

## FROM THE RABBI

*Esther Hugenholtz*

Taking breaks is so good for the soul! Of course, as Jews we know how important breaks are – we are, after all, the people who gave humankind the weekend. My family took a wonderful break over the Memorial Day Weekend which we put to good use exploring the Hawkeye State. We explored the Amana Colonies in verdant Spring, supped on fried fish and nostalgic German family-style food. After brunch at Rapid Creek Cidery, we cut across the State in a South-North direction and visited Decorah, in Winneshiek County. I can highly recommend a day trip to what I've dubbed in my head a 'mini-Iowa city': a pint-sized college town with nice coffee houses, restaurants and a charmingly vibrant Main Street.

In the theme of breaks: our current President, Kathy Jacobs, will be cycling off at the end of the month. It has been an incredible privilege to work with her and see her '*mussar*', her Jewish ethics, in

like to wish Kathy and all lay leaders only blessing as they take a much-needed break from their leadership and get to enjoy the pleasures of 'just enjoying' the congregation on their own terms.

Of course, a bigger break is coming up for many of us: the restful summer period. We are already planning for the High Holidays and beyond. The Introduction to Judaism course will run through July and then take a break for my parental leave, and continue once I'm back early November. For the High Holidays, we will be welcoming Rabbi Michael Gilboa, who some of you may already know. Rabbi Gilboa is a beloved colleague of mine who married our own Emily Schoerning, who is now the Director of Innovative Education at Congregation Anshe Emet in Chicago. In fact, Rabbi Gilboa met his future wife in Iowa City and had their *chuppah* at our synagogue, shortly before my arrival. We are honored to have Rabbi Gilboa as our 'interim' High