



Agudas Achim Congregation

401 E. Oakdale Blvd., Coralville, IA 52241

Phone: 319-337-3813

www.AgudasAchimIC.org

October 2023 / Tishrei-Cheshvan 5784



FROM THE RABBI

Esther Hugenholtz

‘Unboxing’ and assembling a fresh lulav is a ritual in and of itself. You keep the leaves refrigerated until the last minute and then you snip off the plastic covers (at the bottom, so that you don’t go against the grain of the leaves when you gently pull them out). Find the thick end of the palm frond’s spine, slot in myrtle to the right and willow to the left. The best part is taking the etrog out of its cardboard box. Nestled in a white Styrofoam bed, the citron gleams at you in brilliant hues of yellow and green. If you very gently scratch the skin of the etrog, you will release some of its essential oils beneath and it renders the most wonderful smell: somewhere between lemony, soapy with a hint of spice. It is a complex and deep scent, much more complex than we usually associate with citrus fruits. What the citron lacks in meat and juice (if you slice one open, you’ll find mostly a very thick rind, pith and many pits), it redeems in the beauty of its scent.

As you can tell, I am rather fond of the lulav and etrog, one of our weirder Jewish rituals. (Check out the sermon I gave on its ‘weirdness’ on the synagogue website). Picking it up to bless reminds me of the post-High Holiday release that I feel this time of year and the gentle embrace of Fall before the climate turns to harsh Winter. It is a gentle and soft time, where we can feel a little more open to the world and exposed to the elements. Sukkot is a time of gratitude and thanksgiving, of bringing in the ‘harvest’, be it actual, spiritual or personal. We gather up our lives after having taken stock of them during Rosh haShanah and Yom Kippur, and with the slate swept clean, we start afresh. It is a wonderful feeling.

I have come out of the High Holiday season with oodles of gratitude and a very full heart. What a ‘harvest of joy’ we brought in, true to our theme of ‘Ashreinu’ – ‘our joy.’ I am so grateful to every single one of you who made our special season such a success. Each person who led, read Torah, took a mitzvah, volunteered, ushered, brought food, brought their friends, learned Torah, listened,

reflected, davened, schmoozed... and who came into our holy space. It really takes a village. I am so appreciative of both our lay leaders and our professionals who made it work, often behind the scenes, often under stressful conditions. Without you, we couldn’t have done it.

As I sit in my sukkah, with my sweet-smelling ‘arba minim’ (‘four species’), I am reminded of the symbology of the lulav and how it ties in with metaphors about holy community. The Rabbis of our tradition take an integrative approach to the lulav: the myrtle represents the eyes, the willow the lips, the palm frond the spine and the citron the heart: we bring together sight, speech, action and intention into holy service: seeing each other, helping each other, speaking words of kindness, friendship and truth with each other and holding each other in our hearts.

Likewise, there is a rabbinic telling that the four species represent different kinds of people in our community on whom we all rely: those who engage deeply with action but not with study, those who study much but are less active, those who are more distant from engagement or study and those who do both. While the metaphor isn’t perfect, it is an early rabbinic commentary on the importance of pluralism for the life and health of a community.

We live those principles acutely and intensely at Agudas Achim. During Yom Kippur, I was glancing at my watch and at the Machzor to make sure I’d get the chance to preach my sermon at both the Reform and the Conservative service (I managed it!). We recognize each other’s distinctiveness as well as our great coming together for Ne’ilah. We grow in seeing each other authentically, speaking compassionately to each other, working together and bearing each other’s burdens. Ashreinu; how fortunate are we. In this pluralist space, we get to unfold our true selves as well as practice mindful compassion on how we navigate difference. These are lessons that extend beyond the walls of our

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FROM THE RABBI

Esther Hugenholtz (cont.)

(Continued from page 2)

synagogue, or even the Jewish covenant; they are universal and sorely needed in our society. Like the open schach (foliage) through which we see the sky and the welcoming doors of our sukkah, our Judaism is so much broader and bigger and more giving than we may suspect.

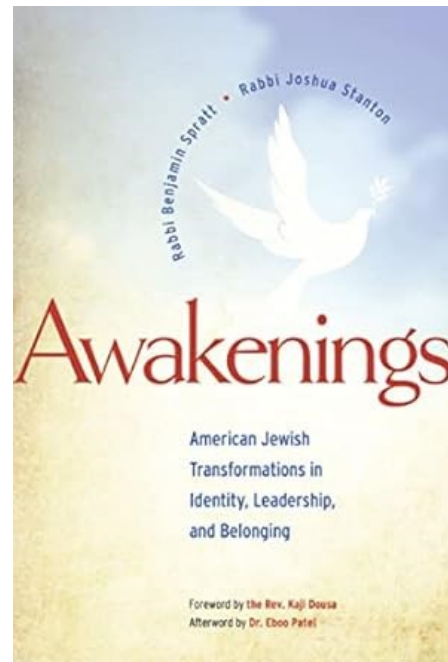
You will see two powerful pieces in this Bulletin from our President and our Ritual Committee Chair, David Lubaroff and Andrea Chase, respectively. We are navigating times of change – ‘riding the waves’ as I’d like to term it, and we will continue some of our growth and development, experimentation and openness without ever losing our sense of continuity and rootedness. We hope to investigate what makes our services ‘click’ for our community and how we can provide meaningful worship through our denominational affiliation. Adult Education has lots of plans cooking and I am sure the Social Committee is glancing ahead at the winter season too (did anyone say ‘Hanukkah’?).

In November, we will hold our first-ever Veterans’ Shabbat, which will be a lovely occasion and of course you can engage in more learning through our Introduction to Judaism program. We were on hiatus for the High Holiday season but now we are back. Feel free to come along! And don’t forget to attend our very own family-friendly Tot Shabbat in the Sukkah at 6 p.m. this Friday October 6 and our equally family-friendly Firepit and ‘Smores Simchat Torah celebration on Saturday October 7 at 6:30 p.m. All are welcome; bring your friends!

In not too long, it will be too cold to sit in my sukkah and I will repurpose my dried-out etrog for a new craft project (in the past, I’ve turned my lulav and etrog into a Hanukkah wreath, in reminiscence of the story in the Books of Maccabees). Before we know it, it is Halloween and then Thanksgiving and an early Hanukkah. But I promise you, we will stay ‘warm and cozy’ as a community in more ways than one all throughout the winter season.

With gratitude for your engagement, attendance, love, appreciation, monetary donations for our High Holiday appeal (it is still open!), support for our Coralville Food Pantry (that too, is still open!), volunteering, leadership, kindness and communal solidarity. May the turning of the seasons bring you as much joy as it does me.

The Rabbi Recommends:



If you enjoyed my Rosh haShanah morning sermon on interesting, unexpected and delightful shifts in the American Jewish community and want to know more, the book I used to base my preaching on is:

Awakenings: American Jewish Transformations in Identity, Leadership and Belonging by Rabbis Joshua Stanton and Benjamin Spratt.

It is a slender volume with a series of chapters that read like stand-alone essays and will surprise you and prompt deeper thinking.

The Rabbi’s sermons from the High Holidays are available on the synagogue website in video and text formats.

FROM THE PRESIDENT

David Lubaroff

Dear Friends and Colleagues –

I want to thank and congratulate everyone for making the High Holiday services of Rosh Hashanah and Yom Kippur so wonderful and meaningful. This was a complete effort by so many people. Everyone worked together in the spirit of respect and collaboration. An example of that collaboration was with the ritual, social, adult education, and religious education committees and the Sunday school. Many helped by volunteering as greeters and ushers, making congregants feel welcome and safe.

Our rabbi took all the pieces provided by you to conduct one of the most warm, spiritual, and meaningful services I have experienced. She exuded happiness and hit home runs during each of the services.

This year, we re-introduced separate conservative and reform services, adding another level of organization and collaboration. It necessitated utilizing the talents of several lay leaders to

guarantee that everyone's spiritual needs were met. Some were veterans on whom we have relied year after year, some were first timers, but they all worked hard to meet the needs of Agudas Achim.

No praise for the success of the High Holiday services would be complete without acknowledging the hard work and long hours put in by the office staff and the custodian. The preparations began several weeks before Rosh Hashanah and continued unabated until the shofar was blown last night.

And – lastly – many, many thanks to all of you, synagogue members and families and non-members and families. The efforts of the rabbi, board of directors, lay leaders, and volunteers were for you, to make it possible for everyone to enjoy Rosh Hashanah and Yom Kippur.

To all of you – THANK YOU – THANK YOU – THANK YOU.

Regards,
David

COVID COMMENTS

Bob Wallace, Barcey Levy, & Jane Zukin

The COVID-19 virus is still with us in the community, but as of this writing (September 26, 2023) it has fortunately moderated a bit. However, there are still several persons hospitalized with the infection at University Hospitals. Continued protective practices are still indicated, particularly in crowded environments. We also suggest that you continue to follow CDC and FDA recommendations regarding receipt of vaccines. The new COVID booster is now available, as is this year's influenza vaccine; these can be given together at the same sitting. The RSV vaccine is also available, and is recommended for pregnant women and persons over 60 years of age. The respiratory infection season is upon us. If you

have any questions, please see your health care professional.

The media have reported some "glitches" in payment for vaccines. The new COVID-19 booster is supposed to be free or paid by your insurance, but there has been some confusion about this. Please check on any possible costs before ordering. Also, the federal administration recently announced that home testing kits for this season would be available free by mail. We have not seen the specific information yet on how to order them, however.

May you have a happy and healthy new year!

New Information discovered in the office: you can now order free at-home COVID tests by going to covidtests.gov or calling 1.800.232.0233. If you have BinaxNOW COVID tests at home, some expiration dates have been extended. You can find out more information [here](#).

SENIORS GROUP

Join the Agudas Achim Synagogue Seniors Chavurah that meets every third Thursday of the month from 11:00 a.m. to 1:00 p.m. in the social hall. This month, the group will meet on Thursday, October 19 when Dr. Robert Wallace will present "Perspectives on How the Pandemic Affected Jewish Life." PLEASE RSVP BY MONDAY, OCTOBER 16 so we can plan appropriately for brunch. Reserve your spot by emailing: rsvp@agudasachimic.org

Join Us! Agudas Achim Synagogue Seniors

THURSDAY October 19
11 AM TO 1 PM
SOCIAL HALL

This month, Dr. Robert Wallace will present a short talk: "Perspectives on how the Pandemic Affected Jewish Life"

PLEASE RSVP BY MONDAY, OCTOBER 16 so we can plan appropriately for brunch. Reserve your spot by emailing: rsvp@agudasachimic.org

Coffee, Conversation, and a Nosh

- However you define "seniors" is up to you
- Bring a friend
- Make a new friend
- Group meets third Thursday of the month
- Click this link to reserve your spot rsvp@agudasachimic.org



Jeanne Cadoret - Phyllis Petchers - Jane Zukin

OCT 3RD 7PM

SPIRITUAL JOURNALING FOR SUKKOT

**JOIN US IN THE
SUKKAH AT THE
SYNAGOGUE**

**FOR WRITING &
REFLECTION**



LIBRARY NOTES

Teresa Weiner

Some things bear repeating... New books are here!! New books are here!!

Nonfiction:



Hitler's American Friends: The Third Reich's Supporters in the United States - Bradley W. Hart

People Love Dead Jews - Dara Horn

The Pope at War: The Secret History of Pius XII, Mussolini, and Hitler - David I. Kertzer

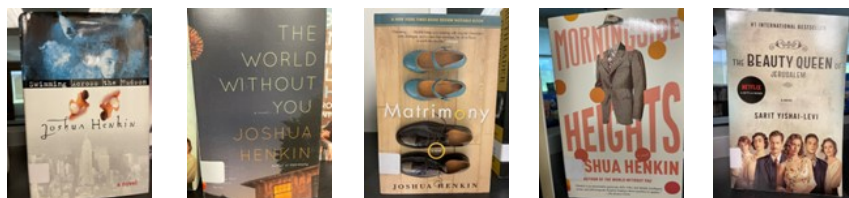
Biography:



The Best Strangers in the World - Ari Shapiro

Ruth Bader Ginsburg: A Life - Jane Sherron De Hart

Fiction:



Swimming Across the Hudson - *The World Without You* – *Matrimony* - *Morningside Heights* - Joshua Henkin

The Beauty Queen of Jerusalem - Sarit Yishai-Levi

The library is always open when the synagogue is open. Be the first to check out these books!



OCTOBER SHABBAT AND FESTIVAL SERVICES

[Streaming link for Zoom Shabbat services.](#)

Note that streamed festival services (in blue below) will be held at the [High Holidays Zoom Link.](#)

Shemini Atzeret	Friday, October 6	6:00 p.m.	Tot Shabbat
		7:00 p.m.	Shabbat & Festival Service
	Saturday, October 7	9:30 a.m.	Shabbat & Festival Service
Simchat Torah	Saturday, October 7	6:30 p.m.	Simchat Torah Service & Fire Pit
	Sunday, October 8	9:30 a.m.	Simchat Torah Service & Yizkor
Bereshit (Genesis 1:1-6:8)	Friday, October 13	7:00 p.m.	Mishkan T'filah
	Saturday, October 14	9:30 a.m.	Lev Shalem
Noach (Genesis 6:9-11:32)	Friday, October 20	7:00 p.m.	Lev Shalem
	Saturday, October 21	9:30 a.m.	Mishkan T'filah
Lech Lecha (Genesis 12:1-17:27)	Friday, October 27	7:00 p.m.	Mishkan T'filah
	Saturday, October 28	9:30 a.m.	Lev Shalem

OCTOBER Yahrzeits

Abraham Asch	Robert F. Hoffman	Jacqueline Fooshe Ormond
Liliane Assouline	Harold Jaffe	Bessie Persellin
Doris Bonfield	Dorothy Kanef	Leo Pliner
Remi Cadoret	Harry Hagman Kaufman	Jacob Portman
Harry Canter	Samuel Kaufman	Bernhardt "Bernie" Rosenberg
Rivalie Sideman Cohn	Richard Kerber	Polly Schlesinger
Arnold L. Davidson	Fanny Kimmel	Mildred Siegel
Fred Davine	Joseph Kimmel	Steven Steigman
Anna Dubin	Gary Korsmo	Herman Sterman
Max Dvoretzky	Gordon Korsmo	Bertha Tiss
Ruth Prager Engleman	Albert Leer	Dov Tsachor
Lillian Friedman	Andrea Levey	Bernice Warren
Felicia Fursman	Rosalie Levy	Eugene Victor Weiner
Bernard Gerr	Mary Lubaroff	Jeanne Louise Weiner
Isadore Ginsberg	Melvin L. Marcus	Joseph Willner
Doris Graff	Steve Marsden	Elsie Wingo
Irene Gross	Ike Milavetz	
Henry M. Haendel	Louis Nathanson	

SCHOOL NEWS

Sonja Spear

Way back when, in another lifetime, I used to teach college students *about* various religions. We talked about Judaism; we talked about Hinduism. We explored this theory and that. It was a comfortable place for me, both engaged and officially neutral. I was trained to speak as if from nowhere, my personal commitments hidden. The professors who taught me considered it a triumph if students could not figure out which religion they had been raised in or now practiced.

Somehow, decades later, I find myself teaching a small child to shake a *lulav*, a bundle of willow, palm, and myrtle, maybe one of the oldest, certainly one of the strangest, Jewish rituals. “Now, over your right shoulder,” I said, definitely speaking from *somewhere*. I wasn’t teaching someone to pass a test or to understand a foreign point of view. I was passing on a tradition.

The child giggled. Probably, that is also a tradition.

I wish I could say that my transformation from teaching *about* Judaism to just teaching Judaism was immediate, that it happened as soon as I read the Sunday School curriculum. But it wasn’t. For one thing, that distant curriculum had a lot of learning *about* in it. It was a little more “here’s what Jews do” and a little less “here’s what we do.”

This *Tishre*, where every holiday fell on a Sunday, seemed to push me right over the edge. The calendar was an invitation to engage the kids in *doing* Judaism, not just learning about it. So, we went to the animal shelter to see what we can do to alleviate the suffering of animals (*tza’ar ba’alei chayyim*). We blew the *shofar*, under the expert instruction of Andy Frank. We waved our *lulavs*. This coming Saturday night, we will dance with the Torah at 6:30. Then, being modern people, we will eat pizza and roast marshmallows. Vegan marshmallows so there’s no conflict with *kashrut*. There won’t be time for a lot of explanation, a lot of learning *about*. We’ll just do it. (Please come. It will be a lot of fun!)

“We will do and we will hear,” we said at the foot of Mt. Sinai. It’s not the standard educational model, to act first and talk about it later. My public-school education, at least, included a lot of lecturing before we lit a Bunsen burner or write a story. But the last few days have taught me that it may be time to flip the Sunday School classroom. I’ll be looking for more opportunities for the kids to *do* Judaism, from *tikkun olam* to leading services. Sometimes, meaning emerges from practice.

EARLY KEYBOARD SOCIETY CONCERT



Please join us on **October 29, 2023** at 3:00 p.m.
for an Early Keyboard Society concert featuring:

David Schrader, clavichord

Save the date for this upcoming concert as well:

March 31, 2024: **Daniel Adam Maltz, fortepiano**

CHANGE TO AGUDAS ACHIM SERVICE SCHEDULE

Hello Agudas Achim congregation!

It was wonderful to see so many of you at our High Holiday services! We hope you found meaning and connection at our various services and invite you back for our Sukkot programming and Simchat Torah festivities as well!

Our main themes to welcome 5784 were *ashreinu* – how fortunate we are, and *shinui* – embracing change. In that spirit, the ritual committee, in collaboration with the Rabbi, will be implementing an experimental new model for weekly Shabbat services for the next few months. We will be trialling an equal number of Shabbat evening and morning services that are Reform and Conservative. We will alternate each week so that over the remainder of the secular year (ending before January 2024), 50% of our evening/morning services will be Conservative, and 50% of our evening/morning services will be Reform. You can see the new calendar [here](#), and as always, the Siddur used for each service will be in every weekly email.

This model will be in place for approximately 3 months, and at the beginning of 2024 we will collect your feedback and consider attendance trends to determine the value and popularity of this model. We will share our assessment with the board and the entire congregation before implementing any long-standing changes.

If you are interested in participating in weekly services as a lay leader, Torah or Haftarah reader, or would simply like to learn more about different participation opportunities please let the Rabbi or the office know, or email Andrea at andrea.chase4@gmail.com.

Thank you for being part of the Agudas Achim community and we wish you a joyful, sweet new year!

Sincerely,

The Ritual Committee (Andrea Chase, Peter Rubenstein, Corvin Greene, Shawna Levy, and Bernie Miller)

TOT SHABBAT

Tot Shabbat will take place on **Friday, October 6 at 6:00 p.m.**, followed by a family-friendly dinner until 7:00 p.m. A shabbat & fesival service will take place as usual at 7:00.

Tot Shabbat is a special service for children aged 2 to 7 years and their parents, with additional siblings and/or grandparents welcome. We will sing a few easy and fun songs and read a story about Sukkot together.

Karen Charney will lead this with her guitar in the Sukkah, (weather permitting).

Please RSVP by October 3 to Karen Lipman (kklipman@aol.com) with how many kids and adults for the service and dinner. We hope to see you there!

ADULT EDUCATION COMMITTEE NOTES

Lisa Heineman

The Adult Ed Committee welcomes you to the wonderful world of learning in 5784!

We had some terrific lay-led programming for the High Holidays: spiritual journaling for Elul and Sukkot; a lunchtime lesson on the Jewish calendar; and learning sessions on Jonah, Teshuva, Yom Kippur poetry, and the Jewish calendar (reprised) during the afternoon break in Yom Kippur services. Thanks to Corvin Greene, Bernie Miller, Ezra Hendelkin, Doug Jones, and David Roston for planning sessions, and thanks to all who attended.

And, of course, thanks to the Rabbi for reprising her popular workshops on the Tallit and the Machzor, and for offering a Rosh Hashanah challah-braiding class at the Iowa City Public Library (with 75 attendees!).

Here are a few things we've got in the works for the next few weeks:

Reviving Friday Oneg, continuing Sunday afternoons

Accessibility is a key principle for the Adult Ed committee, so we're broadening our schedule to accommodate congregants' busy lives. Keep your eyes open for learning opportunities following Friday Oneg *and* early Sunday afternoons.

Public Space Judaism

Our neighbors have responded with great enthusiasm to events like the Rabbi's challah-baking workshops and children's reading sessions in the Public Library ... so we're going to do more! Here are just a few "public space" events we're working on:

- Events in conjunction with the exhibit "[Hey Buddy, I'm Bill](#)," on display in the University library through December 19. Bill Sackter's story of institutionalization and disability activism was known internationally, and it

became the subject of two films. Bill was also a well-loved member of the synagogue: his harmonica-playing left fond memories, and he was a beneficiary of Rabbi Jeff's kind mentorship. We're working on a guided tour by the curators of the exhibit, enriched by a discussion of Jewish teachings on disability.

- A talk on the history of Jewish Iowa City drawing on Doug Jones's research.
- The Rabbi is planning to reprise her three-session "Taste of Judaism" course, which she brought to the synagogue in May – this time in a public space. She'll also consider her tradition of presenting Hanukkah Story Time at the Iowa City Public Library.

Adult B'Mitzvah / Reading & Chanting Torah / Leading Services

Are you thinking about an adult B'Mitzvah, learning to read and chant Torah, or learning to be a lay leader of services? We're doing some planning, so let us know if you might be interested! This will help us to think about the highest priorities and needs of those who would like to engage.

Perhaps you'd like to help the congregation deepen its bench of lay service leaders or Torah readers. *This would be a great mitzvah, even if there's no "Bee" (Mitzvah) involved!*

Perhaps you'd like to work alongside your child, grandchild, or young friend who's preparing for a B'Mitzvah. *Three cheers for intergenerational learning!*

Perhaps you'd like to plan a B'Mitzvah that centers around aspects of Jewish learning and life other than Torah reading. *Believe it or not, reading a Torah portion is not required to become B'Mitzvah!*

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ADULT EDUCATION COMMITTEE NOTES

Lisa Heineman (cont.)

(Continued from page 11)

Please contact Lisa Heineman if you'd like to participate. lisa.heineman.1945@gmail.com

Hands-on Judaism

The Rabbi is planning a variety of learning sessions for the congregation on such subjects as:

Serving on the Chevra Kadisha (burial society)

Making Shabbat/Havdalah at home (including Birkat HaMazon)

Crocheting kippot (perhaps for Hanukkah gifts!)

... and perhaps reviving the Saturday morning learners' minyan

Spiritual Journaling

Following up on their workshops for Elul and Sukkot, Corvin Green will offer spiritual journaling

workshops aligned with holidays throughout the year.

Let's go see a movie! Or a reading, or a play, or a concert ...

Iowa City has such an amazing cultural life ... and some of it is Jewishly themed. Would you like to gather a group of friends or co-congregants to attend an event, then get together afterwards for a cup of tea or wine & discussion? Let us know, and we'll help to facilitate and publicize it!

Rosh Chodesh Day of Self-Renewal

We have the opportunity to book a few spaces for the Day of Self Renewal at Prairiewoods Retreat Center in Hiawatha on Monday, April 8 – Rosh Chodesh Nisan. More details coming soon!

And more!

If you'd like to propose an event, feel free to contact the chair of the Adult Ed committee, Lisa Heineman (lisa.heineman.1945@gmail.com).

FROM THE TREASURER

Mindy Russell

Wonderful news! Largely due to the generosity of our congregants and to some unanticipated revenue, our fiscal year ended June 30 with a little less than a \$3,000 surplus. We are hopeful that this movement towards a balanced operating budget continues this current year.

Financial Report Fiscal Year Ending 6/30/23

Membership dues, General fund gifts, Other income	\$437,862
Personnel, Programs & Operations Expense	<u>\$435,176</u>
Net Operating Income	<u>\$ 2,686</u>

See a more detailed financial statement in the synagogue office.

MAHJONG GROUP

The Agudas Achim Mahjong group is back in business! Whether you're a total newcomer or a seasoned veteran of this classic game, mahjong is the perfect way to hone your strategy skills and build community. Join us for upcoming game days from 2:00 - 4:00 p.m. on Sunday October 8 and 15 in the social hall. Feel free to come for all or part of the afternoon; all are welcome! Any questions? Contact Karen (kklipman@aol.com).

SEPTEMBER ONEG HOSTS

Thank you to September's oneg hosts!!!

**Phyllis & Dan Petchers, Maureen & Bob Wallace, Linda Yanney,
Lauren Kanner & Aaron Adler**

If you'd like to sponsor an oneg, contact the office!

CHESHVAN YOGA

Announcing Cheshvan Yoga: From "Mar" to Marvelous! Cheshvan is considered a "mar" (bitter) month due to its dearth of Jewish holidays. Let's sweeten the season by joining together for some Cheshvan Yoga!

In this three-session drop-in class, we will relax, refresh, and rejoice in the New Year while giving ourselves time to rest and integrate our personal experience of the High Holy Days. We will come away from each gathering with a simple movement practice that we can add to our daily routine. Everyone is welcome. No previous Yoga experience necessary! Join us for as many sessions as you like.

Dates: Sundays from 2:00-3:00 p.m. on October 15, November 5, and November 12

Location: Agudas Achim Congregation

Bring: Yoga mat, large towel, or blanket (optional, but nice to have)

To register: rsvp@agudasachimic.org

For more information: leslea-collins@outlook.com



DONATIONS

RABBI'S DISCRETIONARY FUND

Sue & Ken Blackwell: In memory of Jerry Baskin

Richard & Karen Lipman: In honor of Dr. Joseph Zabner med school mentoring award

Dorothy Paul: In memory of David M Paul

Gary & Mindy Russell: In memory of Sidney Lenett and Frank Friedland

Nancy Sprince: In memory of Craig Zwerling and Lillian Zwerling

CEMETERY FUND

Becky Sale: In memory of Brenna and Arny Davidson

Jack L. Snider: In memory of Herman Snider

Rhoda Vernon: In memory of Ida Vernon

FINE ARTS FUND

Stanley & Jane Zukin: In memory of Michael Sellz

GENERAL FUND

Eva Bernfeld: In honor and memory of Yaakov Bernfeld z"l

Steven Gotsdiner

Carlos & Bethany Vargas

HIGH HOLIDAY FUND

Naomi Bloom & Ellen Marie Lauricella

James Blum & Lori McMann

Ray & Lindy Buch

Michael & Myra Clark

Tom & Becky Gelman

Joshua & Jennifer Gersten: In memory of Norman Bear

Jake Goldwasser

Corvin Greene

Lisa Heineman & Glenn Ehrstine

Sam & Marj Kuperman

David & Martha Lubaroff

Bernard Miller & Sonja Hauter

Ruth & Douglas Nathanson

Brian & Jennifer Richman

Peter & Linda Rubenstein

Gary & Mindy Russell

Nancy Sprince

Mel & Diane Sunshine: In memory of Gerry Brodsky

Rhoda Vernon

Jeffrey Whitebook

LIBRARY FUND

Pamela & Bill Kutschke: In memory of Donald Herbach

LOUIS GINSBERG YOUTH FUND

Mark & Vickie Ginsberg: In memory of Louis I. Ginsberg and Douglas Ginsberg

PORTMAN PROGRAM FUND

Richard Levine: In memory of Mortimer Levine

PRAYERBOOK FUND

James Blum & Lori McMann

Charlotte Dvoretzky: In memory of Miriam Silversteen

SAFETY FUND

Richard Levine: In memory of Mortimer Levine

TALMUD TORAH FUND

Eloise McCuskey: In memory of Rosalie Braverman

TIKUN OLAM FUND – HHD FOOD DRIVE

Ray & Lindy Buch

Lea Haravon Collins & Steve Collins

Miriam Gilbert

Ari Levin

Ellen Lewin & Liz Goodman

Judith Liskin-Gasparro

Susan & Phil Lutgendorf

Michael & Joanne Margolin

Bernie Miller & Sonja Hauter

Ruth & Doug Nathanson

Donna & Robert Rodnitzky

Pete & Linda Rubenstein

Nathan Eugene Savin & Susan Enzle

Nancy Sprince

Ellen Weinberg

Sue Weinberg & Robert Armstrong

TZEDAKAH COLLECTIVE

Benjamin Cooper

OCTOBER 2023

Sun	1	Sukkot Morning Services	9:30 AM	Sun	15	Talmud Study Group	9:00 AM
		Sunday School Family Lunch in the Sukkah	12:00 PM			Sunday School	9:15 AM
		Mah Jong Group	2:00 PM			Warm-Up America	10:30 AM
Mon	2	Monday Drop-Ins	10:00 AM			Cheshvan Yoga	2:00 PM
		Yiddish Study Group	10:30 AM			Mah Jong Group	2:00 PM
		Intro Class	7:00 PM	Mon	16	Yiddish Study Group	10:30 AM
Tue	3	Spiritual Journaling in the Sukkah	7:00 PM	Thur	19	Seniors Group	11:00 AM
Wed	4	Social Committee	2:00 PM			Board Meeting	7:00 PM
Fri	6	Yiddish Study Group	10:30 AM	Fri	20	Yiddish Study Group	10:30 AM
		Tot Shabbat & Supper in the Sukkah	6:00 PM			Shabbat Evening Services	7:00 PM
		Erev Shemini Atzeret Services	7:00 PM	Sat	21	Shabbat Morning Services	9:30 AM
Sat	7	Shemini Atzeret Services	9:30 AM	Sun	22	Talmud Study Group	9:00 AM
		Simchat Torah Service and Fire Pit	6:30 PM			Sunday School	9:15 AM
Sun	8	Simchat Torah Service	9:30 AM	Mon	23	Monday Drop-Ins	10:00 AM
		Mah Jong Group	2:00 PM			Yiddish Study Group	10:30 AM
Mon	9	Monday Drop-Ins	10:00 AM			Intro Class	7:00 PM
		Yiddish Study Group	10:30 AM	Wed	25	Free Lunch	11:30 AM
		Intro Class	7:00 PM			Book Group	1:00 PM
Wed	11	Ritual Meeting	7:30 PM	Fri	27	Yiddish Study Group	10:30 AM
Thur	12	Exec Meeting	5:30 PM			Shabbat Evening Services	7:00 PM
Fri	13	Caring Committee Meeting	10:00 AM	Sat	28	Shabbat Morning Services	9:30 AM
		Yiddish Study Group	10:30 AM	Sun	29	Talmud Study Group	9:00 AM
		Shabbat Evening Services	7:00 PM			Warm-Up America	10:30 AM
Sat	14	Shabbat Morning Services	9:30 AM			Early Keyboard Concert	3:00 PM
				Mon	30	Monday Drop-Ins	10:00 AM
						Yiddish Study Group	10:30 AM
						Intro Class	7:00 PM
Save the Date							
Fri-Sat, 11/3-4						Martin Blum Bar Mitzvah	
Sat 11/11						Veteran's Shabbat	

YIDDISH STUDY GROUP

The Yiddish Study Group meets Mondays and Fridays at 10:30 a.m. via Zoom.
[Contact the office](#) for more information.

WEDNESDAY BOOK GROUP

The Wednesday book group will meet on October 25 at 1:00 p.m. on Zoom.
[Contact the office](#) for information.

EREV ROSH HASHANAH SPEECH BY THE PRESIDENT

David Lubaroff

Good evening, Shabbat Shalom, and Shana Tova. Some of you may not know me, but many of you have been friends for many years. For those of you in the former category, please allow me to introduce myself. My name is David Lubaroff, the current president of the Agudas Achim Board of Directors. Some of you may know me as the husband of my famous wife Martha, the father of my famous sons Saul, Scott, and Matthew, or grandfather of my soon to be famous six grandchildren. We are members of this shul, and have been, for over 50 years, joining the same year that we moved to Iowa City from Philadelphia. Much has changed in those 50 years, and I want to talk to you about that important word – change.

Most of my words are mine, but I have used information and quotes from a variety of sources.

The Greek philosopher Heraclitus is known for the statement *“The only thing constant is change.”*

Change is everywhere and happens every day. We try to accommodate those changes to survive and to maintain our health and happiness. Some of the changes we experience are not in our control and others are certainly responsive to some form of adaptation. We cannot change when the sun and moon will rise and set, for example, or the length of each day in any given month. But we can change what we do within each of those days.

So many people have fraught relationships with change. We deny it, resist it or attempt to control it — the result of which is almost always some combination of stress, anxiety, burnout, and exhaustion. It doesn't have to be that way. No doubt, change can, and often does, hurt; but with the right mind-set, it can also be a force for growth. It's not as if we have any choice in the matter. Like it or not, life *is* change. We'd be wise to shift our default position from futile resistance to being in conversation with change instead.

Personally, my life, like many of yours, has been filled with change and my ability to accommodate those changes. You don't stay married for over 62 years without change as attested to by both Martha and me. Similarly, you don't raise a family, with its plethora of unknowns, without change.

As parents, we cannot control whether a son or daughter is chosen to be a starter on a sports team, the lead in a play, or first chair in the band or orchestra. But – we can change how to teach the child to accommodate the success or disappointment.

To thrive in our lifetimes — and not just survive — we need to transform our relationship with change, leaving behind rigidity and resistance in favor of a new nimbleness, a means of viewing more of what life throws at us as something to participate in, rather than fight. We are always shaping and being shaped by change, often at the very same time.

Not only do we, as individuals and as families, have to make changes in our lives, but in our houses of worship, in this case, our synagogue Agudas Achim. We, as individuals and houses of worship, must change and for many reasons.

In the latter part of the 19th century and early in the 20th century the U.S. saw a great immigration of Jews, mostly from Germany and Eastern Europe. To accommodate and educate them hundreds of seminaries, synagogues, schools, and agencies were formed and successfully served the multitudes. Over 100 years later many of them are in peril mainly because of their successes. New generations of Jews grew, and their needs changed. As an example, many synagogues faced a changed population. Many Jews were intermarrying, and others ceased to see the need for spirituality and traditional Jewish worship and education. Change was happening and changes were needed to accommodate these new generations. This was

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EREV ROSH HASHANAH SPEECH BY THE PRESIDENT

David Lubaroff (cont.)

(Continued from page 16)

difficult for many, as synagogues resisted change in order to serve, not only the traditional orthodox, conservative, and reform Jews, but Jews with non-Jewish partners, Jews of color, and Jewish couples and families of same sex relationships and marriages.

Agudas Achim Congregation is actively responding to change to allow this synagogue to survive, serve the religious needs of our membership, educate our children and grandchildren, and enjoy Jewish life together. The Board of Directors held a 2-day retreat at the end of August that, by any measure was very successful. We all contributed to the discussions and plans for the future. We have action plans that will take shape at executive committee and full board meetings for the benefit of us all.

The rabbi, executive committee, and the full board realize that change does not have to be all or nothing. We have a heterogeneous membership with wants and needs that differ from those of others. The conundrum we face is to make certain proposed changes that do not favor one group while ignoring another. We must do our best to make changes that benefit everyone – yes, a tall task, but it is important to do.

As we have reached the High Holy Days of 5784, beginning tonight with Erev Rosh Hashanah and ending with Yom Kippur, we engage in the process

of repentance, perhaps the Kol Nidre prayer, with its long list of types of vows and long list of potential forms of release from them, serves as a reminder that change is possible. We don't have to be locked into the mistakes of our past. There is always a way to change course for the future, if only we can open our minds and see it, and if only we can resist our own pride and do it.

Not only is tonight the beginning of the 10 days of awe, but it is also the start of Shabbat. So – I want to close with a quote from a reading in Mishkan T'Filah Shabbat Machsor:

This is an hour of change.

Within it we stand uncertain on the border of light.

Shall we draw back or cross over?

Where shall our hearts turn?

Shall we draw back, my brother, my sister, or cross over?

This is the hour of change and within it we stand quietly on the border of light.

What lies before us?

Shall we draw back, my brother, my sister, or cross over?

Shabbat Shalom, L'shanah tovah, G'mar chatima tova.

WARM UP AMERICA

Warm Up America will meet October 15 and 29, 10:30 a.m. - noon, in the Social hall. We'll be working on more afghans for delivery this winter. Please stop by and say hello.

We'll be glad to show you how we create afghans for fellow lowans who might benefit from some additional emotional or physical warmth.



SYNAGOGUE SUCCESSES

On Labor Day Weekend, Agudas Achim combined our love for the outdoors with our passion for Shabbat: we went apple picking, had pizza and greeted the Sabbath Bride with a musical, contemplative service among the hills and trees of the orchard.

Sunday September 3rd was an action-packed day at the synagogue - we had Mah Jong, Elul Yoga, a study session on the Jewish calendar with Bernie Miller and a challah braiding tutorial with the



rabbi. Our beautiful challot are now in the synagogue freezer to be enjoyed at High Holiday services.

Wednesday September 6th was tallit tying time! The rabbi led a workshop on how to embrace wearing a tallit for the High Holidays, the deeper spiritual meaning of the mitzvah and a try-it-on session to welcome people into the experience. We also tied tzitzit with Lisa Heineman's homespun woolen yarn made for the purpose!

On a beautiful, warm late summer afternoon, the kids and their grown-ups gathered for the start of the Sunday School year. We had singing, Hineh Mah Tov time, activities, apples and honey and of course: an ice-cream truck. The ice-cream truck was a huge hit and an appropriate way to kickstart our learning and friendship-building journey together.



Our synagogue success for this week is... Rosh haShanah! We had great turnout both evenings and days as we gathered al fresco under

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SYNAGOGUE SUCCESSES *(cont.)*

twinkling lights in our tent for the pre-service Reception. Services and the social events such as the Not Just Honey Cake Oneg, the Luncheon and Tashlikh in the Park were well-attended and joyous. Make sure to come for Yom Kippur! The leadership of Agudas Achim wishes you all a very happy, healthy, and sweet 5784.

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Sukkah Build

Our fantastic sukkah-building team came together to erect the sukkah for our community. The sukkah is open to all who wish to eat or spend time in it - just stop on by! If the weather holds up, we may have some of our services in the sukkah. Stay tuned for children's activities ('Tot Shabbat') and other fun sukkah-related events. Thank you, sukkah builders for your hard work.



Oaknoll Lunch

The Rabbi enjoyed lunch with the Jewish Oaknollians where we talked about the High Holidays, B-Mitzvahs from days past and the changes in the American Jewish community - topped off with Miriam Gilbert's delicious honey cake. Stay tuned for a Hanukkah-themed lunch over the next few months.

MEETING WITH RABBI HUGENHOLTZ

[We've set up a Calendly link here](#) for setting up meetings automatically with Rabbi Hugenholtz. We are reserving Wednesday and Thursday from 4-6 for B-Mitzvah meetings specifically, but feel free to schedule a meeting with her if you'd like. Meetings can be via Zoom, via telephone, or in person.

VETERAN'S SHABBAT

Agudas Achim Congregation is planning a special Veteran's Shabbat to coincide with Veteran's Day Saturday, November 11. If you served in the armed forces for the United States or another country, we want to hear from you.

Please send your service information to janezukin@gmail.com. Let us know the dates and locations of your service, the branch in which you served, your final rank, and include a photo of yourself in uniform if you wish. Thank you for your service.

BOARD MINUTES

We now publish board minutes in our bulletins in an effort to increase transparency. For board minutes from the September meeting, [please visit this link.](#)

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

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