



## Teshuvah is for more than Yom Kippur

By Rabbi Michael Schwab

We all know that Yom Kippur is the holiest day of the year. And we also know that it is on this day that we atone for our sins and are forgiven by God. Yet, as Dr. Louis Newman writes, “For all its austere power, the Day of Atonement has limited effect.” Yes, God may forgive us after a day of prayer and fasting, but have those we have wronged forgiven us? At the end of Yom Kippur, have we truly forgiven ourselves?

The rabbis seem to acknowledge this limitation of the Day of Atonement in the Mishnah. It says, “For transgressions committed between an individual and the Omnipresent, the Day of Atonement atones. For transgressions between one individual and another, the Day of Atonement atones only if the one will regain the goodwill of his fellow.” (Mishnah Yoma 8:9) This teaching reveals the almost subversive importance Rabbinic Judaism places on receiving atonement from one’s fellow human beings. Atonement from God is crucial and important. But so is repairing relationships with those around us. Even God cannot forgive a transgression until the offender, him or herself, forgives.

Thus, we have a great deal of work to do, before “the big day.” Relationships cannot generally be repaired in 24 hours. In fact, the best way to approach the twin concepts of repentance and atonement is to see them as part of our daily lives. Since Yom Kippur is insufficient as a single day of total atonement, one must undertake these important initiatives on an on-going basis. That is one reason why prayers for forgiveness and atonement are in each daily Amidah, which

is recited three times a day. The inclusion of such prayers in each Amidah is supposed to remind us to repent and seek forgiveness on a daily basis, as inevitably each day we have committed actions that might have offended others.

And what about forgiving ourselves? After all, we are all equally creations of God. A tenet of Judaism is that we are worthy of redemption.

For many of us, the guilt and shame of our misdeeds actually prevents us from facing them. Feeling unworthy of forgiveness, therefore, stops us from correcting our wrongs and healing our relationships. Therefore, the process of achieving atonement must also be accompanied by a willingness to see ourselves as redeemable. As Dr. Newman

writes, “Transgression (processed properly) can become the springboard for tremendous moral growth.” Both Rav Soloveitchik and Rav Kook thought so too. We are not fulfilling our highest role if we do not believe that we have worth. We cannot achieve what God asks if we do not believe in our ability to overcome our misdeeds.

Forgiving oneself also can rarely be achieved in one day. And this process, as well, needs work on an on-going basis. If we incorporate the notion of atonement into our daily spiritual philosophy, we help ourselves achieve the ability to heal, grow, learn and maintain healthy relationships. Yom Kippur alone cannot bring us total atonement, but it is a powerful reminder and symbol of the core importance of these concepts. And it spiritually renews our resolve to make atonement a meaningful force in our lives.

May we all see our worth and our ability to grow, improve and strengthen our relationships. Shanah Tovah!

### INSIDE THIS ISSUE

President’s Corner .....	2
Shabbat & Holiday Schedule .....	3
Notes from Hazzan .....	4
Cultural & Learning Center .....	4
Informal Education .....	5
Formal Education .....	6
Ritually Speaking .....	6
Development .....	7
Pre-School .....	7
Youth Community .....	8
NSSBE Reopening Plan .....	9
Sisterhood .....	10
Sisterhood Gift Shop .....	10
Men’s Club .....	11
What We’ve Accomplished .....	11
High Holiday Boot Camp .....	12
High Holiday Schedule .....	13
Beth El History Corner .....	14
Did You Know the Birnbaums? .....	14
All in the Beth El Family .....	15
Todah Rabbah .....	16
Membership Update .....	19
HAZAK .....	20
Social Action .....	20
B’nai Mitzvah Students .....	21
Sept/Oct/Nov Events .....	22
Chef Laura .....	24

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# How Beth El Has Shaped Me Profoundly

By Ron Goldberg, NSS Beth El President



My friends,

As I sit here on July 23, my current focus as President is on our plans to reopen our schools, hold Shabbat and High Holiday services, monitor our finances (with an eye towards possible implementation of contingency budgets), and more. Normally, these things would form the basis for my Kol Beth El Bulletin article.

I realize, however, that just about anything I write today on those subjects is likely to be out of date with what is actually going on when you read this in early September. So, what can I write about that is not time sensitive and still has relevance and perhaps some resonance?

I decided to tell you what Beth El means to me.

Let me start with community and friendships.

From Eileen's interactions and friendships with Pre-School co-teachers and families to my Men's Club buddies; from the Shabbat 'regulars' we hang out with to the folks we've met through committee work, events and galas. The friends we have made at Beth El are our very best friends. They are multi-generational, diverse and just plain wonderful!

Beth El also played an important role in helping raise our kids. My son Ari, and daughter Rachel, are both products of Beth El religious schools. Beth El reinforced the lessons Eileen and I were trying to teach them at home, and we tried to reinforce the lessons they were learning at Beth El. My kids differ in their level of observance, but both are fiercely and proudly Jewish and will carry on our traditions and raise Jewish kids of their own.

For me, Beth El has made a huge impact on my personal growth. I never studied Torah as a kid. I started as an adult. I started coming to Shabbat services at Beth El and began to read the weekly Torah portion in English. I was amazed at what was in there! Learning Torah as an adult is so much more meaningful than being taught the stories in Hebrew School. It opened a whole new world of understanding, and to other sources of wisdom and study. I 'discovered' Pirkei Avot, researched and delivered a few divrei Torah and started taking some adult learning classes. I found that our Jewish ethics and values really help with the challenges that life brings our way. I found myself drawing on them to make decisions at work and at home. I started volunteering more and giving more. I am

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## Recent Happenings at Beth El



Outdoor Davening



Youth Lounge Organizing



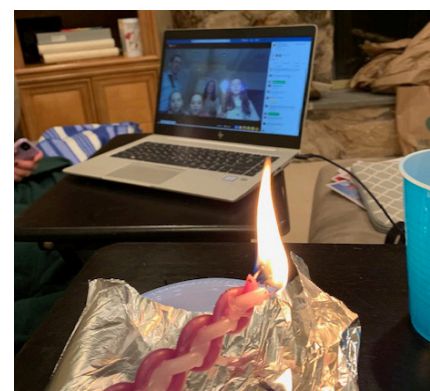
Chef Laura



Tisha B'av Service



Staircase Remodel



Zoom Havdalah Service



# Shabbat Schedule

## Daily Services on Zoom

Monday through Friday  
Mornings, 8:45 am

Sunday through Thursday  
Evenings, 7:30 pm

Sunday and Major Holiday  
Mornings, 8:45 am

Rosh Hodesh and  
Hol Hamoed Mornings,  
8:45 am

**Clergy:**  
Rabbi Michael Schwab\*  
Rabbi Alex Freedman  
Hazzan Benjamin A. Tisser  
Rabbi Vernon H. Kurtz,  
Emeritus



### Please note:

For weekly Torah and Haftarah readings, clergy commentary, and Zoom links, please open your weekly Thursday Kol Beth El emails.

**Zoom links can be found at**  
<https://www.nssbethel.org/about/nssbehome/>

For classes, meetings and other scheduled events, please refer to our website calendar or call the synagogue office at (847) 432-8900.

\*Rabbi Schwab occupies the Vernon H. Kurtz Senior Rabbinic Chair

## September

### Friday, September 4

6:00 pm Kabbalat Shabbat Service  
7:00 pm Candle Lighting

### Saturday, September 5

Parashat Ki Tavo  
9:30 am Shabbat Service  
8:00 pm Ma'ariv  
8:00 pm Shabbat Ends  
8:20 pm Havdalah

### Friday, September 11

6:00 pm Kabbalat Shabbat Service  
6:48 pm Candle Lighting

### Saturday, September 12

**Selichot**  
Parashat Nitzavim-Vayeilech  
9:30 am Shabbat Service  
7:48 pm Shabbat Ends  
7:50 pm Ma'ariv  
8:10 pm Havdalah  
8:50 pm – Program – Havdalah  
9:00 pm – Program – Rabbis teaching  
10:00 pm – Service

### Friday, September 18

**Erev Rosh HaShanah**  
6:30 pm Mincha/KS/Ma'ariv services  
6:36 pm Candle Lighting

### Saturday, September 19

**Rosh HaShanah 1**  
9:00 am Shaharit service  
6:30 pm Mincha service  
7:15 pm Maariv service  
7:35 pm Candle Lighting

### Friday, September 25

6:00 pm Kabbalat Shabbat Service  
6:24 pm Candle Lighting

### Saturday, September 26

Shabbat Shuvah  
Parashat Ha'Azinu  
9:30 am Shabbat Service  
7:22 pm Shabbat Ends  
7:25 pm Ma'ariv  
7:45 pm Havdalah

## October

### Friday, October 2

**Erev Sukkot**  
6:00 pm Mincha/KS/Ma'ariv services  
6:12 pm Candle Lighting

### Saturday, October 3

**Sukkot 1**  
9:00 am Festival Service  
6:15 pm Mincha/Ma'ariv  
7:10 pm Shabbat Ends  
7:10 pm Candle Lighting

### Friday, October 9

**Erev Shmini Atzeret**  
6:00 pm Mincha/KS/Ma'ariv services  
6:00 pm Candle Lighting

### Saturday, October 10

**Shmini Atzeret (w/Yizkor)**  
9:00 am Festival Service  
6:00 pm Mincha  
7:00 pm Candle Lighting  
7:00 pm Ma'ariv service/Hakafot/  
Simchat Torah celebration

### Friday, October 16

6:00 pm Kabbalat Shabbat Service  
5:48 pm Candle Lighting

### Saturday, October 17

Parashat Bereshit  
9:30 am Shabbat Services  
6:48 pm Shabbat Ends  
6:50 pm Ma'ariv  
7:10 pm Havdalah

### Friday, October 23

6:00 pm Kabbalat Shabbat Service  
5:38 pm Candle Lighting

### Saturday, October 24

Parashat Noach  
9:30 am Shabbat Services  
6:38 pm Shabbat Ends  
6:40 pm Ma'ariv  
7:00 pm Havdalah

### Friday, October 30

6:00 pm Kabbalat Shabbat Service  
5:28 pm Candle Lighting

### Saturday, October 31

Parashat Lech-Lecha  
9:30 am Shabbat Services  
6:29 pm Shabbat Ends  
6:30 pm Ma'ariv  
6:50 pm Havdalah

## November

### Friday, November 6

6:00 pm Kabbalat Shabbat Service  
4:20 pm Candle Lighting

### Saturday, November 7

Parashat Vayera  
9:30 am Shabbat Services  
5:20 pm Ma'ariv  
5:21 pm Shabbat Ends  
5:40 pm Havdalah

### Friday, November 13

6:00 pm Kabbalat Shabbat Service  
4:12 pm Candle Lighting

### Saturday, November 14

Parashat Chayei Sara  
9:30 am Shabbat Services  
5:15 pm Shabbat Ends  
5:15 pm Ma'ariv  
5:35 pm Havdalah

### Friday, November 20

6:00 pm Kabbalat Shabbat Service  
4:07 pm Candle Lighting

### Saturday, November 21

Parashat Toldot  
9:30 am Shabbat Services  
5:10 pm Shabbat Ends  
5:10 pm Ma'ariv  
5:30 pm Havdalah

### Friday, November 27

6:00 pm Kabbalat Shabbat Service  
4:03 pm Candle Lighting

### Saturday, November 28

Parashat Vayetzei  
9:30 am Shabbat Services  
5:07 pm Shabbat Ends  
5:10 pm Ma'ariv  
5:25 pm Havdalah

**Please Note:** for a complete schedule of Rosh Hashanah, Yom Kippur, and Festival Services, please turn to **page 13**.



## Music

# Notes from Hazzan Tisser



## Sing a New Song!

Throughout our history, one of the hallmarks of the Jewish people has been our ability to adapt to virtually whatever comes our way. This has been the key to our survival through some of the darkest times in history, and our collective success during the brighter periods. These past six months have been challenging. We have been forced to live in a world more populous than ever before in a way that is more isolated than many of us have ever experienced. I'm not sure it's something we will get used to in any sort of real way. It's unnerving.

As Jews, we have struggled to live our lives, which are so community-centric, without being in physical proximity with our community. We have been forced to pray without our Sanctuary. We have studied without our Torah scrolls. We have mourned without the comfort of hugs from friends. We have celebrated the birth of grandchildren from a distance. None of this is natural.

In just a few weeks we will welcome in the year 5781. It will be different. Truly, we do not know what is in store in the year ahead. Many of us will pray from home, watching the service on screens. We are fortunate to have such a wonderful new live-streaming system that will make the picture much more clear and the sound more beautiful, but it will still be a screen. We won't sit near our friends. And those of us in the Sanctuary will be greeted by a large, mostly empty hall. That, too, will be strange.

The Psalmist challenges us: "Sing unto God a new song." We have been saying these words every Friday night for centuries. There's something really beautiful about that. The words haven't changed over time, but the way we approach them, the way we understand them, the music to which we sing them, has. We have adapted and adopted the ancient words of our liturgy in a way that allows us to connect to them deeply and honestly. We are now challenged to do the same with ritual. We have to take the ritual of the High Holy Day service and adapt it to this new, strange, unsettling reality. We have to take something that is so largely communal and make it very personal. This is challenging even for the most knowledgeable among us.

I invite you to join me on September 14th for a special High Holy Day Boot Camp session during which we'll talk about "Creating Sacred Spaces at Home." We will talk about the challenges we all face in doing this, and help each other figure out the best ways for each of us to engage this year during the Chagim. I hope you will join me for this session and my colleagues for the other sessions in this important annual series. In this way, we will each figure out how we will sing our own songs, new songs, in the new year.

I wish you and your families a Shanah Tovah--a happy and healthy new year.

## Cultural & Learning Center



## Extend Your Summer Reading

By Rachel Kamin, Joseph and Mae Gray Cultural and Learning Center Director

Many people have admitted that they are having trouble focusing on reading. This makes perfect sense. Research shows that chronic stress affects the way the front of the brain works, the area that normally controls our ability to concentrate and switch attention from one thing to another. During something as stressful as a global pandemic, our usual mental flexibility is diminished, making it difficult to lose ourselves in a book. The meaty, literary novels that were piled on my night

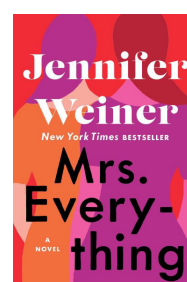
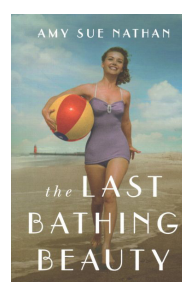
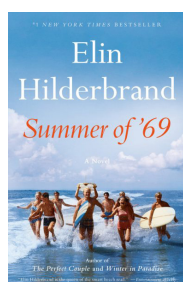
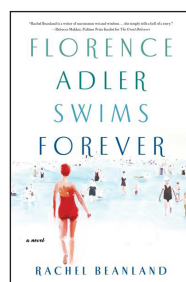
stand this past spring just weren't working for me so I switched up my reading diet and tried lighter, more accessible books instead. Call them "beach reads" or "escapist literature" but here are a few that I've enjoyed this summer.

*Florence Adler Swims Forever* by Rachel Beanland is the story of a 20-year-old Jewish girl in Atlantic City in 1934 who dreamed of swimming the English Channel, told from the perspective of her parents, sister, brother-in-law,

niece, friend and coach, and the young refugee from Germany who Florence's father helped bring to the US. A great summer debut that I couldn't put down!

I was surprised to discover some Jewish content in *Summer of '69* by Elin Hilderbrand, the story of four siblings during one tumultuous summer. A compelling, enjoyable, breezy read and a perfect distraction while sheltering in place. I'm definitely interested in read-

*continued on page 19*





# The Only Way Forward Is Through

By Ali Drumm, Director of Informal Education



"It's so hard" is the new rallying cry for families with children of all ages at home. The challenges range from an overwhelming burden "How can I be expected to do everything?" to deep concern for our children's health, both physical and mental "My kid needs socialization." The burden on families with children with special needs is extra tough. Work hours blend together with family time and all parts of our lives are affected and blended. We have been challenged to adjust our thinking and reimagine how our decisions impact the world around us.



What has struck me as I've spoken to families in our congregation is that although so many of us have similar demographic information,

family all the time."

Families can appreciate that the "good old-fashioned summer" feels refreshing and healthy, both physically and mentally. Having more facetime with our kids than usual is special – as one congregant shared, "Stopping in the middle of my workday to have lunch with my kids is cool."

"I've found that I've been much more mindful of how I spend my time and where I direct my energy," shared Allison Nemirow. The ability to direct her life closer to her values of family first, and prioritizing both education and acts of kindness, have been important to setting the tone for this time but she "hopes this will last long after the pandemic is over."

When yeast could be found, the challah-baking-bandwagon has been a bonding experience for families and an incredible opportunity to gift the extra while more and more parents experiment with this tradition. Bringing this

appreciate how it is more than a shelter – it's a protective bubble, a castle, and a safe place to live our lives." However, the Jewish community can support parents during this time, it starts with giving them support and tools and resources to bolster the institution that the rabbis taught was a *mikdash me'at*, the small sanctuary in this intense experience.

Yael Frankel shared insights about family education as we move into the future, and the integration of formal and informal opportunities. "It makes sense to me that now is the time to think outside the box and cast wider nets for engagement and try to make everyone feel connected. For parents of young children, where the parents are already spread so thin during the pandemic, this could be an opportunity to carve out meaningful family time focused on learning and growing together. Since we are with our families so much day in and day out now, and for the foreseeable future, it would be so nice for Beth El to be able to add value to our daily lives by creating a framework for bringing Judaism into our homes/routines/discussions."

I often try to end articles with a connection to current synagogue programming. I try to guide towards unique opportunities presented by our vibrant active community. I am proud of our continuing to experiment with engagement virtually and in person, and I think more experimentation will draw out even greater levels of creativity in how we connect and celebrate our tradition. For now, though, I'm conscious of how the only way forward is through. We continue to listen, to learn together, and to show each other how to draw positive life changes from this intensive shared experience. May the arc of the Jewish holidays from the dark days of sitting with our pain on Tisha B'Av to the deep nuanced joy of Sukkot and Simchat Torah lift us all up to new sensitivity and care in 5781.

Going to the synagogue was a social experience, and without that aspect, many of us feel more disconnected Jewishly as well as socially. Conversely, some parents have enjoyed the ability to structure their lives more around Jewish opportunities because all of the things that normally distract us have disappeared.

we are all having really different pandemic experiences. There are so many factors facing each family right now – family and health/loss, childcare during work time, missed special events or ones being planned, the ability to work at current jobs or the loss of a job due to pandemic furloughs or company changes, not to mention the school decisions. Children have experienced behavioral changes and often don't have the language or other coping skills to process the changes we are all experiencing. Every parent wants to keep their family safe and healthy, and it's more important than ever to find ways to support each other. "What I miss most is our communities," shared Mary Channon. "Even though we can have short talks with people we meet outside, our kids can't play together, so it's mostly just our

taste of Shabbat into our lives, though in no way a replacement, works to soothe the void left by being together in person.

Being able to participate in events both happy and tragic via Zoom opens up our social circles in a new way. Our Jewish values guide us to appreciate our health and the special time we do get to spend together. This pandemic experience has been one long Shabbat – a Shabbat for the world and our whole human community. "We are learning to pause and learning to breathe," shared Ronit Ripes. "Rather than look at the loss, we have been trying to learn how to take the glass-half-full-approach."

A new appreciation for the home has emerged. "Our house used to feel like a pass-through on our way to other things," Dana Atlas reflected during our Peaceful Parent sessions. "Now I deeply



## Formal Education



# Welcome to the New Academic Year!

By Dr. Alicia Gejman, Director of Formal Education

Summer for educators and teachers is usually a time for relaxing, traveling, reading at leisure and enjoying the passing of time without having to be dependent on the clock to tell us when our next class begins. This summer, however, proved to be different and strangely unsettling. The staff at all Beth El schools engaged in a process of re-imagining school re-opening scenarios to make it safe for our students and teachers to return to the building. Guided by the wisdom of our tradition, which teaches us that “a wise person is one who learns from all men” (Pirkei Avot 4:1-3), we spent countless hours learning, reading and gathering information from every source. We attended a myriad of seminars, webinars, Zoom classes, reflection groups with colleagues and task force groups to help shape our understanding of the crisis and its educational impact. Like any other crisis in history, this pandemic has brought a flurry of opportunity and growth in the field of

Jewish education. We have made connections and established partnerships with teachers and colleagues around the world. These connections will strengthen our educational programs and enrich our offerings. The words of Sir Winston Churchill, “Never waste a crisis,” resonate loud and clear. The opportunity to look at the potential positives and pivot to new ways of doing things in general as well as finding innovative forms of engaging our students and our families in particular is the silver lining in this crisis.

We look forward to meeting new CRS parents, and getting re-acquainted with returning parents, on Tuesday, September 8 at 8:00 p.m. over Zoom. We will open our doors for a festive drive-thru for our students and their families on Sunday, September 13. Students will have an opportunity to meet their teacher(s) and pick up materials from.

Our high school students have an

interesting year ahead, as well. They will be involved in The Jewish Teen Project, a joint co-op with Moriah Congregation now in its second year. The first meeting for high schoolers will be Tuesday, October 20 at 6:30 p.m.

I hope all our school families are healthy, and I wish all Shanah Tovah U'metukah— a good year filled with health, growth and sweet beginnings.



## Ritual Director



# A Sukkot Paradox in the Time of COVID-19

By Hazzan Barbara Barnett, Ritual Director

At the beginning of the Torah portion Vayera, which we will read November 7 this year, Abraham sits at the opening of his tent, recovering from his Brit Milah (surely not the most comfortable procedure for a man of his advanced years!). Three strangers approach, and despite the likely discomfort of his situation, he greets them.

“My lords, if it please you, do not go on past your servant,” he says. “Let a little water be brought; bathe your feet and recline under the tree.”

Abraham and Sarah prepare a feast and Abraham sets it out before them, waiting on the strangers as they ate. Abraham’s kindness in welcoming the strangers who came to his home teaches us the mitzvah of *Hachnasat Orchim* (hospitality). Although we practice hospitality at other times of the year, from large Pesach seders to family Shabbat dinners, no holiday better defines the mitzvah than Sukkot.

But how to perform this important mitzvah during this time of COVID-19? You wonder how you might open your sukkah to guests every night? After all, most sukkot are usually not conducive to social distancing (at least our cozy little sukkah is not).

But Sukkot offers myriad possibilities for *hachnasat orchim*, especially, this year. I’d like to offer two to help bring Sukkot to a whole new level:

**Sukkah Open House:** Decorate your sukkah, add creative Sukkot-themed “virtual backgrounds” to your Zoom, and invite as many families and friends to come and visit your Sukkah (BYO, of course). Some of us did something similar for Pesach seders, but those who do not use technology on Yom Tov were not able to participate. This year, plan your Open House for one of the days of *Chol Hamoed* (Monday, Tuesday, Wednesday, perhaps)—or open your Sukkah each of those days!

Who knew you could fit 100 people into your Sukkah?

**Virtual Sukkah Walk:** Organize a Zoom-ed party with others in your circle (or beyond) who have a sukkah. It’s an opportunity to visit your cousin’s (for example) New York or Pittsburgh (or wherever) sukkah, perhaps for the first time. If you’ve never put up a sukkah, perhaps you might want to consider it this year. Make it fun and festive (email me and I’ll be happy to share resources with you). Order your schach and lulav/etrog set from NSS Beth El.

By the way, if you’d like volunteer and to help make Sukkot come alive this year for NSS Beth El, please email me at [bbarnett@nssbethel.org](mailto:bbarnett@nssbethel.org)!

In the meantime, stay well and safe, and wishing you a Shanah Tovah U'metukah (a good and sweet year) from the Barnett family.



## Membership & Development



# Thank You For Your Continued Support During COVID-19

By Judy Berkeley, Membership & Development Director

### Higher Level Memberships

We are so grateful for all of you who are committed to your Beth El membership during these trying times. This year we introduced new higher level memberships, meant to attract those of you who are able to help support Beth El and those in need during these trying financial times. The outpouring of support has been unbelievable. THANK YOU to the following donors who have joined one of these higher level membership categories for our 2020-2021 fiscal year:

### Rabbi's Circle (\$25,000):

Harriet Bernbaum z"l  
Nina & Arnie Harris  
Penny & Jeffrey Hecktman  
Karen & Mitchell Kopin  
Andy & Ken Saffir  
Lynn & Skip Schraye  
Karyn & Bill Silverstein  
Tina & Joe Wolf

### President's Circle (\$18,000):

Lisa & Jeff Aronin  
Eve & Richard Biller  
Gail & Andrew Brown  
Cheryl & Carey Cooper  
Rochelle & Len Foxman  
Jan Gaines & Andrew Kenoe

### B'Yachad (\$10,000):

Maryl & Medwin Dayan  
Andrea & Ben Leshem

### Sustainers (\$5,000):

Kim & Eric Ephraim  
Nina & Mark Gaines  
Roberta & Jeffrey Kwall  
Glenda & Sanford Mason  
Marla Hand & James Nyeste  
Susan & Marc Sacks  
Debbie & Adam Winick

These higher-level memberships have already resulted in over \$128,000 in additional revenue for our 2020-2021 fiscal year. These additional dollars will be essential in helping our members impacted financially by the Covid-19 pandemic.

### Rabbi Schwab's Installation:

Rabbi Michael Schwab's Installation ceremony was held virtually on Sunday, August 30. We are so pleased to announce that in support of this event, we raised over \$186,000, surpassing our original \$140,000 goal. The success of this fundraising not only exceeds the 2019-2020 fundraising budget, but also allows us to roll over significant dollars for 2020-2021. With the uncertainty of our current environment, these dollars will help support what might be a difficult fundraising year.

### Donor Recognition events:

We held a Zoom event for our Bonim Donors on May 31, which was the original date for Rabbi Schwab's In-

stallation. B'Yachad, President's Circle and Rabbi's Circle members logged on and joined together to listen as Rabbi Schwab presented a message of hope for these trying times. This was followed by an open, heartfelt discussion on the crisis we are all living through.

We are planning another donor recognition event for Sunday, October 18th for all of our B'Yachad, President's Circle and Rabbi's Circle members, Sustainers and Double Dues donors, as well as our Ner Tamid Society/legacy donors. Details to come!

### 2019-2020 Celebratory Publications:

We hope you had a chance to look through the Celebratory Ad Book in honor of Rabbi Michael Schwab's Installation. It was sent by email to the whole congregation on June 29. We have since updated the Ad Book with additional donors and also now list our synagogue leadership for 2020-2021. It can be found on our website under Schwab Installation.

We also published the congregation's 2019-2020 Annual Report, which shares all of our accomplishments from the year and highlights the impressive work done during the pandemic. You can find the annual report on our website under Vision/Mission.

## Pre-School



# The Timeless and Timely

By Kory Goldenberg, Paul S. and Sylvia Steinberg Pre-School Director

In this time of unrest, the Steinberg Pre-School is holding on to the *timeless* and planning for the *timely*.

We are focused, more than ever, on the pillars that hold us up while we work toward our goal of providing a play-based, Jewish early childhood experience, that meets the ever changing needs of our families.

At the same time, we are planning for the current situation and doing all that we can to prepare for a re-imagined lineup of enrichment style programming for the fall.

So, as we make our order for crayons,

paint and paper we are also ordering the appropriate PPE for our staff and our children.

We are collaborating with some of your favorite Steinberg Pre-School teachers to offer exciting new programming for our Steinberg Pre-School children.

We are also welcoming families in a new way and coming together as a community to support one another through this time.

While we can't predict all that may come our way, we are preparing for what we can anticipate and we are prepared to pivot as the situation

continues to evolve.

I am SO looking forward to the sights and sounds of children at play and wishing you all a time of reflection, a time of healing and a time of hope as we bring in 5781.

L'Shana Tova U'metuka,





# Suggestions for Youth Discussion and Engagement

By Sarah Attermann, Youth Community Director



Hi all! I'm Sarah Attermann, Director of Youth Engagement. I am thrilled to join this community and get to know all of you. My role focuses on working with children and teens in 2nd-12th grade, and as my portfolio begins to take shape, I am working hard with the rest of the team and the incredible Youth Commission to help meet the needs and wants of children (and their families) of all ages. I can be reached at [sattermann@nssbethel.org](mailto:sattermann@nssbethel.org).

Over the last five months, our lives have certainly seen major changes, but it has also provided us all opportunities to grow and learn. Mid-March, I found myself in Chicago, unaware

## Tips, Tricks, and Questions

Each bulletin, the Youth Department will highlight suggestions, ideas and questions for your family. It is my hope that this section provides resources, topics for discussion, and activity ideas for all. Right now, I know the world may be full of confusion and incredible divisiveness and many of us are looking for resources to stay educated and engaged. As you educate yourself and your families, I wanted to share some books and activities that I have found interesting and meaningful. Below is a small selection of resources that depict children and adults of different ethnicities actively engaged in efforts to make the world a more just place.

## Fiction (children and early teen)

*Count Me In:* Written by Varsha Bajaj, this is an uplifting story, told through alternating voices of two middle-schoolers, in which a community rallies to reject racism. \*\*available at the Highland Park Public Library\*\*

*Ban This Book!* Written by Alan Gratz, this is a story that provides a defense against censorship that is perfect for middle grade readers, showing kids they can make a difference in their schools and communities. \*\*available at the Highland Park Public Library\*\*

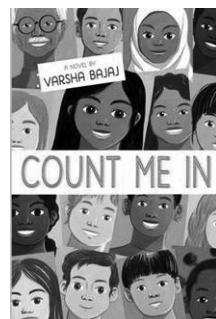
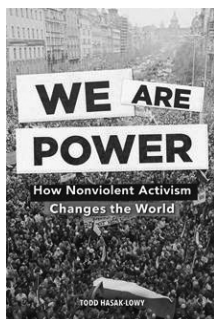
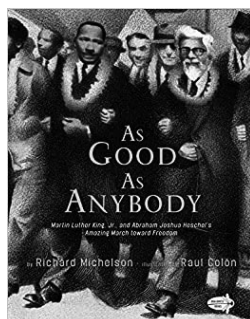
## Young Adult Non-Fiction

*This Promise of Change: One Girl's Story in the Fight for School Equality:* Written by Debbie Levy and Jo Ann Allen Boyce, explore the story of Jo Ann Allen, one of twelve African-American students who integrated Clinton High School in Tennessee in 1956. \*\*available at the Highland Park Public Library\*\*

*Freedom Summer: The 1964 struggle for Civil Rights in Mississippi:* Written by Susan Goldman Rubin, this tells the story of three civil rights workers who try to help black Mississippians register to vote. \*\*available in our Pinsof Children's Reading Room\*\*

## Activities

Looking for a quick, uplifting video for the family? Google Kid President "how to change the world (a work in progress)". Kid President explores people's different ideas about how to make the world better. What do you think is the best way to change the world? It might feel difficult, but we each have the power to bring about change in our communities.



of what the summer would bring. What I thought would be a short vacation from DC quickly turned into a permanent move. Yet this move, this opportunity to join this wonderful community has been beyond anything I have ever experienced. The emails from families welcoming me and introducing me to their children warm my heart. The passion of the staff and lay-leaders at Beth El energize me and provide me with such hope for new and innovative programs in the Youth Department.

## Picture Books

*Stand Up, Stand Out!: 25 Rebel Heroes Who Stood Up for Their Beliefs - And How They Could Inspire You:* Written by Kay Woodward, this book is the ultimate guide to inspiring tales of human passion and courage, looking at ancient heroes to modern-day dissenters.

*As Good as Anybody: Martin Luther King, Jr. and Abraham Joshua Heschel's Amazing March towards Freedom:* Written by Richard Michelson, this teaches about two iconic leaders of different backgrounds joining forces to protest for social justice. \*\*available in our Pinsof Children's Reading Room\*\*

*We Are Power: How Nonviolent Activism Changed the World:* Written by Todd Hasak-Lowy, this brings to light the incredible individuals who have used nonviolent activism to change the world.

## How Beth El Has Shaped Me Profoundly continued from page 2

By Ron Goldberg

hopeful that all this has helped me grow as a father, husband, person and a Jew.

For Eileen and me, Beth El stands as a foundation piece in our lives. Our clergy model Jewish ethics and values and their counsel

reflects that. We feel we belong to a community that is committed to social action and Tikkun Olam. For us, Beth El continues the Conservative traditions we love while being modern, welcoming and on the right side of the issues we face today.

I guess I can sum it all up by saying we love this place.

Warm regards,

Ron



# NSS Beth El Reopening Plan

By Jeff Baden, Executive Director



On June 26, 2020, Lake County entered Phase Four of Governor Pritzker's Restore Illinois plan. The health and safety of our congregants, visitors, guests and staff remain Beth El's top priority. Therefore, Beth El will follow all guidelines set forward by the CDC, State of Illinois and our own Medical Task Force.

The Phase Four plan allows for gatherings of up to 50 people, with certain exemptions for up to 100 people in places of worship. Out of an abundance of safety, Beth El's Medical Task Force has recommended that we generally limit our indoor and outdoor gatherings to less than 50 people. We reserve the right to further enhance our procedures to ensure the safety of everyone who enters our doors.



Until Phase Five of the Governor's Plan is in place, all worship services will continue to be broadcast on Zoom or be available as a livestream for an in-person service, which will follow the guidelines outlined in this plan. Remote services remain the only way to guarantee that Beth El will not become the source of new infections.

The following procedures will be applicable to all synagogue gatherings, including rentals and those sponsored by our affiliate organizations.

Procedures for Attending Programs, Worship or Life Cycle Events

- Outdoor programming and services will always be preferred (weather permitting) to indoor services.
- At the discretion of Beth El's leadership, limited In-person programs, services or lifecycle events may be permitted inside with no more than 50 people.
- Everyone attending must wear a mask from the time they leave their cars in the parking lot, during the entire event or service, until they return to their cars. Masks with air valves are not permitted. Face shields are permitted, but only in addition

to an approved mask.

- Those participating in a religious service should bring their own tallit, kippah and tefillin. Disposable kippot and loan tallitot will be available on request for guests. Loaner tallitot will be disinfected after each use, and be rotated out weekly.
- Prayer books will be available to use and will be rotated out of circulation for one week following each service. Prayer books should not be shared.
- Participants attending programs or services held inside the building will adhere to the following stringent entrance and safety procedures:
  - o All participants must preregister for each program or service they wish to attend and be listed on our registration sheet at the entrance of the building. Walk-ins will not be able to enter the building.
  - o While waiting to enter the building, participants must socially distance a minimum of 6 feet from one another.
  - o All participants must review health screening questions posted in the building entryways and will be asked to verify their good health by volunteers or security personnel before entering the building. Screening may include the taking of temperatures using a touchless thermometer.
  - o Anyone with any of the following symptoms (cough, cold, sneezing, temperature above 100.4F, etc.) will not be permitted in the building.
  - o Designated entrances will be clearly marked, and doors will be left open so that no one need touch door handles.
  - o Those traveling to Chicago from a designated "Hot Spot" city or state, must self-quarantine for 14 days before attending a service or program at Beth El.
  - o Upon entering the building, all participants will be required to use provided hand sanitizer.
  - o Participants should go immediately to their assigned seats and avoid gathering while in the building.
  - While in the building, physical distancing of at least 6 feet must be observed at all times.

• Restrooms are located throughout the building, including inside the CLC, across from the Sager Family Beit Hamidrash and on all three floors of the Zell South Wing. Participants should consider using another restroom, if already occupied by more than three people.

• Restrooms will be equipped with sufficient hand soap and hand sanitizer. We ask that all participants and staff wash their hands frequently with soap for a minimum of 20 seconds.

• Seating will be assigned based upon the pre-registration. Seating within the Field Family Sanctuary will be clearly marked to ensure proper spacing of congregants. Chairs in the Paset and Blumberg Social Hall will be spaced out and grouped by family.

• When participating in a religious service or lifecycle event, participants must sit at least 6 feet apart. Families living in the same household may choose to sit together, and do not have to be spaced six feet apart.

• We ask that participants of worship services refrain from singing in full-voice. Whispering, praying softly and humming are acceptable.

• Food and beverages will not be served inside the building during Phase Four of the Governor's plan. Water dispensers with disposable cups are available throughout the building. Napkins will be provided to touch the buttons on the water dispenser.

• Person to person greetings such as handshakes and hugs that break physical distancing requirements are discouraged.

• Children should remain in the care of those in their household, and not be allowed to interact with other children.

• Congregants, visitors and guests will be required to adhere to all posted signage.

• A member of the clergy or program leader will dismiss participants in a slow ordered fashion by section, to ensure that everyone can exit safely. Socialization after a service or program is discouraged while inside the building. Socialization is permitted outside of the building using proper social distancing and while wearing masks.

To see our Cleaning and Disinfecting Protocols, and Protocols for Bimah Participants, go to <https://www.nssbethel.org/covid-19-updates>.





As I write this in July, Sisterhood joins every other arm of the synagogue in doing its best to plan for the unknown. Our new board members are collaborating on how to continue to bring high-quality programming to the women of Beth El and on devising innovative ways to raise funds so that we can maintain our decades-long financial commitment to our congregation. We look forward to the generosity of our entire membership to help us toward this goal.

I am so appreciative of the devotion of our 2018-20 board members and am delighted that many of them have agreed to remain on our board, either in their prior positions or in new ones. I thank for their dedication those who have chosen to "take a break" from the board and trust that they nonetheless will stay involved. I'm also very excited to work with the newcomers who have accepted 2020-22 positions. Already, their evident enthusiasm has energized me. It will be my great privilege and pleasure to work with all these women during our upcoming term.

What's in store for us in the short-run, none of us can be certain. Certainly, Sisterhood programming will look different than it ever has before, just as our congregational programming has evolved to meet these new challenges. However, our mission remains the same. We must – and will – continue to provide an outstanding level of diverse opportunities for growth and engagement for the women of Beth El and find ways to maintain our financial support of many essential initiatives within our synagogue and in the greater community. Along these lines, I am so proud that our 2018-20 Sisterhood board voted unanimously to make a significant donation this past spring to subsidize grocery shopping for Beth El members in need, increased the amount of its regular contribution to the ARK and donated Jewel gift cards to the Moraine Township Food Pantry.

I have every confidence that this group of inventive and dedicated women will brilliantly carry us through until we are able to be physically together again . . . and beyond:

President: Karen Weiss  
Program VP: Lori Stark  
Membership VP: Felissa Kreindler  
Ways & Means VP: Merle Tovian  
Gift Shop VPs: Sulie Holt, Diane Levin, Pam Schlosberg  
Torah Fund VP: Rolly Cohen  
Treasurer: Sara Coven  
Parliamentarian: Pam Schlosberg  
Financial Secretary: Debbie Graham  
Corresponding Secretary: Ruth Fischer  
Recording Secretaries: Marcie Pickard & Ellen Lavin

## PROGRAM CHAIRS

MazelMail: (formerly Leagrams) Rachel Ferber & Mary Ellen Bowers  
Mathilde's Mentionables: Sue Cohen

## BOARD MEMBERS

Marcy Freeman  
Linda Gottlieb  
Roz Kallish  
Ramona Choos  
Barbara Hochwert  
Elizabeth Ury

## Sisterhood Gift Shop Our Sisterhood Gift Shop is Here for You!

By Sulie Holt, Diane Levin, and Pam Schlosberg, Gift Shop Co-chairs

Yes, our Gift Shop is open! The lights may not be on, and the doors may be closed, but we are here virtually for you.

Despite COVID-19, there are holidays to celebrate, birthdays and anniversaries to remember, milestones to recognize. In fact, during these challenging days when so many forces are pulling on us, it may be more important than ever to recognize life's special moments, to be present for them, and not to let them get lost.

### Remember the Sabbath Day to keep it holy...

Shabbat is one of these special moments. During these unprecedented days, Shabbat takes on a deeper meaning, serving both as an emotional and a spiritual oasis. Although each of us celebrates Shabbat in our home, we're united with our community through the flame of the Shabbat candles we light, intertwined by the blessings we recite, and connected through joy,

peace, and rest. We are together and part of a sacred community.

This may be the perfect time to celebrate the spirit of Shabbat and add something new to your Shabbat table. We have beautiful Shabbat Judaica, from candles and challah covers to candlesticks and kiddush cups. We're happy to meet you virtually in the Gift Shop and help you find something to enhance your Shabbat celebration and renew your spirit.

### Shopping Virtually is our New Reality

We also have launched online shopping. To help you fulfill the mitzvah of hearing the shofar for the High Holidays, you can select, order, and pay for a shofar online. Additional High Holiday items are also available at: [www.nssbethel.org/Sisterhood](http://www.nssbethel.org/Sisterhood). (click on Rosh Hashanah Gift Shop Sale) We will have your order ready for curbside pickup either Wednesday, September 9 or Thursday, September 10, from 11:00 am to



1:00pm and 4:30 to 6:00pm.

Until Beth El is open, we're here for you, ready to lend a supportive hand and help you celebrate the blessings that remain a part of our lives, our wonderful holidays and beautiful traditions. Consider us your personal shoppers and curbside deliverers! Please contact Sulie: 847-558-3389; Diane: 847-571-5629; or Pam: 847-433-7546.



As I pen this letter, I can't help but reflect on 'what a long, strange trip' the last few months have been. Men's Club functions have always revolved around big get togethers with food and drink. So, how does one re-invent oneself to adapt with the times?

The Men's Club has always seen itself as an extension of Beth El; here to serve and support. We have always done this through activities like our Lox Box Program, Men's Club Shabbat Weekend, The Cave Man Dinner, our Steak & Scotch program, and the Yom HaShoah program. These programs all require a physical

presence and the aforementioned food and drink.

So, while we had to cancel most programs to date (we're still planning a "Not Your Normal Steak & Scotch Event," we have focused on what we can do to support and give back to the Shul. In April, we voted a \$3,600 donation to the Rabbi's discretionary fund to help people struggling with Corona Virus. In addition, I'm proud to announce we've also pledged an additional \$10,000 to Beth El if the budget falls short and funds are needed.

Beyond that, the Men's Club has tried to stay connected with a 'Virtual L'Chaim' before Shabbat and we've conducted several Men's Club Board Meetings via Zoom.

So, we'll continue to be creative and look for new ways to gather as a club over the coming months. Until such time comes where we can all get together in person, Men's Club will continue to engage with one another and our larger Beth El community in a virtual platform. Until we can all be together again, we wish everyone, and their families to stay safe and healthy. L'hitraot!

## What We've Accomplished at Beth El Since March

By Stuart Hochwert, VP of Administration

And what a year it has been! The staff and lay leadership continue to work hard behind the scenes executing planned strategies, creating new responses to handling the challenging situation around COVID-19 and creating plans for the Fall and beyond. Some items that are worth noting include:

- **2020 FEMA security grant** – we applied for and received a grant last year through the Nonprofit Security Grant Program which is administered through the Department of Homeland Security and the State of Illinois. We now have approvals for work to begin soon installing updated camera systems, bollards, security window film and more.
- **2021 FEMA security grant** – was submitted a few months ago and approved! We will now submit final details on our grant that will support additional security guards, classroom keypads and other items. We worked with local police, Department of Homeland Security and the JUF who all assisted last year and this year with building security audits.
- **Catering** – Laura's weekly Zoom cooking classes have been a big hit. And our new weekly To Go/Curbside carry-out program features delicious full meals for 2, 4 or more. Menus change each week. High holiday menus featuring curbside pick-up are available to order from our website.
- **Communications** – we are constantly reviewing data to understand how to best communicate with our congregants. We are now using phone, e-mail, postal and social media. Be sure we have your contact information on and off-line so we can stay in touch. Feel free to call our office to update.
- **Employee Manual** – we updated our HR practices including a new employee handbook and associated processes.
- **Maintenance** – the maintenance department is practicing social distancing during COVID-19 and doing projects in the building such as painting, LED lighting installation, light repair work and storage organization.
- **Medical Task Force** – we created this task force so we can safely reopen Beth El soon and create our COVID-19 plans and response.
- **Roof** – we are finishing our planned two-year roofing project this summer. The new roofs are now covered under a 25-year warranty. Further roofing replacements in our buildings or wings are scheduled as needed in a few years.
- **Signage** – we are updating our inside and outside signage through a generous donation. Inside signs will be ordered shortly.
- **Updates** – we are having the office staff call all members to update data like e-mail and phone contacts. They are doing this from their homes. Further we have migrated to a cloud-based software management system this month called Shul Cloud. Soon you can update, review, pay and more through this

new system.

- **Video System** – to enhance our services and High Holiday experiences we are installing video equipment and software to support the best user experience.



- **Zell South Wing** – this project has been completed, including making the elevator operational. We now have access to all levels of the building via the elevator. This beautiful new space is perfect for smaller events, large meetings, lifecycle events including a Shiva and more.
- **Zoom** – like many companies and non-profits we have migrated to Zoom for meetings, programs, daily services, Shabbat Services and more. We have even had Bar Mitzvah and Bat Mitzvah's via Zoom with hundreds and hundreds of families 'in attendance'.

If you have any questions, comments, or suggestions, we value your input. Please feel free to reach out to us via phone or e-mail.



# High Holiday BOOT CAMP



1

## Love Your Neighbor as Yourself

Wednesday, September 2, 8:00 pm  
Rabbi Michael Schwab

How do we truly see the other and understanding the commonality we share? How do we approach people who have different life experience from our own with humility and respect? How do we reach out of our comfort zone in a pandemic to support different parts of our community? Join our Rabbi Michael Schwab as we explore this part of our tradition and apply it to our daily interactions and our commitments for this new Jewish year.



2

## Book of Jonah = Story of Noah's Ark 2.0

Friday, September 11, 12:00 pm  
Rabbi Alex Freedman

On Yom Kippur, we read the story of Jonah as an independent tale of Teshuvah/repentance. But Dr. Judy Klitsner of Pardes points out numerous parallels to the Noah story that enable us to understand the Jonah story in a new way. We will look at her insights and build on them.



3

## Zooming Into the Holidays: How to Get the Most Out of Zoom

Monday, September 14, 8:00 pm  
Hazzan Ben Tisser

Our Synagogue is so much more than our building, and that will become even more evident as we approach the High Holy Days. We are taught that when we build Jewish homes we create a *mikdash me'at*, a "small Sanctuary", representative of the place where God dwelled in the Holy Temples in Jerusalem. In this session we will discuss practical ways to transform our homes into places of holiness, that we may experience all the depth and beauty of the High Holy Days, whether we do so on our own or by engaging with Beth El virtually.

**RSVP to Marcie Eskin ([meskin@nssbethel.org](mailto:meskin@nssbethel.org) or 847-926-7903) for these unique presentations in preparation for the High Holy Day season.**

North Suburban Synagogue

**Beth El**  
בית כנסת בית אל





# High Holiday and Festival Service Schedule 5781

## Virtual Service Schedule at Beth El

### Saturday September 12 - Selichot

Maariv	7:50 pm
Shabbat ends	7:48 pm
Havdalah	8:10 pm
Program - Havdalah	8:50 pm
Program - Rabbis teaching	9:00 pm
Program - Service	10:00 pm

### Friday, September 18 - Erev Rosh HaShanah

Mincha/KS/Maariv services	6:30 pm
Candlelighting	6:36 pm

### Saturday September 19 - Rosh HaShanah 1

Shaharit service	9:00 am
Zoom Jr. Congregation	11:00 am
Kids service (ages 0-8) streaming in advance	
Mincha service	6:30 pm
Maariv service	7:15 pm
Candlelighting	7:35 pm

### Sunday, September 20 - Rosh HaShanah 2

Shaharit service	9:00 am
Zoom Jr. Congregation	11:00 am
Kids service (ages 0-8) streaming in advance	
Shofar/Tashlich	4:00 pm
Mincha service	6:30 pm
Maariv services	7:20 pm
Yom Tov ends	7:32 pm

### Sunday September 27 - Kol Nidrei/ Erev Yom Kippur

Mincha service	6:00 pm
Kol Nidrei service	6:15 pm
Candlelighting	6:20 pm

### Monday, September 28 - Yom Kippur (w/Yizkor)

Shaharit service	9:30 am
Zoom Jr. Congregation	11:30 am
Kids service (ages 0-8) streaming in advance	
Mincha service	4:45 pm
President's remarks	6:00 pm
Neilah	6:10 pm
Yom Tov ends	7:19 pm

### Friday, October 2 - Erev Sukkot

Family Service	6:00 pm
Mincha/KS/Maariv services	6:00 pm
Candlelighting	6:12 pm

### Saturday, October 3 - Sukkot 1

Festival service	9:00 am
Jr. Congregation	10:30 am
Tot Sukkot	11:00 am
Mincha/Maariv services	6:15 pm
Candlelighting	7:10 pm
Shabbat ends	7:10 pm

### Sunday, October 4 - Sukkot 2

Festival service	9:00 am
Jr. Congregation	10:30 am
Tot Sukkot	11:00 am
Mincha/Maariv services	6:15 pm
Yom Tov ends	7:08 pm

### Friday, October 9 - Erev Shmini Atzeret

Mincha/Maariv services	6:00 pm
Candlelighting	6:00 pm

### Saturday, October 10 - Shmini Atzeret (w/Yizkor)

Festival service	9:00 am
Jr. Congregation	10:30 am
Tot Shmini Atzeret	11:00 am
Mincha services	6:00 pm
Candlelighting	7:00 pm
Maariv service/Hakafot/ Simchat Torah celebration	7:00 pm

### Sunday, October 11 - Simchat Torah

Festival service	9:00 am
Jr. Congregation	10:30 am
Tot Simchat Torah	11:00 am
Hakafot w/special honors	10:00 am
Mincha/Maariv services	6:00 pm
Yom Tov ends	6:57 pm



**Sukkot is Coming.**  
**Time to Order your**  
**Lulav/Etrog and Schach**

Orders are due by **September 18, 2020**. Late orders will not be accepted.  
Return Check by September 18 to front office:

NSS Beth El, 1175 Sheridan Road, Highland Park, IL 60035 attn: Hazzan Barnett.  
Please make checks payable to NSS Beth El.

\_\_\_\_\_ set(s) of Lulav/Etrog @ \$62.00 per set

\_\_\_\_\_ bunches of Schach @ \$22.00 per bunch

Total amount enclosed \$ \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_



# Beth El History Corner

By Mort Steinberg, Author of *Tradition by the Lake: A Historical Outline of North Suburban Synagogue Beth El*

The spate of national protests and demonstrations for racial justice which occurred this summer echoes the stance taken by Beth El's clergy for at least the past 60 years. Tolerance and justice for all have been emphasized repeatedly from the bimah and articu-

lated regularly by Beth El's lay leadership as a pillar of Judaism.

In 1963, the Men's Club formed the synagogue's first Social Action Committee and at its urging the synagogue's board of directors adopted a formal resolution supporting the civil rights program of President John F. Kennedy. Two years later, just a few months before the historic appearance of Dr. Martin

Luther King on the Village Green in Winnetka, Rabbi Philip L. Lipis delivered a passionate sermon on the importance of racial equality. Lipis declared:

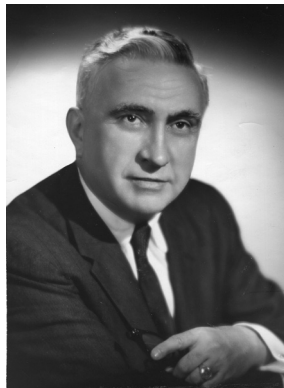
**And so it becomes our duty as Jews, through the mandate of our own**

**sorrowful history and the imperatives of our faith, to be on the side of the Negro in his search for equality....Let us march together: Jew and Christian and white and black and native and foreign born, in accordance with the vision that came to Micha: "For let all peoples walk each one in the name of its god, but we will walk honorably in the name of the Lord our God, forever and ever."**

(This powerful sermon, recorded by an unknown person on April 30, 1965, can be heard at length on YouTube by searching: North Shore Summer Project/Rabbi Philip L. Lipis.)

Under Rabbi William Lebeau, the synagogue Social Action Committee grew and expanded its mission of promoting civil rights and assisting the less fortunate in our community.

A major program undertaken by Rabbi Vernon Kurtz was the *Shared Dreams Shabbaton* celebrated on January 17, 2009, which featured day long programs at the synagogue to honor the memory of Dr. Martin Luther King and



Rabbi Philip L. Lipis

North Suburban Synagogue Beth El Presents

In honor of Parshat Sh'mot, Martin Luther King Jr. Day and the inauguration of our new President

**Shared Dreams Shabbaton**

**JANUARY 17, 2009**

**Shabbat Morning Services and Kiddush**  
Field Family Sanctuary, 701 Shabbat, Near-Heyes, Junior Congregation and Bet Midrash Minyan

**Session: 12:40 - 1:25 pm**  
Praying with your Feet: Abraham Joshua Heschel & Martin Luther King, Jr.  
- A multigenerational freedom ceremony  
Grades 1 - 3: As Good As Anybody with Karen Raizen  
Preschool - Kindergarten: Super Shabbat Stories & Dreams with Rachel Kamini

**Lunch: 1:30 - 2:25 pm**  
Performance by Beth El Chorale

**Session: 2:30 - 3:30 pm**  
Martin Luther King, Jr.'s I Have a Dream - discussion with Rabbi Kurtz  
The Power of Dreams - discussion with Rabbi Schwab  
Walking in Israel: Games and Activities with Karen Raizen and Rachel Kamini

**Session: 3:40 - 4:10 pm**  
Accept the Challenge: Family Shabbaton Trivia - Prizes!!

**4:15 pm** - Mitzvah (afternoon service)  
**4:35 pm** - Seudah Shlishet (light meal)  
**5:20 pm** - Ma'ariv (evening service) and Havdalah

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**There is no charge for the Shabbaton!**

Lunch reservations are **REQUIRED** no later than January 13th!

Call or email your RSVP - 847.432.8903 x262 or [mtovian@nssbethel.org](mailto:mtovian@nssbethel.org)

in honor of the inauguration of President Barack Obama. And just recently, Rabbi Michael Schwab reminded the congregation of an imperative of our religion:

"At its core, Jewish tradition values equality....[A] critical role we Jews must play in the world is to do whatever is in our power to bring *Kvod*, dignity, to every segment of society."

Our entire congregation can be proud of the Beth El tradition to promote and advocate for racial justice and equality in our society.

## Did You Know the Birnbaums?

By Marla Hand, CLC Committee Member

You likely know many of their contributions to NSS Beth El. After joining in August 1955, they worked to promote the synagogue and strengthen bonds of a growing congregation and community.

Early on, Len was the resident photographer capturing the 1955 groundbreaking ceremony for the "community center" and the beautiful bimah for the 1957 High Holiday Services in the newly dedicated Blumberg Auditorium. Next, he joined the 1959 General Campaign to construct the new main sanctuary. Its circular footprint emerges from snowbanks in his photograph during construction over the winter of 1962. In 1967, he chaired the Building Commission that reconstructed the Sager Beit Hamidrash, remodeled the Blumberg Auditorium, and beautified the main Field Family Sanctuary. A gifted artist,

Len worked closely with Israeli American pioneer of contemporary Jewish design, Ludwig Wolpert (1900-1981), who created the bimah menorah, ner tamid, and monumental ark doors that record the Ten Commandments in stylized Hebrew calligraphy. Len traveled to Wolpert's New York studio and foundry several times to collaborate on the project and oversaw transporting and installing the works in time for the 1968 High Holidays.

In 1972, Len wrote an extensive history about Beth El's first twenty-five years and designed the invitation for its quarter-century celebration. To raise funds for its mounting budget, in 1979, Beth El began to "write" a Torah - the last commandment in the Torah - made possible by donors to weekly Torah por-



tions. In 1980, Len penned a symbolic scroll, on display today in the rotunda, honoring Beth El contributors past and present. He was president of the Men's Club and named a lifetime Trustee on the Board of Directors.

Having trained at The School of the Art Institute of Chicago and The American Academy of Art, Len was a career Advertising Executive and Art Director, a graphic designer, and calligrapher in English and Hebrew. He designed Beth El logos, letterheads showcasing



the building's expansive silhouette, and brochures for synagogue events. He also created certificates for b'nai mitzvah and custom ketubot.

A devoted mother of four, Marge was equally committed to Beth El. She sang in the choir and served on the Sisterhood Board of Directors, chairing Membership and Programs, and assisting in the Gift Shop. Predictably, she became Sister-

hood president. She built her own event planning business called "An Affair with Marjorie Birnbaum." A calligrapher in her own right, she designed invitations for weddings, b'nai mitzvah, and other celebrations.

For some sixty years, Marge and Len were Beth El's "dynamic duo." Their artistic talents shined in theatrical productions including "My Fair Maidel" and the annual

Candlelight Supper Dance. They each received the Rabbi Philip L. Lipis Award in recognition of exceptional service to the congregation. In 2015, the Rissman Kol Ami exhibit The Birnbaums at Beth El: 60 Years of Art and Soul celebrated their remarkable impact. Marge and Len Birnbaum were extraordinary members whose legacy we cherish and should know.

## Mazel Tov to:

Dana Fine Blitzstein and Steven Blitzstein on the birth of their son, Nathan Isaac Blitzstein

Abby and Lawrence Block on the marriage of their grandson, Jonathan, to Erin Doppelt

Honey and Dan Bronson on the birth of their grandchildren, Adam Bronson and Nathan Shea

Lynn and Arthur Cohen on the birth of their grandson, Lewis Joseph Barmach

Sara and Steve Coven on the birth of their grandson, Elisha Natan Ostrow

Rabbi Deena Cowans on her rabbinic ordination

Donna and Mark Chudacoff on the birth of their grandson, Max Jacob Chudacoff

Dr. Jessica Finkielsztejn and Michael Chudacoff on the birth of their son, Max Jacob Chudacoff

Lois and Donald Chudacoff on the birth of their great-grandson, Max Jacob Chudacoff

Ellen and Robert Doppelt on the marriage of their daughter, Erin, to Jonathan Gordon

Nan and Dr. Marc Fine on the birth of their grandson, Nathan Isaac Blitzstein

Mindy and Jeffrey Gordon on the marriage of their son, Jonathan, to Erin Doppelt

Betty Ann Levin on the marriage of her granddaughter, Allison Levin, to Max Affrunti

Stephen and Diane Levin on the Marriage of their daughter, Allison to Max Affrunti

Shoshana and Joshua Ostrow on the birth of their son, Elisha Natan Ostrow

Merle and Sheldon Rosenfeld on the birth of their great-grandson, Elisha Natan Ostrow

Jackie Schwartz and Charles Slutzky on the birth of their daughter, Marin Pearl

Marilyn and Rodney Slutzky on the birth of their granddaughter, Marin Pearl Slutzky

## Welcome to Our New Members:

Mark & Donna Chudacoff

Benjamin & Nicole Shamis and their children Maxwell & Ruby

Spenser & Katie Solis and their daughter, Eliana

Jonathan & Ariel Towers and their children, Alexander, Julian & Danielle

## Condolences to:

Barbara Berger on the loss of her husband, Ira Berger

Adrienne Garland on the loss of her fiancé, Carl Levine

Jodi, Ronald and Naomi Less on the loss of their father, Robert "Bob" Edwin Less

Keith, Mark and Steven Linch on the loss of their mother, Carol Linch

Susan Millner, Andrew Carter, Heidi Rodino, Gayle Glazer on the loss of their father, Ira Berger

Joseph, Stephanie and Andrew Mitzenmacher on the loss of their father, Allen Mitzenmacher

Katherine Mitzenmacher on the loss of her husband, Allen Mitzenmacher

Jeffrey and Eric Paset on the loss of their father, Jay R. Paset

Shari Paset on the loss of her husband, Jay R. Paset

Martin and Cindy Pinsky on the loss of Martin's father, Alex Pinsky

Debora Pinzur on the loss of her sister, Cheryl Ziering

Kristina Ruderman on the loss of her father, John Harris

Pendri Shalem on the loss of his stepson, Mitchell Robert Zand

Dr. Frances Lee Zand and Philip Zand z'l on the loss of their son, Mitchell Robert Zand

Jay and Rich Zand on the loss of their brother, Mitchell Robert Zand

### IN MEMORIAM:

Ira Berger  
Harriet Bernbaum  
Robert "Bob" Edwin Less  
Carol Linch  
Allen Mitzenmacher  
Jay R. Paset



### **Rabbi Schwab Discretionary Fund**

*In honor of Alex Bernat's graduation from Rochelle Zell High School and acceptance to Harvard University -* **Howard and Lynne Schechter**

*In honor of Charlie Bernat's wonderful freshman year at Rochelle Zell High School and his MVP golf award -* **Howard and Lynne Schechter**

*In honor of Gabe Small, son of Richard and Janice Small, on his graduation from Washington University in St. Louis -* **Karen Weiss**

*In honor of Roberta Kwall's special birthday -* **Donna and John Smith**

*In honor of Simon Levitan's graduation from Solomon Schechter Day School -* **Karen Weiss**

*In honor of the birth of Elisha Natan, grandson of Sara and Steve Coven -* **Karen Weiss**

*In memory of Alex Pinsky, beloved father of Martin Pinsky and Galit Gottlieb -* **Karen Weiss**

*In memory of Allen Mitzenmacher, beloved husband of Katherine Mitzenmacher*

- **Sam Bernstein**

- **Linda and Andy Lorsch**

- **Eve Niimi**

- **Alan Urban**

*In memory of Arthur Hoover, beloved father -* **Michelle Leon**

*In memory of Bessie Brooks, beloved mother -* **Donald and Lois Chudacoff**

*In memory of Cheryl Ziering, beloved sister of Debora Pinzur -* **Andrew and Gail Brown**

*In memory of Daniel Howard Glick and with appreciation to Rabbi Schwab -* **Deborah and H. Steven Graham**

*In memory of Daniel Howard Glick, beloved brother of Deborah Graham -* **Karen Weiss**

*In memory of David Bernstein, beloved father -* **Irwin and Sheri Mandel**

*In memory of Dr. Arthur Lasin, beloved brother of Gerald Lasin*

- **Robert and Maxine Greenstein**

- **Trevor and Dina Lissoos**

*In memory of Dr. Harold Rubin Dreebin and with appreciation to Rabbi Schwab -* **Reva Dreebin**

*In memory of Edith H. and Sidney Weiss, beloved mother and father -* **Karen Weiss**

*In memory of Estelle Sabsel, beloved sister of Fran Rabinowitz -* **Karen Weiss**

*In memory of Goldie Sher, beloved mother -* **Michael Sher**

*In memory of Harry Rubinoff, beloved father -* **Karen Rubinoff**

*In memory of Ira Berger, beloved husband of Barbara Berger -* **Dr. Colman and Julie Kraff**

*In memory of Jay Paset, beloved husband of Shari Paset and beloved father of Jeffrey and Eric Paset -* **Allene Frost**

*In memory of John Harris, beloved father of Kristina Ruderman -* **Andrew and Gail Brown**

*In memory of John Lissoos, beloved father -* **Trevor and Dina Lissoos**

*In memory of Leonard Birnbaum and with appreciation to Rabbi Schwab -* **Marc and Jacalyn Birnbaum**

*In memory of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather*

- **Lawrence and Abby Block**

- **Allene Frost**

- **Ira and Elise Frost**

- **Ronald and Eileen Goldberg**

- **Selma Hoffman**

- **Michael and Anita Katz**

- **Robbie Schreiber**

- **Karen Weiss**

*In memory of Lillian Berlin -* **Miriam Berlin**

*In memory of Manfred Naumann, beloved father -* **Steven Naumann**

*In memory of Marilyn Kaplan, beloved mother of Lisa Rosenkranz*

- **Marla and Terry Grossberg**

- **Trevor and Dina Lissoos**

- **Karen Weiss**

*In memory of Mona Shapiro Schwab, beloved mother of Richard Schwab, beloved grandmother of Rabbi Michael Schwab and beloved great-grandmother of Ari, Liana, Miriam and Noa Schwab*

- **Barry and Laurel Abramowicz**

- **Robert and Sharon Abrams**

- **Jack and Barbara Blumberg**

- **Andrew and Gail Brown**

- **Robert and Iris Center**

- **Donald and Lois Chudacoff**

- **Philip and Doreen Feitelberg**

- **Beth and Robert Footlik**

- **Harris and Sharon Goldenberg**

- **Robert and Maxine Greenstein**

- **Marla and Terry Grossberg**

- **Barbara and Stuart Hochwert**

- **Karen and Michael Kesner**

- **Benjamin and Andrea Leshem**

- **Trevor and Dina Lissoos**

- **Edward and Paulette Margulies**

- **Lois Moss**

- **NSS Beth El Sisterhood**

- **James Nyeste and Marla Hand**

- **Brad and Marcie Pickard**

- **Joel and Frances Rabinowitz**

- **Joel and Basia Retsky**

- **Michael and Phyllis Sadoff**

- **Patricia Shapiro**

- **Alan and Margaret Silberman**

- **Karen Weiss**

*In memory of Paul Long, beloved father -* **Judy Smiley**

*In memory of Rhalda Prystowsky, beloved mother of Jay Prystowsky and beloved grandmother of Henry, Sydney, Jared and Jacob Prystowsky -* **Dr. Jeff and Mindy Gordon**

*In memory of Robert "Skip" Engert, beloved husband of Karen Engert, beloved father of Elise Kline and beloved grandfather of Logan Maysonet -* **Karen Weiss**

*In memory of Robert Edwin Less, beloved father of Jodi, Ronald and Naomi Less -* **Annette Feller and Family**

*In memory of Sidney Feinstein, beloved father -* **Arthur and Lynn Cohen**

*In memory of Sidney Weiss, beloved father -* **Karen Weiss**

*With appreciation to NSS Beth El for the face masks -* **Stuart and Marianne Taussig**

*With appreciation to NSS Beth El -* **Chana Anderson**

*With appreciation to Rabbi Michael Schwab for speaking at our Juneteenth event -* **Nina Hoffman and Family**

*With appreciation to Rabbi Schwab for all of his help -* **Jonathan and Deborah Barker**

*With appreciation to Rabbi Schwab*

- **Alice Gross**

- **Matthew S. Pestine and Jamie Glass-Pestine**

- **Dale and Betsey Pinkert**

### **Rabbi Freedman Discretionary Fund**

*In memory of Cheryl Ziering, beloved sister of Debora Pinzur -* **Susan and Alan Resnick**

*In memory of Dr. Arthur Lasin, beloved brother of Gerald Lasin -* **Beth and Robert Footlik**

*In memory of Hortense Rubinoff, beloved mother -in-law -* **Karen Rubinoff**

*In memory of Isaac Feitelberg, beloved father -* **Philip and Doreen Feitelberg**

*In memory of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather -* **Lorra Rudman**

*In memory of Rochelle Dlugie, beloved mother of David Dlugie -* **Marilyn and Rodney Slutzky**

*With appreciation to Rabbi Freedman for his assistance for the funeral of Orrin Stine, my beloved grandfather -* **Bryan Sadoff**

*With appreciation to Rabbi Freedman for performing our son Eli Allen's Brit Milah -* **Allison and Benjamin Bronson**

*With appreciation to Rabbi Freedman for the Brit Milah for our grandson, Eli Allen Bronson -* **Daniel and Honey Bronson**

### **Hazzan Tisser Discretionary Fund**

*In honor of Hazzan Tisser for an excellent Yom Ha'atzmaut program -* **Edward and Paulette Margulies**

*In honor of the marriage of Hazzan Ben Tisser and Robyn Sack*

- **Jack and Barbara Blumberg**

- **Marc and Devorah Richards**

*In memory of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and be-*



loved great-grandfather - **Bobbie and Len Tenner**  
*With appreciation* for the wonderful productions online - **Matthew S. Pestine**  
*With appreciation* - **Alan and Barbara Newman**

### **Rabbi Kurtz Discretionary Fund**

*In honor* of Rabbi Deena Cowans on her ordination - **Mr. and Mrs. Jerry Wolf**

*In honor* of the birth of Lauren Ravich - **Carol Ravich**  
*In memory* of Allen Mitzenmacher, beloved husband of Katherine Mitzenmacher - **Gordon Millner**

*In memory* of Larry Tayne, beloved husband, father and grandfather - **Charlotte Tayne**

*With appreciation* to Larry Pachter on sticking with us throughout the home purchasing process - **Shoshana and Joshua Ostrow**

*With appreciation* to Rabbi Kurtz for his support and encouragement 20 years ago this month - **Karen Rubino**

### **Adolph M. and Lotty Jacobson Israel Scholarship Endowment Fund**

*In memory* of Edward Hollander - **Marty and JoAnn Jacobson**

*In memory* of Laura Dorfman - **Marty and JoAnn Jacobson**

*In memory* of Lawrence Dubin

- **Marty and JoAnn Jacobson**

- **Myrna Kopin**

*In memory* of Samuel - **Marty and JoAnn Jacobson**

### **Andrew and Gail Brown Technology Endowment Fund**

*In memory* of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather - **Gail and Andrew Brown**

### **Ba'al Korei Fund**

*In memory* of Leo Gambone, beloved father of Karen Bieber - **Lisa Rosenkranz**

### **Ben and Marion Drachler Israel Scholarship Endowment Fund**

*In memory* of Marion "Frankie" Drachler, beloved mother - **Dr. and Mrs. A. Michael Drachler**

*In memory* of Marion Drachler, beloved mother - **Ferne Avery**

*In memory* of Stephen Avery, beloved husband - **Ferne Avery**

### **Miriam and Bernard H. Sokol Hebrew High School Fund**

*In memory* of Daniel Howard Glick, beloved brother of Deborah Graham - **Ronnie Jo Sokol**

*In memory* of Jay Paset, beloved husband of Shari Paset and beloved father of Jeffrey and Eric Paset - **Ronnie Jo Sokol**

*In memory* of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather

- **Judith Sarnat**

- **Ronnie Jo Sokol**

### **Cal & Lana Eisenberg Halomdin Program Endowment Fund**

*In memory* of Minnie Eisenberg, beloved mother - **Calvin and Lana Eisenberg**

### **Capital Improvement Fund**

*In memory* of Benita Raemer, beloved sister

- **Racquel Hochwert**

*In memory* of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great grandfather - **Marcy and Kenneth Levin**

*In memory* of Lillian Landow, beloved mother

- **Racquel Hochwert**

*In memory* of Marilyn Kaplan, beloved mother of Lisa Rosenkranz - **Karen and Michael Kesner**

### **Edward S. Frank Israel Study Memorial Endowment Fund**

*In honor* of Nessia Frank on Mother's Day

- **Benjamin Frank**

- **Ruthie and Mike Polcino**

*In memory* of Dr. Arthur Lasin, beloved brother of Gerald Lasin - **Edward and Paulette Margulies**

*In memory* of Dr. Carol Armon, beloved sister of Robert Schlamowitz - **Sandy Starkman and Larry Pachter**

*In memory* of Estelle Sabsel, beloved sister of Frances Rabinowitz

- **Gerry Kaplan**

- **Bobbie and Len Tenner**

### **Family Engagement Endowment Fund**

*In honor* of Joey and Biruk Silvers on their B'nai Mitzvah - **Arielle and Victor Levitan**

### **Fertig Family College Campus Visits Endowment Fund**

*In memory* of Mona Shapiro Schwab, beloved mother of Richard Schwab, beloved grandmother of Rabbi Michael Schwab and beloved great-grandmother of Ari, Liana, Miriam and Noa Schwab - **Nancy and Maury Fertig**

### **Gamze House Beautification Endowment Fund**

*In memory* of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather - **Gwen and Don Packard**

### **Gertrude Lederman Family Continuing Education Fund**

*In honor* of Sandy Starkman and the Education Committee - **David Pickus**

*In memory* of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather - **Edward and Paulette Margulies**

### **Hazak Fund**

*In honor* of the donation of Shabbat dinner to Howard Turner from Ronit Ripes and Ali Drumm - **Aliza Drumm**

*In memory* of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather - **Jackie and Michael Melinger**

*In memory* of Mona Shapiro Schwab, beloved mother of Richard Schwab, beloved grandmother of Rabbi Michael Schwab and beloved great-grandmother of Ari, Liana, Miriam and Noa Schwab

- **Gerald and Annette Blumberg**

- **Jackie and Michael Melinger**

*In memory* of Rivka Kafentok, beloved mother of Charles Kafentok - **Gerald and Annette Blumberg**

*In memory* of Robert "Skip" Engert, beloved husband of Karen Engert, beloved father of Elise Kline and beloved grandfather of Logan Maysonet - **Jackie and Michael Melinger**

*With appreciation* for being asked to co-chair the Hazak Committee - **Mary Ellen Bowers**

*With appreciation* to Jackie Melinger - **Frances Lee Zand**

*With appreciation* to Jackie Melinger and Eli Krumbein for their phone calls and all of their help - **Frances Lee Zand**

*With appreciation* to NSS Beth El and Hazak for the phone calls - **Marvin and Janice Temple**

*With appreciation* to NSS Beth El during COVID-19 - **Robert and Carol Ruderman**

*With appreciation* to the Hazak Committee for the masks and for everything they are doing for Beth El members - **Jack and Barbara Blumberg**

*With appreciation*

- **Ruth Fischer**

- **Robert and Beth Footlik**

- **Samuel and Ray Levin**

- **Jackie and Michael Melinger**

- **Howard Turner**

- **Frances Lee Zand and Pendri Shalem**

### **Jack and Mildred Cohen Religious School Fund**

*In memory* of Yael Hoffman - **Terri and Michael Lipsitz**

### **Janger Family Haverot Endowment Fund**

*In memory* of Richard Janger, beloved father and grandfather - **Rachel, Lee, Micah and Marisa Janger**



### **Joseph and Mae Gray Cultural and Learning Center Fund**

*In honor of Doreen and Phil Feitelberg's friendship - Pam and Richard Schlosberg*

*In memory of Cheryl Ziering, beloved sister - Debora and Michael Pinzur*

*In memory of Marilyn Kaplan, beloved mother of Lisa Rosenkranz - James Nyeste and Marla Hand*

*In memory of Roy H. and Charlotte K. Millenson, beloved parents - Michael L. Millenson*

### **LGBTQIA+ Inclusion Fund**

*In memory of Mona Shapiro Schwab, beloved mother of Richard Schwab, beloved grandmother of Rabbi Michael Schwab and beloved great-grandmother of Ari, Liana, Miriam and Noa Schwab - Gerald and Judy Farby*

### **Maxwell Abbell Library Fund**

*In memory of Dorothy Wexler, beloved wife - Herman Wexler*

*In memory of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather - Joel and Frances Rabinowitz*

### **Minyan Service Fund**

*In memory of Allen Mitzenmacher, beloved husband of Katherine Mitzenmacher*

*- Wendy Apple and Family*

*- Beth and Robert Footlik*

*- Thomas and Dolores Michael*

*- Phyllis and Michael Mitzen*

*- Debra S Rade*

*- Diane Roodman*

*In memory of Dr. Daniel Nast Jr., beloved husband of Dolly Nast - Stanton and Carole Dardiger*

*In memory of Ed Genson, beloved husband, father and grandfather - Stanton and Carole Dardiger*

*In memory of Esther Serman, beloved mother - Toby Schwartz*

*In memory of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather - Steve and Beth Leeds*

*In memory of Mona Shapiro Schwab, beloved mother of Richard Schwab, beloved grandmother of Rabbi Michael Schwab and beloved great-grandmother of Ari, Liana, Miriam and Noa Schwab - Gerald and Adrienne Lasin*

*In memory of Muriel "Cissie" Shapiro, beloved mother of Jeff Shapiro - Stanton and Carole Dardiger*

*In memory of Robert Edwin Less, beloved father of Jodi, Ronald and Naomi Less*

*- Dr. and Mrs. Gerald Lasin*

*In memory of Ronni Arndt, beloved wife, mother, grandmother and niece - Stanton and Carole Dardiger*

*In memory of Verna Becker, beloved wife, mother, grandmother and our beloved friend - Stanton and Carole Dardiger*

### **Music Fund**

*In honor of the marriage of Hazzan Ben Tisser and Robyn Sack - Beth Hillel B'nai Emunah*

*In memory of Bob Shonfeld, beloved uncle of Fran and Jon Sherman - Larry and Abby Block*

*In memory of Jay Paset, beloved husband of Shari Paset and beloved father of Jeffrey and Eric Paset - Larry and Abby Block*

*In memory of Robert Edwin Less, beloved father of Jodi, Ronald and Naomi Less - Bobbie and Len Tenner*

### **NSS Beth El Special Gifts Fund**

*In honor of Francine Ephraim and all of the other volunteers - Ronald and Paula Domsy*

*In honor of Larry and Barbara Field's special wedding anniversary - Morry and Judy Weiss*

*In memory of Allen Mitzenmacher, beloved husband of Katherine Mitzenmacher*

*- Mary Ann and Roger Grabowski*

*- Daniel and Susan Hoseman*

*- Ernie and Marianne Kaufmann*

*In memory of Dr. Arthur Lasin, beloved brother of Dr. Gerald Lasin - Mark and Robin Greenberger*

*In memory of Herbert Gross, beloved husband - Alice Gross*

*In memory of James Weiss, beloved husband of David Weiss - Ernie and Marianne Kaufmann*

*In memory of Lee Mandel, beloved mother - Irwin and Sheri Mandel*

*In memory of Leo Friedman, beloved father - Joan Grant*

*In memory of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather - Karen and Michael Kesner*

*In memory of Rhalda Prystowsky, beloved mother of Jay Prystowsky and beloved grandmother of Henry, Sydney, Jared and Jacob Prystowsky - Robin and John Denick*

*In memory of Robert Edwin Less, beloved father of Jodi, Ronald and Naomi Less - Gloria Brooks Shapiro*

*With appreciation to NSS Beth El for their online services - Brenda Pessin*

### **Paul S. and Sylvia Steinberg Pre-School Fund**

*In memory of Robert "Skip" Engert, beloved husband of Karen Engert, beloved father of Elise Kline and beloved grandfather of Logan Maysonet - Cori and Steven Katz*

*In memory of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather - Morton and Miriam Steinberg*

*In memory of Mona Shapiro Schwab, beloved mother of Richard Schwab, beloved grandmother of Rabbi Michael Schwab and beloved great-grandmother of Ari, Liana, Miriam and Noa Schwab*

*- Nina and Mark Gaines*

*- Morton and Miriam Steinberg*

*In memory of Zelda Margolis, beloved mother - Cheryl and Keith Weitzman*

*With appreciation to NSS Beth El Paul S. and Sylvia Steinberg Pre-school*

*- Brett and Deanna Abrams*

*- Phillip and Melissa Block*

*- Roger and Abby Daniel*

*- Rob and Rachel Eisenberg*

*- Stephen and Jeri Felsenthal*

*- Dr. Jared and Jordana Greenberg*

*- Josh and Raphael Hilderbrand*

*- Zachary and Leslie Hirschfeld*

*- Aaron and Jessica Lorber*

*- Michael and Alissa Merar*

*- Ron and Carrie Newman*

*- Al and Emma Paas*

*- Adam and Rikki Saffro*

*- Adam and Danielle Schiff*

*- Matt and Samantha Sears*

*- Matthew and Erica Shatzkamer*

*- Brad and Jamie Zaransky*

### **Prayer Book Fund**

*In memory of Rochelle Dlugie, beloved mother and grandmother - Joyce and David Dlugie*

*With appreciation to NSS Beth El for their beautiful virtual services - Bonnie Barest*

### **Ritual Refurbishment Endowment Fund**

*In memory of Abraham James Blumberg, beloved brother - Jack and Barbara Blumberg*

*In memory of Jacob A. Blumberg, beloved grandfather - Jack and Barbara Blumberg*

*In memory of Leonard Birnbaum, beloved father of Marc Birnbaum, Holly Sherman, Andrew Birnbaum and Bess Jo Kaufman, beloved grandfather and beloved great-grandfather*

*- Jack and Barbara Blumberg*

*- Millie Weber*

*In memory of Morris A. Blumberg, beloved father - Jack and Barbara Blumberg*

*In memory of Samuel D. Levenson, beloved brother - Jack and Barbara Blumberg*

*With appreciation to Hazzan Barbara Barnett for all of her kindness - Dale and Betsey Pinkert*



### **Sara and Henry Stiebel Solomon Schechter Day School Endowment Fund**

*In honor of Joshua Footlik, grandson of Bob and Beth Footlik, on becoming a Bar Mitzvah - **Sandy Starkman and Larry Pachter***

### **Social Action Fund**

*In honor of the birth of our grandchildren Adam Bronson and Nathan Shea - **Dan and Honey Bronson***

*In memory of Allen Mitzenmacher, beloved husband of Katherine Mitzenmacher - **The DeYoe Family***

*In memory of Dr. Arthur Lasin, beloved brother of Dr. Gerald Lasin - **Bobbie and Len Tenner***

*In memory of Rhalda Prystowsky, beloved mother of Jay Prystowsky and beloved grandmother of Henry, Sydney, Jared and Jacob Prystowsky - **Dan and Honey Bronson***

### **Staff Recognition Fund**

*In memory of Robert "Skip" Engert, beloved husband of Karen Engert, beloved father of Elise Kline and beloved grandfather of Logan Maysonet*

- **Beth and Robert Footlik**
- **Marla Hand and James Nyeste**
- **Gerry Kaplan**
- **Abby and Ed Lasky**
- **Lisa Rosenkranz**
- **Abe Rotbart**

### **Tzedakah/Pushke Fund**

*In memory of Dr. Arthur Lasin, beloved brother of Dr. Gerald Lasin - **Paul and Michelle Pessis***

*In memory of Dr. Arthur Lasin, beloved uncle of Steve Lasin - **Paul and Michelle Pessis***

*In memory of Robert "Skip" Engert, beloved husband of Karen Engert, beloved father of Elise Kline and beloved grandfather of Logan Maysonet - **Millie Weber***

### **Willard and Sally Aaron Camp Ramah Endowment Fund**

*In memory of Allen Mitzenmacher, beloved husband of Katherine Mitzenmacher - **Kathy and Ron Emanuel***

*In memory of Marilyn Kaplan, beloved mother of Lisa Rosenkranz - **Deborah and Adam Winick***

### **Youth Community Fund**

*In memory of Allen Mitzenmacher, beloved husband of Katherine Mitzenmacher - **Minjong Kim***

*In memory of Marilyn Kaplan, beloved mother of Lisa Rosenkranz - **Lisa and Bill Sholk***

## **Membership Committee Update**

By **Judy Berkeley**, Membership & Development Director, **Stacy Goldsmith**, VP Membership

Our membership committee continues to be active even during the quarantine! We held a jewelry-making event with jewelry maker Wendy Levy via Zoom on Thursday, July 16, and we held a collaborative cooking program called "Cook Together then Dine Together" with our very own Laura Frankel on Tuesday, August 25.

On **Sunday, October 25**, we look forward to getting together again this fall for a meaningful program to welcome you into the Beth El

community, meet the clergy and staff and answer any questions you may have -- especially during this unprecedented time.

For those of you who were able to be with us last year and for those of you who couldn't make it, we are hoping that everybody can join us this year for a very special event.



Even though this year doesn't look the same as other years due to the pandemic, please know how thrilled we are that you've chosen Beth El as your new spiritual home. Once this is all over we can't wait to meet you!

## **Extend Your Summer Reading** (continued from page 4)

By **Rachel Kamin**, Joseph and Mae Gray Cultural and Learning Center Director

ing the eBook sequel *Summer of '79* and other books by this bestselling author.

The unique setting of a family-owned Jewish resort in South Haven, MI sets *The Last Bathing Beauty* apart from other women's fiction and anyone with any connection to the region will especially enjoy this heart-warming new novel by Amy Sue Nathan, author of *The Good Neighbor* and *The Glass Wives* (a past selection of our Sisterhood Torah Fund Book Club).

I got completely wrapped up in the lives of the

two sisters in *Mrs. Everything* by Jennifer Weiner as they unfolded through the decades, from 1950s Detroit to the present day. Their Jewish identity plays a significant role, as it does in some of Weiner's previous novels like, *Who Do You Love?*, *Certain Girls*, and *Good In Bed*. But, while Daphne Berg, the protagonist in Weiner's newest release, *Big Summer* is identified as Jewish and a Rabbi officiates at the wedding of Daphne's former BFF, I wouldn't label *Big Summer* as a "Jewish book." However, it was a thoroughly enjoyable "beach read" that has

gotten a lot of buzz this summer.

Copies of these books are available in our Maxwell Abbell Library. If you're interested in checking one out, or need other reading recommendations, contact me at [rkamin@nssbethel.org](mailto:rkamin@nssbethel.org), and we'll arrange a safe way to deliver the books. Don't give up on reading! With the right pick, you can find your quiet place and regain the pleasurable feeling of losing yourself within the pages of a good book.



# HAZAK, Caring for Our Beth El Community

By Jackie Melinger and Mary Ellen Bowers Goldsmith, Co-Chairs, HAZAK Senior Life Caring Community

The HAZAK Caring Community quickly mobilized in mid-March to ensure our Senior Members' needs were met. We designed a campaign to let Seniors know our concerned Beth El community cared for them. To date a group of 45 volunteers continues to regularly make calls, shop, drop off groceries and stem the tide of loneliness. Over 100 cloth masks were given to members over age 75. In June and July HAZAK provided and delivered approximately 70 delicious Circle of Life Shabbat Dinners to our members.

Our volunteers have learned the true value of caring for others while providing these services.

The appreciation shown for our friendship and concern lifted all our spirits during these uncertain times. The pleasure has truly been ours and we are grateful for the bonds we have



developed with our members.

While our focus has been Seniors, the HAZAK Caring Community is here to help members of all ages when needed. If you are ill, recovering or need assistance with necessities (food/medication delivery), please reach out to Jackie Melinger, [jackiemelinger@gmail.com](mailto:jackiemelinger@gmail.com), or Mary Ellen Bowers Goldsmith, [eyerishmar@comcast.net](mailto:eyerishmar@comcast.net). Our team is here to help.

We are beyond thankful to Laura Frankel and Circle of Life for the delicious Shabbat Dinners, and to Sisterhood for the generous

donation of Jewel gift cards. Rabbi Freedman and Rabbi Schwab merit special recognition and gratitude for their guidance and support, including ongoing phone calls to members and financial help when needed. HAZAK has also been fortunate to receive a grant from an anonymous donor.

This grant will provide 3 Shabbat Dinners per week to our congregants for one year.

Beth El is truly a caring community. If you would like to join our team, contact Jackie or Mary Ellen. A HAZAK Fund has been established to support and enhance our work. If you'd like to sponsor Shabbat dinners for members, please consider a general donation to the HAZAK fund. Any amount is sincerely appreciated.

Wishing everyone safety and good health!

## Social Action and COVID -19

By Pam Schlosberg, Co-Chair, Social Action

Living in this time of COVID-19, our daily routines are enormously disrupted and we see so many things in different ways. What was important like running late for an appointment, traffic jams, too many activities for a 24-hour day — simply are no longer. Who would have imagined a few months ago the world we're living in today?

What has emerged is the realization of what really matters — family, friends, community, and a heightened sensitivity to those around us. For our Social Action Committee, we see this time as an opportunity to make a difference through outreach programs to those who are most vulnerable — those who are in need of food, clothing, and a sense of hope. What has emerged is the opportunity for tikkun olam — to help repair the world — to help those in our community who are in need.

### Little Ways to Make a Big Difference

Social action doesn't have to take up a lot of your time. It's easy to make a real difference in someone else's life—and it's immensely satisfying. Here are some of the opportunities this fall:

#### The Ark Food Drive

The reality is that every day some Chicagoland Jews, adults and children, go hungry. They simply don't have the means to purchase enough food. The number of those in need since April has increased significantly and as the pandemic continues, the number increases. The Ark is a nonprofit, community-focused service agency dedicated to helping Jews in the Chicago area who are facing adversity in becoming self-reliant.

When you shop for your food, simply add a few extra kosher food items or toiletries to your cart. When you fill a

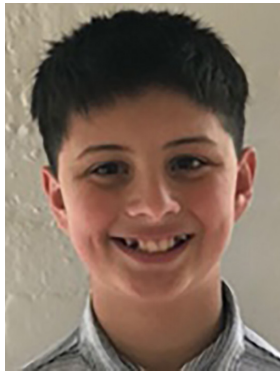
grocery bag with food for The Ark, you're directly providing life-sustaining nourishment for our friends and neighbors facing adversity. A shopping list of most-needed items is available on our website, [www.nssbethel.org/socialaction](http://www.nssbethel.org/socialaction). When you drive to Beth El, you'll see the the Ark Pod in the parking lot. Just drop off your shopping bag!

### Thanksgiving Mitzvah Day - November 22

Our 20th Anniversary Challenge... This year marks our 20th anniversary of providing Thanksgiving Day baskets to families of the Glenwood School in Waukegan. This year we are committed to continuing this project, resourcefully adapting the process to accommodate limited access to Beth El. With your help, our goal is to prepare 200 baskets. We invite you to come join us November 22 and help kindle the spirit of hope for these families. A sign-up link will be provided on our



# Mazel Tov to Our B'nai Mitzvah Students



**Bar Mitzvah**  
Alfred Caplan,  
son of Amanda Caplan and  
Donald Caplan  
**Shabbat, September 5**



**Bar Mitzvah**  
Sy Rosenblatt,  
son of Robyn Morgenstern  
Rosenblatt and Sami Rosenblatt  
**Shabbat, September 12**



**Bat Mitzvah**  
Leah Cohen,  
daughter of Elizabeth and  
Josh Cohen  
**Shabbat, October 17**



**Bar Mitzvah**  
Ronan Ditkowsky,  
son of Madi and  
Ben Ditkowsky  
**Shabbat, October 24**



**Bat Mitzvah**  
Emma Shiner,  
daughter of Debbie and  
Stuart Shiner  
**Shabbat, October 31**



**Bar Mitzvah**  
Ben Wirth,  
son of Jennifer and  
Michael Wirth  
**Shabbat, November 14**



**Bar Mitzvah**  
Max Viner,  
son of Anya and  
Victor Viner  
**Shabbat, November 28**

Beth El website. Watch for more information. You will make a difference!

## Annual Coat Drive

With all the changes in our lives, one thing is certain, Chicago winter will come. There will be those in need of warm coats, scarves, gloves, and mittens. As you clean your closets, please set aside items in good condition for donation to those in need. This year, the drop-off will be during Mitzvah Day, November 22. You will make a difference!

Whether it's for one or all of these projects, we welcome your energy, spirit, and generosity in helping those who are most vulnerable. Please think about how you can participate. For questions, please contact Abby Lasky, [alasky@nssbethel.org](mailto:alasky@nssbethel.org) or Pam Schlosberg, [pgs567@comcast.net](mailto:pgs567@comcast.net).





# September/October/November Events at a Glance

## Drive-by Machzor pickup days in the NSS Beth El Parking Lot

Sunday Sept. 6 10:00-4:30 and Sunday, Sept. 13 9:00-Noon (CRS families), Noon-3:30 p.m. everyone else. Get your High Holiday swag bag, drop off overdue library books, and more!

## Wednesdays, September 9 & 23, October 7 & 21 and November 4 & 18 9:30-10:30 am Writer's Beit Midrash

All fiction, non-fiction, poetry, memoir, and essay writers (published or not yet published) are welcome for discussions, exercises, camaraderie, and critique every other Wednesday morning. Contact Rachel at [rkamin@nssbethel.org](mailto:rkamin@nssbethel.org) for the Zoom link and to be added to the mailing list.

## Wednesday, September 9 7:45 pm Growing Up Jewish: Art & Storytelling



Artist and Beth El member Jacqueline Kott-Wolle will share how her contemporary paintings and personal narratives explore the key people, experiences, and institutions that shaped her evolving Jewish identity. Join the Rissman Kol Ami Museum for this special virtual exhibit and multi-media presentation. E-mail Marcie at [meskin@nssbethel.org](mailto:meskin@nssbethel.org) to receive the Zoom link.

## Friday, September 11 12:00 pm High Holiday Boot Camp: Book of Jonah = Story of Noah's Ark 2.0 with Rabbi Alex Freedman

On Yom Kippur, we read the story of Jonah as an independent tale of Teshuvah/repentance. But Dr. Judy Klitsner of Pardes points out numerous parallels to the Noah story that enable us to understand the Jonah story in a new way. We will look at her insights and build on them. RSVP to Marcie Eskin at [meskin@nssbethel.org](mailto:meskin@nssbethel.org).



## Saturday, Sept 12 9:00 pm Selichot Study and Services

Join us for a moving Selichot service in partnership with Congregation Beth Shalom and Beth Hillel Congregation B'nai Emunah, with participation from the Rabbis and Cantors of all three congregations. 9:00pm Study session with the Rabbis 10:00pm Selichot Services with the Rabbis and Cantors, accompanied by Russell Stern on the piano. The Selichot program and services will be livestreamed from the Field Family Sanctuary at NNS Beth El.



## Monday, September 14 8:00 pm High Holiday Boot Camp: Zooming Into the Holidays with Hazzan BenTisser

In this session we will discuss practical ways to transform our homes into places of holiness, that we may experience all the depth and beauty of the High Holy Days, whether we do so on our own or by engaging with Beth El virtually. RSVP to Marcie Eskin at [meskin@nssbethel.org](mailto:meskin@nssbethel.org).



## Friday October 2 6:00 - 7:00 pm Erev Sukkot Family Service

Families with children in grades 2-6 are invited to join Hazzan Barnett for an inspirational Shabbat and holiday service in person to kickoff the holiday of Sukkot. RSVP to Marcie Eskin at [meskin@nssbethel.org](mailto:meskin@nssbethel.org) by September 30.



## Wednesday, October 7 4:00 pm Sukkot Afternoon @ the Movies

Watch the documentary *50 Children: The Rescue Mission of Mr. and Mrs. Kraus* at home and then join the Gray Cultural & Learning Center

and the Sisterhood for a Zoom discussion with film director Steven Pressman along with Amy Meyerson, author of *The Imperfects*, a fictionalized account of one of the "50 children." E-mail Marcie at [meskin@nssbethel.org](mailto:meskin@nssbethel.org) for the link and promo code to watch the movie and the Zoom link for the discussion.

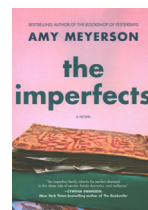


## Tuesday, October 13 7:00 pm East on Central Publication Party

The literary and visual artwork of a number of NSS Beth El members will appear in *East on Central*, a Journal of Arts and Letters from Highland Park: Sam Bernstein, Julie Isaacson, Betsy Katz, Judith Kaufman, Sandra Strauss and Lynn Weitz. Many of these talented artists and writers participate in our Writers Beit Midrash and Artists Beit Midrash! Go to [www.eastoncentral.org](http://www.eastoncentral.org) for more information on this special online event.

## Sunday, October 18 1:00 pm The Sisterhood Torah Fund Book Club

Kick-off the new year with a Zoom discussion of *The Imperfects* by Amy Meyerson in which a family's discovery of a priceless inheritance leads them on a pursuit for the truth that transforms their lives in unexpected ways. All are welcome, but a minimum \$54 annual donation to the Torah Fund is requested. Copies of the book are available in our Abbell Library and from local libraries and booksellers. Contact Rachel at [rkamin@nssbethel.org](mailto:rkamin@nssbethel.org) for more information.



## Sunday, October 18 4:00 pm VIRTUAL Donor Recognition Event

For B'Yachad (\$10,000), President's Circle (\$18,000), Rabbi's Circle (\$25,000), Double Dues (\$6,990), Sustainers (\$5,000) and Ner Tamid society members/legacy donors. It's not too late to join one of our Enhanced



Membership levels and then join us for this event! *An insider's discussion during these trying times...* Contact Judy Berkeley at (312)720-0045 or [jberkeley@nssbethel.org](mailto:jberkeley@nssbethel.org)  
Details to follow!

### Sunday, October 18 Kadima Event

An interactive activity for grades 6-8. Check your emails and the middle school newsletters for details beginning in October. Contact Sarah Attermann at [sattermann@nssbethel.org](mailto:sattermann@nssbethel.org) with questions.

### Wednesday, October 21 8:00 pm

#### Sisterhood Presents: Rabbi Marianne Novak, The History of Jewish Women's Hair Coverings

From Biblical to medieval to modern times, married women within the Jewish tradition have covered their hair in various ways. How much of the tradition reflects Jewish law/halakha, how much is influenced by the particular cultural norms of the Jewish community and how much of each woman's experience makes up the continued yet diverse adherence to this practice? Watch your emails for more information. Contact Lori Stark (Program VP) at [LoriStark@comcast.net](mailto:LoriStark@comcast.net) with questions.



### Sunday, October 25 5:00 pm Annual New Members Event

We look forward to getting together for a meaningful program to welcome all new members from the past two years into the Beth El community, meet the clergy and staff and answer any questions you may have – especially during this unprecedented time. For more information or questions, please contact Judy Berkeley, Membership & Development Director at [jberkeley@nssbethel.org](mailto:jberkeley@nssbethel.org) or (312) 720-0045. More details and invitation to follow!

### Wednesday, November 1 Shalom Club Program

Kids off of school? Join for activities for grades 2-5. More information to come in October. Contact Sarah Attermann at [sattermann@nssbethel.org](mailto:sattermann@nssbethel.org) with questions.

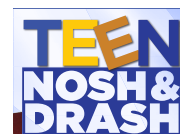
### Wednesday, November 18 8:00 pm Sarnoff Center for Jewish Genetic Diseases

On behalf of our entire community, Sisterhood sponsors a very special virtual presentation from the Norton & Elaine Sarnoff Center for Jewish Genetic Diseases. Watch future emails for details.



### Saturday, November 21 Teen Nosh & Drash

The return of a favorite event-teens are invited to join in a discussion with some sweet treats.



### Sunday, November 22 9:00 am

#### Thanksgiving Mitzvah Day and Coat Drive

Although this year will look different than years past, we will still hold our annual Thanksgiving Mitzvah Day to support the Glenwood Schools. Stay tuned to find out how you can support this important mitzvah and provide food for families in these challenging times.



### Wednesday, November 25 Youth Turkey Dance

Although we may not be able to gather in person, stay tuned for a creative alternative to this annual Thanksgiving event that has become part of Beth El tradition! Contact Sarah Attermann at [sattermann@nssbethel.org](mailto:sattermann@nssbethel.org) with questions.

## Cater Your Holiday Meals from Circle of Life

The holidays look very different this year, but the necessity of being with loved ones, either virtually, or in person has never been more important. Celebrate the holidays and family with ease and let Chef Laura and Circle of Life Catering do the work. We make it easy for you with contact free pick-up, reheating instructions and delicious Kosher food. **All orders must be received by Tuesday, September 15.**

#### Yom Kippur Menu \$100 for 4

Plain or Raisin Challah  
Butternut Squash Bisque  
Or Chicken Matzo Ball Soup  
Braised Chicken, Rosemary & Lemon Or Slow Braised Pot Roast with Pan Jus  
Middle Eastern Rice and Toasted Vermicelli  
Roasted Root Vegetables  
Cranberry Mandel Bread Or Cinnamon-Pumpkin Cake

#### Break the Fast Menu

Bagels, plain and chive cream cheeses, lox and vegetables \$48 for 4 people  
3-cheese Lasagna, with fresh herbs \$65 for 8 servings  
Chef Laura's Famous Macaroni and Cheese \$65 for 8 servings  
Bittersweet Chocolate and White Chocolate Brownies \$18 for 4 large brownies

#### Sukkot Menu \$100 for 4

Sweet and Sour Cabbage Soup (M) OR Butternut Squash Bisque (V)  
Braised Moroccan Chicken Or Moroccan Spiced Salmon  
Couscous with fresh herbs  
Roasted Seasonal Squash and Root Vegetables  
Pumpkin-Chocolate Babka



**Order Form Available at:**  
<https://www.nssbethel.org/lifecycle/circle-of-life-catering>



## Smaller Dinners with Bigger Meaning



The start of a new year is the chance to pursue our goals, dreams and ambitions on the best possible note. I think this year especially we all need a fresh start.

With most of us missing family and friends we will be having very different holiday meals. I will be adding more symbolic foods to my table. I need the symbolism and hope as well as the mindset to make it happen.

Rosh Hashanah is about doing that literally, with primarily sweet food served to usher in a sweet year of blessings and abundance.

Apples and honey, pomegranate seeds (arils), carrots, fish (usually gefilte fish) and many other familiar dishes will give us comfort and familiarity.

Symbolic foods eaten at Rosh Hashanah are called “Simanim Meelta” or significant omens. Eating the simanim is a primarily Sephardic custom that has crept into Ashkenazi practice as well and is based on Talmudic teaching. We say a short prayer about the symbolism of each of the foods before eating them. Dipping apples into honey and the blessing for a sweet New Year is commonly practiced in most homes. Eating round challah with dried fruits baked into it also symbolizes our wish for a sweet year. The Round shape of the challah symbolizing continuity.



### The special foods and what they symbolize are:

- Fenugreek, black-eyed peas or carrots (that we should increase our merits)
- Leeks or cabbage (that our enemies be decimated)
- Beets (that our adversaries be removed)
- Dates (that our enemies be consumed)
- Gourd (that the decree of our sentence should be torn asunder, and our merits be proclaimed to G-d)
- Pomegranate (that our merits increase, as the seeds of the pomegranate)
- Fish (that we should be fruitful and multiply)
- Head of a fish or a sheep's head (that we should be as a head and not a tail)

We also try to use foods whose names lend toward signs and omens. Carrots (gezer in Hebrew) are a popular item since in Hebrew, gezer, is the same word for carrot and a decree. So we request that G-d will withhold

any evil gezer (decree).

This year while we gather at “Micro” Dinners, we can push ourselves to make a better year for ourselves and our loved ones. Eating the significant omens reminds us of what we want for the coming year and we hope and pray for the manifestation of our intentions.

L'Shana Tova U'Metukah

### Black-Eyed Peas with Roasted Beets and Pomegranate

This dish is loaded with symbolic foods and good intentions for the coming year. May it be so.

3 beets (red, gold or mixed)

Extra virgin olive oil

Sea salt

Freshly cracked black pepper

1 pound cooked fresh or drained and rinsed canned Black-eyed peas

¼ cup pomegranate syrup (easily found online or most grocery stores)

2 teaspoons honey

1/3 cup extra virgin olive oil

½ cup pomegranate arils (seeds)

¼ cup chopped fresh flat leaf parsley

Preheat oven to 375F.

1. Drizzle beets with evoo and wrap in foil. Roast in preheated oven for about 40 minutes until a fork can be inserted with no resistance. Set aside to cool. Peel beets and cut into dice.

2. Whisk together pomegranate syrup, honey and evoo.

3. Toss black-eyed peas and beets with vinaigrette. Garnish with pomegranate arils and chopped parsley.

4. Serve warm or at room temperature.