Blessing the Year

Every day we are reminded that blessings can take time to come to fruition, as we plant the seeds of tomorrow’s blessings, we reap the harvest of yesterday’s.

By RABBI RACHEL HEAPS
Assistant Rabbi
rabbieaps@templejeremiah.org

September is here and with any luck the sun is out, birds are chirping, and you are serenely sipping your coffee or tea as you read this. The world calmly changes from summer to autumn and you’re feeling fully ready to begin the year, re-invest yourself in work, and dive into the High Holy Days.

Or, maybe not.

Often the beginnings of things are mired in chaos. There are so many details, so many reorganized schedules, and so many new expectations that we get swept up in the hectic change without fully realizing what’s happening. It might not even matter how much we plan for this time of year - it’s always going to be tumultuous.

During this time of unending hubbub, it can be hard to spend adequate time, if any, on the deep spiritual self-assessment of the High Holy Days. Elul, Selichot, Rosh HaShanah, Yom Kippur, Sukkot, and Simchat Torah all call us, in one way or another, to take a meticulous look at ourselves, our decisions, our influences, and our self-improvement goals. Doing the work of the High Holy Days is difficult and intense on its own, all the more so in a season that asks us to split our attention in a number of different ways.

This is perhaps one of the biggest reasons...
Lately Around Jeremiah

- Consultation on Conscience participants 5.20.2019
- Indoor Picnic Sponsored by the Inclusion Committee 6.2.2019
- Tot Shabbat 7.5.2019
- Indoor Picnic Sponsored by the Inclusion Committee 6.2.2019
- Tot Shabbat 6.7.2019
- Chicago Dogs Game with Brotherhood 7.25.2019
- Tot Shabbat 7.5.2019
- Tot Shabbat 7.5.2019
- Tot Shabbat 7.5.2019
What Has Your Board Been Doing Over the Last Year?

Our goals have focused on improving communication, increasing congregant engagement, monitoring our human and financial resources, and evaluating our governance structure.

By BARBARA MILLER
Board President
bmiller54@comcast.net

Board Retreat
At the end of June your board came together for a full-day retreat. At the retreat, we reviewed what we have done over the last year and planned the direction for next year.

One of the tools we used to help us plan was the congregational survey you completed in the fall of 2018. Thank you to all of you who filled out the survey and gave us great feedback. Here are a few things we learned from the survey.

Here’s what you said was important to you: a friendly atmosphere; Rabbis, cantor, and staff are approachable; feeling you belong to the right temple community for you; and a caring community.

You rated Temple Jeremiah at the highest level on: inclusive for all members; advocates for those with special needs; social justice initiatives have a positive impact; Rabbis, Cantor, and staff are approachable; caring community; Temple is a community for sharing Jewish values; unpretentious atmosphere; opportunities exist to get involved; and numerous adult learning programs are available.

Our satisfaction rating is high, and the “Would recommend Jeremiah to family and friends” rating is even higher. You also told us that feeling connected is important to you, and is different than being engaged. You want different opportunities for you and your children to get to know your fellow congregants.

We are honored that many of you took the time to offer additional comments and thoughts for us to consider. Please know that we hear you and have begun discussions on how best to incorporate the survey results and your suggestions.

What the board has accomplished
Last year the board worked on 35 goals. We completed 15, continue to work on 15, and have dropped 5. Our goals have focused on improving communication, increasing congregant engagement, monitoring our human and financial resources, and evaluating our governance structure.

Here are a few goals we have accomplished:
• We have launched our new brand, and the staff, clergy, and volunteer leadership have been trained and are implementing our new logo and tagline throughout our various communication vehicles.
• We have re-envisioned the Sisterhood, and all women of the congregation are now part of our sisterhood community. You do not have to join or pay dues.
• We have evaluated all the ways we communicate with you and the outside world and began improving how and when we communicate.
• The Investment Committee has made revisions and has implemented consistent monitoring of the temple’s investments.
• We have revised our bylaws to allow for electronic participation in meetings as well as electronic voting. This allows even our busiest volunteers to participate in board service.

What the board is still working on:
• Revising the website: Look for a newly branded website in the next few months!
• Celebrating our 60th Anniversary: Look for the many events coming up over the next few months, including the Kugel Kook-Off, the Temple Jeremiah Amazing Race, and the 60th Anniversary Celebration on November 2, 2019.
• Developing a culture of giving: If you have not met our new Director of Philanthropy, Leslie Landman, stop by and say hello.
• Creating more effective and strategic communications: Look for new social media posts and targeted articles in The Covenant.

Your board has been hard at work and will continue to work diligently throughout the year to accomplish our goals. Thank you to all who have provided feedback. Keep it coming! Thank you to the hundreds of volunteers, the clergy, the board, and staff who work to keep Temple Jeremiah a community that truly values The Joy of Belonging.

Volunteer at the Temple Office
Do you have a few extra hours each week? We’re always looking for congregants to come in and help out the office staff with answering phones and doors, mailings, and other tasks during the week or during school hours. If interested, please contact Pamela at pamela@templejeremiah.org or call 847.441.5760.
Inclusion

Rosh HaShanah Worship for Families with Special Needs

By CAREN BROWN AND GAIL MODRO
Inclusion Co-Chairs
ceb994@gmail.com

Temple Jeremiah is once again holding a special Rosh HaShanah service designed for individuals who need a shorter, multisensory, and interactive approach to worship. Our worship for individuals with disabilities and their families and friends will be held on Monday, September 30th from 3:30-4:30 p.m. (after the Youth Worship).

We welcome people of all ages and abilities. Please RSVP at tinyurl.com/InclusionRH by September 19th. We look forward to seeing you there!

Contact Caren Brown at ceb994@gmail.com if you have any questions.

Join us for food, fun, and racing to celebrate Temple Jeremiah’s 60th Anniversary!

Saturday, September 14th, 5:00 p.m.
Start your engines! Tailgate, Schmooze and Booze immediately following the race!

Choose to race on your own or as part of a team.

If you have any questions, please contact Jennifer Bruns at 847.293.9339 or jenbruns713@gmail.com.

Register at tinyurl.com/tjamazingrace or call Temple at 847.441.5760

This will be a unique fun experience that you won’t want to miss!

Please register by September 7, 2019
Cost is $25 per person

Go Paperless!

If you would like to opt out of receiving The Covenant as a paper document mailed to your home, please go to tinyurl.com/covoptout. You will still receive the link to read The Covenant every month in the Temple Jeremiah E-news and can always find it on our website at templejeremiah.org under “About Us.”
Say Hello to Shira Brandhandler

My name is Shira Brandhandler and I am so excited to be joining the team at Temple Jeremiah as the Youth Engagement Director. I recently graduating from the University of Michigan with degrees in Judaic Studies and Psychology. While at Michigan, I was active in Alpha Phi Omega (a community service organization), a teacher at Temple Beth Emeth, and an intern at the Jewish Federation of Ann Arbor.

I am excited to be returning home to the suburbs of Chicago after spending my 13th summer at my favorite place, OSRUI, as the Tzofim unit head. Some of my favorite things include talking about OSRUI, playing the ukulele, and reality TV. Growing up, I was involved with many different Jewish youth programs that helped shape my identity and I can’t wait to create similar experiences for the youth at Temple Jeremiah. I am looking forward to meeting everyone and becoming a part of the wonderful Temple Jeremiah community! Please say hello by reaching me at shira@templejeremiah.org or 847.441.5760 ext. 112.

Shabbat at the Beach, with Special Tashlich Ceremony

We will again be bringing Shabbat to beautiful Lake Michigan!

Bring a picnic dinner and enjoy this outdoor service at Park Avenue Beach in Highland Park, with the addition of a beautiful pre-High Holy Day Tashlich ceremony on the water’s edge.

Friday, September 20, 2019

6:00 Reception
6:30 Kabbalat Reception
followed by a special pre-High Holy Day Tashlich ceremony

Park Avenue Beach
8 Park Avenue, Highland Park
Parking passes will be available to everyone at the beach entrance, off 8 Park Avenue in Highland Park.

*There will be no service at Temple Jeremiah.

Weekly Torah Portions

We invite you to join us on Saturday mornings to discuss the Torah portion and how it might apply to our lives. We meet at 9:30 a.m. every Saturday.

September 7, 2019  Shoftim  Deuteronomy 16:18–21:9
September 14, 2019  Ki Teitzei  Deuteronomy 21:10–25:19
September 21, 2019  Ki Tavo  Deuteronomy 26:1–29:8
September 28, 2019  Nitzavim  Deuteronomy 29:9–30:20
have come to love one tiny little prayer, buried in the middle of the weekday Amidah. I’ll be the first to admit that, on any given day, during any given worship service, I cannot promise where my attention might be. I might be focused on which prayer is next, and how we might smoothly and meaningfully transition into it. I might be focused on the day preceding the service, still trying to make sense of it all. I might be thinking about the people in the room with me, wondering what they’re thinking, how they’re feeling, or how I might better serve them as their rabbi. Or, if I’m lucky, I might find a moment to devote myself to my own prayer, despite everything going on around me.

But on a quiet weekday, I might find time to flip through a siddur (prayer book) and say a prayer for the harvest:

*Bless this our year and its abundant harvest for good. Grant blessing over all the earth and satisfy us with Your goodness. Blessed are You, Adonai, who blesses the years.*

This prayer, originally intended to ask for a bountiful agricultural harvest, has become my personal way of starting anew when I need it most. All too often, the noise of life keeps me from engaging with newness as it’s happening, and it’s hard for me to dedicate myself to my own spiritual work as I do everything else. But this prayer reminds me that no opportunity needs to be a lost opportunity. I can dedicate myself to new purpose at any time, in any place. Even on a mundane Tuesday.

Saying this blessing reminds me that planting seeds is only one part of the renewal process. Every day is a day for growth, for harvest, and for blessing. Those days are just as important as the days filled with a flurry of activity. Every day we are reminded to tend to our harvest, to ensure that our work on ourselves is intentional, beneficial, and meaningful. Every day we are reminded that our work has the potential to affect others – hopefully for good. Every day we are reminded that blessings can take time to come to fruition, as we plant the seeds of tomorrow’s blessings, we reap the harvest of yesterday’s.

Every day, High Holy Day or not, we have the potential to say *Baruch Atah, Adonai, m’vareich ha’shanim.* Blessed are You, Adonai, who blesses the years (even on mundane Tuesdays).

*L’shanah tovah u’metukah*  
A sweet and happy new year,

Rabbi Rachel L. Heaps

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**The Joy of Belonging**

**A Particularly Meaningful Shavuot for Eight Temple Jeremiah Members.**

On Shavuot day, June 9th, a group of eight adults, along with their families and friends, gathered at Temple Jeremiah to become Adult B’nai Mitzvah. They each chose verses from Shavuot’s Torah portion and studied and prepared them over the past year, attending classes, learning, and practicing their portions with our clergy and staff.

*Yasher koach* to all of them and their family and friends! Below are some testimonials from them:

*Thank you all for your help preparing for this day, preparing and organizing the luncheon, service, etc.* - Nanci Markowitz

*We can’t thank you enough for your help, guidance, and patience. It was a great experience and we were fortunate to have you join us in our journey.* - Mark Sulkin

*Thanks from me too. You were all a part of helping me get to the bima on Sunday.* - Babette Sanders

*This culminated in a beautiful, meaningful service and celebration. Thank you to everyone involved: our teachers, TJ staff, and each Bar and Bat Mitzvah. It was a pleasure and a privilege learning and growing with each of you.* - Leslie Berman

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**Hello!**

We are always looking for a congregant or family to “Say Hello to” in the Sabbath Light. Would you like to volunteer yourself, or someone else? Please contact Danny at danny@templejeremiah.org.
Brotherhood’s Upcoming Events - With More to Come!

All Jeremiah men are invited to partake and to learn more about how Brotherhood supports Jeremiah, as well as the Jewish community locally, nationally, and internationally...

By RUSTY COLMAN
Brotherhood Member
wcolman435@comcast.net

Here it is, another year at Temple Jeremiah – and your Brotherhood is ready to go with an exciting number of programs and events for the 2019-2020 season.

To start things off, we’re going to have a Season Opener Watch Party to cheer on our Chicago Bears as they play the Packers. The event will be held on Thursday, September 5, 2019, 7:00 p.m., at Buffalo Wild Wings in Willow Festival Mall (1018 Willow Road in Northbrook.) A $10 per person donation will go to the Brotherhood Scholarship Fund. All Jeremiah men are welcome. RSVP by September 3rd to Mike Pfeifer at mpfeifer@imetllc.com or 847.528.3467.

Next up, we’ll have our Welcome Breakfast on October 6, 2019 at 9:00 a.m. As in past years, there will be lox and bagels with all the trimmings, coffee cake, coffee, and lots of camaraderie. All Jeremiah men are invited to partake in both of these exciting events, and to learn more about how Brotherhood supports Jeremiah, as well as the Jewish community locally, nationally, and internationally.

Other events are being planned at this writing. Be sure to watch this space in the coming months to learn about the exciting programs Brotherhood will sponsor for 2019 and 2020.

Over the summer, on July 25th, a large group of brothers and their family members met at Impact Field in Rosemont to see the Chicago Dogs battle the Milwaukee Milkmen. Those who had not attended last year’s event were impressed with not only the skill of Independent League players, but the Dog’s beautiful new stadium as well. Many thanks to brother John Maeglin for chairing this event.

For those of you who are new to Temple Jeremiah, you can learn more about our organization by contacting our president, Dan Bellows, at dbellows60025@yahoo.com. Dan can tell you about all the programs and initiatives we sponsor each year to help the temple, our local community, as well as Jewish charities and causes throughout the United States and the rest of the world.
Sisterhood

Sisterhood: What You’ve Been Waiting For!

Our Sisterhood is exploding this year with new ideas, new activities and new events. Be a part of this wonderful community of women and join us!

By ALISA PATTERSON AND LISA SCHURGIN
Sisterhood Co-Chairs
sarap124@aol.com
lbjs2@yahoo.com

SISTERHOOD - WHAT YOU’VE BEEN WAITING FOR!

Ladies, we are excited to invite you to our opening event, Flower Arrangements for the Holidays and Everyday on Sunday, September 22, 2019, 1:00 - 2:30 p.m., at the Temple. A florist will instruct us how to assemble a beautiful arrangement for a holiday centerpiece using flowers you can purchase at the grocery store. Everyone will take home their masterpiece. Bring your mother, daughter, sister, or friend and spend an afternoon laughing and learning together. Sign up at tinyurl.com/HHDFlowers.

We are also excited to pair with Social Justice, when we host Bernie’s Book Drive and Bernie’s Book Bank Volunteer Day. We will be collecting new and gently used Children’s books during the month of September. Look for the Bernie’s Book Bank Collection Bins in the Temple lobby.

And save the date Monday, October 14, 2019 (Columbus Day), a great family day of fun for all ages. Join us for a brown bag lunch in the Sukkah at Temple Jeremiah from 11:15 a.m. - 12:15 p.m. After lunch we will caravan up to Bernie’s Book Bank for a volunteer session from 1:00 - 3:00 p.m. If you can’t join us for lunch, meet us at Bernie’s to volunteer. Everyone is welcome. Our goal is to have at least 60 volunteers! Please sign up at tinyurl.com/60Volunteers.

Our Sisterhood is exploding this year with new ideas, new activities, and new events. Be a part of this wonderful community of women and join us!

Follow Us on Facebook!
Search for Temple Jeremiah and click the “Like” button. So easy!

❤ Upcoming events
❤ Shabbat Shalom Message
❤ Pictures from school
❤ Youth event pictures
❤ Announcements
❤ And much more!

Sisterhood Bookclub

Our new year beckons with more tempting books. Read & come join our discussion! For more information or to sign up, contact Vicki Siegelman at vsieg@gralynn.org.

Thursday, September 12, 2019, 10:00 - 11:30 a.m.

The History of Love
by Nicole Krauss

...involves several narrators moving around the world back and forth through the 20th century, characters named for other characters, cases of mistaken identity, crucial coincidences & chance meetings, all maddeningly scrambled in a novel that shouldn’t work but does. - The Washington Post

Thursday, October 10, 2019, 10:00 - 11:30 a.m.

In Another Time
by Jillian Cantor

Cantor elevates love as a powerful force that transcends tragedy and shows how music speaks to even the cruelest hearts. [In Another Time] is a powerful story that exalts the strength of the human spirit. - Kirkus

The Covenant Newsletter . Temple Jeremiah  8  templejeremiah.org . September 2019
Exciting News from the Social Justice Committee

By JACK CRAVEN
Social Justice Chair
jack@allinexecutivecoaching.com

There is exciting news to share about Social Justice, but a little history first. For many years, the committee that oversaw our community programs (Feed the Hungry, Backpack Blessings, Family Promise, Whittier School, Art Show, Eat and Be Well) was called Social Action. About three years ago, we began to expand programming to include educating our members on causes and taking stances on issues important to us. To more accurately reflect our work, we changed the committee’s name from Social Action to Social Justice.

There is a tremendous amount of work needed to stay current on important issues. To best position Temple Jeremiah as a leader in advocacy, we have decided to have a person chair all advocacy-related issues, and are excited to announce that Nancy Eisenberg will be taking over the new role. Nancy has a long history in keeping informed on important issues. As Advocacy Chair, she will help grow Temple Jeremiah’s presence by educating our members and taking action in causes that are important to our mission.

Some of these causes are hunger, immigration rights, criminal justice, inclusion, mental health, and gun safety. Nancy will be scheduling a coffee event in September or October for temple members interested in taking an active role in causes that are important to them.

We thank Nancy for her willingness to assume this new role. If you are interested in being added to the Advocacy email list, please send her an email at nleslp@aol.com.

All of the above Social Justice programs will continue to operate. If you are interested in volunteering this fall, check the Temple’s website to sign up. Of course, you can also contact the committee head as well as myself.

Eat and Be Well Medical Pantry: A Patient’s Poem

Dear Pantry Pals,

To all the guys and all the gals
Who had birthdays or will
Thanks for using your generous skill
So we the receivers no longer eat “ill”

We bless you for the broccoli
Are pleased with plums and pears
Chicken, turkey fill our carts

For you, dear ones, fill us not just with protein, gluten carbs.....
You help us with our nourishment but not just with our bodies.....
Our souls also expand ..... For you have offered us Your hearts.
Happy Birthday to each and every one.

Support Temple Jeremiah’s social action project by volunteering for “Eat and Be Well: Medical Food Pantry,” a hospital-based food pantry that provides fresh produce and lean meats to food-insecure outpatients. Patients receive a “prescription” for nutritious food with the goal of improving their medical condition.

Volunteers are needed on the first and third Tuesday of the month, from 10:00 a.m. to 1:00 p.m., to pack and distribute food at West Suburban Hospital in Oak Park. To volunteer, sign up at tinyurl.com/eat-be-well-signup.

SOCIAL JUSTICE CALENDAR AT-A-GLANCE

September:

Sunday, September 1st: Feed the Hungry
Tuesday, September 3rd: Eat and Be Well
Friday, September 6th: Bernie’s Book Drive Begins
Sunday, September 15th: Backpack Blessings
Tuesday, September 17th: Eat and Be Well
Sunday, September 22nd: Maot Chitim Delivery
Sunday, September 29th: ARK Food Collection Begins

October:

Sunday, October 6th: Feed the Hungry
Monday, October 14th: Bernie’s Book Bank
Tuesday, October 15th: Eat and Be Well
Sunday, October 13th: Backpack Blessings
Sunday, October 20th: Noni Dodge Blood Drive
<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>10:00 a.m. Feed the Hungry</td>
<td>6:00 p.m. NFTyPalooza NFTy-CAR Kickoff</td>
<td>10:00 a.m. Eat and Be Well 12:00 p.m. AA meeting 7:00 p.m. Alanon and Alateen Meeting 7:00 p.m. Choir Rehearsal</td>
<td>12:00 p.m. AA Meeting 7:00 p.m. A Taste of Mussar</td>
<td>12:00 p.m. AA Meeting 7:00 p.m. Chicago Bears Season Opener Watch Party with Brotherhood</td>
<td>12:00 p.m. AA Meeting 1:00 p.m. Sisterhood Mah Jongg 6:00 p.m. Kabbalat Shabbat reception and Tot Shabbat</td>
<td>8:30 a.m. Tefillah 9:30 a.m. Torah Study 11:00 a.m. Shabbat Morning Worship 4:00 p.m. Havdalah in the Park</td>
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<td>9:00 a.m. K-3 Open House 9:00 a.m. Brotherhood Business Meeting 9:00 a.m. Religious School 9:00 a.m. Adult Learning</td>
<td>11:30 a.m. Lunch and Learn 12:00 p.m. AA Meeting 1:00 p.m. Making Holiday Challah with the Rabbi’s Wife</td>
<td>11:00 a.m. Chat ‘n Chew: An Insider’s Guide to the High Holy Days 12:00 p.m. AA Meeting 7:00 p.m. Alanon and Alateen Meeting 7:00 p.m. Choir Rehearsal</td>
<td>10:00 a.m. Sisterhood Book Club 12:00 p.m. AA Meeting</td>
<td>12:00 p.m. AA Meeting 7:00 p.m. A Taste of Mussar</td>
<td>9:30 a.m. GEL Meeting 12:00 p.m. AA Meeting</td>
<td>8:30 a.m. Tefillah 9:00 a.m. Shabbat Morning Worship 9:30 a.m. Torah Study 11:00 a.m. Shabbat Morning Worship 4:30 p.m. The Temple Jeremiah Amazing Race</td>
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<td>12:00 p.m. AA Meeting 4:00 p.m. Making Holiday Challah with the Rabbi’s Wife 7:00 p.m. Choir Rehearsal for HHDs with Professionals</td>
<td>10:00 a.m. Eat and Be Well 12:00 p.m. AA Meeting 7:00 p.m. Alanon and Alateen Meeting 7:00 p.m. Choir Rehearsal</td>
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<td>10:00 a.m. AA Meeting</td>
<td>10:00 a.m. Bim Baby Tots 11:00 a.m. Bim Bam Baby 12:00 p.m. AA Meeting 1:00 p.m. Sisterhood Mah Jongg 6:00 p.m. Kabbalat Shabbat Reception</td>
<td>8:30 a.m. Tefillah 9:30 a.m. Torah Study 11:00 a.m. Shabbat Morning Worship 7:00 p.m. Selichot Study &amp; Worship</td>
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<td>8:45 a.m. Maot Chitim Delivery 9:00 a.m. Jeremiah Buddies 9:00 a.m. Religious School 9:00 a.m. Adult Learning 11:00 a.m. Club 345 1:00 p.m. Sisterhood presents: Floral Arrangements for the Holidays 1:00 p.m. JeTY High Holy Day Rehearsal</td>
<td>12:00 p.m. AA Meeting 4:30 p.m. Hebrew School 7:00 p.m. Making Holiday Challah with the Rabbi’s Wife</td>
<td>12:00 p.m. AA Meeting 7:00 p.m. Alanon and Alateen Meeting 7:00 p.m. Temple Jeremiah’s Sacred Spaces 7:00 p.m. HHD Choir Rehearsal</td>
<td>12:00 p.m. AA Meeting 12:00 p.m. Daytrippers: Something Rotten! at Marriott Theatre 7:00 p.m. HHD Choir Rehearsal with Sound Engineers and Professionals</td>
<td>12:00 p.m. AA Meeting</td>
<td>10:00 a.m. Bim Baby Tots 11:00 a.m. Bim Bam Baby 12:00 p.m. AA Meeting 1:00 p.m. Sisterhood Mah Jongg 6:00 p.m. Kabbalat Shabbat Shabbat Reception</td>
<td>8:30 a.m. Tefillah 9:30 a.m. Torah Study 11:00 a.m. Shabbat Morning Worship</td>
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<td>7:30 p.m. Erev Rosh HaShanah Worship</td>
<td>9:00 a.m. Rosh HaShanah Morning Worship 10:30 a.m. Tashlich 11:00 a.m. Rosh HaShanah Morning Worship and Teen Service 2:00 p.m. Children’s Worship (0-8 years) 2:00 p.m. Youth Worship (Grade School) 3:30 p.m. Worship for Families with Special Needs</td>
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*Note: The above schedule is an example of a typical month and may vary depending on the specific events and activities at Temple Jeremiah.*
High Holy Day Schedule 2019/5780

Mark your calendars for the High Holy Days. Wishing everyone a sweet new year!

Rosh HaShanah

Erev Rosh HaShanah: Sunday, September 29, 2019
7:30 p.m. Evening Worship

Rosh HaShanah Day 1: Monday, September 30, 2019
9:00 a.m. Morning Worship (early service)*
10:30 a.m. Tashlich
   We will take a brief walk, during which we will reflect on the year that has passed and the year to come. We will then complete the ritual of tossing breadcrumbs into water, symbolically washing away our sins to begin the New Year with a clean slate. This is appropriate for both adults and children of all ages.
11:00 a.m. Morning Worship (late service)*
11:00 a.m. Teen Service
   A teen-led, participatory, musical worship experience for all seventh through twelfth (7th-12th) graders. Bring your voice, your enthusiasm, and your friends! If you would like to participate please contact Rabbi Rachel Heaps at RabbiHeaps@templejeremiah.org.
2:00 p.m. Children’s Worship
   This fun and exciting service is appropriate for preschoolers through second (2nd) graders and their families. This service is open to the community. We simply ask that you sign up so we know to expect you.
2:00 p.m. Youth Worship
   Third through sixth (3rd-6th) graders are invited to attend this lively, energetic service. This service is open to the community. Be sure to sign up so we know to expect you.
3:30 p.m. Worship for Families with Special Needs
   This worship service will include music, prayers, and a story geared for individuals of all abilities and those who love them. Visit our Inclusion page at templejeremiah.org/get-involved/inclusion-committee for more information or RSVP to Caren Brown at ceb994@gmail.com.

Rosh HaShanah Day 2: Tuesday, October 1, 2019
10:00 a.m. Morning Worship, followed by light Kiddush
   Start the new year off in our Chicago “Garden of Eden” - the Botanic Garden. Our traveling tefila will bring us to locations in and around the gardens, informing and inspiring our High Holy Day liturgy and study. There will be plenty of opportunities to sit and take in the beauty around you. Wear comfortable shoes, and bring an open soul.

Yom Kippur

Erev Yom Kippur (Kol Nidre): Tuesday, October 8, 2019
6:30 p.m. Evening Worship (early service)*
8:30 p.m. Evening Worship (late service)*

Yom Kippur: Wednesday, October 9, 2019
9:00 a.m. Morning Worship (early service)*
11:00 a.m. Morning Worship (late service)*
11:00 a.m. Teen Service
   A teen-led, participatory, musical worship experience for all seventh through twelfth (7th-12th) graders. Bring your voice, your enthusiasm, and your friends!
11:00 a.m. Movement and Meditation
   This is a wonderful 75-minute session that blends the movements of yoga with a spiritual focus on the themes of Yom Kippur and the High Holy Days. We’ll experience a restorative yin yoga practice, combining movement, intention, and prayer. Please wear comfortable clothing and bring a yoga mat, blanket, and pillow.
2:00 p.m. Children’s Worship
   This fun and exciting service is appropriate for preschoolers through second (2nd) graders and their families. This service is open to the community. We simply ask that you sign up so we know to expect you.
2:00 p.m. Youth Worship
   Third through sixth (3rd-6th) graders are invited to attend this lively, energetic service. This service is open to the community. Be sure to sign up so we know to expect you.
2:00 p.m. Adult Study
   We will explore a text that relates to Yom Kippur and the High Holy Days.
3:30 p.m. Afternoon Service, including Yizkor and Ne’ilah
   Our Yom Kippur Afternoon Worship is a special, meaningful culmination of our High Holy Day season. We begin the service at 3:30 p.m., during which two of our congregants will share their personal reflections. We’ll continue with a Yizkor and healing service, using the meaning of the holiday to recall our loved ones who are no longer with us, and spiritually heal from the pain, illnesses, and sufferings of our lives. Then we’ll conclude our worship service with Ne’ilah, including the majestic call of our “Shofar Orchestra,” followed by an inspiring Havdalah. Children are welcome and encouraged to join their parents for Ne’ilah, and anyone who has a shofar and wants to be part of our Shofar Orchestra, please bring your shofar with you.
6:30 p.m. Break the Fast

* Choose which service time works best for you

Visit the High Holy Day page on our website (templejeremiah.org) for more information. If you have any questions about your name badges, please contact Pamela Stauffer at 847.441.5760 or pamela@templejeremiah.org.
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For all he does for Temple Jeremiah
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On the occasion of her becoming an Adult Bat Mitzvah
- Nanci and Michael Markowitz

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Granddaughter of Diane Stumpf and Art Sutton, on the occasion of her birth
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2. Mail in a check (be sure to include a note as to what the donation is for and which fund you prefer).
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Temple Jeremiah’s 60th Anniversary Celebration

Saturday, November 2, 2019 at 6:30 p.m.

Celebrate with your Temple community for an evening of dinner and dancing