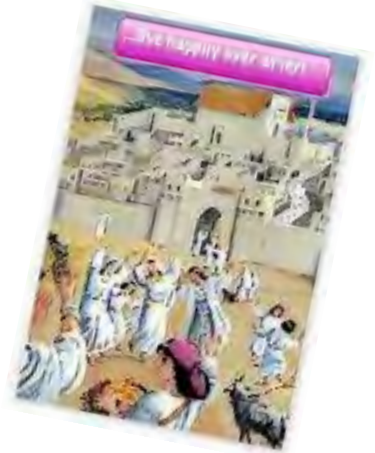


Lincolnwood Jewish Congregation AG Beth Israel Bulletin



July-August 2023 Issue 4

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Rabbi: Yehuda Meyers

Rabbi Emeritus: Joel Lehrfield, PhD

LJCAGBI Bulletin

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Rabbi Meyers' Message

"Abba, the summer has finally started!" exclaimed my eldest son, his beaming smile spreading like the rising summer sun. It was on the morning of June 21st, as the world (especially us here in Chicago) welcomed the official onset of summer with open arms, promising days filled with sunshine, vacations, and carefree revelry. Yet, as Jews in the modern world, we find ourselves entering the month of Tammuz, followed by the three weeks—a sacred time of somber reflection and mourning.

Tammuz, the fourth month of the Hebrew calendar, holds a hallowed place in Jewish history. Within its confines lie the echoes of a fateful day—the 17th day of the month—when Jerusalem's walls were breached by the Babylonians in 586 BCE. This cataclysmic event heralded the eventual destruction of the Beit HaMikdash, the Holy Temple, casting a shadow that has lingered over our people for generations. The poignant period known as the Three Weeks, begins with a fast on that mournful day and culminates in the day of ultimate tragedy Tisha B'Av—when we fast and mourn over the devastation of both Temples.

As the summer unfolds, some may view the commemoration of these events as a drizzle, or even a downpour, dampening the warmth of the season. However, amidst this apparent contrast, an opportunity arises for introspection and personal growth.

Rabbi Meyer's Message—continued on page 4

President's Perspective

Every generation has its "remember where you were when" moment. As we enjoy our summer reverie, an evocative parallel occurs to me. Recall, after Pesach we had a period of semi-mourning, the Omer, culminating with the holyday of Shavuot. After that, with the exception of Rosh Chodesh, there is no interruption of our regular prayer services. It reminds me in a sense of life back in the 1990s, as the Cold War ended leaving us with a UniPolar world at peace. That bucolic sense came crashing down with the Twin Towers that fateful September day, and life has not been the same since.



In a similar vein, but more timeless, this great summer break of ours is destined to meet a sudden change as we follow the narrative in our weekly Parshiot and the calendar turns to the 17th of Tammuz, kicking off a 3-week downward spiral to the 9th of Av. We are nothing, however, if not indefatigable in our optimism, and once we get past the 9th of Av, we have only 7 weeks until we welcome the New Year.

Stick with us through it all, and no matter how it looks at any moment remember - greater things are coming!

Enjoy the Summer, and see you in Shul!

Dan Gutstein

President

Jccchicago FILM FESTIVAL

Join LJCAGBI for a film at the Holocaust Museum & Education Center

Sunday, July 16 @ 2:30pm

Cost: \$5 / per person

Refugee Lullaby

What motivates a man to leave his home, wife and children on a cold night, to help Muslim refugees, who are marching towards the border of his country? Hans Breuer, a Jewish wandering Shepard in Austria who dedicates his life to help refugees throughout Europe, while singing Yiddish lullabies to comfort them. The film follows Hans and other ordinary citizens, who help refugees in any way they can. It is a thought-provoking film about compassion, its origins, and its boundaries while connecting Jewish history with current reality.

Continue the Conversation...

A discussion with Dr. Elliot Lefkowitz immediately following the film

For more information and to order your tickets, go to
<https://jccfilmfest.jccchicago.org/voh/refugee-lullaby/>

Carpooling will be available, along with assistance in purchasing tickets, upon request. Call the Shul office at 847-676-0491.





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 Chava & Mark Gutman on the birth of a granddaughter born to Tzivia & Adam Gutman

To Aaron Shafter on his engagement to Judi Srebro of Jerusalem

Condolences to the family of:

Elsie Friedson Sandler
Mother of Mitchell Sandler

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, **September/October 2023 issue, Monday, August 21, 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.**

The three weeks calls upon us to examine the course of our lives, evaluate our actions, and forge positive change within ourselves and our communities.

In the midst of leisure and relaxation, we are beckoned to channel our energies towards acts of kindness and bettering the world around us. Rather than succumbing to the siren calls of self-indulgence, the summer months invite us to also dedicate our time and resources to noble causes. Engaging in volunteer work, supporting charitable endeavors, and nurturing our spiritual connection through Torah study and prayer enable us to harmonize our enjoyment with a profound sense of purpose.

The challenge lies in striking a delicate balance between contemplation and jubilation, between solemnity and elation. Judaism does not demand that we relinquish the pleasures of summer entirely; rather, it encourages us to infuse these moments with mindfulness and reverence. By cultivating gratitude and recognizing the divine blessings inherent in our leisurely pursuits, we can transform ordinary moments into extraordinary encounters with the sacred. The days and weeks of our summer should be a complex yet beautiful tapestry of laughter and tears, connection and longing.

As we traverse the tightrope between reflection and joy, may we embody the ideals that define us as Jews in the modern world. With each step, let our souls be lifted, our hearts be ignited, and our actions be guided by the timeless wisdom of our heritage.

As the summer sun graces our days, may its warmth remind us of the eternal light within our souls. Through embracing the month of Tammuz and the ensuing period of mourning, we embark on a transformative journey. May this summer be a testament to our unwavering devotion, as we illuminate the world with acts of kindness, weave compassion into the fabric of our days, and dance to the rhythm of both celebration and solemnity.

Join us for the

LQCAQBI

SHABBOS BOOK CLUB

Saturday, July 29
after kiddush



Books are
available through
the Lincolnwood
and Skokie
Library systems



July/August 2023 Calendar of Events

Saturday July 1	80th Anniversary of Rabbi Lehrfield's Bar Mitzvah Scholar-In-Residence: Rabbi Yona Reiss
Tuesday, July 4	Independence Day
Thursday, July 6	Fast of the 17 th of Tammuz
Sunday, July 16	Movie at Illinois Holocaust Museum
Wednesday, July 19	Board Meeting/Rosh Chodesh Av
Thursday, July 27	Tisha B'Av – Movie in the afternoon
Saturday, July 29	Shabbat Book Club
Sunday, July 30	Paint Night
Wednesday, August 2	Tu B'Av
Thursday, August 10	Cooking demo with Adina Silberman
Wednesday, August 16	Board Meeting
Thursday, August 17	Rosh Chodesh Elul Day-1
Friday, August 18	Rosh Chodesh Elul Day-2

SAVE THE DATE

A Cook Demo featuring Adina Silberman
Columnist for *Fleishigs Magazine* and up and
coming star in the kosher food world!

WHEN:

Thursday evening
August 10, 2023

Watch your (e)mail or call the
Shul office for more details



Schedule for Daily/Shabbat

JULY 2023/TAMMUZ-AV 5783						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
Key: S – Shacharit M- Maariv M/M- Mincha/Maariv CL – Candle Lighting H- Havdalah						1 CHUKAT- BALAK S: 9:00am M/M: 8:07pm H: 9:12pm
2 S: 8:30am M/M: 8:15pm	3 S: 7:00am M/M: 8:15pm	4 S: 8:30am M/M: 8:15pm	5 S: 7:00am M/M: 8:15pm	6 17 TAMMUZ S: 7:00am M/M: 8:00pm Fast starts: 4:09am Fast ends: 9:04pm	7 S: 7:00am CL: 8:08pm M/M: 7:15pm	8 PINCHAS S: 9:00am M/M: 8:05pm H: 9:10pm
9 S: 8:30am M/M: 8:15pm	10 S: 7:00am M/M: 8:15pm	11 S: 7:00am M/M: 8:15pm	12 S: 7:00am M/M: 8:15pm	13 S: 7:00am M/M: 8:15pm	14 S: 7:00am CL: 8:05pm M/M: 7:15pm	15 MATTOT-MASEI S: 9:00am M/M: 8:02pm H: 9:06pm
16 S: 8:30am M/M: 8:10pm	17 S: 7:00am M/M: 8:10pm	18 S: 9:00am M/M: 8:10pm	19 ROSH CHODESH AV S: 6:45am M: 8:10pm	20 S: 7:00am M: 8:10pm	21 S: 7:00am CL: 8:00pm M/M: 7:15pm	22 DEVARIM S: 9:00am M/M: 7:57pm H: 9:01pm
23 S: 8:30am M/M: 8:00pm	24 S: 7:00am M/M: 8:00pm	25 S: 7:00am M/M: 8:00pm	26 EREV TISHA B'AV S: 7:00am M/M: 8:00pm Fast Starts: 8:15pm	27 TISHA B'AV S: 7:00am M/M: 7:50pm Fast Ends: 8:48pm	28 S: 7:00am CL: 7:53pm M/M: 7:15pm	29 VA'ESCHANAN S: 9:00am M/M: 7:48pm H: 8:54pm
30 S: 8:30am M/M: 7:55pm	31 S: 7:00am M/M: 7:55pm					

Services & Candlelighting Times

AUGUST/AV-ELUL 5783						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
		1 S: 7:00am M/M: 7:55pm	2 S: 7:00am M/M: 7:55pm	3 S: 7:00am M/M: 7:55pm	4 S: 7:00am CL: 7:46pm M/M: 7:15pm	5 EKEV S: 9:00am M/M: 7:41pm H: 8:46pm
6 S: 8:30am M/M: 7:45pm	7 S: 7:00am M/M: 7:45pm	8 S: 7:00am M/M: 7:45pm	9 S: 7:00am M/M: 7:45pm	10 S: 7:00am M/M: 7:45pm	11 S: 7:00am CL: 7:37pm M/M: 7:15pm	12 RE'EH S: 9:00am M/M: 7:32pm H: 8:37pm
13 S: 8:30am M/M: 7:35pm	14 S: 7:00am M/M: 7:35pm	15 S: 7:00am M/M: 7:35pm	16 S: 7:00am M/M: 7:35pm	17 ROSH CHODESH ELUL- DAY 1 S: 6:45am M/M: 7:35pm	18 ROSH CHODESH ELUL- DAY 2 S: 6:45am CL: 7:27pm M/M: 7:15pm	19 SHOFTIM S: 9:00am M/M: 7:22pm H: 8:27pm
20 S: 8:30am M/M: 7:25pm	21 S: 7:00am M/M: 7:25pm	22 S: 7:00am M/M: 7:25pm	23 S: 7:00am M/M: 7:25pm	24 S: 7:00am M/M: 7:25pm	25 S: 9:00am CL: 7:16pm M/M: 7:15pm	26 KI SEITZEI S: 9:00am M/M: 7:11pm H: 8:16pm
27 S: 8:30am M/M: 7:15pm	28 S: 8:30am M/M: 7:15pm	29 S: 7:00am M/M: 7:15pm	30 S: 7:00am M/M: 7:15pm	31 S: 7:00am M/M: 7:15pm		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.



Paint Night

at LJCAQBI

featuring Zoe Matanky

Sunday, July 30

(time TBA)

Join us for an opportunity to share your inner artist with friends and family!

All materials provided

Refreshments to follow.

\$20 per person

Please make your reservations through the Shul office by July 25.

Lincolnwood Jewish Congregation AG Beth Israel
7117 N. Crawford Ave. | 847-676-0491 | office@ljcagbi.org

From the Catering Department

As I've often told you, I grew up in Albany Park and went to Volta Elementary School from 2nd grade till I graduated from Roosevelt High School. While I lived in Von Steuben's district, I had a permit so that I could go to Roosevelt High School.

If my memory serves me well. I think I had a boyfriend there??? Maybe. My third grade teacher, Helen Wright, became a longtime personal friend, she and her husband, Nubby (his name was Nobel but everyone called him Nubby).

I can still name the stores we shopped in regularly in order of their appearance. On Lawrence Avenue at the corner of Lawndale was our produce store owned at the time by the Ablemans. Next door was the grocery store of the Ingrams and next to them was our butcher, Alex. The giant grocery chains hadn't yet made their appearance. Still on Lawndale, but across the street was Glick's drug store.

From the time I was a little girl of 8 years till I became a married woman, these were the stores where we shopped regularly. Not until I was a married woman and moved into our apartment on Oakley did I ever shop anywhere else. It was really quite an experience, going shopping in a different store. Talk about being a stranger — I didn't know anyone in any of these new stores. Obviously I learned. However, I still called Alex, my butcher, and he delivered. Some changes were just too hard. Fortunately I had a car and could go to certain stores, out of habit. Once in a while I'll drive by the building where I grew up and the stores where my family had shopped— just for old times sake— and they don't even look familiar.

I didn't go to college. I got a job downtown as a private secretary and started my career. One year out of high school I got married and continued working until I got pregnant and had to quit because I couldn't reach the typewriter any more. I worked for three engineers, and was forever grateful to Olive Marshall, my high school stenography teacher. I really loved being a secretary. I can honestly say I enjoyed the different phases of my life. Through the years I went back to work occasionally and was always relieved that I could still remember how to take shorthand and more importantly, to be able to transcribe my shorthand notes. I didn't continue my education. As I said, I got married, had children and just went on with my life. I'm very happy with the choices I made. I wouldn't change anything.

Joke of the month:

An elderly couple is sitting together and talking.

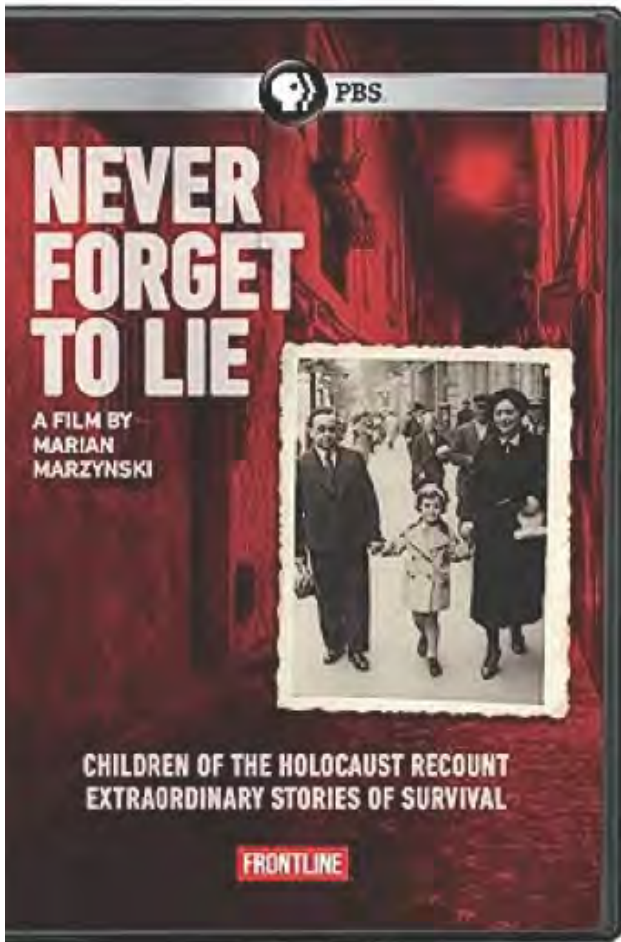
The man asks his wife, "What is your worst fear?"

She answers: "Flying scares me to death.

He says, "Statistically speaking, you're more likely to die in a shopping cart accident at Walmart than in a plane crash.

She responds: "If that ever happens, promise me you won't let them list the cause of death in my obituary!!

Your friend,
Shirley Derdiger



Thursday, July 27, 2023

6:45 pm

Tisha B'Av

LJCAGBI FAST DAY MOVIE

(MINCHA/MAARIV TO FOLLOW)

7117 N. CRAWFORD AVE., LINCOLNWOOD

"Never Forget To Lie" is a 2013 documentary film, part of a series of films by Marian Marzynski. This film tells the extraordinary story of how film maker/director Marzynski, as a Jewish boy, escaped the Holocaust, hiding from the Nazis, and surviving the war as an altar boy in a Catholic monastery. In a deeply moving and personal film he shares the poignant, painful recollections of other child survivors, many of whom are visiting scenes of their childhood for the last time.

RSVP to the Shul office at 847-676-0491 to ensure sufficient seating.

**Rabbi
Meyers'
New Course**

**Find YOUR place in
Jewish History!**



**All NEW Summer
Series!
Crash Course in
Jewish History**

[Launch Meeting - Zoom](#)

Tuesdays at 7:30pm on ZOOM

Summer is here-what to cook?

A summer suggestion from Alex Goldstein

Eggplant, “Char Siu” Style



Char Siu, strips of barbecued eggplant with their signature crimson exterior, is a treasured Cantonese dish in this vegetarian formulation.

In this recipe, eggplant is marinated, Char Siu style, in a fragrant, fruity barbecue sauce. Eggplant, a renowned carrier of flavor, greedily absorbs the sauce before it is roasted at high heat, emerging sweet and silky, imbued with lots of dark, caramelized notes. A note for gluten intolerant cooks: make sure your hoisin sauce is gluten-free or use a homemade version. This marinade is incredibly versatile and can be used to marinate and roast firm tofu and other vegetables in the exact same way. This is best eaten with rice, of course, but it’s also good, with couscous; stuffed into a crusty roll with cilantro, mint and salad greens.

Serves 4—Ingredients

2 large eggplants (about 1 ¾ lb), sliced into discs ¾ inch thick
extra-virgin olive oil
sea salt
rice, or couscous; rice noodle; spaghetti
2 green onions, finely sliced, for topping
toasted white sesame seeds

Char Siu Sauce

2 small garlic cloves, grated
¼ cup hoisin sauce
4 teaspoons soy sauce or tamari
4 teaspoons maple syrup
2 teaspoons rice vinegar or Shaoxing rice wine
1 teaspoon five-spice powder

To make the Char Siu sauce, whisk together all the ingredients in a large bowl. Add the eggplant slices and marinate for 30–60 minutes or up to 4 hours in the fridge.

Preheat the oven to 400°F. Line a sheet pan with parchment paper. More flavor if you grille it.

Lay the marinated eggplant slices on the prepared pan, drizzle with olive oil and roast for 15 minutes. Remove the pan from the oven and flip the eggplant over. Using a pastry brush, baste each slice with the marinade and drizzle with more olive oil, then return to the oven and roast for another 15 minutes. When cooked, brush the tops of the eggplant slices with more of the marinade and season well with sea salt.

Serve the eggplant with rice, topped with the green onion and sesame seeds. If you cook Tofu same time, you will have a protein as well.

Gluten-free and vegan

Substitute • maple syrup: honey, brown sugar

Vegetable swap • eggplant: cauliflower, mushrooms, extra- firm tofu

Tu B'Av—August 1/2

The 15th of Av is a most mysterious day. A search of the Shulchan Aruch (Code of Jewish Law) reveals no observances or customs for this date, except for the instruction that the *tachanun* (confession of sins) and similar portions should be omitted from the daily prayers (as is the case with all festive dates), and that one should increase one's study of Torah, since the nights are beginning to grow longer, and "the night was created for study."

The Talmud tells us that many years ago the "daughters of Jerusalem would go dance in the vineyards" on the 15th of Av, and "whoever did not have a wife would go there" to find himself a bride. And the Talmud considers this the greatest festival of the year, with Yom Kippur (!) a close second!

As the "full moon" of the month of Av, it is the festival of the future Redemption, marking the end of the tragedy that marred the first part of the month. Until this day, we held *siyumim* and gave charity each day to mitigate our sadness and hasten the Redemption. But on the 15th of Av, this is no longer. Forty-five days before Rosh Hashanah, this is also the first day on which we begin to wish each other a *ketivah vachatimah tovah*, to be signed and sealed for a good year.

(chabad.org)

Off the Subject

Sam goes to shul and listens to the rabbi. After a while the rabbi asks that anyone who needs a special prayer should come up to the Bima for a special blessing. Sam gets in line, and when it's his turn, the rabbi asks, "Sam, what do you want me to pray about for you?"

Sam replies, "Rabbi, I need you to pray for my hearing." The rabbi puts one finger in Sam's ear, he places the other hand on top of Sam's head and prays and prays and prays.

After a few minutes, the rabbi removes his hands, stands back and asks Sam, "Nu, Sam, how is your hearing now?" Sam says, "I don't know, Rabbi, it's not until next Wednesday!"

The Hebrew School lesson had just finished and the rabbi asked if the children had any questions...

Little David quickly raised his hand. "Yes, David? What question would you like to ask?"

"I have four questions to ask you, Rabbi: Is it true that after the children of Israel crossed the Red Sea, they then received the Ten Commandments?"

"Yes, David."

"And the children of Israel also defeated the Philistines?"

"Yes, David, that's also true."

"And the children of Israel also fought the Canaanites and fought the Amalekites and built the Temple?"

"Again you are correct, David."

"So my last question is, Rabbi.. WHAT WERE THE GROWN-UPS DOING ALL THIS TIME?!"