



BETH CHAVERIM

HUMANISTIC JEWISH COMMUNITY

What's Happening at Beth Chaverim

Ma Nishmah



Sunday, September 10th - Maot Chitim Rosh Hashanah Food Delivery

Sunday, September 10th - Fall Fest at Apachi JCC, Lake Zurich, 2-4 pm

Saturday, September 16th - Rosh Hashanah, First Presbyterian Church,
Deerfield, 10:30am

Sunday, September 17th - Sunday School Begins

Sunday, September 17th - Pre-K Class Meets

Wednesday, September 20th - Adult Education, 2pm

Wednesday, September 20th - Book Group, 7pm

Monday, September 25th - Yom Kippur, First Presbyterian Church,
Deerfield, 10:30am

Sunday, October 1st & 8th - Pre-K Class Meets

Sunday, October 1st - Sukkot Celebration

Sunday, October 8th - Simchat Torah Celebration

Saturday, October 21st - Salaam Shalom Project Show, 7pm



You can find all of this
information & more on our
[website](#) under
"News & Events"

Beth Chaverim Steering Committee

President - Carolyn Lewis

Secretary - Steve Rusnak

Treasurer - Deb Rusnak

Past President - Deb Rusnak

Members at Large - Dan Lewis, Alan Solid, and Rachelle Durrer

Reflections on Love

Last month, on the 1-2nd of August corresponding to the fifteenth day of the Hebrew month of Av, we celebrated Tu B'Av. It translates directly to the Fifteenth of Av, but it is known as the Jewish Valentine's Day. It is a minor festival with ancient origins that has evolved into a modern celebration. Originally, it seems to have been a day when unmarried maidens, dressed in white, were eligible for matchmaking. Largely ignored, it blossomed in the modern State of Israel akin to our Valentine's Day. Today it is marked with singing and dancing. Like so many Jewish holidays, it falls in the middle of a lunar month, the fifteenth, meaning that the moon is full. So many romantic images flow from this timing.

Fifteen days later the Hebrew month of Elul begins. This is the month that tradition holds we begin to prepare for the New Year so that we will be ready when it comes. But more than that, the name Elul is an acronym with the Hebrew letters for the words from the ancient Hebrew love poem Song of Songs: Ani l'dodi v'dodi li, I am my beloved's and my beloved is mine. This is a lovely connective thread between the two months and with the pending new year. We celebrate love, we connect with love and hopefully we begin the new year with love. It is the perfect antidote to the vitriol, bigotry and intolerance raging through our society. It seems so simple, almost cliché but it takes everyone of us to make it a reality. Sometimes all it takes is to state the obvious, to say it out loud, to make something a reality. We each need to regularly express our love - for our children, for our partners, for our community. So simple yet too often so hard. In the Bible, there are but two instances of love described between people, Jacob's love for Rachel and Jonathan's love for David. Love is love, the slogan goes. Animus simply isn't a part of it. We are instructed to love our neighbor as ourselves in Leviticus 19. Again no animus. When we regularly operate from a place of love, we are indeed ready to greet and enter the new year.

And from that place, we are ready and able to grow. The following excerpt from the beautiful poem "The Place Where We Are Right" by Israeli poet Yehuda Amichai expounds on the notion that growth can blossom, not from our certainties, but from our "doubts and loves." It is yet another important benefit from love, a state of being that brings joy and also sorrow when there is loss; a state of uncertainty that provides fertile ground for all our emotions; the full panoply of human existence lives in the place where there is love.

The place where we are right
is hard and trampled
like a yard.
But doubts and loves
dig up the world
like a mole, a plough.

Let us commit to at least one act or expression of love every day. Nothing left unsaid; nothing left implied. The upcoming year will be richer and fuller, and this time next year when we look back, we can say we have loved deeply, fully and honestly.



*B'havah (with love),
Rabbi Jodi*



Beth Chaverim Mission Statement

Beth Chaverim is a place for individuals and families to explore their Jewish heritage and traditions, to learn to think critically and independently about religious and theological issues, and to develop meaningful and relevant Jewish identities through education.

President's Column: Our Tikkun Olam Anniversary

Celebrating anniversaries is important because it allows us to reflect on the past, appreciate the present, and look forward to the future. Anniversaries are a time to mark milestones, whether they be personal or communal, and to acknowledge the achievements and challenges that have brought us to where we are today. Anniversaries can be an opportunity to celebrate and honor the people and events that have shaped our lives. They can also be a time to remember those who have passed away, and to reflect on their legacies. By taking time to reflect on the past, we can gain a deeper understanding of ourselves and our place in the world.

Anniversaries can also be a time to renew our commitments and aspirations. They can inspire us to continue working towards our goals, and to strive for new heights. By celebrating anniversaries, we can strengthen our sense of community and connection, and build a shared vision for the future.

For this past half year, the Beth Chaverim Humanistic Jewish Community has chosen to celebrate our 20th anniversary as a way to express gratitude and appreciation for the people and events that have shaped our lives, allowing us to connect with others, to reflect on the past, and to look forward to the future with hope and optimism. And what better way to commemorate this momentous anniversary than through tikkun olam?

Jewish tikkun olam is important because it is a fundamental part of Jewish values and beliefs. Tikkun olam means "repairing the world" in Hebrew, and it is the idea that each person has a responsibility to make the world a better place. This idea is rooted in the belief that we are all responsible for each other. Tikkun olam is an important concept because it reminds us that we are not alone in the world, and that we have a responsibility to care for others. It is a call to action, to work towards repairing the world and making it a better place for everyone. This can be done in many different ways, from volunteering in our community to advocating for social justice issues.

Our anniversary goal to complete 20 shared acts of service is well underway. Together so far we have worked to reduce food insecurity, helped to increase youth book ownership, enabled medically fragile children to have access to music to cope and heal, supported needs of the homeless and youth foster communities, celebrated our first responders, brought joy to the lives of sheltered dogs, and demonstrated love for the LGBTQ+ community.

By practicing tikkun olam, we are helping to create a more just and compassionate world. Celebrating our anniversary through shared tikkun olam is a reminder that we are all connected, and that our actions can have a positive impact on others. In this way, tikkun olam is not just a Jewish value, but a universal one that can help us build a better future for all.

 Carolyn Lewis 

What's Happening at Beth Chaverim – Ma Nishmah

Donations

Linda and Rich Horn - "Happy 20th anniversary!"

Alan and Rhonda Solid with congratulations to Elana Rusnak

Phyllis and Howard Cheskin for our Fill a Heart for Kids event



Mazel Tov

The Fisher-Stawinski family on the upcoming bar mitzvah of their son Barry

Elyse and Tom Magill on the births of their grandsons

Todah Rabah



Penny Weinberg for spearheading and hosting our afternoon of painting ukuleles in partnership with the Buffalo Grove Singers to benefit Ukulele Kids Club

The Lewis Family for staffing the gleanings table at the Deerfield Farmers Market in July

Soup Kitchen Volunteers and Donors: Phyllis and Howard Cheskin, the Enteen family, Linda and Rich Horn, Paula Krecun, the Lewis family, Sarah Lichtman, Meryle Mitchel, Deb Rusnak, Alan and Rhonda Solid, Rabbi Jodi

GiveNKind Volunteers: Steve and Barry Fisher-Stawinski, Linda and Rich Horn, Alan and Rhonda Solid, Rabbi Jodi

Dignity Bag Donors: Linda and Rich Horn, the Lewis family, Meryle Mitchel, the Ratliff family, Alan and Rhonda Solid, Penny Weinberg, Rabbi Jodi and Phyllis and Howard Cheskin for hosting the assembling of the bags by Deb Fishman, Paula Krecun, Alan and Rhonda Solid and Rabbi Jodi


20th Anniversary Recognition

We are so proud to have received recognition from Congressman Brad Schneider congratulating Beth Chaverim on our 20th anniversary and 20 for 20 undertaking!

BRADLEY S. SCHNEIDER
10TH DISTRICT, ILLINOIS

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WASHINGTON, D.C. 20515
(202) 225-4835

DISTRICT OFFICE:
111 BARCLAY BLVD, SUITE 200
LINCOLNSHIRE, IL 60069
(847) 383-4870



COMMITTEE ON WAYS AND MEANS
SUBCOMMITTEE ON TAX
SUBCOMMITTEE ON OVERSIGHT
COMMITTEE ON FOREIGN AFFAIRS

Congress of the United States
House of Representatives
Washington, DC 20515-1310

June 22nd, 2023

Rabbi Jodi Kornfield
Beth Chaverim Humanistic Jewish Community

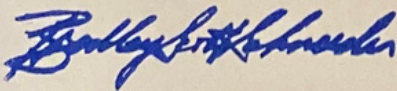
Dear Rabbi Jodi Kornfield,

I am pleased to extend my sincere congratulations to Beth Chaverim Humanistic Jewish Community on the celebration of its twentieth anniversary. Over the past two decades, the congregation has created a welcoming space for residents across the 10th district to explore their Jewish heritage.

I am inspired by Beth Chaverim's commitment to celebrating this occasion by planning twenty volunteer projects serving people and organizations throughout the community. Your dedication reflects what it means to be a part of a responsible community.

As you reflect on the past twenty years of progress, friendships, and the lives you've touched, I send my best wishes to all who made this incredible milestone possible. May your congregation continue to be filled with growth, togetherness, and fruitful service to the community.

Sincerely,



Bradley S. Schneider

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20 for 20 Events

Penny Weinberg generously hosted our painting of ukuleles in partnership with the Buffalo Grove Singers to benefit the Ukulele Kids Club. It is an organization that puts new ukuleles in the hands of children receiving music therapy at childrens' hospitals. This was part of our 20 for 20 celebration.



In July another 20 for 20 event as we volunteered at GiveNKind, an organization that matches donated items with organizations in need of those items.



After three long years, we finally were able to provide a meal in person at the St. Paul Lutheran Church's soup kitchen in Evanston. We made our familiar pre-Fourth of July BBQ meal, and homemade toll house bars. Each meal was made to go as the guests served are not yet able to congregate in person.



NCJW®

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Salaam Shalom Music Project Show

Join us on October 21st, at Makom Solel Lakeside
in Highland Park at 7 pm. Tickets are \$20 for adults, \$10 for kids
12 and up. Tickets are available from Rabbi Jodi

October 21st | Saturday | 7pm

THE SALAAM-SHALOM MUSIC PROJECT

Many Religions. Many Cultures. One Voice.

Traditional melodies from
the Middle East and East
Asia merge with Jewish
music from Eastern Europe
and Spain in an invigorating
and spiritually uplifting
performance for
all ages and backgrounds



Photos by: David Sutton Studios and Mike Talevitz

The Salaam-Shalom Music Project is an evolving collaboration between Chicago musicians
from Muslim, Jewish and Christian traditions.

The Salaam-Shalom show is sponsored by the interfaith group Religious Leaders
United, of which Rabbi Jodi on behalf of Beth Chaverim is a member.

Rabbi Sherwin T. Wine

“Facts are facts. They are enormously discourteous. They do not revere old
books, they do not stand in awe before old beliefs. They do not bow before
famous ancestors. They are simply the stuff out of which reality is made and
the final judge of truth” (*Celebration*)



Yom Kippur Memorial Form

BETH CHAVERIM



Humanistic Jewish Community

BETH CHAVERIM REMEMBERS

Yom Kippur is the more solemn of the Jewish High Holidays. It is a time to seek forgiveness and make amends. Another important part of Yom Kippur is the Memorial Service, a time to remember those who have gone before us. A feature of such a service is the reading of names of deceased relatives and friends. We invite you to submit the names of individuals you would like included in our service on September 25th as Beth Chaverim remembers.

Please submit those names on this form by September 20th and email it to: info@bethchaverim.net or rabbijodi@gmail.com

Donations can be made via quickpay or zelle

Name: _____

Relation: _____

Yahrzeit or anniversary of death if known: _____

Name: _____

Relation: _____

Yahrzeit or anniversary of death if known: _____

Name: _____

Relation: _____

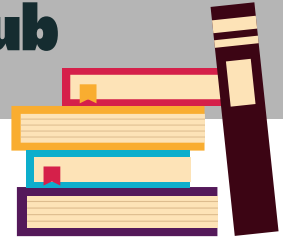
Yahrzeit or anniversary of death if known: _____

Deerfield, IL | (847) 945-6512 | www.bethchaverim.net

Link to the form: <https://tinyurl.com/5bsbewt3>

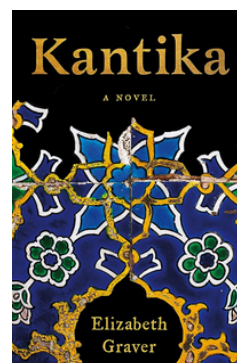
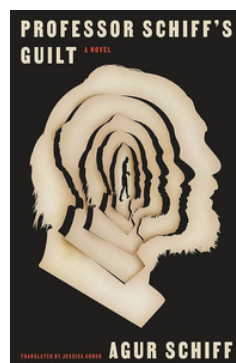
Beth Chaverim Book Club

Please join us as we discuss the following books



On Wednesday, September 20 at 7 pm we will discuss “Professor Schiff’s Guilt” by Agur Schiff. As described by amazon.com, it is “[a] stellar novel rendered into a darkly comic, unforgettable narrative by Booker International Prize winning translator Jessica Cohen. An Israeli professor travels to a fictitious West African nation to trace a slave-trading ancestor, only to be imprisoned under a new law barring successive generations from profiting off the proceeds of slavery. But before departing from Tel Aviv, the protagonist falls in love with Lucile, a mysterious African migrant worker who cleans his house. Entertaining and thought-provoking, this satire of contemporary attitudes toward racism and the legacy of colonialism examines economic inequality and the global refugee crisis, as well as the memory of transatlantic chattel slavery and the Holocaust. Is the professor’s passion for Africa merely a fashionable pose and the book he’s secretly writing about his experience there nothing but a modern version of the slave trade?”

After, we will read *Kantika* by Elizabeth Graver, and *The Wolf Hunt* by Ayalet Gundar-Goshen.



Standing on One Foot

Judaism in roughly 140 characters

“Camina con buenos, te haras uno de ellos.

Walk with good people and you will become one of them.” (Ladino proverb)

Adult Education

We continue to read the Bible as literature using the theme of animals as our guide. Next up is Wednesday, September 20 at 2 pm via zoom.



Support Beth Chaverim through Donation Matching

Amazon has discontinued its Amazon Smile donation program. Thank you for everyone who has used it over the past number of years to generate donations for Beth Chaverim.

If your employer has a matching program for donations you make, please note that Beth Chaverim is a certified 501 (c)(3) organization; if needed we can supply the necessary documentation to receive matching donations.

Humanist Café - Food for the Mind & the Appetite

According to the website of the American Humanist Association, “Humanism is a progressive philosophy of life that, without theism or other supernatural beliefs, affirms our ability and responsibility to lead ethical lives of personal fulfillment that aspire to the greater good.” It goes on to include the definition given by its past president, Bette Chambers. “Humanism is the light of my life and the fire in my soul. It is the deep felt conviction, in every fiber of my being, that human love is a power far transcending the relentless, onward rush of our largely deterministic cosmos. All human life must seek a reason for existence within the bounds of an uncaring physical world, and it is love coupled with empathy, democracy, and a commitment to selfless service which undergirds the faith of a humanist.” But definitions, while important as organizing principles for our lives, only go so far. As a philosophy of life, a personal “theology” that frames our existence, humanism is meaningful only in its active fulfillment. Each human being has the ability to determine their own lives, within of course the confines of those things we cannot control such as illness, accident or adversity. In those latter circumstances, our humanism is on display in our response. We have a responsibility to ourselves to be honest and live with integrity; we have a responsibility to others to make the world a better and more sustainable place. There is a Talmudic tale of Honi the Circle Maker. He was an old man who was spotted planting a young sapling. A passer-by asked him why bother when he would never live to see it grow. He responded that while he would not, successive generations would benefit from it. Such is a humanistic approach to life.



Humanist Café - Food for the Mind & the Appetite

In order to wish people a sweet new year, various sweet foods are prepared for Rosh Hashanah. Most well known is the custom of dipping apples in honey; however other honey based recipes such as honey cake, fit the bill as well. According to wikipedia.com, “Teiglach, (literally “little dough”) are small, knotted pastries boiled in a honeyed syrup. They are a traditional Ashkenazi Jewish treat for Rosh Hashana, Sukkot, Simchat Torah, and Purim.”

Teiglach

Recipe from (<https://cookieandkate.com/epic-baba-ganoush-recipe/#tasty-recipes-26511-jump-target>)

Use Lyle's golden syrup and always reuse the teigel syrup in other baking or desserts. If making another batch of teiglach, combine up to two tins of the used syrup with three tins of new syrup.

Makes 35-40

Ingredients

Pastry

- 6 eggs, less 1 egg white
- 2 tbsp sunflower oil
- 1 tbsp brandy
- 1 tsp caster (superfine) sugar
- 1 tsp ground ginger
- ½ tsp baking powder
- Finely grated zest of 1 large orange
- 3 cups (450 g / 1 lb) plain all-purpose flour

Syrup

- 2 kg [6 ¼ cups] golden syrup (light treacle)
- 440 g [2 ¼ cups] sugar
- 500 ml [2 ¼ cups] water
- 2 tbsp ground ginger
- 500 ml [2 ¼ cups] boiling water



Humanist Café - Food for the Mind & the Appetite

Pastry Preparation

1. Line a large baking tray and sprinkle with flour.
2. In a large bowl of an electric mixer, whisk the eggs for about 5 minutes or until light and fluffy.
3. Change to the beater attachment and with the motor running, add the oil, brandy, sugar, ginger, baking powder and zest.
4. Add 2 cups of the flour and mix gently, slowly adding the remaining flour, a little at a time, until a sticky dough is formed that is easy to handle.
5. Tip the dough onto a floured benchtop.
6. Remove a walnut-sized piece of dough and with floured hands roll into a small sausage.
7. Roll the sausage over so the ends are on top of each other, then roll out once again to form a sausage.
8. Make one teigel by wrapping the sausage around two fingers to form a ring, then press lightly to join the ends.
9. Place the teigel on the prepared tray. Repeat until all the dough has been used.
10. Put the tray outside (covered with an insect net if needed) in the sun until they are hard, for at least one hour (and up to 2 hours), turning halfway through.

Syrup Preparation

1. To cook teiglach, place the golden syrup, sugar and water in an extra-large stockpot (preferably 20 L stainless steel) and bring to a boil over high heat.
2. Tie a clean tea towel around the lid to prevent moisture from dripping into the pot while boiling.
3. Once the syrup is boiling, slip in each teigel and cover with the lid.
4. Give it a shake and wait to see the steam coming out of the top. Once this happens, reduce the heat to medium and boil gently for 20 minutes.
5. Remove the lid and very gently stir to coat each teigel in syrup; do this quickly and replace the lid.
6. Ensure that the syrup continues to boil steadily, not too fast.
7. Lift the lid and stir every 10 minutes or so until the teigel sound hollow and hard when tapped with a wooden spoon. This will take 32-45 minutes. Watch carefully towards the end that the syrup doesn't burn; it needs to be dark, thick and frothy but not burnt.
8. Add the ginger and stir again. Turn off the heat and very carefully add the boiling water.
9. Stir gently and using a slotted spoon remove each teigel one by one and place on baking paper on the benchtop.

Store in an airtight container for up to 2 weeks. Freeze for up to 2 months.

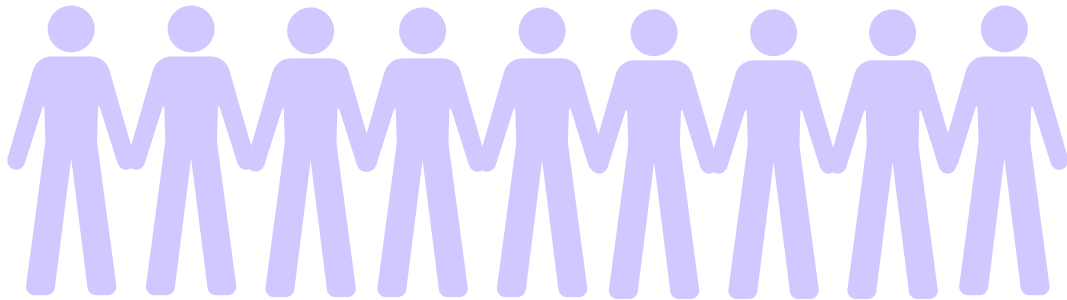
Can You Help?

Over the past few years, we have had several families within our community that have had a temporary set back, ie: a surgery, loss of a job, family crises, etc. "Helping Hands" is available to help with the needs of these families, either through delivering a meal, or driving to a doctor's appointment or any other minor needs a family could use. If you would like to be added to the list of members who will assist when needed, please email us and we will contact you when the need arises. Thank you to everyone who has volunteered already; it is greatly appreciated. Any family needing assistance can seek it by contacting Rabbi Jodi.



We are always looking for some assistance, large and small, for our events.

Please let us know if you are interested in helping.



Humanistic Judaism 101



- Defines Judaism as the collective historic experience of the Jewish people and promotes a community of shared Jewish values.
- Promotes the development of a strong Jewish identity, especially for those Jews who cannot intellectually or emotionally embrace a supernatural being, or who are unsure about the existence of such a being and want to express their Judaism in an honest and meaningful way.
- Emphasizes the capacity in all human beings to improve themselves and the world through learning and the performance of good deeds.
- Teaches that ethical behavior is conduct which enhances the dignity of every individual.
- Understands that ritual without meaning is simply empty ritual and that liberal Judaism is authentic Judaism without apologies to the present or nostalgic bows to the past. Beth Chaverim is affiliated with the Society for Humanistic Judaism.

Did you know?

Rabbi Jodi Kornfeld is available to conduct life cycle ceremonies including weddings, baby namings, and funerals for members and non-members. Contact Rabbi Jodi for further information at:

(847) 945-6512

rabbijodi@gmail.com

Thank You for Reading!

This is a quarterly publication by



Beth Chaverim

Humanistic Jewish Community
Deerfield, IL (847) 945-6512
<http://bethchaverim.net/>

Rabbi - Jodi Kornfeld
Administrator - Linda Horn
Editor - Lindsey Grant



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