

1.26.2018 • 10 Shevat 5778 • *Parshat Beshalach / Shabbat Shira*

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: Redemption Songs

there came a moment in the middle of the song when she suddenly felt every heartbeat in the room & after that she never forgot she was part of something much bigger.

– Brian Andreas

KEHILAH/Community

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

livin' on a prayer • תפילה

RISE @ Mishkan + Mini-Mishkan

Saturday February 3rd, 9:30am, Second Unitarian, 656 W. Barry

Disconnect to reconnect! Wake up, sing, daven, discuss. Our usual Shabbat morning service, heavy on the intention and light on fluff, followed by a delightful lunch. Come celebrate Mishkanite Lauren Rhodes in community, for her adult Bat Mitzvah! **Kids and families invited for Mini-Mishkan at 11:15am upstairs.**

SAVE THE DATES!

Purim 2018: PARTY HARD, STAY WOKE • Wednesday February 28th, 6:00pm - 10:00pm, Dovetail Brewery, 1800 W Belle Plaine Ave

Passover: Seder in the Woods Peach Retreat • Friday, March 29th– Sunday April 1st, all weekend, Camp Henry Horner, Ingleside IL

לימוד • learn

The Artist's Way

THIS Sunday January 28th, then February 11th-April 28th, 4:30pm - 6:00pm, Mishkan Space, 4001 N. Ravenswood 108

Learn techniques to enhance self-confidence in harnessing your inner artist, guided by Julia Cameron's The Artist's Way: A Spiritual Path To Higher Creativity, led by Mishkanite Dana Kogan.

Davening Leadership Workshop

Mondays, February 19th- March 19th, 7:00pm - 9:00pm, Mishkan Space, 4001 N. Ravenswood 108

Want to Learn how to lead Friday night services? Rabbis Lizzi and Lauren want to teach you! Learn both theory and practical skills for inspired, meaningful Friday night service leading! Cost of this 5 class workshop is \$75 and \$50 for Builders.

Considering Conversion

Mondays February 19th - May 28, 7:00pm - 9:00pm, Mishkan Space, 4001 N. Ravenswood 108

Dive in and develop an intellectually honest experience of Jewish learning while building personal relationships with text, with Mishkan's rabbis, and with others in the program. No commitment to convert. This program is \$360, \$250 for Builders. (Email Rachel Gray for the code!)

gather • ביחד

LOCALS Justice Dinners: 48th Ward

THIS Friday February 2nd, 6:30pm - 8:00pm, 48th Ward, Chicago

Celebrate Shabbat in your ward! Get to know one another, study Jewish text, and learn more about the what's going on in the local justice scene. Want to be involved in planning, hosting or attending? Email RabbiLauren@mishkanchicago.org.

February Music Jam

Sunday February 4th, 2:00pm - 4:00pm, Mishkan Space, 4001 N. Ravenswood 108

If you're a singer or just love to sing, play an unusual (or usual) instrument, join us pre- Super Bowl to share music with each other and just jam.

Listen & Talk: Jewish Podcast Club, Part I: Judaism Unbound

Wednesday, February 7th, 7:00pm, Private Home (Doykeit), Andersonville

Listen to [Judaism Unbound Episode 21: iOS 4.0- A New Jewish Operating System?](#), in advice, which can be found on the podcast app. We'll talk about the episode and whether Judaism is an app, an operating system, or both. RSVP to leadership fellow Rachel Brustein at rachelambrustein@gmail.com

Women's Rosh Chodesh Circle

Sunday February 18th, 5:30pm - 8:00pm, Mensch Space, 4001 N. Ravenswood 403a

Our Rosh Chodesh circle is a restorative and regenerative space to reflect and connect in sisterhood through ritual prayer, singing, candle lighting as well as light hearted socializing over dinner and music– all in honor and celebration of the new moon at the beginning of every new Hebrew month. For people who identify as women and gender non-conforming people. Join us for dinner at 5:30pm followed by the circle at 6pm.

LIMMUD/learning: Cross the Sea Means Bringing People With Us

...We are all vulnerable to the slow and insidious practice of dehumanizing, therefore we are all responsible for recognizing it and stopping it. – Brené Brown

וּפְרָעָה הַקְרִיב וַיִּשְׂאוּ בְנֵי־יִשְׂרָאֵל אֶת־עֵינֵיהֶם וְהִנֵּה מִצְרַיִם | נִסַּע אַחֲרֵיהֶם וַיִּירָאוּ מְאֹד וַיִּצְעֲקוּ בְנֵי־יִשְׂרָאֵל אֶל־יְיָ (יא) וַיֹּאמְרוּ
אֶל־מֹשֶׁה הַמַּבְלִי אִירֻקְבָּרִים בְּמִצְרַיִם לָרַתֵּם עַד־עוֹלָם:

As Pharaoh drew near, the Israelites caught sight of the Egyptians advancing upon them. Greatly frightened, the Israelites cried out to the LORD. And they said to Moses, "Was it for lack of graves in Egypt that you brought us to die in the wilderness? What have you done to us, taking us out of Egypt? Is this not the very thing we told you in Egypt, saying, 'Let us be, and we will serve the Egyptians, for it is better for us to serve the Egyptians than to die in the wilderness'?" – Exodus 14:10-16

"I remember that my older sister woke me up. She told me we had to leave, that we had to run and leave the rest of the family. She took me and we left the house and started to run. I remember seeing people fighting. I couldn't believe it and felt like I was never going to see my family again. We kept running and after a little while we saw others running, not just from my village. And that's when I really knew it was serious. We ran until the border of Chad. There was a crowd of people and I remember looking for my mom and not seeing her. My sister and I stood in line and got a tent and oil. I knew that I wouldn't have a chance to go back. This is where we were going to live and I realized I was never going back." – Arbab, 27, came to Israel from Darfur in 2006 when he was 16 years old.

no one leaves home unless
home is the mouth of a shark.
you only run for the border
when you see the whole city
running as well...

who would choose to spend days
and nights in the stomach of a truck
unless the miles travelled
meant something more than journey...
– Home, by Warsan Shire (British-Somali poet)

But my hand was made strong by the hand of the almighty, we forward in this generation triumphantly.
Won't you help me sing these songs of freedom,
'cause all I ever have redemption songs. – Bob Marley

HESED & HODA'AH/love and gratitude

Mazal tov to **Melanie Krakauer & Jeremy Schmerer** as well as **Kay Lodge and Eric Isaacs** on their recent weddings.

Very Happy Birthday (this week) to: **Michael Carnow, Lisa Portnoy, Caren Friedman, Jonathan Klemf, Leora Baumgarten, Andy Stein & Michael Cohen.**

Love Teamers ON tonight: **Alexis Graves, Hillary Gimpel, Liz Schuller & Lisa Goldberg.** THANK YOU for your hands, hearts & smiles.

Hungry for Discussion? Join **Katie Goldstein** for a discussion on **45 years of Reproductive Justice (Roe v. Wade and today)** during dinner.

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 **Ellie Spitz 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 hear about the Love Team.

If you're thinking to yourself, "This community rocks! Someone should make sure this thing stays healthy!" be that someone by:

- **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 on a sliding scale 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!

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!