

Ezra-Habonim, the Niles Township Jewish Congregation
SISTERHOOD CORNER— October, 2023

Judy Arkin, Editor (kjarkin99@comcast.net)

Judy Frank, Co-President (judy@tcscorp.com) and Diane Rosenfeld, Co-President (raynesd@aol.com)

From the President's Desk...

As we write this article, it is the evening before the start of Rosh Hashanah 5784. The past 30 days of the month of Elul have flown by with alarming speed. We have taken time to reflect and think about some changes we can make in our lives for the coming year. We look forward to the awakening sound of the shofar and the sweetness of apples dipped in honey.

As we continue to maneuver our way through the Tishrei cycle, we now would like to focus on the holidays that come towards the end of the month, Sukkot and Simchat Torah. We encourage all of you to come to services on Sukkot and visit our synagogue's new sukkah. Enjoy some challah and wine as we shake the lulav and etrog.

We will be celebrating Simchat Torah on October 8th. We invite all of you to join us as two members of our sisterhood will be honored by the synagogue—Rose-Lynn Jaffe and Jackie Lauwasser, along with her husband, Jack.

Our Sisterhood is a member of both the Women's League for Conservative Judaism and the Central Great Lakes Region. Both organizations offer us a wealth of programming and classes on zoom, most at no cost. You should be receiving the e-mails, but if you are not getting them, please let one of us know. We invite you to sign up for some special programs being offered this year, specifically Mathilde's Master Class or the next 3-year Bat Mitzvah Cohort.

We hope to see you in person for our next three programs: Games Day! on October 15th, The Jewish Deli Exhibit at the Illinois Holocaust Museum and Education Center on November 1st and our Book and Author program with Renee Rosen on November 8th. Please see more information in the enclosed flyers.

We wish each and every one of you a *Chag Sameach* (Happy Holidays)!

L'Shalom, Judy Frank and Diane Rosenfeld

News and Notes...

Be a media mogul! A \$5 contribution makes you a sponsor of our Sisterhood Bulletin.

Please mail your contributions to:
Judy Arkin c/o EHNTJC Sisterhood
4500 Dempster Street • Skokie, IL 60076

Our Media Moguls this month are:

**Esther Berman,
Joan Cook**

*(in honor of the birthdays of nephew Matthew Kaplan,
niece Raleigh Kaplan, daughter Sheri Dressler and son
Scott Kaplan and the wedding anniversary of son and
daughter-in-law Scott and Vickie Kaplan),*

Fran Givertz

(in honor of my family and friends),

Mickey Gordon

*(in honor of my children, grandchildren
and great-grandchildren),*

Miriam Goldberger

*(in honor of my grandson, Ari David Schencker on his
winning various academic scholarships, athletic MVP
and graduating from New Trier High School),*

Bobbie Levin, Dori Marks,

Esther Manewith

(in honor of our grandchildren),

Ada Rabinowitz and Judi Stein

Good and Welfare...

- **Refuah Shlemah** to Becky Cherry.
- **Condolences** to Judy Frank on the passing of her son, Robert Elliott Frank.
- **Condolences** to Debby Reinstein on the passing of her mother, Pearl Grau.
- **Condolences** to Nina Summers on the passing of her father-in-law, Alan Summers.

TODAH RABAH • תודה רבה • THANK YOU

- Thanks for the anniversary Leagrams...Sharon Zite.
- Thanks to Renée Repkin, Sally Brown-Winter, Carla Price and Diane Rosenfeld for their kind donations to Sisterhood in memory of Robert Frank.
- Thanks to Robin Cember for her generous donation to our Sisterhood programming.

MEMBERSHIP UPDATE!

by Roz Cherry – Membership V.P.

Our Opening Luncheon on September 6th was very successful and a good time was had by all.

Thanks to everyone that helped!

Don't miss our upcoming programs.....if you haven't sent in your 2023-2024 dues, please do so now!

Sisterhood Judaica Gift Shop

by Ada Rabinowitz - Ways & Means V.P.

The gift shop is here to serve our members. If you have a suggestion of an item that you would like us to purchase for the gift shop, please let us know. Are you or a loved one moving into a new house or condo – we have *mezuzot* and scrolls. Do you need a gift for a special occasion? Please browse the display cases in the social hall. If you have questions, would like an item, or are interested in ordering something, please call Ada Rabinowitz at (847)530-5517.

Remember, supporting our Sisterhood supports our synagogue!



Torah Fund

by Rose-Lynn Jaffe
Torah Fund V.P.

Through the grassroots efforts of dedicated, resilient women, the Torah Fund Campaign of Women's League for Conservative Judaism has continued as the philanthropic heart and soul of Women's League. The annual Torah Fund Campaign provides the opportunity to help support Jewish educators of the future. By donating to Torah Fund you align with others who value learning, knowledge and providing the future generation with relevant skills to fortify the Jewish people around the world. The Jewish Theological Seminary, New York; Ziegler School of Rabbinic Studies at AJU, Los Angeles; Schechter Institutes, Jerusalem; Seminario Rabinico Latinoamericano, Buenos Aires; Zacharias Frankel College, Potsdam, Germany are the five institutions of higher Jewish learning whose students have benefitted from your donations to Torah Fund.

This year, 2023-2024, the theme for our campaign is *Kol Yisrael Arevim Zeh Ba'Zeh* – All the people of Israel are responsible for one another. The pin that you see pictured here highlights the word “arevut” – responsibility. Over the next few months I will review the timeline of Torah Fund beginning with its creation in 1934, and how the women of Women's League accepted the responsibility of assuring financial assistance to our institutes of Jewish Education and their students now and for the future.

**A BIG WELCOME to our new
Sisterhood Members:
Joann Stearns and
Sara Berezin**

Education Corner

by Rachel Schwab

The ‘Senses’ of the Holidays

The High Holidays are upon us and all of us probably use all of the five senses when we think of them, either our past recollections or our upcoming thoughts. Think of the way we experience the five senses in which we experience our world; they are truly miraculous.....

SMELL: When you think of Rosh Hashanah, smells have a power to trigger memories and emotions like no other sense. Think of how you feel when you smell the chicken soup simmering away or brisket slow-cooking in the oven of holidays past and look forward to that every new year.

VISION: Every one of us has a specific visual childhood memory, often associated with family members that are no longer with us and holidays, what outfit we had on, where we were gathering. Very specific visual recollections stay in our mind's eye where we ‘see’ it all very clearly.

TOUCH: Touch is the first sense to develop in babies and is considered one of the most essential aspects of human development. During our Shabbat and holiday services, this is why when the Torah is carried around, we are allowed to touch the holy scroll because it is a mitzvah to do so.

HEARING: “Hear Oh Israel, the Lord our G-d, the Lord is One,” Judaism's most iconic prayer, the Shema, begins with the command to “hear.” Rabbi Lord Jonathan Sacks explained that Judaism ‘offered a radical alternative, faith in a G-d that we cannot see, a G-d who cannot be represented visually’. Judaism long has recognized the importance of hearing. The blast of the shofar, the sounds of the Jewish liturgy, the sounds of Jewish songs, all create powerful memories.

TASTE: Different tastes have the ability to transport us viscerally to a particular memory or emotion, creating a deep-seated recollection associated with food. This is why during these upcoming holidays, a taste of honey cake or gefilte fish can bring up a lot of emotion helping you remember the specific moments in the past when you had those foods. Many of us remember first tasting the wonderful combination of apples dipped in honey when we were very young and forever associating it with the sweetness of the new year to come. This helps link sweetness and positive feelings towards Judaism for the rest of our lives. Preparing and buying special foods sends the message that holiday meals are unique and different from the rest of the week, it gives us a way to viscerally connect with our tradition.

Everyone have a Happy, Healthy delicious, meaningful Holiday season filled with excellent tasting food and wonderful memories to go with it!

Our Sisterhood is an affiliate of

