

# Anshe Emet monthly

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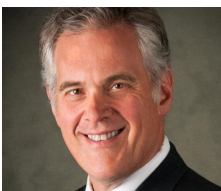
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## Longing for Shavuot & Ascending Through the Counting of the Omer

**Michael S. Siegel**  
Senior Rabbi, The Norman Asher Rabbinic Chair  
[msiegel@ansheemet.org](mailto:msiegel@ansheemet.org)



I am thinking about Shavuot in a way that surprises me. The only way to describe the feeling inside of me is one of longing. To be sure, I look forward to Shavuot every year; our Tikkun Leil Shavuot, our community gathering for a night of study; a true celebration of the gift of Torah. The experience of imagining standing at Sinai with the people of Israel as we read the Ten commandments is always moving, and who doesn't enjoy the traditional dairy foods of Shavuot: blintzes and cheesecake? But I can honestly say that I have never longed for the holiday until this year.

Let me explain.

At the time of this writing, Passover is about to begin and the shelter in place order stands. The Coronavirus has not peaked in the State of Illinois yet, and we have no idea of what the future holds. With all of this going on around me, I am sitting in my home office thinking about a holiday seven weeks away. I am thinking about Shavuot, the holiday of First Fruits, and imagining a world that feels ordered, beautiful, and good. A world that invites us to celebrate its small wonders without masks and gloves, without fear of getting too close to others. From this perspective, a sense of longing is to be expected.

While Passover celebrates redemption, the essence of Shavuot is ascent. In the Rabbinic imagination, the Children of Israel left Egypt as a ragtag group of slaves, wholly unprepared to meet God at Sinai, let alone receive the Torah. But our tradition has a beautiful way of addressing the idea of a people preparing to stand before God, and it is all about counting and intentional ascent. The ritual is *Sefirat Ha-Omer*, the counting of the Omer. Originally, this referred to a measure of barley, and the notion that we were counting the days to bring our first fruits to the Temple. But with the destruction of the Temple, our tradition rethought the counting and focused instead on spiritual growth, and with it the belief that we and the world

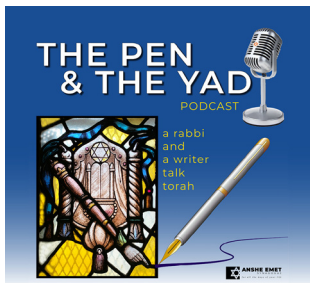
can be better than we are in this moment. The counting of the Omer is a reminder of the importance of taking stock and seeing ourselves moving forward, growing and ascending. By requiring a Bracha, our Rabbis remind us of the importance of intentionality. People and circumstances do not normally change on their own; rather, it happens when we will it.

I invite you to count the days of the Omer this year with us on the Anshe Emet website. A good way to prepare for the counting is to take a moment to reflect on where you are today and where you have been, then imagine the world as you would like it to be on Shavuot. Imagine the way that you would want to be on Shavuot. What would it take to get there? What contribution can you make to the larger society, more than the stuff of our imagination? Something that can help us get started is pausing each day, thinking of a blessing in our lives and acknowledging that blessing. A sense of gratitude can be the best inspiration for ascending. That is where the website comes in. Each day, someone in our community will share a blessing and encourage us to count with them.

*(continued on page 2)*

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Now, you may not find yourself longing for Shavuot, but that is not the goal. Rather, it is to will ourselves into ascent at a low time for all of us. Together, let us count to the days to a better, brighter, and healthier future for all of us.



With  
Rabbi Michael Siegel &  
Jonathan Eig

**New Episodes Weekly.**

[ansheemet.org/podcasts](http://ansheemet.org/podcasts)

**az  
yashir**   
אז ישיר

**THE MUSIC PROJECT**

**Keep listening.  
Keep thinking.  
Keep talking.  
Keep sharing.  
Keep singing.**

Thank you to everyone who helped create a vision for the future of music at Anshe Emet by participating in the Az Yashir Survey and by sharing their experiences.

Music will always be at the heart of our community.

**And... keep checking out the Az Yashir webpage for updates on the project and great music recommendations!**

**[www.ansheemet.org/azyashir](http://www.ansheemet.org/azyashir)**

## Siman Tov U'Mazel Tov

Mazel Tov to these families, who have welcomed newborns this past month:

**Seeskin  
Braverman-Gandelman**



If you would like to opt out of receiving a paper newsletter and switch to our electronic version, let us know:



**Brian Schmidt**  
773.868.5114  
[bschmidt@ansheemet.org](mailto:bschmidt@ansheemet.org)

## Our Sincerest Condolences

The Anshe Emet Community expresses its sincerest condolences to the families of:

**Marlene K. Weil  
Howard Norman Gilbert  
Sara Arona Rice Baron  
Michael Friedlander**

***May their memory  
be for a blessing.***

## Misheberach List

If you would like to have a name placed on the misheberach (prayer for healing) list, contact Antoinette Nunez. Names will be kept on the list for two weeks unless otherwise requested.



**Antoinette Nunez**  
773.868.5120  
[anunez@ansheemet.org](mailto:anunez@ansheemet.org)



**Anshe Emet believes that, although we're apart, we are together at heart!**

To that end, we have compiled a number of resource information to help during this difficult time:

### **IN NEED or WISH TO VOLUNTEER?**

Please let us know by visiting [ansheemet.org/resources](http://ansheemet.org/resources) and filling out our quick form.

**Plus, learn about the many community resources available to you:**

- Lakeview/Lincoln Park Mutual Aid Network
- National Refugee Shabbat 5780/2020
- Virtual Activity/Engagement Resources
- Coping During These Times Crisis Assistance
- Virtual 12 Step Meetings
- SHALVA 24/7 Help/Crisis Line
- US Small Business Administration: Coronavirus Disaster Assistance
- Hotline for Concerned Illinois Residence

**LEARN MORE AT  
[ANSHEEMET.ORG/RESOURCES](http://ANSHEEMET.ORG/RESOURCES)**



# Tzuzamen Aleyn: Together Alone

Arthur Friedson  
President, Anshe Emet Synagogue  
[art.friedson@gmail.com](mailto:art.friedson@gmail.com)

Dear Friends,

I recently read a wonderful essay in *The Forward* by Daniel Kahn recalling an old Yiddish revolutionary song called *Tzuzamen Aleyn*, or Together Alone. What a perfect title for the situation we find ourselves in today.

Although we are *aleyn*, the creativity, motivation, and drive of our outstanding clergy and amazing professional staff has kept us *tzuzamen* as a community.

Some things continued without missing a beat. Services were moved online. Funerals shifted to immediate families at graveside while others joined both the service and shiva from afar. Brit milah ceremonies continued, also with just immediate family and the mohel physically present while everyone else sheps nachas from their devices. The Religious School, already several steps ahead in terms of online learning, quickly updated staff training and seamlessly rolled out a fully digital learning environment.

What we've learned from being alone is how important it is to move forward together.

Some things had to be postponed. B'nai mitzvah were put off while clever workarounds are being evaluated to ensure that our wonderful kids have their moment to display the fruits of their hard labor and celebrate with their families, friends, and community.

And some new things popped up organically and almost instantly. A Zoom havdalah service has developed a wonderful following of congregational members who pop up on our screens to sing out Shabbat and welcome in the new week. Younger people in the synagogue quickly organized to help older members learn how to use technology to connect.

What we've learned from being *aleyn*, alone, is how important it is to move forward *tzuzamen*, together.

Be well.

*Art Friedson*



The AES Clergy is grateful...



"We are thankful for our community, our family, all of the healthcare professionals and first responders, and the safety of our shelter."

**Rabbi Michael & Janet Siegel**



"We are grateful for zoom, Facetime, and phone calls that keep us connected with family and friends; for stuffed animals who we invite to shabbat meals when we cannot have real live guests; for our family's health; and for the incredible medical professionals and essential workers who support our whole community."

**Rabbi David & Rebecca Russo and Family**



"We Berkes are grateful for more time with our college junior, the ability to connect via technology to those far away, and all those working so hard across the community, city and country to see us through this trying time."

**Cantors Liz & Steven and Edna Berke**

## HAZAK

### FOR RETIRED ADULTS

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

HaZaK is an Anshe Emet daytime program for mature adults with active minds. Co-taught by our clergy and other community educators, this year HaZaK is focusing on Jewish Ethics with the Melton curriculum "Ethics of Jewish Living." Generously funded by Beatrice Mayer, z"l.

**May 4 — Rabbi Michael Siegel**

**May 11 — Cantor Liz Berke**

**May 18 — Rabbi David Russo**

**May 25 — TBD**

Visit [ansheemet.org/zoom](https://ansheemet.org/zoom) to learn how to join  
Meeting ID: 663 098 957

Contact Cantor Liz Berke for more information at

[EBERKE@ANSHEEMET.ORG](mailto:EBERKE@ANSHEEMET.ORG)



### Drop-in Bereavement Group Supporting our Community in Times of Loss

**Next meeting: May 18**

**\*\*NEW DATE\*\***

**6:30 PM at Anshe Emet**

Please join us online for our monthly support group for adults who have experienced the death of a loved one within the past two years.

Meeting ID: 170 885 666 | Password: 873909

LEARN MORE AT

[ANSHEEMET.ORG/BEREAVEMENTGROUP](https://ANSHEEMET.ORG/BEREAVEMENTGROUP)



"We are so thankful to our medical and nursing professionals, and to all of those who are working to keep markets open, and who deliver supplies to us! We are also so blessed to be in this amazing community!"

**Naomi WeiWss-Weil & David Weil**





# We Are Grateful ♥♥♥



"In these trying times, we are grateful for our family, our friends, our community and the amazingly creative and hardworking clergy and staff of our shul. But most of all, we're grateful for these guys. Wishing health, peace and plenty to you all."

**Nancy & Art Friedson and Family**



"We are thankful to our brother, David Beckmann, and all the staff at Family First Medical Group in Evergreen Park for the important work they are doing to keep us safe and healthy. Their screening questionnaire, drive-up testing, and anti-body testing have been developed in a timely and efficient manner."

**Nicole & Michael Tessel**



"We are grateful for delivery people and the chance to make people smile."

**Miriam, David & Shira Schwartz**



"We are grateful our family was able to celebrate my nephew Jacob's Bar Mitzvah before everyone had to Stay at Home!"

**Cindy Friedman**



"We are thankful for the joy of being together!"

**Diana Brinkman & Steve Turner**



"We are thankful for memories of baseball games and knowing that baseball will be here again soon enough! So many thanks to the beautiful Anshe community for letting us become adults with you, and for being such a special part of our lives."

**Tani Prell Epstein & Charles Epstein**



"We are grateful for our health and for each other (the teens hold this statement true in varying degrees, of course). We are so very grateful for all of the medical and essential people out there who give of themselves everyday so we all can be safer."

**Maxine, Jacob, Ariana, Yael and Tali Handelman**

"Thank you to all the nurses, doctors, hospital cleaning staff, security guards and administrative staff who are on the front lines. We are so grateful for your hard work! I am grateful and inspired by the warmth in our community of families, teachers, staff and Rabbis."

**Jessica Kaz and Family**



"We have such gratitude for the warmth and generosity of the Anshe Emet community. We truly appreciate the lovely Shabbat dinner shared with us during this challenging time and feel both supported and cared for."

**Karen Corken and Family**



"We are so thankful for the doctors and nurses who are risking their own health to care for others. And, we are grateful to be a part of the Anshe Emet community."

**Ruth & Leonard Rau and Family**



"During this peculiar time in history, I'm especially grateful for the company of my cats (who may not understand why I'm home all day but are perfectly content with the situation); the beautiful view from my window; and the efforts of all those who are helping to heal our world."

**Tamar Brooks**



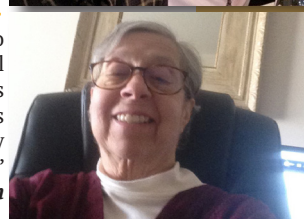
"We are grateful that we are safe, that we are surrounded by love, and by virtual hugs. God bless us all during the terrible time, and give strength and good health to everyone on the frontlines, helping us."

**Jan & Alan Schwartz**



"I send out blessings and gratitude to all our healthcare workers and essential workers, of whom my family tree numbers many including today. I am grateful at this time for their health and the community of love that has surrounded us all."

**Fran Abramson**



"We are grateful to share a Zoom get-together with our family in Chicago, the Philadelphia area, Boca Raton, FL, Bristol, England, and Tel Aviv, Israel. We are all grateful to be healthy and, internationally, staying safely at home. Blessings to those people who are caring for those who are not well."

**Marlene & Barry Balik and Family**



**Thank you to these people for honoring their Minyan commitment.**

**Please join us and help ensure the vitality of our weekly morning Minyan.**

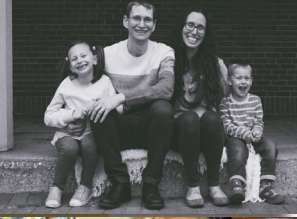
Ben Abrams, Marlene Abrams, Charles Abrams, Valerie Abramson, Bruce Arenson, Chuck & Sara Aron, Elizabeth Atwater, Izi & Sapat Aviente, Barry Balik, Eve Becker, Dayna Bender, Wendy Berger, Warren Bloom, Gabi Boros, Rachel Brustein, Brian & Irene Caminer, Janet Cohen, Adam Cooper, Samantha Dekoven, Phil & Leo Dunn, Steve Durchslag, Beth Farber, Chuck Finkelstein,

Rebecca Joy Fletcher, Amy Frankel, Art Friedson, Joey Gartner, Christa Georgeson, Lisa Goldberg, Gail & Dan Golden, Miriam, Ben, Paula Golden, Jay Goodgold, Matt & Danny Goodman, Suzanne Griffel, Brian Grossman, Stacy Hartman, Daniel Hernandez, Marc Hersch, Elana Hiller, Sarah Hirsens, Beth Horwitz, Ariela Housman, Elisabeth Howard, Brad Kaplan,





*Our Anshe Emet community is grateful for the health of our loved ones and, most importantly, for those working on the frontlines to keep us safe.*



"Our family is thankful for our amazing family, friends and supportive community."  
**Ariel Schwartz & Jonah Shifrin and Family**



"We've been grateful for our children. Their ability to keep the moments joyful lifts us up every day. This is Hannah Gilboa!"  
**Emily Schoerning PhD & Rabbi Michael Gilboa**



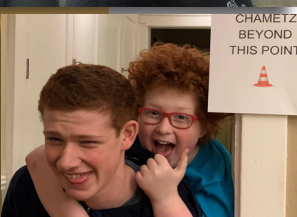
"We are grateful to be safe and together at home, and we're especially grateful that so many frontline professionals are working day-and-night to help all of us move past this challenging time."  
**The Fleischmann Family**



"We are so grateful for all of those in our community, city, state and nation that are tending to the mind, body, and spirit. There will be good days and there will be bad days—remember there are people ready to help when you are down."  
**Amy, Marc and Eli Gould**



"I am grateful to be a part of a team that strives to put community first!"  
**Michelle Brown**



"We are grateful for having food and shelter and jobs, for all the essential workers doing so much to keep us safe, and for everyone at Anshe Emet for providing spiritual sustenance. We miss our community so much and can't wait to be with each other in person soon!"  
**The Nagorsky Family**



"I am thankful for spring and all the new beginnings it brings with it. To see changes in nature every day reminds me that even when the sky is gray and I feel stuck, I can still grow and find beauty in each day."  
**Rachel Tanzer**

"I feel boundless gratitude for my personal and professional community. Any time I am feeling isolated, I can send a message or setup a zoom call, and those interactions turn my mood around completely. Although this has been a difficult transition, I am learning to not take anything for granted."  
**Iris Krandel**



"We are grateful for sunshine and finding their "sunnies" to enjoy the weather in the front yard. I am particularly grateful to AES for prioritizing care of my family during this time and making sure everyone stays safe."  
**Naomi Richman and son Benjamin**



"I'm extremely grateful for faith, the continued health of family and friends, but more importantly for the daily sacrifices of my husband and our family members in medical, who are at the frontline everyday."  
**Antoinette Nunez and Family**



"So very grateful I got to be in Amsterdam with my kids for my daughter's first art exhibit just before it all would have been impossible. Also incredibly grateful to our healthcare professionals who put themselves in harm's way to save lives and to be part of this beautiful AES community."  
**Boni FINE**



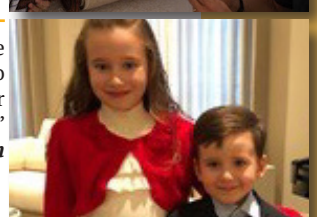
"I am grateful for technology that allows us to stay connected and continue to come together as a community, and for a caring team."  
**Edgar Hernandez-Meza**



"I am grateful for my beautiful son Gabriel seen here leyning Torah at the Western Wall for his friend's bar mitzvah."  
**Steve Silk**



"Thank you to all of our healthcare professionals and first responders who are working diligently to protect our loved ones. You are our heroes!"  
**Arnie, Kimberly, Symone and Gabriel Rubin**



Evan Kleeberg, Jacob Kline, Ellie Knepler, Marla Krupman, Jay Lazar, Jay Levine, Debby Lewis, Jane Lippow, Darya Lisserman, Matan Meital, Alan Mintz, Brian, Marsha, Rafi, Sam Nagorsky, Gerard Nussbaum, Shelley Parker, Gary & Fraeda Porton, Lois Rackoff, John Ragir, Amy Reichert, Esther Rosenbloom, Ricardo Rosenkranz, Susan Rosenstein, Ed Salomon, Jerry Salzberg, Jerry Salzman,

Deborah Schrayner, Neil Schwartz, Carolyn Schwarzkopf, Barry Seeskin, Leann Shamash, Ken Shapiro, Steve & Linda Silk, Gregg Silver, Rhonda Singer, Shira Slotar, Eli, Eli, Jr, and Damian Solano, Ethan Solomon, David Spector, Jill Stein, Phil Stern, Greg Stern, Maya Tkachuk, Abe Trieger, David Weil, David Weininger, Jeanette Zemsky, Pam Zerbino

**Join us for minyan Monday  
thru Friday at 7am**

**Rosh Chodesh at 6:50am  
Sundays & National  
Holidays at 8:30am**

# we appreciate your thoughtful DONATIONS



Your gift sustains us as a center for Jewish Life.  
To donate, please visit [ansheemet.org/donate](http://ansheemet.org/donate)

Contributions listed were received between March 4 - March 31.

## TREE OF LIFE

### Ner Tamid

Joan & Linda Friedman  
Phillip and Nancy Resnick

### Aron Ha'Kodesh

Jim & Julie Coffman  
Robert & Carlen Katz  
Jeremy & Stephanie Liss  
Arnold & Kimberly Rubin  
Cynthia & Sydney Wexler, z"l

### Etz Chayim

Anonymous  
Norman & Virginia Bobins  
Crown Family Philanthropies  
Steve Durchslag  
Betsy Gidwitz  
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Robert & Hedwig Golant  
Bill & Judy Goldberg  
Jay & Karen Goodgold  
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Dina and Stephen Isaacs  
Ruth Kahn  
Edwin and Susan Katz  
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Barry and Cheryl Kreiter  
Ross & Lori Laser  
Donald & Elaine Levinson  
Susan Levinson  
Robert Levinson  
Barry Malkin & Jodi Block  
Judd & Katherine Malkin  
Goldie Wolfe Miller & Jack Miller  
Suzanne Muchin & David Brown  
Ami & Miki Pissetzky  
Avi & Joan Porat  
Ricardo & Laura Rosenkranz  
David & Jamie Schwartz  
Pamela & David (Scooter) Simon  
Allan and Bonnie Sweet  
Howard & Judy Tullman  
Jerry & Lee Zoldan

### Klaf

Moris & Alice Kricheli  
Jane Lippow

### Otiot

Arthur Friedson & Nancy Kohn

### Sofrim

Brian & Irene Caminer  
Eliot Ephraim  
Rhoda Feldman  
Diane Gish  
Dalia Hoffman  
Gerald Salzman & Judith Levin  
Lawrence Levin  
Liz Stec  
Barry Glick & Candace Strauss  
Fred & Michelle Weber

## GENERAL DONATIONS SUSTAINING FUND

### In memory of:

SOLOMON LIPPOW: Jane Lippow  
IDELL MARVER: Loui Marver  
ANNA MOSKOWITZ: Arthur  
Friedson & Nancy Kohn  
TERRY SALZMAN: Gerald  
Salzman & Judith Levin  
HARRIET SCHAB: Lawrence Levin  
HARRIET SCHAB: Liz Stec  
MARLENE WEIL: Eliot Ephraim  
MARLENE WEIL: Dalia Hoffman  
MARLENE WEIL: Arthur  
Friedson & Nancy Kohn  
MARLENE WEIL: Jane Lippow

### In honor of:

CHEVREH KADISHA:  
Rhoda Feldman  
DAVID & REBECCA RUSSO:  
Dan & Larisa Kenen

## Yahrzeit Fund

### In memory of:

SELMA CASSELL: Brant Serxner  
& Cathy Cassell-Serxner  
MAURICE GOODGOLD:  
Jay & Karen Goodgold  
HENRY GROSSMAN: Robert Haar  
HARRIET SCHAB: Allan Kaufman  
JANE ELLEN STEIN: Alan Stein

## Kiddush Luncheon Fund

Matthew Goodman &  
Wendy Diamond  
Matt Meltzer & Meredith McBride  
Lee & Debbie Merovitz  
Rob & Daphna Stepen  
Shana Gillers & Barry  
Wimpfheimer

## CLERGY DISCRETIONARY FUNDS

### RABBI MICHAEL S. SIEGEL

Allan Mayer  
Nan Stein

### In memory of:

SAMUEL GOLDBERG:  
Brandon & Diana Goldberg  
HARRIET SCHAB: Richard  
& Susan Rosenstein

### HAZZAN ALBERTO MIZRAHI

### In memory of:

IDA RUTH MEISELS: Florence  
Nelson

### RABBI D'ROR CHANKIN-GOULD

### In memory of:

JOYCE COHEN: Esther Reiter

### RABBI DAVID RUSSO

Brian Goldberg  
Matthew Goodman &  
Wendy Diamond

### HAZZAN SHEINI LIZ BERKE

Allan Mayer

### NAOMI WEISS-WEIL

### In memory of:

MARLENE WEIL: Dan Sher



## KIDDUSH LUNCHEON FUND

## Celebrate with a gift to the Kiddush Luncheon Fund!

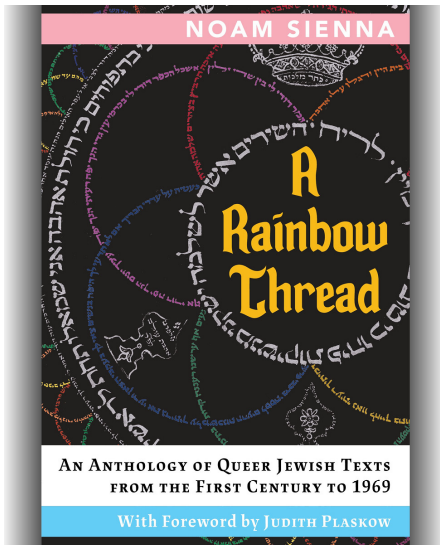
Whether you are celebrating a special occasion like a new baby, a wedding engagement, anniversary, birthday or commemorating the loss of a loved one for Yahrzeit – share your life cycle events with the congregation by making a gift to the Kiddush Luncheon Fund.

Any gift amount is welcome. Sponsorships of \$500 or more will be specially acknowledged in our weekly Shabbat bulletin.

Contact Kim Carter for details:  
[kcarter@ansheemet.org](mailto:kcarter@ansheemet.org)  
773.868.5119







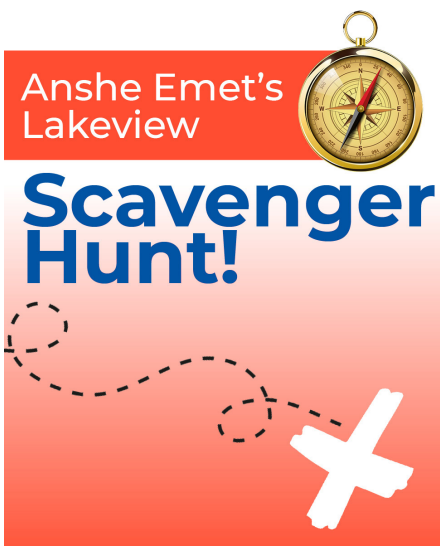
**Study Sessions:**  
**A Rainbow Thread with**  
**Rabbi D'ror Chankin-Gould**  
**May 5 • 8:30 pm**  
 Join Rabbi Chankin-Gould for an in-depth discussion on Noam Sienna's book, *A Rainbow Thread*. Our group will meet for three sessions on: Tuesdays May 5, 12 & 19.



**Shireinu:**  
**The Anshe Emet Choir**  
**Thursdays • 5:15 pm**  
 Anyone who is interested in singing and having some fun, you are invited to join our weekly choir session, every Thursday.



**Shalom Hartman:**  
**Together & Apart:**  
**The Future of Jewish**  
**People-hood**  
**Thursdays • 6:30 pm**  
 The last 3 sessions of the Hartman curriculum will be presented by Rabbi Siegel beginning Thursday evening May 7, continuing on May 14 & 21.



**Lakeview Scavenger Hunt**  
**Now Through May 7**  
 Take a walk around the neighborhood and find the pictures located in the hunt! The family or individual to submit photos at the most correct sites will win a gift card to Milts.



**Challah Baking with**  
**Max Handelman**  
**Thursday May 14 • 7 pm**  
 Join Maxine Handelman for a fun Challah baking session!



**Book Club:**  
**Kaddish.com**  
**by Nathan Englander**  
**Sunday May 31 • 10 am**  
 Join us for the next installment of our book club featuring, *Kaddish.com*, by author Nathan Englander. Ron Hirszen and Susan Weininger will lead our discussion.

**Click on the event images to learn more!**



3751 N. Broadway Ave.  
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[AnsheEmet.org](http://AnsheEmet.org)

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*While we are apart,  
we remain together at heart!*

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***The building may be closed but the AES Clergy and Staff remains open to you. Services, classes, pastoral & financial support and more are available to you during this time. For the most up to date information and for staff contacts, please visit us at: [www.ansheemet.org](http://www.ansheemet.org)***

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**Anshe Emet** Synagogue

