

SKOKIE VALLEY

Welcomes you!



Rabbi Ari Hart: RavAri@svaj.org 312-315-9178 Carin Netter, Executive Director, office@svaj.org 847-674-3473
Debbie Eisenstein, President, president@svaj.org David Rubin, Past President
Website: www.svaj.org Facebook: www.facebook.com/svajsynagogue

Shabbat Mevarchim Vaykhel-Pekudei Parshat Hachodesh 26 Adar 5780

Shabbat Shalom!

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

Shacharit together - 7:00am

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

Mincha together - 1:30pm

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

Maariv together - 8:00pm

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

Friday, March 20

Welcoming Shabbat - 5:45pm

This week with special musical guests!

<https://zoom.us/j/110327007>

Candle lighting: 6:44 pm

Shabbat March 21

Havdallah: 7:48 pm

Communal Havdallah and Dance Party
with friends from Anshe Shalom in

Lakeview: 8:00pm

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

Mazal tov!

Mazel to Tammy and Joel Rubin on the wedding of their son Daniel to Jennifer Tickman last Sunday, March 15th.

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](#)

Stay connected on Zoom! If you have a computer, it is easy to join these classes! These are all on the home page of svaj.org--just click on each class for the link to join!

Sunday through Friday

7:30 am: [Ten Minute Mishah 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.

Tuesday

2:00 pm: [The Book of Genesis](#): For the past two years, a committed group has been carefully studying the book of Genesis, with selected midrashim and commentators. Join us for a deep study of this amazing sefer.

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. Orot is so glad to be able to support the community by offering weekly Jewish mindfulness meditation sittings to all who are interested in joining. 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.

8:45 pm: [Online Support Space](#): Online support space for those who wish to connect and process this experience together. Sunday nights are facilitated by Rav Ari. This group is open to all.

Wednesday

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

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 get's your whole body moving!

8:30 pm: [Gemarah Chaburah - Masechet Sanhedrin](#): Join a friendly group of gemara learners. Each week a different person will prepare a shiur on Masechet Sandhedrin. All are welcome.

Thursday

10:00 am: [The Book of Samuel](#): Recently, a group of young parents (with kids in tow!) began learning the Book of Shmuel. We are now on the third chapter. Children are welcome to be present during this shiur and we will move at an appropriate pace to accommodate family needs.

8:45 pm: [Online Support Space](#): Online support space for those who wish to connect and process this experience together facilitated by mental health professionals in our community. This group is open to all.

9:30 pm: [Tish!](#): Join us for some chassidische learning, singing and inspiration!

Friday

5:45 pm: [Welcoming Shabbat](#): 1 hour before Shabbat, we will be getting in the shabbat spirit with prayerful song and maybe even some dance!

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, we will be sending a monthly link to a form where you can enter the names of those for whom you wish a prayer to be said. All names on this list will be personally recited by a gabbai or gabbait every day when Torah is recited, in addition to being included in the prayers of individuals in our community. **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>. You may also call the office with the information at 847-674-3473.

*****Hakarat Hatov – Recognizing the Good*****

Hakarat hatov to everyone, especially our Legacy members, who made the leap to Skokie Valley online!

If there is someone whom you would like to recognize, please submit their name and a their name and a short paragraph on the positive impact they are having to office@svaj.org. Submissions may be anonymous.



We'd love to include YOU in a future member spotlight. If you haven't shared anything about yourself yet (and you're comfortable doing so), please email the office at office@svaj.org!

Get to know....Jennifer and Aaron Minkus!

**Family info: Three kids, Nadav--9 CJDS, Danya 8--CJDS, Orli 3--ECC
Members for 3 months**

Jennifer:

Hometown: Westerville, OH

Last Book Read: *American Dirt*

Something that we don't know about you: I grew up in a town with virtually NO Jews and it was somethings very challenging. I'm grateful to have reversed this environment for myself and my family through our current town, synagogue, day school, and summer camp.

Favorite Guilty Pleasure: Binging on a Netflix series late into a week night when I should be sleeping!

Profession: I work in Marketing/Communications at CJDS. Ask me about the school (where our children also attend) and I might not stop talking about how wonderful it is!

Aaron:

Profession: I am a high school history teacher at Niles North High School in Skokie

The best Jewish food: (as far as i am concerned) is chopped liver although i am sure my family would disagree.

Latkes or Hamentshen: Latkes for sure with lots of pepper and sour cream

