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Finding Ourselves Through Breath

By RABBI RACHEL L. HEAPS
Assistant Rabbi
rabbiheaps@templejeremiah.org

Dear Friends,

“Count to ten.” “Walk away.” “Take a deep breath.”

When we get worked up, stressed out, or feel out of control, each of us has certain tools and techniques to help us return to normal. We know that these moments of agitation are not our best moments, and so we need to create systems to help us re-find equilibrium. But why do we work so hard to take us out of those moments, when we spend so much time in our lives to be present to what’s happening right in front of us? Why fight a seemingly natural stress response?

Some might say that we fight our stress instincts because we don’t want

to become impolite and tense when the world around us becomes too much of a burden to bear. Others might point out our lessened decision-making skills when feeling strain. Whatever the reason, we know that when we’re stressed, we are not our best selves.

In various teaching workshops I’ve been a part of, the topic inevitably finds its way to the discussion of helping students regulate their stress responses. Like adults, each student displays stress differently. Some may become loud or fidgety, some may become still or inattentive, some may retreat into themselves, or some may start interacting with those around them. However the student presents, it is part of the teacher’s responsibility to notice and to teach the regulation techniques that adults rely on.

When we get worked up, stressed out, or feel out of control, each of us has certain tools and techniques to help us return to normal.

Lately Around Jeremiah



*Chanukah University
(12/2/18)*



*Mental Health Initiative
(12/2/18)*



*Backpack Blessings
(12/9/18)*



*Cantor Friedman's Concert
(12/16/18)*



Security Update and Mental Health Initiative

By BARBARA MILLER
Board President
bmiller54@comcast.net

Your board has been hard at work since I communicated with you last month. Two topics have been foremost on our agenda. Topic number 1: Security. Below is an overview of our security procedures submitted by Michael Schack, Board Vice President and Chair of the Building committee. Topic 2: How can we enhance our temple community experience? Please read below about our new Mental Health initiative and the advocacy platform adopted by the board at the November 2019 board meeting.

Security (written by Michael Schack)
We are all seeing a rise in anti-Semitism throughout the world. Unfortunately, this is not just limited to Europe or far away parts of the world. The event in Pittsburgh impacted many of us in different ways and has raised our own awareness on how safe we are at Temple Jeremiah. There have been many questions regarding what Temple Jeremiah has done in terms of security. Below is an overview of the security measures Temple Jeremiah has put into place.

For the benefit of our members and guests, there has been a concerted effort to address security at Temple Jeremiah for several years. The Building Committee in concert with senior staff has focused on enhancing our security through operational and physical changes. Some changes you may have seen over the years such as doors are locked except for specific time periods. Others are more discrete including behind the scenes operational and physical enhancements. All efforts are focused on preserving

life.

Our enhancements have been done in concert with local and federal authorities. We have had our building surveyed by the Department of Homeland Security for weaknesses. Those weaknesses have been addressed. We are in constant communication with the Northfield police. We are fortunate to be able to benefit from their expertise and recommendations such as having armed police after the Pittsburgh shooting. We also are on their alert lists and other organizations that monitor security threats should there be signs that heightened security is needed.



Security enhancement is a continuous process. As events occur around the world, we will continue to adapt. Further, we are always open to suggestions congregants may have to continue to keep Temple Jeremiah a safe place.

Further enhancements to the building are out to bid as a result of the security survey and a grant we recently received from the Department of Homeland Security. Again, many of these enhancements may not be easily seen but will improve our goal of protecting life at Temple Jeremiah.

Security enhancement is a continuous process. As events occur around the world, we will continue to adapt. Further, we are always open to suggestions congregants may have to continue to keep Temple Jeremiah a safe place. As you will note, specifics are intentionally not listed in this article. If you would like more specifics, please reach out to Danny Glassman at Daniel@templejeremiah.org, Barbara Miller at bmiller54@comcast.net, or myself, Michael Schack, at michael.schack@comcast.net, who can answer any specific questions you may have.

continued on page 6

Save the Date: Leonard Bernstein Concert



Save the Date: Leonard Bernstein Concert

Sunday, March 3, 2019, 3:00 - 5:00 p.m.
Temple Jeremiah

Temple Jeremiah's very own renowned cellist, Aaron Kaplan, will host a lecture recital of Leonard Bernstein's music in honor of his 100th birthday. Featuring Cantors David Goldstein, Susie Lewis Friedman, Jay O'Brien, Pavel Roytman, Scott Simon, and Amy Zussman.



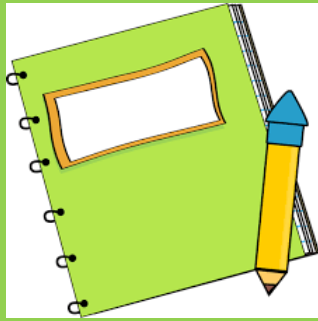
Whittier School Says Thank You

"The best way to find yourself is to lose yourself in the service of others." - Mahatma Ghandi

Thank you so, so much Temple Jeremiah! We appreciate your generosity and kindness for our kids.

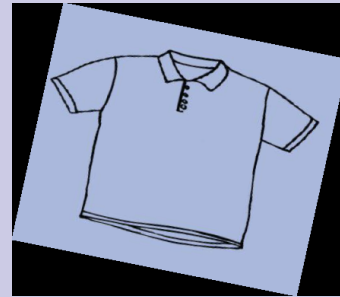
-Amy Bach, Whittier School Social Worker

Two SUV's loaded with school supplies collected with help



from our friends at Wilmot Elementary in Deerfield!

143 uniform pieces collected!



An SUV-full of warm winter outerwear, with beautiful hats, mittens, and scarves lovingly knitted by the Northbrook Knitters and Crocheters.



15 one-on-one classroom coaches



We collected 80% of Whittier's Box Tops, enabling them to replace a broken water fountain with a new water bottle filling water fountain.



Thank you, Temple Jeremiah members, who have helped give children a better opportunity to live and learn. You made a meaningful difference in their lives.

JUF Brunch and Speaker



Temple Jeremiah
invites you to attend our

JUF Complimentary Brunch

BENEFITING THE 2019 JUF ANNUAL CAMPAIGN

Sunday, February 10, 2019 • 9:30 a.m.



FEATURING GUEST SPEAKER

Andrew Silow-Carroll

Andrew Silow-Carroll is an award-winning journalist and JTA's editor-in-chief overseeing JTA's editorial operations. Previously he served as editor-in-chief and CEO of the *New Jersey Jewish News* and wrote an award-winning weekly column that appeared there and in *The Times of Israel*. He was previously the managing editor of the *Forward* newspaper, editor of the *Washington (D.C.) Jewish Week*, senior editor of the bimonthly *Moment* magazine, and a reporter for the Jewish Telegraphic Agency. He is an alumnus of the Jerusalem Fellows, an international program in Jewish education based in Jerusalem. He is the author of *From Sinai to Seinfeld: The History of Jewish Humor*, a curriculum written for The Florence Melton School of Adult Jewish Learning.

Brunch is generously sponsored by the Temple Jeremiah Sisterhood & Brotherhood.

Please RSVP online at juf.org/Jeremiah

Jewish United Fund  TOGETHER for GOOD

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.



February 2, 2019	Mishpatim	Exodus 21:1–24:18
February 9, 2019	T'rumah	Exodus 25:1–27:19
February 16, 2019	T'tzaveh	Exodus 27:20–30:10
February 23, 2019	Ki Tisa	Exodus 30:11–34:35

PRESIDENT'S MESSAGE continued from page 3

Mental Health Initiative

The Social Justice committee has taken on a new initiative, Mental Health. Rabbi Cohen has already announced the new collaboration between Temple Jeremiah and Jewish Child and Family Services (JCFS), The Response Center for Teens which will provide services for teens between 12 and 24 one evening a week at Temple Jeremiah.

The board, on the recommendation of the Social Justice Committee, has adopted a new advocacy platform reflecting our position on Mental Health. The platform is below. You can see all of the temple platforms on the temple website at <http://templejeremiah.org/get-involved/social-justice/advocacy/>.

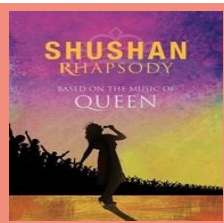
Motion to approve Mental Health Platform
Topic: Mental Health Platform

Individuals with mental illness should have equal opportunity to fully participate in society. To achieve this Temple Jeremiah:

- 1) Believes everyone should have equal access to quality mental health providers regardless of their socioeconomic background.
- 2) Supports education to all age groups about mental health to promote understanding and reduce the stigma associated with mental illness.

Motion: To approve the Mental Health Platform (dated 11/26/2018) as it is written.

Your Board will continue to work on the business of running a temple. If you have any questions, please reach out to me.



Shushan Rhapsody (Adult/Teen Themed Purim Schpiel)

Experience the story of Queen Esther through the music of Queen (the band)! Come and find your inner performer. Brand new this year, Temple Jeremiah will be putting on a Purim Schpiel starring YOU....our fabulously talented congregation. Interested? Please email Cantor Friedman at cantorfriedman@templejeremiah.org.

RABBI HEAPS continued from page 1

One of my favorite techniques (one which I personally use) is a simple tactile distraction and breath coaching. Take the index finger of your left hand and trace it up and down the fingers of your right hand, as if you were making an outline of your hand on a piece of paper. Every time you trace your finger up, slowly inhale. Every time you trace your finger down, slowly exhale. Rinse and repeat as necessary.

I've got to say, its amazing how quickly a couple rounds of this can help me find calm.

I know that there's a biological and physiological explanation as to how a simple technique returns me to my center, but here I choose to focus purely on the spiritual. In moments of stress, fear, anger, or anxiety, we often forget to breathe. We instinctually hold our breath, tensing every part of ourselves. And as our bodies react, as our breath freezes in our bodies, so too do our souls. Our sages and tradition teach that our breath and our soul are intimately connected, perhaps even so connected that it is impossible to sense the boundary between breath and soul. When we're stressed, we lose sight of our best selves because we lose sight of our soul.

When Elijah, one of the most recognizable prophets of our tradition, felt such extreme stress and fear, he responded by fleeing (1 Kings 19), by removing himself from the situation. Alone in the wilderness, he searched for something, anything to help him find calm and comfort. At first, he looked to the world around him, to the things that he knew were so powerful that they could

change the face of the earth. He looked to the great winds, then to earthquakes, and then to massive fires. In each of these, Elijah found no solace, no comfort, and no calm.

It isn't until Elijah hears a *kol d'mama dakah*, a still small voice, that he is able to rediscover himself and reenter the world with renewed purpose. What was this voice? Some interpretations say that this was the quiet voice of God or an angel. Others that it was Elijah's conscious finally coming through. Whatever it might be, the text makes it clear, the still small voice served as a point of divine contact that was drowned out by everything else happening in Elijah's world. It simply wasn't until Elijah stopped and listened, that he was able hear the whispered voice, the breath behind it, or his soul.

May Elijah's example be a lesson to each of us. When the world around becomes so overpowering, so distracting, and so stressful, may we return to the most ancient, pure, and divine medicines. May we all simply take a breath.

Shalom,

Rabbi Rachel L. Heaps

Abilities Awareness Shabbat for JDAIM

By Caren Brown
Inclusion Committee
ceb994@gmail.com

Jewish Disability Awareness and Inclusion Month (JDAIM) is a unified effort among Jewish organizations and communities worldwide to raise awareness and foster inclusion of people with disabilities and those who love them. Established in 2009 by the Jewish Special Education International Consortium, JDAIM is observed each February. In observance of this annual event,

Temple Jeremiah will once again be hosting an Abilities Awareness Shabbat service on Friday, February 8, 2019. The Kabbalat Shabbat service will begin at 6:30 p.m. and will feature the Selah Choir, an adult choir of Jewish individuals with disabilities, conducted by Cantors Amy Zussman and Steven Stoehr. We hope you'll join us for this inspiring, joyful, and very special service.

Please contact me at ceb994@gmail.com if you have questions.

Jewish Disability Awareness, Acceptance & Inclusion Month FEBRUARY 2019



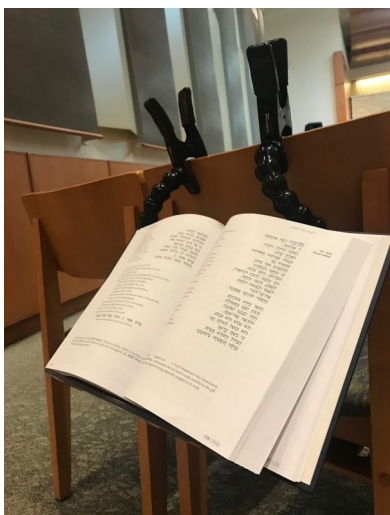
Go Paperless!

If you would like to opt out of receiving The Covenant as a paper document mailed to your home please go to <https://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 <http://templejeremiah.org> under "About Us."

Having Trouble Holding Your Prayer Book?

By Elan Adler
Inclusion Committee
elanadler@gmail.com

Temple Jeremiah is dedicated to having everyone participate fully in religious services. To this end, we now have portable podiums to hold your prayer book. The podiums can be found in the back of the sanctuary and chapel. Attaching to the chair in front of you, it allows for easy page turning and you don't have to hold the book. Please feel free to use them, as well as the other assistive devices we have: FM units, large print siddurim, magnifiers, Kindles with a downloaded version of the siddur, tactile



fidgets, an accessible water fountain and T Hearing Loop technology which connects to certain model hearing aids. Ushers are available for instruction and assistance on all devices.



Hello!

We are always looking for a congregant or family to "Say Hello To." Would you like to volunteer yourself, or someone else? Please contact Danny at daniel@templejeremiah.org.

Thank You to Our Covenant Society Donors

The Temple Jeremiah Covenant Society was established to honor those who support Temple Jeremiah through their estate and financial plans. Each of these families has made a legacy gift to Temple Jeremiah as part of the Create a Jewish Legacy program, a partnership between the Jewish Federation of Metropolitan Chicago, The Harold Grinspoon Foundation, and Temple Jeremiah.

We would like to thank all the members of the Temple Jeremiah Covenant Society. You are ensuring the aspects of Jewish life you value are sustained for future generations.

Joel and Julie Africk
Susan Brody and Robert Mack
Norma and Bill Brown
Phyllis Burg
Rabbi Paul and Cathy Cohen
Drew Davis
Laura and Michael Fine
Julie and Jim Ford
Alene and Steve Frost
Krystal and Daniel Glassman
Allyson and Avi Greenfield
Randi and Charles Gurian
Judith Homer
Bonnie and Herbert Horn
Jody Hyman
Lori and Gary Kash
Diana Kaufmann

Sue and Joel Kaufmann
Jeffrey Krupp
Gail and Howard Lanznar
Charles Laurito
Carol and Sami Levi
Amy and Scott Levin
Anne and Jerry Lidsky
Susan and Ken Lorch
Barbara and Stephen Miller
Gail and Tony Modro
Michelle Myers
Jill Odzer
Alisa and Scott Patterson
Sarabeth Salzman
Jennifer and Noah Schnepfer
Rabbis Emily and Scott Segal
Laurel and Ed Shapiro
Vicki Siegelman and David Baldwin
Valerie Slotnick
Linda and Gary Stolberg
Shelley McNaughton-Sulkin and Mark Sulkin
Arthur Sutton
Amy and Jason Torf
Stephanie and Stephen Victor
Anonymous (3)

Thank you again for your kindness and generosity.



Think of us as **YOUR FAMILY**

After all, you have loved this congregation and poured your heart into it. It has made you proud, and stands as a testament to your values. You have nurtured it and helped it become what it is today.

This congregation is an enduring part of your Jewish legacy, just like your family.

As you plan for the future, think about what that legacy means to you ... and please consider the congregation in your will or estate plan.

To learn more about how to create your Jewish legacy, please contact **Daniel Glassman** at **847.441.5760** or daniel@templejeremiah.org.

Family Promise

By MICHELLE FELLMAN
Family Promise Co-Chair
 mich@wirthfellman.com

Temple Jeremiah Provides Meaningful Volunteer Opportunities Through Family Promise

Thanks to more than a dozen Temple Jeremiah volunteers, the synagogue provided food and shelter to three Family Promise families December 30th through January 6th as they worked to get back on their feet and save for housing.

Volunteers, such as new Temple Jeremiah congregant Randi Wesolowski, who brought a pasta dinner and dined with the guest families as her 8-year-old daughter and 8-year-old niece played with the guest children, considered the experience meaningful.

“Social action was a key reason why we joined Temple Jeremiah,” added Wesolowski, who joined the synagogue with her husband Josh, and three children ranging in age from 4 to 8, in September 2018. “The Family Promise program makes a meaningful impact due to the fact that it helps homeless families during the holiday season.”

Through Family Promise, Temple Jeremiah and other North Shore synagogues and churches give shelter and meals to families who need it temporarily as they find employment and figure out a plan to return to permanent housing. In recent years, Chicago North Shore Family Promise guests have typically found housing within a couple of months, according to Tracy Lawson McKeithen, the program’s executive director.

“We have helped over 30 families in the shelter and in the community through the services at Family Promise

Chicago North Shore,” McKeithen said. “That is over 75 adults and children through direct services. We have guided countless others through their crisis toward resources to help them get back on their feet and find stable housing.”

Temple Jeremiah hosts Family Promise two to three weeks per year, during the winter break and again in the summer when religious school classrooms are available. Over Temple Jeremiah’s most recent hosting week during winter break, three mothers and their children, ranging in age from 4 months to 11 years old, stayed in Temple Jeremiah’s classrooms. Temple Jeremiah volunteers—both individuals and families—brought nutritious meals, dined with guests and entertained the guest children.

Additional volunteers also slept over each night—an opportunity that involves chaperoning from 8:30 p.m. until the next morning at 7 a.m., after making sure the guest families wake up and leave on time.

Temple Jeremiah congregants will have opportunities to help more families when the synagogue hosts Family Promise the week of June 23, 2019. For more information, contact one of Temple Jeremiah’s Family Promise coordinators, Michelle Fellman at mich@wirthfellman.com, Amy Rubinstein at arubinstein5@comcast.net, or Sybil Stern at sybilstern@att.net, or visit our website at <http://templejeremiah.org/get-involved/social-justice/family-promise/>.

In addition, if anyone has a stroller or portable crib to donate to Temple Jeremiah for this program, please email one of the coordinators.

“The Family Promise program makes a meaningful impact due to the fact that it helps homeless families during the holiday season.”

Intergenerational Social Justice Programs

As part of celebrating Temple Jeremiah’s 60th Anniversary we are encouraging intergenerational participation at Social Justice programs. Grandparents, bring your grandchildren; parents, invite everyone to participate with you. And snap a photo! Please share the photos with Rabbi Heaps at rabbiheaps@templejeremiah.org.

SOCIAL JUSTICE CALENDAR AT-A-GLANCE:

February

Wednesday, February 3rd: Feed the Hungry
 Tuesday February 5th: Eat and Be Well
 Tuesday, February 17th: Backpack Blessings
 Sunday, February 19th: Eat and Be Well

March

Sunday, March 3rd: Feed the Hungry
 Tuesday, March 5th: Eat and Be Well
 Sunday, March 10th: Backpack Blessings
 Tuesday, March 19th: Eat and Be Well

February Adult Learning

By RICHARD GELINE
Adult Learning Chair
rgeline@sbcglobal.net

Our Adult Learning program continues **February 3rd with the Pulse of Our World** discussion led by Rabbi Cohen. Considering the rapidity with which events occur, no one really knows as of this writing what the issue “du jour” will be. Nonetheless we can expect a thoughtful review of whatever the topic may be. Division exists within the Jewish community both domestically and abroad and will be addressed in two of our February programs.

February 10th will feature our annual **Jewish United Fund/Jewish Federation of Metropolitan Chicago Brunch**. Our guest speaker at the brunch will be Andrew Silow-Carrol, the editor-in-chief of the *Jewish Telegraph Agency*. He was previously editor-in-chief and CEO of the *New Jersey Jewish News* and managing editor of the *Forward* newspaper. His topic will be: “We Are One? The Cleaving of the American Jewish Community.”

Besides addressing a most relevant issue, the event will provide a channel to support a most worthwhile endeavor. As the central philanthropic address of the Chicago Jewish community and one of the largest not-for-profit social will bear agencies in Illinois the Jewish United Fund provides critical resources that bring food, refuge, healthcare, education and emergency assistance to 300,000 Chicagoans of all

faiths and two million Jews in Israel and around the world. The JUF works through a network of nearly 70 agencies and programs.

February 17th: The world of ancient rabbis is so different from ours today. What made them uncomfortable is what we are now so used to discussing. This time we will discuss **Things That Made the Rabbis Uncomfortable: Dead Bodies**. Join Rabbi Heaps as we enter into the rabbi’s view of dead bodies and compare it to our world today.

Our February 24th program will again feature an outside speaker. Rabbi Joshua Weinberg, the President of the Association of Reform Zionists of America (ARZA), will share with us the role of the North American Reform Jewish Community in addressing Israel’s internal struggles with religion and social justice.

ARZA seeks to promote democracy respect and equality in Israel. It believes the Jewish homeland must be a society reflective of both domestic values and religious pluralism. The organization works for the acceptance and respect of the reform movement. It seeks a modern state of Israel which is inclusive and home for all. More specifically it seeks to address issues of civil marriage, acceptance of non-Orthodox conversion, gender equality, and racial justice.

Rabbi Weinberg will bring us up to date on what is happening on the ground now.

Meet Leslie Landman

By LELSIE LANDMAN
Director of Philanthropy
leslie@templejeremiah.org

Leslie is honored and delighted to be joining the Temple Jeremiah family as the Director of Philanthropy.

Leslie began her professional career as an attorney with a focus in the areas of business organizations, real estate and family law. During those early years, she also actively volunteered in the Jewish community and was involved with Israel advocacy. She searched for an opportunity to synthesize her professional background with her volunteer interests and entered the field of Jewish communal service. Leslie joined the staff at the Jewish Federation of Metropolitan Chicago’s Legacies and Endowments Department, where she worked with people seeking to benefit the Jewish community through their estate plans. In this role, and in other positions at the Federation, she had the opportunity to partner with community members to help them realize their philanthropic vision.

After starting her family, Leslie worked at Anshe Emet Synagogue, where she served as its first Director of

Development and helped build its foundation for annual giving and instituted programs to engage donors at all giving levels. As her family grew, she stepped away from her career to spend time with her children, and served on various committees at their school, including serving on the school Board of Directors, chairing the Development Committee and creating the school’s parent organization.



Leslie earned her Bachelor of Arts at the University of Wisconsin-Madison, with a double major in psychology and Hebrew & Semitic Studies. She received her J.D. at De Paul University.

In her downtime, Leslie enjoys cooking and baking (especially challah), long bike rides, and reading by the lake. She lives in the Lakeview neighborhood in the city, with her husband, Aaron, and their children, Ezra, Raizel and Ilan.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3 9:00a.m. Religious School 9:00a.m. Jeremiah Buddies 9:00a.m. Nominating Committee Meeting 9:00a.m. Jeremiah Parent Network Program 10:00a.m. Adult Learning 10:00a.m. Feed the Hungry 10:45a.m. Shir Joy 11:15a.m. Religious School 11:15a.m. Jeremiah Parent Network Program</p>	<p>4 12:00p.m. AA Meeting 3:45p.m. Nosh & Mingle 4:30p.m. Hebrew School</p>	<p>5 10:00a.m. Eat & Be Well 12:00p.m. AA Meeting 7:00p.m. Alanon, Alateen, and EDA Meetings 7:00p.m. Adult B'nai Mitzvah Class 7:00p.m. Middah a Month</p>	<p>6 12:00p.m. Lunch and Learn Downtown 12:00p.m. AA Meeting 3:45p.m. Nosh & Mingle 4:30p.m. Hebrew School 7:00p.m. Choir Rehearsal</p>	<p>7 12:00p.m. AA Meeting</p>	<p>1 10:00a.m. Bim Bam Tots 11:00a.m. Bim Bam Baby 2:00p.m. AA Meeting 1:00p.m. Sisterhood Mah Jongg 6:00 p.m. Tot and Kesher Shabbat 6:00p.m. Kabbalat Shabbat Reception 6:30p.m. Kabbalat Shabbat Worship</p>	<p>2 8:30a.m. Tefilah 9:30a.m. Torah Study</p>
<p>10 9:00a.m. Religious School 9:00a.m. Nominating Committee Meeting 9:30a.m. JUF Brunch and Speaker 10:45a.m. Shir Joy 11:15a.m. Religious School 11:30a.m. Jeremiah Kids (Indoor) Pool Party</p>	<p>11 12:00p.m. AA Meeting 3:45p.m. Nosh & Mingle 4:30p.m. Hebrew School 7:00p.m. Executive Committee Meeting</p>	<p>12 12:00p.m. AA Meeting 7:00p.m. Alanon, Alateen, and EDA Meetings 7:00p.m. Adult B'nai Mitzvah Class 7:00p.m. Choir Rehearsal</p>	<p>13 12:00p.m. AA Meeting 3:45p.m. Nosh & Mingle 4:30p.m. Hebrew School 7:00p.m. Budget Committee Meeting</p>	<p>14 10:00a.m. Sisterhood Book Club 12:00p.m. AA Meeting</p>	<p>15 10:00a.m. Bim Bam Tots 11:00a.m. Bim Bam Baby 12:00p.m. AA Meeting 1:00p.m. Sisterhood Mah Jongg 6:00p.m. Kabbalat Shabbat Reception 6:30p.m. H(OUR) Shabbat Worship with Jeremiah Bullfrogs Band</p>	<p>16 8:30a.m. Tefilah 9:30a.m. Torah Study 11:00a.m. Shabbat Morning Worship 4:00p.m. Club 345 at Hot Ground Gym</p>
<p>17 9:00a.m. Religious School 10:00a.m. Adult Learning 10:15a.m. Backpack Blessings 10:45a.m. Shir Joy 11:15a.m. Religious School</p>	<p>18 President's Day 12:00p.m. AA Meeting 7:00p.m. Spiritual Life Committee Meeting No Hebrew School</p>	<p>19 10:00a.m. Eat & Be Well 12:00p.m. AA Meeting 7:00p.m. Alanon, Alateen, and EDA Meetings 7:00p.m. Adult B'nai Mitzvah Class 7:00p.m. Choir Rehearsal 7:00p.m. Budget Committee Meeting</p>	<p>20 12:00p.m. AA Meeting 3:45p.m. Nosh & Mingle 4:30p.m. Hebrew School</p>	<p>21 12:00p.m. AA Meeting</p>	<p>22 10:00a.m. Bim Bam Tots 11:00a.m. Bim Bam Baby 12:00p.m. AA Meeting 6:00p.m. Jr. JeTY at Pinstripes Reception 6:30p.m. Kabbalat Shabbat Worship</p>	<p>23 8:30a.m. Tefilah 9:30a.m. Torah Study 11:00a.m. Shabbat Morning Worship</p>
<p>24 9:00a.m. Religious School 9:00a.m. Boker Tov Breakfast (Pre K and K) 9:00a.m. Brotherhood Kibbitz and Bites 10:00a.m. Adult Learning 10:45a.m. Shir Joy 11:15a.m. Religious School</p>	<p>25 12:00p.m. AA Meeting 3:45p.m. Nosh & Mingle 4:30p.m. Hebrew School 7:00p.m. Board Dinner and Meeting</p>	<p>26 12:00p.m. AA Meeting 7:00p.m. Alanon, Alateen, and EDA Meetings 7:00p.m. Adult B'nai Mitzvah Class 7:00p.m. Choir Rehearsal</p>	<p>27 12:00p.m. AA Meeting 3:45p.m. Nosh & Mingle 4:30p.m. Hebrew School 7:00p.m. Budget Committee Meeting</p>	<p>28 12:00p.m. AA Meeting</p>		

Acknowledgments

IN SUPPORT OF:

Feed the Hungry
-Patty and Marc Turim

Temple Jeremiah
-Laurie and Eric Chern
-Vivian Kaplan
-Gail and Howard Lanznar
-Leslie and Stephen Lipschultz
-Lauren and Harry Major
-Jill and Jeff Meltzer
-Rachel and Marvin Siegel
-Ellen and Alan Toban
-R. and Fay Wasserman

Whittier School
-Rachel and Marvin Siegel

IN APPRECIATION OF:

The Caring Community
-Randi and Charles Gurian

Rabbi Paul F. Cohen
-Jody Hyman

Randi and Charles Gurian
-Shelly Trilling

**IN HONOR OF:
Raydon David Bauwens**
Son of Dina and Randy Bauwens, *on the occasion of his birth*

-Leslie Berman
-Caren and Stephen Brown
-Lori and Gary Kash
-Mindy and Randy Kurtz
-Gail and Richard Modro
-Lisa and Brian Schurgin
-Shelly Trilling
-Cantor Amy Zussman and David Fell

Beverly, Nicole, and Allan Brodsky
On the occasion of their Chanukah celebration
-Joanne Keeshin

Henry Cimala
Grandson of Jean and Robert Young, *on the occasion of his baby naming*
-Jean and Robert Young

Cantor Susie Lewis Friedman
On the occasion of her installation and her wonderful concert
-Leslie Berman
-Norman and Bill Brown
-Carol and Arnie Fishbain
-Randi and Charles Gurian
-Bonnie and Herb Horn
-Emmy and Ed Rothschild
-Ellen and Alan Toban

Chloe Gottlieb
Daughter of Victoria

Weston and Michael Gottlieb, *on the occasion of her baby naming*
- Victoria Weston and Michael Gottlieb

Sloan and Zoe Greenfield
Daughters of Allyson and Avi Greenfield, *on the occasion of their Bat Mitzvahs*
-Allyson and Avi Greenfield

Cooper Jesse and Oliver Jace Lanznar
Grandsons of Gail and Howard Lanznar, *on the occasion of their baby namings*
-Gail and Howard Lanznar

Brett Lerner, z"l
Grandson of Jennie Berk, *on the occasion of his birthday*
-Jennie Berk

Reese Mombach
Granddaughter of Vicki and Jay Stoller, *on the occasion of her naming*
-Vicki and Jay Stoller

Benjamin Slotnick
Son of Natalie and Barry Slotnick, grandson of Valerie Slotnick, *on the occasion of him becoming a Bar Mitzvah in Israel*
-Bonnie and Herb Horn

Patricia and Dan Vorona
On the occasion of their special anniversary
-Patricia and Dan Vorona

Vicki Weisenberg
-Beth and Scott Cohen

IN MEMORY OF:

Charlotte and Nathan Ander
-Patricia and Dan Vorona

Sam Berk
Husband of Jennie Berk
-Jennie Berk

Meghan Bolon
Daughter-in-law of Larry Bolon
-The Family of Meghan Bolon

Irving Brenner
Father of Howard Brenner
-Howard Brenner

Ruthi Buchanan
Mother of Brad Buchanan
-Cantor Amy Zussman and David Fell

Leon Cooke
Father of Robin Gallender
-Ellen Beekman
-Brian Lukens
-Scott Robinson

Esther Daniels
Mother of Valery Keller
-Valery and Jim Keller

Charlotte Eimer
Grandmother of Micah Eimer
-Jonna and Micah Eimer

Merle Helman
Mother of Susan Joffe
-Susan and Jules Joffe
-Susan and Ken Lorch

Chuck Hirsh
Husband of Muriel Kaplan
-Muriel Kaplan

Isa Jablo
Mother of Michael Jablo
-Lori and Andrew Goldstein
-Randi and Charles Gurian
-The Family of Isa Jablo
-Cantor Amy Zussman and David Fell

Jack L. Jacobs
Father of Alan Jacobs
-Avrie and Alan Jacobs

Herman Kaplan
Uncle of Ellen Toban
-Ellen and Alan Toban

Roselyn Kraus
Mother of Beth Marcus
-Marjorie Dubrow
-Ruth Fischer
-Pearl Hirsch

Continued on next page

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Making a donation to Temple Jeremiah is a wonderful way to honor a friend or family member on their happy occasion or to memorialize a loved one. You can make a donation in three easy ways:

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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).

If you have questions please call Jill Nutkis at 847.441.5760.

Hyatt Clement Leverette
 Father of Hershy Pappadis
 -Hershy Pappadis

Robert Liebman
 Father of Martin Liebman,
 grandfather of Adam
 Liebman and Stephanie
 Schoenberg
 -Sara and Martin Liebman

Marian Peters
 Sister of Rachel Siegel
 -Lori and Gary Kash

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Mollie Scher Rieger
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Edwin Weiss
 -Estelle Weiss and Family

Jean Zaltzman
 -Jessica Mudd and Family

**For the Speedy
 Recovery Of:**

Carol Maxon
 -Joan Golder
 -Kay and Bart Gordon

Tell and Kvell



Mazel tov to Andrew Goldstein, who was named Copyright Lawyer of the Year for Chicagoland for 2019 by Best Lawyers. Andrew has been named Copyright Lawyer of the year three out of the last five years. *Yasher Koach, Andy!*

Mazel tov to Avi Nutkis, who was featured in The Lone Soldier Center's magazine this quarter, for saving an eighth grader's life at her graduation. The girl was choking on a melon and Avi sprung into action, administering the Heimlich maneuver to dislodge the piece of fruit. *Yasher koach, Avi!*

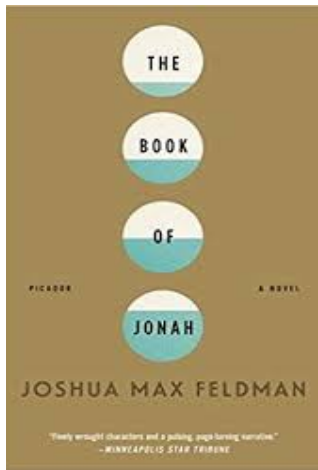


Sisterhood Book Club

So many new books! It's a great time to read, get together, and talk!
 For more information or to sign up, contact Vicki Siegelman at vsieg@gralynn.org.

**Thursday, February 14, 2019
 10:00-11:30 a.m.**

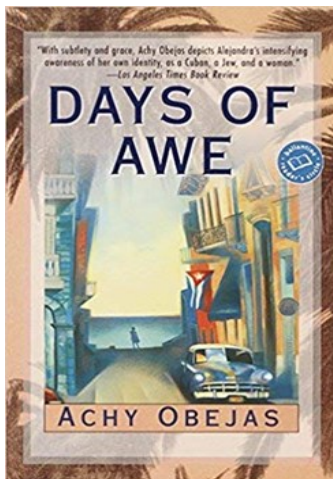
***The Book of Jonah: A Novel*
 by Joshua Max Feldman**



Today's Jonah is a Manhattan lawyer...a "Mr. Lucky" with every imaginable success in life. And then things begin to go a little crazy, with visions & things falling apart. Sound strangely familiar? Haven't we heard this story once before, a long time ago?

**Thursday, March 14, 2019
 10:00-11:30 a.m.**

***Days of Awe*
 by Achy Obejas**



Alejandra San Jose is born in Havana on New Year's Day 1959. Not a lucky time to be born Jewish in Cuba. Her parents decide their fate is better cast elsewhere. Where will they go? And what will become of the family they leave behind?



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