

SKOKIE VALLEY

Welcomes you!



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Rosh Chodesh Iyyar Parshat Tazria-Metzora 1 Iyyar 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>

Daily Omer Counting: 8:30 pm

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

Friday, April 24

Tot Tefillah: 10:00 am

Join us to welcome Shabbat with our
beloved Tot Shabbat songs.

<https://zoom.us/j/311576920>

Welcoming Shabbat: 6:30 pm

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

Candle lighting: 7:23 pm

Shabbat April 25

Havdallah: 8:27 pm

Communal Havdallah and Dance Party with
friends from Anshe Shalom

in Lakeview: 8:40 pm

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

Meeting ID: 924 897 9279

Password: 540

Welcome New Members!

Mira Hart & Jacob Shapiro and family
Talia & Michael Gevaryahu and family

Baruch Dayan HaEmet

Our deepest condolences to Vera Heuberger and
Suzanne Heuberger on the passing of their
husband and father, Paul Heuberger. The private
funeral was held on Thursday.

Shiva visits by Zoom will be available:

Friday, April 24th from 10:30am -12:00pm

This shiva session will begin with words of remembrance
and a brief ceremony.

Sunday, April 25th from 10:30am -12:00pm

Monday, April 25th from 10:30am - 12:00pm

You can join all these sessions by computer or by phone
here:

[https://zoom.us/j/94804932786?pwd=SHhxbm
dCN0hzanI1UWpjYnhOdjJIQT09](https://zoom.us/j/94804932786?pwd=SHhxbm dCN0hzanI1UWpjYnhOdjJIQT09)

Password: shiva

One tap mobile

+13126266799,,94804932786# US (Chicago)

Regular Phone

1-312-626-6799

Meeting ID: 948 0493 2786

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 Chesed Corps](#)

[Madrachim Led Family Activities Group](#)

[Let's Share Torah](#)

Shop on Amazon and support Skokie Valley at the same time! Many of you are taking advantage of shopping from home using Amazon during this crisis. If you use the Amazon Smile link when you shop and indicate Skokie Valley as your charitable organization - we get cash! This is a great way to make your purchases go further. Make your shopping count! It works!

Go to this unique link: <https://smile.amazon.com/ch/36-2477806> or **click the Amazon logo at the top of the Skokie Valley webpage svaj.org**, which will bring you to our Amazon Smile page. Then shop as usual! For everything you buy, Amazon will donate a small part of your purchase price to Skokie Valley. It's that simple!

Ask your friends and family to go to smile.amazon.com when they shop and designate Skokie Valley as their chosen charity. Shopping and prices are the same, and you retain your Prime membership benefits.

It's so easy to support our shul as you shop on Amazon!

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.

Sunday

10:00 am: [Tot Tefillah](#) Join us for a post-Shabbat Zoom with interactive songs, stories and tefillah for your toddlers.

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](#): Join us for a deep study of the book of Genesis, with selected midrashim and commentators.

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. 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: [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!

Thursday

3:00 pm: [Parsha and stories for kids](#): Kids and families are welcome for Parsha and stories with Rav Ari and special guests!

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.

6:30 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.

Beyond Skokie Valley

Larry Englehart of Deja Views has created the "Porchtraits Project." This is a 15 minute photo session on your front porch, sidewalk, etc, using social distancing guidelines. There is no charge for this, but a minimum donation of \$40 is required to Skokie Valley's [Food for First Responders](#) initiative, supporting local Kosher restaurants and first responders. For more information or to schedule a time slot, call DejaViews at 877-DejaViews or email: photos@DejaViewsUSA.com.