



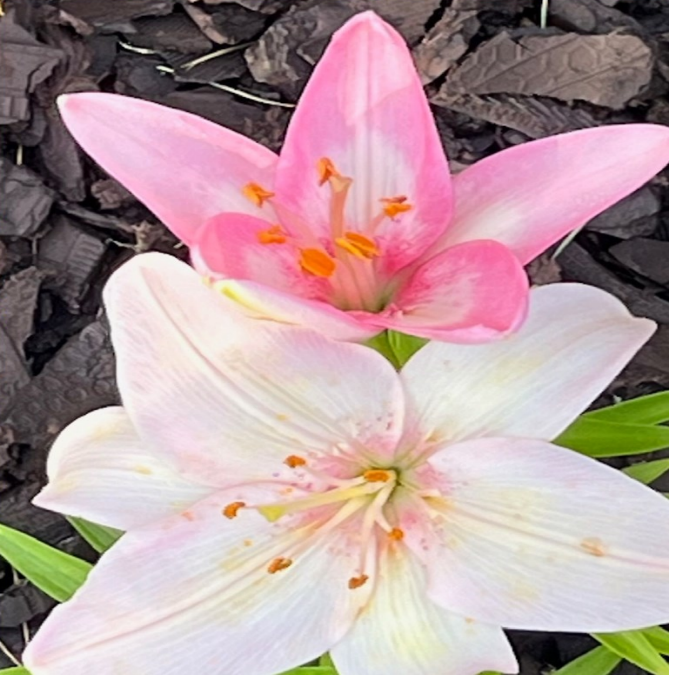
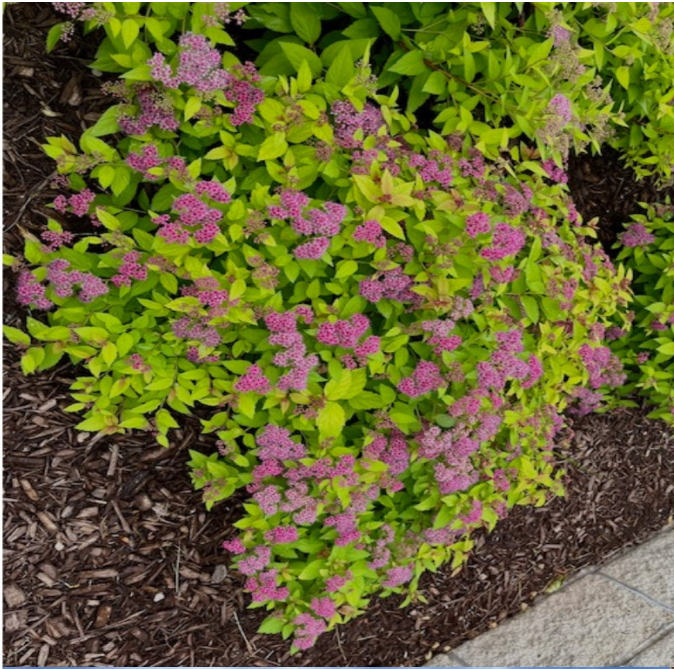
Agudas Achim Congregation

401 E. Oakdale Blvd., Coralville, IA 52241

Phone: 319-337-3813

www.AgudasAchimIC.org

July 2024 / Sivan-Tammuz 5784



Our beautiful grounds, with thanks to Myra and Michael Clark

FROM THE RABBI

Esther Hugenholtz

Rabbi's Remarks Annual General Meeting 2024

In my arsenal of metaphors, I often draw on something characteristic to Iowa: the weather. Iowa weather is interesting and changeable enough as a source of comparison and commentary. However, today, I'd like to reach for a metaphor that is decidedly unsuited to this landlocked state but that speaks deeply to me as a Dutchwoman and a scion of a boating family.

Over the years, I've come to think of Agudas Achim as a ship, and all of us as its passengers, crew and captains. Whether we glance over to starboard or port, we continue to plough through turbulent waters. As any sailor knows, keeping the ship steady does not mean avoiding the roiling waters but rather meeting them head-on, directing the bow to push through, while keeping a stable hand on the rudder.

If you've ever been on a boat, or better yet, sailing, you will know that sailing is a truly collaborative effort. I sailed on my family boat as a child and even as an eight-year-old, I had a role to play; even something as simple and lowly as lowering or hoisting the buoys. While a captain may plot the course, it literally and figuratively is 'all hands on deck' to make any voyage a success.

As I look back on my seven years here, we have plunged many depth and weathered many storms. Nothing was as expected yet everything offered an opportunity for reflection, growth and continued mutual solidarity. We have met the moments and I could not be prouder of this community. We have done remarkable feats, in large and obvious ways and in small and subtle ways; the latter perhaps more impressive than the first. We have adapted to the post-Pittsburgh reality and increasing antisemitism without relinquishing our core values of welcoming. We nimbly saved lives during the COVID pandemic, riding out its worst effects for 18 months online. We have addressed internal tensions that have resurfaced in many communities

upon reopening as we stumbled back into the proverbial light, a little more battered and bruised. We built back our community. And most of all, we have held immense grief, loss and anguish after 10/7 and its enduring aftermath. We have come together as a diverse community in full recognition that a conflict of this magnitude can pull communities, families and friends apart. But despite our varying moral commitments and understandings of the conflict, we have held true. True to our Jewish commitments and shared humanitarian concerns.

So here we stand, on the prow of our ship, overlooking the waters. The fierce storms are abating but we may be hesitant to trust in what is next. What lies in store for us over the horizon and the calming seas?

For decades, this congregation has been led by one of the kindest, most sincere and compassionate rabbis I have ever met. Rabbi Jeff built up this congregation over his long and storied career and fostered a culture of caring from which we now reap its fruits. I am indebted to his leadership and legacy and grateful that he is not only my emeritus but also my friend. As Rabbi Jeff transitioned Agudas Achim from the 20th century into the 21st, I see it as my task as your spiritual leader to continue this process—faithfully and boldly.

The world is changing. Even calming seas can hide profound undercurrents. Even before the pandemic and 10/7, Jewish demographics were being renegotiated. If all variables remain the same, the ensuing generations of Jews and those who love us, will be more internally diverse, less economically secure, less committed to traditional modes of affiliation (my generation can't even keep a Netflix subscription going!) and more time-and-resource poor. We will have to show adaptive leadership to continue serving the current and future generations of Jews as we continue to stand on the shoulders of the generations that bravely led us to this moment.

(Continued on page 3)

FROM THE RABBI

Esther Hugenholtz (cont.)

(Continued from page 2)

It's not all bad news, of course. The Jewish future may be less well-resourced, but it is also creative, energetic, dynamic and deeply driven by values of inclusion and solidarity. Tomorrow's Jews experience a seamless integration of their Jewish identity and the values they seek to live in the world. In a world where liberal and open religion is a voluntaristic engagement, it is more important than ever to respond in a mission-driven way. We must be nimble and adaptive, financially savvy but also deeply committed to moral integrity and spiritual authenticity. It is a future in which the lines between captains, passengers and crew are more blurred than ever. And that in itself offers new horizons.

What does this mean for our organization concretely? This Board and the previous Board have worked very hard at improving and updating our governance structures. We have an ethics code, a mutual review process, a mission statement. We are working on updating our bylaws and developing a strategic plan. It means that we have to secure our financial future: both limiting our expenditures and increasing our finances. We are planning to build a perimeter fence, opening up new possibilities to exploit our beautiful building in financially fruitful ways. It means that we will

continue building up our public space Judaism initiatives, reestablishing the downtown connection we felt become more distant as we moved to Coralville. It also means that we have to think more seriously about outreach, membership growth and retention. Over half of Iowa City's Jews are unaffiliated and interest in conversion to Judaism continues to hold steady in our locality. Welcoming people into our community; our unaffiliated Jewish friends, or those who simply want to learn more, is not just the purview of the rabbi or the membership committee. It is an ask that is required of all of us.

And we must continue, above all, to love and support each other. None of these strategies matter if Agudas Achim does not continue to be the loving, peaceful and welcoming Jewish home that we strive to be. More than ever do we prove our worth. More than ever do we state our case why liberal, egalitarian, open Jewish religiosity and culture matter. The business we are in is the business of redemption. Of breaking through walls of isolation, loneliness, bigotry and hatred, deprivation and struggle. To orient ourselves on the beacons on the shores of our great tradition and to always find our true North.

It is my prayer that you will continue to journey with us.

RABBI HUGENHOLTZ VACATION / SABBATICAL

Rabbi Esther will be on leave from July 1 until August 31. During this time, please contact the office at (319)337-3813 or secretary@agudasachimic.org for assistance. The rabbi cannot guarantee that she will read emails received during this period upon her return in September. Please resend email from the first of September onwards.



FROM THE PRESIDENT

David Lubaroff

In my last bulletin's message, I wrote about the governance of our synagogue and how the current board works to serve our membership. Our board, the rabbi, and staff work thoughtfully and hard in our attempts to accomplish that goal. For the most part we have been successful as presented at the Annual Congregational Meeting. I spoke at the meeting, listing 25 accomplishments between July 1, 2023, and the meeting on June 20, 2024. We have worked on improving the transparency of our governance and strengthening relationships with congregants through a listening campaign and small group meetings.

We are a diverse congregation that includes reform, conservative, and modern orthodox Jews, interfaith couples, Jews by choice, LGBTQ+ members, and congregants for whom Shabbat and holiday services are important. Some are regular attendees while others attend less frequently, and those that rarely, if ever, attend. The rabbi and lay leadership have taken some steps in attempts to appeal to specific groups to cater to their needs and make them feel inclusive in synagogue life. These included alternating Shabbat services, both on Friday evening and Saturday morning, such that half the services each month will be a conservative service and half a reform service; developing special Shabbat services for the older members, new members, families with young children, including a Tot Shabbat, services to honor Jewish veterans, as well as affinity groups to bring together members that are single, those that are LGBTQ+, and seniors, the latter through a monthly senior brunch. When forming the board last year, I included people associated with the various groups, such as older, younger, Jews by choice, LGBTQ+, reform and conservative.

One of the important goals I set for this administration when we took office a year ago was to work towards equity and inclusion so that we meet the needs of all our diverse membership. Because we are diverse it does not necessarily mean we are inclusive. Andres Tapia, a Senior

Partner and Global Diversity & Inclusion Strategist wrote "*Diversity is a mixture. Inclusion is making the mix work.*" I want to work toward inclusivity, where the wants and needs of everyone can be fulfilled. A **diverse** congregation is vital to any synagogue. It refers to the leadership and congregants, which includes individuals with a wide range of characteristics. It encompasses different significant factors like personality, education, interests, sexual orientation, Jewish ethnic divisions, and more. People from different backgrounds and cultures come together to strengthen the synagogue. It is important to retain diverse talents. That is where the concept of **inclusion** comes in. It refers to the efforts that help congregants feel like an essential part of Agudas Achim, irrespective of the differences. It focuses on creating an environment where diverse members are accepted and appreciated, and to listen to their voices and include them in lay leadership. Without inclusion activities, diversity is meaningless. Synagogues should put their best efforts into their diversity and inclusion activities. It helps to build a happier congregation.

I believe we have made great strides in developing and practicing religious services, social activities, and education, both for our children and for our adults. I listed them early in this message, but I believe we must continue our attempts at satisfying the needs of our diverse congregation. I am always open to hearing your ideas, sources of inspiration and preferences. You can reach me at president@agudasachimic.org.

I look forward to working with each of you.

Regards,

David Lubaroff

MUTUAL REVIEW & BOARD RETREAT

On June 2, 2024, the board met for the purpose of carrying out a Mutual Review (MR) and a retreat. The events were held offsite at the Prairiewoods Retreat Center, Hiawatha, IA. The morning session was spent on the mutual review using the document from the Union for Reform Judaism (URJ) as a guide. The MR is an ongoing process with periodic conversation, not only conducted at the time of contract renewal, to identify areas of strength and improvement of the professional staff, board, and congregation. This first act of the continuing review was the appointment of a Liaison Committee. Chosen were Michael Flaum, Nancy Sprince, Barcey Levy, Kathy Jacobs, and Maurine Neiman. Prior to the June 2 date and the first MR, the committee met to discuss and formulate the process and the agenda for the meeting. They also had one-on-one meetings with Rabbi Hugenholtz. The MR meeting was productive with open discussions about questions answered by the rabbi and by the lay leaders (board). The Liaison Committee will meet and provide the rabbi and board with a summary and recommendations for this first MR. The afternoon session was devoted to a board retreat. Productive discussions were driven by reviewing our progress using the Action Items from the first retreat in 2023 as well as from our monthly executive and board meetings. Our successes during the past year were extensive and they also engendered new goals for the coming year (7/1/24 to 6/30/25). The results of this portion of the day are being summarized and new Action Plans will be developed. Summaries and recommendations from both meetings will be made available to members through future bulletins.

BUDDY SYSTEM

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

WARM UP AMERICA

Warm Up America will meet on July 7th and 21st, in the social hall, from 10:30a.m. to noon. Please come around to the back door, where we'll be watching for people as we work.

Most of the patches we use for afghans are produced by members and other people who deliver them to Agudas Achim during the week, or contact us for a pick-up. Please consider joining us that way if Sunday morning isn't your time for going out.

Our patches are knit, crochet, or crohooked into 7" x 9" rectangles, using 100% synthetic yarn. We have yarn and sizing templates available. Contact us through the office. We look forward to hearing from you.



COVID COMMENTS

Bob Wallace & Jane Zukin

Just a reminder that COVID-19 is still circulating in the community and it still responsible for many hospitalizations nationally, although the mortality rates have been somewhat lower than in the past. The viral strains in general have been changing over the past few months, and have shown a small increase nationally. In the past week, federal authorities have chosen the virus that will make up the newest vaccine, which is scheduled to arrive most likely in the late fall. When it's available, there will be ample general notification in the news media, but we will provide more details as soon they appear. The new vaccine will be important for prevention, as in the past, both for acute illness and for avoiding "long COVID," where the symptoms and disabilities may persist for months or longer after the initial infection. As earlier, more information will be available from your doctor and other places where the vaccine is distributed.

For your interest, there are techniques now being used that can give some early warning that new viruses are circulating in the community, COVID-19 and others. One recent technique is regular sampling of municipal sewage plants, where various viruses may appear before human illnesses occur. This is being done in Johnson County and elsewhere.

To your health!

NEW OUTREACH COORDINATOR

After a brief interim period, we're pleased to introduce to you our new outreach coordinator, Adrien Kaplan! Adrien has already helped plan a number of synagogue events and has been a pleasure to work with. A little about Adrien:

Hello! My name is Adrien, my pronouns are he/they, and I am Agudas Achim's Outreach Coordinator! I herald from the great state of Colorado, where I was raised between a combination of Reform and Conservative Judaism, and I am now in my senior year at Cornell College studying Religion and Gender, Sexuality, and Women's Studies. After I graduate from Cornell, I plan to attend rabbinical school and continue to study and serve the Jewish community. I am also a DONA-trained birth doula working towards my certification, and I've worked for several years in LGBTQ+ advocacy groups. Community is my greatest passion.

As Outreach Coordinator, I am keeping up with our Instagram (@iowacityjews), organizing events both within the greater community such as Pride and the Big Ideas Book Club, as well as events among our own community such as this year's Shavuot Urban Retreat, and overall helping us develop a strong relationship with the beautiful Iowa City community around us. I am also helping with the Young-ish Jew-ish Group as well as the LGBTQ+ Group, and love getting together and learning from others.

While I work largely remotely, I can still be found at the synagogue regularly, and I am reachable via email outreach@agudasachimic.org. In my spare time, I can be found learning another language (so far I'm fluent in three, conversational in one more, and am working on a fifth), playing with my dog Obi, cross-stitching and sewing, or reading books about Jewish culture. I am thrilled and grateful to be a part of such a wonderful community through Agudas Achim, and I look forward to what else we can accomplish together!

ADULT EDUCATION

Lisa Heineman

Our June highlight was our absolutely magnificent Tikkun Leil Shavu'ot at Brown Street Inn. About forty people participated, with enough making it through the night for us to have a minyan for our dawn Shabbat service. We learned, danced, sang, prayed, and even made homemade ice cream. What a wonderful experience!

Adult Education will take a break for July. But ... (drumroll) ... we have some very exciting programming in the works for the fall!

Scholar-in-Residence

[Rabbi Micah Streiffer](#) will be our scholar-in-residence for Selichot. He'll lead a weekend full of learning opportunities on the topic Designing the Jewish Future: Where do we want to be in 10 years? How about 25? You'll want to save the dates! September 27-29.

Rabbi Streiffer is the Rabbi Emeritus of Kol Ami near Toronto and the founder and Director of LAASOK, a virtual Beit Midrash that brings together liberal Jews (and the Jewishly adjacent) to engage meaningfully with our sacred texts. He hosts the "Seven Minute Torah" podcast and is a popular scholar in residence across North America.

Visitors from our national organizations

Next fall, we'll host representatives of the Conservative Rabbinical Assembly and the Union for Reform Judaism to speak about each movement's relationship to Zionism and Israel.

Mindy Block Gordon, the Synagogue Consultant for the Central District of the United Synagogue of Conservative Judaism, will visit in September (date tbd). We'll have a representative from the Union for Reform Judaism after the High Holidays.

Big Ideas in Jewish Books

Are you wondering what to read this summer? We've got you covered!

Our next two books will help us to gear up for the High Holidays, so get out your reading glasses:

August 28, 6-7:30 pm, ICPL: Rabbi Sharon Brous, *The Amen Effect*. This is a relatively short book because we've got a big one for September!

September, date tbd, ICPL: Rabbi Shai Held, *Judaism is About Love*.

Yom Kippur Learning

During the afternoon break in services on Yom Kippur, we'll have learning opportunities at our Coralville campus.

Adult Learners

Would you like to improve your Hebrew ... or get started? Perhaps learn to read Torah or Haftarah? We're already making plans for our fall program, so please contact AdultEd@agudasachimic.org if you'd like to receive updates.

FROM THE CARING COMMITTEE

Nancy Goldsmith, Susan Lutgendorf, & Teresa Weiner

The Caring Committee has been successful in meeting requests for assistance, but we want to be able to do more if asked.

We would like to have a roster of volunteers who stand ready to support members of our congregation. Volunteers would offer comfort, connection, and assistance through, in-person and phone visits, providing rides, making deliveries, and other ways of reaching out to each other.

As you are hopefully aware, we use Meal Trains to provide meals to those dealing with stressful times such as childbirth, planned surgery. However, there can be situations that arise where help is needed, and we don't have time to organize a Meal Train. To that end, we would like to create a list of people who we can call upon at short notice to provide a meal when needed.

If you would be willing to help, please email us at: caring@agudasachimic.org with your contact information and what you would be willing to do.

And, most importantly, if you are in need of one of these services, please, please, do not hesitate to ask – just use the same email address and one of us will respond as quickly as we can.

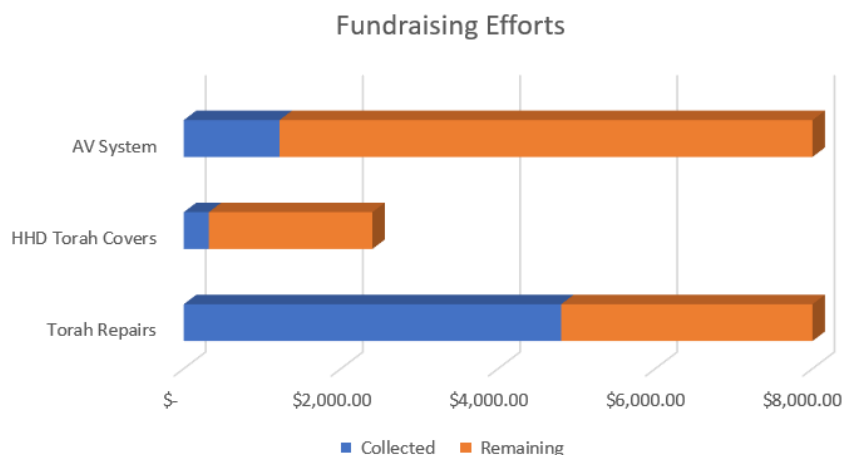
Thank you.

The Caring Committee

Nancy Goldsmith, Susan Lutgendorf, and Teresa Weiner

CONGREGATIONAL NEEDS FUNDRAISER

From time to time our congregation has needs that you may have a special passion for helping to provide to our space. In an effort to ensure our stability as a congregation, feel free to donate to these "smaller" important needs, as you are able. We will be noting our progress (transparently) each month to monitor where we are in reaching these goals! Note: \$2400 was previously in the Torah fund and is included here under Torah Repairs.



SERMON SH'LACH LECHA 2024- THE EDGE OF THE PROMISED LAND

Rabbi Esther Hugenholtz

What a powerful Torah portion Sh'lach Lecha is, and how even more resonant this year.

After their wilderness sojournings, the Israelites are on the edge of the promised land and are charged with sending out spies. However, the inexperienced young men charged with the mission find it hard to step away from the trauma responses of their enslavement and crumble in fear. 'There are giants in the land' they say, 'and we are like grasshoppers in their eyes and in in ours.' These words are poignant and painful, and oh so relatable. They point to themes of exploration and hope, while experiencing overwhelm and fear. There is the reality of witnessing unforeseen events spiral out of control.

Right on the cusp when everything should be going right, the sands shift beneath the Israelites' feet and things go desperately wrong.

It is a state of mind that we can relate to.

Biased as I am (and biased I should be!) but I really love the Torah's ability to 'speak' to us like this, across space and time, wrapping its words around our lived experience today. These last nine months, I have certainly felt like a grasshopper—small and vulnerable, but also nimble and adaptable. And I have also felt like a giant, or at least standing on the shoulders of giants—lifted up through the gift of community and solidarity, love and support. And, pivoting yet again, I continue to feel like a shaliach or shlichah, a scout and an emissary, for a Judaism that is birthed anew in my spirit. All those three modalities are true, and what may speak to me may also speak to you.

On the cusp of, well, not my promised land exactly, but my annual leave and Sabbatical, I want to leave you with both words of thanks and words of vision. It was not long ago that my seven years with

Agudas Achim were celebrated with vibrant love and joy. I continue to be awed by the generosity of spirit the leadership and congregation showed me. It was the warm hug I needed during dark days. It reminded me where I choose to be, to 'grow where I am planted' (to use a Midwestern turn of phrase). I am blessed to be your rabbi, and as I look to these months of rest and recharging, this profound sense of gratitude is interwoven with my hopes for the summer.

At the same time, my sabbatical is a time for rediscovery, for vision-casting. We are, as a synagogue, on the cusp of great things to come, leaning on significant achievements we have made these last years. Our membership has grown. We have built public space Judaism through our downtown initiatives, showing both confidence in and commitment to the cities and communities we

live in as Jews, doing outreach, putting ourselves on the map. We have had wonderful initiatives and opportunities in this beautiful building. Community is to be built everywhere and anywhere; out in the wilderness and in the Promised Land. Indeed, we can thrive where we take root.

I want to keep this short, but as the summer deepens, I invite you to think the ways in which you are grasshoppers, and find your strength and courage in unexpected places. I invite you to think of the ways in which you are giants; through the resiliency you have borne yourself with. And the ways in which you are scouts—dreaming of realities not yet formed but that we can see shimmer in the distance. These are the holy things and the deep truths that will carry us through.

I look forward to coming back to you soon.



SERVICE SCHEDULE FOR 2024

SERVICE SCHEDULE - 2024 - 5784/5785 - TRIENNIAL YEAR 2/3

DATE	HEBREWDATE	PARASHA	SERVICETYPE	NOTES
7/6/2024	30 Sivan	Korach	Conservative	RABBI HUGENHOLTZ VACATION
7/13/2024	7 Tammuz	Chukat	Reform	
7/20/2024	14 Tammuz	Balak	Conservative	
7/27/2024	21 Tammuz	Pinchas	Reform	
8/3/2024	28 Tammuz	Mattot - Masei	Conservative	RABBI HUGENHOLTZ SABBATICAL
8/10/2024	6 Av	Devarim	Reform	
8/17/2024	13 Av	Va'etchanan	Conservative	
8/24/2024	20 Av	Ekev	Reform	
8/31/2024	27 Av	Re'eh	Conservative	
9/7/2024	4 Elul	Shoftim	Reform	
9/14/2024	11 Elul	Ki Teitze	Conservative	
9/21/2024	18 Elul	Ki Tavo	Reform	
9/28/2024	25 Elul	Nitzavim - Vayelech	Conservative	1st day of Rosh Hashanah
10/3/2024	1 Tishrei	Rosh Hashanah I		
10/4/2024	2 Tishrei	Rosh Hashanah II		2nd day of Rosh Hashanah
10/5/2024	3 Tishrei	Ha'azinu	Reform	Shabbat Shuvah
10/12/2024	10 Tishrei	Yom Kippur	Ref / Cons	Yom Kippur
10/19/2024	17 Tishrei	Sukkot	Reform	Shabbat Chol Hamo'ed
10/26/2024	24 Tishrei	Bereshit	Conservative	RABBI HUGENHOLTZ SABBATICAL
11/2/2024	1 Cheshvan	Noach	Reform	
11/9/2024	8 Cheshvan	Lech Lecha	Conservative	
11/16/2024	15 Cheshvan	Vayera	Reform	
11/23/2024	22 Cheshvan	Chaye Sarah	Conservative	
11/30/2024	29 Cheshvan	Toldot	Reform	
12/7/2024	6 Kislev	Vayeitze	Conservative	
12/14/2024	13 Kislev	Vayishlach	Reform	
12/21/2024	20 Kislev	Vayeshev	Conservative	
12/28/2024	27 Kislev	Miketz	Reform	
				3rd Day of Hanukkah

Please find the service schedule for the rest of 2024 [here](#).

PLEASE RETURN YOUR FAIR SHARE FORMS

Fair Share forms for the new fiscal year have gone out to members. **Please fill these out as soon as possible**, or if your contact method and means of payment have not changed, you can just email John at administrator@agudasachimic.org.

Thank you!

FLOWER DONATIONS & LANDSCAPING



Our gorgeous gardens and fantastic flowers are all due to the hard work of Myra and Michael Clark.

Myra and Michael have graciously donated many of the plants on our grounds this year, with donations of flowers and bulbs also coming from Myra's pickleball friends Mary Ellen Hein, Becky Leaven, and Linda Shay.



In addition to the donation of plants, Myra and Michael donate their time planting, weeding, and watering.

Thank you to Myra, Michael, and friends!

INTERFAITH ALLIANCE AGAINST CHRISTIAN NATIONALISM

Join the Interfaith Alliance Against Christian Nationalism for two upcoming events:

Meeting at St. Andrew's Presbyterian Church (140 Gathering Place, Iowa City) on Tuesday, July 9 at 2:00 p.m. to plan and strategize for upcoming events.

A showing of the documentary, "God and Country" by Rob Reiner at St. Andrews on Sunday, August 25 at 3:00 p.m. Connie Ryan, executive director of Iowa Interfaith Alliance, will introduce the film and lead conversation following the viewing.

FUNDRAISER FOR TORNADO RELIEF IN GREENFIELD

Thanks to your generous donations, we collected \$702 for the Greater Greenfield Community Foundation to aid their tornado relief efforts. The Tikkun Olam Committee pledged an additional \$400 for the cause, bringing our total donation to over \$1100! Many thanks to everyone who donated.



AGUDAS ACHIM PARENTS TEXT THREAD

Synagogue members who are parents of young kids have started a casual text thread for coordinating meet-ups around town (at playgrounds, children's museum, kid-focused events, etc.) If you're a parent of young kids and you'd like to opt in to this text thread, you can do so [here](#)! The thread has been fairly quiet over the winter months, but we hope to coordinate more meet-ups as the weather warms up.

MAHJONGG

Join us for Mahjongg from **2:00-4:00 p.m.** (unless noted) in the synagogue on the dates below. Bring a Mahjongg card if you have one. It is helpful to know by the Friday before the Sunday game who is planning to play so please email the host if you plan to play. There are also reminders in the synagogue weekly email and monthly bulletin. Beginners and walk-ins are always welcome.



July 14 [RSVP to Karen](#)
July 21 [RSVP to Corvin](#)
July 28 [RSVP to Jayne](#)

ANNUAL CONGREGATIONAL MEETING MINUTES

Minutes from the Annual Congregational Meeting can be found [at this link](#).

SENIORS GROUP

The Synagogue Seniors will be meeting next on Thursday, July 18 from 11 am to 1 pm in the Social Hall.
Stay tuned for more information.

JUNE ONEG HOSTS

Thank you to June's oneg hosts:

Ruth & Doug Nathanson

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

Rosh Chodesh Tammuz Yoga: Balance and Endurance

Join Lea as we entwine Yogic practices with Jewish wisdom to explore Tammuz' themes of challenge and inner strength. 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!

Date: Sunday July 7 at 2:00 p.m.

Location: Agudas Achim Congregation, 401 E Oakdale Blvd.

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

For more information: leslea-collins@outlook.com

Rosh Chodesh Av Yoga: Mourning and Comfort

Join Lea as we entwine Yogic practices with Jewish wisdom to explore Av's themes of mourning and comfort. 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!

Date: Sunday August 11 at 2:00 p.m.

Location: Agudas Achim Congregation, 401 E Oakdale Blvd.

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

For more information: leslea-collins@outlook.com

Ice Cream Sundae Bar **ONEG**

**SAVE THE DATE FOR A SPECIAL
ICE CREAM SUNDAE BAR ONEG
TO FOLLOW SERVICES ON
FRIDAY, JULY 12**

HOSTED BY THE SOCIAL COMMITTEE



Please [RSVP](#) so we know how many yummy toppings to bring!

Pathway to the Inner Life:
A Mussar Course offered by The Mussar Institute
Facilitated by Lea Haravon Collins



Classes will begin after the High Holy Days.

For more information:
<https://mussarinstitute.org/pathway-to-the-inner-life/>

Or contact Lea:
Leslea-collins@outlook.com

JULY SPECIAL EVENTS

Warm Up America	Synagogue	July 7	10:30 a.m.
Rosh Chodesh Tammuz Yoga	Synagogue	July 7	2:00 p.m.
Interfaith Alliance Against Christian Nationalism	St. Andrew's	July 9	2:00 p.m.
Ice Cream Sundae Bar Oneg	Synagogue	July 12	After services
Mahjongg	Synagogue	July 14	2:00 p.m.
Yahrzeit Minyan for Lawrence Jones	□ Doug Jones	July 17	7:00 p.m.
Warm Up America	Synagogue	July 21	10:30 a.m.
Mahjongg	Synagogue	July 21	2:00 p.m.
Mahjongg	Synagogue	July 28	2:00 p.m.

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

Yiddish Study Group	Book group	Intro to Judaism Class	Talmud Study Group	Adult Learners Group	Seniors Group
Mondays and Fridays at 10:30 a.m. via Zoom.	Fourth Wednesday of every month at 1:00.	Mondays at 7:30 p.m.	Sundays at 9:00 a.m. on Zoom.	Alternate Mondays 6:00-7:00 p.m.	Third Thursday of every month at 11:00 a.m.

SHABBAT SERVICES

[Streaming link for Zoom Shabbat services](#)

Korach <i>(Numbers 16:1-18:32; 28:9-15)</i>	Friday, July 5	7:00 p.m.	Mishkan T'filah (Reform)
	Saturday, July 6	9:30 a.m.	Lev Shalem (Conservative)
Chukkat <i>(Numbers 19:1-22:1)</i>	Friday, July 12	7:00 p.m.	Lev Shalem
	Saturday, July 13	9:30 a.m.	Mishkan T'filah
Balak <i>(Numbers 22:2-25:9)</i>	Friday, July 19	7:00 p.m.	Mishkan T'filah
	Saturday, July 20	9:30 a.m.	Lev Shalem
Pinchas <i>(Numbers 25:10-30:1)</i>	Friday, July 26	7:00 p.m.	Lev Shalem
	Saturday, July 27	9:30 a.m.	Mishkan T'filah

DONATIONS

RABBI'S DISCRETIONARY FUND

Ray and Lindy Buch: In memory of Maurice Broad

Rody Gessner and Michelle Edwards: In memory Of
Milton & Florence Gessner

Jonathan and Pamela Sabin: In memory of
Howard Arthur Sabin

Ray and Lindy Buch: In honor of the 60th
anniversary of Paul & Esther Retish

Helen Ziskind: In memory of Bessie Joselson &
Fannie Middleman

Jonathan and Beth Singer

BUILDING FUND

Marcus and Joan Nashelsky: In memory of
David Nashelsky

CEMETERY FUND

Sam and Marj Kuperman: In memory of
Steve Frankel

Stanley and Jane Zukin: In memory of
Samuel Shetzer, Sylvia & Walter Zukin

GENERAL FUND

Jody and Janie Braverman: In memory Of David
Braverman, Ellie Breggin, Corky Miller, and
Moshe Dovid Richman

Bob and Maureen Wallace: In honor of Paul &
Esther Retish 60th anniversary

Kathleen Jacobs

Linda Kerber: In memory of Max Kerber

GENERAL FUND (CONT.)

Jody and Janie Braverman: In memory of
Nachoma Braverman

Meg Rose: In appreciation of Lea's yoga & mussar

David and Martha Lubaroff: In memory of
Bessie Joselson

LIBRARY FUND

Carrie Z. Norton: In memory Of Dee Norton

PORTMAN PROGRAM FUND

Eric and Jennifer Michaels: In memory of David
Michaels

LAUREN REECE FLAUM TERRACE FUND

Karen Charney and Benjamin Coelho: In honor of
Lea's mussar and yoga classes

TIKKUN OLAM FUND

Richard and Phyllis Braverman: In memory of
Lee Green

TORNADO RELIEF FUNDRAISER

Gary and Mindy Russell

Richard and Karen Lipman

Fred Gerr and Renee Anthony

Susan Lutgendorf

Marcus and Joan Nashelsky

Nancy Sprince

David and Constance Berman

Jody and Janie Braverman

Ruth and Douglas Nathanson

Yahrzeit Minyan for Lawrence Jones

Please join Douglas Jones for a yahrzeit minyan honoring his late father, Lawrence Jones.

July 17 at 7:00 p.m.

816 W Park Road (Please park on Normandy Drive)

Dessert will be served after Mincha

NEW MEMBERS

Welcome to new members who have joined since January 2024:

Kai Kaiser and Steven Edwards
Emma Barnum and Sam Caster and family
Adrien Kaplan
Miriam Yang
Barney Sherman
Tova Vitiello
Noah Stein and Susanna Rodriguez and family
Eleanor Price and Alex Anderson

JULY YAHREZEITS

Albert Abraham Pruchno	Hilda Kessler Gilbert	Meir Markovitz
Armand Vitiello	Irwin Kline	Mildred Schapira
Arthur Wallace	Jack Klein	Milton Sidney Gessner
Beatrice Willner	Jared Levy	Miriam Kubby
Bessie Marcus	Jelena Laneeva Bardach	Morris Isadore Kaufman
Beulah Smith	Jennifer Clinton	Morris L. Breggin
Bill H Shields	Joe Pava	Moshe Green
Bill Sackter	Joseph Bernstein	Nina Sawyer
Dan Kubby	Joseph Levin	Norman Altschul
Daniel Joseph	Jules Ben Standig	Richard Jacobs
David Pitzele	Jules Ben Standig	Richard Stephen Rochman
Dorothy Buddelof	Julie Herman Cooper	Rose "Rae" Levin
Elizabeth Potter Brown	Kalman "Sunny" Sunshine	Samuel Bar
Estelle Altschul	Lauren Reece Flaum	Sarah D. Glaser
Esther Kunik	Marian Prager	Sebastien Isaac Picard
Florence Helen Gessner	Maurice Broad	
Frances Wieseneck	Meir Markovitz	

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STAFF			
Rabbi	Esther Hugenholtz	Office Secretary	Hannah Sandler
Administrator	John Wertz	Outreach Coordinator	Adrien Kaplan
Principal	Sonja Spear	Custodian	Amos Kiche
BOARD OF TRUSTEES			
President	David Lubaroff	Religious School	Lisa Heineman
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Board Secretary	Chuck Friedman	Youth	Hannah Sandler
Membership	Karen Lipman	At Large 1	Sue Weinberg
Ritual	Bernie Miller & Corvin Greene	At Large 2	Marcus Nashelsky
Adult Ed	Lisa Heineman	At Large 3	Ruth Nathanson