

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: Pull Out The Stops

Divine light guides and supports me— whom should I fear?

G!d brings me strength I didn't know I had— seriously of whom or what should I be scared?

— Psalm 27, the Psalm for Elul

KEHILAH/Community

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

livin' on a prayer • תפילה

RISE @ Mishkan + Mini-Mishkan

Saturday, September 2nd, 9:30am, Second Unitarian Church 656 W. Barry

Our signature Shabbat morning experience— music, prayer, reflection & Torah **made with extra love as we celebrate and welcome our newest little Mishkanites** with a group baby welcoming aliyah. Want in? Email Rabbi Lizzi at rabbiz@mishkanchicago.org. 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.

learn • לימוד

Keep Calm & Parent On

THIS Monday August 28th, 7:00pm - 8:30pm, Maggie's Place, 4001 N. Ravenswood 108

How do we, as parents, teach our kids to be emotionally intelligent? How do we stay level headed and clear when emotions get the best of us? Join Dana Royce Baerger, J.D. Ph.D. Assistant Professor of Clinical Psychiatry and Behavioral Sciences at Northwestern, to talk about emotional intelligence, develop skills to go beyond 'I want my kid to be happy,' and thrive through the ups and downs life throws us with kids around— the talk will focus on how parents can scaffold emotional regulation skills in their kids and within themselves.

gather • ביחד

Maggie's Place Drop-in Night

NEXT Thursday August 31st, 5:00pm - 8:00pm, Maggie's Place, 4001 N. Ravenswood 108

Feeling bored? Disconnected? Stuck? Come hang out, read a book, play a board game with us, chat it up, and have free dinner. We'd love to see you and check in or just chill with you. Drop-in nights are your space to be you – in community. We are thrilled to be partnering with No Shame on U to bring drop-in nights to Maggie's Place.

Saturday night, September 16th, 7:30pm-9:30pm @ Silverstein Base Hillel

The Saturday evening before Rosh Hashanah kicks off Selichot - a period of special songs and prayers on the theme of forgiveness, return, and reconnection. We'll kick off with havdallah and sing songs of the season into the night. Feel free to bring an instrument, and/or share a song that fits in the season. If this is your first Mishkan High Holidays, come meet folks in the community so you'll encounter friendly faces at the Holidays.

MishkanX HighHo Shabbat Dinners: Lakeview | Ravenswood | Pilsen | Evanston

Friday September 22nd, various times, various locations

Break bread and bring in Shabbat on Rosh Hashanah day 2 with some friendly Mishkanites from all across the city. Visit onetable.org Chicago



It's Elul People, Wake Up!

Get Your Tickets to Get Higher Before They're Gone

Seriously, last year we sold out. Want to give a little more this year? **We're seeking volunteers for High Holidays**— willing hands and spirits to make this year's High Holidays our best year yet— and yours! Want to help out? Email ellie@mishkanchicago.org

Visit: www.mishkanchicago.org to get your tickets.

Learning: Focus.

שפטים ושטרים תתורלך בכל־שעריך אשר יהיה־ה אלהיך נתן לך לשבטך ושפטו את־העם משפט־צדק: יט לא־תטה משפט לא תכיר פנים ולא־תקח שחד כי השחד יעור עיני הַכֹּמִים ויסלף דברי צדיקים: כ צדק צדק תרדף למען תחיה ותרשע את־הארץ אשר־יהיה אלהיך נתן לך

"Judges and officers shall you appoint in all your gates, which the Lord your God gives you, throughout your tribes; and they shall judge the people with just judgment. 19 You shall not pervert judgment; you shall not respect persons, nor take a bribe; for a bribe blinds the eyes of the wise, and perverts the words of the righteous. 20 Justice, justice shall you pursue, that you may live, and inherit the land which the Lord your God gives you. " Deuteronomy 16:18

"And the officers shall speak to the people, saying, "What man is there who has built a new house, and has not dedicated it? Let him go and return to his house, lest he die in the battle, and another man dedicates it. 6 And what man is he who has planted a vineyard, and has not yet eaten of it? Let him also go and return to his house, lest he die in the battle, and another man eats of it. 7

And what man is there who has betrothed a wife, and has not taken her? Let him go and return to his house, lest he die in the battle, and another man takes her." 8 And the officers shall speak further to the people, and they shall say, "What man is there who is fearful and fainthearted? Let him go and return to his house, lest his brothers' heart faint as well as his heart." Deuteronomy 20:5-9

"The idea of all this seems to be that if we leave something incomplete, we fall into the state of mind the rabbis call *trafe da'at* – a torn mind– a mind pulled in various directions.... We see this very clearly around death... I have often witnessed the irresistible urge people have to tie up loose ends as death approaches– to leave their checkbook balanced, to make their funeral arrangements, to finally confess to something that has been on their conscience, to make reconciliation with a friend or a loved one.... this urge is only an intensification of what happens throughout life. Death is merely a time when what is usually unconscious and invisible becomes conscious and visible. So while we are conducting spiritual inventory doing Elul, we might begin by asking ourselves, "What are the loose ends in my life? How is my mind torn? Where are the places my mind keeps wanting to go? What is the unfinished business in my life? What have I left undone? When we look out at the world through a torn mind our experience of the world is torn." Rabbi Alan Lew, This is Real, 80

HESED & HODA'AH/love and gratitude

Mazal tov to **David Blumenthal & Stephanie Levy** on your wedding this weekend AND to **Paul Balik & Rebecca Crystal** on your recent marriage!

Welcome back (officially) to **Rabbi Lizz!** We're so glad you're here. Also

Mazal tov to **Ezra Hunter** for getting into their grad program of choice and a big **thank you** to **Stephanie Goldfarb** for the delicious challah in his honor.

Very Happy Birthday (this week) to: **Kyle Brumfield, Dana Baerger & Brandt McCool**.

Hungry for discussion? Join **Joe Grant** for his conversation table on **current local issues of social justice that matter to YOU**.

Love Teamers ON tonight: **Hillary Gimpel, Alexis Graves, Scott Hirsch & Sarah Nichelson** . 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.

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 dinner tonight. 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 **Rachel Gray, 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 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!

Mishkan is co-created by Rabbi Lizz 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 • Rachel Goldberg, Lead Education at Mench Academy & Mishkan Program Coordinator • The Davening Team • Our Awesome Board • The Love Team • Every Single Builder and Giver • YOU!