



*Happy Birthday*



## **MAY CELEBRATIONS**



Michaelangelo Eldridge

Seagleah Macabee

Zyon Magee

David McCollough Jr.

Jonhy O'Reily

Naomi-Ruth Torres

Deja Wesley

## **HAPPY ANNIVERSARY**

Michael & Maricar Eldridge

Capers III & Jamako Funnye

Rabbi & Rabbinit Funnye

David & Gale Whitfield

# *Shabbat Shalom*

MAY 21, 2022

20TH IYAR 5782



**Beth Shalom B'nai Zaken E.H.C.**

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Chicago, IL 60629

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[www.bethshalombz.org](http://www.bethshalombz.org)

## WELCOME

We welcome you and your interest in Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation (House of Peace for the Children of the Ancient Ethiopian Hebrews). As stated in Psalm 133:1, *“how good and how pleasant it is for brethren to dwell together in unity!”*

We are truly blessed by your presence and welcome the opportunity to share our love of the Most High G-d with you. Your experience today will probably be very different from most services you have attended. We hope this information will explain our beliefs and mode of worship. As G-d stated in Isaiah 56:7... *“for my house shall be called a house of prayer for all peoples.”* Again, we welcome you and pray that you will enjoy our service as much as we do.

Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation (Beth Shalom) is the oldest Temple in the Chicago area serving the Israelite Community. It was established as the Ethiopian Hebrew Association in 1918, by Rabbi Horace Hasan. In 1920, Rabbi David Lasarus and Rabbi Caino Stirson, came to the Chicago area from New York and later joined forces with Rabbi Hasan. In 1923 our beloved Senior Rabbi Abihu Ben Reuben, (may G-D bless his memory) joined this congregation, which was located at 1850 West Lake Street. In the 1930s and 1940s, the leadership of the Ethiopian Hebrew community was firmly in the hands of Rabbi Abihu Ben Reuben, Rabbi Lazarus, and Rabbi Louis Green. Rabbis Reuben and Lazarus studied with Chief Rabbi Wentworth A. Matthew, at the Commandment Keepers Congregation in New York City, and were ordained rabbis by Chief Rabbi Matthew. Rabbi Louis Green received his Masters of Science in Jewish Studies from the College of Jewish Studies in Chicago, Illinois.

In 1952, Chief Rabbi Wentworth A. Matthew came to Chicago to oversee the opening of a new Temple to serve the Ethiopian Hebrew Community. In 1984, the Congregation of Ethiopian Hebrews and Beth Shalom Hebrew Congregation merged to form Beth Shalom Ethiopian Hebrew Congregation. Rabbis Abihu Ben Reuben and Capers C. Funnye, Jr., served the congregation as senior and assistant rabbis. In 1993, Beth Shalom merged with the Congregation of B'nai Zaken, to form Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation, with Rabbi Capers C. Funnye, Jr. as Rabbi.

Beth Shalom is an affiliate congregation of the International Israelite Board of Rabbis Inc. and fully embraces the ideals of Resolution 801A which was passed by the Board in 1981. It affirms the brotherhood of all people who worship the G-D of Abraham, Isaac and Jacob without regard to tradition or terminology (for example: Black Jews', Hebrews, Israelites, Jews, etc.) However, when among us, visitors are obliged to respect the customs and traditions followed by members.

## Adjust your diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products — while avoiding sodium, saturated fat, and cholesterol can lower your blood pressure significantly. National Blood Pressure Month is a good time to practice.

## 5 BLOOD PRESSURE FACTS NO ONE EVER TOLD YOU ABOUT

1. We all know that too much salt can elevate your blood pressure, but did you know too little salt can be equally problematic? It's true — if you have congestive heart failure. For those patients, restricting salt to less than 1.8 grams a day can cause blood pressure to soar even higher.
2. Blood pressure readings can vary from one arm to the other. To-day, physicians are advised to take blood pressure in both arms.
3. Many people have blood pressure readings lower than the normal 120 over 80. The only time a low blood pressure reading is a concern is if you're symptomatic, and experience lightheadedness, dizziness, and fatigue. If this is the case, consult your doctor about necessary lifestyle adjustments.
4. While exercises to lower blood pressure are an important part of heart health, the type of exercise you do is also a factor. The most common cause of high blood pressure with exercise is isometric activity. Straining or excessive weights will cause blood pressure to rise.
5. If your blood pressure is high, it's important to diet appropriately. One especially helpful mineral is potassium — which helps to relax the arterial walls and keep blood pressure in the healthy range.

# May is National High Blood Pressure Education Month

Know your numbers. High blood pressure affects one in three Americans — and it's the third leading cause of death in the U.S. This May, celebrate National Blood Pressure Month by raising your awareness with the power of information. Then, use that knowledge to fight unseen, potential risks.

Due to a tendency to show either minor, or even no symptoms at all, high blood pressure has earned the nickname “the silent killer.” Knowledge of one's high blood pressure — and then taking action — greatly reduces the possible risks of related health problems.

## HOW TO OBSERVE NATIONAL BLOOD PRESSURE MONTH

### Check your blood pressure

Around 120 over 80 is considered the range for normal blood pressure. Any higher than that means you should try to lower it through some simple lifestyle changes like diet and exercise.

### Get moving

One of the best ways to maintain healthy blood pressure is through exercise. A walk, bike ride, swim, jog, or any other aerobic activity will help keep your blood pressure low, and your body healthy.



**Tidbit: Behukotai**

**20th Iyar 5782 – May 21, 2022**

**35th Day of L'Omer**

**Chief Rabbi Capers Shmuel Yefuneh**

This parashah centers on a brief but eloquent promise of blessings for those who follow G-d's ways and a lengthy and chilling series of curses for those who reject G-d's ways. The curses are known as the Tokhehah (Reproach). Several commentators notably Ibn Ezra, insist that although more verses are dedicated to the Tokhehah, the blessings promised in the opening section outweigh it in quality. The curses are spelled at length in the hope that they will put fear into the hearts of those who cannot be persuaded to do what is right by any other means. In many synagogues, it is customary to read the Tokhehah in an undertone, perhaps because its vision of disaster is so frightening—or perhaps in keeping with Leviticus's commitment to the reality of words; to say something aloud is halfway to making it happen.

Leviticus 26:3; “If you follow my laws and faithfully observe My commandments.” Some commentators have understood this as “the Laws that I myself follow.” The verb translated “follow” means “walk, go,” prompting the comment that humans “walk” in G-d's ways but angels “stand” in the presence of G-d. Human beings, unlike angels, have the ability to grow and change after doing something wrong. Jewish law is known as halakhah and is sometimes understood “the way to go.” For Hoffman, these blessings emphasize the idea that G-d is not only a G-d of liberation and hope but also a G-d of peace and prosperity. Once settled in the Land, Israel will have no need to turn to pagan fertility gods to ensure an abundant harvest.

One of the main takeaways of this parashah can be found in the words of the prophet Micah 6:8; “It hath been told thee, O man, what is good, And what the Lord doth require of thee: Only to do justly, and love mercy, and to walk humbly with thy G-d.”

Shabbat Shalom

# BEHUKOTAI

## 35th Day L'Omer

**Torah Reading:** Leviticus 26:3 - 27:34 (page 542)

**Haftorah:** Jeremiah 16:19 - 17:14 (page 551)

### WEEKLY SERVICE

**Saturday: Shacharit (Morning) Service** 10:30 A.M.-1:30 P.M.

**Minchah (Evening) Service** 3:00 P.M. – 4:30 P.M.

**Gift Shop (Tue & Thurs. )** 12:00 P.M.- 2:00 P.M.

### PRAYER LIST:

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Willie Myrtle Walker, Willie Miller, Gracile Moore, Dr. Wayne Williamson,  
Dinah Israel, Zaken Baruch Carroll, Ben Hardiman, Jerry Hecktman,  
Zakenah Deborah McCollough, Reginald Sonny Burke,  
Toni Miller, Louella Woullard, Sinetra Roberts, Yakariel Judah, Karmel Yehudah,  
Yahonaton Mattyahu ben Natan, Dom Martin, Shlomo McWoodson,  
Rachel Hoskin, Candace Smith, Matthew Roberts

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### **YAHREZIT**

***Bertha Lee Price*** (Aunt of Rabbinit Mary Funnye)

### **To Our Guest:**

We appreciate you being with us today. There are times during our service when walking is prohibited. Please refrain from walking while we stand during prayers and when the Torah is being read. We thank you in advance for honoring our request.

## THIS WEEK IN BLACK HISTORY

May 15, 1916 - Mob of 15,000 burned alive African American teenager Jesse Washington in Waco, Texas.

May 16, 1956 - White residents in Delray Beach, Florida, burned a cross and stockpile weapons to maintain racial segregation of public beach.

May 17, 1954 - U.S. Supreme Court ruled in *Brown v. Board of Education* of Topeka that racial segregation in public schools was unconstitutional, sparking massive white resistance and violence.

May 18, 1896 - In *Plessy v. Ferguson*, U.S. Supreme Court established “separate but equal” doctrine holding that state-mandated racial segregation was unconstitutional as long as the separate accommodations were equal.

May 19, 1918 - Mary Turner, a pregnant Black woman, was lynched in Georgia for publicly decrying the recent lynching of her husband.

May 20, 1961 - When Freedom Riders arrive in Montgomery, Alabama, police allowed white mob to attack; several people were severely injured, including a U.S. Justice Department representative.

May 21, 1961 - National Guard called to disperse several thousand white people threatening to set fire to First Baptist Church in Montgomery, Alabama, with Martin Luther King, Jr. inside.

## BUSINESSES

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## “ LIFT EVERY VOICE”

Lift every voice and sing,  
Till earth and heaven ring,  
Ring with the harmonies of Liberty;  
Let our rejoicing rise  
High as the list'ning skies,  
Let it resound loud as the rolling sea.  
Sing a song full of the faith that the dark past has taught us,  
Sing a song full of the hope that the present has brought us;  
Facing the rising sun of our new day begun,  
Let us march on till victory is won.

Stony the road we trod,  
Bitter the chast'ning rod,  
Felt in the days when hope unborn had died;  
Yet with a steady beat,  
Have not our weary feet  
Come to the place for which our fathers sighed?  
We have come over a way that with tears has been watered.  
We have come, treading our path through the blood of the slaughtered,  
Out from the gloomy past,  
Till now we stand at last  
Where the white gleam of our bright star is cast.

God of our weary years,  
God of our silent tears,  
Thou who hast brought us thus far on the way;  
Thou who hast by Thy might,  
Led us into the light,  
Keep us forever in the path, we pray.  
Lest our feet stray from the places, our God, where we met Thee,  
Lest our hearts, drunk with the wine of the world, we forget Thee;  
Shadowed beneath Thy hand,  
May we forever stand,  
True to our God,  
True to our native land.

**\*\*\*\* MARK YOUR CALENDAR \*\*\*\***

**Please join Chief Rabbi Funnye' for Shabbat Service Saturday, May 21, 2022 @10:30 a.m.**

**All CDC guidelines will be strictly enforced, you must wear a mask and maintain social distancing.**

**There will be no Oneg, you must bring your own prayer book, Pentateuch, and Tallitim.**

**We will also continue our Virtual Service Streaming on Facebook Live.**

**<https://www.facebook.com/beth.shalom.52012>**

**"Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us." —Wilma Rudolph**

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