

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: The Narrative Imperative

In every generation, a person must see herself as if she personally went out from Egypt.
Talmud Bavli Psachim 116b

It's the month of new beginnings, of releasing the bonds that have constricted each of us physically, emotionally, politically, spiritually. What's the Egypt you're preparing to leave?

KEHILAH/Community

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

livin' on a prayer • תפילה

RISE @ Mishkan + Mini Mishkan

NEXT Saturday April 8th, 9:30am, **Second Unitarian Church**, 656 W. Barry

Disconnect to reconnect! Wake up, sing, daven, discuss. Our usual Shabbat morning service, heavy on the intention and light on fluff. Services followed by a delightful lunch. **Kids and families invited for Mini-Mishkan at 11:15am upstairs.**

THEN: 2nd Fridays @ 2U Friday April 14th, 6:30pm, **Second Unitarian**, 656 W. Barry + **K 4 P dinner!!** Early Family Friday Night Dinner, **Pesach-style 5:15pm**

learning + justice • לימוד וצדק

Out from the Narrows: A Passover Conversation about Police Accountability in Chicago with JCUA

THIS Sunday, 3:00 pm, KAM Isaiah Israel in Hyde Park

Racial Justice Book & Film Series

THIS Monday April 3rd, 7:00pm - 8:30pm, **Base Hillel**, 858 W Wrightwood

Want to deepen your knowledge around racial justice to better enact social change? Join **Base Hillel, Repair the World, JCUA, and Mishkan** for a dive into critical art and literature which analyzes the history of systemic racism in Chicago and nationally.

OM: Jewish Mindfulness Collective

THIS Wednesday, April 5th, 7:30pm - 9:00pm, **Mishkan Space**, 4001 N. Ravenswood 108

Taught by seasoned meditation teachers from Mishkan and the Center for Jewish Mindfulness at Orot, the series includes teachings, meditations and mindfulness practices inspired by the weekly Torah portion. Feel free to drop in, \$10 per class.

TORAH Chanting: Shalosh Regalim (the 3 festivals)

Sunday April 16th, 10:00am - 11:30am, **Beit Yichud**, 6932 N. Glenwood Ave

Taught by Torah chanting maven and Mishkanite, Ben Melnick, this first class will teach the melody used for chanting Song of Songs on Pesach, Book of Ruth on Shavuot, and Kohelet (Ecclesiastes) on Sukkot. Courses are free (including materials) and donations are appreciated.

gather • ביחד

Breathe in :: Chometz Out - Pre-Passover Cleanse

THIS Thursday April 6th, 6:30pm - 8:30pm, **Maggie's Place**, 4001 N. Ravenswood 108

Prepare your body for Passover and cleanse yourself of stress! In this workshop taught by yoga master AnnMerle Feldman, you'll learn how to invite relaxation consciously through breathing exercises, minimal movement, and Roll Model® Method self-massage. (PSA: This is not yoga, people). Curious? Join us! Massage balls will be provided, BYO mat. This is class 100% free, but registration is required.

PASSOVER: Hope & Resistance Interfaith Dinner

Wednesday April 12th, 6:30pm - 8:30pm, **Lincoln Park Presbyterian**, 600 W. Fullerton Parkway

Resist the forces of social divisiveness and build bridges across community as we share stories of resistance and hope, sharing the foods of our traditions (both Hallal and Kosher for passover). Meet new people, bring a friend or family member, sing and celebrate!

ManKind: The Men of Mishkan

Monday April 17th, 7:30pm - 9:00pm, **Maggie's Place**, 4001 N. Ravenswood 108

A monthly space for people who identify as men to connect. This group is open to all people who identify as men without regard to race, sexual orientation, disability or experience. No registration required.

Safer Synagogues: A weekend of community focused on education, advocacy and prevention of abuse.

Tomorrow, Sat, April 1st: Do Not Stand Idly By - learn how to how to intervene in unsafe or concerning situations that may arise in community.

Sunday April 2nd: Protecting Our Children: 10 Things Parents Should Know About Protecting their Children From Abuse

www.safersynagogues.com

TORAH: The Antidote in the Venom

אִם-עֲלָה קָרְבָּנוּ מִן-הַבְּקָר זָכָר תָּמִים יִקְרִיבֵנוּ אֶל-פֶּתַח אֹהֶל מוֹעֵד יִקְרִיב אֹתוֹ לְרִצְנוֹ לִפְנֵי י-ה-וָה: ד וְסָמַךְ יָדוֹ עַל רֹאשׁ הָעֹלָה וְנִרְצָה לוֹ לְכַפֵּר עָלָיו:

"If his offering is a burnt sacrifice of the herd, let him offer a male without blemish... And he shall put his hand upon the head of the burnt offering, and it shall be accepted for him to make atonement for him...."
Leviticus/VaYikra 1:3-4

What renders an animal unfit does not disqualify the human being who offers it- an afflicted, broken soul, though could bring an offering and might even be closer to God for having experienced pain and rejection. **"God is close to the broken-hearted" (Ps 34:19).**

Gratitude for the Journey, every painful step

כמה מעלות טובות למקום עלינו, אלו הוציאנו ממצריים ולא נתן לנו את התורה...

Kama ma'alot tovot la-Makom alaynu, dayenu

How many are the layers of good that we have been granted.

Ilu ho'tzee-anu me'metzrayeem, v'lo natan lanu et ha'Torah... dayenu.

Ilu natan lanu et ha'Torah v'lo natan lanu et ha'Shabbat... dayenu.

Registration for Mensch Academy 2017 - 2018 opens in May!

Know any budding mensches?

Keep an eye on this space: www.mishkanchicago.org/the-mensch-academy

More info about Mensch Academy 2.0 coming soon!

HESED & HODA'AH/love and gratitude

Welcome and thank you to Rachel Rubenstein, LCSW and CSAT, for sharing her Torah with us tonight.

Very Happy Birthdays (this week!) to Natalie Fisher, Michael Cohen, Lorra Rudman & Kelly McMeen!

Love Teamers ON tonight: James Evans, Alexis Graves, Hillary Gimpel, Scott Hirsch, Alex Reisberg. THANK YOU for your hands, hearts & smiles.

Hungry for Discussion? Join Alex Soble for a discussion on Police Accountability upstairs or Rachel Rubenstein for a discussion on Healthy Boundaries in Relationships downstairs. Thanks for getting the convo going, Alex and Rachel!

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.

Here for the first time? Come say hello to Natalie Dibo, or any of our staff, or Love Team on tonight 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 Hillary 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.