

SKOKIE VALLEY

Welcomes you!



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Parshat Eikev 18 Av 5780

Shabbat Shalom!

Friday, August 7

7:30 am: Shacharit

6:00 pm: Kabbalat Shabbat with singing and Torah from
Rav Ari Zoom only

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

6:45 pm: Kabbalat Shabbat
Tefillah in Social Hall with kaddishes,
for pre-registered members only,
and also via Zoom:

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

Candle lighting: 7:41 pm

Shabbat August 8

9:00 am: *For pre-registered members only*

Mincha: 7:35 pm

Havdallah: 8:42 pm

Daily Shacharit

9:00 am Sunday

7:30 am Monday through Friday

For pre-registered members only and via Zoom

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

Daily Mincha/Maariv

7:45 pm: *For pre-registered members only* and
via Zoom <https://zoom.us/j/713951311>

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

See instructions below for registering
for indoor tefillot.

Welcome New Members!

Shari Helft Lennon

Azi and Channie Lifscics

Jennifer and Jonathan Koplow

Baruch Dayan HaEmet

It is with great sadness that we announce the
passing of:

Ruth Epstein, wife of Avrum Epstein. The funeral
was held in Israel last Wednesday. Messages may be
sent to Avrum at avrume@hotmail.com
and

Our member **Phyllis Levin**. Notes of condolence may
be sent to:

The family of Phyllis Levin, c/o Shalom Memorial Funeral
Home, 1700 W. Rand Road, Arlington Heights, IL 60004

Yahrzeits:

18 Av/August 8 Miriam Saltzman z"l (Lewis Saltzman)

19 Av/August 9 Louis Gilbert z"l (Batya Gilbert-Koplow)

19 Av/August 9 Samuel Glassner z"l (Sharon Glassner,
Ellyce Glassner)

21 Av/August 11 Annette Stolberg z"l (Sara Berkowicz)

Access up-to-date information about
reopening, indoor tefillot, 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>

It's time to renew your membership! Go to <https://www.svaj.org/membership-renewal> and renew today!

Planning for the High Holidays - Please join our conversation Thursday, August 13 at 8:15
We anticipate that this High Holiday season will be very different from years past. Join us for a conversation about some of the options that we are exploring for religious services, family activities, upcoming classes and programming- including a Rosh HaShanna Basket. Your opinions are welcome and there will be an opportunity to ask questions.

While we are still formulating our plans for High Holiday services, you may now submit names for the Skokie Valley Annual Memorial Book. Go to [High Holidays](#) <https://www.svaj.org/hh-5781> to access the form.

Tefillah Registration

Pre-registration is required to attend weekday and Shabbat tefillot. Before registering, you must read our safety protocols [here](#). Each participant must be a member and pre-registered.

For those who wish to participate, there are two steps that are required:

Step 1: Register for tefillah participation at Skokie Valley. We ask that those who registered for outdoor tefillah register again as we have updated the guidelines for indoor tefillah.

[Click here for tefillah registration.](#) If you need help registering, please call the office 847-674-3473.

Step 2: Sign up for specific tefillot. You will receive a link to the sign up form when you complete your registration in step 1.

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--just click on the name of each class for the link to join!

Friday, August 7

11:30 am: Teen Chalk Murals! Chalk the walk by Skokie Valley with pre-Shabbat messages.

RSVP required: <https://www.svaj.org/chalk-the-walk>

Shabbat August 8:

9:30 am, 10:30 am: Tot Shabbat in the Park! Join us as we safely meet outdoors with Tot Shabbat in the Park! Meet at Timber Ridge Park. Bring your own blanket/chairs and snacks. **Pre-registration required!**

https://docs.google.com/spreadsheets/d/10WGaVg1uwMQqj47mFDexAckX3401JfM3snu_xmbbcdY/e/dit#gid=0

Popsicles in Rav Ari and Becca's Backyard! Come for a popsicle....Stay for a Dvar Torah!
Participants must rsvp to ravari@svaj.org

To facilitate social distancing, please arrive in the time window below:

4:30-5pm - If your last name starts with the letters A to G.

5-5:30pm - If your last name starts with the letters H to M.

5:30-6pm - If your last name starts with the letters N to S.

6-6:30pm - If your last name starts with the letters T to Z.

Social distancing required. Masks required on all participants over 2 when not eating their popsicles. The Linden-Hart backyard can be accessed through Timber Ridge Park; it's the blue house behind the big tree!

Sunday, August 9:

8:30 am: The Halachot of Daily Life: Halacha comes from the word "to walk," and its central purpose is to help us walk with God. Each Sunday morning at 8:30, Rav Ari will give a 30-minute shiur on practical halacha, with an eye towards increasing spiritual awareness in our daily living. Fill out this form or email Rav Ari ravari@svaj.org with halachic questions you'd like to be discussed.

https://docs.google.com/forms/d/e/1FAIpQLSeAIpeSJxtSP4UaqMxwg_8M8iJVFXTLcu9NkjUrQXq8F8f1Kg/viewform

4:00 pm: Sunday Funday: Bloom Where You Are Planted! Help to beautify the area around Skokie Valley and plant something special to take home! **RSVP required:** <https://www.svaj.org/flower-planting>

Wednesday August 12:

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!

Zoom: <https://us02web.zoom.us/j/88083912997> **Password: 613**

Thursday August 13:

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

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. <https://us02web.zoom.us/j/87537313419>

7:00 pm: Haftorah of the Week. Join us for a discussion that explores the Haftorah, its significance, context and connections to the weekly Torah portion. <https://us02web.zoom.us/j/87522959697>
Meeting ID: 875 2295 9697 One tap mobile: +13126266799,,87522959697#

Communal resources:

[Schedule some one on one time with Rav Ari](#)
[Chicago Jewish Community Support](#)
[COVID-19 and Domestic Abuse Resources](#)
[COVID-19 and Child Abuse](#)
[SHALVA COVID-19 Orthodox Outreach](#)

Join our WhatsApp groups!

[Women of Skokie Valley](#)
[Skokie Valley Chessed Corps](#)
[Let's Share Torah](#)