

Lincolnwood Jewish Congregation AG Beth Israel Bulletin

עַם יִשְׂרָאֵל חַי



January-February 2026 Issue 1

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Rabbi: Yehuda Meyers

Rabbi Emeritus: Joel Lehrfield, PhD

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Rabbi Meyers' Message

I was lying in bed on the last night of Chanukah, exhausted but unable to fall asleep, with one thought running through my head: how is it over already?

Despite Chanukah being eight days long, it still seemed to move too fast. Most years, by the time we reach days seven and eight, I am pretty latke-ed and sufganiyot-ed out (both real words, just ask Regine Meisel). At that point, even the Menorah lighting has begun to feel routine. The initial excitement has long faded. And if I am being honest, I am often more focused on cleaning up, putting things away, and getting my dining room back in order. But this year was different.

This year, Chanukah felt like it disappeared almost as soon as it arrived.

Maybe it was because even before Chanukah began, we were already pulled away from the celebration by the horrific terror attack in Sydney. Maybe it was due to the numerous communal losses that followed. Barney Sidler z"l. Howard Chabner z"l. Barry Ray z"l. The passing of Gayle Berger Darlow z"l, the mother of one of my former students. There was a profound sense of loss in the background of the week.

Rabbi Meyers' Message—continued on page 4

President's Perspective

We do live in interesting times. Chanukah in our home was as joyous and light-filled as we are accustomed, but we recall the heralding event of the worldwide celebration this year was a horrific attack on our people in Australia.



Why would I bring that up now? Haven't we gotten past it? One element kept repeating in my mind as we continued our celebration, using our light to dispel whatever darkness we could. It relates to the parashat hashavua prior to Chanukah.

I heard this in a podcast from Rabbi Shlomo Farhi. In the wrestling match between Yaakov and the angel, who won the match? We all recall the story, I believe. Interestingly, in this match we read of only one hit - when the angel touched Yaakov's hip causing him to walk with a limp. But Yaakov was able to pin the angel. He held the angel strong enough that the angel cried uncle, and gave the name Yisrael to Yaakov.

The angel scored a hit, but Yaakov never gave up and in the end that defines us as Israel. We do get hit, and we get hurt. But we don't give in and we don't give up. We continue to worship, thank, and praise G-d every day. And G-d reiterated Yaakov's renaming as Israel, and we live that legacy.

Now we are into the long stretch of winter, and that tenacity is what will get us through to spring. In the meantime, join us at shul - weekdays and Shabbat. Join us for Friday night Oneg Shabbat in various homes. I look forward to seeing you all at shul!

Daniel Gutstein
President

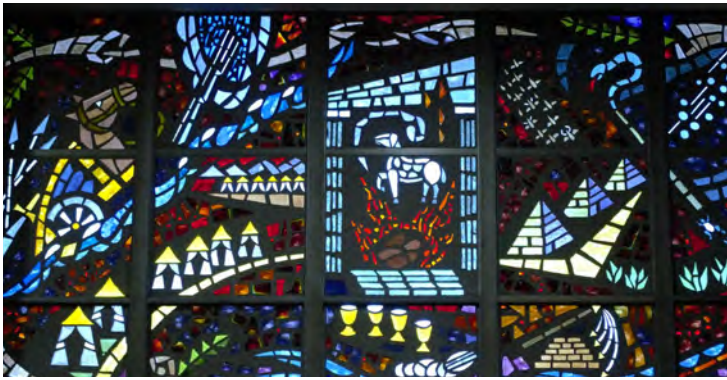
ALL NEW!

Monthly Ladies Shiur
w/ Rabbi Meyers
After Kiddush, Shabbat Mornings

PARSHAT SHEMOT, JANUARY 10TH
PARSHAT YITRO, FEBRUARY 7TH

Contact the Shul office to sponsor a week





Refuah Shelema

Berta Kalman

Condolences to the family of:

Howard Chabner
Seymour Gottlieb
Howard Hirsh
Barney Sidler

Announcements

Mazal Tov

To Annie & Michael Kirchner on the birth of two grandchildren, Bar Mitzvah of a grandson, and engagement of a granddaughter

To Lilia & Trevor Miller on the birth of a daughter, Rafaela Chanah

Please note that this bulletin is online at

www.ljcagbi.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 Most FABULOUS Shur in Town!

FOR WOMEN ABOUT WOMEN

Parshat Beshalach, Jan. 31 Marilyn Zeller

Parshat Terumah, Feb. 21 Regine Meisel

TO SPONSOR A SHUR IN MEMORY OF A LOVED ONE, OR IN HONOR OF A SIMCHA PLEASE CONTACT THE SHUL OFFICE

And because of all that, Chanukah this year felt different. Yes it felt heavier, but it also felt more resonant.

The menorah lighting. The singing. The dancing. The Chanukah parties. Even the latke and donut making. None of it was automatic this year. Everything we did was infused with intention. The celebration of Chanukah was something we could hold onto. This year, Martha and I made a conscious effort to do something special with our children each night of Chanukah. Eight opportunities to bring joy and meaning into a world that feels increasingly fragile.

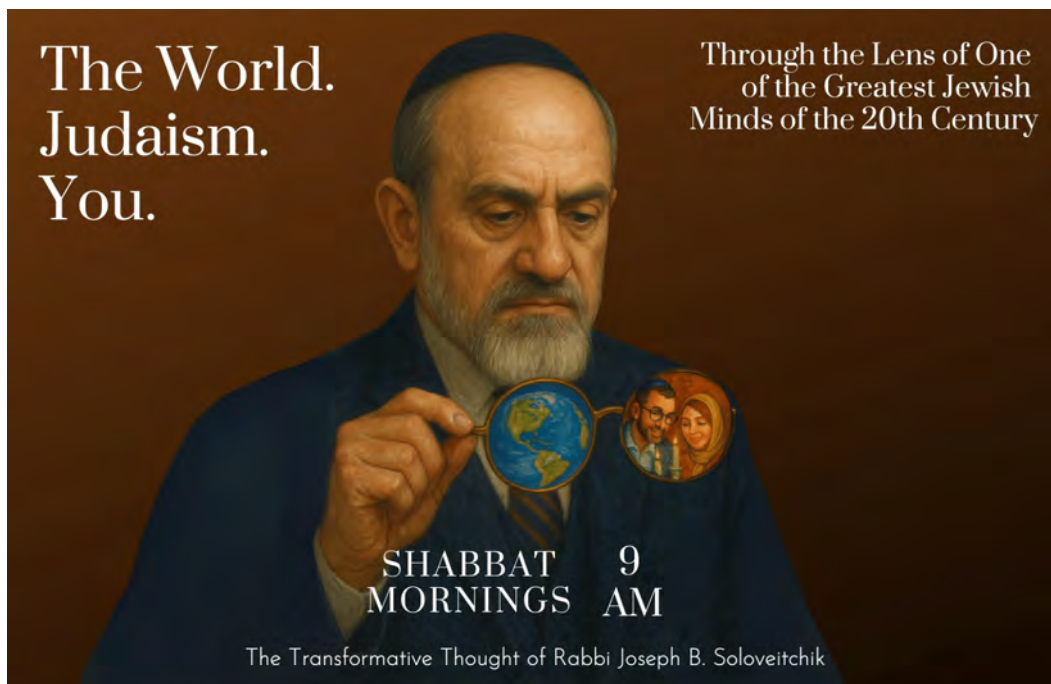
And then suddenly, it was gone.

Chanukah ended, and I was not ready for it. The night after Chanukah, I wanted to light candles again, to sing and dance one more time. In past years, I would immediately put the menorahs away and take down the decorations. But as I sat down to begin writing this article, the menorahs were still out. The decorations were still hanging. Almost as if I was waiting, hoping that maybe, just maybe, the clock would rewind and give us those eight days back. Because like the small wax candles themselves, the light of Chanukah felt like it went out too quickly.

But as reality set in and I finally began to (consider) clean(ing) up and put(ing) the menorahs away, it struck me that perhaps the brevity of Chanukah is precisely the point.

The light of the menorah indeed does not last forever. We light the candles, we hopefully sit with them for a few minutes, and then they burn down and go out. Chanukah was never meant to linger forever. It does not stretch itself to accommodate our moods. If we are distracted, rushed, or already thinking about what comes next, the moments pass without waiting for us.

But Chanukah this year also reminded me that being present is a choice. Eight days can disappear quickly. So can people. So can chapters of our lives that we assume will always be there. On Chanukah we don't light eternal candles. Rather we are challenged to be fully present while they are still lit. And when we are, when we allow ourselves to be present to the beauty and joy in our lives, then indeed the light does not simply disappear. It stays with us, carried forward internally long after the external flames are gone.



January-February 2026 Calendar of Events

Thursday, January 1	New Years Day
Monday, January 19	Rosh Chodesh Shevat
Wednesday, January 21	Board Meeting
Monday, February 2	Tu B'Shevat
Thursday, February 12	Lincoln's Birthday
Monday, February 16	President's Day
Tuesday, February 17	Rosh Chodesh Adar- Day 1
Wednesday, February 18	Rosh Chodesh Adar- Day 2
Tuesday, March 3	Purim



S U P E R S U N D A Y
HALFTIME SHIUR
SUNDAY, FEBRUARY 8

ELEVATE YOUR BIG GAME EXPERIENCE
WITHOUT MISSING
A MINUTE OF THE ACTION WITH
A SPECIAL THEMED
SHIUR DURING HALFTIME

EMAIL WITH ZOOM LINK WILL BE SENT
OUT BEFORE THE SHIUR

Schedule for Services &

JANUARY 2026/ TEVET-SHEVAT 5786						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
KEY: S - Shacharit M - Maariv M/M - Mincha/Maariv CL - Candle Lighting H – Havdalah				1 S: 8:30am M/M: 4:15pm	2 S: 7:00am CL: 4:13pm M/M: 4:15pm	3 VEYECHI S: 9:15am Mincha: 12:30pm H: 5:14pm M: 5:35pm
4 S: 8:30am M/M: 4:20pm	5 S: 7:00am M: 7:40pm	6 S: 7:00am M: 7:40pm	7 S: 7:00am M: 7:40pm	8 S: 7:00am M: 7:40pm	9 S: 7:00am CL: 4:20pm M/M: 4:25pm	10 SHEMOT S: 9:15am Mincha: 12:30pm H: 5:21pm M: 5:45pm
11 S: 8:30 am M/M: 4:25pm	12 S: 7:00am M: 7:40pm	13 S: 7:00am M: 7:40pm	14 S: 7:00am M: 7:40pm	15 S: 7:00am M: 7:40pm	16 S: 7:00am CL: 4:27pm M/M: 4:30pm	17 VA'EIRA S: 9:15am Mincha: 12:30pm H: 5:29pm M: 5:55pm
18 S: 8:30am M/M: 4:35pm	19 ROSH CHODESH SHEVAT S: 7:00am M: 7:40pm	20 S: 7:00am M: 7:40pm	21 S: 7:00am M: 7:40pm	22 S: 7:00am M: 7:40pm	23 S: 7:00am CL: 4:36pm M/M: 4:40pm	24 BO S: 9:15am Mincha: 12:30pm H: 5:37pm M: 6:00pm
25 S: 8:30am M/M: 4:40pm	26 S: 7:00am M: 7:40pm	27 S: 7:00am M: 7:40pm	28 S: 7:00am M: 7:40pm	29 S: 7:00am M: 7:40pm	30 S: 7:00am CL: 4:45pm M/M: 4:50pm	31 BESHALACH S: 9:15am Mincha: 12:30pm H: 5:46pm M: 6:10pm

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, **March-April 2026 issue, Friday, February 20 2026**. 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

FEBRUARY 2026/SHEVAT-ADAR 5786						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
1 S: 8:30am M/M: 4:50pm	2 TU B'SHEVAT S: 7:00am M: 7:40pm	3 S: 7:00am M: 7:40pm	4 S: 7:00am M: 7:40pm	5 S: 7:00am M: 7:40pm	6 S: 7:00am CL: 4:54pm M/M: 5:00pm	7 YITRO S: 9:15am Mincha: 12:30pm H: 5:55pm M: 6:20pm
8 S: 8:30am M/M: 5:00pm	9 S: 7:00am M: 7:40pm	10 S: 7:00am M: 7:40pm	11 S: 7:00am M: 7:40pm	12 S: 7:00am M: 7:40pm	13 S: 7:00am CL: 5:03pm M/M: 5:05pm	14 MISHPATIM S: 9:15am Mincha: 12:30pm H: 6:05pm M: 6:30pm
15 S: 8:30 am M/M: 5:10pm	16 S: 7:00am M: 7:40pm	17 ROSH CHODESH ADAR-DAY 1 S: 7:00am M: 7:40pm	18 ROSH CHODESH ADAR-DAY 2 S: 7:00am M: 7:40pm	19 S: 7:00am M: 7:40pm	20 S: 7:00am CL: 5:12pm M/M: 5:15pm	21 TERUMAH S: 9:15am Mincha: 12:30pm H: 6:15pm M: 6:40pm
22 S: 8:30am M/M: 5:20pm	23 S: 7:00am M: 7:40pm	24 S: 7:00am M: 7:40pm	25 S: 7:00am M: 7:40pm	26 S: 7:00am M: 7:40pm	27 S: 7:00am CL: 5:20pm M/M: 5:25pm	28 TETZAVEH S: 9:15am Mincha: 12:30pm H: 6:25pm M: 6:50pm
						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.

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.**

Tu'BShevat—February 1-2, 2026

Tu B'Shevat — the 15th of the Hebrew month of Shevat — is known as the "New Year for Trees." Naturally this would be a time for trees to engage in soul-searching — the same way people do on Rosh Hashanah. Here is a tree's New Year Checklist:

- Did I shelter the seedlings that live in my shade — so they will grow up to be a next generation like myself?
- Did I grow towards the sun as a tree should, reaching up higher and higher towards that which I can never grasp, but which nurtures me all the same the more I strive towards it?
- Did I make sure my roots remain firmly planted in the soil that nurtures them, and did I drop my leaves there in the fall to give back life to that which sustains me?
- Did I ensure that my fruits were sweet and nourished all that came to enjoy them? Did everyone walk away from me with a smile?
- Did I bend gently in the wind, accepting what G-d sends but never breaking or giving up hope?
- Did I grow in strength and wisdom with each new ring this year?

Come to think of it, not a bad checklist for us humans either!

(Source: chabad.org)

Shabbat Mevorchim
Scholar
in
Residence



RABBI
Yehuda Rosenberg

SHABBAT MORNING, JANUARY 17TH

Parshat Va'era

SPONSORSHIP OPPORTUNITIES AVAILABLE



**THURSDAY NIGHT
MEN'S MISHMAR**

THURSDAY NIGHTS AFTER MA'ARIV

**JANUARY 8, 15
FEBRUARY 5, 12, 19**

LJC
AGH



**THE FRIDAY NIGHT
TISCH**

PARSHAT SHEMOT, JAN. 9 @ 7:30PM @ THE DISSENS
SHABBAT ZACHOR, FEB. 28 @ 7:30PM @ THE MEYERS



PRE-PURIM Q & A

SHABBAT
MORNING
PARSHAT
MISHPATIM
FEB 14

Pre-Purim
LUNCH AND LEARN
@ Shallots Bistro

**TUESDAY
FEB. 17
12:30PM**

**SPECIAL DISCOUNTED MENU
FOR ALL PARTICIPANTS!**

**NEW LUNCH MENU
OPTIONS AVAILABLE!**

**PRIOR REGISTRATION
NOT REQUIRED!**





Off the Subject

A young intern was asked to take over for the senior doctor who was called away on an emergency. In walked a man looking very weak and gaunt, his skin was terrible - it was almost impossible to diagnose him.

The young intern ran to the doctor's inner office, opened the medical books, but could find nothing to fit the description of the patient. But he knew he had to say something, so he returned to the examining room and asked, "Have you ever had this before?"

The man said, "Why, yes!"

The intern signed, "Well, I'm afraid you got it again!"

**PRE-PURIM
SCHOLAR IN RESIDENCE**

**Parshat Terumah
Shabbat Morning,
February 21st**

RABBI YONI GOLD

**COMMUNITY SCHOLAR
DIRECTOR,
PROGRAM ASSESSMENT, ATT**

**Sponsorship
opportunities
available**



PURIM SCHEDULE

2026 @ LJCA GBI



MONDAY, TA'ANIT ESTHER (EREV PURIM) 3/2

7AM - SHACHARIT

5:20PM - MINCHA

5:45PM - MAARIV AND MEGILLAH

~6:30PM - PURIM PARTY!

• TUESDAY 3/3, PURIM DAY

8:30AM - SHACHARIT AND MEGILLAH

12:15-1:15PM - PURIM OPEN HOUSE AT THE MEYERS

1:30PM - MINCHA

7:40PM - MAARIV