



MARCH 2018 | ADAR-NISAN 5778 | WWW.ANSHEEMET.ORG



PASSOVER AND PARKLAND

I am writing a few days after the horror of violence that took place at the Marjory Stoneman Douglas High School in Parkland, Florida which left 18 people dead, a community in mourning and a shocked nation seemingly unable to find an effective way to stop the carnage. This is the eighteenth school shooting in 2018, and I wonder if there will be another one in the time that it takes for these words to be published and read?

Will the nation have moved on to some other issue, relegating the Parkland school massacre to a fading memory, like Sandy Hook or Columbine? After the dead are buried, and all of the makeshift memorials are swept away; when all of the poignant words are spoken, will we return to our lives believing that nothing can change in the United States of America in 2018? These are the questions that go through my mind as I read the biographies of the victims, see the pain of the families and hear other parents around the country saying that they are afraid to drop off their children at school in the morning. Are we really chained to this violent reality, or is there another path possible for our nation?

Passover is coming.

In a short time, we will gather around the Seder table and tell the story of the Exodus from Egypt and explore the meaning of freedom and enslavement. One of the things that our tradition teaches is that there are chains that our overlords place upon us and those that we put on our ourselves. While Pharaoh was responsible for placing the Israelites in physical bondage, the Israelites engaged in their own internal enslavement; losing all hope in the possibility of freedom. There is a verse in the book of Exodus that reads:

And it came to pass in the process of time, that the king of Egypt died, and the children of Israel sighed by reason of the bondage and they cried, and their cry came up to God by reason of their bondage. [Exodus 2:23]

The Rabbis wonder why the Torah tells us that the people were sighing in this particular moment. Were they not crying out during all of their enslavement? Their answer is instructive. They say that the people had long given up on being freed and were resigned to their slavery. However, when the Pharaoh died, there was a moment when they allowed themselves to see their situation for what it was and dream of a moment of

freedom, and so they sighed. In that moment, God heard their cries and responded, and thus, the redemption began. The message that the Rabbis wanted us to understand from this is that our destiny is in our hands. Nothing was going to change as long as the people were resigned to their reality. In order for the Israelites to break the chains of the Egyptians, they had to first address their internal bondage and choose to believe that change was possible. They had to make themselves worthy of redemption.

The parallels to our own age are striking. The constant refrain that we hear in the wake of this latest American shooting is that nothing is going to change.

- The gun lobby is too strong, and politicians are unwilling to move beyond their rhetoric to meaningful action
- Americans are too attached to their guns to even consider any change in legislation
- Mental health challenges are growing in our society and we do not have resources to address them effectively.
- We continue to devalue human life by glorifying violence in American society

If we truly believe that things cannot be different, then we are a nation in bondage. What is clear is that God is not going to prevent such things from happening in the future. We are going to have to take the risks, fight the fight, and walk forward as a nation, discovering that the impossible really is possible one step at a time. We must be willing to make ourselves worthy of our own redemption.



RABBI MICHAEL S. SIEGEL

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CELEBRATIONS/EVENTS



Anshe Emet welcomes sponsored Refugee Family

On Wednesday, February 14, Anshe Emet and Na'aseh, in partnership with RefugeeOne, welcomed a Rohingya Burmese refugee family of four who we will be sponsoring over the coming months.

They are Rohingya Muslims who fled persecution in Burma [now known as Myanmar] in 2002 and have been living as urban refugees in Malaysia. Rohingya Muslims have recently been victims of genocide in Myanmar. Above, Anshe Emet delegation gathers at the airport to greet the family.



Michael S. Siegel, Senior Rabbi
The Norman Asher Rabbinic Chair

Alberto Mizrahi, Hazzan
The Arnold H. Kaplan, M.D. Cantorial Chair

David Russo
Rabbi

D'ror Chankin-Gould
Rabbi

Naomi Weiss-Weil
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Steven Silk, President

Boni Fine, Executive Director

Rabbi Donni Aaron, Youth/Family Tefilah Educator
Cantor Elizabeth Berke, Director of Continuing Education

Kim Carter, Director of Hospitality

Maxine Handelman, Director of Family Life & Learning

Edgar Hernandez-Meza, Director of Administration

Samantha Isenstein, Youth and Young Adult Director

Amy Karp, Director of Engagement and
The Malkin Family Program Director

Laurie Orenstein, Interim Religious School Principal

Steve Strien, Director of Finance

Mimi Weisberg, Director of Development

Jerry Mayeroff, Editor, Anshe Emet Newsletter

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Phone: 773-281-1423; www.AnsheEmet.org

World Wide Wrap

The Anshe Emet Men's Club hosted their annual World Wide Wrap on Sunday, February 4. Rabbi Siegel provided a history of tefillin and instruction on how to properly put them on. Learn more about this event and other Men's Club news on page 15.



Avraham Infeld at Anshe Emet

On Monday, February 12, Avraham Infeld delivered a lecture at Anshe Emet. Pictured, from left: Ittai Milner, Deputy Consul General of Israel; Avraham Infeld; Rabbi Michael Siegel.



MAZEL TOV TO OUR B'NAI MITZVAH



Elan Leor Lerner
March 3, 2018
Son of Michal Lerner and Shelby Lerner z"l



Lauren Adina Altman
March 24, 2018
Daughter of Jessica and Eyal Altman



Louie Derechin
March 26, 2018
Son of Karen Seder and Daniel Derechin

WHICH BAGS SHOULD I PACK FOR MY JOURNEY?

My nephew, his wife and his 3 young children recently visited. As they left, I helped pack their NINE, yes NINE bags into the back of the Uber SUV. If I had to schlep that much, I wouldn't go anywhere. My nephew seemed burdened for his journey back to Boston but onward he went.

Goodness knows, attend a family life event and frequently, one might find more 'baggage' than one could ever carry.

In direct contrast, as we are reading in the Book of Exodus, consider how little our Jewish descendants were able to take on their hurried journey out of Egypt. Perhaps they needed more physically for their long perilous journey. But emotionally and spiritually, for slaves of 400 years, they needed to leave the burdens of 400 years of slavery behind, perhaps an impossible task.

I often work out after having prayed. Before beginning, I take my blood pressure. There is a perfect correlation between having prayed and lower blood pressure. I bring the goodness of the spiritual "baggage" which I have packed into my central nervous system along for my day's journey. But the next day, my blood pressure is back to normal. I need to keep this positive spiritual "baggage" with me longer.

All three situations to which I refer teach us that we don't have to pack the mishigas for our journey through life. Take the best for the ride, leave the rest behind. Rabbi Siegel speaks of the shoeboxes of mental pictures from our lives embedded in our memories. He counsels people to take out the great memories, the fun times, the people you love. Leave the rest in the shoebox of memory. To be sure, after a loved one dies, we are challenged to preserve the good memories and leave the painful ones behind.

As these teachings are relevant in our lives, they are also relevant in the way we build our shul community and do our shul business. When we wrote our Strategic Plan five years ago, we sought to personalize the impenetrable monolith which Anshe Emet appeared to be. We sought to break down walls, be more welcoming and better engage our community. We brought Shabbat service attendees together each week for lunch. We sought to build new bonds with Bernard Zell Anshe Emet Day School in order to enable both institutions to thrive in collaboration. Our board operates in a trusting, friendly, mutually supportive manner. Week after week, we have events, speakers, social opportunities to build bonds, learn together and make friends.

To build a community, we need to leave the baggage behind. We need to leave preconceived notions behind. We have built a beautiful spiritual and personal base. Whether it is a new plateau of spiritual goodness or one of educational excellence or one of social engagement, we have only upside. Thank you for your support. Let's keep building something special together.



STEVEN SILK

President, Anshe Emet Synagogue
steveansheemet@hotmail.com



...and you shall be a *blessing*

Anshe Emet Community Retreat March 16-18

Together as one community we will celebrate the dream and the reality of Israel, the meaning and implications of 70 years of history...

Join the Anshe Emet Community Retreat at the beautiful Perlstein Resort in Wisconsin! Our entire community is invited -- young adults, families with young kids through high schoolers, singles & older adults, and everyone in between.

We will celebrate Shabbat on the serene shores of Lake Delton. We will play and study with our Anshe Emet rabbis, engage in a discussion of the book, *The Undoing Project*, by Michael Lewis -- so read up -- and make a perfect s'more by roaring bonfire.

Come to deepen old bonds and craft new friendships. Hike the woods, play ga-ga and other sports, eat freshly baked chocolate chip cookies, and laugh -- a lot.

\$220/Adult | \$120/Child | \$250/Single Occupancy | Infants 1yr. & under are free. Register now! (Rates increase after 3/5/18)

Anshe Emet does not want financial matters to keep anyone from attending. Financial assistance is available. For more information, please contact Max Handelman at 773-868-5121 or mhandelman@ansheemet.org

To register visit: tinyurl.com/aescommunityretreat2018

CARING FOR THE STRANGERS



RABBI DAVID RUSSO

drusso@AnsheEmet.org

Every year at the seder, we drink four cups of wine and recount the story of our people's exodus from Egypt. We experience our people's journey from slavery to freedom; we eat the symbolic foods of bitterness and suffering; and we recline in order to celebrate that we are now free people. The Haggadah instructs us to point to the matzah, the bread of affliction.

And, we are commanded to recall

that experience in our daily interactions with people. Over and over again, the Torah commands us to care for the stranger, for we were strangers in the land of Egypt.

One year ago, we reached out to our community to come together and support refugee resettlement in partnership with HIAS Chicago. Our community responded - with donations and volunteers. As federal policy slowed the entry of refugees, and as the State Department closed HIAS Chicago's refugee resettlement program,

Refugee One invited us to partner with them at HIAS Chicago's suggestion.

On February 14, our community welcomed a Rohingya Burmese family. Volunteers spent hours grocery shopping, moving furniture, setting up the apartment; doing everything to make sure the family could enter a new home that was fully set up and stocked. I want to give all of these volunteers our deepest gratitude. It was so moving to witness the dozens of people who wanted to ensure that the family was embraced in Chicago.

We are continuing our efforts to ensure their comfort and success. If you would like more information, please be in touch with Melissa Sterne at melissasterne@yahoo.com.

This Pesach, when we remember what happened to our ancestors in Egypt, may we feel a call to support those who are treated as strangers in our world today. Wishing you and yours a happy and meaningful Pesach.

YAD NOTES



Anshe Emet's Young Adult Division (YAD) provides young Jewish adults with opportunities to meet, pray, play, learn and give back in a community setting. If you are in your 20s or 30s, coupled or single, consider being part of our community.

NEWS AND UPCOMING EVENTS

No First Friday YAD Shabbat Dinner In March or April due to Purim and Passover! See you on May the

Fourth [be with you]!

Save the Date for Matzah Pizza making night on Tuesday April 3rd.

Didn't sign up in advance or forgot to pay for a previous Shabbat dinner? No worries, go to <http://tinyurl.com/PayforYADShabbat>

Questions about YAD events? Contact Sam Isenstein at sisenstein@ansheemet.org

Interested in joining YAD? Contact Amy Karp at akarp@ansheemet.org.

THANKS TO THESE PEOPLE FOR HONORING THEIR MINYAN COMMITMENT

The morning minyan meets Monday through Friday at 7:00 a.m.; Sundays and national holidays (Thanksgiving, Christmas, New Years, Memorial Day, etc.), at 8:30 a.m. We need your participation to ensure the vitality of this project. We thank these people for honoring their commitment to our morning minyan program during January.

Riley Ablin; Ben Abrams; Fran Abramson; Karin Appelbaum; Bruce Arenson; Chuck & Sara Aron; Barry Balik; David Bardach; Terri Behrman; Michael Bellows; Wendy Berger; Ari Berkowicz; Barbara Binik; Wendy Binstock; Rickey Briskman; Rachel Brustein; Janet Cohen; Adam Cooper; Ruth Copeland; Samantha Daniels; Jason Diamond; Steve Durchslag; Norm Eckstein; Jeff Esser; Chuck Finkelstein; Larry & Phyllis Gelles; M. Cece Gold; W. Robert Gold; Gail and Dan Golden; Laurie & Eli Goodman; Bruce Gorchow; Sandy Gordon; Eve Guth; Maxine Handelman; Richard Herman; Daniel Hernandez; Sarah Hirsens; Arnie Horwich; Joy Horwich; Nancy Jacobson; Bruce Kaminsky; David Kaplinsky; Penny & Brett Keeshin; Jacob Kline; Sam Kline; Jordan Leib; Debby Lewis; Jay Lewkowitz; Allie Lichterman; Jane Lippow; Anne & Mike & Rachel Luban; Scott Markman; Loui Marver; Lynnley & Brett Miller; Alan Mintz; Brian, Marsha, Rafi, Sam Nagorsky; Laura Neiman-Rifkin; Francisco Ortiz-Perez; Shelly Parker; Gary & Fraeda Porton; Dan Pulik; John Ragir; Jodi Rosen; Esther Rosenbloom; Susan Rosenstein; Anna Rubin; Ed Salomon; Jerry Salzman; Neil Schwartz; Barry & Elaine Seeskin; Ryan Selig; Shane Selig; Ken Shapiro; Steve, Linda, Gabe Silk; Laura Smith; Yedida Soloff; Jason Star; Abe Steinberg; Rob Stephen; Phil Stern; Gabor Tarjan; Maya Tkachuk; David Weil; Sarah Weintraub; Stew Witkov.

TORAH READING HONOR ROLL

We would like to thank the following congregants who have honored us by chanting Torah for our community during the month of January [this does not include our Bar/Bat Mitzvah students].

Sanctuary and Minyan: Adam Engle, Sarah Hirsens, Barbara Kantrow, Jessica Kaz, Tree Kuberski, Jay Lewkowitz, Alan Mintz, Joe Platt, Gary Porton, Barry Seeskin, Elaine Seeskin, Yedida Soloff, Ethan Solomon, Curt Weiss, Emma Weiss, Gary Wigoda.

Rose Crown Minyan: Elizabeth Abrams, Marc Alexander, Jake Bennett, Henry Bernstein, Matt Bluestone, Samantha DeKoven, Gabi DeKoven, Fred Eckhouse, David Goldfinger, Ariana Handelman, Yael Handelman, Jessica Kaz, Aaron Lawee, Rachel Luban, Ann Luban, Marc Luban, Tamar Newberger, Lynne Schatz, Zack Seeskin, Sahar Segal, Alex Shapiro, Barry Wimpheimer.

Youth Readers: Zack Choplin-Pogrud, Lev Choplin-Pogrud, Nava Fleischer, Jocelyn Friedman, Phoebe Kleinman, Ethan Leder, Maya Lessem-Elencave, Maya Matsa, Eli Puchtel, Shayna Rosenstein, Nava Schwartz, Damian Solano.

ENDING THE SILENCE ON MENTAL ILLNESS



**RABBI D'ROR
CHANKIN-GOULD**

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"Silence encourages the tormentor, never the tormented" (Elie Weisel)

Too often, the Jewish community chooses to remain silent when it comes to mental illness. And as Weisel teaches, silence only makes the life of the tormented more anguished. This month, the Jewish community is choosing to end the silence.

Led by Jewish Child and Family Services, a collaboration of 5 synagogues in the Lakeview/Edgewater neighborhood [Anshe Emet Synagogue, Temple Sholom, Anshe Sholom B'nai Israel, Mishkan, and Congregation Emanuel] will be marking a weekend of Mental Health Awareness called, "Out of the Darkness ... Into the Light." In combination with our Sisterhood Shabbat, from March 9-11, there will be opportunities to hear from experts, community members, and self advocates about mental illness and mental health. By sharing openly about the authentic experiences which so many of our community members share, we choose to combat the stigma and shame which, too often, prevent folks from seeking the support and love which might help them traverse difficult times.

In my time serving the Anshe Emet community, I have encountered many families affected by mental illness. And yet, so often, when people are suffering the most, they are painfully alone. I vividly remember when one family member said to me, "I almost wish he had cancer, because then I wouldn't be so alone, then I could turn to the community." The anguish of those words still stings.

The programs over the weekend are our hope for creating a different reality: a community in which we can share about mental health and mental illness openly, a community in which we can let go of shame and hold each other up with love and support. This is a community wide effort, so please attend any or all of the programs that are being hosted by our partner congregations.

Anshe Emet is honored to welcome Rabbi Mychal Springer for the weekend. The Jewish Theological Seminary is generously

sponsoring Rabbi Springer's time as a scholar-in-residence in our community. Rabbi Springer founded the Center for Pastoral Education at JTS in 2009, establishing relationships with hospices, Jewish social service agencies, and—most recently—prisons and reentry facilities. She began her career as a chaplain in New York City's top hospitals, and in the 1990s became the director of the Department of Pastoral Care and Education at Beth Israel Medical Center. Mychal returned to JTS in 2002 as The Rabbinical School's associate dean and director of Field Education. The first Conservative rabbi to be certified as a supervisor by the Association for Clinical Pastoral Education [ACPE], Mychal has built a program that uniquely equips graduates to meet the spiritual needs of all the people they serve. She holds the Helen Fried Kirshblum Goldstein Chair in Professional and Pastoral Skills at JTS and oversees the Certificate in Pastoral Care & Counseling. Rabbi Springer has so much wisdom to share with us on this special weekend.

Here are some of the weekend highlights throughout the community:

- Wednesday, March 7, 6:15 - 8:30 p.m.: Teen Program & Dinner with the Response Center (Temple Sholom)
- Friday, March 9, 6:30 p.m.: Miriam Ament of "No Shame on U" (Mishkan Chicago @ 2nd Unitarian Church)
- Saturday, March 10, D'var Torah by Rabbi Mychal Springer "The Promise of a New Heart and a New Spirit" (Anshe Emet)
- Saturday, March 10, 1:15 p.m.: Rabbi Mychal Springer "Prayer as a Resource for Wellbeing" (Anshe Emet)
- Saturday March 10, 4:35 p.m.: Rabbi David Rosenberg "Seeking the Good in Others and in Ourselves" (Anshe Sholom B'nai Israel)
- Sunday March 11, 10:15 a.m.: Rabbi Mychal Springer "How Do I Know if Something's Wrong? Cultivating Empathic Listening" (Congregation Emanuel)

May this week, and this month, be a time for healing for our community. May we combat shame, and replace it with love. May we release judgement, and instead choose unconditional support. If we work together, we can choose to make it so.

Rabbi D'ror Chankin-Gould

RABBI SIEGEL ... FROM PAGE 1

This Passover, make this a discussion topic around your table. Consider the consequences for a people who had given up hope, so resigned to their reality that they forgot how to sigh. Go around the table and ask each person to name something that is in desperate need of change in this country. Rather than allowing the discussion to devolve into all of the reasons that things will never change, let us consider the people who are impacted and think together of the steps necessary to create a different reality. Let us listen to each other and consider our own self-imposed chains. Let us discuss a next step that would allow us to embrace our own destiny as a nation and not wait for some miracle, or just hope that the next school massacre will not affect any of your loved ones. May we fulfill the promise of Passover in our time so that our nation will never again sigh in the face of such a tragedy, feeling powerless; and no parent will ever again have to cry at the loss of a child murdered at school.

The Mitzvah of Bikur Cholim

Would you or a loved one benefit from a visit by a community member? The Bikur Cholim team at Anshe Emet performs the mitzvah of visiting the sick for the connection and continued healing of those who have become ill or impaired.

For more information about receiving a Bikur Cholim visit please contact Rabbi D'ror Chankin-Gould at dcgould@ansheemet.org. For more information to become a volunteer member please contact Julie Ann Sklaver at aesbcteam@gmail.com.

VISIONARIES of ANSHE EMET



SUNDAY, APRIL 15, 2018

4:30 PM at THE CHICAGO CULTURAL CENTER
GAR HALL & ROTUNDA

The Inaugural Rabbi Michael S. Siegel Visionary Award

JUDY & HOWARD TULLMAN

The Anshe Emet Synagogue Visionary of the Arts Award

DAVID BROZA

The Young Leadership Award of Light

GRIFFEN SAUL



CHACHAMIM / SAGES

\$10,000 includes 8 tickets, valet parking,
VIP seating and honorary mention in publicity

NEVI'IM / PROPHETS

\$1,800 includes 3 tickets, valet parking,
VIP seating and honorary mention in publicity

SHOFTIM / JUDGES

\$5,000 includes 6 tickets, valet parking,
VIP seating and honorary mention in publicity

CHALUTZIM / PIONEERS

\$1,000 includes 2 tickets, valet parking,
VIP seating and honorary mention in publicity

MORIM / TEACHERS

\$2,500 includes 4 tickets, valet parking,
VIP seating and honorary mention in publicity

INDIVIDUAL TICKETS

\$180 per person
\$118 per person for YAD members

Register at tinyurl.com/visionaries2018 • Visit www.ansheemet.org for more details

EVENT CO-CHAIRS

SUSAN BEDOWS
IRENE CAMINER
LORIE CHAITEN
AMANDA HAMMERMAN
CATHY KAHN

BARBARA KANTROW
NANCY KOHN
GARY PORTON
ADAM RUBENFIRE

MICHELE SACKHEIM WEIN
DEBBIE SAUL
JANET SIEGEL
PENNE SILVERMAN
MEREDITH SWARTZ



Passover @ Anshe Emet

PASSOVER SERVICES:

Community Evening Service | Friday, March 30 | 6:00 PM
Shabbat Morning Services in Malkov Chapel (Combined Sanctuary & RCM) | Saturday, March 31 | 9:30 AM
Mincha | Saturday, March 31 | 1:00 PM
Morning Services in Malkov Chapel (Combined Sanctuary & RCM) | Sunday, April 1 | 9:30 AM
Morning Minyan | Monday, April 2 - Thursday, April 5 | 6:50 AM
Community Evening Service | Thursday, April 5 | 6:00 PM
Passover Morning Services in Sanctuary & RCM | Friday, April 6 | 9:30 AM
Community Evening Service | Friday, April 6 | 6:00 PM
Passover Shabbat Morning Services in Sanctuary & RCM | Saturday, April 7 | 9:30 AM
YIZKOR Services | Saturday, April 7 | 11:45 AM (approx.) in Sanctuary | 10:45 AM (approx.) in RCM
Passover is Awesome! | Saturday, April 7 | 1:00 - 4:00 PM

YOUTH & FAMILY SERVICES:

Sunday, April 1 & Friday, April 6 | 11:15 AM
Families with young children will celebrate with song and stories (and guitar) with Rabbi Donni Aaron. Older kids are invited to participate in a little bit of Tefilla and a good deal of playing with the Passover story and Torah readings with Max Handelman.
(We will also have our regularly scheduled Shabbat youth & family services during Passover.)

COMMUNITY HAPPENINGS:

Men's Club Binny's Passover Wine Tasting | Tuesday, March 6 | 6:30 PM
Community Passover Recipe Exchange | Thursday, March 8 | 7:00 PM
Bring your favorite recipes to share. Desserts and Cocktails will be provided.
Sisterhood Chocolate Seder | Tuesday, March 13 | 6:30 PM
Boil-a-Thon | Thursday, March 22 | 6:00 - 8:00 PM
Chocolate Seder for 3rd-5th Grades | Thursday, March 22 | 6:15 - 7:30 PM
Maot Chitim | Sunday, March 25 | 9:30 AM
Led by Na'aseh & Religious School volunteers delivering Passover food to those in need.
Contact Samantha Dekoven for details at SAMANTHA.DEKOVEN@GMAIL.COM.
Passover Seders Friday, March 30 & Saturday, March 31
If you have room at your seder for an individual or two, or you are looking for a seder that can host you, please contact Amy Karp at AKARP@ANSHEEMET.ORG and we will do the best we can to make a match.
YAD Matzah Pizza Making | Tuesday, April 3 | 6:30 PM

EDUCATIONAL OPPORTUNITIES:

Explore the Haggadah with Miron Hirsch via ZOOM | Thursdays, March 1 & 8 | 6:30 PM
Contact Liz Berke for the ZOOM link at EBERKE@ANSHEEMET.ORG.
Passover PJ Party for Parents via Zoom | Wednesday, March 7 | 8:00 - 8:45 PM
Learn how to enrich your Passover Seder for young children with Maxine Handelman.
Sign up at TINYURL.COM/PASSOVERPARENTPJPARTY2018 BY MARCH 5.
Shabbat HaGadol | Saturday, March 24 | 1:15 - 2:15 PM
Learn from our Rabbis & Hazzan about gems to bring your seder to life.
Siyyum for the Fast of the First Born | Friday, March 30 | 7:00 AM
With guest facilitator, Sahar Segal.



Passover @ ANSHE Emet

PASSOVER TRADITIONS AND RITUAL

Passover: From Darkness to Great Light

L'fi-hach l'faer ... l'varech ... l'mi she ... Hotzi-anu meavdut l'cherut, mi-yagon l'simchah, u-me'evel l'yom tov ... afela l'or gadol ..."

Therefore we are in duty bound to give thanks ... to bless ... God Who brought us forth from slavery to freedom, from sorrow to rejoicing, from mourning to festivity, (and) from darkness to great light (*Mishnah Pesachim 10:5*).

With these words, written in the context of the second century Roman exile, the rabbis both instruct and inspire the Jews of their time and of the centuries to come. As God redeemed the Israelites through the first Passover, bringing them "from darkness to great light," so God will in every time restore the Jews to their heritage through their Passover celebrations. These words from the Mishnah were a message of hope to those second century Jews who had lost their Temple and, with it, their independent national and religious existence. Through their engagement with the rituals of Passover, they could re-experience the passage from slavery to freedom in their own troubled times. Similarly, we are commanded to participate in the seder, re-experiencing the great event it commemorates and making it our own.

But how do we make the events of a far-off time and place our own? The rabbis tell us how: by engaging in a series of ritual actions that recreate the correct emotional flow, the particular set of emotions that can connect us to our history, that can make past moments into present ones and present moments replications of past ones.

Preparing for Passover

CLEAN, CLEAN, CLEAN! Passover doesn't begin with the seder, and if you think it does, you've missed half the experience! Clean your house! If you don't keep kosher yet, consider starting with Passover. The traditional reason for this complete makeover of the home, and in particular, the kitchen, is to rid the house of hametz (leavened material). Also, Passover is the time of renewal and rebirth. What better way to experience renewal than by sweeping out the old and bringing in the new? And Passover is the time of redemption - the way to prepare for redemption is with symbolic purification. For the children of Israel, their wilderness experience acted as a mikveh (ritual bath), purifying them for entry into the Land. On the borders of the Land, under the leadership of Joshua, they were circumcised and observed the Passover. Similarly, we renew and purify ourselves and our environment through the common act of housecleaning.

Kashrut

The Bible prohibits the eating of Chametz during the festival of Passover (*Exodus 12:15-20*). The word *Chametz* is translated as "leavened bread." Basically it refers to food prepared from five species of grain-wheat, barley, oats, spelt and rye-that has been allowed to leaven. Some common examples of Chametz are leavened breads, biscuits, crackers, cereals, and all liquids that contain ingredients or flavors made from grain alcohol. To this, Ashkenazic rabbis added a further category called *Kitniyot*, which would include rice, millet, corn and legumes and any derivative products such as corn oil and mustard. On the issue of *Kitniyot*, Sephardic, Yemenite and Oriental Jewish custom varies from one community to another. In 2016, the Conservative movement approved a legal decision regarding the permissibility of *Kitniyot*

during the holiday. You can find the entire position at the following link: <http://tinyurl.com/PermissibilityofKitniyot>. Please note that *Kitniyot*, though traditionally prohibited by Ashkenazim, are not chametz. Accordingly, *Kitniyot* have no effect on the Kashrut of the dishes, pots or utensil with which it comes into contact.

Permitted foods (these require no *Kosher L'Pesach* label but must be in unopened packages or containers) include natural coffee, sugar, tea, salt, pepper, fresh fruits, nuts (not peanuts), eggs, fresh fish, and vegetables (except for peas and beans for Ashkenazim). Or, if certified *Kosher L'Pesach* by rabbinical authority: matzah, matzah flour, Passover noodles, candies, cakes, beverages, canned and processed foods, jam, cheese, jellies, relishes, condiments, margarine, dried fruits and vegetables, salad oils, vegetable gelatin, shortenings, vinegar, wines and liquors. Cottage and cream cheese and sour cream must have certification. It is recommended that you purchase enough pure milk and butter before Passover to last throughout the holiday.

Dishes and Utensils

Only dishes and utensils specially reserved for Passover should be used, with the following exceptions: silverware, knives, forks, and spoons made wholly of one piece of metal. If used during the year, they may be used on Passover if thoroughly scoured and immersed in boiling water. All table glassware is permitted after thorough scouring and soaking. Fine translucent chinaware, if not used for a year, is permitted. Metal pots and pans used for cooking purposes only (but not for baking) if made wholly of one piece of metal, although used during the year, may be used on Passover if first thoroughly scoured and immersed in boiling water. Utensils used for baking during the year should not be used during Passover. Earthenware, enamelware, and porcelain utensils used during the year may not be used on Passover.

Preparing the Kitchen

The stove is prepared for Passover by thoroughly scrubbing and cleansing all parts and turning on full flame for 1/2 hour in bake oven and all grates. A dishwashing machine may be used for Passover after thorough scouring with boiling water and with a new tray; however, a metal tray may be used since it will be kashered in this process. Leave the dishwasher for 24 hours, then run it through a day's worth of cycles. A microwave oven may be used after thorough cleaning and boiling water in it.

Tzedakah

Give tzedakah before any religious act, including before Shabbat and holidays or attending the synagogue. Giving tzedakah for Passover emphasizes the communal nature of being Jewish -- we are obligated to see that all Jews have the opportunity to share in this great communal observance. The form tzedakah takes for Passover at Anshe Emet Synagogue is contributions to the Ma'ot Hittim Fund. Make this contribution a family project, and make it concrete and visible for young children.

Bedikat Chametz

Jewish mystics linked removal of hametz to purification from sin. *Bedikat Hametz* (pre-Passover symbolic search for any remaining hametz) is performed with total concentration and seriousness of purpose. The found hametz must be burned the next morning.



Passover @ ANSHE EMET

PASSOVER TRADITIONS AND RITUAL

Selling of Chametz

The eating, use, or possession of chametz during Passover is strictly forbidden. Chametz that is not disposed of before Passover may not be used after the holiday. Such chametz, which has not been destroyed, is locked away and its ownership transferred from us through contractual sale to non-Jews and bought back from them after Passover. You may designate Rabbi Siegel as your agent for the sale of your chametz no later than March 30. Please use the form below for this purpose, or **find our online sale form at tinyurl.com/SellYourChametz5778**.

Sell Your Chametz Today!

You may designate Rabbi Siegel as your agent for the sale of your chametz no later than **7:00 a.m., Friday, March 30, 2018**. Please use this form for this purpose. Look for complete details and the online form at tinyurl.com/SellYourChametz5778.

Pre-Passover Sale of Chametz

I, _____ (signature) hereby authorize Rabbi Siegel to dispose of all my chametz wherever it may be stored. This I do in accordance with the requirements and provisions of Jewish law.

Name (printed) _____

Address _____

Please send to: Sale of Chametz, Anshe Emet Synagogue, 3751 North Broadway, Chicago, IL 60613.

Leading a Seder

Go to your local Jewish book store, browse through the Haggadot, and select one that satisfies you personally. Copies for everyone at your seder represent a significant investment, so you may want to experiment before you make that major decision. We recommend:

A Different Night (Shalom Hartman Institute) as it contains a wealth of interactive material.

The Feast of Freedom (The Rabbinical Assembly). Please note that The Feast of Freedom has excellent commentaries but few transliterations. If children will be present at your seder, select an appropriate children's Haggadah. Plan other Passover related activities to entertain them during the longer segments.

This year consider the following Sefardic custom: The leader of the seder dresses up as if she/he is going on a journey with a hat, coat, and knapsack or suitcase. This will definitely make the children curious as to where we are going. The seder leader then explains that we are journeying out of Egypt. You also might want to serve a snack so that everyone can enjoy the seder without the hunger pains.



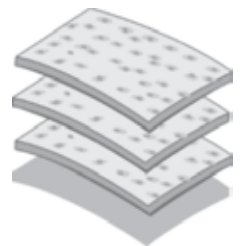
Read through the Haggadah in advance and make strategic decisions about what to include and what not to, based on the composition of the group. A Different Night Haggadah offers what they call a "Bare Bones Basic Seder." It is a good model for anyone beginning to learn how to conduct a Seder.



1. Signposts of the Seder: Kadesh Urchatz
2. First Cup: Kiddush
3. Dips: Karpas
4. Breaking the Matza: Yachatz
5. The Story of Matza: Ha Lachma
6. The Four Questions: Mah Nishtana
7. Storytelling: "We were Slaves: Avadeem Hayeenu"
8. Four Children
9. The Promise: V'hee She-am-da
10. The Tales of the Wandering Jew
11. Ten Plagues
12. Da-yeinu
13. Explaining Pesach, Matza and Maror
14. In every generation
15. Psalm 114: Hallel
16. Second Cup
17. Eating Matza, Maror, and Korech: Serve Dinner
18. Afikomen
19. Blessing after Eating
20. Third Cup
21. Elijah's Cup
22. Fourth Cup
23. Folksongs: Echad Mee Yoo-dei-a, Chad Gad-ya
24. Next Year In Jerusalem: La-Shana Haba-a

It is important to spend a few moments planning how readings will be assigned. Participation should not be limited to letting everyone read a different paragraph in turn. You may photo-copy a section of the Haggadah with easily understandable commentary and send it to a participant of your Seder so that they might prepare. We would encourage the leader to delegate responsibilities in the seder based upon strengths and sensibilities. For example, ask someone with good Hebrew to do the Kiddush, another with a psychology background to present the Four Children, a drama person to act out the ten plagues and someone with musical ability to help lead the singing.

The Haggadah indicates the places for traditional chants/songs, and you can bring in non-traditional songs that are connected thematically to a reading. American folk songs and modern Israeli tunes can be added to traditional seder songs to enrich the singing and the fellowship of the meal. It matters little if the seder is conducted in English or Hebrew. What is truly important is that the seder be meaningful and fun!



JOSEPH AND BELLE BRAUN ANSHE EMET RELIGIOUS SCHOOL



**LAURIE GOLDBERG
ORENSTEIN**

Interim Principal, Joseph and Belle
Braun Anshe Emet Religious School
lorenstein@ansheemet.org

Dear Friends,

We have had a busy month full of learning and growing together. Our faculty is busy providing the students with innovative and exciting curriculum that is helping to shape our students as the year moves along. We are always happy when we are joined by our families to participate in our collective learning.

Happy to share some of the happenings of the Joseph and

Belle Braun Religious school. So much to look forward to as we enter in to the final weeks of this school year!

- March 11: 8th Grade trip to Anshe Sholom
3rd Grade Family program
- March 16-18: Community Retreat
- March 25-April 5 Passover/Spring Break

B'shalom

Laurie Orenstein



HaZaK PROGRAM FOR RETIRED ADULTS

**HOKHMAH (WISDOM) • ZIKNAH (MATURITY)
• KADIMAH (LOOKING AHEAD) •**

HaZaK is an Anshe Emet daytime program for mature adults with active minds. We offer discussions on a variety of Jewish-related topics with Rabbi Siegel, Hazzan Mizrahi, Cantor Liz Berke, Rabbi Russo, Rabbi Chankin-Gould, Elie Berkman, and others.

HaZaK meets at Anshe Emet Synagogue every Monday, from 1:00 – 2:00 p.m. Here's a look at the upcoming schedule:

- March 5: Cantor Elizabeth Berke**
- March 12: Rabbi D'ror Chankin-Gould**
- March 19: Rabbi Michael Siegel**
- March 26: Rabbi David Russo**

RAYMOND ARBETMAN CENTER FOR JEWISH EDUCATION



For details and registration information visit our website at <https://www.ansheemet.org/adulted>.

YITZHAK RABIN: SOLDIER, LEADER, STATESMAN

Join us for a livestream from Park Avenue Synagogue with author Itamar Rabinovich. His book is an insider's perspective on the life and influence of Israel's first native-born Prime Minister, his bold peace initiatives and his tragic assassination.

When: Thursday, March 15, 6:00 p.m. CST

Discussion after led by Rabbi Yehoshua Ben-Avraham

Light refreshments will be served

Please RSVP eberke@ansheemet.org



**CANTOR ELIZABETH
BERKE**

Director of Continuing Education
eberke@ansheemet.org

LUNCH 'N LEARN ZOOM SESSIONS WITH OUR RABBIS

Anshe Emet's Rabbis will be teaching a four part Melton course called "*We Are What We Remember, a curriculum on Jewish memory.*"

Thursdays, April 12 – May 3, 12:00 – 1:00 p.m.

Registration through the BJE. For more information please contact Rolly Cohen: rolly@bjechicago.org, 847-291-7788 x1304.

The virtual classroom is reachable through your: desktop/laptop/tablet and even your phone via the Zoom app.

The course opens with the Torah's directive to remember the attempted Jewish national genocide perpetrated by Amalek and then the lessons continue with an exploration of significant historical periods and the memories formed around them:

- The Spanish expulsion
- Poland just before and following the Shoah
- The State of Israel as envisioned by its founders and as experienced by its citizens today.

Suggested donation: \$40

This subsidized rate is made possible through the generosity of Beatrice Mayer.

Contact Elizabeth Berke eberke@ansheemet.org for more information

Shabbat HaGadol – learn with our clergy at

Matzah U.

**Saturday, March 24, 1:15 – 2:15 p.m.
after Kiddush lunch**

"We'll try not to get a rise out of you.."

Learn from our Rabbis and Hazzan,
gems to bring to your seder

ANSHE EMET YOUNG FAMILIES MARCH HAPPENINGS



MARCH 2018 | ADAR-NISAN 5778 | WWW.ANSHEEMET.ORG



**MAXINE SEGAL
HANDELMAN**

Director of Family Life & Learning
mhandelman@ansheemet.org

Anshe Emet has lots happening for families with children 8 years old and younger!

SHALOM SHABBAT/SHACHAR
Shalom Shabbat, the well-loved service for children 4 and under and their parents, meets every Shabbat of the month at 10:00 a.m. **Shachar**, for children aged K to 2nd grade, meets every

Shabbat at 11:00 a.m. If your child is interested in reading a Torah excerpt in Hebrew or English at the Shachar service, please contact Max Handelman at mhandelman@ansheemet.org.

FRIDAY NIGHT KABBALAT SHABBAT DAVENING AND DINNER
Anshe Emet Family First Friday Kabbalat Shabbat Davening and Dinner returns May 4!

BABIES AND BAGELS
Sunday, March 4, 3:30 - 5:00 p.m.

Families with children 2 years old and under are invited to join Max Handelman and Ben Tatar for songs, story and schmoozing. A great way to connect with other families with kids the same age as yours! The program is free, but registration is requested <https://tinyurl.com/Babies-BagelsMarch2018>

...AND YOU SHALL BE A BLESSING: ISRAEL @ 70
ANSHE EMET COMMUNITY RETREAT IS MARCH 16-18
Don't miss your opportunity to share Shabbat with friends old and new in the beautiful setting of the Perlstein Resort as we explore the wonder of Israel turning 70. Learn with our rabbis, play ultimate Frisbee, sing to God under the trees, play ga-ga

late into the night, dive into book club and make a perfect s'more [or two]. Learn more at <https://www.ansheemet.org/engagement/programming-events/community-retreat-celebrating-israel-70>. Sign up at tinyurl.com/aescommunityretreat2018.

PASSOVER PJ PARTY FOR PARENTS
Wednesday March 7 at 8:00 - 8:45 p.m.

Put the kids to bed and join Max Handelman by Zoom to discuss how to enrich and expand your kids' experience with Passover at home. Sign up at tinyurl.com/PJParentPassoverParty to get the Zoom log-in info.

PASSOVER SEDERS ARE FRIDAY MARCH 30 AND SATURDAY MARCH 31

If you have room at your seder for a family with young children, or you are looking for a seder that can host your young family, please contact Max Handelman at mhandelman@ansheemet.org.

PASSOVER YOUTH AND FAMILY SERVICES
Sunday April 1 (2nd day of Passover) and Friday April 6 (7th day of Passover) at 11:15 a.m. Families with young children are invited to celebrate Pesach with song and stories [and guitar] with Rabbi Donni Aaron in the Rose Crown room. Older kids are invited to participate in a little bit of tefilla and a good deal of playing with the Passover story and Torah readings with Max Handelman in the youth lounge.

Questions? contact Maxine Handelman, mhandelman@ansheemet.org; 773-868-5121.

DON'T MISS ANYTHING!

Join our list serv by e-mailing AEYF-subscribe@yahoogroups.com to get the latest word on what's happening for your family.

Join our Facebook group, so you can stay in the loop on all the events happening (and who knows what else) <https://www.facebook.com/groups/AESYF/>

WHAT'S HAPPENING IN ANSHE EMET YOUTH?

MACHAR (GRADES 3-5)

Machar Under-night, Saturday, March 10, 7:00-9:30 p.m.

Machar Chocolate Seder, March 22, 6:15-7:30 p.m.

KADIMA (GRADES 6-8)

CHUSY Kadima Day! Sunday March 11, 1:20-3:30 p.m. at Ultimate Ninjas in Libertyville. Open to all Jewish 5th-8th Graders. \$25 for Ninja activities and snacks. To register go to regpacks.com/chusy1718.

SHMUSY (GRADES 9-12)

Hey 8th Graders, we want you to come to SHMUSY Events! USY events are now open to our 8th graders!

CHUSY T.O. Prom, Saturday, March 10 at Beth Judea.

Lounge Night, Tuesday March 13.

SAVE the Date for CHUSY Kinnus, April 13-15

For more information on what is going on at our lounge nights, check out our Facebook group! Or add yourself to our Remind Group text by entering the 81010 and put in the message @shmusy to be texted reminders about upcoming events!



SAMANTHA ISENSTEIN

Youth and Young Adult Director
sisenstein@ansheemet.org

Anshe Emet Programming
is generously supported by
The Arthur and Perle Malkin
Center for Jewish Life

The Arthur & Perle Malkin

CENTER FOR JEWISH LIFE



SHMUSY gathers for a Purim prep session.

MARCH 2018

Sunday
Monday
Tuesday
Wednesday


for all the days of your life

We are always adding new events. For the most recent calendar listings, please visit www.ansheemet.org/calendar

Babysitting for children 18 months and older is available in room 104 every Shabbat morning from 9:30 a.m. - 12:30 p.m. as a free service of Anshe Emet Synagogue.

17 ADAR 4 8:30 a.m. Morning Minyan 9:00 a.m. Judaism 101 9:00 a.m. Religious School 9:00 a.m. Little Builders 10:00 a.m. Hartman 12:00 p.m. Sisterhood Baking 3:30 p.m. Babies and Bagels	18 ADAR 5 7:00 a.m. Morning Minyan 1:00 p.m. HaZaK 6:00 p.m. Hebrew 1.0 6:00 p.m. Hebrew 1.5 6:30 p.m. Basketball 7:00 p.m. Heritage	19 ADAR 6 7:00 a.m. Morning Minyan 7:45 a.m. Text on Tuesdays 6:30 p.m. Men's Club Wine Tasting at Binny's 6:45 p.m. AES Basketball 7:00 p.m. Gesher & Torah Trope 7:00 p.m. SHMUSY Lounge Night	20 ADAR 7 7:00 a.m. Morning Minyan 3:00 p.m. Sisterhood Shabbat Food Prep
24 ADAR 11 8:30 a.m. Morning Minyan 9:00 a.m. Religious School 9:00 a.m. Judaism 101 9:00 a.m. Little Builders 10:00 a.m. Hartman 1:30 p.m. Bright Star/AES Teen Tutoring Social 7:00 p.m. JUF Program: Dan Shapiro, offsite	25 ADAR 12 7:00 a.m. Morning Minyan 1:00 p.m. HaZaK 6:00 p.m. Hebrew 1.0 6:00 p.m. Hebrew 1.5 6:30 p.m. Daniel Basketball 7:00 p.m. Movie Night 7:00 p.m. Heritage	26 ADAR 13 7:00 a.m. Morning Minyan 7:45 a.m. Text on Tuesdays 6:45 p.m. AES Basketball 6:00 p.m. Sisterhood/Hadassah Chocolate Seder 7:00 p.m. Gesher & Torah Trope 7:00 p.m. SHMUSY Lounge Night	27 ADAR 14 7:00 a.m. Morning Minyan
2 NISAN 18 Anshe Emet Retreat - Offsite 8:30 a.m. Morning Minyan 9:00 a.m. Religious School 9:00 a.m. Judaism 101 10:00 a.m. Hartman	3 NISAN 19 7:00 a.m. Morning Minyan 1:00 p.m. HaZaK 6:00 p.m. Hebrew 1.0 6:00 p.m. Hebrew 1.5 6:30 p.m. Daniel Basketball 7:00 p.m. Heritage	4 NISAN 20 7:00 a.m. Morning Minyan 7:45 a.m. Text on Tuesdays 6:45 p.m. AES Basketball 7:00 p.m. Gesher & Torah Trope	5 NISAN 21 7:00 a.m. Morning Minyan
9 NISAN 25 8:30 a.m. Morning Minyan 9:30 a.m. Ma'ot Chitim 10:00 a.m. Hartman No Religious School	10 NISAN 26 7:00 a.m. Morning Minyan 1:00 p.m. HaZaK 6:00 p.m. Hebrew 1.0 6:00 p.m. Hebrew 1.5 6:30 p.m. Daniel Basketball 7:00 p.m. Heritage	11 NISAN 27 7:00 a.m. Morning Minyan 7:45 a.m. Text on Tuesdays 6:30 p.m. AJC Diplomatic Seder 6:45 p.m. AES Basketball 7:00 p.m. Gesher & Torah Trope	12 NISAN 28 7:00 a.m. Morning Minyan

ADar-NISan 5778

Thursday		Friday		Saturday	
<div>14 ADAR</div> <div>Purim</div> <div>6:50 a.m. Morning Minyan 8:00 a.m. Post Minyan Learning 6:30 p.m. "Exploring Haggadah with Miron Hirsch" via Zoom 6:45 p.m. AES Basketball 7:00 p.m. Exploring Talmud 7:00 p.m. Shireinu 7:30 p.m. Al Anon</div>		<div>15 ADAR</div> <div>Shushan Purim</div> <div>7:00 a.m. Morning Minyan 8:45 a.m. Lerner's of Torah w/Rabbi Siegel 6:30 p.m. Shabbat Evening Service</div> <div>🕞 5:24 p.m.</div>		<div>16 ADAR</div> <div>9:00 a.m. JBC 9:00 a.m. Parashat Hashavuah 9:30 a.m. Shabbat Morning Service Torah: Exodus 30:11 - 34:35 [Ki Tisa] Haftarah: Kings 18:1 - 18:39 9:30 a.m. Rose Crown Minyan <i>Elan Lerner becomes a Bar Mitzvah</i> 10:00 a.m. Youth Choir practice</div> <div>10:00 a.m. Shalom Shabbat 11:00 a.m. Ruach/Jr. Cong. 11:00 a.m. Shachar 12:00 p.m. Kiddush 1:15 p.m. Jewish Philosophy 1:15 p.m. Shabbat Mincha</div>	
<div>21 ADAR</div> <div>7:00 a.m. Morning Minyan 8:00 a.m. Post Minyan Learning 3:00 p.m. Sisterhood Shabbat Food Prep 4:15 p.m. Religious School 6:45 p.m. AES Basketball 6:30 p.m. "Exploring Haggadah with Miron Hirsch" via Zoom 7:00 p.m. Passover Recipe Exchange 7:00 p.m. Shireinu 7:30 p.m. Al Anon</div>		<div>22 ADAR</div> <div>7:00 a.m. Morning Minyan 8:45 a.m. Lerner's of Torah w/Rabbi Siegel 6:30 p.m. Shabbat As You Are, followed by Potluck 6:30 p.m. Lakeview Minyan Service and Potluck with Rabbi Mychal Springer</div> <div>🕞 5:33 p.m.</div>		<div>23 ADAR</div> <div>Shabbat Parah</div> <div>9:00 a.m. JBC 9:00 a.m. Parashat Hashavuah 9:30 a.m. Shabbat Morning Service - Sisterhood Shabbat Torah: Exodus 35:1 - 40:38 [Vayakhel-Pekudei]; Numbers 19:1-22 Haftarah: Ezekiel 36:16 - 36:38 9:30 a.m. Rose Crown Minyan 10:00 a.m. Shalom Shabbat</div> <div>10:00 a.m. Youth Choir practice 11:00 a.m. Ruach/Jr. Cong. 11:00 a.m. Shachar 12:00 p.m. Kiddush 1:15 p.m. Shabbat Mincha 1:15 p.m. Study Session with Rabbi Mychal Springer co-sponsored by Sisterhood 1:15 p.m. Jewish Philosophy 7:00 p.m. Machar Under Night</div>	
<div>28 ADAR</div> <div>7:00 a.m. Morning Minyan 8:00 a.m. Post Minyan Learning 4:15 p.m. Religious School 6:45 p.m. AES Basketball 7:00 p.m. Live Stream from Park Avenue Synagogue: Author Itamar Rabinovich 7:00 p.m. Connect Next 7:00 p.m. Shireinu 7:30 p.m. Al Anon</div>		<div>29 ADAR</div> <div>Anshe Emet Retreat - Offsite</div> <div>7:00 a.m. Morning Minyan 8:45 a.m. Lerner's of Torah w/Rabbi Siegel 5:30 p.m. Something for Us, Shabbat Shelanu 6:30 p.m. Shabbat Evening Service</div> <div>🕞 6:41 p.m.</div>		<div>1 NISAN</div> <div>Rosh Chodesh Nisan Shabbat HaChodesh Anshe Emet Retreat - Offsite</div> <div>9:00 a.m. JBC 9:00 a.m. Parashat Hashavuah 9:30 a.m. Shabbat Morning Service Torah: Leviticus 1:1 - 5:26 [Vayikra]; Numbers 28:9-15; Exodus 12:1-20 Haftarah: Ezekiel 45:16 - 46:18 9:30 a.m. Rose Crown Minyan</div> <div>10:00 a.m. Youth Choir practice 10:00 a.m. Shalom Shabbat 11:00 a.m. Ruach/Jr. Cong. 11:00 a.m. Shachar 12:00 p.m. Kiddush Lunch 1:15 p.m. Shabbat Mincha</div>	
<div>6 NISAN</div> <div>7:00 a.m. Morning Minyan 8:00 a.m. Post Minyan Learning 4:15 p.m. Religious School 6:00 p.m. Passover Boil-a-Thon 6:15 p.m. Shachar/Machar Chocolate Seder 6:45 p.m. AES Basketball 7:00 p.m. Shireinu 7:30 p.m. Al Anon</div>		<div>7 NISAN</div> <div>7:00 a.m. Morning Minyan 8:45 a.m. Lerner's of Torah w/Rabbi Siegel 5:45 p.m. RS 1st & 2nd Grade Shabbat Service & Dinner 6:30 p.m. Shabbat Evening Service</div> <div>🕞 6:48 p.m.</div>		<div>8 NISAN</div> <div>Shabbat HaGadol</div> <div>9:00 a.m. JBC 9:00 a.m. Parashat Hashavuah 9:30 a.m. Shabbat Morning Service <i>Lauren Altman becomes a Bat Mitzvah</i> Torah: Leviticus 6:1 - 8:36 [Tzav] Haftarah: Malachi 3:4 - 3:24 9:30 a.m. Rose Crown Minyan <i>Minor Baby Naming, Feldman Auf Ruf</i></div> <div>10:00 a.m. Youth Choir practice 10:00 a.m. Shalom Shabbat 11:00 a.m. Ruach/Jr. Cong. 11:00 a.m. Shachar 12:00 p.m. Kiddush 1:15 p.m. Shabbat Mincha 1:30 p.m. Passover Learning with Clergy</div>	
<div>13 NISAN</div> <div>7:00 a.m. Morning Minyan 8:00 a.m. Post Minyan Learning 6:45 p.m. AES Basketball 7:00 p.m. Shireinu 7:30 p.m. Al Anon No Religious School</div>		<div>14 NISAN</div> <div>Erev Pesach - First Seder Synagogue Office Closed</div> <div>7:00 a.m. Morning Minyan followed by the Siyum for Fast of the First Born 6:00 p.m. Community Evening Service</div> <div>🕞 6:56 p.m.</div>		<div>15 NISAN</div> <div>Pesach - Day 1, Second Seder</div> <div>9:00 a.m. Parashat Hashavuah 9:30 a.m. Combined Shabbat Morning Service Torah: Exodus 12:21 - 12:51; Numbers 28:16 - 28:25 Haftarah: Joshua 5:2 - 6:1</div> <div>10:00 a.m. Youth Choir practice 10:00 a.m. Shalom Shabbat 11:00 a.m. Ruach/Jr. Cong. 11:00 a.m. Shachar 12:00 p.m. Kiddush 1:05 p.m. Shabbat Mincha</div>	

ANSHE EMET SISTERHOOD



SISTERHOOD SHABBAT

Please join us on March 10, 2018 for the Anshe Emet Sisterhood Shabbat!

This service, conducted by the women of our congregation has become a highlight of the Sisterhood. It is always a very meaningful experience and we would encourage your participation. As in previous years, the Sisterhood service will be held in both the Main Sanctuary and the Rose Crown Minyan.

This year, we will be joined by Rabbi Mychal Springer, the director of the Center for Pastoral Education at the Jewish Theological Seminary. Rabbi Springer will be giving the D'var Torah and will be speaking about Lev Hadash v'Ruah Hadasha: The Promise of a New Heart and a New Spirit. Rabbi Springer will also be the speaker for the Sisterhood Post-Kiddush Learning session and will be speaking on Prayer as a Resource for Well-being. In this session, we will explore the ways that prayer - traditional and extemporaneous - can support well-being.

Sisterhood Shabbat is truly a time when the women of Anshe Emet come together. There are still a few opportunities to participate if you haven't already signed up to be involved in the service. Over the years, we have formed groups of women for the Aliyot: from recent bat mitzvah young women to first timers on the Bimah to those that have previously had the honor to bless the Torah! If you would like to be a part of a group Aliyah, please email me at mreiddpm@gmail.com.

Finally, the Kiddush that is served following the Sisterhood Shabbat is prepared entirely by the women of our community. With the hard work and planning of Janet Siegel and Benita Kapnick-Cohen, a wonderful menu has been developed and there are volunteer opportunities to help with the cooking and preparation! Please email Benita at rcohendpn@aol.com to sign up for a time slot for an afternoon or evening of cooking fun on Sunday 3/4, Tuesday 3/6, Wednesday 3/7 or Thursday 3/8.

Many thanks to Larisa Kenen who has been organizing this special Shabbat along with Naomi Weiss.

We hope to see you on March 10th!

Marlene Reid Kosova
Anshe Emet Sisterhood President

SISTERHOOD NOMINATIONS OPEN

The Anshe Emet Sisterhood is seeking nominations to the Sisterhood Board. Nominations are being taken for officers and board members. Please contact Lynne Schatz, Nomination Committee Chair to self nominate or nominate someone for the positions of president, treasurer, secretary, membership vice president, programming vice president or general board member. Lynne can be reached at LynneSchatz@gmail.com.

PROGRAMS

COLLEGE CONNECTION

Help Anshe Emet keep in touch with your student while away at school. We mail meaningful, interesting and fun reminders of Jewish traditions several times per academic year. Send your name, your student's name, full college mailing address and email to aecollegeconnection@gmail.com. It's never too late to sign up a student for the next package. We compile a new list each school year so previous participants need to resubmit their contact information.

Sisterhood Book Discussion Group: Winter/Spring 2018

___ I am a 2017-2018 Sisterhood member and plan to participate in the three discussions. I have enclosed a check made payable to Anshe Emet Sisterhood for \$75.

___ I am not a member of the Sisterhood and plan to participate in the three sessions. I have enclosed a check made payable to Anshe Emet Sisterhood for \$90.

Name _____

Address _____

e-mail (please print clearly) _____

Phone (Home/cell) _____

Please bring this form and check made out to Anshe Emet Sisterhood to the next meeting, April 12, 2018.

BOOK CLUB

The Bridge Sisterhood scheduled three sessions for the first half of 2018. On February 1 we discussed George Saunderson's Man Booker prize winner, *Lincoln in the Bardo*. We welcome new members and will prorate the fee for anyone interested in joining us for our next discussions.

Thursday, April 12: A Horse Walked into a Bar, David Grossman. The award-winning and internationally acclaimed author of the *To the End of the Land* now gives us a searing short novel about the life of a stand-up comic, as revealed in the course of one evening's performance. In the dance between comic and audience, with barbs flying back and forth, a deeper story begins to take shape—one that will alter the lives of many of those in attendance.

Thursday, June 7: The Leavers: A Novel, Lisa Ko. On one hand, *The Leavers*, by Lisa Ko is a very specific story, or rather stories. There are two narrators, Polly Guo, who, pregnant, leaves her province in China to try to make a new life in the United States, and Deming Guo, her son. It is the story of trying to make a living as an undocumented worker and the story of growing up in the United States. It is the story of hope and a particular immigrant family whose members do the best they can to make their way.

SISTERHOOD MONDAY NIGHT MAH JONGG

If you are interested in coordinating the Sisterhood's Mah Jongg program, please contact Helene Greenwald at hgreenwa@gmail.com. For information about Monday Night Mah Jongg email Helene Greenwald at hgreenwa@gmail.com.

THE NIGHT MINISTRY

The Night Ministry volunteers will continue their meal service with the Night Ministry this year. Contact Janine Landow-Esser to volunteer or donate. Janine811@gmail.com. Sisterhood, 3760 N Pine Grove, Chicago, IL 60613, with the notation Night Ministry.

GIFT SHOP

The Gift Shop is open Sundays, 9:00 a.m. to 12:00 p.m., when Religious School is in session.

Check for upcoming notices and events at www.AnsheEmet.org; look for Sisterhood under Programs.

Elizabeth Cline, Communications

Anshe Emet Programming
is generously supported by
The Arthur and Perle Malkin
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The Arthur & Perle Malkin



AWARD-WINNING MEN'S CLUB MENSCHEN/MENTION

We have been very pleased with the response to our 2018 lineup of events thus far, and we are confident that your interest and excitement with Men's Club will continue to grow with us. Our program on January 16, a special presentation by fellow congregant and best-selling author, Jonathan Eig, was a huge success. Jonathan discussed his new book, "Ali: A Life" with 60 Men's Club members and friends. He shared many fascinating and intimate little known facts about Ali's flamboyant life, and he signed copies of the book for many of our attendees.

On February 4 at 8:00 a.m., Men's Club once again hosted our annual World Wide Wrap. Rabbi Siegel provided a history of tefillin and instruction on how to properly put them on. This was followed by our regular morning minyan and, of course, a light breakfast, compliments of Men's Club. Each year World Wide Wrap also provides two special opportunities. First, you may purchase tefillin at a substantially discounted price due to the partial subsidy provided by your Men's Club. You still may contact Naomi Weiss in regard to purchasing tefillin at the discounted price. Second, when you put on tefillin on this day you will be engaging in this mitzvah with Men's Clubs all over the world that also are doing so.



On February 6, Men's Club members and friends learned about another sports figure. Brent Novoselsky--a nice local Jewish guy who grew up in Skokie--provided a riveting and frank

insider view of his 7-year career in the NFL and what it is like to play professional football. Proceeds from this event were donated to the B'nai B'rith Sports Lodge High School Athletes Scholarship Fund. This fund has provided scholarships to local high school athletes on their way to college for over 40 years. If you have or know of high school athletes who would like to apply, then send me an email at mensclub@ansheemet.org, and I will forward your contact information on to the scholarship committee.

PASSOVER WINE TASTING

March means Passover this year, and it would not be the same without attending our annual **Men's Club Passover Wine**

Tasting and wine-ordering evening at Binny's Lincoln Park. This unique opportunity will be held at **6:30 p.m. on March 6**. This is your chance to learn about, taste, and order from a wide selection of quality kosher for Passover wines. Watch for registration details.



Barry Balik

as our Anshe Emet Men's Club Man of the Year. Michael Rubin, Regional President of Chicagoland USY, will be sharing in the honors as our Youth of the Year. The cost for the awards dinner is \$36 if registered by February 28 or \$45 if registered after February 28. You may share in the festivities and register at: midwestregionfjmc.myshopify.com/products/register-for-man-youth-of-the-year-event-chicago

Additional information may be obtained at: midwestregionfjmc.myshopify.com/pages/man-youth-of-the-year-info

REGIONAL RETREAT WEEKEND

The fun never ends as the FJMC Midwest Region ventures to Starved Rock State Park for the **Regional Retreat Weekend on March 16 to 18**. The event is filling up fast and space is limited. You may register for a full weekend of Jewish joy, spirit, food, and nature with your Men's Club comrades at: <https://midwestregionfjmc.myshopify.com/products/2018-regional-retreat?variant=538132971537>

Any questions or concerns--you always may contact us at mensclub@ansheemet.org, check our Facebook page, Anshe Emet Men's Club, or talk to me in shul. We are incomplete without you.

Barry Balik
Men's Club President

MAN AND YOUTH OF THE YEAR

The Federation of Jewish Men's Clubs Midwest Region will be holding its annual **Man and Youth of the Year event at Congregation Beth Shalom in Northbrook at 4:30 p.m. on March 11**. I am very pleased to announce that I



Michael Rubin

have been selected by our Men's Club Board

as our Anshe Emet Men's Club Man of the Year. Michael Rubin, Regional President of Chicagoland USY, will be sharing in the honors as our Youth of the Year. The cost for the awards dinner is \$36 if registered by February 28 or \$45 if registered after February 28. You may share in the festivities and register at: midwestregionfjmc.myshopify.com/products/register-for-man-youth-of-the-year-event-chicago

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Any questions or concerns--you always may contact us at mensclub@ansheemet.org, check our Facebook page, Anshe Emet Men's Club, or talk to me in shul. We are incomplete without you.

Barry Balik
Men's Club President



Days, months, decades from now your name will matter and your dollars will make a difference. Join the Anshe Emet Dor L'Dor Society and leave your Jewish legacy and values for generations to come. When you make a bequest in your will, you are a member! We don't need to know the amount; only that you have made a gift.

Please contact Mimi Weisberg, mweisberg@ansheemet.org, 773-868-5123, for more information.

Anshe Emet Dor L'Dor Society Members

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Dr. Silas and Charlotte Wallk z"l
Susan and Michael Weininger
Lois and Hon. Bernard Weisberg z"l
Jon and Mila Zidel



It's been a busy start of the year for Na'aseh! Some highlights include:

- We teamed up with YAD to volunteer at the ARK food pantry and learn about poverty from ARK educator and AES member, Rebecca Fletcher. The ARK's mission is to help Chicagoland Jews who are facing adversity navigate toward self-reliance.
- We had a training from the experienced organizers at ONE Northside, where we learned about tools to create change and explored how our life experiences shaped our values.
- We announced a new partnership with RefugeeOne to support a refugee family. As the largest resettlement agency in Illinois, RefugeeOne has welcomed more than 17,500 refugees since 1982. Our responsibilities as a congregational partner include financial support, meeting the family at the airport, cooking their first meal, stocking their pantry, moving furniture and setting up the apartment, and supporting them with mentors and tutors.

And coming up in March, we will be delivering Passover Food packages as part of the bi-annual Maot Chitim delivery day. Join us the morning of March 25 to participate in this mitzvah!

To sign-up for either supporting the refugee family or delivering food for Maot Chitim, email us at naaseh.ansheemet@gmail.com.



[At left] YAD and Na'aseh team up for a day at the ARK food pantry.

[Below] AES members take a break to pose for a photo while participating in a training on community organizing from ONE Northside [organized by Na'aseh].



Community Resources

Parenting Programs

"Parenting is a Journey, Don't Take it Alone" is the theme that runs through the programming JCFS offers for parents. Travelers always take certain things with them – smart phones, identification, fuel, food, directions – so that their trips can be smooth. What crucial items do parents need to have on their journeys? The concepts below can be helpful for all parents regardless of the age of their children or the issue at hand.

- Parents are in charge and they can best reinforce this by setting firm Boundaries. Their job is to teach kids which means they can't always be friends with them. Parents and kids are separate, each with their own strengths, weaknesses and journeys.
- The goal is to raise Competent, Resilient Kids. With a constant eye on that end goal, parents need to encourage independence and respect for authority while allowing for failure. This means allowing kids to be "good enough" instead of pushing them to be "the best."
- Good Enough Parenting requires self-awareness, self-care and self-compassion. Kids learn from watching their parents' behaviors including how they handle stress and inevitable mistakes.
- Everyone needs to be heard which is why Listening Skills are so important. Kids need to share their experiences and know they have a safe place to go as they figure out what to do themselves [rather than being told what to do].
- Kids develop certain capacities at different ages. Understanding Normal Development can save parents from being furious at their kids for developmentally typical behavior [i.e. the self-absorbed middle school years].

These concepts will be integrated through the upcoming JCFS parent program: "Let's Talk about Boys, Sexuality and Consent in the Internet and #MeToo Age".

- Parents need to be familiar with the amount of sexual material (including pornography) that kids are exposed to on the internet while still in grade school. If parents want to be their kids' "go to" about sexuality, they need to set Boundaries by talking about the impact and risks associated with watching pornography.

- Raising Competent, Resilient Kids means acknowledging they will see sexual content online and helping them think about the negative messages pornography conveys.

- Parents may sometimes behave in ways that are not respectful of others. Good Enough parents are able to recognize how their behavior was hurtful, apologize and behave differently going forward.

- Kids need to talk about their experiences. Parents are at their best when they employ good Listening Skills – when they listen without jumping in to lecture, frighten, or correct.

- When Normal Development hasn't yet allowed a teen to think forward to the potential outcome/consequence of their behavior, it is the responsibility of the adults around them to create the barriers to keep them safe. This would include software to block inappropriate material as pop-ups and being aware of what kids are seeing on screens.

Each parenting issue will have different levels of emphasis on the different concepts, but like all maps, having all of the components handy will certainly ease the way. JCFS is pleased to offer a variety of programs to help parents in different stages of their parenting journey (www.jcfs.org). For more information or to discuss any of this further, please contact our Anshe Emet JCFS liaison Ann Luban at AnnLuban@jcfs.org or at 847-745-5420.



SAVE THE DATE

THURSDAY, APRIL 19 | 6:00 PM | ANSHE EMET

JOIN THIS COMMUNITY WIDE EVENT AND ENJOY: A TASTE OF ISRAEL WITH FESTIVE FOOD,
FUN & GAMES, A NA'ASEH BLOOD DRIVE, AND MUCH MORE!

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Sunday, March 11, 2018 • 7:00 p.m. • Dessert Reception

Temple Sholom of Chicago • 3480 N. Lake Shore Dr., Chicago • This event is free of charge.



FEATURING GUEST SPEAKER

Dan ShapiroFormer U.S. Ambassador to Israel, and Distinguished Visiting
Fellow, Institute for National Security Studies, Tel Aviv

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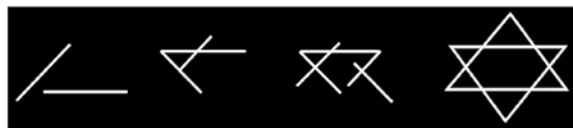
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Come into the Bennett library and check out these
and many other haggadot.**

*Anshe Emet Programming is generously supported by
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CENTER FOR JEWISH LIFE

ANSHE EMET
*Tour
de Shul*

SUNDAY, MAY 6 – MORNING
SAVE THE DATE

HYDE PARK EDITION

Bike through Jewish places of interest.
More info to come. Questions: Amy at akarp@ansheemet.org



OUR SINCEREST CONDOLENCES TO ...

The family of Trudie Acheatel, beloved mother of Robert [Rachel] Acheatel; loving grandmother of Samara and Sarina; dear sister of Selwyn Goldstein, on her recent passing.

The family of Barbara Cunix Berlin, beloved wife of Larry Wray; second mom to Christina [Barret] Bottomley and Katherine [Chase] Wonnell; cherished grandmother of Kennedy and Wyatt; dearest sister of Anne (Larry) Skal, and Betsy Tels, on her recent passing.

The family of Gerald S. Perlman, loving father of Dr. Sharon Perlman [David Haase], and Dr. Neil [Rachel] Perlman; cherished grandfather of Jacob, Arielle and the late Jordan Haase, and Caroline, Laura and Katie Perlman; dear brother of Melvyn [Marianne] Perlman; on his recent passing.

The family of Justin Heyman, devoted and loving father of Austin, Chase and Hunter; loving son of Syd and Hermia Heyman; fond brother of Daniel [Beth] Heyman, and Lauren [Ron Jacobs] Heyman; dear friend of Lisa Neimark, on his recent passing.

May their memory be for a blessing

SIMAN TOV U'MAZAL TOV: HEARTFELT CONGRATULATIONS TO ...

Marc and Sarah Smoler on the newest birth of their son, **Jordon Charles**. Proud grandmother is **Carol Smoler**.

**Discover the Anshe Emet
channel on YouTube**

You'll find learning resources, Divrei Torah, the Kaplan concert, Talent Show, and more.

Search for channel name: Anshe Emet at
[YouTube.com](https://www.youtube.com)

**Know someone new to the
neighborhood?**

*If you know someone new to the Chicago
Jewish community, who you believe
would be interested in finding out about
Anshe Emet Synagogue, please contact
Amy Karp at 773-868-5139, so we can
speak to them about all of the wonderful
religious, spiritual, educational and
communal opportunities the synagogue
has to offer.*

Misheberach list information

If you would like to have a name placed on the misheberach (prayer for healing) list, please contact Antoinette Nunez at 773-868-5120 or anunez@AnsheEmet.org. Names will be kept on the list for two weeks only, unless otherwise requested.

WE APPRECIATE YOUR THOUGHTFULNESS

Anshe Emet Synagogue is grateful for your philanthropic support. Please give a contribution of \$18 or more per tribute and we will be happy to send a commemoration card to the recipient from the synagogue.

Contributions listed are those received from January 9, 2018 - February 15, 2018.

Contributions may be made by calling 773-868-5152, www.ansheemet.org/donate or by mail. Please contact Mimi Weisberg, mweisberg@ansheemet.org, 773-868-5123, for more information.

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Your generous support of the Kiddush Luncheon Fund ensures that the entire community in attendance on Shabbat shares a joyous meal, together. It also supports Bar/Bat Mitzvah families who may have financial challenges when they celebrate their simcha. Thank you!

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Contributions to the Sustaining Fund make it possible for Anshe Emet Synagogue to thrive as an inclusive community at the forefront of Judaism. The Sustaining Fund provides a significant proportion of the synagogue's annual operating expenses allowing Anshe Emet to remain financially stable and secure while continuing to provide our membership with outstanding worship, educational, and social opportunities. Support for the Sustaining Fund also ensures no congregant is turned away to financial need.

We are grateful for your meaningful gift!

Listing of Donations through February 8, 2018

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