



This Week at BJBE

January 9, 2017

Dear Friends,

Jewish Learning Center classes resume this week. Please join us for Tot Shabbat this Saturday morning at 9:30am: perfect for families with children 5 and under.

Next Monday is our annual MLK Day of Service. Join the over 100 people who have already committed to making MLK Day a day on, not a day off. There are still openings in several worthwhile projects.

Please see sections below for information on these and other upcoming programs.

We look forward to celebrating the B'nai Mitzvah of Ethan Lesser and Jonah Prober at the morning service and the B'nai Mitzvah Jake Podbelsek and Jessica Peck at the Havdalah service this Saturday. Mazel tov to Ethan, Jonah, Jake, Jessica and their families.

The BJBE office will be closed Monday, January 16 in observance of the federal holiday Martin Luther King, Jr. Day.

L'shalom,
Arlene

Arlene Mayzel
Executive Director
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amayzel@bjbe.org

Upcoming Programs

Tuesday Symposium, January 10 & 17, 10:00 - 11:30am, *Rashi*, led by Rabbi Stoller.

The BJBE Sisterhood presents **Women's Self-Defense Class, Wednesday, January 11, 7:30pm**. Join Belle Staurowsky, martial arts instructor, to learn how to identify predators and predatory behavior. Learn to use four striking techniques and two escapes. [Click here](#) to register or contact [Gloria Marron](#) with questions. All BJBE SYG girls are invited to attend this event as guests of the Sisterhood.

Sunday Adult Learning, January 15, 9:45 - 10:45am, *Jewish Spirituality & Mindfulness* led by Rabbi Jordan Bendat-Appell and Margot Andersen, MSW. Please note: Sunday Adult Ed programs in January will continue to take place at Weinberg Community for Senior Living, located at 1601 Lake Cook Road.

MLK Day of Service, Monday, January 16, 12:30pm. Make it a day on, not a day off! Projects for adults such as helping to facilitate fun, indoor activities for Glenkirk residents, and projects for families such as helping at the Hadassah resale shop or creating craft projects for patients at Northwest Community Hospital are still available! [Click here](#) to sign up today!

Sew What? Sew pillows with Sisterhood! Please join with the volunteers on **January 16** at MLK Day of Service as we complete beautiful pillows for breast cancer patients. Contact [Jeanne Pearlman](#) for more info or to register.

Quick Links

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Clergy Team

[Rabbi Karyn D. Kedar](#)

[Cantor Jennifer L. Frost](#)

[Rabbi A. Brian Stoller](#)

[Cantor Rayna D. Green](#)

Join Cantor Frost and the women of BJB and attend the **Women's March in Chicago, Saturday January 21**. We will be marching with our friends from the National Council for Jewish Women. Please meet at the Crown Fountain in Millennium park at **9:00am**. (The Crown Fountain is the pair of glass brick towers with digital faces.) We will walk together to the **Petrillo Band Shell in Grant Park**. At 10:00am we will be walking from the band shell to the Federal Plaza and then back to the park. Help us send the a message that women will *connect, protect* and *activate* for women's rights, civil liberties, and diverse issues. BJB will be registering as a group, therefore, please RSVP to [Leslie Block](#). Let us know if you would like to take the train downtown together or if you will be meeting us at the Crown Fountain.

Sunday Adult Learning, January 22, 9:45-10:45am, Murder & Morality,
Instructors: Rabbi Stoller & Dick Adler

Tuesday Symposium, January 24 & 31, Golda Meir & Deborah: Jewish Female Leaders; Yitzchak Rabin & Aaron: Leading Jews Toward Peace,
Instructor: Rabbi Richard Prass, Congregation Beth Am

Sunday Adult Learning, January 29, 9:45-10:45am, Understanding Islam: An Introduction to Basic Beliefs & Practices, Instructor: Tahera Ahmad, Director of Interfaith Engagement, Northwestern University

Cantors Frost and Green invite you to participate in **Ladorot Habaim - For Generations to Come, a Shabbat Shirah service on Friday, February 10**, with 23 newly composed musical pieces. To prepare for the service, Cantors Frost and Green will hold **rehearsals from 7:30 - 9:30pm** on the following dates to prepare the choir: **Mondays, January 9, 23, 30 & February 6, and Thursday, February 9**. Please let us know if you are available to participate.

Sunday, February 12, JLC Building Dedication, 9:30 - 11:30am.
Please join us for a tour of the new school, hanging the JLC mezuzot, and a special concert with singer Shira Kline. This is a special moment in the life of our synagogue and a great activity for the whole family.

Where will you be March 11? Purimpalooza.....exciting details to follow.

Shabbat Torah Study: Numbers, Saturdays, 11:00am - 12:00pm;
Instructors Rabbi Karyn Kedar and Rabbi Brian Stoller

Talmud Study, Wednesdays, 7:45 - 9:00am; Instructor Rabbi Brian Stoller. *For more information about the Center for Adult Learning, contact [Andrew Abrams](#)*

YOUTH PROGRAMS

SYG

SYG Mega Shul-In [24-hour retreat] Don't miss our biggest Shul-In yet! This Mega Shul-In starts with a Temple overnight at which teens stay up super late, make new friends, and wake up to delicious doughnuts! Saturday will include both a celebration of Shabbat, and an adventure into the city.

Drop off **7:30pm on Friday, January 20 through Saturday, January 21 at 7:30 pm**. Come dressed for Shabbat Services. \$25 per person. RSVP to SYG advisor [Eddie Simon](#).

SYG and JYG

Cooking for PADS: Do a mitzvah! On **January 22**, both JYG and SYG have the opportunity to help prepare meals to be served to the homeless through the **PADS program**. All 6-12th graders are invited from **2:00-5:00pm** to cook in the BJB kitchen. RSVP to JYG & SYG advisor [Eddie Simon](#).

JYG Shul-In

All 6-8th graders are invited to sleep over at BJB, **Friday, February 3-Saturday, February 4 at 9:00am**. Drop off is at BJB at **7:00pm**, dressed ready for Shabbat services. We'll be staying up late to watch a movie, eating snacks, and more! \$10 per participant. RSVP to JYG advisor [Eddie Simon](#).

Education Team

[Sandy Robbins](#)
(Director of Education)

[Kelly Judge Goldberg](#)
(Chai School Principal)

[Susie Wexler](#)
(Director of Preschool)

[Steven Sacks](#)
(Hebrew School Principal)

[Eddie Simon](#)
(JYG & SYG Advisor)

[Lauren Sandoval](#)
(KYG Advisor)

Administrative Team

[Arlene Mayzel](#)
(Executive Director)

[Anne Robbin](#)
(Membership & Communications Director)

[Larisa Rozman](#)
(Accounting Manager)

[Jose Parra](#)
(Facility Manager)

[Chime Costello](#)
(Rabbi's Assistant)

[Sarah Duffin](#)
(Reception/Administrative Assistant)

[Debbie Heywood](#)
(Education Assistant)

[Leslie Block](#)
(Cantors' Assistant)

[Elaine Wexler](#)
(Executive Director's Assistant)

[Erica Stone](#)
Interim Event Coordinator

Lay Leaders

[Gary Schaffel](#)
(President)

[Carol Berger](#)
(Sisterhood President)

DONATE TO
BJB NOW

Want to uphold Jewish ideals from generation to generation.....Donate to the Sustaining Gifts Program. Click "DONATE" above or

Babysitters wanted. We are putting together the names and contact information of BJBE teens who are interested in babysitting. Contact [Sarah Duffin](#) if you would like to be included on a list that will be shared with Temple members in search of babysitters.

All events take place at BJBE unless otherwise stated. For questions or information about youth programs, please contact [Cantor Rayna Green](#).

SERVICES

Shabbat Service, Friday, January 13, 7:30pm

Shabbat mornings feature our **Kol Shabbat service** at **9:30am** followed by **Torah Study** at **11:00am** led by BJBE clergy.

Tot Shabbat, Saturday, January 14, 9:30am. Please join us for this interactive Shabbat experience with songs, prayers, stories and a special Kiddie Kiddush. Tot Shabbat is designed for children under the age of 5 and their families.

Please join us for 15 minutes of silent **meditation** from **9:10-9:25am** in the Sanctuary before Kol Shabbat.

Wednesday Morning Minyan: Begin your day in a beautiful and powerful way by attending our Wednesday morning Minyan from **6:45am to 7:15am**. Each week we pray in the intimate space of the Chapel with Rabbi Stoller and a supportive, welcoming group. Experience a prayer service grounded in communal song, thought-provoking liturgy, and deep silence, followed by camaraderie over bagels and coffee. Morning Minyan participants have commented that this worship has connected to their lives in many unexpected and transformative ways. For more information, contact Rabbi Stoller. The weekday prayer melodies are [available here](#), although all are welcome to attend regardless of musical or prayerbook knowledge.

Services in both the Sacred Hall and Sanctuary are streamed.. To view our live or recorded streams, [please click here](#). You may have to watch an initial commercial before the stream begins, but this is a free and open program accessible to anyone. To access: <http://www.ustream.tv/channel/bjbelive>. Questions? [Click here](#) to contact Arlene Mayzel.

DAYTIME AT BJBE

Monday Canasta/Mahjong: The Sisterhood will host Canasta and Mahjong games on the **2nd and 4th Mondays** of each month at **1:00pm**. All are welcome to join in the fun. To participate, RSVP to [Gloria Marron](#) and let her know which game you will be playing and if you can bring supplies. Don't forget to order your **Mah Jongg cards!** **The order deadline is February 1.** [Click here](#) for the order form.

Wednesday Morning Minyan: Our weekday morning Minyan meets in the BJBE Chapel from **6:45 - 7:15am**. Contact [Rabbi Stoller](#) for an audio CD of the weekday prayer melodies.

Note that the Wednesday Jewish Mindfulness and Meditation group will not meet during Winter Break. This group will resume meeting on January 18. Mishkan Shalom - Jewish Mindfulness and Meditation Group. Join us for this drop in group to learn more about how mindfulness can help you stay present and calm in the midst of frantic living. We will explore the weekly Torah portion and other readings with a spiritual sense of love (chesed) and acceptance (emet). **Wednesdays, 1:00-2:00 pm.** New meditators welcome! For more information, call Margot Andersen 847-525-1710.

Thursday Tai Chi Chu'an: We offer a weekly Thursday morning Tai Chi class led by Dr. Drew Serlin at **7:30am**. There is no charge for these classes.

Prepare for Prayer-Open Your Heart. Please join us for 15 minutes of **silent meditation** from **9:10-9:25am** in the Sanctuary, **Saturdays** before Kol Shabbat. This ancient custom is meant to help you transition from busy life, settle your mind and open your heart prior to your prayer practice. No meditation experience necessary! Margot Andersen, 847-525-1710.

SOCIAL ACTION NETWORK

BJBE Volunteers in NOLA. Help continue our work in New Orleans! Join **Cantor Green** and fellow congregants on our **9th Annual Social Action Mission to New Orleans, March 23-26, 2017**. We will continue to strengthen interfaith relationships with Christian and Jewish groups in the Crescent City, form new friendships within our BJBE community, and help rebuild communities in need. Together, we will also explore and enjoy the unique city of New Orleans! For more information, please contact [Lara Kirts](#) and [Mike Goldberg](#).

We are collecting toiletries, batteries, hearing aids, eyeglasses, ink cartridges, and cell phones. Thank you for your generous donations. **We are NOT collecting used clothing at this time.**

January Tzedakah

[IsraAID](#)

IsraAID is a non-profit, non-governmental organization committed to providing life-saving disaster relief and long term support. Their teams of professional medics, search & rescue squads, post-trauma experts and community mobilizers have been first on the front lines of nearly every major humanitarian response in the 21st century. Their mission is to efficiently support and meet the changing needs of populations as they strive to move from crisis to reconstruction/rehabilitation, and eventually, to sustainable living.

CARING COMMUNITY

BJBE's Caring Community is a team of volunteers who can act as your extended family when your family needs additional support. Caring Community provides the following services: home delivered meals in times of need, transportation to/from temple or a medical appointment, phone support for people who are ill or lonely, senior education and caregiver support, chicken or vegetable soups (always available in the kitchen!) and a virtual food pantry. To access these services confidentially, please call Gloria Kaiz at 847-945-3741.

BJBE is certified as a Safer Synagogue by Jewish Community Abuse Resources, Education & Solutions (JCARES). Our leadership has been trained in understanding the impact of abuse across the lifespan and improving access to support for congregants experiencing abusive situations. For more information, please contact the clergy at 847-940-7575.

ANNOUNCEMENTS

Help BJBE while you shop! AmazonSmile is a simple and automatic way for you to support BJBE every time you shop, at no cost to you. When you shop at [AmazonSmile](#) (using either your Amazon or AmazonPrime account), you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price back to BJBE. *Once you've selected **Congregation B'nai Jehoshua Beth Elohim**, every eligible purchase you make at [smile.amazon.com](#) will result in a donation.* For more information about **AmazonSmile**, [click here](#).

AIPAC Conference: Join Rabbi Karyn Kedar at the AIPAC conference in Washington D.C. from March 26 - 28, 2017. [Click here](#) for registration or email [Howard Schneider](#) with your questions.

BJBE Sisterhood wants you to know...Whatever you are celebrating.....whether it is a special birthday, anniversary, baby naming, auf ruf, new job, retirement, special trip or any life cycle occasion that you want to share with your temple family, consider sponsoring an oneg to share your simcha! BJBE Sisterhood will help you share your joy at the Friday night oneg shabbat after the service honoring your event. The fee is \$150 which includes our generous dessert trays as well as your name in the Shabbat Bulletin and a thank you at the end of services. You may contact [Sharon Silver](#) with any questions. Checks payable to BJBE Sisterhood. Thank You and Mazel Tov!

Book BJBE for your upcoming celebration!! Your spiritual home is also a premier venue with beautiful reception space in the Village Center, Sacred Hall and Courtyard. With completion of the Sanctuary, we have new opportunities available for you to celebrate your special events at BJBE. For information and reservations, contact [Arlene Mayzel](#) or by phone at 847-940-7575.

JUDAICA (GIFT) SHOP

Looking for that very special gift? Stop in and see the new merchandise at BJBE's Judaica-Gift Shop. We have unique imported hand crafted purses and jewelry. And, always free gift wrapping.

Hours for the Judaica Shop are Fridays 30 minutes prior to and following Friday Night Services, Wednesdays 4:30pm-6:30pm, Sundays 9:30am-11:30am, and always by special appointment by calling Lynne 847-215-1357.

Looking for a fun and easy way to meet other BJBE members? How about helping out in the Judaica Shop? Don't worry -- we will train you. For information, please call Arlene Wineberg, 224-676-1112.

Contact Information

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