

SKOKIE VALLEY

Welcomes you!



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Shabbat Hagadol Parshat Tzav 10 Nisan 5780

Shabbat Shalom!

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

Shacharit together: 7:00am

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

Maariv together: 7:00pm

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

Friday, April 3

Welcoming Shabbat: 5:45pm

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

Candle lighting: 7:00 pm

Shabbat April 4

Havdallah: 8:03 pm

Communal Havdallah and Dance Party
with friends from

Anshe Shalom in Lakeview: 8:20 pm

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

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 Chessed Corps](#)

[Madrachim Led Family Activities Group](#)

[Let's Share Torah](#)

Pesach information and resources can be found on our website at the top of the page under Pesach 5780.

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.

Sunday

4/5 @ 8:30 pm: **Seder Leading 101**

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 sats 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 for parents:** 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.

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. **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.



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....Chaya and Allan Gordon-Burstyn!!

Family Info: Married 19 years! 4 wonderful children
Hometown: Skokie, IL (Allan) and Cleveland, OH (Chaya)
Favorite Jewish Food: Pickled Tongue
How Long Have You Been at Skokie Valley: 4 years
Latkes or Hamentaschen: Sweet Potato Latkes
Profession: Consultant (Allan), Marketing (Chaya)
Favorite Guilty Pleasure: Trader Joe's Scandinavian Swimmers



Beyond Skokie Valley

Online Soccer Initiative: From Michale Goldberger: (you might know me or my parents). I wanted to reach out because I am currently playing soccer in Israel on the Hapoel Tel Aviv Women's soccer team.

Due to the current situation, our team is starting an online soccer chug for children who are stuck at home. We hope that this will both provide some physical activity to children, while helping out their parents as well. The activities will assume that kids have a small 6 ft x 6 ft space to use.

The chug will take place on Sundays, Tuesdays, and Thursdays at 3pm EST in English over Zoom, . We will be recording the session and uploading it to YouTube after the fact for people who missed it. (We will also be conducting another session in Hebrew.)

I wanted to reach out, as I grew up playing soccer in Chicago, and I know how much I would have loved this had I been stuck at home! We want to help children stay active, stay entertained, and expose them to our favorite activity! All the information about the classes and actual zoom links will be posted here: <https://www.facebook.com/hapoeltawomen/> To register for a mailing list for updates and lessons for classes: <https://chat.whatsapp.com/Djc4GsDIyLmLjILCoDcgIj>