

# SKOKIE VALLEY

*Welcomes you!*



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## Parshat Behar-Bechukotai 22 Iyyar 5780

### Shabbat Shalom!

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

**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>

**Maariv together: 8:00 pm**

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

**Daily Omer Counting: 8:30 pm**

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

### Friday, May 15

**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: 7:45 pm**

### Shabbat May 16

**Havdallah: 8:49 pm**

**Communal Havdallah with friends from  
Anshe Shalom**

**in Lakeview: 9:05 pm**

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

**Meeting ID: 924 897 9279**

**Password: 540**

### *Mazal Tov to:*

**Monica and Rich Magid** on the marriage of their daughter Beth to Mattan Erder!

### *Yahrzeits:*

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

Iyar 21/May 15: Helen Fryer z"l (Esther Brutzkus)

Iyar 22/May 16: Lee Buchbinder z"l (Esther Buchbinder)

Iyar 22/May 16: Fannie Nadis z"l (Mervin Wells)

Iyar 26/May 20: Wolfe Marcus z"l (David Marcus)

Iyar 27/May 21: Abe Pretekin z"l (Louis Pretekin)

Iyar 27/May 21: Annette Rosen z"l (Sy Rosen)

**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](#)

[Madrichim Led Family Activities Group](#)

[Let's Share Torah](#)

**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).

**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)

The recording of COVID in Israel with Maayan Jaffe-Hoffman is now available. In case you missed it or want to listen again go to this link:

[https://us02web.zoom.us/rec/share/2ehuHrba1EpJSNaK5kSYAqsAlrS9X6a8hCdN\\_PoJxEecX5Z\\_HzRrSH-86xTJuqq9](https://us02web.zoom.us/rec/share/2ehuHrba1EpJSNaK5kSYAqsAlrS9X6a8hCdN_PoJxEecX5Z_HzRrSH-86xTJuqq9) Password: 7w=4#LUG

**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.

### **Tuesday May 19:**

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

**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 20:**

**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!

### **Thursday May 21:**

**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!** 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.

**3:00 pm: Parsha and Stories:** Kids and families are welcome for Parsha and stories with Rav Ari and special guests!

**7:00 pm: Haftorah of the Week:** Join us for a discussion led by Michael Stein 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/235760?editor=1>

### **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:**

**9:05 pm: Communal Havdallah** and Dance Party with friends from Anshe Shalom in Lakeview.

### **Coming soon--save the date!**

**Tuesday, May 26 @ 7:00 pm: Book Talk with Sarah Hurwitz, former head speechwriter for First Lady Michelle Obama, and author of the book *Here All Along: Finding Meaning, Spirituality, and a Deeper Connection--in Judaism (After Finally Choosing to Look There)*. See flyer for details.**

**Wednesday, May 27 @ 4:00 pm: Pre-Shavuot Communal Cheesecake Bake! Elli Arons Marks of Belliful will lead us in a live bake of your own cheesecakes using her recipes and techniques. Stay tuned for the list of ingredients you will need to bake along!**

**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.

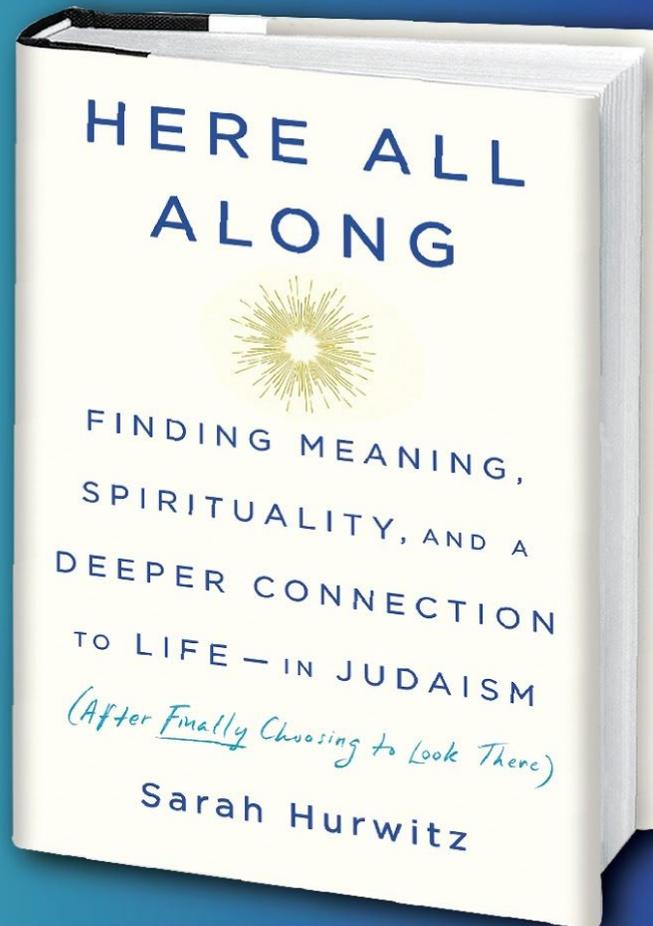
If you would like to order the book, please go to Skokie Valley's Amazon Smile page at <https://smile.amazon.com/ch/36-2477806> or support your favorite book store.

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

**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>