

# Lincolnwood Jewish Congregation AG Beth Israel Bulletin

## עַם יִשְׂרָאֵל חַי



March-April 2026 Issue 2

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Rabbi: Yehuda Meyers

Rabbi Emeritus: Joel Lehrfield, PhD ז"ל

### LJCAGBI Bulletin

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Lincolnwood Jewish Congregation  
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## Rabbi Meyers' Message

Pesach is coming, we're so \_\_\_\_\_.

I'm curious how you finished that sentence. But I would bet very few of us used words like, "excited" or "enthusiastic"; more likely "stressed" or "anxious".

But regardless of how you feel, Pesach is indeed coming. It's just around the corner. Quite frankly, it's "early" this year. Erev Pesach falls on April 1st. And, Ma'am, that is not an April fools joke.

Now, I know I'm supposed to write about how I am in fact very excited. After all, Pesach is our festival of freedom, the birth of our nation (and I am a rabbi ☺). Yet if I'm being honest, the feelings I most associate with Pesach are stress and exhaustion. Stress leading up to it, and exhaustion once it arrives.

And I suspect I'm not alone.

There is so much to do in preparing for Pesach. The cleaning, and the cleaning, and the cooking, and the cooking, and the cleaning, and the cooking, and the cleaning. It always feels like no matter how early I begin, it isn't early enough. As Alex Goldstein likes to say, you have to start preparing for Pesach from Chanukah. But even then, the preparation never really ends. By the time Seder night arrives, I am beyond wiped out.

*Rabbi Meyers' Message—continued on page 4*

## President's Perspective

It's still wintry, but we are already at Purim! And if it is Purim, then Passover is not around the corner - Passover is at the corner!



Time to prepare, clean, organize, and prepare! Prepare twice? Don't limit yourselves.

When we celebrate Passover, what do we celebrate? Zman Heiruteinu - the time/season of our freeing or freedom! HaShem saved us, redeemed us, brought us out of bondage in Egypt, the narrow place.

So that leaves open the question: what is freedom? If slavery, bondage, is the excess of rules enforced, is freedom therefore the absence of such rules? That seems like a recipe for anarchy, bedlam, and chaos.

The freedom we choose every day is to follow HaShem as spelled out in the Torah and by the Rabbis. And the Seder is our opportunity every year to relive the process, going from indenture to salvation.

May we merit to the ultimate salvation speedily in our day! And in the meantime, I look forward to seeing you all in shul - weekdays, Shabbat, and Holidays!

Daniel Gutstein  
*President*

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## THE LOX BOX IS COMING!!! APRIL 19, 2026



**STILL ONLY \$36!!!**

LOX, BAGELS, TOMATO, ONION, CREAM CHEESE & LOTS OF OTHER GOODIES...

FREE DELIVERY WITHIN REASONABLE DISTANCE OF LJGAGBI

**Start making lists of friends, family, neighbors, and colleagues who would love to share this treat! Watch the Shul Bulletin for order forms early in 2026 (right after Pesach).**

**Lox Box order forms are available  
on the shul website: <https://www.ljcagbi.org>  
or from the shul office**



## **Refuah Shelema**

Marilyn Goldman  
Berta Kalman  
Harriet Snyder  
Edith Sokol

## **Condolences to the family of:**

Allen Goodman  
Rabbi Joel Lehrfield

## **Announcements**

### **Mazal Tov**

To Alex & Leah Goldstein on the engagement of their granddaughter Estee

To Rabbi Mark & Chava Gutman on the birth of a grandson

Thank you to everyone who has already donated to the GoFundMe supporting the family of **Allen Goodman** following his tragic passing on January 6. Allen was a frequent minyan attendee and a valued part of our community, and the outpouring of support for his family has been deeply meaningful. If you would still like to help, donations can be made here:

<https://www.gofundme.com/f/supporting-my-mom-robin-after-tragic-death-of-allen-goodman>



With freedom like that, who needs slavery?

So this year, I decided it is going to be different. (I hope).

The truth is that I cannot change very much about the preparation. There will still be a lot to do. It will still be tiring. The “CVS receipt length” to-do list will not miraculously shrink.

However, what we can change is how we respond.

Viktor Frankl famously wrote, “Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” We may arrive at the Seder tired and spent, but we can still choose simcha. We can choose to notice the blessings at our table and in our lives. We can choose to relish and cherish the good and the beautiful, instead of focusing on all the letdowns and grievances.

Pesach, Judaism, is meant to be experienced with joy. Ivdu es Hashem B'Simcha. Serve G-d with joy. Simcha is not an optional accessory. It is part and parcel of being a Jew every day of the year, especially on Pesach.

So this year, let's try something different.

Before Kiddush, in the hustle and bustle of the moment, let's pause, take a breath, look around the room, close your eyes (for just a second- don't worry no one else will notice, ain't nobody looking at you) and say thank you. Thank you to G-d for the people at your table, for the home you sit in, for the ability to come together and retell our miraculous story once again.

And maybe, just maybe, that small shift can open the door to real simcha.

The work will still be there. The exhaustion may still come. But if we allow joy into the room, we may discover that freedom is there too.

*LRACBI Presents:*

**Shabbat Mevorchim  
&  
Parshat HaChodesh  
Scholar  
in  
residence**

**SHABBAT MORNING  
PARSHAT VAYAKHEL-PEKUDEI  
March 14th**

**SPONSORSHIP OPPORTUNITIES AVAILABLE**



*Rabbi Yona Reiss  
Av Bet Din  
Chicago Rabbinical Council*

## March-April 2026 Calendar of Events

Monday, March 2	Fast of Esther
Tuesday, March 3	Purim
Wednesday, March 4	Shushan Purim
Sunday, March 8	Daylight Savings Time Begins
Thursday, March 19	Rosh Chodesh Nisan
Wednesday, April 1	Erev Pesach/First Seder
Thursday, April 2 – 9	Pesach
Tuesday, April 14	Yom HaShoah
Friday, April 17	Rosh Chodesh Iyar- Day 1
Saturday, April 18	Rosh Chodesh Iyar- Day 2
Sunday, April 19	LJCAGBI Lox Box
Tuesday, April 21	Yom HaZikaron
Wednesday, April 22	Yom HaAtzmaut

Please note that this bulletin is online at [www.ljcagbi.org](http://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.



**ALL NEW!**

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

**PARSHAT KI TISA, MARCH 7TH**

**PARSHAT SHEMINI, APRIL 11TH**

**Contact the Shul office to sponsor a week**



## Schedule for Services &

<b>MARCH 2026/ADAR- NISAN 5786</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
1 S: 8:30am M/M: 5:30pm	2 <b>FAST OF ESTHER</b> S: 7:00am Mincha: 5:20pm Maariv & Megillah: 5:45pm	3 <b>PURIM</b> S: 8:30am Mincha: 1:30pm Maariv: 7:40pm	4 <b>SHUSHAN PURIM</b> S: 7:00am M: 7:40pm	5 S: 7:00am M: 7:40pm	6 S: 7:00am CL: 5:29pm M/M: 5:35pm	7 <b>KI TISA</b> S: 9:15am Mincha: 12:30pm H: 6:30pm M: 6:55pm
8 S: 8:30am M/M: 6:35pm	9 S: 7:00am M/M: 6:35pm	10 S: 7:00am M/M: 6:35pm	11 S: 7:00am M/M: 6:35pm	12 S: 7:00am M/M: 6:35pm	13 S: 7:00am CL: 6:37pm M/M: 6:40pm	14 <b>VAYAKHEL-PEKUDEI</b> S: 9:15am M/M: 6:30pm H: 7:38pm
15 S: 8:30 am M/M: 6:45pm	16 S: 7:00am M/M: 6:45pm	17 S: 7:00am M/M: 6:45pm	18 S: 7:00am M/M: 6:45pm	19 <b>ROSH CHODESH NISAN</b> S: 7:00am M/M: 6:45PM	20 S: 7:00am CL: 6:45pm M/M: 6:50pm	21 <b>VAYIKRA</b> S: 9:15am M/M: 6:40pm H: 7:46pm
22 S: 8:30am M/M: 6:55PM	23 S: 7:00am M/M: 6:55pm	24 S: 7:00am M/M: 6:55pm	25 S: 7:00am M/M: 6:55pm	26 S: 7:00am M/M: 6:55pm	27 S: 7:00am CL: 6:53pm M/M: 7:00pm	28 <b>TZAV</b> S: 9:15am M/M: 6:50pm H: 7:54pm
						<b>KEY:</b> S - Shacharit M - Maariv M/M - Mincha/Maariv CL - Candle Lighting H - Havdalah

### 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](mailto:bulletin@ljcagbi.org) or submit a hard copy to the Shul office before the deadline, **May—June 2026 issue, Monday, April 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](mailto:bulletin@ljcagbi.org) for further details.



# Candlelighting Times

APRIL 2026/NISAN-IYAR 5786						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Shabbat
			1 EREV PESACH S: 7:00am CL: 6:58pm M/M: 7:00pm	2 PESACH-DAY 1 S: 9:30am M/M: 7:00pm CL: after 7:59pm	3 PESACH-DAY 2 S: 9:30am CL: 7:00pm M/M: 7:00pm	4 CHOL HAMOED S: 9:15am M/M: 6:55pm H: 8:02pm
5 CHOL HAMOED S: 8:30am M/M: 7:10pm	6 CHOL HAMOED S: 7:00am M/M: 7:10pm	7 CHOL HAMOED S: 7:00am CL: 7:05pm M/M: 7:10pm	8 PESACH- DAY 7 S: 9:15am M/M: 7:05pm CL: after 8:07pm	9 PESACH- DAY 8 S: 9:15am M/M: 7:05pm H: 8:07pm	10 S: 7:00am CL: 7:08pm M/M: 7:15pm	11 SHEMINI S: 9:15am M/M: 7:00pm H: 8:09pm
12 S: 8:30 am M/M: 7:15pm	13 S: 7:00am M/M: 7:15pm	14 YOM HASHOAH S: 7:00am M/M: 7:15pm	15 S: 7:00am M/M: 7:15pm	16 S: 7:00am M/M: 7:20pm	17 ROSH CHODESH IYAR-DAY 1 S: 7:00am CL: 7:16pm M/M: 7:20pm	18 ROSH CHODESH IYAR-DAY 2 TAZRIA- METZORA S: 9:15am M/M: 7:10pm H: 8:17pm
19 S: 8:30am M/M: 7:25pm	20 S: 7:00am M/M: 7:25pm	21 YOM HAZIKARON S: 7:00am M/M: 7:25pm	22 YOM HAATZMAUT S: 7:00am M/M: 7:25pm	23 S: 7:00am M/M: 7:25pm	24 S: 7:00am CL: 7:24pm M/M: 7:30pm	25 ACHAREI MOT - KEDOSHIM S: 9:15am M/M: 7:20pm H: 8:25pm
26 S: 8:30am M/M: 7:30pm	27 S: 7:00am M/M: 7:30pm	28 S: 7:00am M/M: 7:30pm	29 S: 7:00am M/M: 7:35pm	30 S: 7:00am M/M: 7:35pm		<b>KEY:</b> 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.**

LINCOLNWOOD JEWISH CONGREGATION A.G. BETH ISRAEL

# LADIES NIGHT OUT



Wednesday,  
March 18

Calling  
all  
ladies!

Featuring  
Rachel Katz  
dance and  
choreography

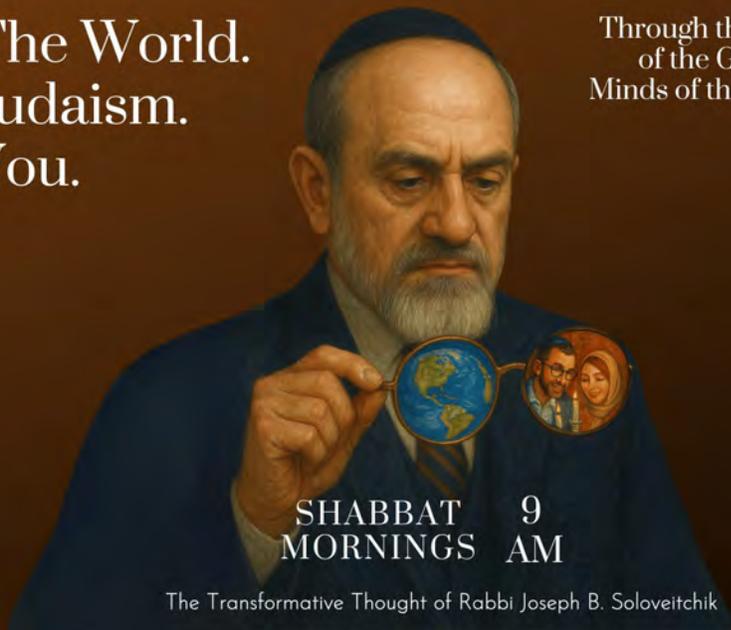
and Tzipora  
Dayan-  
Roteberg

**7:30 PM**  
**DEVONSHIRE PLAYHOUSE**  
**4400 W. GREENWOOD, SKOKIE**

Reserve tickets (\$18 for adults) @  
<https://www.skokieparks.org/devonshire-playhouse/> Call the Shul  
office to find out about carpooling, 847-676-0491.

The World.  
Judaism.  
You.

Through the Lens of One  
of the Greatest Jewish  
Minds of the 20th Century



SHABBAT 9  
MORNINGS AM

The Transformative Thought of Rabbi Joseph B. Soloveitchik

## Celebrating David Markus the Doc. at Ninety-Five

Baruch Hashem, we gather with full hearts  
to celebrate ninety-five beautiful years —  
a life blessed with faith, strength, and  
devotion.

Dear David, you are not only a founder of  
this congregation,  
you are part of its very heart and soul.  
Your presence among us is a blessing.

Thank you for the beautiful Kiddush you so  
generously sponsored,  
bringing us together in joy and gratitude.  
It reflects who you are — giving, gracious,  
devoted.

May Hashem bless you with many more  
healthy, happy years,  
surrounded by family, friends, and nachas.

And while your life deserves a full book,  
Let this poem be a loving chapter.

---

Today we celebrate your birthday —  
Ninety-five years young.  
A man who proves age is just a number...  
and one he refuses to take seriously —  
ever!

Doc began life on a farm,  
where he learned two lasting truths:  
Work hard. Trust God.  
And if something's broken — fix it yourself.

God gave him healing hands,  
and Doc said, "Alright — I'll take care of  
that."

Dentist by training,  
Osteopath by popular demand,  
Miracle worker when no one else was  
available.

BY Alex Goldstein & AI

He helped wherever help was needed —  
no spotlight, no speeches, no fuss.  
His faith was never loud,  
but always steady.

From tractors to treatment chairs,  
from dusty fields to dental drills,  
Doc has walked guided by God's hand  
and powered by a heart that never slows  
down.

So today we give thanks —  
for a wonderful family raised,  
for ninety-five years of faith, humor, and  
healing,  
for a man who still stands straight and tall.

Because the best way to grow old  
is to stay useful, stay humble,  
and keep at least one pinky on the wheel.

Doc, may Hashem bless you with strength  
and good health,  
with joy, peace, and abundant nachas.  
May your hands continue to bring healing,  
and may your path always be guided by  
faith.

Mazal Tov u'vracha.  
Ad me'ah ve'esrim — may you live to 120.



# PRE-PESACH Q&A

The laws and customs of Pesach this year can be outright confusing! Join us at Shabbat morning Kiddush, March 21<sup>st</sup> for an easy, fun and convenient way to hear the answers to all your Pesach questions!

Sponsorship opportunity available-  
please contact the Shul office

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## Off the Subject

Chaim Yankel goes back to his favorite antique shop. After a number of visits, and much discussion with the store owner, he's finally decided to buy the lovely 19th century silver kiddush cup he's had his eye on. As soon as he enters the shop, he goes over to Moishe, the shop's owner.

"OK," he says to Moishe, "I've decided to buy the kiddush cup."

"Are you sure this time?" asks Moishe. "Because you've only come in twelve times about this one Kiddush cup."

"I'm sure," responds Chaim Yankel. "Here's the \$300 to prove it."

"I'm sorry," says Moishe, "but this lovely, exquisite kiddush cup is now \$350."

"I don't believe it," says Chaim Yankel. "How can that be? I remember the price tag said \$300."

"Well," replies Moishe, "The cost of labor has risen dramatically."

"What do you mean?" asks Chaim Yankel. "You are the only person who works in this store."

"Exactly," replies Moishe. "And dealing with you has been very labor intensive!"

**Take the night off before the first seder!**

**Join LJCAGBI  
for a**

**PRE-PESACH  
SHABBAT DINNER**

**FRIDAY, MARCH 27, 2026**

**MINCHA/MAARIV 7:00 PM  
DINNER TO FOLLOW**

Reservations required. Call or email the Shul office by March 24, no exceptions.

Cost for dinner \$25 pp, \$12 for children 6-12 and \$5 for children 3-5. 2 and under are free.

Call the Shul office at 847-676-0491 or email your response to [officeljc@att.net](mailto:officeljc@att.net)



# Shabbat HaGadol Drasha 2026

**PARSHAT TZAV  
SHABBAT MORNING  
MARCH 28TH**

To sponsor please contact the shul office



# Pesach Schedule 2026

## **Mechiras Chametz- Selling the Chametz**

One is not allowed to eat, own, or derive pleasure from their chametz during Pesach. Therefore, one must arrange to have their chametz sold by the Rabbi prior to the start of Pesach. All sold Chametz will be purchased back one hour after Pesach is over. See the Mechiras Chametz form for more details regarding this procedure. Any Chametz in a Jew's possession that is not sold before Pesach is forbidden to be consumed after Pesach.

## **Bedikas Chametz/Search for Chametz**

Bedikas Chametz, the search for chametz, takes place on Tuesday night, March 31st. Before the search, the blessing of "Al Biur Chametz" is recited. After the search, Kol Chamira (nullification declaration, for unidentified chametz) is recited. Those who are traveling or are otherwise unable to do the search that night, should do so (without a bracha) on the last night they will be present in their home.

## **Ta'anis Bechoros/The Fast of the Firstborn**

Firstborn males, bechorim, are required to fast on Erev Pesach in commemoration of the final plague, Makas Bechoros, when G-d spared the life of every first-born Jew. This year the fast will be observed on Wednesday, April 1st. As in all years, the fast can be circumvented by participation in a Siyum, which will be held in the synagogue, following Shacharis at 7am.

## **Sof Zman Achilas Chametz/Latest time to eat Chametz**

One must finish eating all Chametz by 10:45am on Wednesday morning, April 1st.

**Bi'ur Chametz- Burning/Destroying of the Chametz** The Biur Chametz procedure this year is on Wednesday morning (April 1st) before 11:50am. One should burn the Chametz they found during the prior night's Bedika, as well as any other Chametz that they will not be selling prior to Pesach. If one does not have access or the ability to burn one's chametz, one may crumble it and flush it down the toilet. Once one has disposed of the last of the Chametz in their possession they should then recite the Kol Chamira (nullification of the Chametz), also before 11:50am.

## **Eruv Tavshilin**

This year the first days of Pesach are a "three-day Yom Tov", due to the fact that the second day of Yom Tov goes straight into Shabbos. When such a scenario arises it is rabbinically forbidden to cook or prepare on the second day of Yom Tov for Shabbos. However, when executed properly, an Eruv Tavshilin allows one to prepare on Yom Tov for Shabbos. On Erev Yom Tov, this year Wednesday, April 1st, one sets aside two types of food, one cooked and one baked (many use a piece of matzah and an egg/gefilte fish). The selected items are held in one's hands while the bracha and subsequent Aramaic text, as they appear in the siddur, is recited. It is necessary to understand the text as it is recited. If one does not understand the Aramaic text, it should be recited in one's native language. The set aside foods should be saved and eaten at some point over Shabbos.



### **The 1st Seder Night - Wednesday, April 1st**

Yom Tov candle lighting time is at 6:56pm. One should not make Kiddush and begin the Seder before nightfall.

### **The 2nd Seder Night- Thursday, April 2nd**

One must make sure to wait until the first day of Yom Tov is over before prepping any of the food or lighting the candles for the second day of Yom Tov. This year, the earliest time for such activity is 8pm. The second night of Pesach is the first day of Sefiras HaOmer.

### **Erev Shabbos Chol HaMoed (3rd night of Pesach)**

One should make sure to light Shabbos candles before 7:18pm. Kiddush on Friday night is a regular Shabbos Kiddush. We do not make Havdalah for Yom Tov.

### **Motza'ai Shabbos Chol HaMoed (4th night of Pesach)**

Shabbos concludes at 8:02pm. Regular Havdalah for Motza'ai Shabbos is recited (including wine, spices and candle).

### **Yizkor Candle**

It is customary for those who will be reciting Yizkor to have a Yizkor candle, representing the soul of their departed loved one, lit in their home for Yom Tov. If one is able to procure one, it is best to acquire a 48-hour Yizkor candle and light it on Erev Yom Tov, this year Tuesday, April 7th, before one kindles the Yom Tov candles.

### **7th night of Pesach (Tuesday, April 7th)**

Yom Tov candle lighting time is 7:02pm.

### **8th night of Pesach (Wednesday, April 8th)**

One must make sure to wait until the 7th day of Yom Tov is over before prepping any of the food or lighting the candles for the 8th day of Yom Tov. This year, the earliest time for such activity is 8:06pm.

### **Yizkor**

We recite Yizkor in shul on the morning of the 8th day of Pesach (Thursday, April 9th). Yizkor will be approximately between 10am-10:30am.

### **Motza'ai Pesach- Conclusion of Passover**

Pesach concludes at 8:07pm on Thursday, April 9th. One may not eat the chametz that one sold until 9:30pm, when it has been legally bought back. Havdalah is recited without Besamim (spices) or Aish (fire).

If you have any questions regarding any Pesach preparations or any other questions Rabbi Meyers can be reached at [rabbi@ljcagbi.org](mailto:rabbi@ljcagbi.org).



LJCAGBI Proudly Presents

# YOM HA'ATZMA'UT SCHOLAR IN RESIDENCE

## Alissa Zeffren



APRIL 18TH,  
PARSHAT TAZRIA-  
METZORA  
SHABBAT MORNING  
KIDDUSH

*The Most*  
**FABULOUS**  
*Shiv in Town!*  
**FOR ABOUT WOMEN**  
**Parshat Acharei-Mot**  
**April 25<sup>th</sup>**  
**Tziporah Rotbart**

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



LJCAGBI PRESENTS  
**ON THE  
FRONT LINES**



JOIN US SHABBAT MORNING,  
MAY 2<sup>ND</sup> AS WE WELCOME,  
50<sup>TH</sup> WARD ALDERWOMAN,  
DEBRA SILVERSTEIN