

We Remember

Jan 31-13 Shevat

Leila Alpert
Bessie Bertash
Burt Chotiner
Anne Friedman
Albert Gold
Jack Goldstick
Steven Hoffman
Harry Hoffman
Harold Horwitz
Herbert Isaacson
Ann Karno
Minnie Linkow
Hal Lipshutz
Sarah Miller
Evelyn Pielet
Sidney Rosen
Celia Rubenstein
Joseph Schatz
Marcia Joy Shapiro
Pauline Volk Kroot
Harold Wilner

Feb 1-14 Shevat

Theodore Bovilsky
Gutman Cranow
Sam Gebel
Sally Kirshenbaum
Beatrice Libman
Sidney Oberman
Howard Selin
Peggy Sonenfeld

Feb 2-15 Shevat

Morris Block
Luba Chabner
Fannie Edelstein
Kate Friedman

Ben Gold
Howard Graff
Hyman Iglarsh
Sarah Kessie
Rose Levenson
Susan Levine
Arnold Morgan
Morris Petasnick
Alfred Rosenberg
Lillian Rubin
Estelle Schaffner
Edith Sommer
Arnold Weiner
Harvey Weinstein
Paul Wolkin

Feb 3-16 Shevat

Joseph Arbetter
Jaqueline Arbus
Sandra Cymerman
Charles Glick
Freeda Hofeld
Mary Kasper
Arnold Kravitz
Risa Lambert
Harry Orkin
Ruth Projansky
Marion Rosenstein
Eugene Jay Solar
Fred Tate!
David Tenenblatt
Joseph Widrevitz

Feb 4-17 Shevat

Sonny Ander
Helen Gold
David Jaffe
Hyman Kawer
Clara Liss

Renee Manelis
Ruth Markman
Maxine Nelson
Frank Price
Rose Sarlat
Isaac Stucker
Milton Weiss
Ethel Wenig

Feb 5-18 Shevat

Joel Arnold
Arlene Bell
Claire Benson
Ceil Edelstein
Ethel Gill
Tillie Goldman
Sherry Harris
Adam London
Morris Neiditch
Alexander Pontecore
Miriam Samborn
Ben Stollberg
Meyer Teinowitz
William Wasserman
Judy Weinberg

Feb 6-19 Shevat

Philip Billowitz
Joseph Bright
Estelle Gloss
Harold Harrison
Edith Rose Kramer
Rebecca Sheade
Hannah Shenfeld
Bernice Taub
Eric Craig Timoner
William Tokowitz
Abraham Weberman
Max Zisook

January 31, 2026
13 Shevat 5786



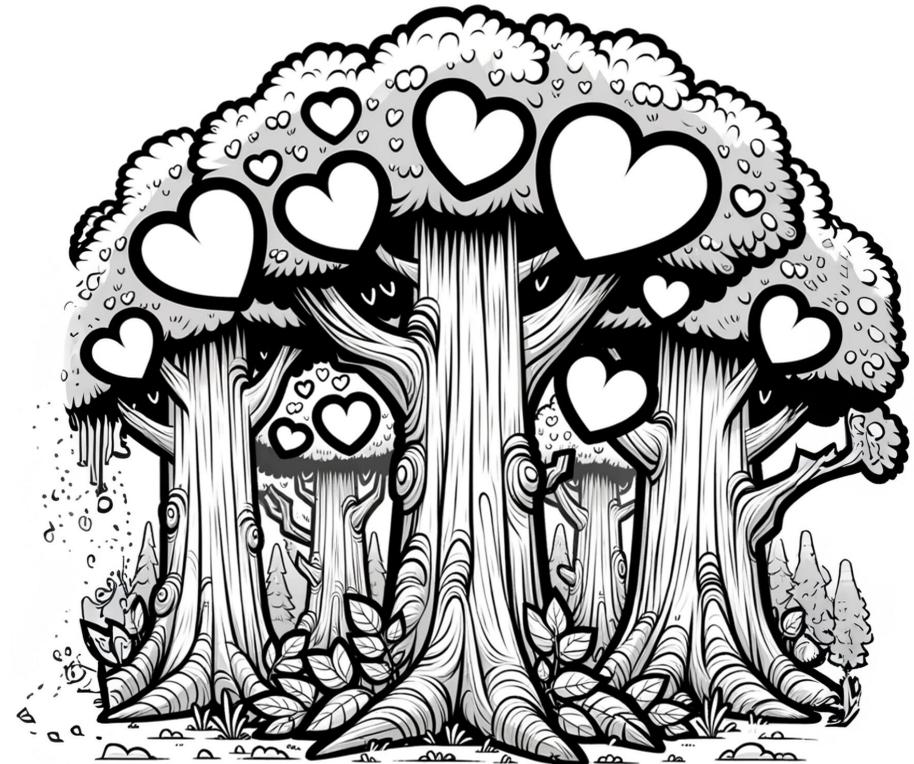
Shabbat
Beshalach

Welcome to Congregation Beth Shalom!

We seek to enrich the lives of our congregation through ever-evolving ideals of observance, life-long learning, and acts of kindness from this generation to the next. We are committed to meeting the spiritual, educational and social needs of our members through the practice of Conservative Judaism in an all-inclusive manner. We seek to encourage involvement and create a sense of belonging by serving our community, the Jewish people, and the State of Israel.

We hope you enjoy worshiping with us. Following services, please join us for kiddush luncheon and introduce yourself so we may personally greet you.

**Senior Rabbi David Chapman • Senior Cantor Steven Stoehr • Assistant Rabbi Jacki Honig
Sue Lampert, President • Rabbi Emeritus Carl Wolkin z'l**



If you are interested in being a part of our community, please contact Michael Garlin, Executive Director.



Member of United Synagogue of Conservative Judaism

3433 Walters Avenue
Northbrook, IL 60062
847.498.4100
www.BethShalomNB.org

Schedule of Services

In-Person & Live Stream,
Sunday & Major Holidays @ 8:45 AM
Monday-Friday @ 7:45 AM
Sunday-Thursday @ 7:45 PM

**CBS has daily in-person
Minyanim.**

Please take an active role in
our community by helping us
make Minyan every morning &
evening.

Thought to Ponder:
What is a miracle that
you have experienced
in your own life?

Acknowledgements

The Kiddush is hosted by: The
Congregation, Sisterhood and the Laven
Family Shabbat Celebration Fund.

Mark Your Calendars

Feb 6 Ark Adventures
Feb 6 Birthday Shabbat Selahbrate
Feb 7 Ark Adventures
Feb 7 Let There Be Play
Feb 8 World Wide Wrap
Feb 13 Anniversary and Sisterhood
Shabbat Selahbrate and
Dinner
Feb 15 FYC Movie Night
Feb 20 4th Grade Shabbat
B'Yachad and Dinner
Feb 21 Shabbat with a Twist
Feb 22 Traditions with a Twist
Feb 22 Sisterhood Mimosas and
Masterpieces

Visit our Website for
all of our Programs
www.BethShalomNB.org

Congregational Gifts

B'nai Mitzvah receive gifts from the
congregation, Sisterhood, Men's Club,
JUF, the Youth Commission and
Rochelle Zell Jewish High School.

Gifts presented to those celebrating
aufrufs and babynamings are provided
by the Zaransky Family Ticktin Jewish
Community Memorial Fund.

Synagogue Etiquette

*In keeping with the spirit of Shabbat and to respect
your fellow worshipers, please refrain from taking
photographs, texting and writing. If you must be
accessible, please set your phone on silent. Please do
not use your cell phone anywhere inside the building.*

If you have any questions, please see one of our
volunteer Shabbat Ambassadors.

We invite you to visit www.BethShalomNB.org
for more information about Beth Shalom and our
many events, classes and programs happening
throughout the year! All CBS religious services
are live streamed.

Today's Torah Reading

ALIYAH	CHAPTER/VERSES		PAGE
1	Exodus 13:17-22	Mark Gelfand	399
2	Exodus 14:1-4	Ariel Ginsburg	401
3	Exodus 14:5-8	Meital Levine	401
4	Exodus 14:9-14	Sasha Toubes	402
5	Exodus 14:15-20	Eliot Laven	403
6	Exodus 14:21-25	Rachel Laven	404
7	Exodus 14:26-15:26	Bekah Almeleh	405
MAFTIR	Exodus 15:22-26	Bekah Almeleh	412
HAFTARAH	Judges 5:1-5:31	Randi Simon	426

This Week's Parashah

God leads the Israelites out of Egypt by way of the Sea of Reeds. For a final time, God hardens Pharaoh's heart and the Egyptians pursue the escaping slaves. A path of dry land appears in the Sea of Reeds allowing the Israelites to cross, but when the Egyptians pursue them, the sea closes and all of Pharaoh's army is drowned. Now, convinced of the greatness of God, the Israelites, led by Moses and Miriam, sing songs of praise. As the desert journey continues, the people become hungry and begin to grumble against Moses and Aaron. God tells Moses and Aaron that the Israelites will eat flesh that evening and bread the next morning. In the evening, quail appear and cover the camp. In the morning, God sends manna to feed the Children of Israel. The manna appears each morning; on the sixth day, the Israelites are instructed to gather a double portion because there will be no manna for them to gather on Shabbat. The seventh day is Shabbat - the people are to rest. When the Israelites encamp at Rephidim, they complain about the lack of drinking water. God instructs Moses to strike a rock from which water will flow. The Amalekites come to attack the Israelites and are defeated.

Today's Haftarah

Like this morning's Torah reading, the Haftarah also features a song of praise to God. From the Book of Judges, the Haftarah depicts a battle between the Children of Israel and the Canaanites. Israel is led by the prophetess Deborah and a general name Barak. Deborah tells Barak that God has decided to deliver Sisera and his army into the hands of the Israelites. Barak is to lead the Israelite men into battle, but it is foretold that a woman will be the one to end Sisera's life. Though Sisera's men have chariots and the Israelites have none, the Canaanites are quickly routed, and Sisera flees for his life. A woman named Yael offers Sisera a place to hide in her tent, but she tricks the Canaanite general, and as he sleeps she drives a tent peg through his head. In recognition of the victory which God has handed the Israelites, Deborah composes a song of praise.