



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 7, 2022

13TH IYAR 5782



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

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Chicago, IL 60629

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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: Emor

13th Iyar 5782 – May 7, 2022

21st Day of L'Omer

Chief Rabbi Capers Shmuel Yefuneh

This parashah lives up to the book's alternative Hebrew title *Torat Kohanim*, the priests' manual. It focuses on special regulations of the kohanim and then the ritual aspects of the sacred calendar. The previous parashah describes the Israelites as being set apart from other nations, called on to attain holiness through their distinctive lifestyle. This parashah sets the kohanim apart from other Israelites by means of symbolic obligations, restrictions, and abstentions, in their lives. As the Israelites are to represent the G-d-oriented life to the nations of the world, the kohanim are to represent a maximal level of devotion to G-d for their fellow Israelites. Every society needs a core of people who live by a more demanding code, to set an example for others of what is possible.

Leviticus 21:1-3; “The Lord said to Moses: Speak to the priests, the sons of Aaron, and say to them: None of you shall defile himself for any dead person among his kin, except for a relative that are closest to him: his mother, his father, his son, his daughter, and his brother; also for a virgin sister, close to him because she has not married, for her he may defile himself.” Declare these rules to the kohanim because they are descendants of Aaron. Remind them that their distinctiveness is based on their forebears, not on their own merit. And let them pass on to their children the importance of that lineage and the obligation to be worthy of it (Hirsch). “Tell the kohanim to be sons of Aaron indeed and not only in descent, pursuers of peace and reconciliation as Aaron was” (Jacob Isaac of Lublin).

In some instances, there are kohanim who serve their communities as rabbis and spiritual leaders, as is my position at Beth Shalom B'nai Zaken Ethiopian Hebrew Congregation.

Shabbat Shalom

EMOR

21st Day L'Omer

Torah Reading: Leviticus 21:1 - 24:23 (page 513)

Haftorah: Ezekiel 44:15 - 31 (page 528)

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:

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

YAHREZIT

Parker Green (*brother of sister Mahalia Koroma*)

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 1, 1863 - In the midst of the Civil War, Confederate Congress declared black Union soldiers criminals and authorized their enslavement or execution.

May 2, 1963 - More than 700 Black children protesting racial segregation in Birmingham, Alabama, were arrested, blasted by fire hoses, clubbed by police, and attacked by police dogs.

May 3, 1855 - Macon B. Allen became the first African American to be admitted to the Bar in Massachusetts.

May 4, 1921 - Chicago real estate board unanimously voted to expel members who sold homes in white neighborhoods to Black buyers.

May 5, 1887 - A Black man named Richard Goodwin and a Black woman named Gracy Blanton were kidnapped from a jail by a masked white mob and hung from a tree in West Carroll Parish, Louisiana.

May 6, 1888 - Inventor Matthew A. Cherry patented the tricycle, a three wheeled bike that is used by many preschoolers.

May 7, 1955 - In Belzoni, Mississippi, NAACP member Rev. George Lee was fatally shot after angering local white people by attempting to register to vote.

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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 7, 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>

Our deepest condolences go out to Noel Barnes and his family on the passing of his father Mozell Barnes. May his soul be bound up in the bonds of life with Hashem.

"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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