

1.27.17 • 29 Tevet 5777 • Parashat Va'eira - I appeared

Shabbat shalom, and welcome to Mishkan.

Mishkan is a spiritual community on a mission to engage, educate, empower and inspire people in Chicago and beyond through dynamic experiences of Jewish prayer, study, music, social activism and community-building. We believe that Judaism is a vehicle for bringing more light, more goodness, more justice, and more joy into the world, and that inspired prayer and inspired living reinforce one another.

The ancient Mishkan was the traveling prayer tent in the desert that brought together Israelites from across the spectrum of the community, and so do we: young, young-at-heart, total novices in prayer and Jewish study alongside people with years of experience, LGBTQ Jews, Jews in interfaith relationships and from all denominational and religious backgrounds. We believe everyone's birthright is to connect to God, Torah and community in this way. The only thing needed is that your heart be in it. You in?

We're so glad you're here, and hope your shabbos with us brings you higher.

Rabbi Lizzi Heydemann

TEFILAH/prayer: From Narrowness to Expansiveness, Darkness to Great Light

Courage does not mean that we have no fear.
Courage means that we do not allow our fears to govern us,
that we do not allow fear to have the final word.

Rabbi Shai Held

מִן הַמְצָר קִרְאתִי יְיָ עֲנֵנִי בְמֵרְחֵב יְיָ הוֹדוּ לִי-וּ כִי טוֹב כִּי לְעוֹלָם חֶסֶד
min ha metsar karati Yah anani b'merhav Yah / hodu l'Adonai ki tov ki l'olam hasdo
From the depths I called out in distress, and You answered me with expansive possibility,
dig deep and find your gratitude- it's going to be good! The whole world embodies G!d's goodness
Psalms in Hallel (in honor of Rosh Hodesh Shvat)

KEHILAH/Community

livin' on a prayer • תפילה

RISE @ Mishkan

Saturday February 4th, 9:30am, **Second Unitarian Church**, 656 W. Barry

Wake up, set your intention, sing, study, discuss, and disconnect to reconnect. Our usual Shabbat morning service, heavy on the music and intention and light on the fluff. Services followed by a delightful lunch including an optional mindfulness table to guide folks in meditative eating exercises while enjoying their meal. **Kids and families invited for Mini-Mishkan with Rabbi Anna Levin Rosen and Tal Rosen at 11:15am upstairs.**

learn, baby learn • לימוד

Conscious Coupling: A Workshop

NEXT Mondays Jan 30th, Feb 6th, & Feb 13th, 6:30 - 8:30pm + Shabbat dinner, **March 3, Mishkan Space/Maggie's Place**, 4001 N. Ravenswood, 108

This three part series, co-taught by Dr. PD Wadler, Rabbi Lizzi and Ellie Spitz, is open to couples at any stage of relationship building and is our very first program happening @ Maggie's Place. We'll explore love languages, the Dr. Gottman method of conscious communication, and Jewish approaches to partnership and commitment. \$72 per couple & half off for Builders. Visit mishkanchicago.org to register.

The CRASH Talk

Tuesday Feb 7th, 7:00 - 9:30pm, **Mishkan Space**, 4001 N. Ravenswood 108

The CRASH Talk is the indispensable introduction to Talmud learning with Mishkan and SVARA. Learn how the Talmud- and all radical ideas- are born, crash, and are reborn anew. **S&M Bet Midrash Winter Session begins Tuesday Feb 14th.** Visit svara.org to register for both!

come together • ביחד

Tu b'Shevat Recovery Seder

Sunday February 12th, 1:30pm - 3:30pm, **Anshe Emet Synagogue**, 3751 N. Broadway

Tu b'Shevat is the holiday that symbolizes rebirth and renewal of the earth and of natural life. Join **Mishkan & the Jewish Center for Addiction at JCFS** as we blend these ideas with stories of addiction and recovery through the rituals of the Tu b'Shevat seder including offerings of fruits, nuts and juices associated with the traditional seder ritual. This is an alcohol-free event and all are welcome. Visit mishkanchicago.org to register.

Finding Home: Stories & Monologues About Interfaith Love

Sunday February 19th, 6:30pm - 8:30pm, **Mishkan Space**, 4001 N. Ravenswood 108

Actors, writers and storytellers share their stories about being in interfaith partnerships- the great, the challenging, and the surprising aspects of falling in love with someone from a different faith background and building a home together. Followed by discussion and cohosted with InterfaithFamily/Chicago and the JCC. Cost: \$10. Visit mishkanchicago.org to register.

ManKind: The Men of Mishkan

Monday February 20th, 7:00pm - 8:30pm, **Maggie's Place**, 4001 N. Ravenswood 108

A space for people who identify as men, from all walks of life and backgrounds, to connect over conversation and learning about your experiences. This group is open to all people who identify as men without regard to race, sexual orientation, disability or experience, and will be facilitated by Mishkanites.

TORAH: Take a Deep Breath

וַיְדַבֵּר מֹשֶׁה בְּן אֶל־בְּנֵי יִשְׂרָאֵל וְלֹא שָׁמְעוּ אֶל־מֹשֶׁה מִקְצֶר רוּחַ וּמִעֲבֹדָה קָשָׁה

Therefore say to the people of Israel, "I am the Lord, and I will *bring* you out from under the burdens of the Egyptians, and I will rid you from their slavery, and I will *redeem* you with a outstretched arm, and with great judgments, and I will *take* you to me for a people, and I will be to you God, and you shall know that I am the Lord your God, who brings you out from under the burdens of the Egyptians. And I will bring you in to the land, which I swore to give it to Abraham, to Isaac, and to Jacob, and I will give it to you for a heritage, I am the Lord!" And Moses spoke so to the people of Israel, **but they did not listen to Moses** because of **shortness of breath**, and because of the hard labor.

Exodus 6:6-9

וְלֹא שָׁמְעוּ אֶל מֹשֶׁה. לֹא קִבְּלוּ תְּנַחוּמֵי: מִקְצֶר רוּחַ.

כָּל מִי שֶׁהוּא מִצֵּר רוּחוֹ וְנִשְׁימָתוֹ קִצְרָה וְאֵינּוּ יָכוֹל לְהַאֲרִיךְ בְּנִשְׁימָתוֹ

RASHI They did not listen to Moses– They didn't accept consolation from Moses' message of redemption. **Shortness of breath**– Anyone who is under stress is short of spirit and breath and table to breathe deeply.

"The spiritual challenge of Va'eyra is to keep the heart open in the face of prolonged suffering and to let the seeds of freedom grow in the darkness. Once you identify the ways in which your heart has hardened, the challenge is to bring beauty and tenderness and compassion to the heart, to soften and penetrate the layers of defense that have been built up around it."

– Rabbi Shefa Gold



Maggie's Place Open House

THIS Sunday January 29th, 4pm - 7pm, Maggie's Place @ Mishkan Chicago, 4001 N. Ravenswood Suite 108

Join us as we celebrate the launch of Maggie's Place with good folks, good vibes and delicious food catered by Goddess & Grocer. Maggie's Place is a center at Mishkan Chicago dedicated to building community through a holistic approach to wellness, learning, leadership, social community and access to social services and resources. Join us any time between 4-7pm.

www.mishkanchicago.org/maggiesplace

TZEDEK & HESED & HODA'AH/justice, love and gratitude

Help Mishkan welcome our SECOND refugee family to Chicago! It's happening! **Please share with your networks:** razoo.com/story/Mishkan-Refugee

Mazal Tov to Shira Saliman and to **Matthew Bernstein** on your engagement! Woohoo!!!!!! And to **Sharon and Alan Miretzky**, who will be sharing tonight about Maggie's Place, a dream they're making real here with us in honor of their daughter, Maggie, *zichrona livrachta*, may her memory be a blessing.

Love Teamers ON tonight are: **Hillary Gimpel, James Evans, Elaine Ross, Reuven Solomon, Scott Hirsch, Kyle Brumfield.** THANK YOU for your hands, hearts & smiles.

Hungry for Discussion? Join Katie Goldstein for a discussion about the **44th anniversary of Roe v Wade** or **Charlie Hammerslough** for a discussion on **Facebook: How do you use it? What else do you want from it?** Thanks, Katie and Charlie, for getting the conversation going.

Don't be a wilde chaya (that's Yiddish, for wild animal). We love sharing shabbos lunch with you. **Please help us by cleaning up after** yourself.

Here for the first time? Come say hello to Rachel Cort, or any of our staff, or Love Team on today so we can shower you with love and affection! Get on the Mishkan email list at www.mishkanchicago.org and get in our FB group and follow us on Instagram too. **Congrats? Condolences? Want to let us know that someone needs a little love?** Contact Hilary Gimpel at support@mishkanchicago.org. **Be a Lover!** Contact James Evans at LoveTeam@mishkanchicago.org to hear about the Love Team.

HOLY MOLY, YA HEARD?? Mishkan just got an amazing opportunity: a generous local foundation will **match any increase in donations this year.** Every little bit counts, and the bigger the numbers the bigger our ability to keep bringing inspired down-to-earth Judaism to Chicago! So consider...

- **Giving!** Make a donation online at mishkanchicago.org/donate Every dollar goes to engaging people in dynamic and deep Jewish spiritual practice regardless of background or denomination. Give for the first time or make a workable increase on last year's donation!
- **Becoming a Builder!** Builders make a monthly gift or annual gift to help sustain Mishkan, not out of guilt, but out of inspired co-creation of this community. (And if that's not convincing enough, you get cool perks, discounts and Mishkan swag.)
- **If you're already a Builder, consider increasing,** even by a few dollars a month. It all counts!

All the ways that you give are eligible for the match-- Buildership, High Holiday pledges, one-time donations and gifts from family trusts and foundations. If you've been holding out for that increase, this year is the year! We have till Dec 31, 2017 to make the match.

Contact Rachel Cort, Managing Director, if you want more information about supporting Mishkan: rachel@mishkanchicago.org.