

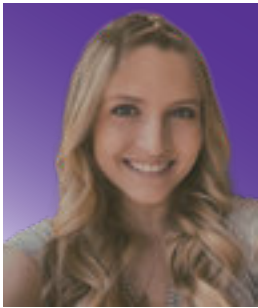


*J-Quest 11.6.2022*

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# Tikkun Olam



**By MEREDITH BEIRNE**  
Communications Coordinator  
meredith@templejeremiah.org

We have reached the time of year again where people set goals, make resolutions, and take on new challenges. While I encourage people to embrace this new sense of motivation often felt during January, I hope that drive lasts throughout the rest of the year, as well, and especially those related to *Tikkun Olam*.

Throughout this issue of the Covenant, examples of *Tikkun Olam* are discussed and celebrated, reinvigorating me to explore and be a part of some of the wonderful activities we have at Temple that positively impact others.

Rabbi Heaps mentions in her article that “*Tikkun Olam* can feel like a big, intimidating instruction, but when we break it into

simple, small, steps repairing the world becomes something anyone can do.” I find this mindset to be similar with setting New Year’s resolutions, in that one big goal may be intimidating, but setting smaller, measurable goals is much more attainable. For example, like many others, I’d like to say one of my New Year’s resolutions is to “workout more.” However, that’s a big goal the way it is currently written. Instead, I should make a plan of simpler, descriptive actions like “do 30 minutes of cardio a day” and “exercise with a trainer twice a week.” These are much more approachable, measurable goals.

Instead of taking on the broad challenge of “helping others this year,” I encourage you to ask questions, think critically, and make a plan on what it is you want to do to positively impact the world in 2023. You will read tons of ideas throughout this issue and our previous issues, like volunteering to help with our Feed the Hungry and Maot Chitim programs. These are simple, small, steps that you can take this year to reach a bigger goal of *Tikkun Olam*.

## ADULT LEARNING

### Trope and Melodies

*with Cantor Friedman*

January 11th, 18th, 25th  
at 7:00 p.m.

Join Cantor Friedman for an exploration of the musical traditions of the Torah. Learn the basic melodies for chanting the Torah—the Tropes, as well as about the tradition of the melodies we use for prayer, where they originally came from, and why they are ever changing.

Details and registration:  
[tinyurl.com/AL-CSF-JAN](https://tinyurl.com/AL-CSF-JAN)

### Mussar of Purim

*with Rabbi Cohen*

February 15th, 22nd and  
March 1st at 7:00 p.m.

The Purim story is one of the best known of all the stories contained within the Hebrew Bible. We celebrate Purim with carnivals, spiels, and merriment. Beneath all the silliness there are deeper messages that resonate today. Through the lens of Mussar we explore these lessons discerning the middot, spiritual attributes, highlighted within the story and the celebration.

Details and registration:  
[tinyurl.com/AL-RPC-FEB](https://tinyurl.com/AL-RPC-FEB)



## Tikkun Olam: In Small, Simple Steps

By RABBI RACHEL HEAPS

Associate Rabbi

rabbiheaps@templejeremiah.org

Occasionally, when I'm looking for inspiration or a way to unwind, I like to watch the Great British Baking Show. I love the friendly competition of people simply trying to do their best with their self-taught baking skills. I like seeing them tackle new challenges, often with a sense of curiosity and enthusiasm. Even for their technical bakes, where the professional baker/judge asks them to make something that they've never seen before, there's a moment of stress quickly followed by each of the bakers diving right in despite not really knowing where to start. But the longer the season goes on, the recipe given in the technical challenge starts to change—instead of it being a full recipe with weights, temperatures, and times, it becomes a very slimmed down recipe. "Make a Pate a Choux," the instructions might say, expecting that the baker both knows what a Choux is and how to make it by heart.

Though it might be entertaining on TV, I find instructions like this frequent and frustrating in real life. What to some might be simple instructions, to others (especially those with less experience) becomes an insurmountable hurdle with no help offered. Telling a first-time car owner to change their car oil isn't as helpful as telling them step-by-step how to change their oil, or how to find a garage to help them.

Similarly, in Judaism, we often give instructions but forget when and how to break them down to make them manageable. "Observe Shabbat," we say – but forget to mention candles, family dinners, learning, and rest. "Honor your parents," we say – but leave the details open to interpretation. How intimidating!

Think about it. At Jeremiah, we're constantly talking about our responsibility to do *Tikkun Olam*, acts of repairing the world. What a huge responsibility! I imagine someone who knows nothing of our community, or nothing of Judaism, must find this an impossible task. Is every act we do supposed to fix the world? The whole world? In just one act? (Maybe a little hyperbolic, but you get the point.)

The truth is, for every big action we do in Judaism, there are a billion little steps taken to complete it. What a miracle it would be if we could solve food insecurity in one act. But much more realistic to address hunger one sandwich at a time with our Feed the Hungry program. How powerful we would be to ensure everyone had the mental health support they need. But a much more practical approach is to work with JCFS for referrals, expert advice, and support groups.

“Tikkun Olam can feel like a big, intimidating instruction, but when we break it into simple, small, steps repairing the world becomes something anyone can do.”

*Tikkun Olam* can feel like a big, intimidating instruction, but when we break it into simple, small, steps, repairing the world becomes something anyone can do.

Last month I was discussing rabbinic ethics and time travel with some of our high school students, and one brought up the philosophy of “the butterfly effect” – the idea that a time traveler could do something as small as injure a butterfly in the past, and entirely change the present. Eventually our discussion turned not to the relationship between past and present, but the one between present and future. If such a small action in the past can entirely change the present, then couldn't the same be said for a small action in the present completely changing the future?

None of us truly knows the impact we make with one sandwich, one smile, one phone call, one letter, one vote... We don't know the future we create with our small actions. But we know the goal, and if we have trust in ourselves – our knowledge, our support systems, our strength – then we might truly be able to repair our world.

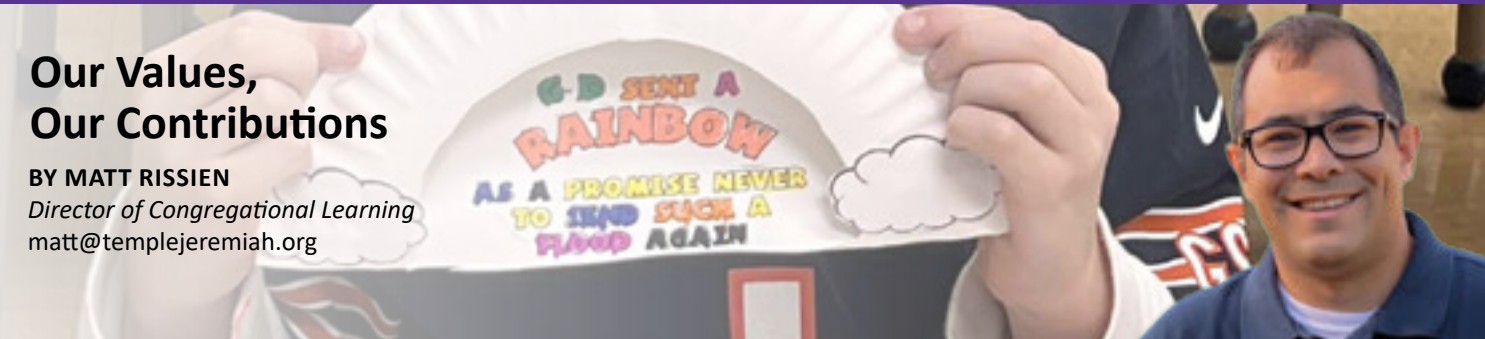


*Rabbi Heaps and J-Quest student Ronit Margolis helping with the ARK collection drive*

## Our Values, Our Contributions

BY MATT RISSIEN

Director of Congregational Learning  
matt@templejeremiah.org



G-D SENT A  
**RAINBOW**  
AS A PROMISE NEVER  
TO SEND SUCH A  
FLOOD AGAIN

“What I love about Judaism is that so many of our teachings connect to values. Our values can be introduced as concepts within our classrooms and within our texts, but the real practice is how they stick with us into our everyday lives.”

If you walk into Temple Jeremiah on any given Sunday, you will see acts of *Tikkun Olam*, repairing the world. When we teach our younger students about *Tikkun Olam*, we teach that it is not just about the literal acts of “Repairing the World,” but also about having the mindset of doing good and being good. My favorite part about Sunday mornings is that *Tikkun Olam* is not only taught and experienced by our youth, but it is modeled by our teachers and adult congregants.

What I love about Judaism is that so many of our teachings connect to values. Our values can be introduced as concepts within our classrooms and within our texts, but the real practice is how they stick with us into our everyday lives. Time and time again I am amazed when hearing of so many contributions to our

society that our congregants have made. We even had a “*Tikkun Olam*” panel last month of congregants sharing how they give back with our teens. What is great about the value of *Tikkun Olam* though, is that it does not matter how small or how large the act is, it is all about the intention in which we act.

I remember my first time setting foot in Temple Jeremiah. It was a Sunday morning in 2019 and Dr. Lidsky had invited a colleague and me to give a presentation about Israel to the high school students. We walked into the building and were amazed looking around at just how many parents, grandparents, and students were there, working together on what I now know was Feed the Hungry. We left amazed at the level of participation and *dugma* (role modeling) that we had just seen. I knew that this was a community that was doing things right.

As we reflect on 2022 and think about the future, take the time to ask what you can do to help repair the world. No matter how big or small, know that your actions can make a difference, and if you know you want to do something but do not know what or where, you can always come talk to the staff and clergy at Temple Jeremiah; we would love to help!

## 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 in-person at 9:30 a.m. every Saturday.

### JANUARY

January 7, 2023	<b>Vayechi</b>	Genesis 47:28–50:26
January 14, 2023	<b>Sh'mot</b>	Exodus 1:1–6:1
January 21, 2023	<b>Va-eira</b>	Exodus 6:2–9:35
January 28, 2023	<b>Bo</b>	Exodus 10:1–13:16

### FEBRUARY

February 4, 2023	<b>B'shalach</b>	Exodus 13:17–17:16
February 11, 2023	<b>Yitro</b>	Exodus 18:1–20:23
February 18, 2023	<b>Mishpatim</b>	Exodus 21:1–24:18
February 25, 2023	<b>T'rumah</b>	Exodus 25:1–27:19



*Thank you for your donations  
for A Safe Place!*

**By DANA GARBARSKI**

*Social Justice Chair*

dana.garbarski@gmail.com

Over the past 18 months, the Social Justice Committee has begun to support A Safe Place, the leading organization in Lake County dedicated to addressing intimate partner violence and human trafficking. As we approached the Thanksgiving holiday, A Safe Place asked the organizations that provide support to help them provide 250 Thanksgiving baskets for their clients.

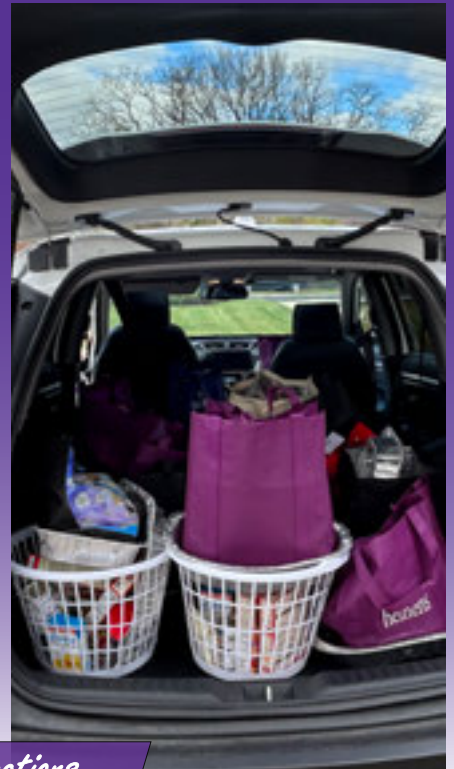
We were able to meet our goal of providing 50 Thanksgiving baskets thanks to the generous support of many Temple Jeremiah congregants; our J-Quest students, who collected tzedakah for this project; and Ariel Silver and Julie Becker, who helped to deliver the items to A Safe Place!

When we dropped off the items at A Safe Place, we unpacked with the Chief Development Officer of A Safe Place, Damaris Lorta. Damaris indicated that although they receive financial donations from several organizations, not as many people as she had

**We were able to meet our goal of providing 50 Thanksgiving baskets thanks to the generous support of many Temple Jeremiah congregants...**

expected signed up to actually collect the items, and she was so grateful for our contribution. Our ability to use not just our financial resources but our time and physical resources to help this organization is so appreciated; when we do the shopping and collecting, it gives them more time to focus on their clients.

We are generous with our financial resources, and we are a community of doers. And that makes all the difference in so many ways for the many organizations we help to support through our Social Justice program. Please take a look at our many programs and ways to seek justice by repairing our world here: [tinyurl.com/TJSocialJustice/](https://tinyurl.com/TJSocialJustice/)



*Thanksgiving Basket Volunteers & Donations*

## SOCIAL JUSTICE VOLUNTEER OPPORTUNITIES



### Backpack Blessings

**Backpack Blessings** feeds between 40 and 60 children during the school year. Children in the Highland Park/Highwood School District are sent home with a bag of nourishing food to eat on weekends, when the children do not receive free breakfast and lunch at school. Please consider volunteering on **January 6th and February 26th** in one of the following ways:

**Shift 1 volunteers:** Setup and packing (9:00 - 10:15 a.m.) - bring food up from the temple basement, and set up the food on tables for packing. Pack food into bags, which are loaded into bins to be delivered to the schools. Volunteers also help clean up supplies.

**Shift 2 volunteers:** Loading and unloading (9:30 - 10:30 a.m.) - must be able to lift 25 pounds. Load the bins onto the truck at Temple Jeremiah, meet at Red Oak Elementary School, and unload bins at Red Oak and Sherwood Elementary Schools.

**Truck rental volunteer:** (9:00 - 11:00 a.m.) Rent a truck from U-Haul and arrive at Temple Jeremiah at 9:30 a.m. to pick up the bins. The driver drives the delivery to Red Oak Elementary School and returns the truck once unloaded at the school. The rental will be reimbursed.

**Another opportunity** is to pick up the bins from Red Oak Elementary School on the Friday (prior to packing) before 3:00 p.m. and bring them to Temple Jeremiah.

Volunteers of all ages and abilities are welcome! **To sign up, visit:** [tinyurl.com/BPB2022-23](https://tinyurl.com/BPB2022-23). Please contact Dana Garbarski at [dana.garbarski@gmail.com](mailto:dana.garbarski@gmail.com) with any questions.

### Feed the Hungry

Join us the first Sunday of every month to make lunches to feed the hungry in Chicago. This family-friendly activity requires grocery shopping (approximately \$60) in preparation for lunch assembly and delivery. Join us on **February 5th**. The two ways to participate are:

**Make lunches at home** (two sandwiches with two slices of any lunch meat, one bag of chips, one piece of fruit, and two cookies). Drop off your lunches by 9:30 a.m. at Temple Jeremiah outside the west doors (the circle drive). Each drop-off slot is for 20 lunches (e.g. if you are packing 80 lunches/month, please sign up for four drop-off slots).

**Four families gather in the temple kitchen** at 9:00 a.m. while assembling about 80 lunches assembly-line style. We then load all the lunches at 9:30 a.m. and drive downtown to our partner church and supervise the children handing out the lunches to those in-need.

**To sign up, visit:** [tinyurl.com/FTH2022-23](https://tinyurl.com/FTH2022-23). Your participation is greatly appreciated. If you have any questions, please contact Mindy Kurtz at [cupermom@aol.com](mailto:cupermom@aol.com)

### Welcome the Stranger

**HIAS (the Hebrew Immigrant Aid Society)** has a new volunteer program assisting individuals arriving from Afghanistan to put down roots in the Chicago area. They have reached out to Temple Jeremiah looking for one or two volunteers to help them get settled. If you are interested, please contact Barb Miller at [bmiller54@comcast.net](mailto:bmiller54@comcast.net).



*Learn More & Get Involved*

Visit: [tinyurl.com/TJSocialJustice](https://tinyurl.com/TJSocialJustice) and [tinyurl.com/TJSocialAdvocacy](https://tinyurl.com/TJSocialAdvocacy)



# Social Justice FAST FACTS

JULY 2021 - JUNE 2022

## PROGRAM HIGHLIGHTS

**4200 LUNCHES**  
provided through our Feed the Hungry program

**2600 WEEKEND MEAL BAGS**  
provided to students through our Backpack Blessings program

**100 STUDENTS & CAMPERS**  
supported through our Backpack Blessings program

**580 STUDENTS**  
at Whittier Elementary School impacted by our donations of classroom school supplies and winter clothes, holiday gifts, and support of classroom coaches

**5 AFGHAN FAMILY MEMBERS**  
we helped support in their arrival to the U.S. through our Welcoming the Stranger partnership with the Hebrew Immigrant Aid Society (HIAS)

**4 WEEKS**  
hosted four families experiencing housing insecurity providing meals and a stay at Temple Jeremiah through our Family Promise program



**1 SHED**  
built to support A Safe Place, the leading organization in Lake County addressing intimate partner violence and human trafficking

**350 TEMPLE JEREMIAH MEMBERS**  
who volunteered at or donated to one of our Social Justice action programs

**650 REGISTRANTS**  
for one of our advocacy education programs (Voter Suppression & Filibuster Reform with Al Franken, Antiracism with Pat Savage-Williams, Reparations, Roe v. Wade)

**70 COMMUNITY MEMBERS**  
receiving Advocacy Alert texts in partnership with Religious Action Center of Reform Judaism (RAC)

## OUR HOPE

We hope to provide you with opportunities to engage with the core Jewish values of repairing the world through our action projects and lifelong learning through our advocacy education programs. We are always looking for members to help us plan and carry out our many programs and welcome a diversity of perspectives and skills to do this work. Please consider joining us at our next Social Justice committee meeting on January 22 at 10am at Temple Jeremiah. Please email Dana Garbarski at [dana.garbarski@gmail.com](mailto:dana.garbarski@gmail.com) if you plan to attend.

## Sarah's Lift

### *Making Temple Jeremiah More Accessible*

**By LIZ TRAGER MENDEL**

*Temple Jeremiah Member and  
Inclusion Committee Member*

In the previous issue of the Covenant, Director of Philanthropy Leslie Landman discussed an email that Liz Trager-Mendel and Scott Mendel sent to her, which put in motion a plan to make Temple Jeremiah more accessible.

Though the Temple Jeremiah Inclusion Committee had been brainstorming possibilities for making the temple fully accessible for several years, one of the main barriers remained the stage area in the Slotnick Social Hall. With guidance from Executive Director Danny Glassman, the committee considered several options, but all proved too costly or impractical within the confines of the physical space.

It so happened that the Mendel family was looking for an opportunity to do something for the temple to honor Cantor Emerita, Amy Zussman, who has been involved with Inclusion activities for many years at Temple Jeremiah and beyond, including Keshet and the Selah Choir.

Sarah Mendel, an adult with physical and intellectual disabilities, has known Cantor Amy since she first came to Temple at age nine. Sarah bonded with Amy from the start, and in adulthood, Sarah proudly sang with the Selah Choir.

While Sarah was sheltered-in-place at Misericordia (a group living facility) during the pandemic, she was unable to go to her Temple job or even come home to visit her family for five months! It was a gut-wrenching challenge for the whole family. However, Cantor Amy had an idea: Amy's smile, patience, adaptability, and angelic voice soothed Sarah every Friday with a Shabbat Sing-along over Zoom. Amy has been singing on Zoom with Sarah now since the pandemic began—offering her time, energy, compassion, and love, and yes, lifting her spirit.

A wheelchair lift for Temple Jeremiah in honor of Cantor Amy's contributions to inclusion seemed like the perfect way to reciprocate for all she has done for the Mendel family, as well as all the children and adults in need of support through the years. This past summer, Danny Glassman and Leslie Landman discovered a mobile handicapped lift made by Adaptive Engineering that would be perfect for our stage area. This lift is large enough to accommodate an adult wheelchair, yet can be easily hand-operated and moved from place to place—anywhere in the temple—including outdoors.

Amy's music, friendship, compassion, and vibrant spirit spread blessings throughout our temple community. Now this inclusion spirit can spread into the Slotnick Social Hall and up onto the stage. We are fully accessible. Thank you, Cantor Amy and the Inclusion Committee, for all you have done.



*Sarah Mendel Presenting the Dedication & Using the Lift*





## B'NAI MITZVAH

Temple Jeremiah's

# GOOD news to share

### SHARE YOUR GOOD NEWS!

We love to hear about the great things happening in our members' lives. Tell us about your engagements, weddings, the birth of your child or grandchild, and more!

Please contact Phyllis Burg  
([phyllis@templejeremiah.org](mailto:phyllis@templejeremiah.org))  
to share your good news.

**Braiden Michael Ashe**, *son of Annie and Aaron Ashe*,  
Bar Mitzvah on January 14th at 11:00 a.m.

**Paige Evins Rozner**, *daughter of Darci and Michael Rozner*,  
Bat Mitzvah on January 21st at 11:00 a.m.

**Madelyn Paige Kaufman**, *daughter of Jeff and Melissa Kaufman*, Bat Mitzvah on February 4th at 11:00 a.m.

**Bayla Elise Siedband**, *daughter of Julie and Brian Siedband*, Bat Mitzvah on February 4th at 11:00 a.m.

**Alex Hilder Nierman**, *son of Deborah Beerman and Jason Nierman*, Bar Mitzvah on February 11th at 11:00 a.m.

**Alexis Jayden Steres**, *daughter of Kimberly and Jeffrey Steres*, Bat Mitzvah on February 25th at 9:00 a.m.

**Lewk Robert Schiestel**, *son of Ray and Jacky Schiestel*,  
Bar Mitzvah on February 25th at 11:00 a.m.



# UPCOMING EVENTS

Temple  
Jeremiah

Don't forget to check the calendar for all the details at [tinyurl.com/TJ-calendar!](https://tinyurl.com/TJ-calendar!)

## JAN 6

**FAMILY KABBALAT SHABBAT WORSHIP:** Bring the whole family for Kabbalat Shabbat Worship at Temple, followed by Oneg.

## JAN 8

**J-QUEST RETURNS:** J-Quest is back in session.

## JAN 9

**CHAI SOCIETY LUNCHEON:** Laugh, cry, and sing along with some of the most famous Yiddish music of Second Avenue and beyond with Cantors Pavel Roytman and Susan Lewis Friedman.

## JAN 13

**KABBALAT SHABBAT WORSHIP WITH ADULT CHOIR:** Join us for Kabbalat Shabbat Worship at Temple, featuring our Adult Choir, followed by Oneg.

## JAN 20 + FEB 17

**TOT SHABBAT:** Join us at 5:30 p.m. and introduce your little ones to Shabbat songs and blessings tailored to kids 5 and younger.

## JAN 20

**MENTAL HEALTH KABBALAT SHABBAT WORSHIP IN PARTNERSHIP WITH JCFS + SHABBAT DINNER WITH FRIENDS:** Join us for Kabbalat Shabbat Worship with Guest Speaker: No Shame On U's Director of Programming Wendy Singer, and Shabbat Dinner.

## JAN 22 + FEB 26

**JEREMIAH BUDDIES:** Bring your 2-4 year-olds to learn more about Judasim and to meet new families and friends at 9:15 a.m.

## JAN 27

**FAMILY KABBALAT SHABBAT WORSHIP AND 5TH GRADE FAMILY DINNER:** Join us for Family Kabbalat Shabbat Worship and our 5th Grade Family Dinner.

## FEB 3

**SHABBAT SHIRA/KABBALAT SHABBAT WORSHIP WITH ADULT CHOIR/KOL ZIMRA:** Celebrate Parshat B'Shalach, featuring the first woman cantor, Barbara Ostfeld, with Kol Zimrah Community Singers.

## FEB 4

**SHABBAT MORNING TEFILAH/TORAH STUDY WITH CANTOR BARBARA OSTFELD:** Pray, discuss, and learn with Cantor Barbara Ostfeld.

## FEB 5

**JR. JETY ESCAPE ROOM:** Join Jr. JeTY as we try to escape the room! There will be an escape room, games, friends, lunch, and more!

## FEB 5

**INCLUSION PROGRAM:** Join your friends at Temple Jeremiah for Good Deeds Day! We'll be helping the ARK's Food Pantry.

## FEB 6

**JEWS WITH CONSERVATIVE POLITICAL VIEWS II:** Continue the dialogue to promote understanding and to further our commitment to inclusion of diverse points of view in our community.

## FEB 10

**SCOTT B. CRANE ABILITIES AWARENESS KABBALAT SHABBAT WORSHIP:** Join us for Kabbalat Shabbat Worship in honor of Jewish disabilities and special blessings for our Israel trips.

## WEEKLY (TH, F)

**CANASTA:** To play Thursdays at 12:15 p.m., contact Phyllis Burg ([phyllis@templejeremiah.org](mailto:phyllis@templejeremiah.org)). To play Fridays at 11:30 p.m., contact Nancy Eisenberg ([nleslp@aol.com](mailto:nleslp@aol.com)).



## *Aesthetics, Symbolism, and Connection*



**By LESLIE LANDMAN**

*Director of Philanthropy*

[leslie@templejeremiah.org](mailto:leslie@templejeremiah.org)

Have you ever been to an art fair or gallery and been drawn to a piece of Judaica? Perhaps a hand-sculptured menorah, silver Shabbat candlesticks, or a jeweled tzedakah box? Maybe some cherished pieces are meaningfully displayed in your home or brought out for use on Shabbat or a holiday.

Ritual art is an example of a concept referred to as "*hiddur mitzvah*," which has its base in biblical commentary and Talmudic thought, and recognizes that adding an aesthetic dimension can enhance and even transform a ritual experience.

This idea inspired the creation of the donor wall honoring our *Building Tomorrow Together* campaign, which was dedicated at a festive Oneg Shabbat this past November. Its creation was also motivated by a desire to add depth of meaning by connecting the artwork to core values and the history of the temple.

The central art of the donor wall incorporates flowing green leaves, which connect to the campaign's theme of nurturing and growing for the future, and also recalls the images of Rabbi Cohen and children from the congregation planting a tree together in the

campaign's announcement video. This piece also alludes to the history of this congregation, by incorporating metal similar to the donor walls of our past campaigns, as we built the strength of this campaign on the shoulders of those who supported the temple previously. The seven-stemmed menorah design with connections to enlightenment, wisdom, and creation reflects other beautiful menorah art that we see in our lobby and sanctuary.

The green leaves were designed by an artist named Roi Maharata, an Ethiopian immigrant to Israel who arrived as part of Operation Moses. We learned about Roi, his journey, and challenges through Eldad Shoshtari, the founder of Pinot Igul Gallery. Based in Israel, the gallery exclusively represents artists with disabilities. Eldad shared a video greeting with us at our celebratory gathering, immediately captivating everyone in attendance with desire to improve the lives of those with disabilities, a commitment, he noted, he shares with Temple Jeremiah. Eldad's video, along with photos from the gathering, are posted on our campaign webpage at [templejeremiah.org/building-tomorrow-together](http://templejeremiah.org/building-tomorrow-together).

I hope that the layers of symbolism in this piece resonate with you, as it honors our community.

If you would like to explore giving opportunities at the temple or have any questions about the donor wall or Pinot Igul, please feel free to contact me at [leslie@templejeremiah.org](mailto:leslie@templejeremiah.org).



Video Presentation by Eldad Shoshtari, Pinot Igul's Founder



Co-Chairs Ken Lorch, Barb Miller, and David Golder

*Building Tomorrow Together Oneg Shabbat & Donor Wall Reveal*



# CHICAGO WOLVES HOCKEY *with Brotherhood*



**SUNDAY, FEBRUARY 19TH  
3:00 P.M. | ALLSTATE ARENA**

All Temple members, families, and friends are welcome to join!

Register at [tinyurl.com/TJ-Hockey](https://tinyurl.com/TJ-Hockey)

## JANUARY 22 + FEBRUARY 12

### YOGA 9:15 a.m.

Looking for something to do while your kids are at J-Quest? Come join us for a yoga class at Temple taught by a temple member!

All experience levels welcome.  
BYO yoga mat.

More info at [tinyurl.com/TJ-yoga](https://tinyurl.com/TJ-yoga)

## FEBRUARY 13

### WINE PAIRING 6:00 - 8:00 p.m.

Learn and sample various wines and cheeses. Learn how they complement each other and how to serve them at your next gathering.

All are welcome for this 21+ event.  
Space is limited.

Register at [tinyurl.com/TJ-WPclass](https://tinyurl.com/TJ-WPclass)

## Sisterhood Book Club: *January & February*

Begin the new year by reading, talking, and being together!

Thursday, January 12, 2021 ~ 10-11:30 a.m.

**March**, By Geraldine Brooks



In March, Brooks' Pulitzer Prize winning historical novel, the absent father in Little Women is finally front and center. March is a Civil War story (Brooks is a former Wall Street Journal war correspondent) and also a love story, as well as a story of racism.

Thursday, February 9, 2022 ~ 10-11:30 a.m.

**Naamah**, By Sarah Blake



Noah's wife comes alive in this retelling of the great flood...with the novel exploring themes of sexuality, purpose, loss, love, and faith." — Kirkus Reviews (starred review). "Revelatory, ethereal and transfixing, Naamah cracks open the ancient tale of Noah"... Bookpage

Contact Vicki Siegelman at [vsieg@gralynn.org](mailto:vsieg@gralynn.org) for more information or to join.



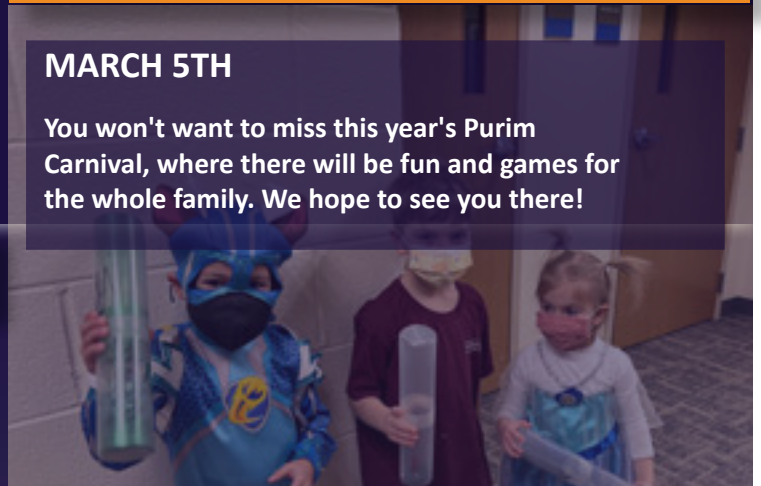


# SAVE THE DATE

## PURIM CARNIVAL

### MARCH 5TH

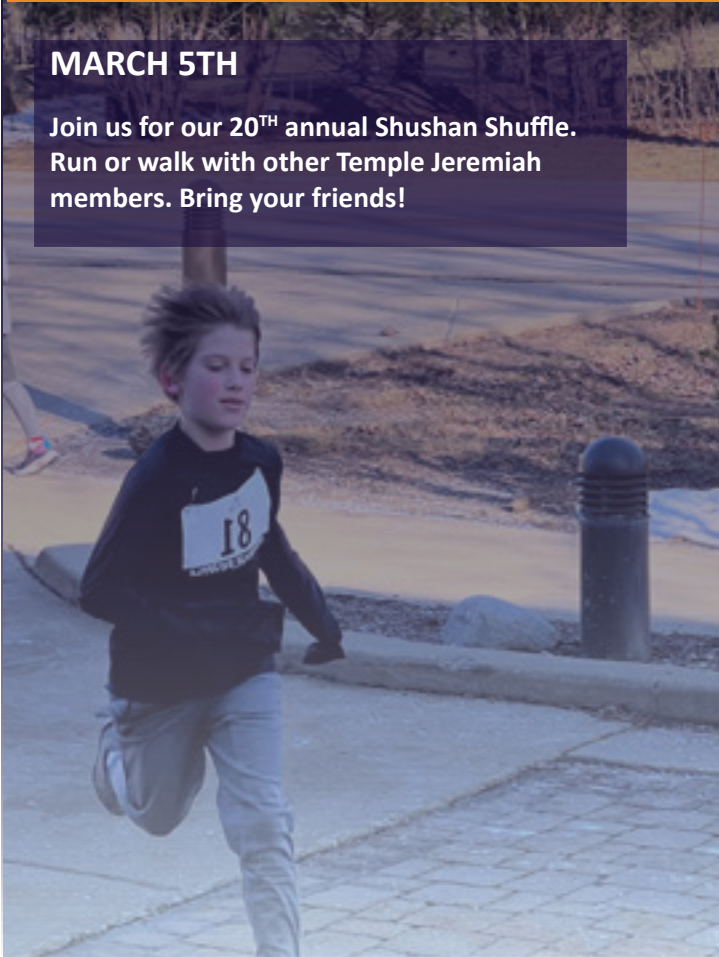
You won't want to miss this year's Purim Carnival, where there will be fun and games for the whole family. We hope to see you there!



## SHUSHAN SHUFFLE

### MARCH 5TH

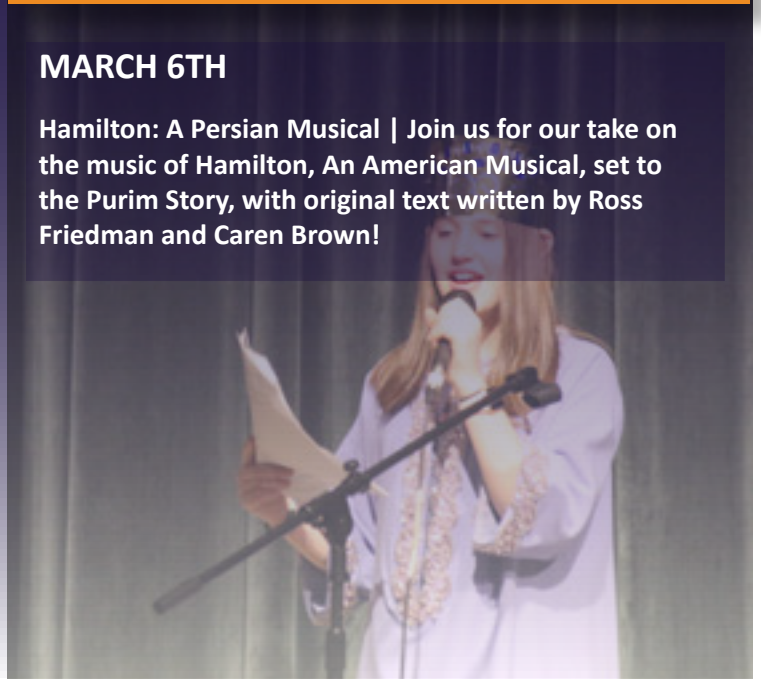
Join us for our 20<sup>TH</sup> annual Shushan Shuffle. Run or walk with other Temple Jeremiah members. Bring your friends!



## PURIM SCHPIEL

### MARCH 6TH

Hamilton: A Persian Musical | Join us for our take on the music of Hamilton, An American Musical, set to the Purim Story, with original text written by Ross Friedman and Caren Brown!





## LATELY AROUND JEREMIAH



*J-Quest 11.6.2022*



*Club 345 at Dave and Busters 11.12.2022*



*J-Quest 11.13.2022*



## Second Nurture: Comfort Cases

Join us to help put together *Comfort Cases* with basic necessities for children in the foster care system. Volunteers will pack backpacks while learning more about the program and Second Nurture.

*This is a kick-off event for a Second Nurture Chicago cohort with JCFS and Congregation Hakafa. Second Nurture's mission is to radically increase the number of families who choose to foster and adopt waiting children and teens, and to do so successfully.*

For questions and to volunteer, contact:

Susan Isenberg  
(847) 712-3729

Beth Shabelman  
(312) 371-3444



### Theme TIKKUN OLAM

#### ACROSS

6. The \_\_\_\_\_ is now
7. E.g. Donate
9. Worldview
11. Shore Up
12. Shabbat \_\_\_\_\_
13. Supporter, uplifter
16. "\_\_\_\_\_ your children well"  
- Crosby, Stills, Nash & Young
17. Moses wanted this for his people
18. \_\_\_\_\_ as gold
20. Chum

#### DOWN

1. SOS
2. Life, liberty, and the pursuit of happiness
3. \_\_\_\_\_ Olam
4. Get involved with Feed the Hungry, e.g.

5. Equity, and Supreme Court figure
8. Bar or Bat \_\_\_\_\_
10. Ahava
14. Damaged, in need of repair
15. Provide nourishment
19. Matana

Find the answers on page 17.

## ACKNOWLEDGMENTS

### IN SUPPORT OF

#### A Safe Place

-Joan Golder  
-Julie Rosner and David Fishman  
-Lisa and Brian Schurgin

#### Feed the Hungry

-Lisa and Brian Schurgin

#### Magen David Adom – Ambulance Project

-Dee and Dick Bittman  
-Carol and David Golder  
-Amy and Scott Levin  
-Kathy and Marc Mayer  
-Michele and John Maeglin  
-Jody Haas-Wolfson and Ross Wolfson

#### Temple Jeremiah

-Judy Frazin  
-June and Alvin Gordon  
-Roberta and Joel Meisles

### IN APPRECIATION OF

#### Rabbi Paul F. Cohen

-Randy Epstein

### IN HONOR OF

#### Banks Davies Fisher

Granddaughter of Barbara and Jack Fisher, *on the occasion of her birth*  
-Caren Brown

#### Fern and Michael Kamen

-June Garland and Bob Landsman

#### Avi Kornbluth

*On the occasion of her becoming a Bat Mitzvah*  
-Hershy Pappadis

#### Logan Levy

Grandson of Sue and Dan Weitzman, *on the occasion of his baby naming*  
-Lisa and Jon Levy  
-Sue and Dan Weitzman

#### June Mayor and Ronald Kaplan

*On the occasion of their 35th wedding anniversary*  
-June Mayor and Ronald Kaplan

#### Malachai Nash

Son of Lisa Trubow, grandson of Gail and Les Trubow, *on the occasion of him becoming a Bar Mitzvah*  
-The Trubow Family

#### Sarah Rosenthal

Daughter of Lisa and Michael Rosenthal, *on the occasion of her becoming a Bat Mitzvah*  
-Lisa and Michael Rosenthal

### IN MEMORY OF

#### Richard Africk

*Father of Joel Africk*  
-The Family of Richard Africk

#### Eleanore Bass

*Mother of Phyllis Mitzen*  
-Phyllis and Michael Mitzen

#### Louis Beeres

*Father of Muriel Kaplan*  
-Muriel Kaplan

#### Milton Blum

-Marilyn Kaplan

#### Leroy “Lee” Chelemsky

*Brother of Charlotte Fink*  
-Charlotte and Howard Fink

#### Sam Craven

*Husband of Shirley Craven, father of Jack Craven*  
-Shirley Craven

#### Sol Feinberg

*Father of Ellen Toban*  
-Ellen and Alan Toban

#### Paul Fishman

*Father of Bill Fishman*  
-Carole and Bill Fishman

#### Natan Fried

*Grandfather of Ben Topaz*  
-Cydney and Ben Topaz

#### Barry Goldman

*Husband of Vicki Weisenberg*  
-Marla and Chuck Alexander  
-Zalman Bernstein  
-Elizabeth Blodgett and Jonathan Don  
-Caren Brown  
-Carol and Arnie Fishbain  
-Julie and Jim Ford  
-Patricia and Dick Geline  
-Joan Golder  
-Dr. and Mrs. Eugene Goldman  
-Kay and Bart Gordon  
-Judy Homer  
-Bonnie and Herb Horn  
-Marilyn Kaplan  
-Lori and Gary Kash  
-Sue and Joel Kaufmann  
-Dr. and Mrs. Gerald Lasin  
-Amy and Scott Levin  
-Colleen McFadden  
-Beryl Michaels and John Bach  
-Jill Odzer  
-Katherine O’Mahony  
-The Place for Children with Autism  
-Christine Pellegrini and Miguel Rojas  
-Emmy Rothschild  
-Dianne and Joel Rovner  
-Sheila Schlaggar  
-Linda and Ernie Schubert  
-Elizabeth and Doug Shabelman

#### Barry Goldman (cont)

-Laurel and Ed Shapiro  
-Vicki Siegelman and David Baldwin  
-Judy and Jerry Tatar  
-Ellen and Alan Toban  
-Marilyn and Toby Ward

#### Jane Goldman

*Sister of Louis Goldman*  
-Barbara and Louis Goldman

#### Lorraine Goldman

*Mother of Louis Goldman*  
-Barbara and Louis Goldman

#### Jean Green

*Mother of Cary Green*  
-Ivy Baruch and Cary Green

#### Sidney Israel

*Father of Leslie Goldhar*  
-Leslie and Joel Goldhar

#### Nathan Kamensky

*Stepfather of Ellen Toban*  
-Ellen and Alan Toban

#### Ruth Feinberg Kamensky

*Mother of Ellen Toban*  
-Ellen and Alan Toban

#### Herman Kaplan

*Uncle of Ellen and Alan Toban*  
-Ellen and Alan Toban

#### Sidney Kaplan

*Father of Bob Kaplan*  
-Anne and Bob Kaplan

#### Seymour Krause

*Brother of Shirley Craven, uncle of Jack Craven*  
-Shirley Craven

#### Gerry Lane

*Husband of Mara Lane*  
-Diane and Mark Gluskin  
-Amy and Scott Levin  
-Michele and John Maeglin  
-Barbara and Stephen Miller  
-Dianne and Joel Rovner  
-Robin and Erik Scheier  
-Ellen and Alan Toban  
-Laura and Bruce Zimmerman  
-Cantor Amy Zussman and David Fell

#### Lillian Liebman

*Mother of Martin Liebman, grandmother of Adam Liebman and Stephanie Schoenberg*  
-The Liebman and Schoenberg Families

#### Dick Maeglin

*Father of John Maeglin*  
-Michele and John Maeglin

#### Ivan “Pudgey” Marks

*Father of Allyson Greenfield*  
-Lori and Gary Kash  
-Amy and Scott Levin  
-Jennifer and Noah Schnepfer

#### Oscar Paesky

-Hershy Pappadis

#### Leslie Plass

*Father of Jodi Levin*  
-Cantor Amy Zussman and David Fell

#### Adela Poznanski

*Mother of Evelyn Neu*  
-Evelyn Neu

#### Marc Romanz

*Brother of Michele Maeglin*  
-Michele and John Maeglin

#### Sybil Rosenberg

*Mother of Linda Goorvich*  
-Bonnie and Herb Horn  
-Lori and Gary Kash  
-Sue and Joel Kaufmann  
-Hershy Pappadis  
-Bonnie Sorkin and Peter Alexander

#### Ed Rothschild

*Husband of Emmy Rothschild*  
-Jeanne and Gabe Angres  
-Kay and Bart Gordon  
-Hershy Pappadis

#### Albert Shachtman

*Father of Charlyn Slade*  
-Charlyn and Barry Slade

#### Andi Ship

*Daughter of Muriel Kaplan*  
-Muriel Kaplan

#### Irwin Silverman

*Father of Carol Silverman*  
-Carol Silverman and Daniel Shevrin

#### Bennett Zaiken

*Brother of Phyllis Klapman*  
-Phyllis and Jim Kaplan

#### Joseph Zaiken

*Father of Phyllis Klapman*  
-Phyllis and Jim Klapman

### FOR THE SPEEDY RECOVERY OF

#### Steve Drucker

-Bonnie Sorkin and Peter Alexander

#### Patricia Weinfuss

-Liz, Scott, and Sarah Mendel



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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 two easy ways:

1

Click on “Make a Donation” at [templejeremiah.org](http://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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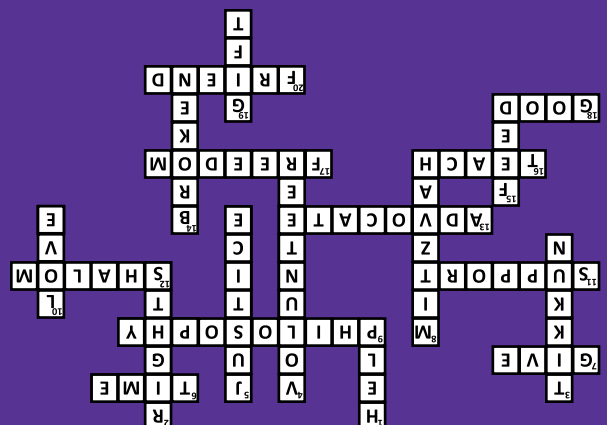
## Our Memorial Wall and Wall of Life Giving

If you wish to create a permanent remembrance of your loved ones, please consider adding their names to Temple Jeremiah’s Memorial Wall. This beautiful wall commemorates those who touched our lives but are no longer with us.

A leaf on our Wall of Life is a meaningful way to share your happy occasion with the Temple community in a lasting way. It permanently marks a celebration such as a birth, Bar/ Bat Mitzvah, Confirmation, special birthday, wedding or anniversary.

For questions about Memorial Wall plaques or Wall of Life leaves, please contact Danny Glassman at [danny@templejeremiah.org](mailto:danny@templejeremiah.org).

## ANSWERS TO CROSSWORD ON PAGE 14





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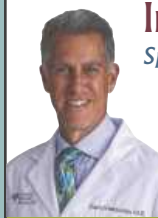
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**BARBARA OSTFELD**  
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