This month, I share with you a beautiful teaching by my colleague, Rabbi Jordie Gerson.

Recently, we celebrated Rosh Chodesh Iyar. Rabbi Jordie Gerson, teaches: “Iyar is actually an acrostic which spells out the initials of the verse – Ani Yud Yud (Adonai) Rofecha – which means, I am God Your Healer, and therefore, throughout history, it has been a time associated with healing, purification, and detoxification. According to Kabbalah Month by Month by Melinda Ribner, ‘In Iyar, we are supposed to let go of what doesn’t support our well-being and what is toxic, what is false – it is a time for opening up to what does support our well-being.’

This is connected to the previous month of Nisan. Because Nisan, the month we are leaving… holds Passover – the holiday that marks the beginning of a new journey – from internal or external constraints – limitations – to greater

(Continued on page 2)
freedom. Next month, Sivan – holds the holiday of Shavuot – when we receive the Torah, and total freedom. Which is all to say that our tradition imagines this period – the next month – as a transitional, liminal period in which we turn our attention to caring for ourselves so that we will be ready for freedom when it arrives. For our ancestors, this was freedom from slavery and Egypt. For us, it may be freedom from quarantine and isolation.

But how do we heal? Well, the first thing to know is that the Kabbalists imagined the journey to healing as one we don’t undertake alone. God is our partner in healing, as in so many other things – because, in the words of the Talmud – those in prison cannot free themselves. So, as we heal, the Holy is there, by our side, strengthening our resolve and our journey towards wholeness. And also, the tradition believes that the healing we do in Iyar is a kind of inner spring cleaning, a letting go of all of those things that no longer serve us: vanity, materialism, status symbols, ego, overwork, and lack of attention to our bodies and health. Iyar is an opportunity to refocus on those things; to let go of what keeps us from health – physically, mentally, spiritually – and get back to the essentials of what we need to thrive, heal, and be whole and grounded. This may mean recommitting to an exercise routine, setting aside our comfort food, turning off the news, or meditation or yoga practice. It may mean choosing acts of resistance instead of anger, calling the people you love when you’re feeling isolated, and creating a daily gratitude practice. Whatever it is, it’s an opportunity to begin again, with what truly matters, as we move closer to freedom. So in this month of Iyar, this month of transition, my blessing for each of you is the gift of healing and hope, that these next few weeks of increased stillness provide you with the opportunity to focus on what really matters – your hearts, souls and bodies."

May Rabbi Gerson’s words inspire you and make for a meaningful new month.

~Rabbi Carmit Harari

Our Scholar-in-Residence, Dr. Jason Kalman, Professor at Hebrew Union College in Cincinnati, will be with us sometime in the future! Please watch for details.
"We can endure much more than we think we can; all human experience testifies to that."—Rabbi Harold S. Kushner

“There are no problems, only opportunities for growth.”—Rebbetzin Dena Weinberg

“When we are no longer able to change a situation, we are challenged to change ourselves.”—Viktor Frankl

And so, in what should be a merry month of May full of celebrations and holidays, we continue to battle Covid-19, a pandemic that was not even in our consciousness several months ago. Here at Shir Tikvah, we have made changes to our religious observances, but we have not neglected you, our congregation. Following Governor Pritzker’s orders, we are keeping the building closed for the month. When it is safe to open the building, we will have it deep-cleaned and will follow safe-distancing practices. Meanwhile, we continue to have services and weekly Onegs on Zoom. You should be receiving emails telling you how and when to check in to Zoom. Our virtual onegs are usually on Tuesdays at 7:00PM, and Friday night Candle Lighting and Kaddish is at 5:30PM. Saturday mornings, we are alternating Reform services one week at 10:15AM and Conservative services the following week at 9:45AM. We also have had several virtual minyanim. In addition, we have been sending out links to other services and adult education sites. Amy Bloomberg, the Federation representative in the South Suburbs, has been working with the members of CJC to reach everyone and to let us know what helpful services are available to us. The committees and your Board are still functioning and meeting through conference calls and Zoom. Although Diedre has been working from home, she answers all voice mail and emails. Bob has been working to maintain the upkeep of our building. Rabbi has been making phone calls to the congregants to remain in touch with them. As you can see, we are definitely down, but we are not out.

At this point, we are planning to have a virtual annual meeting, but at some point, we will be opening the building for services and meetings. In addition to protecting everyone from the Covid-19 virus, we have another need for protection. As Business Insider reported on April 20, 2020, “The coronavirus pandemic is fueling anti-Semitism around the world, and the US is no exception.” The Kantor Center at Tel Aviv University released a report in which Professor Dina Porat stated that the new rhetoric is not really new; it is just a restatement of old anti-Semitic conspiracy theories that blame Jews for economic problems and global disasters. We are seeing these hateful statements in social media, at rallies, and with “zoombombing.” To protect you, the Board has approved a security policy which includes paid security at all events and services. Again, we are here for you, Shir Tikvah.

Stay safe and be well,

~Sherry and Sherman
I hope that our members and family are well and out of harm’s way. The coronavirus pandemic has made things difficult. We have found it necessary to cancel all events we had planned until fall. The reality is the new normal will probably be with us for several weeks. Staying home and being safe is what we need to do. It may be several weeks before we will be able to be together in person.

In the meantime, the Women of Shir Tikvah will begin planning events during the summer for the next fiscal year. We hope to meet virtually and plan exciting events for the next year.

One thing we did manage to do was to decide on Sisterhood officers for next year. The Women of Shir Tikvah have decided to continue our jobs for the upcoming year.

**Our slate is:**

- President- Gayle Weil
- Secretary- Barb Schwarz
- Treasurer- Donelle Macey
- Membership- Diane Schwab
- Tributes- Carol Zucker

**Board Members:**

- Susan Bayer, Deedee DuBrow, Carole Fefferman, Harlene Friedman, Ruth Friedman, Ginny Gilbert, Bea Kamen, Judy Lieb, Bonnie Mosbacher, Penny Shnay

Stay safe and keep in touch.

Gayle

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**ZOOM Invites go out for Tuesdays, Fridays, and Saturday services via the MailChimp emails.**

**Download the Zoom App on your device so you can join in.**

**See you on Zoom!**
Virtual Zoom Services

Fridays, May 8, 15, 22
5:30pm
Candle Lighting, welcoming Shabbat, and Kaddish on Zoom

Tuesdays, May 12, 19, 26
7:00pm
Virtual Oneg & check in

Saturday, May 9
Shabbat Morning Reform Service on Zoom
10:15 am
Parashat Emor
Torah: Leviticus 21:1-22:16
Haftarah: Ezekiel 44:15-31

Saturday, May 16
Shabbat Morning Conservative Service on Zoom
9:45am
Parashat Behar-Bechukotai
Torah: Leviticus 25:1-38
Haftarah: Jeremiah 16:19-17:14

Saturday, May 23
Shabbat Morning Reform Service on Zoom
10:15am
Parashat Bamidbar
Torah: Numbers 1:1-1:54
Haftarah: 1 Samuel 20:18-42

Thursday, May 28
Virtual Tikkun Study Session
with Temple Anshe Sholom, Temple Beth El, and Congregation Beth Israel
Time to be announced

Saturday, May 30
Combined Service including Yizkor
9:45am
Shavuot II
Torah: Deuteronomy 28:26-31
Haftarah: Habakkuk 3:1-19

Emails are sent with Zoom invites. You may download the ZOOM app on your device, either smart phone, tablet or computer. ZOOM works best with a microphone and camera. If you do not have a computer or a tablet, you can call in to the services on your phone. Please call the office and leave a message if you would like help to know how to do this.

Candle Lighting Times

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tr>
<td>Friday, May 8</td>
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<td>Friday, May 15</td>
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<td>Thursday, May 28</td>
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</tr>
<tr>
<td>Friday, May 29</td>
<td>7:58 pm</td>
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</tbody>
</table>

Candle lighting times are for Homewood, IL.
Yahrzeits

**WEEK OF 5/1/2020**
Samuil Abramov
Rose Aisuss
Jack Broderson
Dora Brotman
Jacob Cohen
Milton Felton
Frances Finkelman
Arnold Finkelstein
Yetta M. Gertler
Anna Faber Goodman
Jack Goodman
David Greenberg
Helen Greenberg
Max Hesky
Richard Kuhn
Fay Langer
Marilyn Kay Levinson Shirley
Levinthal
Ted Lewin
Morton Malis
Nancy Mickelson
Alta Pahn
Nathan Rappaport
Henrietta Salloway
Bernice Schraeger
Anne Sharfman
Sarah Sherman
Morris Simon
Paul Spangler
Abe Steinberg
Sam Steiner
Louis Teitelman
Rose Wolfson Webster
Frances Wessel
Ralph Wilkins

**WEEK OF 5/15/2020**
Leah Aaron
Bessie Abraham
Dorothy Ascher
Elinor Calabrese
Julius David
Max Dosick
Blanche Elliot
Phillip Engelberg
Bernard Epstein
Izador Epstein
Carl Fidler
Samuel Flaschen
Anna Fried
Emil Goldman
Robert Singer Goldman
Rose Golland
Richard E. Gutstadt
Nooreen Kirshenbaum
Morris Klutznick
Faye Finkelstein
Liner Rose Lassner
Julius Lion
Diane March

**WEEK OF 5/22/2020**
Isabelle Abrams
Jack Abrams
Eric Adler
Aheron Aliffie
Harry Brotman
Hyman G. Brown
Rose G. Burrows
Edward Cohn
Marga Lea Cohn
Max F. Eisner
Mary Feldstein
Abraham I. Freis
Rebecca Gabovitch
Gertrude Greenburg
Al Holtz
Herman Hyman
Hans Jacoby
Abraham Kamenetsky
Yetta Kaplan
Hilda Kaufmann
Louis Kravitz
Rosalie E. Lewin
Regine Lion
Dan Malis
Mel Noven
William Platt
Gretel Schrimmer
Ethel Sheffey
Dora Shnay
Arthur Silverman
Edward Stangle
Willard Vinik
Samuel Zeiger

**WEEK OF 5/29/2020**
Sheila Bernstein
Pearl Bildner
Ida Blionsky
Mary Brown
Bertha Chiz
Esther Davidson
Anna Engelberg
Dieter Frankel
Kurt Hollander
Angelo Juarez
Judith Kaminsky
Rose Krucoff
Florence Kusel
Bruce Marshall
Leoni Masliah
Sarah Mayoff
Norma Meisner
Gaetana Mollin
Leon Morse
Lt. Col. Harry W. Paper
Ida Pressman
Arthur Rauch
Priscilla Reben
Irene Reznick
Elka Rosenblum
Irwin Rothschild
Morris Rubin
Eugene Runes
Moshe Serlin
Sol Shlosberg
Lawrence Somerman
Terry Spark
Rader Solomon Spector
Belle Stein
Minnie Steinberg
Beatrice Stone
Oscar H. Zwick

**WEEK OF 5/8/2020**
Kadem Algamis
Margaret (Scotty) Alpert
Dorothea Altman
Max Barsuk
Esther D. Cerier
Jake Cohen
David Dietz
Anne Ehrlich
Sarah Einbund
Peggy Eisenstein

Milton Freis
Mary B. Gitlitz
Morris Gitlitz
Max Glick
Seymour Greenspan
Benjamin Hecht
Rose Mednick
Sam Perlberg
Hilde Pollack
Isaac Pressman
Minna Rosenstein
Marvin Rothman
Anita Rubin
Selma Sandack
Sam Shapin
Ruth Shuchter
Jay Robert Silverman
Marion Simon
Walter Sporn
Ida Sutker
Jacob Tenny
Frances Feldman Thorpe
Dorothy Ulman
Ruth Wishnoff

**WEEK OF 5/29/2020**
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Pearl Bildner
Ida Blionsky
Mary Brown
Bertha Chiz
Esther Davidson
Anna Engelberg
Dieter Frankel
Kurt Hollander
Angelo Juarez
Judith Kaminsky
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Norma Meisner
Gaetana Mollin
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Ida Pressman
Arthur Rauch
Priscilla Reben
Irene Reznick
Elka Rosenblum
Irwin Rothschild
Morris Rubin
Eugene Runes
Moshe Serlin
Sol Shlosberg
Lawrence Somerman
Terry Spark
Rader Solomon Spector
Belle Stein
Minnie Steinberg
Beatrice Stone
Oscar H. Zwick
### May Birthdays

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<tr>
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<tr>
<td>5/1</td>
<td>Barbara Schwarz</td>
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<td>Gayla Cahan</td>
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<td>Alan Levitt</td>
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<tr>
<td>5/6</td>
<td>Tamara Fleischer</td>
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<tr>
<td>5/6</td>
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<td>5/6</td>
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<td>Karlyn Hurowitz</td>
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<td>5/15</td>
<td>Michael Lieb</td>
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<td>5/15</td>
<td>Sandi Reich</td>
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<td>Isaac Latman</td>
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<td>5/25</td>
<td>Ken Fleischer</td>
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<td>5/29</td>
<td>Keith Reich</td>
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<td>5/31</td>
<td>Jerry Levine</td>
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<td>5/31</td>
<td>Philip Elias</td>
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### June Birthdays

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<td>6/1</td>
<td>Caryl Chudwin</td>
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<td>Anthony DeFilippo</td>
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<td>Jeffrey Sporn</td>
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<td>6/8</td>
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<td>6/11</td>
<td>Margo Rannells</td>
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<td>Andreatte Brachman</td>
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<td>Jeremy Lieb</td>
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<td>Nancy Burrows</td>
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<td>Marilyn Goldberg</td>
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<td>6/16</td>
<td>Ben Ritter</td>
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<td>Alice Davis</td>
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<td>Stephanie Greenberg</td>
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<td>Sanford Rusnak</td>
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<td>6/24</td>
<td>Mandy Sigale</td>
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<td>6/25</td>
<td>Eric Rusnak</td>
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<td>6/26</td>
<td>Alexander Reich</td>
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### June Anniversaries

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<td>Dr. Bernard &amp; Marcia Heilicser</td>
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<td>Dr. Douglas &amp; Eila Koltun</td>
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<td>6/9</td>
<td>Keigh &amp; Larry Malis</td>
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<td>6/12</td>
<td>Mike &amp; Sheri Larks</td>
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<tr>
<td>6/12</td>
<td>Debbie &amp; Dan Greenberg</td>
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<td>6/15</td>
<td>Rabbi Leo &amp; Helen Wolkow</td>
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<tr>
<td>6/17</td>
<td>Lenny &amp; Burt Zeiger</td>
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<tr>
<td>6/18</td>
<td>Shari Cohen &amp; Robert Mayer</td>
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<tr>
<td>6/18</td>
<td>Carol &amp; Tom Gilbert</td>
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<td>6/18</td>
<td>Ellen &amp; Richard Kaplan</td>
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<tr>
<td>6/19</td>
<td>Arnie &amp; Cheryl Bernstein</td>
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<tr>
<td>6/21</td>
<td>Barry &amp; Susan Bayer</td>
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<tr>
<td>6/23</td>
<td>Joel &amp; Gail Kaufman</td>
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<td>6/24</td>
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<td>Gary &amp; Barbara Schwarz</td>
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<td>Robin &amp; Brian Latman</td>
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<td>6/29</td>
<td>Janet &amp; David Herbstman</td>
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<td>6/29</td>
<td>Sherry &amp; Scott Wolf</td>
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<td>6/29</td>
<td>Sara &amp; Barry Marks</td>
</tr>
<tr>
<td>6/30</td>
<td>David &amp; Bonnie Rubin</td>
</tr>
</tbody>
</table>
Tributes

Rabbi's Discretionary Fund

In Memory of
Nathan Rappaport from Ed & Evelyn Rappaport
Isadore Goldberg from Mailyn & Marv Goldberg
Irwin Mirsky from Marc Mirsky
Betty Wiss from Ellen Kaplan
Louise Stein from David Stein
Dr. Robert Tigay from David Stein
Herman, Raymond, Rosalind Greenberg from Elliott Greenberg

Ed & Rochelle Baum
To Fern & Manny Katz in memory of Fern’s brother, Gerald, from Laura & Jake Eisenwasser, Ed & Rochelle Baum,
To Larry Baker in memory of his wife, Marie, from Laura & Jake Eisenwasser
To Miriam Garbow in memory of her husband, Burt, from Lenny & Burt Zeiger, Laura & Jake Eisenwasser, Bea Kamen, Penny & Jerry Shnay, Sherry & Ron Dieckman, Alan Sporn, Jack Levitt
To Shari Cohen & Bob Mayer in memory of Mike Block from Laura & Jake Eisenwasser
To Linda Kelly, Barbara Soyak, Paulette Cholewa, Howard Paskin in memory of Gertrude Paskin from Sandy Rusnak and Family

Thank you to our Shir Tikvah family for all the condolences, kind thoughts and prayers, donations and beautiful fruit basket, all sent in loving memory of our mother, Marjorie "Honey" Proctor. Cathy Burnett, Nacho Tejeda, Elizabeth Proctor, John Chiera, Michael Proctor and family.

Choir Fund

In Memory of
Esther Corbin from Larry & Nancy Burrows
Ruth Ratowitz from Miriam Ratowitz

In Memory of Alan Narter from Susan & Barry Bayer, Carole Fefferman, Harlene & Irwin Friedman, Judy Lohr-Safcik, Donelle Macey, Penny & Jerry Shnay, Gayle & Norm Weil

The family of Alan Narter appreciates and thanks you all for your kind expressions of sympathy.

General Fund

In Memory of
Samuil Abramov from Grigoriy Abramov
Harold Kenis from Dorothy Kenis
Miriam Riese Mintz from Walter and Gretchen Falk
Margaret Hesky from Susan Johnson
Helene Levi from Edith Buntman
Irwin Buntman from Edith Buntman

To Sandra & Steve Horowitz on the birth of their new grandson, Theo Horowitz
To Anita Shore & Stan Dreyfuss on the birth of their granddaughter, Clara Bayla Dreyfuss

Mazel Tov

To David Schoeneman from Carol & Rich Zucker

Speedy Recovery

To Ed & Ev Rappaport in memory of their son, Gerald Rappaport, from Ginny Gilbert, Sarah Smason, Marlene Hemleben
To Ed & Ev Rappaport in memory of their son, Gerald Rappaport, from Ginny Gilbert, Sarah Smason, Marlene Hemleben, Alene & Ron Rutzky

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Sympathy

To Mindy Tumarkin in memory of her mother, Henrietta Tumarkin, from Ginny Gilbert, Sarah Smason, Marlene Hemleben
To Ed & Ev Rappaport in memory of their son, Gerald Rappaport, from Ginny Gilbert, Sarah Smason, Marlene Hemleben, Alene & Ron Rutzky
To Cathy Burnett in memory of her mother, Marjorie Proctor, from Alene & Ron Rutzky
To Larry Baker in memory of his wife, Marie, from Alene & Ron Rutzky
To Jeff & Jodie Virene in memory of Jeff’s mother, Jean, from Alene & Ron Rutzky
To Miriam Garbow in memory of her husband, Burt, from Alene & Ron Rutzky, Carol & Rich Zucker

May memories of them forever be a blessing to all who loved them and may their families be comforted among the mourners of Zion and Jerusalem.

Sisterhood Tributes

Choir Fund

In Memory of of

Speedy Recovery

To David Schoeneman from Carol & Rich Zucker

To David Baker in memory of his wife, Marie, from Alene & Ron Rutzky
To Jeff & Jodie Virene in memory of Jeff’s mother, Jean, from Alene & Ron Rutzky
To Miriam Garbow in memory of her husband, Burt, from Alene & Ron Rutzky, Carol & Rich Zucker

We mourn the death of Burton Garbow.
We mourn the death of Margorie Proctor.
We mourn the death of Alan Narter.
We mourn the death of Gertrude Paskin.
We mourn the death of Joseph Katz.

May memories of them forever be a blessing to all who loved them and may their families be comforted among the mourners of Zion and Jerusalem.

To Sandra & Steve Horowitz on the birth of their new grandson, Theo Horowitz
To Anita Shore & Stan Dreyfuss on the birth of their granddaughter, Clara Bayla Dreyfuss

Mazel Tov

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To David Schoeneman from Carol & Rich Zucker

Sympathy

To Mindy Tumarkin in memory of her mother, Henrietta Tumarkin, from Ginny Gilbert, Sarah Smason, Marlene Hemleben
To Ed & Ev Rappaport in memory of their son, Gerald Rappaport, from Ginny Gilbert, Sarah Smason, Marlene Hemleben, Alene & Ron Rutzky
To Cathy Burnett in memory of her mother, Marjorie Proctor, from Alene & Ron Rutzky
To Larry Baker in memory of his wife, Marie, from Alene & Ron Rutzky
To Jeff & Jodie Virene in memory of Jeff’s mother, Jean, from Alene & Ron Rutzky
To Miriam Garbow in memory of her husband, Burt, from Alene & Ron Rutzky, Carol & Rich Zucker

The family of Alan Narter appreciates and thanks you all for your kind expressions of sympathy.

Sisterhood Tributes

Choir Fund

In Memory of of

Speedy Recovery

To David Schoeneman from Carol & Rich Zucker

Sympathy

To Mindy Tumarkin in memory of her mother, Henrietta Tumarkin, from Ginny Gilbert, Sarah Smason, Marlene Hemleben
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To Jeff & Jodie Virene in memory of Jeff’s mother, Jean, from Alene & Ron Rutzky
To Miriam Garbow in memory of her husband, Burt, from Alene & Ron Rutzky, Carol & Rich Zucker

The family of Alan Narter appreciates and thanks you all for your kind expressions of sympathy.
Students have continued their observances of mitzvot even as they have remained at home. They answered 4 questions pre-Pesach Seder and 4 follow-up ones in words and pictures. Our May 3rd class was in a "virtual classroom" and we shared the experiences. A big "todah rabah" goes out to the parents who have facilitated these lessons!

Barb Cohan
Shir Tikvah School Coordinator

Virtual Sisterhood Birthday Luncheons Normally, the Sisterhood celebrates birthdays on the first Wednesday at 12:30pm at Aurelio’s Pizza in Homewood. However, due to COVID-19 they are meeting virtually instead. Please contact Gayle Weil to find out how to join the online party at gweil119@yahoo.com!

Support the Sisterhood by purchasing Jewel Cards! We receive a percentage from each card we sell. Denominations are $50 and $100 and are available by emailing the office. Diedre has them at home and will get them to you! Thanks for your support!

SHALOM TRANSPORTATION
Is a subsidized senior transportation option for Jewish seniors facing transportation barriers in the Southern Suburbs. This program broadens our transportation service area to better serve the Jewish community.

For more info, please contact Amy Bloomberg, the South Suburban Coordinator, at 708-249-6086.

Mazel Tov!
To Joan and Bob Mahler on the birth of a granddaughter!

and to
Larry and Nancy Burrows on the birth of a grandson!
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Virtual Services on Zoom are sent out by email and are subject to change from what is listed here. Please check your emails for updates.