

12.2.17 • 14 Kislev 5777 • *Parshat Vayishlach - And he sent forth...*

### 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: To Wrestle Yourself a New Name

All the through the dark night we wrestle until our wrestling becomes a dance, and the dance an embrace. At dawn the embrace calls forth a blessing. We are given a new name, and that name represents our true essence. Our new name is the call of the soul.... A true name signifies and holds our essence. It calls forth our true power and sends us on a path toward self-awareness.

– Rabbi Shefa Gold

### KEHILAH/Community

Register for all events (unless otherwise posted) @ [www.mishkanchicago.org/events](http://www.mishkanchicago.org/events)

### livin' on a prayer • תפילה

#### Second Fridays @ 2U

**Friday December 8th, 6:30pm, Second Unitarian Church, 656 W. Barry**

Our signature Friday night services - music, prayer, learning, intentionality and inspiration, followed by the best catered dinner this side of Jerusalem. Get a YumCard to stay for dinner and drinks after services: [mishkanchicago.org/yumcard](http://mishkanchicago.org/yumcard). **Kids & Families: Join us for an Early Family Friday Night Dinner BEFORE services at 5:15pm in the loft upstairs.**

### gather • ביחד

#### New Builder Reception & Orientation

**Monday December 4th, 7:00pm - 8:00pm, Mishkan Space, 4001 N. Ravenswood 108**

If you've been waiting for the right opportunity to jump on board with Buildership, that time is here! Whether you're new to Buildership or have been Builders since the beginning and want a refresher on what it's all about, you're invited. Come by for some nosh, some libations (beer/wine, non-alcoholic delicious drinks) and hang time with Mishkan Rabbis, staff, other new Builders and board members. Discover ways to get more deeply involved and get the most out of being a Builder. Current Builders— email [RachelGray@mishkanchicago.org](mailto:RachelGray@mishkanchicago.org) for registration details. Prospective Builders— read more about Buildership on our website and sign up!

#### Phone Thank-A-Thon + Dinner

**Wednesday December 6th, 6:00pm - 9:00pm, Mishkan Space, 4001 N. Ravenswood 108**

Swing by the Mishkan office for night of gratitude in action. We'll be making short phone calls to thank people who gave of their time and gave financially to Mishkan in 2017. Take an hour or two to help Mishkan send a big cosmic THANK YOU to the people who help make this community happen. This call is often a major highlight for people on the receiving end AND a chance for you to help us spread the love over dinner and drinks in a relaxed atmosphere. No need to stay the whole time.

#### Wise Aging

**Wednesday Dec. 20th (last meeting), 6:00pm - 7:00pm, Maggie's Place, 4001 N. Ravenswood 108**

Join social worker and life coach extraordinaire Lori Dube for a discussion on the book *Wise Aging: Living with Joy, Resilience, & Spirit* by Rabbi Rachel Cowan and Dr. Linda Thal— a deep dive into the mindful approach to growing older. Feel free to attend all or some. Geared towards folks 55+.

#### ONGOING: The Sangha (Mishkan Meditation Minyan)

**Wednesdays, 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 group is free, and drop-ins are welcome.

### learn • לימוד

#### Torah Reading (then) Davening Leadership Workshop

**Mondays Jan. 22nd, 29th, and Feb 5th, then Feb 19th- Mar. 19th, 7:00pm - 9:00pm, Mishkan Space, 4001 N. Ravenswood 108**

#### Considering Conversion

**Mondays Feb. 19th - Mar. 19th, 7:00pm - 9:00pm, Mishkan Space, 4001 N. Ravenswood 108**

Mishkan's next conversion cohort will begin to gather in February. Dive in and develop an intellectually honest experience of Jewish learning while building personal relationships with text, with Rabbi Lizzi and with others in the program. Get on the list by writing to [admin@mishkanchicago.org](mailto:admin@mishkanchicago.org)

## TORAH/learning: What are you afraid of?

(ד) וַיִּשְׁלַח יַעֲקֹב מַלְאָכִים לִפְנֵי אֶלְעָשׂוֹ אֲחִיו אֲרֻצָּה שְׂעִיר שְׂדֵה אֱדוֹם: (ה) וַיֹּצֵא אֶתְּכֶם לְאֹמֶר כֹּה אֶמְרָן עַבְדְּךָ יַעֲקֹב עֹמֵד לְפָנֶיךָ גִּרְתִּי וְאַחֵר עַד־עַתָּה: (ו) וַיְהִי־לִי שׂוֹר וְחֲמֹר צֹאן וְעֶבֶד וְשִׁפְחָה וְאַשְׁלָחָה לְהִגִּיד לְאֹדוֹשׁם לְמִצְאָתָם בְּעֵינֶיךָ: (ז) וַיֵּשְׁבוּ הַמַּלְאָכִים אֶל־יַעֲקֹב לֵאמֹר בָּאוּ אֶל־אֲחִיךָ אֶל־עָשָׂו וְגַם הֵלַךְ לְקִרְאָתָךְ וְאַרְבַּע־מֵאוֹת אִישׁ עִמּוֹ:

Jacob sent messengers ahead to his brother Esau in the land of Seir, the country of Edom, and instructed them as follows, "Say this to him, 'To my lord Esau, your servant Jacob says, "I stayed with Laban and remained until now. I have acquired cattle, donkeys, sheep, and male and female servants, and I send this message to my lord in the hope of gaining your favor.'"

The messengers returned to Jacob, saying, "We came to your brother Esau. He is coming to meet you himself! And there are four hundred men with him!"

(ח) וַיִּירָא יַעֲקֹב מְאֹד וַיִּצָּר לוֹ וַיַּחֲץ אֶת־הָעַם אֲשֶׁר־אִתּוֹ וְאֶת־הַצֹּאן וְאֶת־הַבָּקָר וְהַגְּמָלִים לְשֵׁנִי מִחֻזּוֹ: (ט) וַיֹּאמֶר אִם־יָבוֹא עָשָׂו אֶל־הַמַּחֲנֶה הָאֶחָד וְהִקְהוּ וְהִיָּה הַמַּחֲנֶה הַנֶּשְׁאָר לְפִלְיָטָה:

**Jacob was greatly frightened, and was distressed.** In his anxiety he divided the people with him, and the flocks and herds and camels, into two camps, thinking, "If Esau comes to the one camp and attacks it, the other camp may yet escape."

Then Jacob said, "O God of my father Abraham and God of my father Isaac, O LORD, who said to me, 'Return to your native land and I will deal bountifully with you'! I am unworthy (*katanti* - lit. 'I am small') of all the kindness that You have so steadfastly shown Your servant: with my staff alone I crossed this Jordan, and now I have become two camps. Deliver me, I pray, from the hand of my brother, from the hand of Esau, or else, I fear, he may come and strike me down, mothers and children alike. Yet You have said, 'I will deal bountifully with you and make your offspring as the sands of the sea, which are too numerous to count.'" Genesis 32:4-13

**RASHI:** וַיִּירָא...וַיִּצָּר HE FEARED GREATLY AND WAS DISTRESSED — He was afraid lest he be killed, and he was distressed that he might have to kill someone (Genesis Rabbah 76:2).



Tuesday December 12th, 6:15pm • Stage 773, 1225 W. Belmont

Holiday themed food, candle-lighting, and an interfaith Hanukkah story slam with friends from SVARA, Gilead Church, REBOOT, and Lincoln Park Presbyterian Church. A night of true stories told live, latkes, sufganiyot (jelly doughnuts), eggnog, tamales & bar drinks, fair trade Hanukkah gelt AND ugly sweaters. Get registered early & BYO menorah.

## HESED & HODA'AH/love and gratitude

**Mazal Tov to the Horowitz family** on Danny's Bar Mitzvah today (whoohoo!!!), to **Stephanie Goldfarb & Ezra Hunter** on their recent engagement, and to **Kyle Urban** and his family on his Bar Mitzvah this evening! WHAT A WEEK!

**Very Happy Birthday** (this week) to: **Lisa Roth, Cara Spitzner, Rachel Schwartz, Jenny Rose, Inna Drut, Sara Berg, Benna Kessler, Sarah Osterheld**

**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.

**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.** 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](http://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](mailto:support@mishkanchicago.org). **Be a Lover!** Contact James Evans at [LoveTeam@mishkanchicago.org](mailto: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](http://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, 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](mailto:rachel@mishkanchicago.org).

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 • Tracey Morrison, Shabbat Coordinator • Breezi Plack, Shabbat Assistant • The Davening Team • Our Awesome Board The Love Team • Every Single Builder and Giver • YOU!