

10.27.17 • 7 Cheshvan 5777 • Parshat Lech-Lecha

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/Reflection: Blessing Your Journey

A journey can become a sacred thing / Make sure, before you go
To take the time / To bless your going forth / To free your heart of ballast
So that the compass of your soul / Might direct you toward / The territories of spirit / Where you will discover
More of your hidden life.

KEHILAH/Community

Register for all events (unless otherwise posted) @ www.mishkanchicago.org/events

livin' on a prayer • תפילה

JBaby Ultimate Shabbat Play Date

TOMORROW Saturday October 28th, 10:00am, **Second Unitarian Church**, 656 W. Barry

Celebrate Shabbat with jBaby & Mishkan Chicago families and join together for a family-friendly Shabbat experience.

RISE @ Mishkan + Mini-Mishkan

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

Our signature Shabbat morning experience— music, prayer, reflection & Torah. Services followed by a delicious kiddush lunch. **Kids and families invited for Mini-Mishkan** with Rabbi Anna Levin Rosen and Tal Rosen at 11:15am upstairs. We'll also celebrate the **naming of Abigail (daughter of Ashley and Michaeli)** along with her parents Ashley and Daniel.

learn • לימוד

Antisemitism & Intersectionality: Demystifying the Jargon

Sunday, November 12th, 2pm-5pm, **Silverstein Base Hillel**, 858 W. Wrightwood

With the rise in anti-semitic acts and statements across the country on the political left and right, it's time to dive deep into the history of one of the world's oldest forms of oppression. This workshop with R' Lauren, R' Megan GoldMarche, and Stephanie Goldfarb will provide a primer on antisemitism: its history, how it shows up today, the deal with intersectionality, and space to process personal experiences. While this topic is relevant to Jews of all ages, this program is but geared towards those in their 20s & 30s.

gather • ביחד

Jews & Money

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

The road to fiscal responsibility is paved by YOU. But what do you need to know to lay a solid foundation? Learn to understand your own habits and relationship with money with Rabbi Lauren, then talk personal financial planning with wealth advisor, Erica Tarantur, who will discuss small tweaks you can implement to improve your current and long term financial well being. From learning to construct a budget, finding small avenues to save even when living on modest means, and growing and investing your savings, gain the tools & skills you need to feel in control of your financial future.

The Sangha (Mishkan Meditation Minyan)

Wednesdays, continuing November 1st, 7:00pm - 8:00pm, **Maggie's Place**, 4001 N. Ravenswood 108

A sangha is a group of people devoted to doing spiritual practice in community. The Mishkan Meditation Minyan will gather on Wednesday evenings to sit in silent meditation together and to process what's coming up in our practice— challenges, new insights & questions. You don't have to commit to being there every single week, but regular attendance will be the most beneficial. The group is free, and drop-ins are welcome.

Food For The Soul: Maggie's Place Fundraiser

THIS Thursday November 2nd, 5:30pm - 8:30pm, **Willis Tower**, 233 S Wacker Dr

Maggie's Place will host its first annual fundraising event this Fall, bringing together friends and supporters who want to continue to see the center flourish. Guests will enjoy a unique venue, great food, and drinks, music, and an opportunity for meaningful conversation and networking.

LOCALS: Fall Edition

Friday November 17th, various times, **various locations**, Chicago

Looking to meet new people and connect more deeply with folks at Mishkan? Come to one of our LOCALS dinners— small, intimate gatherings all over the city to help you Jew wherever you are. This month we've got LOCALS in Albany Park, Ravenswood, Hyde Park, Highland Park & Andersonville.

Torah/LEARNING: JOURNEY INTO THE SELF

וַיֹּאמֶר יְיָ-הוֹי אֶל-אַבְרָם לֵךְ-לְךָ מֵאֶרֶץ וּמִמּוֹלַדְתְּךָ וּמִבֵּית אָבִיךָ אֶל-הָאָרֶץ אֲשֶׁר אֹרְאָךְ:
וְאָעֲשֶׂךָ לְגוֹי גָּדוֹל וְאַבְרָכְךָ וְאַגְדַּלְהָ שְׁמֹךְ וְהָיָה בְרָכָה:

The Lord said to Avram, "Go for yourself from your native land and from your father's house to the land that I will show you. I will make of you a great nation, and I will bless you; I will make your name great, and you shall be a blessing.

עשרה נסיונות נתנסה אברהם אבינו

"With ten tests was our father Abraham tested." (Pirkei Avot 5:3)

The Hebrew word for test is "bechinah." Why doesn't it say "Asarah bechinot nivchan Avraham"? The word "neis" in Hebrew means not only a test, but also a banner, as the Psalmist says, "Natata lirei'echa neis lehitnoseis" — "You gave those who fear you a banner to raise themselves" (Psalms 60:6). A banner is something which is raised high to show its beauty. Similarly, when G-d tests an individual, the purpose is to lift him into a higher sphere. When the individual passes the test, he is spiritually elevated and exalted. Hence, the verse can be rendered "And G-d exalted Abraham." *Through the trial, his hidden potential powers of faith were evoked and brought to fruition.* Midrash Bereishit Rabah 55

"When you travel, you find yourself /Alone in a different way [...] A journey can become a sacred thing / Make sure, before you go / To take the time / To bless your going forth / To free your heart of ballast / So that the compass of your soul / Might direct you toward / The territories of spirit /Where you will discover / More of your hidden life [...] May you travel in an awakened way / Gathered wisely into your inner ground / That you may not waste the invitations / Which wait along the way to transform you." John O'Donnahue, The Traveler



Escape Winter & Kindle Your Inner Light

Looking for an opportunity to build a mindfulness meditation practice through a Jewish lens and in supportive community? Here's your chance! Join Rabbi Lauren, Ellie Spitz, and special guest teacher Yael Shy for a weekend at Loyola's Retreat and Ecology Campus in Woodstock, IL.

December 8th - 10th, Loyola Retreat & Ecology Campus, Woodstock IL

HESED & HODA'AH/love and gratitude

Mazal Tov to Shira Saliman & Matt Bernstein on getting hitched, and to **Rachel Hillman** for being picked for the first Upstart Innovations Fellow cohort.

Welcome to Jory Hanselman of BaMidbar who is drashing tonight on wilderness therapy— the art of using outdoor experiences as a way to develop more self reliance, and to **members of the Jews by Choice class** at Anshe Emet Synagogue. We're so glad you're here.

Very Happy Birthday (this week) to: **Chuck Smith, Laura Berman, Dinah Wayne & Micah Ariel**

Love Teamers ON tonight: **Alexis Graves, Benna Kessler, Lynn Coe & Charlie Hammerslough**. THANK YOU for your hands, hearts & smiles.

Don't forget: We are now composting! What is compostable you ask? **EVERYTHING** from the forks, plates and cups to the napkins (& food of course). The green composting bin is your friend.

Hungry for discussion? Join **Jory Hanselman** for a conversation about **wilderness therapy**.

Don't be a wilde chaya (that's Yiddish, for wild animal). We love sharing shabbos dinner with you. **Please help us by cleaning up after** yourself. Want to contribute toward the cost of a meal for the community, for a special occasion or just because you're feeling generous? Write Natalie admin@mishkanchicago.org

Here for the first time? Come say hello to **Natalie Dibo, or any of our staff, or Love Team** on so we can shower you with love! 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 Hillary Gimpel at support@mishkanchicago.org. **Be a Lover!** Contact James Evans at LoveTeam@mishkanchicago.org

HOLY MOLY, YA HEARD?? Mishkan 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/support 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

Mishkan is co-created by Rabbi Lizzi Heydemann, Founder • Rachel Cort, Managing Director • Ellie Spitz, Director of Community Engagement & Wellness • Ilana Gleicher-Bloom, Vision Director, Mensch Academy • Rabbi Lauren Henderson: Jewish Emergent Network Rabbinic Fellow • Rachel Gray Alexander, Marketing & Communications Manager • Natalie Dibo, Rabbinic & Admin Assistant • The Davening Team • Our Awesome Board • The Love Team • Every Single Builder and Giver • YOU!