

# SKOKIE VALLEY

*Welcomes you!*



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## Shabbat Mevarchim Parshat Bamidbar 29 Iyyar 5780

### Shabbat Shalom!

Our physical building is temporarily closed,  
but our community is always open!

### Shacharit together: 8:00 am weekdays

Mishna learning in memory of those for whom we  
are saying kaddish 8:30 am

<https://zoom.us/j/713951311>

### Mincha/Maariv together: 7:45 pm

<https://zoom.us/j/713951311>

### Daily Omer Counting: 8:30 pm

<https://zoom.us/j/713951311>

### Friday, May 22

#### Tot Tefillah: 2:00 pm

Join us to welcome Shabbat with our beloved Tot  
Shabbat songs.

<https://zoom.us/j/311576920>

#### Welcoming Shabbat: 6:30 pm

<https://zoom.us/j/713951311>

Candle lighting: 7:52 pm

### Shabbat May 23

#### Havdallah: 8:56 pm

Communal Havdallah with friends from Anshe  
Shalom in Lakeview: 9:10 pm

<https://zoom.us/j/9248979279>

Meeting ID: 924 897 9279

Password: 540

### Sunday, May 24, Rosh Chodesh

Shacharit 9:00 am with Hallel

<https://zoom.us/j/713951311>

### *Mazal Tov to:*

Abe Rosenblum on his 98th birthday on May 15!

### *Yahrzeits:*

This week Skokie Valley commemorates the following  
yahrzeits. May their memories be a blessing:

28 Iyar/May 22 Louis Cohen z"l (Dorothy Cohen)

28 Iyar/May 22 Martin Korman z"l (Lisa Goldenberg)

28 Iyar/May 22 Sarah Cohen z"l (Lila Shyman)

29 Iyar/May 23 Stephen B. Leapman z"l (Sam Spolter)

1 Sivan/May 24 Gail Alter z"l (Bernard Alter)

1 Sivan/May 24 Hymen Davis z"l (Linda Forman)

1 Sivan/May 24 Ida Fessen z"l (Sonia Hill)

1 Sivan/May 24 Jerome Shyman z"l (Lila Shyman)

4 Sivan/May 27 Arnold Medow z"l (Grace Weinstein)

Download our new mobile app, with links to our  
calendar and our virtual offerings:

<https://www.svaj.org/getapp>

### Communal resources:

[Schedule some one on one time with Rav Ari](#)

[Online Group Check-in](#)

[Skokie Valley Communal Support--offers and requests](#)

[Chicago Jewish Community Support](#)

### Join our WhatsApp groups!

[Women of Skokie Valley](#)

[Skokie Valley Chesed Corps](#)

[Madrachim Led Family Activities Group](#)

[Let's Share Torah](#)

**Annual Campaign Update: We reopened our 2nd Annual Campaign as the needs of our community continue to emerge. Our Campaign goal is \$60,000. When we paused the campaign on March 18, we had raised approximately \$22,000. Amazingly, many of you continued to give and we raised another \$23,000. That leaves us with another \$15,000 to go. Our Campaign goal is \$60,000.**

**A huge thank you to all who have already given! To those who are able but have not had the opportunity to give yet, please go to "Donate" on our website.**

**Shop on Amazon and support Skokie Valley at the same time!** Many of you are taking advantage of shopping from home using Amazon during this crisis. If you use the Amazon Smile link when you shop and indicate Skokie Valley as your charitable organization - we get cash! This is a great way to make your purchases go further. Make your shopping count! It works!

Go to this unique link: <https://smile.amazon.com/ch/36-2477806> or **click the Amazon logo at the top of the Skokie Valley webpage [svaj.org](http://svaj.org)**, which will bring you to our Amazon Smile page. Then shop as usual! For everything you buy, Amazon will donate a small part of your purchase price to Skokie Valley. It's that simple!

Ask your friends and family to go to [smile.amazon.com](http://smile.amazon.com) when they shop and designate Skokie Valley as their chosen charity. Shopping and prices are the same, and you retain your Prime membership benefits.

**It's so easy to support our shul as you shop on Amazon!**

**Do you have a skill, knowledge or interest that you want to share with our community? In the past weeks members have added Coffee talks, Haftorah classes , Pirkei Avot.to our weekly Zoom offerings. Please contact Rav Ari [ravari@svaj.org](mailto:ravari@svaj.org), or the office [office@svaj.org](mailto:office@svaj.org).**

**Larry Englehart of DejaViews will be taking photos this Sunday for the "Porchtraits Project." This is a 15 minute photo session on your front porch, sidewalk, etc, using social distancing guidelines. There is no charge for this, but a minimum donation of \$40 is required to Skokie Valley's [Food for First Responders](#) initiative, supporting local Kosher restaurants and first responders. For more information or to schedule a time slot, call DejaViews at 877-DejaViews or email: [photos@DejaViewsUSA.com](mailto:photos@DejaViewsUSA.com).**

**Stay connected on Zoom! If you have a computer, it is easy to join these classes! Classes also appear on the home page of [svaj.org](http://svaj.org)--just click on the name of each class for the link to join!**

### **Sunday through Friday**

**Sunday @ 9:30 am, Monday through Thursday @ 8:30 am: [Ten Minute Mishna Learning](#):** All are welcome for a short, ten minute mishna learning. Mishnayot will be learned in the memory of those for whom community members are saying kaddish. At the beginning of each learning session we will recite the names of those whom we are remembering.

### **Sunday through Thursday**

**8:30 pm: [Sefirat Ha'Omer Counting and Reflections with Rav Ari](#).** Please join us each weeknight, Sunday - Thursday, from now until Shavuot as we count the Omer together. We will spend about 15 minutes each night performing the mitzvah followed by a short opportunity for reflection and connection.

### **Friday May 22:**

**2:00 pm: [Tot Tefillah!](#)** Join us to welcome Shabbat with our beloved Tot Shabbat songs. There will be opportunities for you to lead Tot Tefillah as well - stay tuned.

**6:30 pm: Welcoming Shabbat:** One hour before Shabbat, we will be getting in the Shabbat spirit with prayerful song and maybe even some dance!

### **Shabbat May 23:**

**9:10 pm: Communal Havdallah** and Dance Party with friends from Anshe Shalom in Lakeview.

### **Tuesday May 26:**

**2:00 pm: The Book of Genesis:** Join us for a deep study of the book of Genesis, with selected midrashim and commentators.

**7:00 pm: Virtual Book Talk with Sarah Hurwitz,** former head speech writer for First Lady Michelle Obama, and author of *Here All Along: Finding Meaning, Spirituality and a Deeper Connection to Life--in Judaism (After Finally Choosing to Look There)*.

If you wish to purchase this book, please [click here](#) to go to our Amazon Smile page, or support your favorite local bookstore. We look forward to seeing you (virtually!) for what promises to be an informative and enjoyable event!

**Zoom link:** <https://zoom.us/j/311576920>

**7:30 pm: Jewish Mindfulness Meditation:** In partnership with Orot: At this time of uncertainty and shifting ground, we can turn to Jewish wisdom and the practice of mindfulness meditation to center us and calm our anxieties. Each Tuesday night, from 7:30-9:00 CST, you can join one of our wonderful meditation teachers online for a restorative and grounding meditation practice.

### **Wednesday May 27:**

**3:00 pm: Melton Beit Midrash:** Join our own Rabbi Marianne Novak for a Melton Beit Midrash on May 6, 13, 20 and 27.

During these unprecedented times, the focus on our Jewish values has become ever more heightened, e.g. Taking Care of Ourselves, Gemilut Chasadim (Acts of Loving Kindness), Balancing the Needs of the Individual vs. the Community. Through the use of online breakout groups and chavruta partner study, we will take a deeper dive into texts from Melton curricula to consider their relevance at this time. The final session will focus on the holiday of Shavuot and how its evolution highlights our ideas of ritual development and the experiences of Torah and exile. There is no cost for this class but you must register here: <https://www.meltonschool.org/learn-with-us/melton-online>

**3:00 pm: Dance for Life:** Tune in to this easy to follow Dance for Your Life exercise program. This is a 30 minute dance routine in your chair--safe, fun and gets your whole body moving!

**4:00 pm: Pre-Shavuot Communal Cheesecake Bake** with Elli Arons Marks of Belliful! Elli will lead us in a live bake of your own cheesecakes using her recipes and techniques. Zoom link: <https://zoom.us/j/713951311>

Have these ingredients ready so you can bake along:

- 2 c. graham cracker crumbs
- 1 stick plus one tablespoon melted butter
- 2 8oz. blocks cream cheese at room temperature
- 3 eggs
- 1 c. sugar
- 1 pint sour cream
- Vanilla
- 1 tablespoon lemon zest (Optional)

### **Thursday May 28:**

**Come join us for a special Shavuot drive-through event on Thursday, May 28! There will be music, flowers, bikkurim baskets, learning materials for Shavuot and a special surprise!**

**You must register in advance to participate!! This event is open to Skokie Valley members only! Go to <https://www.svaj.org/shavuot-baskets-5780> to register. Deadline for registration is Tuesday, May 26 at midnight.**

**11:30 am: Skokie Valley Lunch club with Bobbie Winter:** Join Bobbie Winter, LCSW, for a cup of coffee and informal conversation, sharing common issues in managing the new normal of life during a pandemic. All are welcome. Roberta Winter is a clinical social worker with 50 years of experience and is a registry care manager at

Shirley Ryan Abilitylab, formerly known as the Rehabilitation Institute of Chicago, with a specialty as a support group facilitator.

**12:00 pm: Stop giving yourself back pain!** will resume next week.

**3:00 pm: Parsha and Stories:** Will not meet this week. Come back next week!

**Misheberach for Cholim:** In order to ensure that we are offering a misheberach for members of our community in need of physical, emotional and/or spiritual healing, please enter the names of those for whom you wish a prayer to be said on the misheberach form. **If you enter a name on the list, we request that you renew it each month the person is in need of healing.** The list will be cleared on Shabbat Mevarchim each month. You may find the form at <https://www.svaj.org/misheberach>, or call the office with the information at 847-674-3473.

## Beyond Skokie Valley

If you or anyone you know is financially strapped due to the pandemic, there is a wonderful opportunity to purchase kosher food this Sunday at an extremely subsidized rate. Please see flyer below for details. \$75 total for large quantities of meat, cheese, grape juice, etc. The only catch is that the quantities are vast. Please contact Sari Steinberg [sariscrite@gmail.com](mailto:sariscrite@gmail.com) and she will be happy to coordinate among people who want to split an order (and will preserve privacy as much as possible). Contact Sari if you'd like to be part of such a group, and/or pass it along as you deem appropriate. 3200 W Peterson Ave, Chicago, IL 60659

# Grocery Relief



In light of recent developments, anonymous donors have put together a fund which is being used to offer **greatly subsidized staples** to families in the greater Chicago community who feel they have been impacted by the current situation. Quantities are limited.

*No prequalification needed, no questions asked.*

**Location: JDBY enter on Lincoln Ave.**  
**Date: SUNDAY, MAY 24**  
**Time: 9am - 4pm**

- ONE ORDER PER VEHICLE PER FAMILY
- DRIVE-THRU - NO GETTING OUT OF VEHICLE
- DISTRIBUTION ACCORDING TO CDC GUIDELINES
- MAKE SURE YOU HAVE AMPLE SPACE IN VEHICLE
- C.O.D. AT THE TIME OF PICKUP

**What you get\*:**

- 1 CASE KJ CHICKEN LEGS - approximately 40 lbs
- 1 CASE KEDEM GRAPE JUICE - 8 64 oz bottles
- 1 CASE FRESH & FROZEN GEFILTE FISH <sup>#100</sup> - 12 loaves
- 1 CASE KJ SCHNITZEL - 10 lbs
- POTATOES - 20 lbs
- ONIONS - 3 3-lb bags
- LARGE EGGS - 15 dozen
- 1 CASE PLASTIC CUPS
- 1 CASE PLASTIC FORKS
- 1 CASE PLASTIC SPOONS
- CHEESE (Cholov Yisroel) - 2 bricks American, 2 packs string
- BLINTZES - 2 boxes potato, 2 boxes cheese (Cholov Yisroel)

**TOTAL COST:**  
**only \$75**

**CASH ONLY (or check payable to CASH)**

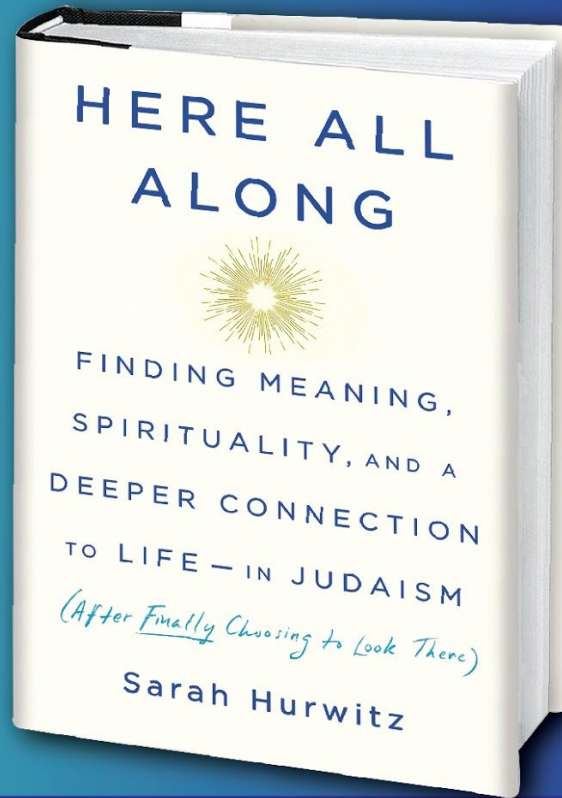
BROUGHT TO YOU IN PART BY:



**SAVE THE DATE: Tuesday, May 26 • 7pm**



**Join us in a  
virtual Book-  
Talk with author  
and writer  
Sarah Hurwitz.**



**About Sarah Hurwitz:**

Prior to writing about Judaism, Sarah Hurwitz served as head peechwriter for First Lady Michelle Obama. A graduate of Harvard College and Harvard Law school, she is the author of *Here All Along: Finding Meaning, Spirituality, and a Deeper Connection to Life—in Judaism (After Finally Choosing to Look There)*.

For More Information:

office@svaj.org • Zoom Link: <https://zoom.us/j/311576920>

*Pre-Shavuot*

C O M M U N A L  
C H E E S E C A K E  
B A K E

*With Elli Marks of Belliful*

**WEDNESDAY, 5/27 AT 4PM**

Elli will lead us in a live bake of your own cheesecakes using her recipe and techniques!

HAVE THESE INGREDIENTS READY:

**16 oz cream cheese**

**1pt. sour cream**

**vanilla**

**3 eggs**

**1 c sugar**

**1 stick + 1 T butter**

**lemon zest**

**2 c graham cracker  
crumbs**

**Zoom link: <https://zoom.us/j/713951311>**