



Lubavitch-Chabad and F.R.E.E. of Niles

servicing the Des Plaines, Niles, Morton Grove, Park Ridge and Glenview communities

9401 Margail Ave.~847-296-1770~jewishniles.com



High Holiday Services Schedule

Rosh Hashana

Monday, September 6th

Candle-lighting (followed by Mincha/Maariv): 6:56 pm

Holiday Dinner Following Services

Tuesday, September 7th

Shacharit: 9:00 am

Shofar: 11:30 am

Outdoor Shofar Service : 5 pm

Mincha and Tashlich: 6:15 pm

Light Candles after: 7:57 pm

Wednesday, September 8th

Shacharit: 9:00 a.m.

Shofar: 11:30 a.m.

Mincha: 6:30 pm

***All Rosh Hashana services will be in the tent next to Shul at 9401 Margail**

Yom Kippur-New Location-Dee Park

Wednesday, September 15th

Candle Lighting/Fast Begins: 6:41 pm

Kol Nidrei service- 6:45 pm

Thursday, September 16th

Shacharit: 9:00 am

Yizkor: 11:30 am

Yizkor Only-3:30 pm

Auction and Mincha: 5:00 pm

Neila and Ma'ariv: 6:15 pm

Fast ends: 7:40 pm

****All Yom Kippur services will be held at Dee Park Clubhouse-9229 Emerson, Des Plaines****

Thank you to all those who support our programs throughout the year.

May G-d bless you and your families

Rabbis' Message

Dear Friends,

What a year! Our community has not been immune to the negative and dark happenings in the world. At the same time, we have worked hard to inject positivity and light into the world. Our Shul has been open (sometimes on a limited basis) for Shabbos, holidays, educational programs and family celebrations. Through Chabad Cares, holiday supplies were delivered throughout the neighborhood. Using methods that we never knew existed, people were able to participate in regular learning programs and stay connected.

There is a saying in Chabad, "We have to live with the times". That means looking for meaning in current events. What have we learned through all the world troubles? We learned that Torah learning can serve as an anchor in a turbulent world. We learned that the Shul community can adapt to new realities to make sure that no Jew is left behind. We learned how precious our families are and not to take them for granted. We learned to appreciate the small things in life. Most of all, we learned that illuminating the world with even a little light goes a long way to dispel the darkness.

Rosh Hashana is the time to make good resolutions for the coming year. Consider making one of your resolutions from the following: light Shabbat and holiday candles, give tzedaka everyday, say the prayer of Shema morning and evening, attend a class, say a Psalm a day and/or put on Tefillin. Don't like any of these ideas, talk to one of the Rabbis to find something that fits you.

Wishing everyone a happy, **healthy**, and sweet New Year with only good news.

Looking forward to seeing everybody in person this year.

Rabbi N. Hershkovich and family

Rabbi B. Scheiman and family

Rabbi L. Hershkovich and family

For the comfort and safety of all congregants, we will have additional Shofar blowing and Yizkor services.

Rebbetzin's Corner

The Hebrew month of Tishrei is a time that we traditionally eat sweet foods, to help ensure a sweet new year. We eat apples dipped in honey while saying the words "May it be G-d's will to bless us with a sweet New Year." Here is a recipe for apple cake that is as sweet as honey-

- 6 eggs
- 1 cup sugar
- 3/4 cup oil
- 1 tablespoon [Vanilla Sugar](#)
- 1/2 teaspoon [Cinnamon](#)
- juice of 1 lemon
- 2 cups flour
- 1 teaspoon Baking powder
- 4 pounds apples. Peeled and chopped

Beat eggs and sugar until light and fluffy

Add oil, vanilla, cinnamon, lemon and mix well

Add flour and baking powder. Add apples and mix by hand

Pour into lined 10x16 lined pan and bake at 350 for an hour



For the past three years, a group of women from the Shul have completed the whole book of Psalms (150 chapters) every Shabbos. Each person commits to saying a certain amount of chapters and says those chapters in their home. A big thank you to Mrs. Baila Grinker for sending out reminder texts and keeping track of the chapters every week. This is one of the many ways that we add light to the world.

Now that we can resume in-person programs, we have a full schedule planned. Among the programs are- Bubbies and Babies, Jewish book club, Rosh Chodesh programs and a series of classes on who are the Avos in Pirkei Avos.

To be put on the e-mail list for these events, please send your information to raizelhk@gmail.com.

Rosh Hashana

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Tashlich: On the first day of Rosh Hashanah after the afternoon prayer, we go to a lake, river or sea (preferably a body of water that has fish), and recite the *Tashlich* prayers, wherein we symbolically cast our sins into the water and leave our old shortcomings behind us, thus starting the new year with a clean slate. If one is unable to perform this ceremony on Rosh Hashanah, one may do so until the last day of Sukkot.

Yom Kippur

Kapporos: As is customary, Chabad and FREE will be hosting the Kapporos ceremony before Yom Kippur. Please check our facebook page and look out for an email update with the exact time and date.

Yizkor: Yizkor in Hebrew means "Remember". It is not only the first word of the prayer, it also represents its theme. In this prayer, we ask G-d to remember the souls of our friends and relatives who have passed on. When we recite Yizkor, it brings merit to the departed souls, elevating them in heaven. The main part of Yizkor is our pledge to give charity following the holiday in honor of the deceased. Giving charity is doing a positive deed in this world, something that the departed can no longer do. It is customary for those with both parents alive to leave the synagogue during the Yizkor service. A mourner during the first year remains in the synagogue, but does not recite Yizkor. Please find the Yizkor memorial cards on page 4.

Services: All Yom Kippur Services take place at Dee Park—Please see the schedule of services on page 1. There will be a special children's program at all services.

In accordance with Jewish law, we respectfully request that all attendees dress modestly and that no cell-phones or electronics be brought to shul.

News You Can Use

Chabad Cares Gift Pack– August 30th. Help pack holiday gifts for the nursing home residents, shut ins and hospital patients in our area.

Rosh Hashana Dinner–September 6th–Join us for a traditional Rosh Hashana Dinner following services. \$25 per person, \$100 per family. Please reserve your spot-
raizelhk@gmail.com

Park Ridge Jewish Discovery Program– for ages 4-8. Six Sundays 3:00 - 4:30 pm beginning October 10th. Sign up at chabadcares.today.com/discovery. If you have any questions, contact Rivky@chabadcares.today.com

JLI Fall Course - Outsmarting Antisemitism. Six Wednesdays 6:30 - 8:00 pm beginning November 3rd. Signup chabadcares.today.com/jli

Chai Club–Help the Shul throughout the year. Join the Chai club by making monthly donations through automatic credit card payments or check. Call Rabbi N. Hershkovich for more details

For forty years, as the Jewish people traveled the Sinai Desert before their entry into the Holy Land, miraculous clouds of glory surrounded and hovered over them, shielding them from the dangers and discomforts of the desert. Ever since, we remember G-d's kindness and reaffirm our trust in Him by dwelling in a sukkah--a temporary hut constructed with a roof covering of branches--for the duration of the Sukkot festival. For seven days and nights, we eat all our meals in the sukkah and otherwise regard it as our home

Another Sukkot observance is the taking of the Four Kinds: 1 *etrog* (citron), 1 *lulav* (palm branch), 3 *hadassim* (myrtle twigs) and 2 *aravot* (willow twigs). On each day of the festival (except Shabbat), we take the Four Kinds, recite a blessing over them, bring them together in our hands and wave them in all six directions.

Shemini Atzeret, Monday night, September 28th - is the last day we eat in the Sukkah, although without a blessing. It is the Chabad custom to have Hakafot, dancing with the Torah the night of Shemini Atzeret. During the day, **Yizkor** is recited for the souls of dearly departed family members.

Simchat Torah, Tuesday, September 29th- celebrates the completion of reading through the entire Torah and starting again. Every man and boy is called to the Torah for an aliya. Hakafot are done at night and also during the day.

If you would like to build your own Sukkah or have your own lulav and etrog, please call Rabbi Hershkovich at the Shul~847-296-1770 as soon as possible.

Yizkor Memorial Cards

Please fill out the attached cards and send in to the Shul:
9401 Margail Ave Des Plaines, IL 60016

If you need additional Yizkor cards, please contact the Shul or make copies of the form below.

Hebrew Name of Deceased: _____

Hebrew name of father of deceased: _____

Please say the Yizkor prayer in memory of my loved one. Enclosed please find my donation in their memory.

__180 __100 __72 __54 __36 __18 Other: _____

Hebrew Name of Deceased: _____

Hebrew name of father of deceased: _____

Please say the Yizkor prayer in memory of my loved one. Enclosed please find my donation in their memory.

__180 __100 __72 __54 __36 __18 Other: _____