

# SKOKIE VALLEY

*Welcomes you!*



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## Rosh Hashana 5781

### Shana Tova and Shabbat Shalom!

#### **Friday, September 18**

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

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

**\*\*\*See below for schedule of Rosh Hashana Services**

#### **Monday September 21**

##### **Tzom Gedalia**

Fast begins 5:26

Mincha/Maariv 6:20

End of Fast 7:26

##### **Daily Shacharit**

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, Tuesday, Wednesday, Thursday:

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

### **Welcome New Members!**

Howard Goodfriend

Ruth & Jerry Kirschner

Shira Schwartz

Dvora Wilensky

### **Baruch Dayan HaEmet**

#### **Our deepest condolences to:**

The family of long-time member **Chuck Kohn**.

The funeral will be held Monday, September 21st at 9:30am at Weinstein & Piser Funeral Home, 111 Skokie Blvd, Wilmette.

**Veronica (Ariel Zamir) Vyazovsky** on the passing of her mother, Irina Vyazovsky.

### **Yahrzeits:**

29 Elul/Sept 18 Ellen Koplw z"l (Jonathan Koplw)

2 Tishrei/Sept 20 Jean Witt z"l (Lorraine Barsky)

2 Tishrei/Sept 20 Rachel Elgrably z"l (Georges Elgrably)

3 Tishrei/Sept 21 Dora Elgrably z"l (Georges Elgrably)

4 Tishrei/Sept 22 Fannie Schwartz z"l (Selma Feder)

5 Tishrei/Sept 23 Eugene Barsky z"l (Lorraine Barsky)

6 Tishrei/Sept 24 Sharon Masters z"l (Ruby Masters)

## **\*\*\*Rosh Hashana Services**

### **Friday, September 18**

#### **Outdoors/Tent**

6:30 pm: Mincha/Maariv

**6:34 pm: Candle lighting**

\*\*\*\*\*

### **Rosh Hashana Day 1: Shabbat September 19**

#### **Outdoors/Tent:**

Shacharit/Mussaf: 7:15 am, 9:45 am, 12:15 pm

#### **Indoors/Social Hall**

Shacharit/Mussaf: 7:45 am, 10:45 am

6:30 pm: Mincha/Maariv **Outdoors/Tent**

**7:34 pm: Candle lighting**

\*\*\*\*\*

### **Rosh Hashana Day 2: Sunday, September 20**

#### **Outdoors/Tent:**

Shacharit/Mussaf: 7:15 am, 9:45 am, 12:15 pm

#### **Indoors/Social Hall**

Shacharit/Mussaf: 7:45 am, 10:45 am

#### **Family friendly Shofar Blowing/Tashlich**

4:00 pm: in front of Skokie Valley

6:30 pm: Mincha/Maariv **Outdoors/Tent**

**7:33 pm: Havdalah**

**\*\* All services are for pre-registered members only. Please attend only services for which you are registered. \*\***

## *High Holiday Resources*

There's so much to do before Rosh Hashana. 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](#). **Registration for Rosh Hashana services will close on Friday, 9/18 at noon.**
- Read the letter explaining how services will look this year [here](#).
- Donate to the Yom Kippur Appeal [here](#).
- If you need help with any of these things, call or email the office.
  
- Public shofar blowings in Skokie! Please visit [SkokieShofar.com](http://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!

Links to Rav Ari's Rosh Hashana Video Sermons and Noah Mishkin's melodies can be found here:

- Rosh Hashana Sermon #1: [The Birthday of Breath](#)
- Rosh Hashana Sermon #2: [Weddings in Black and White](#)
- [Rosh Hashana Melodies](#)
  
- Download the Rosh Hashanah Companion booklet [here](#).
  
- Recordings of Rabbi Balinsky's classes on davening at home on Rosh HaShana can be found [here](#).
  
- The Dezimra Institute Presents - [Melodies of Rosh Hashana](#) for to you learn at home.

## *This Week's Programs*

### **Tuesday, September 22:**

**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>

### **Thursday, September 24:**

**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>

**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 a valuable asset. Please have a machzor you can use during these sessions.

[Click here](#) to download the Yom Kippur - Sukkot guide to use during the classes.

Zoom: <https://us02web.zoom.us/j/87170125296>

Meeting ID: 871 7012 5296 One tap mobile: +13126266799,,87170125296#

**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](#)

## *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](mailto:cor.engelhart@gmail.com) or Joellyn at Maot Chitim tel. 847-674-3224 (mention Corinne).

**Thanks to all who have contributed to The ARK food pantry!** A trunk load was delivered this week, and another delivery will be made on Tuesday, September 22, giving you more time to shop and drop it off either in the pod in the Shul parking lot or at Bobbie Winter's home, 8651 Karlov, one block south of Chabad.

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. Other staple items are always welcome and isolated non-listed items will be dropped into the clients shopping bags as an extra bonus. You may contact **Bobbie Winter** with any questions at [rwinterlcsw@gmail.com](mailto:rwinterlcsw@gmail.com).



SKOKIE VALLEY AGUDATH JACOB PRESENTS

# SCAPEGOATS & Battlehorns

THE Roots of Rosh Hashana AND Yom Kippur in Tanach



**JOIN US**  
Tuesdays, with Rabbi Ari Hart  
Starting on Sept. 1 • 2PM

Our Tuesday Tanach learning continues!  
We'll take a pause from the book of Genesis to explore the roots of Rosh Hashana and Yom Kippur in the Tanach.

svaj.org • office@svaj.org • 847-674-3473



SKOKIE VALLEY AGUDATH JACOB PRESENTS

# HOW TO DAVEN AT HOME



**JOIN US**  
Join with Rabbi Michael Balinsky  
Sundays, September 6 & 13, and  
Thursday 9-24 • 7pm • ZOOM

svaj.org • office@svaj.org • 847-674-3473