



Agudas Achim Congregation

401 E. Oakdale Blvd., Coralville, IA 52241

Phone: 319-337-3813

www.AgudasAchimIC.org

High Holidays 5785



[Zoom Link for all High Holiday Services](#)

(including Sukkot, Shemini Atzeret, and Simchat Torah; excluding Selichot)

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LETTER FROM THE RABBI

Esther Hugenholtz

A House of Love

There is so much to love about being Jewish. I love that feeling of homecoming you have every time you go to another synagogue, even if you've never been there before (I visited a number of other synagogues during my leave and the first part of my sabbatical).

The order of the prayers might be a little different, the tunes new and the faces unfamiliar. Still, there is that sense of belonging, where your curious fellow Jews get in your business a bit: 'where are you from? What do you do? It's nice to have you here.' We, the Jewish people, are so deeply connected to each other; we are one *bayit*, house, with many rooms and doors. We are a big, messy, complicated, warm family. As a rabbi, it is a privilege to live in that house and to serve that family.

Notice how I start this piece with the word 'love', *Ahavah*, our High Holiday theme. We can shelter under the wings of that expansive word. This year in particular is when we need to shelter under these wings and come together with love for each other, our community and our world.

Last year's High Holidays theme was 'Jewish joy', as captured in the words of *Ashreinu* ('how fortunate are we') from the liturgy. It felt like a triumph after the difficult years of the pandemic and my heart was so full. The joy in our synagogue was palpable and easy to share. I remember coming out of Yom Kippur feeling whole and fulfilled and celebrating Sukkot with newfound gratitude.

And then, on the morning of Simchat Torah (almost at the completion of the High Holiday season), I was getting ready to go to synagogue for services and saw a notification on my phone. It was October 7th. Nothing would be the same.

In those early days, I often thought of the Biblical phrase of our joy turning to ashes in our mouths. All of a sudden, we found ourselves in a terribly dark place, struggling to make sense of it all; trying to find a place for our grief and shock, attempting to find a place in the world; working to make sense of our

Jewishness, our values and our fears. It was more than anyone could reasonably hold. There were questions, tensions, and messy contradictions.

Some of us with deep personal ties to Israel worried about friends, family and loved ones over there. My Facebook lit up with a 'who's-who' of connections to Hersh Goldberg-Polin z"l. A colleague knew him from Sunday School, another was a family friend. We worried and wept for the hostages. I sat with congregants as they shared how 10/7 and the ensuing war impacted them. Israeli family and friends displaced from their homes. Care workers working brutally long shifts to care for a traumatized population. Holding fears, hopes and conscience for an Israel that continues to be a democratic safe haven and a Jewish homeland, for everyone to just return to their families. On and on, these stories broke our hearts. They were stories borne up in a most painful, vulnerable love.

Some of us shared our moral and spiritual quandaries and heeding voices of humanitarian conscience. Delving deep into our own articulation of Jewish values, yearning for an end to war, violence and ongoing Palestinian civilian death and suffering, seeing the destiny and dignity of our two peoples intertwined. We find ourselves reaching for peace, coexistence and into the future. Giving voice to this form of uniquely Jewish anguish, learning, and sometimes protesting. These stories were also borne up in a most painful, vulnerable love.

Some of us felt conflicted, unsure, seeking out as many perspectives as we could grasp. Some of us struggled with our sense of belonging; perhaps in the wider world and perhaps in our own communities. Some of us felt suspicious of a single story or a loud claim to truth. Some of us sought out quietude and reflection, craving a space away from it all. And I know some of us are tenderly holding all of the above, in complicated, messy moments of *realness*.

(Continued on page 3)

LETTER FROM THE RABBI

Esther Hugenholtz (cont.)

(Continued from page 2)

All of this is an impossible position for a small, diverse congregation to be in. Deep down, as a social scientist, I believe that humans across the planet more or less all want the same thing: safety, dignity, peace, meaning, self-actualization, and above all, love. Yet we differ profoundly on how we imagine we can attain these things, as well as how we perceive the light in the eyes of our fellow human beings. Love is, indeed, the most expansive word. It is also the most complex.

This High Holiday season, we will journey with that word *Ahavah Rabbah*, a great love, in all of its expansiveness and complexity, its glow seeping through the cracks of our broken hearts. We will enter the space of our sanctuary with our individual feelings, fears, and values. Our joy will not be untainted or unalloyed. We will grapple with what it means to love – and with what love demands of us.

What does it mean to love our own people—the Jewish people—at such a time of disruption and catastrophe? Our tradition tells us *'v'ahavta le'reiacha kamocha'*, 'you shall love your fellow as yourself'. We will dig deep into what that means and how we can apply that to our small microcosm of the Jewish world. We will draw on wellsprings of hope and visions of the future and to our place here in Iowa City and Coralville.

We will grapple with what it means to love all humanity? What does it mean to fulfil the mitzvah of *'ahavat ger'*; to love the stranger—those we do not know well; whose pain feels foreign to ours. What does it mean to honor the inherent dignity of those who feel like the Other or oppositional to us? It is a messy business, this business of love—and not easy at all. Maybe we are afraid of love; maybe we feel unloved ourselves.

Maybe we feel more complicated about our place in America and in the world. In an age of rising antisemitism, how can we protect ourselves and assert our Jewish pride and dignity, while also

keeping our hearts and doors open for the many good people in our lives? Keeping our hearts & doors open for the many good people in our lives - and for the many who are far away, perhaps *not* part of our lives, yet still, good people. Our tradition tells us to safeguard *'kavod habriyot'*, the dignity of all human creatures. We will hold fast to that.

In the silent moments between prayer and song, between festival meals and warm greetings, we get to reflect on what it means to love ourselves and the Divine within us and around us. What does it mean to excavate our own souls and find a sacred and inviolable place there, where we can be our truest and best selves? What does it mean to come to terms with deep grief and torment alongside our everyday blessings and joy? How can we maintain our *'shleimut'*, our 'wholeness,' in a fractured world?

It seems like a tall order, doesn't it? We will do this together and be gentle with ourselves and each other. Perhaps there are moments of healing for us: moments of connection, of easing the alienation and despair so many of us have felt this year. I promise you, there will be laughter and music, candles and light, there will be tears and remembrance and poetry that tugs at the soul... all of the iridescent, shimmering paradoxes that make the High Holidays so potent, a little scary, and oh so worth it.

We are a *Bayit*, a House. Another love-centered prayer, *Ahavat Olam*, opens with *'Ahavat Olam, Beit Yisrael, amcha ahavta'*, 'With an everlasting love, You have loved the House of Israel, Your people.' Let us step over the threshold, walk through the door and come home to each other.

High Holiday Theme Song

This year, our High Holiday 'theme song' will be Elana Arian's 'Ahavah Rabbah', from her album 'A Spark of Light'.

[You can find a YouTube recording to the song here.](#)

MESSAGE FROM THE PRESIDENT

Dear Agudas Achim congregants.

I wrote in my message for the September 2024 bulletin why the High Holidays are special for me. This message will repeat much of what I wrote because I want to strongly convey how special Rosh Hashanah and Yom Kippur are for all of us. I enjoy being with all of you that attend the services and social events, many people I have known for as long as 50 years, some for shorter times, and a growing number of new people. I enjoy the services and marvel at the talents of our Rabbi and lay leaders. I enjoy singing along with hundreds of other voices with our sounds filling the sanctuary and social hall. The spirituality of the services affects me greatly. Participation has a calming effect, placing everyday stressors far in the background.

As we are aware, on Rosh Hashanah we celebrate, reflect, and focus on new beginnings. We dip apples in honey, symbolizing the wish for a sweet new year. We gather with our families, friends, and community to give thanks, offer respect, and stay connected to the ancient and modern traditions that shape Jewish life and identity. We remember, we re-enact, and we retain the light for generations to come. We also honor the moments, experiences, and values we hold in fresh, but powerful ways. Rosh Hashanah is also known as the Day of Remembrance, for on this day Jews commemorate the creation of the world. Rosh Hashanah is all about making changes. Change was the theme of

my Rosh Hashanah speech last year and since then we have all experienced varying degrees of change.

Yom Kippur is a fast day that is traditionally filled with prayer, confession and atonement. It is said that “on Rosh Hashanah the Book of Life is written and on Yom Kippur it is sealed.” It is the most solemn of Jewish religious holidays. We can think of Yom Kippur as a transformational retreat. By the time Yom Kippur rolls around, you may have theoretically asked for forgiveness from everyone in your life and forgiven anyone who angered you. This leaves you with one last person to deal with... yourself. Many people say that between the fasting, which can help put you in kind of an altered state, in a good way, and the focus on being a better person, Yom Kippur is also when we are closest to God.

Despite the solemnity and fasting during Yom Kippur, the anticipation of the end of the holiday during Neilah services, the waiting for the final Shema and the blowing of the Shofar are so very special to me. As I stated earlier, the chanting and singing during the services and the magic of many voices are important parts of my enjoyment. I hope that you, also, find what you seek with our Agudas Achim community at this special time of the Jewish year.

L'Shanah Tova.

David Lubaroff



Selichot & Scholar-In-Residence. More information later in bulletin.

Friday, September 27

Shabbat service & panel discussion at Senior Center 6:30 p.m.

Saturday, September 28

Study Session: Who is a Jew? At synagogue after morning service

Selichot Service 9:00 p.m.

Sunday, September 29

Study Session: Are We In Exile? At Synagogue 9:30 a.m.

Rosh Hashanah 5785

Wednesday, October 2 (first night)

Wine & Cheese Reception on Synagogue Patio (RSVPs not requested) 7:00 p.m.

Erev Rosh Hashanah Services (led by Rabbi Hugenholtz)– 8:00 p.m.
As usual: *Lev Shalem w/musical elements*; sanctuary; Zoom available

Not Just Honey Cake Oneg After service

Thursday, October 3 (first day)

Rosh HaShanah Morning Services
Conservative service– lay-led; Social Hall; Zoom not available 8:30 a.m.
Reform service– rabbi-led; Sanctuary; Zoom available 9:30 a.m.

Short Children’s Service 10:00 a.m.
Intended for children up to age 8; older children may assist

Lunch on Synagogue Patio ([please RSVP](#)– requested, not required) After service

Second Day Rosh Hashanah Evening Services 8:00 p.m.
As usual: *Lev Shalem w/musical elements*; sanctuary; Zoom available

Friday, October 4 (second day)

Rosh HaShanah Morning Services (led by Rabbi Hugenholtz)–
Conservative service– rabbi-led; Sanctuary; Zoom available 8:30 a.m.

Congregational Tashlich with an emphasis on young families 3:00 p.m.
Gather at Lower City Park Pavillion #12.

On the first day of Rosh HaShanah (October 3), child care will be available for children under the age of 8 from 9:30 to noon but you are welcome to bring your children into the sanctuary afterwards. [Please sign up here in advance.](#)

May you be inscribed for a good year

לשנה טובה תכתבו

Kever Avot

Sunday, October 6

Service at Agudas Achim Cemetery– Zoom not available

2:00 p.m.

October 7th Commemoration. More information later in bulletin.

Monday, October 7

Commemoration of October 7th in sanctuary

7:00 p.m.

Yom Kippur 5785

Friday, October 11

Kol Nidre (led by Rabbi Hugenholtz); As usual: Lev Shalem w/musical elements; Sanctuary; Zoom available

Doors open 5:45 p.m.
Service 6:00 p.m.

Saturday, October 12

Yom Kippur Morning Services

Conservative service– rabbi-led; Sanctuary; Zoom available

8:30 a.m.

Reform service– lay-led; Social Hall; Zoom not available

9:30 a.m.

Children’s Service-8 and younger; older children may assist

10:00 a.m.

Yom Kippur Learning Sessions

During the afternoon pause between Yom Kippur services, we’ll offer opportunities for learning in community at the synagogue.

After Service

If you’d like to develop a session - or want to do some brainstorming - contact Lisa Heineman at AdultEd@agudasachimic.org ASAP.

Yizkor & Afternoon services– As usual: Lev Shalem w/musical elements; Sanctuary; Zoom available.

Yizkor

4:30 p.m.

Minchah (Afternoon Service)

5:00 p.m.

Neilah (Closing Service)

6:00 p.m.

Children’s Supper and storytime in the Tent

6:00 p.m.

Havdalah and Blowing of Shofar

7:15 p.m.

Break-fast at the synagogue

After service

Sign up to bring food [here](#), or [contact](#) the office

Child care will be available for children under the age of eight on Saturday, October 12 from 9:30 a.m.-12:00 p.m., and 6:00-7:15 p.m. Please note that services continue past noon. You may welcome your kids in to the sanctuary then. [Please sign up here in advance.](#)

May you be inscribed and sealed in the book of life **לשנה טובה תכתבו ותחתמו**

Sukkot 5785

Wednesday, October 16

Shabbat & Festival Service 6:30 p.m.

Thursday, October 17

Morning Service 9:30 a.m.

Friday, October 18

Sukkot Morning Service at synagogue 9:30 a.m.

Shemini Atzeret 5785

Wednesday, October 23

Festival Service 6:30 p.m.

Thursday, October 24

Festival Service 9:30 a.m.

Simchat Torah 5785

Thursday, October 24

Erev Simchat Torah Service 6:30 p.m.

Friday, October 25

Simchat Torah Morning Service (and Yizkor) 9:30 a.m.





REMEMBERING & HONORING

October 7th



Join us for a contemplative and prayerful ceremony to remember and honor the victims of the October 7th massacre

We will light candles, read poetry and write reflections or (symbolic) letters to the victims and survivors.

You are invited to bring a stone and/or a candle to light. Candles will be provided by the synagogue. Stones can be painted with messages.

We will remember with meditation, poetry and prayer and close with the Mourners' Kaddish.

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

**Monday, October 7th, 7 pm
Agudas Achim Synagogue,
All welcome**

AGUDAS ACHIM CONGREGATION & CITY JEWS
WELCOME YOU TO THINK WITH US ABOUT

WHAT IS THE AMERICAN JEWISH FUTURE?

FRIDAY 27 SEPTEMBER

PANEL DISCUSSION WITH
RABBIS MICAH STREIFFER &
ESTHER HUGENHOLTZ



SHORT & INCLUSIVE SHABBAT SERVICE 6:30 PM
FOLLOWED BY LIGHT SNACKS &
PANEL DISCUSSION 7:15 PM
WE INVITE YOUR QUESTIONS!

SENIOR CENTER

28 S LINN ST, IOWA CITY

ALL
WELCOME!!

RSVP'S ENCOURAGED BUT NOT REQUIRED
RSVP@AGUDASACHIMIC.ORG
INSTAGRAM @IOWACITYJEWS

Pre-Rosh Hashanah Park Meetup

Join Agudas Achim young families to meet up for a pre-Rosh Hashanah Park Playtime on Saturday, September 28 from 3-5 p.m. at Centennial Park in North Liberty, for children 6 and under and their families. Siblings and grandparents also welcome. There will be snacks and a holiday craft, thanks to Nicole Nagin. Also co-hosting will be Sam Brotman & Lauren Kanner. RSVP to Karen at kklipman@aol.com with names of attendees and ages of children.

MEALS AND RECEPTIONS

Please join us for the following meals and receptions during the High Holidays.

Wine and Cheese Reception

Wednesday October 2, 7:00 p.m.

Wine & Cheese Reception

You may already know about the Not Just Honey Cake Oneg (following services on Erev Rosh Hashanah, Wed. Oct. 2), but do you know about the Wine & Cheese Reception?

For the third year, Rabbi Hugenholtz welcomes us to gather under the tent before services, from 7:00 p.m. - 8:00 p.m., when services begin, on Erev Rosh Hashanah (October 2), to enjoy cheese, fruit, and wine (or a nonalcoholic beverage)! All attending services are welcome to this free event; no RSVP requested!



Not-Just-Honeycake Oneg

Wednesday October 2, after evening services

Rosh HaShanah Day 1 Lunch

Thursday October 3, after morning services

RSVP [here](#)

Yom Kippur Break-Fast

Saturday, October 12, after evening services

Sign up to bring food [here](#)

Dear Agudas Achim members,

Before you know it the first night of Rosh Hashanah will be here! And you know what that means...one of Agudas Achim's favorite traditions, the renowned **"Not Just Honey Cake" Rosh Hashanah Oneg!** Let's celebrate the sweetness of the New Year with our enticing array of desserts on Wednesday, October 2nd.

Suggestions for what to bring (and avoid!) are listed at the bottom of this message. Desserts can be dropped off at the synagogue prior to services, which begin at 8 pm. REMEMBER: Please bring your pre-sliced dessert in a disposable container or platter if possible! If you have any questions, please contact social@agudasachimic.org or call the synagogue office at (319) 337-3813.

With love, laughs, and anticipation for the good noshing and kibitzing to come!!!!

Agudas Achim Social Committee

(Lori McMann, Sue Weinberg, Ruth Nathanson, Doug Nathanson, Beverly Jones, Charles Packard, Marcus Nashelsky, Joan Nashelsky, Noah Stein, Ari Levin)

P.S. Keep an eye out for another email about a possibly even more epic event, the Yom Kippur Break-Fast



What should I bring?



Yes, please!	No thanks!
Anything dairy or pareve- no meat please! Your favorite homemade dessert- baked goods featuring apples, honey, or other seasonal ingredients are traditional, but please feel free to get creative! Store-bought baked goods Fresh fruit that is ready to eat (e.g. grapes, pre-cut melon or oranges) Dried fruits and nuts Gluten-free baked goods- please label! Chocolate!	No items with lard or other meat ingredients (check the label if purchasing pre-made items!) No pork or shellfish No items that need to be refrigerated or heated up prior to serving No non-solid/goosey items that require additional serving dishes to eat (e.g. pudding or applesauce)

HIGH HOLIDAYS INFORMATION

ADDITIONAL PROGRAMMING

Make the Machzor Your Own: High Holiday liturgy practicum

MONDAY, SEPTEMBER 23, 7:00 P.M.

In this session, we will familiarize ourselves with the Machzor (High Holiday prayer book), unlock its mysteries and explore its meanings so that we can feel prepared and empowered going into this special season.

Scholar-in-residence Micah Streiffer Events

Judaism in the 21st Century: Where Have We Been? Where Are We Going?

Friday, September 27, 6:30 pm, Senior Center Assembly Room, 28 S Linn Street:

Short Shabbat Service followed by light snacks and a panel discussion on *Judaism in a Moment of Great Change*.

Saturday, September 28 following services, Agudas Achim Synagogue:

Study session: *Who is a Jew? Ancient Traditions and Shifting Landscapes*.

Sunday, September 29, 9:30 am, Agudas Achim Synagogue (brunch provided):

Study session: *Are We in Exile? Diaspora Jews and the Land of Israel*



Spiritual Journaling with Corvin

Friday, September 20, 5:30 pm, Agudas Achim Synagogue Corvin Greene will lead a spiritual journaling workshop prior to Shabbat Services.

FUNDRAISING LETTER

Separate to this High Holiday Bulletin, the leadership of the synagogue will send out a fundraising letter for our High Holiday campaign. Thank you in advance for your generosity.

COVID & IN-PERSON ATTENDANCE

As you may have read or heard, the number of COVID-19 cases has been on the increase in recent months. The hard work of monitoring incidence has been performed by our congregants Bob Wallace and Barcey Levy. The infections appear to be caused by SARS-CoV-2 Omicron variants that seem not to be any more severe than the earlier variants and causes similar symptoms. There are ways to minimize chances of infection that include wearing an effective mask (such as KN95) and get a booster vaccine. CDC is recommending that all persons over 6 months of age receive the new vaccine. The latest vaccine that targets the new variants is now available locally.

The policy at Agudas Achim is to encourage wearing a mask in the synagogue, although it is optional, not mandatory. A supply of KN95 masks will be available near the entrance to the synagogue. We also ask that

you do not come to Agudas Achim if you are ill. This information will be updated if any changes occur. Please take care of yourselves and your loved ones – you are all important to us.

MACHZORIM PICKUP FOR HOME USE

MONDAY SEPTEMBER 23, 9:30 A.M. TO 2:30 P.M. AND 7:00 TO 8:00 P.M.;

THURSDAY SEPTEMBER 26, 9:30 A.M. TO 2:30 P.M.

For those who wish to attend services on Zoom, we are again implementing a plan to loan High Holiday machzorim to local families. As our services will be a mix of Reform and Conservative, both will be available for checkout.

Books will be available for pickup at the synagogue at the times above. If you are unable to come to the synagogue during these times, please contact the office to arrange for a delivery.

Should you wish to obtain copies for your personal use, they can be purchased through these links: [Reform](#), [Conservative](#).

Machzor return dates and times will be available and publicized after Yom Kippur, and the option of having someone pick up the books from you will also be available. **They must be returned to the synagogue by October 31 or the replacement cost of the books will be billed to you.** Replacement costs are \$49 for Conservative, \$44 for Reform.

SELICHOT

SATURDAY, SEPTEMBER 28, 9:00 P.M.

This will be a short, musical service led by the Rabbi. The Torah mantles will be changed for the High Holidays. We will be using a beautiful Selichot book with meaningful readings which we acquired last year. If you wish to order your own copy for personal reflection, see CCAR Press'

[Mishkan haLev: Prayers for S'lichot and the Month of Elul.](#)

DRINKS RECEPTION, ONEG, AND CONGREGATIONAL LUNCH

The Social Committee is organizing a series of 'culinary opportunities' around the High Holidays. A celebratory drinks reception will be held on the patio at 7:00 p.m. before the first Erev Rosh HaShanah service, followed by a "not just honey cake" oneg after the service (congregants are encouraged to bring a cake or dessert to share). A congregational lunch will be made available on the patio after first-day Rosh HaShanah services. RSVPs are requested (but not required) for the lunch only. If you have any questions or are interested in helping volunteer with any of the High Holidays social events, please reach out to Ari Levin and Lori McMann, Social Committee Co-Chairs.



KEVER AVOT (GRAVES OF THE ANCESTORS)

SUNDAY, OCTOBER 6, 2:00 P.M. AT THE AGUDAS ACHIM CEMETERY

It is customary to visit the graves of loved ones near Rosh HaShanah. We will meet at the Cemetery, allowing individuals to visit graves of their departed relatives and friends.

YIZKOR

SATURDAY, OCTOBER 12, 4:30 P.M.

The Yizkor list will be made available in the form of a booklet during Yizkor on Yom Kippur afternoon. We will update the list with the names of those for whom we've previously sent condolence announcements to the congregation. To add names to the list or ensure your loved one is listed, please email the synagogue at office@agudasachimic.org by Sunday, October 6. There is no charge.

MI SHEBERACH - A PRAYER FOR HEALING

You may add names of loved ones to this list which will be read during the Torah service at each of the services. *Mi Sheberach* is a prayer for healing whether it be physical, mental, or emotional. Please email healing@agudasachimic.org if you wish to add your name or the names of loved ones to this list. You do not need to be present at the service. There is no charge.

HAVDALAH AT THE END OF YOM KIPPUR

We anticipate that Yom Kippur services will conclude with the start of Neilah at approximately 6:00 p.m. on **Saturday, October 12**. The final shofar blast will be at approximately 7:15 p.m.

BREAK FAST AFTER YOM KIPPUR

The synagogue will provide a break-fast for the in-person congregation to be enjoyed on the outdoor patio. The synagogue will provide bagels and cream cheese, with other dishes brought by members. To sign up to bring a dish, please use the Sign Up Genius form [here](#) or contact the office.

FASTING ON YOM KIPPUR

Jewish tradition mandates that only those people who can fast without any jeopardy to health may do so. Young children should not fast and older children may do a modified fast.

MASK BREAKS (MASK-WEARING IS OPTIONAL BUT WELCOME AT THE SYNAGOGUE)

We encourage congregants choosing to wear masks to take mask breaks at will outdoors on the synagogue grounds to refresh themselves.

WEARING WHITE

There is a custom to wear white for the High Holidays, symbolizing purity and new beginnings. If you are comfortable, you are invited to wear white in the spirit of the season.

LULAV AND ETROG

Agudas Achim will be ordering Lulav/etrog sets from Rosenblum's World of Judaica, which will arrive prior to Sukkot. Please fill out [this online form](#) (or contact the office specifying which quality you'd like) if you'd like us to order a set for you to pick up at the synagogue. You will be notified when they arrive. Options are as follows:

Basic set: \$50; Standard set: \$55; Quality set: \$70; Deluxe set: \$85; Premium deluxe set: \$120

FOOD DRIVE FOR COMMUNITY

Agudas Achim will once again have a food drive during the High Holidays. Our donations will go to The Community Crisis Services. You can fill grocery bags and bring them to the synagogue. Please see the flyer later in the bulletin for the most-needed items. Thank you in advance for your generosity. If you have questions, you can email Mal Hellman at mallory-hellman@uiowa.edu.

DONATION DRIVE FOR SUCCESSFUL LIVING

This year Agudas Achim is working with Successful Living to collect clothing, cleaning products, household items and personal hygiene products. There is a large cardboard box located in the synagogue foyer for donations.

MEDITATION ROOM FOR ADULTS / CHILDREN FASTING AND SNACKS

For adults, the Conference Room will be set up as a quiet meditation room. The Becker Room will be set up as a place to eat and drink if necessary. We encourage children under 8 to eat their snacks in the babysitting area.

HIGH HOLIDAY SECURITY – BE AWARE AND FEEL CONFIDENT

As many of you know, there has been a nation-wide increase in antisemitism during the past year that include non-violent demonstrations against Israel as well as threats and acts against Jewish institutions.

There are rumors of further escalation as we approach the anniversary of the Israel-Hamas war. Our Safety Committee is aware of the situations, as is the Secure Community Network (SCN).

Although we do not have any credible threats in our area at this time, it is important for all of us to be proactive, confident and aware of our surroundings. This applies to our homes as well as the synagogue. If you see something out of the ordinary, say something. We continue with our longstanding partnerships with local civil society, government and law enforcement to keep us safe. We cherish our deep relationships with the wider Iowa City and Coralville communities and strive to remain a welcoming Jewish home for all. As usual, there will be law enforcement present during the High Holiday services.

THE HIGH HOLIDAYS, RITUAL, PRAYER AND PARTICIPATION

Rabbi Esther Hugenholtz

The Jewish year is not a cycle but a spiral. It is circular in the sense that we revisit some of the same practices, rituals and prayers each year and it is linear that we as individuals and our Jewish traditions are ever-evolving. As a congregation affiliated with both Reform and Conservative Judaism, we value both tradition and innovation and it is our mission to offer a diverse and engaging worship experience to the congregation.

In that light, here are some announcements about the High Holidays, ritual, prayer and participation.

Day 1 Rosh haShanah Reform Services: order of the Torah service

The Reform Machzor, Mishkan haNefesh, has created significant innovations in both the Rosh haShanah and Yom Kippur liturgy. For Rosh haShanah, the majestic ‘Musaf’ service (with the Unetaneh Tokef, Great Aleinu and shofar blasts) which traditionally appears *after* the Torah service, has been ‘transplanted’ into the Shacharit (morning) service. The reason for this is that Reform Judaism doesn’t observe Musaf, the additional service, either on Shabbat or Festivals.

The result of this editorial choice is that the ‘liturgical weight’ of the morning service hits earlier than what we may be used to. At the same time, it pushes back the Torah service, making it feel much later in the day. During Shacharit, we will do a moment of silent contemplation (in order not to lengthen the service excessively) with the option of a personal reading during the Shacharit Amidah, then followed by the Torah service. Afterwards, we will pray the majestic Rosh haShanah Amidah (including Unetaneh Tokef, Great Aleinu and shofar blasts) after the Torah service.

Planning and executing High Holiday services is always a work in progress as we seek to balance preserving the beauty of our tradition with the freshness of updating our beloved liturgy. We look forward to your reflections and thank you for your gracious understanding.

Yom Kippur Reform morning service

The Yom Kippur Reform morning service will be lay-led by our lay leaders team. Expect a musical service full of joy and beautiful English readings!

Again, Mishkan haNefesh (the Reform machzor) likes to innovate! In lieu of a traditional Avodah service, it has created a series of readings of fifteen steps to holiness. After much deliberation between the lay leaders, the Ritual Committee and the Rabbi, we have chosen to not lead that part of the machzor for the congregation although congregants are invited to browse the machzor and be inspired by its many beautiful readings.

Distinctive ritual practices for the High Holidays

The High Holidays can at once feel intimidating and comforting as we balance the rich, challenging themes of liturgy with the familiar cadence of this time of year that evokes memories and loving bonds. We invite all congregants to engage with the High Holidays in whatever degree or format that works well for you. If you would like to try some of the traditional practices associated with this season such as mikveh (immersion prior to Yom Kippur in a mikveh or natural body of water), wearing white, fasting, sacred journaling, reciting Psalm 27, bowing and prostration, blowing the shofar and wearing a tallit, please do not hesitate to reach out to the Rabbi for support. Likewise, if you feel like you need to ‘take a break’ during services, arrive late or leave early—follow your own lead to make yourself comfortable. The High

Holidays also has a number of social and food-related events on our calendar which will satisfy spiritual and culinary seekers alike!

Maintaining physical and emotional health

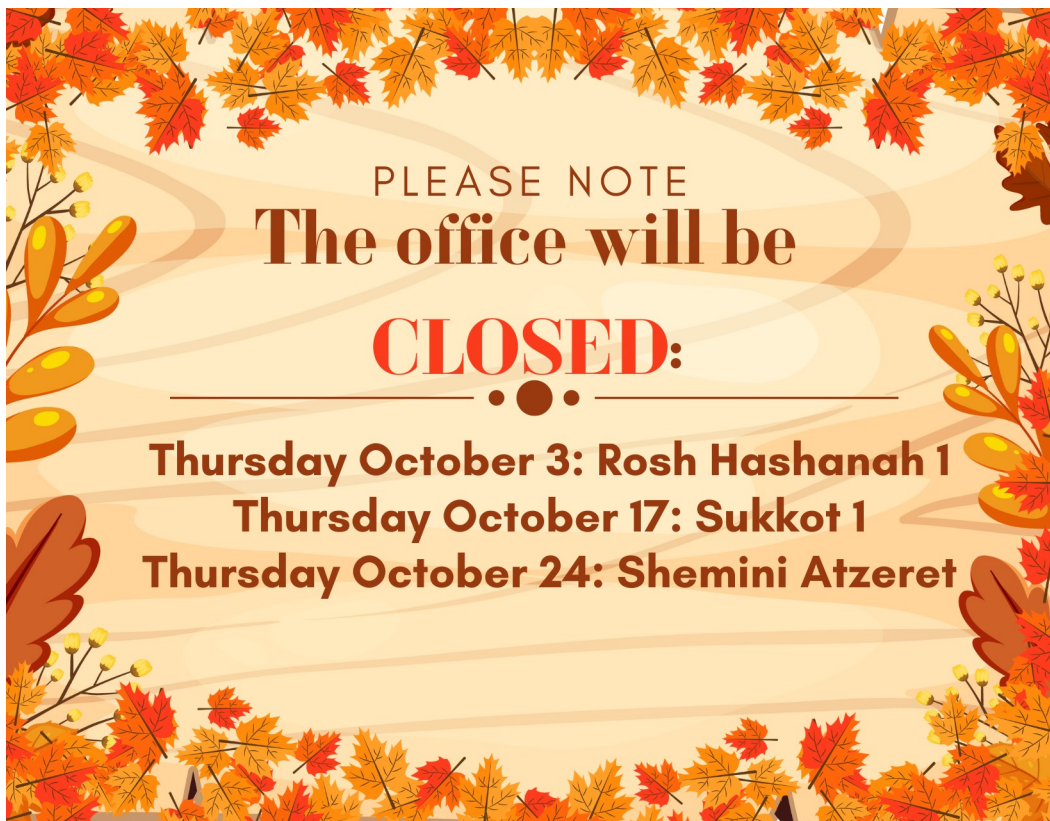
Speaking of culinary themes... this is a gentle reminder for the congregation to be mindful when engaging in fasting practices on Yom Kippur to always guard your health first! If you have underlying conditions or counter-indications for fasting, please consult your trusted doctor and know that Jewish law and tradition encourages people to break their fast if there is any debilitation or risk to health. In Jewish law, minors (under B-Mitzvah age) have no obligation to fast. If prolonged periods of standing or sitting prove challenging for you, please adopt whatever position brings you physical relief. The High Holidays can also be emotionally demanding: please take good care of your emotional needs and take breaks as required.

Nametags

We will have nametags set out in the lobby to help get to know each other better. If you are a member, please select your nametag. If you do not have a nametag pre-made for you, please make your own at the table. We look forward to getting to know you.

Opportunities for learning and growth

As you can see from this High Holiday bulletin, there are plenty of opportunities for learning and growth and much more. **Whether you're a veteran or a newbie...** Welcome to the Agudas Achim High Holiday season! We are very excited to welcome back (and thank you to!) our members and say hello to our guests, visitors and friends. If this is your first time at our synagogue specifically or a synagogue in general, our friendly ushers, members and rabbi will say hello and show you around. If you are interested in learning more about our community, joining the synagogue or getting more involved as a member, please do not hesitate to reach out to the Rabbi or the Membership Committee. Wishing you a very sweet and happy 5784, with an abundance of (Jewish) joy, friendship and connection.



SUCCESSFUL LIVING DONATION DRIVE

We pick up donations!



Successful Living is a nonprofit organization supporting adults with chronic mental illness on a path to recovery. We greatly appreciate any assistance in fulfilling the following needs:

- All furniture and twin sized bedding
- One working stove
- Adult clothing – all sizes
 - New underwear
 - Shoes
 - Daily wear
 - Professional wear
- Décor
- Arts and crafts supplies
- Games, puzzles, etc.
- All housewares
- Cleaning supplies
- Personal hygiene products

If you are interested in donating, please contact Catherine Bettag at cbettag@icsuccess.org or by cell phone at 319-541-2532.

For monetary donations, visit us at icsuccess.org.

Thank you for choosing to support Successful Living, our initiative, and our clients.



Agudas Achim Congregation

High Holidays Food Drive

In Support of:



CommUnity
Crisis Services

Top Donation Needs:

- Financial Donations
- Canned Fruit in Juice
- Peanut Butter
- Canned Meat
- Baby Diapers
- Baby Formula
- Rice and Pasta
- Hearty Soups and Stews
- Toilet Paper
- Laundry Detergent

Cash or checks made out to CommUnity can be left at or sent to the Synagogue. The office will send them the donations with a cover letter. Goods can be brought when picking up Machzorim or attending services.

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

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