdcage

Sunday, June 7, 4:00pm

Celebrate PRIDE month by watching *The Birdcage* and join us for a lively online discussion. Contact Susan Addelson at movies@KolHadash.com

Women's Group: Canasta

Monday, June 8, 1:30pm

The canasta ladies meet on Zoom. If you are interested in getting together virtually, contact WE@KolHadash.com.

Preschool Storytime

Sunday, June 14, 10:00am

Ms. Lynn will read to our preschoolers, and each student will get to share with the class. Contact Lynn Miller at preschool@KolHadash.com

Movie Club/Theatre Club

Sunday, June 14, 4:00pm

For PRIDE month, we watched the musical *Fun Home*. Join us for a discussion of the show led by Eva Friedman. info@KolHadash.com

Women's Group: Canasta

Monday, June 22, 1:30pm

The canasta ladies meet on Zoom. If you are interested in getting together virtually, contact WE@KolHadash.com.

Shabbat Happy Hour

Friday, June 26, 7:30pm

Please join us to reconnect with your Kol Hadash family. BYOB but kibitzing is included. Contact Jeremy at info@KolHadash.com

Zoom Trivia Night

Sunday, June 28, 4:00pm

Join Rabbi Chalom as he hosts a night of trivia on Zoom! All questions are multiple choice. Winners will be announced in the weekly email. Bragging rights are at stake! Don't miss it! Contact Jeremy at info@KolHadash.com

Women's Group: Canasta

Monday, July 6, 1:30pm

The canasta ladies meet on Zoom. If you are interested in getting together virtually, contact WE@KolHadash.com.

Book Club

Wednesday, July 8, 7:30pm

This month we're reading *The Splendid and the Vile* by Erik Larson. All are welcome to join Book Club! Questions? Contact Stacey bookclub@KolHadash.com.

Preschool Storytime

Sunday, July 19, 10:00am

Ms. Lynn will read to our preschoolers, and each student will get to share with the class. Contact Lynn Miller at preschool@KolHadash.com.

Movie Club: Pieces of April

Sunday, July 19, 4:00pm

Watch *Pieces of April* on your own and join us for a lively discussion. Contact Susan Addelson at movies@KolHadash.com

Women's Group: Canasta

Monday, July 20, 1:30pm

The canasta ladies meet on Zoom. If you are interested in getting together virtually, contact WE@KolHadash.com.

Road Rally Scavenger Hunt & Tailgate Party

Sunday, July 26, 4:00pm

Save the date! Socially distant and appropriate for all ages. Details coming soon!

Kol Hadash Finances and the New Coronavirus
by Mike Lippitz (sc@KolHadash.com)



Creating a Kol Hadash budget is usually routine. In preparation for the Annual Meeting on June 12th, the Finance Committee would use this column to explain that our expenses don't generally change much year-to-year, so whether we have a deficit or surplus pivots on membership pledges and donations.

Because most membership pledges and donations come in around high holidays, the current economic disruption has not yet had a major impact on our finances. Even though we had to abandon the spring FUNdraiser, thanks to the broad and generous congregational response to the winter matching grant challenge (the 5000 steps from Lincolnshire to the new KH offices at NSUC) and the 15-year tribute to Rabbi Chalom, we expect to end this fiscal year on June

30th with only about a small deficit. (See chart at right.)

We don't expect that to be the case next fiscal year. It seems likely that gatherings of more than fifty people will not be allowed in northeast Illinois come September, forcing us to hold Rosh Hashanah and Yom Kippur services virtually. Rabbi Chalom and the Steering Committee are already thinking about how to make online services meaningful and compelling. Nevertheless, we expect to lose most of the revenue from guest ticket sales. More importantly, we assume that economic stresses on current and prospective members will impact membership pledges, Sunday school enrollment and donations. If these income sources were to drop 15-20%, Kol Hadash would face a deficit of more than \$60,000.

INCOME	FY19/20 Projected
Membership	206,700
Donations	56,100
Youth Ed Income	27,600
High Holiday Tickets	7,300
Adult Programs	2,500
Interest	5,300
TOTAL INCOME	305,500
EXPENSES	
Core Activities (Rabbi, music,	154,300
Youth Ed Expenses	60,600
Admin and Business Ops.	77,300
Adult Programs and HH	5,000
SHJ	12,700
TOTAL EXPENSES	309,900
SURPLUS/(DEFICIT)	(4,400)

We are taking several steps to cope with the possibility of a large deficit next year. KH successfully applied for a Paycheck Protection Program loan of \$40,000, most of which could be forgiven. (If revenues next year do not fall substantially, we intend to repay all or most of the loan.) We are undertaking a major social media marketing campaign to try to boost membership and build an online audience. And our conservatively-invested Cornerstone Fund has largely weathered volatile markets, which would allow us to absorb a large (but temporary) financial hit.

We are hopeful that those of you who are able will maintain or even consider increasing your financial support when membership renewals begin in July. The success of our current membership model has depended on a significant increase in Sustaining Memberships—those who contribute \$1000 or \$1500 above the full Supporting Membership pledge—as well as a rapid increase in the number and donation level of Contributing Memberships. In this current fiscal year, 25 renewing Contributing Members increased their pledge, 23 stayed the same, and only 9 decreased.

In these uncertain times, we are grateful for the commitment that you, our members, have made to the mission of Kol Hadash, “to create and celebrate a meaningful Humanistic Jewish life through personal enrichment and communal action.” We remain committed to being an inclusive community dedicated to learning and the advancement of Humanistic Judaism.

We have confidence that Kol Hadash will weather this economic storm. We have heard how the community we offer has been appreciated through these difficult times. As we begin our 20th year, we know that our shared future is bright because we will make it so together.

ZOOM TRIVIA NIGHT: SHOOTING FOR THE STARS

Sunday, June 28 • 4:00–5:30pm
The comfort of your couch

with your game show host: Rabbi Chalom

QUESTIONS ARE MULTIPLE CHOICE

Answers submitted online through Zoom and immediately tallied so everyone can see how many players got the right answer and how many were fooled by the wrong choices

Bragging rights are at stake!
Winners will be announced in the next weekly email

Trivia categories include:

A Star Is Born (which came first in time) ★ Hollywood Stars (movies)
North Star (geography) ★ Stars & Stripes (American history/Americana)
Rock Stars (music & geology) ★ Star of David (Jewish)
Twinkle, Twinkle Little Star (astronomy, astrology, space)
And Several More!

Register online to receive Zoom Link:
<https://tinyurl.com/KH-ZOOM-TRIVIA-NIGHT>



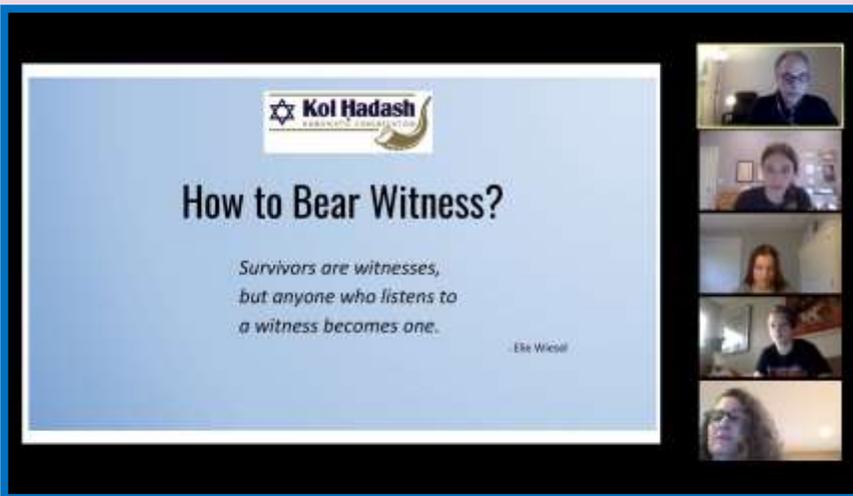
Sunday School: Pandemic Edition

As you know, the last few months of this school year were unusual and filled with many ‘firsts’ for our Kol Hadash community as our Youth Education programs went virtual! From our preschoolers to Confirmation, all of our students had video calls for Sunday School class. Our teachers were creative and nimble, re-imagining their lesson plans for this new environment. Our families also joined video calls to celebrate Jewish holidays – we enjoyed an online Megillah reading for Purim and a virtual tour of the Seder plate for Passover. In May, Rabbi Adam lead our parents and students in a Family Education session for the Week of Action: exploring ways to use our human effort to better our community (from a safe distance, of course). I

encourage you to take a look at our list of [99 Mitzvah Ideas](#) (with hope, you will find several ideas of interest to you). We even had a virtual Sing-Along lead by Music Director Ellen Apley. On the last day of Sunday School, our families gathered together online to enjoy video presentations created by each class to summarize their experience of the 2019-2020 school year (one which will not soon be forgotten!). As I prepare Youth Education programs for the upcoming school year, I welcome your ideas and questions (youthed@kolhadash.com or 773-209-8266).

Preschool Jewish Discovery

Students in our Preschool Jewish Discovery class received a special Passover package in the mail from Ms. Lynn. They enjoyed finger puppets and coloring their own seder plates! Ms. Lynn is continuing with virtual class this summer – check the Kol Hadash website calendar for her monthly preschool storytime.



6th/7th/8th Grade Havdalah Service

Our 6th/7th/8th-grade class held a class Havdalah service on May 6 to conclude their Sunday School year. The students conducted the service on Zoom with Rabbi Chalom, Ellen Apley, and class teacher Mark Friedman and were joined by Kol Hadash members. The class curriculum this year focused on the Holocaust, and in their service, each student gave a presentation on a particular Holocaust

upstander or survivor story the students studied as independent projects. The class also considered the qualities of upstanders that connect to our experience during the pandemic, as we have all made sacrifices and possibly even taken risks to protect the health and safety of ourselves and our larger community. As a group, the students and their families considered what objects they might place in a time capsule so they can be sure to bear witness to the COVID-19 crisis by recording significant aspects of their own experiences under quarantine.

2019-2020 Youth Education Staff

Please join us in appreciation of our wonderful and dedicated Kol Hadash staff. We thank them for their time (and extra effort in these last months of virtual class) and dedication to the youngest ones in our Kol Hadash community.

- *Preschool Jewish Discovery—Lynn Miller
- *1st/2nd/3rd Grade—Michelle Malow, Dan Polonsky
- *4th/5th Grade—Karen Jackson; Class Aide—Ben Katz
- *Music Instruction—Ellen Apley
- *6th/7th/8th Grade—Mark Friedman
- *Hebrew Tutor—Mara Heichman

- *Mitzvah Class + B Mitzvah Tutor—Rabbi Adam Chalom
- *9th/10th Grade Confirmation—David Hirsch, Rachel Samlan
- *Youth Group Leader—Alec Ratnaswamy
- *Guitar Accompanist—Laura Burk
- *B Mitzvah Coordinator—Leah Sosewitz
- *Youth Education Director—Ilana Shaffer

Rabbi Adam Chalom

The *First* 15 Years at Kol Hadash

“Ok, I’ll think about it.” That was 16-year-old Adam Chalom’s response when his childhood rabbi, the legendary Rabbi Sherwin Wine, suggested that he consider becoming a rabbi. Adam had grown up at The Birmingham Temple in Michigan (the founding Humanistic Jewish congregation) under Rabbi Wine’s tutelage. Prior to that conversation, Adam had been thinking about becoming a comparative literature professor, a diplomat, or an immigration attorney. But never a rabbi.

The next summer, before starting college at Yale, Adam split his time between an internship in an immigration attorney’s office and volunteering at The Birmingham Temple. Preferring his work at the Temple, he took a few Jewish Studies classes his freshman year. The following summer, he again split his time between the attorney’s office and the Temple, and again he liked the Temple work better -- so much so that he majored in Judaic Studies. Then, the summer after his junior year, he did a formal internship at the Temple where he was exposed to all aspect of a rabbi’s job, and that was the clincher for him. He discovered that he really liked all the good parts about being a rabbi and didn’t mind the bad parts, even congregational board meetings! (Adam’s summer experience was actually featured in a 1996 New York Times article about interesting summer internships.)

After college, Adam returned to Michigan to take rabbinic classes at the International Institute for Humanistic Judaism while simultaneously earning a Master’s degree in Near Eastern Studies at the University of Michigan. He was ordained as a rabbi at the age of 26, and four years later he earned his PhD in Near Eastern Studies, also from the University of Michigan.

Rabbi Adam spent two years as Assistant Rabbi at The Birmingham Temple under Rabbi Wine and then one year as Co-Rabbi following Rabbi Wine’s retirement. When the rabbi job at Kol Hadash became available in 2004, he was interested for a number of reasons: he liked the idea of a new space where he wasn’t viewed as a “kid” because all the older members knew his parents and in-laws; the Chicago area was easy driving distance to Michigan; and he appreciated Kol Hadash’s commitment to open governance.

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When Rabbi Adam arrived at Kol Hadash, one of the first things he did was call every member and arrange a time for him to make a personal visit. He knew from his experience as a new rabbi at The Birmingham Temple that when following in the footsteps of a long-time rabbi (in our case, Rabbi Dan Friedman), most members are used to the rabbi knowing who they are. Rabbi Adam found the process of meeting so many new people fascinating, and he got the sense that the members also found these meetings to be meaningful. He also made a conscious effort not to make too many changes too quickly to Kol Hadash's liturgy and music.



When listing the challenges he faced in coming to Kol Hadash, one answer was very surprising - our High Holiday choir! Because Rabbi Adam was used to The Birmingham Temple's model of having the entire congregation sing almost every song together, having a choir "perform" was foreign to him. However, after the first High Holiday services, he recognized that there is a place for both listening and participating, and he worked with our music professionals to find the right balance.



For Rabbi Adam, the most enjoyable parts of his job are public speaking, teaching *both* children and adults, performing life-cycle events, and getting to know people personally. He is most proud of Kol Hadash's culture of cooperation and respect, the community's ability to work together to get through difficult situations, and the success of the new dues model. He also appreciates that the Steering Committee is active and engaged, and that people are still showing up at services and adult education programs to listen to him!



The job has also included some surprises. Rabbi Adam never wanted to go into business because he doesn't like sales and marketing. But surprise - he discovered that sales and marketing are important parts of his rabbi job, especially now when he has to compete with so many entertainment options streaming right into people's homes. On the flip side, he used to view rabbis who relied on volunteers to get things done as being somewhat lazy, but he has since realized that having "multiple people pulling on the oars" is important to create a valuable sense of community. Rabbi Adam is very grateful that he was the beneficiary of this sense of community in 2017 when -- for the first time -- he needed to ask Kol Hadashians for help after his father died. He appreciated more than ever before the importance of this emotional connection to community.

Rabbi Adam and his wife, AJ have now been married for almost 18 years. Their daughter Maya is almost 15 and their son Jonah is almost 13.

Three things that few people at Kol Hadash know about Rabbi Adam:

- ◆ He likes watching professional sports. He checks the standings regularly and occasionally listens to sports talk radio.
- ◆ In college, he played intramural squash, table tennis and ultimate frisbee.
- ◆ In high school he studied both French and Spanish but rarely uses either language, other than helping his children with their Spanish homework.

May Yahrtzeits

The following names will be read at the June 12 Shabbat service.

Naomi Abend	Dolores Century	Marvin Gibson	Glicka Hepner	Florence Meisenberg
Laura Addelson	Muriel Diamond	Lillian Goldberg	Terri Jaykowski	Marion O'Neill
Hans Aschman	Anne Dorfman	Franz X. Gruenbauer	Gregory Kowalenko	Louise Ogle
Chaim Ben Efraim	Irving Fishkin	Hy Gurolnick	Susan Landsman	Louis Podolin
Charles Bernstein	Josephine Friedman	Danny Hart	Roberta Levitt	Sidney Robin
				Miriam Sohn

June Yahrzeits

The names being read at the July 10 Shabbat service

Alvin Arbetman	Abert Goldman	Lawrence Handelsman	Sherwin Malis	Shirley Robin	Sam Tenenbaum
Dorothy Arbetman	Minnie Greenberg	Warren Herron	Elliott Mirman	Charlotte Schoenbrod	Sherwin Wine
Aram Bogosian	Morris Greenberg	Yona Holland	Monne Moses	Sigfried Silberman	
Ninette Freed	Paul Greenberg	Gladys Leichenko	Rebecca Osheroff	Sylvia Simon	
Felice Friedman	Jerome Gurewitz	Charles Lippitz	Rose Pashkow	Frieda Simon	

Tributes

Abbe Berry, in memory of Joanne Friedlander, General Fund
Susan & Roger Addelson, in memory of Joanne Friedlander, General Fund
Carmen Rigau & David Beach, General Fund
Becky Schulman, in thanks for making your Adult Education classes available online, Tzedakah Fund
Karen & Jim Cohn, in memory of Joanne Friedlander, General Fund
Sharon & Richard Fellars, in memory of Joanne Friedlander, Tzedakah Fund
Lisa & Mickey Freedman, in memory of Joanne Friedlander, General Fund
Andrea & Mark Friedlander, in memory of Michael Fisher, Weiss Choir Fund
Ric Granroth, in memory of Sandy Granroth, General Fund
Thomas Gurewitz, in memory of Michael Fisher, Weiss Choir Fund
Happy Stone & Rick Henriksen, Weiss Choir Fund
Happy Stone & Rick Henriksen, in memory of Michael Fisher, Weiss Choir Fund
Happy Stone & Rick Henriksen, in memory of Joanne Friedlander, Tzedakah Fund
Glynis & David Hirsch, in memory of Joanne Friedlander, General Fund
Glynis & David Hirsch, in memory of Michael Fisher, General Fund
Joyce & Richard Hirsch, in memory of Joanne Friedlander, General Fund
Joyce & Richard Hirsch, in memory of Michael Fisher, General Fund
Jeffrey Freedman, in memory of Joanne Friedlander, General Fund
Nina & K. Michael Lipkin, General Fund
Susan Wagner & Mike Lippitz, in memory of Joanne Friedlander, General Fund
Margie Marcus, in memory of Joanne Friedlander, General Fund
Margie Marcus, in memory of Miriam and Philip Sitrick
Marsha & Mark Milstein, in memory of Joanne Friedlander
Sara & Bill Race, in celebration of Whitney Race's Bat Mitzvah, General Fund
Marcy & Paul Schumacker, in memory of Joanne Friedlander, General Fund
Ellen Shepard, in memory of Michael Fisher, Weiss Choir Fund
Margaret Wittlinger & Ross Shepard, in memory of Joanne Friedlander, General Fund
Merle & James Styer, in memory of Joanne Friedlander, General Fund
Elizabeth Wolf, in memory of Michael Fisher, Weiss Choir Fund

Passover Seder: Susan & Roger Addelson, Emma Kowalenko & Anthony Bilotti, Sandra Schechner & William Brinkman, Janet Century, Eileen Colton, Marcia Cottle, Marla Davishoff, Michelle Delise, Irene & Allan Dorfman, Michelle Fishman, Susan Garfield, Joyce & William Goldman, Paul Goldman, Melinda & Ron Harris, Kathy & Stephen Harrison, Happy Stone & Rick Henriksen, Joyce & Richard Hirsch, Janene & Lee Kessler, Sally Rosen & Rich Kleinman, Susan Wagner & Michael Lippitz, Jose Salas & Adalberto Madrigal, Margie Marcus, Leora Hatchwell & Tom McCune, Shari & Dennis Meserve, Jerid Morisco, Nancy Okamoto, Rick Rivera, Judy & Steve Rpssemzweog, Stephanie Ross, Marcy & Paul Schumacker, Tamar & Ron Schwartz, Ellen Shepard, Nancy Sohn & Mike Simon, Merle & James Styer

L'Chaim L'Chalom: Susan & Roger Addelson, Elaine & Jerry Baer, Carmen Rigau & David Beach, Sarah & Gerald Beatty, Svetlana Bekman, Emma Kowalenko & Anthony Bilotti, Marsha & Rick Bolnick, Sandra Schechner & William Brinkman, Eve Chalom, Joan Chase, Marcia Clark, Myrna & Garrett Cohn, Marcia Cottle, Marla Davishoff, Michelle DeLise, Larry Deutsch, Irene & Allan Dorfman, Ellen Rucnick & Paul Earle, Faye Eisenberg, Marilyn Litz & Miki Field, Michelle Fishman, Andrea & Mark Friedlander, Rabbi Daniel Friedman, Susan Garfield, Gloria & Mitchell Gibbs, Leah Sosewitz & Helga Gruenbauer, Peggy Bartelstein & Bill Gurolnick, Paula & David Harris, Melinda & Ron Harris, Rhonda & Robert Hart, Happy Stone & Rick Henriksen, Glynis & David Hirsch, Joyce & Richard Hirsch, Paul & Betty Hurder, Karen & Chris Jackson, Terry & Geoff Kass, Janene & Lee Kessler, Alisa & Bruce Klein, Roz & Art Kroft, Michael Levin, Nina & K. Michael Lipkin, Susan Wagner & Mike Lippitz, Jose Salas & Adalberto Madrigal, Margie Marcus, Leora Hatchwell & Tom McCune, Lynn & Elliot Miller, Marsha & Mark Milstein, Dori Rosenbloom & Chet Mirman, Louise Neidorf, Gregory Newmark, Sharon & Stan Noskin, Lita Passen, Judith Perlman, Lorna & Butch Pfaelzer, Sara & Bill Race, Sara & Ed Samson, Sharon Rothstein, Kathryn Schoenbrod, Marcy & Paul Schumacker, Tamar & Ron Schwartz, Sheila & Ron Sebor, Ilana & Marty Shaffer, Ellen Shepard, Michele & Joel Shoolin, Rabbi Miriam Jerris & Steve Stawicki, Sue & Ilya Talman, Marlene Tambourine, Laurie & Michael White, Karen & Rick Whiteman

Family News & Thank You

- Deep condolences to Toby Fisher and her family on the loss of Michael Fisher.
- Deep condolences to Sue Talman and Mark Friedlander and their families on the loss of Joanne Friedlander.
- Mazel Tov to Marsha and Mark Milstein on becoming grandparents.
- Mazel Tov to all of our High School and College graduates, including Ilana Gibson, Sophie Gibson, Ella Harris, Jonah Hirsch, Kate Kramer, Leena Schwartz, Cara Schwartz, Molly Talman, and many more!

Based on 2020 Virtual National Mitzvah Day – www.areyvut.org

1. Accept Help: Accept help from someone offering a lending hand. Receiving kindness is as important as giving it.
2. Actively Listen: Listen. Fight your urge to interrupt someone who comes to you for advice. Sometimes letting someone speak is the best advice you can give them.
3. Advice: Provide advice or guidance to someone who reaches out for help. Time should never be an excuse.
4. Anonymous: Send an anonymous donation to someone you know who is struggling financially.
5. Ask for Forgiveness: Make a list of ways in which you have wronged others over the past week. Resolve to spend the next week asking forgiveness for your actions.
6. Be Yourself: Often we are looking to be someone else and we forget that who we are is absolutely AWESOME!
7. Birthday Call: Pick up the phone & call someone who is celebrating a birthday today. A Facebook post is great, but the personal touch makes all the difference.
8. Bless Your Child: Give your child a blessing. Mention something he or she did this week that made you proud.
9. Board Games: Bring gently used board games & decks of cards to a local homeless shelter.
10. Bone Marrow: If you aren't already in a Bone Marrow Registry find out how you can join. If you joined a Bone Marrow Registry in the past, confirm that your information is up-to-date & ask what else you can do to help.
11. Books: Go through your bookshelves & collect books to donate to a local school, library, or children's hospital.
12. Calm: Don't raise your voice today.
13. Canned Food: Buy one extra non-perishable food item & set it aside to bring to a homeless shelter or food pantry.
14. Card Trick: Head to YouTube to learn a fun card trick & spread some joy & amusement to others.
15. Cart: Return a cart for someone at the grocery store. A small act may make a big difference in someone's day.
16. Cashier: Sincerely say thank you to the cashier at a store. Even though it's their job, this simple gesture can give them reason to keep smiling.
17. Change: Think of one thing in your life that you would like to change & take steps today to make it happen!
18. Choose Wisely: Before making a choice, ask yourself if honesty & integrity are behind it.
19. Closets: Go through your closets for clothing you no longer wear. In one bag, put clothing that is perfectly fine—too small for you, the wrong color, just-not-you, etc. In the other, put stained, torn, or ripped clothing. Put aside the first bag for a local organization that gives clothing to those in need, and the second bag to be fabric recycled.
20. Comfort Mourners: Make a special effort to console & help those who have recently lost their loved ones.
21. Compliment: Give a genuine compliment to someone today & look them in the eye when you say it.
22. Courageous: Be courageous. Stand up for what's right, in business, in school & in your day to day comings & goings.
23. Dishes: Do the dishes without being asked.
24. Donate Blood (if you can): As the number of people with Coronavirus increases, fewer donors will be able to give. Schedule a donation at Lifesource.org.
25. Door: In the future, remember to hold the door open for people who enter or leave after you.
26. Each Person: Give a compliment to each person you encounter through your day. It can be as simple as telling someone that you appreciate them.
27. Eat Well: One of the easiest ways to be kind to yourself is to eat well. Watch what you eat & your body will thank you for it.
28. Empathy: Practice empathy by being aware of someone who's having a hard day. Take time to check on them. Everyone needs a helping hand at times.
29. Empower: Empower someone you know to keep going despite their hardships. If you never give up, you never fail.
30. Engage: Step out of your comfort zone & talk with one person today you would normally overlook.
31. Eyeglasses: Donate old eyeglasses to an organization that recycles them for the needy.
32. Facts: Spread facts & promote the behaviors individuals should be doing to stop the spread of the virus.
33. Family Time: Keep your cell phone out of sight when you're with family. Let's focus on being present.
34. First Responders: Have pizza delivered to your local police or fire station as a thank-you for a job well done.
35. Flowers: Plan to send someone a bouquet of flowers to brighten up their weekend.
36. Foster Animals: Foster or adopt shelter animals. Many shelters have already had to close to the public or cancel events, & others may need to do so soon. Shelters want to move as many animals as possible off into foster homes.
37. Furniture: Set aside furniture you no longer use to donate.
38. Gift: Plan to gift your favorite book to a friend who can gain from it as you have.
39. Handwritten Letter: Write a handwritten letter (because it's more personal than a typed letter) to a grandparent, elderly relative or friend. Share what is going on in your life & ask about their life experiences. Scan and email!
40. Happy: Try to choose to be happy. That's right, we can work towards happiness every day despite our situation.
41. Happy Present: Surprise a friend with a small token of appreciation. It's not the value of the gift, it's the knowledge that someone is thinking of you.
42. Help Isolated Seniors: Check in with them to see what they need, then help them out! To fight isolation, make regular phone or video call visits. Send e-mails or social media messages to seniors who can't have visitors.
43. Humility: Practice humility. Remember, the skills we have are the tools to make the world a better place.
44. Impact: Write a thank you letter to someone in your life who has impacted you for good. Don't let the amount of time passed discourage you from sending the letter along.
45. Introduction: Make an introduction, whether it be two people you think can be great friends or work together. A great way to show you have their interest at heart.

46. Joke: Learn a great joke & share it with others you meet throughout the day. We can all use a bit more laughter.
47. Joy: Take some time to think about what brings you joy. Is it taking a walk in nature, listening to the birds sing, spending time with friends & family, or volunteering?
48. Knitting: Good at sewing or knitting? Donate homemade blankets to people in need.
49. Learn: Commit to learning something new this year & start!
50. Listen: Take the time to listen to the thoughts & opinions of someone who believes differently than you do. Listening doesn't mean you have to agree, but simply to respect that others see things through their own lens.
51. Loan: Loan someone money, free of interest.
52. Local: Support a local business.
53. Lookout: Be on the lookout for opportunities to perform good deeds & act upon them.
54. Make a Meal: Make a meal for someone so they can spend the day doing what they want.
55. Make that Call: The one you've been putting off. Work related or personal, take the time to be honest & connect with that person in your life you've been avoiding.
56. Make-up: Collect unused make-up, perfume & other cosmetics for a center for abused women.
57. Medicine: Offer to pick up medication for someone.
58. Mental Health: Protect the mental health of your family, friends, & neighbors. Rather than telling someone not to worry, consider asking what they are doing for self-care.
59. Merge: If driving, allow another driver to merge.
60. Neighbor: Plan to perform a surprise act of kindness for a neighbor, like baking cookies, yard work or rolling out their garbage can on garbage day.
61. Neighborhood Clean Up: With a garbage bag & gloves, go for a walk in your neighborhood & collect garbage as you go.
62. New: Take a leap & do one thing today that is new, exciting & scares you just a bit (in the positive sense!).
63. No You First: Let someone who has fewer items than you do go ahead of you at the supermarket.
64. Old Friends: Reach out to an old friend & reminisce about a time you both shared together. Memories can recreate special moments & set the path for new ones.
65. Outlook: Turn one negative situation into a positive one. Remember that anything can be positive depending on the way you look at it.
66. Pets: Plan to care for a neighbor's pet &/or offer to take your friend's dog for a walk.
67. Pet Food: Collect pet food for an animal shelter.
68. Philanthropist: Make a donation to an organization that is underfunded & get involved in their work.
69. Plant: To plant a garden is to believe in tomorrow. Plant a garden or grow your own herbs. Planting some greens will reduce your carbon footprint & make our world healthier.
70. Positivity: Share something positive that has happened in your life over the past week with a friend or family member. Ask that person you share with to share as well.
71. Postcards: Send 5 postcards of gratitude to friends; thanking them for their compassion & support.
72. Presents: Give a baby, birthday or wedding gift you owe.
73. Publicly: Publicly share an act of kindness someone has done for you. It just may inspire others to seek out opportunities for kindness.
74. Quiet: Quiet the mind. Take some time with yourself. In the silences we tend to find resolution.
75. Resist the Urge: When you have the urge to gossip about someone, say something positive about them instead.
76. Sandwiches: Plan to make sandwiches to give to a local shelter, soup kitchen or agency.
77. See People: Make an effort to see people for who they are not just what they can do for you.
78. Share: Focus on sharing a talent, a skill, a snack, your time or life experience. You truly have what you give to others.
79. Shopping: Plan to do someone's shopping. A little goes a long way for people unable to leave the house.
80. Shower: Shower those you love with appreciation. Don't forget to say thank you to those who love & support you.
81. Sidewalk Art: Spread cheer & positive messages in your neighborhood by creating sidewalk chalk art.
82. Speak Kindness. Be mindful of the words you share & the tone in which you share them. Ask yourself, how can my words speak life into the heart of another.
83. Spirit: Do something today to strengthen your spirit.
84. Stand Up: Fight xenophobia & racism around the origin/spread of the virus. Call out any & all such racism.
85. Stranger: Do something kind for a stranger. Give kindness with no strings attached & no need to be recognized.
86. Storytelling: Read a book – virtually- as nothing for kids is more comforting than story time.
87. Take a Minute: Take a minute to appreciate all that is around you. Appreciating each moment is a great way to be sure you don't miss a thing life has to offer.
88. Thank You Notes: Doctors, nurses & first responders are working tirelessly now on the front lines fighting COVID-19. Take a minute to say thank you with virtual cards or notes.
89. Think: Remember to think before you speak. Your words can change the world & make a profound impact.
90. Tonight: Plan a fun night; board games, movie or karaoke.
91. Top 10 List: List the top ten things you are grateful for in your life. Leave it somewhere you will see it each day.
92. Toys: Encourage children to donate used toys & games to a local charity & ask them to help deliver the items when .
93. Trait: Choose one positive trait you want to be known for & focus on living it today.
94. Troops: Send a care package to deployed troops, veterans, or wounded soldiers. Write a thank-you letter.
95. Tzedakah Box: Make a tzedakah box – a charity box – & place it in at a convenient place near the door. When you find change, put the coins in the tzedakah box. When the box is full, bring it to a charity.
96. Volunteer: Volunteer virtually for an hour at an organization of your choice.
97. Welcome Basket: Plan to make a welcome basket for a new family in town, including useful telephone numbers, a neighborhood guide & food.
98. You: Carve out time for yourself for something that brings you joy: painting, reading or just sitting quietly for 10 minutes.
99. Your Family: Write a thank you note to parents, spouse, sibling, child, mentor or anyone who has helped you.

June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Kol Hadash Blood Drive @NSUC 12-5:00pm	2	3	4 Steering Committee 7:30pm	5 Confirmation Class Shabbat: (online) 7:30pm	6
7 Movie Club: The Birdcage (online) 4:00pm Greater Chicago Jewish Festival (online) 4:00pm	8 Women's Group: Canasta (online) 1:30pm	9	10	11	12 Annual Meeting Shabbat Service (online) 7:30pm	13
14 Preschool Jewish Discovery: Storytime (online) 10:00am Movie Club/Theatre Club: Fun Home (online discussion) 4:00pm	15	16	17	18	19 LGBTQ+ PRIDE Shabbat: Guest Speaker: Stephanie Goldfarb "At the Intersection of Queer & Jewish" (online) 7:30pm	20
21 Father's Day	22 Women's Group: Canasta (online) 1:30pm	23	24	25	26 Shabbat Happy Hour (online) 7:30pm	27
28 Zoom Trivia Night: Shooting for the Stars (online) 4:00pm	29	30				

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Steering Committee 7:30pm	3	4 Independence Day
5	6 Women's Group: Canasta (online) 1:30pm	7	8 Book Club: The Splendid and the Vile (online) 7:30pm	9	10 Shabbat Service: Obscure Jewish Holidays & the Evolution of the Jewish Calendar (online) 7:30pm	11
12	13	14	15	16	17 Rabbi Chalom Speaks at Oraynu Congregation, Toronto (online) 6:30pm Shabbat Service: Guest Speaker: Rabbi Denise Handlarski (online) 7:30pm	18
19 Preschool Jewish Discovery: Storytime (online) 10:00am Movie Club: Pieces of April (online) 4:00pm	20 Women's Group: Canasta (online) 1:30pm	21	22	23	24 Shabbat Service: Election Preview 2020: What's at Stake? (online) 7:30pm	25
26 Road Rally Scavenger Hunt & Tailgate Party (socially distant) 4:00pm	27	28	29 Tisha B'Av: The Book of Lamentations and Jewish Disaster (online) 7:30pm	30	31	