



Temple
Jeremiah
The Joy of Belonging

The Covenant

MAY/JUNE 2023 • VOLUME 66 • ISSUE 3



ATTENTION TO SOCIAL,
EMOTIONAL,
AND SPIRITUAL LEARNING
AS A KEY COMPONENT OF
JEWISH EDUCATION
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IS BACK!



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RABBI HEAPS
DISCUSSES
JEWISH
LEARNING
AT ANY AGE
OR STAGE

Editor's Note

MEREDITH LEVINSON

Communications Coordinator
meredith@templejeremiah.org



As J-Quest winds down for the year, and the weather starts to get warmer, Temple Jeremiah continues to focus on opportunities for lifelong learning and connection.

This is displayed through Rabbi Heaps' article, where she discusses the possibility to learn new things at any age, and at any stage of Judaism. You will also have the chance to read Rabbi Helbraun's *perspective* on attention to social, emotional, and spiritual learning as a key component of Jewish education. This is her first time writing a perspective article for the Covenant, and we are excited for our congregants to read this information, as well as a message from our Director of Congregational Learning, Matt Rissien.

Please be sure to check out our upcoming special services and events, articles and mention of our recent Purim Carnival, Yom HaShoah Musical Commemoration, Inclusion Passover Seder (which was highlighted in *Jewish Chicago Magazine*!), and other programs from the past few months. Plus, our Caring Community is back in action and will be using *WhatsApp* as a mode of communication.

Finally, we have included photos from years past in our "Previously, at Temple Jeremiah" section. Look closely to see if you're in them. Either way, you will probably recognize a few familiar faces!

Meredith

COMING UP IN MAY AND JUNE:

- **Sunday, May 21st:**
 - Noni Dodge Blood Drive
 - Jeremiah Youth Trip to Six Flags
- **Monday, May 22nd:**
 - Annual Meeting
- **Wednesday, June 14th:**
 - Trivia Night at 1090 Brewery
- **Wednesday, June 21st:**
 - Chat & Chew: Shalom Bollywood
- **Sunday, June 25th:**
 - Chicago Pride Parade



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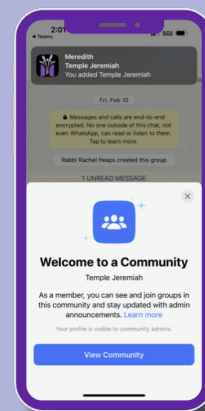


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Special Services & Worship Dates to Note

Check our calendar for the most
up-to-date information at
tinyurl.com/TJ-calendar

Kabbalat Shabbat
with Adult Choir &
Yom Yerushalayim
Commemoration
Friday, May 19th

Brotherhood
Shabbat Dinner
Friday, May 19th

Kabbalat Shabbat
& Confirmation
Friday, May 26th

Kabbalat Shabbat with
Board Installation
Friday, June 2nd

Kabbalat Shabbat
& Summer Camp
Send Off
Friday, June 9th

Shabbat Dinner
with Friends
Friday, June 16th

SHABBAT OF GRATITUDE

Honoring our 2022-23 supporters

FRIDAY, JUNE 16TH
6:30 P.M.

Thank you to all of our members who help make
Temple Jeremiah a wonderful place to be!

Donations of *all* sizes help sustain and support
the day-to-day activities, programs and worship
services that form the heart of our community.

We look forward to saying thank you all together!

Kabbalat Shabbat
at the Beach!
Friday, June 30th



SCHOLAR-IN-RESIDENCE WEEKEND WITH RABBI HARA PERSON



Friday, May 12th

6:30 p.m. Kabbalat Shabbat featuring Rabbi Hara Person



Saturday, May 13th

8:30 a.m. Shabbat Morning Tefilah

9:30 a.m. Torah Study featuring Rabbi Hara Person



Rabbi Hara Person is the Chief Executive of Central Conference of American Rabbis. She was ordained in 1998 from Hebrew Union College-Jewish Institute of Religion, after graduating summa cum laude and Phi Beta Kappa from Amherst College (1986) and receiving an MA in Fine Arts from New York University/International Center of Photography (1992).

VISIT [TINYURL.COM/TJ-CALENDAR](https://tinyurl.com/TJ-calendar) FOR THE MOST UP-TO-DATE INFORMATION

Tech @ Temple

Unable to attend the services listed above in person?
Temple Jeremiah has introduced a new way to live stream
our events!

We have implemented the platform LiveControl, which
allows for live streaming directly to our Facebook page
and YouTube Channel. This change allows for an easier and
higher-quality viewing experience for our members who
want to participate, but are unable to attend in person.
Here's how it works:

For Kabbalat Shabbat Worship, B'nai Mitzvah, and most
recorded events, simply visit our Facebook page (facebook.com/templejeremiah) or YouTube Channel (youtube.com/TempleJeremiah1) to watch in real-time. You can also watch
past live streams that were recorded.

Saturday morning Tefilah and Torah Study sessions will
remain available in person and via Zoom.

Please check our E-newsletter each Thursday evening for
updates and the links to live streams.



Age Is But A Number When It Comes To Jewish Learning

RABBI RACHEL HEAPS

rabbiheaps@templejeremiah.org



Few people know that there is an official curriculum for Jewish learning. It's centuries old and used in one form or another world wide. The curriculum addresses the various stages a student exhibits throughout their life, and addresses the various skills and knowledge a student will need to become an "educated Jew."

Before you read on, think for a second about what you would consider a core part of that curriculum. Holidays and Shabbat? Torah stories? How to keep kosher? At what age would it start? When does a student graduate? What do you think is so core to Judaism that it's become a part of that "official" curriculum?

It probably won't surprise you to know that Judaism considers every person, of every age, a student. Each of us has something new to learn, experience, and, eventually, to teach throughout our lives. And, the official curriculum attempts to trace a student's intellectual, emotional, and spiritual development through those opportunities.

In Pirkei Avot, a part of the Mishnah usually translated as "Ethics of the Ancestors" written circa 2nd century CE, scholar Judah ben Tema begins:

At five years of age the study of Scripture; At ten the study of Mishnah; At thirteen subject to the commandments; At fifteen the study of Talmud; At eighteen the marriage canopy; At twenty a career; At thirty the peak of strength; At forty wisdom; At fifty able to give counsel...

Consider Judah ben Tema's wisdom. A 5-year-old learns through storytelling, by hearing the narratives in the Torah, and attempting to understand the experiences of the Israelites. A 10-year-old learns the basic how-tos of Jewish observance and connecting the Torah stories to behavior. A teenager begins to see themselves as having communal and individual responsibilities and develops a personal theology. Soon enough they're seeing the personal relationships, their career, their role in the world as Jewish decisions and actions.

“At each age, we can learn new things, or see Judaism in a new light. And, if age ever becomes a hindrance, imagine yourself at an age where it isn't.”

Judah ben Tema's curriculum is acutely aware of human development, doesn't try to rush the process, and provides appropriate challenges to ensure a student's life-long personal growth.

But learning does not end at 50. He continues on in a blunt (and a bit unkind) assessment of a person's later years:

...At sixty old age; At seventy fullness of years; At eighty the age of "strength"; At ninety a bent body; At one hundred, as good as dead and gone completely out of the world. (Pirkei Avot 5:21)

Whereas Judah ben Tema seemed to have so much hope in the first half of the curriculum, it seems that in the second half, harsh reality sets in. Though there might be a kernel of truth in his assessment of 60, 90, and 100, today we tend to read the second half of our curriculum with a bit more generosity. At 70, a student experiences a fullness of their years which lays two possible paths before the student: they can choose to (1) accept their fullness with no space left to add, only to lose; or (2) to restart the curriculum and view every day and aspect of Judaism as if they are learning again for the first time. Essentially, a student can either act their age or channel their inner child.

Pirkei Avot guides through a path of learning that considers every Jew at every age a student. At each age, we can learn new things, or see Judaism in a new light. And, if age ever becomes a hindrance, imagine yourself at an age where it isn't. So often, children approach learning with curiosity, openness, and passion – qualities that are often pushed to the side in favor of responsibility, obligation, and specialization. Judah ben Tema reminds us that it's never too late to rediscover our child-like studenthood, and that each age and stage has something unique to offer. How grateful we are to have the curriculum to guide us through a lifetime of learning! How blessed we are to always have something new to learn about our tradition, ourselves, and our world!

Rabbi Rachel Heaps

Lifelong Learning

For Both Staff & Congregants



Taste of Torah Adult Education with Rabbi Heaps

Attendees joined Rabbi Heaps for a bit of Torah study as well as making and enjoying some of the delicacies of the bible during her recent multi-session adult education class.

Members of our clergy each lead adult education courses on varying topics. Visit our calendar to see upcoming events: tinyurl.com/TJ-calendar.



Staff CPR Training & Certification



It's always important to learn new skills, especially when they are potentially life-saving. In April, Temple Jeremiah staff members successfully completed training and became certified to perform CPR as well as use an AED machine. As seen through this training, along with our recent Narcan training, Temple Jeremiah staff is always striving to have safety be at the forefront for all those who enter our building.



Donate

Education-Related Funds for Giving

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. There are specific funds you can make a donation to that support and enhance education programs for youth, adults, and our congregation as a whole. You can make a donation in two easy ways:

- 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.
- 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.

Questions? Please contact Director of Philanthropy Leslie Landman at leslie@templejeremiah.org.

DONATIONS THAT SUPPORT EDUCATION

- Dr. Anne Lidsky Endowment Fund for Education
 - The Bill and Norma Brown Fund for Lifelong Learning
 - Temple Jeremiah Annual Fund
 - Education Fund
 - Marshall B. & Viola R. Schwimmer Library Fund
- Discretionary Funds:
Rabbi Paul F. Cohen
Rabbi Rachel L. Heaps
Cantor Susan Lewis Friedman



Bill Brown and his family celebrate the dedication of Temple Jeremiah's Executive Director's office with a plaque.



Attention to Social, Emotional, and Spiritual Learning As A Key Component of Jewish Education

As our kindergarten students walked down the hall for a bathroom break, you could see them hopping, walking like a frog, pushing, and spinning on our newly-created sensory hallway. Their teacher smiled and said they do this every time they leave the classroom. While I said, “Yeees” in my head, I also know that, whether in J-Quest or secular school, students engage in academics better if they have time for sensory breaks. Sensory hallways, as well as other forms of sensory input, have been found to reduce stress and anxiety, enhance social interaction, and improve motor skills.

At Temple Jeremiah, we have two sensory hallways in our school wing. One is downstairs, near the younger primary students (K-2), and one is upstairs near the upper elementary student classrooms (3-6). While the hallway for younger students includes lily pads, bear prints, and duck feet, the hallway for older students is a series of arrows, dots, hands, and feet. Additionally, the upper level hallway includes Hebrew letters and words written on floor decals, serving as a way to practice Hebrew as well.

One of our goals at Temple Jeremiah is to support children in their social emotional development. We are working to provide accessible tools for the students to use. Once they know the tools are accessible, the students are able to choose and use any of the available options, as applicable to their body’s unique needs — wiggly, unfocused, silly, or overwhelmed. By having tools at the students’ fingertips, they are readily able to utilize strategies to support learning self-regulation for the classroom environment.

Sensory hallways are just one of the ways that we are supporting the social, emotional, and spiritual growth of our students. In fact, we have been integrating multi-sensory learning in our school by using informal “camp” style education, Hebrew Through Movement, and games. We are paying attention to learning using visual, auditory, and kinesthetic methods. These help us reach a wide variety of students in ways that they learn best.

Other examples of ways that we are paying attention to social, emotional, and spiritual needs are evident throughout the Temple as well. Our Sunday mornings now start with *Kehilah*, a community time that brings together all students from Pre-K to 6th grade. Its purpose is to join in prayer, gratitude, learning, and song as one group engaging together.



Fourth Graders Participating in Hebrew Through Movement

One of our goals in *Tefilah* is to teach children ways to manage their emotions and behavior by using methods such as movement, breathing, and singing, in addition to reciting the prayers themselves.

To support students with attention and engagement during J-Quest, we have placed baskets with fidgets all over the building for our students to access. Expanding our resources, we recently added weighted lap blankets, a giant coloring station, and a sticker art poster. Weighted lap blankets allow for tactile pressure feedback to the body to support down-regulation of the nervous system. Areas for open creativity allow the children to express themselves while receiving feedback to their bodies when vertically coloring on the pages. Our goal is to provide sensory stimulation and opportunities for brain breaks for our students.

Many core Jewish values, probably most notably *B’tzelem Elohim* (being created in God’s Image), mesh seamlessly with current studies about social and emotional goals for today’s children. Each person has a right to learn and grow according to their own individual needs. Conversely, much of the work being implemented in secular schools is not only applicable, but extremely helpful in enhancing our Jewish school. The Collaborative for Academic Social Emotional Learning, known as CASEL, identifies five different areas of social and emotional learning: self-awareness, self-management, social awareness, relationship skills, and responsible decision making. Children who are strong in these areas become better citizens in the classroom, school, family, community, and world. Temple Jeremiah is the perfect place to strengthen these skills. By building strong social, emotional, and spiritual skills, it is our goal to ready children of today to become strong, resilient, self-regulated adults. ♦



Sensory Hallways: By encouraging varying types of movements, including upright and inversion head positions, as well as feedback to the arms and legs, children experience stimuli within the proprioceptive and vestibular sensory systems. These sensory inputs allow for children who tend to benefit from more feedback to their body to receive essential sensory inputs to support their attention, action, and engagement in Hebrew School.



Hebrew through Movement: This type of kinesthetic learning allows for greater clarity of understanding Hebrew education, as well as supporting the students in movement to fill up their sensory needs for optimal attention and engagement in the tasks and thereafter in the structured classroom setting.

Fidgets: Fidgets can allow children to receive feedback to their hands for the purpose of diverting and supporting their attention when they are attempting to focus.



Weighted Lap Pads: These provide deep tactile pressure to the body as a down-regulating input to calm and relax a student's nervous system for enhanced emotional control, attention, and overall regulation to the body.



Hallway Creatives: These areas allow for students' self-expression and social emotional expansion, in addition to providing proprioceptive feedback to the arm and hand when coloring for enhanced regulation to the nervous system.



Special thanks to Rebecca Helbraun Nofer, MS, OTR/L for the above information.

The Covenant | Temple Jeremiah

A Minute with Mr. Matt



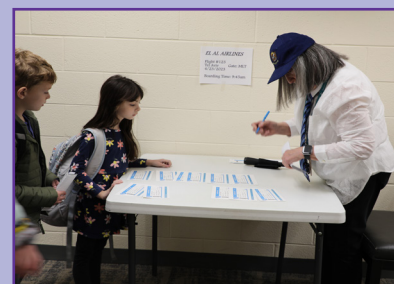
It has been an incredible year for J-Quest! The year always flies by, and it's thanks to our amazing staff and families that our program is such a success. Thank you to our teachers for their weekly commitment to educating our students. Thank you to our staff and clergy for always being there! While our 2022-23 J-Quest year is coming to an end, be on the lookout for our 2023-24 registration form going live very soon! Have a wonderful summer and stop by and say hello when you are in the neighborhood. 😊

Recent J-Quest Highlights



Jeremiah Buddies

Second Grade "Trip to Israel" Program



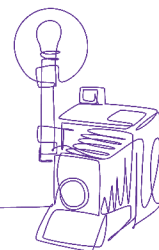
Shir Joy Yom Ha'Atzmaut Musical Celebration



Fifth Grade "Family Traditions" Program



(In Case You Missed It)



Shushan Shuffle & Feed the Hungry

Before the Purim Carnival on Sunday, March 5th, the 20th annual Shushan Shuffle took place! Members ran and walked the 5K, with Ezra M. (shown below with his mother) coming in first place.

Many congregants also participated in our Feed the Hungry program that morning, dropping off lunches made at home before joining in on the Carnival fun. Read more about volunteer opportunities with Feed the Hungry on Page 13.

Guest Speaker: Charlotte Korchak

Charlotte Korchak, Senior Educator and Director of International Student Programs at *StandWithUs Israel*, spoke to both adult members and our J-Quest students on Sunday, March 12th. She discussed concepts and misconceptions about Israel, Zionism, and Jews — an important and timely topic for all.



J-Quest Milestones

Important milestones took place in March for J-Quest students in 4th and 6th grades. First, on Sunday, March 12th, 6th Graders celebrated receiving their own *Siddur* and *Yad*, using the latter to point to their future B'nai Mitzvah Torah portions.

Then, 4th Graders participated in a creative *Tefilah* (prayer service) on Sunday, March 19th, writing their own prayers and presenting them on the *Bima*. We also hosted a J-Quest Open House on Sunday, April 23rd, which provided a great opportunity for existing and prospective members to learn about our programs while experiencing firsthand the energy of a Temple Jeremiah Sunday!

Isabella G
Dear God, please help me get better at long division.

Landon P
Dear God, thank you for my active healthy heart so I can play the sports I love most.

Violet W
One prayer I like is Modah Ani. It makes me think that God made my soul perfect just the way it is.



Inclusion Passover Seder & Temple Jeremiah in the News!

Temple Jeremiah's Inclusion Committee was recently featured in *Jewish Chicago Magazine* in the article "Let all who are hungry come and eat." Congregants Liz Trager-Mendel and Caren Brown discussed how the committee planned to host its 2023 Inclusion Passover Seder, and on Sunday, April 9th, the annual Inclusion Passover Seder took place — this year in person!

Through multi-sensory experiences, more than 60 attendees explored the meaning of the Passover story and Seder. There was singing, snacks, and lots of fun!

"It still feels like the holiday, but it's more active," Liz mentioned in the article.

"Discomfort often prevents people from attending an event like this. They're not sure how they'll be accepted. I tell people, try it, and see how you feel," Caren added. *"Usually, they love it because we try to make our programs fit everyone."*

Read the full *Jewish Chicago Magazine* article here: tinyurl.com/JUFApril23

To learn more about our Inclusion Committee, contact Caren Brown (ceb994@gmail.com) or Barb Kite (Bkite1002@gmail.com).



Maot Chitim Food Delivery for Passover & Brotherhood Events

Each year, Temple Jeremiah Brotherhood sponsors Maot Chitim, which helps Jewish families in need. On Sunday, March 26th, volunteers gathered at Temple to pick up pre-packed boxes of Passover food and deliver them to Jewish households in our area experiencing food insecurity. Look out for more information regarding Maot Chitim for Rosh HaShanah later this year.

Earlier in March, members of Brotherhood got together at Buffalo Wild Wings to kick off March Madness, and in April, the Brotherhood business meeting ended with a trip to Barnaby's for pizza. Interested in joining Brotherhood? Contact Dan Bellows at dbellows60025@yahoo.com.

Shabbat360

Those who were hungry to meet new people at Temple Jeremiah attended "Shabbat360" on Friday, April 21st. The dinner experience allowed members to dine at a new table for each course, as they chewed and chatted through the evening.

Club345 Chocolate Seder

Club345 got together on Saturday, April 8th for a chocolate seder to celebrate Passover in the sweetest way! Third, fourth, and fifth graders took turns sharing the Passover story and noshing on chocolate matzah, chocolate candies, and chocolate milk!



GLOWing Reviews for our Neon-Themed

PURIM CARNIVAL



SHIRA BRANDHANDLER

Youth and Family Engagement Director
shira@templejeremiah.org

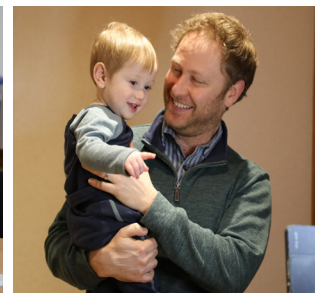
Hi everyone!

Purim is always an exciting time at Temple Jeremiah, but this year was especially wonderful! Our Purim Carnival prep began in January when our incredible Youth Purim Carnival Committee came together for our first meeting. We had so much fun brainstorming and planning for the carnival together. Our team worked hard choosing the theme, games, and prizes, designing the t-shirt, and making decorations. I love watching our teens reminisce about their favorite memories of going to the Purim Carnival when they were younger and now getting to create those memories for others!

On the day of the Carnival, we saw some amazing costumes and there were so many fun ways to celebrate! We heard the Purim story and music from Matt Rissien and Cantor Friedman. There were classic carnival games, like skee-ball, a jelly bean guess, hi-striker, and even an inflatable obstacle course! We also had crafts, a photo booth, pie-in face, prizes and more! One of my favorite parts of the day was watching kids come down the slide at the end of the obstacle course with giant smiles on their faces.

Our community also participated in a social justice project and fulfilled one of the Four Mitzvot of Purim by packing and donating lunches to Feed the Hungry and items to create blessings bags for people experiencing homelessness. It was wonderful to see all of our teens' hard work come to life and celebrate Purim with such joy. Thank you to everyone who came to celebrate at the Purim Carnival with us; I am already getting excited for next year, and I hope you are too!

Shira



Looking good, Rabbi Heaps!



Special thanks to Abigail F. on drums, James B. on violin, and Eden G. (not pictured) on piano for helping kick off our Purim Carnival with music!

Read more about music at Jeremiah on Page 14.

TEMPLE JEREMIAH'S

Most Recommended

Books

SISTERHOOD BOOK CLUB PICKS

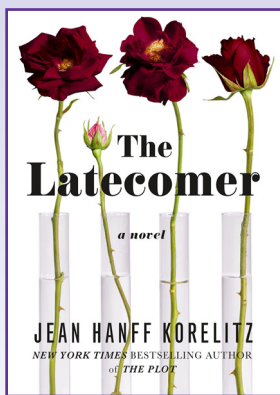
Interested in joining Sisterhood Book Club? Contact Randi Gurian (randi.gurian@gmail.com) or Vicki Siegelman (vsieg@gralynn.org).

May

The Latecomer

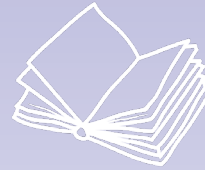
Jean Hanff Korelitz

Thursday, May 11th
10:00 a.m. - 11:30 a.m.



From the New York Times bestselling author of *The Plot*, Jean Hanff Korelitz's *The Latecomer* is a layered and immersive literary novel about three siblings, desperate to escape one another, and the upending of their family by the late arrival of a fourth.

A complex novel that builds slowly and deliberately, *The Latecomer* touches on the topics of grief and guilt, generational trauma, privilege and race, traditions and religion, and family dynamics. It is a profound and witty family story from an accomplished author, known for the depth of her character studies, expertly woven storylines, and plot twists.



June

Thursday, June 13th
10:00 a.m. - 11:30 a.m.



Your guide to the top podcasts, books, movies, and more, from our TJ staff and community

The Thread Collectors

Shaunna J. Edwards & Alyson Richman

1863: In a small Creole cottage in New Orleans, an ingenious young Black woman named Stella embroiders intricate maps on repurposed cloth to help enslaved men flee and join the Union Army. Meanwhile, in New York City, a Jewish woman stitches a quilt for her husband, who is stationed in Louisiana with the Union Army.

As these two women risk everything for love and freedom during the brutal Civil War, their paths converge in New Orleans, where an unexpected encounter leads them to discover that even the most delicate threads have the capacity to save us. Loosely inspired by the authors' family histories, this stunning novel will stay with readers for a long time.

Podcast

The I'm Factor Podcast

MEREDITH'S PICK



The I'm Factor Podcast inspires people to reach their fullest potential and live out their happiest life through the "I'm Factor" mindset. A Jewish woman living in New York City, Host Gabriella Stras brings on inspiring people in her network who have done extraordinary things to show the "I'm Factor" at play in addition to episodes ranging from career, health and wellness, and hot topics young adults go through. The podcast offers a relatable community that fosters positive, go-getters to overcome obstacles and do extraordinary things. Everyone has an "I'm Factor." What's yours?



Listen on Apple Podcasts, Spotify, or wherever you get your podcasts.



Tv Shows

Shrinking

CINDY'S PICK



A grieving therapist starts to tell his clients exactly what he thinks. Ignoring his training and ethics, he finds himself making huge changes to people's lives - including his own.



The Morning Show

RABBI COHEN'S PICK

This Emmy winner is an unapologetically candid drama that looks at the modern workplace through the lens of the people who help wake America up. Pull back the curtain on early morning TV.

Watch *Shrinking* or *The Morning Show* on Apple TV+



Caring Community: What's Up with *WhatsApp*?

The Temple Jeremiah Caring Community is coming out of hibernation.

COVID may have made it challenging for our congregation to stay connected, but it also taught us how important it is to support our Temple Jeremiah community. Now, the Caring Community can once again reach out and help each other, creating those meaningful connections.

The Caring Community provides an opportunity to participate in a Temple Jeremiah committee without the commitment of meetings. You can sign up for as much as you are comfortable doing. To be part of the committee, the first step is to download *WhatsApp* and join the Temple Jeremiah Community (details below).

Scan the QR codes below to join the Temple Jeremiah Community on *WhatsApp*

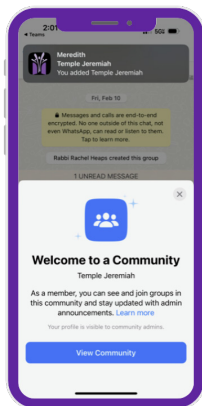
General



Meals



Transportation



If you are interested in learning more about *WhatsApp* with the Temple Jeremiah Caring Community, please contact Barb Kite at Bkite1002@gmail.com.

Four Ways to *Participate*

1 Transportation

We have congregants who, from time to time, need a ride to a Shabbat Service or a Temple event. We will put out a message on *WhatsApp*, and if you are going and can take this Temple member, let us know through the app.

2 Phone Call

There are members that don't have a lot of family in town and would appreciate a call from time to time, just to let them know that their Temple Jeremiah family is thinking about them. If someone needs a call, it will go out on the app, and if you want to make the call, you just respond on *WhatsApp*.

3 Bringing Meals

There are times when a congregant might need a meal or two, particularly after a hospital stay. If you are interested in cooking and delivering a meal, you will let us know through *WhatsApp*. If you don't like to cook, you are always welcome to pick up a meal.

4 Baking Sweets For Gifts

This group will meet at Temple a few times during the year to bake banana breads, zucchini breads, etc. We will wrap those breads, create some gift bags, and have caring community members drop those off at homes that may need a little TLC. This small gift will serve as a reminder that Temple Jeremiah cares and wants all of our connections to be meaningful.

Social Justice at Temple Jeremiah

An Update on Family Promise

DANA GARBARSKI & BETH WECHSLER

Thank you to the many congregants who recently provided meals for guests of Family Promise at their Day Center in Evanston. We were asked to help fill a need and we truly delivered!

Family Promise is an organization that seeks to keep families together when they experience times of financial insecurity and help get them back on their feet. Temple Jeremiah works with many other congregations on the North Shore to provide housing and meals to the guests who are enrolled in the Family Promise program.

We host families at Temple Jeremiah two separate weeks per year. When we host, we provide meaningful volunteer opportunities to come with family and/or friends to provide dinner and spend a little time with our guests as well as other volunteers from our congregation.

Another need we have while hosting is to help with overnight support. When our guests are staying at Temple, we have a member of the congregation spend the night to keep our guests company (if you would like to bring a child or spouse with you to spend the night, that works too!).

Please be on the lookout in the weekly E-newsletter and the monthly Social Justice email for the next opportunity to come share a meal and meaningful connection with our Family Promise guests and other congregants.

Finally, we are looking for a few more co-chairs to help us continue our meaningful partnership with this organization. Please reach out to Dana Garbarski at dana.garbarski@gmail.com if you are interested. ♦

Advocacy

Many of us are familiar with the Social Justice Action programs at Temple Jeremiah but not the advocacy work we do. The Advocacy committee is hard at work planning a program to educate the congregation about how advocacy works at Temple Jeremiah, our seven platforms, and how you can get involved. Stay tuned for more information.

Looking for a Tikkun Olam project to do as a family?

We need extra help with **Feed the Hungry** during the summer months. Raising money for the program and organizing people to make extra lunches is an amazing way to directly help people experiencing food insecurity in the summer. We have availability the first Sunday of every month through September 2023. We would love to see more volunteers sign up to make lunches at Temple Jeremiah, and then help deliver them! For more information and to sign up for this family-friendly activity, visit tinyurl.com/FTH2022-23 or scan the QR code below. Questions? Contact Mindy Kurtz at cupermom@aol.com.



Whittier School Supplies Drive

Do you have a drawer or closet of school supplies your children don't use anymore? Some of your lightly-used supplies can be donated to help the students at Whittier!*

Please Save Your Lightly-Used School Supplies Listed Below:

- Pencil boxes
- Pencils with erasers
- Markers that still have good color
- Colored pencils less than 2/3 used
- Crayons (don't need to be in the box, could be in a ziploc bag) less than 2/3 used

The white bins under the TV at Temple will be designated for collection from May 30th through June 16th at noon.

*Please donate only the listed items. If you would like to volunteer to help sort the donations on Wednesday, June 21st, please contact Lori Kash at lorikash12@gmail.com by June 13th.



FEED THE HUNGRY



FAMILY PROMISE



BACKPACK BLESSINGS



WHITTIER ELEMENTARY



A SAFE PLACE



Music at Jeremiah

Esther: A Persian Musical



Matt Rissien as Mordechai (right) stands up to Purim Villain Haman (Marc Mayer) during the song "Farmer Refuted."

Temple Jeremiah members gathered both in person and virtually on March 6th to watch our 2023 Purim Shpiel, *Esther: A Persian Musical*. Starring talented members of our Temple Jeremiah musical and theatrical community, including Matt Rissien (Mordechai), Marc Mayer (Haman), Jessica Don (Queen Vashti), Jonah F. (King Ahasuerus), and Kalifa H. (Esther), the Shpiel took the music of *Hamilton: An American Musical* and set it to the Purim Story. Members of our ensemble included Caren Brown, Abigail F., Zev F., Randi Gurian, Jon Lavin, Robin Lavin, Lisa Levy, Greg Richards, and Ben S. The Don Cagen Orchestra and Cantor Friedman rounded out the musical accompaniment with drums, bass, and piano. Thank you to everyone involved* for putting on a wonderful show!



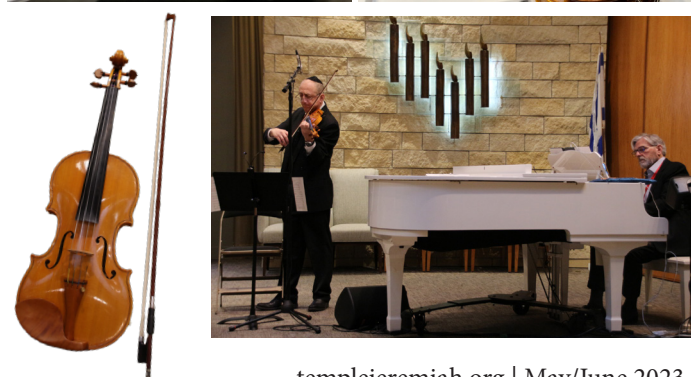
*Special thank you to Rabbi Cohen (emcee), Rabbi Heaps (tech), Victoria Weisenberg (costumes and props), Ross Friedman (Direction, Lyric Adaption), Caren Brown (Lyric Adaption), and Cantor Friedman (Megillah reading, Musical Direction).

Yom HaShoah Musical Commemoration

On April 17th, Cantor Friedman was joined by Paul Dykstra as well as special guests Cantor Steven Stoehr and violinist Alex Kaufmann to musically commemorate Yom HaShoah, Holocaust Remembrance Day. The star of the performance was the instrument played by Kaufmann, which is part of a collection of 70 string instruments called the *Violins of Hope*. These violins were played by Jewish musicians before and during the Holocaust, and this particular violin was signed on the inside by Nobel Peace Prize winner and former Prime Minister of Israel, Yitzhak Rabin.

J-Quest students enjoyed a private performance by Kaufman before the event and were able to ask him questions about growing up as a Jewish child in Belarus and learning to play the violin during a time when, he explained, Jewish music was not allowed to be played.

We were pleased to see so many people attend in person, as well as stream the event online. It was an educational and memorable event for all!



Previously at Temple Jeremiah

Shushan Shuffle
2012



Shushan
Shuffle
2016



4th Grade
Creative
Tefilah 2015



6th Grade Yad
Ceremony
2015



9th & 10th Grade
Hamantaschen Making
2017

Club345
Chocolate Seder
2017



Club345
Chocolate Seder
2018

Purim Shpiel
2013



Shabbat360
2017



Shabbat360
2014



Inclusion Seder
2017



Purim
Carnival
2017



Purim Carnival
2019

"Life moves pretty fast. If you don't stop and look around every once in a while, you could miss it."
— Ferris Bueller's Day Off

Acknowledgments

IN SUPPORT OF

Social Justice Fund

-Jill and Jeff Meltzer

IN APPRECIATION OF

Rabbi Rachel Heaps

-Joyce Landau

IN HONOR OF

Henry Emmett Chardell

Grandson of Emily and Jeff Chardell, *on the occasion of his birth*

-Emily and Jeff Chardell

Jolie Fine

On the occasion of her becoming a Bat Mitzvah

-Ceil and Gary Rothbart

Jami Grauer

Daughter of Leslie and Corey Grauer, *on the occasion of her upcoming marriage to Matthew Meltzer and their aufruf*

-Leslie and Corey Grauer

IN MEMORY OF

Jane Abraham

Sister of Babette Sanders

-Babette and Jeffrey Sanders

Rhoda Adelstein

Wife of David Adelstein, mother of Lisa Fishbain

-David Adelstein

Robert Baldwin

Father of David Baldwin

-Vicki Siegelman and David Baldwin

Herbert Bass

Father of Phyllis Mitzen

-Phyllis and Michael Mitzen

Fannie Beeres

Mother of Muriel Kaplan

-Muriel Kaplan

Herman Blustein

Father of Rachel Siegel

-Rachel and Marvin Siegel

Rachel Brody

Mother of Ivy Baruch

-Ivy Baruch and Cary Green

David Browne

Husband of Sima Browne, father of Julie Ford

-Sima Browne

Ronald Buchanan

Father of Brad Buchanan

-Lisa and Brad Buchanan

-Lori and Gary Kash

-Tracy and Adam Kellner

-Mindy and Randy Kurtz

-Amy and Scott Levin

-Barbara and Stephen Miller

-Ellen and Alan Toban

Gary Chroman

Father of Russ Chroman

-Ali and Russ Chroman

Reed Clark

-Kathy and Marc Mayer

Bruce Cohen

Son of Doris and Ron Cohen

-Doris and Ron Cohen

Wendy Connolly

Daughter of Phyllis Burg

-Elan Adler and Bill Johnson

-Diane and Brian Albert

-Jeanne and Gabe Angres

-Elizabeth Blodgett and

Jonathan Don

-Howard Brenner

-Nancy and Arnee Eisenberg

-Susie and Roger Fein

-Carol and Arnie Fishbain

-Kay and Bart Gordon

-Barb Kite

-Lisa and Steve Kleiman

-Mindy and Randy Kurtz

-Judy Lazar

-Kathy and Marc Mayer

-Liz and Scott Mendel

-Peggy and Jeff Nitzkin

-Hershy Pappadis

-Babette and Jeffrey Sanders

-Sheila Schlaggar

-Rachel and Marvin Siegel

-Vicki Siegelman and David

Baldwin

-Patty and Marc Turim

-Laura and Bruce Zimmerman

-Renee Zussman

Philip Cowan

Father of Laura Fine

-Nancy and Arnee Eisenberg

-Laura and Michael Fine

-Jennifer Gong-Gershowitz

and Michael Gershowitz

-Susan and Ken Lorch

-Babette and Jeffrey Sanders

-James Tucker and Neil

Lucchese

-Sarah and Erick Weingart

Gloria Glinn Don

Mother of Jonathan Don,

grandmother of Jessica Don

-Elan Adler and Bill Johnson

-Caren Brown

-Bonnie and Herb Horn

-Diana Kaufmann

-Susan and Ken Lorch

Rose Ettelson

Grandmother of Jill Goldy

-Jill Goldy and Mark Holtzer

Barbara Ferdman

Wife of Seymour Ferdman

-Seymour Ferdman

Allen Fishbain

Father of Arnie Fishbain

-Carol and Arnie Fishbain

Shirlee Fishbain

Mother of Arnie Fishbain

-Carol and Arnie Fishbain

Carole Fishman

Wife of Bill Fishman, sister of

Linda Schubert

-Bill Fishman

-Barb Kite

-Linda and Ernie Schubert

Marie Frankel

Mother of Anne Richards

-Caren Brown

Darlene Gilford

Mother of Cathy Atkins and

James Gilford

-Susan and Ken Lorch

-Peggy and Jeff Nitzkin

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father of David Golder

-Joan Golder

Barry Goldman

Husband of Vicki Weisenberg

-Matthew Cataldi

Jack Goldman

Father of Louis Goldman

-Barbara and Louis Goldman

Robert Goldy

Father of Jill Goldy

-Jill Goldy and Mark Holtzer

Natalie Green

Mother of Stuart Green

-Janine and Stuart Green

Robert Green

Father of Susan Weitzman

-Sue and Dan Weitzman

Allen Hirschfield

Husband of Nancy Hirschfield,

father of Carol Hirschfield and

Jill Meltzer

-Nancy Hirschfield

Dorothy Hirschfield

Mother-in-law of Nancy

Hirschfield, grandmother

of Carol Hirschfield and Jill

Meltzer

-Nancy Hirschfield

Richard Homer

Husband of Judy Homer,

father of Laurel Shapiro

-Judy Homer

Hilda Jacobs

Mother of Alan Jacobs

-Avrie and Alan Jacobs

Arthur Kaplan

Husband of Muriel Kaplan

-Muriel Kaplan

Vivian Kaplan

Mother of Arden Brenner

-Diane and Brian Albert

-Julie and Kevin Becker

-Howard Brenner

-Judy and Jack Craven

-Shirley Craven

-Bonnie and Herb Horn

-Sunny Krantz

-Amy and Scott Levin

-Susan and Ken Lorch

-Kathy and Marc Mayer

Vivian Kaplan (cont.)

-Sara and Neal Salzman
-Lisa and Brian Schurgin
-Ronna Steinback

Irving Kannett

-Kathy and Marc Mayer

Pearl Kotz

Mother of Lisa Bockenek and Mark Kotz
-Lisa and Jerry Bockenek
-Mark Kotz

Karl Kronstein

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-Maria and Michael Fox

Jill Susan Landau

Daughter of Joyce Landau
-Joyce Landau

Jean Levin

Mother of Joyce Suchsland
-Joyce and Michael Suchsland

Ben Lieberman

Father of Carol Fishbain
-Carol and Arnie Fishbain

Frank Locke

Father of Phyllis Rothbard
-Phyllis and Lionel Rothbard

Arlene Loochtan

Mother of Tracy Kadish
-Tracy and Josh Kadish

Richard Loundy

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-Amy and Scott Levin
-Christina and David Loundy
-Mersa N. and Anna Zyworonek

June Luxemore

Mother of Shelley Cohen
-Shelley and Jay Cohen

Jean Mendel

Mother of Scott Mendel
-Barb Kite

Morris Mitzen

Father of Phyllis Mitzen
-Phyllis and Michael Mitzen

Alan Mogilner

Father of Geoffrey Mogilner
-Ellie and Geoffrey Mogilner

Evelyn Neu

-Carol and David Golder
-Kay and Bart Gordon
-Bonnie and Herb Horn
-Diana Kaufmann
-The Family of Evelyn Neu
-Babette and Jeffrey Sanders
-Linda and Ernie Schubert

Edith Phillips

Mother of Jim Phillips and Patty Turim
-Barb Kite
-Susan and Ken Lorch
-Paul Motenko
-Wendy and Jim Phillips
-Vicki and Jay Stoller
-Patty and Marc Turim

Esther Plotkin

-Joyce Landau

Ann Robinson

Mother of Sheila Schlaggar
-Sheila Schlaggar

Brenda Ross Laurito

Wife of Charles Laurito
-Charles Laurito

Bertha Rotter

Grandmother of Randi Mayer
-Randi and Jim Mayer

Milton Ruthstein

Father of Shirley Schwartz
-Shirley Schwartz

Lois Salerno

-Susan and Richard Salerno

Nettie and David Sanders

Parents of Jeffrey Sanders
-Babette and Jeffrey Sanders

Lisa Schlaggar

Daughter of Sheila Schlaggar
-Sheila Schlaggar

Regina Schenider

Mother-in-law of Howard Brenner, grandmother of David Brenner and Judy Craven
-Howard Brenner

Tillie Schneiderman

Grandmother of Arnie Fishbain
-Carol and Arnie Fishbain

Gloria Schuman

-Gayle Malvin

Kaja Silberbrandt

Cousin of Sheila Schlaggar
-Sheila Schlaggar

Elaine Silverman

Mother of Carol Silverman
-Carol Silverman and Daniel Shevrin

Irving Slotnick

Father of Sherril Slotnick
-Sherril Slotnick

Bentley Weitzman

Father of Dan Weitzman and Robert Weitzman
-Sue and Dan Weitzman
-Karen and Robert Weitzman

Ida Wexelman

Grandmother of Benita Loguidice
-Benita and Mathew Loguidice

James Wolfe

-Kathy and Marc Mayer

FOR THE SPEEDY RECOVERY OF Patricia Weinfuss

-Liz, Scott, and Sarah Mendel

Our Memorial Wall

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.

Wall of Life Giving

A leaf on our Wall of Life is a meaningful way to share happy occasions and life cycles events with the Temple community, such as a birth, Bar/Bat Mitzvah, Confirmation, birthday, wedding, or anniversary.

For questions about Memorial Wall plaques or Wall of Life leaves, please contact Leslie Landman at leslie@templejeremiah.org.

Thank You!





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Visit us at templejeremiah.org



Temple Jeremiah is committed to being accessible and inclusive for all of its members and for the community. We welcome people of all ages, races, and abilities.

Contains Dated Material

YOU'RE INVITED TO
CELEBRATE OUR
**CONFIRMATION
CLASS OF 5783**

PLEASE JOIN US ON **FRIDAY, MAY 26TH AT 6:30 P.M.**
FOR SHABBAT WORSHIP LED BY OUR CONFIRMATION
CLASS OF 5783. WE INVITE FAMILIES, FRIENDS, AND
CONGREGANTS TO SHARE IN THE EXCITEMENT OF THIS
SIGNIFICANT MILESTONE FOR OUR STUDENTS.