



Agudas Achim Congregation

401 E. Oakdale Blvd., Coralville, IA 52241

Phone: 319-337-3813

www.AgudasAchimIC.org

November 2024 / Tishrei-Cheshvan 5785

FROM THE RABBI

Rabbi Esther Hugenholtz

If you read our President David Lubaroff's Bulletin article, you are invited on a journey through Jewish time and place. There is something so cozy and comforting about David's description of Jewish life. Read it with overcast November skies and a nice hot bowl of... matzah ball soup!

More importantly, it's the values that David articulates that really shine through his writing. A lot is changing in the American Jewish landscape, but some things remain constant: solidarity, support, commitment to democracy and social justice, our rich cultural (and culinary!) legacy and the deep spirituality that undergirds our tradition. To be Jewish is to be invited into an opportunity to lead our lives with courage and grace.

The project of 'Jewish civilization' (to use a term coined by Rabbi Mordecai Kaplan, the founder of Reconstructionist Judaism), has been shaped by these forces of change and constancy, and forged by trials of fire. In our lowest moments, reaching for this historical perspective may give us some grounding. Our people, our rituals, our ideas, our culture, our community has faced immense challenge before.

During this tumultuous (election) season, I've been thinking about what grounds us. What aspects of Judaism can create a sense of wellbeing and equanimity as we face an uncertain future? And to be clear: I need those lessons just like any other person!

I've been learning at the (digital) feet of Rabbi Jay Michaelson; a rabbi, meditation teacher, cultural critic and political pundit. (His Substack 'Both/And' is very much worth the read). In his recent piece 'How to Survive the Next Week', he offers some advice from his tried-and-true meditation practice to keep us centered. (In full disclosure: Rabbi Michaelson is partisan in his opinion-pieces but does provide links in his article for readers of many political persuasions). He writes:

"Put a human through the conditions of the last five years, and if they're paying attention, they're going to be worn out and fried... Conveniently, no one who *isn't* paying attention is likely to have read this far. So that means that you, reader, are entitled to some break time. Don't feel guilty about it. Do whatever. Binge something, or better yet, go outside and get some fresh air. Generate some endorphins. Again, if you've read this far, that means you're not spending all your time gaming or shopping or browsing celebrity gossip. So do some of what brings you joy."

He continues:

"The world didn't go away. The sadness was also still present. The bad guys win sometimes. Maybe they won't this time, but they'll win other times anyway. This is how it is. Yet there was also this experience, these sounds, this consciousness, interwoven with it. Great pain and great love... And in the meantime, here's the rug, the sofa, the

(Continued on page 2)

FROM THE RABBI

Rabbi Esther Hugenholtz (cont.)

(Continued from page 1)

fireplace. Simple things, quiet, non-pretentious, pointing to the resting of the mind, the temporary setting down of the burden.”

In short, there is very little we can control but the things we can control are within our reach, and Judaism provides ample resources for us to do so. A peaceful Shabbat dinner; meditating on the flames of the candles. The festive indulgence of Hanukkah. The mindful cadence of Jewish prayer. The tangible friendship of community. The feeding of the curious mind through Jewish thought, literature and culture. And of course, a good bowl of matzah ball soup. All these things can bring us back to our core.

Then, of course, there are the things that objectively give us hope. I had the honor of attending (on Zoom), a new initiative of The Parents Circle/Bereaved Families Forum. This is an Israeli-Palestinian bereavement and coexistence organization that brings in people from both sides to share their losses and engage in transformative conversation and relationship-building (we have sponsored the organization in the past). The Parents Circle is launching a ‘Listening to the Heart’ initiative where communities can be empowered with facilitation resources in order to engage deeply and meaningfully on the Middle East. The Parents Circle has some data on the success of its programming: after experiencing dialogue meetings in Israel and Palestine, 65% of participants indicated having ‘increased empathy for the other’, and the same percentage have an ‘increased belief in the possibility of peace’. And 75% indicated that they have a ‘desire to learn more about the other.’ In the North American dialogue meetings hosted by the North American Friends of the Parents Circle, the figures were even more favorable: 69% expressed increased humanization of Israelis and Palestinians, 88% demonstrated an ‘increased interest in seeking personal narratives from Palestinians and Israelis’ and a whopping 94% would recommend these dialogues to a friend.

Polarization across divides is of course not only restricted to the Middle East. As we face our own moment of reckoning in the United States, we may wonder how we can shift conversations and attitudes into more humanizing and more curious ones. It is neither naïve or a luxury to commit to this holy work, nor does it mean we have to abdicate our treasured principles. We can stand strong in our own convictions and also navigate a way to continue to be a society together, to hold onto each other and to lead our lives with both courage and grace. We can always ground ourselves and return to our core.

There is no panacea for the ails of our current age. We feel its tensions and demands acutely. Yet never underestimate what grounding our values can give us. We have just journeyed through the High Holiday season with that theme of ‘ahavah rabbah’, of an ‘abiding love.’ Our sukkahs are packed away, but those truths remain. Continue to plant hope in dark corners; continue to stretch ourselves and grow in new, unexpected ways. See the wisdom woven through our history. Believe in the power of kindness and curiosity. Hold fast to a bigger perspective. Stay true to your values. And always make the human connection.

May our Jewishness continue to give us the tools to meet the moment. See you on the other side.

<https://jaymichaelson.substack.com/p/how-to-survive-the-next-week>

Rabbi’s Sabbatical

Due to unforeseen circumstances, the Rabbi’s Sabbatical will be pushed back to the start of December. Hence, Rabbi Esther will be away from December 1st until January 31st. You are very welcome to schedule meetings with her and reach out to her through the month of November. See you soon!

FROM THE PRESIDENT

David Lubaroff

Dear Congregants –

I want to begin with the theme I wrote about in the September bulletin where I addressed the High Holy Days (HHD) and what they mean to me. Now that these special days are in our rear-view mirror, let's examine how they fit into the rhetoric I espoused. For me, the services were as wonderful a religious/spiritual experience as I wish for each year. Being together with my Jewish family, friends, and congregants that attended the services brought happiness and a calm I seem to need each year. I attended the Conservative services because that is what is comfortable to me, but others prefer the Reform services. To each, their own. The synagogue was filled with a wide variety of people – members, non-members, those of us born to Jewish parents, others that converted to Judaism, some perhaps that are not Jewish, but are interested in the religion, the so-called Jewish-adjacent, and perhaps some that are not Jewish. All of this made me think about Who is a Jew, what makes us Jewish?

I did a lot of searching and reading about these questions. The Jewish People are an ethno-religious group and nation. Jews lived under Jewish self-rule in the Land of Israel off and on for many centuries in ancient times. However, as various empires conquered the land, they engaged in mass expulsions of Jewish residents, the final and most comprehensive of which was carried out by the Roman Empire in 70 CE. While a small number of Jews always remained in the Land of Israel, because of these expulsions from the Land of Israel, Jews settled throughout the Middle East, Northern Africa, Asia, and Europe. In later centuries, they made their way in significant numbers to North and South America as well. These communities of Jews outside of the Land of Israel are known as the Jewish Diaspora.

The results of a study by the Pew Research Center shows that, while the majority of American Jews identify as Jews by religion, meaning they see

Judaism as their faith, a growing number identify as Jews of no religion, meaning they identify as Jewish, but do not attend or belong to a synagogue. Therefore, it is important to note that Jews are not just a religious group. They often speak of themselves as members of the Jewish People. It is unfortunate, at least to me, that defining who is a Jew varies depending upon the which group of Judaism one belongs to – Ultra-Orthodox, Orthodox, Conservative, Reform, or others. I feel that one of the beauties of Judaism is that it allows anyone with a Jewish parent or has converted is a Jew, to say – I am a Jew. We do not proselytize, nor do we excommunicate as do other non-Jewish religions.

I am ethnically and genetically Jewish, having been born from Jewish parents whereas Jews that have converted from another religion, are ethnically, but not genetically Jewish. Both are Jews. I am blessed with a lifetime of memories as a Jew and continued growth through both my ethnic and religious experiences. As a child I was exposed to two generations of Jews – my parents and my grandparents. It was my maternal grandparents who influenced my Jewishness. They belonged to an Orthodox synagogue or Shul and I have very vivid memories of sitting in the men's section of the sanctuary next to my father and grandfather. I became a Bar Mitzvah in this very intimidating shul. Growing up in inner city Philadelphia made it very easy to be a Jew. In our neighborhood of row houses greater than 90% of the residents were Jewish. The shul and the Hebrew school were within walking distance. We lived next door to a kosher butcher, across the street from a greengrocer. Public schools closed on Rosh Hashanah and Yom Kippur. To me, the world was Jewish.

When I was sixteen our family moved to the Northwest section of Philadelphia and things changed. There were Jews in our neighborhood, but they were not the majority as before. The shul

(Continued on page 4)

FROM THE PRESIDENT

David Lubaroff (cont.)

(Continued from page 3)

was a long distance away and its membership dues and HHD tickets were beyond the financial capabilities of my parents. We were still Jewish, but for many years did not regularly attend synagogue. Five years later I met a beautiful and intelligent Jewish woman – Martha Josselson. We were married a little over two years later in the synagogue that Martha’s parents belonged and developed our own Jewish home.

Eleven years, three more cities of residence, and three children later, we moved to Iowa City. To say things were different for a Jewish family, one used to being surrounded by Jews with easy access to Kosher food and a choice of synagogues, was an understatement. We were naïve thinking our new city would not be any different than the other cities in which we lived where you could be with other Jews as a natural occurrence. Before we traveled here to look for a home, Martha called the synagogue and spoke to the Rabbi at the time, Rabbi Abramowitz. She asked him where the Jewish sections of the city were located. After the Rabbi stopped laughing, he told Martha that such a place did not exist, there were Jews throughout the city. As it turned out we moved into a house next door to another Jewish family – Jon and Susan Simon and their children. We were also within a few blocks from the Sunshines, Wallaces, Margolins, and a little later, the Rubensteins.

In Iowa City we could not take our Jewishness for granted. We had to work hard at our Judaism, being surrounded by an overwhelming number of non-Jews with their holidays, institutions, habits, and food so different than what we call Jewish food. There was no Kosher butcher, no market that had large supplies of Kosher for Passover foods, and so on. When we moved here, we did not experience antisemitism, but rather, ignorance of Jews and Judaism. So many people lacked the

knowledge of what we eat, what holidays we celebrate, or not celebrate. I stopped counting the number of times in December when someone would ask, “Are you ready for Christmas?”

In Iowa City, our Jewish neighborhood became Agudas Achim. We joined almost immediately after landing here. We all jumped right into the pool. Both Martha and I have served on many boards and committees, I served my first term as president in within nine years of our arrival, Martha followed some years later as the first female president of the synagogue. All three of our sons had their Bar Mitzvah here, as did two of our grandsons. In celebration of our 50th wedding anniversary, our children, grandchildren, and dear friends arranged for us to renew our wedding vows. The ceremony was officiated by Rabbi Jeff Portman and we have a second Ketubah hanging on our wall next to our original.

So, I ask – what is a Jew? You can be born into a Jewish family or have converted to Judaism, but the answer to the question is, to me, not a simple one. The answer is different for each of us and is the result of our experiences, which varies from person to person. Whether you experienced being a Jew when surrounded by other Jews in a Jewish neighborhood or in a place where you are only one Jew in a sea of 100 non-Jews, YOU ARE A JEW.

Come and join the Jewish neighborhood of Agudas Achim and relish the friendship of others that feel Jewish like you do.

With best regards,

David Lubaroff

SCHOOL NEWS

Sonja Spear

For the last month, we've been trying to raise excitement for Simchat Torah in the school. Yeah, Yom Kippur is more solemn, and Rosh Hashanah has honey cake. And, yes, we get to sip mulled cider and shiver over lunch in the sukkah during Sukkot. But Simchat Torah is more fun!

The kids have spent the last three sessions practicing the "B'reishit Chant." They chant the first lines of the Genesis, alternating Hebrew and English until they reach the conclusion: "*Tov, tov, tov me'od!* The darkness and the light, the heavens and the earth, all of it was very good!" They performed this chant for their parents on Simchat Torah. We even sweetened the deal by offering everyone a spaghetti dinner and an ice cream sundae bar for dessert! I can tell you how we prepared.

We started with Yom Kippur. (I know, I know. But you can't *ignore* Yom Kippur.) The little kids talked about times that they were kind and times that maybe they could have been nicer. Their teacher wrote their ideas on apples and clouds, which the kids colored. The older kids eventually added their own apples. They are still up in the Social Hall, if you want to read them.

Hersh's class talked about atonement and what they hoped to do better. Then, they brainstormed a bunch of random words and created a story linking each word to the concept of atonement. They also played "I'm Sorry." They came up with wild scenarios such as "I ran over your ice cream cone with my bike" and created extravagant apologies. When we turned to Simchat Torah, the students had a little trouble figuring out what the Torah *is*, other than a scroll. A few thought that it contained the "10 Amendments." I invited the Rabbi into the class to clear up this confusion. By the end, I think the students understood that *mitzvot* are a code for living a better life that brings us closer to God.

The oldest class learned about Ashkenazi and Sephardi Rosh Hashanah customs, incidentally picking up the Hebrew word for various fruits. *Meshmesh* (apricot) was a class favorite! They also

had a more serious discussion about setting their goals for personal growth in the new year. A whole bunch of parents are going to get more help around the house!

Rabbi Esther held a workshop on the Torah for all the classes. She took the Torah out of the Ark and showed the kids how it was dressed. They found the word "B'reishit" in the text, just like in the chant they had learned. Afterwards, each class practiced parading with plush toy torahs.

Meanwhile, Logan, our devoted Hebrew teacher, was working hard with the two oldest classes. We are experimenting with teaching (or reviewing) the vowels separately before the consonants. The theory is that distinguishing the vowels from each other is more difficult than distinguishing the consonants. I can say from experience that I didn't know that I needed glasses until I started trying to make out all those tiny dots and dashes. The kids pronounced the vowel sounds, pointed to the vowels, and even made vowel shapes with their bodies. We will see if this experiment works, and they find it easier to sound out Hebrew words after intense practice with the vowels. Of course, the younger kids are still working on the *Aleph Bet* song. Everyone is picking up key vocabulary, including: *Elohim* (God), *b'reishit* (in the beginning), *bara'* (created), *shamayyim* (sky), *ha-'aretz* (the earth), *'or* (light) and *ruah* (spirit). That's a lot to gain from a simple chant!

Preparing for Simchat Torah has been fun and fruitful. I'm sure the kids will enjoy dancing with the Torah for real, not to mention ice cream sundaes. It's always a little sad to say goodbye to the fall holidays. But after all the excitement, I am looking forward to a month with no Jewish holidays so that we can dig deeper into some big concepts and start work on the Torah service.

ADULT EDUCATION

Lisa Heineman

Big Ideas in Jewish Books: Book lovers, start reading up for our next two sessions! We'll obtain the books for the synagogue library. ICPL has the Leifer (print and audio) but not the Strassfeld. Please consider supporting one of our local independent booksellers if you'd like to purchase the books.

Wednesday, November 20, ICPL meeting room E. Michael Strassfeld, *Judaism Disrupted: A Manifesto for the 21st Century*

Wednesday, December 11, ICPL. Joshua Leifer, *Tablets Shattered: The End of an American Jewish Century and the Future of Jewish Life*

Oneg talk: Barney Sherman will speak on "What's with All Those Great Jewish Violinists and Pianists?" on Saturday, November 16.

Adult Learners' Class: Would you like to improve your Hebrew (or begin learning)? Would you like to learn to read Torah (and perform a great mitzvah for the congregation)? We're planning our Adult Learners' Class, which will probably take the form of 10-12 weekly meetings between the New (Secular) Year and Pesach. If you're interested in learning more, please contact AdultEd@AgudasAchimIC.org.

RITUAL COMMITTEE NEWS

Corvin Greene & Bernie Miller

As always during the High Holy Days, it has been a busy time for the Ritual Committee, helping to make sure that the many assignments involving prayer leaders and others involved in our Rosh Hashanah and Yom Kippur services are filled and that services run smoothly. We are grateful for the success of these services as we ushered in 5785, and we extend our most profound and sincere thanks to everyone who helped and attended.

During the rest of the year, our committee also works on making sure that we have Torah and Haftarah readers for our regular weekly Shabbat services. For those of you who regularly take on this commitment, thank you. For those of you who have considered it but have not yet taken the plunge, we encourage you to contact Rabbi Esther or our educators. They will be more than happy to train you to be part of our team of 'leyners' and readers. We think you'll find it to be a very satisfying experience.

SUMMER CAMP



The Sunday School had a virtual visit from OSRUI, a well-known and beautiful Jewish summer camp in Wisconsin affiliated with the Union of Reform Judaism.

We learned about all the fun activities and educational opportunities at camp, including horseback riding and boating on the lake, and the kids did a fantastic job asking thoughtful questions of the presenter.

Are you interested in sending your child to camp? Please talk to the rabbi for sponsorship opportunities.

Join Us! Agudas Achim Synagogue Seniors

THURSDAY Nov. 21
11 am to 1pm in the
SOCIAL HALL

*Join us for Synagogue Seniors in November when Jane Zukin and others will introduce the group to some of the families who built our local Jewish community. **PLEASE RSVP BY Monday, November 19** so we can plan appropriately for brunch. Reserve your spot by emailing: janezukin@gmail.com*

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
- To reserve your spot email: janezukin@gmail.com



Jeanne Cadoret - Phyllis Petchers - Jane Zukin

Join us for Synagogue Seniors November 21, 2024 from 11:00 a.m. to 1:00 p.m., when Jane Zukin and others will introduce the group to some of the families who built our local Jewish community.

PLEASE RSVP BY Monday, November 19 so we can plan appropriately for brunch. Reserve your spot by emailing: janezukin@gmail.com

CARING COMMITTEE

Nancy Goldsmith, Susan Lutgendorf and Teresa Weiner

Meal Trains are a wonderful way to help those in our community who are celebrating the birth of a new baby or are recuperating from a health issue. Currently, we have one active Meal Train; information and specific requests can be found at the link below.

NOTE FOR ALL MEAL TRAINS: Please be sure to click the “View All Details” button next to the recipient Info. Lots of information there that might be missed otherwise.

Mor Pinto and Gal Halperin

[Meal Train](#)

Mor and Gal are from Northern Israel (near the Lebanese border) and haven't been home in over a year. During that time, a surrogate delivered twins for them in Dubuque, IA. The twins were born before their due date but, thankfully, after 100 days in the UIHC NICU they are home and thriving.

Since they don't have extended family here in Iowa (and going home isn't an option for the foreseeable future), we are trying to stand in as their family. Not having to cook will allow them to concentrate on being dads and provide the love and care all babies need. We would like to be able to provide meals through the end of November, so please consider helping out. And, if you do, you might be rewarded with a peep at two beautiful babies.

If you are looking to send a gift card for a food delivery service, please note they prefer DoorDash. The email for giftcards is morpinto21@gmail.com, and if you wish to make a financial contribution, please contact the [office](#).

Please consider helping if you are able. Meals don't have to be fancy or huge, the luxury of not cooking is a great gift. If you do participate, please keep the following in mind:

- If at all possible, use disposable containers so recipients don't have to worry about returning your dish
- Include heating/cooking instructions if applicable
- Pay attention to what others have signed up for so that recipients are not eating the same meal on repeat.

Thank you.



LATKE PARTY | MAKERS & BAKERS BAZAAR

Save the date! Our annual Hanukkah Latke Party and Makers and Bakers Bazaar is planned for Sunday, December 29th! More information will be forthcoming.

If you make a handicraft or treat which you'd be interested in selling, please watch for more details!

Rabbi Esther is downtown for coffee on Wednesdays! ♥



Every Wednesday, Rabbi Esther is downtown (at Bread Garden) to meet with you for coffee.

Do you want to connect in an informal, relaxed, Iowa City-based setting?

Come to the Bread Garden from 10:30 am till 2:30 pm.

If you want to book a slot, please book through the Rabbi's Calendly link.



Please note that Rabbi Hugenholtz will not be available on November 13. She will be downtown the other Wednesdays in November.

The Big Ideas Book Club

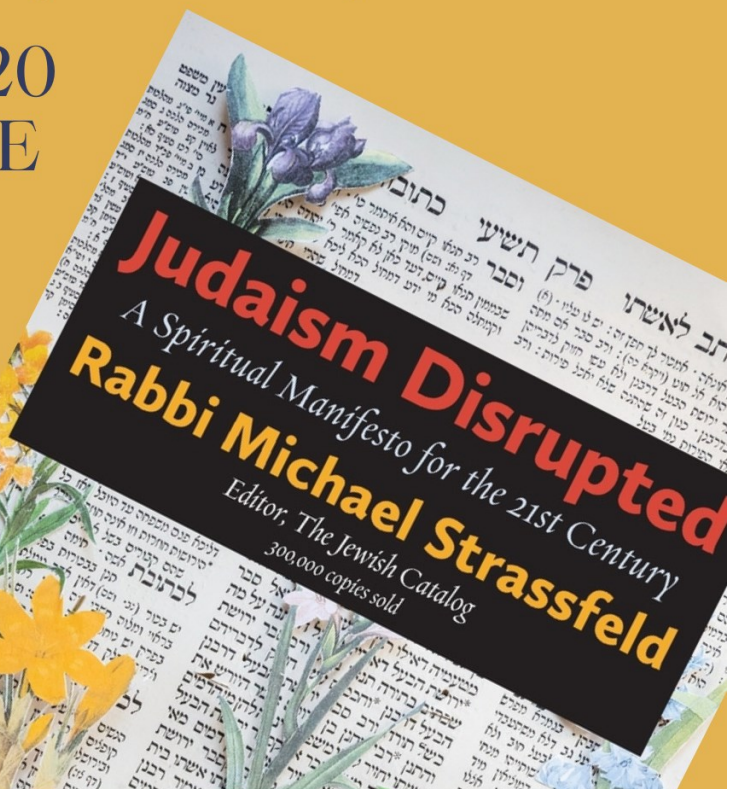


Come explore important Jewish ideas
at the Iowa City Public Library

ICPL, November 20
6-7:30 pm, Room E

Michael
Strassfeld

“Judaism
Disrupted: A
Spiritual Manifesto
for the 21st
Century”



More info? Contact
adulted@agudasachimic.org

CHESHVAN YOGA

Cheshvan is considered a bitter month due to its dearth of Jewish holidays. Let's sweeten the season by joining together for some Cheshvan Yoga!

In this 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 with a simple movement practice that we can add to our daily routine. Everyone is welcome. No previous Yoga experience necessary!

Sunday November 17th from 2:00-3:00 p.m.

Agudas Achim Congregation

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

For more information: leslea-collins@outlook.com

MAHJONGG

Join us for Mahjongg from **1:00-3:00 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.

Upcoming Dates:

November 3, November 10, November 17, November 24

[RSVP to Jayne](#)



CONGREGATIONAL NEEDS FUNDRAISER

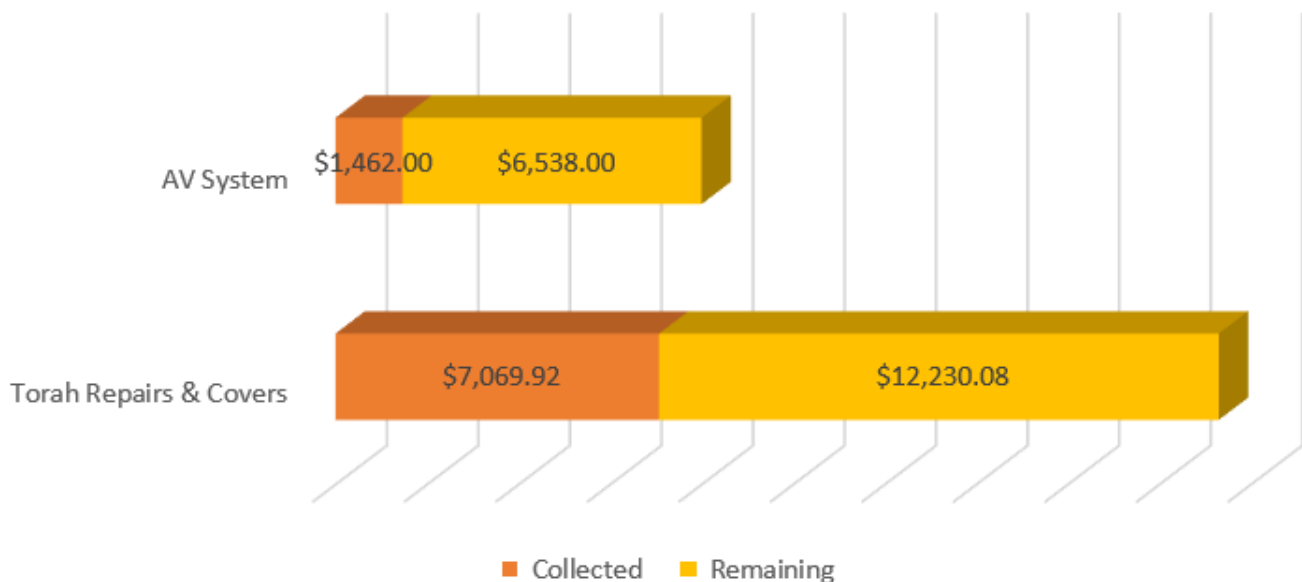
This space is dedicated to our congregation's smaller projects and for people that may have a special passion in these areas of need to help us.

As many of you are aware, our Torahs were repaired recently by a Sofer. When the Sofer reviewed them it appeared that one of the Torahs had a tear in the parchment that tore through the Hebrew writing. This is not acceptable, making the Torah not Kosher and therefore unusable, for the time being. It can be repaired by replacing that particular panel, which can be done. But further funds will be needed. We have updated our goal to our anticipated total costs.

Additionally, our AV System has been installed and we are still needing donations to complete this fundraising project. We now are able to successfully ZOOM our services regularly straight from the Bimah.

Check out our progress! Please consider donating to these important projects!

Fundraising Efforts



COVID COMMENTS+

Bob Wallace, Barcey Levy & Jane Zukin

COVID-19 infections have been declining nationally, according to CDC, but it is still circulating in communities. The vaccine is now recommended annually, but for those who have not had the most recent vaccine dose, it is still important to receive it if you've not had the most recent recommended one.

Also, most experts are recommending that influenza vaccine should be administered now, and not to wait any longer. It is safe to receive both the COVID-19 and influenza vaccines at the same time. There are very few adverse effects of these vaccines, but you should always talk with your health care professional if you have any questions about these vaccines.

The CDC is also recommending RSV vaccine. This is a serious respiratory disease that has been in the community for many months, and the vaccine is effective. Recently, a study showed that the vaccine prevented most hospitalizations for the disease among persons 60 years and older.

Again, as always, please talk to your physician or other health care professionals about your particular needs for these and other vaccines.

To your health!

SERVICE SCHEDULE FOR 2024

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

WARM UP AMERICA

Therese Guedon, Jeanne Cadoret, & Jeanne Abrons



Warm Up America will meet in the social hall on November 3 and 17, 10:30 a.m. to noon.

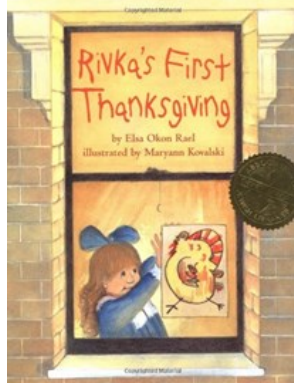
Many of our WUA members work from home, and send in their patches. If you are interested in helping us provide warmth for those who might benefit during colder weather, please let us know. The office has our contact information.

LIBRARY NEWS

Teresa Weiner

November recommendations from the library

- Browse the library's cookbook collection (in the 641.5 area) and find new recipes for your Thanksgiving dinner!
- Share these books with the young people in your life:



- Two great reads on the internet (click the pictures):



Working Jewish Values into Our Thanksgiving Observance
reformjudaism.org



What's Jewish about Thanksgiving? Lots!
reformjudaism.org

OCTOBER ONEG HOSTS

Thank you to October's oneg hosts:

David & Martha Lubaroff
Claudio Margulis & Xiaowei Han

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

CEMETERY COMMITTEE

Calling all synagogue members in search of a committee to join: the cemetery committee would love to have you! One of us is starting a new job too far away to be a backup. We are in need of another person or two on the cemetery committee to make sure needs are covered when required. If you are willing to commit to this meaningful and important service to the Agudas Achim congregation, please contact Rich Haendel at rhaendel@g.com.

CHEVRA KADISHA

We are looking for people to be part of a chevra kadisha when called upon (to help perform the ritual washing of the bodies of those who have recently died). Please contact the office if you'd be willing to help honor those who have died with this important task. You would not have to participate every time.

BUDDY SYSTEM

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

OCTOBER DONATIONS

RABBI'S DISCRETIONARY FUND

Steven and Barcey Levy: in memory of Robert Thurston

BUILDING FUND

Gary and Mindy Russell: in memory of Sidney Lenett

CEMETERY FUND

Julia Gelfand and David Lang: in memory of Lawrence & Miriam Gelfand

GENERAL FUND

Ellen Lewin and Lizabeth Goodman: in memory of Joseph Lewin

Ellen Lewin and Lizabeth Goodman: in memory of Fannie Lewin

David and Constance Berman: in memory of Robert Hoffman

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

David and Martha Lubaroff (to fund the purchase of a new yahrzeit board for the synagogue)

HIGH HOLIDAY / CANTOR FUND

Alan and Nina Weinstein: in memory of Maurice & Bess Weinstein and Emilia Lasansky

Chuck, Karen, and Eliana Friedman

Robert and JoAnn Miller

Caplan Family Foundation

Ethan Kuperman and Kristin Plichta

Barney Sherman

Richard and Karen Lipman

Thomas Mullin: in memory of Susan Shapiro Schlosser & Wil Schlosser

Pamela and Bill Kutschke

Judy Liskin-Gasparro

David and Constance Berman

Rhoda Vernon

Nathan Eugene Savin and Susan Enzle

Stephen Strauss

Jody and Janie Braverman

Ryan Bruner and Veronica Tessler

James Blum and Lori McMann

Peter and Linda Rubenstein

Miriam Gilbert

Mark and Jayne Sandler

Sam and Marj Kuperman

Lisa Margolin

Michael and Joanne Margolin

Bob and Donna Rodnitzky

Steven Fishman and Renda Greene-Fishman

Steven and Barcey Levy

Jim Spevak

Andrea and Joe Chase

Susanna Rodriguez and Noah Stein

Gabe Bodzin and Rachel Young

Gary and Mindy Russell

Gerald Sorokin and Claire Chapnick

Michelle and William Mueller

Ryan Bruner and Veronica Tessler

Stanley Perlman and Ann Broderick

Bob and Maureen Wallace

Brian and Jennifer Richman

Corvin Greene

Lucille Luxenburg

Mark Greiner and Melissa Roberts

Jonathan and Pamela Sabin

TALMUD TORAH FUND

Eloise McCuskey: in memory of Vince McFadden

Barbara Levin: in memory of Adolph Glaser

TIKUN OLAM FUND

Benjamin Cooper

TORAH ENHANCEMENT FUND

Ruth and Douglas Nathanson

Ethan Kuperman and Kristin Plichta

HIGH HOLIDAYS COMMUNITY FOOD DRIVE

Elliot and Jeanne Abrons

Susan Lutgendorf

Gary and Mindy Russell

Peter and Linda Rubenstein

Sonja Spear and Stephen Wolcott

Miriam Gilbert

Ruth and Douglas Nathanson

Nancy Sprince

Lea Haravon Collins and Steve Collins

Judy Liskin-Gasparro

HIGH HOLIDAYS SUCCESSFUL LIVING DRIVE

Nancy Sprince

KISLEV YOGA

THE ESSENCE OF KISLEV:

IN THIS DROP-IN CLASS, WE FOCUS ON LIGHT, HOPE AND STRENGTH AS THE DAYS GET SHORTER AND WE APPROACH OUR FESTIVAL OF REDEDICATION. WE WILL COME AWAY WITH A SIMPLE MOVEMENT PRACTICE THAT WE CAN ADD TO OUR DAILY ROUTINE. EVERYONE IS WELCOME.

NO PREVIOUS YOGA EXPERIENCE NECESSARY!



DATE: DECEMBER 15 2PM-3PM

LOCATION: AGUDAS ACHIM

**OPTIONAL, BUT NICE TO HAVE:
YOGA MAT, LARGE TOWEL, OR
BLANKET**

**TO REGISTER OR FOR MORE
INFO: [LESLEA-
COLLINS@OUTLOOK.COM](mailto:LESLEA-COLLINS@OUTLOOK.COM)**

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

Yiddish Study Group

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

Book group

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

Talmud Study Group

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

Seniors Group

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

VOLUNTEER GUIDE

Is your group or committee looking for new volunteers? Does your group need material donations, such as acrylic yarn? Are you looking to make a difference? The December monthly bulletin will feature a guide for volunteer opportunities as well as small asks from groups and committees within the congregation. Please message the office if you would like to be listed.

SHABBAT SERVICES

[Streaming link for Zoom Shabbat services](#)

Noach <i>(Genesis 6:9 - 11:32; Numbers 28:9 - 15)</i>	Friday, November 1	7:00 p.m.	Lev Shalem (Conservative)
	Saturday, November 2	9:30 a.m.	Mishkan T'filah (Reform)
Lech Lecha <i>(Genesis 12:1 - 17:27)</i>	Friday, November 8	7:00 p.m.	Mishkan T'filah
	Saturday, November 9	9:30 a.m.	Lev Shalem
Vayera <i>(Genesis 18:1 - 22:24)</i>	Friday, November 15	7:00 p.m.	Lev Shalem
	Saturday, November 16	9:30 a.m.	Mishkan T'filah
Chaye Sarah <i>(Genesis 23:1 - 25:18)</i>	Friday, November 22	7:00 p.m.	Mishkan T'filah
	Saturday, November 23	9:30 a.m.	Lev Shalem
Toledot <i>(Genesis 25:19 - 28:9)</i>	Friday, November 29	7:00 p.m.	Lev Shalem
	Saturday, November 30	9:30 a.m.	Mishkan T'filah

NOVEMBER YAHRZEITS

Abraham Levitz	Emilia B. Lasansky	Mary Lubaroff
Al Widiss	Fanny Kimmel	Mathilde Loewen Salomon
Alda Haravon	Florence Braverman	Max Dvoretzky
Andrew Hoffman	Gary Fingert	Max Rosenbaum
Barbara Anne Mutnick	Gordon Korsmo	Miguel Margulis
Bernard Zwerling	Harry Portman	Norman Berg
Bernice Warren	Henry M. Haendel	Norman Sellz
Bertha Tiss	Herman Sterman	Reba Magaziner
Bess Weinstein	Isadora Ruffine Sherman	Remi Cadoret
Beverly Tys-Berson	Jack Freedman	Richard Kerber
Chaim Graber	Jacob Portman	Ruth Prager Engleman
Claire Rephun	Jacqueline Fooshe Ormond	Sage Adams Hall
David Rothstein	Joseph Kimmel	Selma Asch
David Vernon	Joseph Willner	Selma Graber
Doris Bonfield	Kathryn Messer	Simon Assouline
Doris Graff	Leo Pliner	Sol Meyer
Dorothy Kanef	Leon Middleman	Stanley Flatte
Ed Laquer	Liliane Assouline	Steve Marsden
Edward Dvoretzky	Lillian Friedman	Steven Steigman
Elsie Wingo	Lisa Kaiser	

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

STAFF

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

BOARD OF TRUSTEES

President	David Lubaroff	Religious School	Lisa Heineman
President Elect	Lori McMann	Social	Lori McMann & Sue Weinberg
Vice President	Jayne Sandler	Tikun Olam	Mallory Hellman
Treasurer	Mindy Russell	Ways & Means	Mindy Russell
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