TEMPLE BETH-EL
3610 Dundee Rd. Northbrook, IL 60062
www.templebeth-el.org

The Bulletin

A Proud Tradition of Worship, Education and Community

Volume 264 **December/January 2020/21** ***Kislev/Tevet/Sh'vat* 5781**

From the Rabbi's Study

Rabbi Sidney M. Helbraun

Dear Friends,

It was Friday morning a little over a month ago, when I sat down at my computer, looked at my calendar and literally felt a wave of relief wash over me. In a just a few hours we would celebrate Simchat Torah. The next morning I would celebrate with a Bar Mitzvah family and in the evening, rejoice with another family at their son's wedding. And then, after this final burst of activity, the High Holiday season would "officially" be over and my life could begin to return to a more regular pace.

While the High Holidays are a stressful time for me, this year there was extra pressure. A month before Rosh Hashanah my father fell and broke his hip. After spending weeks isolated in a rehab facility, he was sent home in the care of hospice, and I flew down to Florida to help him and mom settle back in. When I left, he was in a pretty good place – stable and comfortable.

That was my lead-in to the Holidays. And on that morning, a couple of months later, I was finally able to catch my breath and breathe a little deeper knowing that after Shabbat, whatever was to come, I'd be able to give it my attention.

So, there I sat on Friday morning, at my computer, getting ready for a busy weekend. It was about an hour later when my phone rang. It was mom. Dad was distressed, she said. Could I say a prayer? I did – but he was no less distressed. Mom spoke briefly to the hospice nurse who was sitting beside her, and then she asked me to come down. It was 11 am. I was on a 2:30 flight.

(continued on page 4)

Coming Up

CHANUKAH DONUTS & RUACH SHABBAT

See how we're celebrating Chanukah this year! Request your free jelly donuts by Dec. 4.

See Page 8

VIRTUAL SERVICES

Zoom links to all services

See Page 6

BECOME A SAFETY AMBASSADOR

Join Rabbi Helbraun in becoming a Safety Ambassador this winter!

See Page 10

TBE TO GO

Order delicious Mediterranean cuisine from Mizrahi Grill in Highland Park on Dec. 7!

See Page 13

To click on links, check your email or visit https://templebeth-el.org/the-bulletin/ for the digital version of this bulletin!

In This Issue

PAGTAH 2
Education Update 5
Virtual Services 6
Classes for Adults 7
TBE TO GO! 13
Member News 15
Memorial Plaques. 18
Acknowledgements 20
Donation Form 23
Service Schedule 28

BIG THANKS to Temple Beth-El Men's Club for providing the funds to make our building shiny and beautiful again. Due to the generosity of TBE Men's Club, the outside of our building, stone ledges, window trim and ground level decorative stone were cleaned. We encourage you to drive by and see the difference! Thank you again to TBE Men's Club for the continued support.

Lily and Josh Dapin, students at Temple Beth-El's Religious School are proud of their Havdallah Spice Bags created through our new virtual Judaic Art Course. Read more about this exciting new program here: https://bit.ly/virtualjudaicart2020

Rabbi Ari Moffic joined Rabbi Helbraun and Cantor Kahan for a weekly Virtual Havdallah for our Religious School students. You can watch this program anytime here: https://vimeo.com/476706110

Good News

Send us your **photos, videos or ideas** for staying connected, learning and having fun during this time of social distancing.
We want to share your ideas with our members!
Email Shaina at sfarwell@templebeth-el.org

Dear Friends,

We hope this letter finds you well and staying safe.

As we are all aware, the number of Covid cases in Illinois are increasing. As a result, the Illinois Department of Health issued new guidance urging residents to stay home and only leave for "essential activities." We know how disappointing it is to be in this situation but hope that everyone realizes how important it is to follow these guidelines.

A few weeks ago, Temple Beth-El had one of our maintenance staff members test positive for Covid. She is now recovering at home and we all wish her a speedy recovery. Fortunately, due to the procedures we have in place, no one on our staff or building was affected.

Throughout this pandemic, we have actively received advice from medical professionals in our community including our Temple Beth-El COVID Team and have followed the guidance of local governmental officials. In light of our current situation, we want to inform you that Temple Beth-El is instituting the following actions:

Office Hours: Our office remains open, however staff are only present during limited hours. When not in the building, staff is working from home, where they check their voicemail and emails regularly. If you need to come to the building, please call ahead (847-205-9982). If you cannot reach a member of the staff by phone or email, do not hesitate to call Janice Hadesman on her cell phone 847-650-0396. If you are in need of clergy, please contact our clergy on their cell phones as well: Rabbi Helbraun at 847-902-2664, Cantor Kahan 773-871-5945.

Religious School: Our School year began in September with some students attending in person, and others choosing to learn online. As of Sunday, November 15 parents have been notified that all students will move to online learning. Music and Art will continue to be a vital part of our curriculum. Please remember to pick up your child's supplies at the temple so they can work successfully from home. A determination on returning to in person sessions will be based on the guidance of local governmental officials, along with the advice of our COVID team, and consultation with medical professionals in our community. School Families will receive updates to our policy through email.

All Meetings and Classes will continue being offered online. Approximately 80 people attended our last successful program sponsored by our Sisterhood and Men's Club where they learned about Billy Joel, his life and his music. It's never too late to join any of our ongoing adult ed classes offered weekly by Rabbi Helbraun, Ari and Rabbi Weissberg. Please refer to our weekly eblasts for a listing of all additional opportunities and as well as zoom links.

We strongly encourage you to follow all recommendations issued by the State of Illinois, and to go out only when needed. Continue to practice rigorous hand-cleaning protocols, avoid touching your face, and cover your mouth/nose when sneezing/coughing.

Finally, please know that our clergy, staff and community are here for you. If you need groceries, medications, supplies, financial assistance or someone to talk with, please do not hesitate to call us.

We know this is a confusing, painful and potentially lonely time. We care for all of you and have made these difficult decisions out of that care, and our hope to stay connected as much as possible.

L'Shalom,

Rabbi Sidney Helbraun
President, Don Solomon
Executive Director, Janice Hadesman
Cantor Adam Kahan
Director of Congregational Learning, Ari Moffic

(Rabbi Helbraun's article continued)

There are many people I'm grateful for – my mom, who was clear in her desire for me to be there, and the hospice nurse who was there by her side. Debbie, who told me to go and she would handle whatever else needed to be done. My dear friends, Janice, Cantor and Ari, who responded immediately, dropped everything, and created beautiful, loving experiences for our temple families. Those special temple families I was supposed to share the weekend with, who were more than understanding of my circumstances and told me not to worry about them. And finally, a special friend who taught me by example that some things are non-negotiable. You do them. You go. Because life doesn't always give you a second chance.

That last one was a lesson I had to learn the hard way. Honestly, there were many times in my life when I didn't go: a friend's wedding I didn't attend, and a niece's Bat Mitzvah. In my mind, there were good reasons not to go. There were conflicts – important moments in the life of our temple family that I felt responsible for and didn't think I should miss. And on this particular Friday morning, this last Shabbat before the High Holiday season ended, there were more than a few of those "important moments" staring me in the face.

But thankfully, this time I was able to banish that little voice in the back of my head that was strongly suggesting I wait just one more day before traveling back down to Florida. For if I had listened to it, I would have arrived too late to hold my dad's hand, to sit with my mom and sister, and to say goodbye. The moment would have passed without me, and the regret I would have felt would have never left.

Friends, all of us face hard choices, commitments that pull us in different directions, good reasons for missing special moments. But I'm here to remind you that there are some opportunities that only come once. There's only one chance to lift your niece in the air after she reads from the Torah, and only one chance to dance with that bride. I missed those, and I regret it still.

But on the day my father died, God blessed me by permitting me to be with him, my mother and my sister. And I gave myself a blessing by pushing aside that quiet, insistent voice that was telling me to wait just one more day.

Friends, whatever the occasion – whether it's to dance with the bride, comfort the bereaved, or hoist a loved one in the air - don't wait. There aren't always second chances. And there are some moments in life that you don't want to miss. Be there.

With Love,

Rabbi Sid

From The Cantor's Corner

Cantor Adam Kahan

When we learned the story of Chanukah, many of us were told of oil that lasted for eight nights, and a great military battle where the little guy beat out the bigger army. That is a good story for our little ones, but the fuller story could use updating for our more developed minds.

- What if the military victory was more a well negotiated peace… that didn't last very long?
- What if the prevailing story of long-burning oil was just a political statement from thousands of years ago, and the story of a military victory was just a political statement from the last century?
- What if the battle being fought was less about a foreign army against Jews, but more a battle being waged between different Jews over who got to be in control?

That would make for quite a battle… quite a political struggle… quite a game between opposing Jewish entities.

A Game of Cohns!

Join me on **Tuesday, Dec. 15 at 7:30 pm** on Zoom for a riveting class about the real story of Chanukah, the nature of understandable political realities experienced back then, and how we can relate to them today.

A Game of Cohns
with Cantor Kahan

Tuesday, Dec. 15 at 7:30 pm

Check your email for the Zoom link to join!

From The Director of Congregational Learning

Rabbi Ari Moffic

Pride. Nachas. Lately, when I hear the word pride, I associate it with LGBTQ support and celebration. This is pride in the array of the human experience and in the bravery it is to live one's truth. Pride is also one of the seven deadly sins. In Judaism, we have a similar warning against being too proud. Do not be haughty, egotistical, insensitive, all-knowing, narrow-minded, stubborn, or boastful. We are taught to be humble like Moses.

I want to use pride for this bulletin article in the positive. I want to share how proud I am of the children and families of our school. They came in person to the Temple for some weeks with masks on, smiling eyes, eager minds and openness to learn and have fun. They switched to virtual learning with ease, understanding and graciousness. Some have been Zooming in from the beginning and have been patient, friendly, present and participating.

Our students have resolve. They are resilient. They are trying. They are tired. They are stressed and overwhelmed and frustrated. They are kind and helpful, adorable and vulnerable.

Our 6th graders Zoom with an Israeli educator each month. Last month, she brought us to her supermarket and we learned lots of new Hebrew vocabulary. We saw what is the same and different in an Israeli market. This month, we met an Israeli family with a 4th grader and 6th grader. Our students were able to ask questions about sports in Israel, Harry Potter, Netflix and American Ninja Warrior. Our students inquired about what b'nei mitzvah ceremonies and celebrations are like in Israel and asked all about school there. They were shocked to find out these children go to school on Sundays (but their school day is shorter). We saw how similar our lives are. We saw that Judaism pervades every facet of life. Secular Israelis have mezuzot on their doors in their homes. The word for head covering, like in Little Red Riding Hood, is kippah. The Jewish holidays are associated with school vacations, parties and food that everyone is eating. We heard the Hebrew of our prayers spoken in a modern context and picked up on lots of Hebrew/English words (English words said with an Israeli accent) like, "telephone, Xbox, cornflakes (means cereal generically), park, okay and more.

We felt proud of our Judaism. We felt proud of our connection. We felt proud of Israel. I can't teach that. It's just what we felt. This feeling fills us. It makes us smile. It makes us whole. It enriches us. It grounds us. We have that sense of belonging here and there. We are one extended family. Nachas. As the 23rd Psalm states, "My cup runneth over."

President

Don Solomon

Are you getting our emails? We send out information about all of our events and services via email to those who we have an email address for or have subscribed to our email list.

These emails provide information on adult education opportunities, religious school events, links to our Shabbat services, minyans, healing services, fundraising events, Tikkun Olam (repair the world) opportunities, as well as all the good things happening with our TBE families.

If you aren't getting these emails, be sure to check your Spam or Junk folders to see if your email service is automatically sending them there. If you don't see them there, contact the Temple office and make sure we have the correct email address on file and ask to be added to the mailing list.

When you do get these emails, be sure to SCROLL ALL THE WAY DOWN. There is A LOT of information provided and most people will only look at the first or second item.

On another note, I noticed that our Temple Beth-El Retreat was scheduled for this past weekend (Nov. 13-15). This is of course another casualty of COVID-19.

Retreat has always been my favorite Temple event. It is so nice to get away from the hustle and bustle of life for a few days and spend some time relaxing and getting to know fellow TBE families in the beautiful setting of the OSRUI overnight camp on Lake Labelle in Oconomowoc, WI.

For those with children, it's a great way to introduce them to overnight camp. The kids get to explore the camp and spend the night in a cabin if they choose to.

The adults stay in hotel-like rooms with private bathrooms. It's not the Ritz, but it is far from camping.

There are various activities for families as well as those without children. There's some free time thrown in as well. In the evening we have "adult time" where the kids are sent off to their cabin with counselors and the adults get to hang out, chat, or play some games and enjoy some adult beverages if desired. Lots of fun and laughter. Lots of food too.

If you are new to TBE or are feeling disconnected from the synagogue, I strongly suggest joining us next November (hopefully). It is a great opportunity to make some new friends as well as get to know the clergy in a relaxed social atmosphere.

Due to a generous donation from one of our congregants, the cost for this event has only been $100 per family. (Try to find a place to spend the weekend with your family for only $100!) We hope to be able to continue offering it at this very low cost.

Stay safe and healthy TBE and hope to see you next year in Oconomowoc.

Ongoing Virtual Services

Services **Password for all links: 2059982**

Early Morning Minyan **Wednesdays** **7:45 am Schmooze / 8:00 am Service**

Join Mark Trachtenberg for an early morning minyan every Wednesday. No prayer book needed!

Led by: Mark Trachtenberg and Doug Schwartz

Zoom link: https://us02web.zoom.us/j/94829611138?pwd=ZzRuM0VUYXRKTWhnUm1uUXNZTC85QT09 or dial in by calling 1-312-626-6799 and enter Meeting ID: 948 2961 1138

Kabbalat Shabbat Service* **Fridays** **5:30 pm Schmooze / 6:00 pm Service**

Join Rabbi Helbraun and Cantor Kahan virtually as we offer prayers from the heart. We hope that our words will usher in a period of transition – from weekday to Shabbat, from a period of anxiety to a respite of peace. We also hope to see your faces on our computer screen, to feel a sense of connection in knowing that we are here together, in hope and prayer, in love and care, in spirit and soul.

Led by: Rabbi Sidney Helbraun & Cantor Adam Kahan

Zoom link: https://us02web.zoom.us/j/98178385503?pwd=NUtocG5rejJjSlRCZGJUUG83bVZKQT09 or dial in by calling 1-312-626-6799 and enter Meeting ID: 981 7838 5503

Prayer book link: Mishkan T'filah for Shabbat

***Can't get onto Zoom?**

Click the button to the right to follow us on Facebook and watch the service streaming from Facebook Live!

Find us on Facebook

Casual Morning Minyan **Saturdays** **9:30 am**

Join us for a morning minyan every Saturday.

Zoom link: https://us02web.zoom.us/j/91236569784?pwd=YkJ2STdVbndBWWRqR2pHTFdKVk13dz09 or dial in by calling 1-312-626-6799 and enter Meeting ID: 912 3656 9784

For more information contact: sfarwell@templebeth-el.org

zoom

social, spiritual, educational
on zoom

Adult opportunities
Temple Beth-El

New & Ongoing Virtual Opportunities

Register online now:
http://bit.ly/tbeclasses2020

All classes take place on zoom!
For more information contact:
sfarwell@templebeth-el.org

Book of Genesis **Mondays** **7:30 - 8:30 pm**
I can't tell you how many times people have lamented that, now that they're adults, they wish they had learned more about Judaism when they were kids. I have good news – it's not too late! Join me on a journey through Genesis (the most interesting book of the Torah) and beyond – starting with the stories of Abraham and Sarah. There's no homework, and no excuses are ever needed if you miss a class. If you don't have a copy of the Torah at home, here's a link to a terrific website www.sefaria.org where you can find one. (They also have an app.) Looking forward to sharing a new experience with you! No cost.
Led by: Rabbi Sidney Helbraun

Intermediate Adult Hebrew **Mondays (Jan. 11 - May 10)** **6:00 - 7:00 pm**
For those who can read Hebrew but want to know what they're reading: some modern Hebrew and prayer book meaning! Please contact Ari Moffic (arimoffic@templebeth-el.org) if interested.
Class Cost: $20 for Members / $165 Non-Members (per semester)
Led by: Rabbi Ari Moffic

Talmudic Treasure **Tuesdays** **9:30 - 11:00 am**
The Talmud is a repository of Jewish wisdom and inspiration. Join Rabbi Weissberg's Tuesday morning class to explore, imbibe and enjoy the Rabbinic mind and spirit that is cogent to this very day. Knowledge of Hebrew or Aramaic is not a prerequisite. Texts will be provided.
Cost: $125/members, $150/non-members (for 2020-21)
Led by: Rabbi Victor Weissberg

The Rest of the Bible: The Books of the Samuel **Fridays** **9:30 - 10:30 am**
Every child knows the song David Melekh Yisrael – but do you know his story? Together we will explore the Books of Samuel which introduce us to the prophet who gives David his crown, as well as King Saul (who preceded him) and Solomon who followed. In a world where archeologists are uncovering Biblical features every week in Israel, come and meet the people who lived in that world. If you don't have a copy of the Bible at home, here's a link to a terrific website www.sefaria.org where you can find one. (They also have an app.) Looking forward to sharing this experience with you! No cost.
Led by: Rabbi Sidney Helbraun

JOIN TEMPLE BETH-EL FOR

CHANUKAH RUACH SHABBAT

FRIDAY, DECEMBER 11

5:30 pm Schmooze

6:00 pm Ruach Shabbat Service

Join Rabbi Helbraun & Cantor Kahan on Zoom for a special Chanukah Ruach Shabbat filled with music and more!

Have your Chanukiah (Menorah) ready to light for the service.

Zoom link:
https://us02web.zoom.us/j/98178385503pwd=NUtocC5rejJjSlRCZGJUUG83bVZKQT09
or dial in by calling 1-312-626-6799 and enter Meeting ID: 981 7838 5503
Password: 2059982

THE MEN'S CLUB EST.1871

SPECIAL CHANUKAH GIFT FROM TBE MEN'S CLUB!

TBE Men's Club invites our TBE members to stop by the Temple on **Friday, Dec. 11 between 3:00-5:00 pm** and pick up **6 jelly filled donuts** before celebrating the TBE Chanukah Ruach Shabbat Service in the comfort of your home beginning at 6:00 pm (5:30 pm Schmooze).

CLICK HERE or to go https://bit.ly/chanukahdonuts2020 to request your family's FREE donuts by Friday, December 4. Late orders cannot be accepted.

Happy Chanukah from TBE Men's Club and your TBE Family!

Shabbat Yeladim

Shabbat for Tots

A new Shabbat Yeladim program will be emailed to subscribers the first Friday of every Month! Click here to update your email preferences and sign up for our Shabbat Yeladim email blasts. **The next program will be sent Friday, Dec. 4. Please RSVP to hhamburg@templebeth-el.org** and come by to pick up a special gift for your child to use on this Shabbat. It will be located in the front entrance… just let us know you are coming!

In case you missed **November's "Celebrating Thankfulness"** program, you can tune in here anytime: https://vimeo.com/476414698.
Sing Shabbat Songs with Cantor Kahan, say Shabbat Blessings with Rabbi Helbraun, and read a story with Rabbi Ari Moffic!

Get involved!

Jump Into 5781 by Joining a Team

Israel Team
Plan several programs throughout the year to engage with all aspects of Israel. Be part of the dialogue. All voices welcome.

Pride Group
We are starting a Gay, Straight Alliance at TBE under the leadership of our teens. If you would like to be part of the effort, we would be grateful. All allies welcome!

Interfaith Family Support
If you are in an interfaith family or have grandchildren in interfaith families, please join our group. We'll have regular talks and programs.

Immigration Team
Learn about and support refugee families in Chicagoland.

Baking Group
Bake for special occasions. Now with COVID-19, we will try to bake treats that can be individually packaged and picked up.

Please email Ari if you would like more information on any of these opportunities: arimoffic@templebeth-el.org

Sign up at http://bit.ly/5781teams to join a team today!

Join Temple Beth-El Clergy, Staff & Board and

Be a Safety Ambassador!

Spread the word. Not the virus.

Scan the QR code to share safety tips with friends & family.

Take the COVID Safety Promise.

Keep our communities safe.

The COVID Safety Promise

Shareable Images

Infographics & Animations—and more!

Temple Beth-El
Reform Synagogue in Northbrook, Illinois

NorthShore
University HealthSystem

Visit northshore.org/covidsafety

MASK UP Protect yourself and others when you wear it right.

Temple Beth-El

Reform Synagogue in Northbrook, Illinois

From The Desk Of Rabbi Helbraun

Dear Friends,

Since the initial Covid lockdown last March, our community has not been able to prepare meals for the hungry at **A Just Harvest.** But the hungry in our midst have still been fed by meals prepared by their own staff. While we have not had the opportunity to personally participate, members of our Just Harvest Team, along with members of our congregation have made donations to enable food to be purchased.

We invite you to help us **fulfill the mitzvah of feeding the hungry** by contributing to meals on the upcoming dates: December 31, April 29, July 29. The cost to provide dinner to over 100 people is around $400. Please **click here** to make a donation online to *A Just Harvest Fund* or mail in a check made payable to Temple Beth-El with "A Just Harvest" in the memo. Visit templebeth-el.org/make-a-donation/ to contribute.

Click here to learn more about A Just Harvest. If you'd like to join our Just Harvest Team, please contact Mardi Scott.

L'Shalom,
Rabbi Sidney M. Helbraun

A JUST HARVEST

BREAKING BREAD, RESTORING COMMUNITY

Help Patients Throughout the COVID-19 Pandemic

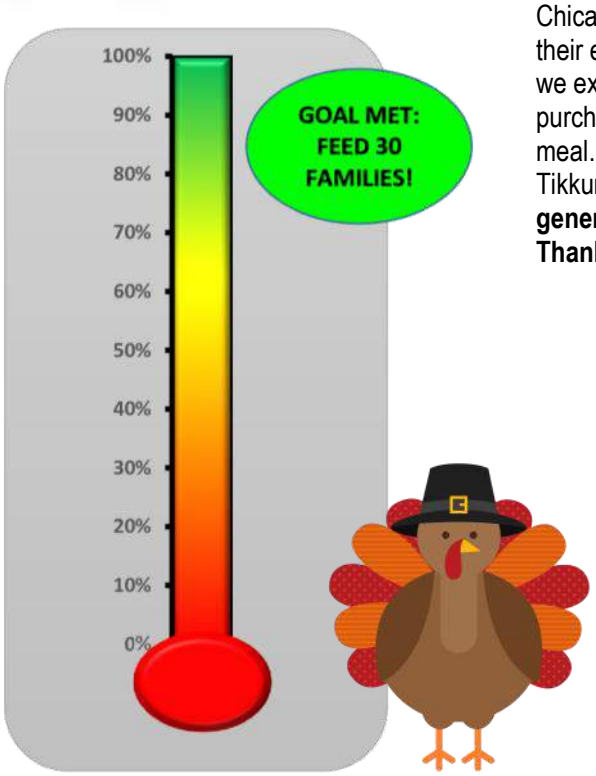
DONATE BLOOD | DONATE CONVALESCENT PLASMA

Because of You, Life Doesn't Stop

Blood drives are cancelled, so your individual donations matter now more than ever. Whether you're eligible to give whole blood or recovered from COVID-19 and can donate convalescent plasma, you are saving lives.

Click here to learn how you can safely donate blood now

Families Helping Families Chicagoland



Thank you to all who sponsored a family in need this Thanksgiving!

Temple Beth-El partnered with Families Helping Families Chicagoland and Kids Above All to select 30 families in need based on their employment status and access to food. We are so grateful that we exceeded our goal to provide each family with a $50 donation to purchase the food items they needed to create a healthy Thanksgiving meal. Special thanks to congregant Amy Newman for sharing this Tikkun Olam opportunity with us. **Thank you so much to our generous TBE Family for helping us exceed our goal and make Thanksgiving a little brighter for those in need.**

The Abramson Family
Barb Berman & Fred Rosenberg
Cliff & Judy Brooks
The Harris Family
Rabbis Sid & Debbie Helbraun
Marcia & David Kanarek
The Kempler Family
The Kirchen Family
Mary & Gene Silverman
Carli Sloan
The Smith Family - Joi, David, Rachel and Noah
Stutzman - Rosenberg Family
The Szaks Family
The Wolf Family, Dan & Cindy Wolf
The York Family

Monday, Dec. 7

MIZRAHI GRILL

Click here for menu

Enjoy delicious, authentic Mediterranean cuisine for lunch or dinner from Mizrahi Grill in Highland Park on Monday, Dec. 7 and Temple Beth-El will receive 10% of total sales!

Order in person or by phone (847) 831-1400 and mention **Temple Beth-El fundraiser!**

Mizrahi Grill provides curbside pick-up and carryout. No delivery.
Monday Hours: 11:00 am - 7:30 pm. 215 Skokie Valley Rd. in Highland Park (847) 831-1400

Tuesday, Dec. 15

marcello's

Click here for menu

Order yummy Italian eats for dinner from Marcello's in Northbrook on Tuesday, Dec. 15 and Temple Beth-El will receive 15% of total sales!

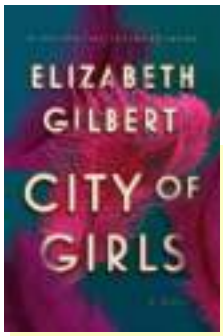
Order in person or by phone (847) 498-1500 and mention **Temple Beth-El fundraiser! Must present flyer on phone at pick-up.**

Marcello's offers curbside pick-up and carryout. No delivery.
Tuesday Hours: 4:00 - 10:00 pm. 1911 Cherry Lane in Northbrook (847) 498-1500

SISTERHOOD UPDATE

We had a great autumn of programming, first with the funny and heartwarming *Tales for the Days of Awe* by storyteller Susan Stone, then a tour of the fabulous, iconic "talking" statues of Chicagoland telling us their personal stories, presented by tour guide Beth Sair. [Everyone: take out a dollar bill right now and look on the back side for the secret tribute to Judaism we learned about from the statue of Haym Solomon located on Upper Wacker Drive.] November brought a terrific turnout to rock to the music of Billy Joel. And, of course, the Sisterhood Book Club has been a Wednesday favorite for several years and is going strong. Email ldschles@aol.com for the reading list and to be added to the zoom link for the virtual meetings.

Be sure to watch the Temple emails and read the Temple e-bulletins for news of our winter-spring programming – we just may have some more rock and roll on March 7th, so save the date! In the meantime, the Sisterhood is working to strengthen the voice of the TBE women, cultivate personal and spiritual growth, bring together our community, and support TBE through social, educational and philanthropic programming and fundraising. Please become a member of Sisterhood to show your support of our mission and our goals online: https://templebeth-el.org/sisterhood/ We welcome your ideas and input so feel free to email the board and/or come to the meetings. The next meeting is on December 16th. Email ldschles@aol.com for the meeting link.



Sisterhood Book Discussion

1st Wednesday of each month at 12:30 pm on Zoom

December 2 Book Selection:

City of Girls
by Elizabeth Gilbert

12:30 pm

Click here to join
or call 312-626-6799 +
Meeting ID: 814 6142 3017
Password: 2059982

Upcoming Selections:

January 6 – *The Vanishing Half* by Britt Bennett
February 3 – *Sisters in Law* by Linda Hirshman

Questions? Contact Leslie Schlesinger at ldschles@aol.com for information or book suggestions!

ATTENTION ALL GRADUATING HIGH SCHOOL SENIORS! Tikkun Olam Award

In 2004 congregants Cyndee Schaffer and Doug Schwartz established a college scholarship fund called the *Matthew Schaffer Schwartz Tikkun Olam Award,* in memory of their beloved son. The scholarship is awarded annually to a graduating high school senior of a TBE member family, who, by word and deed, has made significant contributions to the Jewish ideal of "helping to repair the world."

In addition to receiving a check in the amount of $500, the recipient of the award will have his or her name inscribed on a plaque displayed at Temple Beth-El and on a prayer book plate. **The deadline for submissions is April 16, 2021**. A mailing will be sent to all high school seniors explaining the requirements for the scholarship.

If you have questions, please contact Leslie Hanus at extension 202 or lhanus@templebeth-el.org.

Camp Scholarships

are available for OSRUI & youth trips to Israel for children of Temple Beth-El members.
For an application, please contact:
Leslie Hanus
847.205.9982 ext.202 lhanus@templebeth-el.org
Application Deadline: Dec. 31, 2020

Healthy Noshing with Kim

Kim Seiden
Healthy Food 4 Life
Certified Nutrition Consultant
For private nutritional/weight loss consulting, contact me at kimseid@gmail.com
www.healthyfood4life.com

Looking for a quick and delicious chicken dish? This Flavorful Chicken with Caramelized Onions is absolutely **bursting** with flavor! The flavor comes from a 10-spice seasoning blend made with many of the spices you likely have on hand in your kitchen. One of the spices you may want to purchase is this Chili Lime Seasoning Blend from Trader Joe's. It is a delicious blend of spices that lends a nice touch to this dish. If you don't feel like buying it, you can use Chili Powder instead.

Flavorful Chicken with Caramelized Onions and Turmeric Rice

Cuisine Entrees
Prep Time 20 minutes **Cook Time** 50 minutes
Servings 4 servings

Ingredients

- 4 boneless skinless chicken breast cutlets (I prefer thin chicken cutlets, but regular boneless chicken breasts can work as well.)
- 2 vidalia onions
- 2 tbsp extra virgin olive oil

Spice Mix

- 2 tsp ground cumin
- 2 tsp Trader Joe's Chili Lime Seasoning Blend (you can also use chili powder)
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp oregano
- 2 tsp thyme
- 2 tsp powdered mustard
- 1 tsp freshly ground black pepper
- 1 tbsp salt
- 1 tbsp coconut sugar

Turmeric Rice

- 1 cup brown rice
- 2 tsp turmeric

Directions

1. Preheat the oven to 350 degrees.
2. Slice the onions and place the separated slices in the bottom of a rectangular pyrex dish.
3. Drizzle 1 tablespoon of olive oil on the onions and toss. Sprinkle with salt and pepper.
4. Bake onions for about 20-30 minutes while you prepare the rest of the dish.
5. Make the rice by bringing 2 cups of water to a boil.
6. When boiling, add 1 cup of brown rice and the turmeric. Stir.
7. Bring water to a boil again. Then turn down heat and cover the pot. Simmer the rice until all water is absorbed and the rice is soft. About 30-40 minutes.
8. While rice is cooking, make the seasoning mix by placing all spices in a bowl and stirring well.
9. Prepare raw chicken by trimming it. Season both sides of each breast with the seasoning mix. Use all of the seasoning.
10. Heat a saute pan over medium high heat. Add 1 tablespoon olive oil. When oil is heated, add the chicken.
11. Brown each side of the chicken for 5 minutes per side.
12. After onions have cooked for about 20-30 minutes, remove pan from oven. Place chicken on top of onions and cover pyrex with tinfoil.
13. Return pan to oven and cook about 20 minutes for cutlets, and maybe more like 30 minutes for thicker breasts. Remove from oven when chicken is cooked through.
14. Serve chicken with the rice and enjoy!

Visit www.healthyfood4life.com to sign up for my weekly newsletter to get more quarantine tips and recipes!

To Our Temple Beth-El Family

Dana, Christopher & Jonathan Knuth

Randee & Harvey Stelman

Not Pictured:
Rachel & Melissa Blitz
Mike Lane & Erin Pollyea and Brianna & Owen Lane

Mazel Tov

Grandparents Linda & Mike Gold on the birth of Nora Casey Gold to parents Julia & Philip Gold on November 3, 2020

Lisa & Javier Rubinstein on the engagement of their daughter Stefanie to Michael Bloom on October 10, 2020

Parents Sally & Steve Lane and Grandparents Corky & Fred Lane on the marriage of Danny Lane to Alyx Martin on October 10, 2020

Kirsten Gordon on her engagement to Rabbi Dan Rabishaw

Ellen & Michael Brottman on the engagement of their daughter Missy to Danny Brozman on October 30, 2020

Parents Judy & David Rosen on the engagement of their daughter Talia Rosen to Sean O'Connor on November 8, 2020

Parents Susan & Joe booker on the engagement of their son Josh Booker to Jen Kucholz on November 14, 2020

B'nei Mitzvah

October 10
Jacob Raimi
Son of Jen & Zack Raimi
Caruso Middle School

October 24
Samuel Milch
Son of Gina & Jason Milch
Northbrook Junior High

November 7
William Dorr
Son of Andrea & Sean Dorr
London Middle School

The following listings were received after the printing of the High Holiday Bulletin. We would like to honor them below:

Rosh HaShanah Flowers

Donor	*Sentiment*
Michelle & Steve Serck	In honor of our children Jacob, Adam and Benjamin In memory of Marilyn Avny
Nancy and Steve Siegel, Jan and Ron Siegel	In memory of our loving parents, Dorothy and William Siegel
Mary & Gene Silverman	In honor of our children and grandchildren

Yom Kippur Flowers

Reed & Guthman Families	In memory of Doris Guthman
Michelle & Steve Serck	In memory of Pina and Earl Avny, Marilyn Avny, Albert and Maeta Schloss, Carl and Helen Seidel, Ronnie Serck, Harriet and Sidney Serck
Nancy and Steve Siegel, Jan and Ron Siegel	In memory of our loving parents, Dorothy and William Siegel
Mary & Gene Silverman	In memory of Eleanor and Harvey Silverman In memory of George and Evelyn Wilkinson and Georgia Owen

Scroll of Remembrance

Remembered By	*In Memoriam*
The Guthman and Reed Families	Doris Guthman
Nancy and Gary Kass and Family	Hermine Judith and Irving Pogofsky Mari Freudenthal Phyllis and Meyer Pogofsky Beatrice and Edward Kass Larry Alan Pogofsky Charles Flitman

MEMORIAL PLAQUES

In addition to the names requested through the Yahrzeit Fund, the following names are read on Erev Shabbat as shown below.

November 29 - December 5

13 Kislev - 19 Kislev

Samuel Bloom
Morris Brandzel
Bob Brown
David Brown
Steven Chavin
Irwin Fine
Alfred Frisch
Dave Goldstein
Shirley Graff
Samuel Green
Adolph Haase
Jeanette Heller
Elizabeth Hoffman
Henry Israel
Harold Jaffe
Elizabeth Kamin
Bertha Lederer
Dorothy Levin
Bessie Levy
Freeman Lezak
Joseph Lubeznik
Louis Marcus
Marvin Marcus
Irving Miller
Meyer Pusstelnik
Ethlyn Schiff
George Schneider
Molly Schwartz
Raymond Shapiro
Louis Skodel
Rochelle Spitz
Lola Stein
John Strauss
Olga Tobey
Amil Walker
Rachel Zitomer

December 6 - December 12

20 Kislev - 26 Kislev

Benjamin Barnett
Frances Bell
Jack Berg
Dora Brown
Sam Brownstein
Harry Cohen
Benjamin Freud
Bertha Hochstadter
Celia Klein
Jerome Kunik
Harry Liebman
Rose Loevy
Meer Mirkin
Sarah Mogil
Bertha Morrison
Marjorie Neadell
Jennie Rosenbloom
Carl Sachs
Yakov Schmookler
Oz Schoenstadt
Ignatz Schwartz
Clara Seelig
Sol Segal
William Shapiro
Arline Silverman
Dorothy Silverman
Rosalyn Simon
Belle Starr
Kenneth Trossman
Hannah Wolff

December 13 - December 19

27 Kislev - 4 Tevet

Evelyne Barnett
Jacob Bonnem
A. Robert Eisenberg
Jacob Epstein
Marvin Fohrman
Joan Freeman
Adolph Freud
Albert Gershon
Sadie Gingery
Jack Gross
Diane Hadesman
Nathan Joffe
Sylvia Kirschenbaum
Louis Koffman
Edward Levine
Jacob Milstein
Helen Moll
Isadore Richter
Gertrude Rosenberg
Maurice Rosenberg
Geraldine Shane
Marian Shapiro
Morris Silberman
Marilyn Spector
Alma Tauber
Jennie Turek
Louis Wolf
Bessie Zimmerman

December 20 - December 26

5 Tevet - 11 Tevet

Mary Apfelbaum
Esther Braverman
Bernard Brodsky
Bernard Brody
Frieda Cohen
Ethel Cooperman
Mary Dritz
Beatrice Falzer
Martin Fishkin
Barney Halperin
Fred Helbraun
Elsie Jacobson
Dan Jerome
Max Klein
Frances Levy
Shirley Lewis
Louis Lipschultz
Emmanuel Lipschutz
Irving Lowenthal
Sadie Nachumsohn
Eugene Nahm
Harold Novack
Esther Pollack
Lynn Pradun
Darby Salzman
Ben Schoenstadt
Oscar Shamberg
Bernard Shlesinger
Michael Silverman
Rebecca Silverman
Mollie Silverstein
Dave Smith
Taube Steinborn
Sol Sugar
Sidney Swislow
Benjamin Wax
Gerald Zimmerman

December 27 - January 2

12 Tevet - 18 Tevet

Elaine Brichta
William Coren
Earl Dann
Roy Davidow
Alfred Feiger
Essie Freud
Adrian Gardner
Sydelle Hork
Charlotte Jacobs
William Klemptner
Helen Klinger
Sarah Kornreich
Irving Kuklin
Benjamin Lewin
Fannie Manowitz
Bessie Mawrence
Caroline Moresco
Fannie Newmark
Joseph Rapaport
Mathilda Richter
Harold Rudich
Ruth Shandling
Rose Silberberg
Meyer Silverman
Alice Stein
Lewis Stein
Louis Stein
Anne Usen
Edward Weiss
Joseph Weisz

MEMORIAL PLAQUES

In addition to the names requested through the Yahrzeit Fund, the following names are read on Erev Shabbat as shown below.

January 3 - January 9
19 Tevet - 25 Tevet

Benjamin Ball
Fred Bernheim
Toby Blitz
Lois Bloom
Andrea Camras
Sidney Cohen
Sol Gavlin
Trent Glickson
Lillian Gothelf
Gustave Hartman
Harry Herzman
Louis Herzog
Harry Hoff
Herman Jacobson
Adolph Levit
Joseph Levy
Dora Lipman
Sidney Lissit
Fay Netchin
Susan Rubert
Maxine Salzman
Morris Silberberg
Molly Simkin
Sam Udell
Hyman Weinberg

January 10 - January 16
26 Tevet - 3 Sh'vat

Lillian Aizuss
Elmer Ascherman
Lillian Berenson
Benjamin Berkowitz
Elaine Brichta
Doris Diamond
Philip Elkin
Sidney Fisher
Louis Glaser
Benjamin Golden
Charlotte Gubin
Annabelle Hoff
Clarissa Jacobson
Muriel Kahan
Harry Kamstock
Otto Klemperer
Gerald Kraft
Paul Krass
Hattie Kuttner
Joseph Lipman
Etta Lipschultz
Arthur Morris
Barry Multack
Sarah Newmark
Hy Nickow
Chic Novick
Mary Rubin
Marvin Rudd
Regina Shamberg
Israel Sherry
Lizabeth Simon
Martha Steiner
Samuel Tockman
Elizabeth Veit
Michael Vine
Berdye Weber

January 17 - January 23
4 Shevat - 10 Sh'vat

Paul Barichello
Joan Berten
Melville Beswick
Rae Bloom
Rose Brown
Jack Elbin
Hyman Filerman
Hattie Fischer
Arthur Foosner
Sarah Frank
Yetta Friedman
Harry Gingery
Esther Gordon
Lena Gutman
Sharon Helbraun
Richard Heytow
William Holzer
Benjamin Horwich
Gertrude Joseph
Josephine Kahn
Maurice Kraft
Theodore Kramer
Emma Levy
Laura Levy
Samuel Levy
Sy Levy
Milton Libman
Alex Nester
Rose Pinchouck
Mabel Sagaloff
Abraham Schultz
Hannah Stern
Jessie Swartz
Gerald Wax
Harold Wax
Julius Zweig

January 24 - January 30
11 Sh'vat - 17 Sh'vat

Israel Berman
Mark Binstein
Henrietta Chasanov
Alex Cohen
Lois Dolnick
Rachel Gethner
Sarah Gordon
Robert Greenfield
Helen Herzman
Marie Holzer
Celia Horvitz
Gershon Joffe
Robert Karet
Irving Kolber
Rosa Lichtenstadt
Leonard Mellin
Debra Morris
Rosilyn Pomerantz
Anna Rossman
Sylvia Sachs
Grace Seidenfield
Anna Silverman
Sherwin Tirsky
Dorothy Vihon
Nathan Weiner
Morton Witlin
Jonathon Zimmerman

January 31 - February 6
18 Sh'vat - 24 Sh'vat

Caroline Alexander
Florence Brody
Ida Cash
Nathan Cash
Ida Cohen
Eva Cooper
Jerome Dickler
Zlota Furer
Gertrude Gerwitz
Sally Glick
Samuel Goldberg
Thomas Goldstein
Alfred Gore
Tillie Halperin
Max Hecktman
Matilda Hochstadter
Florence Honnet
Julius Katz
Howard Kirsch
Harriet Klemptner
Richard Lapp
Max Levy
Bonnie Malkin
Harriet Meyers
Loretta Miller
Minnie Nickow
Ida Saphier
Robert Schachner
Leona Shapiro
Hymie Silverman
Marie Smolka
Paul Solomon
Harold Steinborn
Irwin Sugar
Max Wagenberg

YAHRZEIT FUND

Received in the Temple office by October 31

Michele & Michael Davis in memory of Celia Davis
Michele & Michael Davis in memory of Bernard Davis
Candy & Phil DeCarlo in memory of Jerome L. Pritz
Robin & Howard Diamond in memory of Marion Diamond
Robin & Howard Diamond in memory of Richard Diamond
Lauren & Orrin Edidin in memory of Fae Gottainer
Lauren & Orrin Edidin in memory of Ryan Gottainer
Leah Goldberger in memory of Jack Fefer
Leah Goldberger in memory of Henry Goldberger
Leah Goldberger in memory of Esther Lauwasser
Karen Goldblatt in memory of Gail Goldblatt
Georgean Goldenberg in memory of Minnie Rottman
Sue Groner in memory of Charles Groner
Sue Groner in memory of Samuel Groner
Sue Groner in memory of Anne Groner
Aline Heller in memory of Isadore Heller
Robyn Hensel in memory of Jack Miller
Lynn Herling in memory of Eva Herling
Clara Jellinek in memory of Henry Jellinek
Adrian & Bradley Kolb in memory of Bernie Davis
Adrian & Bradley Kolb in memory of Celia Davis
Deb Kushner in memory of Etta Gold
Lois & Phillip Lapine in memory of Jean Krakow
Lois & Phillip Lapine in memory of Benjamin Lapine
Joseph Noren in memory of Rose Norensky
Joseph Noren in memory of Seymour Noren
Barbara Berman & Fred Rosenberg in loving memory of Lois Van Crey
Leslie & Paul Schlesinger in loving memory of Edith Sagaloff
Leslie & Paul Schlesinger in loving memory of Rachel Robin
Leslie & Paul Schlesinger in loving memory of Julius Robin
Cyndee Schaffer & Doug Schwartz in memory of Jacob "Jack" Schaffer
Allan Siegal in memory of Mary Siegal
Allan Siegal in memory of Ann Siegal Ingram
Marsha & Ed Simkin in memory of Corrine Simkin
Linda & Larry Simon in memory of Robert Feigenbaum
Janet Stein in memory of Rita Bernick Stein
Nancy & George Vizer in memory of Edith Vizer
Gloria Weiser in memory of Al Spiro
Ellie Weiss Zoub in memory of Dr. Marvin A. Weiss
Tammy & Bruce Werner in memory of Richard Werner

ARE YOU COPING WITH LOSS & CHANGE?

We invite you to attend an
Adult Grief Support Group
led by Marsha L. Raynes, LCSW.

Marsha is a licensed clinical social worker, practicing with Jewish Child & Family Services.

The group will meet on Zoom on
December 23 & January 27 at **7:00 - 8:30 pm**
Open to all

Contact Leslie at lhanus@templebeth-el.org if interested in attending.

Remember A Loved One

If you wish to honor the memory of a dear one, a most fitting, traditional and dignified remembrance is a memorial plaque. This permanent remembrance will give you great comfort for many years and will serve as a reminder of the place your loved one held in your life. A permanent memorial plaque is displayed bearing the name and yahrzeit date on the Memorial Wall outside the Sanctuary. Your loved one's name will also be included on the weekly yahrzeit list outside the Sanctuary on the anniversary of their passing and be read at our Friday evening Shabbat Service. The contribution to memorialize your loved one with a permanent yahrzeit plaque requires a donation of $750. **If you have any questions, please contact Leslie Hanus at lhanus@templebeth-el.org or call (847) 205-9982 ext. 202.**

CONTRIBUTIONS

Received in the Temple office by October 31

BLITZ FAMILY CHILDREN'S CULTURAL ARTS FUND
Sharon Gross in memory of Marshall Helbraun

CANTOR KAHAN'S DISCRETIONARY FUND
Jennifer & Gary Rothschild in appreciation
Stuart Glass in appreciation
Sally & Steve Lane in appreciation of the beautiful wedding ceremony for Danny & Alyx Lane
Jerry & Sandy Lewis for a spectacular High Holiday Service
Cyndee Schaffer & Doug Schwartz in honor of Cantor's leadership during these difficult times
Cyndee Schaffer & Doug Schwartz in honor of their 45th wedding anniversary

FREE WILL
Fern & Craig Hahn for Ben Josephson's speedy recovery
Fern & Craig Hahn in appreciation of Linda Pollack
Fern & Craig Hahn in honor of Eli's Bar Mitzvah
Fern & Craig Hahn in honor of the birth of Sella Miriam Shifrin
Fern & Craig Hahn in loving memory of Rebecca Cohen
Fern & Craig Hahn in loving memory of Chase Walters
Fern & Craig Hahn in loving memory of Martha Jennings
Fern & Craig Hahn in loving memory of Marshall Helbraun
Leslie Raffel & Angela Arango in honor of Temple Beth-El
Faryn Rudnick in memory of Joseph Brahin
Debra & Charles Turoff in loving memory of Bernice Elbin

GENERAL FUND
Leslie & Stuart Dubin for the yahrzeit of Rose Cooper
Leslie & Stuart Dubin for the yahrzeit of Florence Salkin
Leslie & Stuart Dubin in honor of their anniversary
Leslie & Stuart Dubin in loving memory of Marshall Helbraun
Linda Dubin for the speedy recovery of Rebecca Nudelman
Linda Dubin in honor of the birth of Burt & Janet Krain's first grandchild
Leslie & Stuart Dubin for the speedy recovery of Julie Rifkin
Pam & Mark Friedman in honor of the birth of Marley Noa Schack
Lonni & Scott Glickson in memory of Myron Grodsky
Harriet Herst in honor of Rabbis Sidney & Debbie Helbraun & Family
Harriet Herst in honor of Rabbi Victor Weissberg and Mrs. Tamar Weissberg & Family
Carol & Roger Hirsch in appreciation of Temple Beth-El
Jennifer & Jordan Holtzman in appreciation
Holly Kahan in loving memory of Marshall Helbraun
Eileen & Larry Kushner in loving memory of Marshall Helbraun
Laurie & Ed Levy in honor of Jerry Lewis's 70th birthday
Laurie & Ed Levy in honor of the birth of Casey Ezra Herscher
Laurie & Ed Levy in loving memory of Estelle "Dimpy" Holzer
Sandy & Jerry Lewis in honor of Stefanie Rubinstein's engagement
Sandy & Jerry Lewis in honor of Janice Hadesman's excellent work for the High Holidays
Sandy & Jerry Lewis in honor of David Bernstein's outstanding streaming and work involved for the High Holidays
Sharon & Earl Lichtenstein in honor of the birth of Marley Noa Schack
Wendy & Ron Marx-Bourlard in honor of Mr. & Mrs. Cary Marx's 55th Wedding Anniversary
Stacey & Corky Perlstein in appreciation of Shari Flores
The Schram Family - Steven, Natalie & Asher in honor of Sherrie & Stewart Schram
Cyndee Schaffer & Doug Schwartz in loving memory of Doris Guthman
Cyndee Schaffer & Doug Schwartz in loving memory of Arline Doblin
Nancy & George Vizer in appreciation of Rabbi, Cantor & Janice for Shabbat Under the Stars
Nancy & George Vizer in honor of Jerry Lewis's 70th birthday
Nancy & George Vizer in honor of Evie & Jerry Levin's special anniversary
Nancy & George Vizer in honor of The Kenosha Synagogue

KAPLAN CAMP SCHOLARSHIP FUND
Amyra & Kenneth Henry in memory of Marshall Helbraun

MATTHEW SCHAFFER-SCHWARTZ *z"l* TIKKUN OLAM AWARD FUND
Barbara & Norton Josephson in loving memory of Marshall Helbraun
Evie & Jerry Levin in loving memory of Joseph Brahin

MEMORIAL FUND
Celia and Ben Balson in memory of Marshall Helbraun
Fred Rosenberg & Barbara Berman in memory of Marshall Helbraun
Caron & Al Blitz in loving memory of Marshall Helbraun
Alvin Bloom in loving memory of Marshall Helbraun
Lori and Brian Cloch in memory of Marshall Helbraun
Susan Coren in memory of Marshall Helbraun
Robin & Howard Diamond in loving memory of Marshall Helbraun
Eileen & Art Eisenberg in loving memory of Marshall Helbraun
Judy & Bob Essak in loving memory of Marshall Helbraun
Sherry & Steven Fine in memory of Marshall Helbraun
Pam & Mark Friedman in loving memory of Marshall Helbraun
Sue & Philip Gardner in loving memory of Marshall Helbraun
Marion & David Gladstein in loving memory of Marshall Helbraun
Alana & Scott Glickson in memory of Marshall Helbraun
Ronna Goldberg in loving memory of Marshall Helbraun
Ilse Gordon in loving memory of Marshall Helbraun
Kirsten Gordon in memory of Marshall Helbraun
EvaLynn Greenberg In loving memory of Marshall Helbraun
Jordyn Grollo & Josh Hergott in memory of Marshall Helbraun
Sue Groner in loving memory of Marshall Helbraun
Lori & Joel Haberman in loving memory of Marshall Helbraun
Holly & Phillip Hamburg in memory of Marshall Helbraun
Ellen & Jonathan Hattenbach in memory of Marshall Helbraun
Amy & Frank Huck in memory of Marshall Helbraun
Elaine & Cort Jacoby in memory of Marshall Helbraun
Sandy & Alan Jourdan in loving memory of Marshall Helbraun
Rosely Kaiser in loving memory of Marshall Helbraun
Marcia & David Kanarek in memory of Marshall Helbraun
Linda & Larry Kates in loving memory of Marshall Helbraun
Rachel and Scott Kempler in memory of Marshall Helbraun
Jo Ann Kirsch in memory of Marshall Helbraun
The Lackner Family in loving memory of Marshall Helbraun
Wendy Lake, Jeff & Jodi Schulman & Family in loving memory of Marshall Helbraun

CONTRIBUTIONS (CONT'D)

Received in the Temple office by October 31

MEMORIAL FUND (CONTINUED)
Sally & Steve Lane in loving memory of Marshall Helbraun
Lynn & Ira Lawrence in loving memory of Marshall Helbraun
Gail & Bruce Levin in memory of Marshall Helbraun
Gail & Bruce Levin in memory of Rosalyn Grossman
Joanne & Gordon Levine in memory of Marshall Helbraun
Sandra & Gerald Lewis in memory of Marshall Helbraun
Diana & Martin Marks in loving memory of Marshall Helbraun
Diane and Bradley Mautner in memory of Marshall Helbraun
Diane Max in memory of Marshall Helbraun
Diana & Jamie Mayer in memory of Marshall Helbraun
Karen & Irwin Morris in memory of Marshall Helbraun
Amy & Richard Noren in loving memory of Marshall Helbraun
Mitch & Vicki Perlow in memory of Marshall Helbraun
Sharon & Larry Porter in memory of Marshall Helbraun
Nancy & Jay Reil in memory of Marshall Helbraun
Sara & Michael Richmond in memory of Marshall Helbraun
Sandra Ridker in loving memory of Marshall Helbraun
Judy & David Rosen in loving memory of Marshall Helbraun
Audrey & David Rozen in memory of Marshall Helbraun
Lisa & Javier Rubinstein in memory of Marshall Helbraun
Leslie & Paul Schlesinger in memory of Robert Shonfeld
Leslie & Paul Schlesinger in memory of Vera Israel
Leslie & Paul Schlesinger in memory of Doris Guthman
Cynthia Schoenstadt in memory of Marshall Helbraun
Douglas Schwartz & Cynthia Schaffer in memory of Marshall Helbraun
Michelle & Stephen Serck in memory of Marshall Helbraun
Joan & Richard Shapiro in loving memory of Marshall Helbraun
Carole Shneider in loving memory of Jack Aizuss
Jan & Ronald Siegel in memory of Marshall Helbraun
Sue & Chuck Silverman in loving memory of Myron Grodsky
Sue & Chuck Silverman in loving memory of Jeanne Abrahams
Sue & Chuck Silverman in loving memory of Marshall Helbraun
Marsha & Ed Simkin in loving memory of Marshall Helbraun
Linda & Larry Simon in loving memory of Marshall Helbraun
Erica & John Sinsheimer in loving memory of Marshall Helbraun
Joianne & David Smith in memory of Marshall Helbraun
Elaine Snow in loving memory of Marshall Helbraun
Dina & Barry Tarter in loving memory of Marshall Helbraun
Helen and Jerry Tivers in memory of Irving (Sonny) Herskovitz
Helen and Jerry Tivers in memory of Marshall Helbraun
Lorraine Trachtenberg in loving memory of Marshall Helbraun
Debra and Charles Turoff in memory of Marshall Helbraun
Joy Wasserman & Rob Weinberg in loving memory of Marshall Helbraun
Ina Weiner in loving memory of Marshall Helbraun
Gloria Weiser in loving memory of Marshall Helbraun
Ellie Weiss Zoub in loving memory of Marshall Helbraun
Tammy & Bruce Werner in loving memory of Marshall Helbraun
Westlawn Jewish Funerals in loving memory of Marshall Helbraun
Sandra Whitman in loving memory of Rob Harrison
Cindy & Dan Wolf in memory of Marshall Helbraun
Essie Wolken in loving memory of Marshall Helbraun
Martha Young in loving memory of Marshall Helbraun
Rabbi Michael Zedek in loving memory of Marshall Helbraun

MEN'S CLUB
Robyn Murov in honor of The Men's Club
Beth Wolf in memory of Marshall & Lenore Wolf

PERPETUATION FUND
Dina & Jim Dubrow in loving memory of Marshall Helbraun
Paula & Michael Haber in memory of Marshall Helbraun

PLAQUES
Donna Blumberg in loving memory of Dr. Cary Blumberg
Lori & Brian Cloch in loving memory of Marilyn Cloch
Roberta Keith & Family in loving memory of Doris F. Guthman
Michelle & Steve Serck in loving memory of Marilyn J. Avny
Gail & Jack Witlin in loving memory of Fern Lazarus Witlin

RABBI HELBRAUN'S DISCRETIONARY FUND
Rabbi Ilana Baden in memory of Marshall Leon Helbraun
Ira Becker in loving memory of Marshall Helbraun
Marla & Rand Brichta in memory of Marshall Helbraun
Ellen & David Carmell in loving memory of Marshall Helbraun
Caryn Cherpak in appreciation
Sarah & Joel Chupack in memory of Marshall Helbraun
Joanne Cohn in loving memory of Marshall Helbraun
Heather & Alan Cole in memory of Marshall Helbraun
Debbie & Bob Fink in loving memory of Marshall Helbraun
Gail Glaser in memory of Marshall Helbraun
Leah Goldberger in loving memory of Marshall Helbraun
Richard & Leslie Hanus in memory of Marshall Helbraun
Carol & Roger Hirsch in loving memory of Marshall Helbraun
Lisa & Ronald Lavin in loving memory of Marshall Helbraun
Marsha & Bob Karp in honor of Allison Karp's PhD
Irwin Leiter & Leslie Leiter in loving memory of Marshall Helbraun
Sandy & Jerry Lewis in honor of Rabbi Helbraun for a spectacular High Holiday service and his leadership
Karen & Irwin Morris, Jordyn Grollo, Brad Foreman in loving memory of Jack Foreman
Ellen Robin in memory of Marshall Helbraun
Faryn, Jack, Hannah, & George Rudnick in memory of Marshall Helbraun
Cyndee Schaffer & Doug Schwartz in honor of Rabbi Sidney Helbraun for helping us through these difficult times
Cyndee Schaffer & Doug Schwartz in honor of their 45th wedding anniversary
Gloria & Bob Septon in memory of Marshall Helbraun
Michelle & Stephen Serck in appreciation of Rabbi Sidney Helbraun
Wendy and Ronald Weiss in memory of Marshall Helbraun
Cindy & Hal Wolken in loving memory of Roslyn Wolken

SOCIAL ACTION FUND
Susan Harrison in loving memory of Marshall Helbraun

TEMPLE BETH-EL ENDOWMENT FUND
Barbara Berman in memory of Sam Gothelf
Amy & Richard Noren in loving memory of Arline Doblin

TORAH FUND
Leslie & Paul Schlesinger in memory of Arline Doblin

We appreciate all contributions and suggest a minimum donation of $18 per acknowledgment.

TEMPLE BETH-EL DONATION FORM

Your Name(s) _____ Today's Date _____

Address _____ City _____ State _____ ZIP _____

Phone: _____ **Please confirm my donation via email. My email address is:** _____

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- ☐ Campaign for Religious Equality in Israel
- ☐ Free Will
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- ☐ Memorial Fund
- ☐ Steinberg Education Fund ***(Payable to: Milton Steinberg Education Fund)****
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- ☐ Perpetuation Fund
- ☐ Phyllis Natalie Podolsky z"l Library Fund ***(Payable to: PPML Fund)****
- ☐ Rabbi Helbraun's Discretionary Fund ***(Payable to: Rabbi Helbraun's Discretionary***
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- ☐ Social Action Fund
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- ☐ TBE Sisterhood ***(Payable to: TBE Sisterhood)****
- ☐ Torah Fund
- ☐ Tree of Life $154/leaf (Leaf wording form will be sent)
- ☐ Yahrzeit Fund
- ☐ YoBE – Youth of Beth-El ***(Payable to: YoBE)****

*Unless otherwise indicated above, please make all checks payable to: Temple Beth-El - 3610 Dundee Rd. Northbrook, IL 60062

Please check one: ☐ In loving memory ☐ Speedy recovery ☐ In honor of ☐ (other) _____

Name(s) _____

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Credit Card: ☐ Amex ☐ Discover ☐ MasterCard ☐ Visa Credit Card No._____

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PLEASE CONSIDER ADDING 3% TO YOUR DONATION PAID BY CREDIT CARD TO COVER OUR PROCESSING FEES.

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BUY ISRAEL BONDS - Need to purchase a gift for a special occasion? Are you unsure of what to buy? Why not purchase a 5-Year Mazel Tov Savings Bond? Prices begin at $100. Pick up an informational sheet at the Temple or log on to israelbonds.com. Mention Temple Beth-El on your form. Questions? Contact the Israel Bond Office 312-558-9400.

BUY ISRAELI GOODS - Maimonides taught us that the highest form of helping people is to support them so they can help themselves. A great way to do that without incurring any additional costs is to make the purchase of Israeli products part of our regular shopping. Israeli products that are readily available from local merchants include food, wine, women's apparel, fashion designer jewelry, baby and child apparel, hardware, health and beauty aids, footwear, toys and games, flowers, and more! Available products, and the local stores that are likely to stock them, can be found at: www.buyisraelgoods.org (BIG).

TBE Monthly Tzedakah Collections

Even though we are not together in our building, please don't forget about the mitzvah of Tzedakah. In **December,** tzedakah will go to **The ARK,** which provides social, healthcare, and welfare services for those in need in Chicago and suburbs In **January,** tzedakah will go to **A Just Harvest,** the largest community soup kitchen in the Chicago metro area. You can mail a check made payable to Temple Beth-El marked "tzedakah" or go online to the donation page. As always, we thank you for your continuous and generous support.

Share ALL Your Good News

Tell us about the birth of your child or grandchild, engagements, weddings and anything else. We want to wish you, our Temple members, a mazel tov, and notify the congregation via email. In addition, babies who live locally will receive a gift from our Temple and JUF's "J Baby" program. Our clergy would love to name the baby at a Shabbat service.

Please contact Holly Hamburg to share your good news at 847-205-9982 ext. 207 or hhamburg@templebeth-el.org.

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TEMPLE BETH-EL CEMETERY

Our Temple's cemetery is located on Pulaski Avenue, just north of Bryn Mawr Ave. in Chicago. We still have plots available for sale. Contact the TBE office for more information.

If you are interested in cemetery arrangements at Shalom Memorial Park in Arlington Heights, contact Mike Rubenstein at 847.668.2724 or mrubenstein@shalom2.com

ADVERTISE YOUR BUSINESS HERE

Are you looking for an easy way to target more than 2,000 potential customers?

Temple Beth-El publishes a bulletin 6 months per year that reaches over 500 families on the North Shore, providing information to our congregants regarding various events, programs, and an assortment of informational and educational articles.

As an advertiser, your message will reach a well-targeted population, and will encourage our families to patronize your business. Ad prices range from $50 - $450.

Contact Shaina Farwell at sfarwell@templebeth-el.org or 847-205-9982 x 208 for more information or to place an ad today.

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How can we help you?

Questions about:	Who?
B'nei Mitzvah	
• Tutoring	Leslie Hanus
• Photo or walkthrough appointments.....	Leslie Hanus
• Appointments with Rabbi or Cantor.....	Leslie Hanus
• Kiddush.....	Janice Hadesman
Clergy Appointments.....	Leslie Hanus
Financial inquiries.....	Nancy Reil
General School questions.....	Shaina Farwell
Life Cycle event (births, losses, weddings).....	Leslie Hanus
Membership Questions, Donations.....	Holly Hamburg
Mi Shebeirach, Yahrzeits, Kaddish.....	Leslie Hanus
Sponsor a kiddush or oneg at any time.....	Janice Hadesman

Who?	Email	847.205.9982 ext.	Hours
Shaina Farwell	sfarwell@templebeth-el.org	208	Mon., Tues., Wed., Fri., Sun.
Janice Hadesman	jhadesman@templebeth-el.org	211	Monday – Friday
Holly Hamburg	hhamburg@templebeth-el.org	207	Tues., Wed., Thurs.
Leslie Hanus	lhanus@templebeth-el.org	202	Mon., Tues., Wed., Fri.
Rabbi Sidney Helbraun	rabbihelbraun@templebeth-el.org	204	Mon., Tues., Wed., Fri.
Ari Moffic	arimoffic@templebeth-el.org	212	Mon., Tues., Wed., Fri.
Cantor Adam Kahan	Cantorkahan@templebeth-el.org	206	Mon., Tues., Wed., Fri.
Nancy Reil	nreil@templebeth-el.org	209	Monday - Friday
Rabbi Victor Weissberg	Leave message with Shaina Farwell	208	

Turn on AmazonSmile in the Amazon app to generate donations.

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1. Open the Amazon Shopping app on your device
2. Go into the main menu of the Amazon Shopping app and tap into 'Settings'
3. Tap 'AmazonSmile' and follow the on-screen instructions to complete the process
4. **Make sure you choose "Temple Beth-El of Northbrook" as your charity!**

TEMPLE BETH-EL

Founded in 1871

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Adam Kahan, *ACC*	Cantor
Rabbi Ari Moffic	Director of Congregational Learning
Janice Hadesman	Executive Director
Don Solomon	President

*The **Temple Beth-El Bulletin** is published bi-monthly. Letters, comments and news about the Temple are always welcome. Please send information via email to office@templebeth-el.org. Bulletins may be viewed on our website through Acrobat Reader. The deadline for the **Feb./Mar. Bulletin is Jan. 13, 2021.***

Temple Beth-El is an inclusive Jewish community open to people of all ages, races and abilities, welcoming interfaith families, people who are single, partnered and LGBTQ.

DECEMBER/JANUARY SERVICE SCHEDULE

All services below are virtual. See page 6 for links to join. All services are subject to change.

Wednesday, December 2	
Morning Minyan	8:00 am
Friday, December 4	
Shabbat Yeladim	5:00 pm
Kabbalat Shabbat	6:00 pm
Saturday, December 5	
Casual Morning Minyan	9:30 am
Shabbat Service & B'nei Mitzvah of Zoey Coleman	10:00 am
Wednesday, December 9	
Morning Minyan	8:00 am
Friday, December 11	
Chanukah Ruach Shabbat	6:00 pm
Saturday, December 12	
Casual Morning Minyan	9:30 am
Shabbat Service & B'nei Mitzvah of Alec Wise	10:00 am
Wednesday, December 16	
Morning Minyan	8:00 am
Friday, December 18	
Kabbalat Shabbat	6:00 pm
Saturday, December 19	
Casual Morning Minyan	9:30 am
Wednesday, December 23	
Morning Minyan	8:00 am
Friday, December 25	
Kabbalat Shabbat & Anniversary Blessings	6:00 pm
Saturday, December 26	
Casual Morning Minyan	9:30 am
Wednesday, December 30	
Morning Minyan	8:00 am
Friday, January 1	
Kabbalat Shabbat	6:00 pm
Saturday, January 2	
Casual Morning Minyan	9:30 am
Wednesday, January 6	
Morning Minyan	8:00 am
Friday, January 8	
Shabbat Yeladim	5:00 pm
Kabbalat Shabbat	6:00 pm
Saturday, January 9	
Casual Morning Minyan	9:30 am
Wednesday, January 13	
Morning Minyan	8:00 am
Friday, January 15	
Ruach Shabbat hosted by 4th & 6th Grade	6:00 pm
Saturday, January 16	
Casual Morning Minyan	9:30 am
Shabbat Service & B'nei Mitzvah of Maya Hans	10:00 am
Wednesday, January 20	
Morning Minyan	8:00 am
Friday, January 22	
Kabbalat Shabbat & Anniversary Blessings	6:00 pm
Saturday, January 23	
Casual Morning Minyan	9:30 am
Wednesday, January 27	
Morning Minyan	8:00 am
Friday, January 29	
Kabbalat Shabbat Shira	6:00 pm
Saturday, January 30	
Casual Morning Minyan	9:30 am