

# SKOKIE VALLEY

*Welcomes you!*



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## Shabbat Mevarchim Parshat Shemini 24 Nisan 5780

### Shabbat Shalom!

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

**Shacharit together: 8:00 am**

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

**Maariv together: 7:30 pm**

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

### Friday, April 17

**Welcoming Shabbat: 6:15 pm**

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

**Candle lighting: 7:15 pm**

### Shabbat April 18

**Havdallah: 8:19 pm**

**Communal Havdallah and Dance Party  
with friends from Anshe Shalom  
in Lakeview: 8:35 pm**

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

**Meeting ID: 924 897 9279**

**Password: 540**

### Mazel Tov

to **Eliana & Ben Marks and big sister Isla** on the birth of a baby girl, Ruby Jean. Mazel tov also to grandparents **Rick and Marsha Arons**, and all of Ruby's aunts and uncles!

to **Cathy and Joe Gluck** on the birth of a grandson in Israel born to their children, Avi and Oriya.

to **Alisa Ungar-Sargon & Sasha Gutfraind** on the birth of a baby boy.

### Baruch Dayan HaEmet

**It is with great sadness that we announce the passing of:**

**Marshall "Maish" Levin, brother of our member Helen Goodfriend.**

**Yael Hoffman, mother of our member Karen Hoffman Zimmerman (& Mendy Zimmerman)**

**Reggie Richman, former long- time Skokie Valley member.**

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

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

**Do you have news to share? Please send it to office@svaj.org--we all need good news now!**

## **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](#)

[Madrachim Led Family Activities Group](#)

[Let's Share Torah](#)

**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--just click on the name of each class for the link to join!**

## **Sunday through Friday**

**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**

**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](#): 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.**

## **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 gets your whole body moving!**

**8:45 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**

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

## Friday

**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.

**6:15 pm: Welcoming Shabbat:** One 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. **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](mailto:office@svaj.org)!***

## ***Get to know....Hannah & Brian Pogrund!!***

**Family Info: One baby named Kira (6 months)**

### **Brian**

**Hometown:** Skokie, IL

**Something that we don't know about you:** I have a doppelganger at SVAJ. No, we are not related. Shout out to Daniel Neiman.

**How Long Have You Been at Skokie Valley:** I have been coming to the shul since I was a newborn in 1988, with a break when we lived in Lakeview.

**The Last Book Read or Movie You've Seen:** *The Red Sea Diving Resort* (movie)

**Profession:** Director of Markets, North America @ Getaround

**What foreign country would you like to visit that you haven't been to yet?**

Japan

### **Hannah**

**Hometown:** Buffalo Grove, IL

**Favorite Jewish Food:** Matzah Ball Soup

**The Last Book Read or Movie You've Seen:** *Harriet* (movie)

**Latkes or Hamentaschen:** Latkes

**Profession:** First Grade Teacher at Solomon Schechter Day School

**Favorite Guilty Pleasure:** Reality TV

**Favorite City in Israel:** Anywhere in the Negev

**What foreign country would you like to visit that you haven't been to yet?**

New Zealand

