

# SKOKIE VALLEY

*Welcomes you!*



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## Parshat Emor 15 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: 7:45

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

Daily Omer Counting: 8:30 pm

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

### Friday, May 8

Tot Tefillah: 10:00 am

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: 7:38 pm

### Shabbat May 9

Havdallah: 8:42 pm

Communal Havdallah and Dance Party with  
friends from Anshe Shalom

in Lakeview: 8:55pm

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

Meeting ID: 924 897 9279

Password: 540

### Baruch Dayan HaEmet

We send our deepest condolences to:

**Mira (& Alexander) Wolf** on the passing of Mira's  
father, Albert Mendlovitz.

**Fran Abramson** on the passing of her mother, Doris  
Abramson.

### Mazel Tov

To Skokie Valley Agudath Jacob Synagogue on  
being awarded a CARES-Payroll Protection Loan  
this week! We are continuing to support and  
employ our dedicated and hard working staff  
through this period and b"ch will be strong when we  
reopen our doors.

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)

**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 Mishnah 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 May12**

**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.**

**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 13**

**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 14**

**10:00 am: Coffee with Bobbie:** 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.

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

### **Friday May 15**

**10:00 am: 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 16:**

**8:55 pm: Communal Havdallah** and Dance Party with friends from Anshe Shalom in Lakeview

We have been in touch with leadership at the The Niles Township Food Depository, a local food pantry serving over 2000 families a month. Demand is way up and they specifically asked if Skokie Valley could help provide toiletries. If you have supplies to donate or can buy to donate, please go to [https://docs.google.com/spreadsheets/d/1F3g\\_bJeON5Bn5cxFrOuJ3ZvZNzoq8ME8hGrUJSu8itQ/edit?ts=5eb19b25&pli=1#gid=0](https://docs.google.com/spreadsheets/d/1F3g_bJeON5Bn5cxFrOuJ3ZvZNzoq8ME8hGrUJSu8itQ/edit?ts=5eb19b25&pli=1#gid=0) , enter your name and place an X in the column for the items you can donate.

Donations are being collected at *3842 Four Winds Way (in Timber Ridge Skokie)*. Just leave your donation on the porch, where it will be collected and taken to the Niles Township Food Depository.

**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.

**Skokie Valley wants to help you honor your mother, grandmother, or special someone!  
No need to go to the store or leave your house. Get that special someone in your life something one-of-a-kind for Mother's Day: an original work of art by the talented M Hurley!**

**[Click here](#) below to request one, and we will email you a free file for you to send or print for your special someone.**

**Please specify the option(s) you want: Blue Rose, Multicolor, or Outlined, which can be colored in by your young artists (or choose all three!**

**If you would like to donate to SVAJ in honor of your special someone, you can do that by [clicking here](#) .**

