Shabbat Shalom!

**Friday, August 21**
7:30 am: Shacharit

6:00 pm: Kabbalat Shabbat with singing
Zoom only
https://zoom.us/j/713951311

6:45 pm: Kabbalat Shabbat
Tefillah in Social Hall with kaddishes,
for pre-registered members only.
and also via Zoom:
https://zoom.us/j/713951311

Candle lighting: 7:21 pm

**Shabbat August 22**
9:00 am: **For pre-registered members only**
Mincha: 7:25 pm
Havdallah: 8:22 pm

**Daily Shacharit**
9:00 am Sunday
7:30 am Monday through Friday
For pre-registered members only and via Zoom
https://zoom.us/j/713951311

**Daily Mincha/Maariv**
7:25 pm: **For pre-registered members only** and via Zoom
https://zoom.us/j/713951311
https://zoom.us/j/713951311

See instructions below for registering for indoor tefillot.

**Yahrzeits:**
2 Elul/Aug 22 Simon Elgrably z"l (Georges Elgrably)
2 Elul/Aug 22 Norma Shapiro z"l (Michael Shapiro)
4 Elul/Aug 24 Betty Weinger z"l (Larry Weinger)
7 Elul/Aug 27 Anita Sufrin z"l (Neal Sufrin)

Access up-to-date information about reopening, indoor tefillot, future outdoor activities, etc. by going to our COVID-19 Resource page on SVAJ.org.

Download our new mobile app, with links to our calendar and our virtual offerings:
https://www.svaj.org/getapp

It’s time to renew your membership!
Go to
https://www.svaj.org/membership-renewal
and renew today!

While we are still formulating our plans for High Holiday services, you may now submit names for the Skokie Valley Annual Memorial Book.
Go to High Holidays
https://www.svaj.org/hh-5781 to access the form.
**Elul Classes**

**Sunday mornings 8:30 am:** Halacha with Rav Ari will resume 8/30. Join our regular learning and discussion of the practice of Halacha and our daily lives, continuing with a focus on the High Holidays.  
[https://zoom.us/j/713951311](https://zoom.us/j/713951311)

**Daily after Shacharit @ 8:00 am:** Beginning 8/24- Shaarei Teshuva - Rabbeinu Yonah. Attack the Rambam? You'd better do teshuva! Join us after communal tefillah for the study of Rabbeinu Yonah's classic work, Sha'arei Teshuva (Gates of Repentance), written by Yonah of Gerondi to atone for his earlier attacks on Maimonides and to emphasize his repentance. **With Rav Ari.** In person and on Zoom:  [https://zoom.us/j/713951311](https://zoom.us/j/713951311)

**Weekly Spiritual Reflection with Rabbi Josh Feigelson**  
Wednesdays 8/26, 9/2, 9/9, and 9/16 at 8 pm  
As a special part of **The Shofar Project** for the SVAJ 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](https://jewishspirituality.zoom.us/j/91996550296?pwd=L0txVHFnaVd1QVpRTVpCYUZaZkhGZz09)  
Meeting ID: 919 9655 0296  Passcode: 510283  
One tap mobile: +13126266799,,91996550296#,,,,0#,,510283#

**Tuesdays, beginning 9/1 @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](https://zoom.us/j/713951311)

**Tuesdays 9/1, 9/8 and 9/15 @ 8:00 pm:** High Holidays with the Pachad Yitzchak with Rav Ari. The Pachad Yitzcak 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](https://zoom.us/j/713951311)

**Sunday 9/6 and 9/13 and Thursday 9/24 at 7:00 pm:** How to Daven at Home with our member 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 the sessions.  
[https://us02web.zoom.us/j/87170125296](https://us02web.zoom.us/j/87170125296)  
Meeting ID: 871 7012 5296 One tap mobile: +13126266799,,87170125296#

**The Shofar Project presented by The Institute for Jewish Spirituality: A Free Four-Week Online Program from IJS and its Partner Organizations**  
The upcoming High Holidays will be unlike any most of us have known. We have woken up to our deep interconnection to all people and our own fragility. We have seen more clearly the deep injustice of systems and power structures in our country. We have heard voices pleading for life. Perhaps we are awake in a way we have not been before. How can we maintain and even deepen this awareness as we enter a new year? The Shofar Project is a free program open to people of all backgrounds who want to make this a year of continued awakening, responsiveness, renewal, and transformation. It takes place during the Hebrew month of Elul, the month preceding the Jewish High Holy Days, a traditional period for intensive spiritual reflection, introspection, and moral accounting (August 20-September 18, 2020). For more information and to register, go to [https://www.jewishspirituality.org/go-deeper/the-shofar-project/](https://www.jewishspirituality.org/go-deeper/the-shofar-project/)
Tefillah Registration

Pre-registration is required to attend weekday and Shabbat tefillot. Before registering, you must read our safety protocols here. Each participant must be a member and pre-registered.

For those who wish to participate, there are two steps that are required:

Step 1: Register for tefillah participation at Skokie Valley. We ask that those who registered for outdoor tefillah register again as we have updated the guidelines for indoor tefillah.

Click here for tefillah registration. If you need help registering, please call the office 847-674-3473.

Step 2: Sign up for specific tefillot. You will receive a link to the sign up form when you complete your registration in step 1.

Melton at Skokie Valley

Skokie Valley Agudath Jacob is thrilled to partner with the Florence Melton School of Adult Jewish Learning to offer the very best in adult education classes to our Jewish community.

These high quality, text-based interactive Jewish Studies classes include source materials and require your commitment and tuition.

We are pleased to offer these course offerings virtually, via Zoom, until it is safe to meet in person, and are thrilled to have Skokie Valley members, who are accomplished educators, teaching these classes that have been created for our community. Visit our dedicated webpage for detailed information:

https://meltonschool.org/schools-category-north-america/skokie

We are offering to Skokie Valley members only a discount of $50 off the cost of tuition. Please use code SV50 on the registration form. Please go to our registration page Melton at Skokie Valley for course schedules, descriptions, and to register. Need based scholarships are available - please contact Rav Ari directly at ravari@svaj.org

Rosh Hashanah booklet: This Rosh Hashanah will be like no other. Skokie Valley is seeking new ways to connect our community as we celebrate the new year together and apart. We are compiling a booklet with Shanah Tovah messages, Rosh Hashanah memories, tefillah meditations and reflections and other special surprises.

Click here for the form to share your submission to the booklet. Your messages and reflections will help enhance our community's observance of the 5781 holiday season. Please contact Rachael Gray-Raff at Morahrgr@gmail.com with your questions.
This Week’s Programming

Shabbat August 22:

9:30 am, 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/10WGavg1uwMQq47mFDexAckX3401JfM3snuYNAMIC/edt#gid=0

Sunday, August 23:

7:00 pm: Idolatry & Identity concludes with (Re)constructing Jewish Identity in the 19th and 20th Centuries. Taught by our member, Dr. Joshua Shanes, Associate Professor of Jewish Studies and Director of the Arnold Center for Israel Studies at the College of Charleston. He will compare and contrast the rise of new religious denominations in Western Europe - particularly Orthodoxy - with competing denominations in Eastern Europe and above all, Zionism. https://us02web.zoom.us/j/89729720967 Meeting ID: 897 2972 0967 One tap mobile: +13126266799,,89729720967#

Wednesday August 26:

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! https://us02web.zoom.us/j/86524548969 Password: 613

Thursday August 27:

11:15 am: Skokie Valley Lunch Club with Bobbie Winter: Join Bobbie Winter, LCSW, for a cup of coffee and informal conversation, sharing common issues in managing the new normal of life during a pandemic. The discussion will be ended with a few minutes of a breathing and relaxation exercise in order to prepare everybody for Jen’s wonderful exercise program which follows, and as a midday break. 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: 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 Chessed Corps Let’s Share Torah
Beyond Skokie Valley

September 9 at 8pm: Skokie Women’s Tefillah Group Zoom Tefillah Workshop with Rabbanit Sara Wolkenfeld. Prepare in Elul for the holidays, and enhance your personal prayer and understanding of the tefillot. For details and registration:
https://docs.google.com/forms/d/e/1FAIpQLScTrOhLSu6zqbf9PMVr3kDkwEKo4gbR8YXNh031pvZwAVTjw/viewform

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).