



Bruce Elder, Rabbi

Robert J. Marx z"l, Founding Rabbi

D'varim

Community & Change: My Knee's Insight

I am not a hiker. Though, sometimes, I like to pretend to be. Somewhere within the first mile of any given hike, my legs start to feel heavy and I fantasize about happening upon a luxurious bench in the middle of whichever "wilderness" I'm traversing. No doubt, in the long hike of the Exodus from Egypt, I would've been among Moses' most vocal complainers.

So, I wasn't surprised when in 2021, on a hike in Los Angeles with Yaakov, my knee suddenly decided to make a worrisome sound with each step. Terrified (and to my secret relief), we ended the hike and I promptly called a doctor and physical therapist.

My diagnosis? There seemed to be no physical issue with my knee, rather, I was "not using it often enough and in the proper way." If that doesn't scream sitting-at-a-desk-studying-in-rabbinical-school-for-five-years mixed with a 3-year-pandemic, I'm not sure what does.

Despite my many rabbinical school intensives, my "rabbi" of a physical therapist taught me an invaluable lesson. She helped me realize that everything I needed to know about community, my knee could teach me. Here were some of my favorite tips:

My physical therapist taught me that with every step I take, it helps to lean in.

How often do we go through the motions of our days and weeks without fully offering our most present selves? What affect might our mindlessness have on our community as a whole if we repeatedly avoid leaning into important issues impacting those around us?

My physical therapist taught me that when one muscle starts to overcompensate for an underused muscle, it begins to hurt.

*It is all too easy for us to ignore instead of fix. And when our community ignores things that need attention, not only do some of us experience compassion fatigue from taking on too much, but we **all** begin to hurt. Wake up. Do your part. Don't assume the person next to you can take it all on themselves.*

My physical therapist taught me that daily stretching is key to change.

We all know change is incredibly difficult. And when we are faced with the massive burden and challenge to change something about ourselves or our world, it can overwhelm and paralyze us, preventing us from action entirely. But, change cannot happen overnight. Just a little bit each day, as our ancient Mussar practice teaches, makes significant, meaningful change possible.

My physical therapist taught me that when it feels like nothing is working, give it another month.

Communities, like knees, sometimes need to bend, readjust, stretch, move, and receive support. And, sometimes, even with all that, we may feel that nothing is working. In this world of constant rushing and the need for immediate results, let us remember, like our Torah, that it takes time and patience to "turn it, turn it, turn it again." (Pirkei Avot 5:22)

Though I hope it does not take an aching knee to challenge you to live up to such ideals, I do hope that my knee may serve as a reminder for all of us, myself included, that our bodies have the power to teach us sage wisdom about the needs of our community, if only we learn to lean in with each step.

L'shalom,
Rabbi Anna Calamaro

Prayer and Celebration

Friday Evening Services

Zoom Meeting ID: 292 137 266

Unless otherwise noted below, we will be holding our summer Friday Evening Kabbalat Shabbat Services through August at **7:00 p.m. outdoors/in-person** at the **North Shore United Methodist Church** (213 Hazel Avenue, Glencoe) **AND via Zoom**, except for the last Friday each month which will continue to be held via **Zoom only**.

If you are joining in-person, please note:

- Please bring your own lawn chair or blanket.
- If it rains, we will move the service indoors at the church.

Location Information: The North Shore United Methodist Church (NSUMC) is located at the intersection of Hazel Avenue and Greenleaf Avenue in Glencoe. We will have access to the restrooms in the church.

August 4 Shabbat Eikev
7:00 p.m. Torah Portion: Deuteronomy 7:12-11:25
Haftarah: Isaiah 49:14-51:3

Service Outdoors/ In-Person and via Zoom

August 11 Shabbat Re'eh
7:00 p.m. Torah Portion: Deuteronomy 11:26- 16:17
Haftarah: Isaiah 54:11-55:5

Musical Guest: Tory May

Service Outdoors/In-Person AND via Zoom

August 18 Shabbat Shoftim
7:00 p.m. Torah Portion: Deuteronomy 16:18-21:9
Haftarah: Isaiah 51:12-52:12

Musical Guest: Leah Shoshana

Shabbat Picnic (5:45 p.m.) & Service in the Park Outdoors/In-person and via Facebook Live Crow Island Woods Park

August 25 Shabbat Ki Teitzei
7:00 p.m. Torah Portion: Deuteronomy 21:10-25:19
Haftarah: Isaiah 54:1-10

Service Leader and Musical Guest: Tory May Shabbat Service via Zoom Only

Hosts Needed for Friday Night Onegs

Hosting a Friday evening Oneg is a wonderful way to honor the memory of a loved one on his/her yahrzeit or to celebrate a b'nai mitzvah, birthday, anniversary, or another special occasion with the congregation. **Volunteers are needed!** Go to the following link for the instructions needed to host: www.tinyurl.com/HakafaOnegInstructions To volunteer to host, sign up online at this link (<http://tinyurl.com/oneg-hosting>) or by contacting **Gayle Inbinder** (oneg@hakafa.org or 847-951-0380) and **Jill Mihailovic-Sternberg** (oneg@hakafa.org or 773-710-4436). You can also contact Gayle and Jill for more information.

Shabbat Morning Minyan

Zoom Meeting ID: 847 8216 0504

Please join us on **Saturdays, August 5 and 19 at 9:00 a.m. OUTDOORS** at the home of **Barbara and Allen Anderson** (849 Oak Drive, Glencoe) for this hour-long service and study. The service will also be accessible **via Zoom** for those who are not able to participate in-person. Our Shabbat Morning Minyan is a wonderful opportunity to enhance your celebration of Shabbat. People of all ages are encouraged and welcome to attend.

PLEASE NOTE: If the weather is bad, we will meet indoors at the North Shore United Methodist Church (213 Hazel Avenue, Glencoe).

Calling All Tots & Their Grown- Ups!

Bring a blanket and join **Rabbi Calamaro** for Shabbat songs, guitar playing, stories, and playground fun! And, of course, we will enjoy challah and have time to socialize! We will meet at **Brickyards Park in Deerfield** (375 Elm Street) on **Saturdays, August 5, August 12, and August 19 from 11:00 to 11:30 AM!** Tot Shabbat is geared toward children 4 and younger along with their parents/grandparents and siblings. Come for one Saturday or for all of them, and feel free to bring friends!

Summer Shabbat Picnic and Service

in the Park on August 18 

Hakafa members of all ages are invited to bring a blanket and/or lawn chairs along with family and friends, and join us for Shabbat Services in the park on **Friday, August 18 at 7:00 p.m. at Crow Island Woods Park** (1140 Willow Road, Winnetka) or **via Facebook Live!** The service will be followed by a special oneg!

If you would like to join us for dinner before services, **bring a picnic for your family/friends at 5:45 p.m.**

Location Information: Crow Island Woods Park is located at 1140 Willow Road in Winnetka - just east of the intersection with Hibbard Road. Follow the GRAVEL ROAD entrance all the way back to the parking area. There are restrooms at this park and a shelter to use in case of rain.

High Holiday Choir

Rehearsals Begin August 15!

Enthusiastic singers are needed to join our dedicated core for the High Holidays! To fill the sanctuary with sound, we are counting on several new members to join our forces. Our new choir director, Tory May, is happy to help new members. If you are interested in singing with our High Holiday choir, please plan to attend the six rehearsals on the following dates:

Tuesday, August 15, Tuesday, August 22, Wednesday, August 30,
Tuesday, September 5, Tuesday, September 12, Monday, September 18

All rehearsals take place from **7:00 to 9:00 p.m.** at the **North Shore United Methodist Church (213 Hazel Avenue, Glencoe)**. For more information and to have a book of music ready for you at the first rehearsal, contact **Tory May** (torymlala@gmail.com). Don't hesitate for a minute ... jump right in!

Member News

Membership Renewal Forms

Hakafa's 2023-24 membership renewal materials (including the Membership Renewal and Financial Commitment Form and School Registration Form) were mailed/emailed in mid-July to all current members for the new fiscal year.

They can also be found posted on the Hakafa website (<https://www.hakafa.org/membership/membership-renewal>) from where they can be downloaded and printed.

If you have not already done so, please renew your membership and register for school either online or by filling out a paper form by August 15. These are the links to renew online:

Membership Renewal and Financial Commitment Form: <https://tinyurl.com/HakafaMembRenewal23-24>

School Enrollment Form:
<https://tinyurl.com/HakafaSchool23-24>

If you are not a current Hakafa member but would like to join our circle, go to this link for membership information and our Membership Form:
<https://www.hakafa.org/membership/prospective-members-0>

If you know of someone interested in learning about Hakafa, contact **Rona Elder** (admin@hakafa.org) or **Janet Lubetkin** (vicepresident@hakafa.org).

You can also contact our Dues Treasurer, **Joli Fridman** (dues@hakafa.org), with questions about financial commitments.

Mazal Tov to:

Ann and Alan Meyers on the birth of their grandchild, William Bernard Meyers, to Brad and Nicole Meyers.

Ellen & Michael Alter and Laura & Howard Klapman on the birth of their grandchild/great-grandchild, Maya Eman, to Daniel Alter and Yasmine Goelzer

Thank You to:

Mimi Dray for coordinating Shabbat-in-the-Home for the second year, working to carefully make sure all participants' health comfort levels were addressed and allowing our congregation to safely gather and celebrate Shabbat together.

Thank you as well to all of our Shabbat-in-the-Home hosts who so generously opened their homes.

Condolences to:

David Millman and family on the loss of his mother, Myrna Millman

Sally Nador and Rachel Nador and family on the loss of their son/brother, Michael Nador

Esther Pullman and family on the loss of her cousin, Barbara Abrams

Congregation Meeting

Zoom Meeting ID: 850 3496 3619

Please come to our next Congregation Meeting **via Zoom** on **Sunday, August 20 at 10:30 a.m.** All members are welcome and encouraged to attend and to offer their ideas and opinions. If you have any questions, contact **Barbara Miller** (president@hakafa.org or 847-835-8000).

Member News (continued)

Kadima Summer Potluck Picnic

Our Kadima Annual Summer Potluck Picnic is back! Join us on **Sunday, August 27 at 4:00 p.m.** on **Betsy Hersher's deck** (1444 Stratford Road, Deerfield).

We'll provide a non-vegetarian main dish and paper goods/utensils. You provide a salad, side dish, dessert, or drinks to share.

Please R.S.V.P. to Betsy Hersher (betsyhersher@gmail.com or 847-454-5109) **or Sharon Gutan** (gutan627@comcast.net, 847-256-0638, or 847-989-4183) **and let them know what you will bring and if you need a ride.** We're trying to carpool for parking, the environment, and just plain rides!

Come at 4:00 or be a little late – just COME! And, feel free to bring any guests who may be interested in Congregation Hakafa. We can't wait to get together!

Kadima ("forward" in Hebrew) is a Hakafa initiative formed in the fall of 2013. Primarily made up of "forward" thinking, dynamic, empty-nest members of the congregation, it is open to all interested congregants.

What Would Bubbe Think? A Young Professionals Havdallah

Tattooing and Psychedelic Therapeutics are two fields historically shunned by the Jewish community. However, more and more young Jews are embracing them today. Can Judaism make room for them? Will it?

All young adults in their mid-20s and 30s who are members of, grew up in, or are associated with Hakafa are invited to join us on **Saturday, August 12 at 7:00 p.m.** at **Sketchpad** (4411 N Ravenswood Ave, Suite 300, Chicago) for drinks, small bites, and an interesting discussion led by **Noah Elder**, Tattoo Artist at Latin Ink, and **Daniel Goldberg**, Co-Founder and Partner of Palo Santo Psychedelic Therapeutics Fund. We will also be joined by young adults who grew up at Emanuel Congregation.

Please RSVP at: <https://tinyurl.com/YoungAdultAug23>.

Relief from Financial Stress

If you are suffering from economic hardship and could use a little help, please reach out to Rabbi Elder (rabbi@hakafa.org, 847-266-8854). We have funds available to assist you.

Please Welcome our New Members:

David Bliss and Susan Zonia

John and Cheryl Susman

Help Us Increase Our Membership

Each year we hope to bring in a few new members to Hakafa. Our membership typically grows by word of mouth when current members introduce their friends, family, and neighbors to Hakafa. There are several ways to introduce potential new members to Hakafa:

- If you have friends looking to join a temple, tell them about Hakafa. Email them our current newsletter, give them the link to our website (www.hakafa.org), and suggest that they look at information for prospective members.
- Please consider inviting friends and neighbors to join us at Shabbat Services or any other services – either in-person or online. Here's the link to our calendar so you can see what they might be interested in: <https://www.hakafa.org/calendar>.
- Invite new families to visit Religious School on a Sunday and/or get in touch with Bibi Patt, our Director of Education. Bibi is happy to meet with any families and answer questions about our Religious School/Hebrew School/High School program. (Please pre-arrange a visit so that our teachers can be prepared.)
- Tell your friends about our wonderful Sunday Adult Study sessions and have them attend a session with you.
- Invite your friends to participate in a Hakafa social justice program. Sharing experiences leaves lasting impressions – and may result in friends telling other friends, who may be interested in our social justice efforts and our Circle.
- Rabbi Elder welcomes the opportunity to meet with prospective members. Feel free to put friends/family/neighbors in touch with him!

If you have new member outreach ideas or want to get involved in recruiting new members, please contact **Janet Lubetkin** (vicepresident@hakafa.org or 847-721-0600).

Member News (continued)

Making Contributions to Hakafa

Throughout the year, people ask how they can make a contribution to Hakafa. We have three funds that accept donations, and we always value your support:

- Our **General Fund** supports the day-to-day operations of the synagogue. Please make your check payable to "Congregation Hakafa."
- **Rabbi Elder's Discretionary Fund** directly supports those in need in and around our community. Rabbi Elder directs the usage of these funds. Please make your check payable to "Congregation Hakafa" and write "Rabbi Elder's Discretionary Fund" on the memo line.
- Our **Endowment Fund** supports special programming not covered by the budget. Endowment Trustees direct the usage of these funds. Please make your check payable to "Congregation Hakafa" and write "Endowment Fund" on the memo line.
- **The Rabbi Robert J. Marx Social Justice Fund** supports new justice initiatives proposed by congregants that reflect the values and life of our founding rabbi. Please make your check payable to "Congregation Hakafa" and write "RJM Fund" on the memo line.

If you would like to make your donation in honor or in memory of someone, please be sure to include a note in your envelope with the appropriate information so that a card can be sent to the honoree to let that person know about your donation.

All donations can be mailed to: Congregation Hakafa, P.O. Box 409, Glencoe, IL 60022. It is also possible to make donations with a credit card. Please contact Rona Elder (admin@hakafa.org) for assistance with that. If you are interested in a legacy giving plan, please let us know and arrangements can be made. If you have any questions, please do not hesitate to contact Rona.

Adult Education

Tuesday Evening Tanach Study

Zoom Meeting ID: 662 730 822

All are invited to join Rabbi Elder **via Zoom** for weekly Tanach study on **Tuesday evenings**, from **7:30 to 8:45 p.m.** Each week, we proceed through the Bible, verse by verse, discussing its content and various interpretations. New participants are always welcome. **Class will NOT meet on August 22.**

Please Note: Class on the first Tuesday of each month (August 1 this month) will meet **in-person** at the North Shore United Methodist Church (213 Hazel Avenue, Glencoe) **and via Zoom.**

Musar Class

Zoom Meeting ID: 242 631 590

Musar is a long-standing tradition of exploring Jewish ethics with a particular focus on character formation. Join Rabbi Elder via **Zoom** on **Wednesday mornings** from **10:00 to 11:00 a.m.** to delve into selections from the Musar tradition, in text and in practice. The goal of the class is to take a more academic approach to Jewish ethics and ethical literature, and use some of the techniques of the Musar Movement (*chevruta* study, personal reflection time, and others) to deepen our understanding of ourselves.

Please Note: Class will not meet on August 23.

Midrash Class

Zoom Meeting ID: 696 226 468

Join us either **in-person** at the **North Shore United Methodist Church** (213 Hazel Avenue, Glencoe) **OR via Zoom** on **Tuesday mornings** from **10:00 to 11:00 a.m.** to study *midrash* with Rabbi Calamaro. Midrash is the creative, interpretative process of the rabbis over generations. Through midrash, we see how the rabbis saw the text of the Bible - its lessons, its messages, its practical applications, and its relevance to them throughout time. Through the study of midrash, we will see how much of our understanding of the biblical text has been influenced by theirs. **Please Note: Class will not meet on August 29.**

New Class: Lattes & Limmud

Zoom Meeting ID: 863 2720 5788

All are invited to join **Rabbi Calamaro** once each month (usually on the second Thursday of the month) for lively discussion on a variety of topics. We will meet this month on **Thursday, August 10** from **9:00 to 10:00 a.m.** both **in-person** at the home of **Cookie and Ned Robertson (211 Dennis Lane, Glencoe)** and **via Zoom**. We hope you will join us!

Adult Education (continued)

Wednesday Afternoon Tanach Study

Zoom Meeting ID: 813 358 443

All are invited to join Rabbi Elder **either in-person at the North Shore United Methodist Church (213 Hazel Avenue, Glencoe) OR via Zoom** for weekly Tanach study on **Wednesday afternoons from 1:00 to 2:30 p.m.** Each week, we proceed through the Bible, verse by verse, discussing its content and various interpretations. ***Please Note: Class will not meet August 23.***

Social Action

A Just Harvest

PLEASE NOTE: Our work at A Just Harvest is ending this month. In addition to challenges in finding volunteers each month, we have also been unable to find a replacement for Monique Parsons as Hakafa's coordinator. After many years of serving tirelessly in this capacity, Monique is stepping down. We thank Monique for all of her hard work and dedication.

Volunteers are needed to provide food and/or to help serve lunch at A Just Harvest's Community Kitchen (7649 N. Paulina St, Chicago) on Sunday, August 13. You can sign up to drop off food by 11:00 AM on Sunday and/or sign up to help serve from 11:00 AM to 2:30 PM (ages 12 and up only). *Hakafa's tzedakah fund can reimburse you for expenses, if needed.* **Click here for more details and/or to sign up to volunteer:** <http://tinyurl.com/a-just-harvest>. Contact **Monique Parsons** (monique.parsons@gmail.com) with questions.

Volunteers Needed to Help Make Sack Dinners for the Night Ministry

Hakafa will be donating **100 sack dinners** to The Night Ministry to distribute to people experiencing homelessness. **We need volunteers to prepare 10 to 20 meals** for pickup on **Sunday, August 6**. Hakafa's tzedakah fund can reimburse you for expenses, if needed. We also need **volunteers to collect them locally and drop them off at the home of Barb Scott** (306 Washington Avenue, Highwood) **on August 6**. Then, **on Monday, August 7 we need two volunteers to help deliver the meals to the Night Ministry**. Contact **Barb Scott** (bams457@gmail.com) for more details and/or to let her know if you can volunteer.

The Work of Hakafa and Second Nurture Making a Difference in the Foster Care System

Last Fall, Hakafa partnered with Temple Jeremiah in Northfield to establish a Second Nurture Cohort in our Chicago community (<https://www.2nurture.org/>). In February, families from both congregations collaborated with Comfort Cases (<https://comfortcases.org/>), a national organization, to create 240 backpacks filled with books, pajamas, and toiletries for children aged birth to 21 distributed to five agencies in Lake and McHenry counties that support foster children.

After our February kick-off event, we began building relationships with organizations such as CASA Lake County, Let It Be Us and Allendale 4kids. We also joined foster care groups on Facebook for research purposes.

In May, we officially started our Cohort. Our progress has been steadily growing with six families and twelve children RSVPing for our July meeting. We are actively working on establishing connections with organizations such as The Therapy Institute and Hephzibah in Oak Park.

We're now reaching out to our Hakafa and Temple Jeremiah communities for assistance. We need help watching the children during cohort meetings. As we continue to evolve, we will communicate additional opportunities to support this work.

Along with Susan Isenberg and Beth Shabelman from Temple Jeremiah, we are beginning to see positive results from our initial efforts. We're excited about our potential to make a difference in the foster care system in the Chicagoland area. If we can even help one child and one family, it will be a success! **If you have questions, want information regarding fostering or want to offer to help, please contact Beth McCullough (mikeandbeth_60089@yahoo.com, beth@2nurture.org or 847-722-5430).**

Congregation Hakafa Calendar

August 2023 – Av / Elul 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> TC = Glencoe Park District Takiff Center (999 Green Bay Road, Glencoe) WCH = Winnetka Community House (620 Lincoln Avenue, Winnetka) NSUMC = North Shore United Methodist Church (213 Hazel Avenue, Glencoe) </div>		1 10:00 am Midrash Class (NSUMC & Zoom) 7:30 pm Tanach Study (NSUMC & Zoom)	2 10:00 am Musar Class (Zoom) 1:00 pm Tanach Study (NSUMC & Zoom)	3	4 7:00 pm Shabbat Service (NSUMC & Zoom)	5 9:00 am Shabbat Morning Minyan (Home of Barbara & Allen Anderson & Zoom) 11:00-11:30 am Tot Shabbat (Brickyards Park, Deerfield)
6	7	8 10:00 am Midrash Class (NSUMC & Zoom) 7:30 pm Tanach Study (Zoom)	9 10:00 am Musar Class (Zoom) 1:00 pm Tanach Study (NSUMC & Zoom)	10 9:00-10:00 am Lattes & Limmud (Home of Cookie and Ned Robertston)	11 7:00 pm Shabbat Service (NSUMC & Zoom)	12 11:00-11:30 am Tot Shabbat (Brickyards Park, Deerfield) 7:00 pm Young Adult Program (Sketchpad)
13	14	15 Newsletter Articles Due 10:00 am Midrash Class (NSUMC & Zoom) 7:00-9:00 pm High Holiday Choir Rehearsal (NSUMC) 7:30 pm Tanach Study (Zoom)	16 10:00 am Musar Class (Zoom) 1:00 pm Tanach Study (NSUMC & Zoom)	17	18 5:45 pm Picnic Shabbat Dinner (Crow Island Woods Park, Winnetka) 7:00 pm Shabbat Service in the Park (Crow Island Woods Park & Facebook Live)	19 9:00 am Shabbat Morning Minyan (Home of Barbara & Allen Anderson & Zoom) 11:00-11:30 am Tot Shabbat (Brickyards Park, Deerfield)
20 10:30 am Congregation Meeting (Zoom only) 4:00 pm Hakafa Outing to the Chicago Sky Game	21	22 10:00 am Midrash Class (NSUMC & Zoom) 7:00-9:00 pm High Holiday Choir Rehearsal (NSUMC)	23	24	25 7:00 pm Shabbat Service (Zoom only)	26
27 4:00 pm Kadima Summer Potluck Picnic (Home of Betsy Hersher)	28	29 7:30 pm Tanach Study (Zoom)	30 10:00 am Musar Class (Zoom) 1:00 pm Tanach Study (NSUMC & Zoom) 7:00-9:00 pm High Holiday Choir Rehearsal (NSUMC)	31 7:00 pm Teacher Orientation Meeting (TC)		



Congregation Hakafa

Address: P.O. Box 409, Glencoe, IL 60022

Phone: 847-242-0687

Congregation Email: conghakafa@hakafa.org

Hakafa Website: www.hakafa.org

Barbara Miller.....President
 Janet Lubetkin.....Vice President
 Mike McCullough.....Operations Treasurer
 Allison Blakley.....Secretary
 Joli Fridman.....Membership Treasurer

Bruce Elder.....Rabbi (847-266-8854 or rabbi@hakafa.org)
 Anna Calamaro.....Rabbi (rabbiana@hakafa.org)
 Rona Elder.....Administrator (847-242-0687 or admin@hakafa.org)
 Bibi Patt.....Director of Education (847-650-7720 or education@hakafa.org)
 Lori Wilansky.....The Circle (847-732-7656 or wilanskyl@comcast.net)

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The Circle



August 2023

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