

SKOKIE VALLEY

Welcomes you!



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Parshat Nitzavim-Vayeilech 23 Elul 5780

Shabbat Shalom!

Friday, September 11

7:15 am: Shacharit *In social hall for pre-registered members only* and via Zoom

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

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

for pre-registered members only

Candle lighting: 6:46 pm

Shabbat September 12

9:00 am: *For pre-registered members only*
Mincha: 6:55 pm

Havdallah: 7:47 pm

Selichot 10:00 pm in person and on zoom

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

Daily Shacharit

9:00 am Sunday

7:00 am Monday and Thursday

7:15 am Tuesday, Wednesday & Thursday

Indoors for pre-registered members only and via Zoom

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

Maariv/Selichot

Sunday through Thursday:

8:00 pm: *Indoors for pre-registered members only* and via Zoom <https://zoom.us/j/713951311>

Welcome New Members!

Regina Brandys

Sam Gendell

Jeremy Goodman

Eli Ray

Irene & Sheldon Reitman

Yahrzeits:

22 Elul/Sept 11 Hy Meyer z"l (Josephine Meyer)

24 Elul/Sept 13 Mollie Fagelson z"l (Ruby Masters)

24 Elul/Sept 13 Mary Weinstein z"l (Grace Weinstein)

26 Elul/Sept 15 Anna Lang z"l (Sylvia Kaplan)

27 Elul/Sept 16 Joan Kunitz z"l (Laurie Simkovich)

28 Elul/Sept 17 Max Levin z"l (Helen Goodfriend)

28 Elul/Sept 17 Pearl Magid z"l (Richard Magid, Philip Magid)

28 Elul/Sept 17 Howard Weinstein z"l (Grace Weinstein)

Download our new mobile app, with links to our calendar and our virtual offerings:

<https://www.svaj.org/getapp>

High Holiday Resources

There's so much to do before Rosh Hashanah. Here's a to-do list to help you!

- You should have already renewed your membership but if you haven't, [click here](#).
- Sign up for in person High Holiday Services [here](#).
- Read the letter explaining how services will look this year [here](#).
- Share your greetings for the community in the Rosh Hashanah booklet [here](#).
- Sign up for your free Rosh Hashanah basket [here](#).
- Register children aged 5-12 for Camp Shana Tovah [here](#).
- Donate to the Yom Kippur Appeal [here](#).
- If you need help with any of these things, call or email the office:

847-674-3473, office@svaj.org

- The Dezimra Institute Presents - [Melodies of Rosh Hashana](#) for to you learn at home
- Public shofar blowings in Skokie! Please visit SkokieShofar.com for a listing of outdoor, open-to-the-public Shofar blowing meets in Skokie on Rosh Hashanah. Even if you are not going to Shul this Rosh Hashanah, it is still important to hear the sound of the Shofar, and this list makes it easy for you!



MILT'S
BARBQUE FOR THE PEOPLE

Rosh Hashanah catering

- *Mixed green salad with pickled onions, figs, pomegranate vinaigrette
- *Honey pomegranate chicken quarter
- *4oz sliced sweet brisket
- *Cinnamon date barley
- *Roasted vegetables
- *Apple bread pudding
- *Raisin challah rolls (full size on orders over 4 people)

SPECIAL SVAJ SUBSIDIZED PRICING
\$12/pp orders due by 4PM Tuesday,
September 15

For orders please contact:
Milt's BBQ 773-661-6384
info@miltssbbq.com



We know that this is a difficult time for everyone. We are grateful that our member, Bryan Gryka, Executive Chef/Owner of Milt's BBQ, is offering a healthy delicious holiday meal at his cost.

Call Milt's at 773-661-6384 to order. Mention that you are a member of Skokie Valley to get the special price of \$12 per person!

Pickup will be at Skokie Valley at a time to be determined. Watch your emails for pickup details! If you can't pick up the food, we will arrange for drop-off delivery.

This Week's Programs

Shabbat September 12:

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

10:00 pm: Selichot in the social hall - please register here [Tefillah Signup](#) and on Zoom <https://zoom.us/j/713951311>

Sunday, September 13:

8:30 am: Halacha in Our Lives with Rav Ari <https://zoom.us/j/713951311>

10:00 am: Magic & Teshuvah: Magical thinking is a psychological term that refers to the idea that we can influence specific outcomes through actions that have no direct bearing on the circumstances. Together we will look at how our tradition views Magical Thinking. As we approach Rosh HaShana, we will explore two possible specific examples of Magical Thinking within Jewish practice. These practices, and magical thinking, can provide us with tools with which to approach these holy, powerful days. This 2-part class will be taught by our incoming rabbinic intern from Yeshivat Maharat, Yael Keller. **Download the source sheet here** to use during the class.

Zoom: <https://us02web.zoom.us/j/86178333023>

Or iPhone one-tap: +13126266799,,86178333023# Or Telephone: +1 312 626 6799 Webinar ID: 861 7833 3023

7:00 pm: How to Daven at Home with Rabbi Michael Balinsky. What should people do who are unable to attend services for the High Holidays? To be honest, not being able to join with others to sing familiar melodies and experience the holiness of the day in community will be a loss. But the enchanting and commanding power of these days still calls out to us and demands that we respond as best as we are able. These sessions will review what and how we can pray at home and the genuine challenges that emerge from it. We will consider strategies to make these days meaningful even in a time of social isolation. Participants' input and ideas will be valuable asset. Please have a machzor you can use during these sessions. **Click here** to download the Rosh Hashanah Tefillah guide to use during the classes. The class will continue on Thursday 9/24 with a focus on Yom Kippur.

Zoom: <https://us02web.zoom.us/j/87170125296> Meeting ID: 871 7012 5296

One tap mobile: +13126266799,,87170125296#

Tuesday, September 15:

2:00 pm: Scapegoats and Battlehorns - The Roots of Rosh Hashanah and Yom Kippur in Tanach. Our Tuesday Tanach learning continues! We'll take a pause from the book of Genesis to explore the roots of Rosh Hashanah and Yom Kippur in the Tanach. **With Rav Ari. <https://zoom.us/j/713951311>**

8:00 pm: High Holidays with the Pachad Yitzchak with Rav Ari. The Pachad Yitzchak was one of the most brilliant and original orthodox thinkers of the 20th century. We'll study some of his most fascinating pieces on the High Holidays together. <https://zoom.us/j/713951311>

Wednesday, September 16:

8:00 pm: The Shofar Project: Weekly Spiritual Reflection with Rabbi Josh Feigelson

As a special part of The Shofar Project for the Skokie Valley community, IJS Executive Director and Skokie Valley member, Rabbi Josh Feigelson will lead this weekly hour of learning, reflection, conversation, and meditation.

<https://jewishspirituality.zoom.us/j/91996550296?pwd=L0txVHFnaVd1QVpRTVpCYUZaZkhGZz09>

Passcode: 510283 Meeting ID: 919 9655 0296 One tap mobile: +13126266799,,91996550296#,,,,,0#,,510283#

Thursday, September 17:

11:15 am: Skokie Valley Lunch Club with Bobbie Winter: Our focus this week will be on The Pandemic and Rosh Hashanah. How do you plan for the Holidays during a Pandemic? How do you find meaning by staying home? Is it worth it to go to an outdoor service, to an indoor service, and how can you safely invite others to your outdoor space?

These and other issues will be addressed this week and through the month of Elul towards enabling a meaningful holiday season. Please join us in this timely discussion, share your thoughts with others and gain insight into managing the holiday season during a pandemic. <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>

8:00 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 Chesed Corps](#)
[Let's Share Torah](#)

Beyond Skokie Valley

Maot Chitim wants to make sure that all families in need (any age) are registered in order to receive a gift card for Rosh Hashanah. If you know of any families that are not signed up, please contact **Corinne Engelhart** cor.engelhart@gmail.com or Joellyn at Maot Chitim tel. 847-674-3224 (mention Corinne).

Help The ARK's food pantry out during the month of Elul! What's most needed now is creamy peanut butter, jelly, oatmeal, and pasta. When you're out shopping or ordering for the holiday, consider adding a few of these items into your basket or onto your order. The food pantry's pod in the shul parking lot is difficult to open and close, and Bobbie Winter is happy to come by and pick up any donations or have them dropped off at her house to make it easier. Other staple items are always welcome and isolated non-listed items will be dropped into the clients shopping bags as an extra bonus.

Let's see if Skokie Valley can get a carload of groceries to The ARK for Rosh Hashanah! The shul contact for The ARK is **Bobbie Winter** at rwinterlcsw@gmail.com