

Lincolnwood Jewish Congregation AG Beth Israel Bulletin

עם ישראל חי



Rabbi Meyers' Message

Last year, I shared how, for the first time, I felt like I could genuinely relate to the mourning on Tisha B'Av. Growing up in America, the persecutions described in the Kinot felt like chapters from ancient history books — too abstract to feel real. I learned about the tragedies, fasted on Tisha B'Av, tried to imagine, but it felt distant.

Then came October 7th, and suddenly Tisha B'Av felt different. The terror that shook Israel shook all of us. The wave of antisemitism that surged in its aftermath made the pain and vulnerability of Tisha B'Av palpable and real.

That was last year. And this year? In many ways it has only gotten darker.

What felt like a warning sign became a brutal reality. In Boulder, Colorado, a man targeted a group of Jews marching for the hostages, attacking them and injuring many — including a Holocaust survivor. In Washington, D.C., two Israeli diplomats were gunned down simply for representing the Jewish state. Meanwhile, across the globe, as I write this, Iran continues to launch wave after wave of missiles — killing and injuring so many of our brothers and sisters in Israel.

And it's not just the violence. It's the isolation. The silence, and in many cases, complicity, from spaces and people we once trusted. From the left and the right, from academia and politics,

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July-August 2025 Issue 4

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Rabbi: Yehuda Meyers

Rabbi Emeritus: Joel Lehrfield, PhD

LJCAGBI Bulletin

Published bi-monthly
(6-7 issues per year)

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President's Perspective

We are living in miraculous times! There probably hasn't ever been a time that wasn't true, and likely never will be. Still, it is our obligation to appreciate the miracles we can witness every day. There are the daily miracles of life and nature that without taking time to notice we are doomed to take for granted. Then there are the strange happenings, big events, sudden changes - do we recognize those as miracles? Do we write them off as coincidence? Or do we not even notice our innate cynicism and simply see straightforward consequences of whatever has been happening?

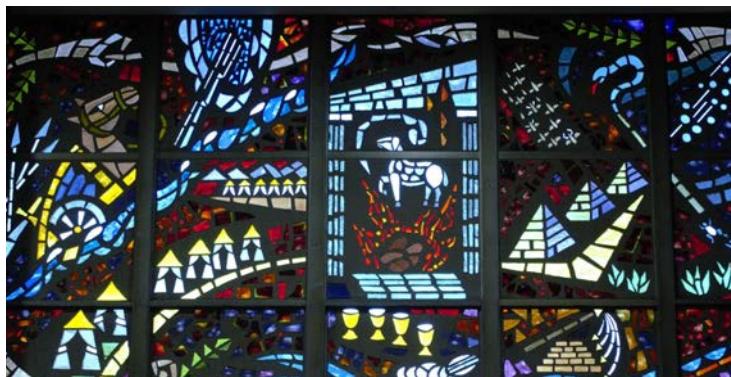


If this seems vague, forgive me my lack of clarity. The truth is, my above musings apply all over our lives. Personally, we can all think of obstacles we have overcome - with more or less help than we thought we might need. In our families, we see growth and development, relationships, challenges, and accomplishments. How about our community - our shul? Here we still stand, 67 years later and once again looking for a suitable home. Yet we still manage to get a minyan twice per day nearly every day (that takes a lot of effort on Paul's part, but there are times his efforts end up supplemented by what can only be divine assistance). On a National level (speaking of our State of Israel), depending how you frame any event it is always possible to see HaShem's hand maintaining guidance, the Shechinah providing shelter.

It is summertime, a time to feel at ease, a time to enjoy. Remember your fluid intake, remember skin protection, but also remember to get some of that sunshine. Come join us for minyan! We love to see everybody, weekdays and Shabbat. We do need our gentlemen coming regularly for minyan, sadly plenty of yahrzeits to remember over the summer. And don't look now, but it's just about time to start making your plans for the High Holidays...

Daniel Gutstein
President

A promotional poster for a 'Lunch and Learn' event. The background is dark with a high-quality image of a plate of ribs, garnished with fresh herbs and a fork. The text is overlaid in various colors and fonts. At the top left, 'Three Weeks' is written in a cursive yellow font. Below it, 'LUNCH AND LEARN' is in large, bold white capital letters, followed by '@ Shallots Bistro' in a cursive yellow font. On the right, a yellow circular badge with a scalloped edge contains the text 'TUESDAY JULY 15 12:30PM'. In the center, 'SPECIAL DISCOUNTED MENU FOR ALL PARTICIPANTS!' is written in bold yellow capital letters. At the bottom left, a yellow banner says 'NEW LUNCH MENU OPTIONS AVAILABLE!'. At the bottom right, a dark banner says 'PRIOR REGISTRATION NOT REQUIRED!'. In the top right corner, there is a small logo for 'LJC AGRI'.



Announcements

Mazal Tov

- To Janice & Larry Brown on the graduation of their son Aaron from the University of Vermont
- To Marilyn Goldman on the marriage of her granddaughter Hannah to Brett, and to the bride's uncle, Aaron Goldman
- To Leah & Alex Goldstein on the graduation of their granddaughter Aliza from Hannah Sachs High School and for their granddaughter Elizabeth who graduated from the Wisconsin School of Interior Design in Madison
- To Kari & Daniel Gutstein on Eyal completing his GED as part of the class of 2025
- To Edie & Jeffrey Light on the graduation of their granddaughter Hannah Sarah Tricker from Charlottesville High School in Virginia

- To Silvia & Max Panitch on the graduation of their grandson Dov Finkel from Hillel Torah
- To Renee & Joe Silberman on Ricky's completion of his Fellowship in Oncology
- To Joyce Sklar on the graduation of granddaughters Elitsa from Princeton, Sarina from Rochell Zell High School and Ila Gabriella from Solomon Schechter
- To Wini Weisman on the graduation of grandson Daniel Wilner from High School

Refuah Shlema

Berta Kalman
David Marcus

Condolences to the family of

Sherwin Pogrand
Leon Wolin

Please note that this bulletin is online at
www.licagbi.org

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.



the Jewish state and the Jewish people, our state and our people, are being pushed further to the margins.

It's a lot to carry. It's heavy.

And yet, we are still here. We are here because we as a people have learned, across countless moments of crisis throughout the generations, that when the world turns its back, we turn inward and upward. We remember who we are. We remember where we came from. We remember where we're going.

That's where we find ourselves this Tisha B'Av. Hurt, but not defeated. Injured, but not broken. Attacked, but not ashamed.

Yes we carry the weight of heartbreak, fear and isolation. But we also carry within us the strength of a people who have refused to disappear for millennia. We have felt the sting of abandonment and betrayal, yet still we cling to each other, and to the flame that no enemy has ever extinguished, or ever will.

May this be the year when Tisha B'Av becomes a day not of fasting, but of celebration; when we stand together in a rebuilt Jerusalem, united and proud.

But if indeed, we are still in the exile on Tisha B'av, then let us remind ourselves that while we mourn, we also remember resilience and belonging. We remember that our story doesn't end with tragedy, doesn't end with heartbreak, doesn't end with fear. It is a story that leads to rebuilding and to renewal for us and all of Klal Yisrael.



**THE
Ladies
SUMMER
SEUDAT
SHLISHIT**

Upcoming Dates:
Parshat Pinchas, July 19th
Parshat Eikev, August 16th

**6PM @ THE HOME OF
MARTHA MEYERS**

July-August 2025 Calendar of Events

Friday, July 4	Independence Day
Sunday, July 13	Fast of 17 Tammuz
Wednesday, July 16	Board Meeting
Saturday, July 26	Rosh Chodesh Av
Sunday, August 3	Tisha B'Av
Saturday, August 9	Tu B'Av
Wednesday, August 20	Board Meeting
Sunday, August 24	Rosh Chodesh Elul-Day 1
Monday, August 25	Rosh Chodesh Elul-Day-2



**THURSDAY NIGHT
MEN'S MISHMAR**

THURSDAY NIGHTS AFTER MA'ARIV

**JULY 17, 24, 31
AUGUST 7, 14, 28**

**LJC
AGH**

Schedule for Services &

JULY 2025/TAMMUZ-AV 5785

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
		1 S: 7:00am M/M: 8:15pm	2 S: 7:00am M/M: 8:15pm	3 S: 7:00am M/M: 8:15pm	4: S: 8:30am CL: 8:10pm M/M: 7:20pm	5 CHUKAT S: 9:15am M/M: 8:05pm H: 9:10pm
6 S: 8:30am M/M: 8:15pm	7 S: 7:00am M/M: 8:15pm	8 S: 7:00am M/M: 8:15pm	9 S: 7:00am M/M: 8:15pm	10 S: 7:00am M/M: 8:15pm	11 S: 7:00am CL: 8:08pm M/M: 7:20pm	12 BALAK S: 9:15am M/M: 8:00pm H: 9:07pm
13 FAST OF 17 TAMMUZ Fast Begins: 4:15am S: 8:30am M/M: 8:10pm Fast ends: 9:03pm	14 S: 7:00am M/M: 8:10pm	15 S: 7:00am M/M: 8:10pm	16 S: 7:00am M/M: 8:10pm	17 S: 7:00am M/M: 8:10pm	18 S: 7:00am CL: 8:03pm M/M: 7:20pm	19 PINCHAS S: 9:15am M/M: 7:55pm H: 9:02pm
20 S: 8:30am M/M: 8:05pm	21 S: 7:00am M/M: 8:05pm	22 S: 7:00am M/M: 8:05pm	23 S: 7:00am M/M: 8:05pm	24 S: 7:00am M/M: 8:05pm	25 S: 7:00am CL: 7:57pm M/M: 7:20pm	26 MATTOT-MASEI ROSH CHODESH AV S: 9:15am M/M: 7:50pm H: 8:56pm
27 S: 8:30am M/M: 7:55pm	28 S: 7:00am M/M: 7:55pm	29 S: 7:00am M/M: 7:55pm	30 S: 7:00am M/M: 7:55pm	31 S: 7:00am M/M: 7:55pm		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.

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 2025 issue, Friday, August 22, 2025**. 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 email bulletin@ljcagbi.org for further details.

Candlelighting Times

AUGUST 2025/AV-ELUL 5785						
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 CL: 7:50pm M/M: 7:20pm	2 DEVARIM S: 9:15am Mincha: 5:30pm Fast Begins: 8:07pm Maariv: 9:15pm
3 TISHA B'AV S: 8:30am M/M: 7:50pm Fast Ends: 8:41pm	4 S: 7:00am M/M: 7:50pm	5 S: 7:00am M/M: 7:50pm	6 S: 7:00am M/M: 7:50pm	7 S: 7:00am M/M: 7:50pm	8 S: 7:00am CL: 7:41pm M/M: 7:20pm	9 TU B'AV VA'ESCHANAN S: 9:15am M/M: 7:35pm H: 8:40pm
10 S: 8:30am M/M: 7:40pm	11 S: 7:00am M/M: 7:40pm	12 S: 7:00am M/M: 7:40pm	13 S: 7:00am M/M: 7:40pm	14 S: 7:00am M/M: 7:40pm	15 S: 7:00am CL: 7:32pm M/M: 7:20pm	16 EKEV S: 9:15am M/M: 7:25pm H: 8:30pm
17 S: 8:30am M/M: 7:30pm	18 S: 7:00am M/M: 7:30pm	19 S: 7:00am M/M: 7:30pm	20 S: 7:00am M/M: 7:30pm	21 S: 7:00am M/M: 7:30pm	22 S: 7:00am CL: 7:21pm M/M: 7:20pm	23 RE'EH S: 9:15am M/M: 7:15pm H: 8:20pm
24 ROSH CHODESH ELUL-DAY 1 S: 8:30am M/M: 7:15pm	25 ROSH CHODESH ELUL- DAY 2 S: 7:00am M/M: 7:15pm	26 S: 7:00am M/M: 7:15pm	27 S: 7:00am M/M: 7:15pm	28 S: 7:00am M/M: 7:15pm	29 S: 7:00am CL: 7:10pm M/M: 7:20pm	30 SHOFTIM S: 9:15am M/M: 7:00pm H: 8:08pm
31 S: 8:30am M/M: 7:05pm						

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.



COME TO DAVEN STAY FOR THE AFTER PARTY

MISH

MONDAY NIGHT MACHSHAVA (~10-15 MIN.)

MISH MORE

TUESDAY NIGHT HILCHOS SHABBOS (~15-20 MIN.)

MISH MOST

THURSDAY NIGHT PARSHA+ (~45 MIN.)

AN EASY AND ENJOYABLE WAY TO UPLIFT
YOUR WEEK WITH TORAH LEARNING!

MON. ,TUES., THURS. NIGHTS RIGHT AFTER MINCHA/MAARIV

Tu'BAv

The 15th of Av (known as Tu B'Av) is a most mysterious day, celebrated this year on **August 9, 2025**. 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!

Source: Chabad.org



Suggested Methods for Paying Membership Dues

As Renewal notices have been recently mailed, here are a few Payment Suggestions

1. We now accept ZELLE payments for any and all contributions and payments on your account.
Using ZELLE is the most cost-effective way to make a payment as no fees are applied.
Use our email address for your payment: officeljc@att.net
2. Checks are always acceptable.
3. Credit card payments are accepted, however we must pay a processing fee.
4. Givebutter payment fees can be paid by you or us, however, please limit those payments to small charges for events as the fees are much higher than other options.
5. Israel Bonds may be purchased for your payments as a double mitzvah.

Contact the office for instructions.

6. For those over the age of 70, we strongly suggest that you consider using your IRAs as the source of your funds.

Contact your fund manager for instructions.

LINCOLNWOOD JEWISH CONGREGATION-AGBI PRESENTS

SHABBAT NACHAMU GUEST SPEAKER JUDI SREBRO

Shabbat Morning, August 9th

Judi Srebro, originally from Hollywood, is a speech and dialect coach based in Israel who works with top actors, musicians, and public figures. With a background in Speech and Hearing Communication, she began her career organizing speaking tours, where she discovered her passion for helping people connect through storytelling. After moving to Israel, she quickly became known for empowering clients to speak with clarity and confidence. Her big break came after handing out business cards at a celebrity concert, launching her into the entertainment world. Judi now coaches clients on everything from dialect and audition prep to on-set performance and business presentations. Her work has even landed her on screen, with a cameo in "Greenhouse Academy."



Sponsorship Opportunities Available

SUMMER SHABBAT AFTERNOON GEMARA SHIUR

**JOIN US FOR A GEMARA SHIUR
30 MINUTES BEFORE SHABBAT
AFTERNOON MINCHA**

**JULY 12, 19, 26
AUGUST 9, 16, 30**



	<p>Shabbat Morning July 19th Parshat Pinchas</p>
<p>Dr. Naftali Wein Psychologist Community Scholar Scholar-in-Residence To sponsor please contact the shul office.</p>	

Off the Subject

When young David was asked by his father to say the evening prayer, David realized he didn't have his head covered, so he asked his little brother, Henry, to rest a hand on his head until prayers were over. Henry grew impatient after a few minutes and removed his hand.

The father said, "This is important. Put your hand back on his head!"

To which Henry exclaimed, "What, am I my brother's kippah?"

Yeshiva University decided to field a rowing team. Unfortunately, they lose race after race. Even though they practice and practice for hours every day, they never manage to come in any better than dead last.

Finally, the team decides to send Morris Fishbein, its captain, to spy on Harvard, the perennial championship team. Morris schlepps off to Cambridge, Mass. and hides in the bushes next to the Charles River, where he carefully watches the Harvard team at its daily practice.

After a week, Morris returns to Yeshiva. "Well, I figured out their secret," he announces.

"What? Tell us! Tell us!" his teammates shout.

"We should have only one guy yelling. The other eight should row."

Dave and Samantha Levy were on their first trip to Israel. They rented a car, had all of their guidebooks ready and had a full itinerary for their 10 day stay. One day, Dave and Samantha stopped for lunch at a falafel joint. Dave asked the guy working there.

"What's the quickest way to the Dead Sea?"

The falafel owner scratched his head. "Are you walking or driving?" he asked.

"I'm driving," replied Dave.

"That's the quickest way!"

THREE-WEEKS AND NINE-DAYS QUESTION & ANSWER

THE LAWS AND CUSTOMS OF THE THREE WEEKS AND NINE DAYS CAN BE CONFUSING.

JOIN US AT SHABBAT MORNING KIDDUSH, JULY 12TH FOR AN EASY AND CONVENIENT WAY TO LEARN HOW TO PROPERLY MOURN FOR THE BEIT HAMIKDASH IN 2025.

SEND QUESTIONS IN ADVANCE TO RABBI@LJCAGBI.ORG.

*Sponsorship opportunity available.
Please contact the Shul office.*

TISHA B'AV KUMZITZ

Join us as we uplift the waning moments of Tisha B'Av.

After 7:25pm Mincha, Tisha B'Av day (Aug 3rd)



Tisha B'Av 2025

WE PRAY THAT THIS YEAR, TISHA B'AV
WILL BE TRANSFORMED INTO A DAY OF
CELEBRATION. BUT IF WE ARE STILL IN A
STATE OF MOURNING, THEN LET US
COME TOGETHER TO GRIEVE THE
HORRIFIC TRAGEDIES THAT CONTINUE
TO BEFALL OUR PEOPLE.

TISHA B'AV NIGHT - AUG 2

FAST BEGINS: 8:07PM

SHABBAT ENDS: 8:49PM

MA'ARIV AND EICHA @ 9:10PM

TISHA B'AV DAY - AUG 3

SHACHARIT AND KINOT @ 8:30AM

TISHA B'AV MOVIE @ 5:30PM

MINCHA FOLLOWED BY KUMZITZ @ 7:25PM

FAST ENDS: 8:41PM

