

SKOKIE VALLEY

Welcomes you!



Rabbi Ari Hart: RavAri@svaj.org 312-315-9178 Carin Netter, Executive Director, office@svaj.org 847-674-3473
Debbie Eisenstein, President, president@svaj.org David Rubin, Past President
Website: www.svaj.org Facebook: www.facebook.com/svajsynagogue

Parshat Vayikra 3 Nisan 5780

Shabbat Shalom!

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

Shacharit together - 7:00am

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

Mincha together - 1:30pm

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

Maariv together - 8:00pm

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

Friday, March 27

Welcoming Shabbat - 5:45pm

This week with special musical guests!

<https://zoom.us/j/110327007>

Candle lighting: 6:52 pm

Shabbat March 28

Havdallah: 7:55 pm

Communal Havdallah and Dance Party
with friends from

Anshe Shalom in Lakeview: 8:10 pm

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

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](#)

[Madrichim Led Family Activities Group](#)

[Let's Share Torah](#)

Pesach information and resources can be found on our website at the top of the page under [Pesach 5780](#).

Stay connected on Zoom! If you have a computer, it is easy to join these classes! These are all on the home page of svaj.org--just click on each class for the link to join!

Sunday through Friday

7:30 am: [Ten Minute Mishah 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

3/29 @ 8:30 pm: [Kashering Q & A](#). Submit questions to RavAri@svaj.org

4/5 @ 8:30 pm: [Seder Leading 101](#)

Monday

8:00 pm: [Wellness with Zahava](#): Nourish your SOUL. Add spirituality and Torah to your wellness routine.

Tuesday

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 sittings 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.

8:45 pm: [Online Support Space for parents](#): Online support space for those who wish to connect and process this experience together. Sunday nights are facilitated by Rav Ari. This group is open to all.

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!

8:30 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

8:45 pm: [Online Support Space](#): Online support space for those who wish to connect and process this experience together facilitated by mental health professionals in our community. This group is open to all.

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

Friday

9:00 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.

5:45 pm: [Welcoming Shabbat](#): One hour before Shabbat, we will be getting in the Shabbat spirit with prayerful song and maybe even some dance!

Food for Pesach

Our community is facing new and unprecedented challenges in these weeks coming up to the Passover Holiday. Some of us will be without the support from family, friends, or child care that we normally rely upon to make Pesach.

Some of us are feeling the economic impact of COVID-19 and will need support with the financial obligations towards Pesach food.

In order to help fulfill the Haggadah's declaration: "All who are in need - let them come and make Pesach," we are pleased to be launching the following 2 initiatives to help you have nutritious, strictly Kosher for Passover meals this Pesach.

1. Subsidized Healthy Kosher for Passover Food

You may order from a limited menu of reasonably-priced items by [clicking here](#). The food will be prepared in the Skokie Valley Kitchen, which will be fully Kosher for Pesach under the supervision of Rabbi Ari Hart, by our member Bryan Gryka, Executive Chef of Milt's BBQ for the Perplexed. We are partnering with Bryan to subsidize the food so we can offer it at cost. We also have additional subsidies available for individuals from whom this will be prohibitively expensive. Please contact ravari@svaj.org for more information on subsidies.

2. Open Seder-to-Go

Since we are not able to have our annual Open Seder this year, we are offering a Seder-to-Go to those who do not have the resources to make a seder meal on their own. Like the Open Seder, these sedarim will be provided at no cost (though sponsorships are welcome). please [click here](#) for more information.

First priority for these meals will be to all who have attended our Open Seder in the past to ensure that they have access to a Pesach seder this year. Once we have met that demand we will seek to provide additional seders-to-go to individuals who do not have the resources to make a seder meal on their own this year. Registration will be open so long as we can fulfill the demand.

Both of these initiatives are made possible by your support. We rely on sponsors to help us provide these vital services, We rely on sponsors to help us provide this vital service, so [please click here](#) to sponsor the Seder-to-Go packages or [Maot Chittim](#) to allow us to provide food for those in need. If there is any extra funding it will go towards supporting those in need of food after Pesach.

We will also need volunteers to hygienically prepare and deliver the Seders-to-Go. To volunteer for this effort, please fill out the form [here](#).

Many thanks to our member, Bryan Gryka for enabling us to offer these options at low and no cost. Bryan is also offering an extensive menu of delicious Pesach food. Please contact him directly at bryan613@gmail.com for his menu and ordering instructions.

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.

Hakarat Hatov – Recognizing the Good

Hakarat hatov to our amazing volunteers who are making of dozens of calls each week to check in with members of our community.

If there is someone whom you would like to recognize, please submit their name and a their name and a short paragraph on the positive impact they are having to office@svaj.org. Submissions may be anonymous.



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!

Get to know....Amanda & David Copeland & Family!!

Family Info: David, Amanda, Jac (16), Anna (14), Elon (12), Stella (Family dog)
Favorite Jewish Food: Matza Ball Soup (David and Jac); Purple Grape Juice (Elon), Jelly doughnuts (Anna), anything not brown (Amanda)

Something that we don't know about you: David plays trombone and piano and Amanda likes to country line dance. We are all involved in BSA Scouting (David is Asst Scout Master, Amanda is Scout Master, Jac is an Eagle Scout, Anna (currently 1st Class), Elon (currently 2nd Class)

The Last Book Read or Movie You've Seen: David saw *Rise of Skywalker* and Amanda read *Peak* by Anders Ericsson

Latkes or Hamentaschen: David, Elon, Jac prefer latkes; Amanda and Anna prefer hamentaschen

Profession: Amanda is a Clinical Psychologist and David, although an Acoustical Consultant by training and education, does business development

Favorite Guilty Pleasure: Stella loves to snuggle with the family all of the time!



Beyond Skokie Valley

Online Soccer Initiative: From Michale Goldberger: (you might know me or my parents). I wanted to reach out because I am currently playing soccer in Israel on the Hapoel Tel Aviv Women's soccer team.

Due to the current situation, our team is starting an online soccer chug for children who are stuck at home. We hope that this will both provide some physical activity to children, while helping out their parents as well. The activities will assume that kids have a small 6 ft x 6 ft space to use.

The chug will take place on Sundays, Tuesdays, and Thursdays at 11am EST in English over Zoom, starting this Sunday, March 29th. We will be recording the session and uploading it to YouTube after the fact for people who missed it. (We will also be conducting another session in Hebrew.)

I wanted to reach out, as I grew up playing soccer in Chicago, and I know how much I would have loved this had I been stuck at home! We want to help children stay active, stay entertained, and expose them to our favorite activity! All the information about the classes and actual zoom links will be posted here: <https://www.facebook.com/hapoeltawomen/>

Passover Catering options by Michael Kirshner of Starr Kosher Catering <http://www.starrkosher.com/>

Cleaned and checked romaine for the Seder

Grated horseradish

pre-cut vegetables

Fruit and Fruit platters

Please note our Pesach Schedule for Order & Pickup of Romaine/Veggies/Fruit etc.

- Orders placed by 6PM Tuesday March 31 for pickup Thursday April 2 will be available 10-5.

NOTE: Whole Romaine will not be available on this date.

- Orders placed by 6PM Tuesday March 31 for pickup Tuesday April 7 will be available from 10-12 Noon.

*** Hours on this date may be extended. Please visit our website for an updated schedule.

Pick up Location : Lincolnwood Jewish Congregation 7117 Crawford Ave. Lincolnwood