

6.09.17 • 15 Sivan 5777 • Parashat Be'ha'alotcha/ And when you raise up...

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: Gratefulness Makes the Soul Great

We will not perish for want of information. Rather, for lack of appreciation.

Amid the meditation of mountains, the humility of flowers—wiser than all alphabets—we are hating, hunting, hurting... How strange we are in the world, how presumptuous our doings. Only one response can maintain us: gratefulness for witnessing the wonder, for the gift of our unearned right to serve, to adore and to fulfill.

It is gratefulness which makes the soul great." Rabbi Abraham Joshua Heschel, *Prayer, Moral Grandeur and Spiritual Audacity*

KEHILAH/Community

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

livin' on a prayer • תפילה

Last Fridays @ AES

Friday June 23rd, 6:30pm, **Anshe Emet Synagogue 3751 N. Broadway**

Our signature Friday night services - music, prayer, learning, intentionality and inspiration, followed by the best catered dinner this side of Jerusalem. We'll have fun signs for Pride parade available like last year if you want to represent Mishkan while you march.

learning • לימוד

OM: Jewish Mindfulness Collective w/David Gottlieb

THIS Wednesday June 14th - 28th, 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, this series includes Jewish-inspired teachings, meditations and practices. This session will explore notions of fate. Western culture promotes the idea that we are masters of our fate however, Jewish wisdom suggests a complex relationship between yielding and forging ahead. Using Hassidic texts and techniques, we will explore how we can rise to the demands of every moment. \$10 per class. Drop-ins are welcome, but pre-registration is encouraged.

gather & maggie's place • ביחד

LOCALS SHABBAT DINNERS: NEXT Friday, June 16th, Neighborhoods Around Chicago

Looking to meet new people, check out new places and connect more deeply with folks at Mishkan? Come to one of our **LOCALS neighborhood dinners—small, intimate gatherings all over the city to help you Jew wherever you are.** This month, we've got Locals in Highland Park, Hyde Park, Ravenswood and Lincoln Square, mishkanchicago.org/locals

A Taste of Saffron Caravan Concert & Instrument Drive

TONIGHT Friday June 9th, 8:30pm, **Second Unitarian Church**, 656 W. Barry

International music group Saffron Caravan will be performing downstairs after Mishkan Friday night services and dinner. On-site registration welcome. Proceeds benefit refugee resettlement and education in the Chicagoland area.

Adulting 101: Writing YOUR Resume

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

REALTALK: Job hunting and keeping your resume current can be grueling. In this first edition of Adulting 101, we're tackling an indispensable part of the process with some help from the pros at JVS (Jewish Vocational Services) Chicago Career Moves: crafting a sharp resume. Learn the ins and outs of professionally branding yourself. Participants will leave with a personalized resume outline. If you have them, please bring a laptop and your current resume.

Meditation 101: Practices for Stressful Times

Monday June 26th, 7:00pm - 9:00pm, **Maggie's Place**, 4001 N. Ravenswood 108

Taught by Rabbi Lauren, this meditation crash course will help you discover tools, rooted in the practice of meditation, that you can incorporate into your daily life when you're feeling stressed, disconnected or anxious and want to be more engaged. For beginners and experienced meditators who want a refresher. \$5 to register.

TORAH: Amazed, Outraged, and Alive

א ויהי העם כמתאננים רע באזני י-ה וישמע י-ה ויה ויחר אפו ותבער בם אש י-ה ויה ויתאכל בקצה המתנה: ב ויצעק העם אל משה ויתפלל משה אל י-ה ויתשקע האש: ג ויקרא שם המקום ההוא תבערה כיי בערה בם אש י-ה ויה: ד והאסף אש בקרבו וישבו ויכבו גם בני ישראל ויאמרו מי יאכלנו בשר: ה זכרו את הדגה אשר נאכל במצרים חנם את הקשאים ואת האבטחים: ז והמן כזרעו הוא ועינו כעין הבדלת: ח ... י וישמע משה את העם בכה למשפחתיו איש לפתח אהלו ויסר אף י-ה ויה מאד ובעיני משה רע: יא ויאמר משה אל י-ה ויה למה הרעת לעבדך ולמה לא מציתי חן בעיניך לשום את משה אלהים הזה עלי: יב האנכי הרייתי את כל העם הזה אם אנכי ילדתיהו כיתאמר אלי שאהו בחיוב כאשר ישא האמו את הניק על האדמה אשר נשבעת לאבותי: יג מאין לי בשר לתת לכל העם הזה כיי בכבו עלי לאמר תנה לנו בשר ונאכלה: יד לא אוכל אנכי לבדי לשאת את כל העם הזה כי כבד ממני: טו ואם ככה ואת עשה לי הרגני נא הרג אם מצאתי חן בעיניך ואל אראה ברעתי: פ טז ויאמר י-ה ויה אל משה אספה לי שבעים איש מקני ישראל אשר ידעת כיהם וקני העם ושטניו ולקחת אתם אלהיך מועד והתעצבו שם עמך: זי ונרתי ודברתי עמך שם ואצלתי מר הרום אשר עליי ושמי עליהם ונשאו אתך במשה העם ולא תשא אתה לבדך:

1 And the people took to complaining with evil before God. God heard and was angry, and God's fire burnt among them, and consumed those who were in the outlying parts of the camp. And the people cried to Moses, and Moses prayed to God, and the fire was quenched. 3 And he called the name of the place Taverah (burning), because the fire of the Lord burnt among them.

4 And the riffraff in their midst was overwhelmed with desire, and the people of Israel also wept again, and said, "Who shall give us meat to eat? 5 We remember the fish, which we ate in Egypt for free; the cucumbers, and the melons, and the leeks, and the onions, and the garlic. 6 But now our throats are shriveled up— there is nothing at all, beside this manna to look to." 7...10 Moses heard the people crying, every clan apart, every person in the door of their tent, and the anger of the Lord burned, and Moses also was displeased.

Numbers/BaMidbar 11

MODERN: Dr Aviva Zorenberg writes, 'Psychoanalyst Adam Phillips tells of a child patient who is referred for being "excessively greedy and always bored." The boy says, "If I eat everything, I won't have to eat anymore." Phillips comments: For this boy, greed was, among other things, an attack on the desiring part of the self, a wish to get to the end of his appetite and finish with it once and for all. Part of the total fantasy of greed is always the attempt to eat up one's own appetite. But for this desolate child greed was a form of self-cure for a malign boredom that continually placed him on the threshold of an emptiness, a lack, that he couldn't bear...' Bewilderments, 75

COMIC RELIEF: "You need to build an ability to just be yourself and not be doing something— that's what the phones are taking away — the ability to just sit there, being a person... Underneath everything in your life is that thing, that empty, that forever empty, know what I'm talking about?... That knowledge that it's all for nothing and you're alone.... I started to get that sad feeling driving and reached for my phone, but I thought 'don't' — just be sad, let it hit you like a truck. I pulled over and I just cried like a bitch, I cried so much. It was beautiful. Sadness is poetic. You're lucky to live sad moments. But then I felt happy. Because then I met it with true profound happiness. Because that's what happens— your body has antibodies for that sadness. And so because we don't want to feel that first bit of sad, we push it away. Phone, food... so you never feel we never get to feel truly sad or completely happy, just feel kind of satisfied with your products, and then you die. Which is why I don't want to get a phone for my kids..." — Louis CK on Conan, 9/2013

HESED & HODA'AH/love and gratitude

Sending love and refu'ah shelemah to Aryeh Bernstein and Ariel Kerman, who are well into kidney-transplant-recovery and doing well.

Very Happy Birthdays (this week) to: **Hillary Gimpel, Jeff Kraus, Julia Clark, Kira Meskin & Jonathan Posner!**

Mazel Tov to Stephanie Goldfarb for winning the The Bernice S. Tannenbaum prize from the Hadassah Foundation, recognizing excellence in the field of social change for women and girls, to **Francisco and Katie Belviso AND to Caren Friedman and Corey Greendale** on their recent weddings. **MORE MAZELS** to **Ezra Hunter** for joining the covenant of the Jewish people.

Welcome to Rabbi Susan Shamash, in from Vancouver, along with all the other campers here for **SVARA Queer Talmud Camp**. Happy Learning! **Love Teamers ON** tonight: **Aimee Halstuck, Reuven Solomon, Sara Beth Hoffman, Scott Hirsch and Alexis Graves**. You rock hard.

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.

Thank you to the Jewish Center for Jewish Genetics for sponsoring dessert! **Rebecca Wang** is here to answer you questions.

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. Thank you to the **anonymous angels** who have contributed to sponsor kiddish in recent weeks. If you want to contribute in this way, for a special occasion or just because you're feeling generous, contact Natalie at 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 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.
Thank you and bless you for building this community with us!