

# SKOKIE VALLEY

*Welcomes you!*



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## Parshat Beha'alotcha 21 Sivan 5780

### Shabbat Shalom!

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

**Daily Shacharit together: 8:00 am  
Mishna learning in memory of those for  
whom we are saying kaddish 8:30 am**

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

**(Sunday 9:00 Shacharit and 9:30 learning)**

**Mincha/Maariv together: 8:15 pm**

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

### Friday, June 12

**Tot Tefillah: 2:00 pm**

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

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

**Welcoming Shabbat: 7:00 pm**

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

**Candle lighting: 8:07 pm**

### Shabbat June 13

**Havdallah: 9:10 pm**

**Communal Havdallah with our  
friends from Anshe Shalom  
in Lakeview: 9:25 pm**

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

**Meeting ID: 924 897 9279**

**Password: 540**

### *Mazal Tov!*

**To Marla and Ezra Jaffee** on the birth of a new grandson born to their daughter and son-in-law Aliza and Ben Sass in Philadelphia.

### *Yahrzeits:*

20 Sivan/June 12 Harry Wishnoff z"l (Dorie Chez)

20 Sivan/June 12 Jerold B. Rothstein z"l (Gail Rothstein)

20 Sivan/June 12 Sidney Rubin z"l (David Rubin, Joel Rubin)

21 Sivan/June 13 Herman Fleischacker z"l (Sam Fleischacker)

21 Sivan/June 13 Roslyn Rosenblatt z"l (Avi Rosenblatt)

23 Sivan/June 15 Steven Nitzkin z"l (Ivy Sukenik)

24 Sivan/June 16 Goldie Raffé z"l (Rachel Brachman)

24 Sivan/June 16 Bernice Baskin z"l (Mari Baskin)

25 Sivan/June 17 Jack Fagelson z"l (Ruby Masters)

25 Sivan/June 17 Toni Karoll z"l (Asher Karoll)

26 Sivan/June 18 Bernard Fisher z"l (Sam Fisher)

26 Sivan/June 18 Irving Dorfman z"l (NancySchwartz)

**For the letter outlining the first phase of our reopening plans, please [click here](#). If you would like a paper copy, please contact the office.**

**Access up-to-date information about reopening, outdoor minyan, future outdoor activities, etc. by going to our [COVID-19 Resource page](#) on [SVAJ.org](#).**

**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](#)

## **Mincha/Maariv Outdoors**

Beginning on June 14, Mincha/Maariv will take place outdoors in the Skokie Valley parking lot. We will gather Sunday - Friday night, ensuring that there is at least one minyan each day of the halachik week for men and women who wish to daven together.

Priority will be given to those saying kaddish. **To participate in our outdoor tefillah, you must be a member of Skokie Valley and register by [clicking this link](#) or calling the office at 847-674-3473. Those who have not registered will not be allowed to join our tefillot.**

When registering, you will receive more detailed information on our safety protocols. This tefillah will be streamed on Zoom, and those saying kaddish who do not wish to participate in person may recite a full kaddish on Zoom along with the physical outdoor minyan.

**Watch this video for a fascinating conversation about faith, race, policing and more with of Chicago's leading African American pastors, Rev James Meeks and Rev Chris Harris, along with Rabbi Michael Siegel and our own Rav Ari:**  
[https://www.youtube.com/watch?v=-RGz1m1zVvA&fbclid=IwAR1FzpNomq8-ffEGM7HH-gccS\\_jkQ50PyjuQSMQ3F\\_3FEMOhf9pApj66JMc](https://www.youtube.com/watch?v=-RGz1m1zVvA&fbclid=IwAR1FzpNomq8-ffEGM7HH-gccS_jkQ50PyjuQSMQ3F_3FEMOhf9pApj66JMc)

**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.

## **Friday June 12:**

**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.

**7:00 pm: Welcoming Shabbat:** One hour before Shabbat, we will be getting in the Shabbat spirit with prayerful song and maybe even some dance!

### **Motzei Shabbat June 13:**

**9:25 pm: Communal Havdallah** and Dance Party with friends from Anshe Shalom in Lakeview.

### **Sunday, June 14:**

**1:00 pm: Pirkei Avot study** and discussion group led by Mike Koplow. All are welcome!

Zoom link: <https://us04web.zoom.us/j/5068566520?pwd=RnZ1c1RZOGsrS1J5a3JDcVJQY29YZz09>

### **Tuesday June 16:**

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

**3:00 pm and 3:30 pm: Story Time with Sadie Hulkower:** Sadie is a first year student at IDC Herzliya in Israel, who is leading a story time for kids ages 1 to 6 at 3:00 pm, reading books such as *Chicken Soup by Heart* and *The Keeping Quilt*, and at 3:30 pm for kids 7+, reading books like *Harry Potter* and *Percy Jackson*

### **Wednesday June 17:**

**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!

### **Thursday June 18:**

**11:00 am and 11:30 am: Story Time with Sadie Hulkower:** Sadie is a first year student at IDC Herzliya in Israel, who is leading a story time for kids ages 1 to 6 at 11:00am, reading books such as *Chicken Soup by Heart* and *The Keeping Quilt*, and at 11:30 for kids 7+, reading books like *Harry Potter* and *Percy Jackson*.

**11:15 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. The discussion will be ended with a few minutes of a breathing and relaxation exercise in order to prepare everybody for Jen's wonderful exercise program which follows, and as a midday break. 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!** Zoom in with Jen Cohen, a Physical Therapist specializing in orthopedics. Learn how to take care of your body while working from home. We will do useful stretches and mobility exercises right from your desk. This will help you stay healthy and prevent injuries while working from your home office/dining room table/tv tray in the playroom.

**7:00 pm: Haftorah of the Week:** Join us for a discussion led this week by Rabbi Moshe Simkovich that explores the Haftorah, its significance, context and connections to the weekly Torah portion.

Please review the Haftorah in advance here: <https://www.sefaria.org/sheets/243835?lang=bi> then go to Zoom link: <https://zoom.us/j/311576920> or Phone: 3126266799 Meeting Id: 311 576 920

## ***Hakarat HaTov***

**Many, many thanks** to all the volunteers who organized, strategized, purchased, packed, and schlepped TWO TRUCKFULLS of perishable food items directly to families in need, coming together with **Bright Star Community Outreach, Inc. (BSCO)** to support families on the South Side facing a food crisis. Our gratitude to the tireless volunteers: **Meira Goldman, Amanda Goldstein, Leah Neiman, Brian Pogrund, John Flemming, Ari Berkowicz, Rachelli Soffer, Manya Treece, Becca Linden, Zivya 'Feifel' Mosbacher, Mike Soffer, Robyn Ackerman, Jennifer Koplow, Noah Mishkin, Adrienne Burgher, Sigalle Shpayher, Ross Gordon, Eva Gavant, Tzvi Feifel, Josh Shpayher, Audrey Chavel, Meyer Emanuel, and to all the many people who donated so generously so that groceries could be purchased.**

**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.



**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](https://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!**

Larry Englehart of Deja Views has created 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).

**If anyone took photos at the Shavuot Basket event that you would like to share with us, please email them to [office@svaj.org](mailto:office@svaj.org). Thank you!**

**Help wanted!** Our building may be closed but Skokie Valley is going strong! Our email communications, website and social media information are playing a bigger role than ever before in keeping us all informed and together. We are seeking help in any of these areas--so if you have some time and skills to volunteer, please let us know at [office@svaj.org](mailto:office@svaj.org)