



Agudas Achim Congregation

401 E. Oakdale Blvd., Coralville, IA 52241

Phone: 319-337-3813

www.AgudasAchimIC.org

October 2025 / Tishrei-Cheshvan 5786



Pictures of flowers on the synagogue grounds courtesy of Myra Clark.

AT-A-GLANCE EVENT CALENDAR

Kol Nidre	10/1	6:00 p.m.
Yom Kippur Morning Conservative	10/2	8:30 a.m.
Yom Kippur Morning Reform	10/2	9:30 a.m.
Children's Service	10/2	10:00 a.m.
Yom Kippur Learning Sessions	10/2	after service
Yizkor & Yom Kippur Afternoon	10/2	4:30 p.m.
Yom Kippur Break-Fast	10/2	after service
Tot Shabbat	10/3	5:30 p.m.
Sukkah Build	10/5	9:30 a.m.
Erev Sukkot Service	10/6	6:30 p.m.
Sukkot Morning Service	10/7	9:30 a.m.
Commemoration of October 7th	10/7	7:00 p.m.
Sukkot Morning Service	10/8	9:30 a.m.
Gaza Reflection Service	10/9	7:00 p.m.
Erev Shemini Atzeret Service	10/13	6:30 p.m.
Shemini Atzeret Morning Service	10/14	9:30 a.m.
Family-friendly Dinner	10/14	6:00 p.m.
Erev Simchat Torah Service	10/14	6:30 p.m.
Simchat Torah Morning Service and Yizkor	10/15	9:30 a.m.
Oneg Shabbat with Israeli Writers	10/18	after service
"Understanding Antisemitism" Program @ ICPL	10/22	12:00 p.m.
"Fighting Toxic Polarization" w/ Lea Haravon Collins	11/1	After service



Pictures from Charles Packard's challah baking workshop on September 21

FROM THE PRESIDENT

Lori McMann

Have you ever crossed many “easy” items off your to-do list, only to find that what remains is the “hard” thing? That hard thing is, in many ways, the work of the High Holidays: reflection and self-examination, along with acts of repentance and repair. Most of the year, we are swept up in activity. Reflection can feel non-urgent, offering none of the tangible reward of “a job well done.” The dishes are washed and put away. The emails are answered, marked “read,” and even deleted. These are the easy tasks—daily necessities that can distract us from the deeper, harder work the High Holidays call us to do.

Serving as synagogue president brings this feeling into sharp relief. All of our volunteer leaders, past and present, and our professional staff know it well. While these days are dedicated to sacred ritual and contemplation, we’re also aware of the many details required to make services, celebratory meals, and holiday programs run smoothly. The paradox is that at this most sacred time of year, our heads often swirl with logistics and to-do lists.

So, faced with the disconnect between “everyday” tasks and the work of *teshuvah* (*repentance or return*) *I am reminded that this is the “hard thing” left on the to-do list. To look honestly at our missteps, the hurt we may have caused, or the actions we regret takes real, deliberate effort.*

Is it an obligation? A privilege? Perhaps both, and more. I believe that moving through the Days of Awe is an extraordinary opportunity. As we journey from Rosh Hashanah to the final shofar blast of Yom Kippur, the challenging project of reflection, change, and personal growth can take root within us. We pause, listen, and let our inner voices question, yearn, decide, and choose anew.

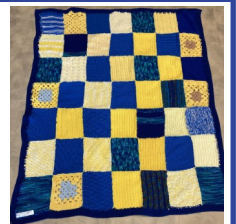
Two things make the task of reflection and repentance lighter. First, it has boundaries. We are given a sacred, finite window to examine the past year and seek repair before the gates symbolically close. We can set aside the demands of daily life for a few hours at a time—during services, at special family meals, or with the friends who form our chosen family to mentally step back and think deeply.

Second, we are not alone in this process. In my Rosh Hashanah message, I compared our Agudas Achim community to a tree, with its many branches reaching in different directions and offering diverse ways to engage. I hope you will nurture this “tree” by participating where you feel inspired, volunteering your time, and contributing financially to sustain our shared spiritual home and programming. Its growth depends on you—and I hope it will also help you grow in ways you seek for yourself. May these High Holidays bring you meaning, renewal, and a sweet beginning to a happy and healthy 5786.

You can find Lori’s Rosh Hashanah speech to the congregation [at this link](#).

WARM UP AMERICA

Warm Up America's members wish Agudas Achim's the best for 5786, and invite you to join us on alternate Sunday mornings in the social hall from 10:30 a.m. to noon as we work together to provide afghans for local charitable groups. Our remaining dates are October 5 & 19; November 2 & 16, maybe 30; December 14 & 28.



RELIGIOUS SCHOOL

Sonja Spear

Sunday School started with a bang, as it always does! One minute, I'm sitting quietly in the synagogue, thinking about the day; the next minute, I'm surrounded by kids talking about their summers, their showing off of new shoes, and happily bouncing off the walls. Secretly, I get a big kick out of all this exuberance. Officially, what with being principal and all, I'm supposed to tell everyone to simmer down and line up. Just call me Ms. Stop-Running-In-The-Hall.

This year, we're giving these rules a Jewish frame: derekh erez. It's a useful phrase! I recommend dropping it into family conversations.

Derekh erez is respectful, conventional behavior. It is derekh erez to knock before entering someone's house. It is not derekh erez to grab two snacks before everyone has had one snack. (Just for instance.) Derekh erez translates roughly as "the way of the world," or what we do here to get along with each other. The rabbis said that derekh erez comes before Torah. In Sunday School we need to figure out how to behave so that we can concentrate on learning and have some fun at the same time.

Moving on to the fun – we started the year by picking apples off the tree in front of the building. Doug Jones lent his expertise in apple picking and his height to the project of stripping the tree. The kids enjoyed sorting the apples into "good" and "bad."

We donated fifty pounds of apples to a homeless shelter, so they did not go to waste. Avery, who teaches the second grade, gave her students a couple of the less perfect apples to use as stamps. The students made some gorgeous Rosh Hashanah cards with an apple theme.

The Kindergarten learned about Rosh Hashanah, paying special attention to the words rosh (head) and shanah (year). The second grade will spend the year learning about the cycle of Jewish holidays and the lunar calendar. To illustrate the phases of the moon, the kids took very careful bites out of an Oreo cookie, which slowly waned from full to crescent before disappearing.

Hersh's class (third/fourth) learned about Abraham's journey from Ur and his relationship with his nephew, Lot. (Lot, it turns out, has a very funny name. Ahem! Derekh erez.)

Mal's class, (fifth-sixth grades) began their study of the Bible with the story of Cain and Abel. It's a difficult story, maybe especially for a class with many pairs of siblings! The class struggled with the question of whether God set Cain up by favoring Abel or whether Cain failed a test.

Speaking as principal/hall monitor, it seems to me that no party in that story exhibits sufficient derekh erez.

THE RABBI'S SERMONS

In lieu of a bulletin piece from the rabbi this month, here are the texts from her High Holiday & Shabbat Shuvah sermons:

[Erev Rosh Hashanah](#) [Rosh Hashanah Morning](#)
[Shabbat Shuvah](#) [Kol Nidre](#) [Yom Kippur Morning](#)

Sukkah Build

2025/5786



Join us Sunday, October 5 from 9:30 a.m. to
12:30 p.m. to help build and decorate the
sukkah! Snacks provided- all help welcome!
No RSVP required and we need lots of
volunteers!



The Iowa City Police Department (ICPD) is once again collecting winter clothing items to support members of our community in need.

The department is proud to continue its partnership with the Consultation of Religious Communities to distribute the items.

ICPD is collecting the following items in sizes ranging from newborn to adult:



**Coats
Gloves
Hats
Scarves
Socks
Snow pants
Snow boots**

**Donations collected
thru October 9**

Distribution

Community members in need of winter apparel can choose from a variety of items during the distribution event Wednesday, Oct. 15, through Saturday, Oct. 18, at River Community Church, 3001 Muscatine Ave. Participants must sign up for a 30-minute "shopping" time slot. Distribution hours and a sign-up link will be shared closer to the event.



October 7th

*Remembering the dead,
honoring the hostages*

Join us for a contemplative and prayerful ceremony to remember the victims of the October 7th massacre and pray for the release of the remaining hostages.

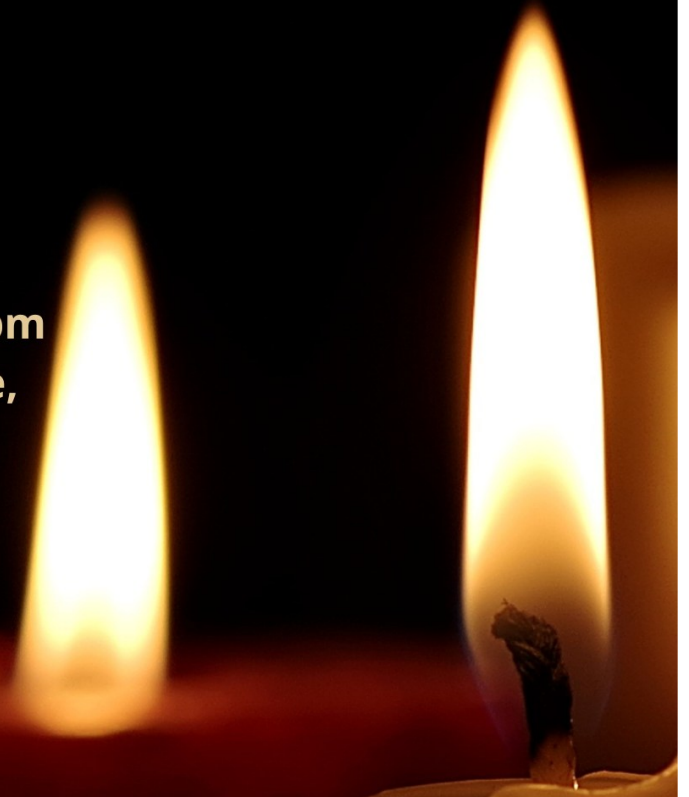
You are invited to bring a personal memento or a stone (for placing in the Biblical garden at the synagogue, as an act of remembrance) to this event.

The service will close with the recitation of the Mourners' Kaddish.

*Zichronam livrachah ~
may their memory
be a blessing.*

#BringThemHomeNow

**Tuesday, October 7th, 7 pm
Agudas Achim Synagogue,
All are welcome**



'FOR THESE THINGS, I WEEP'

LAMENTATIONS 1:16

BRINGING JEWISH WISDOM AND
COMPASSION AS WE SIT WITH THE
SUFFERING OF GAZA

All are welcome to this solemn gathering as we grapple with our grief over the loss of life in the Gaza Strip. Drawing on Jewish rituals of mourning, this will be a contemplative and interactive service with sharing, prayer and song.

THURSDAY, OCT 9,
7 PM AT AGUDAS ACHIM.

THIS CEREMONY WILL TAKE PLACE IN THE SYNAGOGUE SANCTUARY,
AGUDAS ACHIM CONGRGATION, 401 E. OAKDALE BLVD, CORALVILLE

STAY CONNECTED ON INSTAGRAM @IOWACITYJEWS



DREAMING IN JEWISH



On Saturday, September 14, twelve dedicated souls joined Lisa Heineman to Dream in Jewish – all day long!

Dreaming in Jewish is a framework for building a better future in troubling times. Who Dreamed in Jewish first? The ancient Rabbis, who had to create something totally new after the destruction of the

Temple! Not a bad example to follow in our own era of unsettling change.

We started out by learning about R Benay Lappe's Crash Theory. We continued with text study, writing, artmaking, meditation, blessings, and song. And we closed by thinking about how we might bring our Dreams into the High Holidays.

MAHJONG

All ages and life stages are welcome to join us. Experienced players, as always, are welcome to join a player's table. Please bring your 2025 card if you have one.

[RSVP to Karen](#) [RSVP to Jayne](#) [RSVP to Corvin](#)

Upcoming Dates

Oct 5- Karen Lipman
Oct 12- Jayne Sandler
Oct 19- Karen Lipman
Oct 26- TBD



ADULT EDUCATION NEWS

Barney Sherman

Oneg Shabbat with Israeli Residents of the International Writing Program

Saturday, October 18

Following services, join us for an Oneg Shabbat featuring two distinguished Israeli artists currently in residence at the University of Iowa's International Writing Program:

- **Roy Horovitz** is an acclaimed translator and dramaturge and has won awards for his acting, directing, and writing. He chairs the Drama and Theater program at Bar-Ilan University in Tel Aviv.

- **Keren Margalit** is an award-winning screenwriter, director, and producer who created several notable Israeli TV series. One of them, *Yellow Peppers*, was adapted by the BBC as *The A Word*, for which she also served as a writer and executive producer. Margalit's screenwriting credits include *In Treatment*, later adapted into a successful HBO series.

"Understanding Antisemitism" with Prof. Lisa Heineman

Wednesday, October 22, 12:00-1:30 p.m.

Iowa City Public Library, in person and livestreamed on the [ICPL YouTube channel](#)

In honor of the 80th Anniversary of the United Nations, Dr. Lisa Heineman will present a program exploring the concept of antisemitism. Lisa is President-Elect of Agudas Achim and founding co-director of the Certificate in Jewish Studies Program at the University of Iowa, where she serves as Professor of History and of Gender, Women's, and Sexuality Studies. The event is co-sponsored by Johnson County United Nations and the Iowa City Public Library.

MEMBERSHIP COMMITTEE NEWS

Karen Lipman

Mazel Tov! Share Your Simcha News!

We love celebrating joyful moments in our community—weddings, births, graduations, new pets, anniversaries, and other non-work related news. If you or your family have a simcha (happy occasion) to share, let us know so we can announce it here. Please email membership@agudasachimic.org with the information to share by the 24th of the month. Let's spread the joy!

Mazel Tov to

Eleanor and Alex Price on their recent wedding

Welcome to new members

Marc Falk and Dana Foster and family

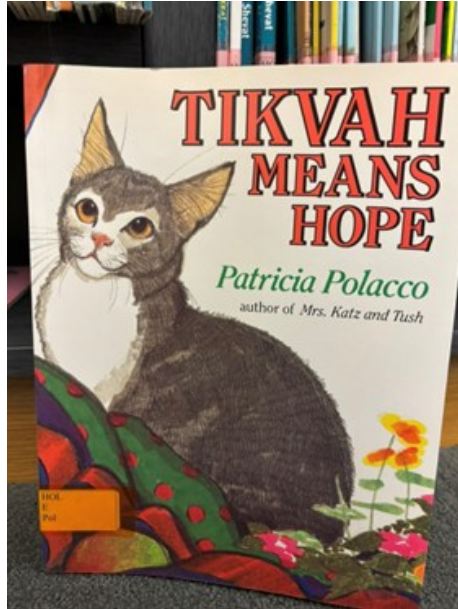
Elana Buch and Ken Hill and family

LIBRARY NEWS

Teresa Weiner

Primers from the library and the web for October celebrations!

From our library:



And from the web:

[Jewish Federation of St. Louis](http://www.jewishfederation.org/stlouis)

Sukkot - October 6-13

This harvest festival is named for the temporary dwellings, called Sukkot, decorated with fruit and vegetables, set up to recall the booths in which the Jews lived during their journey from Egypt. The holiday is marked by processions with the lulav (palm branch with myrtle and willow) and etrog (citron).

Shemini Atzeret - October 13-15

The day after Sukkot is Shemini Atzeret, which is combined in Israel with Simchat Torah, nominally a separate holiday; thus, there is no partaking of meals in the sukkah, nor use of the lulav and etrog. The special prayer for rain is recited during the musaf service.

Simchat Torah - October 15

Outside of Israel, the day after Shemini Atzeret, Simchat Torah marks the end of the annual Torah reading and the beginning of the cycle for the coming year. It is celebrated with singing, dancing, and merry processions of people carrying Torahs and children waving flags.

5786

SHANAH TOVAH UMTUKAH!

WALK-IN-WALKIN'

L'shana tova. Did you know that 3 out of 3 Iowa City doctors recommend at least two things for promoting good health:

- Exercise
- Interaction with other people.

Agudas Achim has provided a way to do both. The Synagogue is available 11:00 a.m. - 1:00 p.m. on Tuesday and Thursday when the office is open, for Walk-In Walkin' alone or in groups. Contact your friends and meet to walk, talk, and enjoy. Walk on hard surfaces or carpeting. Try it, you may like it. And you will make at least 3 Iowa City doctors happy.



TOT SHABBAT

The next Tot Shabbat will be held on Friday, October 3 at 5:30 p.m. at Agudas Achim. All kids and families are invited to attend, though the program is mostly geared towards little ones under the age of ~8.

Pizza will be provided in the social hall after the 30 minute service.

Please RSVP [using this form](#) so we can know how many to expect!

SEPTEMBER ONEG HOSTS

Thank you to September's oneg hosts:

[Sign up to host an oneg at this link.](#)

BOARD MINUTES

September board meeting minutes can be found [at this link](#).

BUDDY SYSTEM

Interested in having a buddy or being a buddy?
Information can be found [here](#).

SERVICE SCHEDULE FOR 2025

The schedule for 2025 can be found [here](#).

Trying to reach the office or someone else at the congregation?

Hannah: office@agudasachimic.org

John: administrator@agudasachimic.org

Rabbi Hugenholtz: rabbi@agudasachimic.org

Sonja: principal@agudasachimic.org

EARLY KEYBOARD CONCERTS

Upcoming Early Keyboard Society Concerts:

Kola Owolabi, organ

Organ Recital hall, University of Iowa
Sunday October 5, 3:00 p.m.

Gregory Crowell, clavichord

Agudas Achim
Sunday October 26, 3:00 p.m.

RECURRING GROUPS WITH FIXED TIMES/DATES- [CALENDAR ON WEBSITE](#)

Yiddish Study Group

Mondays and Fridays at 10:30 a.m. via Zoom.

Book group

Fourth Wednesday of every month at 1:00 p.m.

Talmud Study Group

Sundays at 9:00 a.m. on Zoom.

Seniors Group

Third Thursday of every month at 11:00 a.m.

Intro to Judaism Class

Tuesdays at 7:00 p.m.

SHABBAT SERVICES

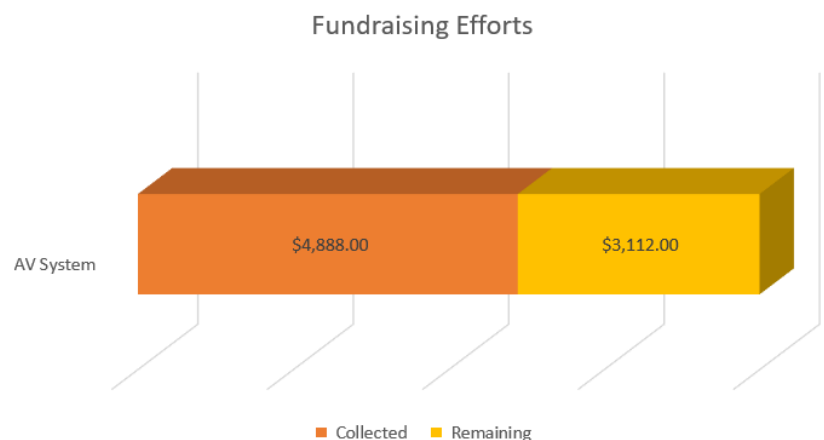
[Streaming link for Zoom services](#)

Haazinu (Deuteronomy 32:1-52)	Friday, October 3	7:00 p.m.	Mishkan T'filah (Reform)
	Saturday, October 4	9:30 a.m.	Lev Shalem (Conservative)
[Chol Hamoed Sukkot]	Friday, October 10	7:00 p.m.	Lev Shalem
	Saturday, October 11	9:30 a.m.	Mishkan T'filah
Bereshit (Genesis 1:1-6:8)	Friday, October 17	7:00 p.m.	Mishkan T'filah
	Saturday, October 18	9:30 a.m.	Lev Shalem
Noach (Genesis 6:9-11:32)	Friday, October 24	7:00 p.m.	Lev Shalem
	Saturday, October 25	9:30 a.m.	Mishkan T'filah
Lech Lecha (Genesis 12:1-17:27)	Friday, October 31	7:00 p.m.	Mishkan T'filah
	Saturday, November 1	9:30 a.m.	Lev Shalem

CONGREGATIONAL NEEDS FUNDRAISER

Our congregation regularly undertakes smaller fundraising initiatives that require support. Contributions of any size are welcomed and typically meet the immediate needs of these projects. If you have a particular interest in a specific initiative, we encourage you to consider offering your support.

Thanks to generous donations, we previously met our target for Torah Repairs. The installed AV system currently lacks complete funding. Additional support for the fundraising effort would help to reach this funding goal.



SEPTEMBER DONATIONS

RABBI'S DISCRETIONARY FUND

Ellen Lewin and Lizabeth Goodman: in memory of Joseph Lewin

Sue Weinberg and Robert Armstrong: in memory of Serena Armstrong

Kara and John Herbst: in memory of Marilyn Krachmer

Mel Sunshine: in honor of Rabbi Esther

Mel Sunshine: in memory of Mildred Sunshine Siegel

Sue and Ken Blackwell: in memory of Jerry Baskin

BUILDING MAINTENANCE FUND

Gary and Mindy Russell: in memory of Sidney J. Lenett & Frank Friedland

David and Martha Lubaroff: in memory of Rhona Fox & Mary Lubaroff

GENERAL FUND

Jody and Janie Braverman: in memory of Jacob Braverman

Bernard Miller and Sonja Hauter: in memory of Jean Miller

Linda Kerber: in memory of Richard Kerber, Harry Hagman Kaufman, and Mel Marcus

Jonathan and Susan Simon: in memory of Diane Sunshine

Richard and Karen Lipman: in memory of Diane Sunshine

Aaron & Leah Lee Caplan: For AV System

HIGH HOLIDAY FUND

Gary and Mindy Russell

Ray and Lindy Buch

David and Karlene Katz

Margaret Phillips

Aaron and Angela Greenwald

Rebecca Entel

Jeffrey Whitebook

Samuel Negin

Jerry Zimmermann and Carolyn Brown

Robert and Vida Brenner

Michael and Joanne Margolin

Sue Weinberg and Robert Armstrong

Susan Groff-VanArendonk

Bernard Miller and Sonja Hauter

David and Martha Lubaroff

Joel Shilyansky and Sonia Sugg

Carrie Z. Norton

Steve and Robin Ungar

Barney Sherman

Ellen Lewin and Lizabeth Goodman

Karen Charney and Benjamin Coelho

Steven and Reefka Schneider

Aaron and Leah Lee Caplan

Leonard Sandler, Lucy David, Hannah Sandler, & Family

LIBRARY FUND

Dan and Phyllis Petchers: in memory of Diane Sunshine

PORTMAN PROGRAM FUND

Richard Levine: in memory of Bernice & Mortimer Levine

SAFETY FUND

Richard Levine: in memory of Bernice & Mortimer Levine

TALMUD TORAH FUND

Eloise McCuskey: in memory of Vincent McCuskey

TIKKUN OLAM FUND

Marc and Nancy Zwerling: in memory of Craig Zwerling

IMMIGRANT WELCOME NETWORK GALA

Jody and Janie Braverman

Miriam Gilbert

Susan Lutgendorf

Richard and Karen Lipman

Ruth and Douglas Nathanson

James Blum and Lori McMann

OCTOBER YAHREZEITS

Abraham Asch	Harry Hagman Kaufman	Nate Chapman
Adolph Glaser	Henry M. Haendel	Richard Kerber
Albert Leer	Hyman Lupeson	Rivalie Sideman Cohn
Andrea Levey	Ike Milavetz	Robert F. Hoffman
Anna Dubin	Irene Gross	Robert Godin Mangers
Arnold L. Davidson	Isadore Ginsberg	Ronald Farber
Bernard Gerr	Israel Jacob Corn	Rosalie Levy
Bernhardt "Bernie" Rosenberg	Jean Miller	Ruth Prager Engleman
Bessie Persellin	Jeanne Louise Weiner	Ruth Rubenstein
Doris Graff	Joseph Lewin	Samuel Kaufman
Dov Tsachor	Joseph Willner	Sidney Lenett
Ethel Weinberg	Leo Pliner	Steve Marsden
Eugene Victor Weiner	Liliane Assouline	Steven Steigman
Fanny Kimmel	Louis Nathanson	Sylvia Lipman
Felicia Fursman	Mary Lubaroff	Vince McFadden
Fred Davine	Maxine Davine	William Schueller
Gary Korsmo	Melvin L. Marcus	Yochanan Kohen
Harry Canter	Mildred Siegel	

[Donate via Venmo](#); [Donate via Paypal](#)

STAFF

Rabbi	Esther Hugenholtz	Administrative Assistant	Hannah Sandler
Administrator	John Wertz	Custodian	Amos Kiche
Principal	Sonja Spear		

BOARD OF TRUSTEES

President	Lori McMann	Religious School	Joseph Chase
President Elect	Lisa Heineman	Social	Margaret Phillips
Past President	David Lubaroff	Tikun Olam	Mallory Hellman
Vice President	Jayne Sandler	Ways & Means	Marcus Nashelsky
Treasurer	Marcus Nashelsky	Youth	Meyer Lehman & Hannah Sandler
Board Secretary	Ruth Nathanson	At Large 1	Samantha Brotman
Membership	Karen Lipman	At Large 2	Chuck Friedman
Ritual	Ezra Hendelkin & Bernie Miller	At Large 3	Sue Weinberg
Adult Ed	Barney Sherman		