

Lincolnwood Jewish Congregation AG Beth Israel Bulletin



May—June 2023 Issue 3

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Rabbi: Yehuda Meyers

Rabbi Emeritus: Joel Lehrfield, PhD

LJCAGBI Bulletin

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Rabbi Meyers' Message

As a young child, when sleep eluded me, my parents recommended the age-old practice of counting sheep. One sheep, two sheep, red sheep, blue sheep (or something along those lines). Unsurprisingly, the “trick” proved ineffective. However, while lying in bed on those sleepless nights in Seattle, I discovered that I enjoyed counting. Now to be clear, counting by adding one number at a time wasn't too thrilling. But I realized there were many more ways to count! I could count by 9s or 13s or 37s. I could count by doubling each number ($1+1+2$, $2+2+4$, $4+4=8$, $8+8=12$...). Or I could multiply each number by itself ($3 \times 3=9$, $9 \times 9=81$, $81 \times 81=6561$...). The possibilities were endless. It became a game, and I challenged myself to memorize as many of these alternate addition “tables” as possible. Even now, when I lose focus, I often find myself counting numbers in my head. It is therefore not surprising that I find this time of year, the weeks between Pesach and Shavuot, to boast of the most “fun” Mitzvos on the calendar- Sefiras Ha'Omer.

The mitzvah of “Sefiras Ha'Omer” is to count each day from the second night of Pesach until the holiday of Shavuot. Initially, we count only the days, but as soon as we pass a week, we count both the days and the weeks (For example: on night ten we say, “Today is the tenth day, which is one week and three days of the omer”). By the end, we count a total of 49 days equaling 7 weeks. While the math is never too difficult (after all we only add

Rabbi Meyer's Message—continued on page 4

President's Perspective

We have 3 days on our calendar on which, on a weekday, there is a call to recite the complete Pesukei Dezimra service just as is done on Shabbat or Yom Tov. One of those days comes in the Fall, Hoshana Rabbah. Ok, not fully a weekday, but neither is it subject to the restrictions of Yom Tov. The other 2 days come this time of year, or have just passed, during the counting of the Omer. Yom HaAtsma'ut - this year Israel turned 75! - and Yom Yerushalaim, the anniversary of the reunification of Jerusalem in 1967, according to many traditions, also feature the full Pesukei Dezimra. It is a statement that if we are willing to look, we can see open miracles even in the modern day.



During this time of Modern Miracles piercing the mournful aspect of Sefira, we must remember as we count each day what it is we are anticipating. We count up to the anniversary of receiving the Torah at Sinai, and what could be better or more exciting than that? Last year, as a congregation, we studied Mishlei and prepared a siyum. Will we make a siyum this year as well? Tehilim anyone?

And speaking of anniversaries, and Yom Yerushalaim, I would be remiss if I did not mention a very special Yom Yerushalaim 25 years ago, when my Father acted as mesader kedushim at a wedding. Happy Anniversary, 25 years, and may we continue for another 25, and another 25 after that.

See you all in shul!

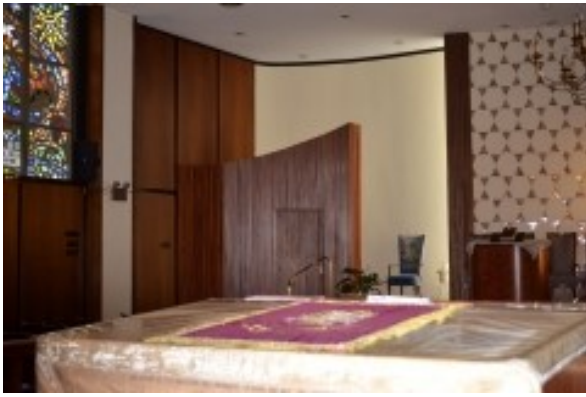
Dan Gutstein

President

Celebrate Yom Yerushalayim at LJCAGBI!

**Shabbat morning, May 20th- Special Israeli Kiddush
Featuring guest speaker former IDF soldier Azi Feifel**

Sponsorship opportunity available- please contact the Shul office



Please note that this bulletin is online at [View Bulletin](#)

To print calendars, flyers or order forms, go to the bulletin page needed, and print the page(s) you would like. Perfect for refrigerator door decor.

Announcements

Mazal Tov:

To Phyllis Kaplan on the birth of a great-grandson, Ezra Shai Gilbert

Condolences to the family of:

Miriam Chaplik
Roberta Romanofsky



Thank you to CIBC for their Sponsorship of this Bulletin

Please get your articles in for the shul bulletin

If you have a program, announcement or event, please get your information to the Shul *Bulletin* so everyone will know about it! Send your electronic submissions to the editor at: bulletin@ljcagbi.org or submit a hard copy to the Shul office before the deadline, **July/August 2023 issue, Monday, June 19, 2023**. All material is subject to approval by the Editor and may be modified for space or content. Inserts must also be approved by the Editor before inclusion in the *Bulletin*. Please call the Shul office at 847.676.0491 for further details.

Your presence is greatly needed: please attend

Lincolnwood Jewish Congregation A G Beth Israel, our Shul, has always maintained two daily minyanim for Shacharit and for Mincha/Maariv (or just Maariv during the winter months). It continues to be difficult to guarantee that 10 men will be present for davening. **Your help is urgently needed to ensure that a full minyan is present for everyone, especially those who have Yahrzeit or are in their year of mourning. Please attend whenever you are able.**

one day at a time) I find the challenge of remembering to count each day, as well as the minimal math involved in knowing the accurate number of weeks to the corresponding days quite enjoyable.

I acknowledge that not everyone shares my sentiment. Most people perceive counting as mundane, routine, dry, dare I say, boring. However, even for those who don't find counting fun, there is a tremendous amount of depth beneath the surface of Sefiras HaOmer reflective of the significance of this time period leading up to Shavuos, that is equally applicable to everyone (regardless of your aptitude for counting).

The mitzvah of Sefiras HaOmer requires one to count one day at a time. One may not skip, nor jump ahead. In fact, if one were to miss any day in the process, according to some authorities, one forgoes the entire mitzvah.

This halachik requirement reflects a fundamental principle for the spiritual journey that we embark on during the weeks leading up to Shavuos. The requirement to be present and to **count** each and every single day along the way is emblematic of the value of being **present** in our lives each and every single day.

This message holds great relevance in modern society. We live in a world that is incredibly distracted. We send a text message while on the phone with a friend, while making lunch, while on a work Zoom call, while thinking about what we should have for dinner that night. During Sefira we provide ourselves a subtle reminder to slow down to appreciate each and every day and be present in the moment.

Moreover, the act of counting, the movement from marker “#1” to marker “#49”, symbolizes our capacity for growth and transformation. Each day of the Omer count represents an opportunity for spiritual growth as we strive to become better versions of ourselves and deepen our connection to God. In today's society, we are bombarded by shallow contradictory messages such as, “You are who you are, and you can never change”, and “Just do this one simple task to instantaneously change your life”. The practice of counting reminds us that not only is change possible, but true growth and transformation take time and effort, and every small step we take in the right direction is meaningful and valuable.

Lastly, counting Sefiras HaOmer is not a solitary practice but one that is ideally done in a communal setting at Maariv. When we count together in shul, we remind ourselves of the importance of supporting one another in our spiritual journeys. We live in a society in which many of us often find ourselves isolated and disconnected. During Sefira we remind each other that we are not alone and that we have an opportunity and responsibility to both support and be supported by each other along the way. It is inevitable that during life's journey, we will need somebody to lean on. During Sefira we deepen those connections and supports.

This three-fold message of mindful presence, patient growth, and community are crucial elements as we ready ourselves for the holiday of Shavuos, the holiday of the receiving of the Torah. To study Torah we must be mindful and present to hear its teachings. If we are distracted, we won't ever actually learn the incredible wisdom it contains. Additionally, we must be both committed and patient in our Torah study. The Torah is quite vast. We are not expected to finish it all, but we are called upon to live a life filled with Torah study. There is always more Torah to learn, both for the young and the old. Lastly, the ideal way to study Torah is together, as a community. Whether it is in shul or at home, when one studies with someone else, one's mind is exposed to another person's way of thinking, enabling both development of new ideas, as well as helping one clarify their own thoughts. Two heads are better than one.

May this pre-Shavuos season be one in which we live by the messages of Sefira



May/June 2023 Calendar of Events

Friday, May 5	Pesach Sheini
Tuesday, May 9	Lag BaOmer
Wednesday, May 17	Board Meeting
Friday, May 19	Yom Yerushalayim
Sunday, May 21	Rosh Chodesh Sivan
Thursday, May 25	Erev Shavuot
Friday, May 26	Shavuot- Day 1
Saturday, May 27	Shavuot- Day 2
Monday, May 29	Memorial Day
Monday, June 19	Rosh Chodesh Tammuz-Day 1
Tuesday, June 20	Rosh Chodesh Tammuz- Day 2
Wednesday, June 21	Annual Board Meeting

JOURNEY TO SINAI

THREE PART PRE-SHAVUOT SERIES
THURSDAY NIGHTS @7PM ON ZOOM
MAY 4TH, 11TH & 18TH

Schedule for Daily/Shabbat/Holiday

MAY 2023/IYAR-SIVAN 5783						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
	1 S: 7:00am M/M: 7:35PM	2 S: 7:00am M/M: 7:35PM	3 S: 7:00am M/M: 7:35PM	4 S: 7:00am M/M: 7:35PM	5 S: 7:00am CL: 7:33PM M/M: 7:00PM	6 Emor S: 9:00am M/M: 7:30PM H: 8:37PM
7 S: 8:30am M/M: 7:45PM	8 Erev Lag BaOmer S: 7:00am M/M: 7:45PM	9 Lag BaOmer S: 7:00am M/M: 7:45PM	10 S: 7:00am M/M: 7:45PM	11 S: 7:00am M/M: 7:45PM	12 S: 7:00am CL: 7:41PM M/M: 7:00PM	13 Behar-Bechukotai S: 9:00am M/M: 7:38PM H: 8:44PM
14 S: 8:30am M/M: 7:50PM	15 S: 7:00am M/M: 7:50PM	16 S: 7:00am M/M: 7:50PM	17 S: 7:00am M/M: 7:50PM	18 S: 7:00am M/M: 7:50PM	19 Yom Yerushalayim S: 7:00am CL: 7:48PM M/M: 7:00PM	20 Bamidbar S: 9:00am M/M: 7:45PM H: 8:51PM
21 Rosh Chodesh Sivan S: 8:30am M/M: 8:00PM	22 S: 7:00am M/M: 8:00PM	23 S: 7:00am M/M: 8:00PM	24 S: 7:00am M/M: 8:00PM	25 Erev Shavuot S: 7:00am CL: 7:54PM M/M: 8:01PM	26 Shavuot Day-1 S: 9:00am CL: 7:55PM M/M: 7:15PM	27 Shavuot Day-2 S: 9:00am M/M: 7:52PM H: 8:57PM
28 S: 8:30am M/M: 8:05PM	29 S: 8:30am M/M: 8:05PM	30 S: 7:00am M/M: 8:05PM	31 S: 7:00am M/M: 8:05PM			KEY: S - Shacharit M - Maariv M/M - Mincha/Maariv CL - Candle Lighting H - Havdalah

Minyan times are subject to change. To confirm minyan time please check the shul website under the worship services tab or call/text Paul Kramer at 312.343.2200.

Services & Candlelighting Times



JUNE 2023/SIVAN-TAMMUZ 5783						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
Key: S – Shacharit M- Maariv M/M- Mincha/Maariv CL – Candle Lighting H- Havdalah				1 S: 7:00am M/M: 8:05pm	2 S: 7:00am CL: 8:00pm M/M: 7:15pm	3 Naso S: 9:00am M/M: 7:57pm H: 9:04pm
4 S: 8:30am M/M: 8:10pm	5 S: 7:00am M/M: 8:10pm	6 S: 7:00am M/M: 8:10pm	7 S: 7:00am M/M: 8:10pm	8 S: 7:00am M/M: 8:10pm	9 S: 7:00am CL: 8:05pm M/M: 7:15pm	10 Beha'alotcha S: 9:00am M/M: 8:02pm H: 9:07pm
11 S: 8:30am M/M: 8:15pm	12 S: 7:00am M/M: 8:15pm	13 S: 7:00am M/M: 8:15pm	14 S: 7:00am M/M: 8:15pm	15 S: 7:00am M/M: 8:15pm	16 S: 7:00am CL: 8:08pm M/M: 7:15pm	17 Shelach S: 9:00am M/M: 8:05pm H: 9:10pm
18 S: 8:30am M/M: 8:15pm	19 Rosh Chodesh Tammuz S: 6:45am M/M: 8:15pm	20 Rosh Chodesh Tammuz S: 6:45am M/M: 8:15pm	21 S: 7:00am M/M: 8:15pm	22 S: 7:00am M/M: 8:15pm	23 S: 7:00am CL: 8:10pm M/M: 7:15pm	24 Korach S: 9:00am M/M: 8:07pm H: 9:12pm
25 S: 8:30am M/M: 8:15pm	26 S: 7:00am M/M: 8:15pm	27 S: 7:00am M/M: 8:15pm	28 S: 7:00am M/M: 8:15pm	29 S: 7:00am M/M: 8:15pm	30 S: 7:00am CL: 8:10pm M/M: 7:15pm	

Yasher Koach to the 2023 Lox Box Team

We would like to thank the following members and businesses that worked on and/or contributed to the success of this year's Lox Box:

Donors

CIBC Bank - Lincolnwood Branch
Republic Bank – Lincolnwood Branch
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Starr Kosher Catering
Whole Foods
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Lynn Rubin

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Henry Kalter
Marianos
Royal Wine Corp

Saturday Night Packers

Marsha Weitzman
Marcia, Sarah & Paul Kramer
Dan, Caleb & Eyal Gutstein
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Norm & Bobbi Snitofsky
Jeffrey & Edie Light
Russel Katz
Rabbi Hillel Meyers
Regine Meisel

Rabbi Yehuda Meyers
Rob Chimberoff
Michael Kirshner
Steve Kramer
Alex Goldstein
Janice Thall
Uri Dissen
Larry Miller

5:30 AM Sunday Packers

Rob Chimberoff
Michael Kirshner (and Bagel pickup)
Pesach Osina
Paul Kramer
Nicole Mazor

Drivers and Runners

Sarah & Paul Kramer
Marcia Kramer & Eyal Gutstein
Max Panitch & Yonah Gutstein
Henry Kalter
Rabbi Hillel Meyers
Larry Brown
Benjamin Mazor & Olga Krapivner
Mitchell Dayan & Caleb Gutstein

Aaron Goldman
Marsha Weitzman
Regine Meisel
Louis Reiff
Kari Gutstein
Daniel Gutstein
Yakov Baylis

Special Thanks to: Chava Gutman & Janice Thall in the office, Ryszard & Jadwiga for the set-up and cleanup, and Michael Kirshner & staff of Starr Kosher Catering. Please forgive me if I missed anyone.

Paul Kramer, Chair 2023 Lox Box Committee

From the Catering Department

It's that time again...Shirley has to write a bulletin article. Here goes...

Time really passes by quickly, especially when I have to write an article for the bulletin. It seems like I just finished sending one off to the editor, Larry Miller, but apparently not.

So, here goes. When I write something about the past, it takes a while till I get back to present time. All of my memories seem to soar at the same time.

I remember so well when the policeman on the corner of Lawrence Avenue and Kimball used to shout out "Hi Shirley" when he saw me. We became friends, but I can't remember his name (shame on me). But I knew that in any emergency, my friend the policeman would be there for me. I haven't been to that neighborhood in many years, yet it's where I grew up, went to Roosevelt High School and certainly shopped on Lawrence Avenue.

Time has a way of creeping up on you, sort of like you just have to blink and the years go by. There was a time when I could probably name all the stores on Lawrence Avenue, in order, all the way to Kedzie Avenue and to Crawford Avenue. Not only that, but I could tell you the places where I shopped with my mother and where I shopped alone or with friends. Shopping was different in those days...stores were open on Thursday nights. Drug stores were open every night. And shopping was different. We went downtown for fancier shops but Lawrence Avenue also had some pretty fancy shops that I never went into until I was older. But everyone had their favorite soda shop where we would hang out. There were enough kids in the neighborhood to accommodate all the shops.

Summertime was the best, of course, cause you didn't need heavy coats and hats. Every neighborhood had their own special hangouts where kids could always be found. For me it was Lawndale and Lawrence Avenues. It was necessary to have a place where you could sit down, have a soda or sundae, yet still meet with your friends. There were three movie theaters in the area, the Admiral, the Terminal, and the Metro, which was the backward movie theater. Everyone knew the ushers at at least one of the three. And the movies, at that time, were not adult rated, which meant that families would go to the movies together. There was one popcorn shop, next door to the Terminal, where the popcorn was always fresh and you could smell it from blocks away. It wasn't unusual for families to go to the movies together. Only when I started dating did we go downtown to the movies. It seems like such a long time ago.

And times have certainly changed. At one time, movies were the usual dating adventure. Unless some sorority or fraternity had an events night. That's something you don't hear about today, dances run by sororities or fraternities, usually in a high school gym. I really don't know where kids go today on dates, besides the movies. Fancier dates went downtown. Do they still have sororities and fraternities in high school? Oh when I think of all the dances we went to. I guess I'm glad I'm not part of that particular scene any more, but it really was fun. Walking was also part of the dating scene cause not many guys had a car of their own so they'd have to borrow the family car. And the girls also collected dance bids. These were small fancy cards with places to write the names of the person you were going to dance with at the next change in the music. Most girls collected and hung up their dance bids in their bedroom, if they had a bedroom. I hung my collection over my bed in the dining room. And the dance bids were always very special. I think I still have some bids in a cedar chest. Oh the memories that come back when I look at the dance bids I saved. They were all so special. Enough for now. I can't believe I got to thinking of dance bids.

Must be time for a joke.

The biggest lie I tell myself is I don't need to write that down, Ill remember it.

If God wanted me to touch my toes, he would have put them on my knees.

I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.

Till next time,

Shirley Derdiger

LONG LIVE THE KING!

EXPLORING THE LEGACY OF KING DAVID

SHAVUOT NIGHT

THURSDAY, MAY 25TH

7:30PM

FEATURING:

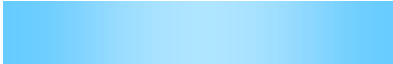
RABBI YEHUDA MEYERS

RABBI ARI ZUCKER

MR. PAUL KRIEGER

DINNER AND DESSERT SERVED!

RESERVATIONS DUE BY MON. MAY 21



LJGAGBI

SHAVUOS *Torah Learning* SCHEDULE 2023

25
MAY

TIKUN LEIL SHAVUOT

DINNER, LEARNING & MORE!

Starts at 7:30PM - See other flyer for more details

26
MAY

SHAVUOT DAY 1 KIDDUSH

TEHILLIM TIDBITS

Short snippets presented by community members

27
MAY

SHAVUOT DAY 2 KIDDUSH

GALA SIYUM

CELEBRATING COMPLETION OF SEFER TEHILLIM

Lag BaOmer—May 8/May 9

Lag BaOmer is always on the 18th day of the month of Iyar. The word “Lag” is made of the Hebrew letters *lamed* ל and *gimel* ג which together have the numerical value of 33. “BaOmer” means “of the Omer.” The Omer is the counting period that begins on the second day of Passover and culminates with the holiday of Shavuot, following day 49.

Rabbi Shimon bar Yochai, who lived in the second century of the Common Era, was the first to publicly teach the mystical dimension of the Torah known as the Kabbalah, and is the author of the classic text of Kabbalah, the Zohar. On the day of his passing, Lag BaOmer, Rabbi Shimon instructed his disciples to mark the date as “the day of my joy.”

Lag BaOmer also commemorates another joyous event. The Talmud relates that in the weeks between the Jewish holidays of Passover and Shavuot, a plague raged among the disciples of the great sage Rabbi Akiva (teacher of Rabbi Shimon bar Yochai), “because they did not act respectfully towards each other.” These weeks are therefore observed as a period of mourning, with various joyous activities proscribed by law and custom. On Lag BaOmer the deaths ceased. Thus, Lag BaOmer also carries the theme of loving and respecting one’s fellow (*ahavat Yisrael*).

(source: Chabad.org)

Come have a L'Chaim and socialize with us on Shabbat after davening.

Everyone is welcome.

Our libations are not funded by the shul; therefore consider making a donation to the “Kiddush Club”

To contribute, please send a check to the office labeled “Kiddush Club”.

Join us in a l'chaim this Shabbat!



Off the Subject

Two astronauts land on Mars. Their mission: to check whether there is Oxygen on the planet.

“Give me the box of matches”, says one. “Either it will burn, indicating that there is Oxygen, or nothing happens”.

He takes the box, and is ready to strike a match, when out of nowhere, a Martian appears....waving all of his arms....”NO, no, don't”, he says.

The astronauts look at each other, worried. Could there be some unknown explosive gas, on Mars? However, he takes another match.....

And now, a crowd of hysterical Martians are arriving, all waving all of their arms, saying “NO, no, don't do that!”

“It looks serious”, says one astronaut, “What are they afraid of? But, we are here for science....to know whether humans can breathe, on Mars”.

He strikes a match, which flames up, burns down, and nothing happens.

“Why did you want to prevent us from striking a match?” ask the astronaut.

The leader of the Martians says, “Today is Shabbat!”