

A Message From the Rabbi

New Year Resolutions

It is customary at this season for people to make New Year resolutions. In Jewish tradition we are taught that the gates of repentance are always open, not just at the High Holidays. So, making resolutions related to self improvement and personal development are always in order.



Our ideology at Kadima emphasizes the centrality of such transformational efforts. Religion for us is about our taking responsibility to better ourselves as human beings utilizing the resources of our Jewish tradition. We just completed the observance of Chanukah, the main purpose of which is to foster our sense of courage.

We are living in increasingly challenging times politically and economically. It is easy to be discouraged and downhearted. The darkness and bleakness of winter can contribute to such feelings.

I want to encourage you to undertake efforts to enhance your personal situation, to try new things, to be open and to develop yourself. The beginning of a new year marks the passage of time. The Talmud teaches us not to put off until tomorrow what we can do today.

With best wishes for a productive and growthful new year.

David Oler

Rabbi David Oler



Welcome New Members

Steven Simon

**The Coleman Family:
Dave, Julie, Naomi and Benjamin**

Patrons and Sustaining Members

Patrons and Sustaining Members generously choose to pay special dues that make it possible for the congregation to assist members who find it difficult to pay full dues or school fees.

Please consider becoming a Patron or Sustaining Member.

Patron: \$6,120
Sustaining: \$4,488
Sustaining Single: \$3,060

Patrons:

Al & Bobbie Levine
Jack Henkin & Louise Pearson
Dr. Scott & Amy Taxman
Avers & Gloria Wexler

Sustaining Members:

Warren & Ellen Schoen
Scott Warren



Condolences to Dr. Joshua Kellman and family on the recent death of his mother,

Maedra Kellman

When someone is sick

Rabbi Oler requests that if you are being hospitalized or know of someone in the congregation who is going to be, please contact him at

davidoler@nrck.org
or call the Kadima office
847-229-9500.

Would you like to sponsor an Oneg?

Any member can host an Oneg Shabbat. Mark a special occasion such as a birthday, baby naming, anniversary, Bar or Bat Mitzvah, orjust because.

Contact
office@nrck.org



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Congregational Happenings

Program Committee Meeting

Thursday, January 12, 8:00 p.m.

Home of Shana Mallin, 1419 Laurel, Deerfield

Social Action Committee Meeting

Tuesday, January 17, 7:30 p.m.

1020 Milwaukee Avenue, Room 314, Deerfield

All congregation members are invited to attend.

Weekly Shabbat Services

January 6, 13 and 20

February 3*, 10, and 17

7:30 p.m.



**David and Julie Coleman invite the congregation to the naming of their children, Naomi and Benjamin, which will take place at 7:30 p.m. Friday, February 3 at their home, 1535 Cloverdale Avenue (intersection of Cloverdale and York in the Sherwood Forest area of Highland Park, west of 41 and north of Deerfield Rd.), where Shabbat services will take place that evening.*

Family Service and Shabbat Dinners

Friday, January 27

Friday, February 24

6:30 p.m.

Jimmy's Charhouse
1111 N. Milwaukee Avenue, Riverwoods
(corner of Milwaukee Ave. & Deerfield Rd.)

Enjoy a family style meal of London Broil, Roast Chicken and Spagettini Marinara with Rice, Potatoes and Seasonal Vegetables; Soda, Coffee and Dessert.

Please reply by email to office@nrck.org and plan to pay Jimmy's directly, adding tax and tip.

Weekly Religious School

Fridays, 4:30-6:30 p.m., Shepard Middle School

Weekly Adult Education

Fridays, 5:30-6:30 p.m., Shepard Middle School

A Message from the Principal

Last year I listened to a poignant interview on National Public Radio. Terry Gross, the host of NPR's Fresh Air, was speaking with a man who had written a sensitive account of his family's experience raising a son with special needs. Near the end of the interview, Ms. Gross asked him what he hoped readers would learn from his book, and the author answered that his deepest motivation was not to teach readers about children with special needs but rather to move them to care about them. Parents of children with special needs feel despair when programs they depend on to treat and educate their children are eliminated in budget cuts with little public outcry, when their kids are left out of their peers' social life with the callous unconcern of other parents, and when they consider how their children's needs will be provided for in adulthood. This father and author hoped to present his son's humanity in a compelling way so that people who read the book would care about such individuals and be kind, generous and supportive.

In our Religious School program we welcome children with special needs and it is our care and joy to provide a supportive environment for them. Although our school is small and budgetary concerns influence many of our choices, we give priority to providing for the educational needs for all of our students. This year we hired a teacher who is not responsible for a class but who works exclusively with students needing remedial or special education, pulling them out of class individually or in small groups for focused tutoring in Hebrew. Some parents told us that other temples required them to provide their own aide, an expense they could not afford on top of the other therapists and tutors they need for their child. Our special education teacher is a social worker by training and works with great sensitivity and ingenuity to support growth in confidence and success in learning. Many of her students ask when they arrive when they will have their turn with her, and many of them have cracked the Hebrew code this year to their delight and ours.

The presence of children with special needs is a gift to all of the teachers and students in our Religious School. Rather than detracting from the educational experience of other kids, everyone benefits from the multiple strategies all of our teachers employ to teach all our students, from the challenge to accommodate the needs of others as they learn together and from the inspiring example of students who have to work harder to learn. We also love the unique personalities of all of our kids. We all want a world in which people are sensitive to and supportive of the needs of others, and nothing is more important in our curriculum than learning to care.

Shalom.
Mary Oler

Some Kadima families with young children use the wonderful—and free—PJ Library service. The following is abstracted from PJ Library material:



Do you know about PJ Library? It's a program that sends FREE award-winning Jewish children's literature and music to families throughout North America. The books are a gift from your Jewish community. They don't cost you ANY money! All you have to do is find your local community and sign up!

To find your local community and sign up: <http://www.pjlibrary.org/Communities>

To learn more about this free program: <http://www.pjlibrary.org>

Parenting Matters: The Value of a Mitzvah. Teaching children the importance of performing mitzvot is a mitzvah in and of itself. Sometimes called a good deed or act of kindness, a mitzvah is actually a Jewish obligation to do something good—not because we feel generous in doing so, but because it is the right thing to do. Even at a very young age, children can begin to understand the shared responsibilities we have in caring for each other and the world around us. Children learn this by observing their parents and family members, but they also learn by doing.

As children's author Coleen Paratore points out in her children's book, 26 Big Things Small Hands Do, children can make a difference. By picking flowers for a lonely elder, placing an empty can in a recycle bin, helping to water plants for a vacationing neighbor, or sharing toys and games with a friend, children take first-hand responsibility in fulfilling a mitzvah.

Mitzvahs and This Month's Books. This month, PJ Library is sending out FREE Jewish children's books to families across North America. Three of this month's selections (starred) put a mitzvah at the heart of their stories:

- 6 months to 2 years: It's Tu B'Shevat
- 2 to 3 years: Dear Tree
- 3 to 4 years: Bim and Bom: A Shabbat Tale*
- 4 to 5 years: A Mezuzah on the Door or
Once Upon a Shabbos* or
It Could Always be Worse
- 5 to 6 years: One Little Chicken*
- 6 to 7 years: Rebecca's Journey Home
- 7 to 8 years: The Rooster
- 8 years: Kishka for Koppel

