

The Covenant

MAY/JUNE 2024 • VOLUME 67 • ISSUE 3



Temple
Jeremiah
The Joy of Belonging



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Editor's Note

MEREDITH LEVINSON

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It is finally starting to feel like spring, and it's hard not to enjoy the shift to warmer weather and the beauty of the blooming foliage. It reminds me to have gratitude for the abundance of blessings that are all around me.

Let me name a few: We received an overwhelming amount of birthday messages and donations in honor of Rabbi Rachel and her double *chai* (36th) birthday; we welcomed several special guests to Temple Jeremiah within the last few months, including Eliza Kanner, Alice McGinty, Jonathan Chapman, Steven Chaitman, Donniel Hartman, and Noah Aronson; and we will soon be celebrating our Confirmation Class of 5784 on Friday, May 17th. You can view photos from these events on our social media pages and on your Shulcloud home page.

We are also excited to share the wonderful news that Cantor Lianna Mendelson will join our Temple Jeremiah community as our cantor beginning July 1st. While you can read a bit about her on page 5, you will have the chance to meet her in person when she officially begins her role.

This issue is filled with committee spotlights, highlights from our virtual community, and resources to help combat antisemitism. Though spring is beginning to be in full swing, I truly can't wait for another Jeremiah summer and a chance to spend time with you all outside in the sunshine!

Meredith

TORAH PORTIONS

MAY

May 4th	Acharei Mot	Leviticus 16:1-18:30
May 11th	K'doshim	Leviticus 19:1-20:27
May 18th	Emor	Leviticus 21:1-24:23
May 25th	B'har	Leviticus 25:1-26:2

JUNE

June 1st	B'chukotai	Leviticus 26:3-27:34
June 8th	B'midbar	Numbers 1:1-4:20
June 15th	Naso	Numbers 4:21-7:89
June 22nd	B'haalot'cha	Numbers 8:1-12:16
June 29th	Sh'lach L'cha	Numbers 13:1-15:41



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Coming Up at Temple Jeremiah

Dates and times are subject to change.
Check our calendar for the most
up-to-date information at
tinyurl.com/TJ-calendar

**Shabbat Dinner with Families (5:30 p.m.)
followed by Family Kabbalat Shabbat with
Monthly Birthday Celebration (6:30 p.m.)**

Friday, May 3rd

Yoga

Sunday, May 5th @ 9:15 a.m.

**Behind the Bimah: Temple Jeremiah
Engagement & Leadership**

Sunday, May 5th @ 9:30 a.m.

Yom HaShoah Commemoration

Sunday, May 5th @ 7:00 p.m.

**Pride Kabbalat Shabbat (6:30 p.m.) followed by
Shabbat Dinner with Friends (7:30 p.m.)**

Friday, May 10th

J-Quest Family Day & Shir Joy Concert

Sunday, May 19th @ 9:00 a.m.

Family Trip to Great Wolf Lodge

Sunday, May 19th, following J-Quest

Temple Jeremiah's Annual Meeting

Monday, May 20th @ 7:00 p.m.

Temple Office CLOSED (Memorial Day)

Monday, May 27th

**Gratitude Kabbalat Shabbat with Board
Installation and Adult Choir**

Friday, May 31st @ 6:30 p.m.



Another Jeremiah Summer is Around the Corner!

Look out for our Summer Brochure to learn about all the
exciting events happening during June, July, & August!

SAVE THE DATE

Family Baseball Night with Brotherhood

Thursday, June 27th @ 6:00 p.m.

All temple members are welcome to
join Brotherhood for baseball and
fireworks! Come watch the Chicago
Dogs play the Winnipeg Goldeyes.
Register through our calendar.





Embracing Blessings & Expressing Gratitude

RABBI RACHEL HEAPS
rabiheaps@templejeremiah.org

Shalom,

As I write this, we are still amid the 36 days celebrating my 36th birthday. Throughout this time, I have learned and reaffirmed a few essential life lessons. First and foremost, our Jeremiah community is beautiful, caring, and supportive beyond all measure. It has been a bit overwhelming to see the love and well wishes and I am filled with a profound sense of appreciation for the blessings and people that surround me. Your thoughtful birthday notes, donations, jokes, stories, and affection have truly blown me away and touched my heart in ways beyond measure. With every heartfelt message and loving sentiment, you've reminded me of the abundance of blessings in my life and the importance of cherishing each moment with gratitude.

To each of you who took the time to send me birthday wishes in the form of heartfelt cards, I offer my deepest thanks. Reading each message was a moment of pure joy, as I was greeted with your kind words, warm thoughts, and beautiful gestures of love. These 36 days are serving as a tangible reminder of the cherished connections I have with each of you, weaving a tapestry of community and friendship that brighten my day and fill me with warmth. Whether near or far, in-person or digital, your presence in my life is a gift beyond measure, and I am deeply grateful for your continued support and affection.

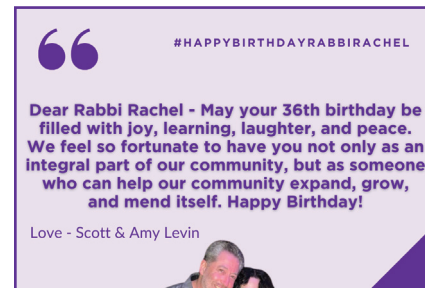
I have also learned that while I might not be the best at celebrating my own birthday, celebrating the *simchas* (joys) and blessings of others can lead to the same cherished memories, laughter, and shared experiences that have enriched my life in countless ways. Sharing meaningful moments with each other helps us to recognize the miracles, even the mundane miracles, in our own lives. Friendship and family can be a source of strength and joy and can shine a light on the blessings we have in every season of life.

As I reflect on the abundance of blessings in my life and those I have shared with others, I am reminded of the profound significance of the season of Shavuot. Shavuot, and the 49 days of the Omer leading up to it, is a time of joy and gratitude, celebrating receiving the greatest gift from God, the Torah. It is a time to celebrate the richness of our traditions, the blessings of our heritage, and the abundant blessings the Torah has created in our lives.

As we prepare for Shavuot and celebrate the gift of Torah, we are reminded of the importance of gratitude in our lives. Shavuot teaches us to embrace the abundance of blessings that are within us and surround us. It is a time to give thanks for the true riches of our lives and to reaffirm our commitment to living with kindness, compassion, and gratitude in our hearts.

I want to express my deepest gratitude to each of you for the love, joy, and blessings you have brought into my life. Your kindness, inspiration, curiosity, wisdom, support, and friendship mean more to me than words can express, and I am truly blessed to have you in my life. May we continue to cherish each moment, celebrate each other's joys, and embrace the abundance of blessings that surround us each day.

Rabbi Rachel Heaps



A Message From...

CANTOR LIANNA MENDELSON

cantormendelson@templejeremiah.org



I am grateful and excited to be serving as the next cantor at Temple Jeremiah. Thank you so much to everyone who dedicated their time and talent to bringing me on board - from the search committee to the choir members, to the families at the meet-and-greet. I quickly felt a strong connection with the Temple Jeremiah community and with all of the people that I met during my interviews. I am especially grateful to search chair Ross Wolfson and Temple President Steve Kleiman for all their work, and to Paul Dykstra for making beautiful, prayerful music with me. I could not be more thrilled to join such a thoughtful and kind senior leadership team. I know that I will learn from and be inspired by Rabbi Cohen and Rabbi Heaps.

I am passionate about building relationships and empowering people to find meaningful connections to their Judaism - whether that is through music, learning, worship, or over ice cream. I love working with people of all ages but am particularly experienced in connecting with children, from toddlers through high school, and their families.

I have already been inspired by the culture of gratitude and possibility at Temple Jeremiah. I am so excited to bring my creativity into this fertile environment and see what we can grow together! This should be the start of a long and fruitful relationship. I cannot wait to get to know you and to experience the *Joy of Belonging* together with the Temple Jeremiah community!

B'shira - with song and joy,

Cantor Lianna Mendelson



Stay tuned for information on exciting meet-and-greet opportunities with Cantor Mendelson!

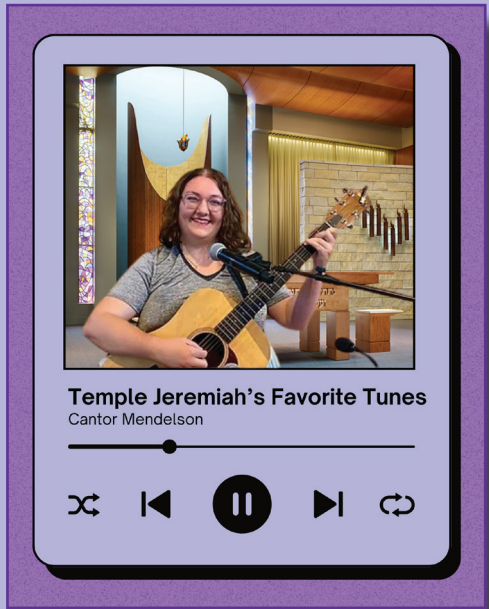
About Cantor Mendelson

We are excited to share the wonderful news that Cantor Lianna Mendelson will join our Temple Jeremiah community as our cantor beginning July 1st. We are deeply grateful to Ross Wolfson who chaired our Cantorial Search Committee, as well as the members of the committee: Paul Dykstra, Lisa Fishbain, Alene Frost, Avi Greenfield, Scott Levin, Barb Miller, Michael Mitzen, Sandy Morgan, and Greg Richards.

A native of Rochester, New York, Cantor Mendelson was ordained at Hebrew Union College after earning her Bachelor of Arts degree in Music at the University of Rochester. She has been the Cantor-Educator at Temple Beth Shalom in Santa Fe since July 2021. Cantor Mendelson is blessed with a beautiful voice and tremendous personal warmth. Her joyful expression of Judaism is indeed infectious, and she has had great success building relationships, leading worship and Torah study, overseeing the B'nai Mitzvah and Jewish education programs, as well as creating a school youth choir to name just a few of her accomplishments.

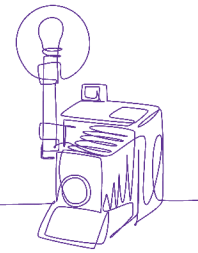
She brings this warmth and passion to her work that will enrich our Temple Jeremiah community for years to come.

We are thrilled to welcome Cantor Mendelson to our community!



ICYMI...

(In Case You Missed It)



Scott B. Crane Abilities Awareness Shabbat

Our annual Scott B. Crane Abilities Awareness Shabbat service in celebration of Jewish Disability Awareness, Acceptance, and Inclusion Month (JDAIM) took place on Friday, February 23rd. Our 2024 speakers were Dr. Janice Weinstein and her daughter, Sarah, who are longtime members of Temple Jeremiah and founding members of the Inclusion Committee.

Special Guests at J-Quest

- On Sunday, February 25th, JCC Inclusion Coordinator Rena Rosen visited our J-Quest students in honor of JDAIM.
- Steven Chaitman led Kehillah and music during J-Quest on Sunday, March 3rd (he also hosted an Acoustic Shabbat on the prior Friday!).
- Also on Sunday, March 3rd, Temple Jeremiah's JCFS liaison Elizabeth Ury continued the conversation about "Finding Balance in a Busy World" during Jeremiah Parents Coffee Connections.



Jeremiah Kids & Club345 Family Ice Skating

On Saturday, February 24th, families with children in Kindergarten through 5th grade went to Wilmette Ice Rink for an evening of ice skating!

Shushan Shuffle

Before the Purim Carnival on Sunday, March 17th, the 21st annual Shushan Shuffle took place! Members ran and walked the 5K, with Ezra M. winning again!

Purim Carnival

Sunday, March 17th was our Disney Purim Carnival! We started the morning with our Shpiel, which featured performances by Shir Joy, then we continued with games, prizes, and lunch. Thank you to our volunteers, our TJ staff, and of course our sponsors, the Topaz Family and Perez Eye Care, for making it all happen!



Multigenerational Shabbat with Jonathan Chapman

Our Multigenerational Shabbat Dinner and Tot Shabbat, which took place on Friday, April 5th, saw families with young children and their grandparents get together for a special dinner celebrating multigenerational Judaism. What made the evening so unique was our guest, Jonathan Chapman. Chapman is the founder and co-creator of The K'ilu Company and skillfully draws from storytelling, theater, puppetry, and play to make Jewish stories and traditions accessible and dynamic for all young learners and their families. What an interactive and engaging tot shabbat for our families!

Send us your photos!

Do you have photos from Jeremiah events you would like to share with us? We would love to see them! Please send photos to Meredith Levinson at meredith@templejeremiah.org.

Perspective



DANNY GLASSMAN
Executive Director
daniel@templejeremiah.org



Meaningful Displays of Tikkun Olam

When you gaze across the bimas at Temple Jeremiah, there are many symbols one takes in. There is the *ner tamid* (eternal light) that reminds us of God's continual presence. The ark reminds us of the ancient Israelites carrying the tablets throughout the desert to their eventual home in Jerusalem. The art, text, and natural light elevate our senses to make worship more meaningful. Another object you gaze upon is a decorative basket of food sitting in front of the reading tables. This has a connection much closer to home.

Hunger has been a social justice platform at the temple for decades. Some of the most successful hunger-related projects include Feed the Hungry and Backpack Blessings, which congregations around the United States have replicated because of its impact on the community.

Just under a decade ago, leadership within our temple community decided that in lieu of flowers, we would display a basket of food provided by The Ark. Rather than spending money on flowers which would eventually wither away, we make a gift to The Ark of \$75 per B'nai Mitzvah student. Those dollars provide around 15 meals to individuals in need. Here comes the amazing math: over the last 10 years, 444 students have been called to the Torah as B'nai Mitzvah. That means we have collected \$33,300 to support The Ark and provide 499,500 meals to Chicagoland's neediest people.

The money collected through B'nai Mitzvah is just one way we support the efforts of The Ark. Most of us are probably aware of the pod that is stationed in our parking lot throughout the High Holy Days. What you may not know is that we are one of dozens of congregations that help stock the pantry through the High Holy Day collection drive. Our staff and close to 30 volunteers spent time at The Ark's warehouse over winter break helping sort and restock the shelves. Eden, my daughter, and I got such meaning from helping this winter. Eden felt so motivated that she even made us drive across the street to get more supplies to make sure everyone had the products they needed for the next few weeks.

I cannot begin to say how meaningful the work The Ark does. It is an important institution within our community. It helps countless people, maybe even some Jeremiahians. Thank you to all of you for continuing to support their efforts.



We collaborated with local company Tied With a Bow, which provides alternative options to traditional centerpieces, to create The Ark baskets you see at the temple. They posted about the food donation baskets, as well as a "toiletry basket" they created, on their social media pages.



Adult Purim Party

On Saturday, March 23rd, Temple Jeremiah's Adult Purim Party made its return, and it was booming. Cantor Amy Zussman performed a few parody songs before we dined on tacos and drinks, and then, the main event began — Live Band Karaoke! "Jeremiah's Greatest Hits" was in full effect with attendees singing classic tunes like Dancing Queen and Living on a Prayer to the background of a live band. To everyone who kept the dance floor full and the stage jamming: we hope you enjoyed the night!



Committee Spotlights

Let No One Sit on the Sidelines *The Great Lakes Adaptive Sports Association*

CAREN BROWN

Inclusion Committee Co-Chair
ceb994@gmail.com

BARB KITE

Inclusion Committee Co-Chair
bkite1002@gmail.com

At a recent Inclusion Committee meeting, Michael and Teena Crane shared how much their son, Scott, who had physical disabilities, had enjoyed playing sports with the Great Lakes Adaptive Sports Association (GLASA). The organization is located in Lake Forest and serves people in the surrounding communities. Michael suggested we learn more about this organization to see how we might coordinate our inclusion efforts with them.

So on March 18th, we were delighted to have two employees of GLASA join us at our meeting. Caylee Hermanson, program manager, and Eddie Brown spoke to us about the wonderful work their organization does to match people of all ages to sports of all kinds. Here is how GLASA describes itself:

"For 25 years, GLASA has fueled the life of our athletes on the court and beyond. GLASA supports individuals with primarily physical or visual disabilities such as: amputation, cerebral palsy, muscular dystrophy, spinal cord injury, spina bifida, stroke, visual impairment and more." Their motto is: *"Let no one sit on the sidelines."*

GLASA also conducts "takeover" programs at schools to demonstrate to students how people with disabilities can play sports.

We then discussed how GLASA and Temple Jeremiah might coordinate efforts to help the special needs community. These are some of the ideas generated:

- Inform our congregants about GLASA - such as with this article
- Suggest that GLASA do a program for J-Quest students for Jewish Disability Awareness, Acceptance, and Inclusion Month (JDAAIM) next February
- Encourage a bar/bat mitzvah student to do a *Tikkun Olam* project with one of GLASA's sports programs
- Suggest to congregants that they become involved in GLASA as a fun and meaningful activity

No prior experience is necessary to volunteer and all ages are welcome. Volunteers will be trained. Here is a link to the volunteer page: glasa.org/volunteer/

We hope that Temple Jeremiah will help support GLASA and individuals with disabilities in this unique and significant way.





Social Justice & Advocacy

"Take Care" Packages for Recent Migrant Arrivals

Now **through May 6th**, Temple Jeremiah's Social Justice Committee will be collecting new/unused items in partnership with Service and Learning Together for recent migrant arrivals. Designed to assist migrants who recently have been arriving via bus from Texas to Chicago suburbs while they await transfer to the Chicago Processing Center, the "Take Care" Packages will be a tangible expression of our community's care for others. Items should be brought to Jeremiah and placed in the white bins underneath the TV by the west (circle drive) doors.

To view a complete list of accepted items, visit www.saltservice.org/take-care-packages

Feed the Hungry

More Lunches Needed to Meet Demand!

Our partnership with Another Chance Assembly in the Austin neighborhood of Chicago has enabled us to continue our mission to feed the hungry in an area with the most need. We have been asked by Pastor Kay to provide more lunches going forward now that many migrants are being sheltered in the area.

Please consider this ask as a wonderful opportunity to make lunches together as a family on a Saturday night and bring them to the temple on the first Sunday of every month. All ages can assemble the lunches in the comfort of your own home, and it's a chance to unplug from electronics and talk while packing. Feed the Hungry will take place next on **Sunday, May 5th**. For questions, please contact Mindy Kurtz (cupermom@aol.com) or Stephen Miller (stephenmiller2854@gmail.com).

Advocacy Alerts

For many years, our congregation has had an award-winning reputation for being active in social justice, rooted in the Jewish value of *Tikkun Olam* ("Repairing the World"). If you are interested in receiving Advocacy Updates via text messages, please scan the QR code. Please contact Advocacy Chair Nancy Eisenberg (nleslp@aol.com) with any questions.



templejeremiah.org | May/June 2024

Pride at Jeremiah

JILL PATANO

Pride Committee Co-Chair

jillpatano@gmail.com

Come show your pride! Temple Jeremiah's newest committee, The Pride Committee, invites everyone to join us in fostering LGBTQ+ inclusivity and advocacy within Jeremiah and beyond. What started as a task force headed by Rabbi Heaps is now a full committee co-chaired by Diana Kaufmann and Jill Patano. We have a dedicated group of people who have participated in meetings, but we would love to see more people get involved!

The goal of the committee is to educate, advocate, and share our allyship with LGBTQ+ members of Jeremiah and the greater LGBTQ+ community. We help plan the Pride Shabbat, participate in parades and other events, and keep up with the latest legislation that could impact the LGBTQ+ community. As Jews, we have a responsibility to respond to injustice and help repair the world, so bring your ideas, thoughts, and creativity to the committee!

Please join us for **Pride Shabbat on Friday, May 10th**, as once again we welcome Rachel Wolman who brought us her song and inspiration last year. To find out more about the committee, email Jill Patano (jillpatano@gmail.com) or Diana Kaufmann (djkaufmann@comcast.net).

Walk with us in Buffalo Grove's Family-Friendly Pride Parade on Sunday, June 2nd! Look out for our Summer Brochure for more information.



The Covenant | Temple Jeremiah

Combatting Antisemitism

Eliza Kanner Visits

Temple Jeremiah

We were thrilled to welcome Eliza Kanner, Senior Development Officer at Combined Jewish Philanthropies, to Temple Jeremiah for a weekend in April! On Friday, April 5th, Eliza addressed the congregation during Kabbalat Shabbat Worship and shared a bit about who she is and the importance of showing our Jewish pride.

Then, on Saturday, April 6th, Eliza led an adult learning session to discuss her experience in Israel following Hamas' attacks and the role we all play in the U.S. Eliza traveled to Israel just one month following the atrocities of October 7th with the World Jewish Congress Changemakers Delegation, comprised of 14 young leaders representing eight countries, to share the stories and experiences on the ground. During Eliza's presentation, *Their Fight is Our Fight*, she also touched on her work with the Kraft Foundation and battling antisemitism in the sports industry. A three-season veteran New England Patriots Cheerleader, Eliza has worked extensively to fight antisemitism and counter anti-Israel rhetoric, on and off the field.

On Sunday, April 7th, Eliza sat down with parents and grandparents to discuss how they can speak with children about antisemitism. And, rounding out the weekend, Eliza focused on learning about and responding to antisemitism with our 7th-10th grade J-Quest students. A graduate of the University of Connecticut, she became active in Israel education and advocacy while on campus, and after graduation, she worked for StandWithUs as a campus educator. Eliza, whose passion is advocating for young people to be proud of their Jewish identity, is uniquely qualified to have led these sessions, and we are grateful for her visit.



The Power of One: A Community Toolkit for Creating Allies & Advocacy from JUF

We are living through challenging times, with levels of antisemitism at a record high. But we will get through this as the Jewish people have always done: by caring for one another, staying true to our traditions and values, and continuing to come together for good. JUF's toolkit includes resources for having difficult conversations, addressing mental health, engaging on social media, responding to incidents of antisemitism in schools and on campuses, links to trusted sources, engaging with your elected officials, and much more. To view JUF's toolkit, visit www.juf.org/toolkit/.

#StandUpToJewishHate

A Photo is Worth A Thousand Words...

Especially for Those Who Were Silenced.

Most of us know Anne Kaplan as the friendly face of the temple office who often has a selection of candy on her desk. Her official title is "J-Quest Executive Assistant," but to many of us, she's much more.

What you may not know is that both of Anne's parents were Holocaust survivors. Though they didn't know each other at the time, both were liberated from Bergen-Belsen in the spring of 1945.

The photo below is of her father, David (right), and his friend, and was taken in Kraków-Płaszów concentration camp in Poland during WWII. The Nazi soldier who took the photo allowed David to keep it because, he said, "No one will ever see it." David later escaped the camp and this photo came with him.

This photo is displayed within an array of Anne's personal photos by her desk, showing a flourishing family that was made possible from her parents' bravery. The Nazi soldier was wrong — people do see this photo. Everyday. Every time a family comes through the office for a B'nai Mitzvah meeting, or a student stops by during J-Quest, or a staff member visits Anne for a Snickers bar or a Hi-Chew, this photo is seen. Anyone who reads this issue of the *Covenant* will see it too. This photo not only keeps David's memory alive, but also that of his friend, who, like so many others, did not survive. And guess what? We will continue to look, we will continue to remember, and we will continue to be resilient as a people. Thank you, Anne, for letting this photo be seen and for giving a voice to those who the Nazis tried so hard to silence.

This year, *Yom HaShoah* (Holocaust Remembrance Day) is on Monday, May 6th.



Sponsored by Jewish families in America, David and Rosa arrived in Omaha, NE, in 1950. They had three children, including Anne, as well as six grandchildren and 22 great-grandchildren, and, they started their own business called Nebraska Kosher Meat Market.

Yom HaShoah Commemoration

Please join us on **Sunday, May 5th at 7:00 p.m.** as we welcome back the *Violins of Hope* and commemorate *Yom HaShoah* through personal stories and music. During the program, congregants Babette Sanders, Dan Franks, and Jean Berk will share the powerful stories of their families' fight for survival and rebuilding after WWII. Interspersed will be the music of the time led by Paul Dykstra and choir members.

ICYMI, the *Violins of Hope* are a collection of 70 string instruments that were played by Jewish musicians before and during the Holocaust. Last year, we had the opportunity to listen to violinist Alex Kaufmann play one of these violins, which was signed on the inside by Nobel Peace Prize winner and former Prime Minister of Israel, Yitzhak Rabin. We are thrilled to have this significant collection of instruments visit Jeremiah once again to musically commemorate *Yom HaShoah*.



Temple Jeremiah's Virtual Community

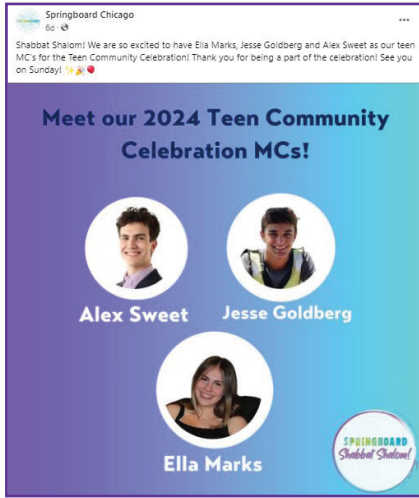
If you haven't been following us on social media (you should), you may not know about all the wonderful things our congregants and staff have been up to. That's why we're happy to share a few of our "Jeremiah Gems" and social media highlights in this issue of the *Covenant*. Make sure to follow us on Instagram and Facebook to stay up to date with events, learn about trending Jewish news and holiday recipes, and discover our virtual Temple Jeremiah community.

#JeremiahGems



Ian's *Tikkun Olam* project was featured on Northfield Township Food Pantry's Facebook page in March. Ian teamed up with the nonprofit Cereal4all to donate boxes of cereal and money for the Food Pantry. Mazel Tov, Ian!

Alex and Ella were named as Springboard Chicago's MCs for their Teen Community Celebration in April, showcasing their leadership skills in the Jewish community.

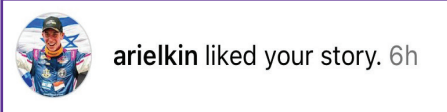


Dr. Anne Lidsky was honored at Les Turner ALS Foundation's Hope Through Caring Gala in April. The nonprofit organization featured Dr. Lidsky on their Instagram and Facebook pages. Congrats on this amazing honor, Dr. Lidsky!

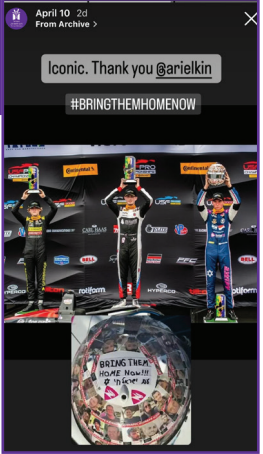
#Featured



Stand Up to Jewish Hate reposted our recap of Eliza Kanner's visit in April to their more than 90K followers. Eliza also reposted this to her personal page.



In April, Israeli race car driver Ariel Elkin took third place in a U.S. championship Formula 4 race. As he took the podium, Ariel refused the traditional helmet drop to lift his trophy and instead held up his helmet, which was covered in photos of hostages held by Hamas in Gaza since October 7th. We shared the 16-year-old's iconic moment to our Instagram, which he recognized by "liking" the post.



@TempleJeremiahNorthfield



@TempleJeremiah



@TempleJeremiah1



May is Jewish American Heritage Month
Visit our social media pages throughout May to learn more about Jewish American Heritage Month and influential Jewish Americans who have helped shape our society.

TEMPLE JEREMIAH'S

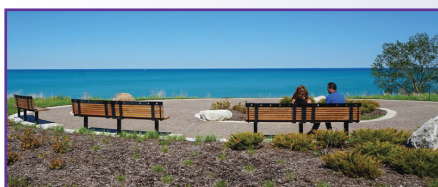
Most Recommended

Stress Relief A Visit to Ft. Sheridan

"A nice long walk at Ft. Sheridan *with my dog, Tali.*" - Rabbi Cohen

"Ft. Sheridan is *great for walking* in any season. The grasslands and the view of Lake Michigan are outstanding." - Caren Brown

"*Beachcombing* for interesting rocks and seaglass at Ft. Sheridan." - Meredith Levinson



Movie The Holdovers

JILL'S & DANNY'S PICK

A curmudgeonly instructor at a New England prep school remains on campus during the holidays to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.



Stream *The Holdovers* on Peacock or Apple TV+.

TV Show/Documentary Masters of the Air/The Bloody Hundredth

MEREDITH'S PICK

Based on the compelling non-fiction book by Donald L. Miller, *Masters of the Air* follows the true, deeply personal story of the 100th Bomb Group, a brotherhood forged by courage, loss, and triumph, during WWII. From Steven Spielberg, Tom Hanks, and Gary Goetzman — the producers of *Band of Brothers* and *The Pacific*. Apple TV+ also released the documentary *The Bloody Hundredth*, about the real-life airmen who inspired *Masters of the Air*. The doc shares the harrowing and transformative events of the American bomb squadron and is an excellent follow up to the show.

Watch *Masters of the Air* and *The Bloody Hundredth* on Apple TV+.

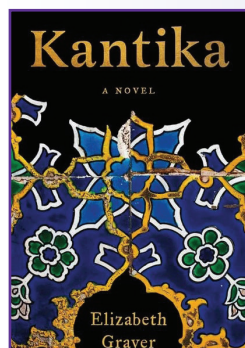


Books

SISTERHOOD BOOK CLUB PICKS

Interested in joining Sisterhood Book Club? Contact Randi Gurian (randi.gurian@gmail.com).

May

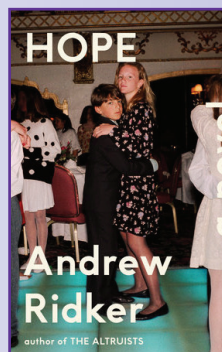


Kantika

By Elizabeth Graver
Thursday, May 9th
10:00 a.m. - 11:30 a.m.

A kaleidoscopic portrait of one family's displacement across four countries, *Kantika*—"song" in Ladino—follows the joys and losses of Rebecca Cohen, feisty daughter of the Sephardic elite of early 20th-century Istanbul. Exploring identity, place and exile, *Kantika* also reveals how the female body—in work, art, and love—serves as a site of both suffering and joy.

June



Hope

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

The year is 2013 and the Greenspans are the envy of Brookline, Massachusetts, an idyllic (and idealistic) suburb west of Boston. From Brookline to Berlin to the battlefields of Syria, *Hope* follows the Greenspans over the course of one tumultuous year as they question, and compromise, the values that have shaped their lives. But in the midst of their disillusionment, they'll discover their own capacity for resilience, connection, and, ultimately, hope.

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On the occasion of his 90th birthday
- Jeff and Julie Meltzer and Family

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On the occasion of his 80th birthday
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On the occasion of her 90th birthday
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On the occasion of her receiving the ALS Foundation's Hope Through Caring Award
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