



Temple  
Jeremiah  
The Joy of Belonging

# The Covenant

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## Inside This Issue

✍ Editor's Note.....	2
🔍 President's Message.....	3
👤 Monthly Mensch.....	4
📖 Weekly Torah Portions.....	5
👥 Checking in: Sisterhood.....	6
📖 Sisterhood Bookclub.....	6
👥 Checking in: Parent Network..	7
👥 Checking in: Social Justice.....	8
📅 Social Justice Calendar.....	9
🕒 Save the Date.....	9
📷 Lately Around Jeremiah.....	10
📅 March Calendar.....	11
🙏 Acknowledgments.....	12

## Joy or Happiness? An Important Distinction

By **RABBI RACHEL HEAPS**

Assistant Rabbi

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Dear Friends,

*Ashrei yoshvei vei-techa, od y'hallelucha selah.*

Happy are those who live in Your house, they continue to sing Your praise.

This piece of our morning liturgy is one of the many ways our tradition gives us ways to be grateful before we're even awake enough to notice our gratitude. The *Ashrei* prayer is an acrostic declaring the many ways God has provided and supports those about whom God cares. It is an alphabet of praise, easily summarized by this opening line taken from Psalm 84: Happy are those who live in Your house.

It's not often that we use the word *ashrei*, (or in its noun form "*osher*" meaning "happiness") in our everyday Jewish

experiences.

We tend more towards *simcha*, joy, to describe lifecycle events, holiday seasons, and feelings of gladness. Each word communicates something special, something unique. Upon close examination, an important distinction comes out.



*Osher*, from the same root as the name Asher, is described briefly by Leah in Genesis. Upon Asher's birth she stated "'What fortune! Women will deem me fortunate.' So, she named him Asher." (Gen. 30:13) Here, it seems that receiving something causes *osher*, and that *osher* is something that others might want for themselves. Though the spelling is different, an *ayin* instead of an *alef*, *osher* is a homonym for a fortune of riches,

*continued on page 5*

“Where do you find joy in your life? That's the question we are asking in this issue of the Covenant.”



By **JULIE WEINBERG**  
*Editor, The Covenant*  
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Where do you find joy in your life? That's the question we are asking in this issue of The Covenant. Certainly, you've heard about "The Joy of Belonging" at Temple Jeremiah and you've probably experienced it yourself many times. But do you ever really stop and think about it?

In Rabbi Heaps' Cover Story, she challenges all of us to consider both joy and happiness. What's the difference? Which one is preferred? And why is it the **joy** of belonging and not the **happiness** of belonging?

Temple President Barbara Miller gives us a peek at one particular week and the moments that brought her joy.

and Prospective Member BBQ convinced them they were in the right place.

Forget Marie Kondo and her theory on finding joy. You'll really start cleaning out your closet when you read about a volunteer who took a unique look at donated items to ensure we are truly meeting the needs of others.

You'll be impressed by some teens who are hard at work planning a Purim Carnival that's sure to bring joy to many. Our Sisterhood is overflowing with joy, and there are countless opportunities to experience it yourself. Finally, the temple budget may not sound like the most joyous topic, but surely there's some joy in knowing our funds are in good hands.

If you have your own story to share, please let me know. It would bring me great joy to hear from you!

Also in these pages, our Monthly Mensch tells her story of finding joy at Temple Jeremiah when she and her family were looking for a synagogue. What they saw on the table at the Brotherhood's New

## Rabbi Cohen Reports from Venice

By **RABBI COHEN**  
*Senior Rabbi*  
rabbi@templejeremiah.org

Dear Friends,

Each year JUF sponsors an educational mission for Chicago area rabbis, and I was privileged to participate this past January. The goal is to forge relationships across denominations (Reform, Conservative, and Orthodox) while learning critical information about global Jewish communities and Israel.

This year we traveled to Venice, home to a vibrant and successful medieval Jewish community. The influence of this community on the general population was remarkable, with its global trade connections and robust printing establishments among many examples. The exchange of ideas including theology, philosophy, medicine, science, and Kabbalah also added to the integration of the community.

And as in the case of most Jewish communities, there is a darker side to the

story. Venice established the first Jewish Ghetto in 1516 and, in fact, the word ghetto originates from Italian, meaning foundry, the actual location of the first ghetto.

The Israel site visits highlighted the high tech sector, including efforts to train Haredi men and women to enter that sector of the workforce. It was quite inspirational to hear first-hand about the success of the "Start-Up Nation."

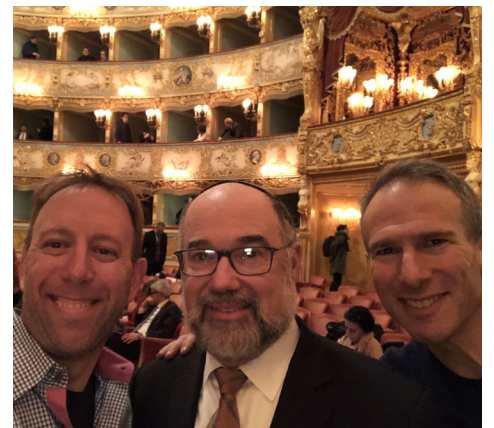
I also had the opportunity to attend Shabbat worship with our sister congregation, Kehilat Har-El, in Jerusalem led beautifully by Rabbi Ada Zavidov and Cantor Evan Cohen who was our artist in residence this past fall.

I am so grateful for the support of the congregation that allows me to be a part of these missions.

Shalom,



Rabbi Paul Cohen, D.Min., D.D.



Grand Opera House, Venice, Italy



Sunset, Venice, Italy



## Small Moments, Meaningful Connections Bring Joy



**By BARBARA MILLER**  
President  
bmiller54@comcast.net

When I was asked to write this month's Covenant article about joy, I thought, I have been very fortunate for the last three years. I've had some overwhelmingly wonderful periods of joy, much of which are the result of my work with the temple. My family has also experienced joy during

this time—like the joy of my son announcing his engagement to his beloved girlfriend, who is now our new daughter. We continue

brought a birthday card for all the volunteers to sign. When the patient came in to pick up her food, we slipped the card in her bag. She read it right away and spoke to us from her heart: "God has brought hard times into my life and God has brought good things into my life. All of you here are God's representation of good. All of you and the food pantry mean a great deal to me. Thank you." Another nice thing bringing me closer to joy. And another nice connection.

The next day, a colleague who works for the Archdiocese of Chicago in the Office of Immigration Affairs called with the exciting news that Temple Jeremiah had won the Special Honor Award for exemplary work in immigration. She invited us to a news conference to highlight Father Graf's fast for immigration reform. Yet another nice connection.

**“What I found to truly elicit joy have been the small things, and that took me back to a week almost a year ago.**

to feel the joy of good health, active engagement in our careers, and the ability to give back to our communities. We have traveled and experienced the joy of life through the eyes of others from around the world.

What I found to truly elicit joy have been the small things, and that took me back to a week almost a year ago.

It began quite typically. As I do most days, I started with exercise and a walk outside, which leads me to the first joyous event... or maybe just a nice thing. I ended my walk at a coffee shop for my decaf of the day. When I got inside, I could not find any money in my pocket, which was strange because I had put a twenty there to cover the coffee. As I was rummaging through my pockets, a gentleman walked in and asked if I had dropped this twenty, which apparently I had when I pulled out my phone to check my email. With a sigh of relief, I offered him my thanks for his kindness and going out of his way to do the right thing. A nice connection. A bit of joy.

On day two that week, I went to Oak Park to work in the Eat and Be Well medical food pantry. It was one patient's birthday, so I

So, how many nice connections add up to joy? Is three enough? Not enough? Ok, onto day four.

At our New Member Brunch at Temple, I was the sous chef assisting Rabbi Cohen making breakfast for almost 100 guests. Two untrained chefs and 100 hungry people—yikes! We were set and ready—Rabbi at the omelet station and me at the waffle station. All was going well for 25 minutes, but then the waffle line started backing up out the door. The waffles were not cooking, taking way more than the three minutes advertised on the waffle iron. There were two mothers with children in the front of the line waiting patiently. While I was trying to solve the problem, they introduced themselves and started to make a connection. Then, numbers three and four in line also started talking to each other. Lots of nice connections.

So, what do these events have in common? Each brought joy to my life as I made a meaningful connection with another human being.

This is the last article I will write for The Covenant as your President. Thank you for a truly joyous three years filled with making meaningful connections. I look forward to more meaningful connections that will lead me to more joy in the temple community.

### Guns in Our Community? Why You Should Care

Thirty years ago, the Temple Jeremiah community experienced a loss during the Hubbard Woods School shooting. A loss still felt today.



**Phil Andrew** is a survivor of the 1988 Hubbard Woods shooting. Currently he is Director of Violence Prevention for the Archdiocese of Chicago.



**Edward Sullivan** is a lobbyist for the Illinois State Rifle Association and a former Illinois State legislator.



**Mark Jones** is a policy advisor with the Center for American Progress, Gun Violence Prevention program.



**Professor Sheldon Nahmod** is a scholar of constitutional law, faculty member of Chicago-Kent College of Law, and a graduate of Harvard Law School.

The subject of guns remains a topic of importance. **Please join us** for a thought provoking interchange as we gather an esteemed and diverse panel of experts representing different viewpoints to inform and educate us.

**March 1, 2020 4:00 - 5:30 p.m.**

## Tanya Silverstein: A Life-Long Volunteer

When Tanya Silverstein and her husband, Jacob, started searching for a temple for their family, she was impressed that volunteers are such a significant part of how Temple Jeremiah operates. However, their experience at the Brotherhood's New and Prospective Member BBQ was the real clincher. After hearing Temple Jeremiah had a green initiative, Tanya was struck by the fact that they were using real plates and silverware, and everyone cleaned up after themselves. "This was a place that everyone did what they said they were going to do," she said. "The fact that this happened made me say, these are our people."



Tanya Silverstein with her family

Five years later, Tanya is extremely involved at Temple. She's in her first year on the board and chair of the Youth and Family Engagement Committee. She has also served on the Rabbi Search Committee and the 60th Anniversary Committee; participated in the Leadership Development Cohort, the Branding Task Force, and the Vision and Mission Task Force; and is active in the Sisterhood. "It makes me proud to see so many people give the limited time they have for me and you, and to make the world a better place," she said, "There are so many different types of programs. There's truly something for everyone."

As a child, Tanya spent a lot of time and energy volunteering at her temple in suburban Detroit and held a variety of leadership roles in her youth group. As the Religious and Cultural Vice President, she found joy in writing a service. As Programming V.P., her biggest job was planning the Purim Carnival, and in her senior year, she was the President. "It made me more successful in college having had those experiences in high school," she explained, noting she had the opportunity to participate in adult board meetings where she voted on issues.

**"It makes me proud to see so many people give the limited time they have for me and you, and to make the world a better place."**

After high school, Tanya attended Oakland University and earned a bachelor's degree in marketing. Her 20-year career in talent negotiations took her to New York and then Chicago where she and her family settled in Glenview. Tanya and Jacob have two sons, third and first graders, who are involved in Club 345 and Jeremiah Kids. The Silversteins go to many of the Brotherhood family events including outings to baseball games and the annual Bingo Night, as well as many congregational gatherings.



Tanya, with fellow Sisters, arranging flowers

While Tanya is active at temple, she knows not everyone can make that type of commitment. "What I love about Temple Jeremiah is that there isn't one way to do things," she said, "It's ok to do one thing or just come to one event. You have to do what works for you."

Clearly it works for Tanya to immerse herself in temple life as she truly experiences the joy of belonging. Not only has she held many roles at temple, she has also made new friends and deepened existing relationships. "The circle just keeps growing," she said.

So, what does the future hold for this passionate volunteer? "I plan to keep doing good, keep showing up, and keep making a difference!"

### Annual JUF Event

BENEFITING THE 2020  
JUF ANNUAL CAMPAIGN

Honoring Temple Jeremiah  
Board of Directors



FEATURING GUEST SPEAKER

**Ira Forman**

**The "New" Antisemitism  
What Is It and What Can Be Done?**

Visiting Professor of Contemporary Antisemitism  
at Georgetown University and Senior Fellow at  
Georgetown's Center for Jewish Civilization

**March 17, 2020, 7:00 p.m.**

RSVP at [juf.org/jeremiah](http://juf.org/jeremiah)

## RABBI HEAPS (continued from page 1)

just as much as it can mean a fortune of a positive outlook and happenstance in life.

Contrarily, *simcha* is used to describe a number of our rituals and observances. The Torah says that our three festivals – Sukkot, Passover, and Shavuot – are times of *simcha*. And we often call our milestone moments marked with ritual celebrations – births, graduations, promotions, B’nai Mitzvah – *simchas*. In the Psalms, *simcha* is marked with music, dance, and feast. It seems that is true as well for our modern day lives.

**“We are a congregation of *simcha* because we are a congregation whose first instinct is to celebrate each other.**

Both *osher* and *simcha*, happiness and joy, play important parts in our lives. They both come at moments of high positivity, and our tradition tells us in one way or another to find opportunities to bring both into our lives. But we are also cautious not to confuse *osher* with *simcha*. *Osher* comes when something is sparkly and new, when our happiness comes not only from what we have but in comparing it to others. Leah’s reaction to the birth of Asher

wasn’t one of her own happiness, but of how others might react. She couldn’t help but see herself in relation to, not with, those around her and found a fleeting spark of happiness in knowing that she had something special.

*Simcha*, on the other hand, comes not when we are comparing one to another. Rather, *simcha* is found when we are in community with one another. Whereas happiness occurs when something is given to us in a moment, joy occurs when we give ourselves and each other into the moment. When we celebrate. When we lift up the accomplishments of others. When we create memories and monuments and mark the things that bring us awe. Happiness might dim when the sparkle fades, but joy remains immortalized in our connections.

This is one of the things that makes our Jeremiah so special. We’re not reliant on happiness to truly see one another. Instead, we find our foundation in joy. It is present at our highest and at our lowest moments. It is the consistent thread that connects every program, policy, purpose, and person. We are a congregation of *simcha* because we are a congregation whose first instinct is to celebrate each other. How blessed we are to have that here. How blessed we continue to be as we go from strength to strength, from *simcha* to *simcha*, and everything in between together.

## Weekly Torah Portions

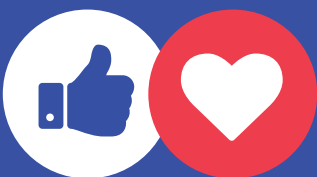
**We invite you to join us on Saturday mornings to discuss the Torah portion and how it might apply to our lives. We meet at 9:30 a.m. every Saturday.**



March 7, 2020	T'tzaveh	Exodus 27:20–30:10
March 14, 2020	Ki Tisa	Exodus 30:11–34:35
March 21, 2020	Vayak'heil - P'kudei	Exodus 35:1–40:38
March 28, 2020	Vayikra	Leviticus 1:1–5:26

## 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!



## Finding Joy in Sharing & Caring

By ALISA PATTERSON AND LISA SCHURGIN

*Sisterhood Co-Chairs*

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lbjs2@yahoo.com

***"To get the full value of joy, you must have someone to divide it with." - Mark Twain***

How could Mark Twain have known how much fun our Sisterhood has when we get together? Yes, the joy is in the sharing! We have a blast making floral centerpieces, playing canasta and mah jongg, meeting to discuss the books we read, baking Challah, and sharing a glass of wine at a Sisterhood gathering.



*Sisterhood making floral centerpieces*

We laugh, chat, and enjoy the camaraderie of being together in an "everyone is welcome" environment. The joy is apparent in the smiles we see on everyone's faces and the high level of participation we have at these events. If you haven't yet, pick an event, and give us a try!

There is another aspect of "sharing" and the accompanying joy we feel when these same strong, caring women get together to generously donate thousands of books, winter clothing, and school supplies for Whittier Elementary School, and to fulfill the wishes

of a child from our holiday gift tag board. As Sisterhood Chairs, we feel a mixture of both pride and gratitude, when we stand beside our friends packing backpacks with food, sorting books during our book drive, and collecting work appropriate clothing to help our less fortunate sisters, who are entering the workforce.

Join us for our Women's Seder on Wednesday, April 1st to feel this joy yourself. It's quite an experience to sit in a room filled with women praying, singing, dancing, laughing (drinking), and feeling the joy of belonging to our Sisterhood, our congregation, and our faith. There really is something for everyone.

To get the full value of belonging to Temple Jeremiah, we enthusiastically invite you to participate in our Sisterhood, as we warmly welcome you to our community. Share the Joy.



*Sisterhood enjoying being together at their last Wine Event*

## Sisterhood Bookclub

**Please note the date change in April.**

For more information or to sign up, contact Vicki Siegelman at [vsieg@gralynn.org](mailto:vsieg@gralynn.org).

Thursday, March 12, 2020, 10:00 - 11:30 a.m.

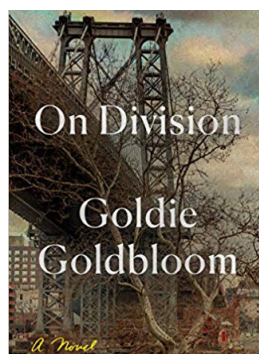
***kaddish.com***, by Nathan Englander



A college student of Jewish/Muslim parentage receives a mysterious package that sets him off on a fabulous adventure of family history. A wonderful read, winner of: Sophie Brody Award, Nat'l Jewish Book Award in Fiction, Sami Rohr Prize for Jewish Literature, BBC's Ten Best Books of the Year

Thursday, April 2, 2020, 10:00 - 11:30 a.m.

***On Division***, By Goldie Goldbloom



Pregnant? At her age? What will people say? "Goldbloom, who is herself Chasidic, writes with great depth of feeling about this close community but also with humor . . . She shows the joy of belonging to a community as well as the feelings of frustration at its strictures." — Kirkus

## Budget Season: A Primer on Finding the Balance



By **STEVE KLEIMAN**  
Treasurer  
skleiman@zazove.com

Spring is around the corner and that can mean only one thing. Yes, it's budget season at Temple Jeremiah. From mid-February through late March, the Budget Committee goes through the challenging process of creating a budget to live by for the fiscal year that begins July 1. We are

mandated to have a balanced budget with our projected income for the year amounting to just enough to cover our estimated expenses.

### Income

While we have income from religious school fees, renting space for events, and our annual fundraising efforts, the bulk of our annual income (72.5%) is from our members' annual financial commitments. Therefore, projecting income from our membership commitments is the most important element of the budget process. We rely on analytics to make an educated guess on

expected membership and the revenues that will be generated. Our analytics consider our current membership, changes over the last three years, trends, and other unique circumstances that may apply for the upcoming year.

### Expenses

Finalizing the expense portion of the budget is not an easy task since we need to balance the desire for a strong professional and support staff, religious school, worship experience, programming, and maintaining our beautiful building with the reality of our limited income. Our approach is to break the expense side of the budget into six major categories: Administration, Religious Services, School, Programming, Building, and Other. Each week during the budget season we focus on one of these categories and dive into the underlying details, which is an analysis of approximately 80 to 100 line items in each category. We have our fiscal responsibility hat on when projecting our expenses to reach a balanced budget.

As we celebrate Temple Jeremiah's 60th year, we believe that being fiscally responsible (balanced budget; debt free) is essential to achieve our goals as a community and ensure that we will be around for another 60 years. If you are interested in volunteering for the Budget Committee, please send me an email at [skleiman@zazove.com](mailto:skleiman@zazove.com).

## Jeremiah Parent Network: Advice for Parents on Managing Stress

Stress and anxiety are part of every parent's experience, but you don't have to suffer through it feeling helpless. During a recent Jeremiah Parent Network *Bagel Talk*, Tracy Lipsig Kite, LCSW, Jewish Children & Family Services, shared tools and strategies to help everyone deal with the daily challenges of raising children.

Here are some of the key lessons learned:

- ♦ **Stress is normal.** It's a sign that someone is being stretched beyond familiar limits which cultivates strength and durability.
- ♦ **Parents are in charge and need to set boundaries.** Our children's brains are still developing so they may not have the skills to organize and plan. As their brains develop and their skills improve, parents can and should scale back their support to allow the child's individual growth.
- ♦ **Develop listening skills.** This is critical. Most often, stressed out kids just want to be heard. They don't want you to solve their problems.
- ♦ **Establish goals and values as a family** and let them guide your decisions.
- ♦ **Remove the pressure to be "the best" at everything.** Figure out what's most important to you and do your best there. "Good enough" is fine for everything else.
- ♦ **Parent with self-compassion.** Respond to yourself with non-judgment, warmth, and understanding.
- ♦ **Respect your own boundaries** and say "no." Know that "no" is a complete sentence.
- ♦ **Families should not operate at maximum capacity.** This will help members feel less stressed and anxious.

The Jeremiah Parent Network is a pillar of the Youth and Family Engagement Committee.

If you have questions or would like to get involved, contact Committee Chair Tanya Silverstein at [tanya@tanyasilverstein.com](mailto:tanya@tanyasilverstein.com).



**Mark your calendar for Jeremiah Parent Network's next Bagel Talk:**

*Managing Transitions, Embracing Change*  
Sunday, April 5, 2020, 9:30 - 10:45 a.m.

## Volunteer Organizes Donated Clothing to Meet Real Needs

On a cold day this past December, Marci Carl was passing out donated clothes with fellow Temple Jeremiah volunteers on Chicago's West Side when she came across a young boy who needed shoes. "All I was

The following Sunday, Marci and her crew took the boxes into the city where people were able to find what they really needed. "People were looking at sizes," Marci said, "they were really appreciative."

“I remembered seeing bags in the donation box at the temple and thought, let's grab a couple of friends and get this stuff organized...”

finding in our donation bags were tank tops and bathing suits,” she said. At that moment, she realized she and her fellow volunteers could do better.

“I remembered seeing bags in the donation box at the temple and thought, let's grab a couple of friends and get this stuff organized,” she explained. A few weeks later, on New Year's Eve day, this Northbrook mom gathered nearly two dozen volunteers at the temple. They dug through all the bags of donated clothes and other items that had been dumped in the donation bins and sorted everything into separate boxes which were donated by Marci's employer, Crate & Barrel.

Liz Adelstein, who joined Temple Jeremiah last summer, was among the volunteers, along with her children, who delivered the clothes. “People were waiting in line to go through the boxes,” she said, “It's so important for my kids to see what's happening in our own backyard and to see the difference we can make in other people's lives.”

When the donation bins fill up again, Marci said she's ready to organize a team to sort and deliver, so start cleaning out your closets. “There's a better place for your old clothes than your basement or your garage,” she said.



Marci Carl with her daughter

### How You Can Help:

If you haven't seen the donation bins at Temple Jeremiah, you can find them in the hallway near the south entrance. Drop off your bags anytime. It's helpful if you label them according to their contents.



### What to Donate:

- Gently-used clothing
- Men's clothing is in high demand
- No housewares

## SOCIAL JUSTICE CALENDAR AT-A-GLANCE

For more information on Temple Jeremiah's social justice programs, visit [tinyurl.com/tj-socialjustice](https://tinyurl.com/tj-socialjustice).

### March:

**Sunday, March 1st:** Feed the Hungry  
**Tuesday, March 3rd:** Eat and Be Well  
**Sunday, March 15th:** Backpack Blessings  
**Tuesday, March 17th:** Eat and Be Well  
**March 25th - April 1st:** Fitting Futures Clothing Collection

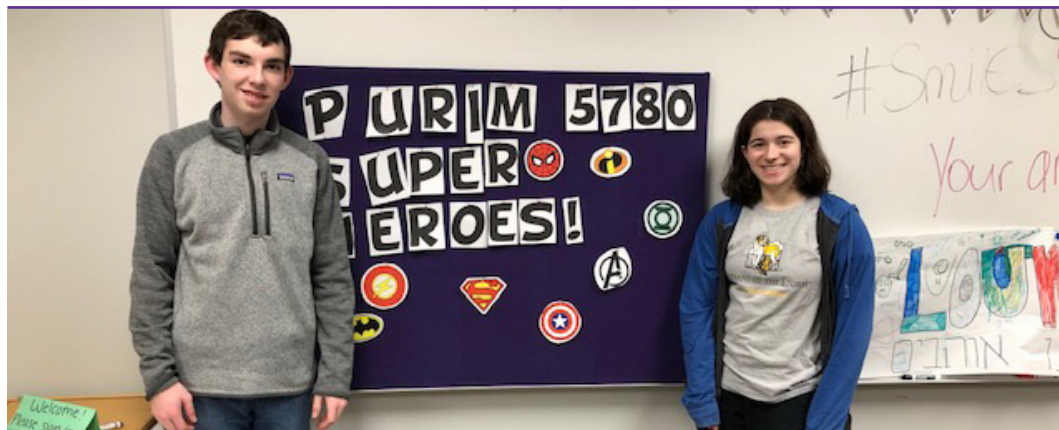
### April:

**Sunday, April 5th:** Feed the Hungry  
**Tuesday, April 7th:** Eat and Be Well  
**Sunday, April 19th:** Backpack Blessings  
**Tuesday, April 21st:** Eat and Be Well  
**Sunday, April 26th:** CEL Art Fair



## Purim Carnival

# SUPURIM HEROES



Cameron Hirschhaut and Claire Schwartz, JeTY Board Members, and Purim super heroes (AKA SUPURim Heroes)

**S**uper heroes are coming to Temple Jeremiah for this year's Purim Carnival. It turns out this isn't just a theme. In fact, the real superheroes have already arrived in the form of Jeremiah Temple Youth (JeTY) Board Members Claire Schwartz and Cameron Hirschhaut. These high school juniors are leading a team of 20 youth group members who are organizing the entire carnival along with Youth Engagement Director Shira Brandhandler and Rabbi Rachel Heaps.

"This is my second year overseeing everything," said Cameron. He and Claire supervise five subcommittees made up of fifth graders through high school seniors who manage the advertising, plan the games, choose the prizes, design decorations, and create the carnival t-shirt. "Planning is the easy stuff. Anything that goes wrong will happen on the day of the event. Last year, the cotton candy machine broke," he said.

No need to worry though. Cameron and Claire have trained their team and are ready for anything. "During the first meeting, we spent a lot of time on team building and ice breakers," said Cameron.

"Our job is to work directly with Shira to make sure everything comes together," explained Claire.

While these two teens are busy with school,

activities, and other commitments, it's impressive that they make time to volunteer at Temple Jeremiah. "I really like volunteering and giving back. It's fulfilling," said Cameron, who is the Programming Vice President of the JeTY Board, a member of the bowling team at Stevenson High School, and also works part-time at Egg Harbor in Lincolnshire.

Claire goes to Deerfield High School where she's on the swim team. She also serves as the Religious and Cultural Vice President on the JeTY Board, which gave her the opportunity to plan the teen service for the High Holidays. In January, she developed another service for the NFTY Kallah hosted by Temple Jeremiah. "I wrote a cool service looking at the history of Reform Judaism," she said, adding, "I like the environment of teens who love Judaism. I like that it's people who all have the experience of growing up going to Sunday School."

Both Claire and Cameron have fond memories of attending the Purim Carnival when they were younger and appreciate the chance to reinforce their leadership skills by taking on such an important role.

For more information about how to participate, please contact Shira Brandhandler, Youth & Family Engagement Director, at [shira@templejeremiah.org](mailto:shira@templejeremiah.org).



### Sunday, March 8th

**9:00 a.m.** Shushan Shuffle  
Start Purim off with a great workout for a great cause. Run or walk with Rabbi Cohen and other Temple Jeremiah members.

**10:00 a.m.** Purim Carnival opens for families with special needs  
*Open to the public! All ages welcome at this free event! Costumes encouraged! This lower sensory hour provides the Carnival experience in a calmer environment.*

**11:00 a.m.** Purim Story & Costume Parade

**11:30 a.m.** Purim Carnival  
*Don't miss the live DJ, games, bounce house, obstacle course, silent auction, raffle, cotton candy, prizes, costume contest, and much, much more!*

### Monday, March 9th

**7:30 p.m.** Purim Shpiel  
*One of the traditions of Purim is the Purim Shpiel (Yiddish for play). This year, we wrote our very own shpiel, to the tune of popular Disney songs! Come watch the fun of telling the story of Purim!*

**To pre-register for Purim Carnival, visit [tinyurl.com/superpurimcarnival](https://tinyurl.com/superpurimcarnival).**





L'Taken Trip to DC 1.25.20



Jeremiah Canasta Group 1.24.20



L'Taken Trip to DC 1.27.20



Aleph Making Magnets 2.2.20



6th Grade Yad Making 2.2.20



6th Grade Yad Making 2.2.20



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> NFTY678 Kallah 9:00a.m. Religious School 9:00a.m. Adult Learning: Back Pain & Sciatica 9:00a.m. Nominating Committee Meeting 10:00a.m. Adult Hebrew 11:00a.m. Shir Joy 11:00a.m. Adult Learning: with HUC Professor, Jennifer Grayson 11:30a.m. Inclusion Committee Meeting 12:00p.m. Feed the Hungry 4:00p.m. Where Do We Stand with Gun Safety? 7:00p.m. Purim Shpiel Rehearsal	<b>2</b> 11:00a.m. Daytrippers: Visit Winnetka Covenant Church 12:00p.m. AA Meeting 3:30p.m. Nosh and Mingle 4:30p.m. Hebrew School	<b>3</b> 10:00a.m. Eat and Be Well 12:00p.m. AA Meeting 6:30p.m. Leadership Development 7:00p.m. Alanon, Alateen, and EDA Meetings 7:00p.m. Purim Shpiel Rehearsal	<b>4</b> 12:00p.m. AA Meeting 3:30p.m. Nosh and Mingle 4:30p.m. Hebrew School 6:30p.m. Purim Shpiel Rehearsal	<b>5</b> 12:00p.m. AA Meeting 6:30p.m. Wine Night with Brotherhood & Sisterhood	<b>6</b> 11:00a.m. Bim Bam Baby 12:00p.m. AA Meeting 12:30p.m. Canasta 1:00p.m. Mah Jongg 6:00p.m. Tot Shabbat with Noggin Builders 6:00p.m. Kabbalat Shabbat Reception 6:30p.m. Kabbalat Shabbat Worship	<b>7</b> 8:30a.m. Tefilah 9:30a.m. Torah Study 11:00 a.m. Shabbat Morning Services
<b>8</b> No Religious School 9:00a.m. Shushan Shuffle 10:00a.m. Special Needs Purim Carnival 11:00a.m. Purim Music & Story 11:30a.m. Purim Carnival 7:00p.m. Purim Shpiel Rehearsal	<b>Erev Purim 9</b> 12:00p.m. AA Meeting 3:30p.m. Nosh and Mingle 4:30p.m. Hebrew School 7:00p.m. Purim Shpiel Rehearsal 7:30p.m. Purim Shpiel	<b>Purim 10</b> 12:00p.m. AA Meeting 7:00p.m. Alanon, Alateen, and EDA Meetings 7:00p.m. Choir Rehearsal	<b>11</b> 12:00p.m. AA Meeting 12:00p.m. Lunch & Learn 3:30p.m. Nosh and Mingle 4:30p.m. Hebrew School 7:00p.m. Executive Board Meeting	<b>12</b> 12:00p.m. AA Meeting	<b>13</b> 9:00a.m. Adult Learning: Talmud To Go 11:00a.m. Bim Bam Baby 12:00p.m. AA Meeting 12:30p.m. Canasta 1:00p.m. Mah Jongg 6:00p.m. Kabbalat Shabbat Reception 6:30p.m. Kabbalat Shabbat Worship	<b>14</b> 8:30a.m. Tefilah 9:30a.m. Torah Study 11:00 a.m. Shabbat Morning Services
<b>15</b> 9:00a.m. Religious School 9:00a.m. Jeremiah Buddies 9:00a.m. Nominating Committee Meeting 9:00a.m. Adult Learning: Excerpts from Cook County ICU 10:00a.m. Adult Hebrew 10:00a.m. Backpack Blessings 11:00a.m. Shir Joy 4:00p.m. Jr. Jety Event	<b>16</b> 12:00p.m. AA Meeting 3:30p.m. Nosh and Mingle 4:30p.m. Hebrew School 7:00p.m. Board Meeting	<b>17</b> 10:00a.m. Eat and Be Well 12:00p.m. AA Meeting 7:00p.m. Alanon, Alateen, and EDA Meetings 7:00p.m. Youth Committee Meeting 7:00p.m. Choir Rehearsal	<b>18</b> 12:00p.m. AA Meeting 3:30p.m. Nosh and Mingle 4:30p.m. Hebrew School 7:00p.m. Keshet Taskforce	<b>19</b> Israel trip departs 12:00p.m. AA Meeting	<b>20</b> 11:00a.m. Bim Bam Baby 12:00p.m. AA Meeting 12:30p.m. Canasta 1:00p.m. Mah Jongg 6:00p.m. Kabbalat Shabbat Reception 6:30p.m. Kabbalat Shabbat Worship	<b>21</b> 8:30a.m. Tefilah 9:30a.m. Torah Study 11:00 a.m. Shabbat Morning Services
<b>22</b> No Religious School 9:00a.m. Nominating Committee Meeting	<b>23</b> No School 12:00p.m. AA Meeting	<b>24</b> 12:00p.m. AA Meeting 7:00p.m. Alanon, Alateen, and EDA Meetings 7:00p.m. Choir Rehearsal	<b>25</b> No School 12:00p.m. AA Meeting	<b>26</b> 12:00p.m. AA Meeting	<b>27</b> 11:00a.m. Bim Bam Baby 12:00p.m. AA Meeting 12:30p.m. Canasta 1:00p.m. Mah Jongg 6:00p.m. Kabbalat Shabbat Reception 6:30p.m. Kabbalat Shabbat Worship	<b>28</b> 8:30a.m. Tefilah 9:30a.m. Torah Study
<b>29</b> No Religious School	<b>30</b> 12:00p.m. AA Meeting 3:30p.m. Nosh and Mingle 4:30p.m. Hebrew School	<b>31</b> 12:00p.m. AA Meeting 7:00p.m. Alanon, Alateen, and EDA Meetings 7:00p.m. Choir Rehearsal				



## Acknowledgments

### IN SUPPORT OF

#### **Annual Fund**

-Seymour Ferdman

#### **Backpack Blessings**

-Ruth and Chuck Adler  
-Sara and Martin Liebman

#### **Goldberg Family Fund for Special Needs Programming**

-Joanne Keeshin

#### **Social Justice Fund**

-Wendy Rosenholtz

#### **The Bill and Norma Brown Fund for Lifelong Learning**

-Jennie Berk

#### **The Stanley Golder Interfaith Initiative**

-Donna Falzone

### IN APPRECIATION OF

#### **Rabbi Paul Cohen**

-Jennifer and Brian Saperstein  
-Sybil and Lawrence Stern

#### **Cantor Susie Lewis Friedman**

-Lisa and Steve Levy

#### **Dr. Anne Lidsky**

*In honor of her work with Family Promise*  
-Sybil and Lawrence Stern

### IN HONOR OF

#### **Susan and Miff Ardell**

*In honor of the birth of Aya Rose Stevens*  
-Ellie and Fred Schwimmer

#### **Dina Bauwens**

*In honor of her earning her Master's Degree*  
-Caren Brown

#### **Rabbi Paul and Cathy Cohen**

*In honor of the engagement of their son, Jacob, to Elana Gordon*  
-Caren Brown  
-Alene Frost  
-Lori and Gary Kash  
-Bonnie Sorkin and Peter Alexander

#### **Rachel Gluskin and Ben Jacoby\***

*In honor of their wedding*  
-Diane and Mark Gluskin

#### **Lori and Andy Goldstein**

*In honor of the engagement of their daughter, Sami, to Adam Levick*  
-Lori and Gary Kash

#### **Barton Gordon**

*In honor of Bart Gordon's special birthday*  
-Barri and Warren Colman

#### **Phyllis and James Klapman**

*In honor of their new great-granddaughter, Maya Klapman*  
-Phyllis and James Klapman

#### **Charles Laurito**

*In honor of Charles Laurito's special birthday*  
-Ruth and Chuck Adler

#### **Barbara and Stephen Miller**

*In honor of the engagement of their son*  
-Caren Brown

#### **Diane Klimek Rovner and Joel Rovner**

*In honor of their marriage*  
-Caren Brown  
-Randi and Charles Gurian

#### **Patty Turim**

*In honor of the birth of her granddaughter*  
-Barbara Kite

### FOR THE SPEEDY RECOVERY OF

#### **Ilene Abrahams**

-Kay and Barton Gordon

### IN MEMORY OF

#### **Linda Caplan Bleich**

*Mother of Deborah Cogan*  
-Randi and Charles Gurian  
-Erica Young Neems

#### **Dr. Irwin Chaiken**

*Father of Paul Chaiken*  
-Mara and Paul Chaiken

#### **Enid Cohen**

*Dearest Friend of Randi Mayer*  
-Randi and James Mayer

#### **William Courtney**

*Father of Michael Courtney*  
-Alisa and Michael Courtney

#### **Harriet Freeberg**

*Aunt of Michael Mitzen*  
-Phyllis and Michael Mitzen

#### **Howard Galler**

*Husband of Sue Galler*  
-Susanne and Roger Fein

#### **Ursula Gold**

*Aunt of Phyllis Burg*  
-Carol and Arnie Fishbain  
-Ellen and Allen Toban

#### **Frederika and Leon Halski**

*Mother and Father of Joyce Frank*  
-Joyce and Gary Frank

#### **Dorothy Hirschfield**

*Mother of Allen Hirschfield*  
-Nancy and Allen Hirschfield

#### **Jack L. Jacobs**

*Father of Alan Jacobs*  
-Avrie and Alan Jacobs

#### **Herman Kaplan**

*Uncle of Ellen Toban*  
-Ellen and Alan Toban

#### **Morris and Lena Klapman**

*Father and Mother of James Klapman*  
-Phyllis and James Klapman

#### **Robert Liebman**

*Father of Martin Liebman*  
-Sara and Martin Liebman

#### **Edythe Mack**

*Mother of Robert Mack*  
-Susanne and Roger Fein

#### **Shirlee Mayer**

*Mother of Avrie Jacobs*  
-Avrie and Alan Jacobs

#### **Betsy Mosak**

*Sister of Arthur Sutton*  
-Diane Stumpf and Arthur Sutton

#### **Teena Parrish**

*Sister of Carol Fishbain*  
-Carol and Arnie Fishbain

#### **Mollie Rieger**

*Grandmother of Sheila Goode*  
-Sheila Goode

#### **Joseph Rotter**

*Grandfather of Randi Mayer*  
-Randi and James Mayer

#### **Marlene Salk**

*Sister of Steve Salk*  
-Patricia and Steve Salk

#### **Chaim Sauer**

*Father of Jennie Berk*  
-Jennie Berk

## 🤝 Acknowledgments (con't) and March Adult Learning

### Sidney Schar

*Father of Stephen Schar*  
-Jessica and Stephen Schar

### Aidan Thomas Stevens

*Grandson of Susan and Miff Ardell*  
-Ruth and Chuck Adler

### Morris Sutton

*Father of Arthur Sutton*  
-Diane Stumpf and Arthur Sutton

### Louis I Schubert

*Father of Ernest Schubert*  
-Linda and Ernest Schubert

### Edith Sutton

*Mother of Arthur Sutton*  
-Diane Stumpf and Arthur Sutton

\*We mistakenly congratulated Rachel and Ben on their engagement instead of their wedding in the February Covenant. We apologize for the mistake and send them best wishes on their wedding!

## Donate to Temple Jeremiah

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 two easy ways:

1. Click on "Make a Donation" at templejeremiah.org or visit the Member Login section and click on "Donate" to donate online via credit card or ACH/eCheck.
2. Mail a check to Temple Jeremiah, 937 Happ Road, Northfield, IL, 60093. Be sure to include a note as to what the donation is for and which fund you prefer.

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Discretionary Funds: Rabbi Paul F. Cohen • Rabbi Rachel L. Heaps • Cantor Susan Lewis Friedman

## ADULT LEARNING March 2020

### Lower Back Pain & Sciatica with Denise Schwartz

**Sunday, March 1, 2020 9:30 a.m.**

Come hear from physical therapist Denise Schwartz about the main causes of lower back issues, the mistakes we make in caring for ourselves and how we can naturally heal.



### Medieval "Documents" from the Cairo Genizah with Hebrew Union College-Jewish Institute of Religion Professor, Jennifer Grayson

**Sunday, March 1, 2020, 11:00 a.m.**

Join Professor Grayson as she demonstrate how the study of a single document from the Cairo Genizah- a marriage contract from the 11th century - can inspire us to think creatively about the boundaries of the Jewish community—past, present, and future.

### Lunch & Learn - Torah in the Workplace: Jewish Responses to Contemporary Challenges

**Wednesday, March 11, 2020, 12:00 p.m.**

Take a lunch break and spend some time discussing Jewish thought. Join us downtown for Lunch & Learn with Rabbi Cohen, who will lead a lively and interactive discussion. No experience or knowledge of Hebrew is needed. Each meeting is self-contained and open to all. Lunch will be provided.

### Talmud to Go

**Friday, March 13, 2020, 9:00 a.m.**

Panera Bread, 772 Skokie Blvd., Northbrook

Start your day off with a taste of Talmud learning. Join our rabbis the 2nd Friday of the month as we dive into the Talmud and how it helps guide our lives. For more information, contact Rabbi Rachel Heaps.

### Reading Excerpts of Cook County ICU: 30 Years of Unforgettable Patients and Odd Cases with Author Dr. Cory Franklin

**Sunday, March 15, 2020 9:30 a.m.**

Congregant Dr. Cory Franklin gives an inside look at one of our nation's most famous public hospitals where he served as Director of Intensive Care.



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# TOT SHABBAT



*Inviting the youngest  
among us to join us for this  
very special Tot Shabbat.*



Preschoolers, ages 0-6, and parents, this evening is for you! Shabbat songs, delicious challah, and exciting, hands-on S.T.E.M. activities with Noggin Builders, where kids get to use their own creativity for fun!

**Register here:** [tinyurl.com/JeremiahTotShabbat](http://tinyurl.com/JeremiahTotShabbat)  
*Dinner will be provided.*

**Friday, March 6, 2020  
6:00 - 7:30 p.m.**

**Temple Jeremiah**  
937 Happ Road, Northfield